

Committee Member Offers Up Tech Assessment, Recommendations

by Stacy Smith, Leisure World News

From June to December 2016, Dave Merritt, a resident and 40-year veteran of the information technology industry, met with the property managers of the 10 high-rise mutuls and Montgomery Mutual to complete an information technology assessment of each of the facilities' offices and community rooms.

Merritt inventoried the mutuls' technology-related hardware, reviewed how it's being used, noted any concerns and made recommendations for

improvement. Included among his recommendations are the development of a three-year technology strategic plan to implement proactive, cost-effective and cloud-based technology solutions.

Merritt, who has been employed as a consultant to Leisure World since January 2017, said he has already begun to address some of the recommendations he made in his technology assessment, such as the creation of a document management system that properly catalogues and retains

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Splish Splash, It's a Fusion Class



Two residents unleash their silly sides during a water exercise class in the Clubhouse II round pool Feb. 14. The non-impact 'fusion' class combines dance, yoga poses and cardio movements for a fun exercise experience. See the Classes and Seminars section of this edition of Leisure World News for more information about this and other water exercise classes available to residents. Photo by Stacy Smith, Leisure World News

Management to Advance Emergency Protocols

by Maureen Freeman, Leisure World News

After a security incident characterized as "a first for Leisure World," management and the Security and Transportation Department have taken steps to enhance emergency procedures.

On Feb. 2, Montgomery County police and Leisure World security, responding to a report from the Fairways South building, determined that a small firearm had been discharged one time in an apartment there, resulting in a minor leg injury to a young woman visitor. Her

boyfriend, whom police believed had discharged the firearm, had left the apartment. Within an hour, police apprehended him outside Leisure World on Bel Pre Road, arrested him and took him into custody.

"This is something we've never faced before," Tim Coursen, the assistant general manager for community management, told the Security and Transportation Advisory Committee at its Feb. 9 meeting. He outlined the emergency response procedure and added, "We now have an opportunity to review and make it better."

Management issued Robo-calls to residents alerting them

to the situation soon after the initial incident was reported, and again after police had assured them any potential threat had passed. The next day, Leisure World general manager Kevin Flannery, Security and Transportation director Richard Schultz, and Coursen sent a letter to the Leisure World Community Corporation board of directors and all Leisure World employees, including mutual property managers and assistants, providing details of the incident.

Management has been working with One Call Now, the company that provides Robo-call services, to enable expanded Robo-call capabilities that would include sending emails and text messages to residents who have requested those methods of contact.

Management had also asked Travelers, Leisure World's insurance company, to assist with delivering best practices education for handling emergency situations, including building

evacuations and sheltering in place.

Coursen and Schultz fielded questions and comments from the advisory committee regarding emergency protocols, including details about Robo-calls, lockdown procedures, and interactions with county police.

"This input is going to be invaluable to us" as management continues to shape its emergency strategies, Coursen said.

"It's great to ask the questions," said Barbara Cronin, president of the Fairways South board of directors. She said that the mutual was developing its own list of questions and an outline of future plans for emergencies.

"It was a first time for this community, and [management] really did a fabulous job, and now they will be looking at what comes after," she said. She expressed her hopes for "a good outcome in the final analysis."

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CORRECTION

2016 Security Report statistics listed on page 9 of the Feb. 3 edition of Leisure World News were incorrect. The correct figures, provided by the Security and Transportation Department, are listed below.

2016 Security Reports

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

Type of Incident	Number	Type of Incident	Number
Assaults	0	Personal Injury	4
Burglaries	1	Property Damage	45
Disoriented Resident	16	Solicitation	0
Disturbances/Noise Complaints	0	Thefts	21
Domestic Disputes	2	Traffic Accidents	13
Falls	83	Traffic Accidents-Property Damage	27
Fire/Smoke/Alarms/Gas-Odor	42	Trespassing	2
Fraud	0	Vandalism	6
Harassment/Threats	4	Miscellaneous	56

Tech Assessment

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records, and the consolidation of print-copy-scan-fax machines throughout the mutuals. The upkeep, maintenance and purchase of appliances, such as ink and toner cartridges for multiple printers, can be costly, according to Merritt.

“As an organization, we make over three million impressions a year on copy. That’s a lot,” he said.

Part of the practical application of his assessment includes putting the right technology in

place and training people in how to use it, but also includes the more difficult task of “changing the culture,” Merritt said.

He believes, however, that with time, staff and residents will adapt to the changes implemented, and his past experience working in IT bears this out.

“I’ll never forget the time back when every secretary used a typewriter; and when we went to word processing in the early 1980s, you would have thought I was asking these people to cut off their right arm and give it to me,” Merritt joked. “Two months later, they said, ‘I wish

Flashback

In February 1968, three years after the community’s grand opening, Leisure World made a darkroom available to resident photographers seeking a quiet place to develop and print their camera film.

The addition of a darkroom was announced in the Feb. 29, 1968 edition of The Rossmoor News.

Darkrooms are workshops used to process and develop photographic film, and have been used since the inception of photography in the 19th century. A darkroom can be made completely dark to allow the processing of the light sensitive photographic materials, including film and photographic paper.



Located in what is now the employee kitchen in Clubhouse I, Leisure World’s darkroom saw extra foot traffic beginning in February 1980, when the Rossmoor Camera Club was chartered. Today the club often hosts guest speakers and members enter their work in competitions to “share and enjoy activities in photography with fellow members and the Rossmoor community” and “grow in the knowledge and practice of photography,” as stated in their original charter.

Although the advent of digital film has minimized the need for darkrooms, they are often still found in professional photo studios, colleges and photography schools. Check out the Camera Club’s latest ‘developments’ on page 18 of this edition of the Leisure World News!

we had had this [technology] in before.”

Merritt’s assessment is already beginning to have an impact on mutual operations.

“Some of the mutuals are starting to look at standardizing their platforms; one of them started buying equipment more in line with what the IT depart-

ment is using,” Merritt said, adding that “the more variation you have in your hardware and software platform, the more complex it is to manage.”

Merritt presented the highlights from his Technology Assessment at the Feb. 7 Technology Advisory Committee meeting.

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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 Leisure World News Advisory Committee

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

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CLUBHOUSE GRILLE



St. Patrick's Day

Friday, March 17th
\$15 plus tax and gratuity

All you can eat Irish Buffet will feature...

- ❖ Corned Beef and Cabbage
- ❖ Shepherd's Pie
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- ❖ Salad Bar and Rolls
- ❖ Homemade Bread Pudding

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Easter Dinner

Sunday, April 16th in the Crystal Ballroom
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Our all-you-can-eat buffet will feature...

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

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301-598-1330*



Mother's Day Brunch

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

301-598-1330 for reservations

CLUBHOUSE GRILLE HOURS

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

For Clubhouse Grille reservations call 301-598-1330

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

Governance & INFORMATION

HOLIDAY SCHEDULE

Monday, Feb. 20, Presidents Day

Administration: Closed

CLUBHOUSE I

Education & Recreation8:30 a.m.-9 p.m.
Eyre TravelClosed
Rossmoor LibraryClosed
Clubhouse GrilleClosed
Stein Room.....9 a.m.-8 p.m.
Terrace Room9 a.m.-8 p.m.

CLUBHOUSE II

Education & Recreation8:00 a.m.-9 p.m.
FISH DeskClosed
Fitness Room4 a.m.-9 p.m.
Swimming Pool (Indoor)12-8 p.m.

OTHER SERVICES

Golf Course & Pro Shop9 a.m.-4 p.m.
MedStar HealthOpen
MedStar Pharmacy.....Open
Physical Properties Department (PPD)Closed
Post OfficeClosed
Security GatesOpen

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

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

Dial 301-598-1313
for recorded Daily Events

2017 Broadcast Schedule - Channel 974

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

Executive Committee Meeting
The Feb. 17 meeting will air on Feb. 22, 23 and 24.

Board of Directors Meeting
The Feb. 28 meeting will air on March 6, 8 and 10.

Group Email Addresses

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

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

The group email addresses are:

- LWMC Management - management@lwmc.com
- LWCC Board of Directors - board@lwmc.com
- LWCC Executive Committee - excomm@lwmc.com

Emergency Preparedness Advisory Committee

Fire Safety Reminders for Cooking

by David Darr

According to the U.S. Fire Administration, adults age 65 and older are more than twice as likely to die in fires than the nation's population as a whole. Older adults also have a higher risk of injury from fires. The checklist below offers suggestions for fire-safe cooking.

- Don't cook if you are sleepy, have consumed alcohol, or have taken medication or drugs that make you drowsy.
- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting or boiling

- food, check it regularly. Remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Turn pot handles away from the stove's edge.
 - Keep cooking surfaces clean and free from anything that can catch fire.
 - Never lean over a lit burner.
 - Wear short, close-fitting or tightly rolled sleeves while cooking. Loose clothing can catch fire if it touches a gas flame or an electric burner.
 - Check the kitchen after you finish cooking. Make sure the oven, burners, and other appliances are off.

For more information about fire safety for older adults, visit (www.usfa.fema.gov).

Feb. 22: Pollinator Garden Presentation

by Leisure World News

What's the buzz about bees? To find out, please join us on Wednesday, Feb. 22, at 1 p.m. in the Clubhouse II auditorium. Landscaping contractor McFall & Berry will present an informative presentation on pollinators and pollinator gardens.

Bees and other animal pollinators help flowers and plants reproduce and produce crops, but their numbers are rapidly dwindling. To help combat the problem, McFall & Berry is installing a pollinator garden this spring in the green park at the corner of Leisure World Boulevard and Gleneagles Drive. The garden will include flowers and plants that attract bumble and

honey bees, hummingbirds and butterflies.

The Feb. 22 presentation includes more information about the garden, as well as ways community members can support pollinator populations and the impact of pollinators on our everyday lives.

The presentation is free and open to all residents and their guests. 'Bee' sure to attend for more details and information. See you there!



EYRE Leisure World Travel

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

DAY TRIPS

Udvar Hazy Center, Chantilly, VA

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

"Jonah" at Sight & Sound Theater

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

Coffee and Concert at the Kennedy Center

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

Dutch Apple Theatre "My Fair Lady"

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

Cherry Blossom Tour

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

"Saturday Night Fever" at Riverside Theater

Wed., 4/5, 9:45 am-6:30 pm.....\$109.00 per person

Based on the 1977 hit movie that featured and popularized the disco music of the BeeGees – go back in time with "Stayin' Alive," "You Should be Dancing," "How Deep is Your Love" and many more great hits. Grab your bell bottoms and disco boots and join us for a dancing good time! Meal included.

Kennedy Center & Phillips Collection

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

Wolf Sanctuary

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

Rossmoor Woman's Club Fearless Women of Frederick

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

Springfest in Ocean City MD

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

African American History & Culture Museum

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

Celebrate Someone Special in Hershey!

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

NEW MGM Grand Casino

Mon., 6/5, 9:05 am-3:00 pm\$35.00 per person
Try your luck at the newest casino in the area! Transportation only.

9/11 Memorial & Museum

Sat., 6/10, 7:00 am- 11:45 pm\$120.00 per person
Trip includes: transportation, admission to the Memorial, admission to the Museum and a \$10.00 Cracker Barrel gift card for dinner.

Ellis Island

Sat., 6/24, 7:15 am-11:00 pm\$113.00 per person
Celebrate your heritage and ancestry on this moving experience. \$10 Cracker Barrel Gift Card included.

SPOTLIGHT ON...

Museum Loop

Tue., 5/9, 9:00 am-3:00 pm\$35.00 per person
Choose where you want to spend your time!

Museum choices are: National Museum of African History & Culture, National Gallery of Art or Natural History Museum.

MULTI-DAY TRIPS

International Tattoo

April 26-28 (motorcoach)

Mohegan Sun

June 12-15 (motorcoach)

Montreal & Quebec

June 18-24 (motorcoach)

Train Tracks of West Virginia

June 22-25 (motorcoach)

JFK's Cape Cod

July 16-20 (motorcoach)

Alaska Adventure Cruise

July 16-28 (fly-drive)

Yellowstone, Grand Tetons & Mt. Rushmore

Aug. 3-11 (fly-drive)

Smoky Mountains

August 27-31 (motorcoach)

New Orleans

Sept 11-14 (fly-drive)

Colorado's Historic Trains

Sept. 15-23 (fly-drive)

The Legendary Blue Danube River Cruise

Sept 20-11 days (fly-drive)

Ark Encounter

Oct. 2-5 (motorcoach)

Best of New England

Oct. 13-17 (motorcoach)

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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.

Residents' FORUM



LETTERS

Comcast Pricing: Residents' Continuing Concerns

During a Dec. 1 visit by Comcast representatives to Leisure World, residents repeatedly expressed frustration about incoherent pricing and indifferent treatment by Comcast service personnel, and wondered if they were being overcharged.

Because I believed a particular fee was especially susceptible to overcharging, I sent an email to a voluntary sample of just over 200 LW residents and asked if they were being charged an additional \$9.95 a month for a service called "HD Technology."

So far, I have received emails from 23 people (about 11 percent) who have confirmed that they were being charged that fee. Five of them have already called Comcast and were told they would receive refunds and eleven others have asked me about contacting Comcast. However, while I readily admit that this was not a random sample, there could be hundreds more residents that are due refunds.

Adding to the susceptibility of overcharging are the complex and confusing terminology and the possible overlap between the bulk service contract and the "bundled" packages. Many residents have additional television features that are not included in the \$31 per month fee, and many residents have Comcast internet service or Comcast telephone service or both. These residents need and deserve some clarification.

What can residents do? If you think you are being overcharged, you can start with a phone call to Comcast, but be sure you use only the phone number for the bulk service contract (855-638-2855). If that doesn't work, you can contact the Montgomery County Office of Cable and Broadband Services at (<http://www.montgomerycountymd.gov/cable/>) or

call the County's information line (311), and file a complaint.

What can Comcast do? As opposed to numerous people individually correcting their bills, there is another possibility that would be simpler for everyone. Comcast could use its database to look at past billing for each resident and credit everyone for erroneous HD technology overcharges automatically. This would be a huge customer relations win for Comcast, not to mention a cost savings.

Failing that, a Comcast representative could come to Leisure World once a week or at least once a month to resolve billing (and service) issues. In any case, before LW goes further down the path to explore the possibility of Comcast bulk internet service, we need to get the current billing correct.

— Jim Owen

Editor's note: Comcast has told Leisure World management that it is working on a solution.

In Support of a New Administration Building

My husband and I came to visit the model homes when Leisure World was being built and I have been living here for the past 16 years. I have seen a lot of changes in 40 years, mostly for the better, but am disappointed to see how one of the upcoming improvements – the new administration building – seems to divide the residents.

I don't know how many residents visit the Mutual Assistants' office or the Accounting office but in my opinion, the conditions these people are working in are appalling. For example, there are five assistants in a room that I think should only accommodate two people, and such overcrowding could even lead to health problems for the staff. There are files on chairs and floors and there seems to be no opportunity for a private conversation. I believe there is

not enough convenient office space to accommodate the workforce of LW and it is our obligation to provide decent working conditions so the staff can do their jobs. I feel that we are not currently meeting that obligation and that merely renovating the same building will not solve the problem.

Having a bank and a post office on campus is very convenient for me and it is especially so for those residents who do not drive. Even if you do drive, the outside locations are not that easy to get to, and I don't believe you would get the same personalized service that you get here.

Yes, building a new administration building will result in changes in the parking lot and the removal of some trees. However, some of the trees were going to be removed anyway, especially the dying pine trees. I feel that LW is doing the right thing by meeting with arborists, planning the landscaping, and choosing new trees and bushes that would be planted around a new building and in the parking lot.

In my opinion, a new administration building is needed if we want to move into the 21st century and show that we are a modern active adult community and not a retirement community.

— Dora Pugliese

Administration Building Engineering Concepts

My wife and I live in Leisure World (LW) and are both engineers. When speaking with some LW friends, neighbors, and board and committee members, I shared concerns about the costs v. benefits of demolishing the existing administration building and building a new one at a cost of \$7.2 million. I work in a well-known federal

building that is 78 years old and has been redesigned and repurposed many times, and I believe it is still both functional and beautiful.

