

Leisure World News

OF MARYLAND

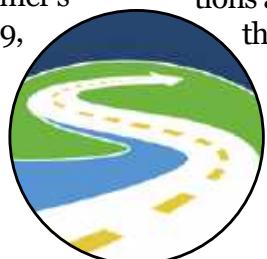
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Share Your Views on All Things Leisure World

by Stacy Smith,
Leisure World News

There's still time to sign up for one of two strategic planning community meetings to share your views on Leisure World's amenities, services and other related topics and, in the process, help plan the community's future.

Led by consultants from George Mason University (GMU), the meetings, along with the information collected from fall's focus groups and summer's resident survey in 2019, will help shape a long-term strategic plan for Leisure World's future that is expected to be developed in late spring or early summer of 2020.



The meetings are on Tuesday, March 10, from 1-3 p.m. and Monday, March 23, from 10 a.m.-noon. Both meetings will be held in Leisure World. Residents are asked to sign up for just one of the two meetings; space is limited to 100 participants per meeting.

Sign up for a meeting by emailing (sspc@lwmc.com) or calling (240-560-5794) and leaving a message with your full name, home address, name of your mutual, phone number, email address and the session you would like to attend.

Residents who reserve a spot at one of the meetings will be notified and will receive a ticket in the mail to bring for their admission to the meeting.

Ticketholders are also required to bring their Leisure World ID

to the meeting. Attendance at the meeting is non-transferable to anyone outside the resident's household.

About the Meetings

When participants arrive at the meeting, they will be assigned randomly to one of about 10 small groups.

A facilitator will pose a series of Leisure World-related questions to each group. Developed by consultants from GMU, the questions aim to better understand the information that has already been gathered from the focus groups, resident survey and other data collected in the strategic planning process.

Every participant will be strongly encouraged to engage in the discussion, and GMU anticipates these discussions will be lively.

The community meetings have a few ground rules:

- Any resident living at Leisure World, except for Special Strategic Planning Committee members and their families, may sign up to participate.
- Only one person per household may participate.
- Plan on arriving 15 minutes early to the meeting and staying for the entire two-hour session.

Residents who have questions about the community meetings may email (sspc@lwmc.com) or call (240-560-5794) and leave a message, and someone will respond as soon as possible.

Giving Lift Off

Resident Astronomer Helps Devise Spacecraft's Groundbreaking Mission



A still of an animation created by NASA depicts the Solar Orbiter studying the sun. Screenshot by Leisure World News

by Stacy Smith,
Leisure World News

A day after millions of Americans tuned in to see Hollywood's stars dazzle at the Oscars, Dr. Richard Fisher watched NASA's own star orbiter, Solar Orbiter, rocket into space from Cape Canaveral Air Force Station in Florida on Feb. 10.



Dr. Richard Fisher,
photo by Leisure
World News

The spacecraft's mission caps a 20-year plus series of space explorations in a flight program that was devised and implemented by Fisher during his time as director of the Helio-physics Division of NASA. The program's fleet of satellites has taken an unprecedented look at the sun and its affect on the Earth.

Solar Orbiter is expected to provide scientists for the very first time a bird's eye view of the sun's top and bottom and will also examine its far side, which will allow scientists to better anticipate solar disturbances.

The spacecraft is an international cooperative mission between the European Space Agency and NASA. Ulysses, an earlier collaboration between the two organizations, launched in 1990 and

also passed over the sun's poles but at much farther distances, and it did not carry a camera.

Scientists discovered only recently that what happens at the sun's poles can have consequences on Earth, Fisher

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Low Vision Provisions

Low-Vision Users Benefit from Technologies and Training at the Computer Learning Center

by Kimberly Y. Choi,
Leisure World News

As high-speed internet comes to Leisure World homes, the Lions' Vision Support Group and Computer Learning Center (CLC) are working together to help those with low vision make use of the wealth of information it affords them.

To this end, the CLC has furnished its computers with new software, and the Group has begun conducting workshops on putting them to effective use. Group member Bobby Bobo, whose complete blindness has not prevented him from playing chess any more than it has stopped him from using the internet, led the first lesson on Feb. 12 by describing tools for accessing information.

Interfacing for Low Vision

Some computer applications, such as Windows 10's Magnifier, magnify the screen's words and images to a more visible size for those who have limited vision;

screen readers read the contents aloud.

Bobo showed the Group how he finds his way around a website using a screen reader, which notifies him when the page is loaded and starts to read the content. He presses the 'H' key, which causes the screen reader to read the website's menu buttons. He then uses the keyboard to select a menu item.

The CLC recently installed a screen reader called NVDA, for "nonvisual desktop access," on its computers. To better accommodate screen readers, the CLC updated the web browser Microsoft Edge to the latest version.

This version of Edge, according to the Microsoft website, allows web designers to better specify the roles and properties of individual parts of the website. For example, the informational banner at the top of a website can be designated "banner." Users wanting to know more about the website they're browsing could then control their screen reader to navigate directly

to the banner.

Bobo also mentioned Braille output devices, which are a more expensive technology. He discussed options for interacting with programs: specialized mice, keyboard commands and speech input.

Prospects for Accessibility

When Larry Cohen, Lions' Vision Support Group member, first proposed holding a meeting about how to use computers, few members seemed enthusiastic. He is very pleased to find interest is on the rise: 18 participants showed up to the introductory session.

"We don't usually have this many people here," CLC director Charlie Gaumont remarked when he saw the full crowd.

Cohen attributes the increased interest in part to younger people who are regular internet users beginning to experience vision loss and joining the Group.

Cohen is glad people with low vision are recognizing more and more what technology can add to



Bobby Bobo, who is totally blind, demonstrates how he navigates the web using a screen reader and keyboard commands at a Lions' Vision Support Group meeting in the Computer Learning Center on Feb. 12. Photo by Kimberly Y. Choi, Leisure World News

their lives. Modern accessibility innovations have produced "an explosion of things [people with low vision] can do today," he says.

Bobo will continue conducting classes that teach residents with low vision how to use Windows computers. Classes are held on Mondays from 10 a.m.-noon and Thursdays from 2-4 p.m. each week at the CLC in Clubhouse II. He can be contacted at (301-879-0103).

The CLC also recommends that low-vision Windows users upgrade their operating systems to Windows 10, and it provides this service to residents at no charge.

Leisure World News OF MARYLAND

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

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

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Maryland State Inspection Station

Resident Creates Model of Popular Watering Hole



Bob Morgans's wooden model of the Stein Room in Clubhouse I. Photo by Stacy Smith, Leisure World News

by Stacy Smith,
Leisure World News

If you pulled up a chair at the Stein Room on any given weekday last year, chances are you saw resident and woodworking hobbyist Bob Morgans casually sipping an iced tea and watching the news.

The popular spot in Clubhouse I so endeared itself to Morgans that he recently used it as the inspiration behind one of several miniature wooden models he's created in a spare room of his Fairways North home with nothing more than soft balsa wood, a small power tool and the power of his imagination.

The models reveal his talent for capturing fine details and repurposing household items; in his fictional Stein Room, plastic earring backs serve as stacked cups. In a miniature wooden house, the teeth of a comb are used as a fence.

Morgans made his first miniature – a model of his daughter's beloved pug and its doghouse – about three years ago as a way of cheering up his daughter after her actual dog passed away.

"I made that, and it just



Morgans holds his newest wooden model, an animal farm. Photo by Stacy Smith, Leisure World News

gave me initiative to [make] the rest," Morgans says.

Since then, he's made models of iconic destinations such as the Great Sphinx of Giza, Eiffel Tower and Brooklyn Bridge, among others.

A Korean War veteran, he's modeled the ship he served time on while in the Navy, and has recreated the Pennsylvania coal mine he spent time working in as a teenager.

But his 'biggest hit' around Leisure World seems to be the Stein Room.

"I showed it to the [restaurant staff] and they loved it," he says.

Solar Orbiter

► from page 1

said. Solar storms and solar winds have a strong effect on the Earth's magnetic field. Satellite and ground communications, aircraft navigation systems and power grids can all be affected by solar activity, and predicting it allows nations to take precautions to protect their infrastructure.

"There's a number of systems that depend on what the sun is doing; GPS is one of them. The Air Force uses [NASA's] predictions about what's going to happen in space so that it can manage its assets," Fisher said.

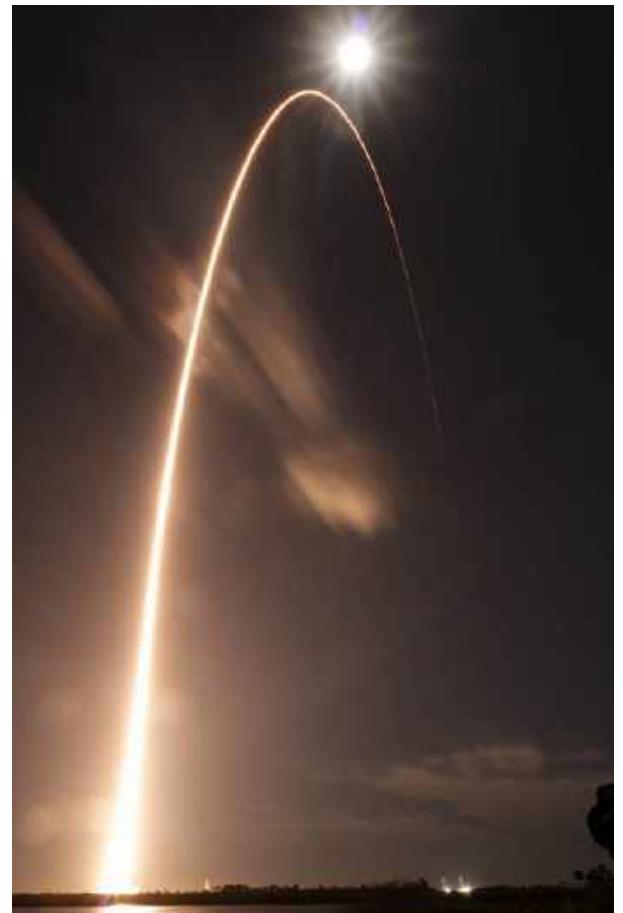
By studying the sun's natural ebb and flow, scientists can also learn more about the star's role in creating phenomena such as the beautiful, 'dancing' lights of the aurora borealis, which are actually collisions between electrically charged particles from the sun that enter the Earth's atmosphere.

At its fastest, Solar Orbiter will almost catch up to the sun's rate of rotation, allowing the spacecraft to hover over specific spots on the sun as it turns and study how a single solar feature evolves over time, according to NASA's website.

Solar Orbiter will travel as close as 26 million miles to the Sun – closing about two-thirds the distance from the Earth to the star. With an array of 10 instruments, Solar Orbiter "is like a lab in orbit, designed to study the sun and its outbursts in great detail," according to NASA's website.

Final Mission

"I have a feeling of great satisfaction and great admiration for all the people involved in [Solar Orbiter]," Fisher said, "because to do something like that, you have to have everyone take a tiny goal and make



The launch of the Solar Orbiter mission from Cape Canaveral Air Force Station in Florida on Feb. 10 caps the 50-year career of astronomer and Leisure World resident Dr. Richard Fisher. Photo courtesy of (www.nasa.gov)

it their own in a very deep, personal way."

Fisher's own passion for heliophysics had an inauspicious start. As a teenager he was given a school project to take a picture of the sun but received an incomplete when he didn't turn in the assignment because of bad weather.

A year later though he did take the photo and noticed a giant spot on the sun's surface. Three days later, he witnessed a spectacularly large eruption. "It was brilliant; it was the biggest aurora of the 21st century," he said. "I watched and watched and thought, 'I just have to know more about this.'"

Witnessing the Feb. 10 launch of the heliophysics flight program's final mission seemed "like a miracle," he said, given that as recently as 2002 heliophysics, the study of the effects of the sun on the solar system, "was not seen as an interesting or necessary study to understand how the sun-earth system works," Fisher said.

Fisher retired from NASA in 2012 but is an emeritus who still conducts research. He "can hardly wait" to know what Solar Orbiter will discover, he said.

GOVERNANCE & Information

Emergency Preparedness Advisory Committee

Stay Informed About Emergencies: Get 'Alert Montgomery'

by Emily Geller

Emergency situations, such as a tornado during a thunderstorm, can develop rapidly and pose a serious threat to everyone in a specific area.

Other emergencies such as a water main break or road closure can cause people to be delayed in traffic for hours unless an alert warns them to avoid these locations.

Montgomery County Office of Emergency Management and Homeland Security (OEMHS) administers "Alert Montgomery," an emergency communications service that can broadcast alerts to residents directly via email, cell or home phone or social media.

To sign up to receive alerts, go to (montgomerycountymd.gov/oemhs/alertmontgomery/).

When an incident or emergency occurs, authorized senders use Alert Montgomery to notify

residents about updates, instructions on where to go, what to do or not to do and whom to contact, and other important information.

Montgomery County residents can choose to receive emergency alerts about specific neighborhoods, including around their home, workplace or school. They also can choose what types of alerts they want to receive, from weather and traffic to infrastructure issues including water and power outages. Residents can select how they would like to be notified, and in what order: personal or work cell, email, home phone or text message.

For more information follow @ReadyMontgomery on Twitter or go to Facebook and follow the "Montgomery County MD Office of Emergency Management & Homeland Security" page.

For questions or concerns, contact OEMHS by dialing (311) or (240-777-0311).

Dial 301-598-1313
for recorded Daily Events

2020 Broadcast Schedule Channel 974

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

Group Email Addresses

Residents wishing to contact Leisure World Management or a specific department, the LWCC Board of Directors, or the Executive Committee may send an email to the appropriate email address listed below. It will automatically be forwarded to all members of that group who have an email address on record. Messages to any of the email groups should pertain only to the management and operation of Leisure World trust properties, services, or activities. Please do not send emails to multiple addresses, as there will be a duplication of recipients and will not result in a faster response to your question or comment. Messages pertaining to mutuals or anything else which Management, the Board of Directors, or Executive Committee does not control should also not be sent to these groups.

The group email addresses are:

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

Phone Directories are Still Available

A limited supply of printed phone directories is still available for purchase at the Administration Building reception desk and the E&R offices in both clubhouses. The directories are \$2, cash only. Please bring your Leisure World ID.

— Leisure World News

March 1: Open Forum on Gate Access

by Leisure World News

Leisure World Community Corporation (LWCC) board chairperson Paul Eisenhaur holds an open resident forum on Sunday, March 1, from 4-5:30 p.m. in the Clubhouse I Crystal Ballroom to discuss the coming automated gate access system.

The system, which will use radio-frequency identification (RFID) to grant automatic entry

into the community to vehicles that are equipped with an RFID tag, is expected to be operational later this year. Eisenhaur will discuss gate access policies that pertain to residents and non-resident owners.

The forum is an opportunity for residents to learn about the project and voice their thoughts and questions. All residents are welcome to attend the forum; sign-up is not required.

Volunteers Sought for Research Project on Smart Home Devices

by Arthur N. Popper

Home voice technologies such as Alexa, Google and Siri often claim to make life easier by allowing users to speak to a device in order to find a TV program, turn on lights or adjust a thermostat. The devices can even be commanded to call 911!

While these devices have the potential to help seniors in their daily lives and improve their quality of life, they are often hard to install and not necessarily intuitive in their use. Moreover, no two devices use the same control phrases, and they often do not work the same way. Thus, just keeping track of how to talk to multiple devices can be a chore, and setting them up and keeping them working can be a challenge.

As a result, the National Science Foundation (NSF), one of America's premier research funding agencies, is supporting research projects focused on designing smart technology, including voice assistants, that meet the needs of seniors, and one such

project is seeking volunteers from Leisure World. Entitled "Tools for Aging in Place for Older Retirees," the project's focus is on designing the next generation of smart home technologies that seniors would find useful and engaging.

The project is led by Dr. Amanda Lazar, assistant professor in the College of Information Sciences at the University of Maryland, and her doctoral student Alisha Pradhan. They would like to interview residents who use smart home voice assistants such as Alexa on Amazon Echo, Google Assistant on Google Home and Siri on Apple HomePod. Each interview will take up to one hour and 30 minutes and will take place in the resident's home. Residents who participate will be compensated \$20 for their time.

The resident, if interested, can then potentially participate in a focus group-styled workshop in one of the clubhouses, for which they will be compensated \$30 for their time. The optional follow-up interview will be by phone

and the resident will receive a \$5 Amazon gift card.

Residents who would like to participate in this project must be 65 or older and use a smart speaker-based voice assistant such as Alexa, Google Assistant or Siri at least once a day. If you meet these criteria and want to participate, contact Alisha

Pradhan at (alishapr@umd.edu)

or (301-281-1698) and she will get in touch with you to discuss your possible participation.

Moreover, residents who are interested in this research project but do not currently use a smart home voice assistant are invited to contact Pradhan to be considered for future studies.

Anyone agreeing to be part of the project will be required to sign a consent form. All human subject research at the University of Maryland (and all universities) is, by law, supervised by an Institutional Review Board (IRB). For more information, see (<https://research.umd.edu/irb>). The role of the IRB is to ensure that all people in a project know their rights and



From left, Amazon Echo and Apple Homepod, photos courtesy (commons.wikimedia.org)

are fully aware of all aspects of the research.

For more information about the project, visit (<https://bit.ly/3bwOG8L>). For information about Lazar and her work, visit (<https://amandalazar.net/>), and for information about Pradhan and her work, visit (<https://alishapradhan.myportfolio.com/>).

Lazar and Pradhan received permission from the Leisure World Community Corporation board of directors to reach out to residents to seek assistance for this project. The Special Technology Committee has also met with Lazar, strongly endorses her research and is excited about her interest in improving technology for seniors.

March 4 and 5: MVA Mobile Office Returns

by Leisure World News

Need to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Wednesday, March 4, and Thursday, March 5.

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

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

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



March 11: County Council Holds Town Hall

The Montgomery County Council hosts a senior town hall meeting at Leisure World on Wednesday, March 11, at 9 a.m. (doors open at 8:30 a.m.) in Clubhouse II.

Local representatives will share information on the key issues facing Montgomery County. Come ask questions and express your views on the community and quality of life issues that are important to you.

All residents and their guests are welcome.



— Leisure World News



Budget Basics

Part II: Understanding the Budget's Community Facilities Fee

by Leisure World News

The first "Budget Basics" article in the Feb. 7 edition of Leisure World News provided a broad overview of the community's budget and explained how the Trust portion of a homeowner's monthly payment helps sustain the community.

In this installment of "Budget Basics," let's take a closer look at one part of the budget, the Community Facilities Fee and what it pays for.



FUNDING THE TRUST

The Community Facilities Fee is the Trust portion (\$204) of the monthly payments (assessments) paid by every homeowner. Each household, regardless of size or mutual, pays this amount.

The Community Facilities Fee funds the Trust, or the day-to-day operations of common properties and services in the community as prescribed in Leisure World's governing documents.

These include:



COMMUNITY OPERATIONS

Facilities

- Administration Building
- Clubhouse I and II
- three gatehouses
- two restaurants
- two tennis courts
- Golf Course and lounge
- Medical Center
- Fitness Center
- sidewalks and roadways
- outdoor and indoor swimming pools

Services

- cable TV and internet
- landscaping
- shuttle buses
- facility maintenance and repairs
- snow removal
- social services
- 24/7 security patrol
- refuse and recycling

A portion of the Community Facilities Fee also helps maintain the community's reserve account, which goes toward the repair and replacement of Trust facilities.



TERMS AND CONDITIONS APPLY

In any community association, governing documents set the terms and conditions that determine how the community's common properties and services are to be maintained and regulated.

At Leisure World, governing documents called Trust agreements require that some facilities and services, such as security and transportation, must be provided to the community.

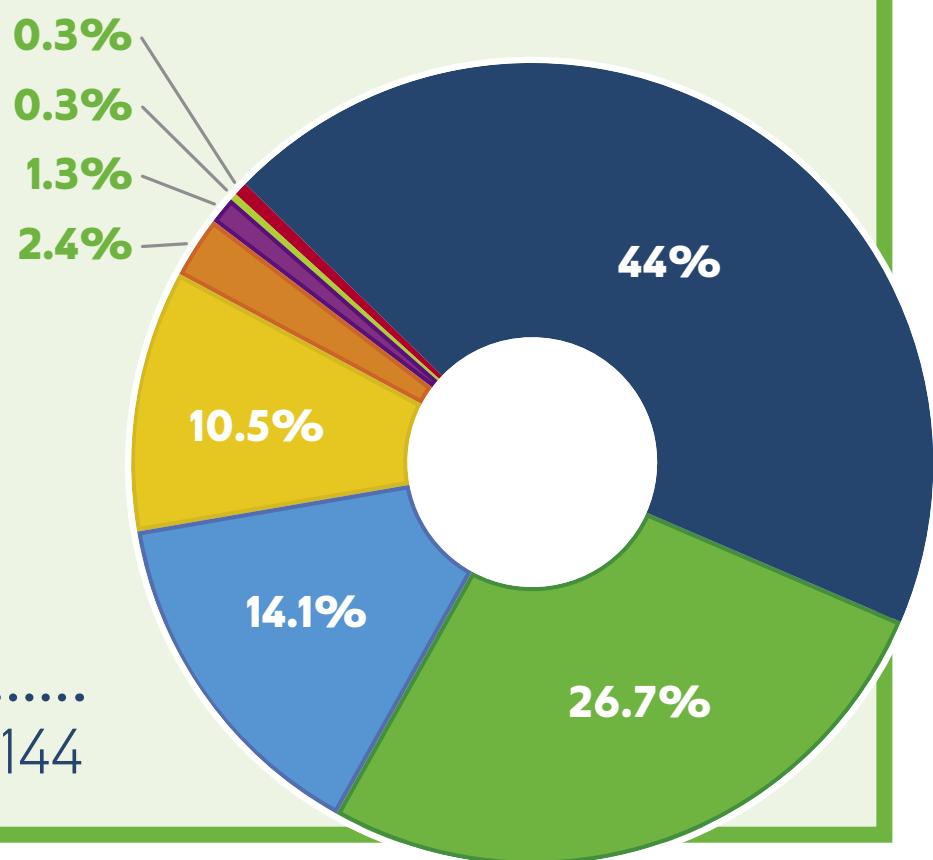
The Trust agreements also stipulate that the budget's Community Facilities Fee may not exceed the Consumer Price Index of the year in which the budget is proposed, unless the proposed increase is approved by at least 66 and two-thirds percent of the Leisure World Community Corporation board of directors.

EXPENSE BREAKDOWN



For budgeting purposes, facilities and services paid for by the Community Facilities Fee are organized by department. Here's a snapshot of the expense breakdown of each department in 2020:

Administration	\$3,913,432	Physical Properties	\$186,705
• includes operations within the Administration Building – management, accounting, Trust and mutual administrative assistants, information technology, human resources, resales and postal services		• includes the Physical Properties Department's management and operations, such as electrical and plumbing maintenance and contract housekeeping services with Stansbury Cleaning	
Clubhouses	\$1,542,659	Security and Transportation	\$2,063,191
• includes the Education and Recreation Department and its management and operations, Leisure World News and contract services for the swimming pools (American Pool) and fitness center (Motivational Fitness)		• includes 24/7 security patrol, shuttle bus service and supplementary transportation	
Community Services	\$6,474,560		
• includes grounds maintenance (McFall and Berry Inc.), refuse and recycling, street and walk lights (all lights in the community are maintained by the Trust) and cable TV and internet service			
Food Service	\$46,100		
• includes contract with Perrie LLC, Leisure World's food caterer, and its operation of the Stein and Terrace Rooms and the Clubhouse Grille			
Golf	\$356,637		
• includes Golf Course maintenance and Pro Shop			
Medical	\$51,140		
• includes the Medical Center and Social Services Department			
.....			
= TOTAL: \$14,532,144			



BUDGET BASICS: TERMINOLOGY AT A GLANCE

Here are some basic terms for understanding the budget of a community association such as Leisure World of Maryland:



Budget – A financial plan for operating and maintaining a community's common elements for the coming year. Its two main components are revenue and expenses. It is used to determine the amount of a homeowner's monthly payments to the community (Trust).

