

Leisure World News

OF MARYLAND

March 6, 2020 • Published Twice a Month • residents.lwmc.com • leisureworldmaryland.com

Daughter Publishes Late Father’s Comedic Writings



Author and resident Diane Perlmutter Reynolds flips through her late father’s book, “Glimpses of Happiness: Laughter for the Soul,” a collection of humorous vignettes she compiled and published late last year. Photo by Kimberly Y. Choi, Leisure World News

by Kimberly Y. Choi,
Leisure World News

Author and resident Diane Perlmutter Reynolds knew her father capable of finding humor in the quotidian. The late Jerome H. Perlmutter, who was also a Leisure World resident, penned brief humorous takes on topics ranging from lottery tickets to throat phlegm. Last year, Reynolds published her father’s writings as a book titled “Glimpses of Happiness: Laughter for the Soul.” She is now promoting the work and is scheduled to hold a book signing on Saturday, March 28, from 1-3 p.m. at the Barnes & Noble bookstore in Rockville. In “Glimpses,” a fictional PTA

meeting results in a quarrel over the right word for the color of school buses. In another piece, a psychologist describes the case of an overly enthusiastic playgoer as “standing ovation syndrome.” Reynolds became motivated to collect Perlmutter’s comedic pieces when she moved to Leisure World in 2016 to be with her mother, Evelyn Perlmutter, and felt keenly the importance of remembering and honoring her father. She hopes to use his words to induce cheer as he would have been eager to do.

Hundreds of Glimpses

Each “Glimpse” was initially handwritten, scrawled in pock-

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Town Hall to Focus on County Issues

by Leisure World News

The Montgomery County Council hosts a senior town hall meeting at Leisure World on Wednesday, March 11, at 9-10:30 a.m. (doors open at 8 a.m.) in the Clubhouse II auditorium. The meeting, which is open to the public, will focus on community issues facing Montgomery County. Attendees will have an opportunity to voice their opinions on specific issues and ask questions of the Coun-

cilmembers in an organized, but informal, setting. County health officer Dr. Travis Gayles also joins the panel to address concerns about the corona-virus and other health-related topics. “Reaching out to our senior population is a top priority for the Council,” said Council president Sidney Katz in a Feb. 26 press release. “Our seniors are a great resource and it is important that we connect with this population



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Board Moves Forward on Golf Course and Gate Access Projects

by Stacy Smith, Leisure World News

McDonald Design Group Inc. was selected by the Leisure World Community Corporation (LWCC) board of directors at its Feb. 25 regular meeting to complete the Golf Course Enhancement Plan, which is targeted to begin in the fall of 2021. If implemented, the plan would modernize the golf course’s design and functionality and improve play and accessibility. The Golf and Greens Advisory Committee recommended the company, which

presented its plan for repairs and enhancements to the golf course at a LWCC board meeting in December. The Golf Course Enhancement Plan is one of two projects slated to round out the community’s Facilities Enhancement Plan (FEP), which was developed in 2013 as a strategic plan for renovating existing, and constructing new, Trust facilities. **Gate Access** After vigorous debate, the

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Would you like to contribute to Leisure World's future?
See page 3 for details.

Spotlight on...

Social Work at Leisure World

by Stacy Smith, Leisure World News

As the nation recognizes National Professional Social Work Month, Leisure World shines a spotlight on the often-overlooked role of its five licensed clinical social workers.

Department director Susan Montgomery, department veteran Wilma Braun, Sandy Hart, Ann Johnson and newly hired Miko Masterson are committed to helping residents maintain their physical, emotional and financial wellbeing.

The department has recently partnered more closely with county organizations as well as mutual property managers to more effectively meet the needs of a growing population of residents who use social work services.

"The advocacy of social work in pulling these resources together has been huge," Braun said.

The services the department offers, which range from conducting in-home visits and assessments, to helping residents enroll in Medicare Part D insurance coverage, to crafting a medical power of attorney, are free, confidential and available to all residents.

Sometimes a resident's

need is more complex, and social workers are there to help "peel back the layers" of it, Montgomery said. A change in appearance may signal a person is struggling with their daily care routines; a person whose driving skills have atrophied may have an underlying medical condition.

Taking the time to develop relationships with residents helps peel back those layers.

"When you develop trust with people, they let you in more," Braun said.

And with its offices located in the medical center, the department is able to act as an "integral part" of the MedStar Health operation, receiving referrals from doctors and nurses, Montgomery said.

The department also engages in community outreach by meeting with committees, organizations, clubs and mutuals to present information about its available resources and services.

Later this month the social workers will head to a continuing education workshop to sharpen their skills and learn more about their ever-expanding field.

"Our goal is to advocate for residents and to help them stay as safe and independent as possible," Montgomery said.

"And I hope the word gets out that that's what we do," Hart added.

Leisure World's social workers are located in the MedStar Health medical center, located at 3305 North Leisure World Blvd., and is open Monday through Friday from 8:30 a.m.-5 p.m.

For more information or to schedule an appointment, call either Susan

Montgomery at (301-598-1581), Wilma Braun at (301-438-6275), Sandy Hart at (301-598-

1559), Ann Johnson at (301-598-1007) or Miko Masterson at (301-598-1559).



From left, licensed clinical social workers Ann Johnson, Miko Masterson, Sandy Hart, Susan Montgomery and Wilma Braun. Photo by Leisure World News

MEETING RESIDENTS' NEEDS

Leisure World's social work services are available to all residents and include, but are not limited to:

- providing information and referrals to agencies both inside and outside Leisure World, including Lifeline, FISH, Friendly Visitor Program, the Montgomery County Department of Aging and Disability and others
- assisting residents in obtaining in-home care for help with their daily living activities
- helping complete advance directives, health and financial powers of attorney and

MOLST forms, as well as making referrals to eldercare attorneys

- assessing social and psychological concerns and making referrals to mental health professionals, support groups and bereavement groups
- providing counseling on Medicare and Medicaid and providing annual assistance with identifying and signing up for appropriate Medicare Part D prescription plans
- making home assessments for homebound residents to help identify needs and make appropriate referrals

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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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Credit Union Offers Breakfast Every Friday

Beginning Friday, March 6, Signal Financial Federal Credit Union offers coffee and breakfast options to residents every Friday between 9-11 a.m. at its office in the Administration Building.

Stop in for a cup of joe and a conversation with the Credit Union team. They look forward to seeing everyone!



— Leisure World News

Sign-up Still Available for Strategic Planning Community Meetings

by Leisure World News

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

Held by consultants from George Mason University (GMU), the meetings, along with the information collected from fall's focus groups and summer's resident survey, will help shape a long-term strategic plan for Leisure World's future that is expected to be developed later this year.

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

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

Residents who reserve a spot at one of the meetings will be notified and will receive a ticket in the mail to bring for their admission to the meeting. Ticketholders are also required to bring their Leisure World ID

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

About the Meetings

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

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

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

The community meetings have a few ground rules:

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

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



Town Hall

► from page 1

and hear their thoughts and concerns."

A pre-town hall meeting reception will also be held from 8-9 a.m. in Clubhouse II. In addition to the Montgomery County Council, representatives from the State's Attorney's Office, Office of Consumer Protection, Habitat for Humanity, Senior Connection, and Montgomery County Fire and Rescue Service will be available to provide information and answer residents' questions.

All residents and their guests

are welcome to attend; sign-up is not required.

Language interpretation assistance is available upon request with at least three working days' notice by calling (240-777-7931).

Residents who need services to participate in the meeting should call the Council as far in advance as possible at (240-777-7900) or send an email to (County.Council@montgomerycountymd.gov).

The meeting will be video recorded for later broadcast on County Cable Montgomery (CCM cable channel 6 on Comcast Xfinity and RCN, channel 30 on Verizon).

GOOD TO KNOW:

ALTERNATE GOLF COURSE MEMBERSHIPS AVAILABLE

by Leisure World News

Want to play some golf on Leisure World's championship 18-hole course, but not yet sure if you want to commit to annual greens fees? Or, do you know someone outside Leisure World who'd like to become a Golf Course member? Special memberships are available in both cases.

Trial Membership

Residents who have never had a membership at the Golf Course may join for a three-month trial period for a \$200 fee. Residents enrolled in a trial membership also are eligible to play in dozens of Golf Club events or Maryland Interclub Senior Golf Association (MISGA) mixers if they pay appropriate dues.

If those three months of teeing off, ambling across fairways and celebrating sunken putts leave you wanting to continue through the end of the year, the additional cost is \$67 times the number of months remaining

in the calendar year.

The past couple years have provided lengthy golf seasons that nearly stretched year-round, so players should have ample opportunity to take

advantage of their full membership.

Associate Membership

A Leisure World resident or current associate can sponsor a non-resident for Golf Course associate membership. The sponsor is responsible for the actions and conduct of the associate, who must be at least

21 years old. The annual fee is \$900, and the number of associate memberships is limited.

Associate members are entitled to unlimited golf and use of all golfing facilities — course, lounge, driving range, and practice chipping, sand trap and putting areas. They may reserve tee times and play with no restrictions, just as resident members do.

Associates over age 55 also may participate in dozens of Golf Club or MISGA events after paying appropriate dues.



Brenda Curtis-Heiken takes a swing at hole 2 at the golf course on March 2. Photo by Leisure World News

Board

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LWCC board approved a contract to purchase software and hardware from K9 All Systems Inc. for the community’s coming automated gate access system.

If implemented, residents’ vehicles would be fitted with transponders that transmit signals to the gates using radio-frequency identification (RFID) technology, allowing the vehicles automatic entrance.

The current plan includes having an unmanned, resident-only gate at the Norbeck Road entrance, while both residents and visitors would have access to the Main Gate and Connecticut Gate.

Some board members balked at accepting a contract before more policies and

plans regarding the system’s implementation and maintenance are adopted, but others signaled that the new gate system would be tested significantly before it becomes operational, and that policies and procedures would be implemented but could change as needed.

The automated gates are not expected to be operational until the end of 2020.

Strategic Planning

Dr. Arthur Popper, Special Strategic Advisory Committee chairperson, provided an update to the board on the strategic planning process.

Consultants from George Mason University (GMU) are holding two community meetings at Leisure World in March, and all residents are invited to sign up to attend one of them.

Results from the meetings,

as well as results from the resident survey, focus groups and other data, will help consultants develop a strategic plan for Leisure World’s future later this year, Popper said.

GMU consultant Dr. Terry Clower plans to brief the LWCC board on initial findings from the meetings and other research later this month, he added.

For more information about the meetings, see page 3 of this edition of Leisure World News.

MedStar

Kellia Giambrone, manager of operations at MedStar Health medical center, also provided updates to the board. Several medical professionals have recently joined the team, and patients now have direct access to physical therapy. For details on this program, see page 20.

Cash Flow

The board ended its meeting with a discussion on the possibility of increasing the community’s Resales Fee from two to three percent in an effort to both generate more revenue and keep down the cost of living at Leisure World.

The Resales Fee is a percentage of a home’s selling price paid by the buyer. Currently, these funds are used exclusively for FEP projects.

Board meeting agenda packets and meeting minutes are available online at (residents.lwmc.com).

The next regular meeting of the LWCC board of directors is on Tuesday, March 31, at 9:30 a.m. in Clubhouse I. Board meetings are open to all residents unless legally closed.

Book

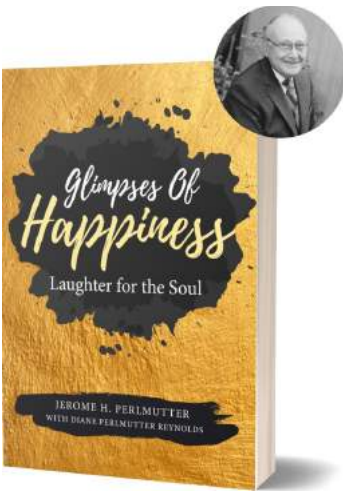
➤ from page 1

et-sized notebooks complete with edits and scribbles. When Perlmutter started them, he had a brain tumor and was depressed as his activities diminished.

A therapist asked him what he liked to do. Having had a long career in writing and editing, and having authored “A Practical Guide to Effective Writing,” published by Random House, Perlmutter replied that he liked to write.

Over the next years, Perlmutter kept up his cognitive ability and his spirits by writing more than 500 comedic observations of everyday life. A member of the Writers of Leisure World, he stood out among the Group for producing these witty pieces instead of the more common memoir essays, according to Reynolds.

Reynolds’s mother supported her husband’s pastime by helping him type up his writings, but they did not find a publisher. When the book was eventually published last year, she was “in awe,” according to Reynolds.



“Glimpses of Happiness: Laughter for the Soul” and its writer, the late Jerome H. Perlmutter, graphic courtesy Diane Perlmutter Reynolds

Promoting Laughter

Reynolds describes herself as “respectful but tenacious” in her entrepreneurial efforts. For her, publicizing the book is a way of sharing her father’s legacy. “Every day when I show [the book],” she says, “I think of him.”

Reynolds, who has worked in marketing, first presented the volume to a Barnes & Noble store before the holidays in a Christmas stocking, noting its appropriate size and merry tone. The staff later invited her back for this month’s book signing.

Reynolds sees the “Glimpses” as widely relatable doses of humor that can appeal to any participant in

modern American life, and specifically markets the book to populations that she feels could benefit from appreciating life’s simple joys.

“I’m looking at hospitals; I looked at [Veterans Affairs]. I’m looking at people who are also recovering from illnesses and injuries, to be able to pick up something and smile,” she says.

Reynolds points to the line from Perlmutter’s introduction to the book that professes “a deep respect and an abiding faith in American’s healers and helpers.” In that spirit, she has sought ways to use his writings to foster joy and health. A portion of proceeds from the book’s sales is donated to SOME, or So Others Might Eat, a non-profit organization fighting poverty and homelessness in Washington, D.C.

A Laugh for Every Month

Reynolds also collected some of the “Glimpses” in a calendar for residents of assisted living facilities. The finished product was distributed at the neighboring retire-

ment community Bedford Court.

She had heard coloring books could provide stimulation for people with cognitive impairments, so she hired an illustrator to design coloring pages to accompany each “Glimpse.” At the end of the calendar is a space encouraging recipients to write their

own short pieces after Perlmutter’s manner.

Reynolds brought a copy of the calendar to her father’s grave. “I said, ‘Mom, let’s just go over there and show him what we did,’” she says with a chuckle. “I took the calendar over and said, ‘Can you believe this?’”

She thinks he would have been very proud.

“Glimpses of Happiness” is soon to be available at the library in Clubhouse I. In addition to the Barnes & Noble book signing later this month, Reynolds will appear at the Day of the Book Festival on Sunday, April 26, in Kensington; more information can be found at (DayoftheBook.com).



Perlmutter’s scribbled notebooks collected by his daughter, photo courtesy Diane Perlmutter Reynolds

EXCLUSIVE LEISURE WORLD INVITATION

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GOVERNANCE & Information

March 14: Saturday Bus Shifts to Spring Schedule

Beginning Saturday, March 14, Saturday shuttle bus service begins running from 9 a.m.-1 p.m. to coincide with the beginning of daylight saving time. Saturdays' spring hours remain effective through Saturday, Nov. 7.

For a complete list of full weekly shuttle bus schedules, visit (residents.lwmc.com) and click on Shuttle Bus under the Amenities & Services dropdown menu.



Photo by Leisure World News

– Leisure World News

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

2020 Governance Meeting Recordings

Executive Committee and Board of Directors meetings are recorded and available to view on (residents.lwmc.com) three business days after the meeting. Click on the website's Your Community dropdown arrow.

Executive Committee Meeting
The Friday, March 20, meeting is available to view beginning Wednesday, March 25.

Board of Directors Meeting
The Tuesday, March 31, meeting is available to view beginning Friday, April 3.

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

Energy Advisory Committee

Help Committee Identify Ways to Save Energy

by Radha Pillai

The Energy Advisory Committee works to identify and take advantage of energy savings opportunities and tax incentives for the mutuals and the Trust.

Any resident with ideas that may help in this endeavor is welcome to come share them at a meeting. The Committee meets on the third Tuesday of every month at 9:30 a.m. in Clubhouse I.