In my 40 years of engineering work, I've learned that three planning studies are normally done prior to building a brand new building. They are: space planning, value engineering, and design options with cost estimates. Were all of these studies done before a decision was made to build a new Administration Building? Were they conducted with neutrality and independence? And, are they up to date?

1. Space planning – Do I understand correctly that a space planning study was done but that it was done by the same architect that was designing the new building? I'm sure they are a reputable firm, but was this truly independent? Now that the bank has left the Administration Building, it would seem an opportune time to consider how that space could be redesigned and used for LW administration needs rather than renting it out again.

2. Value engineering – Masonry buildings often have useful life cycles of 80 or more years, and this can often be accomplished with value engineering. The goal is to break down a project into parts, analyze the specific function or purpose of each part, and identify alternative ways to satisfy each part's function. Have Clubhouse I and/or Clubhouse II been considered to perform some of the functions?

3. Design options with cost estimates – During the evaluation process, the value-engineering team analyzes and ranks the alternatives. Then it estimates the cost of each feasible alternative and determines which offers the greatest potential for life-cycle cost savings, functional improvements, and is best for long-term operations and maintenance. Wouldn't it be

Residents' Forum Guidelines

from the Leisure World News Advisory Committee

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

prudent to reconsider the cost estimates of all three options after so much time has passed?

Why not spend our money on modernizing, remodeling and beautifying? It worked for Clubhouse I. Why not for the Administration Building?

— Henry Weiss, CFM

Thinking about Alternatives

As we consider rethinking destruction of the current Administration Building and building an entirely new one, it is worth considering alternatives. One of the advantages of the approved plan is that the site vacated by the building would provide room for much improved parking nearer to Clubhouse I and its restaurants. In order to accomplish this benefit, we are planning to destroy the 50-year-old building and level a number of the mature trees and gardens surrounding it. Have we adequately considered alternative ways to improve parking and access?

I believe the site plan offered for the new building includes features that are possible even

if the Administration Building stays where it is. For example, the current plans call for some lawn activities to be moved in order to make room for the new building and for a “turnaround” that would allow closer access and handicapped parking for Clubhouse I. Why not move forward with those parking and access improvements? Destroying the existing Administration Building is not required to do that.

If this alternative were adopted, some of the benefits of the currently proposed plan would still be achieved, and the existing Administration Building could be preserved.


And by the way, there are other opportunities for keeping the existing building. For example: improving use of office space in Clubhouse II; making better use of current meeting room space; grouping similar administrative functions better; adopting modern management methods, including automation and improved record keeping practices. The list is long, and I believe it hasn't yet been fully explored.

Fellow residents, what do you think?

— Bob Namovicz

Rock and Roll Hall of Fame Inductee

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BLACK HISTORY MONTH

■ Leisure World Association for African American Culture (LWAAAC)

Feb. 17: 'Black Images/Black Reflections'

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

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

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

Admission to the international, award-winning production is free; no tickets are required.

— Patricia Means

Feb. 25: 'Slam'

The association's first movie series feature

screens on Saturday, Feb. 25, at 3 p.m. in the Clubhouse II auditorium.

Admission is free; no tickets are required.

"Slam" (1 hour 40 minutes, drama, rated R for language, sex and brief violence)

is a 1998 independent film that won prizes at the Cannes Film Festival and the Sundance

Film Festival as well as the IFP Gotham/Perry Ellis Breakthrough Award for its stars, Sonja Sohn and Saul Williams, son of LWAAAC president Juanita Sealy-Williams.

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

— Patricia Means



■ Education and Recreation Department

Sunday Afternoon at the Movies

Feb. 26: 'Race'

The E&R Department presents "Sunday Afternoon at the Movies," shown at 2 p.m. in the Clubhouse II auditorium.

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

and language).

While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man, Jesse Owens, shattered that dream with a display of athleticism that resulted in four gold medals.

"Race" tells his story, with Stephan James as Jesse Owens, and Jason Sudeikis as Larry Snyder, Owens's track and field coach from Ohio State University.

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

Please note that no one will be seated after the 2 p.m. start time.



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■ Ballroom Dance Club

Feb. 25: Next Dance Features The Helmut Licht Trio

by Joyce Hendrix

Residents are invited to attend the Saturday, Feb. 25, dance from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom featuring The Helmut Licht Trio.

Please make your reservations with Irmgard Patrick at (301-598-2984) prior to the dance. Remember that our suggested attire is dressy dresses or pantsuits for the ladies, and coats and ties for the gentlemen.

If you have not already renewed your membership, we will collect annual dues of \$10 per person at the Feb. 25 dance.

Admission to the monthly dance remains at \$10 per person for members, \$15 each for non-members and guests.

Dances include both slow and Viennese waltzes, foxtrots, all Latin varieties, polkas and quicksteps with music from the 30's through current day, Broadway and country western — all played to a strict ballroom beat. Come join us!

Helmut Licht

Arriving in the U.S. in 1958 as a German immigrant, Licht, our February bandleader, earned his tuition to The Peabody Institute, a prestigious music conservatory at Johns Hopkins

University, as a "gold level" professional dance instructor with the Arthur Murray School of Dancing.

In addition to being a dance teacher, bandleader, composer and arranger for his big band, Licht has also taught at various Maryland institutions of higher learning; worked as a marketing development specialist for an electronics firm; is a certified professional astrologer, a poet, author and publisher of three books and an artist, having received his bachelor's degree from Maryland Institute College of Art and a master's from Towson University.

Leisure World
News
OF MARYLAND

Feb. 28: Still Time to Get Your Tickets for Mardi Gras with The Dixieland Express

The Dixieland Express returns for its annual Fat Tuesday performance, on Feb. 28. Doors to the Clubhouse I Crystal Ballroom open at 6:30 p.m. with music and dancing from 7:30-9 p.m.

The Express plays true traditional jazz Dixieland sound with authentic six instrumentation plus vocals and piano. Most members of the band

also frequent New Orleans, the mecca for Dixieland music for not only the country, but also the world.

The band has some surprises for the audience and will have the crowd dancing and marching to the sound of New Orleans-style Dixieland music from beginning to end. Be sure to wear your beads and colorful attire, and bring handkerchiefs

to twirl to the music!

Sponsored by the E&R Department, tickets for this event are \$15 per person. The cost includes light hors d'oeuvres; a cash bar will also be available. So, join your friends

and celebrate Fat Tuesday together.

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

■ Fireside Forum

March 5: Using Art to Tell Women's Stories

by Jonas Weiss

Cindy S. Aron, an American historian and author with a specialty in the history of women, presents a Fireside Forum program on Sunday, March 5, at 2:30 p.m. in the Clubhouse II auditorium.

Rather than offering a survey of the work of female artists, Aron will use the artworks in the collection of the Smithsonian American Art Museum to talk about the history of American women. There isn't just one story; the history of women in America encompasses family, politics, sex and work. And these multiple stories vary with region, race and class. The art can help us understand what our past looks like when it is refracted through a female lens.

Aron's first book, "Ladies and Gentlemen of the Civil Service: Middle Class Workers in Victorian America," is a story of the first gender-integrated white-collar workplace: the federal bureaucracy in Washington, D.C. The book examines the earliest example of the feminization of white-collar work in the U.S. Her second book, "Working at Play: a History of Vacations in the U.S.," investigates how and when vacationing became part of the American cultural and social society.

Aron is an alumna of Brandeis University and The University of Maryland, and a former professor of history at The University of Virginia. Since retiring, she has been a docent at the Smithsonian

American Art Museum, and enjoys giving tours to groups of adults and school children.

Joan Hecht is the host for the speaker.



Cindy Aron, courtesy photo



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■ Foundation of Leisure World

March 6: 'Grand Train Tour of Switzerland'

by Bob Stromberg

On Monday, March 6, the Foundation of Leisure World offers residents a video train tour of Switzerland at 2 p.m. in Clubhouse II.

It's hard to imagine a more exciting destination than the Swiss Alps. The travel video, hosted by Jeff Wilson and using photography by Emmy-award winning photographers, features rides on several classic trains such as the Glacier Express, William Tell Express and the Chocolate Train.

Viewers won't spend all their time enjoying scenery through the train window; the train makes several 'stops' at stunning destinations, including Zurich, St. Moritz, Lucerne, Geneva, and other Swiss cities.

Light refreshments will be served immediately following the video. There is no charge for residents and their guests. Please note, however, that the Foundation survives only on contributions from residents. We are a 501(c)3 organization, so donations are tax exempt.



■ Education and Recreation Department

March 9: From Hollywood Film to Broadway Musical

Join Steve Friedman on Thursday, March 9, at 1:30 p.m. in Clubhouse I for his continuing series of programs on the history of Broadway.

In the costly world of producing a Broadway musical, tried and true stories are often the best options. To produce a Broadway musical today, producers want material that is known and has a following. Explore classic movies such as "All About Eve" or "Sunset Boulevard" (and some not-so-classic names) that have been made into Broadway musicals, many with great success. Come and learn the stories and backsto-

ries of these musical theatre creations.

Live song is part of the presentation.

A Washington, D.C., resident, Friedman is a trained classical tenor and has performed many musical theater roles from "Camelot" and "Damn Yankees" to "Sweeney Todd." It was through performing in musicals and his love of musical theater that he developed a desire to lecture on the history and development of the Broadway musical.

Tickets are \$5 per person and are on sale in the E&R offices in Clubhouse I and II. Please bring your Leisure World ID.

■ Italian Social and Cultural Club

March 26: Festivale Italiano

The Italian Social and Cultural Club welcomes all residents to Un Festivale Italiano (An Italian Festival) on Sunday, March 26, in the Clubhouse I Crystal Ballroom. More details will be forthcoming.

There is no club meeting in February.

— Florence Merola

■ Education and Recreation Department

March 17: Celebrate St. Patrick'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, Friday, March 17, for a 7 p.m. performance of Irish and Irish-American favorites in the Clubhouse II auditorium.

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

The group performs both a cappella and accompanied

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

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

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

Tickets for this fun evening are \$7 per person and are on sale on in the E&R offices in Clubhouse I and II.

Please bring your Leisure World ID.

■ Garden and Environmental Club

March 21: Think Spring, With Tea

by Jean DeSchraver

On Tuesday, March 21, residents and guests are invited to attend the annual Spring Tea at 1 p.m. in the Clubhouse I Crystal Ballroom, sponsored by the Garden and Environmental Club.

Guests may reserve a table for 10 or make individual reservations. Tickets go on sale Monday, March 13, for \$15 each, at the Clubhouse I E&R office.

The afternoon tea menu includes a variety of teas, scones, tea sandwiches, and delicious homemade desserts, which are baked by club members.

Once again there will be a table of prizes. Guests may purchase coupons and take their chances on obtaining gift baskets, gift certificates and new items.

Both men and women are encouraged to don their party hats and participate in the chapeau

contest. Prizes will be awarded for the most beautiful, creative and funniest.

Leisure World pianist Elaine O'Leary provides the entertainment.

Profits from the Spring Tea are used by the club to buy a tree for Arbor Day, and also help defray the costs of the Annual Flower and Garden Show held in August.

For more information, please contact the Garden and Environmental Club program chair, Mary Ann Steele, at (301-598-0829) or the Spring Tea chair, Jean DeSchraver, at (301-408-8656).



(left to right) Garden and Environmental Club board members Vera Grinnalds, Gwen Raphael and Carolyn McShane prepare for the Annual Spring Tea. Photo by Jean DeSchraver



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■ Education and Recreation Department

March 31: Young Artists Perform Operatic Repertoire

The E&R Department welcomes back performers from Washington National Opera's esteemed Domingo-Cafritz Young Artist Program. On Friday, March 31, at 3 p.m., they present a concert featuring thrilling scenes and arias from the operatic repertoire. This is a performance that can be enjoyed by anyone, not just opera buffs.

The Domingo-Cafritz Young Artist Program is unique in guiding young singers, coach/accompanists, conductors, and stage directors on the verge of international careers. The Program provides intensive study with renowned vocal and drama coaches, and offers voice lessons, language classes, career guidance and master classes from staff and guest artists. The Young Artists also have the opportunity to perform and cover roles on the main stage of Washington National Opera.

The Domingo-Cafritz Young Artists have performed at Opéra de Monte-Carlo, the White House, the Kennedy Center, the U.S. Senate, Strathmore Hall, the Smithsonian Institution, the Wilson Center, the Inter-American Development Bank, the Mexican Cultural Institute and at numerous embassies. They have also performed in concert with Maestro Plácido Domingo in Beijing.

This performance is free, but tickets are required, two per household. They can be picked up at either the Clubhouse I or Clubhouse II E&R office beginning at 8:30 a.m. on Tuesday, Feb. 21. Please bring your Leisure World ID.



Performers from the Domingo-Cafritz Young Artist Program. Courtesy photo



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■ Education and Recreation Department

April 1: Introducing Pianist Olga Vinokur

The E&R Department is pleased to introduce pianist Olga Vinokur to Leisure World.

She presents a program of classic and contemporary piano pieces on Saturday, April 1, at 3 p.m. in the Clubhouse II auditorium.

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.

After moving to Israel, she received her bachelor’s degree and artist’s diploma with honors from the Rubin Academy of Music in Tel-Aviv University. She then pursued her master’s and doctoral degrees in musical art at the Manhattan School of Music in New York.

Tickets for this private performance are \$6 per person. They go on sale in both clubhouse E&R offices on Tuesday, Feb. 21, at 8:30 a.m. Please bring your Leisure World ID.

■ Education and Recreation Department

Thursday Afternoon at the Movies

March 16: ‘Brooklyn’

The E&R Department presents “Thursday Afternoon at the Movies,” shown at 1 p.m. in the Clubhouse II auditorium.

On Thursday, March 16, the featured film is “Brooklyn” (2015, 1 hour 51 minutes, drama/romance, PG-13 for a scene of sexuality and brief strong language).

After emigrating from Ireland, Eilis Lacey (Saoirse Ronan) readily adapts to the vastly different New York City, where she falls for a young Italian, Tony (Emory Cohen). But when tragedy pulls her back to her hometown, she finds her loyalties

divided between two nations – and two men.

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. 21, at 8:30 a.m.

Please bring your Leisure World ID. Be sure to pick up your ticket(s) in advance if you plan to attend.

Donations to help cover the expenses associated with the presentations

are gratefully accepted in the contribution basket at the auditorium.

Please note: No one will be seated after the 1 p.m. start time.



2017 Movie Schedule

Sponsored by the E&R Department

Movies are FREE and shown for your enjoyment in the Clubhouse II Auditorium. Please pick up your tickets (limit two per person) on the date indicated below at either Clubhouse I or II. Please bring your Leisure World ID and remember tickets can go fast.

Show Date & Time	Movie	Tickets Available
Feb. 26, 2 p.m.	Race	SOLD OUT
March 16, 1 p.m.	Brooklyn	Feb. 21
March 26, 2 p.m.	Nina	March 7
April 13, 1 p.m.	Miracles from Heaven	March 21

Movies are subject to change.

Coming in 2017

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

Feb. 28, 7:30 p.m.	Mardi Gras with The Dixieland Express
March 9, 1:30 p.m.	Steve Friedman on “The Silver Screen”
March 17, 7 p.m.	St. Patrick’s Day Celebration with The Brothers Flanagan
March 31, 3 p.m.	Washington National Opera’s Domingo-Cafritz Young Artists
April 1, 3 p.m.	Olga Vinokur, pianist

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



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Health & FITNESS

■ Unitarian Universalists of Leisure World

Feb. 28: Program Highlights Social Services

by Dave Edfors

On Tuesday, Feb. 28, at 2:30 p.m. in Clubhouse II, the Unitarian Universalists of Leisure World welcome Wilma Braun of the Leisure World Department of Social Services as guest speaker to talk about resident assistance that is available.

