

Leisure World News

OF MARYLAND

February 15, 2019 • Published Twice a Month • residents.lwmc.com • leisureworldmaryland.com

A Story of Freedom Right Before Us

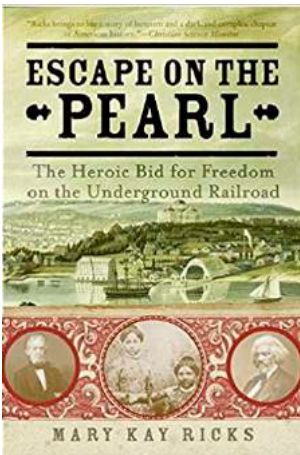
Residents Discover the Norbeck Area's African-American Heritage

by Kimberly Y. Choi,
Leisure World News

Beneath Leisure World—beneath the modern constructions, and beneath the many lives taking place in them—is a piece of land that embodies the complicated truth of the phrase “Land of the Free.”

Part of the community is situated on farmland that in the 19th century belonged to the Edmonsons, a black man and his family whose efforts for freedom worked upon the nation's sentiments on slavery.

Since 2016, Leisure World residents belonging to the Edmonson Historical Society have been researching and telling the story of the Edmonson family in an effort to showcase how the former inhabitants of Leisure World's land experienced life and played an important role in the greater project of abolition in the U.S.



A Very Local History

The area's significance came to the attention of residents when the African Heritage arm of the Book Club Network read “Escape on the Pearl” by Mary Kay Ricks, which tells of the Edmonsons' attempted escape from slavery in Washington, D.C.

It was only when browsing the book's back matter that Book Club member Juanita Sealy-Williams caught the name “Leisure World” and realized the story was much nearer than the Club realized.

The Edmonson farm, according to the book's appendix, was situated in the northwest of what is now Leisure World, between Norbeck Road and North Leisure World Boulevard. The residents of Mutuals 15 and 18 are making their homes on the storied ground. In fact, at least one descendant of spouses Paul and Amelia Edmonson actually became a Leisure World resident.

Five of the Book Club's members, seeing the rich history there was to explore, established the Edmonson Historical Society in 2016. The Society searched for the aforementioned descendant, but he or she is no longer living at Leisure World.

However, one member of the Society, Helen Mays-Patrick, says she herself is descended from the Edmonsons. As a teenager, she was given a book about the Edmonson children's flight on the Pearl but did not recognize the value of the book at the time. Before her involvement

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Celebrating Lunar New Year with Song and Dance



Happy Chinese New Year, or Gong Hei Fat Choy in Cantonese. The Chinese Club celebrated the holiday, which marks the beginning of a year whose months are coordinated by the cycles of the moon, with a slew of traditional performances on Feb. 8. For details and more photos, **see pages 6-7.**
Photo by Stacy Smith, Leisure World News

Five Healthcare Providers Renew their Contracts with Leisure World

by Stacy Smith, Leisure World News

The five medical and healthcare providers who began leasing space inside the MedStar Health medical center in January 2018 have renewed their agreements for 2019 and beyond.

The Scooter Shop and Family & Nursing Care have signed on for another five years each and RiverDance Therapeutic

Massage for another two, while Ascent Audiology & Hearing and Pointing to Wellness Acupuncture have each renewed their leases for one year.

“Having these providers right here in Leisure World gives residents direct access to services and products that can greatly improve their quality of life,” said Susan Montgomery, director of Social Services.

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The Special Strategic Planning Committee would like to visit resident club, group and organization meetings. For details, **see page 9.**

Learn How to Build a 'To-Go' Kit and Gather Emergency Supplies

by Emily Geller

After creating an emergency plan, the next step in preparing for an emergency is to consider items a person would need in the event that he or she has to evacuate his or her home quickly, as well as supplies needed to shelter in place.

Personal and survival items should be placed inside a "to-go" kit – a bag that is stored by an exit door that a person can grab as they leave.

The to-go kit should be convenient to carry or wheel out, such as a roller suitcase or duffel bag.

Kit Supplies

A to-go kit should contain personal items needed for

immediate survival, such as clothes, shoes, eyeglasses and medications, as well as some cash and important documents such as photo IDs, proof of address, insurance cards, Medicaid/Medicare cards and copies of credit or debit cards.

After assembling a to-go kit, remember to maintain it so it's ready when needed. Consider the following tips to keep the kit packed and ready:

- keep canned food in a cool, dry place
- store boxed food in tightly closed plastic or metal containers
- replace expired items as needed
- re-think your needs every year and update the kit as your family's needs change

Sheltering in Place

However, if the emergency or danger is outside, sheltering in place may require that a person have supplies on hand for a minimum of three to five days.

During an emergency, it could take days for first responders to get to a person's home because roads might be impassable due to

debris or damage.

Items to have on hand while sheltering in place include water, nonperishable food, a first aid kit, a radio and extra batteries, a flashlight and extra batteries and important documents in a waterproof bag or container, such as insurance cards, Medicaid/Medicare cards and photo IDs, among others.

Creating the Kit

Joseph Corona, community outreach coordinator for the Montgomery County Office of Emergency Management and Homeland Security (MCOEMHS), points out that creating an emergency kit or acquiring supplies for sheltering in place doesn't have to be done all at once; it can be done a little bit at a time.

Residents could purchase one item every time they go to a store or supermarket. They might also need to have multiple kits with different contents for home, work and vehicle.

Emergency supplies that could be kept in a vehicle include jumper cables, a spare tire, first aid kit, nonperishable snacks, blankets, a cell phone charger



Joseph Corona, community outreach coordinator for the Montgomery County Office of Emergency Management and Homeland Security, speaks at an Emergency Preparedness Advisory Committee meeting. Photo by Leisure World News

and a snow shovel and ice scraper.

More Information

The MCOEMHS has published an emergency kit checklist at (www.montgomerycountymd.gov/OEMHS/Resources/Files/EmergencyKitChecklist.pdf) that is helpful and concise.

Residents can access this checklist on the website, or pick a copy up at the E&R office in Clubhouse I, courtesy of the Emergency Preparedness Advisory Committee.



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Leisure World News OF MARYLAND

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

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

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We will not knowingly permit a dishonest advertisement to appear nor do we guarantee the reliability of advertisers.

Providers

from page 1

About the Providers

The Scooter Shop provides wheeled mobility and medical durable equipment to residents seeking greater independence.

Available items include manual and power wheelchairs, scooters and seating products, among many others. For more information, call (877-224-2294) or visit (www.yourscootershop.com).

Family & Nursing Care is a licensed, bonded and insured home care agency that helps older adults maintain independence and quality of life as they age in place. For details, call

(301-588-8200) or visit (www.familynursingcare.com).

RiverDance Therapeutic Massage, owned and operated by license massage therapist Beth Armagost, offers massage services that include deep tissue massage, Swedish massage and chair massage. For details or to schedule an appointment, call (202-306-0894).

Ascent Audiology & Hearing uses the latest technology to diagnose and treat hearing difficulties and provide customized solutions to rehabilitate hearing.

Their doctors and certified audiologists offer testing and consultation, hearing aids, tinnitus treatment and more. Call (301-468-7670) to schedule an appointment or visit (www.hearingaid doctors.com) for more information.

Pointing to Wellness Acupuncture, owned and operated by registered nurse practitioner and certified acupuncturist Gail Koffman, provides acupuncture to treat a wide range of conditions, with the emphasis on facilitating disease prevention, supporting well being and promoting longevity. For details or to schedule an appointment, call (301-960-9826).

All Medical Providers

For more information about all medical services available in the medical center, log into (residents.lwmc.com) and click on the dropdown arrow next to Amenities & Services, and then click on "Medical Center."



Clockwise, from top left: Jim Luttrell of The Scooter Shop, Kelly Salb of Family & Nursing Care, Beth Armagost of Riverdance Therapeutic Massage, Dr. Ana Anzola of Ascent Audiology and Hearing and Gail Koffman of Pointing to Wellness Acupuncture. Courtesy Photos

Feb. 15: Last Day to Opt Out of Directory

The last day to opt out of the printable and/or website directories is Friday, Feb. 15. Residents who wish to opt out should contact their mutual assistant or property manager.

An updated, printable phone directory is expected to be available by the end of February, and will also be available as a downloadable PDF document for residents and absentee owners who have signed up on (residents.lwmc.com).

— Leisure World News

The Inter-Faith Chapel

Feb. 25: Sweater Drive for Interfaith Works

by Bonnie Bonner

The Missions Committee at The Inter-Faith Chapel is sponsoring a sweater drive for clean, gently used sweaters for men, women and children on Monday, Feb. 25, from 10 a.m.-2 p.m.

Residents may drive under the portico at The Chapel to drop off their sweaters for this day and time only. All sweaters will be donated to Interfaith Works to help local residents in need.

Founded in 1972, Interfaith Works is a 501(c)(3) nonprofit agency and a non-sectarian interfaith coalition of more than 165 affiliated congregations of diverse faiths, working together to meet the needs of the poor and homeless in the Mont-

gomery County.

Each year, Interfaith Works impacts more than 16,000 lives by connecting people to safe shelter, vocational services, family mentoring and emergency support.

Montgomery County is seen as a very affluent community; however, approximately 70,000 of its residents, or 6.7 percent of the population, live below the federal poverty level, according to the Montgomery County Community Action Board.

The poverty rate for children in the County is 8.2 percent, or 19,952 children, and approximately 34.5 percent of all students qualify for the Free and Reduced Meals Program.

The need of many families is great, so please consider contributing sweaters.

March 19: Restaurant Resumes Full Schedule

The Clubhouse Grille restaurant in Clubhouse I resumes its full operating schedule beginning on Tuesday, March 19, at 4 p.m., and will be open every Tuesday through Saturday from 4-9 p.m.

— Leisure World News



Photo by Leisure World News

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Edmonsons

from page 1

in the Book Club Network, she wasn't aware of Paul Edmonson and his connection to Leisure World.

"It all came to light because I didn't know about Paul Edmonson's life," she says. "To do the research and ascertain he was my fourth grandfather, that was good news." She then made a poster showing her ancestry and family photos, which she presents at events.

The Society also tracked down several Leisure World residents who had lived on nearby Norbeck Road, which became an African-American community in the time after the Edmonsons sold their land. Sealy-Williams, chairperson of the Edmonson Historical Society, interviewed these women. The Society continues to show video recordings of these interviews at its events.



Through the well-publicized case of Mary Edmonson, left, and Emily Edmonson, right, the public became more aware of the cruelty of the slave trade. Courtesy photo

The Story of the Edmonsons

According to Ricks, the Edmonson family was well known for exemplifying the plight of the enslaved.

Harriet Beecher Stowe, author of the 1852 anti-slavery novel "Uncle Tom's Cabin," included a chapter about sisters Mary and Emily Edmonson, daughters of Paul and Amelia, in her 1853 "Key to Uncle Tom's Cabin," a non-fiction book intended to show that the real slave trade was as immoral as she depicted.

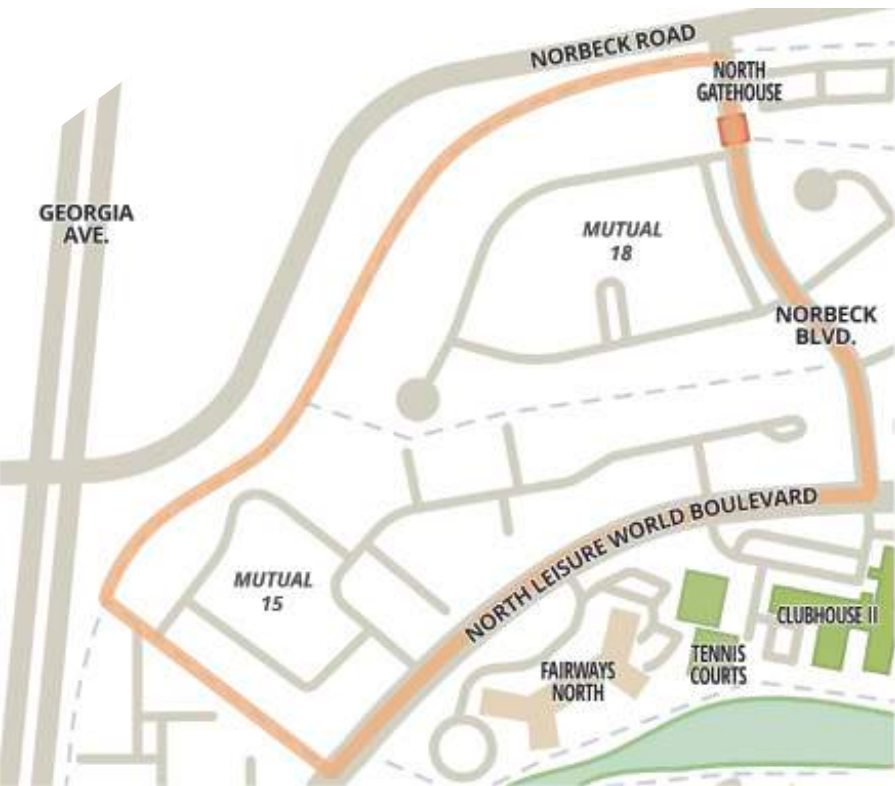
Paul Edmonson was a free black man; Amelia and their children were enslaved. Six of the children participated in a plot in which 77 slaves attempted escape on the Potomac River aboard a schooner called the Pearl.

"Escape on the Pearl" tells how the Pearl plot was not simply an attempt to deliver enslaved individuals to freedom, but an activist statement meant to put on display the cruelty of the slave trade.

Washington, D.C. was an apt site for such an effort: abolitionists were pushing for slavery to be outlawed in the Capitol as it was under federal governance and thus not an issue of the states' ability to regulate themselves as it was in the rest of the South.

The escape failed. The Pearl rested to wait out forbidding weather on the Chesapeake Bay, and the owner of some of the escaped slaves sent men to track down and storm the ship.

The Edmonson children were captured and transported for sale in New Orleans. The girls were likely heading into prostitution. One day aboard the ship, the youngest sibling, Emily, revealed she couldn't stop thinking of the sorrow her mother must have been enduring. She began to



Paul and Amelia Edmonson's farm, outlined in orange, encompassed about 40 acres where Mutuals 15 and 18 now lie. North of the farm is Norbeck Road, which became an African-American community following the Edmonson's move to Washington, D.C. Graphic by Leisure World News

quietly sing a psalm. Her fellow captives joined in, and soon even the ship's crew were compelled by the song and knelt about them.

Mary and Emily Edmonson underwent the dehumanizing treatment of standing for sale at the New Orleans market. They were not sold, and later the slave trader brought them back to Virginia to avoid a yellow fever outbreak.

The distressed Paul Edmonson was unable to afford the high price set by the trader, and he joined with activists to campaign for support. Audiences were moved, and finally they raised enough to buy his daughters' freedom.

The story of the Pearl and of the Edmonsons in particular stirred anti-slavery sentiment in many. After their liberation, the sisters spoke at abolitionist groups about their experience, which included the dissolution of their family and the dehumanizing treatment they underwent at the New Orleans market.

All but one of the Edmonson children are known to have been eventually freed. Paul and Amelia Edmonson and one of their daughters lived on their Montgomery County property. The farm was smaller than average, but large compared to the farms of most free blacks.

The Edmonsons sold the farm when they decided to move to Washington, D.C. The property was described in an 1855 Montgomery County Sentinel

advertisement as "a small farm of about 40 acres...about 15 miles from Washington City; a half mile east of the turnpike leading from that city to Brookeville"—in terms more familiar to the modern Montgomery County resident, the lot was located off what is now Georgia Avenue.

Knowing Home

Sealy-Williams feels drawn to the story of the Edmonsons for its locality. She points out that long-time Montgomery County residents often do not know the significance of where they live.

She would like the Edmonson Historical Society's audience to recognize that as the human history of the Americas began before the arrival of the European settlers, the history of Leisure World began before Paul Edmonson sold his land.

She believes in the importance of acknowledging African-American history, which she says is often scantily treated in school textbooks that avoid portraying the country's bygone wrongs.

"Those are things that our country has to come to deal with: the honesty of its history," Sealy-Williams says.

To the members of the Edmonson History Society, it is worth remembering especially during Black History Month that Leisure World, today home to a racially heterogenous community, is built on the former property of a black family freed only through struggle.

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Take More Than a Passing Glance at Passwords

by Stacy Smith, Leisure World News

People have so many digital passwords today that it may feel like a challenge just remembering how to use them all correctly.

Whether accessing a social media account or logging into a website such as (residents.lwmc.com), a strong password grants a user access to resources while keeping his or her data secure. But what makes a password “strong?”

Password Strength

A strong password is a combination of letters, numbers and symbols that is not easy to guess, according to the Department of Homeland Security’s website. A strong password could even be a long passphrase, such as a news headline or the title of the last book the user read.

Users can make a password unpredictable by mixing numbers, symbols and capital letters into the middle of a password, rather than at the beginning or end.

Passwords should not include personal information that cybercriminals – scammers, hackers and identity thieves – could easily access from social media, such as a user’s name or the name of a pet. Unfortunately, though, this can also make a

password more difficult for a user to easily remember.

Keeping Passwords Safe

As tempting as it may be to use the same password for multiple accounts, the Federal Trade Commission warns against the practice as it increases the likelihood that a cybercriminal will gain access to all of a user’s accounts and the private information contained therein, such as credit card and Social Security numbers.

Several password management apps such as LastPass and RoboForm keep a smartphone user’s passwords in one secure place and require the user to remember just one password to access all of them.

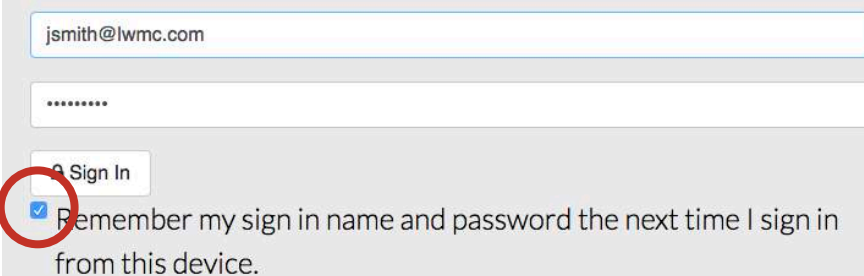
If users must write down their passwords, be sure to keep them locked away in a safe place, such as a fireproof lockbox. And never share passwords via phone, text or email. Legitimate companies do not ask users for their password.

Typing in a Password

Users should take their time when typing in a password. One errant keystroke or a Caps Lock key left down can make it seem as if the user forgot his or her password when, in fact, it was simply entered incorrectly.

Remember that most

Sign In



Screenshot by Leisure World News

passwords, including users’ passwords for (residents.lwmc.com), are case-sensitive, meaning the computer differentiates between capital and lowercase letters. For example, if the password “262HBsky” is typed as “262hb sky,” then the computer will not recognize the password as correct because the capital letters were entered as lowercase.

Users who receive an error message indicating they’ve entered the incorrect password should double-check that the password typed correctly and that the Caps Lock key was not mistakenly left down.

Saving a Password

If a user resets his or her password on a website, he or she should consider resaving the new password in the browser (Google, Safari, etc.). At (residents.lwmc.com), users can check a box to have the

website remember their sign in name and password, as shown in the screenshot above.

Clear and Refresh Cache

Every computer’s browser has a folder in which items that have been downloaded, such as images, photos and even entire webpages, are saved or “cached.”

When visiting a website such as (residents.lwmc.com), the user’s browser checks to see if a copy of the files on the page is in its cache already. However, what the user may be seeing is an older version of a webpage.

Users should regularly clear or refresh their cache to ensure they view the most up-to-date version of webpages. For more information on how to clear and refresh a browser’s cache, visit (www.refreshyourcache.com/en/home).



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Chinese Club Celebrates Year of the Pig

by Leisure World News

The Chinese Club rang in the Year of the Pig with singing, dancing and cultural performances at its annual Chinese New Year celebration Feb. 8 in Clubhouse II.

Performance highlights included Peking opera performed in costume, a waltz

to “Edelweiss,” a tai chi sword demonstration, Hawaiian dance, a chorus singing Chinese songs and four dances from different regions of China, with dancers wearing each region’s traditional clothing. Rounding out the performances was the chorus’ rendition of “Auld Lang Syne.”

Members of the audience

were also treated to tea and light refreshments.

“We want to promote friendship and understanding with all our Leisure World residents and neighbors, regardless of cultural backgrounds,” said Club president Stella Shaw.

Chinese New Year – also known as the Lunar New Year or Spring Festival – marks

the beginning of the new year, according to the Lunar calendar. In Chinese astrology, the pig, or zhū in Chinese, is associated with wealth, and their cute, chubby faces and big ears are a sign of good fortune, according to (chinesenewyear.net).

Photos by Stacy Smith, Leisure World News



GOVERNANCE & Information

HOLIDAY SCHEDULE

Monday, Feb. 18, Presidents Day

Administration Closed

CLUBHOUSE I

Education & Recreation 10 a.m.-6 p.m.
Eyre Travel..... Closed
Rossmoor Library Closed
Clubhouse Grille Closed
Stein Room 9 a.m.-8 p.m.
Terrace Room 9 a.m.-8 p.m.

CLUBHOUSE II

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

OTHER SERVICES

Golf Course & Pro Shop 8:30 a.m.-4 p.m.
MedStar Health 8:30 a.m.-5 p.m.
MedStar Pharmacy 8:30 a.m.-5 p.m.
Physical Properties Department (PPD) Closed
Post Office Closed
Security Gates Open
Signal Financial Federal Credit Union..... Closed

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

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

Feb. 21: MVA Mobile Office Returns

by Leisure World News

Need to do business with Maryland’s Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, Feb. 21.

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.

LIBRARY HOURS

- **Monday**
1:00 p.m. - 4:00 p.m.
- **Tuesday - Friday**
10:00 a.m. - 4:00 p.m.
- **Saturday**
10:00 a.m. - 1:00 p.m.
- **The library is closed on some holidays.**



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2019 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. 15 meeting airs on Feb. 19, 20 and 21.	Board of Directors Meeting The Feb. 26 meeting airs on March 4, 6 and 8.
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Group Email Addresses

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

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

The group email addresses are:

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

March 6: ‘Chat with the Chair’



Paul Eisenhaur.
Photo by Leisure
World News

Leisure World Community Corporation Board of directors’ chairperson Paul Eisenhaur holds a “Chat with the Chair” on Wednesday, March 6, from 7-9 p.m. in the Clubhouse I Crystal Ballroom.

All residents are invited to attend to have their governance questions answered and to voice any suggestions or concerns.

– Leisure World News

Robo Call Reminder



Management will use robo calls, along with the closed-circuit information channels 972 and 974, to inform residents of any delays or cancellation of services due to weather conditions.

Robo calls will be made only in emergency-type situations.

Committee Shares Strategic Planning with the Community

As the Special Strategic Planning Committee (SSPC) moves ahead with the strategic planning process, the Committee would like to ensure that all residents have an opportunity to learn about the process, share their thoughts and ask questions.

Any recognized Leisure World club, group or organization that would like a representative from the SSPC to visit its meeting to provide a presentation on strategic planning is asked to arrange a visit by emailing the SSPC at (sspc@lwmc.com) or by calling (240-560-5794) and leaving a message with your name and contact information. Someone from the Committee will return your call.

– Leisure World News

LWMC, LWCC File Motion for Summary Judgment

by Stacy Smith, Leisure World News

Leisure World Community Corporation (LWCC) and its subsidiary, Leisure World Management Corporation (LWMC), filed a motion in Montgomery County circuit court Feb. 8 requesting summary judgment on the lawsuit that was originally filed against them on July 19, 2018.

Lerch, Early & Brewer, Chtd., the law firm defending LWCC and LWMC in the case, argues that the plaintiffs' claims rest on a flawed legal foundation.

"The court must decide whether a dispute of material fact requiring a trial actually exists, or whether that so-called dispute is mere wishful thinking on the part of the party seeking to block summary judgment," the motion states.

If the motion for summary judgment is granted, a decision will be made on the lawsuit's claims without holding a trial.

The three remaining plaintiffs in the case – Richard Thornell, Jordan Harding and Priscilla Read Chenoweth – filed an amended complaint on Dec. 17, 2018 after six of the nine plaintiffs dropped from the original lawsuit.

A copy of the motion for summary judgment is available on (residents.lwmc.com). Click on the "Documents" dropdown arrow, then "Document Locator," then "Leisure World Community Corporation Governance." Under this subhead, click on the "Lawsuit 2018" folder, and then on the document "2019-02-08 Motion for Summary Judgment."

March 6: Resident Forum on Broadband Selection

Leisure World Community Corporation board of directors' chairperson Paul Eisenhour holds a resident forum on Wednesday, March 6, at 7 p.m. in the Clubhouse I Crystal Ballroom.

Eisenhour will discuss the status of the community's bulk internet and TV contract, and will answer residents' questions.

All residents are welcome to attend. Sign-up is not required.

– Leisure World News

County Schedules Building Site Plan Hearing

by Leisure World News

The Maryland-National Capital Park and Planning Commission's Montgomery County planning board has tentatively scheduled a public hearing on the Administration Building and Clubhouse I Site Improvements project for Thursday, March 7.

The hearing will take place at the Planning Board's building located at 8787 Georgia Avenue in Silver Spring, with the time of the meeting to be determined.

The project, which was green-lit with conditions by the planning board at its Nov. 30,

2017 meeting, includes a new Administration Building and reconfigured parking lot and drop-off area at Clubhouse I, along with related stormwater management and landscaping improvements.