Energy Saving Tips

- Turn off lights and most electrical appliances when you leave a room.
- Turn down thermostat to 50 degrees Fahrenheit if you are going to be out of town for more than a day during winter months.
- Save energy. Save the environment.

March 25: Second Forum on Gate Access

A second open forum on the coming automated gate access system is scheduled for Wednesday, March 25, from 1-3 p.m. in the Clubhouse I Crystal Ballroom.

All residents can attend to learn about the project and share their thoughts and questions; sign-up is not required.

– Leisure World News

Computer Center Inc.

League of Women Voters

March 31: Need Help with the Census Form?

The League of Women Voters and the Computer Center Inc. have arranged two, two-hour sessions for residents who would like help filling out their census form online.

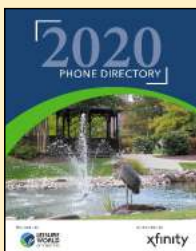
The sessions are on Tuesday, March 31, from 10 a.m.-noon and 6:30-8:30 p.m. in the Computer Learning Center in Clubhouse II. Be sure to bring your letter or postcard from the Census Bureau, which has your sign-on code.

For questions or more information contact Elaine at (301-438-8707).

– Elaine Apter



A Handy Resource



Residents can still purchase a printed phone directory at the Administration Building reception desk or the clubhouse E&R offices.

Directories are \$2, cash only. Please bring your Leisure World ID.

– Leisure World News

Protecting Yourself Against Coronavirus

by Leisure World News

As of March 4, there have been no confirmed cases of coronavirus COVID-19 in Maryland, but nonetheless residents are urged to take precautions to protect themselves from contracting it or other viruses.

Since it's currently flu and respiratory disease season, the Centers for Disease Control and Prevention (CDC) recommends getting a flu vaccine and taking flu antivirals as prescribed. To schedule a flu shot, call the MedStar Health medical center pharmacy at (301-598-1005).

The CDC offers the following guidance to help protect against contracting or passing on coronavirus:

- Regularly and thoroughly clean your hands with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- Maintain at least three feet of distance between yourself and

anyone who is coughing or sneezing.

- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, and then dispose of the tissue immediately.
- Clean and disinfect frequently touched objects and surfaces using regular household cleaning spray and wipe.
- If you have a fever, cough or difficulty breathing, seek medical attention and call in advance.

The Medical Center is following the CDC's guidance on coronavirus so that any patients affected receive the care they need while protecting the safety and health of the community at large. For more information on how MedStar Health is preparing for coronavirus, visit (www.medstarhealth.org/mhs/about-medstar/covid-19-information/).

And for more information about coronavirus, visit (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>).

Governance Meetings' Recordings Coming to Resident Website

by Leisure World News

Recordings of future Leisure World Community Corporation (LWCC) board of directors and LWCC executive committee meetings will be available to view on (residents.lwmc.com).

Currently, the Feb. 14 executive committee and Feb. 25 board meetings' recordings are available. To view these meetings, sign in to the website and click on the alert at the top of the page, or under the Your Community dropdown arrow, click on Leisure World Governance, and then click on LWCC Executive Committee & Board Meeting Recordings.

A meeting's recording will be available on the website three business days after the meeting is held. For example, the Friday, March 20, executive committee meeting's recording will be available to view on the website beginning Wednesday, March 25.

Governance meetings will no longer be broadcast on channel 974.



Screenshot 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.

SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

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

MAKING YOUR VOICE HEARD

The Communications Advisory Committee has been urging Leisure World News staff to feature more articles about residents and their achievements. After all, the masthead of the newspaper states that it is "published for the benefit of Leisure World residents...and to provide residents a forum for their opinions and an opportunity to contribute articles of general interest."

So it was a great pleasure to see two articles prominently displayed on the front page and page 3 of the Feb. 21 issue on the accomplishments of two residents: Dr. Richard Fisher,

former director of NASA's Heliophysics Division, and Bob Morgans, a woodworking hobbyist, who crafts miniature models.

Many residents of Leisure World have had eventful careers and remarkable experiences. More articles of this kind will help to make all residents feel proud to be living among such accomplished neighbors.

Also, in several recent issues, this page on "Thoughts and Opinions" has had no letters to the editor – just rules for submitting letters. This could be a good sign, that is, residents have no complaints to make. It could also mean that readers are intimidated by the rules and are discouraged from writing.

Perhaps the page needs to

be renamed "Residents Speak," to show that it belongs to the residents and is intended to provide an opportunity for their submissions. Readers need not wait for complaints to arise. Occasionally, praise helps. Residents should be encouraged to participate in making the newspaper a more colorful and informative publication.

– Bernie Ascher

BANK CLOSING

In the past several days I have received letters from Capital One Bank stating they are closing their door in Leisure World Plaza on Wednesday, May 20. How can we let this happen; is it because somewhere board members decided that certain

locations could be closed since they assume people will bank online? Clearly they have no idea that this branch serves an age-restricted community. Many residents do not drive or drive only as far as Leisure World Plaza. I feel many do not bank online and will be left with only one convenient choice which is Wells Fargo. Other banks are way across the parking lot. We all need to contact Capital One headquarters and let them know how we feel, plus our Leisure World Community Corporation board of directors has to take immediate action since May 20 is not far off!

We must all be proactive, and think about how this closing may affect us at some point.

– Jeannette Sturman

GOOD TO KNOW: LEISURE WORLD NEWS DISTRIBUTION

by Leisure World News

This newspaper's distribution is a volunteer effort made twice a month by a small but dedicated group of Leisure World residents.

On the Friday of the paper's publication, a Leisure World News staff member delivers bundles of the paper to each of the volunteers, who then distribute them throughout each of their designated areas.

The exact day and time newspapers hit a neighborhood's doorsteps or fill a lobby's mailbox varies by each mutual

and volunteer. Volunteers are encouraged to deliver all of their newspapers by the end of the weekend after the Friday of publication.

Not Getting Your Newspaper?

When volunteer distributors are needed, the Communications Department publicizes announcements on television channel 972, and sometimes in the newspaper itself.

But it is up to each mutual to assist in finding its own volunteer to deliver the newspapers. Some residents who can no longer volunteer will find a

replacement courier, such as a neighbor or friend.

Some mutual boards post notices seeking volunteers. In Montgomery Mutual, area coordinators sometimes help with recruitment.

Residents who are not receiving their newspaper should contact the Leisure World News office at (301-598-1310).

Become a Volunteer

Residents can volunteer to deliver newspapers to any mutual or multiple mutuals; volunteers do not have to be a resident of a particular mutual

to deliver its newspapers.

When an opening is posted, residents interested in volunteering to deliver the newspaper to any of the mutuals should contact the Leisure World News office at (301-598-1310).

LWN is Online

Each new edition of the Leisure World News is available online at 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.

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

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EVENTS & Entertainment

■ Sock Hop Group

March 7: Dance to Live Band Groove Quest

by Abigail B. Murton

Live band Groove Quest performs at Sock Hop Live on Saturday, March 7, from 7-10 p.m. in the Clubhouse I Crystal Ballroom.

Dance lessons will be given from 6:30-7 p.m. The cost to attend is \$10, with sodas and water provided. Alcoholic beverages can be purchased at the bar. Attendees are welcome to bring snacks.

And then on Saturday, March 21, Take 2 Entertainment spins the tunes from 7-10 p.m. in Clubhouse II. The cost to attend is \$5, with soda, water and snacks provided. Bring your own special beverages and extra snacks.

Sock hop dances are always fun events that everyone looks forward to it. For questions about the Sock Hop Group, contact Doug Brasse at (301-448-8708).



■ Arts in Motion (AIM)

March 13: Vocalist Performs the Music of Johnny Mercer

by Grace C. Cooper

No need to go far from home to enjoy an evening out in a cozy supper club atmosphere – Café AIM offers just such an evening on Friday, March 13, when vocalist Steve Washington sings the music of American lyricist and singer Johnny Mercer.

Reminisce as Washington brings to life familiar songs, or sing along to your favorites. The Clubhouse I Crystal Ballroom's doors open at 4:45 p.m.; come early to get a good seat. Social hour and snacks are at 5 p.m., and the show starts at 6 p.m.

Tickets are \$25 apiece (checks only, payable to AIM) and on sale at the Clubhouse I E&R office. AIM members

may reserve tables of eight-10; seating is also available for non-members.

Soft drinks and tasty snacks are included in the ticket price. Attendees may also purchase a glass of wine or another alcoholic beverage at a cash bar.

AIM Concerts

Each second Friday of the month, Café AIM brings the atmosphere of a jazz café to Leisure World: tables filled with friends, light snacks and good music.

Jazz supper club concerts are one way that AIM highlights local artists and performers as well as provides first class entertainment to residents.

All residents are welcome to attend Café AIM's performances.



Steve Washington, courtesy photo



■ Lions Club of Leisure World

March 14: Instruments of Praise Band Performs



Instruments of Praise Band, courtesy photo

by Maxine Hooker

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

Instruments of Praise Band will inspire you with a collaboration of styles, music, ages and cultures. Director Sanders Milligan, who is a Lion, energetically directs the Instruments of Praise Band at various churches, schools and other venues in the Greater Washington, D.C., area.

Sponsored by the Lions Club, tickets are \$7 per person, (checks only, payable to LW Lions), and are available in the Clubhouse I E&R office. If available, tickets will be sold at the door. All proceeds support service projects.



Coming in 2020

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

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

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

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.

March 17: Quartet Performs Celtic Music for Ancient Moderns



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

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

Ocean's soaring vocals, fiery fiddle tunes and rollicking button accordion will have your spirit soaring and your toes tapping, while you sing along with songs that stretch back for centuries.

There be songs from Scotland, Ireland and other Celtic nations, along with award-winning, original compositions by band-leader Jennifer Cutting.

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

About the Quartet

Ocean Celtic Quartet members include bandleader Jennifer Cutting (accordion and

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

The Quartet performs at area venues like BlackRock Center for the Performing

Arts in Germantown, Cellar Stage in Baltimore, Strathmore Music Hall in Rockville and at the Southern Maryland Celtic Festival in Prince Frederick.

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

About the Foundation

The Foundation of Leisure World is a 501(c)(3) organization that was established for health, educational and cultural purposes. Contributions to the Foundation may be claimed as deductions on income tax returns to the extent permitted by law.

If your club or organization has a need, email the Foundation at (foundation@lwmc.com).



March 22: 'A Tribute to Mahalia Jackson'

The "Mahalia" concert featuring the Lavenia Nesmith Ensemble is on Sunday, March 22, at 4:30 p.m. in the Clubhouse II auditorium.

Tickets, \$20 per person (check only, payable to LWAAAC), are still available at the Clubhouse I E&R office. Tickets purchased for the canceled Feb. 9 show will be honored.

Based on available seats, tickets will be sold at the door. For additional information, contact Juanita Sealy-Williams at (301-822-4531).

— Patricia Means

■ Italian Social and Cultural Club

March 22: Festivale Italiano Returns

by Flo Merola

The Italian Club's next event is the fun-filled Festivale Italiano on Sunday, March 22, at 5 p.m. in the Clubhouse I Crystal Ballroom.

Socializing begins at 5 p.m. with a cash bar followed by a buffet of typical Italian food served at street fairs, such as spaghetti and meatballs, sausage and peppers, chicken or eggplant parmigiana, one free glass of wine and much more.

The Club is excited to have the Monaldi Duo back to entertain attendees with a variety of Italian standards. How about working off those extra calories with some line dancing and polka or by learning the tarantella?

Those who have attended the festival in the past know what

a delightful evening is in store. Those who weren't there won't want to miss out on the fun.

The cost is \$35 for members and \$40 for non-members. Mail checks, payable to the Italian Social and Cultural Club, to (Paul D'Angelo, 3310 N. Leisure World Blvd., Apt. 308 Silver Spring, MD 20906). Reservations must be received no later than Wednesday, March 18.

The last date to cancel a reservation for a full refund is March 18. A table reservation may be requested, provided all those who wish to sit together put their checks in the same envelope with a list of the names included.

Festivale Italiano is open to Club members, their guests and all residents. Need more information? Contact Barbara Kaminski at (301-847-9313) or (bkaminski064@gmail.com).



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March 23: Double Play Duo Performs ‘A Touch of Classical’

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

They will present “A Touch of Classical,” music from the ballet, opera and motion pictures. The program includes such well

known pieces as the overture from “The Barber of Seville,” selections from “West Side Story” and “This Little Light of Mine,” as well as their own arrangement, “Celebrate Swing.”

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

This year the duo celebrates its 30th anniversary as the only full-time professional flute and tuba duo. This husband and wife team has performed for, entertained and informed audiences of all ages in 45 states, the District of Columbia and Mexico. They have appeared in venues and for organizations as varied as the Arizona Diamondbacks, a 1779 Town Hall in Mt. Washington, Massachusetts (Berkshires), churches, libraries and schools and senior communities.

Ridings is a graduate of the Oberlin Conservatory. A former member of “Jeux a Deux” (flute and harp duo) and Quintessence Chamber Ensemble, she has performed with a wide variety of artists from the Bach Aria Group to Michael W. Smith.

Sciannella holds a bachelor’s and a master’s of music degree from the Eastman School of Music. A former member of the Southwest and Genesee

Brass Quintets (winners of the Maurice Andre award),

he has also performed with the Chautauqua and Phoenix Symphony Orchestras.

Together, they create unique arrangements of many classical standards as well as occasionally presenting pieces that have actually been composed for flute and

tuba. In 2017, Double Play released its seventh recording, “Love and Life.”



Husband and wife musical duo Double Play. Courtesy photo

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■ Fireside Forum

April 5: Migration: the African Presence Around the World

by Jonas Weiss

On Sunday, April 5, C.R. Gibbs, a historian and national and international lecturer, presents an inspiring tour of countries around the world where people of African descent have loomed large historically and, in some cases, where their achievements have been forgotten.

Gibbs will share stories and legends of generals, scholars, warriors and explorers from every corner of the globe who shaped the faraway lands in which they lived.

Gibbs is a Howard University graduate and D.C. Humanities Council scholar. He has appeared several times on the History

Channel and on French and Belgian television. He wrote and narrated “Sketches in Color,” a 13-part companion series to the to the PBS series “The Civil War.”

He founded the African History & Culture Lecture

Series, which scholars use to provide free presentations at libraries, churches and other locations in the Baltimore-Washington, D.C., area. In 2015, Gibbs was chosen as one

of the 50 most influential people in the city by the Washington Informer newspaper.

This free Fireside Forum program is at 2:30 p.m. in the Clubhouse II auditorium. Helen Mays-Patrick is the host for the speaker.



C.R. Gibbs, courtesy photo



■ Ballroom Dance Club

March 28: Dance to The Tony Luciano Band

Dance to the music of The Tony Luciano Band on Saturday, March 28, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. Doors open at 7:15 p.m.

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

Make reservations with Hal Freeman at either (bobbinal@aol.com) or (301-438-7513).

— Ida Leong



■ Education and Recreation Department

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

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

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

Walton's story began in 1976 at the age of 18 when she was diagnosed with bone cancer. This ambitious, energetic young woman faced the loss of her leg in order to save her life.

The young amputee's spirit was broken; her dreams of becoming a dancer/actress and moving to Hollywood shattered—until one day she looked in the mirror and asked herself, "What's a leg got to do with it?" It's a question that has become her motto!

Today, Walton is an African-American advocate, motivational speaker, life coach, diversity trainer and CEO/founder of

LEGGTalk Inc., a company that reflects her personal story. Her company's mission is to create nationwide movements for women of color with disabilities.

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

graduate level rehabilitation counseling courses using a distance education format.

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

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



Dr. Donna Walton, courtesy photo



Hearing is one of the joys of life. **Don't neglect it!**



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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April 11: The Rat Pack Returns

Tony Sands, Johnny Petillo and Geno Monroe return to Leisure World on Saturday, April 11, at 7 p.m. in the Clubhouse II auditorium to reprise their toast to the Rat Pack – Frank Sinatra, Dean “Dino” Martin and Sammy Davis Jr.