The department provides assistance to residents that allow them to maintain safe, independent

living. Braun will cover such topics as how and when to access services; available home care assistance; considering and planning for other types of living arrangements; end-of-life advance directives; and health insurance issues, including long term care insurance.

She will be available to answer



Wilma Braun. Courtesy photo

any questions at the end of her talk, as time allows.

Wilma Braun has a bachelor's degree in psychology from Temple University and a master's degree in social work from the University of Maryland. She was employed as a medical social worker at Washington Adventist

Hospital from 1982 to 1985 and was Director of Social Work until 1997. Braun began working at Leisure World in 1999.

Join us on Feb. 28 for this enlightening and useful presentation, followed by light refreshments and conversation. All residents are welcome.

For information about our Unitarian-Universalist organization, please contact Mike Benefiel at (240-204-2061) or (mike_benefiel@yahoo.com).

■ FISH (Friends in Sickness and Health)

FISH Explains Assistive Equipment

by Beth Leanza

From Monday, March 6, through Friday, March 10, two residents, one a former physical therapist and the other a former occupational therapist, offer training and information on safe and beneficial uses of assistive equipment. The 15-minute sessions are from 1-3 p.m. in Clubhouse II.

They will explain safe usage for walkers, wheelchairs, bath equipment and commodes. There is no need to pre-register! If you arrive late for one session, you can stay through the next session.

FISH volunteers are encouraged to come and learn more about the equipment we lend out.

Anyone who uses or helps

someone who uses assistive equipment is also encouraged to come. For more information, contact Ellen Lederman at (301-598-1132).

What We Do

FISH is all-volunteer and here for the benefit of residents and employees. We accept donations (in good condition, please!) of assistive equipment such as walkers, wheelchairs, commodes and tub stools, and we lend them out to residents.

The FISH office is open Monday to Friday (except holidays) from 10 a.m.-4 p.m. To reach the office, call (301-598-1320). You will reach the E&R office, and you can just ask to talk to the FISH office. FISH also houses the Lost and Found items that are turned in to E&R. We have many car keys, which often are expensive, so if you have lost a set, contact the Lost and Found.

FISH also happily accepts donations for causes on behalf of other groups throughout Leisure World. The Lions are always ready to accept glasses and hearing aids. The Kiwanis take in aluminum can tabs. If you are collecting items for a good cause, call Beth Leanza, president of FISH, at (301-598-4569). We can also use other volunteers. If interested, call Beth Leanza at (301-598-4569).

■ Health Advisory Committee

March 8: Panel for Caregivers of Loved Ones with Dementia

by Sandra McLeskey, RN, PhD

If you are a caregiver of a loved one with dementia, you may often wonder if you are living in an alternate universe. Every time you think you have solved a problem that is created by the loved one's lack of understanding, a new problem occurs, or your previous solution stops working.

Your loved one may reject your attempts to help and even accuse you of plotting against him or her! They may wander, or resist bathing, changing clothes, or even sitting down to eat. There are also less immediate but ultimately serious problems, like handling money, driving, or consenting to medical treatment. The person may fall victim to a telephone or email scam or purchase expensive items over the internet. It's no wonder that caregivers often fall ill themselves because of the stress of caring for their loved one.

On Wednesday, March 8, at 2:30 p.m. in Clubhouse I, the Mental Health Subcommittee of the Health Advisory Committee presents a panel

for caretakers of persons with dementia. Participants in the panel include Agnes Collins, a representative of the Alzheimer's Association; Susan Montgomery, a Leisure World social worker; Sonny Grunder, the leader of the support group for caregivers that meets in the Inter-Faith Chapel, and Sandra McLeskey, a dementia caregiver. Panelists will discuss strategies for dealing with problems arising from a loved one's dementia diagnosis, as well as resources that are available through the Alzheimer's Association and in Leisure World. After the panelists' presentation, questions from the audience will be entertained.



If you are a caregiver of someone with dementia, or even if another family member is a caregiver, you can benefit from this session. It is likely that the experiences of the panel members or of others in the audience can shed light on your own experiences and help you deal with the day-to-day problems.

Attendance is limited, but tickets are free and can be obtained from E&R in Clubhouse I beginning at 8:30 a.m. on Tuesday, Feb. 21.

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March 8: Program on End of Life Issues

by Mary Ann Johnston

The next meeting of the Patients Rights Council of Leisure World is Wednesday, March 8, at 1:30 p.m. in Clubhouse I.

Our speaker is Deacon William Heineman from Our Lady of Grace Catholic Church, who will speak to us on end-of-life issues, including a discussion on the consequences of legalizing physician-assisted suicide.

Once again, legislation has been filed before the Maryland General Assembly that seeks to legalize physician-assisted suicide. The bills this year – HB 370 and SB 354 – are almost identical to the proposals introduced in 2015 and 2016 that died in Committee due to lack of support.

We encourage Patients Rights Council members and others opposed to physician-assisted suicide to contact their legislators

and voice their objections to these bills. Contact information will be provided at our March meeting.

For those unable to attend the meeting, our Montgomery County representatives are state senator Roger Manno and state delegates Bonnie Cullison, Benjamin Kramer and Maricé Morales.

Sen. Manno's address is (the James Senate Office Building, Room 102, 11 Bladen St., Annapolis, MD 21401). Delegates can be reached at (the House Office Building, 6 Bladen St., Annapolis, MD 21401). The toll-free phone number to reach Sen. Manno and the house delegates is (1-800-492-7122).

Board members met on Jan. 25 to review our bylaws; proposed changes are presented to the membership at the March meeting. Our treasurer is now collecting annual dues of \$10 for 2017.

Health & Fitness In Brief

Al-Anon Meeting: Al-Anon (for family and friends affected by alcoholism) meets Fridays at 2 p.m. at Our Lady of Grace Church Parish Center, near Leisure World. Enter through the back door (15661 Norbeck Blvd., Silver Spring, MD 20906). For more information, call Bridget at (301-598-3043).

Alcoholics Anonymous (AA): Newcomers welcome. (If outside Leisure World, check in at the main gate.) Meetings are Mondays at 12 noon (Step Meeting) and Thursdays at 6 p.m. (Big Book) in Clubhouse I. For questions, contact Laurie at (240-558-4454).

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

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

Essential Tremor Support Group: Our Thursday, March 2, meeting has been moved from 10:30 a.m. to 3 p.m. and will feature a renowned speaker.

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? Call Ray Weil at (301-598-3447) or (raywwjr@hotmail.com).

Stroke Support Group: You are not alone! The Leisure World Stroke Support Group invites stroke survivors and caregivers to its monthly meetings (except July and August) on the second Wednesday from 1:30-3:30 p.m. in Clubhouse II. Our next meeting is Sept. 14. No registration is needed and all are welcome. For more information, contact Sally MacDonald at (240-669-4233) or (sn3macd@aol.com).



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Clubs, Groups & ORGANIZATIONS

■ Democratic Club

Club to Mobilize Political Advocacy Group

by Betsy Starks

On Saturday, Feb. 25, at 11 a.m. in Clubhouse I, residents are invited to a meeting of the Democratic Club. We will hear stories from club members who participated in the Women's March on Washington on Jan. 21. If you attended the Women's March, volunteered as a driver that day, or were at the March "in spirit," please plan to join us for this special meeting.

At the meeting we also will begin to organize our special committee to mobilize and

advocate for our political values. Anyone interested in volunteering for Democratic political candidates, signing petitions, being a liaison to other activist groups or organizations, lobbying Congressional representatives, or any other aspects of political activism are encouraged to attend.

All residents are invited. Coffee and cookies will be served.

We also have met with Leisure World management and devised ways to rectify a situation involving an intruder at our Jan. 12 meeting.



Leisure World residents, Congressman Jamie Raskin and others are headed by bus to the Women's March on Washington on Jan. 21. Photo courtesy Barbara Salkin

■ Leisure World Association for African American Culture (LWAAAC)

Monthly Movie Program Begins; Mix and Mingle Ahead

The association has initiated a monthly movie series. The screening of the first feature, "Slam," is on Saturday, Feb. 25. See the Events and Entertainment section for more details.

Members are requested to either provide a list of African-American movies available on DVD, or lend DVDs to the association for the monthly viewings. For further information, contact president Juanita Sealy-Williams at (301-822-4531), or provide your lists using the LWAAAC mail slot in the E&R office in Clubhouse I.

A "Cordial Mix and Mingle" is planned for Saturday, March 18, from 3-6 p.m. in Clubhouse II. Light refreshments will be served, and tickets are \$5 and only sold at the door. A surprise guest will perform, so come out and join us!

— Patricia Means

■ Republican Club

League of Women Voters: What It Does and What Changes It Favors

by Fred Seelman

The next meeting of the Republican Club is Presidents Day, Monday, Feb. 20, at 1:30 p.m. in Clubhouse I.

Elaine Apter, Maryland League of Women Voters (LWV) secretary and board member, and Carla Satinsky of the Montgomery County LWV will address the Club on the League's plans and activities. Apter will speak on national and state matters, and Satinsky will speak on local ones.

Join us at our February meeting and learn how the renowned LWV fits into our political processes and how it would like to change things.

At our January meeting, Don Irvine, chairman of the national organization Accuracy in Media (AIM) spoke to our Club about how AIM watches the news media and sets the record straight on important issues that received slanted

coverage.

Also at our last meeting, the following Club officer nominations were made: president, Fred Seelman; 1st-vice president, Ray Spieler; 2nd-vice president, Irmgard Patrick; secretary, Donna Reilly; and treasurer, Joan Billerbeck. New officers will be elected at our February meeting.

On Feb. 4, Club president Fred Seelman, who is also a member of the Montgomery County Republican Central Committee, attended the Montgomery County Republican Convention. Richard "Dick" Jurgena was elected the new GOP county chairman.

Send comments or questions on these or any other matters, and/or offers to volunteer, to club president Fred Seelman at (fseelman@gmail.com), or call 1st vice-president Ray Spieler at (301-460-3563). Join us for another quality event on Feb. 20. And enjoy our refreshments.

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Clubhouse I Exhibit Displays People, Places and an Animal or Two

by Ann Bolt

From Wyoming and Italy to girls and dolls and boys and rock stars, Rossmoor Art Guild (RAG) artists capture a little bit of everything this month.

Also included are sunsets and snow scenes. Everybody talks about the weather, but not many people try to paint it. The works of 14 students from teachers Millie Shott, Ron Erlich, Genevieve Roberts, Barbara Piegari, and the open studio, are on display in Clubhouse I for the month of February. Artists include: Donna Ward, Derek Field, Marcie Burroughs, Ann Bolt, Maria Clark, Marvin Sirkis, Violet "Vicky" Batkin, Myra Wolf (Baum), Loretta Morgan, Mari Craig, Jeanette Schuder, Dee Williams, Nancy Albrecht and Mort Rudo.

Firouze Sadeghi is teaching her students something intriguing with rice paper. We may have to



"Bella," by Marvin Sirkis, "Italy," by Jeanette Schuder, "Marion," by Marcie Burroughs. Photos by Ann Bolt

peek in her class and discover her secrets.

Art Show

RAG students are also invited to participate in the Bender Jewish Community Center senior art show. Selections will be made on Monday, Feb. 27. Bring art works to the Clubhouse I Crystal Ballroom on Monday at 1 p.m. The show is held on Sunday, April 23 through Sunday, May 14.


Contact Kandy Hutman at (301-348-3740) for information, and check out the posters in the art studio.

Upcoming Exhibit and Classes

During March, open studio members will prepare for the Walk Through Life exhibit that features paintings of footwear people have donned throughout their lives. All RAG members are welcome to participate.

More information is posted in the art studio. The usual procedures are expected as to matting, framing, wiring and paperwork.

Winter II Classes start the week of Monday, Feb. 20, including an extended drawing class for the regular six-week period. For more information, call Maggi Mannarino at (301-598-2016) or Marion Jones at (301-598-3397).






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How to Edit for Your Best Shot

by Nina Parish

On Jan. 31, the Camera Club held its second open competition of the year.

Our judge, Marti Belcher, while studying graphic design, was forced to take a photography course and has been photographing people and places all over the world ever since. Photography enhances visual skills, so you begin to see all aspects of the scenes around you.

She stated that, as a result, she can often write about the places she's visited with much richer detail.

Most of Belcher's gentle criticism was based on three basic points that can be remembered while shooting or corrected while editing: focal point, busyness, and cropping and straightening.

All photos should convey exactly what you want to express by having a definite

focal point for the eye. She explained how too many distractions in some photos draw the eye away from the central focus. The photographer's eye should see this first when setting up the shot. Some can be corrected in the editing process by blurring and darkening the distracting elements. Correctly cropping a photo can also sometimes achieve this.

She was particularly adamant about straight lines in architectural photos. A photo of a building should have very straight lines from the bottom to the top, and from right to left. A simple tool in Photoshop can correct this, as it is hard to achieve in normal photography.

The print and digital winners of our open competition are:

Advanced Prints

1st place: Steward Lillard, "Cathedral Stairs"; 2nd place:

Brenda Gillum, "Snowy Egret Landing"; 3rd place: Larry Mars, "Green River Overlook"; Honorable mentions: Chuck Bress, "Man in Red"; Chuck Bress, "Mural"; George Kaye, "Mi Casa, Su Casa"; Joanne Mars, "Manhattan Bridge"; Genie Sachs, "Lavender Chrysanthemum"; Elaine Selby, "Chinese Ball on Pedestal."

General Prints

1st place: Lou Paley, "Sunset over Delaware Bay"; 2nd place: Steven Kline, "Beit Guvrim"; 3rd place: Ingrid Massi, "Light Play."

Advanced Digital

1st place: Larry Mars, "Arches Sunset"; 2nd place: Sue Alexander, "Tons of Hair"; 3rd place: George Kaye, "Manitoba Forest." Honorable mentions: Brenda Gillum, "Pony Splash"; Brenda Gillum, "Bison"; George Kaye, "Tunisian Woman"; Joanne Mars, "Monument and Tree."

General Digital

1st place: Donna Zoldi, "Pondering the Alps"; 2nd place: R. Frank Gillum, "Mandarin"; 3rd place: Gaby Dusan, "Man's House." Honorable mentions: Steven



"Bodhisattva." Photo by Elaine Selby

Kline, "Reflections, Tel Aviv Skyline"; Ingrid Massi, "Cloud and Tractor"; Ingrid Massi, "Coming Out"; Lou Paley, "Girl in Brookside Garden"; Frank M. Roddy, "Sandpoint ID."

Our next competition is Tuesday, Feb. 28, at 7 p.m. in Clubhouse II. The theme is "animals," including those in the wild, zoo-kept, household pets and farm animals. Included, but not limited to, are mammals, birds, fish, amphibians, reptiles, arachnids, insects, crustaceans and mollusks.



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March 8 Program Presents ‘The History of the Wedding Ring: From reed to Reed’

by Mary Beth Mason

The Gem, Lapidary and Mineral Society holds its first meeting of the new year on Wednesday, March 8, at 7 p.m. in Clubhouse II.

Kate Peterson, our speaker, presents a program titled, “The History of the Wedding Ring: From reed to Reed.” The title is a play on the word “reed,” a grass-like plant used to make what may be the oldest recorded instance of the exchanging of wedding bands, which occurred in ancient Egypt. The capitalized “Reed” refers to Todd Reed, a renowned designer of contemporary jewelry, including wedding rings.

Archeologists have found evidence that about 4,800 years ago, Egyptians twisted and braided sedges, rushes and reeds to fashion simple

rings that symbolized the joining of two lives. To many ancient cultures, the circle represented eternity, with no beginning or end. The hole in the center of the ring symbolized, for these early cultures, a gateway, or door, leading to things and events both known and unknown. Giving a woman a ring signified never-ending and immortal love.

Peterson is a board member of the Diamond Council of America and a training consultant for the Leading Jewelers of the World. She previously presented several interesting programs to our club, including “Rocks of Ages: Jewelry and Diamonds

Through History,” “Cameos, a Lapidary Art Form,” and “Jewelry: More Than Ornamentation.”