Revenue – A community association's collective income that is used to pay for common expenses. Revenue generated by residents includes:

- Community Facilities Fee** – "The Trust" portion of the monthly homeowner payment (assessment) that helps fund community operations

- Mutual Operating Fee** – Revenue generated from direct expenses charged to the mutuals based on their management and operating (M&O) agreements with Leisure World of Maryland Corporation.

Expenses – The costs of goods and services used to operate and maintain a community's common elements. Typical types of expenses in a community association:

- Operating expenses** – What's needed to keep day-to-day operations going
- Reserve account** – These are funds put aside – in reserve – for the planned repair and replacement of major components of the

community's common property.

Assessment – A homeowner's annual financial obligation to a community association that is calculated according to its annual budget. It is paid in monthly installments.

The community includes both residential and shared community properties. Leisure World has 29 residential properties ("mutuals"): 27 condominium associations, 1 homeowners association and 1 cooperative.

The shared community properties ("the Trust") are held in a trust for the benefit of its members, the mutuals.

This is the second article in a short series of articles about understanding the Leisure World Community Corporation budget, how it's developed, what it entails, and how it determines a portion of your monthly payments to your mutual.

The next article will examine the budget's Mutual Operating Fee and the Management and Operating (M&O) agreements that determine it. The 2020 community budget is available to view or download at (residents.lwmc.com).

Recycling Guidelines for Leisure World Residents

from the Sanitation Department

Leisure World has made responsible recycling a priority, but some of the Sanitation Department's collection practices differ from Montgomery County's. Understanding and following these guidelines can help hold down resident fees.

Leisure World does not take paper products to Montgomery County for recycling. Instead, as a cost saving measure, newsprint, cardboard and other paper items are collected separately from other recyclables and sold to an alternate recycling facility. As a result, the community saves the expense of paying to dispose of newsprint and cardboard and receives approximately \$40,000 per year from the recycler.

Place these items in your blue recycling bin; they are picked up on the same day as your trash schedule:

1. Aluminum, bi-metal (steel/tin) cans and

aluminum foil products

Acceptable metals include: empty "non-hazardous" aerosol cans; all metal food, beverage, and pet food cans; aluminum foil products such as foil wrap, pie plates and other food trays; and tins from cookies, fruitcakes, popcorn and similar items. Items should be wiped off and cleaned as much as possible.

2. Glass bottles and jars

(*clear, blue, brown, green*)

Rinse, remove caps and lids, and place bottles, jars, caps and lids separately into a blue recycling bin. No ceramic materials, mirrors, or window glass.

3. Plastics

Acceptable types of plastic (marked 1, 2, 3, 4, 5 or 7) include: bottles, containers, lids, jars, pails, buckets (with metal and plastic handles), food grade tubs; narrow-neck bottles that contained food, drink and household products (milk, juice, soda, water, salad dressing, cooking oil, shampoo, conditioner, and cleaning and detergent bottles);

butter or margarine tubs; yogurt, cottage cheese and sour cream containers; mayonnaise and peanut butter jars; whipped topping containers, prescription bottles, deli containers and trays, tubs with lids, platter trays, ice cream buckets, plastic beverage cups, laundry detergent tubs and buckets, kitty litter containers, painting buckets (up to five gallons), plastic lids and plastic flower pots.

Unacceptable types of plastics include: containers that held automotive or garden products (motor oil, antifreeze, and pesticide containers), plastic bags, plastic wrap, Styrofoam/polystyrene cups, trays and packaging, clamshell packaging (marked #6), microwavable trays, toys, kiddie pools, plastic flower tray packs (marked #6), other large plastic items.

Other Collections:

4. Newspapers, junk mail, inserts, cardboard and magazines (*pickup every Wednesday*)

If possible, place bundles in

paper bags or tie them with string before placing in the blue bins.

Do not package newspaper in plastic bags, which are non-recyclable in Montgomery County.

5. Yard trimmings (*grass, leaves, brush and Christmas trees*)

Call the Grounds Maintenance Department at (301-598-1314) to arrange for pickup. Do not use plastic bags.

6. Fluorescent light tubes and bulbs

Fluorescent bulbs contain a thin mercury layer, rendering them household hazardous waste when they burn out and require disposal.

While fluorescent bulbs may be disposed of in the normal household trash, it is better to bring them to the Physical Properties Department for recycling.

With residents' continued assistance, Leisure World can maintain its ranking as one of Maryland's recycling leaders.

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The 2020 U.S. Census is Coming, and Your Answers Count

by Kathleen Brooks,
Leisure World News

In mid-March, homes across the country will begin receiving invitations through the U.S. postal service to participate in the 2020 census.

When you receive your invitation, don't ignore it! Don't throw it away!

Article 1, Section 2 of the U.S. Constitution mandates that a census be taken every 10 years, with the purpose of accounting for every person living in the U.S., citizens and non-citizens, homeowners and renters alike.

By law, every recipient must respond to the census for all the members of its household.

And now it is easier than ever. Once you receive your household's invitation, you will be able to respond in one of three ways: online, by phone or by mail. This is the first time the online response is available.

How to Respond

Most households will be invited to answer census questions online or by phone. However, some households may also receive a paper questionnaire.

If a household uses an alternative address such as a post office box, that household will receive its invitation through an in-person visit from a census taker. Instructions on how to respond will be included with the invitation.

If a household fails to respond, it will receive a follow-up postcard as a reminder. If the household still does not respond, it will receive a reminder letter that includes a paper questionnaire.

Finally, beginning in May 2020, all non-respondents will receive an in-person visit from a census taker.

Be Savvy When Answering the Census

Whether you choose to respond online, by phone or

through the mail, know that the U.S. Census Bureau will not disclose your personal information for any purpose.

Neither will the Census Bureau ever ask you for your Social Security number, money or donations, anything on behalf of a political party or for your bank or credit card account numbers. If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam! Delete the email; hang up the phone.

Why is the Census so Important?

The data collected through the 2020 census is intended to provide an overview of the nation's population from where people live, whether or not they own a home, the ages, races and ethnic make-up of families, communities and regions of the country and much more.

It is used to determine the number of seats each state has in the U.S. House of Representatives (apportionment). A change in apportionment could impact 2022 U.S. House elections and state votes in the U.S. Electoral College in the 2024 presidential election.

States also use the data as the basis for their own redistricting (redrawing congres-

sional, state and local district boundaries).

The census data is also used to determine how billions of federal funds are allocated to states and localities to support their health, education, housing and infrastructure programs. And an accurate census ensures equitable distribution of funds to national programs such as Medicaid, the National School Lunch program, Head Start, special education grants and highway planning and construction.

There are myriad other uses for data collected by the census. Local governments, business, land developers and non-profits alike look to the data collected by the census

to help them make informed decisions in planning local development and investment.

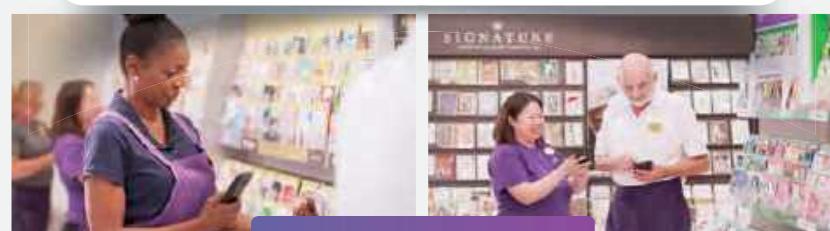
First responders and disaster recovery personnel use census data to determine what is needed when and where following a natural disaster like a hurricane. Public health personnel use demographic data from the census to help to track disease outbreaks and epidemics.

And decennial census also provides the basis of numerous federal surveys like the American Community Survey.

Want more information about the U.S. Census Bureau and the decennial census? Then visit (www.census.gov).



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THOUGHTS & OPINIONS: *From Our Residents*

GOOD TO KNOW: GATE TELEPHONE NUMBERS AND HOURS OF OPERATION



There are three entrances/exits to the community. All gates are staffed by Security personnel, ready to assist you when you call. The gates are:

Main Gate (301-598-1044)

Located at Georgia Avenue, the Main Gate is open 24 hours a day, seven days a week.

Call the Main Gate for Dial-a-Ride service (fee applies) and to notify Security of expected guests who do not have visitor passes.

In an emergency, call 911 and then call the Main Gate.

North Gate (301-598-1066)

Located at Norbeck Road, the North Gate is open from 6 a.m.-9:55 p.m., seven days a week.

Call the North Gate to schedule the Mobility Van (fee applies).

South Gate (301-598-1022)

Located at Connecticut Avenue, the South Gate is open from 6 a.m.-9:55 p.m., seven days a week.

Call the South Gate to reserve a ride to the MedStar Health medical center (fee applies).

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SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

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

A Few Things to Remember

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

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

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

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

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

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

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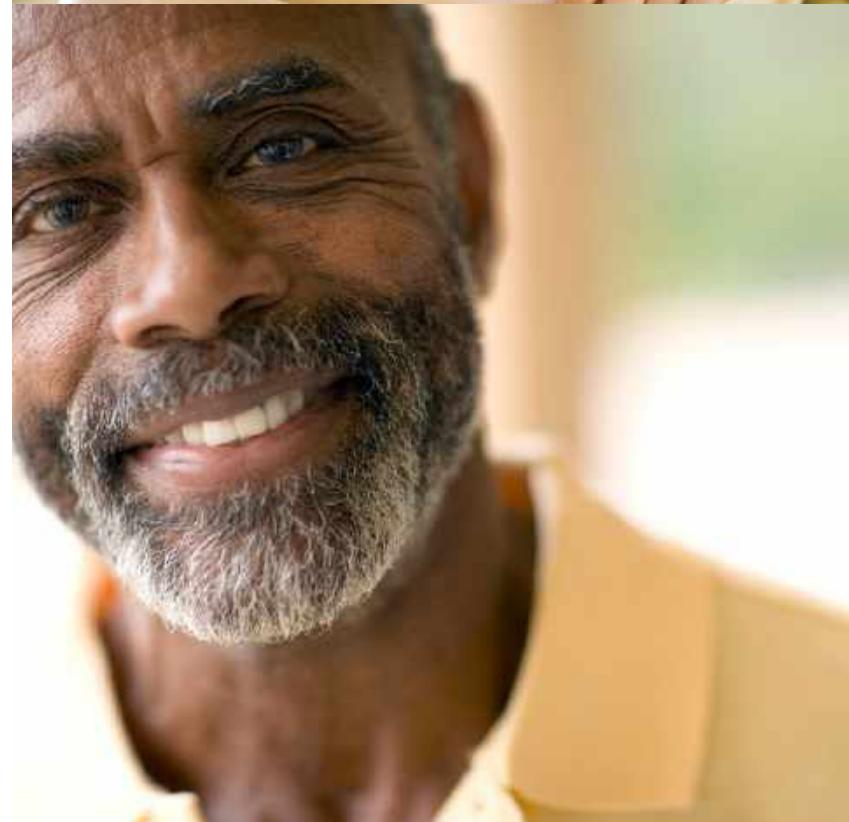
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EVENTS & Entertainment

■ Ballroom Dance Club

Feb. 22: Add a Dash of Red to Next Dance

by Ida Leong

A reminder to those who've reserved a spot on the dance floor: The Helmut Licht Trio performs on Saturday, Feb. 22, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. Doors open at 7:15 p.m.

A cash bar is available and dancers may bring snacks. The cost to attend is \$10 for Club members and \$15 for non-members and guests. Suggested attire is dressy, with jackets and ties for the



gentlemen and dressy outfits for the ladies. Although the dance is post-Valentine's Day, dancers may want to add a dash of red to their attire.

February is also American Heart Month so in addition to some vigorous dancing, the Club will provide healthy heart snacks at a designated table during intermission.

Make reservations with Hal Freeman at either (bobbinhal@aol.com) or (301-438-7513). And then put on your dancing shoes and come out for a fun evening!

■ Education and Recreation Department

March 6: Stephanie Dailey & Company – ‘Back to Broadway’

On Friday, March 6, at 2 p.m., in the Clubhouse I Crystal Ballroom, take a musical walk down memory lane with Stephanie Dailey & Company's "Back to Broadway" show.

Come hear – and sing along with – songs from famous Broadway musicals you know so well. Vocalist and dancer Stephanie Dailey will be accompanied by jazz pianist Wayne Wilentz, who has performed previously at Leisure World.

Dailey, in costume, will give you the scoop on plot lines and behind-the-scenes tidbits about Broadway musicals and stars that will surprise you. Also, in recognition of Women's History Month, the performance will highlight how women have contributed to the Broadway musical genre. Don't miss this exciting and fun look at the



Performer Stephanie Dailey, right, and pianist Wayne Wilentz, left.
Courtesy photo

Broadway stage that will leave you wanting more!

Tickets for the performance are \$6 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

About the Performers

Dailey has been entertaining audiences in the Washington, D.C., metropolitan area for more than 15 years and has performed multiple one-woman shows at Jojo's in Washington, D.C., Normandie Farms in Potomac, Maryland, and Cafe Italia in Arlington, Virginia. Her latest CD is "Stephanie Dailey - On the Move."

Wilentz, a pianist, keyboardist, composer and arranger, is a highly regarded jazz musician who is known for his versatility and vast repertoire as well as his expertise in Brazilian music.

■ Fireside Forum

March 1: Female Spies from the Civil War to Modern Times

by Jonas Weiss

On Sunday, March 1, Fred Edwards, a member of the American Humanist Association and a volunteer at the Smithsonian Natural History Museum, returns to Leisure World to tell the stories of female spies.

The program is at 2:30 p.m. in Clubhouse II, and Rosalind Kipping is the host for the speaker.

Some female spies have had sexual relations with the enemy, and even carried out assassinations or relayed information that led to battlefield deaths. Such actions are not unique to female spies; they are characteristic of the whole spying enterprise. Edwards will mention how some of these women responded to such ethical questions, but will leave it to the audience to decide where right and wrong lie.

Edwards will cover spies for the Confederacy, the Union and American forces abroad, as well as French, German and Russian spies. He will include a vindication of Mata Hari in World War I and the astonishing story of American-born dancer and singer Josephine Baker in World War II.

He will bring attendees



Fred Edwards, courtesy photo

up-to-date with the latest accused Russian spy, Maria Butina, who may have been acting on behalf of Vladimir Putin. His presentation is an interesting exploration of spying in the history of warfare.

About the Presenter

Edwards has been executive director of the American Humanist Association, editor of the Humanist magazine and national director of the United Coalition of Reason. As a continuing voice for humanist ideas over the past 40 years, he has appeared on national and local radio and television and has lectured in North America, Europe and India.



Edwards is now a member of the adjunct faculty of the Humanist Institute, the historian of the American Humanist Association, and is on the Broader Social Impacts Committee of Human Origins at the Smithsonian Museum of Natural History. He is also director of planned giving for the Humanist Foundation of the American Humanist Association.

Free Fireside Forum programs are made possible by donations from Leisure World clubs and organizations and individual residents.

PLEASE, NO CASH

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

■ Sock Hop Group

March 7: Enjoy Sock Hop Live

by Abigail B. Murton

Sock Hop Live is on Saturday, March 7. Enjoy the live band Groove Quest from 7-10 p.m. in the Clubhouse I Crystal Ballroom. Dance lessons will be provided from 6:30-7 p.m.

The cost to attend the dance is \$10, with sodas and water provided. Alcoholic beverages can be purchased at the bar. Dancers are welcome to bring snacks.

And then on Saturday, March 21, Take 2 Entertainment spins the tunes from 7-10 p.m. in Clubhouse II. The cost is \$5, with soda, water and snacks provided. Bring your own special beverages and extra snacks. This is always a really fun event that everyone looks forward to.

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



■ Lions Club of Leisure World

March 14: Instruments of Praise Band Performs



Instruments of Praise Band, photo by Maxine Hooker

by Maxine Hooker

Dr. Haywood A. Robinson III, pastor of the People's Community Baptist Church and member of the Instruments of Praise Band, presents a "Coming of Spring" concert by youth and adults on Saturday, March 14, at 4 p.m. in the Clubhouse II auditorium. Doors open at 3:30 p.m.

Instruments of Praise Band will inspire you with a collaboration of styles, music, ages and cultures. Director Sanders Milligan,



who is a Lion, energetically directs the Instruments of Praise Band at various churches, schools and other venues in the Greater Washington area.

Sponsored by the Lions Club of Leisure World, tickets are \$7 per person, (checks only, payable to LW Lions) and are available at the Clubhouse I E&R office beginning on Tuesday, Feb. 25 at 8:30 a.m. If available, tickets will be sold at the door. All proceeds support service projects.

■ Arts in Motion (AIM)

March 13: An Evening Featuring the Music of Johnny Mercer

by Grace C. Cooper

Popular jazz performer Steve Washington returns to Leisure World on Friday, March 13. His dramatic and romantic vocals are well-suited for the concert's theme, "An Evening of the Music of Johnny Mercer."

Merger wrote such diverse hits as "Autumn Leaves," "Blues in the Night" and "On the Atchison, Topeka and the Santa Fe." Washington's voice blends well with the varied and beautiful music of Mercer.

Washington is a favorite with AIM's audiences. Each time he has visited, he has received standing ovations and requests to return.

For an enjoyable evening of wonderful music, get your tickets now. They are \$25 apiece (checks only, payable to AIM) and available from the Clubhouse I E&R office. Doors open at 4:45 p.m., snacks are served at 5 p.m. and the concert begins at 6 p.m.



Steve Washington, courtesy photo



As usual, only AIM members may reserve a table of eight or more. Other seats are also available.

Tasty snacks are included in the ticket price, and a cash bar is available.



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**Carpet | Hardwood | Ceramic |
Laminate | Vinyl****■ Education and Recreation Department****■ Foundation of Leisure World****March 17: Quartet
Performs Celtic Music
for Ancient Moderns**

Ocean Celtic Quartet, left to right: Sean Heely, Christine Noyes, Jennifer Cutting and Stephen Winick, courtesy photo

On Tuesday, March 17, at 7 p.m. in the Clubhouse II auditorium, celebrate St. Patrick's Day with Ocean Celtic Quartet. Ocean, the Washington, D.C., area's award-winning Celtic ensemble, will present a program of traditional and original music.

Ocean's soaring vocals, fiery fiddle tunes and rollicking button accordion will have your spirit soaring and your toes tapping, while you sing along with songs that stretch back for centuries. There be songs from Scotland, Ireland and other Celtic nations, along with award-winning, original compositions by bandleader Jennifer Cutting.

This outstanding performance is co-sponsored by the Education and Recreation Department and the Foundation of Leisure World. Tickets are \$15 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

About the Quartet

Ocean Celtic Quartet members include bandleader Jennifer Cutting (accordion and piano); Chris

Noyes (vocals and guitar); Sean Heely (fiddle); and traditional singer and folklorist Stephen Winick (vocals and percussion).

The Quartet performs at area venues like BlackRock Center for the Performing Arts in Germantown, Cellar Stage in Baltimore, Strathmore Music Hall in Rockville and at the Southern Maryland Celtic Festival in Prince Frederick.



All members are experienced teachers and have taught at George Washington University in Washington, D.C., George Mason University in Fairfax, Virginia, and Davis and Elkins College in Elkins, West Virginia.

About the Foundation

The Foundation of Leisure World is a 501(c)(3) organization that was established for health, educational and cultural purposes. Contributions to the Foundation may be claimed as deductions on income tax returns to the extent permitted by law. If your club or organization has a need, email the Foundation at (foundation@lwmc.com).

March 23: Double Play Performs 'A Touch of Classical'

Double Play – Amy Ridings Don flute and Patrick Sciannella on tuba – return to Leisure World on Monday, March 23 at 2 p.m. in the Clubhouse I Crystal Ballroom.

They will present "A Touch of Classical," music from the ballet, opera and motion pictures. The program includes such well known pieces as the overture from "The Barber of Seville," selections from "West Side Story" and "This Little Light of Mine," as well as their own arrangement, "Celebrate Swing."

Tickets for this performance are \$6 per person and go on sale beginning Tuesday, Feb. 25, at 8:30 a.m. at both clubhouse E&R offices. Please bring your Leisure World ID.



Amy Ridings, left, and Patrick Sciannella, courtesy photo

This year, the duo celebrates its 30th anniversary as the only full-time professional flute and tuba duo. This husband and wife team has performed for, entertained and informed audiences of all

ages in 45 states, the District of Columbia and Mexico. They have appeared in venues and for organizations as varied as the Arizona Diamondbacks, a 1779 Town Hall in Mt. Washington, Massachusetts (Berkshires), churches, libraries and schools and senior communities.

Ridings is a graduate of the Oberlin Conservatory. A former member of "Jeux a Deux" (flute and harp duo) and Quintessence Chamber Ensemble, she has performed with a wide variety of artists

from the Bach Aria Group to Michael W. Smith.

Sciannella holds a bachelor's and a master's of music degree from the Eastman School of Music. A former member of the Southwest and Genesee Brass Quintets (winners of the Maurice Andre award), he has also performed with the Chautauqua

and Phoenix Symphony Orchestras.

Together, they create unique arrangements of many classical standards as well as occasionally presenting pieces that have actually been composed for flute and tuba. In 2017, Double Play released its seventh recording, "Love and Life."

Coming in 2020

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

- | | |
|---------------------|--|
| March 6, 2 p.m. | Stephanie Daily and Company – Back to Broadway |
| March 17, 7 p.m. | Ocean – Celtic Music for Ancient Moderns |
| March 23, 2 p.m. | Double Play – flute and tuba |
| March 28, 7 p.m. | A Diva Making History: What's a Leg Got to Do with It? |
| April 11, 7 p.m. | Rat Pack: Back at It Again |
| April 17, 2 p.m. | Steve Friedman – Revivals: The Broadway Cash Cow |
| April 19, 7 p.m. | TransAtlantic Duo with Vladimir Friedman |
| April 25, 9:30 a.m. | Spring Flea Market |

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



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■ Jewish Residents of Leisure World

March 26: Receive Guidance for the Future at Information Expo

by Fred Shapiro

Each month, the Jewish Residents of Leisure World publishes a newsletter that includes sponsorship ads from a number of businesses and organizations that provide services to senior citizens.

Many of these sponsors will be available at an information expo on Thursday, March 26, from 1:30-3:15 p.m. in the Clubhouse I Crystal Ballroom. Each sponsor will have a table to both hand out information and respond to residents' questions and concerns. The expo is open to all residents.

Following the expo, a workshop featuring speakers from the group of sponsors will be held from 3:15-4:30 p.m. in Clubhouse I. Organized by Rebecca Siman, the theme of the workshop is "Aging in Place." More details about the workshop will be forthcoming.

The information expo was

created by JRLW president Lyle Wolinsky as both a means of rewarding the newsletter's sponsors who have been with the organization for many years, as well as bringing information about their services to residents.

Each sponsor can provide valuable guidance to help residents plan for the years ahead. Sponsors attending include Family and Nursing Care, Chesapeake Urology, Capital City Nurses, The Dental Office at Leisure World, Dignity Memorial/Hines Renaldi, Torchinsky Funeral Home, Sagel Bloomfield Funeral Care, Bedford Court, Brooke Grove, Aspenwood Senior Living, Charles E. Smith Life Communities, Homecrest House, The Scooter Shop, Garden of Remembrance, Judean Gardens, Prigal Brothers, Moment magazine and Signal Financial Federal Credit Union.

In addition to the sponsors, Leisure World's social workers will be available at a table.



■ Education and Recreation Department

March 28: A Diva Making History: What's a Leg Got to Do with It?

On Saturday, March 28, the E&R department invites all residents to come hear Dr. Donna R. Walton, an award-winning speaker, describe her personal and professional journey from surviving to thriving. This Women's History Month presentation is at 7 p.m. in the Clubhouse II auditorium.

Tickets for the presentation are \$6 per person and go on sale beginning Tuesday, Feb. 25, at 8:30 a.m. in both clubhouse E&R offices. Please bring your Leisure World ID.

Walton's story began in 1976 at the age of 18 when she was diagnosed with bone cancer. This ambitious, energetic young woman faced the loss of her leg in order to save her life. The young amputee's spirit was broken; her dreams of becoming a dancer/actress and moving to Hollywood shattered—until one day she looked in the mirror and asked herself, "What's a leg got to do with it?" It's a question that has become her motto!

Today, Walton is an African-American advocate, motivational speaker, life coach, diversity trainer and CEO/founder of LEGGTalk Inc., a company that reflects her personal story. Her company's mission is to create nationwide movements for women of color with disabilities.