The Rat Pack performs classic tunes, courtesy photo

Sands as Sinatra, Petillo as Martin and Monroe as Davis Jr. will perform songs and comedy so reminiscent of the Rat Pack, you will think you have returned in time when the Pack was in its heyday.

This musical journey features some of the legendary trio’s greatest hits, and some everyone remembers, such as “Come Fly with Me,” “My Way,” “New York,” “Everybody Loves Somebody,” “That’s Amore!,” “Mr. Bojangles” and “Candy Man.”

Sponsored by the E&R Department and The Foundation of Leisure World, tickets for the show are \$15 per person and go on sale beginning Tuesday,



March 10, at 8:30 a.m. in both clubhouse E&R offices. Please bring your Leisure World ID.



The Foundation of Leisure World is a 501(c)(3) organization that was established for health, educational and cultural purposes. Contributions to the Foundation may be claimed as deductions on income tax returns to the extent permitted by law.

April 17: Revivals: The Broadway Cash Cow

Through song and lecture, Steve Friedman returns to Leisure World to delve into the history of the Broadway musical. On Friday, April 17, at 2 p.m. in Clubhouse I, Friedman explains how revivals of Broadway shows are often “cash cows.”

Tickets, \$6 per person, go on sale beginning Tuesday, March 10, at 8:30 a.m. in both Clubhouse E&R offices. Please bring your Leisure World ID.

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



Steve Friedman, photo by Leisure World News

March 16: ‘Love in Suspenders’

by Jonas Weiss

personalities – Tammy, a widow in her sixties, and Beno, a widower in his seventies – should be a nightmare. Love, however, has its own rules. Notwithstanding their differences in lifestyle and personality, and their interfering offspring and neighbors, they do eventually fall in love.

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

There is no fixed age for love. The encounter between two people with different



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

2020 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
March 19, 1 p.m.	Toni Morrison: The Pieces I Am	NOW
March 29, 2 p.m.	Second Act	March 10
April 16, 1 p.m.	Breakthrough	March 24
April 26, 2 p.m.	On the Basis of Sex	April 7
May 10, 2 p.m.	Poms	April 21

Movies are subject to change.

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.

March 21: 'Harriet'

LWAAAC shows the film "Harriet" (2019, 2 hours 51 minutes, action/biography/drama, rated PG-13 for violent material and racial epithets) on Saturday, March 21, at 2 p.m. in the Clubhouse II auditorium.

The film is based on the inspirational life of Harriet Tubman, the woman called "Moses." Admission is free and open to all residents, but sign-up is required by Friday, March 20.

To sign-up, visit the Clubhouse I E&R office or call (301-598-1300). For additional information, contact Juanita Sealy-Williams, program committee chairperson, at (301-822-4531).



— Patricia Means

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 smartphones. 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.

Sunday Afternoon at the Movies

March 29: 'Second Act'

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 29, the featured film is "Second Act" (2018, 1 hour 43 minutes, comedy/drama/romance, rated PG-13 for some crude sexual references, and language).

Free tickets, limit two per person, are required and can be obtained beginning Tuesday, March 10, at 8:30 a.m. in either clubhouse E&R office. Please bring your Leisure World ID.

When Maya (Jennifer

Lopez) is about at the end of all patience with a job in a local 'big box' store, a fake resume lands her a job that's beyond her wildest dreams. And, at the same time, she discovers the

child that she had put up for adoption, and the connection between the two grows.

Directed by Peter Segal, the film also stars Vanessa Hudgens (Zoe); Leah Remini (Joan) and Treat Williams (Anderson Clark).

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.



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Recent Solds "Around the World"!

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3330 N Leisure World Blvd #5-216	FAIRWAYS SOUTH	Unit/Flat/Apartment	2	2	\$208,000	\$202,000	\$500
3618 Gleneagles Dr #7-1H	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	1	1	\$68,000	\$60,000	\$0
3517 S Leisure Wld Blvd #28-A	MONTGOMERY MUTUAL COOP	Row/Townhouse	2	1.5	\$158,700	\$150,000	\$0
3609 S Leisure World Blvd #19-F	MONTGOMERY MUTUAL COOP	Row/Townhouse	2	3	\$155,000	\$155,000	\$0
3435 S Leisure World Blvd #85-2A	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	1	1	\$88,500	\$86,000	\$0
3376 Chiswick Ct #52-1A	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	1	1	\$55,000	\$58,000	\$0
2921 N Leisure World Blvd #1-405	ROSSMOOR MUTUAL #22	Unit/Flat/Apartment	1	2.5	\$119,900	\$102,350	\$0
3154 Adderley Ct #242-G	ROSSMOOR MUTUAL #11	Twin/Semi-Detached	2	2.5	\$144,500	\$144,500	\$0
3121 Farnborough Ct #259-A	ROSSMOOR MUTUAL #11	Twin/Semi-Detached	2	2	\$209,000	\$200,000	\$0
15311 Pine Orchard Dr #87-3J	ROSSMOOR MUTUAL #19	Unit/Flat/Apartment	2	2	\$169,000	\$165,000	\$0
15107 Interlachen Dr #2-617	THE GREENS	Unit/Flat/Apartment	2	2	\$210,000	\$204,000	\$0
15101 Interlachen Dr #1-223	THE GREENS	Unit/Flat/Apartment	2	2	\$219,500	\$215,000	\$0
15101 Interlachen Dr #1-215	THE GREENS	Unit/Flat/Apartment	2	2	\$225,000	\$225,000	\$0
3005 S Leisure World Blvd #208	TURNBERRY COURTS	Unit/Flat/Apartment	3	2	\$374,900	\$360,000	\$0
3005 S Leisure World Blvd #123	TURNBERRY COURTS	Unit/Flat/Apartment	2	2	\$199,900	\$190,000	\$0



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MARCH 2020

UPCOMING SEMINARS & EVENTS

AT BROOKE GROVE RETIREMENT VILLAGE

As experts in senior care and memory support, Brooke Grove Retirement Village is pleased to offer seminars and events that promote physical, spiritual and mental well-being.

All seminars and events will be held at Brooke Grove Rehabilitation and Nursing Center, located at 18131 Slade School Road on the Brooke Grove Retirement Village campus, unless otherwise noted. Please register with Toni Davis at 301-388-7209 or tdavis@bgf.org.

CAREGIVER CONNECTION: “HEALTHY BACK HABITS”

TUESDAY, MARCH 17 • 2–3 P.M.

Whether you're a caregiver experiencing emotional and physical stress resulting in pain or just need some relief from your aching back, this seminar is for you! Most back pain can be managed through exercise and healthy lifestyle habits. Discover how proper posture and body mechanics, along with specific exercises you can do at home, can minimize or prevent back pain.

FREE. Register by March 15.

LIVING WELL SEMINAR: “NINE TO NINETY”

WEDNESDAY, MARCH 18
1–2:15 P.M.

Nine to Ninety is the love story of Phyllis and Joe Sabatini, who at age 89 and 90 live in the home of their daughter, son-in-law and young granddaughter. As the family struggles to make ends meet and Joe's health problems escalate, Phyllis becomes determined to free her daughter from the burden of caretaking. Their surprising decisions ignite bigger conversations on how to age with dignity.

Film screening/discussion preceded by complimentary lunch at 12:30 p.m.

FREE. Register by March 16.

PARKINSON'S PROGRAMS

Don't face Parkinson's alone! Brooke Grove Retirement Village is pleased to partner with the Parkinson Foundation to offer a variety of classes, programs and a support group for those with Parkinson's or other neurodegenerative diseases.

PARKINSON'S COMMUNICATIONS CLUB

Tuesdays
12:30–1:30 p.m.

PARKINSON'S SUPPORT GROUP

Second Wednesday of Each Month
2–3:15 p.m.

PFNCA EXERCISE FOR PARKINSON'S CLASSES

Mondays, Wednesdays & Thursdays
3:30–4:30 p.m.

REHAB OPEN HOUSE

TUESDAY, MARCH 31
10 A.M.–12 P.M.

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INDEPENDENT LIVING ASSISTED LIVING REHABILITATION LONG-TERM CARE MEMORY SUPPORT

HEALTH & Fitness

Telehealth Provides Direct Access to Physical Therapy at Medical Center

by Stacy Smith, Leisure World News

Residents seeking an appointment with a physical therapist (PT) at MedStar Health medical center no longer need a primary care doctor's referral, as is often required by Medicare and other insurance providers.

Instead, residents can make an appointment directly with the MedStar NRH Rehabilitation Network, which is located on the second floor of

the medical center, by calling (301-438-6280).

During the appointment, a PT will examine the patient, and then both will use a laptop computer or tablet to telecommunicate with a physiatrist, a doctor who specializes in physical medicine and rehabilitation. The physiatrist will discuss the patient's condition, confirm a diagnosis and create a treatment plan.

Known as telehealth, this communication between the physiatrist and patient

replaces the need for the patient to obtain a primary care doctor's referral. The goal of telehealth is to provide patients with direct access to physical therapy in an expedient and cost-effective way.

"Research is showing that the quicker we can start delivering physical therapy, the quicker our patients start feeling better, and the better their outcome is," said Chris Parker, assistant vice president for outpatient rehabilitation at MedStar Health medical center.

The direct access program is



Physical therapy patient Audrey Rader, left, and MedStar NRH Rehabilitation Network clinical director Dionne Hawkins use a laptop computer to telecommunicate with a physiatrist on March 2. Photo by Leisure World News

open to all residents; they don't have to be established MedStar Health patients to participate.

Come Learn the ABCs of Diabetes

The MedStar Health medical center hosts a free diabetes support group on the last Thursday of each month from 1-2 p.m. in then medical center.

Come learn the ABCs of diabetes, including knowing and controlling your hemoglobin A1c, blood pressure and LDL cholesterol.

Call (301-774-8881) to register to attend.

— Leisure World News

■ Stroke Support Group

March 17: Maintaining Stroke Recovery Gains

by Amy Boltz

On Tuesday, March 17, the Stroke Support Group's education program features guest speaker Jamie Vela, physical therapist and home care specialist from Capital City Nurses.

Vela will provide suggestions on what stroke survivors can do at home between therapy visits or after therapy has stopped to help maximize their stroke recovery. The program is from 1-2 p.m. in Clubhouse II.

Following this program, a peer support group for stroke survivors and their family caregivers meets from 2-3 p.m. The meeting provides an opportunity to ask questions or share suggestions about coping with

stroke. Light refreshments will be provided.

To RSVP for this meeting or to obtain more information about the Group, contact president Amy Boltz at (248-652-0304).

About the Group

The Stroke Support Group meets on the third Tuesday of the month from 1-3 p.m. in Clubhouse II. Meetings are free and open to the community.

Educational programs by healthcare professionals address issues relating to stroke prevention and rehabilitation as well as other wellness topics. Peer support group discussions enable stroke survivors and their family members and caregivers to learn from and inspire each other.

■ Lions' Vision Support Group

March 11: Sign Up to Receive Assistive Technology

by Larry Cohen

On Wednesday, March 11, Jerry Price, manager of assistive technology at the National Library Service (NSL), will discuss talking books. The meeting is at 1 p.m. in Clubhouse I.

Price will have sign-up forms from the Maryland State Library for the Blind and Physically Handicapped for those who want to receive a player and access to the Bard website, which holds all of the books digitized by the Library. He will also talk about other technology that can make vision impairment less of a defining issue in people's lives.

Once signed up with the Maryland State Library for the Blind and Handicapped, the meeting's attendees will be sent information explaining this new technology and the Library's programs.

Learn More

The goal of the Lions' Vision Support Group is for its members to help each other continue to lead full and rewarding lives in the face of visual impairment.

Those who attended February's meeting in the Computer Learning Center learned about

the software that is already on the Center's computers that qualifies as assistive technology. Those who would like to learn about

this software, specifically those who use Microsoft or iPhones, can sign up for a class, which are held on Tuesdays from 10 a.m.-noon and Thursdays from 2-4 p.m. at the Computer Learning Center in Clubhouse II.

For more information or to sign up for a class, contact Larry Cohen at (908-770-9111) or (ToPops@aol.com), or Bobby Bobo at (301-879-0103) or (BobbyBobo@gmail.com).



March 26: Panel of Experts Discusses Aging in Place

by Fred Shapiro
and Rebecca Siman

Following the information expo sponsored by the Jewish Residents of Leisure World (JRLW) on Thursday, March 26 at 1:30 p.m., a panel of experts presents a seminar on aging in place from 3:15-4:30 p.m. in Clubhouse I.

Both the information expo and the seminar are free, so arrive early to visit the expo and then claim a seat for the seminar.

Attend the seminar to hear a panel of experts discuss what to consider when making future plans. The session will focus on safety in the home, medication management, mobility equipment, in-home services, hospice options, care coordination and knowing when it is time to move.

When choosing to age in place, people need a plan on

how they want their home to be set up, the healthcare choices they need to make, the type of assistance they may need and how they want to handle major life events such as sickness, housing transitions and financial decisions.

Panelists include physical therapist and home care specialist Jamie Vella from Capital City Nurses and Shaun Toomey, the company's director of

development; licensed clinical social worker Wilma Braun from Leisure World's Social Services Department; Kelly Salb, director of client services at Family & Nursing Care; and Jim Luttrell, owner of The Scooter Shop.

The information expo that precedes the panel will include representatives from a variety of services and facilities who will provide information and answer attendees' questions.



■ Center for Lifelong Learning (CLL)

March 27: Speaker Presents Diabetes Awareness and Prevention

by Fred Shapiro

One of the more common health concerns today is the prominence of diabetes; more than 100 million U.S. adults live with diabetes or prediabetes according to a 2017 report from the Centers for Disease Control and Prevention.

To provide residents with information about this condition, the Center for Lifelong Learning (CLL) presents Olivia Johnson of Pleasant Hearts Private Care and Nurse Staffing to discuss "Diabetes Awareness and Prevention" on Friday, March 27, at 2 p.m. in Clubhouse I.

Johnson's presentation will include awareness and prevention information about living with diabetes, as well as health management and nutrition tips.

While the presentation is free, residents should register beginning Tuesday, March 10, at 8:30 a.m. by either stopping by the Clubhouse I E&R office or calling (301-598-1300) to ensure adequate seating.

About Diabetes

Diabetes is a disease that occurs when a person's blood

glucose, also called blood sugar, is too high. Blood glucose is a person's main source of energy and comes from the food he or she eats.

Insulin, a hormone made by the pancreas, helps glucose from food get into the body's cells to be used for energy.

Type 1 diabetes, also known as juvenile diabetes, occurs when the body fails to produce insulin. People with type 1 diabetes are insulin-dependent, which means they must take artificial insulin daily to stay alive.

Type 2 diabetes affects the

way the body uses insulin. While the body still makes insulin unlike in type 1, the cells in the body do not respond to it as effectively as they once did.

Type 2 is the most common type of diabetes and is strongly linked to obesity, according to the National Institute of Diabetes and Digestive and Kidney Diseases.

About the Speaker

Johnson joined the staff

at Pleasant Hearts in 2015 to pursue her career in home care. She also does volunteer work with Vietnam era veterans.

If you have diabetes or are concerned about being affected as you age, register now for the presentation to learn what you should know when the time comes.



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



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■ Cannabis 101 Club

Club Helps Register Residents for Medical Cannabis

by Carminetta Verner

The Cannabis 101 Club is initiating a program to register residents with the Maryland Medical Cannabis Commission (MMCC) on an on-going basis, since the Club is limited to registering a set number of residents on any given day.

To facilitate this new process, interested residents need to contact (Lwcan101@gmail.com) with their name, phone number and email address. The Club will send these residents a MMCC pre-registration form to complete and will set up an appointment with them.

In addition to the information required on the form, residents need the following documents to complete the registration process:

- unexpired driver's license or MVA ID card with their current address
- a recent photograph; the Club will take your photo and upload it to the MMCC on the day you register

The MMCC charges \$50 for a Maryland Medical Cannabis Patient ID card. Visa and MasterCard are the only credit cards accepted for payment.

