

Leisure World News

OF MARYLAND

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State of the Community *Strategizing for 2019 and Beyond*

by Kevin B. Flannery,
General Manager and CEO,
Leisure World of Maryland

Each year at this time, the Leisure World Community Corporation (LWCC) board of directors requests that I provide a report on the state of the community to outline its recent accomplishments and the work that lies ahead. It's an undertaking that I look forward to.

Although management and resident leadership handled its share of challenges presented to the community in 2018, we also continued to enjoy

the abundance of benefits the community offers. These were on full display on a sunny June morning, when for five hours the region saw Leisure World's amenities, services and spirited residents featured on a local television news program. That spirit and pride can influence our efforts in 2019, a year of many opportunities.



Kevin B. Flannery. Photo by Leisure World News

Strategic Plan

Many of the recommendations and action plans outlined in the community's 2010-2011 strategic plan have been addressed. Management has eliminated approximately \$1.25

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Board Appoints Special Committee to Oversee Hiring of Position

by Stacy Smith, Leisure World News

The Leisure World Community Corporation (LWCC) board of directors passed a motion at its regular meeting Feb. 26 directing the chair to appoint a special committee to assist in the interviewing and hiring of a new director of community services.

The person hired will replace Nicole Gerke, who vacated the Physical Properties Department (PPD) position on Feb. 8. The director of community services interacts with county and government agencies on construction projects.

An updated job description will be sent to all four members

of the Hiring Oversight Special Committee within the week, said general manager Kevin Flannery. The Committee will provide input in the interviewing process, and will join management to interview candidates once the initial screening of applicants is completed.

The Special Committee's appointees – Warren Lupson, Harold Crisp, Juanita Sealy-Williams and Robert Tropp – were approved by the board's chair by general consent of the board. Each of the appointees has experience either serving on the LWCC board of directors or on the PPD Advisory Committee.

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Cinema and Comics Inspire Artist's 'Blacks of the West' Portraits

by Kimberly Y. Choi,
Leisure World News

James T. Lawrence's portrait collection, "Blacks of the West," which features black figures from the Old West in the 19th and early 20th century, is a result of a surprising variety of influences – from cinema to comic books.

The project is intended to correct the often-caricatured drawings of African-Americans in the West and compel curiosity about the people depicted. Lawrence believes it important to understand how different

populations contributed to U.S. history.

"[The artworks] are drawing in so many people from all walks of life," says Signal Financial Federal Credit Union branch manager Nabiha Zayat-Calcutt, who set up what she calls the "magical wall" of Lawrence's artwork in the branch inside the Administration Building.

Sketching Inspiration

As a teenager, Lawrence would go to the cinema and sit near the exit sign for a bit of light as he sketched scenes.



Artist James T. Lawrence says he added richer detail to his portrait of cowboy and entertainer Bill Pickett, the "Dusty Demon," by using elements of his own face. Photo by Kimberly Y. Choi, Leisure World News

He and his friends enjoyed watching westerns, but noticed

depicted as uncivilized, sometimes with bone jewelry in their

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LW Green informs the community about recycling and plastic bags. For details, **see page 33.**

Signing Into Technology's Possibilities

Residents Teach Each Other How to Use Website

by Stacy Smith, Leisure World News

With a few taps of a keyboard and clicks of a mouse, small clusters of residents, some of whom say they rarely touch a computer, are learning to sign into and navigate the resident website, (residents.lwmc.com).

Roughly a dozen residents participated in one of these trainings at the Computer Learning Center (CLC) Feb. 14, assisted by CLC resident volunteers and Leisure World staff.

Some residents learned how to create a user account for the website, while others said they just needed a refresher course about it.

"I've been on the site a few times, but I forgot my sign-in," says Charlie Gaumont. His was a common refrain from the day.

Forgetting how to sign into the site or how to use it is a normal part of the learning process, says Yolande Davidson Campbell, class instructor and monitor at the CLC. She often repeats classes or training sessions multiple times, often with the same faces looking out at her from behind computer screens.

"If they do it two or three times, they just about have it after that," she says, adding that she is planning to offer a



With assistance from Computer Learning Center volunteers and LWMC staff, about a dozen residents learn how to sign into and navigate the resident website and their mutual's portal during a training session Feb. 14.

training on the resident website once every month.

Other participants say they are familiar with the website but wanted to see what their mutual's portal had to offer in the way of documents and information.

Many of the documents that staff once printed and gave to residents or made available for pickup at a mutual assistant's office are now available on the website for residents to download or print at their leisure, such as the soon-to-come phone directory.

"I've had residents who are out on vacation and needed access to their mutual documents. I will show them the site

and they're so excited to see that they're readily available," says the training's facilitator, Cassandra Chisholm.

The CLC not only offers residents training on the resident website, but also provides free workshops and classes on smartphones, email and other technology topics, catering to residents at all levels of know-how and understanding. The goal is the get residents comfortable using the technology that is available to them.

For more information about these workshops and classes, residents can visit the CLC in Clubhouse II or check out its website, at (www.computerctr.org/).



About the Resident Website

As of the end of 2018, more than 2,000 residents and owners had signed up to use the resident website, which provides community news, club and organization information, governance documents and each user's mutual's information.

The website is login-based and accessible only to residents, owners and staff members.

Leisure World staff offers Leisure World's 29 mutuals training on the resident website and mutual portals. To schedule a training, residents should contact their mutual assistant or property manager.

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Leisure World News OF MARYLAND

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

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

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Community

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million in subsidies to operate the Medical Center and Clubhouse I restaurants; identified, prioritized and completed Facilities Enhancement Plan (FEP) projects such as renovating the Clubhouse I ballroom and restaurants, renovating the customer service area of the Physical Properties Department, dredging and landscaping the golf course irrigation pond, and constructing a new Fitness Center in Clubhouse II; created a communications department and both public and internal websites; and installed a cloud-based telephony system for all Leisure World of Maryland Corporation (LWMC) offices that provides annual savings; replaced or upgraded information technology equipment and network systems; and completed many other projects that aim to enhance residents' quality of life, improve staff efficiency and save the community money.

Throughout 2019, residents will witness much activity surrounding the creation of a new strategic plan for Leisure World of Maryland. The Special Strategic Planning Committee, appointed by the LWCC board of directors in early 2017, has secured a contract with George Mason University, which will engage with the community over 12-16 months in a variety of ways to help it develop the new strategic plan. In the first stage of this process, a survey will be distributed in the spring to owners and residents. All are strongly encouraged to complete the survey. In the multiple stages of the contractor's engagement that will follow, the data collected in the survey will provide crucial information that can help create a roadmap for the community's future.

Bulk Internet

Just as the community responded to the 2010-2011 strategic plan's recommendation to acquire a bulk-rate contract for cable television service, management is now preparing to negotiate a similar contract for broadband internet service at a similar bulk-rate discount. Leveraging our collective 5,660 residential units in this manner can provide a personal cost savings to the growing number of

internet-connected residents and help the community keep pace with its competition.

Communications

By the end of 2018, approximately 2,200 residents had signed up and received access to (residents.lwmc.com), the private online portal that provides a wealth of useful information for residents both at the community-wide and mutual levels.

Staff continues to regularly update the main website's calendars, documents, news items and alerts on matters of interest and importance to all residents. Mutual assistants and property managers all received training early in 2018 and were required to have the mutual websites fully updated with mutual calendars, documents and more. Residents at several mutuals have requested and received training on how to sign up and use the sites, and more are encouraged to do so.

Physical Properties

With the aim of bettering communication between management and residents, the Physical Properties Department is creating a document that outlines its functions and services. Operations will be more effective when people understand how they work. This comprehensive and comprehensible guide will be a ready reference for residents to access and use. We plan to make a PDF version of the guide available in the spring and post it on (residents.lwmc.com) for downloading and printing.

In addition, we are examining the delivery of services in the Physical Properties Department and its maintenance division, focusing on what we can do well rather than spreading its services too thinly. Management's goal is to provide excellent service at affordable rates to the community.

Investing in the Community

While Leisure World's resales continue to be robust, with 412 transfers and more than \$1.6 million in contributions to the Resales Fund in 2018, it is important to continue down a path of investing in the community. Local real estate markets are full of age-restricted communities with target audiences, and to maintain this community's desirability in that market LWMC must be competitive at

all times and in multiple areas. Homebuyers age 55+ have many places to select among, and they will compare those communities' buildings, amenities, services and reputations as they determine the best place to call home.

In addition to attracting buyers who would see Leisure World as a desirable destination, the corporation needs to attract talented staff to make the community the best it can be and maintain a competitive position in the market. The community must invest effort and resources not only in its facilities but also in the people who are employed here.

Further Planning

As we prepare to engage in a lengthy process of strategic planning that will guide the community's decisions in the coming years, it is important to remember that there are two things the plan will not include. First, it will not address the LWCC governance structure; nevertheless, as is the case with any organization, it is advisable to regularly review governance practices, just as certain governance documents are reviewed. If the community wishes to evaluate the LWCC structure, that certainly is its prerogative. But examinations should be of the community's own volition and performed in a deliberate, thoughtful manner. Robust debate and discussion

have always been part and parcel of Leisure World governance's democratic process.

Also, while the strategic plan will include recommended amenities and a general discussion of their financial requirements, it will not assess relevant organizational or personnel capabilities that would determine the best way to administer amenities.

Even after the strategic road map is laid out, community leadership, management and residents will need to work together toward securing a bright future for the community. The community can point to an area in which this approach has achieved success: the recycling program.

The programs that management developed are successful because of residents' cooperation and commitment to them, and the county has recognized both the community and individual residents for their efforts.

As Leisure World moves forward in 2019, the community need not get caught up in the discord and gridlock that currently seem to characterize the national discourse. Rather, this richly diverse community, which can easily be regarded as a microcosm of the country, can follow a blueprint of positivity and productivity toward the greater collective good. By doing so, the community can be an inspiring model for others.

Flashback Political Trailblazer Visits Leisure World

by Leisure World News

Politicians at the local, state and even national levels have always held court with Leisure World's constituents, who make up one of the largest registered voter blocs in Montgomery County.

And Rep. Marjorie Holt, the first Republican woman elected to Congress from Maryland, was no different.

She spoke at a meeting of Leisure World's Republican Club nearly 40 years ago on June 11, 1979.



Congresswoman Marjorie S. Holt

Holt represented the state's 4th Congressional District, serving seven terms in Congress that spanned from 1972 to 1986.

Gov. Larry Hogan said Holt "helped to chip away at the glass ceiling, paving the way for the next generation of women leaders from Maryland," according to an obituary that appeared in the Jan. 9 edition of The Baltimore Sun.

Congresswoman Holt to Speak at Rossmoor

Congresswoman Marjorie S. Holt of the 4th Congressional District since 1972 and our Rossmoor Republican Club speaker on June 11, is the first Maryland woman to reach Congress via general election. She has achieved high recognition there, and in her own district where her party is heavily out-registered. In doing this she has

husband, Duncan, many large cities have been described by Housing and Urban Development officials as one of their most successful projects. Rossmoor citizens are invited to the Rossmoor Club meeting Monday, June 11 at 8:00 PM in the Clubhouse Ballroom for a stimulating discussion by Congresswoman Marjorie S. Holt.

April 7: Leisure World Participates in International Good Deeds Day

by Fred Shapiro

Leisure World joins the Greater Washington community on Sunday, April 7, by participating in Good Deeds Day, an international day of volunteering.

High school students from the Charles E. Smith Jewish Day School in Washington, D.C., and Berman Hebrew Academy in Rockville will be on hand to assist residents with their digital devices from 11 a.m.-1 p.m. in Clubhouse II.

The students will work one-on-one with residents to help them use their personal smartphones, tablets and laptops, as well as the computers in the Computer Learning Center.

The students have become a regular feature in Leisure World, satisfying many residents who need that extra bit of help to master their iPhones and other devices. At the same time, the students earn service credits at their schools.

The students will be available for two one-hour sessions from 11 a.m.-noon and noon-1 p.m. Residents who wish to participate are asked to sign up at the Clubhouse II E&R office or call (301-598-1320) beginning Tuesday, March 5, at 8:30 a.m. Indicate the technology that you need help with or wish to learn more about and the session you'd like to attend.

The event is co-sponsored by the Jewish War Veterans Post



Local high school students assist residents with their digital devices at last year's Good Deeds Day. Photo by Fred Shapiro

567, the Center for Lifelong Learning and the Computer Learning Center.

Food Collection

Additionally, members of the Jewish Residents of Leisure World will collect food and cash or check (payable to Manna Food

Center) donations for Manna Food Center on April 7 from 10 a.m.-1 p.m. in the Clubhouse I lobby.

Manna Food Center's mission is to eliminate hunger in Montgomery County. A number of residents participate in the work done by Manna.

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Wanted: Volunteer to Deliver the Leisure World News

by Leisure World News

The newspaper's distribution is a volunteer effort made twice a month by a small but dedicated group of Leisure World residents. This corps of volunteers is essential to the community, delivering papers right to residents' door or lobby.

Volunteers say they enjoy the exercise, fresh air and opportunity to meet some of their neighbors and make new friends, all while providing an important service for their community.

Right now, Montgomery Mutual needs a volunteer to deliver the Leisure World News on Oxford Court. The volunteer does not have to live on any of these courts, or even



Photo by Leisure World News

in Montgomery Mutual. He or she just needs the desire to provide this service to their neighbors and friends.

The commitment in time is small, only an hour or so of one weekend twice a month.

Residents who would like to be a part of this elite corps of volunteers are asked to contact the Leisure World News at (240-560-5291) or (kbrooks@lwmc.com) for more details.

LWN is Online

Residents who enjoy reading the newspaper but don't want to wait for its delivery have the option to view it online.

Each new edition of the Leisure World News is posted on both the residents' internal website (residents.lwmc.com) and the public website (www.leisureworldmaryland.com) on the Friday morning that the printed edition is first available.

Residents can download or print a copy for themselves, or read it on their smartphone, tablet or other device from anywhere. Extra copies of the current and back issues of the newspaper may also be available at the Leisure World News office in Clubhouse I.

Medical Center Welcomes New Provider

Urogynecology nurse practitioner Cindy Nevara joined the MedStar Health medical center on Friday, March 1, and will see patients every Friday between 8 a.m.-4 p.m.

Nevara specializes in the treatment of conditions affecting the pelvic floor, including urinary and fecal incontinence, pelvic organ prolapse, defecatory dysfunction, fistulae and other complications from childbirth.



Photo by Leisure World News

She is based out of the National Center for Advanced Pelvic Surgery for MedStar Health.

To schedule an appointment with Nevara, call (301-598-1590), press option 1 to schedule an appointment, and then hold for the next available associate.

— Leisure World News

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Board

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Board Standing Rule

The board accepted the LWCC executive committee's recommendation to approve amending Board Standing Rule 1.3 regarding the inclusion of action items in the LWCC board meeting agenda packet.

All action items (resolutions to be considered for approval or disapproval) must now be reviewed for clarity by the LWCC executive committee prior to inclusion in the LWCC board meeting agenda packet. The executive committee must still receive action items no later than noon seven days prior to the executive committee's meeting.

Rule 1.3 was amended to ensure that resolutions are clearly written and formatted before they are taken up for discussion by board members, according to the resolution's rationale.

Strategic Planning Update

Leisure World signed a contract with George Mason University (GMU) Feb. 11

committing consultants from GMU's Center for Regional Analysis, in collaboration with the Special Strategic Planning Committee (SSPC), to create a strategic plan for Leisure World.

The consultants are working closely with the SSPC to create a survey that is expected to be distributed by mail to all Leisure World residents in mid-April. Residents will also be able to complete the survey online, and volunteers will provide assistance to those who need it.

The SSPC hopes to receive completed surveys from at least half of all residents, SSPC chair Dr. Arthur Popper told the board.

Eyre

Leisure World has extended its contract with Eyre Bus, Tour & Travel for five years. The full-service travel agency offers residents day trips, multi-day trips and cruises.

The LWCC board of directors' next regular meeting is Tuesday, March 26, at 9:30 a.m. in Clubhouse I.

LWCC board meetings are open to all residents unless legally closed.

Artist

from page 1

noses, or as animalistic, serving other cowboys instead of acting of their own will.

Lawrence learned that significant portions of cowboys were black and that many ethnic groups helped make Old West society, a fact that would go on to inspire "Blacks of the West."

Each "Blacks of the West" portrait takes about nine hours to complete, and Lawrence is compelled to add to the series when he learns of a new, suitable figure. He uses photographs from books as reference.

Comics have not ceased to be instructive for him. Studying the work of comic artist Sid Greene improved his portrait of fur trader George Bonga, which uses angular strokes and strong, blocky shapes.

A Greater Spectrum

The "Blacks of the West" are drawn in greys, but Lawrence is also attracted to the visual vibrance of animated movies and the pop art movement.

He plans to render future

portraits in color. His appreciation of cinematography has inspired him to imitate special effects that make a person seem to be "glowing inside." He is considering a new portrait series of black characters from science fiction films.

His wife, Myriam M. Amaro-Lawrence, is also an artist and sometimes collaborates with her husband on art exhibits. He says she understands his passion for art, and didn't think twice when she found him nose-deep in an illustrated Disney book at the bookstore.

Art with Age

Recovering from a stroke gave him time to re-watch old movies to understand how visual characteristics lend scenes their power. He says the stroke itself has changed his art by slowing his thoughts, altering the world before him.

A lifetime of thinking in colors and compositions, though, has allowed him to continue putting to art so much of what he has seen on the Big Screen and the comic book page.



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or tdavis@bgf.org by March 10.



Committee Considers Leisure World's Participation in Technology Studies

by Stacy Smith, Leisure World News

The Technology Advisory Committee recently heard from Dr. Amanda Lazar, assistant professor at the University of Maryland (UMD) College of Information Studies, and is working with other committees and groups at Leisure World to recruit residents to participate in her studies.

Lazar's studies focus on the ways that technologies designed for health and well-being position and support individuals as they age.

"We are thinking that virtual reality, in particular augmented reality, might be really useful for this," she said.

In one study, Lazar observes the interaction between older, more experienced gardeners and novice gardeners to "capture the wisdom" the older gardeners have, she said, with an eye toward developing

adaptive technologies that can help transmit those gardening skills to more inexperienced gardeners, and help older gardeners retain their gardens as they age.

And with so many experienced gardeners gearing up to till the soil and plant their seeds at the garden plots, Lazar and the Technology Advisory Committee think the community might be a natural fit for her study, which includes a one-hour recorded session for participants.

Another of Lazar's studies focuses on ways that technology can be made more accessible for people with memory loss.

"We have ways of making technology easier to use for people who are blind, or closed captioning for people who are

deaf or hard of hearing, but researchers haven't really thought about that for people with cognitive impairments as much, and especially not people with dementia," she said.

The one-hour study includes an audio-recorded interview and a video-recorded portion in which participants demonstrate their use of technologies, and family members and care providers are welcome to participate as well.

Lazar's third study seeks to understand how people with dementia can be included in the design of smart technologies for the home.

Smart technologies, which offer users more interaction and control through use of the internet, include popular products such as Amazon's Echo and Alexa.



Dr. Amanda Lazar. Photo courtesy of (www.umd.edu)

The study's one or two hour workshops will include people with and without dementia who will engage together in discussions and design, including sketching and building prototypes.

Lazar landed on the Committee's radar after member and UMD professor emeritus Dr. Arthur Popper read about a grant she recently received for her work with aging populations.

"She's a very responsive person," Popper said. "She will work well with our population."

Lazar has a doctorate in biomedical and health informatics from the University of Washington in 2015, and a bachelor's in electrical engineering from the University of California, San Diego in 2011.

For more information about Lazar's work, visit (www.amandalazar.net), or contact her at (301-405-8550) or (lazarlab@umd.edu).



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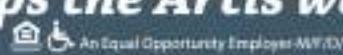
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14617 Kelmscot Dr, #185-A	Leisure World	Twin/Semi-Detached	3	2	\$329,000	\$322,000	\$6,500
3330 N Leisure World Blvd, #5-219	Fairways South	Other	2	2	\$190,000	\$190,000	\$0
2904 N Leisure World Blvd, #210	Turnberry Courts	Penthouse Unit/Flat	2	2	\$210,000	\$205,000	\$0
2921 N Leisure World Blvd, #1-124	Rossmoor Mutual #22	Unit/Flat	1	1.5	\$109,000	\$110,000	\$0
15115 Interlachen Dr, #3-504	The Greens	Garage/Parking Space	2	2	\$299,000	\$290,000	\$0
15115 Interlachen Dr, #3-125	Leisure World	Unit/Flat	1	1	\$129,000	\$122,500	\$0
15111 Glade Dr, #12-1F	Rossmoor Mutual #8	Unit/Flat	1	1.5	\$115,000	\$110,000	\$1,100
3100 N Leisure World Blvd, #816	Leisure World	Unit/Flat	2	2	\$239,900	\$240,000	\$5,000
3330 N Leisure World Blvd, #5-703	Fairways South	Unit/Flat	1	1	\$125,000	\$123,000	\$0
3629 Glen Eagles Dr, #3-1D	Rossmoor Mutual #7	Other	2	1.5	\$130,000	\$123,000	\$1,200
15107 Interlachen Dr, #2-910	Leisure World	Unit/Flat	2	2	\$199,900	\$200,000	\$500
15301 Pine Orchard Dr, #86-2J	Rossmoor Mutual #19	Unit/Flat	2	2	\$144,900	\$144,900	\$0
3486 Gleneagles Dr, #79-D	Leisure World	Row/Townhouse	2	3	\$152,500	\$150,000	\$100
2901 Leisure World Blvd, #133	Creekside	Unit/Flat	3	2	\$385,000	\$370,000	\$0
15300 Wallbrook Ct, #47-1C	Rossmoor Mutual #15	Unit/Flat	2	2	\$139,000	\$130,000	\$0
3330 Leisure World Blvd, #5-801	Fairways South	Unit/Flat	3	2.5	\$289,000	\$289,000	\$700
3503 Fiske Ter, #155	Rossmoor Mutual #9	Row/Townhouse	2	1	\$250,000	\$238,000	\$2,100
3401 Leisure World Blvd, #90-K	Montgomery Mutual Coop	End of Row/Townhouse	2	2.5	\$159,900	\$150,000	\$1,500



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Scott Keenum

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- ✓ U.S. Army Veteran
- ✓ 30 Years of Experience in the Mortgage Industry

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The Clubhouse Grille will be open for full dinner service on the following Wednesday evenings with live music from 6:00 - 8:00 p.m.:

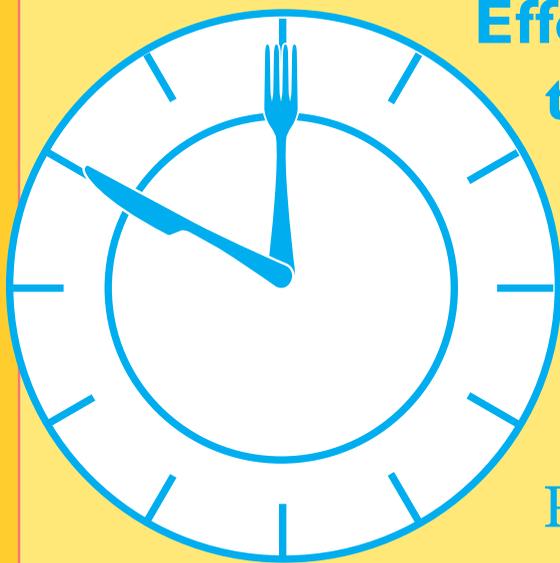
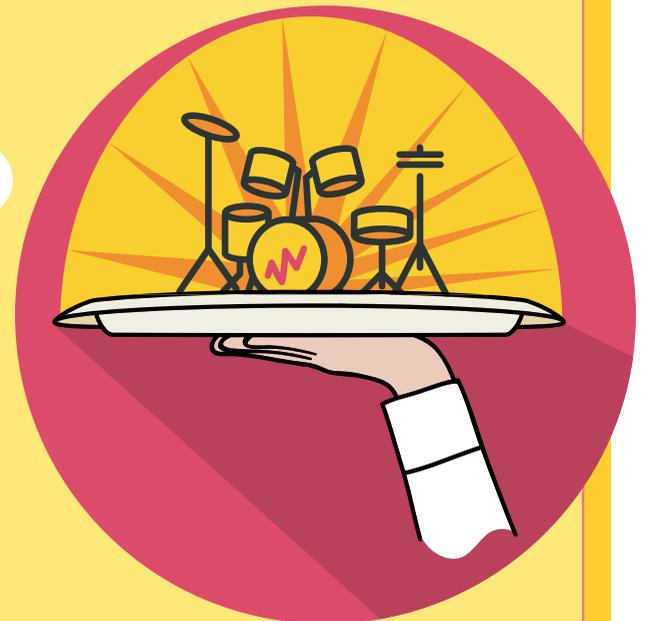
MARCH 13 "Sax with Mike" Surratt

APRIL 10 The Night and Day Band
with Mike Suser

APRIL 24 Motown Classic
with The Winstons Duo

MAY 15 "Sax with Mike" Surratt

May 29 Michael Binder
Swing'N On A Star



Effective until Tuesday, March 19,
the Clubhouse Grille's hours
of operation are **Fridays and**
Saturdays, 4:00-10:00 p.m.