Join us on March 8 for a fascinating program. If you wish, bring an item for show-and-tell time, which follows the presentation. You are encouraged to stay seated while others explain about their items. Then, after the door prize drawing, attendees may examine others’ specimens.

Before and after the meeting, refreshments will be served. Following official



Modern wedding bands reminiscent of the braided sedge rings of ancient Egypt.

adjournment, our lapidary shop will be open for those interested in seeing our set-up and equipment.

For information about the Lapidary Club, contact Chuck Mason at (301-933-3093), or (sugartree2@comcast.net).

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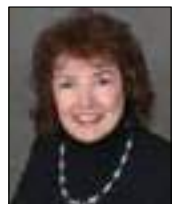
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J – 2nd Flr. in **Vantage Point E** is a true 3 BR w/2 BA, living rm, dining rm, remodeled kit. w/warm wood cabinets, granite counters, wonderful breakfast space. Ceramic floors foyer, kit., both baths; wood flrs liv rm, din rm, BR #3. New w/w carpet master BR, BR #2, climate-controlled balcony. **\$392,000**



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Studio Displays a 4,000-Year-Old Technique

by Gail Bragg

We have always used sponges in the ceramics studio, including “regular” cellulose sponges, compressed cellulose sponges and natural sponges, sometimes called sea sponges. The regular cellulose sponges are just like the ones used in the kitchen at home, and we use them in the same way: for cleaning countertops.

Our compressed cellulose sponges are soft, round and smooth, and are used for cleaning greenware (clay that has not been fired). The natural sponges are usually misshapen and come in a variety of sizes; we use these sponges for painting with underglazes.

The sponge is dampened, dipped in the underglaze of choice, and then daubed lightly on the ceramic piece, a technique that can add

a feathery touch to make treetops or clouds look more realistic. It can soften the edge of a plate or can be used just because you like the way it looks.

A fourth type of sponge is still cellulose but firm. They can be cut to form specific designs; the technique of dampening then dipping in paint is the same, but the fixed design makes repetition easy. But who knew the resulting ceramic pieces (with either technique) are called “spongeware”?

The sponging technique evolved in Britain during the 19th century, but has actually been around for at least 4,000 years; some pottery is painted entirely with the use of a sponge instead of a brush. I think we will see more sponging in the studio.

General Information

The Ceramics Club’s \$10 annual membership fee



Ceramic knitting bowl with sponged colors by Janice Handley. Photo by Gail Bragg

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

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

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

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A 'Funny Thing' is Happening in May

by Hannette Allen

For our next regular Wednesday night meeting, Fun and Fancy is delighted to present an episode of the popular 1970s TV show "All in the Family" adapted as a "radio show."

The play, "Mike's Hippie Friends Come to Visit," was adapted by Hannette Allen and will be read by Bob Gotkin, Barbara Manning, Steve Bennof, Pat McConnell, Ernie Poland, Betty Boulin and Ed Caglione. Other talented Fun and Fancy members will recreate some familiar vintage commercials. Providing assistance are Rita Penn, producer; Carol Copeland, piano; and Euclid Coukoumu and Michael Heyman, sound booth.

The meeting/show is Wednesday, March 1, at 7:30 p.m. in the Clubhouse II auditorium. Admission is free for members and \$3 for guests. The performance is

followed by a dessert reception. This show is guaranteed to put a smile on your face, so come and enjoy revisiting the Bunkers!

April 5: Meeting and Show(er)

Our April 5 show is "Singin' in the Rain" and includes rain songs in accordance with typical April weather. It is directed by Ernie Poland, assisted by producers Gerry Kauffman and Aileen Feldman. Performers wishing consideration should be willing to use a song with "rain" in the title or lyrics.

Auditions are held on Thursday, March 2, at 6 p.m. and Saturday, March 4, at 9 a.m. in the Clubhouse II auditorium. Please note that the times of these auditions have changed. Contact Ernie Poland at (keyserpres@comcast.net), or one of the producers for more details.

To keep the show and meeting within an hour time-

frame, those wishing to audition should strongly consider a group number. While individual numbers will be considered, deference will be given to those performers willing to "team up" with others.

May Show: 'A Funny Thing Happened on the Way to the Forum'

"A Funny Thing Happened on the Way to the Forum" is returning to Leisure World. Fun and Fancy first presented this musical comedy 12 years ago; this is the first revival in our community. The book is by veteran writers Larry Gelbart and Burt Shevelove with music and lyrics by a young Stephen Sondheim. The show is produced by special arrangement with Music Theatre International, a theatrical licensing agency in New York City.

This time, a production team of four brings you the gaudy and bawdy revival.

Allan Okin and Carol Neckar are co-producing, with the assistance of associate producers Karyn Davis and Judy Heir. Our Board of Directors has chosen a talented director, Shelly Horn, with a new vision for this Broadway hit, originally directed by George Abbott.

Auditions for the May show are open to all residents on Tuesday, Feb. 21, and Wednesday, Feb. 22, at 7 p.m., and on Saturday, Feb. 25, at 11 a.m. Call backs by the director's invitation only are on Thursday, March 2 at 7 p.m. Come to Clubhouse II and read the electronic bulletin board for specific rooms. Please bring a recent head shot or close-up picture of yourself to submit.

When auditioning, you may bring your own sheet music for any song you choose. Performers may sing with piano accompaniment (we will have a pianist available) or a capella. Performers may also use their own CD, with music only. Auditions are private.

'Forum' Rehearsals and Performances

Rehearsals are Mondays and Wednesdays at 7 p.m. and Saturday mornings at 11 a.m., beginning March 4. The week of the show, rehearsals are May 8-11.

Evening performances are on May 12, 13, 19 and 20 at 7:30 p.m. and a matinee performance is on Sunday, May 21, at 2 p.m. Reserved seats are \$10 per person. Ticket sales information will be announced at a later time, and around the community via fliers.

Audience members will have a great time following the large cast as they sing hummable songs and provide laughable antics while navigating the twists and turns of the silly plot in the forum and around the seven hills of Rome!

Hearing Assistance

If you have trouble hearing in the auditorium, you may borrow hearing devices in the Clubhouse II E&R office.



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Learn About the History of Washington Neighborhoods

by Carole Mund

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

While many think of Washington D.C. as a transient place, historian and native Washingtonian Levey knows that is not true. Washington neighborhoods have a rich and fascinating history that Levey will share with us.

Drawing on an array of historical photographs, maps, and prints, she will look back at our neighborhoods and their current revival, with new housing, retail, restaurants, and theater. All are invited to join us on Wednesday, March 1, at 12:30 p.m. in the Club-house I Crystal Ballroom.

New Member Tea

Join NA'AMAT RBZ in welcoming new members. On Thursday, March 23, NA'AMAT holds a new member tea. If you have recently joined the Club, you will receive an invitation, and if you are planning to become a member, you are encouraged to attend. Learn more about the mission of the organization as well as meet friends and make new ones. Contact Helen Fried at (301-438-3325) for more information.

Volunteers Needed

At each event and meeting someone collects money before a prize drawing at the end of the event. NA'AMAT RBZ needs someone to collect the monies and set aside the prize. It is a fun way for someone to meet and greet people and collect much-needed funds to support the

many projects of women and children in Israel. If interested, contact our volunteer coordinator, Bernice Kisliuk, at (301-438-8455).

April Brunch

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

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

Scholarship Fund

A scholarship fund has been set up in memory of Ruth Reid, president of NA'AMAT RBZ. Reid was very dedicated to the many causes NA'AMAT supports. Donations can be sent to Pam Relkin at (3330 N. Leisure World Blvd., #426, Silver Spring, MD 20906).

Dover Downs Trip

On April 19-20, NA'AMAT sponsors an overnight trip to Dover Downs. Contact Trudy Stone at (301-438-0016) for further details and refer to the Club Trips section of this publication for more information.

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

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March 12: Celebrate the Holiday of Purim

by Jonas Weiss

Put on any costume and come to the JRLW's Purim celebration on Sunday, March 12. The holiday commemorates the saving of the Jews from annihilation in the ancient Persian Empire. Service is at 9:15 a.m. in Clubhouse II with readings of the Megillah (scroll) of Esther and noisy responses to the reading of the name of the villain Haman. Refreshments are provided and may include the traditional hamantashen ("pocket of seeds").

Following the Feb. 19 brunch discussion on U.S. leadership with government professor Michael Siegel, the group welcomes another distinguished speaker, Maryland State Attorney John McCarthy, at the Sunday, March 19, brunch in Clubhouse I. Jerry Gordon is accepting reservations for the March brunch. Send checks of \$10 each, made payable to JRLW, to Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906).

JRLW provides a community Pass-over Seder on Tuesday evening, April

11, in Clubhouse I. Details and a reservation form are available in the JRLW newsletter.

A women's religious service is scheduled for Saturday, May 13. A booklet will be printed to honor donors and women you wish to honor. Use the form in the JRLW newsletter to participate, or call Janet Lazar at (301-598-4066).

On Saturday, Feb. 18 and 25, abbreviated Sabbath services with Rabbi Moshe Samber continue at 9:15

a.m. in Clubhouse II, with discussions of the Torah portion and a bit of Mishnah.

Send donations for the Torah maintenance fund, or for new siddurim, with checks made payable to JRLW, (\$25 minimum) to Annette Cooper at (15107 Interlachen Dr., Apt. 812, Silver Spring, MD 20906).

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



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■ Hadassah

Study Group Discusses the Szolds

by Barbara Eisen

The Judaic Study Group meets on Monday, Feb. 20, at 1:30 p.m. in Clubhouse I.

The topic is "The Szolds: From Henrietta to Elsa," a discussion on the unparalleled contribution of Henrietta Szold to Zionism, to Israel, and to medicine.

But Szold, perhaps the

most well known star in the Szold constellation, was certainly not the only bright star in her amazing family. The group will discuss Henrietta, her immediate family, cousins who were major public figures in their own right and will answer the question, "Who in the world is Elsa?"

Please contact Peri Schuyler at (301-869-2968) or (perislaptop@aol.com) for further information.

Project

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

Membership

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

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

Cards

Hadassah greeting cards are available for purchase; prices are \$2.50 each or five for \$10. Cards are displayed and sold at every Hadassah meeting.

Please call Elaine Schenberg at (301-598-0079) or Jan Bloom at (301-593-7720) if you want to pick up cards or to have them mailed for you for an extra postal charge.

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Registration and Light fare: 5:30 pm – 6 pm | Presentation: 6 pm – 7 pm
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PRESENTED BY: LORETTA VENEY, CPP

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

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

Complimentary hors d'oeuvres will be served.

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

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■ Rossmoor Woman's Club

March 13: Giftware Sale

by Marcia Elbrand

Rossmoor Woman's Club holds a giftware sale on Monday, March 13, from 10 a.m.-3 p.m. The sale, which is open to the public, is at nearby Bedford Court, the independent senior living facility located adjacent to Leisure World at 3701 International Dr.

The sale features costume jewelry, wallets, spring-hued scarves, novelties and practical items like flashlights and raingear, all for \$6. Cash and credit cards are accepted.

Profits from the sale help to fund the local causes the club supports, including two local hospice programs, college scholarships, a women's shelter, and housing for families of wounded veterans.

Those interested in signing up for a two-hour volunteer shift should call Aggie Eastham at (301-438-8150).

Trip to Frederick: Fearless Women of Frederick

A one-day bus trip on Wednesday, April 26, takes Rossmoor Woman's Club members and their friends to Frederick, Maryland. The trip will include a stop at the Frederick Visitor Center and a guided tour of the Frederick County Historical Society Museum, followed by lunch at the Carriage House Inn in Emmitsburg, Maryland. See the Eyre Leisure World Travel ad on page 5 or call (301-598-1599) for more details and registration information.

■ Going It Alone Club

Games and Trips for All

by Elizabeth Brooks-Evans

The Going Alone Club (GIAC) is a social club for single residents of Leisure World.

Weekly social gatherings called Saturday Afternoon Live (SAL) begin at 2 p.m. in Clubhouse II with the showing of a 30-minute travel video guided by Rick Steves, who explores an exciting location around the globe.

Fun games begin at 2:30 p.m. for all to enjoy, including non-members, who are warmly welcomed to participate. Games include bridge, poker and Rubik's Cube. Bingo is played on the second and fourth Saturdays. On other Saturdays, participants enjoy the popular game of Pokeno.

GIAC also sponsors an

assortment of popular day trips and occasional overnight trips each year. Current trips are found in the Club Trips section of Leisure World News. Signups for the trips are always available at SAL in Clubhouse II from 1:30-3 p.m. when representatives of the program and membership committees are available to answer questions.

A monthly GIAC newsletter details games and trips and is available during SAL.

Anyone wishing to sign up for membership can do so during SAL from 1:30-3 p.m. The fee is a nominal \$7 per year, and the income from dues is used to pay club expenses and enhance activities. For more information about membership, contact Marion Callaghan, president, at (301-598-6779).

■ Baby Boomer Club

Movies and Walks Abound During Winter

by Beth Leanza

Boomers like to get together to eat, watch movies, walk and dance. Most of our activities are in Leisure World, but some are outside in the surrounding area.

Our two upcoming events are movies; one will be shown in the auditorium, and the other is in Rockville after dinner at Gordon Biersch. Watch for emails.

Mah Jongg

Boomers who know how to play Mah Jongg meet every Tuesday and Wednesday at 7 p.m. in Clubhouse II. For more information, contact Donna Copeland at (202-460-7100) or (dc@grandmathegeek.com).

Friday Hikes with Dawn

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

each hike.

Feb. 24 – Lake Needwood (Rockville). Go north on Muncaster Mill Road. Turn left on Avery at the traffic light. Make a right into the park. Follow signs to the hiker/biker trail. Make sure to obey all stop signs in the park. Meet in the parking lot near the hiker/biker trail.

March 3 – Swain's Lock (Potomac). Go north on River Road; make a left onto Swain's Lock Road. Continue to the parking lot next to the canal; we will meet there. Meet in the parking lot next to the canal at 1:15 p.m.

Weeknight Walks

During the winter months, a few Boomers meet at 5:15 p.m. in the lobby of Clubhouse I to walk together around the Broadwalk in Montgomery Mutual. The walk is about a mile long. Don't be shy; if you are there and are not sure who the other Boomers may be, introduce yourself.

Sunday Morning Walks

More adventurous walkers trek the entire Leisure World

loop on Sunday mornings at 8:30 a.m. Sometimes they leave Leisure World, and occasionally go to breakfast afterwards. Meet up at the intersection of Kelmscot Drive, Arden Court and Leisure World Boulevard.

Volkssport Walks

Some Baby Boomers also participate in the local American Volkssport Association, or AVA, clubs that hold longer walks, usually three miles. Check the Baby Boomer calendar for un-hosted events. You can, if you are a member, subscribe to get emails whenever the website is updated. Go to the BBCLWMD site; click on Calendar Un-hosted and at the bottom of the page, click on Recent Site Activity. If you are not signed in, you must first click on Sign In. Then click on Subscribe to updates. You will get emails when it is updated. Naturally, you can go to the site to check the messages!

Club Information

Want to know more about the Baby Boomer Club? Anyone can access our website at (<https://sites.google.com/>

site/bbclwmd), or Google "bbclwmd," or visit the Leisure World website, and under Residents, select Resident Links.

If you would like to join, contact membership chair Susan Landesberg at (301-613-9031). Dues are only \$5 each; make checks payable to "Baby Boomer Club."

Emails


The Club needs members' email addresses to keep them informed and updated. If you do not have email, we strongly suggest you link up with a member you can call.

Any member can post to the email group – but they are moderated before they are sent to the group. We ask that emails be limited to activities you are interested in – and want to see if any other members are interested.

If you joined and are not receiving emails, please contact Beth Leanza at (301-598-4569) or (bethlea12020@gmail.com). Sometimes an error in the address happens! Feel free to contact Beth to ask if any emails have been sent out recently.