Residents whose driver's licenses or MVA ID cards do not have their current address must

provide the following:

- U.S. passport or military ID
- Two (2) additional documents, such as a utility, telephone or cable TV bill, MVA registration card or other MMCC acceptable documents (for a full list, visit (https://mmcc.maryland.gov/Pages/patients_regisadult.aspx). All documents must be dated within the past 90 days.

Keep in mind that residents have the option of registering on their own at (mmcc.maryland.gov). Since many residents are not computer savvy, the Club is providing this service.

For questions, contact Carminetta Verner at (630-699-1629) after 10 a.m.



■ FISH (Friends in Sickness and Health)

Better to Give Away Than Throw Away

by Beth Leanza

FISH accepts donations of assistive and medical equipment such as incontinence supplies, accessories for walkers, canes and elevated toilet seats.

These are kept in the front area of the FISH office in Clubhouse II and are provided to residents at no charge. These free items are not limited to residents, so, for example, a health aide may take them for other clients.

FISH no longer accepts foot braces, oxygen tank tubes, diabetic equipment or CPAP machines. Household items are also not accepted. FISH asks that those making donations not leave anything outside the FISH area in the basement of Clubhouse II.

FISH Information

The FISH office is open Monday to Friday from 10 a.m.-4 p.m. FISH closes for major holidays and when Montgomery County Public Schools are closed.

If schools are delayed, FISH opens at 1 p.m. The president of FISH strongly advises volunteers not to come in if conditions look bad. So, when in doubt, call first at (301-598-1345).

Completely staffed by volunteers, FISH members do not

usually have any medical training. They urge anyone with questions to speak to a therapist or home health aide. FISH's volunteers strive to make sure the equipment donated is safe to use.

Volunteering

FISH is always looking for new members, so those interested should contact FISH president

Beth Leanza at (301-598-4569). FISH suggests a training/orientation session with a current volunteer.

Charitable Collections

Some organizations such as the Kiwanis and Lions Clubs have collection boxes in the FISH office. Kiwanis helps Ronald McDonald House by collecting can tabs, and the Lions collect eyeglasses and hearing aids.

Those who want to start a collection, even for a short time, may contact FISH. Also, be sure to include (on the collection box) contact information for you or your group.

Lost and Found

FISH also houses lost and found items. Those looking for a lost item can stop by the office or call the E&R office at (301-598-1320).

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Health & Fitness In Brief

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

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

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

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

Fitness Center: One of the Fitness Center's personal trainers leads a free orientation tour of the Fitness Center on the second Tuesday of every month at 2 p.m. Learn how to use the equipment and facilities. Registration is not required.

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

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

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Free Blood Pressure Testing:

Come to Clubhouse I for free blood pressure testing, available on the first and third Tuesdays of the month from 9-11 a.m.



CLUBS, GROUPS & Organizations

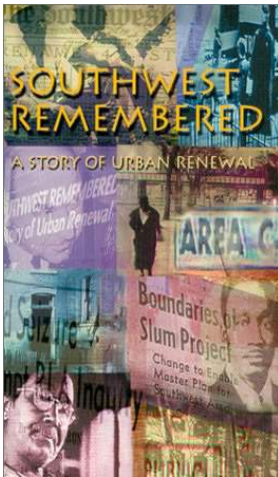
■ The Washingtonians

March 13: New Member Introductions and a Documentary

by Betty Gray

The next meeting of The Washingtonians is on Friday, March 13, at 2 p.m. in Clubhouse I. The agenda will include reports from officers, introductions of new members and details of a day trip to Washington, D.C., planned for the Group's next meeting in May. The award-winning documentary, "Southwest Remembered: A Story of Urban Renewal," will be shown to close out the meeting. The Group hopes to see everyone there.

The Group's last meeting was held on Jan. 17 and featured a fun game of Washington, D.C., trivia. All who attended said they enjoyed the game and learned some interesting facts about Washington, D.C. The game included 20 questions, and the winning team answered 14 correctly. Congratulations to the three team members who each received a Giant Food gift card.



■ Dog Club

March 18: Learn How Puppies are Trained as Guide Dogs

by Mali Cruz

On Wednesday, March 18, the Dog Club hosts Jennifer Nair, regional representative of Guiding Eyes for the Blind Puppy Raising Program. Nair will discuss how puppies are trained to be guide dogs.

The meeting is at 1 p.m. in Clubhouse I. The presentation will include a discussion on the guide dog training process, which begins with basic training/socialization and culminates when a visually impaired person receives a guide dog. Following Nair, resident Terri Nettles, a recipient of a guide dog from Guiding Eyes for the Blind, will discuss her experience on being tested and evaluated before receiving her guide dog. Nair will available to

answer and clarify any questions that may arise during their talks.



Carol Hendler of People. Animals. Love., photo by Mali Cruz

February Meeting

Attendees at the Feb. 19 Dog Club meeting heard a comprehensive and compassionate presentation on pet loss and bereavement by Carol Hendler of People. Animals. Love. She guided the Club on the stages of grief, offered handouts

with suggestions to effectively manage grief after the death of a pet and provided resources for additional support.

All residents are invited to the Dog Club's meetings. Any resident interested in joining the Club but unable to attend the March meeting should contact (Jane.e. carona@gmail.com) or (301-598-2131).

■ Vegetarian Society of Leisure World (VSLW)

March 19: Indulge in a Vegan Ethiopian Buffet

by Bob Fenichel

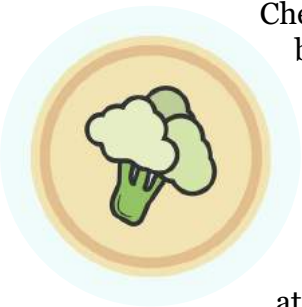
The Vegetarian Society of Leisure World's (VSLW) next event is a vegan Ethiopian dinner on Thursday, March 19, at 6 p.m. in Clubhouse II.

The Adhadu Ethiopian Restaurant, located in Burtonsville, Maryland, will prepare the food served at this vegan buffet. A vegetable combo of red lentils, cabbage and potatoes, yellow split peas, collard greens, tomato salad and injera bread will be served.

VSLW will provide knives, forks and spoons for those who desire to go non-traditional. Feel free to bring containers to take home leftovers.

The cost to attend is \$13 per person for members and \$16

per person for non-members. Non-members can include their 2020 dues of \$10 when they send in their checks, payable to VSLW, (\$23 total). Send checks, payable to VSLW, to Helen Gross at (3100 N. Leisure World Blvd., Apt. 710, Silver Spring, MD 20906). Checks must be received by Monday, March 16.



General Information
Additional information on VSLW activities is available at (www.vslw.org).

All residents are welcome at VSLW activities; they don't have to be a vegetarian to participate.

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

■ Women's Fun Bunch

April 19: Fun Bunch Takes Trip to See Dueling Pianos

by Elinor Tattar and Marlene Golden

On Sunday, April 19, the Fun Women's Bunch widows group travels to the National Harbor in Maryland, for a fun time at Bobby McKey's Dueling Piano Bar.

Flyers with all the pertinent information have been sent to the Group's current members. Reservations are accepted on a first-come, first-served basis;

a limited number of tickets are available.

More Information

In February, a ballet troupe entertained the Group in the Clubhouse II auditorium, and attendees enjoyed a delicious deli dinner from Parkway Deli.

Widows interested in joining the Women's Fun Bunch, or who would like program information, can call Marlene Golden at (301-438-7773).

March 11: Learn the Stories Behind Some of the World's Most Famous Gemstones

by Frank Roddy

The Gem, Lapidary and Mineral Society (GLMS) holds its next meeting on Wednesday, March 11, at 7 p.m. in Clubhouse II. The meeting's speaker, Kate Peterson, will present stories about famous gemstones in a program entitled "Sinister Sparkle."

Diamonds and rubies and sapphires, oh my! Precious gems are about more than glitz and glamour. Some also hold mystery and intrigue – and while some are famous, others are infamous for the misfortune they're believed to attract to their owner, or notorious for the myths surrounding their history.

Tales of death and destruction seem to follow certain famous jewels. There are stories of ancient warlords fighting bloody battles, kings and queens suffering agonizing ends, Russian princesses leaping off buildings, fortunes

ruined, careers dashed, companies bankrupted, marriages imploded – all because of sparkling stones known for their extraordinary beauty.

While certain gems do seem to be associated with misfortune, some of the dark histories behind famous gemstones continue to fascinate. Whether or not you believe in the idea of a "curse," many of the tales just make great yarns – and great lessons.

Come spend an evening on a journey through a catalog of these gorgeous gemstones and the titillating tales they hold – the Orloff, Regent Diamond, Black Prince's Ruby, Star of India and La Peregrina pearl!

About the Speaker

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

She is a member of the

board of directors of the Diamond Council of America, a training consultant for jewelry organizations, and a business consultant to jewelers, manufacturers and trade organizations worldwide.

Peterson has made numerous presentations to the GLMS at Leisure World, including "Idar-Oberstein, Germany, a Gem-making Town"; "Diamonds"; "Jewelry Making through History"; "Man-made Gems"; "Cameos"; "History of the Wedding Ring"; and "Following a Gemstone from the Mine to the Finished Jewelry," among others.

About the Group

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



At left, Kate Peterson, courtesy photo. At right, the Hope Diamond, photo courtesy the Smithsonian Institution



starting in September.

Lapidary laboratory facilities are extensive and for use of all members trained by shop steward Mark Parker. Make your own jewelry just as many others have done. The annual lab fee is \$15 for residents.

Parker can be contacted at (Kb3wuk@gmail.com) or (240-723-5860).

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

■ **Center for Lifelong Learning (CLL)**

Course Presents 'Geography Up Close: Regional Landscapes of the U.S.'

by Fred Shapiro

One of the more popular Center for Lifelong Learning (CLL) instructors returns in April, Tom Conger. An experienced geographer and community planner, Conger will present "Geography Up Close: Regional Landscapes of the U.S."

See Classes and Seminars section of this publication for more details and registration information.

Across its vast spaces, the U.S. has great landscape diversity, due in part to physical factors such as landforms and climate impact. The landscape of any particular place is also inspired by the lives of the people who inhabit it.

Indeed, the various cultural

heritages and environments in the U.S. combined with the ways lands have been used to produce and use wealth have created a mosaic of landscapes across the country's 3.8 million square miles of land area.

One way that geographers are able to study and make sense out of all of the existing conditions is through a regional analysis.

Conger's course will examine the entire nation, looking at uniform regions, which will be multi-faceted, representing an area's combined physical and/or cultural elements.

About the Instructor

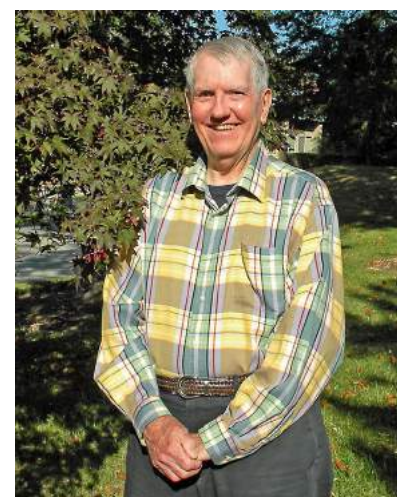
Having lived in numerous regions in the U.S., Conger

has observed up close the beauty and wonder that is present in many different landscapes.

He has traveled all 50 states, observing its mix of cultural heritages and environments and allowing him to visualize a mosaic like nowhere else on Earth.

As Conger is quick to point out, the closer a geographer looks at a place, the more details they see in its landscape.

Conger has worked in a wide variety of physical environments. He holds a master's degree in geography from the University of Cincinnati. He has taught geography in middle and high schools and at the Northern Arizona University and has taught classes at



Tom Conger, photo by Fred Shapiro

Leisure World on a variety of geographic subjects. He is an active CLL board member.

For information on all CLL classes and lectures, visit (www.cllmd.com).

New Scholarship Created to Honor Long-time Art Guild Teacher

by Judy Kirkland

The Barbara Piegari Memorial Scholarship, named after the late Rossmoor Art Guild (RAG) instructor, seeks to keep art education accessible and to recognize the “generous spirits” in the Guild who contribute non-monetary support, time, effort and supplies to keep the Leisure World arts community thriving.

The scholarship will cover tuition for seven students throughout the year. It will be awarded to a different student for each of the Guild’s seven class sessions (Fall I, Fall II, Winter I, Winter II, Spring I, Spring II and Summer).

Scholarships will be voted on by the RAG board at the board meeting prior to the start of each class session. Applicants may self-nominate or be nomi-

nated by someone else. Current membership in RAG is required, plus active participation in Guild events and classes and/or open studios.

The deadline for nominations for the first scholarship award is Wednesday, March 18. Application forms are available in the art studio or by email from RAG president Judy Kirkland. The completed application can be slipped into RAG Locker B4 (at the back of the art studio in Clubhouse I) or emailed to Judy at (Kirkland.JQ@gmail.com).

Let’s Paint Cherry Blossoms

Next in the Guild’s popular workshops is the chance to create an original painting of Washington, D.C.’s iconic



At left, tomatoes by Barbara Piegari. Photo by Judy Kirkland. At right, cherry blossoms at The Fairways. Photo by Kimberly Y. Choi, Leisure World News



cherry trees. The workshop is on Tuesday, March 24, from 1:30-3:30 p.m. in the art studio. Even if you’re brand new to painting, Sulay Khin, a talented teaching artist from Silver Spring’s CREATE Arts Center, will guide you step by easy step.

The all-inclusive fee is \$30 (checks only, payable to RAG) and includes everything: acrylic paint, brushes, canvas,

how-to help and delicious refreshments. Just bring yourself (and a friend!) and relax.

The Guild’s workshops sell out quickly. Don’t miss this fun opportunity to try your hand at painting. Payment must be received by Tuesday, March 17, to reserve your place! Registration forms are available in the art studio foyer. Questions? Call Judy Kirkland at (301-938-3630).

Have a Conversation

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March 24: Club's Photo Competition Focuses on Architectural Details

by Fred Shapiro

The Rossmoor Camera Club's next competition, architectural details, is on Tuesday, March 24, at 7 p.m. in Clubhouse II. The judge for the competition is Joel Hoffman, an active member of the North Bethesda Camera Club for 30 years.

Photos for the architectural details competition should focus on the small details of a building's interior or exterior, such as the decorated bases of columns, pedestals, elaborate door-frames and window frames, or gargoyles. Statues or furniture that are not part of the building are not acceptable.

Members can submit up to four photos for the competition – two print and two digital. Entries should be emailed to (RossmoorLW@gmail.com) by Tuesday, March 10.

Hoffman will judge photos' architectural details from the perspective of lighting, composition and subject matter, the combination of which will be very important. The photo's color (or black and white) will be less important unless it detracts from the photo or is valuable to the image.

About the Judge

Hoffman has an active photography business photographing weddings, bar mitzvahs, baptisms and other family and corporate events. Using an Argus C3 camera, he began taking photographs in the late 1950s and early 1960s shooting auto races at Marlboro Raceway in Prince George's County.

In the mid to late '80s and early '90s, he photographed for the Victorian Lyric Opera Company, shooting headshots and documenting Gilbert and Sullivan operettas. He has had the opportunity to photograph architectural interiors and exteriors for several architectural and engineering firms. He has also photographed fashion catalogues for Andriana Furs and has worked on numerous projects with a variety of graphic designers.

For the past 10 years, he has partnered with his favorite photography partner, Roy Sewall, to take on the daunting challenge of shooting every architectural structure on 16th Street in the District of Columbia from the Silver Spring, Maryland line to Lafayette Park in front of the White House.

Currently, he and Sewall are working with the Historical Society of Washington, D.C., to arrange a donation of their collection of several thousand images. They are also exploring ways to promote their project to the residents of 16th Street.

Membership

The Club has two levels of membership. Members who expect to compete in the monthly competitions pay dues of \$25 for the year. Residents who wish to learn more about photography but are not interested in competing pay dues of \$15.