We sincerely appreciate your patronage and value our guests tremendously. Please be aware that all of your favorite servers and bartenders will be working full-time in the Stein and Terrace Rooms during the winter months and several of The Grille's Dinner Menu items will also be available.

— Perrie, LLC

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

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

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

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

GOVERNANCE & *Information*

March 6: 'Chat' Focuses on Internet Provider Selection

Leisure World Community Corporation board of directors' chairperson Paul Eisenhour holds a "Chat with the Chair" on Wednesday, March 6, from 7-9 p.m. in the Clubhouse I Crystal Ballroom.

Eisenhour will discuss the status of the community's potential bulk internet and cable TV contract, and will answer residents' questions. All residents are invited to attend. Sign-up is not required.



Paul Eisenhour.
Photo by Leisure World News

– Leisure World News

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

2019 Broadcast Schedule - Channel 974

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

Executive Committee Meeting The March 15 meeting airs on March 20, 21 and 22.	Board of Directors Meeting The Feb. 26 meeting airs on March 4, 6 and 8.
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Group Email Addresses

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

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

The group email addresses are:

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

March 14: MVA Mobile Office Returns

by Leisure World News

Need to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, March 14.

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

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

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

LWCC Board Authorizes Negotiations for TV/Internet Contract

by Leisure World News

At a Feb. 26 Leisure World Community Corporation (LWCC) board of directors meeting, the board approved the Technology Advisory Committee's recommendation to select Comcast as the provider of cable TV and internet service under a community-wide bulk agreement. The board authorized the general manager to negotiate a multi-year bulk rate cable TV/internet service agreement.

Mutual residents will receive a communication from the chair of the LWCC board and will be encouraged to place this topic on upcoming mutual board meetings.

These negotiations may or may not result in the entering into a contract.

If negotiations are successful, the general manager will present the final contract to the LWCC board for review and approval.

Saturday Bus Shifts to Spring Schedule

Beginning Saturday, March 16, Saturday shuttle bus service begins running from 10 a.m.-2 p.m. to coincide with the beginning of daylight saving time. Saturdays' spring hours remain effective through Saturday, Nov. 2.



Photo by Leisure World News

Residents can also drop by the E&R office in Clubhouse I to see maps of each of the six shuttle bus routes that pick up and drop off residents in and around Leisure World. An enlarged map of Leisure World is also available for viewing.

Visit (residents.lwmc.com) for full weekly shuttle bus schedules. Click on "Shuttle Bus" under the "Amenities & Services" dropdown menu.

– Leisure World News

March 19: Restaurant Resumes Full Schedule

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

— Leisure World News

County Reschedules Administration Building Site Plan Hearing

by Leisure World News

The Maryland-National Capital Park and Planning Commission's Montgomery County planning board's public hearing on the Administration Building and Clubhouse I Site Improvements project has been tentatively rescheduled for Thursday, March 21.

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

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

30, 2017 meeting, includes a new Administration Building and reconfigured parking lot and drop-off area at Clubhouse I, along with related stormwater management and landscaping improvements.

The March 21 meeting's agenda will be posted on the M-NCPPC website at (<http://montgomeryplanningboard.org/agendas/>).

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

GOOD TO KNOW: PICKING UP AFTER PETS

by Leisure World News

Taking walks through the community with a four-legged friend is a carefree pastime for many, but remember to clean up after your pet so that neighbors and friends enjoy their time outside as well.

Cleaning pet waste is not only part of responsible pet ownership, but can also curb

disease and parasite transmission, thus keeping both humans and pets healthy.

Picking up waste also helps cut down on the amount of harmful nutrients and bacteria that enters local waterways, according to Maryland's Department of the Environment.

When walking a pet, take multiple bags with you just in case. Throw out waste

using a biodegradable bag, or flush waste down the toilet, where it will eventually end up in a wastewater treatment plant.

Keeping pet waste off of sidewalks and grass helps protect the integrity of the community, and everyone's shoe soles are the better for it.



A furry face greets people along her walk on a cold morning outside Clubhouse I. Photo by Leisure World News

GOOD TO KNOW: TWO ENTRANCES AT MAIN GATE FOR RESIDENTS

by Leisure World News

The main gate, also referred to as the Georgia Avenue gate, has two entrance lanes that residents may use.

Visitors and employees exclusively use the left lane entrance, which can make it congested at times, so residents are free to enter through the middle lane entrance that reads "Residents Only."

Simply drive up to the lane's gate arm and security will raise it. Taking advantage of both lanes helps alleviate traffic at the gate.

Watch your speed when entering the community; the speed limit is 30 miles per hour along the entirety of Leisure World Boulevard, and frequent pedestrian crosswalks are present along this main thoroughfare.



Photo by Leisure World News



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THOUGHTS & OPINIONS: *From Our Residents*

A Few Things to Remember

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

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

ACADEMIC TITLES

I was startled to read in the Feb. 1 edition of Leisure World News the titles given to some, but not all, community members in the news.

This was particularly noticeable when the members of working committees were named, some with titles reflecting their academic achievement, others with no indication of academic achievement at all.

While the service given by those with titles is certainly commendable and appreciated, I wonder if the titles are appropriate in this community that ought to be committed to egalitarianism. Is it fair to coworkers to distinguish some with honorifics when others are not? Is there some extra qualification contributed by those given titles that others do not have that is relevant to

the purpose of the news item? Is there a valid reason to emphasize those with titles as superior to, or different from, those without? Or is it unnecessary and inappropriate flattery?

In my own immediate family there are two medical doctorates and three PhDs. It's always gratifying when each of our accomplishments is recognized by the title, but frequently unnecessary, often irrelevant and potentially unfair to associates.

I have encouraged my family to use them only when absolutely necessary, as when the context requires understanding the special relevant competencies of the degree holder, for example, when the health professional is working in a medical activity or a specialist's authority is being discussed.

– John B. Tasker

SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

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



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—Mike, 61

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—Lucy, 66

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—Daniel, 73

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2 Monthly fees may reduce earnings. Monthly fees could bring your balance negative if there are not enough funds available in your account. Your Signal Bundle relationship may be downgraded and/or your share account(s) closed if your share account balance(s) is/are negative for 90 days or more. Other transaction and service fees, including insufficient funds and overdraft fees, may apply. See our Fee Schedule for more information.

3 Points-based rewards program. To learn more, visit signalfinancialfcu.org/linkrewards.

4 \$10 monthly maintenance fee waived when member maintains a minimum \$250 average monthly balance in Connect Checking or completes a minimum of five (5) debit card purchases per month. Average monthly balance is calculated by taking the sum of the daily end of day balances in the calendar month and dividing the sum by the number of days in the month. Debit card purchases are completed when they post to the checking account. Pending purchases are not considered completed purchases.

5 \$10 monthly maintenance fee waived when member receives a minimum of \$500 in monthly direct deposits to Direct Checking AND does one of the following: maintains a minimum \$250 average monthly balance in Direct Checking or completes a minimum of five (5) debit card purchases per month. Excludes ME2ME, person-to-person transfers, and ACH transfers from individuals (including those facilitated by internet payment providers). Average monthly balance is calculated by taking the sum of the daily end of day balances in the calendar month and dividing the sum by the number of days in the month. Debit card purchases are completed when they post to the checking account. Pending purchases are not considered completed purchases.

6 \$25 monthly maintenance fee waived when member maintains a minimum combined \$25,000 average monthly balance in share accounts (excluding share certificates) OR has an open Signal Financial FCU mortgage product (mortgage or home equity). Average monthly balance is calculated by taking the sum of the daily end of day balances in the calendar month and dividing the sum by the number of days in the month.

Note: If the primary member is under the age of 18, account maintenance fees will not be charged. See Membership Disclosure for credit union membership qualifications and eligibility. Federally insured by NCUA. Equal Housing Lender.

EVENTS & *Entertainment*

Sock Hop Group

March 2 and 9: Sock Hop Dances

The next sock hop dance is on Saturday, March 2, from 7-10 p.m. in the Clubhouse I Crystal Ballroom.

The dance will feature live music performed by the band GrooveQuest. The price of admission is \$10.

Then head over to Clubhouse II on Saturday, March 9, and dance from 7-10 p.m. to great music provided by Take Two Entertainment. Admission is \$5; bring your own snacks and beverages. Come relive the fun of high school dances.

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



– Abigail Murton

Fireside Forum

March 3: Women's Leadership in the Army

by Jonas Weiss

On Sunday, March 3, retired Maj. Gen. Gale S. Pollock discusses women's Army leadership during her presentation entitled "Breaking

Boundaries: How Women in the Army Overcame Obstacles and Became Leaders."

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

Pollock is founding executive director of the Louis J. Fox Center for Vision Restoration at the University of Pittsburgh and

became a Harvard University Fellow in its Advanced Leadership Initiative program.

Pollock became a certified nurse anesthetist soon after her graduation from the University of Maryland. She has master's

degrees in healthcare administration, business and national security and strategy. She received an honorary doctorate from the University of Maryland.

Pollock serves on many advisory boards and is a Fellow in the American College of Healthcare Executives and the American Academy of Nursing.

The program is at 2:30 p.m. in the Clubhouse II auditorium. Ruth Day, a resident and former marine sergeant, is the host for the speaker.



Maj. Gen. Gale S. Pollock, courtesy photo



Check the Directories



Looking for a club or committee meeting? Check the electronic directories in the clubhouse lobbies to find the time and location of that day's meetings. The directories also offer alerts and headline news.

Education and Recreation Department

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



Dixieland Express of Maryland, courtesy photo

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

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

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

To open the event, the Dixieland Express will march into the ballroom playing "Just A Little While to Stay Here."

The band will start its second set off marching to the tune of "Joe Avery's Second Line" and, of course, will end the evening with "When the Saints Go Marching In." Partygoers are welcome to march along with the band or just clap along with the music.

Joining the band's four regular trad jazz musicians – Merle Biggin on tuba, Les Elkins on cornet and vocals, John Stewart on trombone and Greg William on drums – are Halley Schoenberg on clarinet and Rick Eldridge on banjo, piano and vocals. The band is managed by resident John Stewart.

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

Coming in 2019

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

- March 5, 7:30 p.m. Dixieland Express – Mardi Gras/Fat Tuesday Dance Party
- March 17, 7 p.m. Brothers Flanagan – Celebrate St. Patrick's Day
- March 30, 4:30 p.m. Pianist Olga Vinokur
- April 13, 9:30 a.m. Spring Flea Market
- April 13, 4:30 p.m. Frank Plumer & Family
- April 16, 1:30 p.m. Steven Friedman – Musicals My Grandchildren Should See

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

March 17: Matinee Features North Bethesda Club's Photo Essays



Neuschwanstein. Photo by Jose Cartas

by Fred Shapiro

On Sunday, March 17, the Rossmoor Camera Club's matinee program features the North Bethesda Camera Club's Photo Essay Show. The program is at 3 p.m. in the Clubhouse II auditorium, and all residents are welcome to attend.

Photo essays are mini-movies; they tell stories using a combination of visual and

musical media. The Photo Essay Show will include travel, street, landscapes, wildlife, portraiture, night, sports, dance and special techniques photography, such as infrared, black and white, and macro.

Club members Joanne and Larry Mars will present a photo essay about their trip to the Lofoten Islands in Norway. Other essays will include such sightings as the



Norway. Photo by Joanne and Larry Mars

snow monkeys of Japan, a visit to Mt. Hagen Sing-Sing in Papua New Guinea and Romantic Road in Bavaria, Germany, among many others.

Residents who are interested in great photography and entertaining and educational stories about traveling



Russian dancers. Photo by Stan Collyer

to exotic places will enjoy this annual show.

Education and Recreation Department

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

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

The group is looking forward to returning to Leisure World, one of their favorite venues.

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

Performance

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

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

About the Group

Robert Bunning founded the group to focus on Irish music, but over the years their repertoire has grown along with their popularity. The group performs both a cappella in classic barbershop style and accompanied by piano, and encompasses a broad range of genres – everything from show tunes, Americana and traditional barbershop quartet favorites to patriotic music.

The Brothers Flanagan have



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

entertained audiences in the Washington, D.C., area for over 25 years. Notable performances have included one before 30,000

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

March 23: Dance Features Long-time Favorite, Pocket Change

by Joyce Hendrix

The trio playing at the dance on Saturday, March 23, is long-time favorite, Pocket Change, led by Ken Smith.

Doors open at 7 p.m. with music from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

Make reservations by email with Hal Freeman at (bobbinhal@aol.com) or by calling him at (301-438-7513), no later than Thursday, March 21, to ensure a seat at a table with friends.

The dress code remains dressy outfits for the ladies and jackets and ties for the

gentlemen – no jeans or hats. The number of dancers attending each dance continues to grow, so the Club may have to turn away walk-ins once capacity is reached.



Membership

The Club is still accepting new resident members for the 2019 dance year at \$10 per person. Checks (payable to LWVDC) are the preferred method of payment.

Membership entitles individuals to pay \$10 per person for entry to each of the Club's monthly dances in 2019. See one of the officers seated at the entry table at each dance for membership inquiries.

March 30: Pianist Plays 'Great Romantics to American Favorites'

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

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

About the Performer

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

She has appeared in the

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

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

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

A native of Russia, Vinokur began her piano studies at age six, and at 12 she was awarded first prize in the National Young Artist Piano Competition in Russia.

Since then, she has been a recipient of numerous awards and prizes, including first prize in the Prokofiev Piano Competition in Russia.

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

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



Pianist Olga Vinokur, courtesy photo

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Musical Performances at the Clubhouse Grille

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

- March 13 "Sax with Mike" Surratt
- April 10 The Night and Day Band with Mike Suser
- April 24 Motown Classic with The Winstons Duo
- May 15 "Sax with Mike" Surratt
- May 29 Michael Binder, Swing'N On A Star
- June 12 Jules Levine and The Classy Jazz Band

**Hispanos de Leisure World
Leisure World Association for African
American Culture (LWAAAC)**

April 6: Latin Dance Party



Joe Falero and the Latin Jazz All-Star Band. Photo courtesy Joe Falero via Facebook

by Patricia Means

The Hispanos de Leisure World and LWAAAC co-host the third annual Latin Dance Party on Saturday, April 6, from 6-10 p.m. in the Clubhouse I Crystal Ballroom.

The charismatic Joe Falero and the Latin Jazz All Stars, one of the best Latin dance bands in the region, will ignite the evening with lively rhythms and spirited mixtures of Latin, Afro-Cuban and jazz music for mambo, cha-cha, merengue, salsa, cumbia and bachata dancing, and much more.

Hors d'oeuvres and a cash bar will be available during the cocktail hour from 6-7 p.m., and dancing begins at 7 p.m. All residents are invited to spice up the dance floor or sit and groove with the sounds.

Tickets are \$20 per person, checks only (payable to LWAAAC), and reserved tables of 10 may be purchased. Tickets are sold Wednesday, March 6, through Thursday, April 4, in the Clubhouse I E&R office.

Leisure World Cannabis 101 Club

April 8-10: Cannabis Science Conference

by Carminetta Verner

The Cannabis Science Conference (CSC) is the world's largest and most technical cannabis science expo.

The conference pulls together cannabis industry experts, instrument manufacturers, testing labs, research scientist, medical practitioners, policy makers and interested novices. The semi-annual event is aimed at improving cannabis science.

This year, the CSC hosts its first East Coast conference from Monday, April 8, through Wednesday, April 10, at the Baltimore Convention Center in Baltimore, Maryland.

Celebrities featured at this year's conference include Montel Williams and Ricki Lake, along with more than 75 expert presenters. The conference's most popular event, Boot Camp, is a full-day workshop covering cultivation, sample prep, analytical testing, edibles manufacturing and more, including exhibits displayed in the exhibit halls.

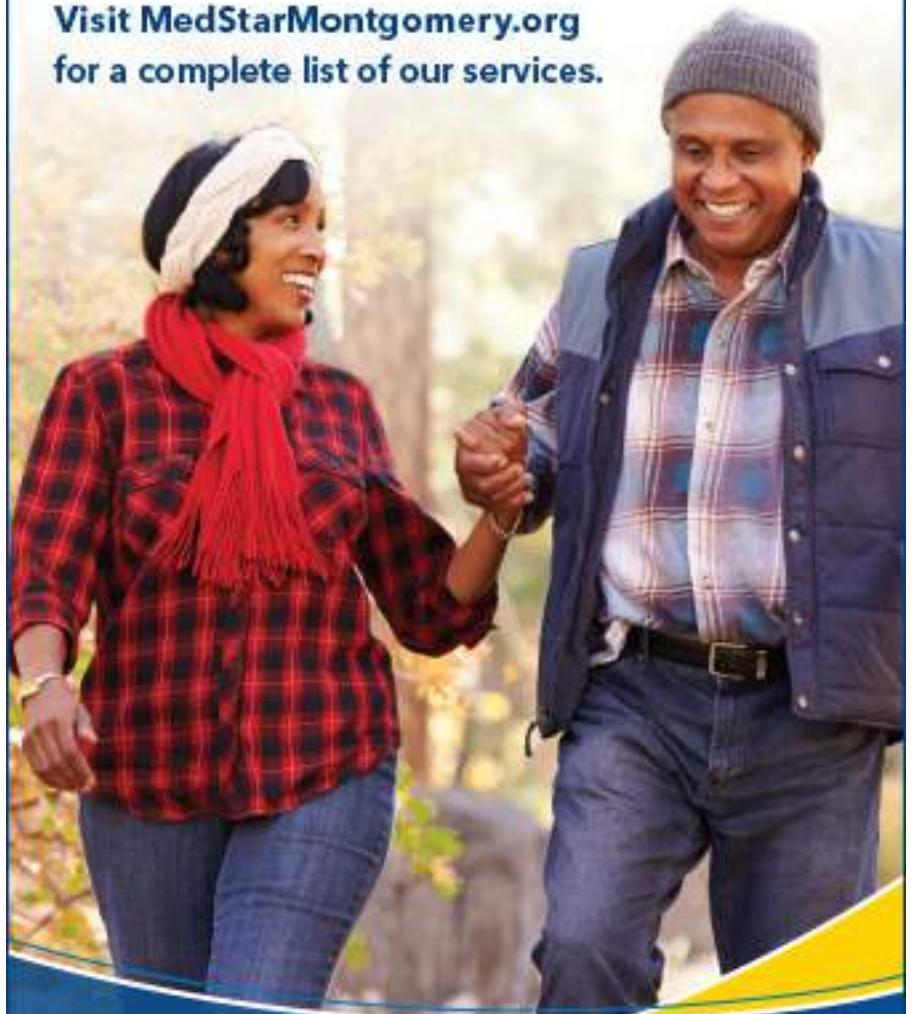
For more information and to purchase tickets, visit (www.cannabisscienceconference.com).

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April 13: The Musical Plumer Family Returns

The Plumer Family returns on Saturday, April 13, to perform an eclectic musical program at 4:30 p.m. in the Clubhouse II auditorium.

Frank Plumer and his three children – Antonio, Julia and Cecilia – perform four hand and

six hand piano, violin and songs sung in Italian, Hebrew, Yiddish, French, German, Spanish, Russian and Latin. They present a blend of more serious works and lighter fare to entertain audiences of all ages.

Sponsored by the E&R Department, tickets, \$6 per person, go on sale beginning on Tuesday, March 5, at 8:30 a.m. in both clubhouses. Please bring your Leisure World ID.

About the Performers

A musician from the age of four, professional pianist, accordionist and vocalist Plumer performs at the Metropolitan Club as the principal pianist and frequently at the Army Navy Club. He has played at the Hay Adams Hotel, the Four Seasons

Hotel in Georgetown, and at the Italian, French, Finnish, Spanish and Uruguayan embassies, as well as performing in Italy and Canada.

Plumer has also entertained many celebrities and Washington luminaries including Hillary Clinton, George W. Bush, Michelle Obama and former Maryland governor Martin O'Malley, among others.

Son Antonio, 18, began piano studies at the age of three. Adopted at the age of two from Bulgaria, Antonio won second place in the International Protégé Romantic Music Competition and performed at Carnegie Hall when he was 12. He placed second at the annual Steinway Piano Competition and performed at the Embassy of Germany.

