

Ship Reproduction to Find Safe Harbor in New York



George Videll proudly displays his woodworked reproduction of a 19th century tugboat. Photo courtesy of the Wood Shop Users Group

by Stacy Smith, Leisure World News

George Videll’s reproduction of the early 19th century tugboat “Brooklyn,” which he made in the woodshop of Clubhouse I using a reworked wooden hobby kit, is about to ‘chug and toot’ its way to a New York Harbor office for honorary display.

Videll was discussing the size of his reproduction over lunch one day with friends when he realized it was just too big to keep in his home. As luck would have it, fellow resident Sally MacDonald knew just who might appreciate it most. Her son-in-law, Frank Scopelliti, is a liaison with the International Organization of Masters, Mates & Pilots, a labor union that represents licensed mariners. Scopelliti works closely with a group of

tugboat captains, or “tuggies” as they are sometimes referred, whose offices are located at New York Harbor.

“I’ve got the perfect present for you to give the tugboat captains,” MacDonald told him.

MacDonald said Scopelliti will present the reproduction to the captains the next time he visits New York Harbor; the captains have even spoken of giving the reproduction’s creator, Videll, a ride on one of their tugboats as a token of their gratitude.

A former Navy man, Videll said he’s always had an abiding love of water vessels.

“I’ve done a lot of sailing and racing of small daysailers,” he said, adding that he once stepped aboard such famed ships as the Royal Navy’s HMS Victory and the Bounty, the

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Board Seeks Residents for Special Strategic Plan Committee

by Maureen Freeman, Leisure World News

As part of an effort to update Leisure World’s comprehensive 2010 strategic plan, the Leisure World Community Corporation (LWCC) board of directors voted to establish a special committee to address the matter.

In a resolution approved at its Jan. 31 meeting, the board recommended that the Community Planning Advisory Committee (CPAC) work with management to recommend and interview candidates for the committee. The procedure would be similar to the process used for

establishing the Special Technology Committee in 2015.

The committee’s updated strategic plan would address Trust facility upgrades, infrastructure, organizational support, and financial requirements and recommended steps for implementing the plan.

“This is a tough, arduous task,” LWCC board chairman David Frager told the LWCC executive committee Jan. 20.

The board seeks to confirm appointments of five to 10 residents to the committee by April, and encouraged qualified residents to apply for the committee.

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Main Kitchen to Close Temporarily for Maintenance, Repairs

by Maureen Freeman, Leisure World News

To allow for a dishwasher replacement, repair of a leaking pipe and other maintenance, the main kitchen of the Clubhouse Grille will close for about three weeks beginning Wednesday, Feb. 15.

A second Clubhouse I kitchen, which serves the Terrace Room and Stein Room restaurants, will not be affected and will continue to operate normally during repairs.

The Clubhouse Grille lounge

area also will remain open with a limited menu prepared in the Terrace Room kitchen during the repair period, according to Ed Richardson, co-owner of Perrie LLC, which operates the Clubhouse I restaurants.

The leasing agent for the main kitchen’s dishwasher is replacing the existing, discontinued model with a new model, according to the project proposal submitted by the Budget and Finance Advisory Committee to the Leisure World Community Corporation (LWCC) board of directors. Further, a

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Let’s Dance

Residents sway through the crowd to an empty space, pick the beat up and kick their feet up on page 6.

Spotlight on...

Amateur Radio Club



Amateur Radio Club member Alan Goldstein locates a radio frequency in Clubhouse I. Photos by Stacy Smith, Leisure World News



Club president Bryan West speaks on a ham radio microphone.



Goldstein taps morse code over a ham radio.

by Stacy Smith, Leisure World News

A Amateur radio, also known as “ham radio,” is a recreational and sometimes service-oriented activity that combines a variety of electronics for the purposes of worldwide communication.

Amateur radio operators use radio to talk to people in distant places, or to communicate digitally with Morse code, according to Amateur Radio Club president, Bryan West. Some ‘hams’ pursue amateur television, or they learn how to build amateur radio satellites to facilitate communications between stations.

A licensed ham radio operator with more than 50 years of experience, West became interested in the activity when his childhood neighbors showed him their amateur radio stations.

“I was fascinated with hearing stations from far away,” West said, adding that he once used an amateur radio to talk to Soviet and American astronauts on the

now defunct Mir space station.

The National Association for Amateur Radio estimates there are approximately three million licensed amateur radio operators worldwide. Hams have a basic knowledge of radio technology and operating principles, and must pass an FCC examination to operate on radio frequencies, known as the amateur bands, that are allocated by the FCC for ham operators.

Aside from pursuing their hobby in the Clubhouse I basement’s radio station, some Club members are behind the scenes at the annual 4th of July parade, walking along the parade route and communicating with the grand marshal as each parade float approaches. Some volunteer in a similar capacity during resident walkathons.

“If someone runs into trouble, we’re there to call for help, help with logistics – that kind of thing,” West said.

He said its common for ham radio to be used for emergency communications.

“If there’s a hurricane or a big power outage, a lot of ham radio operators have the ability to keep on talking on the air,” he said. “Internet and phone service is very complex; its wonderful, but it can be taken down. It can be hacked.”

Even long-standing club members like West are eager share their skills with other hams and learn more about amateur radio. Most recently the Club visited an amateur radio repeater facility in Ashton, Maryland, to view an impressive, 200-foot repeater tower. A repeater is a “device that kind of works the same way as a cell phone,” West said, adding that it ‘listens’ to stations and re-amplifies the message for others to hear.

All amateur radio operators and would-be operators may join the club’s lunch meetings, held on the second Tuesday of each month at 1 p.m. in the Stein Room in Clubhouse I. For more information or to learn about amateur radio, call Bryan West at (301-598-0137).

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An official publication of the Leisure World Community Corporation, Leisure World News is published twice monthly by Leisure World Staff in collaboration with the Leisure World News 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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Did You Know...

Underground Railroad Trail Nearby



An historic stone barn located at Woodlawn Manor Cultural Park marks the start of the two-mile Underground Railroad Experience Trail. Photo courtesy Montgomery Parks

February is Black History Month, and several upcoming Leisure World events detailed on page 14 will celebrate the men and women who paved the trail that led to greater freedom and equality for African-Americans. But did you know there is an actual trail located in Montgomery County where many hard-fought battles for slaves' freedom took place?

The Underground Railroad Experience Trail, a roughly two-mile, self-guided hiking trail located in Sandy Spring, Maryland, commemorates the involvement of Montgomery County residents in the Underground Railroad.

The "railroad" was actually a network of abolitionists and secret places that helped tens of thousands

of slaves escape to freedom through the 1800s.

Mary and Emily Edmonson, daughters of Paul Edmonson, a former slave and farmer who owned the land that Leisure World now sits on, were among 77 slaves who used the Underground Railroad in a thwarted escape attempt.

The sisters were captured, sold but eventually emancipated with the help of Henry Ward Beecher, abolitionist and brother of Harriet Beecher Stowe, the author of "Uncle Tom's Cabin."

Today, visitors to the trail can travel in the footsteps of slaves who made their way through thickets and streams to find freedom. For information regarding guided hikes on the Underground Railroad, visit (HistoryintheParks.org), or call (301-929-5989).

Tugboat

◀ from page 1

vessel featured in the 1962 film, "Mutiny on the Bounty," which, ironically, is also a reproduction – commissioned by MGM Studios to reproduce the Royal Navy sailing ship, HMS Bounty.

The real Brooklyn tugboat was built in 1910 for use at the

Pennsylvania Railroad Company's New York piers. Built of steel, it was typical of the large harbor tugs found in major American ports at the time.

Videll's reproduction represents an iconic part of tugboating history; a model of the Brooklyn is even displayed in the Smithsonian National Museum of American History in Washington, D.C.

Where in Leisure World?



The antenna featured in the Jan. 20 edition of Leisure World News is one of four located on the roof of Clubhouse I. Leisure World's licensed, resident "hams" use them to transmit radio waves.

Visit page 2 of this edition of Leisure World News to learn more.

Photos by Leisure World News

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Artists and Photographers' Works Sought for Art Show

by Fred Shapiro

Leisure World artists and photographers are invited to participate in the senior art show at the Bender Jewish Community Center (JCC) of Greater Washington. This year's theme is, "A Lifetime of Perspective: Art by Older Adults."

Artists and photographers who would like to participate must bring three works of art (paintings, sculptures, ceramics) or photographs to Clubhouse I on Monday, Feb. 27, at 1 p.m. JCC volunteer art show coordinator

Kandy Hutman and volunteers will review entries and select one from each resident to hang in the show, which runs from Sunday, April 23, through Sunday, May 14, at the JCC located at 6125 Montrose Road in Rockville.

The senior art show is a popular event that features many residents' submissions. On April 23, the JCC kicks off the show with a brunch for the artists, photographers and their guests.

Contact Kandy Hutman at (301-348-3740) for further information.

Kitchen

◀ from page 1

slow water leak had developed behind a wall, damaging the drywall and tile, it said.

After all equipment and fixtures are moved away from walls during the dishwasher replacement and pipe repair, and the kitchen condition is more fully assessed, additional maintenance and any needed repairs will also take place.

"It's a good opportunity, while they're working on that wall, to address that back kitchen area," Flannery told the LWCC

executive committee on Jan. 20. Repairs could include those to plumbing and electrical fixtures, wall coverings and staff bathrooms. "The intention is to be proactive," he said.

The LWCC board of directors approved the "Clubhouse I Main Kitchen Dishwasher Area and Accelerated Maintenance Project" at its Jan. 31 meeting, allotting up to \$54,750 from the contingency fund for the project.

Flannery shared plans for the project with county health officials, who supported and encouraged it, he said.

Wind Barriers Placed



Three sections of fence stand at the outdoor entrance to the Terrace Room restaurant in Clubhouse I. At about 6.5 feet tall, they offer some protection against any wind around the entry path and restaurant door. They were installed at the end of January and are expected to be replaced eventually by a permanent vestibule. Photo by Leisure World News

Strategic Plan

◀ from page 1

A member of the LWCC board of directors will be appointed as the committee's chair.

Candidates for the Special Strategic Plan Committee (SSPC) should "have education and experience enabling them to identify and evaluate community needs to maintain and improve community assets and amenities, recommend security enhancements, improve and modify the Trust physical infrastructure, and to determine organizational direction reflecting the changing environment and community demographics," the resolution stated.

Fragar said he was also looking for committee members with experience in defining user

requirements in community planning, preparing user requirements for a solicitation, and evaluating proposals and contract performance. He expects the group to spend the first part of its work acquiring skilled contractor support rather than doing the study itself, he said.

SSPC applicants should submit their resumes to Marlene Smith, the executive secretary for Leisure World of Maryland Corporation, in time for them to be provided to the CPAC before its March 13 meeting. They will be forwarded to the CPAC for evaluation and interviews.

Within 90 days of the SSPC chair's appointment, the committee is expected to submit a timetable and work plan for developing an updated strategic plan.

The LWCC board also requires the SSPC to deliver an initial report to the board by the end of November, with budgeting for the project in place starting in 2018 and implementation for a long-term strategic plan beginning in 2019.

Any requests by the SSPC for funds for consultant assistance or other support would be submitted to the Budget and Finance Advisory Committee.

In addition to professional consultants, the LWCC board specified that the SSPC may use focus groups, resident surveys, advisory committees and forums to gather information to develop the new strategic plan.



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J - Second floor in Vantage Point East. True 3 BR apt. has 2 full BAs, large climate-controlled encl. balcony, living rm, dining rm, remodeled kitchen w/ warm wood cabinets, granite counters, ceramic tile floor extending from entry foyer, wonderful breakfast space. Engineered hardwood floors in living rm, dining rm & BR #3; new carpeting being installed in master BR & BR #2. **\$392,000**

BERKELEY - Brick, Georgetown-style row house in Montgomery Mutual. 2 BRs and 1-1/2 BAs up (shared brand new ceramic tile shower), living rm, dining rm, kitchen, Florida rm, powder rm with laundry down. Freshly painted, new wall-to-wall carpeting, hardwood entry foyer. **\$143,900**

RALEIGH - Big 1-BR apartment in Montgomery Mutual. Close to Clubhouse I. **New in 2016** kitchen and BA with white cabinets, granite countertops and backsplash, appliances, ceramic tile tub surround, newer carpeting. Cross-ventilation. **\$95,000**

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Brotman Kicks Off D.C. Rally

by Leisure World News

The morning after providing on-air commentary from a television studio during the 2017 presidential inaugural parade, Charlie Brotman found himself once again at the center of the action – this time on the ground.

Nattily attired in a grey beret, scarf and royal blue sweater, the longtime Washington, D.C., announcer for sports events and inaugural parades took the main stage just after 10 a.m. Jan. 21 to welcome organizers of the Women's March on Washington before a crowd the Associated Press reported was more than 500,000 demonstrators. Waves of "Char-lie, Char-lie, Char-lie" chants swept through the crowd.

"Effective immediately, all the women here today are 'Charlie's Angels,'" he declared. Around the stage at the intersection of Independence Avenue and Third Street SW near the U.S. Capitol, a roar of cheers erupted.

Brotman, a resident of Fairways South, had earned the moniker "the president's announcer" for announcing

presidential inaugural parades opposite the president's reviewing stand for 60 years, since Dwight D. Eisenhower's second inauguration in 1957.

"Hard to believe, since I'm 35," he quipped to the Women's March crowd.

For the inaugural parade of President Donald J. Trump the previous afternoon, Brotman joined NBC4 anchors at their Washington, D.C., studio to give his insights and share anecdotes of past parades.

As military and high school marching bands, service and civic organizations, and a rural tractor brigade passed by on the television screen, Brotman recalled reminding parade-goers who braved freezing temperatures that spring was only 58 days away.

During pauses in parades past, he'd give recommendations for nearby restaurants or tell people the location of nearby portable toilets. Then there was the year that, to his horror, he mispronounced the name of the Marine Corps Band, forgetting the silent "s."

At the conclusion of the broadcast, NBC4 anchor Jim Vance thanked him – "...the one, the only, the incomparable Charlie Brotman."

"Don't stop now," Brotman joked.



Charlie Brotman provides commentary during the 2017 presidential inaugural parade on NBC4. Photo by Leisure World News



Charlie Brotman kicks off the Women's March on Washington on Jan. 21. Screen shot from c-span.org

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Shall We Dance?

From tap to tango, residents are dancing their cares away at several dance classes that provide a bit of exercise and some lighthearted fun.

At Argentine Tango for Tango Lovers class, dancers learn the fundamentals of tango – communication, walking with style and musicality – every Monday afternoon. Dancers synchronize their steps at Line Dance with Wendy, an eclectic mix of cha-cha, rumba, tango and samba. And at Tap with Gerry, beginners and advanced tappers kick up their heels and “Shuffle Off to Buffalo” in style.

Photos by Leisure World News



Tap shoes click and clack, and tango dancers’ feet slide and pivot on the dance floor.



Under the warm lights of the Maryland Room in Clubhouse I, residents try out new tango steps on Jan. 30.



Lydia O’Neill strikes a pose during line dance class at left; tango partners, center, glide; and tap dancers, right, get lively.



Wendy Yang shows her line dance class how to move to the beat.



Tappers step forward in unison during class in Clubhouse II.

“I help Howard shower and dress. He helps me understand U.S. politics.”



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Feb. 20: AARP Smart Driver Course

The E&R Department is sponsoring an AARP Smart Driver Course on Monday, Feb. 20, in Clubhouse I from 9:45 a.m.-3 p.m., 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 in the E&R Office in Clubhouse I beginning at 8:30 a.m. on Tuesday, Feb. 7. 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).

General Manager’s Report: Finances

The January report from Leisure World general manager Kevin Flannery states that in 2016, operations realized a surplus of approximately \$112,500.

The report notes that this is an unaudited figure and that audit work began the week of Jan. 23. The draft audit will be submitted to the Audit Advisory Committee at their regularly scheduled meeting on Friday, March 3.

Leisure World Community Corporation Executive Committee and Board of Directors 2017 Meeting Schedule

Executive Committee	Board of Directors
February 17	February 28
March 17	March 28
April 14	April 25
May 12	May 23
June 16	June 27
July 14	July 25
August 18	August 29
September 15	September 26
October 20	October 31
November 10	November 21
December – no meeting	December – no meeting

Dial 301-598-1313 for recorded Daily Events

2017 Broadcast Schedule - Channel 974

Executive Committee meetings are broadcast on Wednesday, Thursday and Friday the week after the meeting. Board of Directors meetings are broadcast on Monday, Wednesday and Friday the week after the meeting. All broadcasts are at 4 p.m. and 7 p.m.

Executive Committee Meeting The Feb. 17 meeting will air on Feb. 22, 23 and 24. Board of Directors Meeting The Jan. 31 meeting will air on Feb. 6, 8 and 10.

Group Email Addresses

Residents wishing to contact Leisure World Management, 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 all three 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 - execcomm@lwmc.com

Overlook Manager Achieves Top Recognition

by Ken Muir

Elizabeth Schultz, property manager at The Overlook (Mutual 26), has earned the PCAM (Professional Community Association Manager) designation from the Community Associations Institute (CAI), the professional association for community housing organizations. According to CAI, the PCAM designation is the highest professional recognition available worldwide to those who specialize in community association management. To obtain the PCAM designation, managers must have earned the Association Management

Specialist (AMS) designation and have at least five years of verified, direct community association management experience. They must successfully complete more than 80 hours of intensive, specialized instruction covering all aspects of community association management as well as conduct a comprehensive case study. To maintain the designation, they must meet continuing education requirements every three years. Schultz has been the Overlook’s property manager since June 2014. Prior to that, she was an assistant at Turnberry Courts. She has been a Leisure World employee for about seven years.

Pollinator Garden to be Constructed in Spring

by Stacy Smith, Leisure World News

Landscaping contractor McFall & Berry is donating a pollinator garden to the community, to be constructed in May 2017 at the Gleneagles green parcel Trust property near the intersection of Leisure World Boulevard and Gleneagles Drive.

The pollinator garden will be planted in a pesticide-free zone and include plants that attract and sustain animal pollinators, including butterflies, honey and bumble bees and hummingbirds. McFall & Berry will provide the garden’s plants, labor and maintenance.

When a flowering plant is not pollinated, it cannot reproduce or produce crops.

“One of the concerns in Leisure World as well as throughout Montgomery County is the loss of pollinators, specifically honey bees, in the environment,” said McFall & Berry president of operations Mike Angles. “By adding these gardens and giving them an environment where they can feed and multiply, and basically creating a safe haven for them, we are helping them to pollinate.”

Animal pollinators act as an essential part of the world’s nutritional food production, as the fruits, vegetables, nuts, seeds and oils they pollinate are the dietary sources of vitamins and nutrients required for human survival. However, their numbers have decreased in recent years due to various factors, many of them

human made, according to a 2016 report on a two-year global assessment conducted by the Intergovernmental Science-Policy Platform Biodiversity and Ecosystem Services, or IPBES. The organization was formed four years ago with a mission to strengthen the connection between science and policy-making in the areas of conservation and sustainable use of biodiversity, long-term human wellbeing and sustainable development.

More than three-quarters of the world’s food crops rely at least in part on pollination by insects and other animals, according to the IPBES.

Creating Your Own Pollinator Garden

McFall & Berry is encouraging other mutuals as well as individual residents to consider installing their own pollinator gardens, and can provide residents with helpful tips and a list of pollinator-friendly plants.

If interested, contact the grounds and maintenance department at

(301-598-1314).

The U.S. Fish and Wildlife Service recommends the following tips when planting a pollinator garden:

Choose plants that flower at different times of the year to provide nectar and pollen sources throughout the growing season.

Plant in clumps, rather than single plants, to better attract pollinators.

Provide a variety of flower colors and shapes to attract different pollinators.

Whenever possible, choose native plants. A list of pollinator-friendly plants by region can be found by visiting the North American Pollinator Protection Campaign’s website at (<http://www.pollinator.org/guides.htm>).

Consider planting milkweed so that the caterpillars of monarch butterflies have food.

“The more habitats we provide for the pollinators, the better it is for our landscapes as well as the conservation and reproduction of the pollinators,” Angles said.

2017 Advisory Committee Leaders

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Security and Transportation	Herman Cohen	John Barr
Tennis	Gerry Sommer	Sue Sandler



Speed Limit

The Security Department would like to remind all residents that the Leisure World Boulevard is a one-lane roadway in both directions.

The speed limit on the boulevard is **30 mph** and no passing is permitted. Be patient and do not pass.

2016 Security Reports

The following is the investigative reports summary for Jan. 2016-Dec. 2016

Type of Incident	Number	Type of Incident	Number
Animal complaints	6	Harassment	3
Simple assaults	0	Property damage	38
Burglaries	0	Elevator malfunction	10
Deaths	26	Noise complaints	0
Disoriented residents	20	Thefts or missing objects	24
Disturbances	3	Trespassing	6
Domestic disturbances	5	Vandalism	0
Falls	85	Vehicle collision w/ injury	6
MC Fire Department calls	51	Vehicle collision w/ damage	26
Damage to gate arms	10	Miscellaneous	29

Committee Reflects on Achievements, Looks Ahead to Goals

by Arthur N. Popper and Jim Leong

For over a year, the Special Information Technology Advisory Committee has worked to improve the quality of technology available both to residents and administration. The committee strives to educate the community about the various projects it's spearheading, with the aim of making them accessible to everyone. While a long way from achieving the goals set forth in its multi-year Strategic Plan, the committee has made considerable progress.

Contributions

The committee launched a network assessment of the IT operations for each of the 10 high-rise Mutuels and Montgomery Mutual. The comprehensive review resulted in identifying numerous issues

that, if resolved, could lead to substantial cost savings for the Mutuels, and far more efficient and effective use of technology. Several Mutuels were paying for internet services they no longer needed, and changes in printer and computer hardware could also result in savings. The committee also suggested a means for enabling the high-rise Mutuels to take advantage of management's plans for a new phone system.