To join, mail checks for dues to Woody Shields at (Rossmoor Camera Club, 3200 N. Leisure World Blvd., Apt. 817, Silver Spring, MD 20906). For more information,

visit the Camera Club's website at (www.rossmoorcameraclub.com).



Architectural details found in Lithuania.
Photo by Fred Shapiro

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New Members Display Their Wares

by Meriel Brewer

Being a member of the Ceramics Club offers an exciting outlet for one's creative talents to blossom and develop. Just ask the Club's new members who are proudly displaying some of their first pieces made in the studio.

Many new members came to be trained having no prior experience in ceramics. Some may have had art training in other areas such as watercolor or oils, or crafting. They all had one thing in common – the desire to create.

The following new members whose pieces are on display outside the E&R office in Clubhouse II were inspired by the finished pieces they saw in the Studio's gift shop. They wanted to learn how to make similar pieces or had some ideas of their

own, but they didn't know how to start. Here is what they had to say about becoming a new member.

New Members

New member Elizabeth Nyang came to the Club about six months ago because she had a desire to meet new people and learn something new. She is enjoying the studio's pleasant ambiance, and can be found almost every day working on her hand-made projects, which she finds very relaxing.

Daisy Claudio is new to the world of ceramics. Now that she has retired she spends two to three days a week at the Studio learning the basics of working with the clay and bisque, and then the painting. Claudio says she is inspired and encouraged by Club instructor Janice to create some wonderful pieces.



Elizabeth Nyang with one of her creations. Photo by Dottie Patch

Patty Chou joined the Ceramics Club about a year ago and frequently spends five days a week at the Studio. She enjoys making all things by hand, and has been greatly influenced in art by her parents along with Chinese painting and writing. In her endeavors, she favors nature and imagination because they are free and easy.

When Iris Schnall was looking for something to do upon retirement nine months ago, she opted for the Ceramics Club, where she spends several days a week pursuing this interest. She has managed to create many new pieces and says she is always happy with her finished projects.

Etsegenet "Genet" Michael came to the Club six months ago to learn the art of ceramics and to join the ceramics community. She is eager to create her own pieces and especially appreciates the support and encouragement from her teacher, Susan.

Six months ago, Ireina Vallario

visited the Club, and was so impressed with the talented members and their work that she subsequently joined the community. Vallario says Janice has been her tireless and dedicated instructor who has encouraged her to create different pieces with more elaborate painting methods.

George Videll has been an artist most of his life, but found he needed a new outlet for his art. Although his background at the Jet Propulsion Laboratory and as art director at ComSat kept him busy for many years, he excelled at illustrating and watercolor. Videll says it is a bit different working with ceramic paints as opposed to watercolors, but Janice is guiding him along.

Residents who have an interest in joining the Ceramics Club to create with other members should call (301-598-1312). Janice or Beth will be happy to make an appointment to meet with them to explain membership details (\$10 per year) and how they can get started on their first project.



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■ Garden Plots Group

March 10: Attend Meeting to Hear Group's Plans for 2020

by Judy Elrod

The Group's first regular meeting of the year is on Tuesday, March 10, at 9:30 a.m. in Clubhouse I. All members are strongly encouraged to attend. Learn about the Group's plans for making 2020 a successful gardening experience for everyone.

These monthly meetings are the business meetings for the executive committee and are open to all Group members. The meetings' agendas provide an open forum at which members may ask questions and express concerns. This year, the Group plans to provide educational presentations or speakers at more of its meetings. Bring your topics ideas to the meeting.

Special Election

The Group will also accept nominations for the position of registrar at the March 10 meeting. An important executive board position, the registrar is responsible for tracking the status of all garden plots and assigning plots to new gardeners, supervising the shed masters and working closely with the field supervisor.

Interested Garden Plots Group members in good standing should send a statement of interest and Group participation history to (judyelrod@comcast.net) prior to the March 10 meeting.

At that meeting, nominations for the position will be accepted. Voting will take place at the meeting on Tuesday, April 14.

Seed Exchange

Following the business portion of the meeting, the Group will have a seed exchange. Members are asked to bring any seeds they want to contribute. The seed

exchange provides an opportunity to consider planting something new.

New Gardener Orientation

All first-time gardeners new to the Garden Plots Group are invited to attend its first annual new gardener orientation on Saturday, March 28, at 10 a.m. at the garden. This 60- to 90-minute session will provide an introduction to the physical aspects of the garden, will review the garden rules and will answer any questions new members might have.

Volunteers Needed

The Group is always looking for volunteer gardeners to be garden inspectors, shed masters, garden helpers or mentors for new gardeners, or to help with the spring seed exchange, monthly cookouts and end of the season awards dinner.

These activities need volunteers to make them happen. Members who can give time to one or more of these activities are asked to contact new Group president Bette-Carole O'Connor at (301-847-9870) or (oconnorbette46@gmail.com).

■ Garden and Environmental Club

March 24: Club Holds Annual Spring Tea



At left, pianist Elaine O'Leary entertains guests, as she's done at every spring tea since 2012. At right, the spring tea's prize table features gift certificates and gift baskets. Photos by Jean DeSchraver



by Jean DeSchraver

The Garden and Environmental (G&E) Club invites all residents and their guests to attend its annual spring tea on Tuesday, March 24, at 1 p.m. in the Clubhouse I Crystal Ballroom.

Both men and women are encouraged to wear a hat to the event and participate in the chapeau contest. Awards will be given for the most whimsical, most creative and most beautiful hats.

The event includes a prize table where attendees will have a chance to go home with a gift certificate, gift basket or new item. Proceeds are used to purchase trees that are planted every year on Leisure World community property on National Arbor Day, which is Friday

April 24 this year.

Refreshments will include tea, coffee, tea sandwiches, homemade desserts and scones with jams. Groups and organizations may reserve tables for 10 or less in advance.

Admission to the tea is \$20, check or cash. Make checks payable to the G&E Club. Tickets will be sold on Thursday, March 12, Friday, March 13, Monday, March 16 and Tuesday, March 17 from 10 a.m.-2 p.m. in Clubhouse I lobby. Tickets will also be sold on Saturday, March 14, from 2-5 p.m. in Clubhouse II lobby. Tickets will not be sold at the door on the day of the tea.

For more information, contact ticket chair Anne Harrison at (240-669-4530) or (achbirdsong@gmail.com).



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Club Members Enhance Their Dance Skills

by Ida Leong

The Club's next monthly dance features The Tony Luciano Band on Saturday, March 28, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. For details, see the Events and Entertainment section of this publication.

Enhancing Skills

During the Club's February dance, band director Helmut Licht, a former dance instructor, gave an impromptu Dover strut circle dance lesson to the delighted attendees.

For more in-depth instruction, some Club members currently frequent local area centers, including Holiday Park Senior Center, Margaret Schweinhaut Senior Center, Le Papillon Dance, Glen Echo Park and Hollywood Ballroom Dance Center.

All of these locales offer beginning and intermediate level instruction in the Club's standard ballroom dances, including slow and Viennese waltzes, fox trot, rumba, samba, tango, cha-cha, merengue, hustle, East Coast and West Coast swing, bolero and quickstep. Lastly, dance instructors and their students regularly attending the Club's monthly events periodically "show-case" their skills.



Membership

Membership continues to grow in 2020 and is open to new members. Residents can simply stop by the membership table at any dance and provide a check for \$10 per person, payable to Leisure World Ballroom Dance Club, which entitles members to a dance entry fee of \$10 per monthly dance.

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

About the Dances

Dance to music from all eras including Broadway, country and '30s through current-day pop tunes. Attendees are welcome to ask the bands for favorite tunes and if the bands know it, they will play it.

Suggested attire for dances held from September through May is dressy, with jackets and ties for the gentlemen and dressy outfits for the ladies. Warm weather dances held in June through August are more casual, with no ties or jackets required for the men and business casual for the ladies (no jeans). The Club has themed dances during the year, including the August Hawaiian dance and the



Club members don red for February's dance. The evening honored Valentine's Day and Healthy Heart Month. Dancers also enjoyed healthy heart snacks, including fresh blueberries, during the intermission. Photo by Jim Leong

October Halloween dance.

All dances are held on Saturdays from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. Reservations are strongly suggested to ensure a place at a table with friends, old and new. Contact Hal Freeman at either (bobbinal@aol.com) or (301-438-7513).

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The Write Moment

by John Moens

On Feb. 20, the Writers of Leisure World met in Clubhouse I.

Radha Pillai shared “Barcelona, Malta, and Gozo” in which she is transported by ferry to a tiny island near Sicily.

Joanie Friedlander presented “Iowa Hospitality,” a memorable tale of romance.

A fictional short story, “The Cruise” by John Moens, takes a hospital patient with a unique travel agency on the trip of a lifetime. The “Worst of Times” shared by Woody Shields responds to a claim about our current era.

Tom Anessi read two captivating poems from his book, “Then and Now” – “Travel” written in 1952 and “Deathbed” written in 2009.

“My Winter Adventure Trip” by Jean Anessi reads more like a trip to hell with bedbugs and rats.

However, life turned out better. The trip, taken in 1957, was with her new groom, and they are still together.

“The Initial Shock” by Felicia Brannon, a new member, begins “one quiet morning” and details a mysterious health problem.

Mimi Schultz, another new member, captivated the Group with “The Ups and Downs of Learning to Ski.” By chance, the first down happened before her skis even touched the snow. Annoyed

workers managed to stop and reverse the chairlift when she failed to get off at the top.

The riveting poem “Dinner” by Grace Cooper begins with a seated dinner for six and ends with a nibble by one.

Jerry Udell related an encounter aboard a plane with a man wearing a Super Bowl ring. The man said it was a gift from his son, Pittsburgh quarterback Terry Bradshaw.



Danuta Montorfano enchanted the Group with “Waiting for Spring.” In the poem, the love from Valentine’s Day is carried into the new season.

Writer’s Spotlight

Joanie Friedlander has been a member of the Writers of Leisure World for more than two years. She loves to hear other people tell their stories. Many of her stories are for a planned autobiography. She writes mainly prose now, although she used to prefer poetry.

In addition to writing, she loves to read. Impressed by Isaac Asimov, she sent him a poem and a sketch she created from his photo. He responded saying he liked the sketch. She later met him at a Star Trek convention.

Her favorite poet is Robert Frost. However, her favorite poetic image and quote is from her poetry teacher who, observing a flight of birds in a V formation, wrote, “The birds made a necklace on the sky.”

General Information

The Writers of Leisure World meet on the first and third Thursday of each month at 11 a.m. in Clubhouse I.

All residents are welcome to attend.

All residents are welcome to come read their work. The Group enjoys all levels of writing, so bring your poetry and essays to the next meeting.

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Plastic Bags – Then and Now

by Janice McLean

Ever since Dustin Hoffman's character in "The Graduate" was advised that the future is all about "plastics," plastics of all kinds have invaded our world, resulting in unforeseen pollution and threats to wildlife and human health.

As LW Green members learned at the Group's February meeting, there are an estimated one trillion plastic shopping bags used worldwide annually, according to a June 2018 article in National Geographic.

The National Resources Defense Council estimates that about five to eight percent of these are recycled, resulting in littered streets and streams, as well as gummed up machinery at municipal and private recycling plants.

Most environmental groups

agree that the best solution to this litter and waste is to reduce the use of single-use plastic bags.

Reducing Plastics

As the Group also learned, several Maryland legislators, including all the representatives from Leisure World's District 19, have introduced the "Plastic and Packaging Reduction Act," (House Bill 209; Senate Bill 313) which prohibits retailers from providing plastic carryout bags to customers at point of sale, and requires retailers to charge at least 10 cents for a paper or other carryout bag.

Retailers would have to track the customers' bag charges on receipts but would keep the money to offset the cost of paper or other reusable bags.

As research in San Francisco, San Jose and Chicago shows, laws that include both banning plastic carryout bags and charging for any kind of carryout bag have been the most effective in reducing overall bag consumption, according to Jennie Romer's

2017 article, "Why Carryout Bag Fees are More Effective Than Plastic Bag Bans," which appeared in HuffPost.

Since the Maryland Act both bans single-use plastic bags and imposes a fee for other carryout bags, if passed, it may prove highly effective in reducing plastic bag litter and waste.

LW Green encourages all residents to let their state representatives know that this bill should be passed as soon as possible. For further information, visit (www.lw-green.org).



About the Group

LW Green is a group of residents who strive to be better stewards of the environment through education and advocacy.

Members are not experts; the Group brings the experts to its members!

All interested residents are invited to attend LW Green meetings, which are held on the fourth Wednesday of each month at 2 p.m. in Clubhouse I.

Today's Tip

Today's 'pre-cycling' tip comes from the Environmental Defense Fund: pass on Styrofoam™. Choose cardboard egg cartons instead, which are usually made from recycled newsprint.

For paper boxes (such as cereal boxes), the rule of thumb is: if the unprinted side is gray and not white, it's probably made from recycled materials.



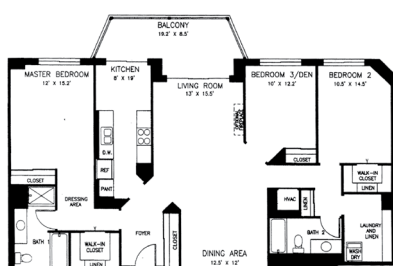
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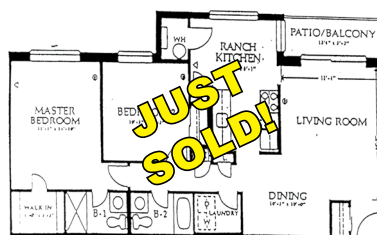
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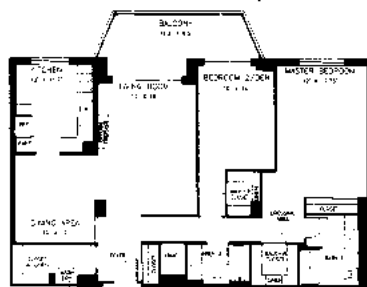
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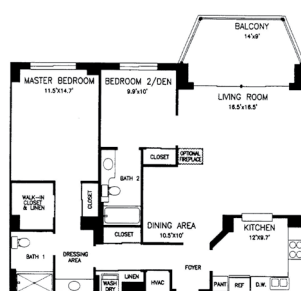
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March 11: County Trash and Recycling Uncovered

by Maxine Lewack

The Rossmoor chapter of the Montgomery County League of Women Voters meets on Wednesday, March 11, at 10:15 a.m. in Clubhouse I.

The topic of the discussion will be Montgomery County trash and recycling practices. How can county residents dispose of their refuse in a climate-friendly way? Is the county meeting its

own goals? How do Montgomery County's practices compare to neighboring counties and to other political entities in the state?

The county pays private businesses for trash removal and recycling; it owns no vehicles nor hires any personnel for this task. Primarily, unincorporated areas are served, but municipalities that sponsor their own collection services may use the transfer station and other facilities.

The Shady Grove Transfer Station is comprised of 45 acres in Derwood, Maryland. From there, the waste is sent by rail to the Montgomery County Resource Recovery Facility near Dickerson, Maryland, where the trash is used to generate electricity.

The Recycling Center uses 10 acres adjacent to the Transfer Station. The daily capacity can handle 346 tons of mixed paper and 150 tons of commingled

containers. Also, there is a composting facility for yard trash.

In 2018 a task force to enable practices "Aiming For Zero Waste" was formed. Some suggestions included adding curbside service for other materials such as textiles, food waste, housewares and electronics and implementing a "Pay As You Throw" pricing in which the price a person pays is determined by the amount of trash he or she generates.

■ Unitarian Universalists

March 24: Program's Speaker Provides Status of the Women's Movement

by Dave Edfors

On Tuesday, March 24, in observance of National Women's History Month, the Unitarian Universalists present a program by Linda Mahoney, president emerita of Maryland National Organization for Women (NOW), to report on the status and goals of the women's movement.

The program begins at 2:30 p.m. in Clubhouse II and is followed by light refreshments and conversation. Residents don't have to be members of the Unitarian Universalists to attend; all residents are welcome.