In 2018, he was a finalist at the Washington International Piano Festival held at the Kennedy Center. Recently, he won the annual concerto competition at Catholic Univer-

sity and will be performing Shostakovich's Piano Concerto No. 2 on May 4, 2019 with the Catholic University Symphony Orchestra, where he is also a percussionist.

Daughters Julia and Cecilia have been playing piano and singing since the age of three. Julia is also in her third year of playing violin with the Peabody Youth Orchestra. Both daughters have sung with The Washington National Opera Children's Chorus for many years, performing at Strathmore in Bethesda, Maryland, and in the operas "La Bohème," "Carmen," "Hansel and Gretel" and "The Little Prince" at the Kennedy Center.

In fall 2018, the sisters performed "La Bohème" at George Mason University with the Fairfax Symphony Orchestra. This month, Julia and her father will have the honor of playing for Daniel Mulhall, Irish ambassador to the U.S.



The Musical Plumer Family, courtesy photo

FREE WI-FI IN CLUBHOUSES

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

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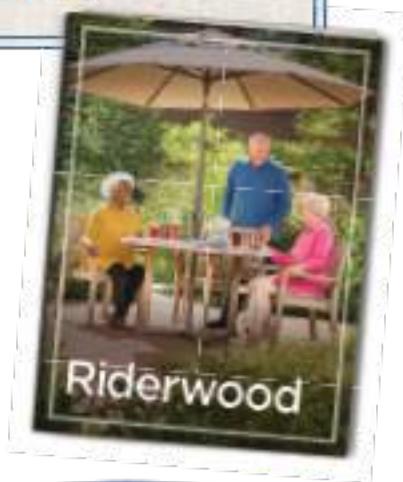
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Hispanos de Leisure World

March 8: 'Casi Divas'

by Carlota "Loty" Goldenberg

The Hispanos de Leisure World present the film "Casi Divas" (2008, 1 hour 47 minutes, comedy/musical, Spanish with English subtitles, rated PG-13 for mature sexual content, language and thematic material) on Friday, March 8, at 3 p.m. in Clubhouse I.

A Mexican comedy directed by Issa López, "Casi Divas" is about four ambitious and beautiful young women trying to be selected by a famous producer who is in search of a star for his next movie. The problem is that a former lover of the producer is sure she is the right person for the role.

The movie presentation is free and open to all residents. Be on time to find a good seat. Coffee, tea and cookies will be available after the movie.



Education and Recreation Department

Sunday Afternoon at the Movies

March 31: 'Marshall'

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

On Sunday, March 31, the featured film is "Marshall" (2017, 1 hour 58 minutes, genre, rated PG-13 for mature thematic content, sexuality, violence and some strong language).

Free tickets, limit two per person, are required and can be obtained from the E&R office in either Clubhouse I or II, beginning Tuesday, March 5 at 8:30 a.m. Please bring your Leisure World ID.

Recounting an early case of attorney Thurgood Marshall,

who would later become the first African-American Supreme Court justice, this riveting drama depicts his defense of a black chauffeur, Joseph Spell, accused of sexual assaulting his wealthy, white boss, Eleanor Strubing.



The film stars Chadwick Boseman as the young Marshall, Kate Hudson as Strubing, Sterling K. Brown as Spell, with Josh Gad as Sam Friedman, Marshall's co-counsel during the trial.

Sunday movie screenings are for your enjoyment; there is no charge. Be sure to pick up your ticket(s) in advance if you plan to attend. Please note that no one will be seated after 2 p.m.

Jewish Residents of Leisure World

March 28: 'Laces'

by Jonas Weiss

The movie originally scheduled to be presented on Thursday, March 21, by the Jewish Residents of Leisure World (JRLW) and the Bender Jewish Community Center's Coming of Age in Maryland program has been rescheduled for Wednesday, March 28.

The Israeli movie "Laces" (2018, 1 hour 38 minutes, drama, Hebrew with English subtitles, not rated) will be shown at 1:30 p.m. in the Clubhouse II auditorium, with a discussion to follow.

The film is about a complicated relationship between an aging father and his special-needs son whom he abandoned while he was still a young boy. Reuben's kidneys are failing and his son, Gadi, wants to donate one of his own kidneys.

Gadi must fight for his right to save his father's life. The film's portrayal of a relationship full of love, rejection and co-dependency sheds light on and questions the importance of human life and human connection.

Tickets, \$10 per person (checks only, payable to JRLW) are available beginning Tuesday, March 5, at 8:30 a.m. in the Clubhouse I E&R office. All residents are welcome.



GOOD TO KNOW: PAPER SHREDDING CONSOLE IN CLUBHOUSE II

by Leisure World News

Residents can confidentially dispose of their personal documents in a secure, locked shredding console located near the entrance of Clubhouse II.

Residents are not required to remove the documents' paper clips, staples or binder clips. However, please do not bring items that go in your regular recycling, such as envelopes, newspapers and magazines.



Photo by Leisure World News

The console is emptied twice a week and documents are shredded on-site.

2019 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
March 21, 1 p.m.	Book Club	SOLD OUT
March 31, 2 p.m.	Marshall	March 5
April 14, 2 p.m.	Mamma Mia!	March 19
April 24, 1 p.m.	Here We Go Again	April 9
May 16, 1 p.m.	Whitney	April 23
	Pope Francis: A Man of His Word	

Movies are subject to change.

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.



EYRE Leisure World Travel

Travel & Tour Department • (301) 894-1997 • Tuesday, Wednesday & Thursday 9:00 am-3:00 pm
 Reservations can be made Monday through Friday, 9:00 am-3:00 pm by calling 301-894-4444 ext. 24
 For more detailed itineraries, please see the Eyre Representative at the Eyre Leisure World Travel Office.

DAY TRIPS

Philadelphia Liberty Bells, PA  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

The year's event is "Three Bells" Transportation/Entertainment Included

Roanoke, VA  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

This beautifully designed, award-winning historical site of the Confederacy through a guided tour of the grounds and exhibits.

WYV Memorial & Museum, NYC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

The 9/11 Memorial & Museum (aka the Twin Towers) is a place of remembrance, education, and healing.

Mount Leap, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

You drive to the park and we provide the rest of the trip. The museum and grounds of the National Archives and Records Administration.

Cherry Blossom Walk, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Visit the White House, the Lincoln Memorial and the Mall-Lake Park & Garden. Enjoy the cherry blossom walk with the cherry blossom festival.

Colony Cherry Blossom Luncheon Cruise, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Enjoy the "Colony" and experience the Washington DC cherry blossom festival. Enjoy a fine dining lunch with the cherry blossom festival.

Walt Disney World, FL  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Enjoy Mickey Mouse guided tour that will include you, Mickey, Minnie, and the rest of the Disney family.

Mount Vernon, VA  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Enjoy the guided tour that will include you, George, and the rest of the Washington family.

Mount Vernon, VA  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Open with the Mount Vernon in the morning. You will be introduced to the rest of the family and will enjoy a fine dining lunch.

Washington, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Enjoy the guided tour that will include you, the rest of the Washington family, and the rest of the city.

Washington, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Transportation to the site. Enjoy the rest of the day. Enjoy the rest of the day.

Washington, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Enjoy the guided tour that will include you, the rest of the Washington family, and the rest of the city.

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Washington, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Enjoy the guided tour that will include you, the rest of the Washington family, and the rest of the city.

Washington, DC  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

The National Archives and Records Administration. High Tech for the World.

Check for popular demand! Grounds for Sculpture, NJ  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

Arrive in the heart of New Jersey for a day of sculpture and art.

Maroon B. Rapoport, PA  
 Sat., 4/4, 7:00 am-7:00 pm \$149.00 per person

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Maroon B. Rapoport, PA  
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Maroon B. Rapoport, PA  
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Spotlight On...

Join us for the Eyre Travel Show
 Wed., March 27, 1:00 - 2:30 pm
 Refreshments and door prizes!

MULTI-DAY TRIPS

Walt Disney World, FL

June 2-5

Disney Park, Florida

June 23-25

Disney World Lake

July 13-21 (split)

July 14-17

July 28-Aug. 2

Mount Vernon, VA

July 31-Aug. 5

Mount Vernon, VA

Aug. 23-27 (weekend)

Sept. 23-25

Sept. 23-25

Sept. 23-Oct. 4 (split)

Oct. 4-8 (split)

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3BR, 2FB, kit & BA updates, turn-
key, fenced patio, 2 car garage.



LISTING UNDER CONTRACT! \$74,900

Blair Model CO-OP
1BR, 1FB, laminate floors foyer
and dining room, 800 sf.



LISTING UNDER CONTRACT! \$305K

Fairways "P" Model
3BR, 2.5BA, enclosed balcony,
1,530 sf.



SOLD! \$163,000

The Greens Model "E"
2BR, 2FB, kit, bath + lighting
updates, ceramic tile flrs, 980 sf.



SOLD! \$205,000

Fairways "F" Model
2BR, 2BA, golf course view, encl.
balcony, garage, 1120 sf.



SOLD! \$219,000

Villa Cortese "B" Model
2BR, 2FB, updated kitchen,
balcony, 1073 sf.



SOLD! \$415,000

The Greens "B-H" Model
Garage, 3BR + den, 3FB, two
balconies, new floor, 2167 sf.



SOLD! \$445,000

Overlook Hi-Rise "K" w/Garage
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view, storage room, 1520 sf.



SOLD! \$449,000

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HEALTH & *Fitness*

March 12: Take a Tour of the Fitness Center

One of the Fitness Center's personal trainers will lead a free orientation tour of the Fitness Center on Tuesday, March 12 and Tuesday, April 9 at 2 p.m.

Learn how to use the equipment and facilities. Registration is not required.

The Fitness Center has cardio and strength training equipment, free weights and a studio room, and is open seven days a week from 4 a.m.-9 p.m., excluding some holidays

– *Leisure World News* Photo by Leisure World News



Low Vision Support Group

March 13: Social Workers Discuss Practical Necessities

by Larry Cohen

Join the Group at its next meeting on Wednesday, March 13, at 1 p.m. in Clubhouse I and bring ideas and suggestions on ways to improve the Group.

The meeting's speakers are Sandy Hart and Ann Johnson, two of Leisure World's licensed clinical social workers, who will discuss the practical necessities available to people with low vision that can make their lives much easier.

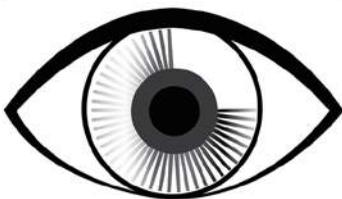
Two Group members recently met with Dave Merritt, vice president of the Computer Learning Center, about software compliance for the visually impaired.

The members learned about accessing information via websites and computer training available for residents with impaired vision.



From left, Ann Johnson and Sandy Hart of Leisure World Social Services. Photos by Leisure World News

At recent meetings, members mentioned the joy of family, learning new skills, taking on new challenges, travelling and coping with their vision challenges in creative ways as talking points they wish to pursue.



The Group will use this information to guide its trips to theaters, museums and other sites that have assistive technology, docents and tactile presentations.

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

Center for Lifelong Learning (CLL)

March 25: Doctor Gives Take on 'Common Hand and Wrist Problems'



Dr. Peter G. Fitzgibbons, courtesy photo

by Fred Shapiro

As adults age, it is not unusual for them to encounter uncomfortable feelings in their hands and wrists. To address these concerns, the Center for Lifelong Learning hosts Dr. Peter G. Fitzgibbons, who will give a presentation on "Common Hand and Wrist Problems" on Monday, March 25, at 2 p.m. in Clubhouse I.

The presentation is free, but residents are requested to register beginning Tuesday, March 5, at 8:30 a.m. in the Clubhouse I E&R office.

Fitzgibbons will cover common hand and wrist problems, including arthritis, tendinitis, fractures and carpal tunnel syndrome. A question and answer period follows the presentation.

About the Presenter

Fitzgibbons is a board-certified orthopedic physician specializing in hand and upper extremity surgery.

He has received several awards for his academic and professional accomplishments and has produced numerous presentations and publications in the medical field.

Fitzgibbons received his medical degree from a combined program at Dartmouth Medical School and Brown Medical School. He completed his residency in orthopedic surgery and a fellowship in orthopedic trauma at Brown, and returned to his undergraduate alma matter, Harvard College, to complete a fellowship in hand and upper extremity surgery.

Prescription Medication Drop-off

Residents can safely dispose of their unused and expired prescription and over-the-counter medications, including pet medications, inside the green collection bin located in the MedStar Health medical center's waiting room year-round.

March 25: Orthopedic Surgeon Speaks About Knee Arthritis

by Sandra McLeskey

Forty-five percent of people will develop symptomatic knee osteoarthritis in their lifetime, according to the Arthritis Foundation. In more than half of these people, the knee arthritis will progress to the point at which they are eligible for total knee replacement.



Dr. Ryan Macdonell. Photo courtesy of MedStar Health's website

On Monday, March 25, Dr. Ryan Macdonell, orthopedic surgeon at MedStar Health

who specializes in hip and knee replacement, gives a talk on nonsurgical treatment of knee arthritis, when to consider knee replacement, the various surgical strategies and recovery after knee replacement.

His talk is at 4 p.m. in Clubhouse I. The presentation is free, but residents are requested to register in advance beginning on Tuesday, March 5, at 8:30 a.m. in the Clubhouse I E&R office or by calling (301-598-1300).

March 26: Learn 'Positive Strategies for Dementia Caregivers'

by Sandra McLeskey

Are you a caretaker for a person with dementia or do you know someone who is? It can be a hard job, often made more difficult because of changes to a person's behavior and personality.

On Tuesday, March 26, Wendy Johnson, one of the owners of Senior Helpers, a caregiving agency in Silver Spring, speaks on "Positive Strategies for Dementia Caregivers" at 1 p.m. in Clubhouse I. Johnson will provide a pragmatic talk that includes strategies to deal with problem behaviors in dementia patients.



Wendy Johnson, courtesy photo

up in advance beginning on Tuesday, March 5, at 8:30 a.m. in the Clubhouse I E&R office or by calling (301-598-1300).

Many times, the right response to a behavior can comfort the patient so that they don't become more agitated. But most of the time, these responses don't involve trying to convince the patient that they are wrong. This type of caregiving is a little counter-intuitive for most people, but once they adopt it, caretaking often goes more smoothly.

Johnson has a master's degree in psychology, is a certified mediator, a certified senior advisor and a member of the Alzheimer's Association speakers' bureau.

The presentation is free, but residents are requested to sign



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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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Providing the Facts and Figures of Medical Marijuana

by Sandra McLeskey

The Maryland legislature approved the use of medical marijuana. In doing so, Maryland followed the examples of several states, some of which have also approved recreational marijuana.

Medical marijuana refers to treating symptoms of illness and other conditions with either the whole, unprocessed marijuana plant or its basic extracts, according to the Institute on Drug Abuse (NIDA). At least two substances in marijuana are purported to have medical benefit: tetrahydrocannabinol (THC) and cannabidiol (CBD).

The whole marijuana plant can be smoked, which exposes users to both THC and CBD, or further processing must take place to convert the plant into extracts.

Two THC-based drugs, dronabinol and nabilone, are FDA-approved for nausea and vomiting caused by cancer chemotherapy. Dronabinol is also approved for weight loss and poor appetite in patients with AIDS. One drug that contains CBD, Epidiolex, is FDA-approved for treatment of seizures associated with two rare forms of epilepsy in children.

The most convincing evidence for the benefit of medical marijuana has been obtained for chemotherapy-induced nausea and vomiting, chronic pain and spasticity of multiple sclerosis, according to the National Academy of Sciences.

Very limited or insufficient evidence exists for the benefit of medical marijuana in a multiplicity of other conditions.

Possible Consequences

People with lung disease, such as COPD or asthma, should not smoke anything, including marijuana.

THC produces a “high” and may impair reaction time and spatial relationships, cause decreased short-term memory and impair motor skills. For these reasons, people who have used THC should not drive.

The Highway Loss Data Institute, a nonprofit organization supported by auto insurers, found that in states that have legalized marijuana, there was a 12.5 percent increase in collision claim frequencies compared with states that had not legalized marijuana.

Additionally, NIDA estimates that approximately nine percent of marijuana users will develop a substance use disorder in which they cannot

stop using marijuana. These problems are not confined to “junkies” but also occur in medical marijuana users who use products containing THC. Very high doses of THC may produce panic attacks, paranoid thoughts and hallucinations.

CBD does not cause a “high.” It is used for chronic pain and a variety of other problems. A CBD preparation is FDA-approved for certain types of seizures.

CBD may injure the liver, so a person taking CBD might need to have their liver tests monitored. Other possible side effects of CBD include decreased appetite, diarrhea, fatigue, malaise, rash, insomnia, sleep disorders and infections.

The whole marijuana plant, and THC and CBD extracts, may have interactions with other drugs, especially anti-coagulants, antidepressants and the asthma medication theophylline.

People contemplating trying medical marijuana who are taking other drugs should discuss their plans with their healthcare provider.

Safety Regulations

Medical marijuana is not subject to the same safety regulations as FDA-approved drugs.

Dietary supplements such

as vitamins and herbal preparations are required by law to have accurate content labels and to be free of dangerous impurities, but no such federal laws govern marijuana – each state has to develop its own. Maryland’s medical marijuana law is available on the Maryland Medical Cannabis Commission’s website, (mmcc.maryland.gov).

The law requires that licensed dispensaries, growers and processors secure their premises and prevent diversion into the street market. Regulations exist for how patients can be certified as needing access to medical marijuana.

The law also requires that the dispensaries have their products tested in an independent laboratory certified by the state and label each preparation’s content (THC and/or CBD).

Growers, processors, dispensaries and independent laboratories have to be certified and must be inspected initially, and may be inspected at any time thereafter, but no provision exists in the law for regular inspections. Few provisions exist for testing the products for impurities such as bacteria, heavy metals or pesticides.

The Maryland Department of Agriculture has a four-page list of pesticides that are approved for growers of medical marijuana.

A document called “Maryland Medical Cannabis Commission’s (MMCC) Technical Authority for Medical Cannabis Testing”, “Final Draft Revision 1” dated Jan. 18, 2018 is available on the Maryland Medical Cannabis Commission’s website.

The document mandates testing of marijuana products for heavy metals, pesticide residues, bacteria and residual solvents. It is unclear whether this draft has been adopted or whether testing described in the draft is ongoing.

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March 29 and April 12: Learn Mindfulness to Reduce Stress and Increase Well-being

by George Stricker

The Health Advisory Committee once again sponsors one of its most popular speakers, Dr. Patrice Alvarado, to teach a two-session workshop on mindfulness. The workshops are held on Friday, March 29, and Friday, April 12, from 11 a.m.-1 p.m. in Clubhouse I.

The Committee has presented a series of lectures about mindfulness, and they have been so well received that participants have asked for more specific training.

The free workshop is limited to 25 participants, and no one will be admitted without a ticket. Tickets are available beginning Tuesday, March 5, at 8:30 a.m. at the Clubhouse I E&R office.

Residents are asked not to request tickets unless they are

able to attend both sessions, and, if their plans change, to remember to inform the E&R office so that someone on the waiting list can attend.

About the Workshop

Mindfulness is a way of relating to the self and its experience, including inner experiencing (thoughts, feelings and physical sensations) that grounds a person in the present, reduces distress and increases a sense of self-compassion and connection.

Participants will learn the basics of mindfulness and practice exercises that can reduce tension and stress and increase a sense of well-being and

inner connection. Participants should wear comfortable, loose fitting clothing, as they will be sitting and doing gentle movement exercises from time to time.

Some of the relaxation exercises can be done lying on the floor (optional), so participants are welcome to bring a yoga mat, small blanket and pillow for comfort.

Alvarado will bring some extra mats and blankets for those who do not have one.

Participants are also welcome to remove their shoes during the workshop, so prepare for stocking feet if that is the case. Be sure to bring anything that

makes sitting in the chairs more comfortable, such as a block or blanket for under the feet.

About the Speaker

Alvarado is a licensed clinical psychologist in private practice in Manassas, Virginia, where she provides psychotherapy services to adults, children, teens and families. In her private practice, Alvarado also conducts mindfulness therapy groups, programs and daylong retreats for adults and teens and provides training for graduate students and professionals in mindfulness-based psychotherapy.

She is also an adjunct professor, formerly full-time, in a clinical psychology doctoral program. Alvarado has been teaching and practicing mindfulness for more than two decades.



Dr. Patrice Alvarado, courtesy photo

Health Advisory Committee

The File of Life – Let Your Refrigerator Save your Life

by Dr. Paul McCauley

File of Life is a fill-in-the-blank health summary that folds to about the size of an index card and fits inside a red magnetic pouch.

A person fills out the card with his or her basic medical information as well as details about known allergies, current medications, emergency contacts, health insurance

information and healthcare decisions, and then places the pouch on his or her refrigerator. In the event of a fire or medical emergency, first responders know to look for it there and refer to it for the patient's medical history, health conditions and other pertinent information.

Many residents were given a File of Life when they moved to Leisure World, and they are sometimes handed out at health fairs. Too many individuals have likely filed them away to be completed "someday," or placed them in a drawer or closet, unavailable to a first responder who may be called to their home in an emergency.

Accurate, initial treatments applied in a timely manner will increase the likelihood of good outcome in emergency situations. Residents should do the first responders and themselves a favor by obtaining, completing or updating, and making visible a File of Life in his or her home. Let a refriger-

ator help save someone's life.

File of Life cards can be obtained at the Social Services Department in the MedStar Health Medical Center. Residents can also receive a card through the mail by calling Montgomery County's non-emergency line, (311), Monday through Friday during normal business hours. Residents can contact Montgomery County 311 online anytime by visiting (www.montgomerycountymd.gov/mc311).

File of Life should be updated whenever a person's health status, diagnoses, allergies or medications change. Residents who have the red folder but wrote in ink and need a new paper history form to update can obtain one at (www.montgomerycountymd.gov/mcfrs-info/tips/seniors/fileoflife).

File of Life is a non-profit organization that promotes emergency preparedness. For more information, visit (www.folife.org/).



The File of Life is placed on a refrigerator and is available to first responders in the event of a medical or fire emergency. Photo by Dr. Paul McCauley



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ID Cards Required for All Cannabis Patients

by Carminetta Verner

Beginning Monday, April 1, Maryland Medical Cannabis Commission (MMCC) ID cards will be required for all medical cannabis patients for the purchase of medical marijuana at dispensaries.

All licensed Maryland dispensaries may only distribute or sell medical cannabis to patients who present a valid MMCC ID card.

Effective March 1, 2019, all existing patients may renew their application and purchase a patient MMCC ID card for \$50, which will expire three years from the issue date, or order an MMCC ID card for a \$50 fee, which will expire on the patient's

existing registration expiration date. The issue date is the date the person was issued their MMCC ID number.