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■ Writers of Leisure World

Authors Describe Getting On With Life

by Carlos Montorfano

At the Feb. 2 meeting, Lee Hardy started the proceedings by welcoming two prospective group members. The lunch and interesting conversation that generally follows our meetings helps make our group attractive to others.

Jim Owens provided us with more information about the complexity of Comcast pricing. Kimi Sugimura read "Getting Older," a poem in which she mentions that, although she has regrets, she advises others to stay cheerful: "Life is good, so hold it dear."

Gladys Blank reported in "A Trip to Macy's" the disturbing happenings in her life that include having recently lost a couple of friends, plus having other friends limited by illnesses or generally debilitating conditions. She tries to keep busy by keeping in touch

with other friends, going to movies, reading interesting books and taking frequent trips to Kohl's or Macy's.

Danuta Montorfano read a poem, "Lady in Red," which recollects stopping by a candy store in her youth where the owner, a nice older gent, would compliment her beauty and give her extra candy. Having skipped her visits with him for some time, she returns one day to discover he has died. She thought that missing her, he had died of a broken heart.

Carlos Montorfano read "Woolgathering," an old, light verse in which he recognizes that he will not get rich or improve his syntax, but still enjoys writing. He no longer thinks of death, but would leave that chore for his last breath.

Meetings take place on the first and third Thursday of the month, at 11 a.m. in Clubhouse I.



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Recover iCloud Files

by Brent Malcolm

Apple users may use iCloud every day, although they may not realize it. If you sync your Contacts, Calendars and Bookmarks, the syncing is done through iCloud. If you store a document on iCloud, it is available to all your other devices, both Macs and iDevices.

So for many Apple users, iCloud is a critical part of their work routine, although it does its work in the background.

Restoring Files

Have you ever thought about what would happen if you inadvertently deleted one of the Contacts, Calendars, Bookmarks or Documents? It might mean that your treasured contact list is gone, or that past and future calendar events are lost. A relatively new feature of iCloud.com now allows users to restore any deleted file.

Log into iCloud.com and click on the settings button. At the bottom left of the Settings page is an “Advanced” section, with links for restoring Files, Contacts, Calendars, Reminders and Bookmarks.

As an example, click on Restore Files and a new window will open with a list of deleted files, with a notation on number of days until the file is gone for good. Checking the box in front of the file marks it for restoration.

If you click on any other restore selections, the process is different. For example, if you click on Restore Contacts, you’ll get a window with a list of the dates that you made a change to your Contacts List. When you select one, you’ll be selecting an archive of your entire Contacts List for restoration. Instead of a single contact, you will restore the entire contacts list effective that date.

Similarly, for restoration of Calendars and Bookmarks you

will select a date and restore an entire archive of your Calendars or Bookmarks.

Apple makes it difficult to lose something that was placed in iCloud, just as Time Machine makes it difficult to lose a file on your local computer.

Syncing with iCloud

If you are not using iCloud to sync your various devices, that is easily remedied. Open System Preferences and select iCloud. You will see a list of everything that iCloud will sync. Just select the functions that you want to be synced by iCloud.

When you’re in System Preferences, if you find it difficult to find a preference because the categories are confusing, go to the View menu and select Organize Alphabetically. Your System Preference window is now organized alphabetically, making it easier to find certain preferences.

Apple Club News

Our February meeting features Ron Masi exploring all the new functions of Apple Support and the App Store. Join us on Tuesday, Feb. 21, at 10 a.m. in Clubhouse II.

Because of the many password questions that arose during Aaron Davis’s visit last month, in March we will revisit the entire password issue and the use of password managers

To learn more about the Apple Club, visit our website at (<http://mac.computerctr.org>).

Today’s Tip: Quick Camera Access

Before iOS 10, if you wanted to take a photo you had to get past the lock screen manually, or by entering the access code – a real pain if you wanted to take a picture in a hurry! Not anymore. With iOS10, just click the home button to wake the phone and swipe to the left. There’s your camera!



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MHIC #41515

Feb. 20: NARFE Chapter Meeting

by John Moens

The chapter's next meeting is Presidents Day, Monday, Feb. 20, at 2 p.m. in Clubhouse I. Informal discussions and snacks begin at 1:30 p.m. We will discuss changes that are being proposed and implemented that impact current federal employees, federal retirees and Social Security annuitants. Non-members are welcome to attend.

New Administration Proposals

The new Administration has announced a moratorium on the hiring of new federal employees. Also, both the Administration and Congressional leaders have called for dramatic changes in federal retirement and health benefits.

Our executive committee members have years of experience in different federal agencies and shared parallels and lessons from the past. We

will discuss lessons learned and other government actions that could affect retired federal employees in our chapter meeting.

NARFE's Response

The NARFE headquarters plans to focus on three areas of member interest:

- Protecting federal and postal retirees earned benefits from reductions and/or erosion;
- Protecting federal active civilian and postal employees fair pay levels;
- Protecting the viability, stability and standards of service of established federal government functions.

Chapter Appeal

One of the best ways to increase our Chapter impact is to increase the number of our members. Currently, the first year's dues are \$40 and \$44 in subsequent years. Learn from the meetings and the NARFE website what issues

are important to communicate to your current and hometown elected representatives.

Chapter representatives will participate in the NARFE legislative training conference from March 12-15, which includes visits to Congressional representatives from NARFE members across the country.

General Information

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

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

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Leisure World Club Trips

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

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

March

14 Delaware Park Casino

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

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

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

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

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

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

June

15 MGM Casino

Apr. 19-20 Dover Downs Hotel & Casino

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

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

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

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

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

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

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

July

18 "Jonah" at Sight and Sound Theatre

May

7-11 Myrtle Beach, South Carolina

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

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

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

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

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

ATTENTION, TRAVELERS!

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

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For information, email lwnewsads@lwmc.com

Leisure World News
OF MARYLAND



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 (301-598-0137).

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

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

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

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

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

Knitting Corner: Join us the second and fourth Fridays of

each month at Inter-Faith Chapel from 10 a.m. to noon. Our next meetings are Feb. 24 and March 10. Bring your knitting and enjoy the conversations. We have patterns and yarn for your project. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

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

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

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: On Wednesday, March 1, Betsy Stellhorn is leading a discussion of "That Evening Sun" by William Faulkner. The Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

Stamp and Coin Club: Are you a philatelist or a numismatic? Join the Stamp and Coin Club. We meet on the first Thursday of each month at 3 p.m. in Clubhouse I. Members discuss their collections, including first day covers, day of issue programs, yearbooks, coins, medals and more. Stamps are shared for "show-and-tell," and we hold an auction of members' stamps. In addition, a gift certificate from Coins of the Realm in Rockville is awarded as a door prize at each meeting. All residents and non-residents are welcome to attend. Annual dues are \$5. If interested, contact Mason Goldman at (301-598-6749).

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

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Sports, Games & SCOREBOARDS

■ Chess Club

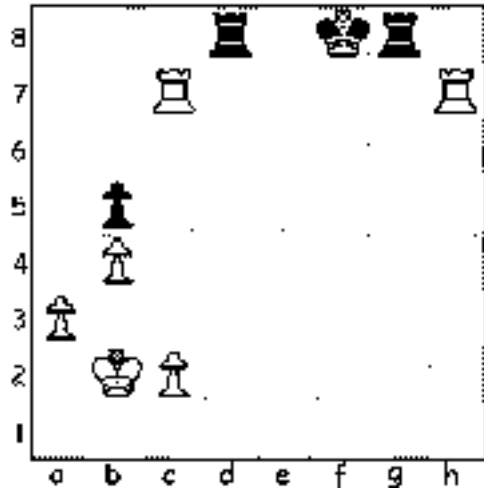
Hail to the Chess Game

by Bernie Ascher

Does anyone really know if President Donald Trump plays chess? Some topics in the media have linked Trump and chess. During the presidential campaign, for example, some Trump supporters liked to say that Trump was playing political chess while other candidates were playing checkers or tic-tac-toe. Trump said on Twitter in 2014: "We all know that chess is a game of strategy. So is business."

In describing Trump's skill in attracting media headlines, an internet commenter said that "Trump Reminds the

World he is Playing 4D Chess on a 3D Chess-board Against People Who Only Know 2D Checkers." No one, however, seems to have reported that the man himself actually plays the game of chess.



The Presidential campaign generated a great deal of information about the candidates. The public learned some information about each candidate's age, health condition, educational background, work experience, marital status and income tax bracket. The candidates themselves tried to convey the knowledge, skills and attributes

that would serve them well as president. None of them, however, mentioned chess

playing as one of their skills.

Chess playing is not generally recognized as a qualification for becoming U.S. president. Yet, according to a commenter on (www.chess.com), more than half of our presidents (24 of the first 44), including President Obama, have been identified as chess players. The job is so demanding, however, that there is little time for presidents to actually play a serious game. Perhaps Presidents Day should be set aside to give the president a chance to play a suitable opponent, and provide ample photo opportunities for the press.

The White House once released a photo of President Obama firing a shotgun at Camp David, but some of us may rather see him playing a game of chess. Perhaps President Trump could play chess with President Obama on Presidents Day, attracting more media attention.

Regardless of the political implications, in honor of Presidents Day, here is a list of presidents who are said to have played chess: George Washington, Thomas Jefferson, James Madison, James Monroe, John Quincy Adams, Andrew Jackson, Martin Van Buren, Millard Fillmore, Abraham Lincoln, Ulysses S. Grant, Rutherford Hayes, James A. Garfield, Grover Cleveland, Theodore Roosevelt, William Howard Taft, Woodrow Wilson, Calvin Coolidge, Franklin D. Roosevelt, Harry S. Truman, Dwight D. Eisenhower, John F. Kennedy, Jimmy Carter, William Jefferson Clinton and Barack Obama.

The federal government does not regulate chess. Chess sets can be bought and used by anyone regardless of race, age, gender or political affiliation. No background check is required. Thus, chess is played regularly at Leisure World, as in the game shown in the accompanying diagram. In this game, Black has just moved the Rook to d8 to prevent checkmate. It is White's turn to move. White can win in two moves. Do you see it?

The answer will follow this message that you don't have to be president to play chess at the Chess Club. The Club meets on Monday, Wednesday and Friday between 1-4 p.m. in Clubhouse II. For further information, call club president Bernie Ascher at (301-598-8577). Membership is free and all are welcome. No campaigning is necessary.

ANSWER: White moves the Rook from h7 to f7, check. Black can only move the King to e8. White moves the Rook from c7 to e7, checkmate!

So, do not wait for presidents with chess-playing skills. Do not wait for an executive order. Do not wait for regulation of the sale of chess sets by the federal government. Play chess now!

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■ Wednesday Night Chicago Bridge

Compiled by Doug Brasse

Jan. 25, 2017

First – Pat Villareale, Virginia Pace
Second – Betti Goodman, Helen Montanaro
Third – Anna Pappas, Bob Bridgeman
Fourth – Ann Boland, Joe Boland

Feb. 1, 2017

First – Abigail Murton, Doug Brasse
Second – Betti Goodman, Helen Montanaro
Third – Judith Lane, Betty Hollrah
Fourth – Sylvia Forman, Saul Hoch
Fifth – Ann Boland, Joe Boland

■ Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

Jan. 26, 2017

First – Evelyn Armstrong, 3,030
Second – Elaine Doses, 2,910
Third – Bernice Star, 2,200

Feb. 2, 2017

First – Ruth Begley, 3,240
Second – Somaya Haddad, 3,110
Third – Elaine Doses, 3,100

■ Friday Bridge

Compiled by Betti Goodman

Jan. 20, 2017

First – Bob Stromberg, 4,370
Second – Belle Lieberman, 2,970
Third – Morton Faber, 2,960
Fourth – Shirley Rosenhaft, 2,920

Jan. 27, 2017

First – Shirley Griffin, 3,410
Second – Jerry Feldman, 2,300
Third – Bill Cave, 2,290
Fourth (tie) – Betti Goodman and Helene Kurtzman, 1,910

■ Tuesday & Friday Duplicate Bridge

Compiled by Jerry Miller

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

Tuesday, Jan. 24, 2017

North-South

Flight A

1. Jerry Miller – Gerald Lerner
2. Hanna Schepps – Marlys Moholt
3. Doris Perschau – Rosmarie Suitor
4. Diane Keiper – Nadyne Cheary

East-West

Flight A

1. Howard Brewer – Joe Boland
2. Jim Anschutz – Robert Kerr
3. Doug Brasse – Merrill Stern
4. Patti Anschutz – Mary Lafferty

Flight B

1. Dora Levin – Abigail Murton

Flight B

1. Jim Anschutz – Robert Kerr
2. Doug Brasse – Merrill Stern

Friday, Jan. 27, 2017

North-South

1. Roz Dixon – Victor Stewart
2. Diane Keiper – Nadyne Cheary
3. Lewis Gold – Arthur Podolsky
4. Betti Goodman – Joann Quinn

East-West

1. Aaron Navarro – Barry Tash
2. Louise Bargamian – Kim Sugimura
3. Jim Cowie – Steve Billstein
4. Saul Penn – Ephraim Salins

Tuesday, Jan. 31, 2017

North-South

Flight A

1. Diane Keiper – Nadyne Cheary
2. Joy Bloomfield – Betty Hollrah
3. Alan Ferraro – Liz Ferraro
4. Aaron Navarro – Margie Coccodrilli
5. Angela Riani – Betti Goodman

East-West

Flight A

1. Mary Lafferty – Doris Perschau
2. Robert Kerr – Lorraine Hegel
3. Doug Brasse – Merrill Stern
4. Sue Swift – Nancy Gordon
5. Susan Weiss – Bernice Felix

Flight B

1. Joy Bloomfield – Betty Hollrah
2. Alan Ferraro – Liz Ferraro

Flight B

1. Doug Brasse – Merrill Stern
2. Susan Weiss – Bernice Felix

Friday, Feb. 3, 2017

North-South

1. Victor Stewart – Roz Dixon
2. Judith Perrier – Aaron Navarro
3. Thomas Leahy – Doris Perschau

East-West

1. Marlys Moholt – Bob Kerr
2. Howard Brewer – Ephraim Salins
3. Shirley Light – Norman Salenger



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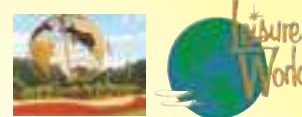
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15310 Beaverbrook Dr - 1D 2 BR 2 B 1043 Sq Ft	\$125,000 - Ratified
3 Dearden Dr Place 3BR 2 B 1475 Sq Ft Gathersburg, MD 20878	\$425,000 - Ratified
15115 Interlachen Dr. #3-907 3 BR 2 B 1530 Sq Ft	\$329,000 - Active
3422 Island Creek Ct 3 BR 2 B 1550 Sq Ft	\$375,000 - Active
3362 Gleneagles Dr #1D 1BR 1 B 990 Sq Ft	\$79,900 - Active
3278 Gleneagles Dr #2C 2 BR 1.5 B 1308 Sq Ft	\$125,000 - Coming Soon



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MAIN OFFICE: (301) 681-0550

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Top Three Contenders Maintain Standings

by Rita Mastrorocco

As winter approaches, the following bad weather rule is in effect: If Montgomery County schools are either closed or on a two-hour delay based on snow or icy conditions, the league does not bowl.

The league is based on handicaps with averages for the bowlers ranging from 84 to 191. If you have not bowled in years, come out and join the fun.

The top League standings as of Feb. 3 are: C.A.S.H. in first place, Huggers in second place, and Wild Things in third place.