The committee is also exploring ways to improve cell phone signal, such as adding at least one high-rise rooftop antenna. Committee members performed a rudimentary test that confirmed the adequacy of cell phone signal coverage for emergency alert pendants.

Internet and Cable TV

The committee is exploring

the best service options for cable TV and broadband internet that may be considered when the current Comcast contract expires in about four years. A change in service may require changes in the LW Trust documents to allow for companies to install fiber or other equipment, so legal issues will be considered as well as technology and cost.

Public Wi-Fi

The committee commends management's recent technology initiatives, which include a modern administrative phone system and the ongoing installation of public access Wi-Fi in the restaurants, Woodshop and Computer Learning Center. Wi-Fi in public areas such as the clubhouses is not secured and should never be used to share confidential informa-

tion or complete financial transactions.

Drones

While commercial use of drones is highly restricted by the Federal Aviation Administration, several committee members are learning to operate drones with the goal of using them to examine hard-to-reach areas of our property and to get aerial perspectives to enhance ground-based surveys.

New for 2017

The Leisure World Community Corporation Strategic Plan for Leisure World included the reaffirmation of the committee's new name, with a 2.5-year mandate and the addition of four new members to help broaden the committee's range of expertise.




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Feb. 9: MVA Mobile Office Returns

Need to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, Feb. 9.

The van will be located in the Clubhouse II parking lot, where the hours of operation are 10 a.m.-2 p.m.

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.

Share the Road

Drivers: Remember to watch for pedestrians and yield to them at crosswalks and intersections so we can all stay safe on the road.



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Leisure World Snow Plan 2017

Blueprint for a Safe and Healthy Winter

When Montgomery County authorities announce a snow emergency, snow emergency restrictions become effective in Leisure World as well.

Leisure World is private property encompassing 55 miles of roads and walkways. The county or state provides no assistance during a snow emergency.

When Snow Begins to Fall

The first priority is to provide continual access for rescue vehicles and automobiles required by residents to obtain emergency medical care. The Medical Center will be given top priority at all times.

Snowplows will clear primary access roadways, parking lots and driveways in the following order:

- **Through Streets** - Rossmoor Boulevard, South and North Leisure World Boulevards, Interlachen Drive, Norbeck Boulevard, Gleneagles Drive, Chiswick Court, Connecticut Avenue, Kelmscot Drive, Hyde Park Drive, Twin Branches Drive, Fitzhugh Lane, Tarkington Lane, Prince Frederick Way, Pine Orchard Drive and Pennfield Circle.
- **Primary Access Roads** - Fiske Drive and Terrace, Edelmar Drive and Terrace, Ludham Drive, Forest Edge and Glade Drives, Vantage Hill Road, Bramblewood Drive, Bassett Lane and Glen Eagles Drive.
- **Remaining named "Courts," "Squares," "Terraces" and "Ways"** that serve a dozen or more units.
- **Driveways** providing access to less than a dozen dwelling units.

When the Snow Stops Falling

Shoveling crews will start clearing entrances and sidewalks at the Clubhouses and Administration Building, if the facilities are open, followed

by the primary access paths for apartment-style buildings and individual units (primary access means from main entrance to parking lot). In apartment-style buildings, if you do not use the front door as primary access because of a disability, call Grounds Department (301-598-1314) to arrange special clearing.

Machine clearing of perimeter walks and other long stretches of walks will be done concurrently. Since machine clearing is much faster, these long walks may be completed before hand-shoveling crews have reached other primary access walks.

The snow plan calls for access to a primary roadway including sidewalks:

- *within 24 hours after the precipitation has ended for snowfalls of 12" or less,*
- *within 36 hours after the precipitation has ended for snowfalls of 12-24"*
- *within 48 hours after the precipitation has ended for snowfalls of more than 24"*

Parking Restrictions

During the snow emergency, do not park on streets designated as a Snow Emergency Route. These include Rossmoor Boulevard, Leisure World Boulevard, Gleneagles Drive, Chiswick Court, Interlachen Drive, Norbeck Boulevard and Connecticut Avenue.

Do not park in Reserved or Visitors parking spaces in your parking lot. Your Mutual may have designated these spaces as areas for snow handling. Residents affected will be contacted by their Mutual to move their vehicles to assigned temporary parking spaces prior to snow removal.

The director of Security & Transportation or a special police officer (SPO) can assist in identifying a resident whose automobile may be obstructing snow-removal operations.

Clearing Snowbound Vehicles

McFall & Berry's contracted services do not include shoveling out parked vehicles.

If necessary, call a relative, friend or neighbor to request help. Another option is to use the services of individuals who will do the work for a fee.

Security requires anyone wanting to shovel out cars for a fee to register with the Grounds Department at (301-598-1314). The Grounds Department maintains a list of individuals who have been pre-approved. If you know of anyone interested in providing this service, have that person call the Grounds Department as soon as possible. The Grounds Department will provide identification cards. Security requests that you report any individuals who do not have proper ID.

The Grounds Department does not set shoveling fees, nor is it responsible for any damages that may be incurred.

When you Need Medical Attention

- **Call 911 for all medical emergencies.**
- Notify the **Grounds Department (301-598-1314)** at least three hours in advance of a medical appointment that you are unable to reschedule. Make sure your medical facility will be open; do not make any assumptions that it will be.
- Call the Grounds Department to have your name placed on a snow-clearance priority list if you have an ongoing critical medical requirement such as dialysis, oxygen, chemotherapy or radiation.
- Call the **Main Gate (301-598-1044)** to report stuck vehicles or accidents.
- Calls to the Grounds Department should be limited to critical issues related to the snow emergency. Due to the high volume of calls and the department's need to be out

overseeing snow-removal operations, calls will be monitored and prioritized on a regular basis around the clock. Calls will be returned as quickly as possible according to urgency.

- Call the Daily Events Line (301-598-1313) for up-to-date snow-related information, including trash pickup, bus scheduling, cancellation of Clubhouse I and II events, activities, and facility closings.

Updates

- Call the Daily Events Line (301-598-1313) for up-to-date snow-related information, including trash pickup, bus scheduling, cancellation of Clubhouse I and II events, activities, and facility closings.
- Check the Leisure World closed circuit TV Channel 972 for snow-removal updates. Updates can also be found on the website (lwmc.com) by clicking on General Information, then Snow Removal and Snow Removal Plan (<http://www.lwmc.com/gen-info/snow-removal/snow-removal-plan.html>).
- Do not call McFall & Berry's office for routine information, complaints or scheduling issues.

Some Additional Advice

- In preparation for a potential snow emergency, now is a good time to stock up on essentials such as food and medicines, and other items such as batteries and reading materials. Be prepared to keep at least one week's supply of essentials on hand during the winter months.
- During a snow emergency, if you are in doubt about venturing from your residence, it is best not to go out. Also, wait until conditions are safe before putting out trash or retrieving newspapers.

This information is provided by the Grounds Department and may also be found on the Leisure World website (lwmc.com) in the General Information section under Snow Removal Plan.

Residents' FORUM



LETTERS

Retain our Historic Administration Building

The letters published in the Jan. 6 Residents' Forum raise important questions for residents about the Administration Building and the ways it can better serve the community. For several years numerous discussions, suggestions and analyses have been considered by various committees regarding these matters. Many were not endorsed due to then current facts, but some of the important facts have now changed. Recent news that Bank of America has left, and another local bank has declined to replace it, has raised the need to reopen these discussions.

Retaining a bank within the gates of Leisure World has been stated as a "given." Plans for the new Administration Building include space for a bank. However, modern banking has reduced the need for the in-person bank trips that were common 50 years ago. Although bank branches are

not as common as they were, we have five bank branches just outside our front gate – as we have grocery stores, barbers, hairdressers, package stores, dry cleaners, etc. They are within easy reach by driving, walking or using our Leisure World buses. Leisure World resident fees provide this bus service, and there is no additional user fee.

Without a bank and without a real estate presence – the Board made the decision not to continue the real estate office years ago – more than adequate space already exists in the current building to meet reason-

ably foreseeable Administration functions. Previous analyses showed how current space can be better utilized and discontinuing the bank would provide even more room. Reconfiguring the space in the expansive and minimally useful "atrium" would provide an added bonus. Considering better use of office space in the two Clubhouses should also be further examined.

Possible "code problems" and harmful asbestos have been cited as reasons to destroy our lovely, historic building. Although no engineering analysis has been done, we now know that Clubhouse I, built by the same architect, in the same era, has been quite successfully updated (at a comparatively small cost).

A secondary, but important reason given for destroying our historic building is the opportunity to create better parking access to Clubhouse I and our restaurants. Although not studied, I believe that closer, easier, more accessible parking could be created without the "destroy and build" plan now being pursued. Re-grading the land now identified for the replacement building could provide the parking advantages without the new building.

All of this having been said, it is time for other residents who have opinions about Leisure World's future direction to speak out. Now is the time – before the bulldozers arrive.

– Bob Namovicz



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Residents' Forum Guidelines

from the Leisure World News Advisory Committee

Leisure World News welcomes submissions from its readers. We will publish as many as possible to reflect the widest span of Leisure World community issues. To increase your chances for publication, please follow the guidelines below:

Guidelines for Letter Writers

1. Residents' Forum (RF) submissions must be emailed (aclwn@lwmc.com) or delivered to the LW News Office.
2. RF 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.
3. RF submissions must adhere to all General Guidelines, including but not limited to:
 - Material must be of interest and value to the community, respectful and in good taste, clear, concise, accurate, non-repetitive, relevant, and avoid personal attacks.
 - All submissions will be subject to editing. Writers will have the opportunity to approve substantive pre-publication edits.
 - LW News does not guarantee when or if any submission
4. Receipt of RF submissions will be confirmed by email or telephone.
5. If an RF submission refers to another source, such as an article in another publication, a press release, a legal opinion, etc., a copy of that source must be provided for verification and reference.
6. RF submissions are strictly the opinion of the writer.
7. Issues that relate only to a specific resident, a specific Mutual, or a specific club, group or organization are not appropriate for the RF.

will be published.

See full LW News Guidelines and Board Standing Rules at lwmc.com.

Meals on Wheels of Wheaton



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Do you know someone who is home-bound? We deliver nutritious, freshly cooked meals in Leisure World, Silver Spring, Kensington & Wheaton.

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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

Udvar Hazy Center, Chantilly, VA

Sat., 3/11, 9:05 am-3:05 pm\$48.00 per person
Docent lead "Highlight" tour and transportation included.

"Jonah" at Sight & Sound Theater

Sat., 3/11, 9:45 am-8:30 pm\$152.00 per person
Trip includes: motorcoach transportation, lunch at Hershey Farms and admission to the show.

Philadelphia Flower Show

Thurs., 3/16 or Fri., 3/17, 7:45 am-7:45 pm
\$84.00 per person

The theme of the show is "Holland." Lunch on your own.

Coffee and Concert At the Kennedy Center

Fri., 3/17, 9:30 am-3:00 pm\$86.00 per person
Join us as Christoph Eschenbach conducts Bruckner's titantic "First Symphony" on a program that also features NSO Concertmaster Nurit Bar-Josef in Mozart's celebrated "Third Violin Concerto". Prior to the concert, a continental breakfast buffet will be available for purchase in the KC Cafe from 10-11:15 a.m.

Dutch Apple Theatre "My Fair Lady"

Wed., 3/29, 9:30 am-6:15 pm.....\$110.00 per person
Trip includes: Buffet lunch, show and motorcoach transportation.

Cherry Blossom Tour

Mon., 4/3, 9:55 am-3:00 pm\$75.00 per person
Stop at some memorials in Washington, D.C., while taking in the cherry blossoms in bloom! Lunch to follow at Carmine's included.

Odyssey Cherry Blossom Cruise

Tues., 4/4, 9:15 am-3:15 pm\$105.00 per person
Enjoy a leisurely luncheon aboard the Odyssey for a cruise along the Potomac River viewing the world famous cherry blossoms. Transportation and lunch on the cruise included.

"Saturday Night Fever" at Riverside Theater

Wed., 4/5, 9:45 am-6:30 pm.....\$109.00 per person
Based on the 1977 hit movie that featured and popularized the disco music of the BeeGees – go back in time with "Stayin' Alive," "You Should be Dancing," "How Deep is Your Love" and many more great hits. Grab your bell bottoms and disco boots and join us for a dancing good time! Meal included.

Kennedy Center & Phillips Collection

Mon., 4/24, 9:30 am-3:05 pm\$59.00 per person
Start your day with a docent lead tour of the Kennedy Center. Lunch on your own at the Kennedy Center before heading over to the Phillips Collection for a self-guided tour of this museum.

Wolf Sanctuary

Tues., 4/25, 7:15 am-5:15 pm\$99.00 per person
This trip is a guided tour of an amazing Wolf Sanctuary! It will be outdoors and you will meet a pack! Wear comfortable shoes. Trip includes: motorcoach transportation, admission to Sanctuary, guided tour and lunch.

Fearless Women of Frederick

Wed., 4/26, 9:00am-3:00pm..... \$85.00 per person
Start the day off at the Frederick Visitor Center. Then take a tour of the Historical Society of Frederick County. This is a guided tour with special exhibits. End the day with a plated lunch featuring a special guest at the Carriage House Inn in Emmitsburg.

Springfest in Ocean City MD

Sat., 5/6, 7:45 am-9:00 pm\$60.00 per person
Think Spring! This event is held at Ocean City Inlet and it features arts and craft vendors, popular entertainment and a variety of delicious food. Transportation only.

"New" African American History and Culture Museum

Mon., 5/8, 8:45 am-3:30 pm\$35.00 per person
Join us for a day of exploring and discovering this recently opened museum. Transportation only.

SPOTLIGHT ON...

Celebrate Someone Special in Hershey!

Sat., 5/13, 8 am-7:45 pm\$109.00 per person
This outing starts at Hershey Chocolate World before heading to the Hotel Hershey, a historical landmark, for an elegant buffet lunch in the Circular Dining Room! Then wander through the Gardens that over the course of 75 years has blossomed from a small garden of roses into 23 acres of botanical beauty. At the end of the day, walk amongst 500+ butterflies from around the world in the tropical Butterfly Atrium.

MULTI-DAY TRIPS

Myrtle Beach "Spring Fling"
March 12-16 (motorcoach)

Charleston, Savannah, Jekyll Island
April 1-7 (motorcoach)

International Tattoo
April 26-28 (motorcoach)

Discover Switzerland, Austria and Bavaria
April 26-May 5

Mohegan Sun
June 12-15 (motorcoach)

Montreal & Quebec
June 18-24 (motorcoach)

Train Tracks of West Virginia
June 22-25

JFK's Cape Cod
July 16-20

Alaska Adventure Cruise
July 16-28

Yellowstone, Grand Tetons & Mt. Rushmore
Aug. 3-11

Smoky Mountains
August 27-31

New Orleans
Sept 11-14 (fly-drive)

Colorado's Historic Trains
Sept. 15-23

Best of New England
Oct. 13-17

CRUISES

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Sept. 10 – 14 nights

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CASINO TRIPS

Hollywood Casino, Charleston, WV
Friday, Feb. 24, 2017 10:00 am-5:30 pm
\$38.00 per person
\$15.00 slot play offer.

Slot play and promotions come directly from the casino and subject to change.

(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 60 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.

Events & ENTERTAINMENT

■ Fireside Forum

Feb. 5: The Library of Congress with David Mao

by Jonas Weiss

David S. Mao, deputy librarian of Congress, discusses the Library's service to the Congress and to the American people at a Fireside Forum program on Sunday, Feb. 5, at 2:30 p.m. in the Clubhouse II auditorium.

The Library of Congress is the research library that serves the U.S. Congress and is the de facto national library for our country. The Library's collections are the largest in the world and include research materials from all parts of the world.

Mao discusses how we might use this institution and enjoy its valuable resources, as well as how the Library is adapting to the new electronic environment.

The Library, located in Washington, D.C., is open to the public and provides free, one-hour tours of the Jefferson Building. It is worth a trip just to see the building's architecture and symbolic art.

Before becoming acting librarian and then deputy librarian, David Mao was the law librarian of Congress and managed the operation and policy administration of the Law Library. He is a graduate of George Washington University where he majored

in international affairs. He has a law degree from Georgetown University and a master's in library science from The Catholic University of America.

Steve Kline is the host for the speaker.



David S. Mao, courtesy photo

■ Lions Club of Leisure World

Feb. 11: Spend an Evening with Lovestory

by Arthur Hooker
and Carmiller Dorsey

Lions Club invites residents to spend an unforgettable evening with the incomparable, high-energy singing duo, Lovestory. As a husband and wife vocal team, they engage and entertain their audiences with amazing renditions of jazz, Motown and soul classics.

Lovestory performs on Saturday, Feb. 11, from 6-9 p.m. in the Clubhouse I Crystal Ballroom. Tickets are \$20 per person, plus a can of food at the door. Tickets are on sale now and can be purchased at the E&R office in Clubhouse I. Checks only.

Lovestory is a theatrically

styled vocal production that pays tribute to all the greats: Frank Sinatra, Ella Fitzgerald, Elvis, Etta James, Marvin Gaye, Diana Ross and many more. Audience members can feel free to sit, stand or get up close and personal to the performers, and dance the night away.

"T.A. & D," as they call themselves, are the powerhouse vocal performers behind Lovestory, singing live to professionally prerecorded music while performing with an infectious energy that consumes listeners with each exciting rendition.

Learn more about Lovestory by visiting their facebook page at (www.facebook.com/pg/lovestoryduo).

BLACK HISTORY MONTH

■ League of Women Voters

Feb. 8: The Paul Edmonson Story

The Rossmoor discussion group of the League of Women Voters is excited to present a program on the Edmonson family. Paul Edmonson was set free by his owner's will, then purchased land in the Norbeck area of Montgomery County, where

he farmed and established his family.

All residents and their guests are invited to join us on Wednesday, Feb. 8, at 10:15 a.m. in Clubhouse I for a glance at this lesser-known story of our area's history.

— Elaine A. Apter

■ Leisure World Association for African American Culture (LWAAAC)

Feb. 17: 'Black Images/Black Reflections' Performance

Residents are invited to an encore performance of "Black Images/Black Reflections" on Friday, Feb. 17, at 4 p.m. in the Clubhouse II auditorium.

The program is a Black History Chronicle written and performed by award-winning playwright Kelsey E. Collie, with updated material presented

through vignettes and songs accompanied by music and dances by students of the Kuumba Academy Charter School in Washington, D.C.

The presentation is an international, award-winning production that is free and open to all residents. No tickets are required.

—Patricia Means

Feb. 25: 'Slam' Kicks Off Movie Series

The association's first movie series feature is Saturday, Feb. 25, at 3 p.m. in the Clubhouse II auditorium.

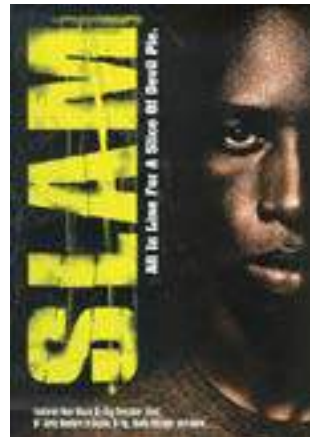
The feature, "Slam," (1 hour 40 minutes, drama, rated R for language, sex and brief violence) is a 1998 independent film that won prizes at the Cannes Film Festival and the Sundance Film Festival, as well as the IFP Gotham/Perry Ellis Breakthrough Award for its stars, Sonja

Sohn and Saul Williams, son of Club president, Juanita Sealy-Williams.

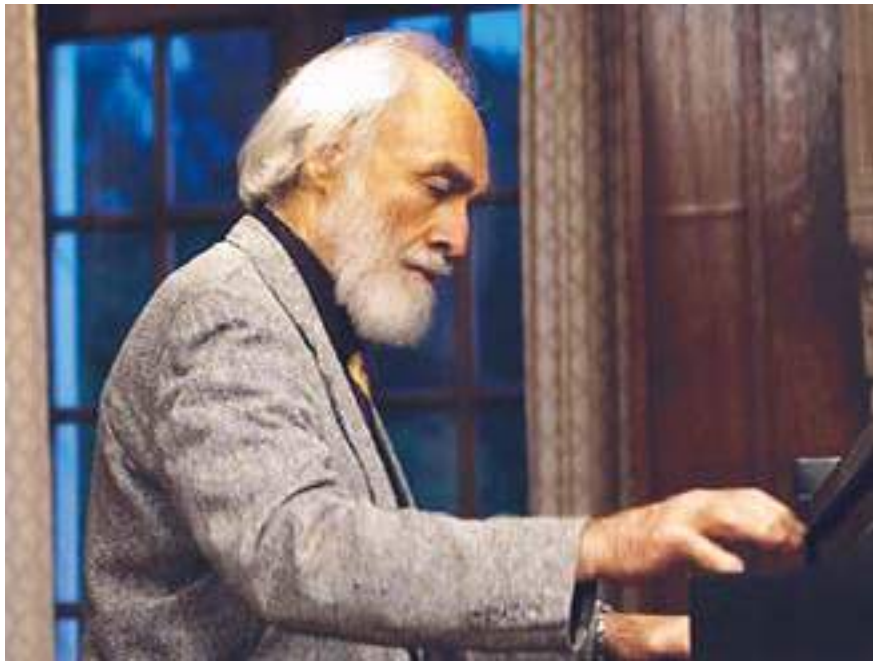
"Slam" is an emotionally charged, uplifting film about a talented young man in Washington, D.C., who discovers himself through the love of a woman and spoken word poetry, or "slamming."

Admission is free and opened to all residents and their guests. No tickets are required.

—Patricia Means



Feb. 12: February Favorites with Jerry Allen



Jerry Allen. Courtesy photo

The E&R Department is pleased to welcome back jazz pianist Jerry Allen. He returns on Sunday, Feb. 12, at 7 p.m. to perform on stage in the Clubhouse II auditorium. His program is a musical celebration of Valentine's Day and Black History Month.