The March 7 meeting's agenda will be posted on the M-NCPPC website at (<http://montgomeryplanningboard.org/agendas/>).

The planning board's hearings are webcast live at (<http://montgomeryplanningboard.org/meetings/watch-online/>), and a live audio stream of the proceedings is available via (<http://montgomeryplanningboard.org/meetings/listen/>).

Faxing at the E&R Offices

The E&R offices in Clubhouse I and II can send faxes for residents. The following fees are per page:

Local fax	\$1.00
Long distance fax	\$1.50
International fax	\$2.00

At Clubhouse I, local, long distance and international fax services are available when the E&R office is open: Monday through Friday from 8:30 a.m.-9 p.m., and Saturday, Sunday and some holidays, from 10 a.m.-8 p.m.

At Clubhouse II, local, long distance and international fax service is available Monday through Friday, 9 a.m.-8 p.m. (excluding holidays).

International fax is restricted to Canada, Puerto Rico and Mexico (no overseas).

– Leisure World News

Administration Building Parking Lot: One-Way Only

All traffic lanes in the Administration parking lot are one-way. Vehicles must travel from the top of the lot to the bottom. No traffic is permitted to travel towards the Administration Building.

Drivers disregarding the established traffic pattern pose a serious risk to both pedestrians and vehicular traffic.



Photo by Leisure World News

THOUGHTS & OPINIONS: *From Our Residents*

A Few Things to Remember

Relevance: Make sure that your submission is relevant to the LW community as a whole and not to just one person, mutual, or organization.

Respect: Remember that your opinion is about ideas, not individuals, and please avoid personal attacks.

Brevity: Being concise will ensure that your opinion will have maximum impact.

Accuracy: Document all factual assertions. Opinions that are backed up with facts are more powerful, but only if the facts are accurate.

Ownership: All submissions are subject to editing but you will have the opportunity to approve the edits before publication.

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

AN OASIS? YES!

Just because there's snow up to our ankles doesn't mean things aren't going to change. Imagine how much we can

look forward to fine outdoorsy weather if we had a broad-based entertainment program outside on our campus.

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swings, games, a gazebo, gardens, serenades with classical music, comedy nights, concerts, plays, karaoke, poetry readings, tiny lights strung through the nearby trees, food trucks, picnic tables, a pool for fish – Oh, I could go on. So could you.

The Community Planning Advisory Committee will soon be considering this proposal. Let our Leisure World Community Corporation board of directors know how much you like this idea. Your unrelenting support will be crucial in making our dream of an oasis come true.

– Brenda Kirkpatrick

LEISURE WORLD GOLF COURSE

I was very pleased to read in the Leisure World News that this past golf season outperformed years' prior. The stated result occurred in large part because of increased membership. Congratulations to all who made it possible. Several years ago, our golf course was threatened by those who proposed to reduce the course to a nine-hole course and build more housing on the remaining property. Fortunately, we golfers, with the help of other residents, successfully protested and maintained the status quo for the golf course.

My deceased wife, Jessie, and I moved to Leisure World in 1995 from Connecticut. We

moved here partly because of the golf course. Approximately one month later Jessie made a hole-in-one on the 8th hole. Her distance to the hole was 103 yards. One month later Jessie made her second hole-in-one on that same hole, number 8. It was almost a year later that I made my first hole-in-one on the course. My hole-in-one was attained on the 8th hole where Jessie had made her two holes-in-one. My distance to the hole was 135 yards.

Since then I have managed to make six more holes-in-one as follows: two more on the 8th hole, two on the 7th hole, one on the 4th hole and one on the 16th hole. The hole-in-one on the 4th hole occurred one week after I played in a tournament at which a brand new car sat near the hole as a prize for a hole-in-one. Ha, ha – I didn't get near the green on that day.

Golfers know that the acquisition of a hole-in-one is a combination of skill and luck. I believe that luck tops skill in making holes-in-one. I played approximately 50 years of golf in numerous places before I made my first hole-in-one on the Leisure World course. I had to be extremely lucky to make seven holes-in-one on the golf course and I feel okay to brag about it. I haven't come close to a hole-in-one lately. But, I still love to play golf at 94 years of age.

– Robert E. Warr

SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

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

EYRE Leisure World Travel

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

DAY TRIPS

"La Cage Aux Folles," Riverside Center, VA

Wed., 2/27, 9:45 am-6:45 pm\$117.00 per person
A feel good musical with heart, brains and sequins! Lunch and show included.

Back by Popular Demand National Museum of African American History and Culture, DC

Mon., 3/4, 8:45 am-3:30 pm\$45.00 per person
Spend the day at this amazing museum. Included: timed entry tickets and transportation. Lunch is not included.

Philadelphia Flower Show, PA

3/7 or 3/8, 7:45 am-7:45 pm\$86.00 per person
This year's theme is "Flower Power." Transportation and admission included.

9/11 Memorial & Museum, NYC +

Sat., 3/16, 7:00 am-11:45 pm\$120.00 per person
The Memorial Museum is an educational institution that examines 9/11's global significance. Presenting stories of loss and recovery and artifacts. (Security screening on-site). Includes a \$10 Cracker Barrel gift card.

Museum Loop, DC

Mon., 3/18, 8:40 am-3:00 pm\$35.00 per person

You choose where you want to spend your day! The museums we are dropping off at are: National Archives, National Gallery of Art and the National Museum of American History.

"The Story of Jesus," Sight & Sound Theatre, PA

Sat., 3/23, 9:45 am-9:15 pm\$159.00 per person
"The Story of Jesus" is the musical stage adventure about the most famous person to ever walk the earth, and the everyday people whose lives he changed forever. Lunch at Hershey Farm Restaurant.

Cherry Blossom Tour, DC

Mon., 4/1, 10:00 am-3:15 pm\$79.00 per person
Visit the WWII Memorial, the FDR Memorial and the Martin Luther King, Jr. Memorial. Enjoy the cherry blossoms as we drive around the Tidal Basin in D.C. Enjoy lunch at Carmine's Restaurant. Transportation and lunch included.

Odyssey Cherry Blossom Luncheon Cruise, DC

Tues., 4/2, 9:00 am-3:45 pm\$110.00 per person
Step aboard the "Odyssey" and experience the elegance only a true cruising vessel can provide. Enjoy a fine dining lunch with live entertainment and see the unmatched views of our nation's monuments as they drift past your table.

Dutch's Daughter & Linganore Winecellars, MD

Wed., 4/10, 10:15 am-3:30 pm\$87.00 per person
Buffet lunch at Dutch's Daughter and wine tasting at Linganore Winecellars.

Wolf Sanctuary, PA

Thu., 4/25, 7:15 am-5:45 pm\$99.00 per person
Enjoy this outdoor guided tour that will introduce you to wolves. This is a more relaxed walk over natural grass, stones and dirt. Please wear good walking shoes. Lunch at Good 'N Plenty, admission and tour, and transportation included. *Not recommended for guests with limited mobility.

Murder Mystery Dinner Theatre, Manheim, PA

Sat., 4/27, 9:15 am-7:15 pm\$117.00 per person
Upon arrival in the historic Mount Hope Mansion in Manheim, PA, you will be introduced to the cast of characters and will quickly discover that there is a mystery that needs solved! Enjoy a delicious four course meal and help put together the clues to solve the mystery.

Sabatino's, Little Italy, Baltimore

Sun., 4/28, 10:30 am-4:30 pm\$69.00 per person
Explore Little Italy! Trip includes lunch and transportation.

Getaway to Gettysburg, PA

Sat., 5/4, 8:00 am-7:00 pm\$115.00 per person
Trip includes admission to Visitor Center, cyclorama and film, lunch at Farnsworth House, *special guest*, Shriver Museum and transportation.

Guinness Brewery Tour, Baltimore, MD

Thurs., 5/9, 11:30 am-7:15 pm\$89.00 per person
Open Gate Brewery & Barrel House is the first Guinness brewery on American soil since 1954, and serves as a world-class visitor center. Tour the brewery and learn about the storied history of Guinness and ask questions about the brewery and beers on tap. Afterwards, enjoy a tasting of Guinness products. Prior to the tour enjoy lunch at Ram's Head Tavern in Savage Mill.

Nemours Mansion & High Tea, DE

Sat., 5/11, 10:15 am-7:45 pm\$110.00 per person
Trip includes admission to the Mansion and Gardens (self-guided), High Tea at the Hotel Dupont and transportation.

Back by popular demand Grounds for Sculpture

Hamilton, NJ

Tues., 5/14, 7:45 am-7:45 pm\$135.00 per person
Nestled in the heart of New Jersey lies Grounds for Sculpture where art and nature are at play! Trip includes transportation, admission to Grounds for Sculpture and Lunch at Rats Restaurant.

Spotlight On...

Newseum, DC

Sat., 3/9, 9:30 am-3:15 pm\$60.00 per person
You will love this beautifully designed, vibrant, dynamic museum with wonderful views of the Capitol, thought-provoking exhibits, and plenty to keep everyone engaged! Transportation and admission included. **Last chance to experience this museum! Doors will be closing December 2019!**

MULTI-DAY TRIPS

Richmond, VA

April 2-3

Wildwood, NJ

June 2-5

Niagara Falls, Canada

June 23-26

Journey Around Lake Michigan

July 13-21 (fly/drive)

Ark Encounter, KY

July 14-17

National Black Theatre Festival, NC

July 29-Aug. 2

Maine Lobster Festival

July 31-Aug. 5

Yellowstone, Grand Tetons and Mt. Rushmore

Aug. 1-9 (fly/drive)

Pigeon Forge, TN

Aug. 25-29 *new shows and stops

Finger Lakes, NY

Sept. 22-25

The Colors and Cathedrals of French Canada

Sept. 27-Oct. 4 (fly/drive)

Albuquerque Balloon Fiesta

Oct. 4-9 (fly/drive)

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More Walking



A Lot of Walking

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

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

EVENTS & *Entertainment*

Sock Hop Group

Feb. 16: Sock Hop Dance

The next sock hop dance is on Saturday, Feb. 16, from 7-10 p.m. in Clubhouse II.

"Take Two Entertainment" will provide great dance music. Admission is \$5; bring your own snacks and beverages. Come relive the fun of high school dances.

Then head over to the Clubhouse I Crystal Ballroom for another sock hop dance on Saturday, March 2, featuring live music performed by the band GrooveQuest. The dance is from 7-10 p.m. and the price of admission is \$10.

For questions about either dance, contact Doug Brasse at (301-448-8708).



– Abigail Murton

Fireside Forum

March 3: How Army Women Overcame Obstacles and Became Leaders

by Jonas Weiss

On Sunday, March 3, retired Maj. Gen. Gale S. Pollock discusses how she and other women in the Army overcame obstacles and became leaders.

Pollock served as the Commander of the U.S. Army Medical Command and as the acting Surgeon General of the Army, the first woman and non-physician to have this role in any of the military services. She also served as 22nd chief of the Army Nurse Corps.

Pollock is founding executive director of the Louis J. Fox Center for Vision Restoration at the University of Pittsburgh and became a Harvard University Fellow in their Advanced Leadership Initiative program.



Maj. Gen. Gale S. Pollock, courtesy photo

Pollock became a certified nurse anesthetist soon after her graduation from the University of Maryland. She has master's degrees in healthcare administration, business and national security and strategy.

She received an honorary doctorate from the University of Maryland.

Pollock serves on many advisory boards and is a Fellow in the American College of Healthcare Executives and the American Academy of Nursing. Her passion is improving the quality of life for those with vision loss. She is an active hiker, biker and kayaker with her husband and guide dog.

The program is at 2:30 p.m. in the Clubhouse II auditorium. Barbara Long is the host for the speaker.



Education and Recreation Department

Feb. 23: Pam Parker and Company Perform Jazz

The E&R Department brings the Washington, D.C., jazz scene to Leisure World when jazz vocalist Pam Parker takes the stage on Saturday, Feb. 23, at 7 p.m. in the Clubhouse II auditorium.

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

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

For this performance she is joined by Brian Kookan (guitar), Dave Marsh (bass) and Robert Shadid (drums).

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

Leisure World ID.

About the Performers

Kookan, a Maryland-based Jazz guitarist, has played everywhere from Blues Alley to the Lionel Hampton Jazz Club in Paris, France. He has led his own band, as well as led music for the Greg Hatza Organization and the fabulous Marva Wright. Kookan also teaches jazz guitar and has released and/or recorded several CDs.



Pam Parker, courtesy photo

Marsh, a D.C. native and a graduate of the Duke Ellington School for the Arts, plays both the electric and acoustic bass. He was the bassist in the faculty jazz quartet at George Washington University and has performed all over the world with Gil Scott Heron and many other greats.

Shahid, a Philadelphia native, is master drummer. He is also a Baltimore radio personality on 88.9 WEAA FM. In addition, Shahid plays regularly with both local and national ensembles.

Coming in 2019

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

- | | |
|---------------------|--|
| Feb. 23, 7 p.m. | Pam Parker Trio – Tribute to Jazz |
| March 5, 7:30 p.m. | Dixieland Express – Mardi Gras/Fat Tuesday Dance Party |
| March 17, 7 p.m. | Brothers Flanagan – Celebrate St. Patrick's Day |
| March 30, 4:30 p.m. | Pianist Olga Vinokur |
| April 13, 9:30 a.m. | Spring Flea Market |
| April 13, 4:30 p.m. | Frank Plumer and Family |

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

Ballroom Dance Club

Feb. 23: Dance to The Helmut Licht Trio

by Joyce Hendrix

One of the Ballroom Dance Club's favorite musical groups for dancing, The Helmut Licht Trio, performs for their dancing pleasure on Saturday, Feb. 23, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

Make reservations no later than Thursday, Feb. 21, with Hal Freeman at (bobbihal@aol.com) or (301-438-7513) to ensure a seat at a

table with friends.

Admittance is \$10 per person for members and \$15 for non-members and guests.

Residents can become members at this dance by paying \$10 annual dues. All guests must be invited by a Club member or resident. Make checks payable to LWBDC.

For more information about the Club's dances, see the Clubs and Organizations section of this publication.



Education and Recreation Department

March 5: Mardi Gras/Fat Tuesday Dance with the Dixieland Express

The E&R Department brings its annual Mardi Gras/Fat Tuesday event to Leisure World on Tuesday, March 5, beginning at 7:30 p.m. in the Clubhouse I Crystal Ballroom.

Once again featuring the Dixieland Express of Maryland, residents can enjoy and experience an evening of New Orleans-style entertainment. Listen, dance and march to a wide variety of music befitting Mardi Gras.

To open the event, the Dixieland Express will march into the ballroom playing "Just A Little While to Stay Here." The band will start its second set off marching to the tune of "Joe Avery's Second Line" and, of course, will end the evening with "When the Saints Go Marching In." Partygoers are welcome to march along with the band or just clap along with the music.

Joining the band's four regular trad jazz musicians



Dixieland Express of Maryland, courtesy photo

– Merle Biggin on tuba, Les Elkins on cornet and vocals, John Stewart on trombone and Greg William on drums – are Halley Schoenberg on clarinet and Rick Eldridge on banjo, piano and vocals. The band is managed by resident John Stewart.

Be sure to get your tickets early for this always fun event, and wear your favorite Mardi Gras paraphernalia – including masks, hats and beads – to celebrate.

Tickets for this event are \$25 per person and are on sale in both Clubhouse E&R offices. The cost includes light hors d'oeuvres; a cash bar will also be available. Please bring your Leisure World ID.



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

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

Let The Brothers Flanagan put a little Irish in your day! The singing quartet returns to Leisure World on St. Patrick's Day, Sunday, March 17, for a 7 p.m. performance of Irish and Irish-American favorites in the Clubhouse II auditorium.

The group is looking forward to returning to Leisure World, one of their favorite venues. Tickets for this fun evening are \$9 per person and go on sale beginning on Tuesday, Feb. 19, at 8:30 a.m. in both Clubhouse E&R offices. Please bring your Leisure World ID.

This year, the quartet is joined by a special guest artist, Sister Nell Rumbaugh and will perform songs largely from an Irish-American repertoire,

including such favorites as "When Irish Eyes are Smiling," "How are Things in Glocca Mora," "The Irish Blessing," "Lida Rose" and "Tourah Lourah – an Irish Lullaby."

About the Performers

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 in classic barber-shop style and accompanied by piano, and encompasses a broad range of genres – everything from show tunes, Americana and traditional barbershop quartet favorites to patriotic music.

The Brothers Flanagan have



The Brothers Flanagan, left to right: Robert Bunning, Nell Rumbaugh, Chuck Hoag, Stephen Spriggs and Doug Smith, courtesy photo

entertained audiences in the Washington, D.C., area for over 25 years.

Notable performances have included an appearance

before 30,000 baseball fans at Nationals Park and twice for Anne Anderson, Ireland's first woman ambassador to the U.S.

March 30: Pianist Performs Everything 'From Great Romantics to American Favorites'

The E&R Department welcomes pianist Olga Vinokur back to Leisure World. She presents a program, "From Great Romantics to American Favorites," on Saturday, March 30, at 4:30 p.m. in the Clubhouse II auditorium.

Tickets for this private performance are \$6 per person. They go on sale beginning on Tuesday, Feb. 19, at 8:30 a.m., in both clubhouse

E&R offices. Please bring your Leisure World ID.

About the Performer

Vinokur is an acclaimed pianist and a dynamic performer who is gaining recognition for "the strength and consistency of her artistry" as noted by The New York Times.

She has appeared in the U.S. and internationally as a featured artist or soloist at numerous national and international venues. She also is an avid chamber musician.

Dedicated to new projects, Vinokur is committed to performing the music of today. Known for adventurous and imaginative programming, she has premiered solo and chamber works collaborating with both established and emerging composers.

Vinokur has produced four CDs; the most recent, released in November 2016, features Rodrigo music recorded with violinist Eva Leon.

A native of Russia, Vinokur

began her piano studies at age six, and at 12 she was awarded first prize in the National Young Artist Piano Competition in Russia. Since then, she has been a recipient of numerous awards and prizes, including first prize in the Prokofiev Piano Competition in Russia.



Pianist Olga Vinokur, courtesy photo

After moving to Israel, she received her bachelor's degree and artist's diploma with honors from the Rubin Academy of Music at Tel Aviv University.

She then pursued her master's and doctoral degrees in musical art at the Manhattan School of Music in New York City.

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Musical Performances at the Clubhouse Grille

The following bands will perform from 6-8 p.m. in the Clubhouse Grille restaurant. To make dinner reservations, call (301-598-1330).

Feb. 27	The Night and Day Band with Mike Suser
March 13	"Sax with Mike" Surratt
April 10	The Night and Day Band with Mike Suser
April 24	Motown Classic with The Winstons Duo
May 15	"Sax with Mike" Surratt
May 29	Michael Binder, Swing'N On A Star

Feb 20: 'Life is Rich'

by Barbara Eisen

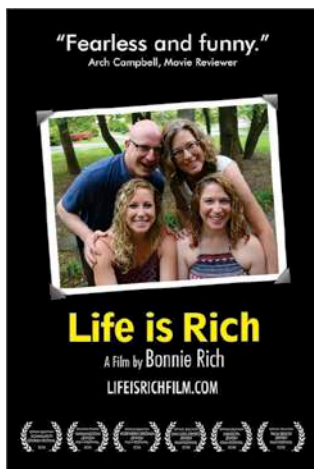
On Wednesday, Feb. 20, Hadassah presents its annual movie event featuring the film "Life is Rich" (2017, documentary, not rated) at 2 p.m. in Clubhouse I.

Bonnie Rich, the documentary's writer and director, will show clips of the movie and lead an interactive discussion.

The film is a real-life comedy about a Jewish mother determined to convince her adult daughters that they should raise her one-day possible grandchildren Jewish.

Free popcorn will be provided, and a \$5 contribution designated for Youth Aliyah will be collected at the door in lieu of a ticket cost. Cash or check (payable to Hadassah) is accepted.

The event is open to all residents. For questions, contact Judy Rumerman at (judyrumerman@gmail.com) or (301-680-0850), or Bobbi Gorban at (bprem@aol.com) or (301-838-4336).



Feb. 24: 'Mario Lanza: The American Caruso'

by Flo Merola

The Italian Social and Cultural Club holds its next Café Cinema on Sunday, Feb. 24, at 2 p.m. in Clubhouse I. By popular demand, the film "Mario Lanza: The American Caruso" (1983, 1 hour 30 minutes, documentary, rated G), will be shown.

Narrated and hosted by Plácido Domingo, the film features interviews, rare footage and vintage recordings chronicle Lanza's life, from his

childhood and meteoric rise as an opera singer and film actor to his tragic death.

Cake and coffee or tea will be served prior to the film. Seating is limited, and no walk-ins are allowed.

The cost is \$10 for members and \$12 for non-members.

To attend, send checks, payable to the Italian Social and Cultural Club, to Paul D'Angelo at (3310 North Leisure World

Blvd., Apt. 308, Silver Spring, MD 20906) by Thursday, Feb. 21.



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Feb. 26: ‘Bill Nye: Science Guy’

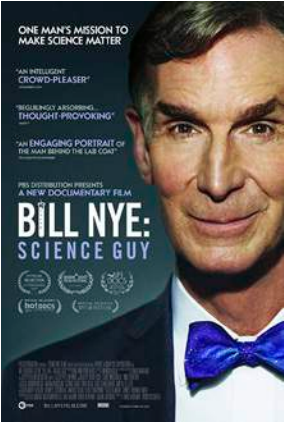
by Dave Edfors

On Tuesday, Feb. 26, the Unitarian Universalists and LW Green co-sponsor a presentation of the film, “Bill Nye: Science Guy” (2017, 1 hour 41 minutes, documentary, not rated) at 2:30 p.m. in the Clubhouse II, followed by an audience discussion of the film and light refreshments. The presentation is free and all

residents are welcome to attend. The film follows Nye’s highly successful and prolific career, dedicated to making science more accessible and relevant to the masses. Nye is often remembered for his much-loved kids’ TV show, “Bill Nye the Science Guy,” which earned 19 Emmy Awards during its five-year run in the 1990s. In the years following production of his TV show, Nye has strenuously advocated for the

vital role of science, at a time when science is under attack. Nye has taken on threats, such as the teaching of creationism as fact, and the denial by many people in positions of political and corporate power that climate change is real and poses an existential threat to life on Earth as humankind knows it. The documentary covers Nye’s highly publicized 2014 debate with creationist Ken Ham, founder of Kentucky’s Ark Encounter and Creation Museum. Ham believes that Earth is 6,000 years old and that dinosaurs were passengers on Noah’s Ark. The Creation Museum is now a popular destination for school group field trips. Nye argues that by denying evolution and promoting creationism as fact, the Museum is keeping kids (and adults) from learning science.

Several recent polls from the Yale Program on Climate Change and the George Mason University Center for Climate Change among others have revealed some encouraging changes in peoples’ beliefs on the existence of climate change, the role of humankind in impacting climate change and the connection between climate change and the increase in extreme weather events. These poll results will be made available during the discussion part of the program.



2019 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
Feb. 28, 1 p.m.	Black Panther	NOW
March 21, 1 p.m.	Book Club	Feb. 19
March 31, 2 p.m.	Marshall	March 5
April 14, 2 p.m.	Mamma Mia! Here We Go Again	March 19
April 24, 1 p.m.	Whitney	April 9

Movies are subject to change.

About UULW
Residents don’t have to be members of the Unitarian Universalists of Leisure World (UULW) to attend its meetings. All residents are welcome. For information about UULW, contact Helen Pechacek at (301-384-2415) or (helenpechacek@gmail.com).

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Female Urinary Incontinence • Pelvic Organ Prolapse • IC/Painful Bladder • Pelvic Pain

March 8: Documentary on End-of-Life Decision

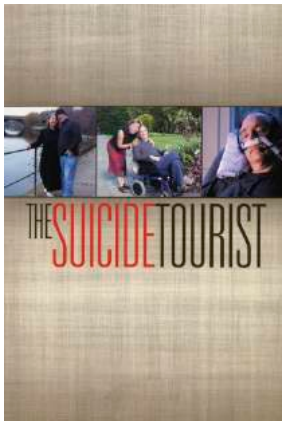
by Rosalind Kipping

On Friday, March 8, Compassion and Choices of Leisure World presents the Frontline documentary, “The Suicide Tourist”

(2007, 56 minutes, documentary, rated TV-PG) at 2 p.m. in Clubhouse I. The presentation is free, and all residents are welcome to attend.

Do people have the right to end their lives if life itself becomes unbearable, or when they enter the late stages of a painful, terminal illness? These questions, debated for centuries, have only grown more pressing

in recent years as medical technology has allowed people to live longer lives, and eight U.S. jurisdictions have legalized medical aid-in-dying for their own residents.



With unique access to Dignitas, the Swiss non-profit organization that has helped over 1,000 people die since 1998, Academy Award-winning filmmaker John Zaritsky offers a revealing look at a couple facing the most difficult decision of their lives, and lets viewers watch as one Chicago native makes

a trip to Switzerland for what will become the last day of his life.

Education and Recreation Department

Thursday Afternoon at the Movies

March 21: ‘Book Club’

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

On March 21, the presentation is “Book Club” (2018, 1 hour 44 minutes, comedy/drama/romance, rated PG-13 for sex-related material throughout, and for 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. 19, at 8:30 a.m. Please bring your Leisure World ID.