Dr. Donna R. Walton, courtesy photo

Walton received a bachelor's degree in 1979 from American University, a master's degree in 1985 in adult education from Syracuse University and, in 2005, a doctoral degree in counseling from The George Washington University. She is a former faculty member at The George Washington University, where she taught graduate level rehabilitation counseling courses using a distance education format.

She has also authored numerous articles and has just released her first book, "Shattered Dreams, Broken Pieces: A Journey of Faith, Reinvention and Resilience."

Come be inspired and empowered by this speaker who uses humor, passion, tears and personal truths to share her story and to encourage all people with physical disabilities as well as those with other types of internal barriers that keep them from reaching their purpose in life.

OUR LADY OF GRACE CHURCH



Begins on Ash Wednesday, February 26th.

Masses will be held at 9:00 AM, 11:00 AM, 4:00 PM at which ashes will be distributed.

During Lent, an 11:00 Mass will be added to the regularly scheduled 9:00 Mass Monday through Friday. In addition, Stations of the Cross will be celebrated at 3:00 on Fridays. Adoration and confessions will be held at 2:00 on Mondays, Wednesdays, and Fridays.

Bishop Robert Barron's Catholicism series will be shown each Wednesday.

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2020 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
Feb. 23, 2 p.m.	Green Book	LIMITED
March 19, 1 p.m.	Toni Morrison: The Pieces I Am	Feb. 25
March 29, 2 p.m.	Second Act	March 10
April 16, 1 p.m.	Breakthrough	March 24
April 26, 2 p.m.	On the Basis of Sex	April 7

Movies are subject to change.

Jewish Residents of Leisure World

March 16: ‘Love in Suspenders’

by Jonas Weiss

Jewish Residents of Leisure World (JRLW) and the Bender Jewish Community Center’s Coming of Age in Maryland program show the film “Love in Suspenders” (2019, 1 hour 33 minutes, comedy/romance, Hebrew with English subtitles, not rated) on Monday, March 16, at 1:30 p.m. in the Clubhouse II auditorium.

There is no fixed age for love. The encounter between two people with different personalities – Tammy, a widow in her sixties, and Beno, a widower in his seventies – should be a nightmare. Love, however, has its own rules. Notwithstanding their differences in lifestyle and personality, and their interfering offspring and neighbors, they do eventually fall in love.

The cost to attend is \$8 per person, checks only (payable to JRLW), and sign-up is available in the Clubhouse I E&R office. All residents are welcome.



Education and Recreation Department

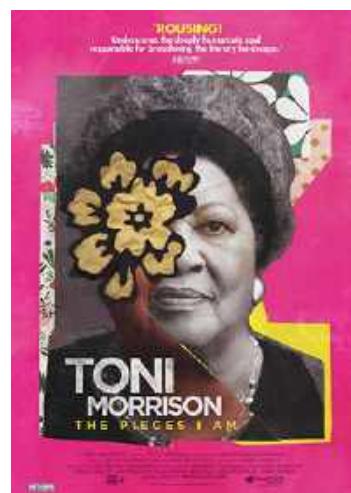
Thursday Afternoon at the Movies

March 19: ‘Toni Morrison: The Pieces I Am’

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

On Thursday, March 19, the presentation is “Toni Morrison: The Pieces I Am” (2019, 2 hours, documentary, rated PG-13 for some disturbing images/thematic material).

Free tickets, limit two per person, are required and can be obtained beginning Tuesday, Feb. 25, at 8:30 a.m. in either clubhouse E&R office. Please bring



your Leisure World ID.

In this documentary, Morrison reflects on her life and career as a novelist and editor, and on the historical and political events that shaped her writing.

The film also includes interviews of her peers and colleagues such as Oprah Winfrey, Angela Davis and Fran Lebowitz.

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

LW Association for African American Culture (LWAAC)

March 21: ‘Harriet’

by Patricia Means

LWAAC shows the film “Harriet” (2019, 2 hours 5 minutes, drama, rated PG for violent material and racial epithets) on Saturday, March 21, at 2 p.m. in the Clubhouse II auditorium.

Based on the thrilling and inspirational life of an iconic freedom fighter, the film tells the extraordinary tale of Harriet Tubman’s escape from slavery and transformation into one of America’s greatest heroes.

The film opens with the then Araminta “Minty” Ross, a young enslaved woman on Maryland’s Eastern Shore, who has spells. When denied her freedom, Minty renames herself “Harriet Tubman” and through divine mysteries guided by faith and the North Star, she runs away



to Pennsylvania.

Despite the prospect of a new life and fresh start, Tubman doesn’t rest easy, knowing that her people continue to endure doomed lives as slaves. She embarks on an endless string of round-trip journeys to the South, assuming disguises and using the nickname “Moses” to rescue slaves on each expedition.

While waiting for the delayed issuing of the new \$20 bill slated to honor her legacy, the film is a tribute to Tubman’s spirit, courage and compassion. The cast includes Cynthia Erivo as Tubman with performances by Leslie Odom Jr., Janelle Monae and Joe Alwyn.

Admission is free and open to all residents, but sign-up is required by Friday, March 20. To sign up, visit the Clubhouse I E&R office or call (301-598-1300).

By Adrienne | Friends of Jay Guan Treasurer Yanice Fu

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- News Alerts



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TV Channels

- 972 - Daily Events and Announcements
- 974 - Weekly Events and Meeting Broadcasts

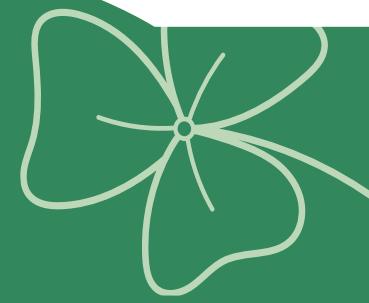
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For Clubhouse Grille Reservations, call 301-598-1330 | For Stein and Terrace Room reservations, call 301-598-1331

HEALTH & Fitness

■ Fitness Club

Feb. 24: Pop-up Program Features Dietitian

The Fitness Club's pop-up program is on Monday, Feb. 24, at 7 p.m. in Clubhouse I.

The program's host is Libby Lamancusa, consultant, educator, nutritionist and dietitian from nearby Ashton, Maryland. The program's topic will be interesting and meaningful to Club members! The program is \$5 for members and \$10 for guests. Residents and their guests can pay with cash at the door (no credit cards or personal checks).

For more information, email Pat at [\(pmcconnello2@gmail.com\)](mailto:(pmcconnello2@gmail.com)).

—Pat McConnell

■ Mindful Meditation Group

Group Practices Meditation Twice a Month

by Rhona Bosin

Upcoming sessions of the Mindful Meditation Group include a DVD about "Practical Meditation," a body scan meditation, an audio CD on "Mountain Meditation" and a segment with relaxing laser light music on YouTube.

The Group has a meditation flashcard lending library and a mindfulness resource list in progress. The Group begins its sessions with lightly guided mindful breathing, followed by a short mindful walking meditation.

Join the Group on the first and third Wednesday of every month at 7 p.m. in Clubhouse II. For further information, contact Rhona Bosin at [\(RhoMelody@gmail.com\)](mailto:(RhoMelody@gmail.com)).

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■ Health Advisory Committee

March 3: Attend Talk on Safe Driving

by Sandra McLeskey

Don't forget to sign up at the Clubhouse I E&R office for the talk about safe driving on Tuesday, March 3, at 10:30 a.m. in Clubhouse I.

Dr. Gina Pervall, chief of the Medical Advisory Board for the Maryland Department of Transportation Motor Vehicle Administration (MVA), and occupational therapist and driver rehabilitation specialist Carol Wheatley will discuss age-related changes that affect people's driving ability to drive and some methods to enable them to continue driving for as long as possible.

Pervall will also explain the policies and procedures of the MVA that help ensure that drivers are able to continue to drive safely. Wheatley has helped drivers rehabilitate for many years. Their presentation should be interesting and informative, and will address an ongoing problem in Leisure World.

■ Lions' Vision Support Group

March 11: Learn About Talking Books and Other Assistive Technology

by Larry Cohen

Join the Group at its meeting on Wednesday, March 11, at 1 p.m. in Clubhouse I. Jerry Price, manager for assistive technology at the National Library Service (NLS), will discuss talking books.

Price will present the products available to download books and the best options to maximize reading enjoyment. He will bring and explain various assistive technology equipment and the necessary NLS sign-up forms. He will also talk about other technology that can make vision impairment less of a defining issue in a person's life.

February is aged macular degeneration (AMD) awareness month. Typically, the Group would have had a speaker define AMD and answer questions about it, but it will hold off this year until the weather improves.

Those who missed the February meeting should consider scheduling time with the Computer Learning Center on Tuesday mornings (Apple users) or Thursday mornings (Android users).

For more information, contact Larry Cohen at (908-770-9111) or [\(ToPops@aol.com\)](mailto:(ToPops@aol.com)).



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.



March 18: Neuroscientist Discusses ‘Memory and Dementia-related Disorders’

by Fred Shapiro

The Center for Lifelong Learning (CLL) presents Dr. Angy Kallarackal from the National Institutes of Health to discuss “Memory and Dementia-related Disorders” on Wednesday, March 18, at 2 p.m. in Clubhouse I.

Although the program is free, residents are requested to register beginning Tuesday, Feb. 25, at 8:30 a.m. by stopping by the Clubhouse I E&R office or calling (301-598-1300) to ensure adequate seating.

Memory is a multifaceted and important factor in all of our lives. The name of your best friend, the last vacation

that you went on, and the mechanics of swinging a tennis racket are all examples of different types of memory that we use and value.

Kallarackal and attendees will discuss different forms of memory and how each type of memory is encoded and stored in a different part of the brain. She will highlight a couple of key case studies

and techniques that have helped scientists identify the relationship between brain regions and different types of

memory. These studies have helped to shed light on diagnosing memory problems and provide insight for treatment.

She will also discuss how aging affects memory and the differences between age-related diseases such as dementia and Alzheimer’s disease, and will touch on how neurons in the brain communicate with each other.

She will provide information on the current drugs and therapies used to treat memory disorders and the limitations of these

drugs, and will share progress on potential future memory drugs.

About the Presenter

Kallarackal is an assistant professor of psychology at Mount St. Mary’s University in Emmitsburg, Maryland. She earned a doctorate in neuroscience at the University of Maryland, Baltimore in 2011.

She currently studies the impact of genetic mutations and drugs on learning and memory with the help of her undergraduate lab team.

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



Dr. Angy Kallarackal,
courtesy photo

■ **FISH (Friends in Sickness and Health)**

FISH Holds Annual Lunch and Meeting in April

by Beth Leanza

FISH holds its annual meeting and lunch on Wednesday, April 22, at noon in Clubhouse II. Past and current volunteers are invited to attend to socialize and hear updates from president Beth Leanza.

Those who plan to come are asked to RSVP to Beth at (301-598-4569) or sign up at the FISH office. FISH needs an accurate headcount count so that it has enough food. Sandwiches, some salad items, cookies, iced tea and Sprite will be served.

About FISH

FISH is a volunteer organization that accepts donations of assistive equipment and lends them to residents and employees. FISH is not a 501(c)3, so it cannot offer a tax donation slip. But the organization is grateful for the donations it receives.

FISH tries to make sure the equipment is in good working order. However, FISH urges borrowers to check with a professional if they are unsure

about using an item.

The FISH office is open Monday to Friday from 10 a.m.-4 p.m. in Clubhouse II.

The office closes for major holidays, and if Montgomery County public schools are delayed due to weather, the morning session is cancelled. FISH is closed if the schools close.

Other Donations

FISH is also the place where residents can drop off donations of glasses and hearing aids to the Lions Club and can tabs that the Kiwanis Club sends to Ronald McDonald House. Upcycle cardboard tubes and calendars by dropping them off as well; a resident takes them to a local elementary school for art projects.

Lost and Found

FISH accepts found items and places them in its office closet. FISH tries to label each item with a date so that, when an item has been there for a long time, volunteers can safely dispose of it. FISH will not get rid of orphan earrings,

keys, watches or phones but hats, scarves and jackets are given to charity.

So, if you have mislaid something in or around Leisure World, it may turn up at the FISH office. Come in and look around in the closet or call (301-598-1345). The E&R office, available at (301-

598-1320), can assist when the FISH office is closed.

Want to Help?

Residents thinking about volunteering with FISH are asked to call Beth at (301-598-4569) and set up a time to sit in with another volunteer for a training session.

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GOOD TO KNOW: HOME HEALTH VS. HOME CARE

by Stacy Smith,
Leisure World News

Home health and home care both provide vital services that improve an individual's quality of life, but understanding the differences between them can help residents who are seeking assistance decide which is right for them.

Home health provides skilled, in-home medical care to a patient and must be prescribed by a doctor. It is covered under Medicare and typically lasts for six-eight weeks.

"You have to meet a certain standard to be eligible for [home health], and that's typically people who are coming out of the hospital and need physical therapy or medication management," according to Kelly Salb, director of client services at Family and Nursing Care.

While home health meets an individual's medical needs, home care, such as the kind provided by Family and Nursing Care, provides companionship and assists a person with his or her daily living activities. It can often times be used as a supplement to, or work in conjunction with, home health.

Home care services may be used temporarily or for an extended period of time –whatever a client feels best meets his or her needs.

Refer to the chart at right to help decide which service is a right fit for you.

SERVICE	HOME CARE	HOME HEALTH
Doctor prescribed		✓
Skilled medical care		✓
Administer medication		✓
Medication reminders	✓	
Help with daily living activities	✓	
Personal Care – grooming, dressing, bathing	✓	
Home Therapy – speech, occupational, physical		✓
Light housekeeping and meal preparation	✓	
Transportation	✓	
Wound Care		✓
IV Care		✓
Injections		✓
Payment Options	Private pay, long term care insurance	Medicare, Medicaid, Veterans Benefits

For additional information on the differences between home health and home care, contact Kelly Salb or client service manager Jeff Briggs at (301-588-8200).

Salb and her staff at Family and Nursing Care, located in the MedStar Health medical center, can help a resident determine if he or she is best served by home health or home care.

Health & Fitness In Brief

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

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

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

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

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

the equipment and facilities. Registration is not required.

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

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

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

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CLUBS, GROUPS & Organizations

■ Chinese Club

Feb 28: Inventor Gives Overview of 5G Technology

by Stella Shaw

On Friday, Feb. 28, the Chinese Club hosts a talk on 5G technology presented by Dr. Li-Shu Chen. The presentation is from 10-11 a.m. in Clubhouse II and all residents are welcome.

The presentation will cover 1st through 5th generation – the newest generation – of technology and will compare 4G and 5G. The strength of 5G and its applications in the decades to come will be discussed. It will also compare 5G among global territories, including the U.S., Europe and Asian countries.

The presentation will include a conceptual review of the relationship between frequency and wavelength both in descriptive and fundamental mathematical representation. Visual charts will be provided to understand

how the different wavelengths affect and are used in our daily lives. The presentation is intended for general audiences; having some basic physical science knowledge is helpful but not absolutely necessary.

About the Presenter

Chen taught at the Fu Jen Catholic University and the National Taiwan University in the 1960s. He was a research fellow at Polytechnic Institute of Brooklyn in New York. In 1979, he changed his field of interest to semiconductors.

He joined Westinghouse Company, which later became Northrop Grumman Company, where he retired as senior consultant. He published numerous papers and received about 20 U.S. and more than 30 other countries' patents in both chemistry and semiconductor electronics areas.

■ Vegetarian Society of Leisure World (VSLW)

March 19: Indulge in a Vegan Ethiopian Dinner

by Bob Fenichel

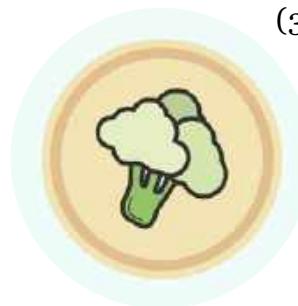
VSLW holds a vegan Ethiopian buffet dinner on Thursday, March 19, at 6 p.m. in Clubhouse II. VSLW will provide knives, forks and spoons for those who desire to go non-traditional.

The Adhadu Ethiopian Restaurant in Burtonsville, Maryland, will prepare a vegetable combo of red lentils, cabbage and potatoes, yellow split peas, collard greens, tomato salad and injera bread. Feel free to bring containers to take home leftovers.

The cost is \$13 per person for members and \$16 per person for non-members. Non-members can include their 2020 dues of \$10 when they send in their checks for

the dinner. The total amount paid would be \$23 (\$13 for the dinner plus \$10 for 2020 dues).

Mail checks, payable to VSLW, to Helen Gross at (3100 North Leisure World Blvd., Apt. 710, Silver Spring, MD 20906). Checks must be received by Monday, March 16.



About VSLW

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

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

■ Garden and Environmental Club

March 9: Master Gardener Presents Program on Edible Plants

by Jean DeSchriver

Residents and guests are invited to attend the Garden and Environmental Club's meeting on Monday, March 9, at 10 a.m. in Clubhouse I.

Master Gardener Melissa Siegel presents a program on edible plants.

Siegel became a Montgomery County master gardener through the University of Maryland Extension Department in 2013.

She now spends most of her time with children, teaching them where their food comes from. She also works with the

elderly through therapeutic programs.

Siegel offers such classes as "Please Don't Eat the Daisy," which discusses edible and non-edible plants.

Coffee, tea and homemade desserts will be served before, during and after the meeting.

Spring Tea

Club members are reminded to start



Melissa Siegel, courtesy photo

thinking about the upcoming annual spring tea held on

Tuesday, March 24, at 1 p.m. in the Clubhouse I Crystal Ballroom.

Volunteers are needed for a variety of tasks, including, baking desserts, helping set up, selling tickets and displaying posters in buildings. To sign up, contact tea chair Vivienne Burke at (301-460-4016) or (vcburke@gmail.com).

Proceeds from the tea are used to purchase trees that are planted every year on National Arbor Day. Most of the profits come from revenue generated by the prize table.

Members and non-members who wish to donate new items, gift certificates or gift baskets may contact prize table chair Carolyn McShane at (301-300-4332) or (cakcjmi1@comcast.net).

General Information

New members are always welcome. For membership information, contact Gwen Raphael at (301-348-8814) or (graphael@verizon.net).

March 23: Seminar on Final Expense Protection

by Fred Shapiro

On Monday, March 23, the Center for Lifelong Learning (CLL) presents Talaya Cook and Gwennetta Budd from Equis Financial to discuss the importance of senior final expense protection and how the different policies can protect savings, property, assets and more.

The program is at 2 p.m. in Clubhouse I. Although free, residents are asked to register beginning Tuesday, Feb. 25, at 8:30 a.m. by either stopping by the Clubhouse I E&R office or calling (301-598-1300) to ensure adequate seating.

Many seniors have been denied final expense protection because of health issues and feel like they are too old to obtain coverage, assume they can't afford coverage or have the bare minimum in place and do not fully understand their policy or have a policy that will cancel. But it's important that seniors have final expense protection.

Cook and Budd will speak on their mission to teach and educate seniors on final expense protection regulated through the states of Maryland and Virginia. They will explain the need for final expense protection and the purpose of the different

policies, and will answer residents' questions and provide one-to-one advice.

About the Presenters

Cook and Budd both have extensive backgrounds in the medical field that inspired their drive to assist seniors with health and life insurance.

They worked together at a previous insurance company, which later lead to them collaborating at Equis Financial and pursuing their



Talaya Cook and Gwennetta Budd, courtesy photos

passion of teaching seniors and working class families about policy coverage.

For information on all CLL classes and lectures, see (www.clldmd.com).

■Ballroom Dance Club

February Is for Love and Dancing

by Ida Leong

The Helmut Licht Group provides the music for the Ballroom Dance Club's next dance on Saturday, Feb. 22, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. For details, see the Events and Entertainment section of this publication.

Membership

It's not too late to join the Club. Residents can simply stop by the membership table at the next dance and provide a check for \$10 per person, payable to LWBDC, which entitles members to a dance entry fee of \$10 per monthly dance.

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The fee for non-residents and guests is \$15 per monthly dance. Members are encouraged to invite their friends, neighbors and relatives to the monthly dances. All are welcome.

About the Dances

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



and quickstep.

Dance to music from all eras, including Broadway, country and '30s through current day pop tunes. Attendees are welcome to ask the bands for favorite tunes and if the bands know it, they will play it. A cash bar is available and guests may bring snacks.

Suggested attire for the dances from September through May is a dressy, with jackets and ties for the gentlemen and dressy

outfit for the ladies. Warm weather dances held in June through August are more casual, with no ties or jackets required for the men and business casual for the ladies (no jeans). The Club has two themed dances during the year – the August Hawaiian dance and the October Halloween dance.

All dances are held on Saturdays from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. Reservations are strongly suggested to ensure a place at a table with friends, old and new.

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March Features Solo Exhibit by Guild President and Annual Spring Meeting



From left, Rossmoor Art Guild president Judy Kirkland distributes smocks at a recent workshop, one of her many duties. She still finds time to prepare for a solo exhibit starting in March at Clubhouse II; Marcie Burrough's Western Vista triptych and Philip Lucara's Mediterranean Café in colored pencil. Photos by Ann Bolt

by Ann Bolt

The February Rossmoor Art Guild (RAG) exhibit in Clubhouse I features a triptych painting by Marcia Burroughs that puts the

viewer out West with red soil and sage brush.

Philip Lucara shares his Mediterranean Café scene in oil. People and faces are featured in Maria Clark's reminiscences, John Kyle's take on brothers, Donna Leon-

ard's softest pastel you'll ever see and other works by Patty Marx and Shukla Chukabarty.

Landscape paintings include those by Ann Bolt, Judy Kirkland, Alexandra Michaels, Malcolm Caporiti and Salma Ahmed. Various topics and mediums are included in works by Jeanette Shampain, Sandy Greer, Houston Hancock and Nettie Geier.

The Open Studio theme for March and April is "fences."

Solo Exhibit

A solo exhibit by Judy Kirkland, current president of RAG, is scheduled for Clubhouse II in March and April.

As a child, Kirkland commuted into New York City to visit galleries and museums. She studied art history at the University of

North Carolina.

RAG teacher Ron Erlich taught her the basics and beyond and opened up the art world for her to enjoy. She has worked her way through perspective, shadows and highlights, dramatic lighting and rich color using acrylic medium.

As president of RAG, Kirkland has made many positive changes to the Guild.

Spring Meeting

RAG's spring general meeting for members and others interested in the fine arts is on Tuesday, March 3, from 1:30-3 p.m. in Clubhouse I.

The meeting includes a sale of donated art supplies, including gently used items and some bargains. Speakers for the event include RAG instructor and watercolorist Millie Shott. She keeps her students at RAG busy learning new skills.

Houston Hancock, who paints large, detailed oil paintings and has works represented in leading galleries in Maryland and Florida, will join Shott and share tips on how to get into juried shows and expand your contacts to sell your works.

General meetings are a good time to share thoughts and concerns about RAG's art program. The meeting also includes refreshments, a door prize and time for questions and answers.

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Rossmoor Camera Club

March 10: Learn About Photography from Club's Award Winners



Photos by Camera Club member Robert "Bob" Kaplan

by Fred Shapiro

The Rossmoor Camera Club's meeting on Tuesday, March 10, will feature a panel of the Club's award winners – Robert "Bob" Kaplan, Ingrid Masi and Ron Masi – to discuss digital photography.

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

Did you recently buy a digital camera or receive one as a gift? All of the camera's little icons can be confusing. Attend this program to learn how to make best use of the technology housed in the camera.

Using the camera's technology, and not just the "automatic" setting, enables the photographer to concentrate on the photo's composition to achieve impact.

The panel members will discuss the cameras they use and how they approach their photo taking, including such considerations as lighting, shadows, focus, depth of field and composition.

About the Panel

Kaplan's interest in photography began as a teen photographing railroads and trains.

Until two years ago, he used Nikon DSLRs and

SLRs. Now he uses a pair of Fujifilm XT2s, one with a 18-55 mm lens and one with a 55-200mm lens. When he travels, however, he carries a Sony super zoom point and shoot with a 35X lens.

Ron and Ingrid Masi have always liked taking photos. They have primarily used point-and shoot automatic cameras, such as Panasonic and Lumix, and still use a Canon with a zoom lens.