Top scores for the week of Jan. 27 are:

- Scratch Game – Hooks ‘N’ Curves, 646 pins
- Scratch Series – Hooks ‘N’ Curves, 1893 pins

- Handicap Game – Pin Busters, 939 pins
- Handicap Series – Lightnin’ Strikes, 2613 pins
- High Average Men – Steve Klopfer, 190 pins
- Scratch Game Men – Steve Klopfer, 255 pins
- Scratch Series Men – Steve Klopfer, 639 pins
- Handicap Game Men – Steve Klopfer, 283 pins
- Handicap Series Men – Steve Klopfer, 723 pins
- High Average Women – Chris Porter, 172 pins
- Scratch Game Women – Bea Morrissey, 191 pins
- Scratch Series Women – Chris Porter, 491 pins
- Handicap Game Women – Bea Morrissey, 274 pins
- Handicap Series Women – Bea Morrissey, 708 pins

Top scores for the week of Feb. 3 are:

- Scratch Game – Wild Things, 677 pins
- Scratch Series – Wild Things, 1878 pins
- Handicap Game – Wild Things, 926 pins
- Handicap Series – Wild Things, 2625 pins
- High Average Men – Steve Klopfer, 191 pins
- Scratch Game Men – Steve Klopfer, 259 pins
- Scratch Series Men – Steve Klopfer, 610 pins
- Handicap Game Men – Steve Klopfer, 286 pins
- Handicap Series Men – Steve Klopfer and Charlie Johnson, 691 pins
- High Average Women – Chris Porter, 172 pins

- Scratch Game Women – Chris Porter, 215 pins
- Scratch Series Women – Chris Porter, 539 pins
- Handicap Game Women – Chris Porter, 258 pins
- Handicap Series Women – Julie Thomas, 711 pins

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

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

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

Sports, Games & Scoreboards In Brief

Bridge:

- **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Have fun. Win masterpoints. Questions? Call Nadyne (301-598-5677).
- The **Wednesday Night Chicago Bridge Group** is looking for new members. The group meets every Wednesday in Clubhouse I. Play begins promptly at 6:45 p.m. Bring a partner and be ready for a few hours of friendly games. Questions? Call Doug at (301-448-8708).
- **Men’s Bridge** seeks players. We meet Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Please, no beginners.

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

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

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

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

Poker:

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

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

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

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

Duckpin Bowling: Join us for the Duckpin Mixed Bowling League Mondays at 12:30 p.m. at White Oak Bowling Lanes (11207 New Hampshire Ave., Silver Spring). We need bowlers of all skill levels and will welcome you into our enthusiastic group. We carpool regularly, so non-drivers need not stay away. Call Grace White at (301-438-7892) or Flora Wolf at (301-598-5807) to join as a substitute or regular bowler.

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

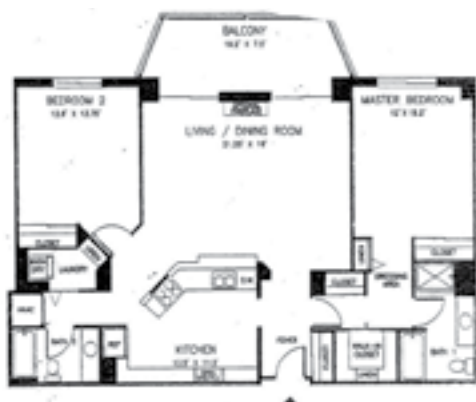
Indoor Pool Volleyball: Experienced players are welcome to join a competitive game in the social pool at Clubhouse II on Mondays and Thursdays at 6 p.m. Basic volleyball skills are required. For beginners, social games are Wednesdays, Fridays and Saturdays at 3 p.m. If you don’t have a yearly indoor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

Mind-Body Exercise Club: Members meet every Thursday afternoon from 2-3 p.m. in the Clubhouse II Activity Room to study and practice mind-body exercises under a leader. Interested Leisure World residents can join the club by paying a \$5 per person initiation fee. If you have any questions, call Bert Fang, club president, at (301-871-1694).



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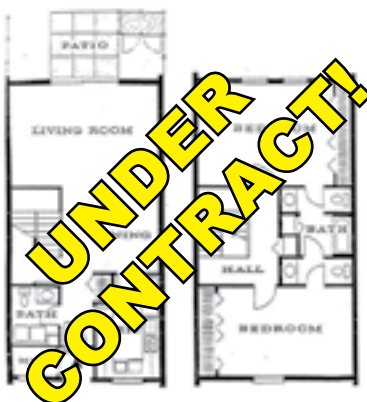
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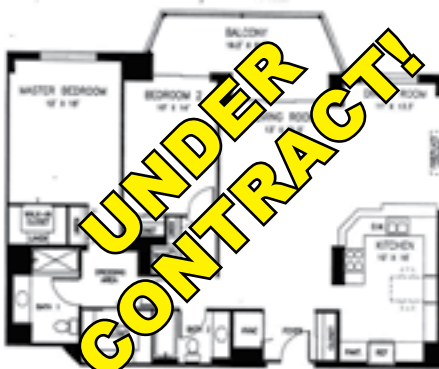
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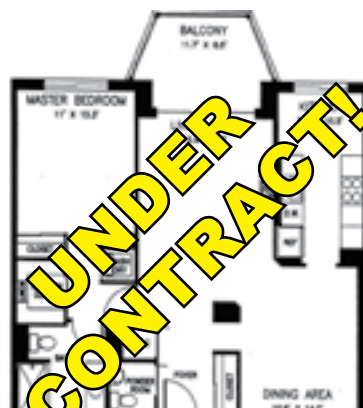
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Classes & SEMINARS

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 Clubhouse II as noted in the class description. Residents can register for themselves and two other residents. **Please bring your Leisure World ID.**

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

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

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

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

Community Classes Policy for Inclement Weather

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



EDUCATION

NEW – The Convergence of Geography and History, a CLL course: Instructor Tom Conger discusses how geography is linked with historical events, paying particular attention to economic geography. Topics covered during the 5-week course include the human migration out of Africa, the state of California, weather and climate, landform geography and its impact on the economy, land usage and agriculture's impact on human longevity.

Class meets Tuesdays on April 4-May 9 (no class April 11), 1 p.m. **Fee: \$15. Register at Clubhouse I.**

2017 Great Decisions, a CLL course: E&R and the Center for Lifetime Learning (CLL) present the 2017 Foreign Policy Association's (FPA) Great Decisions series. This year's discussion topics include the future of Europe; trade and politics; conflict in the South China Sea; Saudi Arabia in transition; U.S. foreign policy and petroleum; Latin America's political pendulum; prospects for Afghanistan and Pakistan,

and nuclear security. We identify significant drivers of these issues and the impact they have on the U.S.' ability to identify and influence a desired course of events. The class may discuss additional timely topics, and participants share their experiences and knowledge.

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

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

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

Sharing Stories, our responses to selected short tales and poems, a CLL course: Instructor John Clarke provides selected short tales, poems and excerpts for course participants to hear and read, then time for participants to contemplate the story, with

optional writing. The class shares their responses to tales of memory, family, happiness self-reflection and others over the course of six sessions. Participants' questions or suggestions about any aspect of the course are always welcome. Clarke has led groups at the Library of Congress and many other venues, with participants of various ages and walks of life, who share their own responses to stories and poems they read and hear in the session and relate them to their own stories.

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

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

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

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

Folk Songs for Our Times, an ALL Class: Do you remember the days when the family sat at the piano or around the radio and sang together? In this workshop, Cantor Karen Webber will take you on a sung journey through melodies that have a rich history

only to have become a part of the lexicon of American Song. We will sing together "Lemon Tree," "Dona" and many more.

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

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

HEALTH AND NUTRITION

Food for Life – Kickstart Nutrition and Cooking

Program: Sponsored by the Vegetarian Society of Leisure World (VSLW), this is a series of classes that focus on lowering cholesterol, improving diabetes control, lowering blood pressure, and warding off chronic disease, as well as making improvements to energy and mood.

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

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

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

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

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

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

The class is lead by Certified Holistic Health Coach Jen Weil and meets for a full year: weekly for four months, bi-monthly for

two months, and then monthly after that. See the CDC website at (<https://llwww.cdc.gov/diabetes/preventionindex.html>) for more information about this National Diabetes Prevention Program.

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

EXERCISE

NEW – Move to the Beat, Thursday mornings: This class is for those who do not like to exercise, but, as our doctors tell us, you have to keep moving. Grab a friend and let's have fun as we move by walking, stretching and dancing to all sorts of music. (Singing is allowed.) All you have to do is follow Gerry as she leads you through your moves. Remember, your moves should always be done at a pace that is comfortable to you. For more information, call Gerry at (301-438-7452).

Class meets Thursdays, March 2-April 6, 10:15-11 a.m. **Fee: \$39. Register at Clubhouse II.**

NEW – 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, March 27-May 29, 4 p.m. **Fee: \$15. Register at Clubhouse II.**

NEW – Stretch, Tone and Strength Training for the Active Adult (9:15 a.m.): Join our fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier, and more balanced as you develop new body awareness, flexibility and control of "usable strength."

Weights, bands, and balls are provided; and a mat is recommended for some floor work. Modification can be made for the individual exerciser and all are welcome to join in the fun. The instructor is Linda Ginsburg.

Class meets Mondays, March 6-May 8 (no class March 20 or April 10), and/or Thursdays, March 9-May 4 (no class April

13), 9:15-10:15 a.m. **Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.**

NEW – New Students Only - Stretch, Tone and Strength Training for the Active Adult (10:30 a.m.): The early morning class is filling up! This class is for new students who want to join a fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier, and more balanced as you develop new body awareness, flexibility and control of "usable strength."

Weights, bands, and balls are provided; and a mat is recommended for some floor work. Modification can be made for the individual exerciser and all are welcome to join in the fun. The instructor is Linda Ginsburg.

Class meets Mondays, March 6-May 8 (no class March 20 or April 10), and/or Thursdays, March 9-May 4 (no class April 13), 10:30-11:30 a.m. **Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.**

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 13-April 17, from 2-2:55 p.m. for the Beginner class and from 3-4 p.m. for the Advanced Beginner class. Choose your session based on your experience. **Fee: \$24 per session. Register at Clubhouse II.**

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

Mindfulness training introduced and basic holistic lifestyle habits discussed.

Instructor Robin M. Hartman, 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 Mondays, Feb. 27-May 1 (no class March 27 or April 10), 2-3 p.m. or Fridays, March 3-April 28 (no class March 24), 10-11 a.m. **Fee: \$100 per session (either Monday or Friday); \$200 to take both days. Register at Clubhouse II.**

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

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

Senior Sneakers: Get up and go with a safe, heart-healthy cardio workout that is gentle on the joints. The workout includes easy-to-follow low-impact moves and upper-body strength training. Have fun and move to the music through a variety of exercises designed to increase your cardio fitness level, strength, range of movement, and activities for daily living. Bring your hand-held weights and work at your own pace.

Class meets Mondays (w/ Shirley), Feb. 27-April 3, and Thursdays (w/Sue), March 2-April 6, 9-9:45 a.m. You can take the class on Mondays or

Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

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

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

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

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

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

Move to the Beat, evenings: Do you hate to exercise? If you do, this is the class for you. For 45 minutes, we move by stretching, walking and dancing to various music (singing along is allowed). You don't have to remember anything; just follow at your own pace. You must keep moving. Doctors tell us we must keep moving for our health. Let's do it together as we "Move to the Beat." For more information, call Gerry (301-438-7452).

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

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

The instructor, Julia Elena, is

director of Caminito Amigo, an Argentine tango community.
Class meets Mondays, March 20-April 24, 3-4 p.m. **Fee: \$50. Register at Clubhouse I.**

WATER EXERCISE

Water Exercise with Nancy: Time to start the day off

right by enrolling in a water exercise class. Participants will gain strength, stamina, and tone from this cardio class. (Dumbbells are used, although they are not required, and are available for purchase from the instructor.)
Class meets Tuesdays, Feb. 28-April 4, and Thursdays, March 2-April 6, 11 a.m.-12 noon.

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

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

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

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

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

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

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

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



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

By Knee Pain Relief Specialist, Dr. Brian Paris

PAID ADVERTISEMENT



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

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

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

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

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

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

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

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

www.iHateKneePain.com/free-report

Sincerely,
Dr. Brian Paris & I Hate Knee Pain

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

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

“First I get through Mrs. Babbit’s to-do list.
Then, we do her nails.”



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MARDI GRAS CELEBRATION

Tuesday, February 28 • 5:00-7:00pm

Celebrate Fat Tuesday with your friends at **Aspenwood Senior Living**.

Wear purple, green or gold, enjoy the sounds of a live Jazz band and savor our NOLA inspired menu for dinner.

Seating is limited. To reserve your spot kindly RSVP by February 24 to Sharon at sborowiec@5ssl.com or 301-598-6424.

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Calendar of EVENTS

Friday, February 17

Clubhouse I

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

Saturday, February 18

Clubhouse I

9:00 a.m. Gentle Yoga Class

Clubhouse II

9:15 a.m. JRLW Service
12:00 p.m. LGBT Group
2:00 p.m. Going It Alone: Video
7:00 p.m. Baby Boomers: Movie
7:00 p.m. Sock Hop

Sunday, February 19

Clubhouse I

10:00 a.m. JRLW Breakfast Forum

Clubhouse II

Have a Happy Day

Monday, February 20

Clubhouse I

9:15 a.m. Stretch & Tone Class
9:30 a.m. Art Class, Any Medium Class
9:45 a.m. AARP Drivers Class
10:30 a.m. Beginner Stretch & Tone Class
1:00 p.m. Paintbrush & Knife Class
1:30 p.m. LW Chorale
2:00 p.m. NARFE Meeting
6:00 p.m. Lions Club Meeting
7:00 p.m. Bingo

Clubhouse II

10:00 a.m. Clipper Workshop
12:30 p.m. Men's Bridge Group
1:00 p.m. Chess Club
2:00 p.m. Line Dance Class
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Exercise Class

Tuesday, February 21

Clubhouse I

9:00 a.m. Blood Pressure Testing
9:30 a.m. Art Class, Any Medium Class
1:00 p.m. Watercolor Techniques Class
2:00 p.m. Book Club Network
2:00 p.m. NARFE Membership Meeting
5:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginning/Advanced Tai Chi
12:30 p.m. Scrabble Group
1:30 p.m. Comedy & Humor Club
2:30 p.m. UU Group
6:15 p.m. Move to the Beat Class
7:00 p.m. Vegetarian Society Meeting

Wednesday, February 22

Clubhouse I

9:00 a.m. Income Tax Service
9:00 a.m. Gentle Yoga Class
10:00 a.m. Express Yourself Art Class
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Oils & Acrylics Class
2:00 p.m. LW Green Group
6:45 p.m. Chicago Bridge

Clubhouse II

1:00 p.m. Chess Club
1:00 p.m. Ping Pong Club

Thursday, February 23

Clubhouse I

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

Friday, February 24

Clubhouse I

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

Saturday, February 25

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio
11:00 a.m. Democratic Club Coffee
7:30 p.m. LW Ballroom Dance
Clubhouse II
9:15 a.m. JRLW Service
2:00 p.m. Going It Alone: Video & Bingo
3:00 p.m. LWAAAC Movie: "Slam"

Sunday, February 26

Clubhouse I

2:00 p.m. Italian Club Meeting
Clubhouse II
10:30 a.m. Jewish Discussion Group
2:00 p.m. Movie: "Race"
7:00 p.m. Baby Boomers Club

Monday, February 27

Clubhouse I

9:30 a.m. Stretch & Tone Class
9:30 a.m. Art Class, Any Medium Class
10:30 a.m. Beginners Stretch & Tone Class
1:00 p.m. Paintbrush & Knife Class
1:00 p.m. Art Show Selections
1:30 p.m. LW Chorale
1:30 p.m. Book Club Network
7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
2:00 p.m. Line Dance Class
2:00 p.m. Chair Yoga Class
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Class

Tuesday, February 28

Clubhouse I

9:30 a.m. Art Class, Any Medium Class
10:00 a.m. Sharing Stories Class
1:00 p.m. Watercolor Techniques Class
2:00 p.m. Book Club Network
5:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge
7:30 p.m. Mardi Gras Party with Dixieland Express

Dial 301-598-1313
for recorded Daily Events

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

Emergency Preparedness

March 2, 9:30 a.m., Clubhouse II

Energy

Feb. 21, 9:30 a.m., Clubhouse I

LWMC Board of Directors

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

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

LWCC Executive Committee

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

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

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

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

Meeting times and locations subject to change.