As members of the 60-plus set, friends and book club members Diane (Diane Keaton), Vivian (Jane Fonda), Sharon (Candice Bergen) and Carol (Mary Steenburgen) have seen it all when it comes to relationships. But after reading “Fifty Shades of Grey,” they are inspired to make bold choices in the romance department, with hilarious results.

Rounding out the star-studded cast are Andy Garcia, Craig T. Nelson, Don Johnson, Ed Begley Jr., Richard Dreyfuss and Wallace Shawn.

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



FREE WI-FI IN CLUBHOUSES

Free Wi-Fi is available in Clubhouse I and II for residents and visitors who would like to use their laptop computers, tablets and smart phones. To connect to Wi-Fi, just open the device’s Wi-Fi settings, select “LW-Guest” and enjoy. The network connection is unsecure, so use caution.

Gem, Lapidary and Mineral Society of Leisure World

March 13: ‘Sharing the Rough’

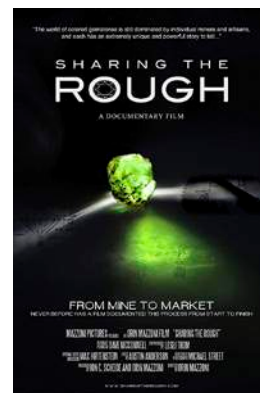
by Frank Roddy

At the Gem, Lapidary and Mineral Society of Leisure World’s next meeting on Wednesday, March 13, guest speaker Kate Peterson presents the award-winning film “Sharing the Rough” (2015, 1 hour 25 minutes, documentary/adventure/drama, not rated).

The meeting is at 7 p.m. in Clubhouse II and all residents are invited to attend.

“Sharing the Rough” documents the never-before-captured life cycle of a gemstone, from its unearthing from deep within an East African mine to the creation of an heirloom that will last for generations.

More than that, it tells the story of the intricate relationships that make jewelry more than just pretty objects but an expression of our collective humanity. The gemstone followed in the film is a tsavorite crystal.



PLEASE, NO CASH

The E&R offices in Clubhouse I and II do not accept cash payment for programs or activities it sponsors. Payment can be made by check payable to LWMC. Or, if \$10 or more, payment can also be made

with a credit card (MasterCard, Visa or Discover). When paying for programs or events sponsored by Leisure World clubs and organizations, payment can only be made by check, payable to that club or organization.



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Recent Solds "Around the World"

Address	Subdivision	Type	Beds	Baths	Asked	Got	Subsidy
2901 Leisure World Blvd, #133	Creekside	Unit/Flat	3	2	\$385,000	\$370,000	\$0
3330 N Leisure World Blvd, #5-219	Fairways South	Other	2	2	\$190,000	\$190,000	\$0
3330 N Leisure World Blvd, #5-606	Fairways South	Unit/Flat	2	2	\$224,900	\$230,000	\$0
14617 Kelmscot Dr, #185-A	Leisure World	Twin/Semi-Detached	3	2	\$329,000	\$322,000	\$6,500
15115 Interlachen Dr, #3-125	Leisure World	Unit/Flat	1	1	\$129,000	\$122,500	\$0
14805 Pennfield Cir, #404	Leisure World	Unit/Flat	3	2	\$225,000	\$240,000	\$0
3100 N Leisure World Blvd, #816	Leisure World	Unit/Flat	2	2	\$239,900	\$240,000	\$5,000
3470 Chiswick Ct, #43-2E	Leisure World	Unit/Flat	2	1	\$117,000	\$114,000	\$1,000
3584 Gleneagles Dr, #32-C	Montgomery Mutual Coop	Row/Townhouse	2	3	\$163,000	\$163,000	\$0
3401 Leisure World Blvd, #90-K	Montgomery Mutual Coop	End of Row/Townhouse	2	2.5	\$159,900	\$150,000	\$1,500
15301 Pine Orchard Dr, #86-2J	Rossmoor Mutual #19	Unit/Flat	2	2	\$144,900	\$144,900	\$0
2921 N Leisure World Blvd, #1-124	Rossmoor Mutual #22	Unit/Flat	1	1.5	\$109,000	\$110,000	\$0
3629 Glen Eagles Dr, #3-1D	Rossmoor Mutual #7	Other	2	1.5	\$130,000	\$123,000	\$1,200
15111 Glade Dr, #12-1F	Rossmoor Mutual #8	Unit/Flat	1	1.5	\$115,000	\$110,000	\$1,100
15115 Interlachen Dr, #3-504	The Greens	Garage/Parking Space	2	2	\$299,000	\$290,000	\$0
15107 Interlachen Dr, #2-404	The Greens	Unit/Flat	2	2	\$265,000	\$242,500	\$0
15107 Interlachen Dr, #2-508	The Greens	Unit/Flat	2	2	\$205,000	\$200,000	\$500
2904 N Leisure World Blvd, #210	Turnberry Courts	Penthouse Unit/Flat	2	2	\$210,000	\$205,000	\$0



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HEALTH & Fitness

Stroke Support Group

Feb. 19: PBA and Stroke

by Vaughn Allex

On Tuesday, Feb. 19, Dr. Kevin Winterling discusses pseudobulbar affect (PBA) and stroke. PBA is a condition that may cause some stroke and brain injury survivors to laugh or cry at inappropriate times.

The education program is from 1-2 p.m., followed by the stroke support discussion group from 2-3 p.m., both in Clubhouse II.

Winterling earned his doctorate in molecular biology

and is a former academician who has worked in the pharmaceutical industry for over 13 years. He is currently the medical science liaison for Avanir Pharmaceuticals, Inc.



Dr. Kevin Winterling.
Photo courtesy
(www.linkedin.com)

He meets with and provides education to healthcare providers, organizations and support groups.

To RSVP for the Feb. 19 meeting, or to learn more about the Stroke Support Group, please leave a message with

your contact information at (301-681-6272).

Leisure World Cannabis 101 Club

Feb. 22: Free Shuttle Bus to Mission Dispensary

by Carminetta Verner

On Friday, Feb. 22, all Leisure World cannabis patients are invited to join a free shuttle service to Mission Dispensary, located just minutes away at 12355 Georgia Avenue.

Dawn Marie Steenstra, Mission's cannabis nurse, will meet residents at 9 a.m. inside Clubhouse II on this day to answer any questions they may have before the shuttle bus departs at 10 a.m. The bus returns

to Clubhouse II at 11:45 a.m., and departs for a second trip to the Dispensary at noon.

First-time Mission patients must bring their Maryland Medical Cannabis Commission (MMCC) registration number and a Maryland ID card with them.

All Leisure World Cannabis 101 Club members receive 15 percent off their entire order. Space is limited. For additional information or to make a reservation for this service, call (833-768-4357).

Essential Tremor Support Group

March 7: Support Group Meet and Greet

by Diana Ruth

The newly re-organized Essential Tremor Support Group holds a monthly social gathering of those in the community, as well as interested others, who are coping with the movement disorder, essential tremor (ET).

The group meets on the first Thursday of the month from 10:30 a.m.-noon in Clubhouse I, over juice, coffee, tea, water and snacks. The first meeting is set for Thursday, March 7.

The plan is for members to take turns inviting their neurologists and other specialists as

guest speakers to discuss the latest studies in which members might participate, and introduce new medications and treatments that may prove helpful in easing the tremors, such as medical marijuana and acupuncture.

While focused on those with ET, the group welcomes all who are interested in learning more about this disorder.

To attend the March 7 and future gatherings, send an email to Diana Ruth at (delruth25@gmail.com); include your name, email address and phone number.

Compassion and Choices of Leisure World

March 8: Meeting and Movie Presentation

by Rosalind Kipping

Compassion and Choices of Leisure World holds its next meeting on Friday, March 8, at 2 p.m. in Clubhouse I. The Frontline documentary film "The Suicide Tourist" will be shown. For details, see the Events and Entertainment section of this publication.

The Group's resource tables provide information on a wide variety of end-of-life issues.

Annual dues are \$2, and the Group's fiscal year began on Oct. 1, 2018. To renew your membership or to become a member of the Compassion and Choices of Leisure World, bring \$2 to this meeting and receive a high-quality Compassion and Choices shopping sack.

All meetings of Compassion and Choices of Leisure World are open to all residents and their guests. Everyone is always welcome.

March 12: Take a Tour of the Fitness Center



Photo by Leisure World News

One of the Fitness Center's personal trainers will lead a free orientation tour of the Fitness Center on Tuesday, March 12 and April 9 at 2 p.m. Learn how to use the equipment and facilities. Registration is not required.

— Leisure World News

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FISH Seeks Transport Chairs

by Beth Leanza

FISH is a volunteer organization that lends free, assistive equipment to residents and employees of Leisure World.

The FISH office is located in Clubhouse II and is open Monday through Friday, from 10 a.m.-4 p.m. (except national holidays). The office is closed if Montgomery County Schools are closed due to weather.

FISH equipment is donated but in usable condition. Residents and employees can borrow an item to try it out before purchasing. Residents who have FISH equipment they are no longer using are asked to return the item to the FISH office.

Inventory

FISH is seeking donations of transport chairs – wheelchairs that have four small wheels. They are lighter and easier to fold, although they cannot function as independent mobility (they need to be pushed). They are always in short supply.

FISH inventory changes all

the time. FISH currently has a sufficient number of commodes and walkers.

Lost and Found

The FISH office is also Leisure World's lost and found. Residents who have lost a personal item such as eyeglasses, keys or a phone are encouraged to drop into the FISH office or call (301-598-1345).

If FISH is closed, the E&R staff can help a resident find an item. Placing a label on items such as canes and umbrellas can help FISH return items to their owners quickly.

Collections for Charity

FISH is also the place to donate to different causes. The FISH office always has a box for the Lions Club, which collects eyeglasses and hearing aids, and the Kiwanis Club collects can tabs for the Ronald McDonald House.

A resident is currently collecting calendars for a local elementary school that uses them for art projects. They are also

looking for cardboard tubes, such as the ones in the center of toilet paper rolls.

A resident's granddaughter is collecting new and unused toiletries for a local charity. Soap, shampoo and conditioner, toothbrushes and toothpaste, deodorant and body lotion are all accepted.

Are you collecting for a charity? FISH is happy to be your drop-off place.

FISH Volunteers

Most FISH volunteers serve once a month, but substitute volunteers are always needed. Residents who would like to help are asked to contact Beth Leanza at (301-598-4569).

Each new volunteer should first come in for a small training session. FISH duties are light clerical work, but volunteers are encouraged to learn the office's routine before starting out.

Low Vision Support Group

March 13: Meet Others with Low Vision

by Larry Cohen

As the population at Leisure World changes, the Low Vision Support Group must be flexible to create a welcoming environment and meet the new demands of all those with vision loss.

The National Eye Institute warns that people over the age of 60 are at risk for vision loss that could impact their daily lives. Whether you just learned about vision loss risk, have been diagnosed with a visual impairment or are a veteran of living with less sight, the Group wants to hear from you.



The Group meets on the second Wednesday of the month at 1 p.m. in Clubhouse I. The next meeting is Wednesday, March 13.

The Group has no dues and no commitment – just come and meet other people who are having the same or similar struggles and many who overcame them.

The Group's mantra is that "We can all do what we did before, we just have to find a new way to do it."

For more information, contact Larry Cohen at (908-770-9111) or (topops@aol.com).

Health Advisory Committee

Stepping On Program Addresses Fall Prevention

by Ellen Lederman

Many people may know someone over the age of 65 who has fallen. It is estimated that one out of four people in this age group falls each year, according to the Centers for Disease Control and Prevention.

To address this vital issue, the Health Advisory Committee is bringing back an exciting program called "Stepping On."

"Stepping On" is a free, Montgomery County-supported fall prevention program. It was first developed in Australia and is now spreading across the U.S. It has been proven to reduce the fall risk and make seniors safer in their homes.

The program's seven weekly sessions are led by trained professionals who focus on balance, strength building and fall prevention through safety awareness

and the important role of medications, vision, footwear and their effect on quality of life.

Residents who are 65 years old or older, are fearful of falling or have almost lost their balance and are concerned about their safety and avoiding injury are encouraged to attend this program.

"Stepping On" begins on Tuesday, March 5, at 10 a.m. and continues each Tuesday through Tuesday, April 16. Participants are asked to commit to the entire seven-week program to ensure that the concepts, practice and reinforcement that occur during the program are incorporated into registrants' overall lifestyle.

The class is free but residents are asked to preregister beginning Tuesday, Feb. 19, at 8:30 a.m. by calling (301-598-1300) or stopping by the Clubhouse I E&R office. Class size is limited to 25 people.

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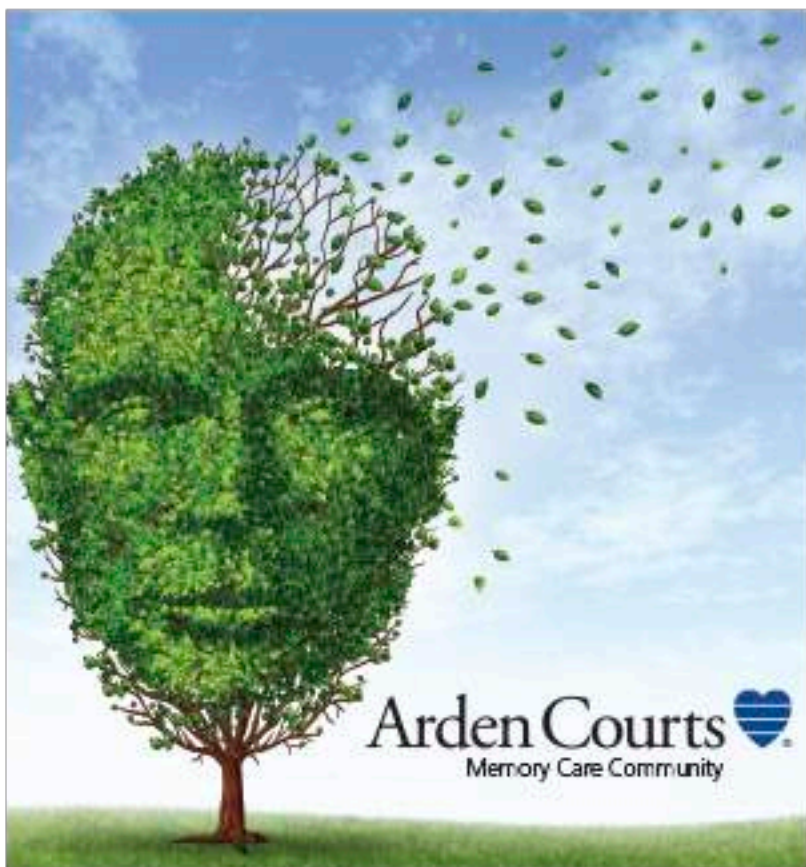
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Memory Café

Group Helps Those Living with Memory Loss

by Nooshin Javan

Memory Café is an Alzheimer's Association social engagement program that helps people living with early stage dementia, Alzheimer's disease or mild cognitive impairment remain mentally and socially active post-diagnosis.

It is a fun, relaxed way to help individuals with early stage memory loss get out, get active and get connected with one another through community-based gatherings, and also helps them use available resources. Facilitated activities are based on the desires and wishes of the participants.

Sponsored by the Health Advisory Committee, resident, trained facilitator and registered nurse Nooshin Javan facilitates the group, which meets on the last Thursday of every month from 2-3:30 p.m. in Clubhouse I.

Meetings are free, but the Alzheimer's Association requires registration. To register, contact the Alzheimer's Association manager at (240-428-1342), call the Alzheimer's Association (open 24/7) at (1-800-272-3900) or (TTY: 866-403-3073), or visit (www.alz.org).

Health & Fitness In Brief

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

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

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

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

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.

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

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2BR, 1FB, 2 1/2BA, Laminate hardwoods main floor.



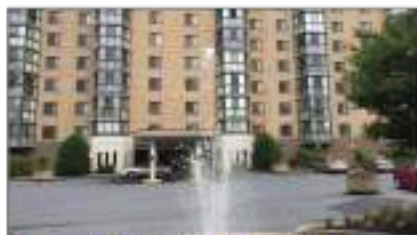
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LISTING UNDER CONTRACT! \$305K

Fairways "P" Model
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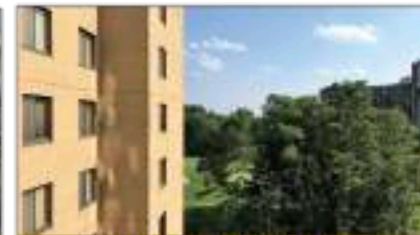
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The Greens Model "E"
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Rick Winkler: 301-404-3105 rwinkler@weichert.com
Sudha Baxter: 202-368-8536 sudhabaxter@yahoo.com
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CLUBS, GROUPS & Organizations

Garden and Environmental Club

March 4: Club Plans Annual Spring Tea

by Jean DeSchriver

The next meeting of the Garden and Environmental (G&E) Club has been rescheduled from Monday, March 11, to Monday, March 4, at 10 a.m. in Clubhouse I.

The meeting will include planning for the annual Spring Tea, to be held on Tuesday, March 26, at noon in the Clubhouse I Crystal Ballroom.

All members and interested residents are invited to attend the meeting and help plan for

this gala affair that usually attracts about 130 guests.

Profits from the Tea are used to purchase a tree to be planted on Arbor Day on Leisure World Trust property. Members are encouraged to start planning their donations for the prize table.

As usual, coffee, tea and delicious homemade desserts will be served before, during and after the meeting.

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

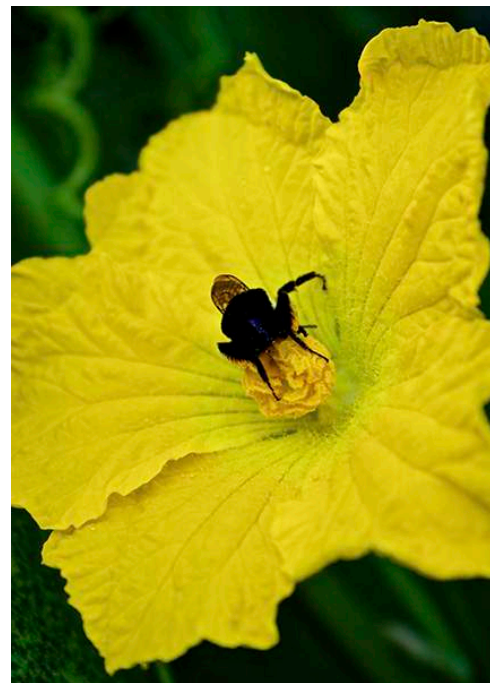
Bees, Please

The first meeting of the New Year, held on Feb. 11, included a program on bees presented by Leon Vanderberg, a volunteer who manages the two beehives at the Leisure World garden plots located behind the medical center.

Vanderberg, a pharmacist, became interested in bees about seven years ago when he wasn't getting the pollination needed for his garden.

He took a short course from the Montgomery County Beekeepers Association and is now involved in planning and teaching for the Association. He manages 60 beehives throughout the County.

Many G&E members no longer have gardens, but are



A honeybee suckles a flower in the garden plots. Photo by Jean DeSchriver

still interested in environmental issues and enjoyed hearing about the important part bees play in people's lives.

Computer Learning Center

Center Offers New, Free Classes and Workshops

by Yolande Davidson Campbell

Are you looking to acquire or enhance your computer and internet literacy skills? The Computer Learning Center in Clubhouse II is offering a series of free classes and workshops from February through May that teaches residents how the internet, computers and digital devices work and keep us all connected.

The next class on Friday, Feb. 22, teaches the basics of cell phones and includes discussions on smartphones versus flip phones, data rate plans and cell phone buying tips.

And then on Friday, March 8, discover new ways to watch television and learn the value of using podcasts and audiobooks.

Other future classes and workshops provide information on the best search engines for web browsing, mobile app-based car ride services such as Uber and Lyft, social media basics and etiquette, online job searching, wearable fitness trackers, neutrality laws and services and more.

Come to a class or workshop and let the instructors help



you get comfortable with the internet and your digital devices. All classes and workshops are from 10 a.m.-noon and are limited to 20 students each.

Classes and workshops are free to residents and their guests, but registration is required.

For more information or to register, call (301-598-1306), stop by the Computer Learning Center in Clubhouse II, or email Yolande Davidson Campbell, class instructor/monitor, at (clcyodavid2018@gmail.com).

For a full list of classes and workshops, visit the Computer Learning Center in Clubhouse II, or sign into (residents.lwmc.com) and click on the dropdown arrow next to "Your Community." Click on "Clubs and Organizations Information Pages," and then click on "Leisure World Computer Center, Inc. (LWCC, Inc.)."

Arts In Motion (AIM)

AIM Aids Artists

by York Van Nixon III

Arts In Motion (AIM) will provide \$10,000 in tuition assistance in 2019. Graduating high school seniors from Montgomery and Prince George's Counties, as well as Washington, D.C., may apply for a grant award.

To be eligible, applicants must enroll in a program, starting in the 2019/2020 school year. Their matriculation must lead to a fine arts degree in one of the following fields: voice, performance, music, dance, drama and/or graphic arts.

Students are required to have and maintain a 3.5 GPA. Applicants must provide an official high school transcript, an acceptance letter from the prospective institution and a portfolio or video showing abilities in their field.

Awardees must be avail-



able to give a presentation in person on Saturday, May 18, to the Leisure World community in Silver Spring, Maryland, in order to receive the scholarship.

Students will be notified of their awards by Tuesday, April 30. If under 18, the applicant must be accompanied by a parent, guardian or other responsible adult at the awards ceremony. To apply, visit (<http://aimarts.net/scholarships.html>).

All applications, including transcripts and acceptance letters from the enrolled institution, must be received no later than Friday, March 29, via email to (scholarships@aimarts.net).

March 13: Jeweler Presents Film on Gem's Life Cycle

by Frank Roddy

The Gem, Lapidary and Mineral Society (GLMS) of Leisure World holds its next meeting on Wednesday, March 13, at 7 p.m. in Clubhouse II.

The meeting's speaker Kate Peterson presents the award-winning documentary, "Sharing the Rough." For details about the film, see the Events and Entertainment section of this publication.

About the Speaker

Peterson has many years' experience in the jewelry business in retailing, sales management, operations and training in large and smaller operations. She has founded her own business, Performance Concepts.

Peterson is a member of the board of directors of the Diamond Council of America, a training consultant

for jewelry organizations, and business consultant to jewelers, manufacturers and trade organizations worldwide.

She has made numerous presentations to the GLMS of Leisure World, including "Idar-Oberstein, Germany, A Gem-Making Town"; "Diamonds"; "Jewelry Making Through History"; "Man-Made Gems"; "Cameos"; "History of the Wedding Ring"; and others.

Join the Group for an

interesting look at where gemstones come from and how they become the jewelry that is cherished for generations.

General Information

The GLMS of Leisure World holds monthly meetings on the second Wednesday of the month at 7 p.m. in Clubhouse II. All residents are welcome. Membership is \$15 per year, with the Club year starting in September.

Lapidary laboratory facili-

ties are extensive and for use by all members trained by shop steward, Mark Parker. Residents can make their own jewelry, just as many others have done. The annual lab fee is \$15 for residents. For more information, contact Mark at (Kb3wuk@gmail.com) or (240-723-5860).

Questions concerning membership should be directed to Frank Roddy, Club president, at (roddy.frank2014@comcast.net) or (301-598-3698).



From left, Kate Peterson, the entrance to a mine and a tsavorite crystal. Courtesy photos

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March 26: Club Holds Nature Photo Competition



Brookside Gardens in Wheaton, Maryland. Photos by Fred Shapiro



by Fred Shapiro

The Club's next meeting and competition is on Tuesday, March 26, at 7 p.m. in Clubhouse II. The competition's theme is the natural world.

Club members are encouraged to select up to four photos – two digital and two print – that represent their best efforts. Acceptable images

include photographs taken outdoors that display natural elements, such as landscapes, wildlife, bodies of water, plants, mountains, skies and deserts. No people or man-made architecture, such as walls, fences, roads and trails, should be visible.

Submissions will be judged based on their subject, composition, lighting and the message

delivered. Submit digital images and titles of the entries via email to (RossmoorLW@gmail.com).

For residents interested in joining the Club and learning how to improve their photographs, there are two levels of membership. Members who anticipate competing in the monthly competitions pay dues of \$25 for the year. Residents

who wish to join the Club to learn more about photography but are not interested in competing pay dues of \$15.

Mail checks for dues (payable to RCC) to Woody Shields at (Rossmoor Camera Club, 3200 N. Leisure World Blvd., Apt. 817, and Silver Spring, MD 20906). For more information about the Club, visit (www.rossmoorcameraclub.com).



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Ballroom Dance Club

Feb. 23: Dance to The Helmut Licht Trio

by Joyce Hendrix

The Helmut Licht Trio performs at the Club's next dance on Saturday, Feb. 23, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

For more information about the dance, see the Events and Entertainment section of this publication.

2019 Officers

Officers elected at the December annual meeting are Joyce Hendrix, president; Jim Leong, vice president; Hal Freeman, secretary; and Marita Buscher, treasurer.

The Club's board of directors for the new year are Rita Frank, Walt Hendrix, Irmgard Patrick, Marie Roe and Norman Salenger.

About the Dances

The Club's dances are held on the fourth Saturday of each month, January through November, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

The dances feature live



Some elected members of the Ballroom Dance Club's board of directors. Photo by Walt Hendrix

music from a different band each month.

Music is played in strict ballroom tempo with both slow and Viennese waltzes, foxtrot, quickstep, swing, polka, and all the Latin dances including rumba, cha cha, samba, tango, merengue and an occasional salsa.