MMCC ID cards issued prior to Jan. 1, 2019 will expire on the expiration date listed on the card. After the MMCC ID card is renewed, a three-year card will go into effect.

Upon ordering an MMCC ID card or renewing their application, a patient will have the option to print a temporary ID card, which will be valid for a period of 90 days.

Visit the MMCC website at (www.mmcc.maryland.gov) where additional information can be found under "Announcements." Residents' local dispensaries can assist them with any questions they may have.

FISH (Friends in Sickness and Health)

FISH Is Here to Help

by Beth Leanza

FISH is here to help when life offers lemons. We can't turn them into lemonade, but we can try to make them a little less sour. FISH lends various types of assistive equipment to residents and employees – wheelchairs, walkers, commodes and tub stools.

FISH suggests a loan period of one to three months for the assistive equipment. Many times, the need is temporary. FISH does not, as a practice, follow after equipment that has not been returned.

However, individuals who wish to keep an item they've borrowed are asked to contact FISH president Beth Leanza at (301-598-4569). Let family members or other household members know an item came from FISH so it can be returned when no longer needed.

FISH receives donations of all kinds of useful things from residents, such as blood pressure equipment, incontinence supplies and comfort cushions. Several of

these items are not inventoried, and so are kept in the basement of Clubhouse II and available for anyone to take.

Volunteers staff the FISH office Monday to Friday from 10 a.m.-4 p.m. (except major holidays). The office phone number is (301-598-1345). E&R staff in Clubhouse II can assist individuals before or after hours and on weekends. Lost and found items are kept in the closet.

Collections

The FISH office is also the place where other organizations set up collection boxes. Some organizations just have a short period for the collection, while others have ongoing collections. The Lions and Kiwanis Clubs are ready to receive donated glasses, hearing aids and can tabs.

St. Jude Ranch is no longer accepting used greeting cards. Individuals who have empty prescription bottles may contact FISH for an address where they can be sent. The individual donating the item incurs all postal charges.

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).

Essential Tremor Group: The Essential Tremor Group meets at 10:30 a.m. the first Thursday of the month in Clubhouse I. Try to come to the next meeting on March 7 at 10:30 a.m. to find out about more new research and to meet other people with Essential Tremor.

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.

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).

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

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 1:30-3:30 p.m. in Clubhouse II. No registration is needed, and all are welcome. For more information, contact Amy Boltz at (248-652-0304).

HEALTHCARE FOR ALL RESIDENTS

Adjacent to the Physical Properties Department, the MedStar Health Medical Center bustles with a few dozen generalists and specialists providing healthcare weekdays from 8 a.m.-5:30 p.m.

Several of the healthcare offerings are open to all residents; you do not have to be a MedStar patient to use their services. For a complete list, visit (residents.lwmc.com), and under the Amenities & Services dropdown, click on "Medical Center."

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Dr. Fotuhi has had 25 years of teaching, clinical work, and neuroscience research experience at Harvard and Johns Hopkins. He is currently the medical director of NeuroGrow Brain Fitness Center, an affiliate staff at Johns Hopkins Medicine, and a lecturer at Harvard Medical School. Dr. Fotuhi is widely regarded as an authority in the field of memory, Alzheimer's Disease, concussion, ADHD, and increasing brain vitality in late-life.

CLUBS, GROUPS & Organizations

Ballroom Dance Club

Club Still Accepting New Members for 2019

by Joyce Hendrix

The trio playing at the dance on Saturday, March 23, is long-time favorite, Pocket Change, led by Ken Smith. See the Events and Entertainment section for details.

Membership

The Club is still accepting new resident members for the 2019 dance year at \$10 per person. Checks are the preferred method of payment, payable to LWBDC.

Membership entitles individuals to pay \$10 per person for entry to each of the Club's monthly dances in 2019. See one of the officers seated at the entry table at each dance for

membership inquiries.

Future Events

One of the Club's members is looking into getting a group together for a dance weekend in the Catskill Mountains, New York, in June. The Club will have flyers with more information at the March dance.

Some of the dance teachers that attend the Club's dances will be asked to showcase one of their students during intermission between dance sets at future dances.

The Tony Luciano Band, another of the Club's favorite musical trios, plays at the Saturday, April 27, dance in the Clubhouse I Crystal Ballroom. Put on your dancing shoes and come dance with us.



Garden and Environmental Club

March 26: Club Holds Annual Spring Tea

by Jean DeSchraver

The Garden and Environmental Club invites all residents and their guests to attend the eighth annual Spring Tea on Tuesday, March 26, at 1 p.m. in the Clubhouse I Crystal Ballroom.

Besides coffee and a variety of teas, the guests may partake in tea sandwiches, scones and delicious desserts made by the Club members. Elaine O'Leary, well-known pianist, will provide the entertainment throughout the afternoon.

Tea tickets, \$20 per person, are sold on Thursday, March 14, Friday, March 15, Monday, March 18, Tuesday, March 19, and Wednesday, March 20, from 10 a.m.-2 p.m. in the Clubhouse I lobby.

Payment may be made by check (payable to Leisure World G&E Club) or by cash. Tickets will be available through advance sales only; no tickets will be available at the door on March 26.

The annual tea is the only fundraiser the Club holds. Proceeds are used to purchase a tree that will be planted on Friday, April 26, Arbor Day. The tree is planted on Leisure World's Trust property.

Tea guests are encouraged to wear their special hats and compete in the annual Chapeau Contest. The categories for prizes are the Most Beautiful Hat, the Most Creative Hat and the Most Whimsical Hat.

Another highlight of the afternoon is the prize table. Participants may donate money to the Club's

Vegetarian Society of Leisure World (VSLW)

March 21: Learn Some Doctor-Approved Recipes

by Bob Fenichel

The March meeting of the VSLW is on Thursday, March 21, (the third Thursday of the month), at 7 p.m. in Clubhouse II.

The VSLW will show a video by Dr. Joel Fuhrman, in which he prepares several recipes as he talks about the importance of eating fresh fruits and vegetables for good health.

Fuhrman is the author of six New York Times best-selling books on diet and health and has been featured on several PBS television

special programs. After the video, several VSLW officers will prepare simple snacks to sample.

General Information

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

Everybody is welcome at VSLW activities, i.e., 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."



Dr. Joel Fuhrman, courtesy photo



Former Chapeau Contest participants, long-time member Eoline McCrone and guest Gerry Smith. Photo by Jean DeSchraver

treasury and receive coupons for the drawing of a variety of baskets and new items.

Those who wish to donate items for the drawing may contact Carolyn McShane at (301-300-4332) or

(cakcjm1@comcast.net).

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

March 12: Shooting Digital Photos – Are You In the ‘Mode’?



A colorful, potted plant. Photo by Fred Shapiro

by Fred Shapiro

Club member Fred Shapiro gives a presentation about digital camera modes at the Club’s next meeting on Tuesday, March 12, at 7 p.m. in Clubhouse II.

Modes act as the ‘brain’ and light meter in a digital camera. While automatic mode may generally work for photographers, it does not enable the camera to perform as efficiently as it could if all the camera’s digital software were used.

Shapiro will walk attendees through the modes, such as portrait mode, landscape mode and sports mode, and explain what each is programmed to do that a film photographer would normally have to do on his or her own.

Understanding what the digital camera provides through the modes helps the photographer concentrate more on the photo’s subject and composition.

Plan to attend and bring your camera and camera instruction manual. While the modes are similar from one camera manufacturer to another, there may be differences in how they appear

and how to use them.

Competition Reminder

Consider the information provided by Shapiro’s presentation when shooting and selecting photos for the upcoming nature photo competition. Everything in the photo must be natural – no manmade items or persons may be included. Email competition photos to (rossmoorlw@gmail.com) by Friday, March 22.

Membership

Residents considering membership in the Club are welcome to attend a meeting. Members learn how to improve their photographs, and choose between two types of membership.

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). Visit the Camera Club’s website at (www.rossmoorcameraclub.com).

Club Displays Ceramicist of the Month’s Handiwork

by Maggi Lindley

The Club is displaying the work of member Abbe Lazrus this month.

Lazrus decided to join the Club in February 2018 and had previously done some ceramic painting at “Color Me Mine.”

“I have always enjoyed craft-related activities,” she says, adding that she has learned a lot from her fellow members and hopes to learn a lot more in the future.

The Club invites all residents to come and view her work in the Club’s display case in the Clubhouse II, located in the area between the two lounges.

The next meeting of the Ceramics Club is on Wednesday, March 13, at noon in the Studio. The Club hopes to see everyone there.

Club Information

The ceramics studio is located in Clubhouse II and serves as both a workshop and sales room. Looking for a gift? Come visit the Club’s gift shop and see what little



A sampling of ceramicist of the month Abbe Lazrus’ work. Photo by Maggi Lindley

gem you may find there. All proceeds from the gift shop go to charity.

Residents are welcome to visit the studio any time it is open. The Club’s friendly members are happy to show people around and answer any questions they may have. Interested in joining? Club dues are \$10 per year and all materials (paints, brushes, etc.) can be purchased in the studio.

New members make an appointment with one of the Club’s instructors and, after a short training, are on their way to creating their own great pieces.

Visit the Club’s website at (<http://sites.google.com/site/cccofleisureworld/>).

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Style: Colonial, Levels: 2
Ownership Interest: Cooperative
Abv Grd Fin SQFT: 1,600 / Assessor
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March 6: Fun and Fancy Performs Silly Songs

by Hannelle Allen

The Group's show of Silly Songs is on Wednesday, March 6, at 7:30 p.m. in the Clubhouse II auditorium.

Just reading the list of rib-tickling numbers is enough to provoke chuckles, songs such as

"Does Your Chewing Gum Lose its Flavor on the Bedpost Overnight," "Who Let the Dogs Out," "I've Got Tears in My Ears From Lyin' on My Back in My Bed and Cryin' Over You," "Purple People Eater," "If You Want to Be Happy Marry an Ugly Wife" and many other hilarious classics.

Directed by Fun and Fancy regulars Mary Jane Boyle and Steve Bennof, this will be a fun evening for performers and audience alike; all are

guaranteed to leave with smiles on their faces. As always, admission is free for paid-up members of Fun and Fancy and \$5 for guests.

April 3 Meeting and Show

Auditions for "Hits of the 1950s" are on Friday, March 8, from 4-6 p.m., and Saturday, March 9, from 10 a.m.-noon in the Clubhouse II auditorium.



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

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

represented in the show.

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

Poetry Reading Group

Roses are red; violets are blue. Fun and Fancy loves poetry and hopes you do, too! The next meeting of the Fun and Fancy Poetry Reading Group is on Thursday, March 14, from 1-3 p.m. at the home

of Irene Shaulis, located at 3210 N. Leisure World Boulevard, Apt. 615.

This is not your father's Poetry 101; this is a lively group finding insights from poetry in books, magazines and the internet. At a recent meeting, one of the members brought the Victoria's Secret Book of Love Poems.

Residents who have not attended before are asked to let Maxine Lewack know they are coming by calling her at (301-847-9527). Residents may also call her with any questions.

Arts In Motion (AIM)

The Heart of Café AIM Keeps Beating

by York Van Nixon III

In December, Arts In Motion (AIM) ushered in its third year of bringing the best of jazz and blues concerts to Leisure World. AIM proudly presents its schedule for the next six months:

- March 8 – Keith Killgo Jazz
- April 12 – Pepe Gonzalez and Imani
- May 10 – Kristine Key Quartet
- June 14 – Steve Washington Quartet
- July 12 – Lou Jerome Blues Band
- Aug. 9 – Shirleta Settles Quartet



Ticket Policy

Purchases should be made with these caveats in mind: All ticket sales are final. In the event of bad weather or some unforeseen event, tickets will only be honored on the rescheduled date for the canceled concert. The makeup date will not be one of the regularly scheduled second Fridays of the month.

Reserved tables of eight or more are limited to members only. For more information or to join, visit AIM's website at (aimarts.net).

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Have List, Will Paint

by Ann Bolt

Creepy crawly things such as caterpillars, ladybugs, beetles and butterflies have been spotted in the Open Studio exhibit, "Bugs and Buds." The exhibit, which includes colored pencil drawings and watercolor paintings, is scheduled for March and April in Clubhouse I.

Class Supplies

Barbara Piegari, who teaches the oil, acrylic and watercolor painters, suggests that prospective students bring a sketchpad and pencil to class the first day and take notes or plan the next painting. Bring canvas or watercolor paper to the first class and Piegari will provide a list of colors needed. Don't forget the plastic to cover the table.

Ron Erlich, who teaches drawing and painting, suggests bringing a limited palette with yellow, red and blue colors, as well as burnt umber and titanium white, three brushes of various

sizes, pencil, erasers and a notebook. A limited palette has various definitions, but one can't go wrong with alizarin crimson and a cadmium red and yellow, or cadmium substitutes, such as a Naples yellow, cobalt blue and ultramarine blue.

Supplies for Bert Mao's Chinese Brush and Ink Landscape Painting class include soft, hard and combination round-shaped brushes, bottled black ink and rice paper. Some students use an ink stone and colored ink, water containers, a flower-shaped saucer, paper towels and felt to cover the painting area.

Mao may spend the summer traveling, so anyone interested in



From left, Alexandra Michaels, one of the newer members of RAG, uses colored pencils to present her garden visitor; Annette Crowe also uses colored pencils for her creepy-crawly garden visitor. Photo by Ann Bolt



studying the Chinese approach to painting should consider enrolling in his spring session.

Planning Ahead

The Rossmoor Art Guild's (RAG) board is planning the Spring Fling, working on the nominating list of officers and thinking of ways to make the art world work for residents.

A wide range of help and consideration is welcome, from

someone who loves to put together scrapbooks or is willing to assume a leadership role, to donating idle art supplies to the studio for student use and low cost resale.

RAG can always use the talents of writers, event planners, financial advisors and former art teachers. Mostly, RAG is hunting for plain 'ole friendly folks who want to explore the art world.

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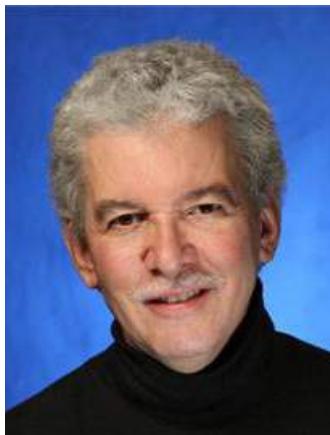
April 3: History Buff Gives Presentation on 'An Army of Educators'

by Fred Shapiro

The Center for Lifelong Learning (CLL) presents a two-part program, "An Army of Educators," that explains post-Civil War educational changes made for people of color living in the South and elsewhere in the U.S.

Presented by Marvin Tupper Jones, the program is on Wednesday, April 3 and 10, at 11 a.m. in Clubhouse I.

For registration details, see the Classes and Seminars section of this publication.



Marvin Tupper Jones, courtesy photo

the South, resulting in a great rise in literacy and schools, some of which still exist today.

The Military Road School that established in a Washington, D.C. Fort Stevens army barracks in 1864 is still going strong, though now it is known as the Latin American Montessori Bilingual Public Charter School.

Fisk, Hampton, Howard and Shaw are among the universities that arose in the first five years after the War. Howard University was graduating men and women with degrees in medicine and

law within 10 years after the War.

Although many schools were destroyed and teachers and students threatened, the growth of education for

people of color continued.

Topics Covered

Jones will give an overview of the people and organizations that propagated education among people of color and how southern whites also greatly benefitted, such as Julius Rosenwald and his Rosenwald schools.

Jones's lectures include many stories and images of portraits, documents and places.

A school built in the Pleasant Plains community in northeastern North Carolina around the time of the Civil War helped establish other schools in the area and in Virginia. The first schoolhouse was replaced by the current Rosenwald building.

After the school's closing in 1950, Pleasant Plains Schoolhouse became a community center.

Jones was instrumental in placing the schoolhouse on the National Register of Historic Places. He will present the many stories and images of the school and the community it serves.

About the Instructor

Jones is the owner of Marvin T. Jones & Associates, a professional photography company in Washington, D.C., that serves businesses, institutions and governments.

Jones has made many presentations about the 400-year history of Winton Triangle, a mixed-race community in North Carolina, on national and regional radio and television, at colleges and universities, museums and to civic groups.

The North Carolina Office of Archives and History accepted seven of his nominations for highway historical markers. Jones is also the producer of five video documentaries.

A native of Cofield, a village in the Winton Triangle, Marvin began this project a decade ago by scanning the photography collection of relatives and neighbors.

The Winton Triangle digital collection now has over 30,000 files of photographs, documents, maps and audio and video recordings.

Jones' work for Chowan Discovery has yielded awards of excellence from the North Carolina Society of Historians and the Afro American Genealogical and Historical Society.

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

Background Information

During and after the Civil War, Union officers and missionaries expanded literacy and other educational skills in

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April 3: Course on 'Founding Our Nation's Capital'

by Fred Shapiro

Retired academic librarian Stewart Lillard volunteered at The National Archives in Washington, D.C., and what he learned there is the subject of his class, "Founding Our Nation's Capital," sponsored by the Center for Lifelong Learning in April.

The National Archives and The Library of Congress contain documents, probate records, deeds and military service records that helped Lillard outline the life of his fourth great-grandfather, Dr. David Ross, who lived in Bladensburg, Prince George's County from 1749-1778 and supplied George Washington's troops with salt and meat during the French and Indian War in the 1750's.

It is from these ancestral records and recorded historical documents that Lillard has been able to reconstruct some small bits of the Capital City's past.

Lillard will consider the people

who settled in the area that would become the District of Columbia. He will focus on John Glassford and Company of Glasgow, Scotland, and its collection of "chain stores," several cases of Old Bailey Court in London relating to the trials of Joseph Derbin, and on the life and career of Ayuba Suleiman Diallo, also known as Job ben Solomon, whose memoirs were published as one of the earliest slave narratives.



Stewart Lillard. Photo by Fred Shapiro

During the last class Lillard will consider the legislative and executive interests in the location of the Capital City in the 1780s and 1790s. The discussion will address the early owners of the land and farms and the construction of important residences in both Georgetown and Washington City. Social life at Spring Hill in Montgomery County near Georgetown in February 1800 will be described.



Prospect House in Georgetown. Photo by Stewart Lillard

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

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

LW Green

Separate Plastic Bags from Your Recycling

by Valerie V. Williams
and Janice McLean

Plastic bags should never be placed with recyclable items or paper recycling.

When Leisure World's sanitation department sees plastic bags full of recyclables on recycling day, they remove the bags from the recycling and leave them for the trash crew to pick up.

Supervisors on the tipping floor of the Shady Grove Transfer Station watch every truck that comes into the building to see what is being hauled, according to Leisure World's sanitation department. If they see recycling loads that are contaminated with plastic bags, they require that the truck's entire contents be put into the trash and not sent to the Recycling Depot.

Plastic bags get caught in the machines that separate recycled items, which can result in equipment breakdowns and worker injuries.

Remember that the plastic bags that newspapers are packaged in must be removed before recycling the newspaper.

Shredded paper should never be

placed loose in the paper recycling bins. A best practice is to place papers in grocery store paper bags.

Reduce and Reuse

Reduce the use of plastic bags. Single use plastic bags can impact streams, rivers, lakes, oceans and forests, and the wildlife that inhabit them.

Fifteen states, including the District of Columbia, have adopted plastic bag legislation.

Montgomery County passed legislation in 2012 requiring retail establishments to charge customers for carryout bags. Always remember to bring a reusable bag when shopping.

As an added benefit, people can save five cents per bag in Montgomery County every time they shop.

Residents should consider using and reusing plastic bags to their fullest extent, and then recycling them when finished.

Recycle plastic bags and other types of plastic film at local grocery and retail stores throughout the County. Look for collection bins near store entrances.

These collection bins generally accept all clean, dry plastic bags, shrink wrap

and plastic film, including plastic newspaper sleeves, bread bags and dry-cleaning bags, as well as most plastic wrapping covering paper towel rolls, tissue boxes and cases of water. Clean and dry plastic food storage bags are accepted, too.

Remember to remove receipts and other papers from bags and separately recycle the paper. Bubble wrap and air pillows are also accepted for recycling at plastic bag and film drop-offs. Deflate to save space.

Reusing is even better than recycling! Some options include bringing bubble-wrap and air pillows to a local packaging or mailbox store; offering it on your neighborhood email list; and offering it on Craigslist, Freecycle or similar places.



March 6: Discussion Moderator Speaks at Meeting

by Carole Mund

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

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

Cohen comes well prepared with articles he has collected from various newsletters, Jewish Week and newspapers and then encourages the audience to comment. Refreshments will be served.

NA'AMAT Celebrates Women's Accomplishments

NA'AMAT recognizes women who achieve in all areas. Through scholarships and career development programs, NA'AMAT USA is dedicated to providing Israeli and U.S. women the tools for success.

NA'AMAT USA gives Israeli mothers the opportunity to enter and stay in the workforce by providing trusted daycare centers. A new center in Tel Aviv named for Gold Meir educates children from three months to three years old. Fundraisers make women's dreams a possibility.

Tzedakah

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

Tzedakah chairperson Carol Milwit is coordinating the collection and replacement of the tzedakah boxes. Just drop your change or maybe your mah-jongg winnings in the box and Carol will gladly collect the box and replace it with a new one. Full donor credit is given. Contact

Carol for more information at (301-288-7534).

Executive Board Meeting

The next meeting of the Club's executive board is on Tuesday, March 19, at 10:30 a.m. in Clubhouse I.

All event and activity planning is accomplished at the executive board meetings. All members are welcome to attend and participate. The executive board is open to new ideas and encourages participation by its membership.

Attending these meetings is an excellent way to meet the people that are dedicated to the mission of NA'AMAT. Fundraisers not only support NA'AMAT programs, but also provide activities for members and guests to enjoy with friends. An organization needs individuals who are interested in making these activities happen as well as participating in them.

Spiritual Adoption Luncheon

NA'AMAT's annual Spiritual Adoption Luncheon is

on Wednesday, April 6, in the Clubhouse I Crystal Ballroom. The speaker is Bob Levey, a national columnist and political commentator.

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

Save the Date

- May 8 – Donor luncheon at the Argyle Country Club
- May 15 – Overnight trip to Dover Downs, including a show commemorating Cher. For information, see Club Trips in this edition or contact Trudy Stone at (301-438-0016).

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

Jewish War Veterans Charles B. Krieger Post 567

March 10: Brunch Features Community Sing-a-Long

by Fred Shapiro

The Jewish War Veterans Post 567 resumes its monthly brunches on Sunday, March 10, at 10:15 a.m. in the Clubhouse I Crystal Ballroom.