America's legacy of popular music includes a wealth of songs of love and romance as well as a rich repertoire from African-American composers who have defined the very character of what we know as American music. Allen's jazz interpretations will celebrate both of these sometimes

overlapping streams with favorites such as "My Funny Valentine," "Body and Soul" and "My Romance," along with the works of composers such as Duke Ellington, Billy Strayhorn, Fats Waller, and Horace Silver. Of course, there will be a nod to ragtime and blues to honor the roots of jazz.

On Feb. 12, follow your dinner with a relaxing evening of jazz favorites.

Tickets are \$8 per person and are available in the E&R office in both clubhouses. Please bring your Leisure World ID.

■ Sock Hop Group

Feb. 18: Dance the Night Away

The Sock Hop Group hosts its next dance on Saturday, Feb. 18, from 7-10 p.m. in Clubhouse II. For your listening and dancing pleasure, DJs Ernie and Karen Poland of Take Two Entertainment are providing the music of Motown – the '50s, '60s and '70s. Join us in the fun.

Admission is only \$5 per person. Feel free to bring your own beverages and snacks. Any questions? Contact Doug Brasse at (301-448-8708) or (dbrasse@weichert.com).



— Doug Brasse

■ Ballroom Dance Club

Feb. 25: Dancing with the Helmut Licht Trio

The next dance of the Ballroom Dance Club is Saturday, Feb. 25, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. The Helmut Licht Trio returns with a vocalist. Bandleader Helmut Licht is a multi-talented artist and writer, and a Peabody Conservatory-trained musician. The club eagerly anticipates dancing once again to Helmut's music.

As usual, the dress code is dressy dresses for the ladies, and coats and ties for the gentlemen.

We will renew annual memberships of \$10 per person at the dance. Admittance to each dance for members remains at \$10 per person, and \$15 per person for non-members and guests.

All residents and guests are welcome at the dances. Please make reservations prior to the dance with Irmgard Patrick at (301-598-2984).

— Joyce Hendrix



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Family Foot and Ankle Associates of Maryland would like to thank you for over 30 years as your Podiatrists in the Medical Center in the Leisure World community.

As of September 28, 2016, we will no longer be providing Podiatry services at the Medical Center.

We encourage all of our current and previous patients from the Medical Center in the Leisure World community to visit us for their Podiatry care in our other offices just down the road in Kensington, Olney and Silver Spring.

We look forward to continuing our relationship with many of you, Drs. Christopher Farnworth, Michael Frank and Marc Goldberg

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Fax: (301) 924-5933

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Fax: (301) 942-8530

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Silver Spring, MD 20901
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Fax: (301) 681-1488



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Feb. 28: A Dixieland Express Mardi Gras

The E&R Department brings back the Dixieland Express to perform for its annual Fat Tuesday performance, Tuesday, Feb. 28. Doors to the Clubhouse I Crystal Ballroom open at 6:30 p.m. with music and dancing from 7:30-9 p.m.

The Express plays true traditional jazz Dixieland sound with authentic six instrumentation plus vocals and piano. Most members of the band also frequent New Orleans, the mecca for Dixieland music for not only the country, but also the world.

Several members of the band have also sat in with such well-known venues as Preservation Hall and Fritzels, and with the Dukes of Dixieland on the Steamship Natchez.

The Dixieland Express has recently been featured at the Potomac River Jazz Club (PRJC). Last year, the band also did a Mardi Gras gig for the PRJC and will again this

winter. Most members of the band are also members of the PRJC, which supports traditional jazz for the Washington area.

The band is very versatile, playing more than just traditional jazz, including many numbers suitable for dancing as well as listening.

The Dixieland Express is lead by resident and trombonist John Stewart with Les Elkins on cornet and vocals, Kirt Vener on clarinet, Merle Biggin on tuba and Joel Albert on drums. Rick Eldridge is perhaps the most versatile member of the band, performing banjo, piano, vocals and sometimes an instrument he invented just for this band: the Klaxophone! All members of the band are regulars, meaning that they play with the same group of musicians that allows for a more cohesive, traditional jazz sound.

The band has some surprises for the audience and will



Front row, from left: Merle Biggin on tuba; Joel Albert on drums; Rick Eldridge on banjo, vocals, and klaxophone (the klaxophone is not pictured). Back row, from left: Les Elkins on cornet; resident John Stewart on trombone and Kirt Vener on clarinet. Photo by Joel Albert

have the crowd dancing and marching to the sound of New Orleans-style Dixieland music from beginning to end. Be sure to wear your beads and colorful attire, and bring handkerchiefs to twirl to the music!

Tickets for this event are \$15

per person. The cost includes light hors d'oeuvres; a cash bar will also be available. So, join your friends and celebrate Fat Tuesday together.

Tickets are available in both clubhouse E&R offices. Please bring your Leisure World ID.

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*Ingleside at King Farm is a CARF accredited, not-for-profit,
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Ingleside at King Farm is expanding with the proposed building of 125 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living subject to approval by the Maryland Department of Aging.



■ Hispanos de Leisure World

Feb. 10: 'Nonna's Trip'

Hispanos de Leisure World present the Mexican movie, "Nonna's Trip" ("El Viaje de la Nonna," 2007, 1 hour 33 minutes, comedy/drama, rated PG, Spanish with English subtitles) on Friday, Feb. 10, at 3 p.m. in Clubhouse I.

In this entertaining story, the increasingly forgetful Nonna wants to make a trip from Mexico to Italy so she can visit the birthplace of her

beloved late husband. Worried that she won't remember the trip anyway, her family devises a scheme to grant Nonna's last wishes – only this family's vacation won't exactly entail leaving home.

Members and all residents are welcome to attend. Come early; seating is limited.

Refreshments are available and donations are suggested.

—Carlos Montorfano



■ Education and Recreation Department

Sunday Afternoon at the Movies

Feb. 26: 'Race'

The E&R Department is pleased to present "Sunday Afternoon at the Movies." The movies are shown at 2 p.m. in the Clubhouse II auditorium.

On Sunday, Feb. 26, the featured film is "Race" (2016, 2 hours 14 minutes, biography/drama/sport, rated PG-13 for thematic elements and language).

Free tickets, limit two per person, are required and can be obtained from the E&R office in either Clubhouse I or II, beginning Tuesday, Feb. 7, at 8:30 a.m. Please bring your Leisure World ID.

While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-Amer-

ican man, Jesse Owens, shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his story, with Stephan James as Jesse Owens, and Jason Sudeikis as Larry Snyder, Owens' field and track coach from Ohio State University.

Sunday 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 that no one will be seated after 2 p.m.

Donations to help cover the expenses associated with the presentations are gratefully accepted. A basket will be available for your contribution.



■ Jewish Residents of Leisure World

Feb. 23 Movie Matinee: 'Fabulous Fashionistas'

by David Firestone

The movie, "Fabulous Fashionistas" (2013, 1 hour, documentary, no rating) screens on Thursday, Feb. 23, at 1:30 p.m. in the Clubhouse II auditorium.

Tickets are \$7 per person (checks only, payable to JRLW), and are available at the E&R office in Clubhouse I.

The film's director, Sue Bourne, noted that people

of her generation are still working into their sixties and seventies; many of them have no intention of retiring. They are still active and they still take interest in how they look, dressing with their own style. They are physically fitter and more active than previous generations.

Two of the women featured in the film include a 71-year-old boutique employee and an 87-year-old who choreographed "The Phantom of the Opera."

They all embrace a love of fashion for all occasions.

The film is co-sponsored by the Jewish Residents of Leisure World and the Bender Jewish Community Center of Greater Washington's Coming of Age Program.



2017 Movie Schedule

Sponsored by the E&R Department

Movies are FREE and shown for your enjoyment in the Clubhouse II Auditorium. 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
Feb. 16, 1 p.m.	The Choice	SOLD OUT
Feb. 26, 2 p.m.	Race	Feb. 7
March 16, 1 p.m.	Brooklyn	Feb. 21
March 26, 2 p.m.	Nina	March 7

Movies are subject to change.

Coming in 2017

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

Sun., Feb. 12, 7 p.m.	Jerry Allen, pianist
Tues., Feb. 28, 7:30 p.m.	Mardi Gras with The Dixieland Express
Thurs., March 9, 1:30 p.m.	Steve Friedman on "The Silver Screen"
Fri., March 17, 7 p.m.	St. Patrick's Day Celebration with The Brothers Flanagan

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

Interested in advertising in the Leisure World News?

For information, email lwnewsads@lwmc.com

Leisure World News
OF MARYLAND



■ Foundation of Leisure World

March 6: 'Grand Train Tour of Switzerland'

The Foundation of Leisure World screens the Small World Production of "Real Rail Adventures: Grand Train Tour of Switzerland" as part of its Travel Video Series on Monday, March 6, at 2 p.m. in the Clubhouse II auditorium.

In the 60-minute documentary, television host and lifelong traveler Jeff Wilson leads viewers on a train journey through Switzerland with stops in many exciting cities and towns. The event is free and open to all residents and their guests.

Foundation of Leisure World is a 501(c)3 non-profit organization that derives its funding from resident donations.

– Bob Stromberg



Leisure World News OF MARYLAND

■ Education and Recreation Department

March 9: How the Silver Screen Created a New Broadway Musical

Steve Friedman returns to Clubhouse I on Thursday, March 9, at 1:30 p.m. for this continuing series of programs on the history of Broadway. This time, through song and lecture, he delves into how the Silver Screen created the new Broadway musical. A Washington, D.C., resident, Friedman is a trained classical tenor and has performed many musical theater roles from "Camelot" and "Damn Yankees" to "Sweeney Todd."

It was through performing in musicals and his love of musical theater that he developed a desire to lecture on the history and development of the Broadway musical.



Steve Friedman. Photo by Leisure World News

Tickets are \$5 per person and go on sale on Tuesday, Feb. 7, at 8:30 a.m. in the E&R offices in Clubhouse I and II. Please bring your Leisure World ID.

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March 17: Celebrate St. Paddy's Day with The Brothers Flanagan



The Brothers Flanagan at Nationals Ballpark. Courtesy photo

Let The Brothers Flanagan put a little Irish in your day!

The singing quartet returns to Leisure World on St. Patrick's Day, Friday, March 17, for a 7 p.m. performance of Irish and Irish-American favorites in the Clubhouse II auditorium.

The Brothers Flanagan have entertained audiences in the Washington, D.C., area since 1990. Robert Bunning founded the group to focus on Irish music, but over the years their repertoire has grown along with their popularity.

The group performs both a cappella and accompanied music

that includes a broad range of styles and genres — everything from show tunes, Americana, and traditional barbershop quartet favorites to patriotic music.

They perform across the Washington metropolitan area at private and public functions.

They never forget their roots, and performances around St. Patrick's Day are the highlight of their season.

Tickets for this fun evening are \$7 per person and go on sale on Tuesday, Feb. 7, at 8:30 a.m. in the E&R offices in Clubhouse I and II.

Please bring your Leisure World ID.



Rockville Little Theater presents
THE MIRACLE WORKER
Fridays and Saturdays, Feb. 3, 4, 10 and 11 at 8 p.m.; Sundays, Feb. 5 and 12 at 2 p.m.
TICKETS: \$22; \$20 (SENIORS 62+ & STUDENTS)

Duquesne University presents
THE TAMBURITZANS LIVE
Saturday, Feb. 18 at 2 and 8 p.m.
TICKETS: TIER 1 - \$38; \$33/SENIORS; TIER 2 - \$35; \$30/SENIORS

Victorian Lyric Opera Company presents
LA PERICHOLE (in English)
Friday and Saturdays, Feb. 24, 25, Mar. 3 & 4 at 8 p.m.; Sundays, Feb. 26 & Mar. 5 at 2 p.m.
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Health & FITNESS

■ Patients Rights Council of Leisure World

What We Do: Bylaws of the Organization

by Mary Ann Johnston

The next meeting of the Patients Rights Council of Leisure World is Wednesday, March 8, at 1:30 p.m. in Clubhouse I. All residents and guests are welcome to attend.

Mission

The Patients Rights Council held its organizational meeting and submitted its bylaws to Leisure World in March 2011. The bylaws state that the purpose of the Council is to educate residents on end-of-life issues and to oppose attempts to legalize physician assisted suicide and/or euthanasia.

Members of the board will meet this month to clarify and expand on our group's purposes,

and present recommendations to our membership for their input and approval. We will continue to keep members and residents informed about attempts to legalize physician-assisted suicide in Maryland and elsewhere.

Legislation

The Maryland General Assembly introduced bills in 2015 and 2016 that would legalize physician-assisted suicide, but these bills died in committee. A similar bill was expected to be introduced in the Maryland General Assembly on Wednesday, Jan. 25.

Speaker

Jennifer Briemann from the Maryland Catholic Conference spoke to our group in November

and encouraged us to solicit information from Maryland Against Physician Assisted Suicide, so we can learn more about impending legislation. Their website is (www.StopAssistedSuicideMD.org).

Palliative Care

Our January speaker was Dr. Ashlei Lowery, medical director of the Palliative Care Program at MedStar Montgomery Medical Center, who gave us information about services we can expect from the palliative care team when a patient is in the hospital. Palliative care focuses on providing relief from symptoms, and the pain and stress of a severe illness. The goal is to improve the quality of life for both the patient and family.

A consultation order must be

given to the hospital physician to receive these services; the patient, family or other health care worker may request the consultation order. There is no outpatient palliative care clinic at MedStar Montgomery Medical Center, but we hope they have one in the future she probably shouldn't speak for hospital.

The palliative care team can now suggest follow up care with home health, rehabilitation services or hospice after discharge from the hospital. There is no cost to the patient for these services; they are fully covered by Medicare and other insurance. Lowery informed us about advance directive forums that are held at MedStar Montgomery Medical Center, and Council members are enthusiastic about forming a similar forum in Leisure World.

■ Stroke Support Group

Feb. 8: Next Meeting

The next Stroke Support Group meeting is Wednesday, Feb. 8, at 1:30 p.m. in Clubhouse II. Fun and Fancy Theatre Group will perform for members and guests.

The group's last meeting featured a speaker from the construction company Get A Grip, who talked about new and useful ideas for making one's home safe from potential falls.

The latest information from the MedStar Montgomery Medical Center about recognizing a stroke is an elaboration on the old acronym, FAST, now changed to BE FAST - Balance, Eyes, Face, Arms, Speech and Time.

All are welcome to join the group. We are happy to share stroke information with anyone who might need it!

— Sally MacDonald

■ Parkinson's Support Group

Speaker to Discuss Yoga, Meditation

by Ray Weil

The next meeting of the Parkinson's Support Group is Tuesday, Feb. 14, at 3 p.m. in Clubhouse II. Speaker Anne Contee will consider and discuss possible positive interrelationships between Parkinson's disease and the practice of meditation, mindfulness and yoga.

Born in India, Contee grew up in a household and family devoted to the belief in and practice of yoga and meditation.

She has continued this devotion through the study and influence of such teachers as Buddha and Mahatma Gandhi.

Contee earned an MBA in management, as well as numerous certifications in various types of yoga, and is currently pursuing her master's in pastoral counseling from Loyola University

of Maryland.

She is a Certified Ayurveda wellness counselor and graduated as the only non-physician in the Ayurveda Medicine Training Program at the University of Maryland's integrated health school of medicine in collaboration with Maharishi University in Fairfield, Iowa.

In addition to her many teaching activities, Anne is the founder of the White Lotus Wellness Center in College Park, Maryland.

Following the main presentation there will be a business meeting and open discussion to allow members to raise topics of interest and to discuss their own treatment experience.

As always, the entire meeting is open to all who have an interest in Parkinson's disease. For further information, contact Ray Weil at (301-598-3447) or (raywwjr@hotmail.com).

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■ Low Vision Support Group

2017 Kick-Off Program: 'Facing Change Together'

by Larry Cohen
and Joan Guberman

Changes, as the late songsmith David Bowie implied, are an inevitable part of life. Among the most difficult changes to face is serious loss of vision, especially the onset of blindness.

In a very real sense, you become another person when you lose your vision. You must change the way you live and the way you think about yourself in relation to others. At some point, you'll need to recognize and accept that you are a different person, and say goodbye to the old you. Learning to accept the new you can be as hard, or harder, than losing a friend or a loved one.

Leisure World social worker Wilma Braun, LCSW-C, has years of experience helping

people gain acceptance of their new selves and find the supports needed to lead a fulfilling life with low vision.

At our next meeting, Braun discusses services available to residents through the Leisure World social work department. She will describe how

and when to access

these services as well as available resources in the greater community.

The Low Vision

Group's purpose

is to help you in your search for a better life with vision loss. As someone who has low vision, Larry Cohen can assure you that this life exists, with help from the many good doctors and services available around us. Please join us to share your knowledge and strength and learn from others in similar situations.

We meet on the second Wednesday of the month at 1 p.m. in Clubhouse I.



MAYCIE & MILLIE

A little bit of mischief and a whole lot of magic

Two extraordinary women—born many miles apart but brought together by momentous life changes—are testaments to the transformational power of friendship. They met within weeks of moving in to Kensington Park and forged a fast friendship. Maycie came to us grieving the loss of her husband of 60 years and looking to widen her circle of friends. Millie came to us seeking a home close to her husband, who is living in our memory care community. Both share a mischievous twinkle in their eyes, a deep love of family, remarkable resilience and a warm sense of humor. The magical spirit of their friendship helps make change less lonely, and it brightens the mood of all who cross their path. *Come meet Maycie and Millie, and make a new friend at Kensington Park.*



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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, MD 20906). 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: Have you lost your spouse? Leisure World residents meet as a group to support one another twice a month on Tuesdays, 3-4:30 p.m. Sponsored by the Jewish Social Service Agency (JSSA) Hospice and facilitated by Grace McMillan, LGSW, the group meets in the conference room at MedStar Health (3305 N. Leisure World Blvd.). To register, call Suzanne Adelman, LCSW-C, JSSA Hospice at (301-816-2683).

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

■ Rossmoor Camera Club

All Creatures Great and Small

by Nina Parish

On Jan. 10, Rossmoor Camera Club hosted a program by Don Johnson about how to photograph zoo animals. Johnson, past president of both the Frederick and Gaithersburg camera clubs and a nationally recognized animal photographer, said photographers don't have to go on safari to photograph wild animals.

He also stated that photographing animals in the wild requires a somewhat different set of skills than photographing them in the zoo.

Johnson uses a monopod with his telescopic lens so that he can move it around more easily to follow the animals' movements. He wears a dark shirt so that when shooting through glass, the shirt is not reflected in the photo. He will stay in place for as long as it takes to get the animal to do something interesting, but he will move on to another exhibit if he doesn't think this will happen.

He instructed us to use a high ISO to overcome many of the lighting problems, even though this might cause

some grain.

"If you get a great shot, no one will be bothered by the grain," Johnson said.

Shooting through glass and fences present particular problems. With glass, he recommended getting up as close as possible and trying to photograph an animal that is farther back in the exhibit and has a neutral background. With fences and bars, he suggested placing the camera in between the bars or parts of the fence, if at all possible. Use manual focus to focus on the animal, and not on the fencing.

The major advice Johnson gave the group was to always focus on the eyes of the animal. Wait for eye contact and then shoot. Lemurs have great eyes, so they are great to photograph. Gorillas pose a particular problem due to their overhanging brow.

Photographers have to really work hard to get their eyes in light, but moving around might help. Birds pose an even greater problem because shooting them straight on by focusing on the eyes makes the beaks out of focus; profiles of birds work better.

Johnson said post processing is the photographer's friend and can help



Parrot Visiting a Cape Cod Beach. Photo by Jon Fife

correct many of these difficulties. He then gave a few examples of some of the tools in Adobe Photoshop Lightroom that will enhance your photos.

After receiving these tips, the group is ready to trek to a zoo and practice.

■ Rossmoor Library Guild

Library Offers Convenience and a Quality Collection

by Barbara Long

The acquisitions committee is busy selecting new books for purchase through Amazon, which offers libraries a special reduction. The group attempts to honor requests from residents, and most often those requests are retrieved from the library's suggestion box.

In late 2016, a reader survey was developed and distributed to patrons. Results are being analyzed, and a second survey is in the works, in an attempt to become more responsive to patrons. Look for the new surveys, which will be placed in books at checkout, in upcoming weeks. Suggestions can always be made to any library volunteer, as well.

A list of newly purchased books is posted weekly on the bulletin board, along with reader reviews of past selections. Profits from greeting card sales are used to purchase new books.

What's Available

February is a fine time to load up on favorite authors. The thought of being homebound with nothing to read is not a pleasant one. Paperbacks, puzzles and audiobooks have no check out limits and are a good choice when a storm is due.

The Rossmoor Library Guild wants to ensure that new residents know about the library's collection and how the system works.

With the temporary closure of Aspen Hill Library for repairs, residents may be relying on our own facility even more.

While our own selection of DVDs is more modest than the public library's, the convenience cannot be beat.

The library is located in Clubhouse I. It is open Mondays from 1-4 p.m., Tuesdays through Fridays from 10 a.m.-4 p.m., and Saturdays from 10 a.m.-1 p.m.

Join the Musical Jammers

Do you like to sing or play music? Then the Musical Jammers is for you. It's a totally relaxed and informal way to get together with other amateur musicians and singers to just sing, play music and have fun. We've been getting together once a month, bringing our favorite songs and music, and just jamming. There are no dues, no meetings, no agendas, no committees. We just take the advice of The Grateful Dead: "Let there be song, to fill the air."

If this sounds intriguing, then truck on down to Clubhouse II on Monday, Feb. 13, at 10 a.m. Since we're not yet a formal club, we can't reserve a room, but we have always found an available meeting room. All instruments and voices are welcome. So, if you want to jam, join us on Feb. 13.

Questions? Call Richard Lederman at (301-598-1132).

— Richard Lederman

Featured Artist is 'Hooked on Ceramics'

by Gail Bragg

Janice Handley is our featured artist for February. Handley moved to Leisure World in 2015 and joined the Ceramics Club in June of that year. Although new to our club, she was no stranger to the arts.

Handley recalled her first experience painting at five years old when her father placed a brush in her hand.