Leisure World Mutual Meetings

February 21

Mutual 14 Board

9:30 a.m., Sullivan Room

Mutual 13 Board

1:30 p.m., Sullivan Room

February 22

Mutual 20B Board

9:00 a.m., Community Room 4

Mutual 19B Board

1:00 p.m., Sullivan Room

February 23

Mutual 10 Board

9:30 a.m., Sullivan Room

Mutual 20A Board

9:30 a.m., Bldg. 2, Party Room 2

Mutual 26 Board

10:30 a.m., Party Room

Mutual 24 Board

1:30 p.m., Community Room

February 24

Mutual 17B Board

10:00 a.m., Party Room

Meeting times and locations subject to change.

February 27

Montgomery Mutual Board

9:30 a.m., Clubhouse I

Mutual 23 Board

10:00 a.m., Party Room

Mutual 9 Board

10:00 a.m., Sullivan Room

February 28

Mutual 17A Board

2:00 p.m., Clubhouse I

Mutual 21 Board

2:30 p.m., Community Room 3

March 1

Mutual 8 Board

9:30 a.m., Clubhouse I

March 2

Mutual 6C Board

9:30 a.m., Community Room

Clubhouse II

9:30 a.m. Beginning/Advanced Tai Chi
10:00 a.m. LW Apple Club
11:00 a.m. Water Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-Impact Fusion Water Class
1:30 p.m. Comedy & Humor Club
3:00 p.m. Aqua Arthritis Class
6:15 p.m. Move to the Beat Class
7:00 p.m. Camera Club Competition

Wednesday, March 1

Clubhouse I

9:00 a.m. Income Tax Service
9:00 a.m. Gentle Yoga Class
10:00 a.m. Express Yourself Art Class
11:00 a.m. Short Story Group
12:30 p.m. NA'AMAT RZB Group
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Oils & Acrylics Class
2:00 p.m. Book Club Network
6:45 p.m. Chicago Bridge

Clubhouse II

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
4:00 p.m. LWAAAC General Meeting
7:30 p.m. Fun & Fancy Theatre

Thursday, March 2

Clubhouse I

10:00 a.m. Painting for Everyone Class
10:30 a.m. Essential Tremor Group
10:30 a.m. Exploring Orthodox Life Class
11:00 a.m. Writers Workshop

12:30 p.m. Ladies Bridge

1:00 p.m. Oils & Acrylics Class

2:00 p.m. Compassion & Choices Group

3:00 p.m. Stamp Club Meeting

3:00 p.m. Essential Tremor Group

Clubhouse II

9:00 a.m. Senior Sneakers Class

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

10:00 a.m. Stitchers Group

10:15 a.m. Move to the Beat Class
11:00 a.m. Water Exercise Class
12:30 p.m. Men’s Bridge Group
1:00 p.m. Non-Impact Fusion Water Class
2:00 p.m. Mind-Body Exercise Club
3:00 p.m. Aqua Arthritis Class
5:30 p.m. Tap with Gerry Class
7:00 p.m. Tennis Club Meeting

Friday, March 3
Clubhouse I
10:00 a.m. Basic Drawing Class
12:15 p.m. Kiwanis Club Meeting
1:30 p.m. Watercolors Any Level Class
3:00 p.m. Hispanos de LW Group
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
9:00 a.m. Camera Club
10:00 a.m. Chair Yoga Class
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club

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

Sunday, March 5
Clubhouse I
10:15 a.m. Jewish War Vets: Brunch
Clubhouse II
2:30 p.m. Fireside Forum
7:00 p.m. Baby Boomers

Monday, March 6
Clubhouse I
9:30 a.m. Art Class, Any Medium Class
10:30 a.m. Beginners Stretch & Tone Class
1:00 p.m. Paintbrush & Knife Class
1:00 p.m. CLL General Meeting
1:30 p.m. LW Chorale
2:00 p.m. Book Club Network
7:00 p.m. Bingo
Clubhouse II
9:00 a.m. Senior Sneakers Class
10:00 a.m. Clipper Workshop
10:30 a.m. Zumba Gold Class
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
1:00 p.m. Foundation: Video “Grand Train Tour of Switzerland”
2:00 p.m. Line Dance Class
2:00 p.m. Chair Yoga Class

3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Exercise Class

Tuesday, March 7
Clubhouse I
9:00 a.m. Blood Pressure Testing
9:30 a.m. Art Class, Any Medium Class
10:00 a.m. Sharing Stories Class
11:00 a.m. Food for Life Class
1:00 p.m. Watercolor Techniques Class
5:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge
Clubhouse II
9:30 a.m. Beginning/Advanced Tai Chi
11:00 a.m. Mild Exercise Class
10:00 a.m. Water Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Gilbert & Sullivan Society
1:00 p.m. Non-Impact Fusion Water Class
1:30 p.m. Comedy & Humor
3:00 p.m. Aqua Arthritis Class
6:15 p.m. Move to the Beat Class

Wednesday, March 8
Clubhouse I
9:00 a.m. Income Tax Service
9:00 a.m. Gentle Yoga Class
10:00 a.m. Express Yourself Art Class
10:15 a.m. League of Women Voters
1:00 p.m. Low Vision Group
1:00 p.m. Oils & Acrylics Class
1:00 p.m. Diabetes Prevention Class
1:30 p.m. Patients Rights Group
2:00 p.m. LW Green Group
6:45 p.m. Chicago Bridge
Clubhouse II
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Ping Pong Club
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Aqua Fit Class
1:30 p.m. Stroke Support Group
2:00 p.m. Chair Yoga Class
7:00 p.m. Lapidary Club

Thursday, March 9
Clubhouse I
10:00 a.m. Painting for Everyone
10:30 a.m. Exploring Orthodox Life Class
10:30 a.m. Beginner Stretch & Tone Class
12:30 p.m. Ladies Bridge
1:00 p.m. Oils & Acrylics Class
1:30 p.m. Steve Friedman Program
2:00 p.m. Great Decisions in Foreign Policy
7:00 p.m. LW Democratic Club
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginning/Advanced Tai Chi

9:30 a.m. Quilters Group
10:00 a.m. MVA on Wheels
10:15 a.m. Move to the Beat Class
11:00 a.m. Water Exercise Class
12:30 p.m. Men’s Bridge Group
1:00 p.m. Non-Impact Fusion Water Class
2:00 p.m. Mind-Body Exercise Club
3:00 p.m. Aqua Arthritis Class
4:00 p.m. Model Train Club
5:30 p.m. Tap with Gerry Class

Friday, March 10
Clubhouse I
10:00 a.m. Basic Drawing Class
1:30 p.m. Watercolors Any Level
3:00 p.m. Hispanos de LW
4:00 p.m. Edmonson Historical Society
6:00 p.m. Café AIM
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
10:00 a.m. Chinese Club of LW
10:00 a.m. Chair Yoga Class
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club

Saturday, March 11
Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio
Clubhouse II
9:15 a.m. Shabbat Service
2:00 p.m. Going It Alone: Video, Bingo
7:00 p.m. Baby Boomers Movie

Sunday, March 12
Clubhouse I
Have a Happy Day
Clubhouse II
9:00 a.m. Purim Services

Monday, March 13
Clubhouse I
10:30 a.m. Garden & Environmental Club
1:30 p.m. LW Chorale
3:00 p.m. Argentine Tango Class
7:00 p.m. Bingo
Clubhouse II
9:00 a.m. Senior Sneakers
10:30 a.m. Zumba Gold Class
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
2:00 p.m. Chair Yoga Class
4:00 p.m. Ba Duan Class

Tuesday, March 14
Clubhouse I
9:30 a.m. LW Garden Plot Group

10:00 a.m. Sharing Stories Class
11:00 a.m. Food for Life Class
1:00 p.m. Amateur Radio Club
2:00 p.m. Book Club Network
5:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge
Clubhouse II
9:30 a.m. Beginning/Advanced Tai Chi
11:00 a.m. Water Exercise Class
11:00 a.m. Mild Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-Impact Fusion Water Class
1:30 p.m. Comedy & Humor Club
3:00 p.m. Aqua Arthritis Class
3:00 p.m. Parkinson’s Support Group
6:15 p.m. Move to the Beat Class
7:00 p.m. Camera Club Meeting

Wednesday, March 15
Clubhouse I
9:00 a.m. Income Tax Service
9:00 a.m. Gentle Yoga Class
11:00 a.m. Short Story Group
1:00 p.m. Diabetes Prevention Class
2:00 p.m. Hadassah Group
2:00 p.m. Woman’s Club Tea
6:45 p.m. Chicago Bridge
Clubhouse II
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
1:00 p.m. Ping Pong Club
2:00 p.m. Chair Yoga Class
5:00 p.m. AIM Potluck Dinner
7:00 p.m. Vegetarian Society Meeting

Thursday, March 16
Clubhouse I
10:30 a.m. Exploring Orthodox Life Class
11:00 a.m. Writers Workshop
12:30 p.m. Ladies Bridge
1:00 p.m. Folk Songs for Our Time Class
2:00 p.m. Great Decisions in Foreign Policy
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginning/Advanced Tai Chi
10:00 a.m. Stitchers Group
10:15 a.m. Move to the Beat Class
11:00 a.m. Water Exercise Class
12:30 p.m. Men’s Bridge
1:00 p.m. Non-Impact Fusion Water Class
1:00 p.m. Movie: “Brooklyn”
2:00 p.m. Mind-Body Exercise Club
3:00 p.m. Aqua Arthritis Class
5:30 p.m. Tap with Gerry Class

Friday, March 17
Clubhouse I
10:00 a.m. Book Club Network
12:15 p.m. Kiwanis Club
3:00 p.m. Hispanos de LW
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
10:00 a.m. Chair Yoga Class
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club
7:00 p.m. Brother’s Flanagan Program

Saturday, March 18
Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio
Clubhouse II
9:15 a.m. JRLW Service
12:00 p.m. LGBT Group
2:00 p.m. Going It Alone: Video
3:00 p.m. LWAAAC: Cordial Mix and Mingle

Services for Seniors

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TASTE OF SUNRISE



"The Chef's Table" at Bedford Court

Thursday, March 9 | 1:00 p.m.

Come meet our chefs, sample their culinary favorite menu items and learn about our exceptional dining program. While you are here, tour our beautiful community. Join us for this wonderful event to taste and see why so many of your Leisure World neighbors now call Bedford Court home! Seating is limited. Call 301-438-6607 to RSVP today!



Call or email today to reserve your place at the table!

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Classifieds

THE LEISURE WORLD of Maryland NEWS reserves the right to reject or discontinue any advertisement believed inimical to the best interest of Leisure World. We shall accept advertising on the same basis as other reputable publications: that is, we shall not knowingly permit a dishonest advertisement to appear in the Leisure World of Maryland News, but at the same time we will not undertake to guarantee the reliability of our advertisers.

ESTATE SALES

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

ATTIC TO BASEMENT ESTATE Cleanouts LLC - I provide honest and confidential estate cleanouts with reasonable rates. I assist executors, family members and guardians with a personal touch. I will save you time and money providing fast and efficient service. I work with local auction and hauling companies. Please call or email me to set up an appointment Janet Ray (301-384-3198), (wishalot10@aol.com).

FOR SALE

CEMETERY LOTS - Fort Lincoln Cemetery, 4 Sites located in Block 18 Lot 1265 Sites 1,2,3,4, extra depth privilege. Asking \$ 4,000 per site Call 703-401-3555 or email cdunnjr@gmail.com. [2.17-3.3]

2007 TOYOTA CAMRY XLE, 6-cylinder, 4-door, all power, leather, sunroof. One owner, like new. MD inspected. Only 29,480 miles. \$12,000. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2002 VOLKSWAGEN PASSAT, 4-door, loaded, black on black. MD inspected. Like new. All dealer serviced. \$4,999. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

REAL ESTATE FOR SALE

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

THINKING OF SELLING your home or that of a relative? Call Sue Heyman of Weichert Realtors, Leisure World

Plaza, community resident for over 13 years, Top 1% Nationwide, Senior & Relo Specialist, "Forward@50 Sponsor." 2016 has been a super year for real estate! Inventory is historically low. Days on the market for our community are less than one month. Prices are going up! Mid-year, I have already had 18 closings, with four additional properties under contract. As sellers, now is the time to take advantage of this fast-paced market. I know all the floor plans and how to price them. Tap into my experience, contractor connections, and marketing to get the best price. My top-quality color brochures, multiple websites, staging techniques, and virtual tours display your home and our community at its best. Call for your free competitive market analysis, 301-681-0550 (o), 301-580-5556 (c).

REAL ESTATE FOR RENT

GORGEOUS 2 BEDROOM, 2 bath condo available for rent in our Premier Community of Leisure World for adults 55 plus. This condo features new wood flooring, stainless steel appliances, granite counters, decorative glass backsplash, side-by-side washer/dryer, closet organizer, crown molding, chair rail, enclosed sunroom with spectacular, breathtaking view. Call (301-312-3843) to schedule appointment to see this exceptional home. No smoking. No pets. Your own parking space, utilities and cable included in rent.

RENTAL APARTMENT AVAILABLE – two bedroom, two bath; completely renovated in 2015 – new open floor plan, cathedral ceiling, new appliances, eat-in kitchen, new flooring throughout, full size washer and dryer in unit, master bedroom with walk-in closet, separate lockable storage and assigned parking space. Mutual 19. Please call (301-906-5000) or email (cptchick@aol.com).

RENTAL APARTMENT AVAILABLE — Fully renovated two bedroom, two bath with lovely view in high rise building; granite countertops, eat-in kitchen, master bedroom with walk-in closet, glass enclosed sunroom and separate storage unit. Call (301-767-5901) or email sinnedco@aol.com.

HEALTH CARE SERVICES

The Leisure World News will allow only those advertisers who show proof of certification to advertise that they are "certified nursing assistants."

"A" HOME HEALTH CARE for Senior Citizens – Care you can trust and is affordable. Reliable and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

SPEECH THERAPY AT HOME: Need help to find the words to communicate with the people in your world? Call Yvonne Crooks, M.A. CCC-SLP. Maryland licensed Speech Therapist. Lives in Leisure World. (301-556-3907)

LICENSED CNA. Reliable and loving, caring person providing quality and affordable care. Day or night, 2-4 hours. Call Neema (240-687-7471).

CNA/GNA with more than 10 years experience and have worked in nursing home, assisted living and home care. I do duties like personal hygiene, light housekeeping, laundry, shopping, meal preparation, bathing, dressing errands and transportation to appointments and medication reminders. I am a Filipina, U.S. citizen, can drive and with own car. Honest, dependable, loving and hard worker with excellent references. Please call (240-643-3392 cell), (301-926-2547 home).

CNA, CPR, FIRST AID. Very dependable, hardworking, patient and punctual. 7 days, anytime or live-in. Companionship, light housekeeping & errands. Own transportation. (240-510-7125).

CAREGIVER. Full time or part time, day or night. Own transportation. Reference available. (301-803-9000)

LPN/CNA with CPR and first aid. 18 years experience with family and nursing care. Highly recommended. Short or long hours availability. (301-580-8597)

CNA/CMT – OVER 16 years of experience. Very dependable. Excellent references in LW. Have car. Light cooking, doctor's appts., errands. Bonded, insured. Hospice patients are welcome. Call Ana (240-491-8978, 301-442-6094).

ELDERLY CARE Nursing assistant with 15 years experience, day or night, long or short hours, I'm available. Great references. Call (240-478-9971).

NEED A PERSONAL ASSISTANT? Call Angel! I can help you with running errands, grocery shopping light housekeeping, pet walking/feeding, companion care, transportation, make dr. appointment's more. Overnight assistance can be arranged with advance notice. Assisting Leisure World Community for over 12 years! Just call (240-644-8799) and ask for Angel!

CERTIFIED NURSING ASSISTANT. Over 30 years working in Leisure World. Excellent references and experience. Own transportation. Doctor's appointments, groceries, other errands and light housekeeping. Day shift, 1-7 p.m. Please call (301-775-4304).