Suggested attire is jackets and ties for the gentlemen and dressy outfits for the ladies.



March Dance

The next dance is on Saturday, March 23, with music by another favorite group, Pocket Change. Put on your dancing shoes and come dance with us.

Rossmoor Library Guild

Curl Up with a Good Book this Month

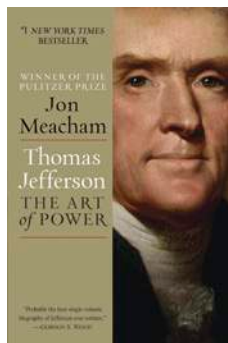
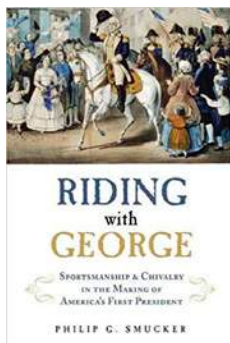
by Denise Barker

Cold and snowy February is a good month to stay home with a book. It's also a month with a lot of historical dates. Rossmoor Library in Clubhouse I has books for all these occasions. Here are some suggestions:

For Washington's Birthday, Monday, Feb. 18, try "Riding with George: Sportsmanship and Chivalry in the Making of America's First President" by Philip G. Smucker.

Feb. 18, also Presidents Day, might also be a good day to read the Theodore Roosevelt three-book series by Edmund Morris or "Thomas Jefferson: The Art of Power" by John Meacham.

Another recommended historical read is "Founding Mothers: The Women Who Raised Our Nation" by Cokie Roberts.

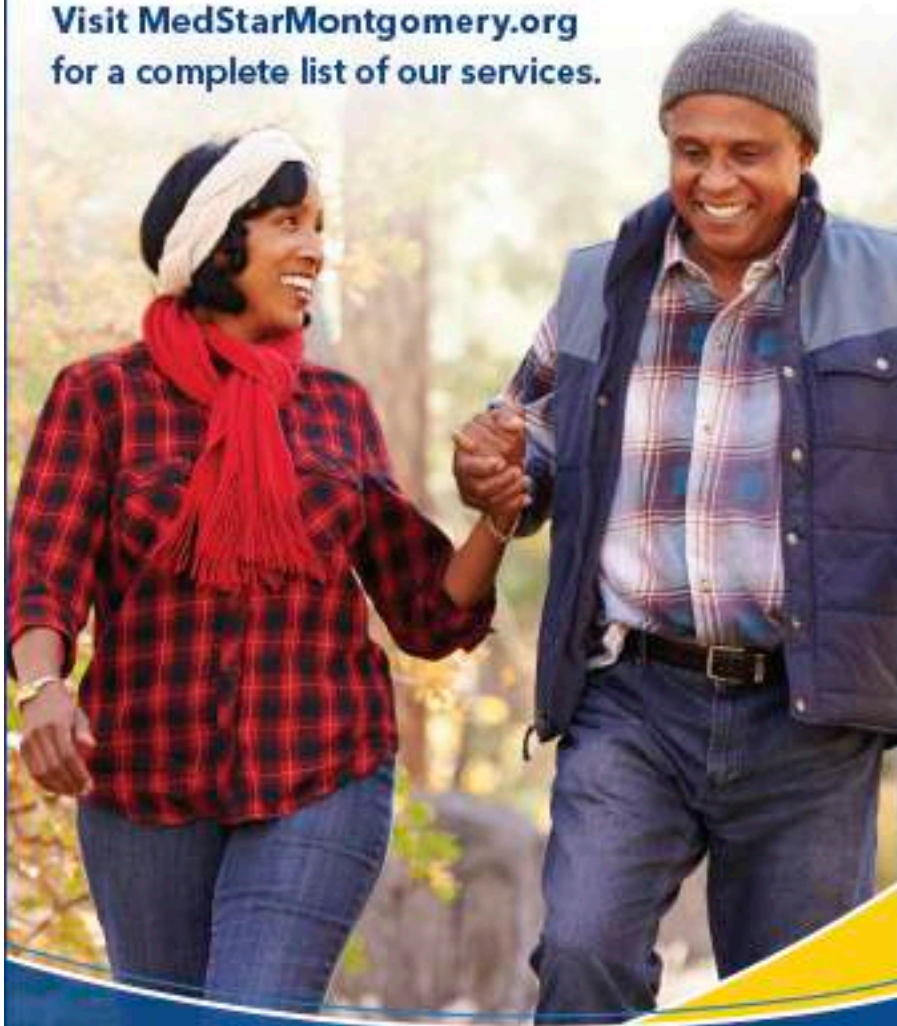


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Feb. 25: Winter II Session Begins

by Ann Bolt

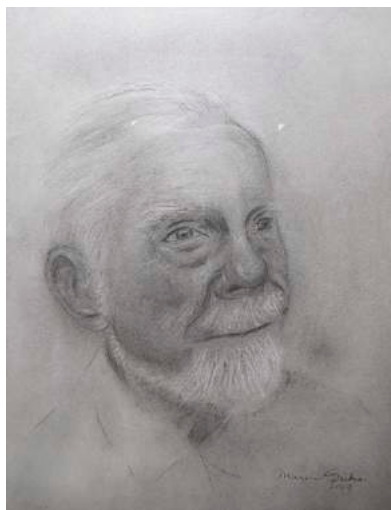
Hearts and butterflies are “fluttering” around the Clubhouse I hallways as part of the Rossmoor Art Guild’s (RAG) February exhibit.

Pencil drawings seem to be having a bit of a Renaissance, which is always good to have either as a basis or preferred medium. Marvin Sirkis has settled on pencil portraiture and Alex Michaels lends a large drawing of a still life.

The following exhibitors have added ducks, birds, snow scenes and still life paintings to the hallways’ collection: Judy Kirkland, Patty Marx, Nancy Albrecht, Ann Bolt, Marilyn Davis, Paul Ganz, Maria Clark, Violet “Vicky” Batkin and Maria Hernandez.

Class Offerings

All classes start the week of Monday, Feb. 25, and the full schedule, which is posted on the door of the art studio in



From left, Marvin Sirkis’ portrait of “Tom” in pencil; new member Alex Michaels’ “Amanda’s Bouquet,” done in pencil; “Be Mine” by Maria Hernandez, in acrylic. Photos by Ann Bolt



Clubhouse I and available in the studio foyer, offers many artistic opportunities. Membership in RAG is required to participate in any of the classes.

With this latest nippy weather, a sketchpad could become an artist’s best friend as he or she hides inside waiting for the sun to shine. But consider coming out of hiding for Ron Erlich’s drawing

class, which can sharpen those drawing skills on Wednesday mornings.

Bert Mao approaches drawing with calligraphy brush strokes in ink. His philosophy is if you make a mistake, just keep going. Nature is not always perfect, so give yourself some latitude as you explore and experience the drawing. His class meets on Friday mornings.

Painting classes fall under the tutelage of Barbara Piegari and Genevieve Roberts. Watercolor techniques can be toned with Firouzeh Sadeghi and Millie Shott. Teachers Doris Bryant and Hija Yu have been substituting as needed.

And if you already know which medium you prefer to work with and can launch your own path, Open Studio is available on Saturdays in Clubhouse I.

The group paints with verve and is often drafted to help hang shows, prepare for events and keep the studio tidy.

Membership

The Winter II session begins the week of Monday, Feb. 25. RAG encourages those interested in joining to read the information posted in the foyer of the art studio in Clubhouse I.

Class schedules are available, with the next session’s dates, times and teachers listed. Photos of the teachers are posted on the bulletin board.

Annual membership/class registration forms can be found on the shelf in the studio

foyer as well. Membership is \$15; all classes are \$65 each for residents; \$70 for non-residents. Payment is by check only, payable to Rossmoor Art Guild or RAG.

The end of a class session is a good time to catch either the teacher or a member to tell them you’d like to join.

Feel free to visit a class in which you are interested. Give your membership form and check to a teacher who will give it to the registrar.

Contact Marion Jones at (301-598-3397) or Marilyn Davis at (301-598-2920) with questions. Or just show up to a class and pay then. RAG’s board hopes to see a lot of new members.

RAG’s board is asking teachers to provide a list of supplies needed for the first class so that class time is not wasted.

Exhibit Reminder

All artists who wish to participate in the Bender Jewish Community Center of Greater Washington’s (JCCGW) annual senior art show are reminded to bring up to three pieces of artwork to Clubhouse I on Monday, Feb. 25.

Kandy Hutman and associates from the Bender JCCGW will be there from 11 a.m.-2 p.m. to select artwork for the exhibit, which will run from Sunday, May 19, through Monday, June 17.

Call Kandy at (301-348-3847) for additional information.

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March 6: Meeting and Show – ‘Silly Songs’

by Hannelle Allen

Looking forward to spring, and also to a good laugh? Let's have some fun at the March Fun and Fancy meeting. It's an evening of "Silly Songs" directed by Steve Bennof and Mary Jane Boyle.

The meeting is on Wednesday, March 6, at 7:30 p.m. in the Clubhouse II auditorium. Attendance at Wednesday meetings is free for paid-up members and \$5 for guests. Everyone who enjoys a good laugh (and that includes everyone) should plan to attend.

Rehearsals are scheduled for Wednesday, Feb. 20 at 7 p.m., Saturday, Feb. 23 at 10:30 p.m., Wednesday, Feb. 27 at 7 p.m. and Tuesday, March 5 at 7 p.m., in the Clubhouse II auditorium.

'Hits of the 1950s'

Auditions for the Sunday, April 3, show, "Hits of the 1950s," are on Friday, March 8, from 4-6 p.m. and Saturday, March 9, from 10 a.m.-noon.

Rehearsals are held on Saturday, March 16 and 23 from 10 a.m.-noon, Wednesday, March 27, from 7-9 p.m., Saturday, March 30, from 10 a.m.-noon and Tuesday, April 2, from 7-9 p.m. (must-attend tech rehearsal).

Auditions and rehearsals are in the Clubhouse II auditorium.

Audition selections must be from songs and artists that charted in the "Billboard's Top 30" any year in the '50s. Residents can find lists of the top songs for each year in that decade by Googling "Billboard's top 30."

Contact Joan Bowar at (301-598-7219) or (mjbowar@gmail.com) if planning to audition. Joan would like some songs/artists represented in the show.

Irving Berlin Show

The production team of the May musical revue, "An American Treasure: The Best of Irving Berlin," has scheduled auditions in the Clubhouse II auditorium for the following days and times: Friday, March 1, from 7-9 p.m.; Saturday, March 2, from 2-4 p.m.; and Monday, March 4, from 7-9 p.m.

Callbacks by director's invi-

tation only are on Thursday, March 7, from 7 p.m. until completed.

Singers auditioning should sing any two of Berlin's songs. Look online for oldies in his repertoire, as well as songs from his Broadway shows or Ziegfeld Follies, such as "As Thousands Cheer," "Call Me Madam," "Annie Get Your Gun," "This is the Army" and "Miss Liberty." The production team does not want songs from "Mr. President."

Residents may also sing songs from any of the movies for which he wrote scores, such as "White Christmas," "Holiday Inn," "Easter Parade" and many Fred Astaire and Ginger Rogers films. Duets are welcome.

Dancers are asked to follow the same guidelines, except they will dance one number. Ballroom dancers should choose a number

such as "Always," "Let's Take An Old-Fashioned Walk" or a number from one of the many Astaire and Rogers films for which Berlin wrote the music.

The production team will assist with music for all tap dance numbers, including "I've Got My Love to Keep Me Warm," "Steppin' Out with My Baby" and "This is the Army, Mr. Jones."

The auditions include piano accompaniment; bring your own sheet music. The Group hopes to have some sheet music, but cannot announce specifics at this time. Plan to enjoy your audition!

Rehearsal schedules will vary, depending on what one does in the show. From Monday, March 11, through Friday, March 29, rehearsals are on Monday and/or Thursday evenings. From Monday, April 1, through Thursday, April 25, the same

times/days will continue, but three Saturdays will be added. Two tech weeks are planned from Monday, April 29, through Thursday, May 9, on all days except Sunday.

All cast members are expected to be at all rehearsals during tech weeks to work with the orchestra/band.

Fun and Fancy on the Move

Fun and Fancy talent has gone global.

Several members were part of a group from Leisure World that enjoyed a cruise to the Caribbean in January. Some members participated in a karaoke competition.

Three members made it to the finals: Annette Crowe, Mary Jane Boyle and Doug Brasse. Annette captured the bronze medal; she had a big cheering section. Congratulations to all!

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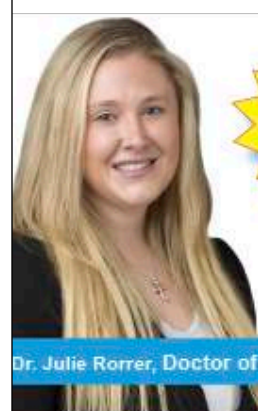
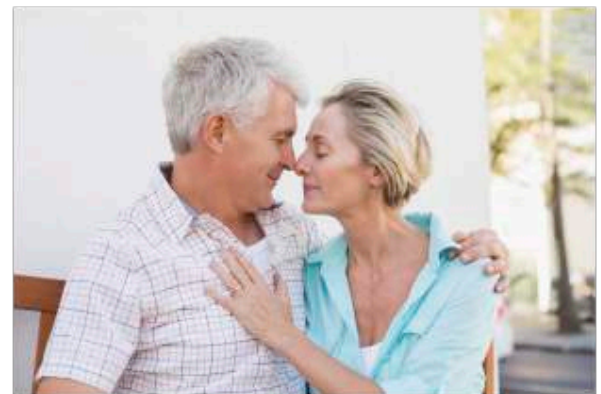
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Meeting's Speakers and a Documentary Illuminate the Urgency of Climate Change

by Marybeth Ardiike

The next meeting of LW Green on Wednesday, Feb. 27, at 2 p.m. in Clubhouse I includes a presentation on climate change and the challenges it presents. The presentation is followed by a discussion on what residents can do to help.

The presenters, Leslie Wharton and Frances Stewart, are from Elders Climate Action, a non-partisan organization of “elders” engaged in planning and taking actions together to “protect the well being of our grandchildren and future generations,” according to the mission stated on their website, (www.eldersclimateaction.org).

Co-sponsored Event

On Tuesday, Feb. 26, LW Green co-sponsors a

movie presentation with the Unitarian Universalists of Leisure World at 2 p.m. in Clubhouse II.

The documentary film, “Bill Nye: Science Guy,” emphasizes the importance of science and what it teaches about the phenomenon of climate change. For details, see the Events and Entertainment section of this publication.

The Importance of Recycling

The central topic of January’s meeting was “Recycling in Leisure World,” which included an update on which items should go in what type of containers.

The Group learned several important points in an excellent presentation made by Janice McLean, co-president of LW Green. Here are two instructions to remember:

Plastic bags that are placed in with recyclable items contaminate the entire collection. When a bundle of recyclables is seen to contain plastic bags, the entire delivery is re-routed to the trash.

All plastic bags must be taken to a recycling bin solely reserved for plastic bags. The Giant grocery store in Leisure World Plaza has multiple containers in which to put plastic bags for recycling.

There was also some confusion expressed by participants at the meeting about where to place used cartons that had contained liquid. LW Green contacted Eileen Kao, chief of the Waste Reduction and Recycling Section of the Department of Environmental Protection.

Paper cartons, such as milk cartons, juice cartons and ice

cream cartons, are all made of coated paper. Therefore, these paper cartons should be placed inside mixed paper recycling carts or containers. All items should be first rinsed out thoroughly.

General Information

LW Green members are not environmental experts, but rather, a group of residents who have taken on the task of growing their understanding of the many challenges and solutions that exist in achieving a greener, healthier climate. All interested residents are invited to attend and join in the educational and advocacy efforts of the Group.

For further information on LW Green and its activities, contact Janice McLean via email at (janicewmclean@gmail.com).



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Club Continues to Collect Winter Clothing for School Children



A collection box in the Clubhouse I lobby fills with mittens, scarves and hats. Photo by Jack Colvis

by Jack Colvis

Thanks to the generosity of its members and other residents, the Kiwanis Club collected new mittens, scarves and hats in January for students at Harmony Hills Elementary School in Silver Spring.

Eighty percent of the children who attend the school are from families living under the poverty level (government-designated Title 1 recipients). The collection box will remain in the Clubhouse I lobby through February. Residents' continued support is appreciated.



consider joining the Kiwanis Club of Leisure World. Every month the Club has a project activity.

Contact Heather Benjamin-Alexis at (240-433-0948) or Jack Colvis at (301-598-5380) on how to become a supporting member. Residents are encouraged to visit the Kiwanis Club's meetings on the first and third Fridays of each month in Clubhouse I.

For information about the Kiwanis International organization, visit (www.kiwanisone.org). Kiwanis is an IRS 501 (c)(4) non-profit organization.

Bingo Caller

The Club's weekly bingo night, held on Mondays at 7 p.m., needs a volunteer to be a back-up bingo caller. If interested, contact Jack Colvis at (301-598-5380) to arrange for a convenient caller training schedule.

Membership

Residents who would like to spend some of their time helping to serve the local community and its children in small ways are asked to

Free Vegetarian Health Seminars Offered in February and March

by Bob Fenichel

The speaker at the Group's Feb. 14 meeting, Robina Barlow, presents a series of free vegetarian health seminars on Tuesday, Feb. 19 and 26, and Tuesday, March 5, 12, 19 and 26.

The seminars, sponsored by the Physicians Committee for Responsible Medicine, are from 6-8 p.m. at Bauer Drive Community Recreation Center, located near the intersection of Bauer Drive and Norbeck Road in Aspen Hill. Confirm the dates with the Recreation Center before attending by calling (240-777-6922).

Luncheon

The Group is having another of its popular luncheons on Wednesday, Feb. 27, at 1 p.m. at the Vegetable Garden Restaurant in Leisure World Plaza. RSVP by Monday, Feb. 25, to Helen Gross at (hgross75@verizon.net) or (301-438-2077). Note: The Vegetable Garden restaurant gives a 10 percent discount for cash payment.

Meeting Change

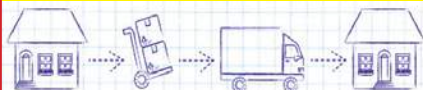
Due to a schedule conflict with another Leisure World club, starting in March, VSLW meetings will typically be held on the third Thursday of the month. The March meeting is on Thursday, March 21.

General Information

Additional information on VSLW activities is available at (www.vslw.org). All residents are welcome at VSLW activities; they don't have to be vegetarian to participate. The mission statement of VSLW is "to support group members in maintaining a healthy lifestyle by eating a plant-based diet."

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Study Spanish with Señora Frumkin

by Fred Shapiro

The Center for Lifelong Learning (CLL) continues one of its most popular classes – “Habla Conmigo” – intermediate and advanced conversational Spanish. Taught by popular instructor Judy Frumkin, classes run from March through June.

Many participants say they

have been able to communicate better with Spanish-speaking residents and employees after taking Frumkin’s classes. People appreciate that her students are reaching out to them in their native language.

Each class begins with the participants telling, “what’s new” in Spanish, and the classes end with a song – sometimes a classic and, other times, a modern tune. Frumkin also incorporates a lot of culture in her classes and everyone participates and shares their own experiences.

CLL is also sponsoring a trip to Costa Rica in the spring, where class participants and other residents can use their Spanish.

Frumkin loves the openness and enthusiasm of Spanish-speaking people as well as their literature, music and cultures. She doesn’t think people can learn a language without learning about the culture of the people who speak

it, and so she infuses that into her lessons. Singing in class helps participants with their pronunciation, and there is so much good music from the Spanish-speaking world.

About the Instructor

Frumkin majored in Latin American Studies at the American University and received her master’s degree from Coppin State University. She taught Spanish for over 40 years in New York and in Baltimore City Public Schools. She has also taught at Sojourner Douglass College and at Baltimore City Community College.

She has received certificates of attendance from a university in Spain, has traveled throughout many Spanish-speaking countries.

Residents who’ve studied Spanish in the past (no matter how long ago it was) are welcome to join one of the classes. Interested residents may contact Judy at



Judy Frumkin. Photo by Fred Shapiro

(judyfrumkin@gmail.com) or (443-858-2894).

For more information about the course and how to register, see the Classes and Seminars section of this publication.

For more information about all CLL courses and lectures, visit (www.clldmd.com).

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Learn the 'Basics of Digital Photography'

by Fred Shapiro

As an active member of the Rossmoor Camera Club and having taught classes in digital photography, Fred Shapiro has been approached a number of times to advise on how to select a digital camera, as well as how to use one.

He teaches a class for the Center for Lifelong Learning in April entitled "Basics of Digital Photography." For details on how to register for the class, see the Classes and Seminars section of this publication.

In the days when most cameras used film, the photographer had to use a separate light meter to measure the scene, enabling him or her to select the appropriate lens aperture and film speed with which to take the photograph. The photographer set the scene and focus manually.

Today's digital cameras have software that enables the photographer to automatically tailor the photographs according to the

subject of the scene, action and lighting. Each variation in subject is encompassed in what is called a mode, or a programmed category that automatically considers the lighting, action and depth of field that is particular to the subject. These are used to properly capture the image under all types of situations.

About the Class

Class participants are encouraged to bring their cameras and user manuals to class. While the least and most expensive digital cameras' built-in software is comparable from camera to camera, the terminology and location on the cameras' surface differs.

In considering the purchase of a digital camera, one should consider the differences in cost, as well as the type of photography the camera will be used for. 'Everyday' family and travel images do not require the more expensive cameras; they have adequate ability to cover many

subjects. However, sports or wildlife subjects taken from a distance often require additional accessories.

The class also covers how to edit photographs using Mac and PC-compatible software, as well as other types of external software as a more extensive means of editing and manipulating photographs.

The class includes one-on-one instruction, as well as the opportunity for participants to show their photographs for critique by the class.

About the Instructor

Shapiro has been photographing anything and everything since he was a teenager, and has actively educated others about digital photography since its inception. He has been a member of the Rossmoor Camera Club since moving into Leisure World in 2003 and has received recognition for the quality of his photographs in competitions.

His framed photographs have



Fred Shapiro. Photo by Fred Shapiro

been featured in exhibits at the library in Clubhouse I, The Inter-Faith Chapel and Signal Financial Federal Credit Union, and he has strived to bring the work of the Club's other photographers to the community's attention.

For more information about the course and how to register, see the Classes and Seminars section of this publication.

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

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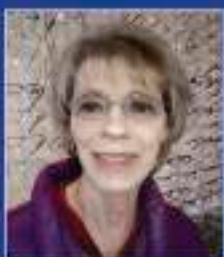
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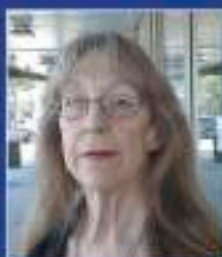
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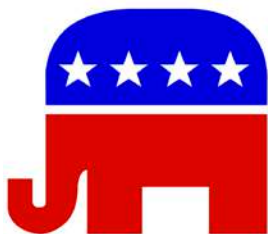
Feb. 18: Learn About Aging Services Available

by Fred Seelman

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

An expert in aging services area will speak about the services seniors may access. The talk will cover services that can be locally accessed in addition to what is provided in Leisure World. Come and get the big picture on aging services available in the area. In addition, the Club has scheduled its election of officers on Feb. 18.

Send comments or questions about these or any other Club matters and/or offers to volunteer to Club president Fred Seelman at (fseelman@gmail.com). Join us for another quality event on Feb. 18.



Democratic Club

March 14: Speakers Address Key Issues Affecting Seniors

by Roger Blacklow

The Democratic Club's regular meeting on Thursday, March 14, is an informative session with top-notch speakers who will address senior issues from 7-9 p.m. in the Clubhouse I Crystal Ballroom.

And then the following week on Thursday, March 21, the Club hosts a tea with the chair of the Maryland State Democratic Party, Maya Rockey-moore Cummings, from 2-4 p.m. in the Clubhouse I Crystal Ballroom. Hear about new initiatives for the 2020 election and ask Cummings questions about the direction of Maryland's Democratic party.

Other future events include a legislative wrap-up on Thursday, May 9, with the District 19 Annapolis delegation at 7 p.m. in the Clubhouse I Crystal Ballroom.

Calling All Democrats

The Club holds elections for officers at its Thursday, May 9, meeting at 7 p.m. in the Clubhouse I Crystal Ballroom.

A nominations and election committee has been formed and its first meeting is later this month. The committee

interviews perspective candidates and suggests a slate of new officers for a two-year term. A resident must be a registered Democrat and a member of the Democratic Club to serve as a Club officer.

If interested in serving, contact any member of the nominations and election committee:

- Betsy Starks, chair – (3dede3@gmail.com) or (301-438-3884)
- Howard Brewer – (howardb513@aol.com), (301-438-3414) or (405-203-1719)
- Rosie Engman, co-secretary – (rosie.engman@gmail.com) (301-598-4704)
- Helen Hendricks – (hhndrcks1901@gmail.com) or (301-438-9707)
- Lois Jordan, co-secretary – (lojo321@aol.com) or (301-598-0213)

Nominations from the floor at the May 9 meeting are also in order. For a copy of the Club's bylaws, visit (www.lwdem.com) and click on "Bylaws," or ask for a copy by emailing (leisureworldldemclub@gmail.com).