Ron also uses an iPhone 10 and Ingrid an iPhone 11, making minor adjustments in Apple's photos program.

Club Information

Thinking of joining? The Club and has two membership levels.

Members who expect to compete in the monthly competitions pay dues of \$25 for the year.

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

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

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



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

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■ Fun and Fancy Theatre Group

Performers and Stage Techs Welcome

by Hennette Allen

Fun and Fancy Theatre Group's lovers of stage performance continue to present an exciting variety of shows every month, from September through May, for the enjoyment of members and guests.

Monthly performances are always on the first Wednesday of the month at 7:30 p.m. in the Clubhouse II auditorium and are preceded by a short meeting. Admission is free to members (\$10 annually) and \$5 for a one-time guest admission. Refreshments always follow the show.

Membership in Fun and Fancy does not mean a person must be a performer. The Group is a source of pleasure for all who enjoy live entertainment, whether it is singing, dancing or comedy. It is heartwarming, and sometimes surprising, to see residents' talents on display.

Performances hold many opportunities for fun and learning, and not just for performers – backstage skills are needed for each production. Come try out a theater-related activity or give the Group the benefit of your previous experience, or just come and enjoy the productions from the audience. All are welcome!

A Touch of Ireland

The show on Wednesday, March 4, directed by Hennette Allen, is a tribute to the music, dance, wit and wisdom of the Irish people.

The songs include beloved oldies ("Danny Boy," "Molly Malone," "Mother McCree," "Toora Loora Loora") and several beautiful songs by Irish songwriters such as Enya and Van Morrison. Dancers have literally leapt in with great enthusiasm, and there are several instrumental selections along with a few short,



Fun and Fancy dancers rehearse a hilarious dance number for "A Touch of Ireland." Photo by Hennette Allen

interesting reading selections and jokes.

Come and enjoy "being" "Irish" for one evening! Irish t-shirts and green attire are welcome but not mandatory.

Remaining rehearsals are Saturdays, Feb. 22 and 29 at 10 a.m., Thursdays, Feb. 27 at 7 p.m. and Monday, March 2, at 7 p.m. (dress rehearsal).

April Show: The U.S. in Music

A program on Wednesday, April 1, will feature songs

naming U.S. cities and states. Directed by Bobbie Seidel, the performance follows the monthly meeting at 7:30 p.m. in the Clubhouse II auditorium.

Auditions are held Thursday, March 5, at 7 p.m. and Saturday, March 7, at 10 a.m. Contact Bobbie at (bseidel314@gmail.com) or (301-438-3412) with any questions. Rehearsals are held Saturdays and Wednesdays in March.



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Registrar and Volunteers Needed; Rate Increases for Plot Rental

by Judy Elrod

Although the garden plots are dormant, many avid gardeners are poring over seed catalogues thinking about spring.

The Garden Plot Group's executive committee has taken this time to accomplish some administrative tasks.

The Garden Needs You

The Group is seeking a new registrar, which is an important executive board position responsible for tracking the status of all garden plots and assigning plots to new gardeners, supervising the shed masters and working closely with the field supervisor.

Interested Garden Plot Group members in good standing should send a statement of interest and Group participation history to (judyelrod@comcast.net) prior to the Group's first regular meeting on Tuesday, March 10. At that meeting, nominations for the position will be accepted. Voting takes place at the Tuesday, April 14, meeting.

The Group needs volunteer gardeners to serve as garden inspectors, shed masters, garden helpers and mentors for new gardeners, and also needs help organizing the spring seed exchange, monthly cookouts and end of season awards dinner. Members who can give some time to one or more of these activities should contact new president Bette-Carole O'Connor at (301-847-9870) or (oconnorvette46@gmail.com).

New Rates for 2020

After reviewing the much-needed repairs and upgrades to the garden facilities, the executive committee recognized the need to increase the rates effective Jan. 1, 2020. The annual plot rental fee is now \$25, the annual bin rental is \$10 and the

one-time deposit for new applicants is \$100.

What does the \$25 get you? The annual plot rental is a bargain. Leisure World provides water, leaf mulch, sand and wood chips. The garden's five sheds contain wheelbarrows, buckets and a variety of tools for gardeners' use.

Annual fees pay for replacement/repair of these items, the rental of a porta potty and various expenses for the monthly cookouts, annual dinner and administrative costs.

Each shed contains bins (lockers) that provide gardeners a convenient place to store their personal items such as footwear, gloves, personal hand tools and more.

The one-time annual deposit is most often used to offset the cost of cleaning up abandoned garden plots or ones left in bad condition. These plots must be cleaned of dead vegetation, weeds and abandoned personal gardening items before they can be made available for future rental.

The cost of having these plots cleaned and prepped is \$200, which has been the going rate for several years. Gardeners who do not renew and leave a clean plot are returned their deposit.

Meeting with PPD

The executive committee met with Bill Carr of the Physical Properties Department (PPD) in early January. Carr explained the history of the working relationship between the Group and PPD with respect to physical maintenance of the property and its sheds as well as financial responsibility. The committee expressed concern about continuing problems with the garden's aging water system and much-needed repairs to the garden's sheds.



An aerial view of the garden plots. Photo by Leisure World News

Meetings and Activities

The Group's first regularly scheduled meeting of the year is on Tuesday, March 10, at 9:30 a.m. in Clubhouse I. All members are strongly encouraged to attend. A special orientation for new gardeners will follow the business portion of the meeting.

The Group has a cookout on the third Friday of each month from June through September. These cookouts combine the harvest of our

gardens with our talents in the kitchen. They are a good opportunity to learn about your fellow gardeners and to talk "dirt."

The Group has an annual potluck and awards dinner in August. Members cater the dinner using their culinary skills with the produce from their gardens.

Awards are presented for the best vegetable, flower and combination garden for the year.



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Check Out New Books at Library

by Anthony Magri

The library is located in Clubhouse I. Recently purchased and donated books that are available for checkout include:

- "Twisted Twenty-Six" by Janet Evanovich
- "A Better Man" by Louise Penny
- "The Fall of Crazy House" by James Patterson
- "Rosemary: The Hidden Kennedy Daughter" by Kate Larson
- "Under Occupation" by Alan Furst
- "Labyrinth" by Catherine Coulter
- "Treason" by Stuart Woods

- "Tough Love: My Story of the Things Worth Fighting For" by Susan Rice
- "Whose Waves These Are" (large print) by Amanda Dykes

If not registered in the library's system, simply stop by and present your Leisure World ID so you can be registered to check out books. If interested in volunteering at the library, stop by and consult a volunteer behind the desk.

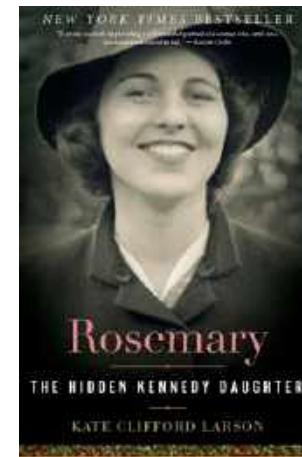
About the Library

The library will feature "Books of the Month" throughout the year. February's choice, "Biographies and Stories about Our

Early Presidents and Their Families."

Look for the display on the top shelf of the island (across from the greeting card display). Each month an author, event or theme will be highlighted in this area with the books. Residents who have a suggestion for a display should place it in the suggestion box located under the front window.

The library has reference books, magazines and newspapers throughout the year. Stop by



the library and shop for all occasion greeting cards. Remember that all puzzles must be returned to the library when done.

For more information, contact Tony Magri at (tony.italian1951@comcast.net).

LW Green

Feb. 26: Learn About Bill to Ban Plastic Bags in Maryland

by Sara Torvik

Could Maryland become the eighth state in the U.S. to enact a law banning single-use carryout plastic bags?

The Plastics and Packaging Reduction Act has been introduced in the Maryland Legislature (HB209/SB313). This bill would prohibit retailers from providing plastic carryout bags to customers and require them to charge at least 10 cents for a paper or other carryout bag.

Learn more about this issue at LW Green's meeting on Wednesday, Feb. 26, at 2 p.m. in Clubhouse I. Amy Moran from the Maryland Sierra Club Chapter's Zero Waste Program will address the damage done by plastic bags, explain how bag and fee laws change behavior and reduce plastic pollution, and inform attendees about the status and content of the proposed legislation.



having a plastic bag fee, and 60 percent of shoppers now opt for a reusable bag or no bag. But in the state as a whole, 75-88 percent of shoppers use single-use bags.

In addition to the pollution of waterways and threat to wildlife that plastic bags pose, plastic particles, additives and absorbed toxins may be damaging to human health. Only about five percent of plastic bags are recycled.

Attendees can take action at the meeting by writing to their state legislators in favor of this law. Postcards and addresses will be provided.

About LW Green

LW Green is a group of residents who strive to be better stewards of the environment through education and advocacy. Members don't have to be experts; the Group brings the experts to its members! All interested residents are invited to attend LW Green meetings held on the fourth Wednesday of each month at 2 p.m. in Clubhouse I.

LW Green members are available to speak to mutual board of directors or residents at any time. The Group has found that it is through the mutuals that it can most effectively spread the word about opportunities to help mitigate some of the worst effects of climate change.

For more information, visit the Group's website at (www.lw-green.com).

Membership

The Group is planning more timely and informative programs for this year, and membership dues help finance these activities. The Group invites all residents to become dues-paying members of LW Green. Annual dues are \$12 for an individual, and \$20 for a couple.

Membership forms will be available at the meeting, or send a check, payable to LW Green, to treasurer Valerie



A turtle chomps on plastic. Photo courtesy the Sierra Club of Maryland

Williams at (2921 N. Leisure World Blvd., Unit 117, Silver Spring, MD 20906).

Today's Green Tip

Use cloth table napkins instead of paper, with napkin rings to identify them to decrease laundering. And if you do use paper napkins, choose those made from recycled fiber. Consider cloth handkerchiefs, too.

CORRECTION: The LW Green article in the Feb. 7 Leisure World News mistakenly stated that the Feb. 26 LW Green meeting would focus on trees. Trees is the topic of the March meeting.

■ Democratic Club

More Letter-Writing Parties Planned

by Roger Blacklow

“I’m mad as hell and I’m not gonna take it anymore,” says Howard Beale in the 1976 film, “Network.” That quote describes the Democratic Club’s mood about President Trump’s acquittal on articles of impeachment.

Consequently, “Winning Wednesdays” is the Club’s letter-writing campaign to Democrats in battleground states to get them registered to vote, turn their state Democratic and defeat incumbent Republican senators. Look for the Club’s programs every other Wednesday from 2-5 p.m. in Clubhouse I. The Club will hold some programs at night for those who cannot make daytime events.

The Club thanks the more than 70 folks who turned out on Feb. 5, for the letter-writing party. Attendees wrote so many letters that the organization supplying them ran out! A special thanks goes to those who brought stamps or donated money for stamps.

Other Events

March is Women’s History Month and the Club’s theme for the month is “Valiant Women of the Vote.” 2020 is the 100th anniversary of the Constitutional amendment guaranteeing women the right to vote. For



women of color, it took decades to closely approximate the amendment’s goal.

The Club holds a fun, educational program on Wednesday, March 11, about women’s history. It may be an afternoon event with a cash bar, so stay in touch. This year, the Club will collect donations for an immigrant shelter group.

Maryland’s primary election is on Tuesday, April 28. U.S. president, school board members and judges will be on the ballot. The Club is planning to have debates for all three categories.

Join the Democratic Club to get the heads-up on all these events (see ‘Stay in Touch’ below). Also, if you are a local representative of any presidential campaign, contact the Club; we will have a table of literature for your campaign. Reminder: you have to be a registered Democrat to vote in the Democratic primary.

Stay in Touch

Want to join the Democratic Club, which is the largest in Maryland? Email the Club at (leisureworlddemclub@gmail.com). Need the latest local and national political information? Visit (demcluboflw.com).

Membership meetings are the second Thursday of each month at 7 p.m. in the Clubhouse I Crystal Ballroom.

■ Republican Club

March 17: Club Holds its Election of Officers

by Fred Seelman

The next meeting of the Republican Club is on Tuesday, March 17, at 1:30 p.m. in Clubhouse I. Two sets of elections will be featured at the March meeting.

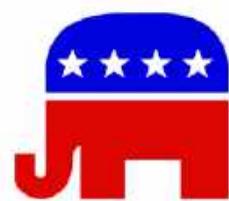
First, the Republican Club will hold its officers election. The nomination lineup for the Club’s election includes Fred Seelman, president; Robert Kammer, first vice president; Irmgard Patrick, second vice president; Donna Reilly, secretary; and Woodrow Shields, treasurer.

Second, the Club will focus its discussions on the U.S. Congressional election for Maryland’s 8th Congressional District, the one in which Leisure World is located. So far, the District has six GOP candidates for this office: Nicholas Gladden, Shelly Skolnick, Michael Yadeta, Gregory Thomas Coll, Bridgette L. Cooper and Patricia Rogers. Three of them – Gladden, Coll and Rogers – spoke at the Club’s February meeting.

The Club will participate in the Maryland primary elections on Tuesday, April 28. Besides voting, help the Club by working at one of Leisure World’s three precincts: Clubhouse I, Clubhouse II or The Inter-Faith Chapel.

Send comments or questions about these or any other Club matters and/or offers to volunteer to Club president Fred Seelman at (fseelman@gmail.com), or call our first vice president Robert Kammer at (301-847-9820).

Join the Club for another quality event on March 17, at 1:30 p.m. in Clubhouse I.



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Feb. 28: Chapter Welcomes Councilman Will Jawando to Speak at Meeting

by Joe Cook

Due to an unanticipated change in Montgomery County Councilman Will Jawando's schedule, the Chapter's Friday, Feb. 28, meeting now begins at 10 a.m. in Clubhouse I.

Check out the latest Maryland Federation of Profiles in Civil Service at (online. flipbuilder.com/hjxz/airc/mobile/index.html) for the work of fellow local NARFE members and consider submitting your profile for this year's version.

Volunteers Wanted

Most of the Chapter's officers and board members have been



Councilman Will Jawando, photo courtesy (www.montgomerycountymd.gov)

serving in office for four or more years, and some previous officers continue to serve on the board.

The Chapter wants to expand its board and needs volunteers to help set up concessions of coffee and food at the Chapter's March, April or May meetings.

The Chapter also needs help with its web-based communications and with the national, state and chapter NARFE interfaces. The Chapter especially needs help

with its membership recruitment and maintenance efforts and could use additional support with articles for the Leisure World News.

Join NARFE

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County statistics, the Chapter believes there are close to 1,000 former federal civilian and military employees living in Leisure World, but current membership is under 200.

Joining Chapter 1143 may help bolster the organization's national influence. Leisure World is known to have the highest concentration of voters in the state of Maryland.



Dues are only \$44 per year, of which \$40 goes to the National Office for a range of services and support. Dues can also be deducted over the year through lower monthly deductions from your federal annuity.

To join, contact membership chair John Lass at (johnmllass@comcast.net) or (301-288-4210) or president John Moens at (johnjots@outlook.com) or (301-438-3237).

Unitarian Universalists

Feb. 26: Why Is It So Hard to Talk About Racism?

by Dave Edfors

On Wednesday, Feb. 26, the Unitarian Universalists present a program about collective and individual racism in observance of Black History Month. The program is at 2:30 p.m. in the Clubhouse II auditorium.

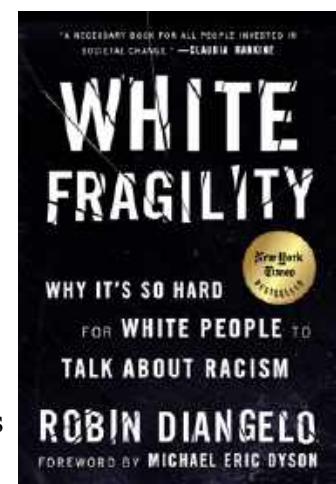
The program will begin with the showing of two short videos. The first is a conversation entitled "We the People" between Sondra Samuels and Parker Palmer. These participants, one black and one white, are both activists, thinkers and educators who delve into what keeps us and our culture in this deep divide.

The second video is an audio interview of the author Robin DiAngelo by Jennifer Ludden of PBS discussing DiAngelo's latest book, "White Fragility: Why It's So Hard for White People to Talk About Racism."

Without shame or guilt, the Unitarian Universalists hope to encourage a conversation that will explore white supremacy, white privilege and white bias – how we got here and how we can affect our own self-awareness and the awareness of others to advance our nation to become a more just society.

As the Rev. Dr. Martin Luther King Jr. famously said when he spoke in front of the Lincoln Memorial, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." That is a dream worth pursuing.

Join the Unitarian Universalists on Feb. 26 for this provocative and informative presentation. Conversation follows the program. All residents are welcome to attend; they don't need to be members of the Unitarian Universalists.



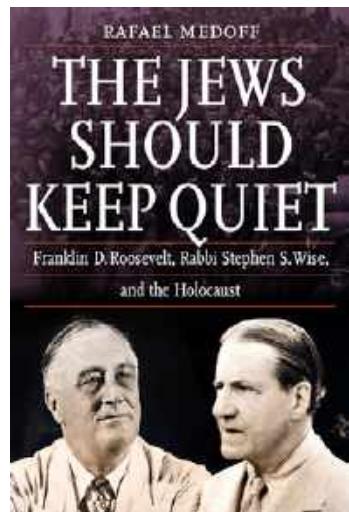
Jewish Discussion Group

Feb. 23: Noted Holocaust Scholar Speaks on His New Book

by Jerome "Jerry" Cohen

The Jewish Discussion Group's (JDG) next session is on Sunday, Feb. 23, at 10:30 a.m. in Clubhouse I. Noted Holocaust scholar Dr. Rafael Medoff will discuss his new book, "The Jews Should Keep Quiet: Franklin D. Roosevelt, Rabbi Stephen S. Wise, and the Holocaust."

What were the motives behind President Roosevelt's policy of keeping out Jewish refugees who were fleeing from Nazi Germany?



How did American Jewish leaders respond to FDR's stance? Did the 'Jewish vote' matter in 1944? These and other compelling subjects will be the focus of Medoff's presentation. His remarks will be followed by a question and answer period.

About the Speaker

Medoff is director of The David S. Wyman Institute for

Holocaust Studies in Washington, D.C., which focuses on America's response to Nazism and the Holocaust.

He is the author of more than 20 books and hundreds of articles on these topics and is the co-editor of the online Encyclopedia of America's Response to the Holocaust.

After his talk, Medoff will sign copies of his book, which will be offered for sale at a special discount rate. Some of his earlier books will also be available.

Moderator Update

The position of moderator is still open and will need to be filled by July 2020 for the Group to continue holding its monthly sessions. Any person who is interested in the role of moderator is encouraged to contact Jerry Cohen at (240-970-5024) or (jerome.acohen67@outlook.com).

Paul Bessel has graciously agreed to fill in as needed for the next few sessions.

Session Format

The current monthly format usually features full-session speakers, and occasional sessions will include discussions of contemporary issues facing the Jewish global, domestic or local communities. Comments from attendees are to be limited to one to two minutes so everyone may have an opportunity to participate.

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

Jewish War Veterans Charles B. Krieger Post 567

March 1: 'A Fresh Approach to Passover: From the White House to Your House'

by Jerome "Jerry" Cohen

The next Jewish War Veterans (JWV) Post 567 brunch is on Sunday, March 1, at 10 a.m. in the Clubhouse I Crystal Ballroom. Sponsored by Moment magazine, the featured speaker is Susan Barocas, who will present "A Fresh Approach to Passover: From the White House to Your House."

Barocas will tell behind-the-scenes stories from three years as the guest chef for the Obama's White House Seders, along with recipes served there and other healthy and tasty foods for the holiday. She will also discuss Passover flavors of Jewish cuisines from around the world.

Barocas is a writer, cook, teacher and speaker. She was the founding director of the innovative project Jewish Food Experience. Her work has appeared in the Washington Post, Huffington Post, Moment and Lilith magazines

and in other publications.

Barocas speaks and cooks at locations in the U.S. and abroad and has made many food-related appearances on television and radio. She is a member of Les Dames d'Escoffier International culinary society.

The Post's brunch events are open and available to all residents and to the public; membership in JWV is not required.

The delicious buffet brunch includes eggs, tuna fish, lox, bagels, latkes, blintzes, pastries, fresh fruit, coffee, juices and more.

Tables of eight-10 only may be reserved with payment for all tablemates. Include the names of all people attending with the reservation payment. Otherwise, open seating on a first-come, first-served basis will be in effect.

Mail reservations for \$14 per person (check only, payable to JWV 567), to (JWV Post 567, 14030 Connecticut

Ave., P.O. Box 9415, Silver Spring, MD 20906). Checks must be received by Tuesday, Feb. 25.

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

Post Information

Members' business meetings are held the first Wednesday of each month from 11 a.m.-12:30 p.m. in Clubhouse I, and the next meeting is on Wednesday, March 4. All regular members and patrons and those who are considering joining are invited to attend.

Two new categories of regular membership were recently added by the JWV national governing organiza-

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



Susan Barocas, courtesy photo

Contact Information

For those who would like additional information, have questions about membership, would like to be added to Post 567's email notification and e-newsletter list, or who wish to make donations to the Post in honor or in memory of someone should contact Post Commander Jerry Cohen at (240-970-5024) or (jerome.acohen67@outlook.com).

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Jewish Residents of Leisure World

March 10: Attend Service to Celebrate the Holiday of Purim

by Jonas Weiss

The holiday of Purim commemorates the saving of the Jews of the ancient Persian Empire from annihilation.

JRLW will have a service with readings of the Megillah (scroll) of Esther and refreshments to celebrate the holiday on Tuesday, March 10, at 9:15 a.m. in Clubhouse II. Costumes are optional.

Eric Friedman, director of the Montgomery County Consumer Protection Agency, is the featured speaker at the Sunday brunch on Sunday, March 15, at 10 a.m. in Clubhouse I.

To attend, mail checks for \$14 (\$18 for non-members), payable to JRLW, to Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906).

April Activities

On the second night of Passover, Thursday, April 9, JRLW holds its traditional second Seder at 6 p.m. in the Clubhouse I Crystal Ballroom.

A reservation form with more details will be in the March JRLW newsletter. Reservations must be made by Friday, March 27.

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On Monday, April 13, at 7 p.m., JRLW holds its election for officers of the board of directors. Anyone not already nominated but interested in a position should contact Leah Weisman at (301-288-4267).



Enjoy your favorite Jewish songs and sing along at the JRLW Music Fest 2020 on Thursday, April 23, at 7:30 p.m. in the Clubhouse II auditorium.

Good Deeds Day

Good Deeds Day has been rescheduled to Sunday, April 26. Packages of food will be collected from 11 a.m.-2 p.m. in the Clubhouse I lobby and will be given to Manna Food Center for distribution to the needy.

Sabbath Services

Rabbi Moshe Samber and volunteers hold services and discussions on Saturday, Feb. 22, Feb. 29 and March 7 at 9:15 a.m. in Clubhouse II. Rabbi Fink and Cantor Wendy Gonzales conduct services on Friday, March 6, at 7:30 p.m. in The Inter-Faith Chapel. Cantor Michael Kravitz conducts services on Saturday, March 14, at 9:15 a.m. in Clubhouse II.

Donations

To donate a prayer book in honor or memory of a loved one, send checks, payable to JRLW, to Andrea Kirsch at (3210 Leisure World Blvd., Apt. 101, Silver Spring, MD 20906).

For contributions to the Torah maintenance fund, send checks, payable to JRLW, to Carol Wendkos at (14805 Pennfield Cir., Apt. 212 Silver Spring, MD 20906).

To sponsor a Kiddush or Oneg, send checks (minimum of \$25, payable to JRLW) to Susan Weiss at (3739 Glen Eagles Dr., Silver Spring, MD 20906). For general tzedukah, also send checks to Susan.

March 11: NA'AMAT Welcomes Renowned Storyteller Noa Baum

by Carole Mund

On Wednesday, March 11, the second Wednesday of March, all residents are invited to a free, open meeting featuring renowned storyteller Noa Baum. The meeting begins at 12:30 p.m. in the Clubhouse I Crystal Ballroom. Refreshments will be served.

Long before the written word, people told stories. Stories reflected everyday life as well as hopes and dreams for the future. Renowned speaker and storyteller Baum will share personal and traditional stories that help people find meaning and connection.