CNA & CAREGIVER looking for a position nights or weekends. Assist with activities of daily living, light housekeeping, help with meal prep and more. Call Ada at (240-643-1405).

SENIOR CARE SERVICES. Have 25 years of experience taking care of elderly and the sick. Have CNA license. Patient, careful and attentive. Reasonable price. Available anytime. Contact Susan, 301-275-1006, susan_y_kong@yahoo.com.

HIGHEST STANDARD OF CARE: CNA, GNA private caregiver licensed and insured. 20 years of experience. Responsible, hardworking, caring, trustworthy. Clean background and driving license. Excellent references. (mireka09@gmail.com), (1-561-222-9804).

CNA – 25 years experience. Loving, caring, reliable, looking for full or part-time work. Live-in or -out. Call (240-354-5372) or (301-306-0073).

CNA/GNA/PCT/MT/PT/OT/CPR: Certified in Maryland, Washington, D.C., and Virginia. Caring for patients in homes, hospital and nursing homes. Samuel (301-237-5930).

55-YEAR-OLD MALE with own transportation and computer, available for companion care, errands, appointments, computer assistance, cooking and light housekeeping. Please call John O'Neill at (301-933-7229).

HOME CARE NURSING SERVICE: A nursing professional with more than 15 years experience in home care and a wealth of knowledge about - resources for seniors - is available to care for your loved one in the privacy and comfort of home. Services include the establishment of a care plan to cover activities for daily living, medication management and administration, doctors visit, transportation, groceries shopping, companion, respite, hospice care and other assistance. She and her team of well trained and competent caregivers are ready to serve you. References are available. Call (240-687-4840) or (301-490-7022). "Home Care Service with a Heart"

GNA, CMA, CPR, first aid, HHA state certified. Reliable and flexible. I o light housekeeping, food preparation, etc. Availabe from 1:30 p.m. to 8 p.m. (240-462-7951)

NURSING ASSISTANT with CPR and first aid. Very caring, patient and hardworking. Six years experience. Available for both live-in and live-out. Great references. Contact Aleka (240-715-8189).

SEEKING COMPANION POSITION. Would you like having a friendly, trustworthy visitor a few hours or more a week? Will do grocery

shopping, errands, laundry, light housekeeping, play board games and read to you. Nine years experience working with the elderly and memory loss. CPR and first aid trained. Excellent references. Call Carolyn (301-421-1289).

SEEKING ELDERLY CARE. CNA, 16 years experience. Honest, reliable and hardworking. Character references available. Available day/night. Contact Abie, 240-551-3354

MALE NURSING ASSISTANT with 20+ years experience in patient care at home. Assist the patient in daily duties, driving, doctors' appointments, meal preparation, etc. References available. Have medical background. Call Koffi at (202-344-6137).

GENERAL SERVICES

ALTERATIONS - 29 years experience in Leisure World! Men's & woman's garments picked up and dropped off at your convenience. Very competitive prices. Call Mimi (301-990-6468).

KITCHEN AND BATHROOM Remodeling – Cabinet and countertop replacement, and bathtub to accessible shower conversions. Please call Joe at JML Remodeling. (301-598-8400). Serving Leisure World since 1988. MHIC# 36674. Thank you.

REPLACEMENT WINDOWS AND DOORS. Let our friendly staff provide you with a free estimate for your window and door project. Rockville Window & Door Co. has been serving Montgomery County since 1979. Co-owner is LW resident. rwdoor.com * (301-208-3580) * MHIC license #10632.

HOUSE CLEANING – PROUDLY serving the Leisure World community. Weekly, bi-weekly, monthly selections available. Call CC at (301-253-0544).

R & G CLEANING SERVICES – Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

ALICIA'S CLEANING SERVICES – Good references. Good rate. Once a week or every two weeks. (240-286-3807)

HOUSE CLEANING – 20 years experience. Worked in LW for 9 years. Reliable, honest, great references. I live in Aspen Hill. Call Alice (301-946-5996) or (301-520-0074)

QUALITY HOME CLEANING SERVICES: Your choice for quality and affordable cleaning. Leisure World references. Call us today for free consultation! (301-442-7417). \$10 off first time cleaning.

UNITED CLEANING GROUP, LLC comes to Leisure World! We're happy to help by offering our cleaning services 7 days a week. Want your home looking spotless? Call United Cleaning Group today at (240-498-2748), (301-498-2748).

HOUSE CLEANING. Honest, reliable, hardworking. Over 12 years experience. Excellent references. Call Cecile at (301-351-8924).

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) [12.16.16-3.3.17, 3.17-6.2.17]

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back up, and retrieve important data, photos, and music. Also will teach lessons on Microsoft Office and basic computer skills at

your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

COMPUTER LESSONS / SERVICES - Need help with your computer? Training, new computer setup, troubleshooting, installation. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos, tablets, smartphones, smart TVs, and more. Patient trainer will sit by your side and teach you in plain English - no technical talk! Shopping assistance for all electronic & computer items. Senior specialist since 1996. Senior discount. Call David at (301-762-2570). ComputerTutor

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) Cmoras53607@msn.com www.continentalmovers.net.

SEMPERFI PAINT. Discount for veterans and seniors. Reference available. Sam (240-274-0929) MHIC Lic. #132655

SMALL JOBS WELCOME! Picture hanging, moving boxes, carpet stretching, bathroom caulking, adjusting bathroom fixtures, hanging curtain rods, resetting closet doors, minor wall patching and painting. Need something else? Please ask Jesse (301-747-5054).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with Senior Care and the Care of Senior's Pets. Safe/Reliable door-to-door transportation as needed. General assistance to help maintain independence. Assistance with Pet Care. Dog walking and sitting during short hospital stays, vacations, or as needed. Transportation for grooming/vet appointments. I am a 55 yr. old semi-retired Doctor, Leisure World Resident and dog, cat, bird lover. Bonded, insured, reasonable rates and outstanding Leisure World references. Call Carl (410-499-9362).

CALL & RIDE - Or we will pick up your groceries for you; airport, doctors, casino. Always on time. Larry Kraft (240-743-8287).

DRIVER/ASSISTANT: Shopping, doctor's appointments, errands, light housekeeping, odd jobs. I am fond of seniors, 7 years' experience, own car. References available. \$17/hour. Call Justin Faircloth (240-205-3562).

NEED A RIDE to the doc, grocery store, personal shopper etc...? Please call me. I will walk your dog also. Prices start at \$12. I live in LW. Kathy Harris (301-598-1944).

MOBILE TAX PREPARATION: Licensed Maryland tax preparer (License #4720863) specializing in individual returns. I offer affordable rates will travel to client's home for no additional charge. Call Howard at (410-409-1341).

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I also assist clients in other related matters when they need my help.

in a memorable DVD slideshow. Call Kim at Virtual Computer Services (301-438-3140).

DOG WALKING by Leisure World resident, minimum 20-25 minutes for \$12. Twelve years experience in vet office; state certified Master Wildlife Rehabilitator and graduate credits in Animal Science, University of Maryland. Now have an a.m. opening Monday-Friday. References. Call Nancy (301-854-2588).

PET SITTER, house sitter for dogs, cats, birds and other animals. Daily dog walks, cat visits, in-home sitting for vacations or business trips. Call Eileen at (301-442-3989).

GUITAR, PIANO, VOICE Lessons! It is never too late to learn! Beginner and Intermediate welcome! Call Wendy (LW Resident!) at (301-938-4922) or email at (awdmf@aol.com)!

CERTIFIED/REGISTERED CHIROPRACTIC and Massage Therapist. I will come to your residence. Special rates for Leisure World/senior rates. Call for appointment only, (240-618-6352). Yeping “Ping” Luo.

ESTATE PLANNING, Living Trusts, Wills, Estates, Powers of Attorney, Medical Directives, Living Wills. Robert E. Richards, Attorney at Law, 30 years experience. House calls and reasonable rates. Call (301-593-6220). Do you want to avoid

probate? I can help! Let’s discuss your situation.

WHY GO TO A RESTAURANT when it’s cold? Gather with your friends in the comfort of your home and watch Italian Personal Chef GiGi cook a delicious, fresh, family-style meal. Any special request is welcome. \$15 per meal! (410-428-0036) / ciaoitaly@Verizon.net

HELP WANTED

MEDSTAR PEER INSTRUCTORS – Compensation offered for certified peer instructors in the Chronic Disease Self-Management Program. Interested “lay leaders” become certified through several training sessions with MedStar Health beginning Tuesday, Feb. 21. After certification, peer instructors may teach six-session workshops in the community on chronic disease management. For more information about registration, location and training, contact Eme Martin at (667-786-1764) or (emeobong.e.martin@medstar.net).

CLIENT CARE SPECIALIST (part-time): Since 1998, Home Instead Senior Care has provided companionship, meal preparation, laundry/light housekeeping, errands, medication reminders, and personal hygiene assistance to seniors in the Washington, D.C.-metro area. Based in Silver Spring, our office team is

fun, dedicated, and committed to providing superior service to our customers. To learn more about us, visit HomeInstead.com/197. We are seeking a part-time Client Care Specialist (work 8:30 a.m.-5 p.m. three days/week). This individual initially meets with seniors and their families to explain our services, performs a non-medical intake process, and signs them on as clients. Additionally, this position visits clients in their homes every 30 days to ensure services are going smoothly, suggests resources, etc. Requirements: Team player attitude, ability to nurture and cultivate relationships, and computer skills. Please email cover letter, resume, salary history/requirements to patty.mascari@homeinstead.com. No phone calls please.

UPCOMING EVENTS

SISTER-TO SISTER Valentine Tea, Saturday, Feb. 25, 1-3 p.m., in Leisure World’s Clubhouse I. Sponsored by the East-West Montgomery Unit Church Women United. Cost for the tea buffet- \$15. Reservations required; call LW resident Connie Blake at (301-438-2667). Toiletries for needy women and children will be collected.

ANNUAL USED BOOK SALE: Walter Johnson H.S., 6400 Rock Spring Dr., Bethesda. Saturday, March 4, 10 a.m.-4 p.m. (\$3 hardbacks, \$1 paperbacks) and Sunday, March 5, 9 a.m.-3 p.m. (\$3 hardbacks, \$1 paperbacks or \$15 box, \$10 bag – all day Sunday only). Thousands of books, CDs and vinyl records. Proceeds benefit the WJHS All-School Booster Club.

PHILADELPHIANS! The next gathering of the “Philadelphia Club” is on Sunday, March 5 in the Clubhouse II Meeting Room 2 at 11 a.m. Please join us if you were born, lived, worked or went to school in Philly.

RESPITE RESOURCE FAIR, March 25, 10 a.m.-2 p.m., Bethesda North Conference Center, 5701 Marinelli Rd, N. Bethesda, MD 20852. If you reside in Montgomery County, are 60+ years old and are an unpaid, live-in, primary caregiver for a frail senior citizen, you may apply for respite care from The Arc Montgomery County. This respite program can provide short-term relief for a few hours, a day, a weekend, or

sometimes longer. However, respite care is not a substitute for ongoing care or adult day care. It’s just a way to support families who take care of their loved ones at home. Families can choose from many respite care venues, including the family home, adult medical day programs, and approved respite facilities. For more information about this free event, contact Julia “Julz” Abate at (301-816-9647).

WANTED

FAST CASH FOR USED CARS - Big dollars paid for your used car! Over 43 years experience serving Leisure World. Leave message 24 hours. I will come to you. Cash or cashiers check at your request. I can also help with your new car purchase, any make or model! Md. Dealer #U2927. Call Marty Salins (301-325-1973).

WILL BUY MILITARY, WW2, WW1, Civil War, memorabilia items. Uniforms, Weapons, Helmets, Photos, Medals, or any other items associated with US, German, Japanese or other military history. Call Dave (240-464-0958) or email (obal7@aol.com)

WANTED: FIREARM COLLECTIONS, one piece or one hundred, licensed local dealer will come to you. Contact Richard Thornley at (301-253-0425).

CASH FOR RUGS: oriental rugs, any condition. European, Asian, Navajo, etc. Gary (301-520-0755)

CASH FOR JEWELRY: gold, silver, costume, diamonds, coins (including foreign), watches, stamp collections. Gary (301-520-0755).

CASH FOR OLD BICYCLES: 1940’s through 2000’s, all makes and models. We come to you. We are local and family owned. Vintage restoration also available. Please call Vic (240-602-8752).

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

BUYING JEWELRY, antiques. Cash paid for gold, silver, jewelry, coins, watches, firearms, misc. collections. Silver Spring resident. Please call Tom (240-476-3441).

WE BUY VINTAGE: Turn your old into gold! Something in the basement gathering dust? Give us a call; you might be surprised! Phone quotes and home visits when possible. Specializing in anything Hi-Fi or Hi-Fi related. We also repair Hi-Fi equipment. 50 years experience! 301-881-1327 (Please leave a message.)

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Address	Subdivision	Type	Beds	Baths	Asked	Got	Subsidy
3310 LEISURE WORLD BLVD #6-101	FAIRWAYS NORTH	Hi-Rise 9+ Floors	2	2	\$183,000	\$183,000	\$5,490
3310 LEISURE WORLD BLVD #215-6	FAIRWAYS NORTH	Hi-Rise 9+ Floors	2	2	\$149,900	\$149,900	\$0
3330 LEISURE WORLD BLVD N #420	LEISURE WORLD	Hi-Rise 9+ Floors	2	2	\$168,500	\$168,500	\$0
3311 LEISURE WORLD BLVD #99-2D	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$62,500	\$61,500	\$0
3455 LEISURE WORLD BLVD #83-E	MONTGOMERY MUTUAL COOP	Townhouse	2	2.5	\$139,900	\$136,000	\$0
3500 FOREST EDGE DR #15-2B	ROSSMOOR MUTUAL #14	Garden 1-4 Floors	2	2	\$127,000	\$127,000	\$0
3511 FOREST EDGE DR #17-2G	ROSSMOOR MUTUAL #14	Garden 1-4 Floors	3	2	\$184,900	\$175,000	\$0
15400 BASSETT LN #2F	ROSSMOOR MUTUAL #15	Garden 1-4 Floors	1	1.5	\$95,000	\$98,000	\$720
15401 BASSETT LN #45-1E	ROSSMOOR MUTUAL #15	Garden 1-4 Floors	2	2	\$142,000	\$142,000	\$0
3521 TARKINGTON LN #64-A	ROSSMOOR MUTUAL #18	Patio Home	3	2	\$379,500	\$350,000	\$0
14603 EDELMAR DR #132-A	ROSSMOOR MUTUAL #9	Patio Home	3	2	\$289,000	\$285,000	\$2,000
15101 INTERLACHEN DR #1-424	THE GREENS	Hi-Rise 9+ Floors	2	2	\$169,000	\$167,000	\$0
15107 INTERLACHEN DR #2-217	THE GREENS	Hi-Rise 9+ Floors	2	2	\$215,000	\$200,000	\$500
15107 INTERLACHEN DR #2-717	THE GREENS	Hi-Rise 9+ Floors	2	2	\$209,900	\$209,900	\$0
15115 INTERLACHEN DR #3-824	THE GREENS	Hi-Rise 9+ Floors	2	2	\$155,000	\$152,000	\$3,000
3200 NORTH LEISURE WORLD BLVD #409	VANTAGE POINT EAST	Hi-Rise 9+ Floors	2	2	\$215,000	\$212,500	\$0
3210 LEISURE WORLD BLVD N #816	VANTAGE POINT WEST	Hi-Rise 9+ Floors	2	2	\$339,000	\$330,000	\$0
14801 PENNFIELD CIR #103	VILLA CORTESE	Garden 1-4 Floors	3	2.5	\$375,000	\$350,000	\$0



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Scott Keenum

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



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- **TOUR** some of Riderwood's most popular apartment homes and see how beautiful maintenance-free retirement living can be.
- **MEET** and mingle with actual Riderwood residents. They'll answer your questions and tell you what life is really like here.

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9:30 a.m. to 11:30 a.m. | Light refreshments will be served.

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Call **301-495-5700** or **1-800-920-8836**.

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