The musical talents of Maxine Lewack will provide entertainment via a session of sing-a-long songs while she plays the piano to accompany the many voices of the attendees.

Singers Cynthia Snyder and Nancy Alderman will support her by encouraging attendees to join in. The songs will be available in printed form on each of the tables, so attendees will know what to sing.

The cost of the buffet, which includes eggs, tuna fish, lox, bagels, salad, coffee and Danish, is \$14 per person. Reserve your spot by sending a check, payable to JWV 567,

to Jerry Cohen at (3330 N. Leisure World Blvd., Apt. 919, Silver Spring, MD 20906) by Monday, March 4. Jerry can be reached by phone at (240-970-5024).

About the Performers

Lewack's middle name should be "Music." She's taught music in the public schools and piano in her private studio, accompanied choirs, orchestras, singers and instrumentalists, played in a piano trio and played solo and some duet recitals in the area.

Lewack has accompanied a few shows for Fun and Fancy Theatre Group and played for several sing-a-longs. Snyder is a member of Fun and Fancy and participates in their Outreach Group, and Alderman is a regular in the Jewish Residents of Leisure World choir.



From left, Cynthia Snyder sings to a group of residents; Maxine Lewack plays the piano. Photos by Fred Shapiro

Monthly Meetings

Post 567 is looking to both expand its membership and provide meaningful services via programs for all veterans in Leisure World.

All residents, including

veterans, who wish to become involved, are encouraged to attend the Post's monthly business meeting, which are held on the first Wednesday of every month, barring holidays, at 11 a.m. in Clubhouse I.

March 20: Purim Carnival Includes Reenactments, Games and More

by Barbara Eisen

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

Residents can pay at the door with one \$10 check, payable to Hadassah, or with cash.

Hadassah will re-enact the Purim story of Esther and the Jewish triumph over Haman. Several games will be set up in a carnival atmosphere.

Shalach Manot bags will be filled with candies; it is traditional to give these gifts to friends at Purim. Hamantaschen will be part of the refreshments.

Hidden Treasures/White Elephant

The Carnival also includes a "Hidden Treasures/White Elephant Sale."

Hadassah requests attendees contribute "gift items" that they received but could not use or need. Many members have already downsized, but now it is time to declutter.

The sale will be a silent auction, and the gifted items are needed before the carnival on March 20.

They can be taken to the homes of Lynn Berk (301-847-9104) or Sandy Stein (301-384-8739). Call before dropping off

items, or arrange for a pick-up from either Lynn or Sandy.

Tax receipts will be available for all donations, and items not sold will be taken to A Wider Circle.

For questions, call Sandy at (301-384-8739).

Carnival Raffle

Hadassah Greater Washington has received as raffle

prizes one full mission land package with a value up to \$4,000 and one half package with half value for a Hadassah mission trip to Israel.

The winners will have a choice of which mission package to select. However, the trip must be in 2019.

The office is still meeting on the price of the tickets, and they will be on sale in March. The drawing will be at the region board meeting on Sunday, March 31, at the Rockville office.

The packages are a wonderful way to travel to Israel.

Hadassah members may buy a ticket at the Purim Carnival or call Lynn Berk at (301-847-9104).

Judaic Studies Group

On Monday, March 18, the Judaic Studies Group hosts Debbi Perkul, nationally known author of "Winds Over Jerusalem," at 1:30 p.m. in Clubhouse I.

"Winds Over Jerusalem" is the story of Cleveland nurse Rae Landy, who was one of two Hadassah nurses who pioneered modern health-care in Palestine starting in 1913.

About the Speaker

The guest speaker is Landy's great-great niece. She wrote her master's thesis about this intrepid woman.

Ten years later and after significant research, Perkul added wonderful historic photos, and published the

book as "a memorial to a great woman who never had children, who has no direct descendants to remember her, to say Kaddish for her, to mourn her or to celebrate her life," according to a 2017 issue of Hadassah Magazine.

The presentation is free and open to all residents and their guests. Come see slides, hear excerpts from the book and perhaps treat yourself to an autographed copy.

For further information, contact planning committee members Naomi Kline at (240-669-7683) or (nbk165@comcast.net), Peri Schuyler at (301-869-2968) or (perislaptop@aol.com), Shari Goldstein at (240-293-6442) or (sgoldstein31@cs.com), or Marcia Elbrand at (216-496-6633) or (marci-aelbr@gmail.com).

Greeting Cards

Jan Bloom sells Hadassah greeting cards. The price of the cards is \$2.50 each or five

for \$10. Cards are displayed and sold at every Hadassah meeting.

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

Youth Project

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

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

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

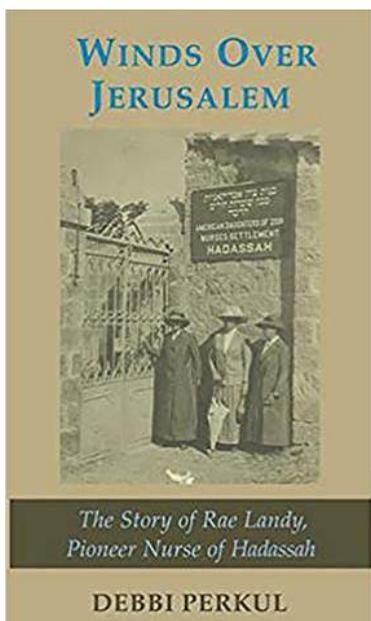
General Information

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

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



Author Debbi Perkul. Photo courtesy (www.debbiperkul.com)



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Jewish Discussion Group

March 24: Discuss Topics Impacting the Jewish Community

by Jerome "Jerry" Cohen

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

Let's cheer on and discuss Beresheet, Israel's first moonshot, which blasted off on Feb. 21 and is taking a "scenic tour" on its seven-week venture to the moon. This is the world's first attempt by the private sector to reach the moon.

The \$100 million spacecraft is a joint venture between private companies SpaceIL and Israel Aerospace Industries, funded primarily

by well-known philanthropists in the global Jewish community.

Come and participate in the meeting on March 24 and feel free to express your viewpoint and participate in what is sure to be a lively and interesting discussion.

Group Information

The Group invites people of all faiths to attend these free fourth Sunday morning discussion group sessions held from 10:30 a.m.-noon in Clubhouse II.

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

Jewish Residents of Leisure World

March 31: Brunch and Talk on Jewish Supreme Court Justices

by Jonas Weiss

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

Mintz is retired from a long career in patent litigation and is especially interested in stories of people who have impacted history. Note that the brunch is on the fifth Sunday of the month instead of the usual third because of

conflicts with other events.

Reservations should be made early to insure admission, and no later than Sunday, March 24.

Send checks, payable to JRLW, to Shirley or Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906).



Herb Mintz, courtesy photo



Religious Services

Rabbi Gary Fink leads a Reform religious service on Friday, March 1, at 7:30 p.m. in The Inter-Faith Chapel, to be followed by refreshments at an Oneg.

Cantor Michael Kravitz leads a Conservative Sabbath service on Saturday, March 9, at 9:15 a.m. in Clubhouse II. Janet Lazar reads the Torah and Fred Shapiro delivers the D'var Torah. Refreshments at a Kiddush follow the service.

Rabbi Moshe Samber and other volunteers conduct Sabbath services with discussions on the Torah portion and rabbinical writings on Saturday, March 2, 16, 23 and 30 at 9:15 a.m. in Clubhouse II.

Donations

For the Torah fund, send checks, payable to JRLW, (\$25 minimum) to Carol Wendkos at (14805 Pennfield Cir., Apt. 212, Silver Spring, MD 20906).

Send donations for prayer books to Janet Lazar at (15311 Beaverbrook Ct., Apt. 1B, Silver Spring, MD 20906). Janet is asking for someone to help her label the prayer books.

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

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March 11: Accessories Galore Offered at Vendor Sale

by Marcia L. Elbrand

Rossmoor Women's Club (RWC) offers a vendor sale on Monday, March 11, from 10 a.m.-3 p.m. at nearby Bedford Court (3701 International Drive).

More than 1,000 items priced at only \$6 each will be for sale, including tote bags, scarves, well-made costume jewelry, watches, children's items, men's socks and other accessories. A new, premiere line of upscale fashion accessories will also be available.

The sale is open to the public and accepts cash and major credit cards. RWC volunteers will be on hand to help expedite the checkout process.

Profits from the sale go to charities the RWC supports, including college scholarships awarded to local young women from Blake High School and several first-generation college students in the ACES program at Montgomery College.

Trip

Reservations for RWC's Wednesday, April 10, bus trip must be made by calling Eyre Travel at (800-321-3973, Ext. 4) by Friday, March 1. The group will have a buffet lunch at the popular Dutch's Daughter restaurant in Frederick, and then visit Linganore Winecellars in Mt. Airy.

Trip tickets are \$87 per person, which includes both luncheon and travel.

For more information, contact trip chairperson Maria Festa at (mariet1931@hotmail.com) or (301-598-0937).

Scholarship Luncheon

Plan now to attend the RWC's annual Scholarship Luncheon on Wednesday, May 15, at nearby Manor Country Club. Six college scholarships will be awarded to deserving young women. Several of the winners will briefly describe their career plans. More details about the event are forthcoming.

League of Women Voters

March 13: Learn About 'Substance Use, Abuse and Treatments'

by Maxine Lewack

The Rossmoor League of Women Voters next meets on Wednesday, March 13, at 10:15 a.m. in Clubhouse I.

The subject of the meeting's discussion will be "Substance Use, Abuse and Treatment." Substance abuse covers alcohol and tobacco as well as drugs, but the opioid crisis is likely to be the main subject explored.

People might think that opioid abuse mostly concerns younger people, but the fastest growing segment of users is the 50 and older age group.

The older people get, the more likely they are to suffer long-term health problems, such as pain from damaged joints and muscles and pain following surgery.

Many aging citizens are prescribed several different painkillers for different ailments at the same time, which has resulted in thousands more admissions to hospitals and emergency rooms.

Join the Group for an interesting presentation and discussion. All residents are welcome.

March 18: NARFE's National President Speaks at Meeting

by Jewel A. Lee

Chapter 1143's next meeting is on Monday, March 18, at 2 p.m. in Clubhouse I. Refreshments are served at 1:30 p.m.

All residents are invited to attend to meet NARFE's National president, Kenneth Thomas.

About the Speaker

Thomas' two-year term began Nov. 1, 2018. He is responsible for providing general oversight and strategic direction to the Association.

NARFE's strategic planning includes creating and maintaining a positive relationship with federal lawmakers.

In February 2019, Thomas acknowledged NARFE's thanks to Rep. Gerry Connolly for the introduction of the Equal Cost of Living Adjustment (COLA) Act in the 116th Congress.

Now several months into his leadership role and with uncertainty around active and retired federal employees, Thomas' actions are crucial for accomplishing the Association's mission.

NARFE Photo Contest

NARFE members are invited to submit up to five photos

for the 2020 NARFE calendar photo contest. Members who work as professional photographers are not eligible.

For more information, visit (www.narfe.org/member/articles).



Kenneth J. Thomas, courtesy photo

Join NARFE

The Chapter is seeking more members. Contact John Lass, Chapter 1143 membership chair, at (301-871-6734) or (johnmlass@comcast.net) for information.

Theatre Tickets

All residents and guests are invited to join the Chapter at a theatrical production of "A Comedy of Tenors," Ken Ludwic's Tony Award-winning comedy set in 1936 Paris.

The performance is on Wednesday, April 17, at 2 p.m. at Olney Theatre Center. Tickets are \$40 each.

To purchase tickets, mail checks, payable to NARFE Chapter 1143, to Jewel Lee at (3528 Chiswick Ct., Silver Spring, MD 20906). Pick up tickets at 'will-call' on April 17.

For additional information, contact Jewel Lee at (301-801-4007) or (jewelalee@msn.com).



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Democratic Club

March 14: Learn How to Avoid Being Scammed

by Roger Blacklow

Have you or someone you known been victimized by a scam?

The Democratic Club has invited State's Attorney John McCarthy and representatives of the Consumer Affairs Office will discuss current scams, how to avoid them and how to report the perpetrators to the authorities. The meeting is on Thursday, March 14, at 7 p.m. in the Clubhouse I Crystal Ballroom.



State's Attorney John McCarthy. Photo courtesy (mymcmedia.org)

State Democratic Party.

Cummings is determined to unify the Democratic Party for 2020 and the Gubernatorial race in 2022. She will outline her proposals and

answer residents' questions. Celebrate Women's History Month by joining the Club's tea party.

Board Nominations

Let's make history together by working for Democratic values, such as inclusion, strengthening Social Security and defeating Trump in 2020. The Club's

nominations and election committee is holding interviews this month for the Democratic Club's board.

If interested, contact Betsy Starks, election committee chair, at (3dede3@gmail.com) or (301-438-3884).



Upcoming Events

The Club hosts a "Suffragette Tea" on Thursday, March 21, from 2-4 p.m. in the Clubhouse I Crystal Ballroom. The special guest is Dr. Maya Rockey Moore Cummings, new chair of the Maryland

Republican Club

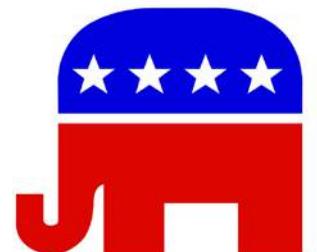
March 19: Club Looks at Maryland Legislative Session

by Fred Seelman

The next meeting of the Republican Club is on Tuesday, March 19, at 1:30 p.m. in Clubhouse I. The Club presents a program on the 2019 Maryland Legislative session, including a speaker who will review recent events in Annapolis.

The Club conducted its election of officers at its February meeting. The members elected and reelected are new first vice president Robert Kammer, president Fred Seelman, second vice president Irmgard Patrick, secretary Donna Reilly and treasurer Joan Billerbeck.

Send comments or questions about these or any other Club matters and/or offers to volunteer to Club president Fred Seelman at (fseelman@gmail.com). Join the Club another quality event on March 19.



Political Trio Brings Down the House at Recent Event

by Juanita Sealy-Williams
and Lois Jordan

The next LWAAAC meeting is Wednesday, March 6, at 4 p.m. in Clubhouse I.

The annual Latin Dance Party, co-hosted by Hispanos de Leisure World and LWAAAC, is on Saturday, April 6, from 6-10 p.m. in the Clubhouse I Crystal Ballroom. For details and ticket information, see the Events and Entertainment section of this publication.



At left, the authors chat with residents and sign copies of their book; at right, moderator Charlotte Crutchfield and co-authors Yolanda Caraway, Leah Daughtry and Minyon Moore discuss the world of politics. Photos by Gerald A. Harden



'For Colored Girls' Trio

Three of the authors of "For Colored Girls Who Have Considered Politics" – Yolanda Caraway, Leah Daughtry and Minyon Moore – informed, delighted and inspired the more than 150 attendees who came to their presentation and book signing on Feb. 16.

Recently elected District 19 Del. Charlotte Crutchfield was the event's moderator. The audience was privy to a behind-the-scenes look at the daily happenings in

the world of Washington, D.C., politics. The politically savvy dynamos believe the information in their presentation can be used to further opportunities for Americans and Democratic campaigns.

The trio's responses to audience members' questions were not only knowledgeable, but also personally insightful and on point. Having access to this powerhouse of talent and the chance to pick their brains was a memorable treat, made evident by the

standing ovation the trio received.

After the event, everyone gathered in the Clubhouse II Activities Room for a book signing and reception. Some individuals had multiple books to be signed, and the authors graciously accommodated everyone while listening to their personal anecdotes.

Italian Social and Cultural Club

March 24: 'Joey and Gina's Italian Comedy Wedding'

by Flo Merola

All residents and their guests are invited to attend "Joey and Gina's Italian Comedy Wedding" on Sunday, March 24, in the Clubhouse I Crystal Ballroom. Doors open at 5 p.m.

The "wedding" is an audience participation production where everything and anything that can go wrong, does! The performances will have the audience dancing, acting and laughing themselves silly as Joey and Gina try to keep their special day from becoming a complete disaster.

The performance includes a buffet dinner of Italian favorites, including antipasto salad, sausage and peppers, linguini with meat sauce, chicken Marsala, eggplant parmigiana and dessert. A cash bar will be available.

To make a reservation, bring a check for \$46 per person, payable to the



An audience watches a performance of "Joey and Gina's Italian Comedy Wedding." Screenshot courtesy Ovation Dinner Theatre's Facebook page

Italian Social and Cultural Club, to the Clubhouse I E&R office by Wednesday, March 20. Guests wishing to sit together must have all checks in one envelope with a list of names included.

Board Meeting

The next Club board meeting is on Wednesday, March 6, at 1 p.m. in Clubhouse I and will include discussion on next year's Club events. Members are encouraged to attend and participate in the planning.

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March 16: Club Holds Member Feedback Meeting

by Elizabeth Brooks-Evans

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

On Saturday, March 16, the GIAC board of directors invites all current and former members to a special meeting to gather feedback from them on issues ranging from how well the Club is meeting the needs of its members, to the types of activities and trips they would like to experience.

The meeting is at 2:30 p.m. in Clubhouse II and refreshments will be served.

Armchair Travel

On Saturday, March 2, at 2 p.m., virtually travel to “Denmark Beyond Copenhagen” with travel guide Rick Steves. Using Copenhagen as a springboard, Steves leads travelers first to Aarhus with its charming open-air museum and eerily well-preserved ancient bog man.

Roskilde impresses visitors with its royal burial church and the best Viking-ship

museum anywhere. And then experience the delightfully quaint isle of Ærø, which comes with half-timbered cottages, ships in bottles and cobbled alleyways that are reminiscent of the world of Hans Christian Andersen.

And then on Saturday, March 9, travel with Steves on one of the most spectacular train rides in all of Europe. Starting in Oslo, head cross-country through fascinating mountain terrain, passing lakes and rivers and waterfalls, and then ride by boat through a vast fjord, finally arriving later in the day at the ancient capital of Norway, the town of Bergen and through the Sognefjord.

The virtual trip includes lots of great scenery with the mountains towering high above on both sides of this chasm.

Games

Games are not played on Saturday, March 16, because of the membership meeting. However, on Saturday, March 2 and 9, games begin at 2:30 p.m. after armchair travel.

Mexican Train Dominos and an old-fashioned dominoes game are available in the Game Room, and bridge and Rubik’s cube are played in the Clubhouse I lobby. Members are also welcome to bring or suggest other favorite games.

Free bingo is sometimes played on the second and fourth Saturdays with new prizes, and Pokeno is sometimes played on the first and third Saturdays. On one Saturday of each month, one lucky member at SAL receives a door prize.

For more information about games, call Sylvia Pachenker at (301-598-5325).

Trips

- March 27 - Interactive Mystery Dinner Theatre, “Murder At Mount Hope Mansion,” Lancaster, Pennsylvania
- May 15 – Ovation American Music Theater in Lancaster, Pennsylvania
- July 16-18 – Gaming at Atlantic City, New Jersey
- Sept. 16-20 – Pigeon Forge and Smokey Mountains Show Trip, Gatlinburg, Tennessee

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

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

Membership

Those wishing to sign up for GIAC membership or renew their membership are invited to do so every SAL from 1:30-3 p.m. The fee is a nominal \$7 per year and the income from dues is used to pay Club expenses and enhance activities. For more information about membership, contact Sylvia at (301-598-5325).

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Comedy and Humor Club

Laughter As Remedy to Stress

by Al Karr

The number one product of the Comedy and Humor Club is laughter, which is widely seen as a major weapon for curbing stress.

Show up at a meeting of the Club any Tuesday at 1:30 p.m. in Clubhouse II, and you’ll see what we mean. Most meetings are a rollicking session of jokes told by courageous Club members, and on the last Tuesday of the month, president Sam Hack shows a video of a classic comedy show originally presented on television.

Recent research suggests that laughter makes people feel better, from stimulating chemicals in the brain that induce a happy euphoria to enhancing laughter’s way of boosting the quality of romantic relationships.

Joketellers taking over the microphone at a couple of recent meetings include Sam Hack, Wally Becker, Fred Firnbacher, Sumner Levin, Skip Schoening, Jerry Udell and Al Karr. Here

are just a few slices of those humorous presentations:

- Wally – A man is seriously injured in a car accident, losing both ears. The doctors didn’t want to hit him bluntly with that news, so they told him he would have vision problems. Why? Because he would have no way to keep his glasses on his head.
- Skip – If we want to emphasize flying safety, why do we call the airport a “terminal”? And the airline pilot announces to passengers, “There is no smoking allowed, but if you must smoke, please step outside.”
- Jerry – A nun enters a nunnery, and she’s sworn to a vow of silence. After one year she is allowed four words, and says, “my room is cold.” After two years, same deal, and she says, “My bed is lumpy.” Three years, only two words, and she declares, “I quit.” The Mother Superior replies, “Good riddance. You’ve done nothing but complain since you’ve been here.”

Keeping Apps Up-to-Date

by Ron Masi

Are you keeping your iPhone and iPad's iOS and Apps up-to-date? Updates increase security and frequently introduce new features.

Auto updating was introduced with iOS 12, therefore users must be running iOS 12 or higher. To check your iOS version, go to Settings > General > Software Update and it will let you know if an update is available and how to get it.

Remember: iOS refers to Apple iPhones and iPads, while OS/Mac OS refers to Apple desktops and laptops. "OS" stands for 'operating systems.' To ensure you're up-to-date without having to manually approve and install

updates, here are instructions for the two operating systems.

Auto iOS Updates

Go to Setting > General > Software Update and tap/toggle switch "on." Now when the device is not in use and connected to a charger and Wi-Fi, it will check for and install iOS updates automatically.



Auto App Updates

To enable Automatic App updates, go to Settings > iTunes & App Store. In the Automatic Downloads section, look for "Updates" and toggle switch to "on" for those you want automatically updated.

Leaving "Use Cellular Data" off (not green) is recom-

mended to avoid extra cell charges. Now when updates are found in the App Store, they'll install themselves. Note they are from the Apple Apps store, so they should be safe. Users can disable these features at any time by turning them off.

Battery Information with iOS 12

Want to find out what is draining your iPhone/Pad's battery the most, and the health of its battery? Here is how to do that if running iOS 12: Go to Settings > Battery to view the battery's information, viewable by "Last 24 Hours" or "Last 10 days."

The information includes last charge level percentage and activity levels by date and time. The battery usage by App section is probably the most useful because it shows by percentage which apps used the most.

Select "Show Activity" to see a report on the time



spent using each app. Tap Battery Health for the current Maximum Capacity (how much charge the battery will hold).



Spring into Savings at Bedford Court!

Thinking of moving to a Continuing Care Retirement Community, but would like to stay within your same neighborhood? Then call Bedford Court, your Leisure World neighbor.