Baum is an award-winning storyteller and author who has presented internationally to audiences ranging from the World Bank to inner city schools. Baum's stories have been featured on Public Radio International. She is a winner recipient of the Parents' Choice and Story Telling Awards.

Baum's book, "A Land Twice Promised: An Israeli Woman's Quest for Peace," is an introspective memoir that reaches into the depths of the chasm between Israeli and Palestinian experiences and how the use of storytelling provides an avenue of therapy and understanding. The book will be on sale, at a cost \$18 each, for those who would like to delve further into her approach.

Supporting the Mission

NA'AMAT RBZ Club helps support NA'AMAT Israel's mission to provide support services for women and children. NA'AMAT's schools and daycare centers promote pluralism and equality in Israel for all of the country's citizens.

A technological high school in Nazareth, which offers quality education to some 300 Arab students, many of whom come from disempowered families, has recently opened a new cross-country cycling program. What a way to get fit while enjoying the Galilee's captivating scenery!

Help Wanted

NA'AMAT is looking for someone to write and submit the Club's Leisure World News articles. It is a great opportunity to get involved. The Club's executive board is eager to provide support, so the volunteer does not have to be currently active to accept this position. Contact NA'AMAT RBZ Club president Linda Schoolnick at (301-681-1076) for more information.

Spiritual Adoption Luncheon

Each year NA'AMAT sponsors a luncheon to support the children in

Israel that are in need of educational programs and support services, including counseling.

This year's spiritual adoption luncheon is on Tuesday, April 21, and features keynote speaker Chris Gordon, Emmy award-winning reporter, investigator and columnist for NBC4.

In 2018, Gordon was inducted into the National Academy of Television Arts & Sciences' "Silver Circle," which honors excellence in journalism. He has been a legal analyst for Court TV, providing examination of many major decisions.

More information about this special event will be forthcoming. Contact Harriet Chaikin at (240-560-7487).

Book Club

NA'AMAT RBZ has a book club that meets the fourth Wednesday for each

month to discuss literature chosen by club members. The book for the next scheduled meeting on Wednesday, Feb. 26, is "Spying on the South" by Tony Horwitz. Contact Barbara Tahler at (240-669-6961) for the meeting's time and place.

Upcoming Events

- May 15 – Donor Luncheon at Manor Country Club

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

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

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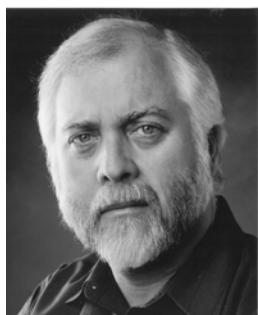
March 16: Media Advisor Discusses Israel's Technological Accomplishments

by Fred Shapiro

Too often, the news about Israel covers its politics. Rarely does one see an article describing the country's technical advancements that have helped other countries solve problems around the globe.

To introduce residents to these positive accomplishments, the Center for Lifelong Learning (CLL) and Jewish Residents of Leisure World (JRLW) present a program by media advisor, teacher and artist Avrum Ashery on Monday, March 16, at 2 p.m. in Clubhouse I.

Admission to the program is free, but residents are asked to register beginning



Avrum Ashery, courtesy photo

Tuesday, Feb. 25, at 8:30 a.m. by either stopping by the Clubhouse I E&R office or calling (301-598-1300) to ensure adequate seating.

Israel has many accomplishments in the fields of medicine, science, agriculture and technology and has produced commercial products that millions of Americans use. For example, the U.S.'s wounded warriors have been fitted with exoskeletons and prosthetic limbs made in Israel, giving them a new lease on life.

Come to this presentation to learn more about Israel's contributions and how to advocate on Israel's behalf.

About the Presenter

Ashery recently retired as the visual communications/media advisor to the U.S. Congress while also teaching Jewish studies in the Washington, D.C. area's Jewish community.



He exhibits his nationally noted Judaic art throughout the American Jewish community while guest lecturing about vital issues overlooked or not well understood by the American Jewish community. He also worked as a consultant to the Embassy of Israel on media-visual communications projects as well as visual communications projects for major Jewish organizations.

For information on all CLL courses and lectures, see (www.clldmd.com).

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March 25: Hadassah Holds Women's Seder

by Barbara Eisen

Hadassah presents a women's Seder on Wednesday, March 25, at 2 p.m. in Clubhouse II. Rabbi Tirza Schmelzer-Covel has written the women's Seder Haggadah and will lead the service.

The Seder recognizes the role of women in the Passover story and in contemporary Jewish life. Schmelzer-Covel currently teaches at the Charles E. Smith Jewish Day School. In addition to matzah and grape juice, homemade Passover desserts will be served.

The cost is \$8. To register, send a check, payable to Hadassah, to Ellen King at (3517 John Carroll Dr., Olney, MD 20832) by Wednesday,

March 18. People are encouraged to register in advance. For questions, contact Ellen at (301-570-0814). All residents and their guests are welcome to attend.

Judaic Studies Group

The next meeting of the Hadassah Judaic Studies Group is on Monday, March 16, at 1:30 p.m. in Clubhouse I. The theme is "Jewish-American Humor." Bring your favorite quip, joke or story to share with others as the Group laughs with comedians from vaudeville until today.

The meeting has no charge, but attendees are invited to make a small contribution. This program was originally scheduled for December but was canceled due to

bad weather. As always, all residents and their guests are welcome. For more information, contact either Group moderator: Shari Goldstein at (240-293-6442) or Naomi Kline at (nbk165@comcast.net) or (240-669-7683).

General Information

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. The prices are \$3 each for one to three cards and \$2.50 each for four or more cards. Cards are displayed and sold at every Hadassah meeting. Call Elaine at (301-598-0079) or Jan at (301-593-7720) to buy cards between meetings.

Larelda Gruber, available at (301-598-5922), is chair of Youth Aliyah/Children at Risk. This project helps disad-

vantaged children in Israel. The goal is to create a circle of \$1,000 made by individual contributions of \$40. Send donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906).

Contact Information

Hadassah sponsors many activities to further the worthwhile projects it supports in medical, educational and social programs in Israel and the U.S. If interested in knowing more about Hadassah, contact one of its membership vice presidents: Lois Fields at (301-585-9804) or (loisfields2@earthlink.net), Linda Epstein at (301-847-9650) or (lestein8@gmail.com) or Natalie Rosen at (301-279-5640) or (bnrosen@comcast.net).

■ New Yorkers and Friends Group

March 12: New Yorkers Holds Diversity Potluck Luncheon

by Linda Mahler

New York's diversity is the theme of the New Yorkers and Friends Group's potluck luncheon on Thursday, March 12. The event is open to Group members and prospective members and is at 11:30 a.m. in Clubhouse II.

The cost to attend the luncheon is \$2 plus a dish from your country of origin or ethnic

background. Those interested in attending should RSVP to Dottie Chanil at (301-871-1513) or (chanil4@aol.com) by Friday, March 6.

Be sure to let Dottie know what food you will bring from one of the following categories: salad, appetizer, entrée or dessert. Food should come ready to serve six-eight people. Coffee and tea will be provided,

and attendees are asked to share their cultural and ethnic backgrounds through diversified cuisine and stories related to the food they bring.

Membership in the New Yorkers and Friends Group is open to all residents who have any affiliation with New York City or State, or anyone who just likes New Yorkers.

Dues of \$10 per person

cover the period from Sept. 1, 2019 through Monday, Aug. 31, 2020. Mail checks, payable to New Yorkers and Friends Group, to Dottie Chanil at (3829 Glen Eagles Dr., Silver Spring, MD 20906).

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

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Search Begins for 2020-2021 LWAAAC Officers

by Patricia Means

The LWAAAC nominating committee is seeking candidates to serve as officers on the board of directors for the period of Wednesday, July 1, 2020 through Wednesday, June 30, 2021.

The positions eligible for election are president, vice president, recording secretary, correspondence secretary, financial secretary and treasurer.

A letter from the nominating committee containing the position descriptions for officers and nomination guidelines was sent to members on Feb. 17. Members who did not receive the letter from the nominating committee should contact Eleanor High, nominating committee chairperson, at (301-598-1258).

Members are urged to

nominate any member deemed a good candidate for a position and to make self-nominations. The members of the nominating committee are Eleanor High, Sherry Weaver, Lawrence Traynham, Joseph Parker and Elizabeth Brooks-Evans.

Upcoming Events

"The FREED Presentation" and "Harriet Tubman: Defender and Fight for Freedom" is on Tuesday, Feb. 25, from 2-5 p.m. in Clubhouse II. Both shows depict the lives of black women in the Civil War era.

Admission is free, but sign-up is required by Monday, Feb. 24, to ensure adequate seating. To sign up, visit the Clubhouse I E&R office or call (301-598-1300). Free will offerings are accepted.

For additional infor-

mation, contact Juanita Sealy-Williams, program committee chairperson, at (301-822-4531).

The 2019 film "Harriet" is shown on Saturday, March 21, at 2 p.m. in the Clubhouse II auditorium. For additional information, see the Events and Entertainment section of this publication or contact Juanita Sealy-Williams, program committee chairperson, at (301-822-4531).

The Mahalia concert featuring the Lavenia Nesmith Ensemble is rescheduled for Sunday, March 22, at 4:30 p.m. in the Clubhouse II auditorium. Tickets purchased for the canceled Feb. 9 show will be honored. Tickets, \$20 per person (check only payable to LWAAAC), are still available at the Clubhouse I E&R office. Based on available seats, tickets will be sold at the door. For additional information, contact Juanita Sealy-Williams at (301-822-4531).

Trip

A bus trip hosted by LWAAAC to see the show-stopping play, "Tina – The Tina Turner Musical," is Wednesday, June 24, 2 p.m., at the Lunt-Fontanne Theatre in New York City. For additional information, see the Club Trips section of this publication or contact Juanita Sealy-Williams at (301-822-4531).

Membership and More

Dues for new member

enrollment are prorated at \$10 (checks only, payable to LWAAAC) to cover the remaining portion of the fiscal year. Individuals renewing membership are not eligible for prorated enrollment. Renewed membership requires that the full amount for annual dues (\$20) be paid regardless of the time of year.

Payment for membership (checks only, payable to LWAAAC) may be made at meetings or placed in the LWAAAC mail slot in the Clubhouse I E&R office.

Membership is open to all residents. Your name, residential address, telephone number and email address (in print) must be provided at the time of registration.

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

The next LWAAAC board of directors meeting is Wednesday, March 4, at 4 p.m., in Clubhouse I.

Leisure World Showcase

LWAAAC has monthly displays in the showcase located in the corridor behind the Clubhouse I E&R office.

The February display salutes Black History Month with icons signifying African-American careers. The display was designed and posted by Carole Thompson, public relations committee.

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March 2: Vendor Sale is Gift-errific!

by Marcia L. Elbrand

On Monday, March 2, the Rossmoor Women's Club (RWC) holds its spring vendors' sale, a great opportunity to purchase fashion accessories, gifts, jewelry and handy items like umbrellas and wallets — all at prices that can't be beat.

The sale, open to the public, is from 10 a.m.-3 p.m. at nearby Bedford Court, located at (3701 International Dr., Silver Spring, MD 20906). Nearly every one of the thousands of brand new items on sale costs only \$6, and the few specialty items that cost more will all be plainly marked.

Best-selling items include attractive, well-made costume earrings, rings, bracelets, necklaces and a large selection of imported designer stoles and pashmina wraps. Totally practical shoppers will find men's, women's and children's socks, and useful items such as flashlights, rain hoods and gloves. At a recent sale, one shopper who

purchased more than 60 pairs of cute children's socks said that she sends them on to her sister, a teacher in an inner city school, who gives them to delighted young students.

Proceeds from the sale go to the many local charities supported by Rossmoor Women's Club, including Casey House and Montgomery Hospice, and the Betty Ann Krahne center, the county's only refuge for women and children fleeing domestic violence. RWC also provides ongoing support to the Title I Head Start class for pre-kindergarteners at nearby Harmony Hills Elementary School. And, each spring, the club's education committee, led by chairperson Rita Posner, awards college scholarships to accomplished young women graduating from Blake High School.

Not a Shopper?

Residents who hate to shop but believe in supporting good

causes can join the Rossmoor Women's Club for \$40 per year or simply send a contribution toward helping needy local students.

Membership checks, payable to Rossmoor Women's Club, may be sent to Aggie Eastham at (3100 N. Leisure World Blvd., #126, Silver Spring, MD 20906). Contributions to provide field trip transportation

for Harmony Hills' students may be sent to treasurer Peggy Sullivan at (3743 Glen Eagles Dr., Silver Spring, MD 20906). Make donation checks payable to Rossmoor Women's Club, and write "Harmony Hills" on the check's memo line.

For questions about RWC, email club president Abigail Murton at (abmurton@comcast.net).

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■ Going It Alone Club

Club to Take Luxury Motor Coach Tour of Canada

by Elizabeth Brooks-Evans

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

The Club also offers frequent motor coach trips to which all residents, single and married, are welcome to attend.

Trips

Upcoming trips include:

- April 15 – “Love Letters” at Washington County Playhouse in Hagerstown, Maryland. For more information, contact Nancy Alderman at (301-598-5614).
- May 20-21 – “Queen Esther” at Sight and Sound Millennium Theatre in Lancaster, Pennsylvania. This trip is sold out.

Sign-ups for trips take place during Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II when a representative of the trip committee is available to receive payments and answer questions, or pick up the GIAC newsletter for more trip information.

Special Event

On Saturday, Feb. 29, a special event honors Sylvia Pachenker, a faithful GIAC volunteer for nearly 30 years.

More detailed information on the April 15 and July 18 trips can be found in the Club Trips section of this publication.

The event is from 2-4 p.m. in Clubhouse II. There will be refreshments, fun activities and music by Take 2 Entertainment.

Members of Pachenker's other affiliations, the Baby Boomer Club and the Ceramics Club, are cordially invited as well. For more information, contact Elaine Strass at (240-477-2166).

Armchair Travel

On Saturday, Feb. 22, well-known video travel guide Rick Steves returns to armchair travel with a new cruise through Venice's Grand Canal.

Luxuriate in a venerable café and savor fresh fish canal-side with Venetian friends. Be dazzled by masterpieces of the Venetian Renaissance and get intimate with the city of Casanova...on a gondola in the moonlight.

On Saturday, March 7, virtually visit Wales as Steves

guides travelers to open their ears to the sound of Welsh, one of Europe's oldest languages still spoken.

Clamber over a castle, eat a leek, catch a rugby match, view sheep-dotted pastures that end at 750 miles of scenically windswept coastline overhanging the Irish Sea, and share a pint of bitters with a baritone.

Membership

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

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

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



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Baby Boomer Club

Join or Renew Membership for 2020

by Beth Leanza

The Baby Boomer Club gathers to socialize, share meals, watch movies and musicals and play games, among other activities. Any active adult is welcome to join the Club.

The Club provides water and soda at its clubhouse activities, and members can, if they like, bring their own wine or beer.

Membership

It's not too late to renew membership for 2020! Members who wish to renew and residents who want to join should send a check for \$5 to membership chair Susan Landesberg at (3505 Twin Branches Ct. 37-C, Silver Spring, MD 20906). She has the 2020 member cards for people who were members in 2019. Include an email address to receive updates on Club events.



Residents who are unsure they want to join can attend a Club activity first. The Club's website is available at (<https://sites.google.com/site/bbclwmd>) and includes a calendar with activity information.

Have you joined but aren't receiving Club emails? Contact Beth Leanza at (bethleza12020@gmail.com) or (301-598-4569).

Friday Hikes with Joyce

Residents do not have to join the Baby Boomer Club if they only want to join the walkers.

Although the walks' organizers are Club members, they welcome anyone to join the walks.

Joyce Richardson, available at (301-598-7098) or (777cheekie333@gmail.com), leads walks on Fridays. They meet up at 1:15 p.m. at a local

trail. Most walk about three miles, but some walk in halfway and return. To carpool to the trail, contact Joyce at (301-598-7098) by Thursday night.

To get directions to the walk sites, visit the Baby Boomer Club's website at (<https://sites.google.com/site/bbclwmd/calendar>) and go to the calendar page, or use Google Maps.

- Feb. 28 – Washington Grove Retreat Community. Meet on Bounding Bend Court at 1:15 p.m. Park somewhere on Bounding Bend Court. Bring water.
- March 6 – Rachel Carson Conservation Park (Brookeville). Meet in the parking lot near the display map at 1:15 p.m. Bring water.

Sunday Morning Walks

Early risers meet up on Sundays at 8:30 a.m. near Arden Court (across from

Kelmscot Drive) to walk the entire Leisure World Boulevard circle. Sometimes they go out to breakfast after. Need more information? Contact Ted Michos at (Tedmichos@gmail.com).

Weeknight Walks

For a shorter walk (about one mile), join a group to walk the Broadwalk in Montgomery Mutual. The walkers meet each weeknight at 5:15 p.m. in the Clubhouse I lobby. No one makes an announcement – look around and introduce yourself!

AVA Walks

The American Volkssport Association (AVA) holds events and provides guides to local walks of interest. More information about AVA walks is available on the Club's website at (<https://sites.google.com/site/bbclwmd>). Click on Walks, below the events calendar. You do not have to join AVA to participate.

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A LEISURE CARE COMMUNITY



Writers Share Stories and Adventures

by John Moens

The Writers of Leisure World met on Feb. 6 in Clubhouse I to share their writings.

Jane Hawes provided a unique view of the Great Wall and Chinese toilet paper in "Crepe is Crap." Lee Hardy enchanted with "Surprise," a remembrance of her husband, a Navy corpsman.

Tom Anessi's book, "To Know You Care," is based on travel experiences. Anessi read a passage about Bud, a young soldier arriving in Vietnam by plane.

Woody Shields shared "Winter Travel Adventures" from his pending book, "Whitetail Widow." Unless a hunter is blessed with deer in his backyard, he needs a reliable mode of transportation to his favorite hunting grounds.

In "Fort Apache," John Moens compares the eponymous movie starring John Wayne and Henry Fonda with the real Fort Apache named for the Apache scouts based there.

Danuta Montorfano rides

through the Pampas of her native Argentina in her poem, "Biking to School." Her bike would sway in "the warm Pampero wind and [she] would dream about big city lights." She also charmed the Group with "The Charm of a City Street Walk," the journey of a teenaged girl in a red corduroy dress.

Joanie Friedlander presented "Winter Adventures," focused on her and her husband's love of winter sports. Friedlander loves to ice skate and her husband, Dan, has tried a little of everything, including dog sledding.

Writers Spotlight

Jane Hawes is the longest active member of the Writers of Leisure World, over a decade. She enjoys the companionship, friendliness and diversity. Hawes especially likes that the Group does not allow discussions of politics or permit criticism.

Among her other favorite writers are York Van Nixon (a Leisure World resident and published author), William Carlos Williams, Carl

Sandburg and her father. He advised, "Write what you know." And so she does.

General Information

The Writers of Leisure World meets on the first and third Thursday of each month

in Clubhouse I. All residents are welcome to attend.

The Group hopes more residents will join to read their work. The Group enjoys all levels of writing, so bring your poetry and essays to the next meeting.



■Comedy and Humor Club

Trip to Toby's Restores Comedy Club Tradition

by Al Karr

A trip to Toby's Dinner Theater in Columbia, Maryland, on Wednesday, March 4, will restore a Comedy and Humor Club tradition: sponsoring bus trips for residents for live comedy show events.

Club member Ruth Becker arranged the new bus trip for residents, with 55 signed up for the full bus. The bus leaves at 9:30 a.m. from Clubhouse II.

The Club meets every Tuesday from 1:30-3 p.m. in Clubhouse I. Come join in for fun joke-telling and laughter.

Club members providing the standup (or sitting) jokes at recent meetings included Sunny Levin, Susan Dawson, Sam Hack, president John Lass, Ruth and Wally Becker, Bernard Patlen, vice present Skip Schoening, treasurer Herb Hodes, Fred Firnbacher and Al Karr.

Here are a few examples of the jokes offered in those recent meetings:

- John—A zoologist experimented with feeding seagulls to porpoises, which did so well that he stocked the lake with seagulls. Meanwhile, a lion escaped from the zoo. A truck carrying seagulls to the zoology area ran over the lion and kept going. The truck driver and zoologist were charged with transporting young seagulls across the state lion for immortal porpoises.
- Sam—A customer walked into a bar, ordered a double Scotch and water and quickly drank it down. He kept on ordering refills, and the bartender asked why the man consumed the drinks so fast. "You'd drink fast if you had what I have," the man said. "What is that?" the bartender asked. The thirsty customer said, "Two dollars."



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Not Using Contacts? You're Missing Out

by Ron Masi

At the Club's Apple Clinic, the number of Apple owners not using the included Contacts program is surprising.

Think of Contacts as an address book on steroids. With Contacts, users can print labels, envelopes and contact lists, and Contacts can remind the user of special events, such as birthdays and anniversaries.

Contacts works great with Apple's Mail program; by typing a name the email is addressed for the user. Also, the user can tell Siri to "send an email to Joe." Email a group that's set up in Contacts (club, committees, etc.) by addressing the group's name, and all of its members will be included in the email.

Plus using Contacts means all contact information is in one place, available on all of the user's Apple devices and kept up-to-date – no more missing information.

Some users claim that Contacts is too time-consuming to populate or that it's too difficult to understand. The time-consuming aspect has a plus side – users may find outdated addresses in their old, paper address books when manually inputting the information into Contacts.

Users who already use another email account such as Google can automatically import their contact information into Apple's Contacts. Here's how:

1. In the browser (Safari, Google, etc.), go to your Google Contacts > select the ones you want to add or all to Apple's Contacts. Select export format as: vCard format.
2. Now sign out of Google Contacts and go to ([iCloud.com](#)) > Sign in with your Apple ID and password. Click on the Contacts icon.
3. Click the gear icon in the bottom left corner of the Contacts page > Select "Import vCard" > Select the contacts you exported from



Google > tap Open. Your Google contacts will go to iCloud Contacts.

Now the user can edit any of their contacts in the Contacts App. Note: Procedures are basically the same for most carriers; if not, check with them.

For users who are not already syncing data among their devices with iCloud, here's how:

Settings > Your name (located at very top; just tap it). You'll see if you are using iCloud and which apps are using it. Slide the ones you want to sync to green. Slide Contacts to green if it hasn't been already. Do this on all the Apple devices

you want to share and have shown the same information, such as calendar, reminders, etc.

Next Program

At the LW Apple Club's Tuesday, Feb. 25, program, Ron Masi will "re-introduce the iPhone." Using slides, he will walk attendees step-by-step through some of the basic and more advanced features of their iOS devices.

Masi will focus on new users and will introduce features to fluent users. Topics covered will include silencing unknown callers, dark mode, getting directions, the benefits of using Contacts, viewing new email only and the

benefits of using Reminders vs. paper notes.

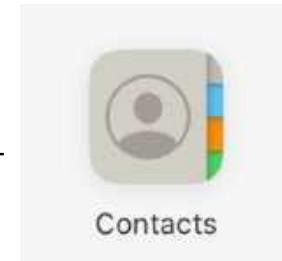
Club Information

LW Apple Club's annual membership donation is \$5 per household. Sign up at any meeting. Make checks payable to LWCC Inc. The Club provides one-on-one help at its Apple Clinic on the first, second, third and fifth Tuesday

of the month from 10-11 a.m. in the Computer Learning Center in Clubhouse II.

Visit the Club online at ([mac.Computerctr.org](#)) for past

and scheduled programs, past Leisure World News articles and more.





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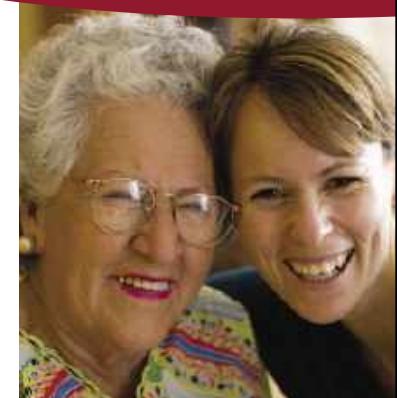



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Clubs, Groups & Organizations In Brief

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

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

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

Computer Learning Center: Located in Clubhouse II, the Computer Learning Center is operated by The Leisure World Computer Center Inc. 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 Windows 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).