General Information

The Democratic Club's regular meeting is the second Thursday of every month at 7 p.m. in the Clubhouse I Crystal Ballroom. The Club's board meets the first Thursday of every month at 1 p.m. in Clubhouse I.

The Club always looks forward to seeing and hearing from its members and other residents.

For more information, email (Leisureworldldemclub@gmail.com) or check out the Club's website at (www.lwdem.com).



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Federal and County Representatives Speak at Chapter Meetings

by Joe Cook

Montgomery County's newly elected progressive Councilmember Will Jawando is the guest speaker at the Chapter's Wednesday, Feb. 27, meeting at 1:30p.m. in Clubhouse I. Refreshments will be served at 1 p.m.

Rep. Jamie Raskin addressed the Chapter at its January meeting, outlining the priorities of the new House. After only one term in Congress, Raskin was

elected Senior Whip, one of the 17 leadership positions of the 235-member Democratic caucus.



Councilmember Will Jawando, courtesy photo

He cited a list of legislative priorities that included preventing further government shut-downs, reforming immigration, increasing background checks for gun purchases and protecting health coverage. He addressed questions from the audience on a multitude of issues.

See NARFE publications and the NARFE website at (www.NARFE.org) for the status of all NARFE-related Congressional action.

Support Federal Retirees

The Chapter's general membership meetings are currently open to non-members. However, one of the most cost-effective ways to support Federal retirement is by joining the Chapter. Dues are \$44 per year, of which \$40 goes to the national NARFE organization.



If interested, contact membership chair John Lass at (johnmlass@comcast.net) or (301-871-6734). For questions, suggestions or if you would like information on where you might be of additional support to the Chapter, contact one of its officers: John Moens at (johnjots@outlook.com) or (301-438-3237); Joe Cook at (joec37766@gmail.com) or (202-271-0710); Jewel Lee at (jewelalee@msn.com) or (301-801-4007) or Rich Rothstein at (whobodyelse@aol.com) or (301-598-5760).

League of Women Voters

Ninety-Nine Years of Political Action

by Maxine Lewack

On Feb. 14, 1920, suffrage leader Carrie Chapman Catt founded the League of Women Voters to help women take a larger role in public affairs after they had won the vote. The organization's main office is in Washington, D.C.

Wouldn't the League's founders be surprised to learn that currently there are more than 700 local League chapters, more than 300,000 members and supporters and over 10 million voters reached by the organization in 2018!

The organization was orig-

inally only for women, but in 1973 it revised its charter to include men. All men and women in Leisure World are invited to join the League of Women Voters.

The League is officially non-partisan; it neither supports nor opposes candidates or parties. It does, however, take a stand on a variety of public policies such as redistricting, voter suppression, money in politics and universal healthcare.

It sponsored presidential election debates in 1976, 1980 and 1984. In 1988, the League trustees voted to pull out of the debates because

of excessive demands of the major candidates' campaigns. Local Leagues do, however, host debates for state and local candidates, publish Voter's Guides and use electronic media to assist with elections.

Trending Topics

On Monday, Feb. 25, a Trending Topic presentation is provided from

6:45-8:45 p.m. at the Rockville Memorial Library located at 21 Maryland Avenue in Rockville.

Racial inequalities in the state of Maryland, including criminal justice and sentencing, will be addressed. Maya Rockey-moore Cummings, founder, president and CEO of Global Policy Solutions, is the principal speaker.



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Feb. 18: Judaic Study Group Examines Moses and the Golden Calf

by Barbara Eisen

On Wednesday, Feb. 20, Hadassah present its annual movie event featuring the film "Life is Rich."

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

Judaic Study Group

The Judaic Study Group meets on Monday, Feb. 18, at 1:30 p.m. in Clubhouse I. The discussion will be on Exodus 30:11-34:35, which includes how and why Moses broke the first set of stone tablets, and how and why the Golden Calf was created.

Led by presenter Naomi Kline, the Group is free and open to all residents and their guests. Feel free to bring your own materials, thoughts and questions to the session.

For further information, contact planning committee members Naomi Kline at (nbk165@comcast.net), Peri Schuyler at (perislaptop@aol.com), Shari Goldstein at (sgoldstein31@cs.com) or Marcia Elbrand at (marciaelbr@gmail.com).

Purim Carnival

Hadassah holds a Purim Carnival on Wednesday,

March 20, at 2 p.m. in Clubhouse I. The cost is \$5, plus a \$5 contribution to Hadassah breast cancer research.

The carnival will include a Hidden Treasures/White Elephant Sale in the form of an auction. Hadassah members are encouraged to start looking for gifts they have received but could not use or did not need; it's time to declutter.

Items can be taken to the homes of Lynn Berk (301-384-8739) or Sandy Stein (301-847-9104). Call before you plan to do the drop-off.

Gift items can also be brought to the Feb. 18 or Feb. 20 meetings, or you can arrange for a pick-up at your home. More details about the Purim Carnival are forthcoming.

Greeting Cards

Jan Bloom sells Hadassah greeting cards. The price of the cards is \$2.50 each or five for \$10. Cards are displayed and sold at every Hadassah meeting.

Call Jan at (301-593-7720) to buy cards between meetings.

Youth Project

Larelda Gruber (301-598-5922) is chair of Youth Aliyah/Children at Risk. This project helps disadvantaged children in Israel.

The goal is to create a circle of \$1,000, made by individual contributions of \$40.

Send donations to Larelda at (3200 N. Leisure World Blvd., #201, Silver Spring, MD 20906).

General Information

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

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



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Jewish Discussion Group

Feb. 24: Discussion on Contemporary Jewish Topics

by Jerome "Jerry" Cohen

The Group's next meeting is on Sunday, Feb. 24, at 10:30 a.m. at Clubhouse II. This session will feature a discussion of contemporary topics impacting Israel and the communities throughout the diaspora.

The Group has much to catch up on as several months have passed since regular discussions of these topics.

Thanks to Moment Magazine for sponsoring speaker Dr. Laurence Wolff. The Group enjoyed his educational talk and video presentation on the impact of Israel's divided school system on their society.

Come and participate in the session on Feb. 24 and feel free to express your viewpoint and participate in what are sure to be lively and interesting discussions. The Group invites people of all faiths to attend these free discussion group sessions, held on the fourth Sunday of every month from 10:30 a.m.-noon in Clubhouse II.

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

March 6: Jerry Cohen Leads Meeting's Discussion

by Carole Mund

Residents and their guests are invited to attend the Wednesday, March 6, meeting at 12:30 p.m. in the Clubhouse I Crystal Ballroom.

Jerome "Jerry" Cohen will host the meeting in the same way he moderates the Jewish Discussion Group: by bringing up issues of interest to Jews worldwide. He welcomes all to participate and express their views and opinions.

Cohen comes well prepared with articles he has collected from various newsletters, Jewish Week and newspapers, and then encourages the audience to comment. It is an excellent forum in which to listen to others and express your opinions. Refreshments will be served.

Book Club

NA'AMAT RBZ has a book club that meets the 4th Wednesday of each month at 1 p.m. This informal forum allows members to meet interesting people and discuss good literature.

Each June, the group meets to select the books that members will read the following year. Books selected by the participants are both fiction and non-fiction. Each month, they meet in a member's home, with dessert provided. A donation of \$2 each month helps to support the many important services provided by NA'AMAT.

On Sunday, Feb. 24, the group will discuss "Snow in August" by Pete Hamill. "Killers of the Flower Moon" by Daniel Grann is the book chosen for the Wednesday, March 27, meeting. For more information, contact Barbara Tahler at (240-669-6961).

Spiritual Adoption Luncheon

NA'AMAT RBZ holds its annual Spiritual Adoption Luncheon on Saturday, April 6, in the Clubhouse I Crystal Ballroom. The speaker for this always well-attended event is Bob Levey, national columnist and commentator.

"Spiritual Adoption" is a virtual adoption supporting educational scholarships for children in Israel. Last year NA'AMAT RBZ sponsored five scholarships of \$360 each, and donated \$500 to the Ruth Bader Ginsberg Scholarship Fund.

Save the Date

- May 8 – Donor Luncheon at Argyle Country Club
- May 15 – Overnight trip to Dover Downs, Delaware, including a show commemorating Cher. For details, call Trudy Stone at (301-438-0016)

Mission Statement

NA'AMAT is a charitable organization dedicated to helping NA'AMAT Israel provide

educational daycare programs, vocational training, legal aid for women, services and assistance for new immigrants and centers for the prevention and treatment of domestic violence.

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

The many activities Club members enjoy not only provide opportunities for socialization with friends and neighbors, but also serve as fundraisers to support the many programs NA'AMAT provides. If interested in becoming more involved, contact Linda Schoolnick at (301-922-1076).

For more information about NA'AMAT RBZ Club, contact the co-presidents Linda Schoolnick at (301 681-1076) and Gladys Blank at (301-438-9666). For tribute cards, call Lenore Kalen at (301-922-4348).

Jewish Residents of Leisure World

March 31: Brunch with History Buff Herb Mintz

by Jonas Weiss

On Sunday, March 31, Herb Mintz, a lawyer and history buff, presents a talk on Jewish Supreme Court Justices entitled "Against All Odds: Brandeis, Cardozo and Frankfurter, the First Jewish Supreme Court Justices."

Mintz is retired from a long career in patent litigation and is especially interested in stories of people who have impacted history.

Note: the brunch is on the fifth Sunday of the month instead of the usual third because of conflicts with other events. Reservations should be made by Sunday, March 24. Mail checks (payable to JRLW) to Shirley or Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906).



Herb Mintz, courtesy photo



gious service on Friday, March 1, at 7:30 p.m. in The Inter-Faith Chapel. On Saturday, Feb. 16 and 23, Rabbi Moshe Samber conducts Sabbath services with discussions on the Torah portion and rabbinical writings at 9:15 a.m. in Clubhouse II.

Donations

For the Torah fund, send checks, payable to JRLW (\$25 minimum) to Carol Wendkos at (14805 Pennfield Cir., Apt. 212, Silver Spring, MD 20906). Donations for prayer books should go to Janet Lazar at (15311 Beaverbrook Ct., Apt. 1B, Silver Spring, MD 20906). Janet is asking for someone to help her label the prayer books.

Mail donations for Kiddush (\$25 minimum), an Oneg (\$25 minimum), Yiskor or general tzedukah to Susan Weiss at (3739 Glen Eagles Dr., Silver Spring, MD 20906).

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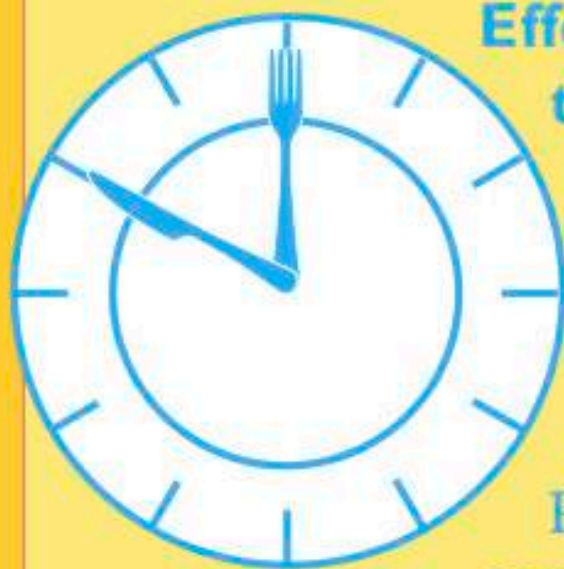
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Menus are also available on (residents.lwmc.com). All menus may be subject to change.

Clubhouse Grille Hours: Fri. – Sat.: 4 p.m. – 10 p.m.

Stein and Terrace Room Hours: Sunday: 9:30 a.m. – 8 p.m. | Mon. – Tues.: 9 a.m. – 8 p.m. | Wed. – Sat.: 9 a.m. – 9 p.m.

For Clubhouse Grille Reservations, call 301-598-1330 | For Stein and Terrace Room reservations, call 301-598-1331

Feb. 16: Powerhouse Trio Discusses Politics

by Patricia Means

Donna Brazile, one of the authors of "For Colored Girls Who Have Considered Politics," is unable to appear at the event on Saturday, Feb. 16.

The powerhouse trio, authors Minyon Moore, Yolanda Caraway and Leah Daughtry, will be at the event to share, inspire and illuminate the audience with their experiences and knowledge of the political system.

The Feb. 16 event is from 2-4 p.m. in the Clubhouse II auditorium. A book signing and reception with refreshments will be held after the event. The cost of a ticket and book is \$25; and a ticket-only is \$10. Tickets and are on sale at the door on the day of the event, checks only, payable to LWAAAC.

Upcoming Events

The following are revised dates for some of 2019's upcoming events:

Fun Night (member appreciation event) is on Wednesday, May 8, from 6-9 p.m. in the Clubhouse I Crystal Ballroom.

The Annual LWAAAC Picnic is on Saturday, June 1, from 4-7 p.m. at the Clubhouse I lanai.

Officer Nominations

LWAAAC members should participate in the nomination of officers for the 2019-2020 board of directors. The positions are president, vice president, treasurer, financial secretary, recording secretary and correspondence secretary.

Position descriptions are provided in the Jan. 17 nominating committee letter to membership and in the January edition of The Drum-

beat. Self-nominations are encouraged, and any member deemed a good candidate for a position may be nominated.

Candidates nominated for each position must meet the following requirements:

- must be a Leisure World resident for at least one year
- must be a LWAAAC member in good standing, e.g., dues are current
- must agree to carry out the duties and responsibilities of the position
- must commit to serve in

designated position for one year

Nominations must be provided to the nominating committee by Friday, March 1. Submissions may be emailed to (hkspriggs526@gmail.com) or placed in the LWAAAC mail slot in the Clubhouse I E&R office.

Nominating committee members are Dee Dee Spriggs, chair, (301-598-5924), Jeanette Dibble, Pat Freshley, Sharon Waugh Lee, Louise Langley and Millie Spenser.



Yolanda Caraway, Rev. Leah Daughtry and Minyon Moore, courtesy photos



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Monthly Meeting and Potluck, Annual Elections and a St. Patrick's Day Buffet

by Mike LaPoint

On Saturday, Feb. 16, at the monthly meeting and potluck, guest speaker Ariel Giraldi gives a special presentation about LGBTQ travel at noon in Clubhouse II.

Giraldi is a travel agent and planner who specializes in LGBTQ travel. She will discuss popular travel destinations and her role in planning and facilitating a custom tailored trip to meet her clients' unique and specialized needs and preferences.

All residents and their guests are welcome and encouraged to attend.

In addition to Giraldi's presentation, the Alliance

will have its monthly potluck and meeting followed by a preview of upcoming events and community news.

Board and Officer Elections

At the meeting on Saturday, March 16, the Alliance holds its annual election of board members and officers.

All offices are up for election, and the Group is looking for dedicated and enthusiastic candidates to lead the Alliance into the coming year.

Anyone with a desire to serve is strongly encouraged to add his or her name to the ballot.

St. Patrick's Day Buffet

On Sunday, March 17, the

Alliance will have a reserves table in the Clubhouse I Crystal Ballroom for the annual St. Patrick's Day buffet.

Anyone interested in joining our table is welcome to do so by sending an RSVP to (lwlgbt@gmail.com).

Past Events

On Feb. 14, the LW LGBT Alliance participated in the Democratic Club's multicultural happy hour celebrating Leisure World's diversity.

On Feb. 10, the Alliance celebrated Valentine's Day with its first ever "Be Your Own Best Valentine Ice Cream Social" in Clubhouse II.

Multiple flavors of ice

cream were on hand along with an array of different toppings and whipped cream. Along with appealing to everyone's sweet tooth, participants joined in playing a number of different board games.

General Information

To learn more about the Alliance, or to add your name to its monthly newsletter email list, send an email to (lwlgbt@gmail.com) or, better still, attend the Group's next monthly potluck meeting on Feb. 16.

Also, check out the Alliance's Facebook page to stay connected to current events of interest to the LGBTQ community.

Italian Social and Cultural Club

Café Cinema, an Italian 'Wedding' and a Trip to Little Italy

by Flo Merola

The Italian Social and Cultural Club holds its next Café Cinema on Sunday, Feb. 24, at 2 p.m. in Clubhouse I. By popular demand, the film "Mario Lanza: The American Caruso" will be shown.

The afternoon includes

a short meeting for Club members to voice their suggestions and ideas regarding future events. For details, see the Events and Entertainment section of this publication.

Dinner Theater

All residents, members and guests are invited to

attend the Ovation Dinner Theater's production of "Joey and Gina's Italian Comedy Wedding" on Sunday, March 24, at 5 p.m. in the Clubhouse I Crystal Ballroom.

The performance includes audience participation where everything and anything that can go wrong, does! The guests will dance, act

and laugh together as Joey and Gina try to keep their special day from becoming a complete disaster. The performance includes an Italian buffet with sausage and peppers, linguini with meat sauce, chicken Marsala, eggplant parmigiana, anti-pasto salad and more.

The cost for this evening of food and fun is \$46 per person. Make checks payable to the Italian Social and Cultural Club and bring them to the Clubhouse I E&R office in Clubhouse I by Wednesday, March 20, at the latest. Guests wishing to sit together must have all checks in one envelope with a list of names included.

Trip

Now is the time to sign up for the bus trip to Little Italy in Baltimore on Sunday, April 28. For more information, see Club Trips in this publication or call Eyre Tour and Travel at (301-598-1599) or (301-854-6600, Ext. 4).

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Raise a Glass – Rossmoor Women Plan Wine Tasting Trip

by Marcia L. Elbrand

On Wednesday, April 10, the Rossmoor Women's Club (RWC) travels to the popular Dutch's Daughter Restaurant in Frederick, Maryland, for a lavish buffet brunch, followed by a visit to Linganore Winecellars in Mt. Airy, Maryland.

To ensure sufficient enrollment for the bus trip, Eyre Travel needs 30 or more registrants by Friday, March 1. Make reservations by contacting Eyre Travel at (800-321-3973, Ext. 4) or (301-598-1599).

Vendor's Sale

Need a nice gift? RWC sponsors its popular spring Vendor's Sale on Monday, March 11, from 10 a.m.-3 p.m. at nearby Bedford Courts, the senior living center located at 3701 International Drive.

Featuring accessories and

well-made costume jewelry, the sale offers hundreds of items priced at \$6 each. Umbrellas, scarves, socks, toys, flashlights, hats and stunning stoles will all be available. Volunteers will be on hand to assist shoppers. The sale is open to the public. Cash or credit cards will be accepted.

Where Do Funds Go?

Proceeds from RWC's fund-raising projects help support college scholarships for young women and the Betty Ann Krahne Center, the only emergency domestic violence shelter for women and children in Montgomery County.

Annual gifts also go to two local hospices, and the Club provides significant support to the Head Start class at nearby Harmony Hills Elementary School, where RWC volunteers provide in-class visits, holiday food for the children's families,

children's books for both classroom and home libraries and hand-knitted hats and scarves. Rita Posner, the Club's indefatigable education chairperson, directs education projects.

In addition, the Club makes annual donations to A Wider Circle, Fisher House Foundation in support of visitors to hospitalized veterans and Leisure World's Fireside Forum and FISH.

Winter Brunch

At RWC's recent winter brunch, members heard from guest speaker Jill Larson, a representative from the Betty Ann Krahne Center. RWC members took home "wish lists" from the Center, and will be collecting personal items such as shampoo, towels and washcloths for the nearly 500 individuals served each year by this shelter.

Other donations, to be collected at RWC's Scholarship Luncheon on Friday, May 15, include gasoline and grocery gift cards, blankets, disposable diapers and new children's car seats. Donations of small-wheeled suitcases are welcome.

Membership

Membership in the RWC, which has recently grown by nearly 30 new people, is \$40 per year. For details about membership, contact chairperson Arlene Siller at (abs929@yahoo.com) or (301-460-7859).

Individuals interested in supporting the Harmony Hills school project are welcome to mail checks, payable to Rossmoor Women's Club, (with "Harmony Hills School" written on the memo line) to treasurer Peggy Sullivan at (3743 Glen Eagles Dr., Silver Spring, MD 20906).



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Club Offers Both Armchair and Motorcoach Trips

by Elizabeth Brooks-Evans

The Going It Alone Club (GIAC) meets every Saturday (known as Saturday Afternoon Live - SAL!) beginning with Armchair Travel at 2 p.m. in Clubhouse II.

GIAC's goal is to enhance the social and emotional well-being of its members with games, fellowship opportunities and exciting trips. Although it's a singles club, all residents, whether married or single, are welcome to participate in scheduled trips. Married residents whose spouses are incapacitated can also join and participate in all Club activities.

Armchair Travel

On Saturday, Feb. 16, at 2 p.m., travel guide Rick Steves leads armchair travelers through Edinburgh, the cultural heart of Scotland. After rambling through Edinburgh Castle, experience Scottish

literature and Scotch whisky, savor the new Scottish cuisine, stow away on Her Majesty's Yacht Britannia and check out the new Scottish Parliament.

On Saturday, Feb. 23, travel with Steves to Copenhagen, Scandinavia's fun-loving capital. Discover reminders of its Viking history and see its peoples' proudly independent ways. Stroll down Europe's first great pedestrian boulevard, ogle crown jewels in the palace treasury and take a bike ride through a hippie squatter community, finishing at Copenhagen's full-time carnival, Tivoli Gardens.

Games

Games begin every Saturday at 2:30 p.m. right after Armchair Travel. Members play Mexican train dominoes, old-fashioned dominoes, bridge and Rubik's cube. Members are also welcome to bring or suggest other favorite games.

Free bingo is sometimes

played on the 2nd and 4th Saturdays of the month, with prizes awarded. Pokeno is sometimes played on the 1st and 3rd Saturdays of the month. On one Saturday each month, one lucky member at SAL wins a door prize. For more information about games, contact Sylvia Pachenker at (301-598-5325).

Trips

The following exciting trips are scheduled for 2019:

- March 27 – "Murder at Mount Hope Mansion" in Lancaster, Pennsylvania. The mystery centers on preparations for a big game adventure in British East Africa in 1911 at the stately Mt. Hope Big Game Lodge. Cast members visit tableside to impart veiled clues to be collected and used to solve the murder. All the excitement takes place during a delicious, four-course meal.
- May 15 – American Music Theater in Lancaster, Penn-

sylvania. A live cast and orchestra lead audiences on an unforgettable musical journey featuring music by legends such as Rosemary Clooney, Tony Bennett, Frank Sinatra and Ella Fitzgerald, coupled with renditions by modern pop greats such as Michael Bublé, Adele, Josh Groban and Whitney Houston. Enjoy a sumptuous lunch at the Bird-In-Hand Restaurant prior to the show.

- July 16-18 – Gaming in Atlantic City, New Jersey. Sit back and enjoy a delightful video as you ride on a spacious, comfortable motorcoach to a casino hotel and receive a free casino bonus to kick off your gaming and boardwalk excitement, which also includes two breakfasts, one dinner, lodging and sightseeing.
- Sept. 16-20 – Pigeon Forge and Smoky Mountains Shows, Gatlinburg, Tennessee. The trip includes five spectacular shows featuring "The Soul of Motown," "The Smoky Mountain Opry," "America's Hit Parade" and much more, plus four breakfasts, four dinners, the Titanic Museum and a guided tour of Great Smoky Mountains National Park.


More detailed information on these trips is in the Club Trips section of this publication. Sign-ups for trips are taken from 1:30-3 p.m. in Clubhouse II, when a representative of the program committee is available to receive payments and answer questions.

The GIAC newsletter, which also has more trip information, is also available at that time. For questions about trips, call Joe Parker at (301-598-3457) or Sylvia at (301-598-5325).

Membership

Those wishing to sign up for GIAC membership or renew their membership are invited to do so every SAL from 1:30-3 p.m. The 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 Sylvia at (301-598-5325).

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Boomers Know How to Have Fun

by Beth Leanza

Baby Boomer Club members enjoy spending time together watching movies, seeing plays and musicals and, in the warmer months, enjoying barbeques and picnics.

Recently some members have been trying their hand at bowling – both duckpin and ten-pin – at local alleys. The Club schedules its events during evenings and weekends so that members who are still working can also join in the fun.

Ready to Join?

The Club's membership is ready and waiting to receive dues and get you signed up. Send a check for \$5 per member, payable to Baby Boomer Club, to Susan Landesberg at (3503 Twin Branches Ct. 37-C, Silver Spring, MD 20906).

Include your address and phone number (if not on the check) and email address. Members who do not have email

should keep in contact with a member who does.

Adding the Baby Boomer group email address (bbclw@googlegroups.com) to your contact list or address book will help to prevent the Club's emails from ending up in the spam or junk folder. The Club keeps its emails limited to activities that members might enjoy.

Club members who have joined but are not receiving emails are asked to contact Beth Leanza at (301-598-4569) or (bethlea12020@gmail.com).

The Club's website is available at (<https://sites.google.com/site/bbclwmd>) and includes a calendar with walk information.

Friday Hikes with Joyce

Anyone is welcome to join any of the walks without having to join the Baby Boomer Club. Joyce Richardson leads walks on Fridays. During the winter, walkers meet up at 1:15 p.m. at a local trail. Most walk about three miles, but some walk

halfway and return. Residents who want to carpool to the trail should contact Joyce at (301-598-7098) by the Thursday before the walk.