"He mistakenly let me help paint the walls in our house; I had begged him to let me help," she said. "Mother didn't see what was happening until too late; the wall and myself were covered with a gray paint. I loved it!"

Handley received a bit of training in public school and at college in Texas, where she grew up. Her real training came from public workshops for decorative painting beginning in the 1990s. While still in Texas, she furthered her decorative painting training by joining the Society

of Decorative Painters, or SDP, at both international and state levels. Although the SDP does not traditionally use ceramic pieces on which to paint, she has found that ceramic bisque lends itself well to the techniques and motifs even though it is somewhat more challenging.

"I feel almost like I did when first handed that house painting brush by my father," Handley said. "I love painting on ceramic bisque. I am hooked on ceramics!"

Charities

The Ceramics Club thanks everyone who purchased items from our studio during 2016. As a result, we were able to donate a total of \$800 to charity: \$400 to the Kensington Fire Department and \$400 to MANNA Packs for Kids.

General Information

The Ceramics Club's \$10 annual membership fee includes



Some of Janice Handley's ceramics pieces on display in Clubhouse II. Photo by Gail Bragg.

instruction on how to make your own ceramic pieces. We welcome new members, so drop by our studio in Clubhouse II.

You can view some of our ceramic pieces in the gift shop in our studio (for sale with proceeds

going to charity) and at our website, which can be reached via the Leisure World site (www.lwmc.com), or directly at (<http://sites.google.com/site/cccofleisureworld/>). We hope to see you soon.

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3311 LEISURE WORLD BLVD #99-2D	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$62,500	\$61,500	\$0
3481 LEISURE WORLD BLVD #82-B	MONTGOMERY MUTUAL COOP	Townhouse	2	2.5	\$134,900	\$134,900	\$0
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Scott Keenum

- ✓ Resident of Leisure World & represented Leisure World at the Maryland Senior Olympics winning a Silver Medal in Pickleball
- ✓ U.S. Army Veteran
- ✓ 30 Years of Experience in the Mortgage Industry

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Behind the Scenes, Members and Teachers Make Art Guild Shine

by Ann Bolt

The first weekend of February, the Rossmoor Art Guild (RAG) will hang the February exhibit in Clubhouse I. RAG volunteers give their time and energy to removing and placing the paintings for exhibit in the library every other month and near the Clubhouse Grille; but most of the exhibit is in the hallway near the E&R office. With a little help from the staff who can magically loosen really tight screws, the “hanging committee” volunteers hang paintings on the first Saturday of each month.

Volunteers also tend to the bulletin board down the hall from the art studio. Class schedules and announcements relating to RAG are posted there.

RAG members also provide the show-and-tell part of the program. They prepare their paintings for hanging, and sometimes hang them, too.

Teachers and Speakers

The RAG board of directors searches

for teachers and speakers, and plans yearly events. They post policies and offer helpful tips to RAG members. RAG is always looking for leadership, substitute teachers, fresh ideas, energy and spunk.

The beautiful artwork that’s created and displayed would not be possible without the guidance of our very talented roster of teachers. Helpful teachers have even stepped in to cover classes when another teacher is absent.

Their classes offer a varied selection of instruction including oil, acrylics, watercolor and, recently, a well-received drawing class. The four-week trial class has been expanded to the usual six-week session, and begins Friday, Feb. 24.

Classes

The current class session ends Saturday, Feb. 11, followed by a winter break. Classes, including the six-week drawing class, begin again the week of Monday, Feb. 20. RAG staff looks forward to seeing you then.



Barbara Piegari helping one of her students. Photo by Ann Bolt

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Looking Back on MLK Jr. Day, Looking Ahead to New Events

by Patricia Means

The association has a couple of outstanding, free events for all residents lined up for February.

First, an encore performance of playwright Kelsey E. Collier's "Black Images/Black Reflections" is on Friday, Feb. 17.

Next, we hold our first movie night, featuring the 1998 independent film "Slam," on Saturday, Feb. 25.

More details about these events are in the Events and Entertainment section of this edition.

MLK Celebration

The guest speaker, Rev. Reginald M. Green, gave a thunderous sermon, "Learning from Jesus and Martin," at the annual community celebration of Martin Luther King Jr. held at the Inter-Faith Chapel on Jan. 16.

The Leisure World Chorale

performed an inspiring "Distant Land: A Prayer for Freedom" and a rousing arrangement of "Blessed Assurance." A guest choir, The C. L. Miller Chorale, delivered an uplifting "I Will Trust in the Lord."

The celebration concluded with brunch in the Clubhouse I Crystal Ballroom and included performances of "Grandma's Hands" and "Hold On" by the Fun and Fancy Theatre Group.

Suggestions

The association is on a campaign for new ideas. Recognizing that many activities are repeated annually, we want your suggestions for new programs and events. The administration is inclusive and welcomes all ideas and comments.

If you are reluctant to present your ideas for programs and activities in an open forum at executive meetings, you may contact Louise Jeanne Markray,



Judith Carmichael and Juanita Sealy-Williams speak with Rev. Reginald Green at the 2017 Martin Luther King Jr. Day brunch in Clubhouse II. Photo by Al Holston

program chair, at (301-598-3836), use the LWAAAC mail slot in the E&R office in Clubhouse I, or mail to LWAAAC at (P.O. Box 12316, Silver Spring, MD 20908).

Membership Directory

LWAAAC will publish a

membership directory. The directory will contain names, addresses, telephone numbers and email addresses.

If you prefer not to be included in the directory, contact Helen VanLowe, membership chair, at (301-438-7159).

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OLNEY THEATRE CENTER

Residents and guests are invited to attend the Garden and Environmental Club's meeting on Monday, Feb. 13, at 10:30 a.m. in Clubhouse I.

Schoening is a resident who retired in 1992 after more than 35 years of service with the Montgomery County Department of Parks. He graduated from the University of Maryland with a degree in ornamental horticulture.

tional Capital Park and Planning Commission employed Schoening as the Commission's first horticulturist. During the ensuing years, he became chief of the Horticulture and Forestry Division in Montgomery County, which has full responsibility for landscaping, tree care and the development, operation and maintenance of Brookside Gardens. He was instrumental in the development of Brookside Nature Center and Brookside Gardens.

A traditional Japanese pavilion with a thatched roof, surrounded by lush greenery and a pond. The pavilion is elevated on stilts and has a dark, multi-tiered roof. It is situated on a small island or peninsula in a pond, with a dense forest of tall trees in the background. The foreground shows a grassy slope leading down to the water.

Members and guests are encouraged to bring plants and seeds for the share table. As usual, coffee, tea and delicious desserts will be served

For more information,
please contact Mary Ann Steele
at (301-598-0829).

February 3, 2017 **Leisure World News** | **27**

Club's Commitment to Environment 'Takes Root'

by Harry Stoffer

LW Green, which was formed a year and a half ago to press for a healthier environment, has made a new, tangible contribution to its cause and to the community it serves.

An organically grown, decorative cherry tree was planted in a park-like setting near the intersection of Leisure World Boulevard and Gleneagles Drive.

LW Green purchased the tree this past fall from Raemelton Farms of Frederick, Md. for \$199. It is an Okame cherry, the same kind that attracts countless visitors each spring to the Tidal Basin in Washington, D.C.

McFall & Berry, the company that maintains Leisure World lawns and landscaping, volunteered to bring the tree from the nursery and plant it – at no cost to the organization or the commu-

nity, according to LW Green leaders.

"We are most grateful to all of the management and staff at McFall & Berry," said Elaine Hurley, co-president of LW Green. Besides tending to the newly planted tree, McFall & Berry plans to complement it by contributing a pollinator garden at the same organic site, she explained.

"Residents will have the opportunity to visit and observe an organic setting where nature unfolds gracefully for years to come," Hurley added.

At their Jan. 11 meeting, LW Green members discussed plans for a formal dedication of the donated tree. They expect that the ceremony will coincide with LW Green's second annual environmental festival, scheduled for Sunday, April 30.

LW Green considers last year's first festival a major success; more than 200 community residents and other

guests attended the festival where they heard prominent speakers, received information from environmental organizations and businesses, enjoyed the music of a resident-guitarist and received a small parting gift.

Raemelton Farms, where the donated tree was grown, believes it is the first and only producer of landscape-ready trees certified as "organic" by the U.S. Department of Agriculture (USDA).

Organic certification means that a plant has been grown according to a wide range of standards that are designed to conserve natural resources and promote biodiversity; they require the use of natural, not synthetic, fertilizers and compounds to manage pests and weeds, according to the USDA.

The next meeting of LW Green is Wednesday, Feb. 8, at 2 p.m. in Clubhouse I. All residents are welcome to attend.



Ahmad Azimi, a resident of Mutual 20A, stops to examine a recently planted Okame cherry tree, a gift from LW Green to the community. The organically grown tree is near the intersection of Leisure World Boulevard and Gleneagles Drive. Photo by Harry Stoffer

5 Simple Steps to Reduce Caregiver Stress

Join us for a special presentation hosted by Riderwood retirement community! Jennifer FitzPatrick of Jenerations Health Education, Inc., will discuss the realities of caregiver stress and offer strategies to help families reduce some of their major stressors.

Space is limited.

Please call **301-572-8317** to RSVP by Tuesday, February 14.

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Event Information

Choose one of the following two dates to attend:

Thursday, February 16, 2017
7:00 p.m. to 8:30 p.m.

or

Friday, February 17, 2017
10:00 a.m. to 11:30 a.m.

Maryland Hall at Riderwood
3160 Gracefield Road.,
Silver Spring, MD 20904

■ Ballroom Dance Club

Dancing for Decades, Club Steps Lively

by Joyce Hendrix

According to Club records, the Ballroom Dance Club has existed at Leisure World since 1972. The Club was founded on the belief that dancers in a senior community enjoy dressing up in tuxedos and formal gowns to dance to live ballroom dance music.

Upon its founding, the Club's purpose was to promote and encourage residents to learn and to participate in monthly formal dances with live music. The Club encouraged dancers to practice at a weekly Sunday afternoon tea dance, where a new step was taught and then practiced to recorded strict ballroom tempo music.

We no longer dress up in formal gowns and tuxedos, although its not discouraged. The dress at our dances has become a bit more casual, though still dressy. Sunday afternoon tea

dances were discontinued in the early 2000s. If there is enough interest, they might be possible once again. Come to the dances and let us know your wishes.

During the late 1980s, the Ballroom Dance Club seemed to experience a revival. Ben Oliver became president and remained in that position for 30 years, aided by many other dance lovers, including Billie Saunders, another officer for many years.

All residents and guests are welcome at our dances. Please make reservations prior to the dance with Irmgard Patrick at (301-598-2984). The music played includes all types of ballroom: waltz, foxtrot, swing, Latin, polkas and quicksteps, to name a few.

Come out to see what our dances are all about. Dances are usually held on the fourth Saturday of the month, with the exception of November and December, from 7:30-10:30 p.m.

■ Rossmoor Woman's Club

Feb. 15: Tea Time

by Marcia L. Elbrand

The Rossmoor Woman's Club (RWC) holds "tea time" on Wednesday, Feb. 15, at 2 p.m. in Clubhouse I.

The menu includes a variety of finger sandwiches, including chicken salad, salmon, and cucumber and cream cheese. Freshly baked scones with strawberry preserves, cookies, brownies, tea and coffee are also served.

Individuals who have joined the RWC since May 1, 2016 are recognized at the tea. Please plan to attend so that you can get to know other members.

To attend, send checks for \$15 per person, made payable to Rossmoor Woman's Club, to Mary Jane Noll at (3100 N. Leisure World Blvd., #504, Silver Spring, MD 20906) by Saturday, Feb. 11. Include your name, phone number and the names of any guests

with payment. For further details, contact Noll at (240-558-3707).

General Information

In the fall, our education committee partnered with the Head Start class at nearby Harmony Hills Elementary School, providing volunteer talent, replacing consumable school supplies, and funding field trips.

In December, the Club sent a vanload of household necessities to non-profit A Wider Circle, and in spring 2017 we will award several college scholarships.

The RWC helps to support fireside forum, FISH, local hospices, The Fisher House Foundation (housing families of Wounded Warriors) and the Betty Ann Krahne Center, a domestic violence shelter.

For further information, contact Arlene Siller at (301-460-7859) or (abs929@yahoo.com).

Knee Arthritis - "Are You Risking Dangerous Knee Surgery By Not Knowing the Warning Signs?"

By Knee Pain Relief Specialist, Dr. Brian Paris

PAID ADVERTISEMENT



WASHINGTON, (DC) – If you or someone you know is suffering with knee pain or arthritis, tormented by daily, annoying, chronic pain or swelling, then reading this report could be the most important thing you do this year. It may even help you avoid the dangerous surgery that you currently think is your only option...

What we're talking about here is the type of "ache" and "sharp pain" where you get so nauseated that you feel your only option is to stop what you're doing completely, reach for the painkiller drawer and wonder how long you'll have to rest up for the painkiller drawer and wonder how long you'll have to rest up for this time!

The thing is, all of those painkillers are not good for your stomach – and the long periods of rest you've been talking about, are not likely to be doing your heart and lungs much good either. And if you currently think that your only option is SURGERY, in the form of an even more painful knee replacement, then I urge you to read this report right up until the end...

Over the last 15 years I've been working on a daily basis to help people aged 50+ find relief from daily, annoying, and often severe, chronic knee pain – and what I can tell you is that the cocktail mix of more rest and more pills will do absolutely nothing to get to the root of the cause of most types of chronic knee pain...

And it's because I'm growing increasingly frustrated with the number of people suffering unnecessarily that I've written a 13 page report that details the 7 things that any person can do to relieve pain naturally...and I want to send you this report at no charge.

Now, I don't know if these 7 things will relieve you of your pain completely and I can't promise that what has already worked for most of my patients and clients over the past 15 years, will work for you... However, reading my free report is sure better than spending another day "resting", "accepting it", thinking "it's your age" or worse yet, risking surgery by masking it with harmful and costly pills.

If your knee pain or arthritis is affecting your job and your ability to keep active and it threatens your independence or hinders your family leisure time...then you really need to read my free report. The 7 things I'm going to share with you in my report are not what "THEY" (the prescription pushers or surgeons) want you to hear – simply because my tips are mainly natural and free.

I want you to imagine how life will be years from now if you DON'T get a grip if your knee arthritis now. How will your knee pain affect your job, your mobility or independence? Will you be a fun person to be with? Or live with? It's time to request my report. Call (301)-563-9226. There are limited copies so call today! Or visit us at our website for instant access.

www.iHateKneePain.com/free-report

Sincerely,
Dr. Brian Paris & I Hate Knee Pain

P.S. No one will ask you for money, for anything else when you call to request your free tips report written by one of the country's leading experts on finding relief from knee pain. It's perfect for people with knee arthritis hoping to avoid costly and dangerous surgery.

Call now: (301)-563-9226 (you can leave a message 24 hrs) or visit www.iHateKneePain.com/free-report to get your report sent now!

April Showers Bring a Performance Treat

by Hannette Allen

A performance of popular songs was scheduled for Feb. 1; producer Tom Flester said the show would be dedicated to the loyal Leisure World audience in thanks for their attendance month after month.

After that nostalgic treat, we're

preparing for upcoming shows.

March 1: 'All in the Family'

Our March 1 meeting at 7:30 p.m. in the Clubhouse II auditorium will feature a "radio" broadcast of a hilarious episode of the popular TV favorite, "All in the Family," produced by Rita Penn and adapted/directed by Hannette Allen. Admission is free

for Fun and Fancy members, and \$3 for non-members.

April 5: 'Singin' in the Rain'

Our April 5 show(er) is directed by Ernie Poland, a first-time experience for him here. Poland has enlisted the production capabilities of highly experienced producers Gerry Kauffman and Aileen Feldman.

The show, entitled "Singin' in the Rain," includes rain songs in accordance with those pesky April showers. Performers wishing consideration should be willing to use a song with "rain" in the title or lyrics. Although a simple Google search returns dozens of results, songs about other forms of precipitation or weather events are welcome. Performers are encouraged to think outside of the box.

Auditions are held in the Clubhouse II auditorium on Thursday, March 2, at 7:30 p.m. and Saturday, March 4, at 10 a.m. Further details are available by contacting Poland at (keyserpres@comcast.net), or by contacting one of the producers. In order to keep the show and meeting within an hour time frame, those wishing to audition should strongly consider a group number. While individual numbers will be considered, deference will be given to those performers willing to team up with others.

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Feb. 9: Maryland Attorney General Discussion on Hate Crimes

by Emile Milne

The Democratic Club is proud to welcome Maryland Attorney General Brian Frosh to speak at its monthly general meeting on Thursday, Feb. 9, at 7 p.m. in the Clubhouse I Crystal Ballroom.

Among other issues, Frosh will discuss the Hate Crimes Hotline launched by his office after a spike in incidents directed at racial, ethnic and religious minorities, women, immigrants and the LGBT community were reported following the November 2016

elections. The hotline number is (1-866-481-8361).

In a Nov. 17 statement from his office, Frosh said complaints called in to the hotline would be referred to local law enforcement for further investigation. Perpetrators risk possible civil or criminal prosecution under Maryland's civil rights and hate crimes statutes.

The attorney general will discuss the success of the program in Montgomery County.

"Sadly, Maryland is not immune to this outbreak," Frosh said in his statement. "I believe the current state of affairs pres-

ents not only a challenge, but an opportunity. Neighborhood by neighborhood, we can declare that justice, fairness and tolerance are not partisan principles but keystones of America's character."

January Meeting

An intruder disrupted the Club's January meeting following the appearance of our final speaker, Montgomery County Executive Isiah Leggett. Security quickly diffused the incident, and Club officers are continuing discussions with Leisure World officials in order to prevent similar occurrences in the future.



Maryland Attorney General Brian Frosh. Photo courtesy the office of Attorney General Brian Frosh

Post-Women's March

Watch for news regarding post-Women's March meetings and discussions.

■ Going It Alone Club

Club Members Place Their Bets on Casino Trips

by Elizabeth Brooks-Evans

The Going It Alone Club (GIAC) is a social club for single residents, who are welcome to bring their friends and neighbors along to experience the fun.

The Club's weekly social gathering is called Saturday Afternoon Live (SAL). We meet in Clubhouse II beginning with the showing of a 30-minute travel video, which explores an exciting location around the globe. Fellowship and fun begin at 2:30 p.m.; members and non-members are warmly invited to participate.

Games include free bingo, which is held on the second and fourth Saturdays of each month, and Pokeno, which is played on non-bingo Saturdays. A variety of games, including bridge, Rubik's Cube, and poker are played every Saturday.

A trip to Delaware Park Casino is scheduled for March, and a trip to MGM Casino at National Harbor is scheduled

for May. GIAC also sponsors an assortment of other popular day trips. The costs are reasonable and current trips can be found in the Club Trips section on page 39.

Signups and payment may be made during SAL in Clubhouse II from 1:30-3 p.m., when a representative of the program committee is available to answer questions.

Although an individual must be single to become a club member, married residents and friends are welcome to participate in most activities, including trips.

For further information about trips, contact Joe Parker at (301-598-3457) or Sylvia Pachalker at (301-598-5325).

Anyone wishing to sign up for membership can do so during SAL from 1:30-3 p.m. The fee is a nominal \$7 per year and the income from dues is used to pay club expenses and enhance activities.

For more information about membership, contact Marion Callaghan, president, at (301-598-6779).

■ League of Women Voters

League's Work is Never Done

by Elaine A. Apter

Even though the 2016 elections are over, the work of the League is never done; we do more than just register and inform voters. The League's priorities at the national level are to continue to support health care for all, and fight voter suppression and money's influence in politics. At the state level, we are working hard on environmental issues, redistricting, and preserving the safety net for our most vulnerable citizens.

League members are proud to have been part of the Women's March on Washington, D.C., and believe it was wonderful to see the vitality and coming together of people representing many causes in such a peaceful atmosphere.

League meetings are free and open to the whole community. We meet the second Wednesday of the month at 10:15 a.m. in Clubhouse I. For further information, contact Elaine at (301-438-8707), the League

office at (301-984-9585), or visit us at (lwvmocomd.org). The next Rossmoor meeting is Wednesday, Feb. 8.

2017 calendars are still available at Gold Castle Jewelers, and two year pocket calendars can be purchased from Elaine by calling (301-438-8707).

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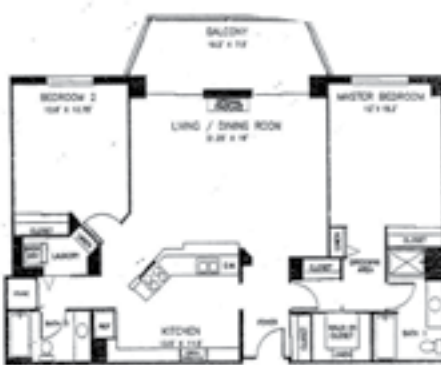
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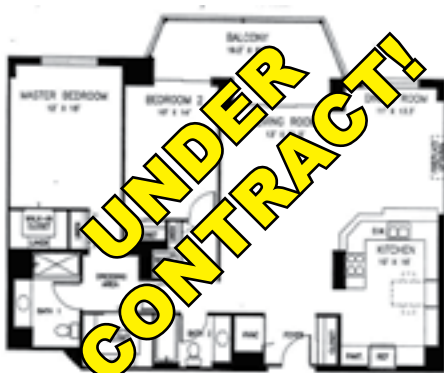
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■ **National Active and Retired Federal Employees (NARFE) Chapter 1143**

Speakers Respond to Those in Need

by John Moens

Our next meeting is Monday, Feb. 20, at 2 p.m. in Clubhouse I. Informal discussions and snacks begin at 1:30 p.m. The group will update and discuss the changes being implemented and proposed for federal retirees and Social Security annuitants.

Volunteers Needed and Available to Help

On Thursday, Jan. 19, speakers Susan Girard of Senior Connections and Claudia Thorne of Mid-Atlantic Reserve addressed the chapter.

Senior Connections provides rides and other services to older adults. If in need or interested in volunteering, call Senior Connections at (301-962-0820), or visit their website at (info@seniorconnection.org) for more information.