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

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

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

Knitting Corner: Join us the second and fourth Fridays

of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is Feb. 28. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel's mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

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

LW LGBTQ Alliance: The group was formed to give members of the LGBTQ 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, except in July and August. We welcome everyone; being gay is not a prerequisite. The LW LGBTQ Alliance strives to provide events and activities to develop strong relationships through education, interaction and fun within our group and with the entire Leisure World community. For additional information and events, email us at (lwlgbt@gmail.com). You can also follow us on Facebook at LW LGBT Alliance.

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

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

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

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

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

Quilting Group: Come and join this fun group as members work on individual projects. The Group now includes those interested in all needlework and knitting. Members 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). The next meeting is Feb. 27.

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Clubs, Groups & Organizations In Brief (cont.'d)

Stitchers Group: Needlepoint, cross-stitch and more. If you enjoy stitching or would like to learn, members 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 others while members learn new skills together. Call Audrey at (301-598-4903).

Short Story Group: The Group reads from a collection of short stories and discusses them together. The Group is reading from the anthology "The Short Story Prize: 15 Years of Great Fiction." On Wednesday, March 4, Alisa Samba will lead a discussion of "How She Remembers It" by Rick Bass. On Wednesday, March 18, Mary Ann Chinni will lead a discussion of "The Sign" by Elizabeth Strout. The Short Story Group meets on the first and third Wednesdays of the month at 11 a.m. in Clubhouse I. In April, the Group will begin reading from "The Oxford Book of English Short Stories" edited by A. S. Byatt. For information about the group or ordering the next anthology, call Beth Leanza at (301-598-4569).

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

Town Meeting Organization: TMO is a movement of residents concerned about governance and management.

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

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

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

Women's Fun Bunch of Leisure World: The Women's Fun Bunch is for widows living in Leisure World. Members have a good time together and plan different social activities. For inquiries, call Marlene at (301-438-7773).



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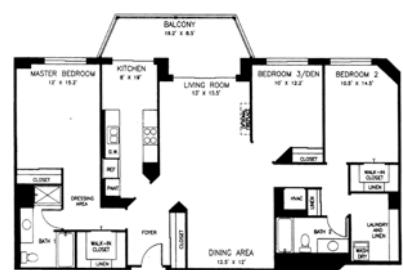


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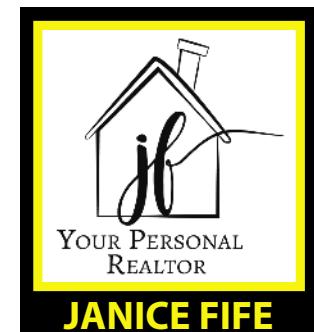
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Leisure World Club Trips

The next deadline for trip submissions is **Monday, Feb. 24**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. Email your trip information to lwnews@lwmc.com.

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

**April
15**

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

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

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

The cost is \$75 for members and \$85 for non-members and includes the brunch buffet, show, transportation and tip. For more information, call Nancy Alderman at (301-598-5614).

**April 27-
May 7**

Portugal, Spain and Gibraltar

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

Participants will visit Lisbon, Sintra, Sagres and Albufeira in Portugal and Sevilla, Cordoba, Granada and Málaga in Spain. The last stops are Gibraltar and the Spanish city of Ceuta, across the strait in North Africa. The trip includes visits to many sites of interest and time to enjoy local food, shopping and culture.

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

For additional information, contact Judy at (443-858-2894) or (judyfrumkin@gmail.com). To register for the trip, call (1-800-304-9446) and mention Leisure World for registration, or contact Judy for information on how to register online.

**May
20-21**

Dover Downs Hotel and Casino, DE

Return with **NA'AMAT RBZ Club** to Dover Downs for this always-popular overnight trip. The cost is \$120 per person, double occupancy, or \$170 single occupancy, and includes round-trip transportation, beautiful hotel accommodations and a bountiful breakfast buffet, plus \$50 play money from the Casino.

The bus departs on Wednesday, May 20, at 10:30 a.m. from Clubhouse II and returns on Thursday, May 21, at approximately 3:30 p.m.

Send a check(s), payable to NA'AMAT, to Trudy Stone at (15101 Interlachen Dr., Apt. 801, Silver Spring, MD 20906). Be sure to indicate on your check with whom you will be rooming. If you have any special needs, include that information as well.

Questions? Call Trudy at (301-438-0016).

**June
24**

"Tina – The Tina Turner Musical" Lunt-Fontanne Theatre, NYC

Join the **Leisure World Association for African American Culture (LWAAC)** on a trip to see this riveting musical that follows Tina Turner from her humble beginnings to her transformation into the global queen of rock 'n' roll and an international musical and award-winning icon. The show is a raw and emotional journey performed by Adrienne Warren who rocks the rafters as Tina Turner.

The cost of \$230 per person includes bus transportation, lunch at Negril Village Restaurant in Greenwich Village and admission to the show. Lunch menu includes soup or salad, jerk chicken, jerk salmon or vegetarian pasta, fruit punch, ginger beer, sorrel or soda.

The bus leaves Clubhouse II at 7 a.m. and returns approximately 9:30 p.m.

To reserve seats, payment (checks only, payable to LWAAC) must be paid by Tuesday, March 4. Payments may be placed in the LWAAC slot in Clubhouse I E&R office. Include a telephone number and email address with payment.

For additional information, contact Juanita Sealy-Williams, program committee chairperson, at (301-822-4531).

**July
18-25**

Canada, Oh, Canada

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

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

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

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



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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DAY TRIPS

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Tues., 3/3, 10:45 am-3:45 pm\$35.00 per person
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9/11 Memorial and Museum, NY

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

NEW Tropicana Atlantic City, NJ

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

Odyssey Cruise on the Potomac River

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

Cherry Blossom Tour, DC

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

NEW Stein Mart and Leesburg Outlets,

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

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

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

NEW "Murder at Mount Hope Mansion," PA

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

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

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

Springfest, Ocean City, MD

Sat., 5/9, 7:45 am-9:15 pm\$65.00 per person
Enjoy the event with unique arts and crafts under four huge big-top tents, plus a variety of delicious food and entertainment. Transportation only.

Longwood Gardens, PA

Mon., 5/11, 7:15 am-6:00 pm\$79.00 per person
Enjoy all the spring flowers and fountains. Admission and transportation included. Lunch on own at onsite café.

Strawberry Festival, Peddler's Village, PA

Sat., 5/16, 8:45 am-7:00 pm\$69.00 per person
The festival includes strawberry-themed food, drinks, live music, food trucks and artisans! Transportation only.

Backroads to Freedom: Harriet Tubman, MD

Tues., 5/19, 8:15 am-7:30 pm\$135.00 per person
Visit the museum and learn about the Conductor of the Underground Railroad. Lunch included.

"Queen Esther," Sight and Sound Theatre, PA

Fri., 6/12, 9:45 am-9:15 pm\$159.00 per person
Lunch at Hershey Farm prior to the show included.

Ellis Island & Statue of Liberty, NY

Sat., 6/13, 7:15 am-11:00 pm\$113.00 per person
Trip includes ferry tickets, admission and \$10.00 Cracker Barrel gift card.

Moshulu & Barnes Foundation, PA

Sat., 6/20, 7:35 am-7:40 pm\$145.00 per person
Enjoy lunch served aboard The Moshulu, a 103-year-old clipper sailing ship, before exploring the collections at the Barnes Museum. Lunch, transportation and admission to museum included.

Severn River Cruise, MD

Fri., 6/26, 10:30 am-4:00 pm\$90.00 per person
If you love the water, you will enjoy this 90-minute cruise on the Severn River. Boxed lunch included.

New York Your Way, NY

Sat., 6/20, 6:15 am-11:15 pm\$75.00 per person
Transportation only.

MULTI-DAY TRIPS

Ocean City Adventure, MD

June 7-10

Charms of the Chesapeake

June 25-26

Cape Cod, MA

July 19-23

Constitution Tour, VA

Aug. 6-8

Yellowstone, Grand Tetons & Mt. Rushmore

Aug. 13-21

Maine Lighthouses & Lobster

Aug. 9-14

Niagara Falls, Canada

Sept. 1-4

Africa and Safari Adventure

Sept. 9-20

Pittsburgh, PA

Sept. 13-14

Adirondacks, NY

Sept. 13-17

Vermont and New Hampshire

Oct. 10-15

Iceland – Land of Fire & Ice

Oct. 21-27

Portugal & The Douro River Cruise

Oct. 28-Nov. 7

Tournament of Roses Parade

Dec. 30-Jan. 3, 2021

CRUISES

Carnival Cruise

July 19-26

Seven-night Eastern

Caribbean cruise

MSC Seaside out of Ft. Lauderdale

Aug. 15-22

Caribbean cruise

Royal Caribbean

Sept. 17-26

Nine-night Canada/New

England cruise

Caribbean Princess

Nov. 15-22

Western Caribbean cruise

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

(All Trips depart from Clubhouse II)

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

Key:  Easy Walking



More Walking




A Lot of Walking

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

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

SPORTS, GAMES & Scoreboards

■ Pickleball Club

Ambassadors Help Popularize Sport

by Dee Berkholz

How does a made-up backyard game with a silly name become a worldwide phenomenon with more than 3.3 million players in a few short decades?

Although pickleball tends to sell itself because it is easy to learn and so much fun to play, there's more to it than that. A major reason for the growth of the sport in the U.S. is the volunteer organization called Pickleball Ambassadors.

Most avid pickleball players become unofficial ambassadors, always encouraging their family and friends to "come out and give it a try." However, the USA Pickleball Association has a network of officially recognized pickleball ambassadors who must adhere to a strict code of conduct and who have signed up to promote the game in their communities, which includes conducting introductory clinics and finding more places to play

both indoors and outdoors in addition to promoting the many advantages and popularity of the sport whenever possible.

Pickleball Club president Scott Keenum, who is one of Montgomery County's six pickleball ambassadors, is always seeking opportunities to strategically promote the growth and importance of the sport. One such occasion arose recently when County Executive Marc Elrich made an official visit to the recently opened Wheaton Library and Community Recreation Center.

Having met Elrich previously at a Leisure World open forum, Keenum encouraged the County Executive to give the game a try as he toured the recreation center. Elrich joined a game and got a taste of what makes the sport so much fun and addictive.

Club Information

The Pickleball Club has grown over the past several years thanks to the involvement of

both official and unofficial ambassadors including John Tremaine, Donna Leonard, Susan Crawford, Sylvia Bell, Bill Wiley, Gary Lyst, Bill Bullough, Barbara Shavatt and, of course, Scott Keenum.

Keenum and Bell were instrumental in the early days of pickleball in Montgomery County, helping establish thriving pickleball communities at places such as the Longwood Recreation Center and First Alliance Church by conducting free introductory classes and setting up indoor courts.

For more information about pickleball or the Pickleball Club, visit (www.LWPickleball.net). Interested members can ask questions via the "Contact" link or sign up via the "Join the Club" link.

Those interested in learning the game can contact Scott



Pickleball Ambassadors and Club members Bill Wiley, left, and Scott Keenum, right, introduce County Executive Marc Elrich, center, to the game of pickleball. Photo by Stacy Sigler

Keenum, a certified instructor and long-time coach, to participate in clinics offered on Tuesday afternoons. Keenum conducts 30-minute sessions for up to four players per session. The fee is \$10 per player/session. Interested residents can contact Scott at (SKeenum@gmail.com).

■ 10-Pin Bowling League

Huggers Grab the Lead

by Rita Mastrorocco

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

The league is based on handicaps with averages for the bowlers ranging from 88 to 180.

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

The top league standings as of Feb. 7 are Huggers in first place, Winners in second place and Rolling Rocks in third place.

Top scores for the week of Jan. 31 are:

Scratch Game – Huggers, 694 pins

Scratch Series – Huggers, 1,943 pins
Handicap Game – Wild Things, 921 pins
Handicap Series – Huggers, 2,612 pins
High Average Men – Steve Mueller, 180 pins
Scratch Game Men – George Izumi, 210 pins
Scratch Series Men – Noel Dysart, 560 pins
Handicap Game Men – Bill Garrett, 261 pins
Handicap Series Men – Bill Garrett, 725 pins
High Average Women – Chris Porter, 163 pins
Scratch Game Women – Jessica Stephens and Chris Porter, 170 pins
Scratch Series Women – Jessica Stephens, 492 pins
Handicap Game Women – Wanda Garrett, 242 pins
Handicap Series Women –

Jessica Stephens, 681 pins

Top scores for the week of Feb. 7 are:

Scratch Game – Huggers, 664 pins
Scratch Series – Huggers, 1,943 pins
Handicap Game – Pin Busters, 925 pins
Handicap Series – Half and Half, 2,629 pins
High Average Men – Steve Mueller, 180 pins
Scratch Game Men – George Izumi, 212 pins
Scratch Series Men – George Izumi, 569 pins
Handicap Game Men – Jon Moser, 271 pins
Handicap Series Men – George Izumi, 710 pins
High Average Women – Chris Porter, 162 pins
Scratch Game Women –

Jessica Stephens, 193 pins
Scratch Series Women – Jessica Stephens, 531 pins
Handicap Game Women – Rita Mastrorocco, 264 pins
Handicap Series Women – Rita Mastrorocco, 725 pins



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

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

The cost for the three games of bowling, the use of bowling shoes and balls and unlimited cups of coffee is only \$11.

If interested in joining, call Rita at (301-814-9196).

Remember the Maine

by Bernie Ascher

February is the time to remember the Maine, a battleship built in the Brooklyn Navy Yard at a cost of \$2 million. It was "the first armored battleship built from an American design, almost entirely of domestically produced materials, and in an American shipyard," according to historian Kenneth C. Wenzer.

The Maine sank in Havana harbor on Feb. 15, 1898 in a mysterious explosion, killing 260 of the 355 sailors onboard. Five investigations over the years reached various conclusions regarding the cause of the explosion.

In 1898, the Spanish (who occupied and ruled Cuba) claimed it was an accident caused by the crew. The U.S. Navy blamed an underwater mine. William Randolph Hearst, publisher of the New York Journal, offered a \$50,000 award for the "detection of the Perpetrator of the Maine Outrage."

Another U.S. investigation in 1911, in conjunction with efforts to recover bodies, blamed sabotage. A 1976 investigation by Admiral Hyman Rickover concluded that a coal fire ignited stacks of gunpowder on the ship, but a 1998 investigation by National Geographic Society found that a mine was "more probable." The Baltimore Sun, reviewing a discussion by experts at the U.S. Naval Institute's annual seminar in 1998 speculated that it could have been a torpedo, an accident or sabotage.

The sinking, accompanied by sensational newspaper reports (yellow journalism) and the battle cry "Remember the Maine. To hell with Spain!" led the U.S. into a 10-week war that Secretary of State John Hay called "a splendid little war."

In the entire war, the U.S. lost 5,083 men, more men than the Spanish. Only a small portion died in combat; most died from typhoid and yellow fever. In the battle for the high ground at San Juan Hill, the U.S. suffered 205 deaths, 1200 wounded, while the Spanish lost 215 lives, 376 wounded, according to Encyclopedia Britannica. The Rough Riders, led by 40-year-old Teddy Roosevelt, lost 89 of 490 men in the battle.

Meanwhile, in the Philippines, the U.S. Navy, under Commodore George Dewey, destroyed the anchored Spanish fleet in two hours. Fewer than 10 American seamen were lost, while Spain's estimated losses were over 370. By August, U.S. troops occupied Manila.

The Spanish-American War ended on Aug. 12, 1898, when Spain agreed to U.S. terms in signing a Protocol of Peace in Washington, D.C. The Protocol called for a peace conference in Paris by October 1898.

Under terms of the Treaty of Paris, Spain relinquished Cuba, and ceded the Philippines, Puerto Rico and Guam to the U.S. The U.S. paid \$20 million (\$614.64 million in today's

money) for the Philippines. In February 1899, the Senate ratified the treaty with one vote more than the required two-thirds majority.

The U.S. supported independence for Cuba in its fight against Spanish colonists and, through a joint resolution of Congress (Teller Amendment), pledged not to acquire Cuba permanently. After the war, the U.S. set up a provisional military government, which ruled Cuba until 1902.

In an amendment to an army appropriation bill (Platt Amendment), Congress specified conditions for ending military control of Cuba. One of the conditions was a requirement that Cuba sell or lease to the U.S. land for a naval station. Currently, about 6,000 Americans reside in Guantanamo.

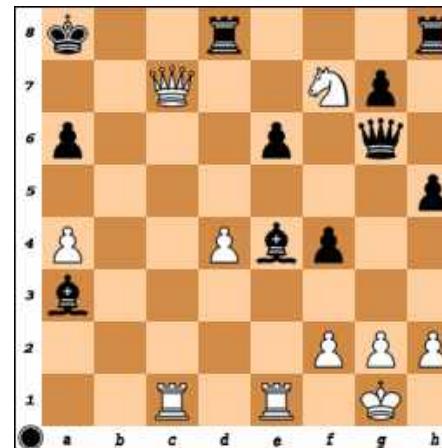
After he became president, Theodore Roosevelt, an avid chess player, invited the

world's best chess players to the White House. Those players had participated in a major international chess tournament, held in Camp Springs, Pennsylvania, in 1904. Emanuel Lasker of Germany won the championship.

In the diagram on this page, White's Knight has just moved to f7, forking Black's Rooks. What is Black's best move?

The solution follows the usual message that the Chess Club meets on Monday, Wednesday and Friday at 1-4 p.m. in Clubhouse II. For further information, call Bernie Ascher at (301-598-8577).

SOLUTION: Black's Queen captures the Pawn at g2. Checkmate! So, do not wait for another investigation. Do not wait for an end to yellow journalism. Do not wait for an invitation to the White House. Play chess now!



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LEISURE WORLD PLAZA PROFESSIONAL BUILDING

EMERGENCY APPOINTMENTS AVAILABLE

■ Wednesday Night Chicago Bridge

Compiled by Abigail Murton

Jan. 29, 2020

1. Bruce McKay and Jack Looney, 2,920
2. Marcia and Monroe Elbrand, 2,220
3. Joyce and Dick Rieseberg, 2,190

Feb. 5, 2020

No game played

■ Friday Bridge

Compiled by Shirley Rosenhaft

Jan. 24, 2020

1. Joyce Fischer, 2,930
2. Mort Faber, 2,850
3. Shirley Griffin, 2,790
4. Bernice Cohen, 2,380

Jan. 31, 2020

1. John Hashim, 2,290
2. Jerry Weiss, 2,180
3. Shirley Rosenhaft, 2,020
4. Bob Stromberg, 1,950

■ Thursday Afternoon Ladies Bridge

Compiled by JoAnn Gellman

Jan. 30, 2020

1. Prena Mertz, 3,370
2. Judy Krautwurst, 3,000
3. Marylee Amato, 2,970

Feb. 6, 2020

1. Judith Lane, 4,020
2. Vicki Shaz, 3,840
3. Marylee Amato, 3,730

RECYCLING REMINDER

From the Sanitation Department

Golf Instruction Available

Residents new to golf or seeking to sharpen their skills can get instruction from Leisure World's Class-A PGA professional, Richard Rosenthal.

A half-hour lesson is \$45, and a series of five lessons includes one free lesson.

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

—Leisure World News



PGA professional Richard Rosenthal takes a swing at the driving range. Photo by Leisure World News

Sports, Games & Scoreboards In Brief

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

Bridge:

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

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

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

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

Chess: For free chess lessons for beginners or "rusty" players, call Bernie Ascher at (301-598-8577) to schedule an appointment. The Chess Club meets every Monday, Wednesday and Friday from 1-4 p.m. in Clubhouse II. Membership is free.

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

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

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

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

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

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

Pinochle Players: Experienced Pinochle players wanted. Members play Mondays from 5-6:30 p.m. in Clubhouse II. If interested, call Iris at (301-401-3103). If you are interested in learning, you are welcome to observe.

Poker:

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

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

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

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

Scrabble: Please join players 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.

Indoor Pool Volleyball: If you are a resident who wants to enjoy the inviting warm water of the social pool, join your peers in social volleyball on Wednesdays, Fridays and Saturdays at 3 p.m. No skills needed, just come and have fun. Competitive volleyball games are played on Monday and Thursdays from 6-7:30 p.m. This game is for long-term, skilled players who want the intensity of competition and rarely miss the games. If you don't have a yearly indoor pool pass, a \$3 ticket good for one pool session may be purchased at the Clubhouse II E&R office. For more information, email Laurie Burdick at (lgburdick@aol.com).

AVOID KNEE SURGERY



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If Knee Surgery Sounds Scary, It Should

Have you been told you are facing knee replacement surgery? Have you been told about all the downsides? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage covered by insurance.
- With surgery, there is always a risk for unwelcomed complications.
- Addictions to pain medications is something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative to Surgery

The Pain Arthritis Relief Center offers you a painless way to say goodbye to your knee pain without surgery. Here are just a few of the important benefits:

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time-consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

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CLASSES & Seminars

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

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

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

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

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

Community Classes Policy for Inclement Weather

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



FOREIGN LANGUAGE EDUCATION

Advanced Conversational Spanish, a CLL course: Discussion topics will include: what happened yesterday, last week or last year; vacation activities and what was done in the past; activities that occurred in the past; sports; buying clothes; and living in the city. Participants will also discuss the cultural aspects of the Spanish-speaking world.

The class, taught by resident Judy Frumkin, is conversation-based and meets Tuesdays, March 10-April 21, 10-11:30 a.m. **Fee: \$25 (includes materials fee). Register at Clubhouse I.**

Spanish for Travelers, a CLL course: This course is geared for those who plan to travel to Spanish-speaking countries and wish to gain more proficiency in Spanish terms to facilitate travel. Topics to be discussed include: greeting and farewells, including introductions; questions words; numbers and telling time; at the airport; checking into or out of a hotel and problems that could be encountered at a hotel; general

terms and phrases about eating and drinking; at the restaurant how to order food and beverages; travelling around; meeting people; shopping; and health and safety.

Participants will role play situations to become more proficient with the material discussed.

The class will also introduce cultural information and specific information about various Spanish-speaking countries.

The class, taught by resident Judy Frumkin, meets Tuesday, March 10-April 21, 1-2 p.m. **Fee: \$25 (includes materials fee). Register at Clubhouse I.**

RELIGION AND PHILOSOPHY

Meditation for Seniors, a CLL course: Led by David Newcomb, this is a continuation of Meditation for Seniors, a course designed to help seniors confront aging. Meditation provides a traditional means to explore our innate spirituality, which, in turn, reinvigorates us with newfound perspective and purpose. Meditation is the fastest, simplest inroad to self-discovery.

In this class, we will briefly

review the background of meditation, take a close look at the technique, and sit together in meditation as a group. We will analyze our meditation sessions and consider several supporting activities, such as belonging to a group, keeping a self-introspective diary, and following a diet that help our efforts to meditate. Each student will be asked to meditate on his or her own during the week and report back on progress at the next class. No special postures or exercises are used in this class. We will be sitting in chairs the entire time.

This session will feature longer meditations in class, more detailed study and more detailed analyses of our own practice. Meditation is a limitless horizon. Once we begin, we can explore these subjects forever.

New participants are welcome.

Class meets Wednesdays, Feb. 26-April 1, 10-11:30 a.m. **Fee: \$15. Register at Clubhouse I.**

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

BRIDGE INSTRUCTION

Bridge for Beginners:

This course is intended for newcomers to the game of bridge and those who have not played for years. The class will cover the fundamental of modern bidding, play of the hand and some defensive principles.

Bridge is challenging and also very enjoyable. So, sign up and begin enjoying the game.

This class is taught by resident Aaron Navarro, who is the president of the Duplicate Bridge Club, a certified bridge teacher and a Ruby Life Master.

Class meets Thursdays, March 5-April 9, 1-3 p.m. **Fee: \$15. Register at Clubhouse I.**

MUSIC EDUCATION

Journeys and Experiences of the Musical Mind: Explore how music and engaged listening can positively transform your life

like nothing else! Sound is our most primal and experiential sense – the first to awaken and the last to leave us – and music has been one of our greatest human survival tools. The average person experiences at least four hours of music every day and those musical experiences shape our lives in both conscious and subconscious ways.