The NOW is dedicated to a multi-issue and multi-strategy approach to women's rights and is the largest organization of feminist grassroots activists in the U.S. NOW has hundreds

of chapters and hundreds of thousands of members and activists in all 50 states and Washington, D.C.

Since its founding in 1966, NOW's purpose is to take action through intersectional grassroots activism to promote feminist ideals, lead societal change, eliminate discrimination and achieve and protect the equal rights of all women and girls in all aspects of social, political and economic life.

and volunteers as a political consultant on a variety of issues. She has dedicated most of her life to helping more women get elected and raising

awareness for pay equity, equal rights and human rights.

Mahoney has supported numerous Maryland women's political campaigns, has been an active member of the steering committee for the

Women's Legislative Briefing, a board member of the Maryland Legislative Agenda for Women and a board member

of the Maryland Women's Heritage Center.

She is a former member of the Montgomery County Democratic Central Committee, supporter of Emerge Maryland and member of Montgomery County Business and Professional Women, who elected her as their 2017 Woman of the Year.

Since relocating to Washington, D.C., Mahoney earned her juris doctor at The American University's Washington College of Law and recently retired from Ernst & Young's General Counsel's Office in Washington, D.C.

Join the Unitarian Universalists on March 24 for this interesting and informative presentation.



Linda Mahoney, courtesy photo

About the Speaker

Mahoney is an activist

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March 12: Celebrate Women's History Month with a 'Speakeasy'

by Roger Blacklow

Get active and involved in the Democratic Club.

On Thursday, March 12, celebrate Women's History Month with a 'speakeasy' at 7 p.m. in the Clubhouse I Crystal Ballroom. A cash bar will be available.

The guest speaker is Yvette Lewis, new chairwoman of the Maryland Democratic Party – and a very dynamic speaker.

On Monday, March 16, at 6 p.m., Club members will view the recent documentary, "Suppressed: The Fight to Vote," about voter suppression during Georgia's midterm elections in 2018; a discussion with Montgomery County

Councilmember Tom Hucker follows the film.

And then on Thursday, April 2, the Club holds a board of education forum and Q&A from 5-8 p.m. in the Clubhouse I Crystal Ballroom. Information on a judges' forum and a presidential forum will be forthcoming.



Elections

Maryland's primary election is on Tuesday, April 28. On the ballot will be the races for school board, county judges and Congressional District 8, which Rep. Jamie Raskin represents. He has several announced challengers.

A resident must be a registered Democrat to vote in the Democratic primary; no



Members write more than 1,100 letters to fellow Democrats. Photo by Katherine Deerkoski

Independents or crossovers are allowed.

Register no later than Tuesday, April 7. Early voting starts Thursday, April 16.

Want to register or change party affiliation? Visit the Maryland State Board of Elections at (https://elections.maryland.gov/voter_registration/index.html) to register online or to download the voter registration application.

Club Information

To join the Club, mail a check for \$15 per person, payable to the Democratic Club of Leisure World, to (Democratic Club of Leisure World, P.O. Box 12374, Silver Spring, MD 20908).

The Club's membership meetings are held on the second Thursday of each month at 7 p.m. in the Clubhouse I Crystal Ballroom, unless there is a religious or secular holiday.

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■ Republican Club

March 17: Club's Meeting Focuses on Elections

by Fred Seelman

The next meeting of the Republican Club is on Tuesday, March 17, at 1:30 p.m. in Clubhouse I.

The Club's main focus at the March meeting will be helping to choose the Republican candidate for the U.S. House of Representative's 8th congressional Maryland district, the district in which Leisure World is located.

More attention than usual is being paid to this election because it has attracted an exceptionally large number of Republican candidates, namely Gregory Thomas Coll, Patricia Rogers, Nicholas Gladden, Shelly Skolnick, Michael Yadeta and Bridgette L. Cooper.

Two of the candidates, Coll and Rogers, spoke at the Club's February meeting. The two speakers covered healthcare, the budget, immigration, veterans, military and defense and jobs and employment.

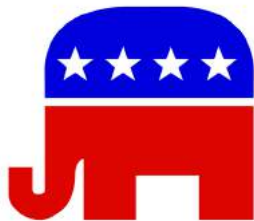
Attend the March 17 meeting to hear about and discuss the remaining four Republican congressional candidates. Infor-

mation will be available about all of them, and some candidates may be present. Members who cannot come to the meeting but would like more information should contact Club president Fred Seelman at (fseelman@gmail.com).

In addition to covering the Congressional election, the Club will hold its own. The line-up of nominations includes Fred Seelman, president; Robert Kammer, first vice president; Irmgard Patrick, second vice president; Donna Reilly, secretary; and Woodrow Shields, treasurer.

Remember that the Club will participate in the Maryland primary elections on Tuesday, April 28. Besides voting, help out by working at one of the three Leisure World precincts: Clubhouse I, Clubhouse II or The Inter-Faith Chapel. Contact the Club if you'd like to volunteer.

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



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

March 23: Guest Speaker Discusses State and Federal Legislation

by John Moens

The next NARFE meeting has been rescheduled for Monday, March 23, (the fourth Monday of the month) at 2 p.m. in Clubhouse I.

Guest speaker Paul K. Schwartz is the Maryland Federation of NARFE State Legislative Committee chair and a freelance columnist for the Sentinel newspapers. He will provide his insights on current state and federal legislation.

and advice its members provide. The Chapter's budget is in good shape.

The Chapter believes it consistently has a lively agenda, including not just federal and state political leaders, but experts on immigration, health, veterans' affairs and more.

Still, Chapter membership is only a small fraction of the total number of federal retirees living at Leisure World. If interested in joining Chapter 1143, contact

John Lass at (301-288-4210). Let's work together to protect all of us.

Additionally, 2020 is an election year, and Montgomery County always has room for people willing to work at polling places to ensure elections are fair and free.

For more information, visit (www.777vote.org) and click on "election workers."



Become a Member

Decisions will be made in Congress that will impact all our lives – not just for one year or four years, but quite possibly for decades. That is why the Chapter puts special emphasis on expanding its membership.

The Chapter always has good attendance at its meetings and appreciates the comments, suggestions

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Began on Ash Wednesday, February 26th.

During Lent, an 11:00 AM Mass will be added to the regularly scheduled 9:00 AM Mass Monday through Friday.

In addition, Stations of the Cross will be celebrated at 3:00 PM on Fridays.

Adoration and confessions will be held at 2:00 PM on Mondays, Wednesdays, and Fridays.

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

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March 11: NA'AMAT Welcomes Renowned Storyteller Noa Baum

by Carole Mund

On Wednesday, March 11, all residents are invited to an open meeting where renowned storyteller Noa Baum speaks at 12:30 p.m. in the Clubhouse I Crystal Ballroom. The event has no charge, and refreshments will be served.

Even before written language, mankind told stories to entertain, teach lessons and share cultural heritages as well as hopes and dreams for the future. Baum will share personal and traditional stories that help people find meaning and connection.

Baum is an award-winning storyteller and author who has presented internationally to diverse audiences from the World Bank to inner city schools. Baum's stories have been featured on Public Radio International, and she is a

recipient of the Parents' Choice Award for storytelling.

Baum's book, "A Land Twice Promised: An Israeli Woman's Quest for Peace," is an introspective memoir that reaches into the depths of the chasm between Israeli and Palestinian experiences and how the use of storytelling provides an avenue of therapy and understanding. The book will be on sale for those who would like to delve further into her approach. Payment may be made by cash, check or charge.

Supporting the Mission

The mission of NA'AMAT Israel is to provide social, psychological and economic support services for women and children. NA'AMAT's schools and 223 daycare centers promote pluralism and equality for all of Israel's citizens, and its 233 daycare centers ensure the safety and security of more than 17,000 preschool children.

A technological high school in Nazareth, which offers quality education to some 300 Arab students, many of whom come from disempowered families, has recently opened a new cross-country cycling program.

The Club's social activities serve as fundraisers to support the many programs NA'AMAT provides. If interested in becoming more involved, contact Linda Schoolnick at (301-922-1076).

Luncheon

Each year, NA'AMAT sponsors a luncheon to support the children in Israel who are in need of educational programs and support services,

including counseling. All profits and donations go directly to the spiritual adoption of Israeli children in need.

This year's spiritual adoption luncheon is on Tuesday, April 21, at 11:30 a.m. in the Clubhouse I Crystal Ballroom. The luncheon welcomes keynote speaker Chris Gordon, an Emmy award-winning reporter, investigator and columnist for NBC4 and WRC.

In 2018, Chris Gordon was inducted into The National Academy of Television Arts & Sciences as a Silver Circle honoree for excellence in journalism. He has been a legal analyst for Court TV, providing examination of many major decisions.

Enjoy a delicious plated lunch accompanied by juices, coffee or tea, and a delicious dessert. The fare is \$28. To attend, mail checks, payable to NA'AMAT, along with table requests to Harriet Chaikin at (15101 Interlachen Dr. #216, Silver Spring, MD, 20906). Checks should be received no later than Friday, April 10. For questions, contact Harriet at (240-560-7487).

Upcoming Events

NA'AMAT holds a donor luncheon on Thursday, May 14, at Manor Country Club. More information is forthcoming.

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

For membership information, contact Harriet Chaikin at (240-560-7487). For tribute cards, contact Lenore Kalen at (301-922-4348). For information about NA'AMAT's book club, contact Barbara Tahler at (240-669-6961).



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March 15: Consumer Protection Laws are Topic of Discussion at Brunch

by Jonas Weiss

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

Friedman will speak about how the agency enforces consumer protection laws that prohibit unfair and deceptive business acts or practices. He will address consumer scams that affect minority communities, senior citizens and other vulnerable consumers.

Friedman is a lawyer and member of the Maryland and Washington, D.C., bars. He has appeared on the NBC Today Show, National Public Radio and other programs. He has resolved thousands of consumer complaints and participated in litigation on the unfair and deceptive practices in retail sales, home construction and repairs, lending and credit counseling.

The cost of the brunch is \$14 for members and \$18 for non-members. To attend, mail checks, payable

to JRLW, to Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906). Checks must be received by Monday, March 9.

March Events

Celebrate the holiday of Purim, which commemorates the saving of the Jews of the ancient Persian Empire from annihilation. JRLW will have a service with readings of the Megillah (scroll) of Esther and refreshments to celebrate the holiday on Tuesday, March 10, at 9:15 a.m. in Clubhouse II. Costumes are optional.

JRLW sponsors an information expo on various topics especially of interest to seniors on Thursday, March 26, from 1:30-3:15 p.m. in Clubhouse I. A presentation on aging in place will follow the exhibition. See the Health and Fitness section for more information about this event.

April Events

On the second night of Passover, Thursday, April 9,

JRLW will have its traditional second Seder at 6 p.m. in the Clubhouse I Crystal Ballroom. A reservation form with more details is in the March edition of the JRLW newsletter. Reservations must be made by Friday, March 27.

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

Good Deeds Day is Sunday, April 26. Packages of food will be collected from 11 a.m.-2 p.m. in the Clubhouse I lobby and will be provided to Manna Food Center.

JRLW Elections

JRLW holds its annual meeting for all members on Monday, April 13, at 7 p.m. in Clubhouse I. The meeting includes elections for officers of the Club's board of directors. Anyone not already nominated but interested in a position should contact Leah Weisman at (301-288-4267).

Religious Services

Rabbi Fink and Cantor

Wendy Gonzales conduct Sabbath service on Friday, March 6, at 7:30 p.m. in The Inter-Faith Chapel.

Cantor Michael Kravitz conducts services on Saturday, March 14, at 9:15 a.m. in Clubhouse II.

Rabbi Moshe Samber and volunteers will have services and discussions on Saturday, March 7, 21 and 28 at 9:15 a.m. in Clubhouse II.

Donations

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

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

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





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March 22: 'Tastes Across Centuries: the Enduring Influence of Foods from Spain's Medieval Jews'

by Jerome "Jerry" Cohen

The Jewish Discussion Group's (JDG) next session is on Sunday, March 22, at 10:30 a.m. in Clubhouse I.

Sponsored by Moment magazine, the featured speaker is Susan Barocas who will present "Tastes Across Centuries: The Enduring Influence of Foods from Spain's Medieval Jews."

Spain's medieval Jewish community was the center of the Jewish world for centuries. What did these original Sephardim grow, cook and eat? How did food betray these Jews?

Explore the fascinating food connections between Spain's Jewish community before the expulsion and Jewish and other foods around the world today.

About the Speaker

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

Washington Post, Huffington Post, Moment and Lilith magazines and in other publications.

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



Susan Barocas, courtesy photo

Moderator Update

The position of moderator is still open and will need to be filled soon for the

Group to continue holding its monthly sessions.

Any person who is interested in discussing assuming the role of moderator is encouraged to contact Jerry Cohen at (240-970-5024) or (jeromeacohen67@outlook.com). Paul Bessel has graciously agreed to fill-in as needed for the next few sessions.

Open to All

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

■ Hadassah

March 25: Hadassah Holds Women's Seder

by Barbara Eisen

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

The Seder recognizes the role of women in the Passover story and in contemporary Jewish life. Schmelzer-Covel currently teaches at the Charles E. Smith Jewish Day School. In addition to matzah and grape juice, homemade Passover desserts will be served. The cost is \$8.

To register, send a check, payable to Hadassah, to Ellen King at (3517 John Carroll Dr., Olney, MD 20832) by Wednesday, March 18. Please register by the deadline. If room is still available, the cost at the door is \$10.

For questions, contact Ellen at (301-570-0814). All residents and their guests are welcome to attend.

Judaic Studies

The next meeting of the Hadassah Judaic Studies Group is on Monday, March 16, at 1:30 p.m. in Clubhouse I. The theme is Jewish-American

humor. Bring your favorite quip, joke or story to share with others as the Group laughs at comedians from vaudeville until today.

The meeting has no charge, but attendees are invited to make a small contribution. The meeting's program was originally scheduled for December but was canceled due to bad weather. As always, all residents and their guests are welcome.

For more information, contact either Group moderator Shari Goldstein at (240-293-644) or Naomi Kline at (nbk165@comcast.net) or (240-669-7683).

Hadassah Information

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. The prices are \$3 each for one to three cards and \$2.50 each for four or more cards.

Cards are displayed and sold at every Hadassah meeting. Call Elaine at (301-598-0079) or Jan at (301-593-7720) to buy cards between meetings.

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

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

If interested in knowing more about Hadassah, contact one of its membership vice presidents: Lois Fields at (301-585-9804) or (loisfields2@earthlink.net), Linda Epstein at (301-847-9650) or (lepstein8@gmail.com) or Natalie Rosen at (301-279-5640) or (bnrosen@comcast.net).

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April 5: Bob Levey Discusses the Golden Years of The Washington Post

by Jerome "Jerry" Cohen

The next Jewish War Veterans (JWV) Post 567 brunch is on Sunday, April 5, at 10 a.m. in Clubhouse I Crystal Ballroom.

Bob Levey will speak about "The Golden Era at The Washington Post," when the paper was under the leadership of executive editor Ben Bradlee and publisher Katharine Graham. He will speak about Watergate, the Pentagon Papers, the great political reporters of that era and much more.

For 23 years, Levey wrote a daily column, "Bob Levey's Washington" for The Washington Post. Currently he writes a monthly column for The Beacon newspapers.

Seven times, Levey was named one of the most popular columnists in Washington, D.C., by Washingtonian magazine for his Post column. Earlier in his 36-year career at The Post, Levey covered presidential politics, congress, local news and sports.

Levey will also have copies of his recent book, "Larry Felder, Candidate," available for sale. It is a novel that provides a close-up look at a big-time newspaper and contemporary Washington, D.C., area politics.

Post 567's brunch events are open and available to all residents and to the public; membership in JWV is not required.

Brunch Details

The delicious buffet brunch includes eggs, tuna fish, lox, bagels, latkes, blintzes, pastries, fresh fruit, coffee, juices and more. Tables of eight-10 only may be reserved with payment for all tablemates. Include the names of all people attending with the reservation payment. Otherwise, open seating is on a first-come, first-served basis.