Mid-Atlantic Reserve is a non-profit organization that matches retired workers with opportunities that can help them

put their skills to use. The organization recognizes that seniors have valuable knowledge and experience by providing retirees a stipend for approximately 10 hours of work per week. If interested, contact Mid-Atlantic Reserve by phone at (202-657-4988), or by email at (midatlantic@reserveinc.org). Visit their website at (www.reserveinc.org). Whether you volunteer or need a volunteer, please consider informing your friends about these organizations.

General Information

For any questions, suggestions or offers of support, please contact a member of our executive committee:

- President John Moens at (johnjots@outlook.com) or (301-438-3237)
- Secretary-Treasurer Maureen Ross at (grantmasterone@gmail.com) or (301-943-6470)
- Vice-President; Legislative Chair Joe Cook at (joec37766@gmail.com) or (202-271-0710)
- Service Officer Rich Rothstein at (whobodyelse@aol.com) or (301-598-5760).



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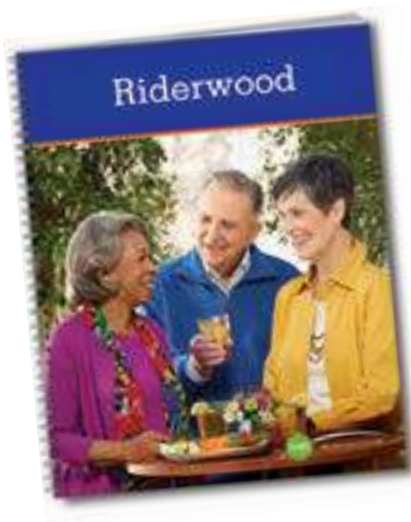
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■ Vegetarian Society of Leisure World (VSLW)

Speaker, Class and Summer Trip Planned

by Bob Fenichel

The next monthly VSLW luncheon is on Wednesday, Feb. 15, at 1 p.m. at the Vegetable Garden Restaurant in Leisure World Plaza.

Please RSVP to Donna Cope-land at (dc@grandmathegeek.com) or (202-460-7100).

February Meeting

The VSLW Tuesday, Feb. 21 meeting, starting at 7 p.m. in Clubhouse II, features a talk by Brian Bergman, Physicians Committee for Responsible Medicine's Food for Life instructor.

Bergman has spoken at VSLW meetings in the past and has taught several classes in Leisure World.

Food for Life Class

In addition to speaking at the February meeting, Bergman will also teach a Food For Life class in Leisure World from March 7 to April 4.

The "kickstart" class is held from 11 a.m.-1 p.m. in Clubhouse II. See Classes and Seminars on page 46 for details on and registration information for this class.

Vegetarian Summerfest

The Vegetarian Summerfest is held every summer on the campus of the University of Pittsburgh, Johnstown Campus, in Johnstown, Pennsylvania, about a three and a half hour drive from Leisure World.

The five-day event, held Wednesday, July 5 through Sunday, July 9, also has a two-day (weekend only) option available. Information is available at (www.vegetariansummerfest.org).

Usually the deluxe (motel-style) rooms sell out some time in March. The VSLW will work on arranging carpooling for those interested. The maximum cost for the event is an all-inclusive \$1,000 that includes a single, air-conditioned room with private bath in the main building.

General Information

Additional information on VSLW activities can be found on our website at (www.vslw.org).

Everybody is welcome at VSLW activities; you don't have to be a vegetarian to participate. The mission statement of VSLW is "to support group members in maintaining a healthy lifestyle by eating a plant-based diet."

■ Jewish War Veterans Charles B. Krieger Post 567

March 5: Middle East Expert Speaks at Welcome Back Brunch

by Marvin Franklin

On Sunday, March 5, at 10:15 a.m. in the Clubhouse I Crystal Ballroom, Jewish War Veterans Post 567 feature an outstanding guest speaker – Shoshana Bryen, senior director of The Jewish Policy Center, and an expert on Middle East nations.

Bryen has more than 30 years of experience as an analyst of U.S. defense policy and has run programs and conferences with American military personnel in a variety of countries. She has worked with the Strategic Studies Institute of the U.S. Army War College and the Institute for National Security Studies in Tel Aviv, and has lectured at the National Defense University.

Bryen will discuss current events in Israel and the Middle East, specifically in regard to Jewish settlement activity on Palestinian territory.

The program includes a buffet of blintzes with toppings,

lox, bagels, cream cheese, scrambled eggs, tuna salad, fruit, pastries, juice and coffee.

The price is \$14 per person, mail order only. Please make your reservation check payable to "JWV Post 567" and mail it to Marvin Franklin at (3200 N. Leisure World Blvd., Apt. 709, Silver Spring, MD 20906). The deadline for reservations is Wednesday, Feb. 22. We are unable to accept reservations after that date.

Elections

JWV Post 567 will soon elect new officers for 2017-2018. Nominations are due at the business meeting on Wednesday, April 5, at 10 a.m. in Clubhouse I.

Officer installation takes place at our brunch on Sunday, June 11. Offices to be filled are commander, senior vice commander, junior vice commander, judge advocate and quartermaster. If you are interested in serving in one of these positions, please call Milt Loube at (301-438-1444) or Danny Bass at (301-438-8131).

■ Jewish Residents of Leisure World

Featured Speaker Assesses U.S. Leadership

by Jonas Weiss

On Sunday, Feb. 19, at 10 a.m. at the Jewish Residents of Leisure World brunch in Clubhouse I, Dr. Michael Siegel, an adjunct professor of government at American University and Johns Hopkins University, comments on how to assess the new U.S. leadership, and how to question its vision, strategy and management style.

Siegel's book, "The President as a Leader," reviews the experiences and decisions of recent presidents, with a systematic analysis of their leadership strengths and weaknesses. He uses a consistent set of leadership criteria to assess the performances of Jimmy Carter, Ronald

Reagan, George W. H. Bush, Bill Clinton and George W. Bush. He also offers his evolving ideas on the Obama presidency. Siegel will offer copies of his book at a discount and will sign them. Note that the next day, Monday, Feb. 20, is Presidents Day!

Advanced reservations for the brunch are required. Send checks of \$10, made payable to JRLW, to Janet Lazar at (15311 Beaverbrook Ct., Apt. 1B, Silver Spring, MD 20906). The cost at the door is \$13 if there is room available.

Upcoming Services and Trips

Several religious services and trips are scheduled for the coming

weeks:

Friday, Feb. 3 – Religious service at 7:30 p.m. in the Inter-Faith Chapel, led by Rabbi Gary Fink.

Saturday, Feb. 4, 18 and 25 – Abbreviated religious services at 9:15 a.m. in Clubhouse II, with Torah and Talmud discussions led by Rabbi Moshe Samber.

Tuesday, Feb. 7 – See Club Trips on page 39 for details on meeting with our legislators in Annapolis.

Saturday, Feb. 11 – Religious service at 9:15 a.m. in Clubhouse II, led by Cantor Michael Kravitz. Jerry Miller leads the preliminary service; Sid Sussan chants the Haftorah, and Fred Shapiro

delivers the d'var Torah.

Thursday, May 11 – Trip to Nationals Park to see the Nationals play the Orioles. Contact trip organizer Neil Ross at (240-560-6242) for details.

Saturday, May 13 – Woman's Service. Contact Janet Lazar at (301-598-4066) to participate.

Donations

For the Torah maintenance fund or for new prayer books, send checks, made payable to JRLW (\$25 minimum) to Annette Cooper at (15107 Interlachen Dr., Apt. 812, Silver Spring, MD 20906). Donations for Yiskor, Kiddush, an Oneg, or general tzedukah should go to Susan Weiss at (3739 Glen Eagles Dr., Silver Spring, MD 20906).



Heart Health Awareness Talk Precedes Movie

by Barbara Eisen

February is American Heart Month. To bring attention to this important subject, one of our members, Jan Bloom, will give a short presentation about heart health at our Wednesday, Feb. 15 meeting. Maintaining heart health through good nutrition and exercise, and learning about risk factors and warning signs for cardiac problems, are especially important for an aging population. Her presentation will precede the movie screening.

Movie: 'Dough'

On Feb. 15, Hadassah screens the humorous movie "Dough" at 2 p.m. in Clubhouse I. The movie tells the story of an old Jewish baker and his young Muslim apprentice.

Members whose last names start with the letters A through G are requested to bring a snack that will be shared and enjoyed by all.

RSVP by Sunday, Feb. 12 to Linda Silverstein at (linjoy357@gmail.com) or (301-879-2887) if you plan to attend. If you are bringing a snack, please let her know what you plan to bring when you RSVP. Popcorn is provided during the movie.

Study Group

The Judaic Study Group meets on Monday, Feb. 20, at 1:30 p.m. in Clubhouse I. Please contact Peri Schuyler at (301-869-2968) or (perislaptop@aol.com) for further information.

Cards

Hadassah greeting cards are available for purchase; prices are \$2.50 each or five for \$10. Cards are displayed and sold at every Hadassah meeting. Please call either Elaine Schenberg at (301-598-0079) or Jan Bloom at (301-593-7720) if you want to pick up cards or have them mailed for you for an extra postal charge.

General Information

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

If you are interested in knowing more about Hadassah, contact one of our membership vice presidents, Carole Sonneborn at (301-288-4902) or (Carole200@comcast.net), or Mimi Meltzer at (301-806-0976) or (Mimi20852@aol.com).

Meeting Speaker Shares the History of Washington, D.C., Neighborhoods

by Carole Mund

Join NA'AMAT in welcoming Jane Freundel Levey, consulting curator at George Washington University Museum and managing editor of Washington History magazine.

While many think of Washington, D.C., as a transient place, historian and native Washingtonian Levey knows that is not true.

Drawing on an array of historical photographs, maps and prints, Levey will look back at the rich and fascinating history of D.C. neighborhoods and the housing, retail, restaurant and theatre revival that is taking place.

All are invited to join us on Wednesday, March 1, at 12:30 p.m. in the Clubhouse I Crystal Ballroom.

New Member Tea

On Thursday, March 23, join NA'AMAT at a tea to welcome new members. New members and those planning to become a member are encouraged to attend.

Learn more about the mission of the organization, meet friends and make new ones. Contact Helen Fried at (301-438-3325) for more information.

April 5: Adoption Brunch

Leslie Milk is the guest speaker for the Annual Spiritual Adoption on April 5. Spiritual Adoption is a fundraiser to "spiritually adopt" and support children in Israel who are in need.

NA'AMAT is a charitable organization dedicated to helping NA'AMAT Israel provide educational day care 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.

Scholarship Fund

A scholarship fund in honor of late Club president Ruth Reid has been set up. Donations can be sent to Pam Relkin at (3330 N Leisure World Blvd., #426, Silver Spring, MD 20906).

Dover Downs Trip

On April 19-20, NA'AMAT sponsors an overnight trip to Dover Downs. See Club Trips on page 39 or contact Trudy Stone at (301-438-0016) for further details.

For more information about NA'AMAT, contact president Trudy Stone at (301-438-0016). For information about tribute cards for all occasions, contact Linda Schoolnick at (301-681-1076).

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Using Quick Edits in Photos

by Ron Masi

People sometimes shy away from improving mediocre photographs for fear of doing irreparable harm.

With “Photos” software free on iMac, and other editing programs, there is no need for this fear; editors cannot do irreversible damage to the image.

Photos uses what is called non-destructive editing, meaning that the original image is never changed, only what you see. It’s comparable to putting overlays of your edits on top of your original. To return to the original, just click on Revert to Original near the top right, and you are back where you started.

With that understanding, lets explore the basic editing in Photos.

Quick Edits

There are currently eight categories of quick edits; here is how to access them:

With an image selected in Photos, click on the edit/adjust icon (three horizontal lines at top right and just left of Details). They’ll display on the right margin of the image. Here is a very quick overview of what the eight edits can do for users:

1. **Enhance** – By clicking this, the image will be enhanced the way Photos thinks is best; (This edit is much improved, but if you feel you can do better, see “Adjust” below).
2. **Rotate** – Allows you to rotate the image counter clockwise. To rotate it clockwise, hold down Option as you click.
3. **Crop** – Besides allowing cropping (cutting off edges) of the image by dragging its edges, users can level it using the protractor scale on the right side of the image.
4. **Filters** – Reveals nine thumb nails of your image, each in a different tone, such as mono, noir, fade, tonal, etc. Click through them to select your preference.
5. **Adjust** – Gives users seven adjustments for Light, slide adjustments for Color, and Black and White, and three for Intensity. Play with it, and remember you can always “Revert to Original.”
6. **Retouch** – Allows users to make adjustment to parts of the image, such as cloning out blemishes, wrinkles, etc. See bottom right of screen for procedure.



7. **Red Eye** – “Red eye” is a condition created by your camera’s flash or a bright light shining in the photos subject’s eyes. Red eye can easily be removed using Photos red eye removal tool. Users can also go to the menu bar in Photos, click on View and select “Always Show Red-eye Control” in the drop down menu.

8. **Extension** – This has two functions: the first is Mark-Up, which allows users to write on

the image – typing neatly, adding shapes, etc. in various colors and fonts; the second function is as a gateway to using other photo editors.

Once you have your image the way you like, click the yellow Done (top right corner).

General information

Have a look at the Club’s website at (<http://mac.computerctr.org/>). Your suggestions are always welcome.

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301-598-1044**

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7 days a week**

**Norbeck Gate
301-598-1066**

**Connecticut Ave. Gate
301-598-1022**

Boomers Gather for Super Bowl LI

by Beth Leanza

Super Bowl fans can get together to watch the big game on Sunday, Feb. 5, at 6 p.m. in Clubhouse II Bring light snacks.

Our next event is a potluck dinner on Saturday, Feb. 11, at 5:30 p.m. in Clubhouse II, followed by dancing to music provided by a live band!

Mah Jongg

Boomers who know how to play Mah Jongg meet every Tuesday and Wednesday at 7 p.m. in Clubhouse II. On the first week of the month, they meet on Tuesday at 7 p.m. For information, contact Donna Copeland at (240-433-0391) or (dc@grandmathegeek.com).

Movies

We like to watch movies, some in Clubhouse II and some in a theater nearby, preceded by dinner at Gordon Biersch in Rockville.

Friday Hikes with Dawn

During the colder months, the walks start at 1:15 p.m. When the weather gets warmer, they begin at 10:15 a.m. Many walkers meet up at the walk site, but if you want to carpool, contact Dawn Carlisle at (301-598-7098) by Thursday evening.

Always bring water to each hike.

Feb. 10 – Great Falls Park (11710 MacArthur Blvd., Potomac). Go south on Falls Road. Take Falls Road to River Road. (Cross over River Road remaining on Falls Road). In a short distance after crossing River Road, you will see a sign on the right pointing to the entrance of the park. Turn right into the entrance and continue down to the parking area. Meet at the Visitor's Center at 1:15 p.m. Bring water and a lunch. Also bring your Golden Park Pass if you have one.

Feb. 17 – Sligo Creek Park (1361 Lambertson Dr., Silver Spring). Meet in the parking lot near the Shalom Grocery store at 1:15 p.m. Take Georgia Avenue south to Arcola Avenue. Turn left onto Arcola Avenue and continue until you reach the Kemp Mill Shopping Center on the right. Turn right into the shopping center and park near the Shalom Grocery Store at the end of the shopping center. We will walk to the left when we reach the trail.

Weeknight Walks

A small group of Baby Boomers like to walk in the evenings – from Monday to Friday – meeting in the lobby of Clubhouse I at 5:15 p.m. during the darker evenings of the year. When it gets lighter

in the evening, the walks start at 7:15 p.m. There's no formal announcement in the lobby, so ask around: Are you the Baby Boomers? The walk is about a mile long around the Broadwalk in Montgomery Mutual.

Sunday Morning Walks

Sundays at 8:30 a.m., Boomers get together for a walk around Leisure World Boulevard, about three miles. From time to time, the group leaves Leisure World to walk at another location, and occasionally the group goes out for breakfast afterwards. Meet up at the intersection of Kelmscot Drive, Arden Court and Leisure World Boulevard.

Volkssport Walks

Some Baby Boomers also participate in the local American Volkssport Association, or AVA, clubs that hold longer walks, usually three miles. Check the Baby Boomer calendar for un-hosted events (see instructions in Club Information), where some of the AVA walks are listed.

At the bottom of the page, you can click on Recent Site Activity to see previous walks, or click Subscribe to see updates by email.

Club Information

Want to know more about

the Baby Boomer Club?

Anyone can access our website at (<https://sites.google.com/site/bbclwmd>), or Google "bbclwmd," or go to the Leisure World website, and under Residents, select Resident Links.

The club page has two calendars: an official one, called Hosted and another called Unhosted. The Unhosted calendar primarily features walking opportunities. The page also has a link to a list (names only) of our members.

Club events are purely social and include playing games, watching movies, dancing to live music and sharing good food.

Call membership chair Susan Landesberg at (301-613-9031) if you are interested in joining. Club dues for the year are \$5 per person.

Emails

The Club needs members' email addresses to keep them informed and updated.

If you joined and are not receiving emails, contact Beth Leanza at (301-598-4569) or (bethlea12020@gmail.com). Those without email are advised to keep in touch with a member who does.

Any member can post to Baby Boomer Google group, but the emails are moderated, as we only want emails about activities relevant to the club.

■ **Writers of Leisure World**

Prose and Poetry Describe Writers' Experiences

by Gladys Blank

At our Jan. 19 meeting, Verna Denny told us about a harrowing experience in her early years when using recreational drugs was considered "cool" by some, and how she became determined not to be part of that culture.

Lee Hardy lovingly related how she met her husband many years ago.

Kimi Sugimura gave her opinion on public education, explaining how more needs to be done to improve public schools, such as enacting smaller class sizes.

Jim Owen wrote a very interesting article about his role in safely navigating surveyed trails across the ice in Swiss Polecat tractors in Greenland.

Gladys Blank spent several enjoyable days in Arizona and shared one of the highlights of her visit - a drive from Tucson to Tombstone where she saw a re-enactment of the Gunfight at the O.K. Corral.

Tom Anessi read several of his lovely poems, one that included the line, "Spring rains play soft tattoos upon the weathered roof above; downy blankets, like a mother's arms

wrap and warm me; the gray of lengthening day reminds me of a passing love; it's then I feel the bladder's subtle nudge to warn me."

Carlos Montorfano's poem, "Loving Spoonfuls," was very poignant: "Couples need so little space, on the days when they've just wed. Though time flies and soon enough they would want a larger bed." Danuta Montorfano's poem, "I Bathed in the Indian Ocean." Little did she know that many years later an airplane would go down in that very ocean and all lives would be lost.

A new member of the group,

Joe Gresham, read a lovely passage from a book of poetry he has authored about the beauty of Spain.

Jane Hawes regaled us with the shenanigans of her two cats adjusting to a new feeding schedule because of the time change.

York Van Nixon III read chapter 50 from "Stench Remains," a book he is writing, as well as a blank verse piece titled "Bye Past Futures."

The Writers of Leisure World meet the first and third Thursdays of each month. We next meet on Feb. 16, and all are welcome to attend.

Leisure World Club Trips

The next deadline for trip submissions is **Monday, Feb. 6**. 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. **E-mail** your trip information to **lwnews@lwmc.com**.

PLEASE NOTE: Member/Non-Member pricing is at the discretion of the individual clubs.

Feb. 7 Jewish Advocacy Day in Annapolis

Join the **Jewish Residents** on Tuesday, Feb. 7, for a trip to Annapolis to meet with state lawmakers, including our District 19 delegation, to learn about pending legislation and to advocate in support of policies on behalf of the Jewish community.

A reception hosted by the Jewish Community Relations Council of Greater Washington (JCRC), the Baltimore Jewish Council and the Federation of Howard County follows the meeting. Kosher hors d'oeuvres are served.

The only charge is \$20 for the bus, which picks up registered residents in front of Clubhouse II at 3 p.m. and returns them at about 9:30 p.m.

Contact Meredith Weisel, director of community relations at JCRC, at (301-770-0881) for more information and to register for the trip.

March 14 Delaware Park Casino

Join the **Going It Alone Club** on a trip to the Delaware Park Casino in Wilmington, Delaware. The casino gives \$30 free play to all those showing a government issued ID. The cost is \$24 for members and \$31 for non-members, and includes transportation and driver gratuity. The bus leaves Clubhouse II at 9 a.m. and returns at approximately 5 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. No refunds will be made after Saturday, Feb. 25, unless a replacement is made.

For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

Apr. 19-20 Dover Downs Hotel & Casino

Join **NA'AMAT** for its popular overnight stay at Dover Downs Hotel & Casino. The group leaves on Wednesday, April 19 at 10:30 a.m. from Clubhouse II and returns Thursday, April 20 at approximately 4:30 p.m.

The price is \$115 per person, double occupancy, \$165 single occupancy, and includes roundtrip transportation, beautiful hotel accommodations, breakfast buffet, and \$50 play money and a \$10 resort fee to be used anywhere in the hotel or casino.

Send check(s), payable to NA'AMAT, to Trudy Stone, (15101 Interlachen Dr. #801, Silver Spring, MD 20906). Be sure to indicate with whom you will be rooming. If you have special needs, please indicate when you send in your check.

Call Trudy at (301-438-0016) for more information.

May 7-11 Myrtle Beach, South Carolina

Join the **Going It Alone Club** for a 5-day, 4-night trip to Myrtle Beach, South Carolina. The trip includes 4 nights in an ocean-front hotel; 4 breakfasts and 4 dinners, including a southern-style buffet; admission to the Alabama Theater/ a visit to Broadway at the Beach; a guided tour of Charleston; a visit to Barefoot Landing and a visit to Myrtle Beach Waterfront Boardwalk and Promenade.

The cost is \$579 for members; \$586 for non-members. The single supplement is an additional \$200. Included in the cost are hotel taxes, and meal and driver gratuities.