- Feb. 22 – Wheaton Regional Park (Silver Spring) Meet in the parking lot near the merry-go-round at 1:15 p.m. Bring water. Drive through the Connecticut Gate and continue onto Connecticut Avenue. Turn left onto Georgia Avenue for approximately three miles, and then turn left onto Shorefield Road and continue to the end where it curves to the right into a large parking lot.
- March 1 – Sligo Creek Park (Silver Spring) Meet in front of the Shalom Kosher Market at the Kemp Mill Shopping Center on Arcola Avenue at 1:15 p.m. Drive south onto Georgia Avenue, and turn left onto Arcola Avenue. Turn right into the Shopping Center and park near the Shalom Kosher Market.

Sunday Walkers

Join a group of walkers that meet up on Sundays at 8:30 a.m. near Arden Court (across from Kelmscot Drive) to walk the entire Leisure World Boulevard circle. Afterward, join the walkers for breakfast. For more information, email Ted Michos at (Tedmichos@gmail.com).

Weeknight Walks

For a shorter walk (about one mile), join up with some Boomers in the lobby of Clubhouse I at 5:15 p.m. No announcement is made; just look for a group forming and introduce yourself.

AVA Walks

The American Volkssport Association (AVA) holds events and provides guides to local walks of interest. More information about AVA walks is available on the Club's website at (<https://sites.google.com/site/bbclwmd>). Click on Walks, below the events calendar.

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Using Screen Time Plus Keyboard Short Cuts

by Ron Masi

Apple has an app for iPhones and iPads called Screen Time that allows users to take control of how much time they spend on their iOS devices.

The app allows users to check on the time they spend on specific websites and apps, how many times they unlock their phone and how many calls they make and receive.

The app can provide users with daily and weekly reports about their “screen time.” The app is useful for users who want to limit the time they spend using their devices.

Users can use the app to restrict use of their device at certain times of the day, limit their time on specific apps or

even deny access to R-rated content.

Set Up Screen Time

To set up the app, go to Settings > Screen Time >



Turn On Screen Time. The app presents a brief introduction that includes information on weekly reports, downtime and app limits, content and privacy restrictions and screen time passcode. Tap “continue,” and

follow the prompts.

Use “downtime” to set time away from the screen. Only apps users choose and the phone will be available at scheduled times; all others will be greyed out. Users can create a code to gain access. “App limits” presents a list of the apps a user has and let’s the user set the time (hour

and minutes) a day he or she can use them.

“Always allow” gives the user the option to decide what will always be available. “Content and privacy restrictions” allows the user to control such actions as installing/deleting apps and in-app purchases.

Screen Time Reports

Once set up, users receive a weekly “Screen Time Weekly Report Available” notification on their locked screen. But if users want to check their usage sooner and see a detailed report about how their device is being used, the apps they’ve opened and websites they’ve visited, they can go to: Settings > Screen Time (looks like a hour glass on a blue back ground, about 9th down in Settings) > tap the “graph like” below the device’s name.

The app opens up a world of data on usages depending on the extent of a user’s settings.

The easiest way to stop receiving the “Screen Time

Weekly Report Available” notifications is: Settings > Notifications > Screen Time > turn Notifications off. Users will not longer receive the notification or its sound, but

Screen is not disabled and does not remove any time limits the user placed on apps. Users can turn it back on at any time.



Screen Time logo for iPhone

Keyboard Shortcuts

Useful keyboard short

cuts for laptops and desktops include the following:

- Bold selected text = Command B
- Italicize the selected text = Command I
- Underline the selected text = Command U
- Remove the selected item and copy it to the Clipboard = Command X
- Copy the selected item to the Clipboard = Command C
- To insert where it should go, Command V
- To undo the previous action = Command Z
- Select All items = Command A.
- Open a Find window, or find items in a document = Command F

Club News

The Club’s meeting on Friday, Feb. 22, features computer consultant Jimmy Obomsawin, who will present a program on Apple’s password management program, Keychain.

Don’t forget to visit the Club’s Apple Clinics with your device every first, second, third and fifth Tuesday of the month in the Computer Learning Center in Clubhouse II.

On the fourth Tuesday of the month, come to the Club’s meeting and program in Clubhouse II.

Keep up with the Club by visiting (mac.Computerctr.org).



Screenshot by Ron Masi

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Clubs, Groups & Organizations In Brief

Amateur Radio Club: Calling all hams! All resident amateur radio operators (hams)—or would-be operators—are invited to join our business meeting/lunch the second Tuesday of each month. We meet in the Stein Room in Clubhouse I at 1 p.m. For more information or to learn about amateur radio, call Bryan West at (301-598-0137).

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

Boston Group: If you have not yet attended a meeting and are a Bostonian, please let us hear from you. Members arrange for activities based on their personal interests. For more information or to be put on the Boston Group email list, contact Louis and Rae Paley at (miltze2@gmail.com) or (301-278-2189 and leave a message).

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

Enriched Encounter Group: The Group meets the second and fourth Friday of the month at Clubhouse II at 10:30 a.m. The group discusses all subjects with the exception

of politics. Meetings have been very exciting and stimulating. For additional information call Wally Becker (301-288-4276).

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

Knitting Corner: Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is Feb. 22. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel's mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

Model Railroad Club: If you have ever had an interest in model trains, our three layouts in the basement of Clubhouse II offers just about anything you could ask for. Our largest layout, in HO, features scale miles of track, yards and industries, and supports the simulated operation of real railroads delivering passengers and goods from source to final destination. Visit us on Mondays and Wednesdays from 5:30-7 p.m. and Thursdays from 2-4 p.m. in the basement of Clubhouse II, or join us for our monthly business meeting on the second Thursday of the month at 4 p.m. in Clubhouse II. For more information, call Marilyn Chmielewski, president, at (301-438-3259).

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

New Yorkers and Friends Group: Join fellow New Yorkers and Friends on the second Thursday of each month at 10:30 a.m. in Clubhouse I. The Group offers opportunities to support outreach projects and to engage in a wide range of social activities. The Group's motto is "New Yorkers & Friends Can Make a Difference!" The Group welcomes anyone who has had affiliations with New York (both city or state), or who just likes New Yorkers. For more information, contact Connie at (301-438-2667).

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

The Philadelphians: The Philadelphians will not be meeting during the winter months, but will regroup in March 2019. For further information, contact Steve Kane at (301-598-2330) or (kanens@verizon.net).

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

Quilting Group: Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is Feb. 28.

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

Short Story Group: The Group reads from a collection of short stories and discusses them together. The Group is now reading from the anthology "The O. Henry Prize Stories 2018," which contains 20 award-winning stories by various authors. On Wednesday, Feb. 20, Sami Demiray will lead a discussion of "Deaf and Blind" by Lara Vapnyar. On March 6, Gina Hirsch will lead a discussion of "Why Were They Throwing Bricks?" by Jenny Zhang. 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. A gift certificate is awarded as a door prize at each meeting. All residents and non-residents are welcome to attend. Annual dues are \$5. If interested, contact Rita Mastrorocco at (301-814-9196).

Town Meeting Organization: (TMO) is a movement of residents concerned about governance and management that meets every month to discuss and schedule community-wide town hall meetings. Topics such as the proposed administration building, funding a strategic plan, community governance and management involvement in mutual elections, are addressed. The town halls are held to inform and involve residents in issues affecting them. TMO meets the third Thursday of each month at 2 p.m. in Clubhouse I. All residents are invited to attend and become active in the movement. For information, email (admin@townmeetingorganization.com).

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).

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

Women's Fun Bunch of Leisure World: The Women's Fun Bunch is for widows living in Leisure World. We have a good time together and plan for more adventures as the weather improves. For inquiries, call Marlene at (301-438-7773).

Leisure World Club Trips

The next deadline for trip submissions is **Monday, Feb. 18**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. Email your trip information to lwnews@lwmc.com.

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

March

27

Murder at Mount Hope Mansion Lancaster, PA

Join the **Going It Alone Club** for an interactive “whodunit” performance and a four-course lunch at the mansion.

The bus departs Clubhouse II at 10 a.m., and returns at approximately 6 p.m.

The cost is \$85 for members, and \$93 for non-members, and includes the show, lunch, tax and gratuities. Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. No refunds will be made after Saturday, Feb. 23, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

April

28

A Taste of Italy Baltimore, MD

The **Italian Social and Cultural Club** invites you along on a trip to historic Little Italy in Baltimore for sightseeing and lunch at the world-famous Sabatino’s Italian Restaurant.

The bus departs Clubhouse II at 10:30 a.m., with lunch at Sabatino’s at approximately 11:30 a.m. Following lunch, there will be time to explore Little Italy.

The bus departs for Leisure World at 3:30 p.m., arriving at Clubhouse II at approximately 4:30 p.m.

The cost is \$69 per person and includes transportation and lunch. Lunch features salad with Sabatino’s house dressing, Italian bread and butter and an entrée choice of lasagna, linguini marinara, tortellini with sauce, cheese ravioli, eggplant parmigiana, chicken alle marche or chicken lynn red, with cake or spumoni for dessert.

To make reservations, call Eyre Tour and Travel at (301-598-1599) or (301-854-6600, Ext. 4), or drop by the Eyre office in Clubhouse I.

May

15

American Music Theatre Lancaster, PA

Join the **Going It Alone Club** to see the 2019 AMT show, “Ovation – An AMT Pop Orchestra Experience.” The show features tributes to such music greats as Rosemary Clooney, Tony Bennett, Frank Sinatra, Ella Fitzgerald and other pop music greats. The trip also includes lunch at Bird-in-Hand Restaurant. The bus departs Clubhouse II at 9 a.m. and returns at approximately 8 p.m.

The cost is \$85 for members, \$93 non-members, and includes lunch, show, tax and driver gratuities. Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, April 13, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) 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.

July

16-18

Casino on the Boardwalk Atlantic City, NJ

Join the **Going It Alone Club** on a trip to Atlantic City, New Jersey. Enjoy two nights, with two breakfasts and one dinner, plus a casino bonus. The bus departs from Clubhouse II at 8 a.m. on Thursday, July 16, returning on Saturday, July 18, after breakfast.

The cost is \$250 for members, \$258 for non-members, double occupancy (add \$99 for single occupancy). A deposit of \$75 is due at sign up with the balance due by Saturday, May 18; no refund will be issued after this date unless a replacement is made. Travel insurance is available. Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

7/29-8/2

2019

National Black Theatre Festival, NC

LWAAAC is hosting a five-day/four-night trip to the National Black Theatre Festival in Winston-Salem, North Carolina. The Festival is the 16th biennial event with over 100 theatrical performances, films, workshops, seminars, international conferences, vendors and much more that will saturate the city with an impressive array of entertainment. All residents are invited.

The cost is \$937 per person, double occupancy, or \$1,450 for single occupancy and includes travel, hotel accommodations, breakfast, shuttle service to and from the convention center and a city tour. Call (800-321-3973, extension 4) to reserve a spot. The deposit to Eyre Travel is \$100 per person at the time of booking with the final payment due by Tuesday, May 28. Incremental payments may be arranged, and travel insurance may be purchased.

For details, visit Eyre Tour and Travel in Clubhouse I. A fact sheet and the daily itinerary are available from Al Holston or Glenne Martin at (301-438-3537), or Verna Denny at (301-598-1418).

Sept.

16-20

Pigeon Forge and Smoky Mountains Shows, TN

All residents are invited to come with the **Going It Alone Club** on a five-day, four-night trip to Pigeon Forge and the Great Smoky Mountains of Tennessee. The trip includes four breakfasts and four dinners, entrance to the Titanic Museum, five shows, free time in historic downtown Gatlinburg and a guided tour of the Great Smoky Mountains National Park. The bus departs Clubhouse II at 8 a.m. on Monday, Sept. 16 and returns late afternoon on Friday, Sept. 20.

The cost for double occupancy is \$480 per person for Club members; \$488 for non-members; and \$149 additional for single occupancy. A \$200 deposit is due upon sign-up, with the final payment due by July 9. Travel insurance is available.

Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, June 15, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).



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SPORTS, GAMES & *Scoreboards*

10-Pin Bowling League

Wild Things Retain Lead Over Challengers

by Rita Mastrorocco

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 94 to 172. If you have not bowled in years, come out and join the fun.

The top league standings as of Feb. 1 are: Wild Things in first place; Half and Half in second place; and Huggers in third place.

Top scores for the week of Jan. 25 are:

Scratch Game – Huggers, 650 pins
Scratch Series – Huggers, 1,838 pins
Handicap Game – Half and Half, 922 pins
Handicap Series – Huggers, 2,633 pins



High Average Men – Steve Mueller, 170 pins
Scratch Game Men – Steve Mueller, 224 pins
Scratch Series Men – Steve Mueller, 574 pins
Handicap Game Men – Steve Mueller, 270 pins
Handicap Series Men – Steve Mueller, 712 pins
High Average Women – Chris Porter, 167 pins
Scratch Game Women – Chris Porter, 172 pins
Scratch Series Women – Chris Porter, 491 pins
Handicap Game Women – Julie Thomas, 254 pins
Handicap Series Women – Julie Thomas, 690 pins

Top scores for the week of Feb. 1 are:

Scratch Game – Half and Half, 644 pins
Scratch Series – Huggers, 1,826 pins
Handicap Game – Half and Half, 925 pins
Handicap Series – Half and Half, 2,639 pins
High Average Men – Steve Mueller, 172 pins
Scratch Game Men – Steve Mueller, 214 pins
Scratch Series Men – Steve Mueller, 625 pins
Handicap Game Men – Jim Campbell, 266 pins
Handicap Series Men – Steve Mueller, 760 pins
High Average Women – Chris Porter, 167 pins

Scratch Game Women – Ruth Sentelle, 181 pins
Scratch Series Women – Chris Porter, 507 pins
Handicap Game Women – Bea Morrissey, 261 pins
Handicap Series Women – Ruth Sentelle, 674 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 with practice starting at 9:20 a.m. at Bowl America, located at 1101 Clopper Road in Gaithersburg. The cost for the three games of bowling, the use of bowling shoes and balls, and unlimited cups of coffee is only \$11.
If interested, call Rita at (301-814-9196).

Ping-Pong Club

New Ping-Pong Room Has Large Turnout for Grand Opening



Ping-Pong Club members and other residents enjoy refreshments and games at the Ping-Pong and Meeting Room's grand opening Jan. 23. Photo by Laurie Burdick

by Julie Friedman

The Ping-Pong Club sponsored a grand opening for residents on Jan. 23 to celebrate the new Ping-Pong and Meeting Room in Clubhouse II.

Approximately 70 people visited the new room to enjoy refreshments, pick up a free ping-pong ball or play doubles ping-pong on one of the room's three tables. Club president Julie Friedman thanked everybody for coming and welcomed all to return to play ping-pong.

Club member John Gervais presented a plaque dedicated to Ernie Lichenstein, a talented ping-pong player and Club member who passed away. His mother, wife, daughter and friends were in attendance.

About the Club

The Ping-Pong Club meets Mondays from 3-5 p.m. and Wednesdays and Fridays from 1-3 p.m., in Clubhouse II.

For more information, contact Julie at (301-598-5424) or (julie12401@netscape.net).

Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

Jan. 24, 2019

1. Elsie Bergamin, 3,200
2. Evelyn Armstrong, 2,510
3. Mary Helen Byrnes, 1,960

Jan. 31, 2019

No game played.

Friday Bridge

Compiled by Shirley Rosenhaft

Jan. 18, 2019

1. (tie) Sue Unger, 2,870
2. (tie) Betty Hecht, 2,870
3. Mort Faber, 2,640
4. John Hashim, 2,510

Jan. 25, 2019

No game played.

The Tragic Lives of Butterflies

by Bernie Ascher

People do not fully appreciate the troubled lives of butterflies.

Butterflies are colorful, some with beautiful patterns like works of art. They flutter gracefully and delicately to their own silent music, like dancers in a ballet. They fertilize plants and flowers, contributing to a healthful environment.

Their lives, however, are short and, perhaps, disadvantaged.

Butterflies have eyes, but they do not see well. They have wings, but they do not fly well. They do not have noses, ears, mouths or taste buds, but they find ways to smell, hear, eat and taste. They cannot talk, but they can communicate. Once they mate, they die.

Butterflies have compound eyes, which allow them to see in many directions at once, enabling them to detect predators and other dangers.

Some butterflies have 12,000 ommatidia – or lenses – that form each of the two compound eyes that sense brightness and color, but do not focus well.

Butterflies smell and taste through their feet (six) and antennae (two), which helps them to decide what is good to eat. Most adult butterflies drink nectar from

flowers through a proboscis, which works like a drinking straw.

Some hardly ever visit flowers, but get their sustenance from tree sap, rotting fruit, bird droppings and animal dung. As caterpillars, they eat leaves and almost all plant matter.

Butterfly wings are scaly and very sensitive to vibrations made by different sounds. However, they can sense only loud sounds and changes in the sound around them. They feel through their feet and antennae, and through many tiny hairs on their bodies.

Adult butterflies communicate with one another mostly through chemical cues. The males produce chemicals called pheromones to seduce the females, who somehow can sense it.

They are fragile and slow and may seem defenseless. However, butterflies can protect themselves in several ways. Some can camouflage themselves so they blend into the environment, becoming invisible to predators. Some are poisonous, bearing colors and patterns that keep enemies away. Flying can be somewhat of a defense. However, most fly at only five miles an hour (although some skippers fly as fast as 30 miles per hour).

Before they become adults,

butterflies go through several stages, known as metamorphosis. First, they are eggs laid on plants by adult female butterflies, and then they become caterpillars that feed on the plants.

The caterpillars turn into larva, or pupa, which turn into adult butterflies, the reproductive stage. Many butterflies live only a week or two.

Scientists classify butterflies, along with moths and skippers, in the insect order, “Lepidoptera.” Skippers (named for their fast, darting flight) are considered an intermediate form between butterflies and moths, according to Encyclopedia Britannica.

Butterflies are found nearly everywhere in the world. The exact world population is unknown as scientists make new discoveries every year in remote locations.

Scientists have counted more than 100,000 species worldwide. However, they estimate that millions of butterflies are lost each year due to storms, loss of habitat and pesticides.

In Leisure World, chess players very rarely see butter-



flies during games, mainly because they play indoors.

In the game shown on this page, Black's King is relatively unprotected. White can win by checkmate in one move. Do you see it?

The solution follows this usual message that the Chess Club meets on Monday, Wednesday and Friday from 1-4 p.m. in Clubhouse II. Membership is free.

For further information, call Club president Bernie Ascher at (301-598-8577).

SOLUTION: White's Queen moves to f7. Checkmate!

So, do not wait for butterflies to communicate. Do not wait for caterpillars to turn into butterflies. Do not wait for the extinction of butterflies. Play chess now!

Trial Memberships Available at Golf Course

Spring is coming, which means golfing weather is on its way. Do you want to play on Leisure World's championship 18-hole course, but not yet sure if you're ready to commit to annual greens fees?

Residents or associates who have never paid the annual greens fees may play for a three-month trial period for \$200, and can switch to annual membership at any time. This trial option is available one-time-only.

For details, call the Pro Shop at (301-598-1570).



A drone captures the Golf Course's first hole, courtesy photo

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Sports, Games & Scoreboards In Brief

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

Bocce: Beginning in March (weather-permitting), games are played on the first and second Fridays of the month at 10 a.m. at the bocce court, located outside the Clubhouse I Terrace Room restaurant. The game is easy to learn, with no special skills required. There is no sign up; just show up.

Bridge:

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

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

- **Men's Bridge** seeks players. We meet Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Please, no beginners.

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

Chess: Free chess lessons for beginners and "rusty" players on Monday from noon-1 p.m., or by appointment. Call Steve Harvith at (301-801-4693) for information. The Chess Club meets every Monday, Wednesday and Friday in Clubhouse II at 1-4 p.m.

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.

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

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

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

Mind-Body Exercise Club: Members meet every Thursday afternoon from 2-3 p.m. in the Clubhouse II 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 Judy Menkes at (301-847-9643).

Pinochle Players: Experienced Pinochle players wanted. We play Mondays from 6:30-8:30 p.m. in Clubhouse II. If interested, call (301-775-7238) or (301-598-7064). If you are interested in learning, you are welcome to observe.

Poker:

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

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

- **Play Poker** Monday and Thursday, 1 p.m.-4:30 p.m., Clubhouse II Game Room. We play hi/low only (two winners). Call (301-598-4331) or (301-434-6823) or come observe.

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

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

Trivia Club: Train your brain and hone your social skills! Twenty teams vie for attention by answering easy, medium and some tough questions. New players are always welcome. You can bring a team of your own (four-six players) or join an existing one. You don't need to be a genius or a trivia master, but you have to enjoy working with a group to figure out answers. Even if you don't get them right, you'll learn something new. The club meets Tuesday nights at 7 p.m. in the Clubhouse I Crystal Ballroom.

Volleyball for Everyone. If you are a LW resident who wants to enjoy the inviting warm water of the social pool, join your peers in social volleyball on Wednesdays, Fridays and Saturdays at 3 p.m. No skills needed, just come and have fun. Competitive volleyball games are played on Monday and Thursdays from 6-7:30 p.m. This game is for long-term, skilled players who want the intensity of competition and rarely miss the games. 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. For more information, email Laurie Burdick at (lgburdick@aol.com).

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2 Additional deposits to a certificate must be conducted at a Signal Financial FCU branch or with the Member Services Department. Online banking, Teller Phone, and mobile app transfers are not available for this feature.

3 To qualify for a term extension, the new term must extend the remaining term by at least six (6) months. The extended certificate will receive the prevailing dividend rate for the new term.

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CLASSES & *Seminars*

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

If required enrollment is not met five days prior to the start date, the class will be cancelled.

*****Please note fees for non-residents: add \$10 for 1-6 session classes and \$20 for classes of 7 or more sessions.**

Payment can be made by check or credit card (MasterCard, VISA or Discover); no cash is accepted. Checks *must* be made payable to Leisure World of Maryland Corp. Please sign up in advance of the starting date of the class since instructors need to know how many will participate. **Note: Registration will not be accepted nor refunds issued after the completion of two sessions!**

Leisure World does not discriminate on the basis of race, color, national or ethnic origin in admission policies, education policies or programs.

Community Classes Policy for Inclement Weather

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



EDUCATION

NEW – Basics of Digital Photography with Fred Shapiro, a CLL course: Did you buy a new digital camera or get one as a gift? Are you confused by all the little mode icons.

This four-session course is designed for owners of point-and-shoot digital or digital reflex cameras who would like to understand the features offered and learn how to get the most out of their camera.

Topics covered include: 1) the basic features of the point-and-shoot digital camera; 2) portraits, close-ups and landscapes; 3) action photography, night scenes and the variety of built-in modes and 4) the video clip mode.

Participants should bring their camera and its manual to each class session. Not all digital cameras are created equal, but the working elements are consistent from one manufacturer to another. Participants will want to explore their own camera's features so that they may benefit from the discussions and assignments.

Each session will include one hour in which the topic of

the session will be discussed, with additional time provided for participants to show photos they've taken that illustrate the previous session's topic. Preferably, participants will take photographs in Leisure World.

Class meets Mondays, April 1-22, 2-3:30 p.m. **Fee: \$15. Register at Clubhouse I.**

Shaping Our Towns and Cities – A Roundtable Discussion, a CLL course:

Join Jeff Prudhomme and Ieva Notturmo from the Interactivity Foundation (IF) for two exploratory discussions about things shaping our towns and cities. Participants will explore questions such as: Why do we live where we do? What attracts us to certain towns or neighborhoods? Why are our communities designed the way they are? What might the future hold in store? What is your vision of a good community and a good place to call home? How might we focus our efforts at community design and development?

Led by the facilitators, participants will also explore different visions for the future of various communities.

Established in 1965, the

non-partisan IF works to engage citizens in the exploration and development of possibilities for public policy through small group discussions.

Discussion groups meet Mondays, March 4-18, 1-3 p.m. **Fee: \$15. Register at Clubhouse I.**

Great Decisions in Foreign Policy, a CLL course:

Everyday, we are assaulted with descriptions of world events that take away our sense of security and well being as Americans. We are especially concerned this year because the Trump administration is advancing a very different program of relationships with other nations.

The Center for Lifelong Learning (CLL) is presenting the 2019 version of the Foreign Policy Association's Great Decisions series. This year's discussion topics include: (1) Migration, (2) U.S.-Mexico Relations, (3) Cyber-security, (4) Chinese Trade, (5) Nuclear Diplomacy, (6) Middle East Overview, (7) Rising Populism in Europe, and (8) The State of the State Department.

The class may discuss additional emergent topics that may be timely and which the class wants to explore. Participants will share their experiences and knowledge. We will identify significant drivers of these events, for example, sovereignty, resources, ethnicity, ideology, national interests, history and personalities, and the impact of these factors on the U.S.' ability to identify and influence the desired course of events.

Using the text prepared by the Foreign Policy Association (FPA), each topic is discussed in depth using FPA materials and additional experiences and materials brought to the seminars by the participants. The FPA has also prepared a DVD featuring foreign policy experts from academia and the public sector which introduces each session.

The class leader is resident David Frager, who is a docent at the Smithsonian National

Museum of American History and taught at the National Defense University for three years during a career at the Department of Defense. He led the highly regarded 2010-2018 discussions of Great Decisions and is the instructor for the Building America: Personalities and Perspectives series on American History for the Center for Lifelong Learning. He is also a member of the Creekside board of directors and the Leisure World Community Corporation board of directors.

Class meets Thursdays, Feb. 28-May 2 (no class March 21 or April 18), 2-3:30 p.m.

Fee (including text): \$50 per person, \$75 if couple sharing one book. Register at Clubhouse I.