How does the mind process words, symbols and music? Can you hear color? Learn how to navigate sonic landscapes and more fully experience the music in film, television and the concert hall.

Using lectures, recorded examples, live performances and class participation, musicologist, tenor and redoubtable raconteur Dr. Harry Dunstan will help you discover how to use music as your most life-enhancing activity.

Class meets Mondays, Feb. 24-March 30, 7-8 p.m. **Fee: \$50. Register at Clubhouse I.**

DANCE INSTRUCTION

NEW – Social and Ballroom Dancing: Led by resident Alan Packer, participants will learn how to dance to fox trot, jitterbug, waltz, rumba, tango, samba, mambo, electric slide, macarena and more.

Class meets Thursdays, April 2-June 4, 7-9 p.m. **Fee: \$15. Register at Clubhouse II.**

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, Feb. 24-April 27, from 2-3 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: \$45 per session. Register at Clubhouse II.**

Intermediate Tap with Mary Lou:

This class will include warm-up barre exercises, center room exercises (combos and balance), progression steps and a dance routine.

Instructor Mary Lou Peters started dancing at the age of three. At 17, she started dancing professionally, worked on a TV show of 16 years and has been teaching dance ever since.

Class meets Thursdays, March 5-26, 7-8 p.m. **Fee: \$40.** **Register at Clubhouse II.**

EXERCISE

NEW – Exercising for the Beginner:

This new offering from exercise instructor Linda Ginsburg is designed for beginner exercisers who want to become fit and improve strength. Participants will learn a variety of exercises using weights and exercise bands to develop and increase body awareness, flexibility, range of motion, as well as balance. The class will also include chair and mat exercises.

Participants should bring a mat and a bottle of water to each class.

Class meets Mondays, March 16-April 20 and/or Thursdays, March 19-April 23, 11:45 a.m.-12:30 p.m. **Fee: \$50 for one day a week; \$75 for two days a week. Register at Clubhouse I.**

Ba Duan: This is the world's oldest exercise for seniors and those who need to restore a normal, optimum state of health. Participants will learn to combine joint movement and breathing to improve balance and to augment core strength.

Limited enrollment. Class meets Mondays, Feb. 24-April 27, 4-5 p.m. **Fee: \$20.** **Register at Clubhouse II.**

Zumba Gold with Denny – Mondays, Wednesdays or Fridays: This program was designed for the older active adult, a person who has not been exercising in a long time or individuals who may be limited physically. The biggest difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a much lower intensity. It is just as much fun, just not as fast! Zumba Gold

utilizes the same great Latin styles of music and dance that are used in the Zumba basic program. Class meets Mondays Feb. 24-March 30, 10:30-11:30 a.m.; Wednesday, Feb. 26-April 1, 10 a.m.; or Fridays, Feb. 28-April 3, 1-2 p.m. **Fee: \$45 for one day per week; \$84 for two days per week; \$120 for three days per week.** **Register at Clubhouse II.**

Mild Exercise with Shirley:

All exercises, seated or standing, are led by instructor Shirley Lloyd.

Class meets Tuesdays, Feb. 25-March 31, and Wednesdays, Feb. 26-April 1, 11-11:45 a.m. You can take the class on Tuesdays or Wednesdays, or sign up for both days. **Fee: \$38, one day per week; \$63 for two days per week. Register at Clubhouse II.**

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

Class meets Mondays (with Shirley), Feb. 24-March 30, and Thursdays (with Sue), Feb. 27-April 2, 9-9:45 a.m. You can take the class on Mondays or Thursdays, or sign up for both days. **Fee: \$38 for one day per week; \$63 for two days per week. Register at Clubhouse II.**

Stretch, Tone and Strength Training for the Active Adult (9:15 a.m.)

- Advanced: 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. Bring a bottle of water.

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 2-April 27 and/or Thursdays, March 5-April 23, 9:15-10:15 a.m. **Fee: \$60 for one day per week; \$90 for two days per week.** **Register at Clubhouse I.**

Stretch, Tone and Balance for the Active Adult (10:30 a.m.) – Intermediate:

This class is for intermediate exercisers 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. Bring a bottle of water. 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 2-April 27 and/or Thursdays, March 5-April 23, 10:30-11:30 a.m. **Fee: \$60 for one day per week; \$90 for two days per week. Register at Clubhouse I.**

available for purchase from the instructor.

Class meets Tuesdays, Feb. 25-March 31, and Thursdays, Feb. 27-April 2, 11 a.m.-noon. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$38 for one day per week; \$63 for two days per week. Register at Clubhouse II.**

Non-impact Fusion Water Exercise with Shirley or Sue:

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. 25-March 31, and Thursdays, Feb. 27-April 2, 1-2 p.m. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$38, one day per week; \$63 for two days per week. Register at Clubhouse II.**

Aqua Fit with Shirley:

This unique class blends the best of both worlds using water aerobics and yoga. Water aerobics is done in the lap pool for 30 minutes, focusing on cardio and strength. The class then moves to the social warm water pool and finishes up with yoga stretches that focus on balance and posture.

Class meets Wednesdays, Feb. 26-April 1, from 1-2 p.m. **Fee: \$38 for one day per week; \$63 when taken with one day of another water class. Register at Clubhouse II.**

WATER EXERCISE

Water Exercise with Nancy:

Participants will gain strength, stamina and tone from this cardio class. Dumbbells are used, although they are not required, and are

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3104 BECKENHAM CT #251F	ROSSMOOR MUTUAL #11	Row/Townhouse	2	2	\$172,900	\$179,200	\$0
15107 INTERLACHEN DR #2-617	THE GREENS	Unit/Flat/Apartment	2	2	\$210,000	\$204,000	\$0
3121 FARNBOROUGH CT #259-A	ROSSMOOR MUTUAL #11	Twin/Semi-Detached	2	2	\$209,000	\$200,000	\$0
3310 N LEISURE WORLD BLVD #821	FAIRWAYS NORTH	Unit/Flat/Apartment	2	2	\$185,000	\$183,000	\$0
3551 S LEISURE WORLD BLVD #25-2E	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	2	1	\$118,000	\$118,000	\$0
3215 S LEISURE WORLD BLVD #101-1-F	ROSSMOOR MUTUAL #5	Unit/Flat/Apartment	2	2	\$169,900	\$150,000	\$0
3330 N LEISURE WORLD BLVD #5-611	FAIRWAYS SOUTH	Unit/Flat/Apartment	2	2	\$183,900	\$183,900	\$5,517
3100 N LEISURE WORLD BLVD #809	OVERLOOK	Unit/Flat/Apartment	2	2	\$439,900	\$415,000	\$0
15310 BEAVERBROOK CT #89-2F	ROSSMOOR MUTUAL #19B	Unit/Flat/Apartment	3	2	\$189,000	\$189,000	\$5,670
3301 SOUTH LEISURE WORLD BLVD #99-2H	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	1	1	\$76,500	\$72,000	\$0
15107 INTERLACHEN DR #2-607	THE GREENS	Unit/Flat/Apartment	2	2	\$168,750	\$162,000	\$5,000
3417 S LEISURE WORLD BLVD #90-B	MONTGOMERY MUTUAL COOP	Row/Townhouse	2	2	\$181,000	\$178,000	\$0
2904 N LEISURE WORLD BLVD #303	TURNBERRY COURTS	Unit/Flat/Apartment	3	2	\$345,000	\$325,000	\$0
3005 S LEISURE WORLD BLVD #201	TURNBERRY COURTS	Unit/Flat/Apartment	2	2	\$294,900	\$290,000	\$0
2901 S LEISURE WORLD BLVD #125	CREEKSIDE	Unit/Flat/Apartment	2	2	\$338,350	\$335,000	\$0
3312 CHISWICK CT #62-2D	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	1	1	\$86,000	\$86,000	\$0
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CALENDAR of Events

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

Friday, February 21

- Clubhouse I**
 9:00 a.m. AARP Tax Preparation (Appointment Required)
 10:00 a.m. League of Women Voters Discussion Group
 10:00 a.m. Book Club Network: Bookies
 11:00 a.m. Impressionists, Romantics and Realists Music Class
 12:15 p.m. Kiwanis Club
 2:00 p.m. Town Meeting Organization
 3:00 p.m. Hispanos de LW: Bingo
 7:00 p.m. Friday Duplicate Bridge
Clubhouse II
 1:00 p.m. Zumba Gold Class
 1:00 p.m. Chess Club
 1:00 p.m. Friday Bridge
 1:00 p.m. Ping-Pong Club
 3:00 p.m. Indoor Pool Volleyball (Social)
 4:00 p.m. Pickleball Club
 7:00 p.m. Baby Boomer Club: Movie

Saturday, February 22

- Clubhouse I**
 9:00 a.m. Gentle Yoga Class
 7:30 p.m. Ballroom Dance Club: The Helmut Licht Group
Clubhouse II
 9:15 a.m. JRLW Service
 11:00 a.m. Pickleball Club
 2:00 p.m. Going It Alone Club: Social
 3:00 p.m. Indoor Pool Volleyball (Social)

Sunday, February 23

- Clubhouse I**
 10:30 a.m. Jewish Discussion Group: Noted Holocaust Scholar Discusses New Book on Roosevelt and the Jews
 1:00 p.m. Lions Club Inductions
 1:30 p.m. Italian Social and Cultural Club: Café Cinema – ‘Marriage Italian Style’
Clubhouse II
 11:30 a.m. Pickleball Club
 2:00 p.m. E&R Movie: ‘Green Book’
 3:00 p.m. Indoor Pool Volleyball (Competitive)

Monday, February 24

- Clubhouse I**
 1:00 p.m. Oils Art Class
 1:30 p.m. Leisure World Chorale
 1:30 p.m. Book Club Network: Fall Readers
 6:00 p.m. Newcomers Bridge
 7:00 p.m. Journeys and Experiences of the Musical Mind Class
 7:00 p.m. Bingo
 7:00 p.m. Fitness Club Pop-Up Program
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
 2:00 p.m. Line Dance Class
 2:30 p.m. Computer Learning Center: Android Help Session
 3:00 p.m. Line Dance Class
 3:00 p.m. Ping-Pong Club
 4:00 p.m. Ba Duan Exercise Class
 5:30 p.m. Model Railroad Club Operating Session
 5:30 p.m. Pickleball Club
 6:00 p.m. Indoor Pool Volleyball (Competitive)

Tuesday, February 25

- Clubhouse I**
 10:00 a.m. Any Medium I Art Class
 2:00 p.m. Book Club Network: Suspenders
 7:00 p.m. Duplicate Bridge
 7:00 p.m. Trivia Club
Clubhouse II
 9:30 a.m. Beginner and Advanced Tai Chi Class
 10:00 a.m. LW Apple Club Clinic
 11:00 a.m. Mild Exercise Class
 11:00 a.m. Water Exercise Class
 12:30 p.m. Scrabble Group
 1:00 p.m. Non-impact Fusion Water Exercise Class
 1:30 p.m. Comedy and Humor Club
 2:00 p.m. LWAAAC Black History Program: “The FREED Presentation” and “Harriet Tubman: Defender and Fight for Freedom”
 7:00 p.m. Camera Club Competition: Color

Wednesday, February 26

- Clubhouse I**
 9:00 a.m. AARP Tax Preparation (Appointment Required)
 9:00 a.m. Gentle Yoga Class
 10:00 a.m. Any Medium II Art Class
 10:00 a.m. CLL course: Meditation for Seniors
 1:00 p.m. Oils and Acrylics II Art Class
 2:00 p.m. CLL program: Seniors Caring for Self
 2:00 p.m. LW Green: Learn about The Plastics and Packaging Reduction Act
 6:45 p.m. Chicago Bridge
Clubhouse II
 8:00 a.m. Pickleball Club
 10:00 a.m. Zumba Gold Class
 11:00 a.m. Mild Exercise Class
 1:00 p.m. Chess Club
 1:00 p.m. Aqua Fit Class
 2:00 p.m. Chair Yoga Class
 2:00 p.m. Unitarian Universalists program: Why Is It so Hard to Talk About Racism?
 3:00 p.m. Ping-Pong Club
 5:15 p.m. Pickleball Club
 5:30 p.m. Model Railroad Club Operating Session
 6:00 p.m. Indoor Pool Volleyball (Competitive)

Leisure World Mutual Meetings

Feb. 24

- Mutual 23 Board**
 10:00 a.m., Party Room
Mutual 9 Board
 10:00 a.m., Sullivan Room

Feb. 25

- Mutual 17A Board**
 2:00 p.m., Party Room
Mutual 21 Board
 2:30 p.m., Community Room 3

Feb. 26

- Mutual 20B Board**
 9:30 a.m., Party Room 4
Montgomery Mutual Board
 9:30 a.m., Clubhouse I
Mutual 19B Board
 1:00 p.m., Sullivan Room

Feb. 27

- Mutual 10 Board**
 9:30 a.m., Sullivan Room
Mutual 20A Board
 9:30 a.m., Party Room 2
Mutual 6C Board
 9:30 a.m., Community Room

Mutual 26 Board

- 10:30 a.m., Party Room
Mutual 13 Board
 1:30 p.m., Sullivan Room
Mutual 24 Board
 1:30 p.m., Community Room

Feb. 28

- Mutual 17B Board**
 10:00 a.m., Party Room

March 3

- Mutual 18 Board**
 1:30 p.m., Sullivan Room
Mutual 6B Board
 2:00 p.m., Clubhouse I

March 4

- Mutual 8 Board**
 10:00 a.m., Sullivan Room

March 5

- Mutual 27 Board**
 10:00 a.m., Community Room

Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Mutual board meetings are open to respective mutual residents and absentee owners.

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

Community Planning

- March 9, 9:30 a.m., Sullivan Room

Golf and Greens

- March 6, 9:30 a.m., Clubhouse I

Education and Recreation

- March 3, 9:30 a.m., Clubhouse I

Government Affairs

- March 9, 2:00 p.m., Sullivan Room

Emergency Preparedness

- March 5, 9:30 a.m., Sullivan Room

Technology

- March 3, 10:00 a.m., Sullivan Room

LWCC Board of Directors

- Feb. 25, 9:30 a.m., Clubhouse I

LWCC Executive Committee

- March 14, 9:30 a.m., Sullivan Room

Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Meetings are open to all residents and absentee owners.

Thursday, February 27

Clubhouse I

- 10:00 a.m. Art is for Everyone Class
 12:30 p.m. Ladies’ Bridge
 1:00 p.m. Drawing - Any Dry Media Art Class

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

- 2:00 p.m. Model Railroad Club Operating Session

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

- 4:00 p.m. Friends of India Association

4:00 p.m. Pickleball Club

- 6:00 p.m. Indoor Pool Volleyball (Social)

7:00 p.m. Intermediate Tap Class

- 7:00 p.m. Social and Ballroom Dancing Class

Friday, February 28

Clubhouse I

- 9:00 a.m. AARP Tax Preparation (Appointment Required)

10:00 a.m. RAG Open Art Studio
 10:00 a.m. NARFE: Councilman Will Jawando
 10:15 a.m. League of Women Voters Discussion Group
 11:00 a.m. Impressionists, Romantics and Realists Music Class
 1:30 p.m. Watercolor II Art Class
 3:00 p.m. Hispanos de LW: Bingo
 7:00 p.m. Friday Duplicate Bridge
Clubhouse II
 10:00 a.m. Chinese Club
 1:00 p.m. Zumba Gold Class
 1:00 p.m. Chess Club
 1:00 p.m. Friday Bridge Club
 1:00 p.m. Ping-Pong Club
 3:00 p.m. Indoor Pool Volleyball (Social)
 4:00 p.m. Pickleball Club

Saturday, February 29

Clubhouse I
 9:00 a.m. Gentle Yoga Class
 10:00 a.m. Open Art Studio
Clubhouse II
 9:15 a.m. JRLW Service
 2:00 p.m. Going It Alone Club: Special Event
 3:00 p.m. Indoor Pool Volleyball (Social)
 3:00 p.m. LW LGBTQ Alliance: Ice Cream Social

Sunday, March 1

Clubhouse I
 10:00 a.m. JWV Post 567 Brunch: A Fresh Approach to Passover: From the White House to Your House

4:00 p.m. Resident Forum: Gate Access Project
Clubhouse II
 11:30 a.m. Pickleball Club
 2:00 p.m. Fireside Forum: Female Spies from the Civil War to Modern Times
 3:00 p.m. Indoor Pool Volleyball (Competitive)
 6:30 p.m. Baby Boomer Club: Game Night

Monday, March 2

Clubhouse I
 9:15 a.m. Stretch, Tone and Strength Training Class
 10:00 a.m. CLL General Meeting
 10:30 a.m. Stretch, Tone and Balance Class
 1:00 p.m. Oils Art Class
 1:30 p.m. Leisure World Chorale
 7:00 p.m. Bingo
 7:00 p.m. Journey and Experiences of the Musical Mind Class
Clubhouse II
 9:00 a.m. Senior Sneakers Class
 10:00 a.m. Clipper Workshop
 10:30 a.m. Zumba Gold Class
 12:30 p.m. Men's Bridge
 1:00 p.m. Chess Club
 2:00 p.m. Chair Yoga Class
 2:00 p.m. Line Dance Class
 2:30 p.m. Computer Learning Center: Android Help Session
 3:00 p.m. Line Dance Class
 3:00 p.m. Ping-Pong Club
 4:00 p.m. Ba Duan Class
 5:30 p.m. Model Railroad Club Operating Session

6:00 p.m. Lions Club
 6:00 p.m. Indoor Pool Volleyball (Competitive)

Tuesday, March 3

Clubhouse I
 9:00 a.m. Blood Pressure Testing
 10:00 a.m. Any Medium I Art Class
 10:30 a.m. Health Advisory Committee: Boost Drivers' Safety and Longevity
 1:00 p.m. Rossmoor Art Guild (RAG) General Meeting
 7:00 p.m. Duplicate Bridge Game
 7:00 p.m. Trivia Club
Clubhouse II
 9:30 a.m. Beginner and Advanced Tai Chi Class
 10:00 a.m. LW Apple Club Clinic
 11:00 a.m. Mild Exercise Class
 11:00 a.m. Water Exercise Class
 12:30 p.m. Pickleball Club
 12:30 p.m. Scrabble Group
 1:00 p.m. Non-impact Fusion Water Exercise Class
 1:30 p.m. Comedy and Humor Club
 3:00 p.m. Pickleball Club: Skills Clinic
 4:00 p.m. Pickleball Club

Wednesday, March 4

Clubhouse I
 9:00 a.m. AARP Tax Preparation (Appointment Required)
 9:00 a.m. Gentle Yoga Class
 10:00 a.m. Any Medium II Art Class
 10:00 a.m. CLL course: Meditation for Seniors
 11:00 a.m. Short Story Group
 1:00 p.m. Oils and Acrylics II Art Class
 2:00 p.m. Book Club Network: African Heritage
 4:00 p.m. LWAAAC General Meeting
 6:45 p.m. Chicago Bridge
Clubhouse II
 8:00 a.m. Pickleball Club
 10:00 a.m. Zumba Gold Class
 10:00 a.m. MVA Mobile Bus
 11:00 a.m. Mild Exercise Class
 1:00 p.m. Chess Club
 1:00 p.m. Aqua Fit Class
 2:00 p.m. Chair Yoga Class
 3:00 p.m. Ping-Pong Club
 5:15 p.m. Pickleball Club
 5:30 p.m. Model Railroad Club Operating Session
 6:00 p.m. Indoor Pool Volleyball (Competition)
 7:00 p.m. Mindful Meditation Group
 7:30 p.m. Fun and Fancy Theatre Group: "A Touch of Ireland"

Thursday, March 5

Clubhouse I
 9:15 a.m. Stretch, Tone and Strength Training Class
 10:00 a.m. Art is for Everyone Class
 10:30 a.m. Stretch, Tone and Balance Class
 10:30 a.m. CLL: History of the Guide Dog Movement in the U.S.
 11:00 a.m. Writers of Leisure World
 12:30 p.m. Ladies' Bridge

1:00 p.m. Drawing Any Dry Medium Art Class
 1:00 p.m. Bridge for Beginners Class
 2:00 p.m. CLL program: Ancient and Modern Wonders – Egypt and the Nile
 2:00 p.m. CLL course: Great Decisions in Foreign Policy
 3:00 p.m. Stamp and Coin Club
Clubhouse II
 9:00 a.m. Senior Sneakers Class
 9:30 a.m. Beginner and Advanced Tai Chi Class
 10:00 a.m. Stitching Group
 10:00 a.m. MVA Mobile Bus
 11:00 a.m. Water Exercise Class
 11:30 a.m. Pickleball Club
 12:30 p.m. Men's Bridge
 1:00 p.m. Non-impact Fusion Water Exercise Class
 1:30 p.m. Gilbert and Sullivan Society
 2:00 p.m. Model Railroad Club Operating Session
 2:00 p.m. Mind-Body Exercise Club
 4:00 p.m. Pickleball Club
 4:00 p.m. Friends of India Association
 6:00 p.m. Indoor Pool Volleyball (Social)
 7:00 p.m. Social and Ballroom Dancing Class
 7:00 p.m. Intermediate Tap Class

Friday, March 6

Clubhouse I
 9:00 a.m. AARP Tax Preparation (Appointment Required)
 10:00 a.m. Open Art Studio
 10:00 a.m. League of Women Voters Discussion Group
 1:30 p.m. Watercolor II Art Class
 2:00 p.m. E&R Event: Stephanie Dailey & Company – Back to Broadway
 3:00 p.m. Hispanos de LW: Bingo
 7:00 p.m. Friday Duplicate Bridge
Clubhouse II
 1:00 p.m. Zumba Gold Class
 1:00 p.m. Chess Club
 1:00 p.m. Friday Bridge
 1:00 p.m. Ping-Pong Club
 3:00 p.m. Indoor Pool Volleyball (Social)
 4:00 p.m. Pickleball Club

Saturday, March 7

Clubhouse I
 9:00 a.m. Gentle Yoga Class
 10:00 a.m. Open Art Studio
 10:00 a.m. American Needlepoint Guild (ANG)
 7:00 p.m. Sock Hop Group
Clubhouse II
 9:15 a.m. JRLW Service
 11:00 a.m. Pickleball Club
 2:00 p.m. Going It Alone Club: Social
 3:00 p.m. Indoor Pool Volleyball (Social)

Sunday, March 8

Clubhouse I
 3:00 p.m. Democratic Club Political Kick-Off
Clubhouse II
 11:30 a.m. Pickleball Club
 3:00 p.m. Indoor Pool Volleyball (Competitive)



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The Chef's Table

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Wednesday, March 11 | 11:30 a.m.

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GOLDEN GIRL in need of 1-bedroom unit, no stairs. Quiet, clean current resident of 9 years. Excellent references. Contact: (msmtge@gmail.com) or (301-518-2829) (text only).

REAL ESTATE FOR RENT

APARTMENT FOR RENT. 3501 Forest Edge Dr., #3F, in Leisure World. 1 bedroom, 1 full bath and a half, patio. Looks out to the woods. \$1,600 negotiable. Contact Samuel or Bernadette at (301-622-4925).

3 BEDROOM, 2 FULL BATH patio home with eat-in kitchen, 1 car garage. Furnished. Utilities included. \$3,950 per month. Call (410-868-1110).

GARDEN TWO-BEDROOM, two-bath condo available for lease Premier community of Leisure World for adults 55 plus! This condo features fresh paint, side-by-side washer/dryer and new granite kitchen countertops. Living room, patio with a spectacular view. Call (301-598-6451) to schedule an appointment to see this exceptional home. No smoking! Pets considered, a reserved parking space, utilities and basic cable included.

FOR SALE

BALLROOM DANCE SHOES — going cheap — size 6-6 1/2. One light fitting with four large different-colored shades. If interested call (443-315-9243).

AUTO SALES

2016 TOYOTA CAMRY LE. Four-door. MD-inspected, like new. Only 13,500 miles. One owner. \$16,499. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2002 CHRYSLER CONCORDE LIMITED. Loaded with sunroof, leather interior, chrome factory wheels. MD-inspected, only 43,000 miles. Previous LW owner. \$4,999. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

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

TRANSPORTATION SERVICES

DRIVER with 25 years' experience. I am a Leisure World resident. Drive anywhere. Comfortable, smooth, safe. Accident-free record. Clean vehicle. I'm available 24/7. Call or text (703-649-1293).