A \$200 reservation deposit is due at sign up no later than Saturday, Feb. 4 and the balance is due no later than Saturday, April 1. No refunds will be made after Saturday, March 4 unless a replacement is found. Trip cancellation insurance is available.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. Those who sign up for the trip will receive information on pick up time from Clubhouse II on the day of departure via a telephone call. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

June 15 MGM Casino

Join the **Going It Alone Club** on a trip to the MGM Casino. Cost is \$16 for members; \$23 for non-members, and includes transportation and driver gratuity. The bus leaves Clubhouse II at 9:30 a.m. and from the casino at 3:30 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. No refunds will be made after Saturday, June 3 unless a replacement is made.

For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

July 18 "Jonah" at Sight and Sound Theatre

Join the **Going It Alone Club** to see "Jonah" at the Sight and Sound Theatre in Lancaster, Pennsylvania. This trip includes a smorgasbord lunch at the Bird-in-Hand Family Restaurant and Smorgasbord.

The cost is \$100 for members and \$107 for non-members, and includes taxes, transportation, lunch, show and all gratuities.

The bus will depart from Clubhouse II at 10 a.m. and return at approximately 8 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. For more information, call Joe Parker at (301-598-3425) or Sylvia Pachenker at (301-598-5325).

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.

Clubs, Groups & Organizations In Brief

Book Club Network: The Book Club 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).

Centering Prayer: Join our group of centering prayer practitioners on Wednesdays at 3:30 p.m. (3588 Gleneagles Dr.). Centering prayer is a method of silent meditation, where you rest in God, without saying anything, just happy to be in God's presence. Our intention is to be aware of the presence of God and to welcome the action of God within us. Beginners are welcome, as are people of all faith traditions. For more information, call Eileen at (301-438-0422).

Clipper Workshop: Recruiting is underway for members who can help 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. We need a sewing machine stitcher. Bring a bag lunch. (We will eat in the lunchroom.) We 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. We are looking for donations of cotton fabrics, stuffing, thread and iron-on facing. Contact Joan Mahoney at (240-833-2724) or Jane Brinser at (301-438-2599) for further information.

Computer Learning Center: Located in Clubhouse II just down the hall from the E&R office, the Computer Learning Center is operated by The Leisure World Computer Center Inc., a 501(c)3 non-profit organization. The all-volunteer staff comprises a board of directors, computer room monitors and other volunteers. The center provides residents free training and assistance in the day-to-day use of computers for online research and other personal needs. The center has Mac and Window systems computers as well as color laser printers for printing and scanning. For more information about the Computer Learning Center, please visit (www.computerctr.org) or contact the E&R office in Clubhouse II at (301-598-1320).

Jewish Discussion: Hello to all Jewish residents of Leisure World. A discussion group meets on the last Sunday of every month (except July and August) at 10:30 a.m. in Clubhouse II. Be prepared for lively discussions about Israel and other topics of Jewish interest. Please give us a try; we think you'll like us.

Knitting Corner: Join us the second and fourth Fridays of each month at Inter-Faith Chapel from 10 a.m. to noon. Our next meetings are Feb. 10 and 24. Bring your knitting

and enjoy the conversations. We have patterns and yarn for your project. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

LWLGBT Alliance: Our group was formed to give members of the LGBT Community a safe and inviting place to come and meet new friends and to get involved in social activities. Our meetings are the third Saturday of every month at noon in Clubhouse II. We welcome everyone; being gay is not a prerequisite. The LWLGBT Alliance strives to provide events and activities to develop strong relationships through education, interaction and fun within our group and with the entire LW community. For additional information and events, visit (www.lwlgbt.com).

Quilt 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 meetings are Feb. 9 and 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 Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month 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. In addition, a gift certificate from Coins of the Realm in Rockville 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 Mason Goldman at (301-598-6749).

Wood Shop Users Group: 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).



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CLUBHOUSE GRILLE

VALENTINE'S DAY DINNER

Tuesday, February 14th at the Clubhouse Grille

BROILED FRESH HALIBUT \$25
with herbed butter, rice pilaf and asparagus.

CRAB IMPERIAL STUFFED RED SNAPPER \$25
with hollandaise, rice pilaf and asparagus.

NEW YORK STRIP AND JUMBO SHRIMP \$25
with mashed potatoes and asparagus.

BROILED LOBSTER CRAB CAKES..... \$25
with lemon aioli, wild rice and asparagus.

LARGE SEA SCALLOPS \$22
with mushroom cream, rice pilaf and asparagus.

TWIN LOBSTER TAILS..... \$31
with rice pilaf and asparagus.

SURF AND TURF \$31
Filet Mignon and Lobster Tail with mashed potatoes
and asparagus.

JUMBO SHRIMP ALFREDO \$24
on a bed of homemade linguine.

MEDITERRANEAN LAMB CHOPS \$25
with rosemary potatoes and asparagus.

**Reservations Available any time from 3 p.m. until 8:30 p.m. Call 301-598-1331*

Easter Dinner

Sunday, April 16th in the Crystal Ballroom
\$25 plus tax and gratuity

Our all-you-can-eat buffet will feature...

- Tender Leg of Lamb
- Sliced Beef Tenderloin
- Fresh Broiled Salmon
- Mashed Sweet Potatoes
- Honey Glazed Carrots
- Roasted Brussels Sprouts
- Assorted Cakes and Pies
- Fresh Roasted Turkey
- Hand Carved Honey Ham
- Whipped Potatoes and Gravy
- Homemade Bread Stuffing
- Green Beans Almandine
- Fresh Seasonal Salad

**Reservations available for 12:30 p.m., 3:00 p.m., or 5:30 p.m.
301-598-1330*



Mother's Day Brunch

Sunday, May 14th in the Crystal Ballroom 10 a.m. until 3 p.m.
\$22 plus tax and gratuity

301-598-1330 for reservations

CLUBHOUSE GRILLE HOURS

Tuesday – Saturday: 3–10 p.m. | Sunday, Monday: Closed

For Clubhouse Grille reservations call 301-598-1330

STEIN AND TERRACE ROOM HOURS

Sunday: 9:30 a.m. – 8 p.m. | Monday – Tuesday: 9 a.m. – 8 p.m. | Wednesday – Saturday: 9 a.m. – 9 p.m.

For Stein and Terrace Room reservations, call 301-598-1331

Sports, Games & SCOREBOARDS

Spotlight on...

Mind-Body Exercise Group

by Stacy Smith, Leisure World News

With position names like “drive the monkey away” and “part the horse’s mane,” tai chi can sound more like a wildlife safari than meditative movements, but practitioners at the Mind-Body Exercise Group understand that the ancient postures are anything but frivolous.

Originally developed centuries ago in China for self-defense, tai chi has been shown to relieve stress, ease pain, and improve balance and stability, according to results gathered from a series of recent research studies by the National Institutes of Health.

“You feel so great afterwards; you feel so loose,” said Poppy Traunfeld, a long-time tai chi practitioner.

The Mind-Body Exercise Group was formed last year and began practicing tai chi

under instructor and resident Howard Lee. Every Thursday afternoon in Clubhouse II, Lee and a group of about 20 participants move through a series of 18 repeated poses – slow, focused movements – accompanied by deep breathing. Participants reach, sweep, step and kick with arms and legs, one motion flowing seamlessly into the next.

Tai chi has many different styles; the style practiced by the Mind-Body Exercise Group is called yang style 24 movement. Eventually, the group will learn and incorporate all 24 poses into their practice.

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels, according to the Mayo Clinic, a non-profit medical practice and research group. Participant Larry Mars discovered tai chi in the 1990s, and said he doesn’t find it difficult,

but added that its “hard to be precise and do everything right.”

“Even if you don’t do it right, you still reap the health benefits, like strengthening a certain type of muscle or stabilizing the metabolic rate,” he said.

Bert Fang, club president, said that like painting or playing a musical instrument, tai chi is a skill that can take years of practice to master, but the Club accepts anyone who has a desire to participate.

“Our leader is very nice, so if we don’t do it well he tolerates it,” Fang said with a laugh.

The Mind-Body Exercise Club meets every Thursday from 2-3 p.m. in Clubhouse II. Interested residents can join the Club by paying a \$5 per person initiation fee. For questions, contact Bert Fang at (301-871-1694).



Tai chi practitioners put their best foot forward.



A class of approximately 20 residents practice tai chi in Clubhouse II Jan. 12. Photos by Leisure World News



Tai chi is low impact and puts minimal stress on muscles and joints.



Instructor Howard Lee.

Abuzz About Chess

by Bernie Ascher

Beginning in 2006, bees in many areas began mysteriously disappearing. The phenomenon is called colony collapse disorder, or CCD, and governments have been called in for help.

Humans have been collecting honey from bees for about 8,000 years. The bee's major task is to pollinate fruits, vegetables and nuts – about a third of the world's food supply, a market of \$40 billion in the U.S. alone.

A bee colony is a marvel of industrial activity and organization that includes division of labor; every bee has a job. A hive usually consists of one queen, thousands of worker bees and hundreds of drones. The queen is the largest and most important; she mates, lays eggs, and keeps the hive in operation for generations. The female workers care for the queen, feed the colony, build the honeycomb, forage for nectar and pollen and clean and guard the hive. The drones mate with the queen.

Queens can live for as long as seven years, while other bees have life spans ranging from a few weeks to six months. Mating takes place outside the hive in mid-air with about 13-18 drones, one-by-one. The drones die during the act of mating. Afterward, the queen lays her own weight in eggs every couple of hours. She lays about 1,500-2,000 eggs per day; 250,000 eggs each year; and as many as one million in her lifetime.

In response to the CCD crisis, in 2012, the European Union banned certain pesticides (neonicotinoids) thought to pose an "unacceptable" danger to bees. In 2014, the U.S. created an inter-agency task force to study the situation, but did not ban these pesticides. Task force scientists are analyzing the key factors impacting pollinator health. Multiple causes of CCD are suspected: mites, pesticides, climate change,

and, perhaps, cell phone towers.

Mites get into the bees' bloodstream and weaken their immune systems. Pesticides, intended to kill the mites, affect the bees' nervous systems, causing disorientation.

Bees forget what they are doing and how to get home. Climate change may make bees move to warmer areas.

Additionally, the animal rights group PETA (People for the Ethical Treatment of Animals) and other ecology advocates believe that overwork, or industrial agriculture, is a cause of CCD. According to this theory, bees are mistreated for the sake

of maximizing profits for beekeepers, and are factory-farmed like chickens, pigs and cows. U.S. beekeepers make most of their money not from selling honey, but from pollinating crops, a business now worth an estimated

\$10-15 billion annually.

Thus, busy bees are caught up in our fast-moving world. They live in cramped quarters, shared with tens of thousands of other bees.

They are fed a diet equivalent to junk food. They are transported in trucks and planes by beekeepers to locations far from their native habitats to pollinate crops for clients. One cartoonist mused that if

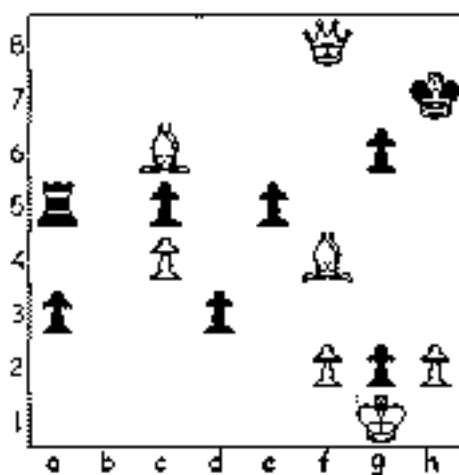
bees earned minimum wages, a jar of honey would cost \$180,000.

In chess, as in the beehive, the Queen is most important of all. For example, in the game pictured on this page, Black has just moved the Pawn to e5, threatening White's Bishop. It is White's turn to move. White can mate in two moves. Do you see it?

The answer follows this reminder that the Chess Club meets Mondays, Wednesdays and Fridays from 1-4 p.m. in Clubhouse II. Stop by for a friendly game. For further information, call club president Bernie Ascher at (301-598-8577).

ANSWER: White moves the Queen to h6, check. Black must move the King to g8. White then moves the Bishop from c6 to d5, checkmate!

So, do not wait for scientific studies. Do not wait for surplus honey. Do not wait for harmless pesticides. Play chess now!



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■ Wednesday Night Chicago Bridge

Compiled by Doug Brasse

Jan. 3, 2017

First – Sylvia Forman, Saul Hoch Third – Dora Levin, Marc Levin
Second – Anna Pappas, Bob Fourth – Ann Boland, Joe Boland
Bridgeman

Jan. 11, 2017

First – Deanna Owens, Pat Fourth – Joyce Riseberg, Dick
Villareale Risebert
Second – Anna Pappas, Bob Fifth – Sally McGowan, Joe
Bridgeman Vanenzi
Third – Virginia Pace, Barbara
Bryant

Jan. 17, 2017

First – Abigail Murton, Doug Brasse Fourth – Virginia Pace, Barbara
Second – Betti Goodman, Helen Bryant
Montanaro Fifth – Kay Looney, Jack Looney
Third – Joyce Riseberg, Dick
Riseberg

■ Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

Jan. 12, 2017

First – Bernice Star, 4,000 Third – Pat Patton, 2,330
Second – Ruth Begley, 2,920

Jan. 19, 2017

First – Evelyn Armstrong, 3,700 Third – Somaya Haddad, 2,790
Second – Penny Dolenger, 3,320

■ Friday Bridge

Compiled by Jackie Harrell

Jan. 6, 2016

First – Betti Goodman, 3,300 Third – Jerry Feldman, 2,830
Second – Mort Faber, 2,980 Fourth – Hymie Rosenberg, 2,570

Jan. 13, 2016

First – Mort Faber, 4,060 Third – Helene Kurtzman, 3,030
Second – Jerry Weiss, 3,690 Fourth – Barbara Marcus, 2,380

■ Tuesday & Friday Duplicate Bridge

Compiled by Jerry Miller

For Tuesday games, Flight A includes all players. Flight B includes only ACBL member pairs, each with less than 1,000 master points.

Tuesday, Jan. 10, 2017

North-South Flight A

1. Martin Reed - Howard Tash
2. Doris Perschau - Thomas Leahy
3. Alfred Caponiti - John Ryan
4. Marilyn Udell - Maida Crocicchia

East-West Flight A

1. Nadyne Cheary - Saul Penn
2. Jerry Miller - Gerald Lerner
3. Rosmarie Sutor - Shirley Light
4. Patti Anschutz - Robert Kerr

Flight B

1. Marilyn Udell - Maida Crocicchia

Flight B

1. Rosmarie Sutor - Shirley Light
2. Dora Levin - Merrill Stern

Friday, Jan. 13, 2017

North-South

1. Aaron Navarro - Judith Perrier
2. Roz Dixon - Victor Stewart
3. Elly Gotkin - Angie Riani

East-West

1. Steve Billstein - Jim Cowie
2. Mildred Lieder - Betti Goodman
3. Nancy Gordon - Bernice Felix

Tuesday Jan. 17, 2017

North-South Flight A

1. Ann Ruth Volin - Lea Rochkind
2. Lorraine Hegel - Robert Kerr
3. Angela Riani - Mary Lafferty
4. Diane Keiper - Nadyne Cheary

East-West Flight A

1. Barry Tash - Howard Tash
2. Jerry Miller - Gerald Lerner
3. Patti Anschutz - Shirley Light
4. Ephraim Salins - Bernice Felix

Flight B

1. Rosmarie Sutor - Thomas Leahy
2. Alan Ferraro - Liz Ferraro

Flight B

1. Ephraim Salins - Bernice Felix
2. Doug Brasse - Merrill Stern

Friday, Jan. 20, 2017

North-South

1. Douglas Brasse - Abigail Murton
2. Doris Perschau - Thomas Leahy
3. Ted Michos - Sue Swift

East-West

1. Beth Harper - Sharon Strong
2. Jim Cowie - Steve Billstein
3. Bernice Felix - Nancy Gordon

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C.A.S.H. Maintains Lead Over Competition

by Rita Mastrorocco

As winter approaches the following bad weather rule is in effect: If Montgomery County schools are either closed or on a two-hour delay based on snow or icy conditions, the league does not bowl. The league is based on handicaps with averages for the bowlers ranging from 82 to 187. If you have not bowled in years, come out and join the fun.

The top League standings as of Jan. 20 are: C.A.S.H. in first place, Huggers in second place, and Wild Things in third place.

Top scores for the week of Jan. 13 are:

- Scratch Game – Hooks ‘N’ Curves, 694 pins
- Scratch Series – Hooks ‘N’ Curves, 1891 pins
- Handicap Game – Hooks ‘N’ Curves, 930 pins

- Handicap Series – Lightnin’ Strikes, 2666 pins
- High Average Men – Steve Klopfer, 187 pins
- Scratch Game Men – Al Schlosburg, 255 pins
- Scratch Series Men – Steve Mueller, 642 pins
- Handicap Game Men – Al Schlosburg, 300 pins
- Handicap Series Men – Al Schlosburg, 746 pins
- High Average Women – Chris Porter, 172 pins
- Scratch Game Women – Chris Porter, 181 pins
- Scratch Series Women – Chris Porter, 465 pins
- Handicap Game Women – Darlene MacDonald, 238 pins
- Handicap Series Women – Ursula Costa, 665 pins

Top scores for the week of Jan. 20 are:

- Scratch Game – Half and Half, 697 pins
- Scratch Series – Half and Half, 1898 pins
- Handicap Game – Half and Half, 937 pins
- Handicap Series – Lightnin Strikes, 2642 pins
- High Average Men – Steve Klopfer, 188 pins
- Scratch Game Men – Steve Klopfer, 238 pins
- Scratch Series Men – Steve Klopfer, 598 pins
- Handicap Game Men – Steve Klopfer, 267 pins
- Handicap Series Men – Charlie Johnson, 728 pins
- High Average Women – Chris Porter, 172 pins

- Scratch Game Women – Chris Porter, 193 pins
- Scratch Series Women – Chris Porter, 536 pins
- Handicap Game Women – Julie Thomas, 267 pins
- Handicap Series Women – Barbara Martin, 746 pins

You do not need to be a good bowler to join. Come and join us for fellowship, fun and easy exercise. There is no long-term commitment.

The league bowls every Friday morning with practice starting at 9:20 a.m. at Bowl America at 1101 Clopper Rd. in Gaithersburg.

The cost for the three games of bowling, the use of bowling shoes and balls, and unlimited cups of coffee is only \$10. If you are interested, please call Rita at (301-814-9196).

Sports, Games & Scoreboards In Brief

Bridge:

- **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Have fun. Win masterpoints. Questions? Call Nadyne at (301-598-5677).
- **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. Please, no beginners.

• **Thursday Ladies Bridge** welcomes more card players. If interested, call Jackie Harrell at (301-598-4341).

Cribbage: We meet for 150 minutes of competitive fellowship 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.

Mah Jongg: Want to learn how to play Mah Jongg? Call (301-598-3438).

Pinochle Players: If you enjoy pinochle, join us at Clubhouse II on Monday evenings, 6:30-8:30 p.m. Call us at (301-775-7238) or (301-598-7064).

Poker:

- A few poker game openings are available at the Greens, Thursdays 7-10 p.m. No prior experience necessary. If interested, call Al at (301-598-7133).
- **Men’s Poker** is seeking new members. Play is daily, beginning around 9 a.m. in the Game Room in Clubhouse II.
- **Poker players wanted** for all variations of poker, with or without wild cards. Come by Clubhouse II Tuesdays and Thurs-

days at 7:15 p.m. and play until 10 p.m. Spend an enjoyable night with a bunch of good people. Call Andy at (240-558-4787).

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

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.

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 Grace White at (301-438-7892) or Flora Wolf at (301-598-5807) to join as a substitute or regular bowler.

Fitness and Exercise Club (supporting all Leisure World physical activities): Membership is open to any resident interested in attending an existing activity or in creating a new activity. No membership fees. For more information on club activities or to join, email us at (LWMDfitness@gmail.com).

Indoor Pool Volleyball: Experienced players are welcome to join a competitive game in the social pool at Clubhouse II on Mondays and Thursdays at 6 p.m. Basic volleyball skills are required. For beginners, social games are Wednesdays, Fridays and Saturdays at 3 p.m. If you don’t have a yearly indoor pool pass, a \$3 ticket good for one pool session may be purchased at the Clubhouse II E&R office. Email Laurie Burdick at (lgburdick@aol.com) with questions.

Mind-Body Exercise Club: Members meet every Thursday afternoon from 2-3 p.m. in the Clubhouse II Activity 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 Bert Fang, club president, at (301-871-1694).

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 Clubhouse 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.

Community Classes Policy for Inclement Weather

If Montgomery County Public Schools are closed, all classes are automatically cancelled. If school openings are delayed, classes are held at the discretion of the instructor.



EDUCATION

NEW – Exploring Ultra-Orthodox Life in Israel, Part III, an ALL class: In this class, participants will conclude the second season of the highly acclaimed Israeli television series, “Shtisel.” Instructor Ira Weiss precedes each episode with a discussion of this unique perspective of life in Israel and then follows the episode with Q&A session.

Class meets Thursdays, March 2-April 6, 10:30 a.m.-noon. **Fee: \$30. Register at Clubhouse I.**

NEW – Folk Songs for Our Times, an ALL Class:

Do you remember the days when the family sat at the piano or around the radio and sang together? In this workshop, Cantor Karen Webber takes you on a sung journey through melodies with a rich history that have become a part of the lexicon of American Song. We will sing together “Lemon Tree,” “Dona” and many more.

Class meets Thursdays,

March 16 and 23, 1-2 p.m.
Fee: \$20. Register at Clubhouse I.

Adult Living and Learning (ALL) programs are co-sponsored by the Jewish Residents of Leisure World (JRLW) and the Bender JCC of Greater Washington.

2017 Great Decisions, a CLL course: E&R and the Center for Lifetime Learning (CLL) present the 2017 Foreign Policy Association’s (FPA) Great Decisions series. This year’s discussion topics include the future of Europe; trade and politics; conflict in the South China Sea; Saudi Arabia in transition; U.S. foreign policy and petroleum; Latin America’s political pendulum; prospects for Afghanistan and Pakistan, and nuclear security. We identify significant drivers of these issues and the impact they have on the U.S.’ ability to identify and influence a desired course of events. The class may discuss additional timely topics, and participants share their experiences and

knowledge.