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Writers of Leisure World

Writers Share Life's Ups and Downs

by Denise Barker

The Writers of Leisure World gathered on Feb. 7 to share their essays, reminiscences and stories.

Marion Bedell wrote of her much-loved grandmother with whom she and her parents lived when she was five. Her grandmother "was soft to hug and knew all the answers to her questions."

She also shared a poem, "The They Club," about the powerful that set the rules for living and feeling.

Grace Cooper wrote of sitting and watching the snow fall, reminiscing sadly and then settling comfortably with a good book and a cup of tea.

Jane Hawes painted a detailed picture of a lively party in Greenwich Village in the '90s.

Woody Shields wrote of the news of the day being worrisome and then revealed that the day was in the '60s, and that each generation is responsible to "raise the next generation of barbarians."

He noted how digital communication has changed things but that change is generally for the better as time passes, and that changes follow a sequence: recognition, acceptance and the fight for dominance.

Gladys Blank wrote of the distress of following the news these days and the distraction of a good movie, volunteering

and having a strategy for living in the moment. She researched Palm Beach and is looking forward to a trip.

Verna Denny told of travelling to Barcelona to care for her daughter who broke her wrists. Her daughter had been abroad for seven years and was surprised to see that her mother was getting older.

It is an "ironic blessing" Verna says, to have the opportunity to be with her daughter during such painful circumstances.

Denise Barker offered a short story about a colorful character in Colorado named "Rattlesnake Annie."

Joanie Friedlander wrote an essay, "Would a Rose by Any Other Name Really Be the Same," about first name changes in her family.

She was named Joelle in memory of a grandfather named Joel, but asked for it to be changed to Joan to appeal to a possible boyfriend in school.

Phil Wendkos defined the Arabic word "tahsin," a concept of daily improvement.

It involves studying and reading, avoiding speaking disparagingly of others, finishing crosswords, using positive reinforcement and other mindful and respectful habits.

The Writers of Leisure World meet on the first and third Thursdays of the month at 11 a.m. in Clubhouse I. All residents are welcome.



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March 8: Boomers Hike through Crescent Trail in Bethesda

by Beth Leanza

Baby Boomer Club members are active residents who enjoy spending time together watching movies, seeing plays and musicals and, during the warmer months, holding barbeques and picnics at nearby East Norbeck Park.

Because some of the Club's members are still working, the Club schedules its events on weeknights and weekends.

Friday Hikes with Joyce

Residents who are not members of the Baby Boomer Club are welcome to join in on the Club's walks.

Joyce Richardson leads walks on Fridays. During the winter months, the group meets up at 1:15 p.m. at a local trail. Most walk about three miles, but some walk halfway and return.

Residents who want to carpool to the trail are asked to contact Joyce at (301-598-7098) or (777cheekie333@gmail.com) by Thursday night.

- March 8 – Crescent Trail, (Bethesda) Meet and park in the Bethesda Swimming Pool parking lot at 1:15 p.m.

Bring water. Drive through the Connecticut Avenue gate and drive 8.7 miles. Turn right onto Bradley Lane (MD-191) and drive 1.1 miles. Turn left onto Hillandale Road for 0.4 miles, and then turn right on Little Falls Parkway. Parking is on the right.

- March 15 – Northwest Branch Trail (Wheaton) Meet at the Brookside Gardens Nature Center at 1:15 p.m. Bring water. Drive through the Connecticut Avenue gate and keep going for 0.3 miles. Turn left onto Bel Pre Road. Make a right onto Layhill Road and continue for two miles. Make a left onto Glenallan Road. The Nature Center is on the right in approximately one mile.

Sunday Morning Walks

Join a group of walkers that meet up on Sundays at 8:30 a.m. near Arden Court (across from Kelmscot Drive) to walk the entire Leisure World Boulevard circle. Afterward, join the walkers for breakfast.

For more information, email Ted Michos at (Tedmichos@gmail.com).

Weeknight Walks

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

AVA Walks

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

Ready to Join?

The Club's membership is ready and waiting to receive dues and get you signed up. Send a check for \$5 per member, payable to Baby Boomer Club, to Susan Landesberg at (3503 Twin

Branches Ct. 37-C, Silver Spring, MD 20906).

Include your address and phone number (if not on the check) and email address. Members who do not have email should keep in contact with a member who does.

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

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

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



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Clubs, Groups & Organizations In Brief

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

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

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

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

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

Enriched Encounter Group: The Group meets the second and fourth Friday of the month at Clubhouse II at 10:30 a.m. The group discusses all subjects with the exception of politics. Meetings have been very exciting and stimulating. For additional information call Wally Becker at (301-288-4276).

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

Knitting Corner: Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is March 8. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel's mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

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

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

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

Musical Jammers: We gather informally once a month with other

amateur musicians, singers and lovers of music to sing, play music and have fun – no dues, no meetings, no agendas, no 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).

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

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

The Philadelphians: The Philadelphians will regroup this month. For further information, contact Steve Kane at (301-598-2330) or (kanens@verizon.net).

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

Quilting Group: Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is March 14.

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

Short Story Group: The Group reads from a collection of short stories and discusses them together. The Group is now reading from the anthology "The O. Henry Prize Stories 2018," which contains 20 award-winning stories by various authors. On Wednesday, March 6, Gina Hirsch will lead a discussion of "Why Were They Throwing Bricks?" by Jenny Zhang. On Wednesday, March 20, Laura Rittenberg will lead a discussion of "An Amount of Discretion" by Laura Alwan. The Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

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

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

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

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

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

Leisure World Club Trips

The next deadline for trip submissions is **Monday, March 4**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. Email your trip information to lwnews@lwmc.com.

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

March 27 Murder at Mount Hope Mansion Lancaster, PA

Join the **Going It Alone Club** for an interactive “whodunit” performance and a four-course lunch at the mansion. The bus departs Clubhouse II at 10 a.m., and returns at approximately 6 p.m.

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

April 28 A Taste of Italy Baltimore, MD

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

The bus departs Clubhouse II at 10:30 a.m., with lunch at Sabatino’s at approximately 11:30 a.m. Following lunch, there will be time to explore Little Italy. The bus departs for Leisure World at 3:30 p.m., arriving at Clubhouse II at approximately 4:30 p.m.

The cost is \$69 per person and includes transportation and lunch. Lunch features salad with Sabatino’s house dressing, Italian bread and butter and an entrée choice of lasagna, linguini marinara, tortellini with sauce, cheese ravioli, eggplant parmigiana, chicken alle marche or chicken lynn red, with cake or spumoni for dessert. To make reservations, call Eyre Tour and Travel at (301-598-1599) or (301-854-6600, Ext. 4), or drop by the Eyre office in Clubhouse I.

May 15-16 Dover Downs Hotel & Casino Dover, DE

Return to Dover Downs with **NA’AMAT RBZ Club** on this popular trip with its overnight stay in Dover, Delaware.

The cost is \$120 per person, double occupancy; \$170 single occupancy. The package includes round trip transportation, beautiful hotel accommodations, breakfast buffet, plus \$50 play money. As a special treat, this trip also includes a tribute show to Cher. So please make your reservations early.

The bus leaves Clubhouse II at 10:30 a.m. on Wednesday, May 15 and returns at approximately 2:30 p.m. on Thursday, May 16.

Send your check(s), payable to NA’AMAT, to Trudy Stone at (15101 Interlachen Dr., #801, Silver Spring, MD 20906). Be sure to indicate with whom you will be rooming. If you have any special needs, indicate what they are with your check. Questions? Call Trudy at (301-438-0016).

May 15 American Music Theatre Lancaster, PA

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

The cost is \$85 for members, \$93 non-members, and includes lunch, show, tax and driver gratuities. Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, April 13, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

July 16-18 Casino on the Boardwalk Atlantic City, NJ

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

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

7/29-8/2 2019 National Black Theatre Festival, NC

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

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

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

Sept. 16-20 Pigeon Forge and Smoky Mountains Shows, TN

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

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

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

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.

SPORTS, GAMES & *Scoreboards*

Chess Club

Gaining Territory Across Land and Chessboard

by Bernie Ascher

New Orleans celebrated its 300th anniversary last year. Famous for its annual Mardi Gras parades, costumes, fireworks and jazz, the city knows how to entertain.

Mardi Gras generally begins in February and ends on “Fat Tuesday” (March 5 this year), the day before Ash Wednesday.

New Orleans expects to draw over 10 million tourists in 2019 – pretty good for a city with a population of less than 400,000.

These celebrations date back to 1699 when two French explorers landed on the coast near New Orleans. France named the territory after King Louis XIV, “the Sun King.” Thus, the celebrations

began before the U.S. became a country.

France lost the Louisiana territory to Britain after the French and Indian War (Treaty of Paris, 1783). Britain ceded the territory to Spain, which administered the territory from its Havana, Cuba, colony.

In 1795, Spain granted American merchants the “right of deposit,” allowing them duty-free storage and transport through New Orleans. Three years later, Spain revoked the treaty (Pinckney’s Treaty), thus prohibiting the use of New Orleans by Americans.

In 1802, Spain retroceded the territory to France (Third Treaty of San Ildefonso, 1800; and Treaty of Aranjuez, 1801).

President Thomas Jefferson

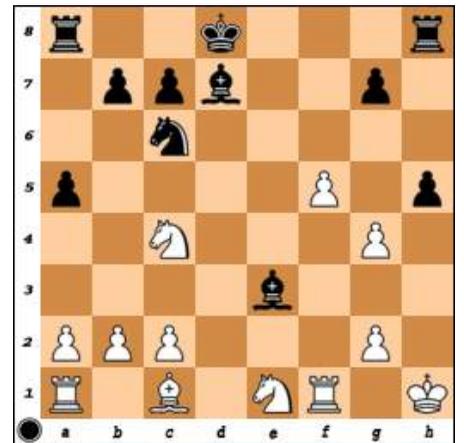
and others contemplated military action to regain use of the port. Instead, Jefferson dispatched James Monroe as a Special Envoy to join Robert Livingston, Ambassador to France, with instructions to buy New Orleans. If the deal were to fail, Monroe and Livingston were to seek restoration of the “right of deposit.”

Napoleon had a big surprise for the Americans. He offered the entire Louisiana territory for slightly more than the price of New Orleans: 60 million French francs (about \$309 million in current dollars), which he needed to support military actions in Europe. He also believed that the territory, inhabited by 100,000 Frenchmen, Native American tribes and American settlers, would be extremely difficult to administer from Paris.

The territory is vast – about 530 million acres stretching from the Gulf of Mexico to the Canadian border and from the Mississippi River to the Rocky Mountains.

Not all Americans considered this a great bargain, even though the purchase price, equivalent to about \$15 million at the time, represented only three to four cents an acre.

Former Congressman Fisher Ames wrote, “We are to give money of which we have too little



for land of which we already have too much.”

The U.S. had to borrow money from two European banks to finance the purchase.

The acquisition in 1803 enabled U.S. control of the port of New Orleans and the Mississippi River.

It doubled the size of the country and later would become all or part of 15 states: Arkansas, Colorado, Iowa, Kansas, Louisiana, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas and Wyoming.

It also helped set the country on a path toward “manifest destiny,” expansion of the country to the Pacific.

At Leisure World, chess players do not participate in Mardi Gras celebrations. Acquisition of new lands is not needed. Games are played for sheer enjoyment.

In the game pictured on this page, White has just moved the Knight from d2 to c4, attacking Black’s Bishop at e3. What is Black’s best move?

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

SOLUTION: Black’s Pawn captures White’s Pawn at g4. Checkmate!

So, do not wait for land prices to subside. Do not wait for government purchases. Do not wait for a loan from European banks. Play chess now!



Chess Club member Bobby Bobo strategizes his next move on the board. Photo by Leisure World News

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Top League Standings Remain Uncontested

by Rita Mastrorocco

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

The league is based on handicaps with averages for the bowlers ranging from 94 to 172.

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

The top league standings as of Feb. 15 are: Wild Things in first place; Half and Half in second place; and Huggers in third place.

Top scores for the week of Feb. 8 are:

- Scratch Game – Wild Things, 655 pins
- Scratch Series – Wild Things, 1,859 pins
- Handicap Game – Wild Things, 939 pins

- Handicap Series – Wild Things, 2,711 pins
- High Average Men – Steve Mueller, 171 pins
- Scratch Game Men – Chuck Martinez, 213 pins
- Scratch Series Men – George Izumi, 541 pins
- Handicap Game Men – Chuck Martinez, 270 pins
- Handicap Series Men – George Izumi, 712 pins
- High Average Women – Chris Porter, 168 pins
- Scratch Game Women – Jessica Stephens, 231 pins
- Scratch Series Women – Jessica Stephens, 591 pins
- Handicap Game Women – Jessica Stephens, 286 pins
- Handicap Series Women – Jessica Stephens, 756 pins

Top scores for the week of Feb. 15 are:

- Scratch Game – Half and Half, 663 pins
- Scratch Series – Half and Half, 1,823 pins
- Handicap Game – Half and

- Half, 918 pins
- Handicap Series – Hooks N Curves, 2,603 pins
- High Average Men – Steve Mueller, 172 pins
- Scratch Game Men – Steve Mueller, 199 pins
- Scratch Series Men – Steve Mueller, 572 pins
- Handicap Game Men – Mark Bandak, 258 pins
- Handicap Series Men – Bill Garrett, 708 pins
- High Average Women – Chris Porter, 167 pins
- Scratch Game Women – Chris Porter, 180 pins
- Scratch Series Women – Jessica Stephens, 491 pins
- Handicap Game Women – Darlene MacDonald, 259 pins
- Handicap Series Women – Betty Durham, 692 pins

About the League

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

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

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

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



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Tuesday and Friday Duplicate Bridge

Compiled by Jerry Miller

Flight A includes all players. Flight B includes only ACBL member pairs, each with less than 1,000 master points. Flight C includes only ACBL member pairs, each with less than 500 master point.

Duplicate games are Tuesday and Friday evenings at 7 p.m. in Clubhouse I. Results and hand records are available on (thecommongame.com). Results also appear on (cuebid.com).

Players who need a partner for either the Tuesday or Friday game may call Shirley Light at (301-598-6611) at least 24 hours in advance.

Friday, Dec. 28, 2018

North-South

Flight A

1. Aaron Navarro – Judith Perrier
2. Bernice Felix – Shirley Light

Flight B

1. Wendy Morrison – Philip Berman

East-West

Flight A

1. (tie) Alan Ferraro – Liz Ferraro
(tie) LeAnna Gipson – Judy Tankersley

Flight B

1. Alan Ferraro – Liz Ferraro

Friday, Jan. 4, 2019

North-South

Flight A

1. Diane Keiper – Nadyne Cheary
2. (tie) Stephan Billstein – Jim Cowie
(tie) Beena Deshmukh – Madhav Deshmukh

Flight B

1. (tie) Stephan Billstein – Jim Cowie
(tie) Beena Deshmukh – Madhav Deshmukh

East-West

Flight A

1. Abigail Murton – Doug Brasse
2. Norman Salenger – Shirley Light

Flight B

2. Nancy Gordon – Susan Weiss

Tuesday, Jan. 8, 2019

North-South

Flight A

1. Marilyn Udell – Maida Crocicchia
2. Saul Penn – Nadyne Cheary
3. Hanna Schepps – Marlys Moholt
4. Wendy Morrison – Vern Skinner

Flight B

1. Wendy Morrison – Vern Skinner

East-West

Flight A

1. Barry Tash – Howard Tash
2. Jerry Miller – Gerald Lerner
3. Doug Brasse – Merrill Stern
4. Liz Ferraro – Alan Ferraro

Flight B

1. Doug Brasse – Merrill Stern
2. Liz Ferraro – Alan Ferraro
3. Helen Solomon – Rae Newman

Friday, Jan. 11, 2019

One Section Only

Flight A

1. Aaron Navarro – Judith Perrier
2. Nancy Gordon – Joan Marie Thomas
3. Wendy Morrison – Howard Brewer
4. Shirley Light – Bernice Felix

Flight B

1. Nancy Gordon – Joan Marie Thomas
2. Wendy Morrison – Howard Brewer

Tuesday, Jan. 15, 2019

North-South

Flight A

1. Stephan Billstein – Bernice Felix
2. Ann Ruth Volin – Joyce Fischer
3. Barry Tash – Howard Tash
4. Maida Crocicchia – Rosmarie Suitor

Flight C

1. Wendy Morrison – Vern Skinner

continued next column

Tuesday and Friday Duplicate Bridge (cont.)

Friday, Jan. 18, 2019

One Section Only

Flight A

1. Wendy Morrison – Howard Brewer
2. Marcia Fletcher – Jim Cowie
3. Diane Keiper – Robert Kerr
4. Sue Swift – Nancy Gordon

Tuesday, Jan. 22, 2019

North-South

Flight A

1. Alfred Caponiti – John Ryan
2. Marilyn Udell – Maida Crocicchia
3. (tie) Diane Keiper – Nadyne Cheary
(tie) Gerald Lerner – Sue Swift

Flight B

1. Gerald Lerner – Sue Swift

East-West

Flight A

1. Joan Marie Thomas – Kathleen Hooley
2. Susan Weiss – Bernice Felix
3. Robert Kerr – Jim Anschutz
4. (tie) Michael Watts – Lorraine Hegel
(tie) Mildred Lieder – Nancy Gordon

Friday, Jan. 25, 2019

Section A

North-South

Flight A

1. Mary Lafferty – Shirley Light
2. Aaron Navarro – Judith Perrier

Flight B

1. Stephan Billstein – Jim Cowie

East-West

Flight A

1. Wendy Morrison – Howard Brewer
2. LeAnna Gipson – Judy Tankersley

Friday, Feb. 1, 2019

One Section only

Flight A

1. Alan Ferraro – Liz Ferraro
2. Stephan Billstein – Jim Cowie
3. Robert Kerr – Jim Anschutz
4. Mary Lafferty – Patti Anschutz

Flight C

1. LeAnna Gipson – Doug Brasse

Tuesday, Feb. 5, 2019

North-South

Flight A

1. Diane Keiper – Nadyne Cheary
2. Alfred Caponiti – John Ryan
3. Robert Catlett – Hanna Schepps
4. Stephan Billstein – Angela Riani
5. Alan Ferraro – Liz Ferraro

Flight B

1. Stephan Billstein – Angela Riani
2. Alan Ferraro – Liz Ferraro
3. Beena Deshmukh – Madhav Deshmukh

Friday, Feb. 8, 2019

North-South

Flight A

1. Alan Ferraro – Liz Ferraro
2. Aaron Navarro – Beth Harper

Flight C

1. Wendy Morrison – Howard Brewer

East-West

Flight A

1. Mark Lavine – Judith Perrier
2. Sue Swift – Susan Weiss

Flight B

1. Sue Swift – Susan Weiss
2. Shirley Light – Bernice Felix

Flight C

1. LeAnna Gipson – Judy Tankersley

continued next column

Tuesday and Friday Duplicate Bridge (cont.)

Tuesday, Feb. 12, 2019

North-South

Flight A

- (tie) Diane Keiper – Marshall Kramer
(tie) Jerry Miller – Gerald Lerner
- Alan Ferraro – Liz Ferraro
- Aaron Navarro – Sue Swift

Flight B

- Alan Ferraro – Liz Ferraro

Friday, Feb. 15, 2019

North-South

Flight A

- Aaron Navarro – Barbara Lebwohl
- Wendy Morrison – Howard Brewer

East-West

Flight A

- Dora Levin – Bernice Felix
- Mark Lavine – Judith Perrier

Flight B

- LeAnna Gipson – Judy Tankersley

Flight B

- Wendy Morrison – Howard Brewer

Flight C

- Howard Brewer – Joe Boland

Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

Feb. 7, 2019

- Helen Montanaro, 3,130
- Jackie Harrell, 2,870
- Mary Jane Noll, 2,600

Feb. 14, 2019

- Judith Lane, 4,530
- Jackie Harrell, 3,290
- Evelyn Armstrong, 2,550

Friday Bridge

Compiled by Shirley Rosenhaft

Feb. 1, 2019

- Bob Stromberg, 2,650
- Shirley Rosenhaft, 2,630
- Joyce Fischer, 2,550
- Jackie McCarthy, 2,510

Feb. 8, 2019

- Shirley Rosenhaft, 2,950
- Jerry Weiss, 2,650
- Sonny Levin, 2,590
- (tie) Mort Faber, 2,030
(tie) Joyce Fischer, 2,030



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Wednesday Night Chicago Bridge

Compiled by Abigail Murton

Jan. 23, 2019

- Dottie Hurley and Dottie Donnelly, 5,310
- Ann and Joe Boland, 3,950
- Linda Mihm and Norman Salenger, 3,410

Jan. 30, 2019

No game played.

Feb. 7, 2019

- Abigail Murton and Doug Brasse, 4,800
- Joan Thomas and Joyce Fischer, 3,480
- Leroy Cottrell and Joan Joyce, 2,910

Feb. 14, 2019

- Linda Mihm and Norman Salenger, 3,120
- Abigail Murton and Doug Brasse, 2,170

GOOD TO KNOW:

INDOOR POOLS OPEN YEAR ROUND

by Leisure World News

Leisure World has an indoor lap pool, social pool and whirlpool, providing residents year-round opportunities for swimming.

Residents may choose to pay an annual (\$150), monthly (\$40) or daily (\$3) fee to use the pools. The cost for one-time use for guests is \$6 for adults and \$3 for children.

Children age four-15 may use the social pool weekdays from 10 a.m.-1 p.m. and weekends from 10 a.m.-3 p.m. Adults age 16 and older may use the lap pool between 10 a.m.-1 p.m.

Patrons who use the whirlpool must have a pool ticket, sign a "Whirlpool Agreement" form, which is available at both E&R offices, and sign in.

Operating Hours

Monday	noon-8 p.m.
Tuesday-Thursday	8 a.m.-8 p.m.
Friday	8 a.m.-7 p.m.
Saturday-Sunday	8 a.m.-6 p.m.

The pools are closed on Thanksgiving Day, Christmas Day and New Year's Day. Hours are subject to change. Watch channel 972, call (301-598-1313) or check (residents.lwmc.com) for information.

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Sports, Games & Scoreboards In Brief

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

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

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 (thecom-mongame.com). Results are also posted on (cuebid.com). If in need of a partner, call Shirley Light at (301-598-6611) at least 24 hours before the game. Questions? Call Aaron at (301-598-3870).

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

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

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

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

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

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

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

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

Mind-Body Exercise Club: Members meet every Thursday afternoon from 2-3 p.m. in the Clubhouse II Activity Room to

study and practice mind-body exercises under a leader. Interested Leisure World residents can join the club by paying a \$5 per person initiation fee. If you have any questions, call Judy Menkes at (301-847-9643).