YOUR PERFECT PRIVATE DRIVER is right here! Lifetime DC Metro resident. Friendly, reliable, competent service. Safe, accident-free record. Comfortable, clean vehicle can seat up to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, festivals, ceremonies, medical appointments... To/from anywhere, including long-distance trips in other states. Reservations are recommended. Call 7 a.m.-10 p.m. with questions or to arrange/guarantee your ride. Available 24/7. Emergency calls, if needed. Steven Saidman. Cell/text (301-933-8899). Email (steve.your.driver@gmail.com).

A-1 SERVICE, call-and-ride — doctors, airport. Will pick up your groceries. Always on time. Over 250 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

DRIVER WITH CONCIERGE STYLE at regular rates. I am a Leisure World resident and I understand the needs of our community. My service is a four-door Mercedes-Benz sedan with all the comforts of a leather-seat luxury car, temperature-controlled interior, ample trunk space and a smooth ride. Most important is my dependability and providing any personal assistance you may need. Call Ken at (508-612-9647).

HAVE CAR, WILL TRAVEL. Flat rates to all airports. \$45 to and from Dulles. \$45 to and from BWI. \$45 to and from Reagan National. Union Station, doctors' appointments. Call John Westmoreland (301-536-5801).

CAREGIVING AND HEALTHCARE

Healthcare professionals must provide current proof of certification or license from the Maryland Board of Nursing to include "certified" or "licensed" in their advertisement. Examples of positions requiring such proof include, but are not limited to, registered nurse, licensed practical nurse, certified nursing assistant, geriatric nursing assistant and medication technician.

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

FLAT RATES, ONE WEEK FREE. "Care You Can Trust and Afford." Reliable, experienced caregiver providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146).

ELDERLY CARE: Over 10 years' experience. Great reference. Available for long days or nights. Can drive.

Leisure World resident. (240-461-2188).

CNA/COMPANION over 20 years' experience with the elderly. Available Monday through Friday days, nights or weekends. Full or part-time, live-in/out. Good references. Also available to travel out of state with my clients. Call (301-442-9324). Own transportation.

Hi, my name is Denise. I have been a CAREGIVER for my mother and father for many years. I am very patient and caring. Very reliable and responsible. Love to talk. I can also clean with a big smile. Affordable, part-time. Please call me: Denise (301-237-8874).

ATTENTIVE, COMPASSIONATE CAREGIVER, Jamie, would like to assist you with your daily needs. Jamie has a lot of experience with elder care as she has been working at the Brooke Grove Nursing Home for quite some time. Please call her at (301-980-8432). Thank you.

Augusta Obimpeh is my name. Am a CNA/GNA/MED TECH. I have 16 years' experience caring for elderly. I provide long- and short-term care — very affordable companion care, nursing care, housekeeping, etc. Contact me on (240-883-8126), (240-252-0439) or (301-793-3989). (sweetieamae@yahoo.com)

EXCELLENT CAREGIVER AVAILABLE: Highly competent, trustworthy, flexible, and caring — cared for my parents for over five years. Leisure World resident. Highly recommended. (301-509-7234).

HIGHLY-DEPENDABLE and extremely compassionate caregiver with 11+ years' extensive experience in providing timely and friendly care to elderly and disabled clients. A warm-hearted individual who performs personal care activities in a manner that maximizes clients' independence and dignity in a safe environment. My core competencies include: • companionship • meal preparation • light housekeeping • bath assistance • general assistance • appointment management • errand-running • personal care • excellent communication skills (bilingual English/Spanish). (301-646-2132), (monicamanzano585@yahoo.com).

I am a CNA, MED TECH with a certificate in autism spectrum disorders. I have extensive experience working with a major hospital for more than 15 years, with excellent references. I also worked private duty with many clients in MD and DC. I am available full-time or part-time. Please call Frances (301-943-8828).

WARM ANGELS ELDER CARE (warmangelseldercare.com) — Reana Robinson, independent certified nursing assistant. A minimum of 2

hours. For information please call (240-360-7783) or email (reanar1@yahoo.com).

CNA/GNA/MED TECH with CPR and first aid license. Experience working with elderly. Have worked with agencies, nursing homes and also private duty. Am available full-time or part-time. Please call (240-252-0439), (240-713-1654), or email (sapomadezeus@yahoo.com).

LICENSED CAREGIVER looking to care for your loved ones in the comfort of their home. Does light housekeeping, companionship, bathing, meal preparation, medicine reminders. Compassionate and caring. Please call Blanche Thomas at (240-505-4696).

DEPENDABLE AND EXTREMELY COMPASSIONATE caregiver with years of extensive experience in providing care to the elderly. I do light housekeeping, bath assistance, general assistance, appointments, errands running and personal care, and prepare meals. Augusta (240-423-5916).

CNA/MEDTECH/CPR with First Aid. Licensed. Experienced working with elderly. Have worked with agencies, assisted living in hospitals and also private duty. Am available full-time or part-time, nights and days. Please call (301-793-7090).

CERTIFIED NURSING ASSISTANT. Over 30 years working in Leisure World. Excellent references and experience. Own transportation. Doctor's appointments, groceries, other errands and light housekeeping. 24 hours. Please call Divina any time (240-463-1199).

AWARD-WINNING PRIVATE DUTY care — Comfort Home Care is a local family-owned business originally established to care for our own parents. We have been helping families in Montgomery County for over 20 years with all the activities of daily living including bathing, dressing, grooming, transferring, medication reminders and continence care. We also provide companionship with fun activities, exercise, meals, as well as transportation to doctors and other appointments. All our aides are CNA or GNA -certified with full RN oversight and follow-up. We have a flexible schedule, back-up staff, and an excellent support team working to provide quality care. There is no up-front retainer. Our certified nursing assistants can be scheduled from 5 hours to 24 hours daily with a minimum of 15 hours per week. For true peace of mind, call Beth on (301-575-7994) or visit (www.choosecomforthome.com).

CAREGIVER. Reliable and loving, caring, patient person providing quality and affordable care. Day or night; part-time or full-time. Drives. CNA license since 2011. Call Mary at (240-264-7296).

I AM A CNA. Licensed in nursing, RN in Philippines. 18 to 20 years'

experience as a caregiver. Worked 3.5 years in assisted living, and private duty for more than 15 years. Duties include personal hygiene, light housekeeping, shopping, meal preparation, dressing, errands, cooking, doctor's appointments, medication reminders. Own car. Dependable, loving, hard worker with excellent references. (301-820-0421).

I am Joyce, a NURSING ASSISTANT, with 16 years of experience. I would like to help you throughout your day. I have been working at the Brooke Grove Nursing Home for quite a while; I am certified as a nursing assistant in the state of Maryland. I do laundry, light housekeeping, some cooking, grocery shopping, bathing, etc. Please contact me at (240-421-4159). Thank you.

CERTIFIED CNA, GNA with 20 years of experience working with the elderly. Honest, very flexible, compassionate and caring. Duties include bathing, feeding, housekeeping, cooking and companionship. I can also provide social, physical, mental and spiritual activities to improve the quality of life of my patients. Call Mary (301-412-6001).

EXPERIENCED, PASSIONATE and ENERGETIC group of caregivers are willing to take care of your loved ones in the comfort of your home. Includes errands and entertainment. Please call us at (410-205-3480) or (301-957-0150). Reasonable prices.

CERTIFIED NURSING ASSISTANT available day or night. 20 years of experience with excellent references. Very hard-working and reliable. Call (301-693-4132).

CNA WITH CPR, First Aid. Always likes to work for the elderly. Experienced in assisted living and nursing home for 16 years. Also working for agencies. Full-time or part-time. Louise (301-640-9783), (Lckdeco@yahoo.com).

COMPASSIONATE CAREGIVER. 13 years' experience, excellent references, CNA, CPR, First Aid current, good driver. Experience in all areas. Available day or nights. Please contact Berikisu Bright at (240-252-8232).

HOME HEALTH AIDE. Comfort S. Addo. CNA/MedTech certified. Over 15 years' experience. Quality private duty services at negotiable and reasonable prices. (240-338-0550), (comfortaddo88@gmail.com).

ASSISTED LIVING

JOINED HANDS ASSISTED LIVING, a gorgeous senior living place in Gaithersburg, MD. We chose the art of caring and we do it with passion! Call to schedule a tour: (240-550-5861). Visit us at (www.joinedhand.com).

HOME SERVICES

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

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

POTOMAC WINDOW CLEANING Company — Family-owned and operated for 35 years serving the local area. Careful workmanship. Licensed, bonded and insured. (301-656-9274). The Montgomery family thanks you for your interest.

SMALL MOVES and TRASH-OUTS. Leisure World experienced. Can take items to donation center. Reasonable and insured. Patrick (301-332-4872).

M.G.V. PAINTING & DRYWALL — Interior and exterior painting. Water damage repairs. Minor carpentry and other odd jobs. 30 years' experience. Insured. References in your complex. Reasonable rates. Call Mike at (301-655-5433) for a free estimate!

COOPER REFUSE-JUNK REMOVAL. Prices starting as low as \$65. Lifting and loading from wherever the item is located. Donation or recycling of all qualified items. Call today and save (301-996-7704)

CLEANING SERVICES

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

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

CARE DRY CARPET CLEANING. Experience the difference. Host dry extraction system. Green, clean and dry in 30 minutes. Water damages wood flooring under your carpet. Choose dry cleaning. Call Mike Gonsalves, owner/operator (301-309-9398).

HOUSE CLEANING — 22 years' experience. Worked in LW for 10 years. Reliable, honest, great

references. I live in Aspen Hill. Call Alice (301-946-5996) or (301-520-0074).

MAEXYS CLEANING SERVICE. We have experience in house cleaning, carpet and window cleaning. Good recommendations. We have worked with customers in LW for many years. Free estimates. You can call or txt at (301-742-3130).

HOUSECLEANING. Available Tuesday, Wednesday and Thursday. Very honest. References. Good price. Free estimates. Maria Elena. Call (301-768-7184).

ELECTRONICS HELP

COMPUTER SERVICES — Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

COMPUTER LESSONS / SERVICES — Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English — no technical talk! Shopping assistance for electronics and computers. Senior specialist since 1996. Call David at (301-980-5840). COMPUTERTUTOR

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

PAYING FOR INTERNET and not using or underusing it? Learn how to use it for: • free video phone calls • sharing pictures • email • getting information • much more. \$50 to train. Or, having problems with your computer? Fix it for \$50 or it's free. Easy Elder Tech (301-802-6633).

AZ Fix — WE FIX AND RECYCLE all brand consumer electronics. Cell phones, cameras, computers, tablets and TVs. Free diagnosis. In-home services, home pick-up for repair and recycling. Call: (240-560-6779) | Website: (Azfixmd.com) | Address: 2233 Bel Pre Rd.

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life

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

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with senior care and the care of seniors' pets. Safe/reliable door-to-door transportation as needed. Assistance with pet care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I'm a 58-year-old semi-retired doctor, Leisure World resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

PERSONAL FINANCIAL SERVICES. Let LJV Solutions provide you with professional cash management and tax preparation services. We take the confusion out of preparing your tax return. We have been servicing the local area since 2004. Reasonable rates, and can come to you. References. Call or email Leon Young today at (301-538-8286) * (leonyoung1507@gmail.com)

FINANCES UNDER CONTROL? Comprehensive fee-only review. 25 years' experience. Passed Certified Financial Planner exam. \$350 (\$250 Leisure World residents). Satisfaction guaranteed! Easy Elder Finances (301-802-6633)

AZI — MASTER HAIR STYLIST. Avalon Salon in Leisure World Plaza. All services – cut and style, color, highlights, perms, face waxing. Monday, Wednesday, Thursday, Friday, Saturday. Call for appointment (301-598-2000).

BEAUTY AT YOUR FINGERTIPS. In-home services or at Avalon Salon in Leisure World Plaza. Manicures, pedicures, waxing, facials, lashes, permanent make-up and massage. Call me for an appointment. Lina (240-383-0814).

COOK PART-TIME. Will also help with groceries, drive to doctors' appointments, errands, light housecleaning, tidying. LW reference. A resident of LW. Call (301-641-5268).

MARYAM, FORMER HAIRCUTTER/STYLIST. Now I work independently at Congressional Village. Please contact me: (443-878-9739).

NOTARIES

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

PET CARE

DOG WALKING SERVICES — Responsible and dependable Leisure World resident who is available to walk your dog. Also, other pet services available. Affordable rates. Please call (301-598-3454) for more information.

WHEN ONLY THE BEST for your pet will do!! 15+ years of experience, excellent references, dependable, trustworthy. Offering your pet individual attention and lots of love! Walks, pet sitting, day out with friends, park/exercise, boarding, pet taxi/vet appointments. Available 24/7, next-day service, holidays and weekends. Call Evey at Elite Pet Nannies and Concierge (301-370-2790).

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to fair market value! (www.Cars2donate.org) or (240-740-2050).

BOOK DONATIONS WANTED for the American Association of University Women (AAUW) Annual Spring Book Sale in Gaithersburg. To support local scholarships for women and mentoring program for girls and women. Fiction and non-fiction, hardback and paperback, audio books, DVDs. Art, kids', cooking, foreign languages, gardening, history, mystery, sci-fi, science, women's studies, African-American & Jewish interests, etc. Pickups can be arranged in and near Leisure World. For more information call Liz at (301-840-1258).

NO LONGER USING YOUR CAR? Residents with an unused or unwanted vehicle can donate it to Vehicles for Change. They'll pick it up for free and you earn a tax deduction for the fair market value. Why VFC? As a nonprofit, they match each donated car with low-income families in need of transportation. Your car could be a family's ride out of poverty. Donate today at (www.vehiclesforchange.org) or call (855-820-7990).

ACTIVITY OPPORTUNITIES

SINGERS WANTED for Alzheimer's choir — Interested in supporting

persons with Alzheimer's and dementia by singing with them? Know someone with Alzheimer's or dementia who could benefit from group singing? Enjoy uplifting pop, jazz and Broadway music? Then the All Primetimers Choir is for you! Research shows music enables sufferers to reconnect, regain social skills and live more fully. We are a community choir that welcomes caregivers and friends as well. Rehearsals at 2 p.m. on Thursdays at the Inter-Faith Chapel in Leisure World. All welcome. No audition required. Register: (primechoir@gmail.com) or Bill Pailen (301-606-8273).

MOVIES AND MUNCHIES. Are you looking for something fun to do on a Saturday or Sunday afternoon? How about catching a movie at AMC Wheaton once a month and enjoying a nosh after! No discussion, no analysis, just a fun afternoon at the movies with new friends! If you're interested, please email me at (susan.krupka@gmail.com) or give me a call at (240-446-0975).

Looking for **TENNIS AND/OR PICKLEBALL** partner/s for evening hours. I prefer to play at Olney Manor Rec Center with many lighted tennis courts. Please reply to Helen: (HLEE555@gmail.com) or text to (240-817-4213).

SCRABBLE CLUB FOR WOMEN — seeking a few new members — Club meets at founder's LW home on Thursday nights twice a month 6:30-8:30 p.m. Typically 1-2 tables are playing using 'official Scrabble rules' and members bring snacks, dessert or wine. Hostess serves coffee, tea and sodas. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call ((571-236-1775) in MD in LW).

BOOK CLUB FOR WOMEN — seeking a few "Serious Readers": 15+ year-old club reads award-winning fiction and meets at founder's LW home the second Sunday of the month, 5:30-7:30 p.m., for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775) (in MD-LW)).

KNITTING AND NEEDLECRAFTS GROUP: 10+ year old club meets every Sunday, 2-5 p.m., with typically 8-12 crafters (any needlework is fine) at founder's LW home. Beginners to seasoned are welcome. Snacks and drinks are served. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775) (in MD-LW)).

FILM GROUP FOR WOMEN forming: Seeking 10+ members to watch/discuss 'Bethesda Row' caliber movies at founder's LW home. Meet every 3 weeks on Saturdays, 6:30-10 p.m. Members bring snacks or wine. Hostess serves drinks. Email a bit about yourself including phone to Polly at

(pfields@career-strategies-inc.com) or call (571-236-1775) (in MD-LW)).

VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE in a family's life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of three to four hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. Email (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE!

Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just two to three hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

VOLUNTEER TUTORS and **FACILITATORS** needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, conversational English classes, and a new GED Program. No experience necessary. We provide materials, training and ongoing support. Sign up for an information session online at (www.lcmcmd.org) or call Raul Marin at (301-610-0030, ext. 211), or email (Raul@lcmcmd.org).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501(c)(3) all-volunteer non-profit.

MONTGOMERY HISTORY, a local nonprofit located in downtown Rockville dedicated to collecting, preserving, interpreting and sharing the histories of Montgomery County's residents, is seeking volunteers in the following areas: museum docents (weekends and holidays); library assistants (weekdays); special events volunteers (weekdays and weekends); and communications and outreach assistants (weekdays only). For a list of volunteer opportunities please visit: (<https://montgomeryhistory.org/intern-volunteer-opportunities>). Contact Matthew Gagle, outreach and volunteer coordinator, at (mgagle@montgomeryhistory.org) or (301-340-2825).

INTERESTED IN HELPING KIDS learn about giving and service? The Giving Square is a local non-profit which recognizes the power of children to be contributors to their community. Through our work, kids become more empathetic, altruistic and committed to addressing local needs. This is a school-based program which works across 20 schools and organizations, mostly in Montgomery County. We are looking for advisors, classroom volunteers, and sewing support! For more information, please contact Amy at (amy@thegivingsquare.org) or (202-487-3103).

NOTICES

KEEPING SENIORS SAFE — KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (240-706-1850) or (mortonadavis@comcast.net).

UPCOMING EVENTS

"GREAT ESCAPES: Journeys on Maryland's Underground Railroad". Join historian Anthony Cohen for a lecture and preview of the upcoming book. A project of The Menare Foundation, Inc. and Heritage Montgomery, the book explores the people, places and social forces that created a pathway to freedom, forged by self-emancipating slaves and their allies from the 1830s to the brink of the Civil War. Q&A session to follow presentation. Saturday, Feb. 22, 2-3 p.m. Rockville Library, 21 Maryland Ave.

Join the ROCKY TWYMAN CHORALE for an afternoon of music including traditional Spirituals as we celebrate Black History Month and honor John Lewis. Free, no registration necessary. All are welcome! Saturday, Feb. 22, 4 p.m. Twinbrook Library, 202 Meadow Hill Dr., Rockville.

"ART AT LEISURE WORLD." Friday, Feb. 28 from 1 p.m.-3 p.m. Join us for our 2nd Annual Art Exhibition as we celebrate Black History Month showcasing the art of James T. Lawrence Jr. The exhibit will be held at Signal Financial FCU. Come meet the Signal Team and enjoy the show! We will have wine and cheese as refreshments. If you would like to RSVP or for more information, call (301-933-9100 ext. 422).

TRADITIONAL SCANDINAVIAN MUSIC. Come and enjoy a performance of Scandinavian folk tunes used in traditional dances and songs. The musical group, Washington's Spelmanslag, plays stringed acoustic instruments including the Swedish 'nyckelharpa.' Saturday, Feb. 29, 1-2 p.m. Kensington Park Library, 4201 Knowles Ave.

ART DOLLS: Figurative Sculptures Tell a Story. This exhibit features the work of students enrolled in doll making classes at Montgomery College taught by Wendelin Daniels. The students explore mixed media and the human form. Dolls span a range of personae, from portrait dolls of historical figures to fantasy dolls, and everything in between. Through Sunday, March 1. Sandy Spring Museum, 17091 Bentley Rd.

ACTION AND REACTION by Mark Goldman captures the most iconic moments in sports. This photographic

exhibition showcases the intensity, athleticism and success behind the action of D.C.-area professional and collegiate-level sports teams, while also revealing the competitiveness, heart and emotion behind each player's reaction. On exhibit through Sunday, March 1. Sandy Spring Museum, 17091 Bentley Rd.

AN AMERICAN STORY: Jewish and Muslim Perspectives. Exhibit of art by members of Jews and Muslims Making Art Together (JAMMART) highlighting America's ideals of freedom, justice and equality. JAMMART uses the creation of art as a vehicle to get to know one another's beliefs and values, and ultimately become friends. Reception: Sunday, March 8, 1-3 p.m. On exhibit March 5-May 31. Sandy Spring Museum, 17091 Bentley Rd.

WRITER ENRICHMENT GROUP. Everyone is welcome to this low-key but enriching circle for writers of all experiences. Bring a few copies of your poem or short story of around 1000 words. We will meet the second Saturday of every month. This is a brand-new volunteer-led group, and everyone is invited to share their work and also help other writers as they share theirs. Saturday, March 14, 10-11:30 a.m. Twinbrook Library, 202 Meadow Hall Dr., Rockville, MD 20851.

MEDITATION IN THE 21st CENTURY: Why Meditation Matters Even More. People have practiced meditation for centuries and it remains popular as new benefits continue to be discovered. Learn a simple meditation technique that can help you in all aspects of your life. Leisure World resident David Newcomb is a long-time meditator and has been speaking on the topic over 30 years. Wednesday, March 25, 6:30-7:30 p.m. Kensington Park Library, 4201 Knowles Ave.

IRISH MUSIC AND DANCE Festival. Featuring special guest Katherine Monahan, World Irish Dance Championship competitor and author of "Irish Dancer: Oireachtas"; the Bog Band, a local group of young, talented musicians with a passion for traditional Irish music; the Culkin School of Traditional Irish Dance performing solo step and ceili (group) dances; Irish dance lesson for all. Saturday, March 28, 1-3 p.m. Kensington Park Library, 4201 Knowles Ave.

UNCLUTTER, DECLUTTER, DOWNSIZE Your Home and Stress. Join professional organizers as they discuss the strategies to minimize the stress of downsizing. Tuesday, March 31, 10:30 a.m.-noon. Kensington Park Library, 4201 Knowles Ave.

Faithful Circle Quilters' 2020 QUILT SHOW: Facets of Quilting. Thursday, April 16, 10 a.m.-6 p.m. Friday, April 17, 10 a.m.-6 p.m. Saturday, April 18, 10 a.m.-4 p.m. Over 300 quilts on display. Mini demos, vendors, \$10 and under boutique, silent auction,

peddler's table. Raffle quilt drawing Saturday, April 18. First Presbyterian Church of Howard County, 9325 Presbyterian Circle, Columbia, MD 21045. (<https://faithfulcirclequilters.com/2017/11/01/faithful-circle-quilters-2018-quilt-show-2/>)

WANTED

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

WILL BUY MILITARY, WWII, WWI, Civil War memorabilia items. Uniforms, weapons, helmets, photos, medals or any other items associated with U.S., German, Japanese or other military history. Call Dave (240-464-0958) or email (david.obal63@gmail.com).

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

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

WANTED! DIABETIC TEST STRIPS. Top dollar paid! Cash on the spot! We need OneTouch, FreeStyle Lite and Accu-Chek, unopened and unexpired. Can pick up. Please call Debbie at (301-598-4862) or (410-279-3342).

Paying cash for **MERCHANDISE PRE-1980s**. Old toys, record albums, silver and coins, Zippo lighters, pocketknives, first-edition books, smoking pipes, advertising items, mid-century furniture, lamps and clocks, Florsheim shoes. If you have old stuff to sell call or text pictures to Carl. (312-316-7553). Located in Silver Spring.

PARKINSON'S POINTERS

"WHAT'S YOUR PARKINSON'S SCORE?"

A FREE, LIVESTREAM EVENT FOLLOWED BY A QUESTION-AND-ANSWER SESSION

*Presented by Randy Stephenson, M.D.,
neurologist, Neurology Center of Fairfax*



**THURSDAY, MARCH 5
6:30–8 P.M.**

CHECK-IN & HORS D'OEUVRES • 6 P.M.

BROOKE GROVE REHABILITATION AND NURSING CENTER
18131 SLADE SCHOOL ROAD • SANDY SPRING, MD 20860

The Parkinson Foundation of the National Capital Area has developed a scorecard with focused questions as a tool to help patients understand key holistic areas to consider in the management of Parkinson's disease. Join Dr. Stephenson for an introduction to the scorecard and a discussion on how it can be used to create and execute a plan to fight Parkinson's.

For information or to register, contact Toni Davis,
301-388-7209 or tdavis@bgf.org, by March 3.



www.bgf.org