FOREIGN LANGUAGE EDUCATION

¡Habla Conmigo! Intermediate Conversational Spanish, a CLL course:

Using the text, "Spanish is Fun," participants will learn about Spanish and the culture of the Spanish-speaking world. Discussions will center around the home, food, locations and asking directions, pastimes and holidays, clothing and animals.

The class is taught by resident Judy Frumkin and meets Tuesdays, March 12-June 11 (no class April 30 or May 7), 1-2:30 p.m. **Fee: \$15 plus \$10 materials fee. Register at Clubhouse I.**

¡Habla Conmigo! Advanced Conversational Spanish, a CLL course:

Using the text, "Spanish is Fun," participants will learn about Spanish and the cultures of the Spanish-speaking world. Discussions will center on clothing, animals, past activities, nature, stores, daily activities and sports.

The class is taught by resident Judy Frumkin and meets Tuesdays, March 12-June 11 (no class April 30 or May 7), 10-11:30 a.m. **Fee: \$15 plus**

\$10 materials fee. Register at Clubhouse I.

For more information about the Center for Lifelong Learning (CLL) and its instructors, visit (www.clldm.com).

MUSIC EDUCATION

NEW – The Ultimate Puccini Experience:

Giacomo Puccini is one of the most popular opera composers in history. He created some of the most beautiful music ever written for the human voice. Puccini boldly created new sonic worlds for his audience and always sought to express the universality of the human condition in a cross-cultural way.

Puccini invented the film score as we know it and his operas directly inspired two wildly successful Broadway spin-offs – “Rent” and “Miss Saigon.” His music is the backbone of “The Phantom of the Opera” and his musical genius created not just the Western, but the Spaghetti Western!

At the time of his death in 1924, Time Magazine proclaimed him the most famous man in the world, and his fame has only increased since his death.

These six sessions will be led by Dr. Harry Dunstan, the founding artistic director of The American Center for Puccini Studies (ACPS), and one of the world’s leading authorities on the art and life of Puccini. Dunstan will examine and explore the entire scope of Puccini’s life and music and each session will feature live musical performances by the principal artist of the ACPS. You’ve always loved Puccini – isn’t it time to get to know him better?

Class meets Fridays, March 8-April 12, 11 a.m.-noon. **Fee: \$45. Register at Clubhouse I.**

CURRENT EVENTS

The Changing Arab World, the U.S. and Israel:

Led by resident Dr. Phil Wendkos, this course will deal with interrelations within the Arab world and their contemporary relations with the U.S. and Israel. Opinions will be welcome.

Participants should bring an

iPad and a map of the Middle East.

Wendkos served as a translator at the National Security Agency and attended the American University of Cairo, Egypt, and the Hebrew University of Jerusalem, Israel. He monitors (ArabNews.com) daily.

Class meets Thursdays, March 7-April 5, 10:30 a.m.-noon. **Fee: \$50. Register at Clubhouse I.**

RELIGIOUS EDUCATION

Life Group Christian Fellowship: Join Helen Mays-Patrick and Jack Patrick in a different kind of Christian fellowship. A Life Group to fellowship in Leisure World, based around Biblical life applications, was formed in July 2018. It focuses on couples and singles who live in Leisure World.

Sometimes called Small Groups, a Life Group is a group of like-minded individuals who come together on a regular basis to share life experiences in an open, transparent and confidential setting. Unlike traditional Bible studies, the focus is on life applications centered around topical studies.

The Life Group is committed to an open environment where participants come together to love one another; to fellowship, to learn, to share and to be transparent with one another; to pray with and for one another; and to become more empowered to serve God with a greater and more fruitful wisdom.

If this model of Christian fellowship piques your interest, join the Life Group and fellowship and grow together with others. Our seasons are still full of God’s riches. Perhaps God will fill you with a vision for a

new and/or ongoing purpose of serving. For more information, contact (jpatrick4665@gmail.com) or (hmays11@verizon.net).

The Life Group meets Fridays, March 1-May 17, 2:30-3:30 p.m. **Fee: \$15 for materials. Register at Clubhouse I.**

DANCE INSTRUCTION

NEW – Line Dance with Wendy: This is an introductory dance course for students who have had little or no dance experience and who want to learn the basics. If you are a beginner/advanced beginner in line dancing, this is the class for you. Join Wendy in a day of fun and dances with a mix of cha-cha, rumba, tango, samba and more.

Class meets Mondays, March 25-June 3 (no class May 27), from 2-2:55 p.m. for

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the Beginner class and from 3-4 p.m. for the Advanced Beginner class. Choose your session based on your experience. **Fee: \$40 per session. Register at Clubhouse II.**

EXERCISE

NEW – Awareness Through Movement Mat (Floor) with Robin: This movement class on the floor will facilitate greater ease of movement and comfort in the body. Inspired by the work of Moshe Feldenkrais, Joseph Pilates, yoga, Robin McKenzie and others, the class will include slow stretching, repetitive movements and breath awareness.

Participants should bring a mat, blanket and small pillow or folded towel (depending on how comfortable the participant is with putting their head on the floor when lying down). Participants should also dress in layers as the floor may be cold; air temperature in the room can be adjusted as need to keep participants warm).

Explore your own body and movement patterns to increase

your range of motion and ease in movement to reduce pain. Try it! It can change your life.

Instructor Robin M. Hartman, C-IAYT, 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 certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Fridays, March 15-May 10 (no class April 19). 3-4 p.m. **Fee: \$110. Register at Clubhouse II.**

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

Instructor Robin M. Hartman, C-IAYT, 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 certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Wednesdays, March 13-May 1, 12:30-1:30 p.m. or 2-3 p.m. **Fee: \$110. Register at Clubhouse II.**

Ba Duan: This is the world's oldest exercise for seniors and those who need to restore a normal, optimum state of health. Participants will learn to combine joint movement and breathing to improve balance and to augment core strength.

Limited enrollment. Class meets Mondays, Feb. 18-April 22, 4-5 p.m. **Fee: \$20. Register at Clubhouse II.**

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

Class meets Tuesdays, Feb. 26-April 2, and Wednes-

days, Feb. 27-April 3, 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.**

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 (with Shirley), Feb. 25-April 1, and Thursdays (with Sue), Feb. 28-April 4, 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.**

Tap Dancing in a Chair, a New Approach to Tap: If you are an experienced tapper and miss it, or a beginner who always wanted to tap but right now your body says "no," this is the class for you. For experienced tappers, it will be a "remember when" and an "ain't this great!" review. Beginners will enjoy an easy start with the basics, and before long will feel like a real tapper.

One student says it keeps her mind alert remembering the dance sequences; another says it is a novel, refreshing activity. Whatever the reason, they all agree it's a fun way to exercise. Hope you will join us!

Experienced tappers who don't need a chair are welcome to take the class; all students work from a chair.

No tap shoes are required, but participants must bring a pair of hard sole shoes.

Carol Neckar began taking tap lessons at age four, continuing through high school when she taught tap to offset the cost of lessons, and performed in recitals and community theater. In college, she taught dance for the physical education department and, in the summer, continued to perform in local theater. While her career took

her in another direction, her love affair with dance has never ended. When tap dancing became too difficult after knee surgery, she put together Tap Dancing in a Chair, as a way to continue tapping.

For questions, call Carol at (301-598-5980).

Class meets Thursdays, Feb. 21-March 28, 4-4:45 p.m. **Fee: \$38. Register at Clubhouse II.**

WATER EXERCISE

Water Exercise with Nancy: 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. 26-April 2, and Thursdays, Feb. 28-April 4, 11 a.m.-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.**

Non-impact Fusion Water Exercise 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. 26-April 2, and Thursdays, Feb. 28-April 4, 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.**

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

Class meets Wednesdays, Feb. 27-April 3, from 1-2 p.m. **Fee: \$36, one day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.**



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CALENDAR *of Events*

Friday, February 15

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)
10:00 a.m. Chinese Brush and Ink Landscape Painting Art Class
10:00 a.m. Book Club Network: Bookies
10:00 a.m. Book Club Network: Searchers
12:15 p.m. Kiwanis Club
1:00 p.m. Watercolor Any Level Art Class
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:30 a.m. E&R Event: KanKouran West African Dance Company
1:00 p.m. Ping-Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
2:30 p.m. Computer Learning Center Workshop: How to Use or Create an Email Account for LW Mutual Sites
4:00 p.m. Pickleball Club
7:00 p.m. Baby Boomer Club: movie

Saturday, February 16

Clubhouse I

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

Clubhouse II

9:15 a.m. JRLW Service
11:00 p.m. Pickleball Club
12:00 p.m. LW LGBT Alliance Potluck: Ariel Giraldi, guest speaker
2:00 p.m. Going It Alone Club: Bingo
2:00 p.m. LWAAAC Black History Program: Book Discussion
7:00 p.m. Sock Hop Group

Sunday, February 17

Clubhouse I

10:00 a.m. JRLW Breakfast Forum
2:00 p.m. Women's Fun Bunch Valentine's Party

Clubhouse II

11:00 a.m. Pickleball Club
3:30 p.m. Camera Club Photo Matinee: Bob and Ruthe Kaplan on "Africa"

Monday, February 18

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
9:45 a.m. AARP Safe Driving Course
10:30 a.m. Stretch, Tone and Balance Class
1:30 p.m. Leisure World Chorale
1:30 p.m. Republican Club
1:30 p.m. Hadassah: Judaic Studies Group

6:00 p.m. Lions Club

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:00 a.m. Clipper Workshop
11:00 a.m. Chair Yoga Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
2:00 p.m. Chair Yoga Class
3:00 p.m. Ping-Pong Club
4:00 p.m. Ba Duan Class

5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session

Tuesday, February 19

Clubhouse I

9:00 a.m. Blood Pressure Testing
1:00 p.m. CLL course: The Convergence of Geography and History
7:00 p.m. Trivia Club
7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. LW Apple Clinic
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:30 p.m. Comedy and Humor Club
1:30 p.m. Stroke Support Group
4:00 p.m. Pickleball Club

Wednesday, February 20

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)
9:00 a.m. Gentle Yoga Class
11:00 a.m. Short Story Group
2:00 p.m. Rossmoor Women's Club
2:00 p.m. Hadassah Movie: "Life is Rich"
4:00 p.m. LWAAAC General Meeting
6:45 p.m. Chicago Bridge

Clubhouse II

9:00 a.m. Senior Sneakers Class
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
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session

Thursday, February 21

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:30 a.m. Stretch, Tone and Balance Class
11:00 a.m. Writers of Leisure World
12:30 p.m. Ladies' Bridge
1:00 p.m. Leisure World Cannabis 101 Club: Leafly Presentation
1:30 p.m. Wood Shop Users Group Class
2:00 p.m. Jewish War Veterans Program: "Israel – State of the Art"
2:00 p.m. Town Meeting Organization
2:00 p.m. Book Club Network: Thursday Readers

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class
9:30 a.m. Stitching Group
10:00 a.m. MVA Mobile Office
11:30 a.m. Pickleball Club
12:30 p.m. Men's Bridge
1:30 p.m. JRLW Movie: "Mr. Predictable"
2:00 p.m. Model Railroad Club Operating Session

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

Budget and Finance

Feb. 27, 2:00 p.m., Clubhouse II

Health

Feb. 20, 2:00 p.m., Clubhouse I

Communications

Feb. 21, 10:00 a.m., Clubhouse I

Restaurant

Feb. 25, 10:00 p.m., Clubhouse I

Energy

9:30 a.m., Clubhouse I

LWCC Board of Directors

Feb. 26, 9:30 a.m., Clubhouse I

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

LWCC Executive Committee

Feb. 15, 9:30 a.m., Sullivan Room

The meeting airs on Feb. 20, 21 and 22 at 4 p.m. and 7 p.m. on channel 974.

Meeting times and locations subject to change.

Sign in to (residents.lwmc.com) and check the calendar for any changes.

Meetings are open to all residents and absentee owners.

Leisure World Mutual Meetings

Feb. 19

Mutual 14 Board

9:30 a.m., Sullivan Room

Mutual 13 Board

1:30 p.m., Sullivan Room

Feb. 26

Mutual 17A Board

2:00 p.m., Party Room

Mutual 21 Board

2:30 p.m., Community Room 3

Feb. 20

Mutual 5 Board

9:00 a.m., Sullivan Room

Mutual 19B Agenda

1:00 p.m., Sullivan Room

Feb. 27

Mutual 20B Board

9:00 a.m., Community Room 4

Montgomery Mutual Board

9:30 a.m., Clubhouse I

Mutual 19B Board

1:00 p.m., Sullivan Room

Feb. 21

Mutual 15 Board

9:30 a.m., Sullivan Room

Feb. 22

Mutual 17 Board

10:00 a.m., Party Room

Feb. 25

Mutual 23 Board

10:00 a.m., Party Room

Mutual 9 Board

10:00 a.m., Sullivan Room

Feb. 28

Mutual 10 Board

9:30 a.m., Sullivan Room

Mutual 20A Board

9:30 a.m., Party Room 2

Mutual 6C Board

9:30 a.m., Community Room

Mutual 26 Board

10:30 a.m., Party Room

Mutual 24 Board

1:30 p.m., Community Room

Meeting times and locations are subject to change.

Sign in to (residents.lwmc.com) and check the calendar for any changes.

Mutual board meetings are open to respective mutual residents and absentee owners.

2:00 p.m. Mind-Body Exercise Club
4:00 p.m. Tap Dancing in a Chair Class

Friday, February 22

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)
3:00 p.m. Hispanos de LW Bingo

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. Chinese Club
10:00 a.m. Computer Learning Center class: Smartphones vs. Flip Phones
1:00 p.m. Zumba Gold Class
1:00 p.m. Ping-Pong Club
1:00 p.m. Chess Club

1:00 p.m. Friday Bridge
4:00 p.m. Pickleball Club

Saturday, February 23

Clubhouse I

9:00 a.m. Gentle Yoga Class
7:30 p.m. Ballroom Dance Club

Clubhouse II

9:15 a.m. JRLW Services
2:00 p.m. Going It Alone Club: Social
7:00 p.m. E&R Event: Pam Parker Jazz Quartet

Sunday, February 24

Clubhouse I

2:00 p.m. Italian Social and Cultural Club Café Cinema: "Mario Lanza: The American Caruso"

Clubhouse II

10:30 a.m. Jewish Discussion Group
11:00 a.m. Pickleball Club

Monday, February 25

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:30 a.m. Stretch, Tone and Balance Class

1:00 p.m. Oils and Acrylics Art Class
1:30 p.m. Book Club Network: Fall Readers

1:30 p.m. LW Chorale
6:00 p.m. Duplicate Bridge Newcomers
7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:30 a.m. Zumba Gold Class

11:00 a.m. Chair Yoga Class

12:30 p.m. Men's Bridge

1:00 p.m. Chess Club

2:00 p.m. Chair Yoga Class

3:00 p.m. Ping-Pong Club

4:00 p.m. Ba Duan Class

5:15 p.m. Pickleball Club

5:30 p.m. Model Railroad Club Operating Session

Tuesday, February 26

Clubhouse I

9:30 a.m. Any Medium Art Class
10:00 a.m. Stepping-On Follow-Up Session Class

1:00 p.m. CLL course: The Convergence of Geography and History

2:00 p.m. Book Club Network: Suspensers

7:00 p.m. Trivia Club

7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class

10:00 a.m. LW Apple Club

11:00 a.m. Mild Exercise Class

11:00 a.m. Water Exercise Class

12:30 p.m. Pickleball Club

12:30 p.m. Scrabble Group

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

1:30 p.m. Comedy and Humor Club

2:30 p.m. Unitarian Universalists and LW Green movie: "Bill Nye: Science Guy"

4:00 p.m. Pickleball Club

7:00 p.m. Camera Club Competition: Well-known Iconic Sights

Wednesday, February 27

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)

9:00 a.m. Gentle Yoga Class

10:00 a.m. Drawing and Painting Basics Art Class

1:30 p.m. NARFE

1:00 p.m. Oils, Acrylics, Miniatures Art Class

2:00 p.m. LW Green Presentation: Elders Climate Action

6:45 p.m. Chicago Bridge

Clubhouse II

10:30 a.m. Zumba Gold Class

11:00 a.m. Mild Exercise Class

1:00 p.m. Chess Club

1:00 p.m. Ping-Pong Club

1:00 p.m. Aqua Fit Class

2:00 p.m. Chair Yoga Class

5:30 p.m. Model Railroad Club Operating Session

Thursday, February 28

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class

10:00 a.m. Painting is for Everyone Art Class

10:30 a.m. Stretch, Tone and Balance Class

12:30 p.m. Ladies' Bridge

1:00 p.m. Oils and Acrylics Art Class

1:30 p.m. Wood Shop Users Group Class

2:00 p.m. CLL course: Great Decisions in Foreign Policy

2:00 p.m. Memory Café

Clubhouse II

9:00 a.m. Senior Sneakers Class

9:30 a.m. Beginner and Advanced Tai Chi Class

9:30 a.m. Quilting Group

11:00 a.m. Water Exercise Class

11:30 a.m. Pickleball Club

12:30 p.m. Men's Bridge

1:00 p.m. E&R Movie: "Black Panther"

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

2:00 p.m. Model Railroad Club Operating Session

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

4:00 p.m. Tap Dancing in a Chair Class

Friday, March 1

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)

10:00 a.m. Chinese Brush and Ink Landscape Painting Art Class

12:15 p.m. Kiwanis Club

1:30 p.m. Any Level Watercolor Art Class

2:30 p.m. Life Group Christian Fellowship Class

3:00 p.m. Hispanos de LW: Bingo

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. Zumba Gold Class

1:00 p.m. Ping-Pong Club

1:00 p.m. Chess Club

1:00 p.m. Friday Bridge

4:00 p.m. Pickleball Club

7:00 p.m. Fun and Fancy Auditions: "An American Treasure: The Best of Irving Berlin"



Ask The Expert

How to Pay for Long Term Care

Free Educational Event

Thursday, February 28th

12:00 pm - 1:30 pm

Light Lunch to be Served

Elder law attorney, Amy L. Griboff, will speak about strategies to pay for long term care expenses. Audiences rave about this presentation and say it is easy to understand. If you are an adult facing long term care expenses or a loved one helping someone deal with long term care expenses, please join us for this informative seminar.

Presented by:
Amy L. Griboff, Esquire
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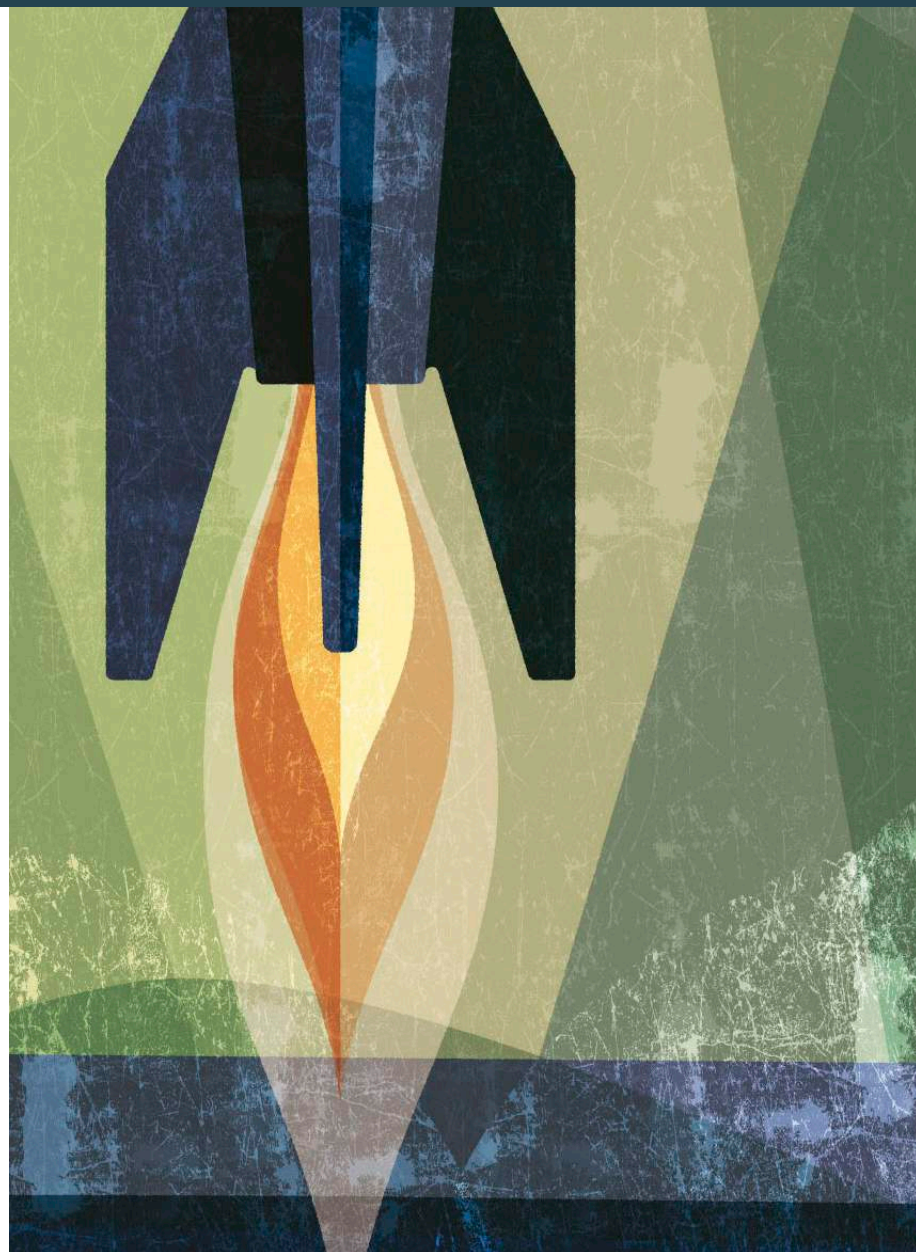
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The News recommends that before a resident engage any service herein advertised, that the resident request and verify applicable credentials (i.e. bonded, licensed, insured) and references.

For information on placing advertisements in the Leisure World News, email (lwnewsads@lwmc.com) or call (301-598-1310).

ESTATE SALES

ESTATE/GARAGE SALE. Feb. 22-23, 9 a.m.-2 p.m. Household items, crystal, fine china, furniture, clothes. Building 1 Greens. 15101 Interlachen Dr. Apt. 108. Everything must go! Please buzz in. Code: #020.

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Announcing a NEW REAL ESTATE PARTNERSHIP, Sue Heyman, Rick Winkler, and Sudha Baxter. Rely on our combined strengths, Top Weichert Producers, plus backgrounds in Teaching, Tax and Business. We are located at the

Leisure World Plaza Weichert Office and have personal knowledge of the Community from the investor and resident perspective. Our current listings in Retirement Choices are “Coming Soon”: 3BR, 2FB 2-car garage patio home; 2BR. 2FB all-brick co-operative townhome, updated with golf course view; 1BR, 1FB garden apartment, level entry. In Rockville, “Coming Soon”: Norbeck 3BR, 2.5FB, 3 finished levels. In Silver Spring, “Active Now”: Sherwood Forest, Dutch colonial, 4BR, 2.5FB, exquisite lot, updated! Call with questions about these fine properties and for your free competitive analysis. Office (301-681-0550), Sue (301-580-5556), Rick (301-404-3105), Sudha (202-368-8536).

BEAUTIFUL, MODERNIZED 2BR, 2BA first-floor condo in sought-after Vantage Point East. Dedicated garage parking space (no shoveling snow or walking outside in the rain). The space is literally directly on the other side of the lobby door. You can't get any closer! Open-concept living between kitchen and living room, including bar-height counter. Corian countertops. Brand new black stainless-steel appliances. Fresh paint throughout. New carpet, upgraded padding. New, luxury Core-Tech flooring in kitchen and sunroom. Sunroom/enclosed balcony area has sliding door access from both bedrooms and the living area. Storage galore including walk-in closet and 6 additional closets throughout the unit, plus dedicated garage storage unit. Separate laundry area, also with new Core-Tech flooring. HVAC recently serviced and ready for winter. Condo fee \$636/month. Located at 3200 N. Leisure World Blvd, Unit 112. Call Leanne to find out more. (301-452-1629). Listing price: \$320K.

THE FOLKSTONE; 2 bedrooms/2 full baths. Updated table-spaced eat-in kitchen, large living room and dining room, enclosed sunroom! A rare find with a beautiful view! \$149,000. Call Eve Rados Marinik, Realtor, (301-221-8867), L&F Office (301-548-9700), Greg Marinik, Realtor (240-994-5258).

COMING SOON: Berkley Townhouse; 2 bedrooms/2 full baths. Updated kitchen and baths! Beautiful backyard. In the mid-100s. Call Eve Rados Marinik, Realtor, (301-221-8867), L&F Office (301-548-9700), Greg Marinik, Realtor (240-994-5258).

REAL ESTATE FOR RENT

GORGEOUS 2BR/2BA light-filled condo in the Premier Community of Leisure World. Features include

glass-enclosed sunroom with spectacular view in a magnificent midsize building along with newer wood flooring, stainless steal appliances, granite counters, decorative glass backsplash, side-by-side washer/dryer, closet organizers, crown molding, chair rail, and your own parking space w/ ample visitor parking, and plenty of windows with their own luxury blinds. This is a must-see condo coming April 2019. No smoking/no pets. Utilities/cable included in rent. Call (301-312-3843) for additional information on this upcoming impressive condo.