The course uses an FPA text and DVD featuring foreign policy experts from academia and the public sector as the basis for in-depth course discussions.

The class leader is David Frager, chairman of the LWCC board of directors and discussion leader of the Great Decisions since 2010.

Class meets Thursday, March 9 through Thursday, April 27, from 2-3:30 p.m.
Fee (includes one book): \$50 single; \$75 couple, if sharing one book. Register at Clubhouse I.

Sharing Stories, our responses to selected short tales and poems, a CLL course: Instructor John Clarke provides selected short tales, poems and excerpts for course participants to hear and read, then time for participants to contemplate the story, with optional writing. The class shares their responses to tales of memory, family, happiness self-reflection and others over the course of six sessions. Participants’ questions or suggestions about any aspect of the course are always welcome.

Clarke has led groups at the Library of Congress and many other venues, with participants of various ages and walks of life, who share their own responses to stories and poems they read and hear in the session and relate them to their own stories.

Class meets Tuesdays, Feb. 28-April 4, 10-11 a.m. **Fee: \$20. Register at Clubhouse I.**

For more information about the Center for Lifelong Learning (CLL), visit (www.cllmd.com).

HEALTH AND NUTRITION

Food for Life – Kickstart Nutrition and Cooking Program: Sponsored by the Vegetarian Society of Leisure World

(VSLW), this is a series of classes that focus on lowering cholesterol, improving diabetes control, lowering blood pressure, and warding off chronic disease, as well as making improvements to energy and mood.

The curriculum is based on the Physicians Committee for Responsible Medicines (PCRM) successful 21-day plant-based Kickstart program. Discover which foods are optimal for improved health and weight management, and learn practical cooking skills to help you on your journey to better health.

In the classes, you will enjoy a cooking demonstration and taste healthful dishes in a supportive group setting. You will also receive individualized attention in finding solutions that match your needs.

Instructor Brian Bergman has taught numerous classes in the DC/MD area. He is certified in plant-based nutrition from Cornell University and is a nutrition concierge. His is associated with Dr. Neal Barnard’s group, PCRM. For more information, contact Brian at (brian@ahelpingofhealthydc.com) or (301-540-0404).

Class meets Tuesdays, March 7-April 4, from 11 a.m.-1 p.m. **Fee (includes lunch): \$95 per person. Register at Clubhouse I.**

Make a Change for Life – Prevent or Delay Type 2 Diabetes: Are you interested in healthy eating and weight loss? Do you have prediabetes, high blood pressure, high cholesterol or a family history of diabetes? Are you overweight? If so, you might be at risk for diabetes, but that risk can be reversed.

Join an evidence-based year-long CDC-recognized diabetes prevention lifestyle change program to help prevent or delay type 2 diabetes. The program can also lower your risk of having a heart attack or stroke, improve your health overall, and help you feel more

energetic.

The class is lead by Certified Holistic Health Coach Jen Weil and meets for a full year: weekly for four months, bi-monthly for two months, and then monthly after that. See the CDC website at (<https://www.cdc.gov/diabetes/prevention/index.html>) for more information about this National Diabetes Prevention Program.

Class meets selected Wednesdays, Feb. 22, 2017-Feb. 21, 2018. **Fee: \$60. Register at Clubhouse I.**

EXERCISE

NEW – Chair Yoga with Robin, Mondays or Fridays: Age well. Prevent or diminish the chronic degenerative disease processes that frequently accompany aging. Gentle, yet effective, movements done while sitting in a chair. Increase joint mobility, balance, flexibility, strength, tone, circulation of blood and lymph, and improve breathing. Optional standing balance exercises included. Relaxing and fun! Mindfulness training introduced and basic holistic lifestyle habits discussed.

Instructor Robin M. Hartman, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and yoga therapist. She will answer

questions after class or can be reached at (240-350-8820).

Class meets Mondays, Feb. 27-April 24 (no class March 27) or Fridays, March 3-April 21 (no class March 24). **Fee: \$100. Register at Clubhouse II.**

NEW – Gentle Yoga – Wednesdays and Saturdays with Marilyn: Yoga is a holistic system that combines movement, posture, breath, and relaxation techniques to improve overall health and well-being physically, mentally, and spiritually. A consistent yoga practice has been shown to increase mobility, strength, and flexibility, and to provide skills to cultivate a peaceful mind in the face of life's stresses and challenges. This class is designed for individuals with some ability to get up and down off the floor and can be adapted according to the need of the practitioner. Beginners and ongoing students are welcome. Bring a yoga mat or blanket to the first class.

Class meets Wednesdays, Feb. 22-April 26 and/or Saturdays, Feb. 25-April 29, 9-10 a.m. **Fee: \$80/1 day, \$140/2 days per week. Register at Clubhouse I.**

NEW – Senior Sneakers: Get up and go with a safe, heart-healthy cardio workout that is gentle on the joints. The workout

includes easy-to-follow low-impact moves and upper-body strength training. Have fun and move to the music through a variety of exercises designed to increase your cardio fitness level, strength, range of movement, and activities for daily living. Bring your hand-held weights and work at your own pace.

Class meets Mondays (w/ Shirley), Feb. 27-April 3, and Thursdays (w/Sue), March 2-April 6, 9-9:45 a.m. You can take the class on Mondays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

NEW – Mild Exercise with Shirley: All exercises, seated or standing, are led by instructor Shirley Lloyd.

Class meets Tuesdays, Feb. 28-April 4, and Wednesdays, March 1-April 5, 11-11:45 a.m. You can take the class on Tuesdays or Wednesdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

Tap with Gerry: Did you always wish you could tap dance? Now you can! Join Gerry as you "Tap Your Troubles Away" and "Shuffle off to Buffalo." A fun way to exercise. The first half of the class is devoted to beginners where they learn basic steps of tap. The second half of class is devoted to dancers who already have a knowledge of tap. This is a way for the "performers" to add "tap" to their resume.

For more information, call Gerry (301-438-7452).

Class meets Thursdays, Feb. 23-March 30, 5:30 p.m. **Fee: \$45. Register at Clubhouse II.**

Move to the Beat: Do you hate to exercise? If you do, this is the class for you. For 45 minutes, we move by stretching, walking and dancing to various music (singing along is allowed). You don't have to remember anything; just follow at your own pace. You must keep moving. Doctors tell us we must keep moving for our



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health. Let's do it together as we "Move to the Beat." For more information, call Gerry (301-438-7452).

Class meets Tuesdays, Feb. 28-April 4, 6:15-7 p.m. **Fee: \$39. Register at Clubhouse II.**

Argentine Tango for Tango Lovers: This class will teach the fundamentals of Argentine tango. It is for beginners, but is also for those who want to improve their basic elements of the dance. Topics include the embrace, communication, walking with style, and musicality. No partner is required. Dancing or leather-soled shoes are preferred.

The instructor, Julia Elena, is director of Caminito Amigo, an Argentine tango community.

Class meets Mondays, March 20-April 24, 3-4 p.m. **Fee: \$50. Register at Clubhouse I.**

Zumba Gold with Denny – Mondays or Fridays: This program was designed for the older active adult, a person who has not been

exercising in a long time or individuals who may be limited physically. The biggest difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a much lower intensity. It is just as much fun, just not as fast! Zumba Gold utilizes the same great Latin styles of music and dance that are used in the Zumba basic program. Class meets Mondays, Feb. 6-March 20 (no class Feb. 20), 10:30 a.m. or Fridays, Feb. 3-March 17 (no class Feb. 17), 1 p.m. **Fee: \$37.50 for one day; \$71 for two days. Register at Clubhouse II.**

WATER EXERCISE

NEW – Water Exercise with Nancy: Time to start the day off right by enrolling in a water exercise class. Participants will gain strength, stamina, and tone from this cardio class. (Dumbbells are used, although they are not required, and are available for purchase from the instructor.)

Class meets Tuesdays, Feb. 28-April 4, and Thursdays, March 2-April 6, 11 a.m.-12 noon.

You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

NEW – Non-Impact Fusion with Beth: This class is held in the round leisure pool (warm water). Dance, yoga poses, and cardio movements are all fused together to give students an awesome, fun class. Participants will improve their posture, balance, flexibility, and muscle strength.

Class meets Tuesdays, Feb. 28-April 4, and Thursdays, Thursdays, March 2-April 6, 1-2 p.m. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

NEW – Aqua Arthritis with Shirley: Class is held in the warm water pool. If you have arthritis or other joint issues, have had recent surgery, have trouble with balance or breathing, or any other medical issue that has kept you from exercising, then this class is for you. This class is low

intensity and slow paced. We use walking patterns with various arm movements and focus on stretching, balancing, yoga, and range of motion exercises using noodles and balls.

Class meets Tuesdays, Feb. 28-April 4, and Thursdays, Thursdays, March 2-April 6, 3-4 p.m. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

NEW – Aqua Fit with Shirley: This unique class blends the best of both worlds using water aerobics and yoga. Water aerobics will be done in the lap pool for 30 minutes, focusing on cardio and strength. The class will then move to the social warm water pool and finish up with yoga stretches that will focus on balance and posture.

Class meets Wednesdays, March 1-April 5, 1-2 p.m. **Fee: \$36, 1 day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.**



Being My Mom's Mom:

A Journey Through Dementia from a Daughter's Perspective

THURSDAY, MARCH 9, 2017

Registration and Light fare: 5:30 pm – 6 pm | Presentation: 6 pm – 7 pm
at Olney Assisted Living, 16940 Georgia Avenue, Olney, MD 20832



PRESENTED BY: LORETTA VENNEY, CPP

Throughout her life, Loretta Veney, author of "Being My Mom's Mom", has chronicled family events through journals, photos and videos, seeking to capture every moment. After learning that her beloved mother Doris was the first female in the family to suffer from dementia, Loretta began documenting the details of doctor visits and recording people, places, and things as a substitute for her memory loss.

Being My Mom's Mom invites attendees on a personal journey before and after the onset of dementia. Personal vignettes highlight the heartache and humor in this life-changing disease. Attendees will be offered strategies from real experience for building the best care team for loved ones, increasing one's capacity for patience, and making the most of every day.

Complimentary hors d'oeuvres will be served.

To reserve your seat today please call Christina Green at (301) 570-0525 or email to olney@olneymemorycare.com

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Calendar of EVENTS

Friday, February 3

Clubhouse I

10:00 a.m. Basic Drawing Class
12:15 p.m. Kiwanis Club
1:30 p.m. Watercolors Any Level Class
3:00 p.m. Hispanos de LW: Games
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club

Saturday, February 4

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. ANG Meeting
10:00 a.m. Open Art Studio

Clubhouse II

9:15 a.m. JRLW Religious Service
2:00 p.m. Going It Alone: Video,
Bingo

Sunday, February 5

Clubhouse I

Have a Happy Day

Clubhouse II

2:30 p.m. Fireside Forum
7:00 p.m. Baby Boomers Super Bowl
Party

Monday, February 6

Clubhouse I

9:15 a.m. Stretch & Tone Class
9:30 a.m. Art Class, Any Medium
10:30 a.m. Beginners Stretch & Tone
Class

1:00 p.m. Paintbrush & Knife Class

1:30 p.m. LW Chorale

2:00 p.m. Book Club Network

3:00 p.m. Argentine Tango 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

2:00 p.m. Line Dance Class

2:00 p.m. Chair Yoga Class

3:00 p.m. Line Dance Class

4:00 p.m. Ba Duan Exercise Class

Tuesday, February 7

Clubhouse I

9:00 a.m. Blood Pressure Testing

9:30 a.m. Art Class, Any Medium

1:00 p.m. Watercolor Techniques
Class

5:00 p.m. Trivia Group

7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginning/Advanced Tai
Chi

11:00 a.m. Mild Exercise Class

10:00 a.m. Water Exercise Class

12:30 p.m. Scrabble Group

1:00 p.m. Gilbert & Sullivan Society

1:00 p.m. Non-impact Fusion Water
Class

1:30 p.m. Comedy & Humor Club

6:15 p.m. Move to the Beat Class

Wednesday, February 8

Clubhouse I

9:00 a.m. Income Tax Service

10:00 a.m. Express Yourself Art Class

1:00 p.m. Low Vision Group

1:00 p.m. Oils & Acrylics Class

1:30 p.m. Patients Rights Group

2:00 p.m. LW Green

6:45 p.m. Chicago Bridge

Clubhouse II

11:00 a.m. Mild Exercise Class

10:00 a.m. Water Exercise Class

1:00 p.m. Chess Club

1:00 p.m. Ping Pong Club

1:00 p.m. Aqua Fit Class

1:30 p.m. Stroke Support Group

2:00 p.m. Chair Yoga Class

Thursday, February 9

Clubhouse I

9:15 a.m. Stretch & Tone Class

10:00 a.m. Painting for Everyone
Class

10:30 a.m. Beginner Stretch & Tone
Class

12:30 p.m. Ladies Bridge

1:00 p.m. Oils & Acrylics Class

7:00 p.m. LW Democratic Club

Clubhouse II

9:00 a.m. Senior Sneakers Class

9:30 a.m. Beginning/Advanced Tai
Chi

9:30 a.m. Quilters Group

10:00 a.m. MVA on Wheels

11:00 a.m. Water Exercise Class

12:30 p.m. Men's Bridge Group

1:00 p.m. Non-impact Fusion Water
Class

2:00 p.m. Mind-Body Exercise Club

4:00 p.m. Model Railroad Club

5:30 p.m. Tap with Gerry Class

Friday, February 10

Clubhouse I

10:00 a.m. Basic Drawing Class

1:30 p.m. Watercolors Any Level Class

3:00 p.m. Hispanos de LW Movie:
“Nonna's Trip”

6:00 p.m. Café AIM

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. Chinese Club of LW

1:00 p.m. Ping Pong Club

1:00 p.m. Chess Club

1:00 p.m. Zumba Gold Class

1:00 p.m. Friday Bridge Club

Saturday, February 11

Clubhouse I

10:00 a.m. Open Art Studio

7:00 p.m. Lions Club Cabaret

Clubhouse II

9:15 a.m. Shabbat Service

2:00 p.m. Going It Alone: Video,
Bingo

5:30 p.m. Baby Boomers Potluck
Dinner

Sunday, February 12

Clubhouse I

Have a Happy Day

Clubhouse II

7:00 p.m. Jerry Allen Program

Monday, February 13

Clubhouse I

9:00 a.m. Stretch & Tone Class

10:30 a.m. Garden & Environmental
Club

10:30 a.m. Beginner Stretch & Tone
Class

1:30 p.m. LW Chorale

3:00 p.m. Argentine Tango Class

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Meetings of the LWCC Board of Directors, Executive Committee and Advisory Committees

Budget and Finance

Feb. 15, 10:00 a.m., Clubhouse II

Community Planning

Feb. 13, 9:30 a.m., Clubhouse I

Education and Recreation

Feb. 7, 9:30 a.m., Clubhouse I

Foundation

Feb. 8, 9:30 a.m., Clubhouse II

Government Affairs

Feb. 13, 2:00 p.m., Sullivan Room

Health

Feb. 15, 2:00 p.m., Clubhouse I

Leisure World News

Feb. 16, 10:00 a.m., Clubhouse I

Security and Transportation

Feb. 9, 9:30 a.m., Clubhouse I

Technology

Feb. 7, 10:00 a.m., Sullivan Room

LWMC Board of Directors

Feb. 28, 9:30 a.m., Clubhouse I

The meeting will air on March 6, 8 and 10 at 4 p.m. and 7 p.m. on channel 974.

LWCC Executive Committee

Feb. 17, 9:00 a.m., Sullivan Room

The meeting will air on Feb. 22, 23 and 24 at 4 p.m. and 7 p.m. on channel 974.

Meeting times and locations subject to change.

Leisure World Mutual Meetings

February 7

Mutual 18 Board

1:30 p.m., Sullivan Room

Mutual 6B Board

2:00 p.m., Mutual

February 8

Mutual 11 Board

4:00 p.m., Sullivan Room

February 9

Mutual 12 Board

1:00 p.m., Sullivan Room

February 14

Mutual 19A Board

9:30 a.m., Clubhouse II

Mutual 16 Board

9:30 a.m., Sullivan Room

Mutual 7 Board

1:00 p.m., Sullivan Room

Mutual 25 Board

7:00 p.m., Sullivan Room

February 15

Mutual 5 Board

9:30 a.m., Sullivan Room

February 16

Mutual 15 Board

9:30 a.m., Sullivan Room

Meeting times and locations subject to change.

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

2:00 p.m. Line Dance Class

3:00 p.m. Line Dance Class

4:00 p.m. Ba Duan Class

Tuesday, February 14

Clubhouse I

1:00 p.m. Amateur Radio Club

2:00 p.m. Book Club Network

5:00 p.m. Trivia Group

7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginning/Advanced Tai Chi

11:00 a.m. Water Exercise Class

11:00 a.m. Mild Exercise Class

12:30 p.m. Scrabble Group

1:00 p.m. Non-impact Fusion Water Class

1:30 p.m. Comedy & Humor Club

3:00 p.m. Parkinson's Support Group

6:15 p.m. Move to the Beat Class

7:00 p.m. Camera Club Meeting

Wednesday, February 15

Clubhouse I

9:00 a.m. Income Tax Service

10:15 a.m. League of Women Voters

11:00 a.m. Short Story Group

11:30 a.m. Hadassah Group

2:00 p.m. Woman's Club Tea

6:45 p.m. Chicago Bridge

Clubhouse II

11:00 a.m. Mild Exercise Class

1:00 p.m. Chess Club

1:00 p.m. Aqua Fit Class

1:00 p.m. Ping Pong Club

Thursday, February 16

Clubhouse I

9:15 a.m. Stretch & Tone Class

10:30 a.m. Beginner Stretch & Tone Class

11:00 a.m. Writers Workshop
12:30 p.m. Ladies Bridge
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginning/Advanced Tai Chi
10:00 a.m. Stitchers Group
11:00 a.m. Water Exercise Class
12:30 p.m. Men’s Bridge
1:00 p.m. Non-Impact Fusion Water Class
1:00 p.m. Movie: “The Choice”
2:00 p.m. Mind-Body Exercise Club
5:30 p.m. Tap with Gerry Class

Friday, February 17
Clubhouse I
10:00 a.m. Book Club Network
12:15 p.m. Kiwanis Club
3:00 p.m. Hispanos de LW: Games
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge Club
4:00 p.m. LWAAAC: Black History Program

Saturday, February 18
Clubhouse I
9:00 a.m. Gentle Yoga Class
Clubhouse II
9:15 a.m. JRLW Service
12:00 p.m. LGBT Group
2:00 p.m. Going It Alone: Video
7:00 p.m. Baby Boomers: Movie
7:00 p.m. Sock Hop

Sunday, February 19
Clubhouse I
10:00 a.m. JRLW Breakfast Forum
Clubhouse II
Have a Happy Day

Monday, February 20
Clubhouse I
9:15 a.m. Stretch & Tone Class
9:30 a.m. Art Class, Any Medium
9:45 a.m. AARP Drivers Class
10:30 a.m. Beginner Stretch & Tone Class
1:00 p.m. Paintbrush & Knife Class
1:30 p.m. LW Chorale
3:00 p.m. Argentine Tango Class
6:00 p.m. Lions Club Meeting
7:00 p.m. Bingo
Clubhouse II
10:00 a.m. Clipper Workshop
12:30 p.m. Men’s Bridge Group

1:00 p.m. Chess Club
2:00 p.m. Line Dance Class
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Exercise Class

Tuesday, February 21
Clubhouse I
9:00 a.m. Blood Pressure Testing
9:30 a.m. Art Class, Any Medium
1:00 p.m. Watercolor Techniques Class
2:00 p.m. Book Club Network
2:00 p.m. NARFE Membership Meeting
5:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge
Clubhouse II
9:30 a.m. Beginning/Advanced Tai Class
12:30 p.m. Scrabble Group
1:30 p.m. Comedy & Humor Club
2:30 p.m. UU Group
6:15 p.m. Move to the Beat Class
7:00 p.m. Vegetarian Society Meeting

Wednesday, February 22
Clubhouse I
9:00 a.m. Income Tax Service
9:00 a.m. Gentle Yoga Class
10:00 a.m. Express Yourself Art Class
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Oils & Acrylics Class
2:00 p.m. LW Green
6:45 p.m. Chicago Bridge
Clubhouse II
1:00 p.m. Chess Club
1:00 p.m. Ping Pong Club

Thursday, February 23
Clubhouse I
9:15 a.m. Stretch & Tone Class
10:00 a.m. Painting for Everyone Class
10:30 a.m. Beginner Stretch & Tone Class
12:30 p.m. Ladies Bridge
1:00 p.m. Oils & Acrylics Class
Clubhouse II
9:30 a.m. Beginning/Advanced Tai Chi
9:30 a.m. Quilters Group
12:30 p.m. Men’s Bridge
1:30 p.m. JRLW Movie: “Fabulous Fashionistas”
2:00 p.m. Mind-Body Exercise Club
5:30 p.m. Tap with Gerry Class

Friday, February 24
Clubhouse I
10:00 a.m. Basic Drawing Class
1:30 p.m. Watercolors Any Level Class
3:00 p.m. Hispanos de LW: Games
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
10:00 a.m. Chinese Club of LW
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club

Saturday, February 25
Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio
7:30 p.m. LW Ballroom Dance
Clubhouse II
9:15 a.m. JRLW Service
2:00 p.m. Going It Alone: Video, Bingo

Sunday, February 26
Clubhouse I
2:00 p.m. Italian Club Meeting
Clubhouse II
10:30 a.m. Jewish Discussion Group
2:00 p.m. Movie: “The Race”
7:00 p.m. Baby Boomers Group