Ping-Pong: Get healthy exercise and camaraderie playing ping-pong. The club meets Mondays from 3-5 p.m. and Wednesdays 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 at (julie12401@netscape.net).

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

Poker:

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

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

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

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

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

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

Volleyball for Everyone. If you are a LW resident who wants to enjoy the inviting warm water of the social pool, join your peers in social volleyball on Wednesdays, Fridays and Saturdays at 3 p.m. No skills needed, just come and have fun. Competitive volleyball games are played on Monday and Thursdays from 6-7:30 p.m. This game is for long-term, skilled players who want the intensity of competition and rarely miss the games. If you don't have a yearly indoor pool pass, a \$3 ticket good for one pool session may be purchased at the Clubhouse II E&R office. For more information, email Laurie Burdick at (lgburdick@aol.com).

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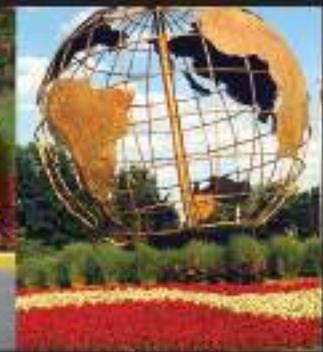
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CLASSES & Seminars

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

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

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

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

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

Community Classes Policy for Inclement Weather

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



EDUCATION

NEW – Book Discussion: “Democracy in America”:

Join the conversation around this classic. “De La Démocratie en Amérique” (“Democracy in America”) was written by the Frenchman, Alexis de Tocqueville, following his trip to the U.S. in 1831, and was published in 1835. Many of his observations concerning the merits and demerits of the former colonies’ experiments in democratic governance ring true today in the digital age of 2019.

The book “Democracy in America” will be the basis of weekly readings and discussions.

Class is taught by resident Betty Smith and meets Wednesdays, March 27-April 24, 1-3 p.m. **Fee: \$49, includes book. Register in Clubhouse I.**

NEW – Who Are Arab Israelis? an ALL course: Led by Dr. Ira Weiss, participants will view life of the Arab Israelis through the lens of “Avodah Aravit” (Arab Labor), an

award-winning Israeli comedy series that is often compared to “All in the Family.” The series was created by journalist/author Sayed Kashua, an Arab Israeli of Palestinian decent.

The shows were filmed primarily in Arabic with Hebrew subtitles. For this presentation, the shows will include the original Arabic and Hebrew soundtrack, with English subtitles for all the dialogue. Discussion precedes each show with an opportunity to ask question after each screening.

Weiss is a retired neurophysiologist. He is active in organizations dedicated to Israeli-Palestinian coexistence and an avid collector of cinema related to Jews and Israel.

Class meets Thursdays, March 28-May 9 (no class April 18), 10:30 a.m.-12:30 p.m. **Fee: \$30. Register at Clubhouse I.**

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

NEW – An Army of Educators, a CLL course:

In this two-session series, Marvin Tupper Jones, historian, lecturer and founder of the Chowan Discovery, will describe the results of his historic research on the area in eastern North Carolina known as the Winton Triangle, particularly

with respect to the expansion of education throughout the area after the Civil War. During the first session, Jones will give an overview of the people and organizations that propagated education among people of color and how this also benefited Southern whites. His second session will focus on the Pleasant Plains school that was formed a year after the Civil War ended. Lectures will be illustrated with images and documents of the era.

Long before the Civil War, the Winton Triangle area was already populated by free people of color who owned property, farmed the land and ran businesses. The purpose of Jones’ own research into the area where he grew up, and the mission of the Chowan Discovery, is to continue to research, document, preserve and present the history of the Winton Triangle and its surrounding area.

Class meets Wednesday, April 3 and April 10, 11 a.m.-noon. **Fee: \$15. Register at Clubhouse I.**

NEW – Founding Our Nation’s Capital, a CLL course:

In a three part series, resident Stewart “Stu” Lillard describes the people who settled around the area that would become the District of Columbia; the evolution of port towns and the design and layout of towns such as Bladensburg, Maryland and George Washington’s choice of location the new capital city; development and building in the city and its blossoming social life, ending with the return to Virginia in 1846 of the 31 square miles the state had ceded to the capital city in 1789.

Lillard is a retired academic librarian who has researched and written on a variety of historical topics, including a self-published book “Lost in the District, Lost in the Federal Territory” about the early days of Bladensburg, Maryland.

Class meets Wednesdays, April 3-17, 1:30-3 p.m. **Fee: \$15. Register at Clubhouse I.**

Basics of Digital Photog-



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raphy with Fred Shapiro, a CLL course: Did you buy a new digital camera or get one as a gift? Are you confused by all the little mode icons?

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

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

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

Each session will include one hour in which the topic of the session will be discussed,

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

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

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

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

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

Established in 1965, the

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

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

FOREIGN LANGUAGE EDUCATION

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

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

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

¡Habla Connigo! Advanced Conversational Spanish, a CLL course: Using the text, "Spanish is Fun," participants will learn about Spanish and the culture of the Spanish-speaking world. Discussions will center on clothing, animals, past activities, nature, stores, daily activities and sports.

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

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

MUSIC EDUCATION

The Ultimate Puccini

Experience: Giacomo Puccini is the most popular opera composer in history. He created some of the most beautiful music ever written for the human voice. Puccini boldly created new sonic worlds



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for his audience and always sought to express the universality of the human condition in a cross-cultural way.

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

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

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

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

CURRENT EVENTS

The Changing Arab World, the U.S. and Israel: Led by resident Dr. Phil Wendkos, this course will deal

with interrelations with the Arab world and their contemporary relations with the U.S. and Israel. Opinions will be welcome.

Participants should bring an iPad and a map of the Middle East.

Dr. Wendkos served as a translator at the National Security Agency (NSA) and attended the American University of Cairo, Egypt, and the Hebrew University of Jerusalem, Israel. He monitors (ArabNews.com) daily.

Class meets Thursdays, March 7-April 5, 10:30 a.m.-noon. **Fee: \$50. Register at Clubhouse I.**

DANCE INSTRUCTION

Line Dance with Wendy:

This is an introductory dance course for students who have had little or no dance experience and who want to learn the basics. If you are a beginner/advanced beginner in line dancing, this is the class for you. Join Wendy in a day of fun and dances with a mix of cha-cha, rumba, tango, samba and more.

Class meets Mondays, March 25-June 3 (no class May 27), from 2-2:55 p.m. for the Beginner class and from 3-4 p.m. for the Advanced Beginner class. Choose your session based on your experience. **Fee: \$40 per session. Register at Clubhouse II.**

EXERCISE

NEW – Pilates Mix:

Enjoy a blend of mild floor and standing exercises that tone

and strengthen core muscles, creating balance that improves posture and body alignment. All done while listening to relaxing music.

For more information, contact Betty Smith at (301-598-4245). Class meets Wednesdays, March 27-April 24, 4-5 p.m. **Fee: \$39. Register at Clubhouse II.**

NEW – Chair Yoga with Robin, Mondays:

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

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Mondays, April 1-June 3 (no class April 22 or May 27), 11 a.m.-noon or 2-3 p.m. Choose the time that suits your schedule. **Fee per session: \$110. Register at Clubhouse II.**

Awareness Through Movement Mat (Floor)

with Robin: This movement class on the floor will facilitate greater ease of movement and

comfort in the body. Inspired by the work of Moshe Feldenkrais, Joseph Pilates, yoga, Robin McKenzie and other, the class will include slow stretching, repetitive movements and breath awareness.

Participants should bring a mat, blanket and small pillow or folded towel (depending on how comfortable the participant is in putting their head on the floor when lying down). Participants should also dress in layers as the floor may be cold; air temperature in the room can be adjusted as needed to keep participants warm).

Explore your own body and movement patterns to increase your range of motion and ease in movement to reduce pain. Try it! It can change your life.

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Fridays, March 15-May 10 (no class April 19). 3-4 p.m. **Fee: \$110. Register at Clubhouse II.**

Chair Yoga with Robin, Wednesdays:

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

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Wednesdays, March 13-May 1, 2-3 p.m. **Fee: \$110. Register at Clubhouse II.**



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CALENDAR *of Events*

Friday, March 1

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)
10:00 a.m. Chinese Brush and Ink Landscape Painting Art Class
12:15 p.m. Kiwanis Club
1:30 p.m. Watercolor Any Level Art Class
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

9:00 a.m. Senior Sneakers Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Aqua Fit Class
1:00 p.m. Zumba Gold Class
1:00 p.m. Ping-Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
4:00 p.m. Pickleball Club
7:00 p.m. Fun and Fancy Auditions: "An American Treasure: The Best of Irving Berlin"

Saturday, March 2

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. Fun and Fancy Auditions: "An American Treasure: The Best of Irving Berlin"
2:00 p.m. Going It Alone Club: Social

Sunday, March 3

Clubhouse I

No Scheduled Activities.

Clubhouse II

11:00 a.m. Pickleball Club
2:30 p.m. Fireside Forum: "Breaking Boundaries: How Women in the Army Overcame Obstacles and Became Leaders"
6:00 p.m. Baby Boomer Club

Monday, March 4

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:00 a.m. Garden and Environmental Club
10:00 a.m. CLL General Meeting
10:30 a.m. Stretch, Tone and Balance Class
1:00 p.m. Oils and Acrylics Art Class
1:00 p.m. CLL Course: "Shaping Our Towns and Cities"

1:30 p.m. Leisure World Chorale
7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:00 a.m. Clipper Workshop
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
3:00 p.m. Ping-Pong Club
4:00 p.m. Ba Duan Class
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session

7:00 p.m. Fun and Fancy Auditions: "An American Treasure: The Best of Irving Berlin"

Tuesday, March 5

Clubhouse I

9:00 a.m. Blood Pressure Testing
9:30 a.m. Any Medium Art Class
10:00 a.m. Stepping On Program
1:00 p.m. CLL Course: "The Convergence of Geography and History"

7:00 p.m. Mardi Gras/Fat Tuesday Dance with the Dixieland Express
7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. LW Apple Clinic
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
4:00 p.m. Pickleball Club
7:00 p.m. Camera Club

Wednesday, March 6

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)
9:00 a.m. Gentle Yoga Class
10:00 a.m. Drawing/Painting Basics
11:00 a.m. Short Story Group
12:00 p.m. NA'AMAT RBZ Club: Jerome "Jerry" Cohen, guest speaker
1:00 p.m. Oils, Acrylics, Miniatures Art Class
2:00 p.m. Book Club Network: African Heritage
4:00 p.m. LWAAAC General Meeting
6:45 p.m. Chicago Bridge
7:00 p.m. Chat with the Chair

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:00 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
1:00 p.m. Ping-Pong Club
2:00 p.m. Chair Yoga Class
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session
7:30 p.m. Fun and Fancy Theatre Group: "Silly Songs"

Thursday, March 7

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:00 a.m. Painting is for Everyone Art Class
10:30 a.m. Stretch, Tone and Balance Class
11:00 a.m. Writers of Leisure World
12:30 p.m. Ladies' Bridge
1:00 p.m. Oils and Acrylic Art Class
1:30 p.m. Wood Shop Users Group Class
2:00 p.m. CLL Course: Great Decisions in Foreign Policy

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

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

Audit March 13, 2:00 p.m., Sullivan Room	Landscape March 14, 9:30 a.m., Clubhouse II
Community Planning March 11, 9:30 a.m., Sullivan Room	Physical Properties March 12, 9:30 a.m., Clubhouse II
Education and Recreation March 5, 9:30 a.m., Clubhouse I	Security and Transportation March 14, 9:30 a.m., Clubhouse I
Emergency Preparedness March 7, 9:30 a.m., Sullivan Room	Special Strategic Planning Committee March 1, 2:30 p.m., Sullivan Room
Golf & Greens March 1, 9:30 a.m., Clubhouse I	Technology March 5, 10:00 a.m., Sullivan Room
Government Affairs March 11, 2:00 p.m., Sullivan Room	

LWCC Board of Directors

Feb. 26, 9:30 a.m., Clubhouse I

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

LWCC Executive Committee

March 15, 9:30 a.m., Sullivan Room

The meeting airs on March 20, 21 and 22 at 4 p.m. and 7 p.m. on channel 974.

Meeting times and locations subject to change.

Sign in to (residents.lwmc.com) and check the calendar for any changes.

Meetings are open to all residents and absentee owners.

Leisure World Mutual Meetings

March 5

Mutual 18 Board

9:30 a.m., Clubhouse I

Mutual 6B Board

2:00 p.m., Clubhouse I

March 6

Mutual 8 Board

10:00 a.m., Sullivan Room

March 7

Mutual 27 Board

10:00 a.m., Community Room

Mutual 22 Board

4:00 p.m., Clubhouse I

March 12

Mutual 16 Board

9:30 a.m., Sullivan Room

Mutual 19A Board

9:30 a.m., Clubhouse II

Mutual 7 Board

1:00 p.m., Sullivan Room

Mutual 25 Board

7:00 p.m., Sullivan Room

March 13

Mutual 11 Board

10:00 a.m., Sullivan Room

March 14

Mutual 12 Board

1:00 p.m., Sullivan Room

Meeting times and locations are subject to change.

Sign in to (residents.lwmc.com) and check the calendar for any changes.

Mutual board meetings are open to respective mutual residents and absentee owners.

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
9:30 a.m. Stitching Group
11:00 a.m. Water Exercise Class

11:30 a.m. Pickleball Club
12:30 p.m. Men's Bridge
1:00 p.m. 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. Tap Dancing in a Chair Class

Friday, March 8

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)
10:00 a.m. Chinese Brush and Ink Landscape Painting Art Class
11:00 a.m. The Ultimate Puccini Experience Class
11:00 a.m. Book Club Network: Literary Ladies Who Lunch
1:30 p.m. Watercolor Any Level Art Class
1:30 p.m. Compassion and Choices documentary: "The Suicide Tourist"
3:00 p.m. Hispanos de LW movie: "Casi Divas"
5:00 p.m. Arts in Motion Program: Keith Killgore Jazz
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. Computer Learning Center class: TV, Podcasts and Audiobooks
1:00 p.m. Zumba Gold Class
1:00 p.m. Ping-Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
3:00 p.m. Chinese Club
4:00 p.m. Pickleball Club

Saturday, March 9

Clubhouse I

9:00 a.m. Gentle Yoga Class

Clubhouse II

9:15 a.m. JRLW Shabbat Service
2:00 p.m. Going It Alone Club: Social
7:00 p.m. Sock Hop Group

Sunday, March 10

Clubhouse I

10:15 a.m. Jewish War Veterans Post 567 Brunch: Community Sing-a-long

Clubhouse II

11:00 a.m. Pickleball Club

Monday, March 11

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:30 a.m. Stretch, Tone and Balance Class
1:00 p.m. Oils and Acrylics Art Class

1:30 p.m. LW Chorale

7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
2:00 p.m. Line Dance Class
3:00 p.m. Ping-Pong Club
4:00 p.m. Ba Duan Class
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session

Tuesday, March 12

Clubhouse I

9:30 a.m. Any Medium Art Class
9:30 a.m. Garden Plot Group
10:00 a.m. Stepping On Program
10:00 a.m. CLL Course: Advanced Conversational Spanish
1:00 p.m. CLL Course: "The Convergence of Geography and History"
1:00 p.m. CLL Course: Intermediate Conversational Spanish

1:00 p.m. Amateur Radio Club

1:30 p.m. Book Club Network: Non-Fiction Book

7:00 p.m. Trivia Club

7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginner and Advance Tai Chi Class
10:00 a.m. LW Apple Club
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:00 p.m. Non-impact Fusion

Water Exercise Class

1:30 p.m. Comedy and Humor Club

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

4:00 p.m. Pickleball Club

7:00 p.m. Camera Club

Wednesday, March 13

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment required)
9:00 a.m. Gentle Yoga Class
10:00 a.m. Drawing/Painting Basics
11:00 a.m. League of Women Voters: "Substance Use, Abuse and Treatment"
1:00 p.m. Oils, Acrylics, Miniature Art Class
6:45 p.m. Chicago Bridge

Clubhouse II

10:30 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Ping-Pong Club
1:00 p.m. Aqua Fit Class
2:00 p.m. Chair Yoga Class
5:30 p.m. Model Railroad Club Operating Session
7:00 p.m. Lapidary Club documentary: "Sharing the Rough"

Thursday, March 14

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:00 a.m. Painting is for Everyone Art Class
10:30 a.m. Stretch, Tone and Balance Class
10:30 a.m. LW New Yorkers and Friends Group
12:30 p.m. Ladies Bridge
1:00 p.m. Oils and Acrylics Art Class
1:00 p.m. Leisure World Cannabis 101 Club: Cannabis Labeling

1:30 p.m. Wood Shop Users Group Class

2:00 p.m. CLL Course: Great Decisions in Foreign Policy

7:00 p.m. Democratic Club General Meeting

Clubhouse II

9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
9:30 a.m. Quilting Group
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
2:00 p.m. Model Railroad Club Operating Session
2:00 p.m. Mind-Body Exercise Club
4:00 p.m. Tap Dancing in a Chair Class

Friday, March 15

Clubhouse I

8:00 a.m. AARP Tax Preparation (Appointment required)
10:00 a.m. Chinese Brush and Ink Landscape Painting Art Class
10:00 a.m. Book Club Network: Bookies
10:00 a.m. Book Club Network: Searchers

11:00 a.m. The Ultimate Puccini Experience Class

12:15 p.m. Kiwanis Club

1:00 p.m. Watercolor Any Level Art Class

3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. Zumba Gold Class
1:00 p.m. Ping-Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
3:00 p.m. Awareness Through Mat Movement Class
4:00 p.m. Pickleball Club
7:00 p.m. Baby Boomers Club: Movie

Saturday, March 16

Clubhouse I

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

Clubhouse II

9:15 a.m. JRLW Services
12:00 p.m. LW LGBT Alliance: Annual Elections
2:00 p.m. Going It Alone Club: Social and Bingo

Sunday, March 17

Clubhouse I

No Scheduled Activities.

Clubhouse II

11:00 a.m. Pickleball Club
3:30 p.m. Camera Club Photo Matinee: North Bethesda Camera Club Photo Essay Show
7:00 p.m. E&R Event: Brothers Flanagan Performance

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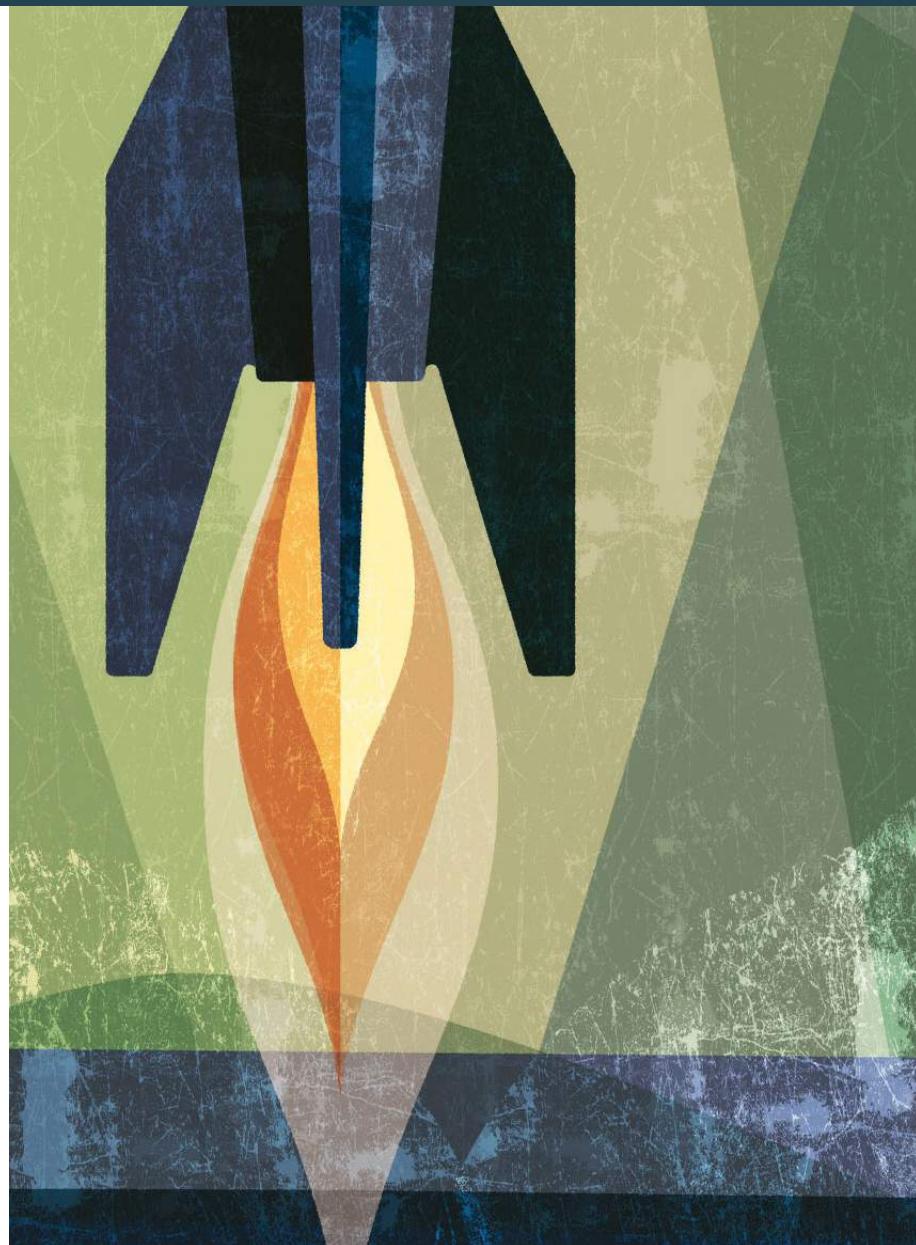
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The News recommends that before a resident engage any service herein advertised, that the resident request and verify applicable credentials (i.e. bonded, licensed, insured) and references.

For information on placing advertisements in the Leisure World News, email (lwnewsads@lwmc.com) or call (301-598-1310).

ESTATE SALES

ESTATE SALE—March 9-10 from 9-4. Bramblewood Drive. Antiques, Civil War, WWI, WWII, collectibles, hundreds of porcelain dolls, lift chair, household items. See website at (<https://jicdel.wixsite.com/estatesale>) for pictures and sale details. Cash.

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

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

LOOKING TO DOWNSIZE, move or sell all household items or just a few? What about that storage unit? Call Estate Sales by Cheryl, LLC!