FAIRWAYS SOUTH, Model F, 2 BR/2 full BA, clean, fresh and tidy. Ceramic floors in balcony, foyer, and master BA. New laminate floors in LR/DR/Kit; new blinds; fresh paint. Upgraded kitchen w/ ceramic backsplash, ceramic top stove, new W/D, micro, DW, ice maker; upgraded bath cabinets. Rear facing, lovely view from 9th floor. \$1,700 per month; possible pet. Contact Andrea Essex, Realtor at (301-907-7600) L&F office, or (202-744-6770) cell/direct.

VANTAGE POINT WEST, 3 bedrooms and 2 full baths, with garage! “J” model, 1,540 sq. ft. Fresh paint, great condition. Table-spaced kitchen and extra-large enclosed balcony. A must-see. \$2,395 per month. Call Eve Rados Marinik, Realtor, (301-221-8867), L&F Office (301-548-9700), Greg Marinik, Realtor (240-994-5258).

APARTMENTS TO SHARE

WANTED: ROOMMATE 55-68, active, to share my condo. Private bath and bed. Shared common areas. Use of all Leisure World amenities. Call Kathleen (202-758-9208).

LOOKING FOR A ROOMMATE (age 55-67). Private bedroom and bathroom with gym and outdoor swimming pool. \$700/month not including utilities. Please text/call (240-817-4213). Serious inquiries only!

FOR SALE

MINK COAT, black, mid-calf length, reconditioned by Neiman Marcus, like new. Appraised at \$7,000. Will sell for \$1,600. Call Linda in Montgomery Mutual at (240-558-4581). Will bring coat to you.

125 HARDBACK BOOKS, \$5 each: health, cooking, world history, religion, antiquity, mythology... all in new condition, and older collections of arts books by Abrams and Paul Hamlyn. Call Claude (301-288-4972) in LW.

RETAIL SALES

SCHAEFFER'S PIANO COMPANY. Founded 1901, Fourth generation family ownership. New Kawai dealer. New and used pianos—Steinway, Kawai, Yamaha, Schaeffer. (schaefferspiano.com). (301-424-1144)

CEMETERY PLOTS

GATE OF HEAVEN Cemetery Plots. One double crypt, 103, Tier E, patio. Price negotiable. Contact (352-751-0318) or (352-512-8397) or (240-305-6898). Donna or Lennox.

AUTO SALES

1986 OLDSMOBILE CUTLASS. 4-door, V-8, new tires, air conditioning, white/light blue cloth. Like new. MD-inspected. Only 33,000 miles. \$7,000. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

FAST CASH FOR USED CARS — Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or 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).

TRANSPORTATION SERVICES

YOUR PERSONAL DRIVER is here: Lifelong local resident. Reliable, competent service. Safe, accident-free driving record. Comfortable, clean vehicle; can seat from one to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, appointments. Anywhere... including long distance trips to other states. Reservations available 24/7. Call 7 a.m.-10 p.m. with questions or to schedule your ride: Steven Saidman. Cell/text: (301-933-8899). Email: (Steve.Your.Driver@gmail.com).

CALL & RIDE — Doctors, airport, casino. Will pick up your groceries. Always on time. Over 100 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

CONCIERGE DRIVING SERVICE. A step up in luxury, personalized assistance, professionalism and dependability. I am a Leisure World resident, understanding

the needs of our community, and your satisfaction is my one and only concern. Ride in the comfort of a Mercedes-Benz 4-door sedan, all leather, heated seats, temperature control with ample trunk space. Whether you are going grocery shopping, going to a doctor's appointment, visiting a friend or business associate, going to the airport, heading to the Metro or catching a matinee, movie or visiting a museum, my service will get you there on time and at ease. No contracts to sign, no restrictions and no exclusions. Reasonable rates. Call or text Ken at (508-612-9647).

CAREGIVING AND HEALTHCARE

Healthcare professionals must provide current proof of certification or license from the Maryland Board of Nursing to include "certified" or "licensed" in their advertisement. Examples of positions requiring such proof include, but are not limited to, registered nurse, licensed practical nurse, certified nursing assistant, geriatric nursing assistant and medication technician.

"A" HOME HEALTH CARE for Senior Citizens – Care you can trust and is affordable. Reliable and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

FLAT RATES, ONE WEEK FREE. "Care You Can Trust and Afford." Reliable, experienced caregiver providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146)

ELDERLY CARE: Over 10 years' experience. Great reference. Available for long days or nights. Can drive. Leisure World resident. (240-461-2188).

HELLO, IT'S ROSE. CAREGIVER with over 10 years' experience. Certified as a CNA and in first aid, CPR. Have clean background check, tuberculosis screening. Worked with agencies, Montgomery Hospital, private duty. Full-time or part-time, live-in or -out. Please call if you need help with your loved one (240-855-2994) any time. Thank you.

MARIE BAH. Very caring person with 15 years' experience in senior care. Board-certified nursing assistant in both Maryland and Virginia. Love and cherish every single second spent with senior citizens. Very flexible and adapt very easily. Excellent references from families I worked for. (240-694-5950).

CNA —with 25 years' experience. Seeking position to care for sick/

elderly. Good references available Monday–Friday and weekends. Days or nights. Full/PT. Have my own transit. Call (301-442-9324).

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).

CAREGIVER WITH CNA license and 8 years' experience. Available to work daytime, nighttime and weekends, full-time or part-time. Have own transportation. (240-715-8189).

CNA WITH CPR CERTIFICATE. I have been looking after elderly

ladies and gentlemen since 1992. I would like a live-in and full-time position. I'm a good person and I smile. Call (301-646-8859).

CNHS: Comfort Nursing & Healthcare Services Inc. Bringing nursing to the comfort of your home by RN/LPN and aides. 8115 Maple Lawn Blvd. Ste 350, Fulton, MD 20759. For more information, call (240-701-9855) or email (comfortnursinghealthcare1@gmail.com) Monday-Friday, 9 a.m.-5 p.m. (comfortnursinghealthcare.com)

I AM CNA/GNA with more than 15 years' experience and worked in nursing home, assisted

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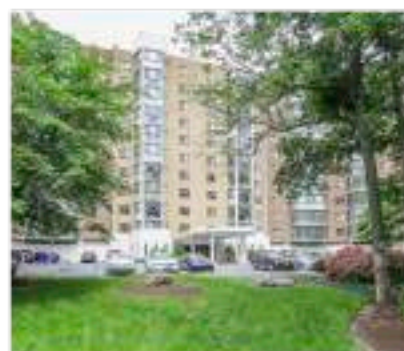
Inventory is Low!
Now is a Good Time to Sell!

Call me to learn what your Leisure World home is worth



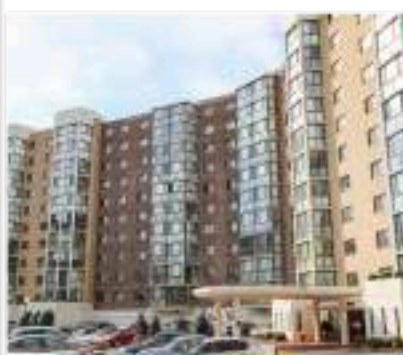
FOR SALE

3201 Ludham Dr. Cabot model patio home 3 bedrooms, 2 baths, updated kitchen & baths. New paint and carpet. Located on a quiet corner lot. Two car garage. List \$324,500



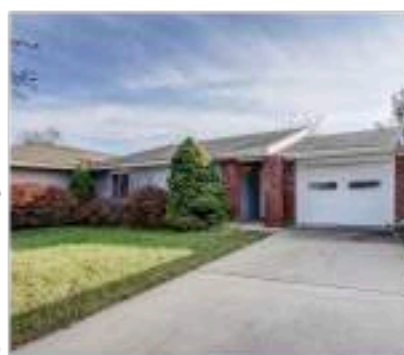
FOR SALE

15101 Interlachen Dr. #908. F model with garage space. 2 bedrooms, 2 baths. Renovated kitchen with updated cabinets & granite. New paint and carpet. Great views. List \$190,000



COMING SOON

Greens Bldg. 3 1,220 sf, H model. Spacious living room, sep. dining room with window. 2 bedrooms, 2 baths. Laminate wood flooring throughout. All new, neutral paint.



FOR SALE

3510 Fitzhugh Ct. Oxford model with 1,210 sf. 2 bedrooms, 2 baths plus bonus room addition. Updated kitchen and baths. 1-car garage with extra storage. List \$329,000

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- Free Home Staging Services
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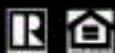


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living and home care. Duties include personal hygiene, light housekeeping, laundry, shopping, meal preparation, bathing, dressing, errands, transportation to appointments and medication reminders. Filipina, U.S. Citizen, can drive and with own car, honest, dependable, loving and hard worker, with excellent references. Please call (240-643-3392) cell, (301-926-2547) home. (salardaluzviminda@yahoo.com)

CERTIFIED NURSING ASSISTANT. Over 30 years working in Leisure World. Excellent references and experience. Own transportation. Doctor's appointments, groceries, other

errands and light housekeeping. 24 hours. Please call Divina any time (240-463-1199).

24/7 LIVE-IN CAREGIVER available. Will care for your loved ones while you're at peace. 15 years' experience. Has worked in Leisure World. References available. Please call (202-430-1795).

CNA, MED TECH—14 years' experience in healthcare. Loving, caring, reliable. Looking to care for the elderly. Great reference. Call (240-643-3027).

CNA/CMT – over 16 years of experience. Very dependable. Excellent references in LW. Have car. Light cooking, doctor's appts.,

escort service, errands. Bonded, insured. Call Ana (240-491-8978), (301-442-6094).

CAREGIVER, over 10 years' experience. Loving. I really care for what I do. Drives, takes patients to the doctor, runs errands, gives medication. Certified nursing assistant. Live-in or -out. (410-205-3480).

CERTIFIED NURSING ASSISTANT. Private duty in-home care. Will help with all needs. Emotional support. 15 years' experience. Part-time or full-time. (202-367-0076), (Nola.Phillip@hotmail.com).

ASSISTED LIVING

2 RNs ASSISTED LIVING LLC is a small, independent affordable home owned by 2 RN's, licensed, and with 38 years' experience and specializing in elderly care, disabled to meet their special needs; long- and short-term stays, dementia, respite care, hospice care, acute post-hospital care, post-rehabilitation. We focus on health and safety for our residents. We advocate elderly care. Our passion is to provide a high quality, individualized care with caring and loving environment. We do hands-on nursing care. Please contact Pat, RN, for free consultation, at (301-338-4015) or (patyusingco@yahoo.com).

HOME SERVICES

KITCHEN AND BATHROOM Remodeling – Cabinet and countertop replacement, and bathtub to accessible shower conversions. Please call Joe at JML Remodeling. (301-598-8400). Serving Leisure World since 1988. MHIC# 36674. Thank you.

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

M.G.V. PAINTING & DRYWALL – Interior and exterior painting. Water damage repairs. Minor carpentry and other odd jobs. 30 yrs. experience. Insured. References in your complex. Reasonable rates. Call Mike at (301-655-5433) for a free estimate!

SMALL MOVES AND TRASH-OUTS. Leisure World experienced. Can take items to donation center. Reasonable and insured. Patrick (301-332-4872).

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with other offers. Must be presented at
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CLEANING SERVICES

R&G CLEANING SERVICES – Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

ALICIA'S CLEANING SERVICES – Good references. Good rate. Once a week or every two weeks. (240-286-3807)

UNITED CLEANING GROUP has been a trusty cleaning company used by several Leisure World members over the past 3 years. Call us for your free estimate today! We offer both apartment and home cleanings, garden work and power-washing services. We are extremely flexible: 7 days a week to accommodate your schedule. Give us a call at (240-498-2748) and/or (301-881-0695). We hope to hear from you soon!

HOUSE CLEANING SERVICES – reliable, honest and fair pricing. 18 years' local experience with 4 years here at LW. References upon request. Please call Delia for free estimate (240-441-5456).

COMPUTER HELP

COMPUTER SERVICES – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

COMPUTER LESSONS / SERVICES – Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English – no technical talk! Shopping assistance for all electronic and computer items. Senior specialist since 1996. Call David at (301-980-5840). **COMPUTERTUTOR**

FIX YOUR COMPUTER – LW residents \$50 any problem – Fix it or it's free. (301-802-6633) Easy Elder Tech

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

BEAUTICIAN: I can do your hair in your own home. Can also remove unwanted facial hair. 45 years' hair styling experience. LW resident. Gity (301-642-7281).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with Senior Care and the Care of Senior's Pets. Safe/Reliable door-to-door transportation as needed.

Assistance with Pet Care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I'm a 57-yr. old semi-retired Doctor, Leisure World Resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

FINANCIAL PLANNER. Get control of your finances. LW resident. 30 years' experience. Bachelor's degree: accounting; master's degree: business. Passed Certified Planner exam. One-hour session \$250 (LW residents \$199). Will let you sleep at night. Tomhowto: (301-802-6633), (tomhowto@hotmail.com).

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to Fair Market Value! (www.Cars2donate.org) or (240-740-2050).

DONATIONS OF YOUR BOOKS needed for Walter Johnson High School used book sale. Book donation drop off is on Saturdays, Feb. 16, from 8 a.m.-1 p.m. Bring your books, CDs, DVDs, audio books and vinyl records to the WJ Cafeteria. Please no textbooks, magazines or encyclopedias. 6400 Rock Spring Drive, Bethesda, 20814

ACTIVITY OPPORTUNITIES

WRITING GROUP. Looking for 2 or 3 writers, any skill level, for small writing-together group. If writing for pleasure, memory, story-telling, this group is for you.

Our primary purpose is to help each other overcome whatever excuses have combined to keep pen from paper, or fingers from keyboard. Call Mary Beth (240-558-4013).

DISTINGUISHED FLYING CROSS SOCIETY. The organization's president, Lawrence Goldstein, is a Leisure World resident. He invites any resident who has received the Distinguished Flying Cross to join. Contact Larry (larr914@gmail.com), (301-847-9745).

SCRABBLE CLUB FOR WOMEN—seeking a few new members— Club meets at founder's LW home on Thursday nights twice a month 6:30-8:30+ p.m. Typically 1-2 tables are playing using 'official Scrabble rules' and members bring snacks, dessert or wine. Hostess serves coffee, tea and sodas. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call ((571-236-1775) in MD in LW).

BOOK CLUB FOR WOMEN—seeking a few "Serious Readers": 15+ year-old club reads award-winning fiction and meets at founder's LW home the second Sunday of the month, 5:30-7:30 p.m., for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD—LW)).

KNITTING AND NEEDLECRAFTS GROUP: 10+ year old club meets every Sunday, 2-5 p.m, with typically 8-12 crafters (any needlework is fine) at founder's LW home. Beginners to seasoned are welcome. Snacks and drinks are served. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD—LW)).

FILM GROUP FOR WOMEN forming: Seeking 10+ members to watch/discuss 'Bethesda Row' caliber movies at founder's LW



Kathleen Kane, Assoc. Broker



Eileen Kane, Assoc. Broker

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A – In Villa Cortese. Perfectly-sized one bedroom with full bath plus powder room! Sip your morning coffee by the window in your table-space kitchen and relax on your enclosed balcony. **\$149,000**
STAUNTON – In **Montgomery Mutual**, very close to Clubhouse I, the "more than efficiency" has a no-steps side entrance and a patio looking out to the Broadwalk. Everything you need, including assigned parking. **\$68,000**
SELLERS – Don't wait for Spring! Inventory is low and buyers are here. Get a jump on the competition by listing your property now. We are experts for you.

BUYERS – With low inventory and still low interest rates, now is the time to put your house on the market and move to Leisure World.
RENTALS
ARBOR – In **The Pines**. **COMING SOON!** Watch this ad for updates. 1 Bedroom Plus Den, 1-1/2 Baths, updated kitchen with newer cabinets, granite, stainless appliances.
F – Located in **Fairways South**. 2 Bedrooms, 2 Baths, updated kitchen; updated bath cabinets, freshly painted, new window blinds, enclosed balcony with lovely view. **Call Andrea Essex at 202-744-6770 \$1,700 + electricity**

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home. Meet every 3 weeks on Saturdays, 6:30-10:00 pm. Members bring snacks or wine. Hostess serves drinks. Email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD–LW)).

VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE in a family’s life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of 3-4 hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. E-mail (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

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).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just 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.

HELP A CHILD! In just one-two hours a week you can make a difference in a child’s life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

ENGLISH AND MATH TUTORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, intensive English classes and a new GED program. No experience necessary. We provide materials and training. Sign up online at (www.literacycouncilmcmd.org) or call Ashley France at (301-610-0030).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501 (c)(3) all volunteer non-profit.

FREE BOOKSTORE seeks volunteers, donations. Velocity of Books is opening the first all-free bookstore in Montgomery County at Westfield Wheaton by Hollywood East Café, near Metro entrance. Store opens March 2 and will be open

during mall hours. Thousands of books available for kids and adults. To volunteer: (https://volunteersignup.org/7APPQ). Book donations up to five boxes at a time may be brought to the store. Larger donations may be picked up; email (VelocityofBooks@gmail.com).

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).

UPCOMING EVENTS

KEN-GAR: Then and Now. Saturday, Feb. 16, 1-2 p.m. Local resident Karen Jackson will share the history of Ken-Gar, one of the surrounding neighborhoods founded by slaves in 1892. There will also be a performance by members of Lee’s Memorial African Methodist Episcopal Church. Free. All are welcome. Kensington Park Library.

USED BOOK SALE at Walter Johnson High. Saturday, March 2, 9 a.m.-4 p.m. Free, except for exclusive early access 9 a.m.-10 a.m. Sunday, March 3, 9 a.m.- 3 p.m. Free. 6400 Rock Spring Dr., Bethesda 20814.

BOOK SALE and DONATIONS WANTED. You are invited to the American Association of University Women (AAUW), Gaithersburg’s Annual Spring Book Sale, March 28-30 at Asbury Methodist Village. Support scholarships for women and mentoring program for girls and women. Fiction and non-fiction, hardback and paperback, audio books, DVDs. Art, kids’, cooking, foreign languages, gardening, history, mystery, sci-fi, science, women’s studies, African-American & Jewish interests, etc. Pickups for donations can be arranged in Leisure World. For more information call Liz at (301-840-1258).

“SEE ME” at the Smithsonian. The experience of looking closely allows us to appreciate beauty, exchange ideas or simply respond to the work in front of us. Smithsonian invites individuals living with dementia, together with their care-partner, to join us for tours highlighting the joy of close-looking. Free; registration required. Contact Smithsonian Accessibility Program at (access@si.edu) or (202-633-2921). Museum of American Art: Wednesdays, March 6, April 3. Freer|Sackler Gallery:

Wednesdays, Feb. 20, March 20, April 17.

WANTED

WANTED: THREE-DRAWER WOODEN CHEST, walnut tone with brass fittings—similar to an Asian piece of furniture. Leisure World resident. (904-777-9616).

OWNER LIVING IN GREENS II (15100 Interlachen Dr.) is interested in purchasing two garage spaces in that building. Please contact owner at (301-598-5953). Thank you.

FAST CASH FOR USED CARS — Big dollars paid for your used car! Over 43 years’ experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashiers’ check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973).

WILL BUY MILITARY, 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)

CASH FOR RUGS: oriental rugs, any condition. European, Asian, Navajo, etc. (atticllc.com) Gary (301-520-0755)

CASH FOR JEWELRY: gold, silver, costume, diamonds, coins (including foreign), watches, stamp collections. (atticllc.com) Gary (301-520-0755).

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

CASH FOR RECORDS, CDs, and tapes. Best price guaranteed. Free appraisals. All types of music, 33, 45, 78 and CDs. Call Steve (301-646-5403) or email (Stevebuysrecords@gmail.com). Will make house calls.

FEBRUARY 2019

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, unless otherwise noted. Please register with Toni Davis at 301-388-7209 or tdavis@bgf.org.

PARKINSON'S SUPPORT GROUP

WEDNESDAY, FEBRUARY 13
2-3:15 P.M.

CAREGIVER CONNECTION: "THE MIRACLE OF MUSIC"

TUESDAY, FEBRUARY 19
2-3 P.M.

Whether you are a caregiver, volunteer, work in ministry or just love music, you'll delight in stories of hope, understanding and inspiration.

FREE. RSVP by February 17.

LIVING WELL SEMINAR: "HOW TO IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE"

WEDNESDAY, FEBRUARY 20
1-2:15 P.M.

Discover why a strong core is key to living a vibrant life, and learn specific, senior friendly exercises that you can do at home to keep you moving.

Preceded by complimentary lunch at 12:30 p.m.

FREE. Register by February 18.

PFNCA EXERCISE FOR PARKINSON'S CLASSES

EACH MONDAY,
WEDNESDAY & THURSDAY
3:30-4:30 P.M.

Improve posture, balance and circulation while also increasing strength, muscle control and mobility.

FREE with a \$30 annual Parkinson Foundation registration fee.

PARKINSON'S COMMUNICATIONS CLUB

TUESDAYS • 12:30-1:30 P.M.

This weekly wellness and prevention program for individuals with Parkinson's disease and their care partners focuses on the maintenance of communication skills, with an emphasis on strengthening breath support and improving the ability to project and speak loudly enough to be heard in social settings.

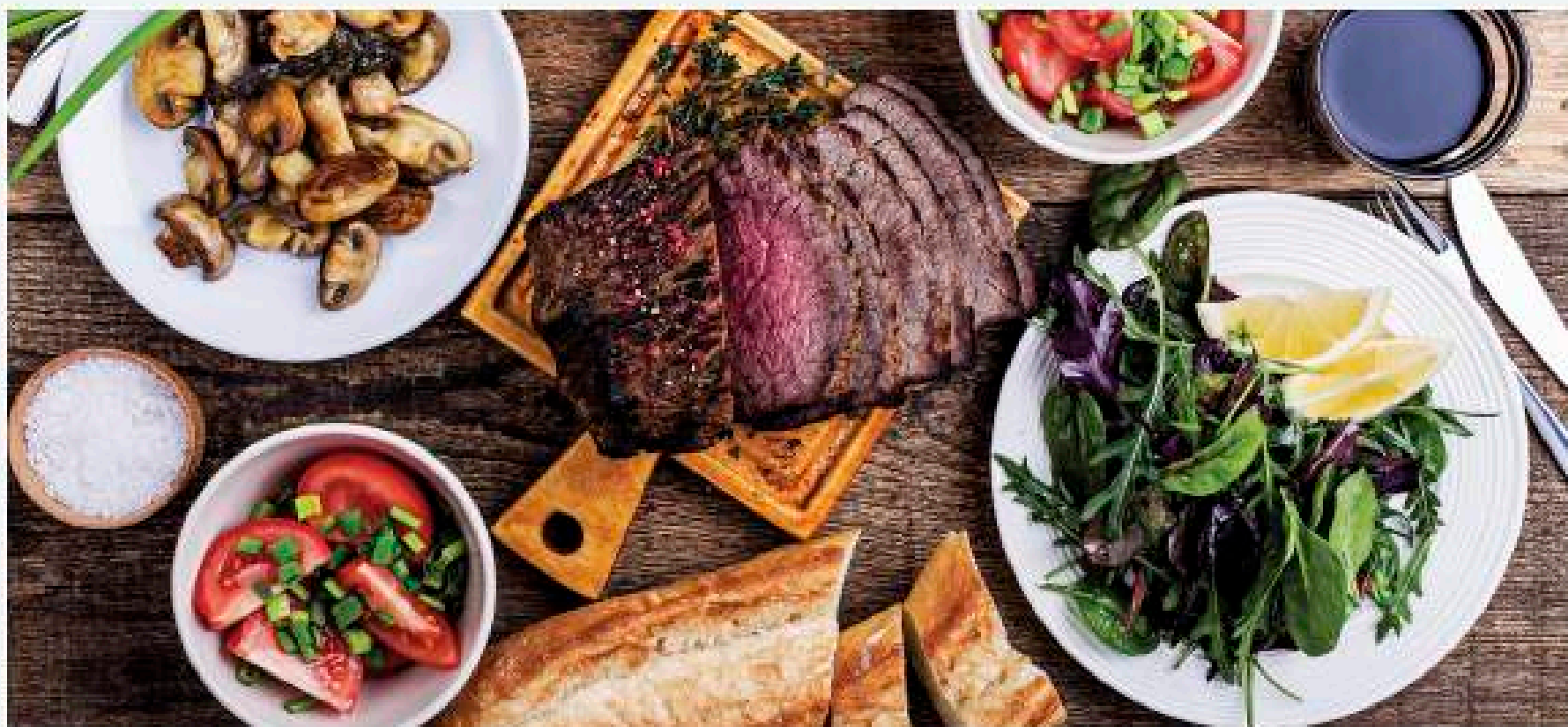
FREE with a \$30 annual Parkinson Foundation registration fee.



18100 Slade School Road
Sandy Spring, MD 20860
301-260-2320 • www.bgf.org



INDEPENDENT LIVING ASSISTED LIVING REHABILITATION LONG-TERM CARE MEMORY SUPPORT



The Chef's Table at Bedford Court

Thursday, March 7 | 11:30 a.m.

You're invited to enjoy an interactive presentation of Bedford Court's exceptional dining program. Watch as our chef prepares a culinary favorite menu and shares techniques of the trade. Delight your senses and taste the Bedford Court dining difference! RSVP 301-438-6607 by February 28th.

Elena Price 301-438-6617 or visit Bedfordcourtseniorliving.com.



Bedford Court
3701 International Drive
Silver Spring, MD 20906
BedfordCourtSeniorLiving.com



**BEDFORD
COURT**

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