The cost of the brunch is \$17 per person. Mail checks, payable to JWV 567, to (JWV Post 567, 14030 Connecticut Ave., P.O. Box 9415, Silver Spring, MD 20906). Checks must be received by Monday, March 30. Rising costs have necessitated an increase in the price of the brunch.

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

Post Information

The Post's requested name change of "Jewish War Veterans Krieger-Loube Post 567" was officially approved by the National Executive Committee at their semi-annual meeting held at a conference facility in Crystal City, Virginia, in February.



Bob Levey, photo courtesy The Washington Post

Past commander of Post 567 Danny Bass was the driving force in initiating and arguing for the name change in the memory of his close friend, Milton "Macky" Loube. For years, Commander Loube and his family provided leadership and performed many of the Post's administrative functions.

Members' business meetings are held the first Wednesday of each month from 11 a.m.-12:30 p.m. in Club-

house I. All regular members and patrons and those who are considering joining are invited to attend.

Two new categories of regular membership were recently added by the JWV national governing organization. Those who have served in the U.S. Public Health Service Commissioned Corps or in the National Oceanic and Atmospheric Administration Commissioned Officer Corps are legally recognized as veterans and are now eligible and encouraged to join the Post.

Those who would like additional information, have questions about membership, would like to be added to Post 567's email notification and e-newsletter list or who wish to make donations to the Post in honor of or in memory of someone should contact Post Commander Jerry Cohen at (240-970-5024) or (jeromeacohen67@outlook.com).



My name is Jay Guan

I am a husband, a father, and on weekends, a soccer player.
I am an aerospace engineer, an education advocate, and also a transportation activist.

I am running for MCPS Board of Education At-Large

I am running because I believe that **All kids** should have access to an excellent **future-ready education**.

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By Authority : Friends of Jay Guan. Treasurer: Yuxiu Fu



Nominations Needed for 2020-2021 Board of Directors

by Patricia Means

The first half of the 2019-2020 membership year flourished with outstanding events, including the celebration of 25 years of achievements, and the organization will continue to provide events throughout the remaining membership year that ends on Tuesday, June 30, 2020.

To sustain the organization, it is important that members participate in steering the affairs of the organization by becoming a board member for 2020-2021, which covers the period of Wednesday, July 1, 2020 through Wednesday, June 30, 2021.

Most LWAAAC members have had decision-making careers or volunteering experiences, and have community service skills that are ideal for board positions. Becoming

an elected officer affords an opportunity to share experiences, explore possibilities and be creative.

The positions to be filled are president, vice president, recording secretary, correspondence secretary, financial secretary and treasurer.

Members may nominate any individual deemed to be a good candidate and who has been a LWAAAC member for one year. Members also are encouraged to be bold and step forward with self-nominations.

Nominations must be received by Friday, March 20, and may be submitted to Eleanor High, nominating committee chairperson, at (301-598-1258) or (bondhigh67@gmail.com).

Upcoming Events

"Harriet," the 2019 film, is shown on Saturday, March 21,

at 2 p.m. in the Clubhouse II auditorium.

The "Mahalia" concert featuring the Lavenia Nesmith Ensemble is on Sunday, March 22, at 4:30 p.m. in the Clubhouse II auditorium.

For additional information on either of these events, see the Events and Entertainment section of this publication or contact Juanita Sealy-Williams at (301-822-4531).

Trips

A trip is planned to see the play "Seven Guitars" on Wednesday, April 15, at 2 p.m. at Arena Stage in Washington, D.C. The play is a part of the August Wilson Festival.

A trip is also scheduled for Wednesday, June 24, to see "Tina – The Tina Turner Musical" at 2 p.m. at the Lunt-Fontanne Theatre in New York City.

For additional information on either of these trips, see the Club Trips section of this publication or contact Juanita Sealy-Williams at (301-822-4531).

Club Information

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

Leisure World Showcase

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

In March, the display is LWAAAC women. The display was designed and posted by the public relations committee.

■ New Yorkers and Friends Group

March 12: New Yorkers and Friends Hold Diversity Potluck Luncheon

by Linda Mahler

The New Yorkers and Friends Group holds its first international potluck luncheon on Thursday, March 12, at 11:30 a.m. in Clubhouse II for members and prospective members.

The diversity of New York

is the potluck's theme, and the Group will recognize each other's ethnic and cultural backgrounds through diversified cuisine. Attendees may share stories related to the food they bring.

The cost of the luncheon is \$2 plus a ready-to-serve dish for six-eight people from your ethnic background or country

of origin. RSVP to Dottie Chanil at (301-871-1513) or (chanil4@aol.com) and let her know what you will be bringing from one of the following categories: salad, appetizer, entrée or dessert.

Coffee and tea will be provided. Chanil will also be available to accept reservations and money on Tuesday, March 10, from 10-10:30 a.m. in Clubhouse II lobby.

April Meeting

The Group holds a general meeting for paid-up members on Friday, April 17, at 10:30 a.m. in Clubhouse II. Alan Goldstein, Foundation of Leisure World board member and fellow New Yorker, will present an informative overview of the important role the Foundation of Leisure World provides to the community.

Pizza will be served following the presentation. Non-group

members will be charged \$5. RSVP to Alan at (ajg@webbusconnect.com) or (301-847-9215) if planning to attend.

Membership

Membership in the New Yorkers and Friends Group is open to all residents who have any affiliation with New York, city or state, or anyone who just likes New Yorkers. Dues of \$10 per person cover the period from Sept. 1, 2019 through Monday, Aug. 31, 2020.

From now through Aug. 31, 2020, membership dues are half price (\$5). Mail checks, payable to New Yorkers and Friends Group, to Dottie Chanil at (3829 Glen Eagles Dr., Silver Spring, MD 20906).

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

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Rossmoor Women Plan Spring Events

by Marcia L. Elbrand

Scholarship awards in May and a Severn River cruise in June are ahead for Rossmoor Women's Club (RWC) members.

The annual scholarship luncheon, a Club calendar highlight, is on Wednesday, May 13, at noon at Manor Country Club. The event will include a presentation of scholarships to outstanding young women from Blake High School.

Winners will be chosen by education committee volunteers, under the direction of chairperson Rita Posner. A total of 15 applicants will be screened, and monetary awards will go to the four top applicants.

Anchor's Aweigh

RWC takes a Severn River cruise on Friday, June 26. The trip is open to all. See Club Trips in this edition for details and registration information.

Camp No Limits

Fifty RWC members gathered recently for a potluck luncheon to hear guest speaker Michele Martin describe activities at Camp No Limits, a three-day program that gives children with limb deficiencies or amputations a chance to build lifelong friendships with other youngsters who have similar challenges.

RWC recently added this organization to the list of local groups it helps to support with an annual gift. The camp, which is located in Maryland,

began more than a decade ago with four children in attendance and now has served more than 1,000 youngsters, with programming for their parents and siblings as well.

Such camp programs that teach life and coping skills, are rare in the U.S. Martin, a nurse from Frederick, Maryland, whose teenaged daughter Jesse has participated in the program three different times, shared pictures and posters showing some of the youngsters' accomplishments.

The cost to attend the camp is \$500, so donations to the non-profit foundation that supports the camp are welcome, Martin said.

Checks (payable to Camp No Limits) may be mailed care of the program's director, Mary

Leighton, at (Camp No Limits, 265 Centre Rd., Wales, ME 04280). Further information is available on the group's website at (www.nolimitsfoundation.org).

Get Involved

"Involvement in Rossmoor Women's Club means you are supporting more than a dozen local charities," said Abigail Murton, Club president.

Among them are year-long support for the pre-school Head Start class at nearby Harmony Hills Elementary School, college scholarships and Fisher House Foundation, which runs a residence for those visiting hospitalized military men and women.


Other charities receiving help from RWC include the Betty

Ann Krahne Center, the only domestic violence shelter in the county, Montgomery Hospice, and FISH and Fireside Forum at Leisure World.

Membership in RWC is open to both residents and others living in nearby communities. Dues are \$40 per year and may be mailed at any time to Aggie Eastham, membership chair, at (3100 N. Leisure World Blvd., Apt. 126, Silver Spring, MD 20906).


Residents and their guests who would like to know more about RWC are welcome to attend a board meeting, which are regularly held on the second Monday of the month at 10:30 a.m. in Clubhouse I.

Club membership is now at 153 individuals, including 39 who have joined since May 2019.



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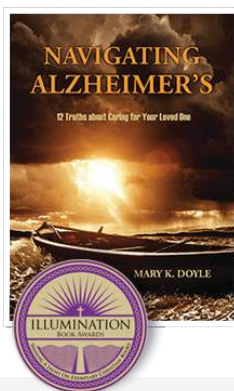
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■ Going It Alone Club

Take a Trip with GIAC

by Elizabeth Brooks-Evans

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

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

Trips

On Wednesday, April 15, GIAC travels to see "Love Letters" at Washington County Playhouse in Hagerstown, Maryland. For more information, contact Nancy Alderman at (301-598-5614).

From Saturday, July 18, through July 25, GIAC sponsors a top quality, fully-equipped motor coach trip to Montreal, Quebec City and Canada's capital city, Ottawa. To learn more, contact GIAC's trip coordinator Buck Parr at (301-760-8094).

More detailed information on these trips is found in the Club Trips section of this publication.

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

Armchair Travel

On Saturday, March 7, see "Munich and the Foothills of the Alps." Well-known video travel guide Rick Steves takes travelers on a virtual visit to boisterous markets and go-for-Baroque palaces while office workers surf in the Isar River.

Heading into the foothills of the Alps, tour the fairytale castles of "Mad" King Ludwig, and climb to the highest point in Germany atop the Zugspitze. Then cross into Tirol to conquer a desolate ruined castle and much more.

On Saturday, March 14, virtually travel to Vienna, Austria, with travel guide Rick Steves, where you will nibble chocolate cake at an Old World café and marvel at the indomitable Gothic cathedral at the heart of town.

Then tiptoe through the Hofburg Palace, be dazzled by the Habsburg crown jewels at the Imperial Treasury, sniff vinegar and kraut at the Naschmarkt and waltz to the three-fourth beat of Johann Strauss in Vienna's City Park.

Games

Games begin right after armchair travel at 2:30 p.m. with bridge and Rubik's cube in the Clubhouse II lobby.

Mexican train dominoes is played in the Game Room, where an old-fashioned dominoes game is also available. Members are also welcome to bring or suggest other favorite games.

Membership

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

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

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



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Boomers Gather for Meals and Merriment

by Beth Leanza

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

The Club provides water and soda at its club-house activities, and members can, if they like, bring additional beverages and snacks.



an email address to receive updates on Club events.

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

Have you joined but aren't receiving Club emails? Contact Beth Leanza at (bethlea12020@gmail.com) or (301-598-4569).

Membership

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

Friday Hikes with Joyce

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

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

Joyce Richardson, available at (301-598-7098) or (777cheekie333@gmail.com), leads walks on Fridays. They

meet up at 1:15 p.m. at a local trail. Most walk about three miles, but some walk in halfway and return. To carpool to the trail, contact Joyce at (301-598-7098) by Thursday night.

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

- March 13 – Matthew Henson Trail (Silver Spring) Meet at the display maps at 1:15 p.m. Bring water. Park in the back of the parking lot of the Global Korean Mission Church.
- March 20 – Berma Road (Potomac) Meet in the parking lot across from Angler's Inn on MacArthur Boulevard at 1:15 p.m. Bring water.

Sunday Morning Walks

Early risers meet up on Sundays at 8:30 a.m. near

Arden Court (across from Kelm-scot Drive) to walk the entire Leisure World Boulevard circle. Sometimes they go out to breakfast after. Need more information? Contact Ted Michos at (Tedmichos@gmail.com).

Weeknight Walks

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

AVA Walks

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



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Clubs, Groups & Organizations In Brief

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

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

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

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

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

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

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

Knitting Corner: Join us the second and fourth Fridays

of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is March 13. 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.

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

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

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

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

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

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

Quilting Group: Come and join this fun group as members work on individual projects. The Group now includes those interested in all needlework and knitting. Members meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). The next meeting is March 12.

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

Short Story Group: Beginning in April, members will start reading from a new, more traditional collection of short stories, "The Oxford Book of English Short Stories," edited by A. S. Byatt. Beth Leanza can order copies, or they can be

► to page 45

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

purchased from Amazon. Either the 2009 or 1998 edition is acceptable. This collection includes many famous, almost classic authors. On Wednesday, March 18, Mary Ann Chinni will lead a discussion of "The Sign" by Elizabeth Strout. On Wednesday, April 1, Beth Leanza will lead a discussion of "The Sacristan of Botolph" by William Gilbert. The Short Story Group meets on the first and third Wednesdays of the month at 11 a.m. in Clubhouse I. For information about the group or ordering the next anthology, call Beth Leanza at (301-598-4569).

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

Town Meeting Organization: TMO is a movement of residents concerned about governance and management. The Group meets every month to organize, discuss and conduct resident town hall meetings. Topics such as the proposed

administration building, community governance, management and its involvement in mutual elections, and funding a strategic plan will be addressed. TMO meets the third Friday of each month at 2 p.m. in the Clubhouse I. All residents are invited to attend and become active in the movement. For information email (admin@townmeetingorganization.com) or visit (www.townmeetingorganization.com).

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

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





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Leisure World Club Trips

The next deadline for trip submissions is **Monday, March 9**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. Email your trip information to **lwnews@lwmc.com**.

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

**April
15**

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

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

The bus departs at 11:30 a.m. from Clubhouse II and returns at approximately 7 p.m. The cost is \$75 for members and \$85 for non-members and includes the brunch buffet, show, transportation and tip. For more information, call Nancy Alderman at (301-598-5614).

**April
15**

"Seven Guitars" Arena Stage, Washington, D.C.

The **Leisure World Association for African American Culture (LWAAAC)** hosts a trip to see the play, "Seven Guitars," at the Arena Stage in Washington, D.C. The play, a part of the August Wilson Festival, revolves around seven lives that are interconnected in 1940s Pittsburgh, Pennsylvania, when an old blues singer vows to turn his life around for a second chance. The play is infused with deep and soaring blues rhythms and pits the desire for a better future against harsh realities of life.

The cost is \$60 per person and includes bus transportation and admission to the play.

The bus departs Clubhouse II at 12:30 p.m. and returns approximately 4 p.m.

To reserve seats, payment (checks only, payable to LWAAAC) may be placed in the LWAAAC slot in Clubhouse I E&R office by Wednesday, March 18.

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

**April 27-
May 7**

Portugal, Spain and Gibraltar

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

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

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

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

**May
20-21**

Dover Downs Hotel and Casino, DE

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

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

Send a check(s), payable to NA'AMAT, to Trudy Stone at (15101 Interlachen Dr., Apt. 801, Silver Spring, MD 20906). Be sure to indicate on your check with whom you will be rooming. If you have any special needs, include that information as well. Questions? Call Trudy at (301-438-0016).