Let's get started making you a profit! (301-437-2705)

REAL ESTATE FOR SALE

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

Announcing a **NEW REAL ESTATE PARTNERSHIP**, Sue Heyman, Rick Winkler, and Sudha Baxter. Rely on our combined strengths, Top Weichert Producers, plus backgrounds in Teaching, Tax and Business. We are located at the Leisure World Plaza Weichert Office and have personal knowledge of the Community from the investor and resident perspective. Our current listings in Retirement Choices are "Coming Soon": 3BR, 2FB 2-car garage patio home; 2BR. 2FB all-brick co-operative townhome, updated with golf course view; 1BR, 1FB garden apartment, level entry. In Rockville, "Coming Soon": Norbeck 3BR, 2.5FB, 3 finished levels. In Silver Spring, "Active Now": Sherwood Forest, Dutch colonial, 4BR, 2.5FB, exquisite lot, updated! Call with questions about these fine properties and for your free competitive analysis. Office (301-681-0550), Sue (301-580-5556), Rick (301-404-3105), Sudha (202-368-8536).

BOYNTON BEACH, FLORIDA—3BR/2BA/2-car garage, upgrades galore, 1,828 A/C SF. Eat-in kit (new granite tops) opens to Great Room overlooking screened-in patio/serene lake. Large MBR-sitting area. MBa w/new granite

tops, his/her sinks, Roman tub. SE exposure. Resort-style, \$6MM, 25,000 SF Clubs+Fitness Ctr. (opens Spring '19), 3-hdt pools, Har-Tru tennis courts, ballroom, café! 24/7 manned gates. Shopping/beach nearby. Original owner; 55+ community. Selling privately. Pristine. Call Michael (410-484-2373).

REAL ESTATE FOR RENT

FANTASTIC OPPORTUNITY to rent this gorgeous 2BR/2BA condo in the Premier Community of Leisure World. This luxury condo features an open floorplan, glass-enclosed sunroom with a spectacular view in a midsize building, along with newer wood flooring, stainless steel appliances, lots of cabinets, granite counters, decorative glass backsplash, side-by-side washer/dryer, lots of closet space, crown moulding, chair rail, plenty of windows with own luxury blinds, and your own parking with ample visitor parking. No smoking/no pets. Utilities/Cable included in rent. Call (301-312-3843) for additional information on this "Welcome Home Condo."

APARTMENTS TO SHARE

LOOKING FOR A ROOMMATE (age 55-67). Private bedroom and bathroom with gym and outdoor swimming pool. \$700/month not including utilities. Please text/call (240-817-4213). Serious inquiries only!

FOR SALE

27" **APPLE THUNDERBOLT DISPLAY** model A1407. Four years old with power cord and connector. \$350, paid \$999. Call or text (301-598-2357).

MINK COAT. Dark brown. Mid-calf length. Must see to enjoy. \$400 or

best offer. Call Len (301-438-2875). In Leisure World.

FOR SALE UNDER \$100

9 OZ. **JAR OF COPPER PENNIES** dated before 1985. Best offer. Text me at (301-442-0430). Leisure World resident.

RETAIL SALES

SCHAEFFER'S PIANO COMPANY. Founded 1901, Fourth generation family ownership. New Kawai dealer. New and used pianos—Steinway, Kawai, Yamaha, Schaeffer. (schaefferspiano.com). (301-424-1144)

CEMETERY PLOTS

PARKLAWN CEMETERY—MENORAH GARDENS in Rockville, MD. One double memorial site (for 2) worth \$4,000. Selling for \$2,000. Call Len at (301-438-2875). In Leisure World.

AUTO SALES

2009 **MAZDA CX9**, touring edition. Loaded with leather. 7-passenger. MD-inspected. \$5,999. 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).

1986 **OLDSMOBILE CUTLASS.** 4-door, V-8, new tires, air conditioning, white/light blue cloth. Like new. MD-inspected. Only 33,000 miles. \$7,000. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

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

TRANSPORTATION SERVICES

YOUR PERSONAL DRIVER is here: Lifelong local resident. Reliable, competent service. Safe, accident-free driving record. Comfortable, clean vehicle; can seat from one to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, appointments. Anywhere... including long distance trips to other states. Reservations available



Kathleen Kane, Assoc. Broker

Kathleen and Eileen Kane

Honored To Serve You For 35+ Years With Cathy Gilmour Real Estate And Proudly Continuing That Same High Level Of Service With Long & Foster



Eileen Kane, Assoc. Broker

A — In **Villa Cortese**. Perfectly-sized one bedroom with full bath plus powder room! Sip your morning coffee by the window in your table-space kitchen and relax on your enclosed balcony. **\$149,000**

STAUNTON — In **Montgomery Mutual**, very close to Clubhouse I, the "more than efficiency" has a no-steps side entrance and a patio looking out to the Broadwalk. Everything you need, including assigned parking. **\$68,000**

F — **COMING SOON!** **Golf Course View! Building 1 in The Greens** has a first floor location on the golf course, with an enclosed balcony and walk-out from the back door of the building! Updated Kitchen, Fresh Paint, New Wall-to-Wall Carpeting. **WATCH OUR AD FOR UPDATES.** **\$196,500**

SELLERS — Don't wait for Spring! Inventory is low and buyers are here. Get a jump on the competition by listing your property now. We are experts for you.

RENTALS

ARBOR — In **The Pines. COMING SOON!** Watch this ad for updates. 1 Bedroom Plus Den, 1-1/2 Baths, updated kitchen with newer cabinets, granite, stainless appliances.

F — Located in **Fairways South**. 2 Bedrooms, 2 Baths, updated kitchen; updated bath cabinets, freshly painted, new window blinds, enclosed balcony with lovely view. **Call Andrea Essex at 202-744-6770** **\$1,700 + electricity**

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Direct: 240-460-8647 | Leisure World Plaza Office: 301-598-7500 | Kathleen.Kane@LNF.com

24/7. Call 7 a.m.-10 p.m. with questions or to schedule your ride: Steven Saidman. Cell/text: (301-933-8899). Email: (Steve.Your.Driver@gmail.com).

CALL & RIDE – Doctors, airport, casino. Will pick up your groceries. Always on time. Over 100 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

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 4-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 special assistance you may need. Call Ken at (508-612-9647).

CAREGIVING AND HEALTHCARE

Healthcare professionals must provide current proof of certification or license from the Maryland Board of Nursing to include “certified” or “licensed” in their advertisement. Examples of positions requiring such proof include, but are not limited to, registered nurse, licensed practical nurse, certified nursing assistant, geriatric nursing assistant and medication technician.

“A” HOME HEALTH CARE for Senior Citizens – Care you can trust and is affordable. Reliable

and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

FLAT RATES, ONE WEEK FREE. “Care You Can Trust and Afford.” Reliable, experienced caregiver providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146).

ELDERLY CARE: Over 10 years’ experience. Great reference. Available for long days or nights. Can drive. Leisure World resident. (240-461-2188).

HELLO, IT’S ROSE. CAREGIVER with over 10 years’ experience. Certified as a CNA and in first aid, CPR. Have clean background check, tuberculosis screening. Worked with agencies, Montgomery Hospital, private duty. Full-time or part-time, live-in or -out. Please call if you need help with your loved one (240-855-2994) any time. Thank you.

MARIE BAH. Very caring person with 15 years’ experience in senior care. Board-certified nursing assistant in both Maryland and Virginia. Love and cherish every single second spent with senior citizens. Very flexible and adapt

very easily. Excellent references from families I worked for. (240-694-5950).

CNA —with 25 years’ experience. Seeking position to care for sick/elderly. Good references available Monday-Friday and weekends. Days or nights. Full/PT. Have my own transit. Call (301-442-9324).

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

CNA WITH CPR LICENSE. I have been looking after elderly ladies and gentlemen since 1992. I would like a live-in and full-time position. I’m a good person and I smile. Call (301-646-8859).

CNHS: Comfort Nursing & Healthcare Services Inc. Bringing nursing to the comfort of your home by RN/LPN and aides. 8115 Maple Lawn Blvd Ste 350, Fulton, Maryland 20759. For more information, call (240-701-9855) or email (comfortnursinghealthcare1@gmail.com) Monday-Friday, 9 a.m.-5 p.m. (comfortnursinghealthcare.com)

I AM CNA/GNA with more than 15 years’ experience and worked in nursing home, assisted living and home care. Duties include personal hygiene, light housekeeping, laundry, shopping, meal preparation, bathing,

dressing, errands, transportation to appointments and medication reminders. Filipina, U.S. Citizen, can drive and with own car, honest, dependable, loving and hard worker, with excellent references. Please call (240-643-3392) cell, (301-926-2547) home. (salardaluzviminda@yahoo.com)

CAREGIVER, over 10 years’ experience. Loving. I really care for what I do. Drives, takes patients to the doctor, runs errands, gives medication. Certified nursing assistant. Live-in or -out. (410-205-3480).

HOME ASSISTANT, COMPANION. Very compassionate, nurturing and

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“I purchased my glasses at Eyeland and saved \$200 over my doctor’s price.”



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“I have been getting glasses from Eyeland for almost 20 years. Always satisfied.”



“Bob went out of his way to find the exact frame I wanted.”



“I got my glasses at Eyeland and love the selection and service.”



“Eyeland is great. Bob is knowledgeable and friendly.”



“Eyeland is a family business that cares.”

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energetic person looking to offer companionship and care for any individual, including those with disabilities. Responsible and able to assist with personal care, small household tasks, and preparation of meals. Bilingual U.S. citizen, English/Spanish, with reliable vehicle. Experienced in massage therapy. CPR, First Aid certified. Willing to run errands and take the client out for daily activities. Extensive experience and great references from established doctors. Available for personal interviews. (240-354-6307).

CNA/COMPANION. Filipino, over 15 years of elderly care, hospital and nursing home experience. CNA+CPR. Have own transportation. Very professional, well-trained. Please call (240-426-5661). Available Friday, Saturday, day or night shift.

CERTIFIED NURSING ASSISTANT (CNA)/companion/caregiver. CNA license with 14 years' experience in the hospital, assisted living and

nursing home. CPR, BLS, AED certified. Please call (443-756-4747).

CAREGIVER with CNA license. 20 years' experience. Available to work daytime, nighttime and weekends. Help with all daily activities. Own transportation. Call Felicia (301-675-3320).

ARE YOU LOOKING for a caregiver/companion for your loved one? I am available Tuesdays, Wednesdays, Fridays and Saturdays. Caring, loving, responsible and reliable person with good refs and rates. (240-552-4222).

MY NAME IS KENNETH and I am a nursing assistant. I am available to take care of your loved one five days weekly, eight to 10 hours a day. I can change soiled diapers, give baths, and take care of other incontinence problems. I am CPR and first aid certified and I can also do other clean ups after your loved one as needed. I can be reached at (240-432-8891).

HOME SERVICES

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

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

M.G.V. PAINTING & DRYWALL – Interior and exterior painting. Water damage repairs. Minor carpentry and other odd jobs. 30 yrs. experience. Insured. References in your complex. Reasonable rates. Call Mike at (301-655-5433) for a free estimate!

RELIABLE, EXPERT HANDYMAN: painter, carpenter, tile-setter. Licensed and insured. Affordable prices. No job too big or too small. Extensive experience and references at Leisure World. Please call Carlos Gomez (301-305-4727).

SMALL MOVES AND TRASH-OUTS. Leisure World experienced. Can take items to donation center. Reasonable and insured. Patrick (301-332-4872).

CLEANING SERVICES

R&G CLEANING SERVICES – Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and

insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

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

UNITED CLEANING GROUP has been a trusty cleaning company used by several Leisure World members over the past 3 years. Call us for your free estimate today! We offer both apartment and home cleanings, garden work and power-washing services. We are extremely flexible: 7 days a week to accommodate your schedule. Give us a call at (240-498-2748) and/or (301-881-0695). We hope to hear from you soon!

HOUSE CLEANING SERVICES – reliable, honest and fair pricing. 18 years' local experience with four years here at LW. References upon request. Please call Delia for free estimate (240-441-5456).

MARIA'S HOUSE CLEANING, FREE estimates, strong references, good rates. Experienced worker in LW for eight years. Call Maria (240-694-6547).

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).

COMPUTER HELP

COMPUTER SERVICES – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

COMPUTER LESSONS / SERVICES – Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English – no technical talk! Shopping assistance for all electronic and computer items. Senior specialist since 1996. Call David at (301-980-

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A House of Prayer for all People

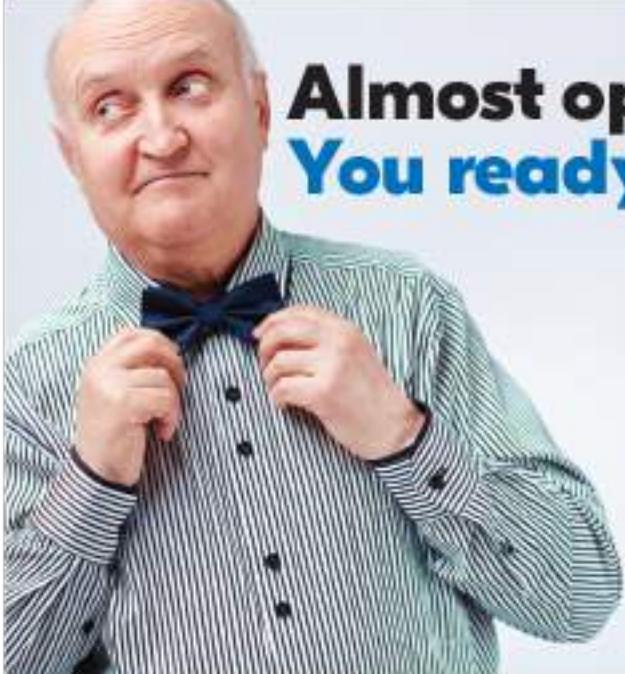


Sunday worship services

10:00 am

We are an inclusive Christian congregation celebrating diversity and seeking unity.

Visit www.inter-faithchapel.org for upcoming events.
3680 South Leisure World Boulevard
301-598-5312



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PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and

their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

BEAUTICIAN: I can do your hair in your own home. Can also remove unwanted facial hair. 45 years' hair styling experience. LW resident. Gity (301-642-7281).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with Senior Care and the Care of Senior's Pets. Safe/Reliable door-to-door transportation as needed. Assistance with Pet Care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I'm a 57-yr. old semi-retired Doctor, Leisure World Resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

LICENSED BEAUTICIAN. It is my pleasure to give you haircuts, color and perms in your home. Reference available. Please call Silvia, (240-277-0890).

DONATIONS WANTED

GRATEFUL CANCER SURVIVOR, pancreatic, 11 years+, seeking donations at (gofundme.com/11-year-homeless-pancreatic-cancer-survivor) to start Peniel's Safe Serene Paradise, where serious, sincere survivors and their supporters can come share life's pure joys and sad sorrows, where arts, crafts, music and poetry writing will continue to heal hurting hearts. Peniel has 34 years in healthcare, has CNA, GNA, Med Tech, bereavement licenses. Contact (240-480-3521). Thanks in advance for caring and sharing with seven others. Grand opening will be announced.

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).

ACTIVITY OPPORTUNITIES

WRITING GROUP. Looking for 2 or 3 writers, any skill level, for small writing-together group. If writing for pleasure, memory, story-telling, this

group is for you. Our primary purpose is to help each other overcome whatever excuses have combined to keep pen from paper, or fingers from keyboard. Call Mary Beth (240-558-4013).

DISTINGUISHED FLYING CROSS SOCIETY. The organization's president, Lawrence Goldstein, is a Leisure World resident. He invites any resident who has received the Distinguished Flying Cross to join. Contact Larry (larr914@gmail.com), (301-847-9745).

SCRABBLE CLUB FOR WOMEN—seeking a few new members— Club meets at founder's LW home on Thursday nights twice a month 6:30-8:30+ p.m. Typically 1-2 tables are playing using 'official Scrabble rules' and members bring snacks, dessert or wine. Hostess serves coffee, tea and sodas. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call ((571-236-1775) in MD in LW).

BOOK CLUB FOR WOMEN— seeking a few "Serious Readers": 15+ year-old club reads award-winning fiction and meets at founder's LW home the second Sunday of the month, 5:30-7:30 p.m., for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD-LW)).



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Olney, MD 20832

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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 3-4 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.

MUSEUM GUIDES – at the Montgomery County Historical Society. Work two weekday afternoons or one weekend afternoon per month from noon to 4 p.m. Receive on-the-job training on local history and museum interpretation. Also receive special admission to programs and a 20% discount in the Museum Shop. Contact Amada Elliott, Education & Outreach Coordinator, (301-340-6534) or (aelliott@montgomeryhistory.org).

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure

World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just 2-3 hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS – Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

ENGLISH AND MATH TUTORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, intensive English classes and a new GED program. No experience necessary. We provide materials and training. Sign up online at (www.literacycouncilmcmd.org) or call Ashley France at (301-610-0030).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501 (c)(3) all volunteer non-profit.

FREE BOOKSTORE seeks volunteers, donations. Velocity of

Books is opening the first all-free bookstore in Montgomery County at Westfield Wheaton by Hollywood East Café, near Metro entrance. Store opens March 2 and will be open during mall hours. Thousands of books available for kids and adults. To volunteer: (https://volunteersignup.org/7APPQ). Book donations up to five boxes at a time may be brought to the store. Larger donations may be picked up; email (VelocityofBooks@gmail.com).

NOTICES

KEEPING SENIORS SAFE – KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (301-318-0681) or (mortonadavis@comcast.net).

UPCOMING EVENTS

MARYLAND LYRIC OPERA presents Maestro Louis Salemno, the MDLO Orchestra and the Young Artist Institute singers as they take you into the world of Mozart and his unique collaboration with Lorenzo Da Ponte. This pair gave the world 3 operas with absurd plots and sublime music that have not been out of the repertory since they first premiered in the 1700s; "Le nozze di Figaro," "Don Giovanni" and "Cosi fan tutte." Coffee and dessert with the artists will follow the performance. \$25. March 15 and 16 at 7:30 p.m. Bethesda United Methodist Church, 8300 Old Georgetown Road. (MDLO.org) for tickets.

USED BOOK SALE at Walter Johnson High. Saturday, March 2, 9 a.m.-4 p.m. FREE, except for exclusive early access 9 a.m.-10 a.m. Sunday, March 3, 9 a.m.- 3 p.m. FREE. 6400 Rock Spring Drive, Bethesda 20814.

BOOK SALE and DONATIONS WANTED. You are invited to the American Association of University Women (AAUW), Gaithersburg's Annual Spring Book Sale, March 28-30 at Asbury Methodist Village. Support scholarships for women and mentoring program for girls and women. Fiction and non-fiction, hardback and paperback, audio books, DVDs. Art, kids', cooking, foreign languages, gardening, history, mystery, sci-fi, science, women's studies, African-American & Jewish interests, etc. Pickups for donations can be arranged in Leisure World. For more information call Liz at (301-840-1258).

"SEE ME" at the Smithsonian. The experience of looking closely allows us to appreciate beauty, exchange ideas or simply respond to the work in front of us. Smithsonian invites individuals living with dementia, together with their care-partner, to

join us for tours highlighting the joy of close-looking. Free; registration required. Contact Smithsonian Accessibility Program at (access@si.edu) or (202-633-2921). Museum of American Art: Wednesdays, March 6, April 3. Freer|Sackler Gallery: Wednesdays, March 20, April 17.

WANTED

WANTED: THREE-DRAWER WOODEN CHEST, walnut tone with brass fittings—similar to an Asian piece of furniture. Leisure World resident. (904-777-9616).

OWNER LIVING IN GREENS II (15100 Interlachen Dr.) is interested in renting or purchasing a garage space in that building. Please contact owner at (301-598-5953). Thank you.

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

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

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

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

CASH FOR RECORDS, CDs, and tapes. Best price guaranteed. Free appraisals. All types of music, 33, 45, 78 and CDs. Call Steve (301-646-5403) or email (Stevebuysrecords@gmail.com). Will make house calls.

MARCH 2019

UPCOMING SEMINARS & EVENTS

AT BROOKE GROVE RETIREMENT VILLAGE

As experts in senior care and memory support, Brooke Grove Retirement Village is pleased to offer seminars and events that promote physical, spiritual and mental well-being.

All seminars and events will be held at Brooke Grove Rehabilitation and Nursing Center, located at 18131 Slade School Road on the Brooke Grove Retirement Village campus.

Please register with Toni Davis at 301-388-7209 or tdavis@bgf.org.

HEALTHY LIVING CLASSES: “EVERYDAY BALANCE”

Session 1: March 4 through April 17

MONDAYS & WEDNESDAYS
10–10:30 A.M.

During this class, simple yet effective techniques are used to improve balance and agility and reduce your risk of falls. No props are used, so exercises may easily be performed at home.

Six-week Session Fee: \$30

Reservations are requested by March 1.

HEALTHY LIVING CLASSES: “MINDFUL MEDITATION”

Session 1: March 6 through April 17

WEDNESDAYS
11–11:30 A.M.

Mindful meditation changes the brain in astonishing ways — promoting greater focus, reduced anxiety, increased compassion and improved well-being. Experience guided, mindful meditation in a quiet space.

Six-week Session Fee: \$20

Reservations are requested by March 3.

PARKINSON’S SEMINAR: “THE CRUCIAL ROLE OF EXERCISE FOR PARKINSON’S PATIENTS”

TUESDAY, MARCH 12
10:30–11:45 A.M.

Physical exercise is essential to the effective treatment of Parkinson’s and may even help slow the progression of the disease. It can improve gait and balance, while also positively impacting overall functional ability. Discover the research supporting these and other benefits and learn specific exercises that you can easily do at home.

FREE. Register by March 10.

CAREGIVER CONNECTION SEMINAR: “DEMENTIA CONVERSATIONS”

TUESDAY, MARCH 19 • 2–3 P.M.

Learn how you can have an honest and caring conversation with family members about issues related to Alzheimer’s and dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

FREE. Register by March 17.

LIVING WELL SEMINAR: “SIMPLE REMEDIES FOR LONELINESS”

WEDNESDAY, MARCH 20
1 – 2:15 P.M.

Loneliness is a serious public health issue that impacts the well-being of older adults. In fact, researchers say loneliness may even be a bigger health risk than smoking or obesity! Learn how loneliness and social isolation affect the mind and body and how you can help yourself — and others — prevent and alleviate loneliness to enjoy a happier life.

Preceded by complimentary lunch at 12:30 p.m.

FREE. Register by March 18.

ANTIQUES & COLLECTIBLES ROAD SHOW

TUESDAY, MARCH 26
10:30–11:45 A.M.

How much is your favorite heirloom worth? Free appraisals, consultations and advice from Peenstra Antiques Appraisals. Each guest may bring one item. Spectators are welcome.

Seating is limited. Reservations required. Register by March 21.



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