Monday, February 27
Clubhouse I
9:30 a.m. Stretch & Tone Class
9:30 a.m. Art Class, Any Medium Class
10:30 a.m. Beginners Stretch & Tone Class
1:00 p.m. Paintbrush & Knife Class
1:30 p.m. LW Chorale
1:30 p.m. Book Club Network
3:00 p.m. Argentine Tango 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 Class
2:00 p.m. Line Dance Class
2:00 p.m. Chair Yoga Class
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Class

Tuesday, February 28
Clubhouse I
9:30 a.m. Art Class, Any Medium
10:00 a.m. Sharing Stories Class
1:00 p.m. Watercolor Techniques Class
2:00 p.m. Book Club Network
5:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge

7:30 p.m. Mardi Gras Party with Dixieland Express
Clubhouse II
9:30 a.m. Beginning/Advanced Tai Chi
10:00 a.m. The LW Apple Club
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-impact Fusion Water Class
1:30 p.m. Comedy & Humor Club
3:00 p.m. Aqua Arthritis Class
6:15 p.m. Move to the Beat Class
7:00 p.m. Camera Club Competition

Wednesday, March 1
Clubhouse I
9:00 a.m. Income Tax Service
9:00 a.m. Gentle Yoga Class
10:00 a.m. Express Yourself Art Class
11:00 a.m. Short Story Group
12:30 p.m. NA’AMAT RBZ
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Oils & Acrylics Class
2:00 p.m. Book Club Network
6:45 p.m. Chicago Bridge
Clubhouse II
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
1:00 p.m. Ping Pong Club
2:00 p.m. Chair Yoga Class
4:00 p.m. LWAAAC General Meeting
7:30 p.m. Fun & Fancy Theatre Group

Thursday, March 2
Clubhouse I
10:00 a.m. Painting for Everyone Class
10:30 a.m. Essential Tremor Group
10:30 a.m. Exploring Orthodox Life in Israel Class
11:00 a.m. Writers Workshop
12:30 p.m. Ladies Bridge
1:00 p.m. Oils/Acrylics Class
3:00 p.m. Stamp Club
3:00 p.m. Essential Tremor Group
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginning/Advanced Tai Chi
10:00 a.m. Stitchers Group
11:00 a.m. Water Exercise Class
12:30 p.m. Men’s Bridge Group
1:00 p.m. Non-impact Fusion Water Class
2:00 p.m. Mind-Body Exercise Club
3:00 p.m. Aqua Arthritis Class
5:30 p.m. Tap with Gerry Class
7:00 p.m. Tennis Club-

Friday, March 3
Clubhouse I
10:00 a.m. Basic Drawing Class
12:15 p.m. Kiwanis Club
1:30 p.m. Watercolors Any Level Class
3:00 p.m. Hispanos de LW: Games
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
10:00 a.m. Chair Yoga Class
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club

Saturday, March 4
Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. ANG Meeting
10:00 a.m. Open Art Studio
Clubhouse II
9:15 a.m. JRLW Religious Service
2:00 p.m. Going It Alone: Video

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FEBRUARY 2017

UPCOMING SEMINARS & EVENTS

AT BROOKE GROVE RETIREMENT VILLAGE

As experts in senior care and memory support, Brooke Grove Retirement Village is pleased to offer seminars and events that promote physical, spiritual and mental well-being. All seminars and events will be held at Brooke Grove Rehabilitation and Nursing Center, located at 18131 Slade School Road on the Brooke Grove Retirement Village campus. Please register with Toni Davis at 301-388-7209 or tdavis@bgf.org.

LIVING WELL SEMINAR: “HOW TO IMPROVE YOUR BALANCE AND PREVENT FALLS”

February 15, 1-2:15 p.m.

Discover how to prevent falls and the specific exercises you can do to improve your balance. Seminar preceded by complimentary lunch at 12:30 p.m. FREE. Register by February 13.

ALZHEIMER'S SUPPORT GROUP

February 15, 3:30-4:30 p.m.

Sponsored by the Alzheimer's Association, this confidential group provides an opportunity for individuals and families to find support, gain understanding and share caregiving tips. FREE.

SUPPORT FOR THE CAREGIVER SEMINAR: “THE BASICS OF ALZHEIMER'S”

February 28, 2-3 p.m.

Learn the facts about Alzheimer's and other types of memory loss. Topics include symptoms, risk factors, the benefits of early detection, treatment, hope for the future, and ways the Alzheimer's Association can help. FREE. Register by February 26.



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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. We shall accept advertising on the same basis as other reputable publications: that is, we shall not knowingly permit a dishonest advertisement to appear in the Leisure World of Maryland News, but at the same time we will not undertake to guarantee the reliability of our advertisers.

ESTATE SALES

ESTATES PURCHASED; whole apartment contents, whole house contents, storage lockers. Buy out/clean up. Gary – (301-520-0755).

FOR SALE

TVs (LED) for sale: Samsung 55”, \$200; Hitachi 46”, \$150. Both are in very good condition. Call (301-598-1263).

2007 TOYOTA CAMRY XLE, 6-cylinder, 4-door, all power, leather, sunroof. One owner, like new. MD inspected. Only 29,480 miles. \$12,000. I will buy your car even if you don’t buy mine. Dealing with Leisure World for 38 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 VOLKSWAGEN PASSAT, 4-door, loaded, black on black. MD inspected. Like new. All dealer serviced. \$4,999. I will buy your car even if you don’t buy mine. Dealing with Leisure World for 38 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).

REAL ESTATE FOR SALE

A WISE CHOICE. Call me. Marilyn Rubinstein of Weichert Realtors. Your expert in this great community. Top 1% Nationwide. #1 Office Producer with over 40 years of experience and hundreds of sales right here. Call me for a free market analysis. Please call and we’ll talk. I make buying or selling an enjoyable and successful experience. Call Marilyn today – 301-674-1288. [11.4.16-4.21.17]

THINKING OF SELLING your home or that of a relative? Call Sue Heyman of Weichert Realtors, Leisure World Plaza, community resident for over 13 years, Top 1% Nationwide, Senior & Relo Specialist, “Forward@50 Sponsor.” 2016 has been a super year for real estate! Inventory is historically low. Days on the market for our community are less than one month. Prices are going up! Mid-year, I have already had 18 closings, with four additional properties under contract. As sellers, now is the time to take advantage of this fast-paced market. I know all the floor plans and how to price them.

Tap into my experience, contractor connections, and marketing to get the best price. My top-quality color brochures, multiple websites, staging techniques, and virtual tours display your home and our community at its best. Call for your free competitive market analysis, 301-681-0550 (o), 301-580-5556 (c).

CONDO IN LEISURE WORLD, Greens 3: Spectacular view of golf course and fountain. Model M, 3 bedrooms, 2 ½ baths, with garage space. 1530 SF. Asking \$375K. Contact George Prince at (301-598-2104).

3453 CHISWICK COURT #2A - \$85,000, Montgomery Mutual Coop. A lovely, rare, upper level end-unit Hampton Model, 1200 sqft, 2 bd, 1 bth, sep dining rm & living rm, full washer & dryer, enclosed balcony. For more info or to schedule a viewing, call Kevin Rollins/REMAX (240-432-7848).

REAL ESTATE FOR RENT

GORGEOUS 2 BEDROOM, 2 bath condo available for rent in our Premier Community of Leisure World for adults 55 plus. This condo features new wood flooring, stainless steel appliances, granite counters, decorative glass backsplash, side-by-side washer/dryer, closet organizer, crown molding, chair rail, enclosed sunroom with spectacular, breathtaking view. Call (301-312-3843) to schedule appointment to see this exceptional home. No smoking. No pets. Your own parking space, utilities and cable included in rent.

MOVE IN READY! Renovated 3 BD / 2 BA spacious apartment in Leisure World on Glade Dr. Apartment is located on the second floor of a three-story garden style building with access to an elevator. Open floor plan, granite countertops, lighting completed throughout entire unit, state of the art washer/dryer in unit. Enclosed balcony area includes storage room. Assigned parking with ample guest parking area. Utilities included in monthly rent. Farrah (301-840-0000).

RENTAL APARTMENT AVAILABLE – two bedroom, two bath; completely renovated in 2015 – new open floor plan, cathedral ceiling, new appliances, eat-in kitchen, new flooring throughout, full size washer and dryer in unit, master bedroom with walk-in closet, separate lockable storage and assigned parking space. Mutual 19. Please call (301-906-5000) or email (cptchick@aol.com).

SPACIOUS 3 BEDROOM 2 bathroom, ground floor condo. Laminate floors, full size washer/dryer in unit, walk-in shower, enclosed patio, assigned parking,

tons of storage. Utilities and cable included. \$1850/month. Available immediately. Contact Lucy at (850-207-1287) or e-mail (glccondo@gmail.com).

HEALTH CARE SERVICES

The Leisure World News will allow only those advertisers who show proof of certification to advertise that they are “certified nursing assistants.”

“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).

SPEECH THERAPY AT HOME: Need help to find the words to communicate with the people in your world? Call Yvonne Crooks, M.A. CCC-SLP. Maryland licensed Speech Therapist. Lives in Leisure World. (301-556-3907)

LICENSED CNA. Reliable and loving, caring person providing quality and affordable care. Day or night, 2-4 hours. Call Neema (240-687-7471).

CNA/GNA with more than 10 years experience and have worked in nursing home, assisted living and home care. I do duties like personal hygiene, light housekeeping, laundry, shopping, meal preparation, bathing, dressing errands and transportation to appointments and medication reminders. I am a Filipina, U.S. citizen, can drive and with own car. Honest, dependable, loving and hard worker with excellent references. Please call (240-643-3392 cell), (301-926-2547 home).

CNA, CPR, FIRST AID. Very dependable, hardworking, patient and punctual. 7 days, anytime or live-in. Companionship, light housekeeping & errands. Own transportation. (240-510-7125).

CAREGIVER. Full time or part time, day or night. Own transportation. Reference available. (301-803-9000)

LPN/CNA with CPR and first aid. 18 years experience with family and nursing care. Highly recommended. Short or long hours availability. (301-580-8597)

CNA/CMT – OVER 16 years of experience. Very dependable. Excellent references in LW. Have car. Light cooking, doctor’s appts., errands. Bonded, insured. Hospice patients are welcome. Call Ana (240-491-8978, 301-442-6094).

ELDERLY CARE Nursing assistant with 15 years experience, day or

night, long or short hours, I’m available. Great references. Call (240-478-9971).

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).

MORNING SUN HOME CARE, LLC. Let our team of licensed and experienced aides, nurses and nurse assistants help to care for your loved ones wherever they live. We provide long and short term services 24/7 to assist with your activities of daily living. Everyone needs a break sometimes and we help to make it happen. Call us on (301-625-3333) or (240-573-8151).

NEED A PERSONAL ASSISTANT? Call Angel! I can help you with running errands, grocery shopping light housekeeping, pet walking/feeding, companion care, transportation, make dr. appointment’s more. Overnight assistance can be arranged with advance notice. Assisting Leisure World Community for over 12 years! Just call (240-644-8799) and ask for Angel!

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. Day shift, 1-7 p.m. Please call (301-775-4304).

CNA & CAREGIVER looking for a position nights or weekends. Assist with activities of daily living, light housekeeping, help with meal prep and more. Call Ada at (240-643-1405).

LOVING, CARING PERSON. Have worked in Leisure World for 10 years. I am looking for a part-time job, three-four days/week. LW reference. Please call Alice, 240-839-0087.

SENIOR CARE SERVICES. Have 25 years of experience taking care of elderly and the sick. Have CNA license. Patient, careful and attentive. Reasonable price. Available anytime. Contact Susan, 301-275-1006, susan_y_kong@yahoo.com.

HIGHEST STANDARD OF CARE: CNA, GNA private caregiver licensed and insured. 20 years of experience. Responsible, hardworking, caring, trustworthy. Clean background and driving license. Excellent references. (mireka09@gmail.com), (1-561-222-9804).

CNA –25 years experience. Loving, caring, reliable, looking for full or part-time work. Live-in or -out. Call (240-354-5372) or (301-306-0073).

CNA/GNA – CPR certified, 10 years experience working with the elderly, always reliable, compassionate and caring. Looking for part-time hours Monday through Friday between hours of 5 and 10 p.m. I am a resident of Leisure World, so it's easy access. Call Cheryl (954-608-7376).

CERTIFIED NURSING ASSISTANT and a caregiver with CPR and First Aid. I am looking to care for your loved one in their home. I love what I do. I do the care with love and compassion. I am reasonable and affordable. All ages are welcome to call me. Florence at (240-779-1984).

DIRECT SUPPORT PROFESSIONAL seeks position to work with seniors or any individual with disabilities. Help with activities of daily living, e.g. light house cleaning, meal preparation shopping, etc. Call (240-602-1757).

CERTIFIED NURSING ASSISTANT seeks employment. Have been employed in Leisure World with different individuals during the past 21 years. Own transportation. Will do personal care, medication, housekeeping and driving. Available with references. Call Marcia at (240-626-5703) or (240-440-2423).

CNA/GNA/PCT/MT/PT/OT/CPR: Certified in Maryland, Washington, D.C., and Virginia. Caring for patients in homes, hospital and nursing homes. Samuel (301-237-5930).

55-YEAR-OLD MALE with own transportation and computer, available for companion care, errands, appointments, computer assistance, cooking and light housekeeping. Please call John ONeill at (301-933-7229).

GENERAL SERVICES

ALTERATIONS - 29 years experience in Leisure World! Men's & woman's garments picked up and dropped off at your convenience. Very competitive prices. Call Mimi (301-990-6468).

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.

REPLACEMENT WINDOWS AND DOORS. Let our friendly staff provide you with a free estimate for your window and door project. Rockville Window & Door Co. has been serving Montgomery County since 1979. Co-owner is LW resident. rwdoor.com * (301-208-3580) * MHIC license #10632.

HOUSE CLEANING – PROUDLY serving the Leisure World community. Weekly, bi-weekly, monthly selections available. Call CC at (301-253-0544).

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)

HOUSE CLEANING – 20 years experience. Worked in LW for 9 years. Reliable, honest, great references. I live in Aspen Hill. Call Alice (301-946-5996) or (301-520-0074).

QUALITY HOME CLEANING SERVICES: Your choice for quality and affordable cleaning. Leisure World references. Call us today for free consultation! (301-442-7417). \$10 off first time cleaning.

UNITED CLEANING GROUP, LLC comes to Leisure World! We're happy to help by offering our cleaning services 7 days a week. Want your home looking spotless? Call United Cleaning Group today at (240-498-2748), (301-498-2748).

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).

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. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

COMPUTER LESSONS / SERVICES - Need help with your computer? Training, new computer setup, troubleshooting, installation. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos, tablets, smartphones, smart TVs, and more. Patient trainer will sit by your side and teach you in plain English - no technical talk! Shopping assistance for all electronic & computer items. Senior specialist since 1996. Senior discount. Call David at (301-762-2570). ComputerTutor

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.

SEMPER FI PAINT. Discount for veterans and seniors. Reference available. Sam (240-274-0929) MHIC Lic. #132655

SMALL JOBS WELCOME! Picture hanging, moving boxes, carpet stretching, bathroom caulking, adjusting bathroom fixtures, hanging curtain rods, resetting closet doors, minor wall patching and painting. Need something else? Please ask Jesse (301-747-5054).

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). If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with Senior Care and the Care of Senior's Pets. Safe/Reliable door-to-door transportation as needed. General assistance to help maintain independence. Assistance with Pet Care. Dog walking and sitting during short hospital stays, vacations, or as needed. Transportation for grooming/vet appointments. I am a 55 yr. old semi-retired Doctor, Leisure World Resident and dog, cat, bird lover. Bonded, insured, reasonable rates and outstanding Leisure World references. Call Carl (410-499-9362).

CALL & RIDE - Or we will pick up your groceries for you; airport, doctors, casino. Always on time. Larry Kraft (240-743-8287).

DRIVER/ASSISTANT: Shopping, doctor's appointments, errands, light housekeeping, odd jobs. I am fond of seniors, 7 years' experience, own car. References available. \$17/hour. Call Justin Faircloth (240-205-3562).

MOBILE TAX PREPARATION: Licensed Maryland tax preparer (License #4720863) specializing in individual returns. I offer affordable rates will travel to client's home for no additional charge. Call Howard at (410-409-1341).

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll transfer your photos, slides, and mementos to a CD 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).

DOG WALKING by Leisure World resident, minimum 20-25 minutes for \$12. Twelve years experience in vet office; state certified Master Wildlife Rehabilitator and graduate credits in Animal Science, University of

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Ask for Richard or Tony

Maryland. Now have an a.m. opening Monday-Friday. References. Call Nancy (301-854-2588).

GUITAR, PIANO, VOICE Lessons! It is never too late to learn! Beginner and Intermediate welcome! Call Wendy (LW Resident!) at (301-938-4922) or email at (awdmf@aol.com)!

CERTIFIED/REGISTERED CHIROPRACTIC and Massage Therapist. I will come to your residence. Special rates for Leisure World/senior rates. Call for appointment only, (240-618-6352). Yeping “Ping” Luo.

ESTATE PLANNING, Living Trusts, Wills, Estates, Powers of Attorney, Medical Directives, Living Wills. Robert E. Richards, Attorney at Law, 30 years experience. House calls and reasonable rates. Call (301-593-6220). Do you want to avoid probate? I can help! Let’s discuss your situation.

WHY GO TO A RESTAURANT when it’s cold? Gather with your friends in the comfort of your home and watch Italian Personal Chef GiGi cook a delicious, fresh, family-style meal. Any special request is welcome. \$15 per meal! (410-428-0036) / ciaoitaly@Verizon.net

HELP WANTED

DOG WALKER(S) NEEDED! My Mom lives at Bedford Court and has a therapy dog that needs to be walked. The dog is very sweet and somewhat shy. The ideal situation would be to get a volunteer walker (preferably female) or one that charges a very low fee who could arrive to walk the dog twice a day. However, if they can only come once a day, that would also work! And if they can only come one time a week, that is fine; we will take any help we can get. Anyone interested could email me at (laine.gillespie@hotmail.com) or call my cell number, (603-728-8102).

CLIENT CARE SPECIALIST (part-time): Since 1998, Home Instead Senior Care has provided companionship, meal preparation,

laundry/light housekeeping, errands, medication reminders, and personal hygiene assistance to seniors in the Washington, D.C.-metro area. Based in Silver Spring, our office team is fun, dedicated, and committed to providing superior service to our customers. To learn more about us, visit HomeInstead.com/197. We are seeking a part-time Client Care Specialist (work 8:30 a.m.-5 p.m. three days/week). This individual initially meets with seniors and their families to explain our services, performs a non-medical intake process, and signs them on as clients. Additionally, this position visits clients in their homes every 30 days to ensure services are going smoothly, suggests resources, etc. Requirements: Team player attitude, ability to nurture and cultivate relationships, and computer skills. Please email cover letter, resume, salary history/requirements to patty.mascari@homeinstead.com. No phone calls please.

MEDSTAR PEER INSTRUCTORS – Compensation offered for certified peer instructors in the Chronic Disease Self-Management Program. Interested “lay leaders” become certified through several training sessions with MedStar Health beginning Tuesday, Feb. 21. After certification, peer instructors may teach six-session workshops in the community on chronic disease management. For more information about registration, location and training, contact Eme Martin at (667-786-1764) or (emeobong.e.martin@medstar.net).

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. Interested volunteers should contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

MUSEUM GUIDES – at the Montgomery County Historical Society. Work two weekday afternoons

or one weekend afternoon per month from noon to 4 p.m. Receive on-the-job training on local history and museum interpretation. Also receive special admission to programs and a 20% discount in the Museum Shop. Contact Amada Elliott, Education & Outreach Coordinator, (301-340-6534) or (aelliott@montgomeryhistory.org).

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).

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 2-3 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.

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 (301-318-0681) or (mortonadavis@comcast.net).

PRAYER CHANGES THINGS. You are invited to join “Hannah’s Prayer Circle” here at LW. For more

information, call Evangelist Connie Blake at (301-438-2667).

UPCOMING EVENTS

SISTER-TO SISTER Valentine Tea, Saturday, Feb. 25, 1-3 p.m., in Leisure World’s Clubhouse I. Sponsored by the East-West Montgomery Unit Church Women United. Cost for the tea buffet-\$15. Reservations required; call LW resident Connie Blake at (301-438-2667). Toiletries for needy women and children will be collected.

WANTED

FAST CASH FOR USED CARS - Big dollars paid for your used car! Over 43 years experience serving Leisure World. Leave message 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, WW2, WW1, Civil War, memorabilia items. Uniforms, Weapons, Helmets, Photos, Medals, or any other items associated with US, German, Japanese or other military history. Call Dave (240-464-0958) or email (obal7@aol.com).

WANTED: FIREARM COLLECTIONS, one piece or one hundred, licensed local dealer will come to you. Contact Richard Thornley at (301-253-0425).

CASH FOR RUGS: oriental rugs, any condition. European, Asian, Navajo, etc. Gary (301-520-0755).

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.

CASH FOR JEWELRY: gold, silver, costume, diamonds, coins (including foreign), watches, stamp collections. Gary (301-520-0755).

CASH FOR OLD BICYCLES: 1940’s through 2000’s, all makes and models. We come to you. We are local and family owned. Vintage restoration also available. Please call Vic (240-602-8752).

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good 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. 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).

BUYING JEWELRY, antiques. Cash paid for gold, silver, jewelry, coins, watches, firearms, misc. collections. Silver Spring resident. Please call Tom (240-476-3441)

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Wednesday, February 15th, 12 noon

If you have never been to Bedford Court, now is your chance to experience our beautiful community! View model and available apartments as we tour.

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EXPERIENCE THE
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MARDI GRAS CELEBRATION

Tuesday, February 28 • 5:00-7:00pm

Celebrate Fat Tuesday with your friends at **Aspenwood Senior Living**.

Wear purple, green or gold, enjoy the sounds of a live Jazz band and savor our NOLA inspired menu for dinner.

Seating is limited. To reserve your spot kindly RSVP by February 24 to Sharon at sborowiec@5ssl.com or 301-598-6424.

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