**June
24**

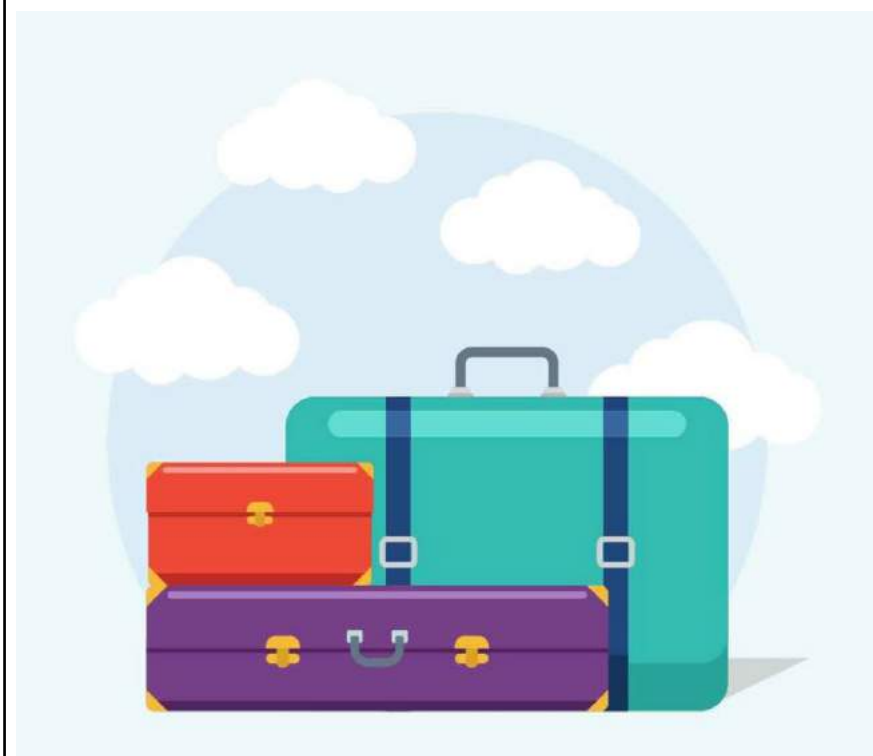
"Tina – The Tina Turner Musical" Lunt-Fontanne Theatre, NYC

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

The cost of \$230 per person includes bus transportation, lunch at Negril Village Restaurant in Greenwich Village and admission to the show. Lunch menu includes soup or salad, jerk chicken, jerk salmon or vegetarian pasta, fruit punch, ginger beer, sorrel or soda. The bus leaves Clubhouse II at 7 a.m. and returns approximately 9:30 p.m.

To reserve seats, payment (checks only, payable to LWAAAC) must be paid by Tuesday, March 4. Payments may be placed in the LWAAAC slot in Clubhouse I E&R office. Include a telephone number and email address with payment. For additional information, contact Juanita Sealy-Williams, program committee chairperson, at (301-822-4531).

continued next page



Leisure World Club Trips (cont.'d)

June

26

"Anchors Aweigh" Seyvern River Cruise, MD

Rossmoor Women's Club (RWC) has planned a river cruise that RWC trips chairperson Carol Freibert describes as "a great opportunity for pure enjoyment."

The six-mile, 90-minute, riverboat excursion offers scenic views and sights of the Annapolis Harbor and the banks of the U.S. Naval Academy.

The cost, \$90 per person, includes luxury motor coach transportation from Clubhouse II, cruise and a choice from four different boxes lunches.

The bus departs Clubhouse II at 10:30 a.m. and returns at approximately 4 p.m.

To make a reservations, drop by the Eyre Travel office in Clubhouse I, or call (301-598-1599) or (800-321-3973, ext. 4).

July

18-25

Canada, Oh, Canada!

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

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

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

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

Attention, Travelers!

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



Travels with My Aunt

Presented by Susan I. Wranik, MS, MA, CCC-SLP

Dementia is a journey, not a destination, similar to traveling to a foreign country; different language, different time zone and different cultural norms. "Travels with My Aunt" uses real-life stories to illustrate the tools for productive communication and positive interaction for those caring for, living with and loving someone with dementia. Susan's upbeat and innovative approach focuses on making the most of your time together.

Please RSVP by Friday, March 27th

Tuesday, March 31st

5:30 - 6:00 p.m. Registration & Dinner

6:00 - 8:00 p.m. Presentation

Hosted by:

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SPORTS, GAMES & Scoreboards

■ Pickleball Club

March 20: Pickleball Club Holds Spring Meeting

by Dee Berkholtz

It's hard to believe that the official start of spring is just weeks away, and the Pickleball Club is not letting any grass grow under its feet.

Plans have already started taking shape to schedule

spring and summer activities, including a ladder program, charitable fundraiser, tournaments and social activities.

To learn about the planned activities and to get an update on the outdoor courts, Club members are urged to attend the spring meeting on Friday,

March 20, at 5 p.m. in Clubhouse II. The meeting is open to all residents who are interested in learning more about the sport or Club.

The first ever Pickleball Club directory is about to be published and will be shared only with those who have registered on the website (www.LWPickleball.net) and paid their dues to Steve Van Albert, available at (steve.vanalbert@gmail.com). At some point soon, only those fully registered with dues paid will continue to receive weekly email schedules and periodic email notices.

When members register online, they are given the opportunity to indicate how much contact information they want shared with other Club members. Any member who needs help registering online can send an email to (LWPickleballMD@gmail.com) to request assistance.

Beginner clinics were temporarily discontinued but will resume on Tuesday, March 17, at 2:30 p.m. in Clubhouse II. Anyone interested in signing up for a clinic with Scott Keenum



Four of the "polar bear contingent" of the Pickleball Club – Leah Weisman, Angie Van De Merwe and Becky Siman – never miss a bright, sunny day at the courts, even if the temperature drops down to the '30s. Earmuffs, coats, scarves and gloves may render them a bit less mobile, but keep them warm enough to play. Photo by Willem "Wim" Van De Merwe

can reach him at (sskeenum@gmail.com).

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

■ 10-Pin Bowling League

Huggers Maintain Lead

by Rita Mastrorocco

The league is based on handicaps with averages for the bowlers ranging from 85 to 181. If you have not bowled in years, come out and join the fun.

The top league standings as of Jan. 21, 2020 are Huggers in first place, Winners in second place and Rolling Rocks in third place.

Top scores for the week of Jan. 14, 2020 are:

Scratch Game – Huggers, 676 pins
Scratch Series – Huggers, 1,960 pins
Handicap Game – Lightnin Strikes, 960 pins
Handicap Series – Lightnin Strikes, 2,755 pins
High Average Men – Steve Mueller, 180 pins
Scratch Game Men – George Spangler, 232 pins
Scratch Series Men – George Spangler, 583 pins
Handicap Game Men – George Spangler, 308 pins
Handicap Series Men – George Spangler, 811 pins
High Average Women – Chris Porter, 162 pins
Scratch Game Women – Betty Durham, 179 pins
Scratch Series Women – Chris Porter, 493 pins
Handicap Game Women – Betty Durham, 264 pins
Handicap Series Women – Betty Durham, 743 pins



Top scores for the week of Jan. 21, 2020 are:

Scratch Game – Guttersnipes, 697 pins
Scratch Series – Huggers, 1,994 pins
Handicap Game – Guttersnipes, 943 pins
Handicap Series – Huggers, 2,642 pins
High Average Men – Steve Mueller, 181 pins
Scratch Game Men – Steve Mueller, 235 pins
Scratch Series Men – Steve Mueller, 606 pins
Handicap Game Men – Bruce MacDonald, 294 pins
Handicap Series Men – Bill Thomas, 725 pins
High Average Women – Chris Porter, 162 pins
Scratch Game Women – Chris Porter, 223 pins
Scratch Series Women – Chris Porter, 495 pins
Handicap Game Women – Chris Porter, 275 pins
Handicap Series Women – Cathy Flinchbaugh, 689 pins

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

The league bowls every Friday morning with practice starting at 9:20 a.m. at Bowl America at 1101 Clopper Road in Gaithersburg. The cost for the three games of bowling, the use of bowling shoes and balls and unlimited cups of coffee is \$11. If interested in joining, call Rita at (301-814-9196).

■ Ping-Pong Club

Beginner Ping-Pong Lessons Continue in March

by Julie Friedman

The Ping-Pong Club continues its popular beginner instructional lessons, to be held on Wednesdays, March 11 and 18, from 2-3 p.m., in the Ping-Pong and Meeting Room of Clubhouse II. Note the new starting time of 2 p.m.

The lessons are free for Club members. The fee for non-members is \$1 per person/per session. Those who do not have a paddle may borrow one from the Clubhouse II E&R office. Or, used paddles may be available for sale at reasonable prices from one of the Club's members. Contact Julie at (julie12401@netscape.net) to reserve a lesson.

The Ping-Pong Club meets for doubles ping-pong every Monday and Wednesday from 3-5 p.m., and Fridays from 1-3 p.m. in the Ping-Pong and Meeting Room in Clubhouse II. Annual club dues are \$5 a year and include five free ping-pong balls.

Out of this World Chess Play

by Bernie Ascher

Quietly, 250 miles above the Earth, the International Space Station (ISS) has been circling for more than two decades.

It is the largest object placed in space by humans. Larger than a football field and weighing more than 924,000 pounds, it circles the Earth every 90 minutes at a speed of 17,500 miles per hour, completing 15.54 orbits each day.

Starting in November 1998, five space agencies assembled the ISS in orbit over a 30-year period, and still renovate and add to it. The size of a five-bedroom house, it has been occupied continuously since its completion, usually by three to six astronauts at a time, sometimes by as many as 12. More than 230 astronauts from 18 countries have visited and stayed there.

The Space Station is truly international. The U.S., Russian Federation, Canada, Japan and the European Space Agency cooperated in constructing the station, based on a 1998 agreement, at a total cost of about \$150 billion.

The ISS serves as a research laboratory with more than 300 experiments currently in progress. For example, scientists are assessing the performance of an experimental drug to prevent or mitigate loss of muscle due to microgravity (low gravity). Anheuser-Busch scientists are studying the malting of barley in microgravity, which the company believes could lead to brewing beer in space.

In addition to observing how microgravity affects human health, other scientists are testing how fire interacts with immediate surroundings in confined space and in microgravity.

Crews in the ISS depend on supplies from rockets launched by space agencies. Supplies consist of food, water, bathroom tissue and other essentials, plus tools and parts for repairs.

What chess fans would like to know, however, is whether it is possible to play chess in space. Would the chessboard and the pieces float about the cabin aimlessly due to lack of gravity? Could our engineers design a set made with Velcro, or snaps or magnets?

It would appear that space would be ideal for playing chess. Astronauts could play in an atmosphere of peace and quiet and without kibitzers. Perhaps with a soft drink, snacks and some pleasant piped-in music.

The answer is yes, chess can be played in space and has been played in the ISS. In fact, the first Space vs. Earth chess game started in September 2008. Astronaut Greg Chamitoff played aboard the ISS against

NASA's ground team in Houston. Earth won the game in December 2008.

The astronaut used an ultra-light-weight chessboard and hollow plastic pieces with Velcro bottoms. Chess players in the ISS cannot use magnets because they might interfere with sensitive electronic devices onboard. Recreational activities are important for astronauts to relieve the stress of work aboard the station.

Here on Earth, chess players have gravity all the time. They do not have to enter a password or press a button or pull a switch to turn it on. They do not even have to pay for it. Chess can be played anywhere without the pieces and the board floating away.

In the game pictured on this page, White

can win the game in three moves. Do you see it?

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

SOLUTION: White moves the Bishop from c1 to a3, checking the King. Black interposes the Queen at e7. White's Queen captures the Black Queen and checks the King. The King

moves to g8. White's Queen moves to e8. Checkmate!

So, do not wait for zero gravity. Do not wait for more experiments. Do not wait for transportation to the International Space Station. Play chess now!



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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 less than 1,000 master points. Flight C includes only ACBL member pairs, each less than 500 master points.

Tuesday, Jan. 28, 2020

**North-South
Flight A**

- 1. Allen Shaw – Patti Anschutz
- 2. Jerry Miller – Gerald Lerner
- 3. Diane Keiper – Marshall Kramer
- 4. Marilyn Udell – Maida Crocicchia

Flight B

- 1. Judith Lindley – Lorraine Nacson

**East-West
Flight A**

- 1. Abigail Murton – Dora Levin
- 2. Doug Brasse – Merrill Stern
- 3. Jim Anschutz – Robert Kerr
- 4. Hanna Schepps – Marlys Moholt

Flight B

- 2. Jim Anschutz – Robert Kerr

Friday, Jan. 31, 2020

**North-South
Flight A**

- 1. Aaron Navarro – Dora Levin
- 2. Alan Ferraro – Liz Ferraro

Flight B

- 1. Alan Ferraro – Liz Ferraro

**East-West
Flight A**

- 1. Allen Shaw – Saul Penn
- 2. Abigail Murton – Doug Brasse

Flight B

- 1. Abigail Murton – Doug Brasse

Tuesday, Feb. 4, 2020

**North-South
Flight A**

- 1. Aaron Navarro – Gerald Lerner
- 2. Diane Keiper – Nadyne Cheary
- 3. Alan Ferraro – Liz Ferraro
- 4. Allen Shaw – Patti Anschutz

Flight B

- 1. Alan Ferraro – Liz Ferraro
- 2. Madhav Deshmukh – Beena Deshmukh

**East-West
Flight A**

- 1. Alfred Caponiti – Frederic Caponiti
- 2. Dora Levin – Howard Tash
- 3. Jerry Miller – Marlys Moholt
- 4. Doug Brasse – Merrill Stern

Flight B

- 1. Nancy Gordon – Bernice Felix

Friday, Feb. 7, 2020

**North-South
Flight A**

- 1. Mark Lavine – Gail Singer
- 2. Rosmarie Suito – Shirley Light

Flight B

- 1. Stephan Billstein – Angela Riani

**East-West
Flight A**

- 1. Leanna Gipson – Liz Ferraro
- 2. Nancy Gordon – Sue Swift

Tuesday, Feb. 11, 2020

**North-South
Flight A**

- 1. Diane Keiper – Marshall Kramer
- 2. Allen Shaw – Patti Anschutz
- 3. Stephan Billstein – Marcia Fletcher
- 4. Aaron Navarro – Sue Swift

Flight B

- 2. Stephan Billstein – Marcia Fletcher

**East-West
Flight A**

- 1. Hanna Schepps – Marlys Moholt
- 2. Doug Brasse – Merrill Stern
- 3. Nadyne Cheary – Saul Penn
- 4. Helen Solomon – Rae Newman

Flight B

- 1. Helen Solomon – Rae Newman
- 2. Madhav Deshmukh – Beena Deshmukh

Friday Feb. 14, 2020

**North-South
Flight A**

- 1. Ulana Bilynsky – Carl Rockstroh
- 2. Mark Lavine – Dora Levin
- 3. Michael Benefiel – Sid Lotlikar

Flight B

- 1. Michael Benefiel – Sid Lotlikar

**East-West
Flight A**

- 1. Abigail Murton – Doug Brasse
- 2. Allen Shaw – Saul Penn
- 3. Norman Salenger – Gwen Haney

Flight B

- 2. Norman Salenger – Gwen Haney

continued next column

■ **Tuesday and Friday Duplicate Bridge** *(cont.'d)*

Tuesday, Feb. 18, 2020

**North-South
Flight A**

- 1. Jerry Miller – Gerald Lerner
- 2. Marilyn Udell – Maida Crocicchia
- 3. Aaron Navarro – Marlys Moholt
- 4. Wendy Morrison – Vern Skinner

Flight B

- 1. Wendy Morrison – Vern Skinner

**East-West
Flight A**

- 1. Doug Brasse – Dora Levin
- 2. Alfred Caponiti – Frederic Caponiti
- 3. Saul Penn – Elaine Conway
- 4. Liz Ferraro – Alan Ferraro

Flight B

- 2. Liz Ferraro – Alan Ferraro

Friday Feb. 21, 2020

**North-South
Flight A**

- 1. Wendy Morrison – Howard Brewer
- 2. Michael Benefiel – Sid Lotlikar

Flight B

- 3. Beena Deshmukh – Madhav Deshmukh

**East-West
Flight A**

- 1. Leanna Gipson – Judy Tankersley
- 2. Nancy Gordon – Sue Swift
- 3. Liz Ferraro – Alan Ferraro

Flight C

- 2. Marcia Fletcher – James Cowie

The next newcomers duplicate game is held on Monday, March 16, at 6:30 p.m. in Clubhouse I.

Bridge players who are unfamiliar with duplicate will partner with experienced duplicate players in a relaxed setting. A brief lesson on an aspect of bridge will precede the card play. Email (jerroldmiller@yahoo.com) for more information and to RSVP.

Regular duplicate games awarding masterpoints are held Tuesdays and Fridays at 7 p.m. in Clubhouse I. Results and hand records are available at (thecommongame.com).

Players who need a partner for either game should call Shirley Light at (301-598-6611) at least 24 hours in advance.

■ **Wednesday Night Chicago Bridge**

Compiled by Abigail Murton

Feb. 12, 2020

- 1. Abigail Murton and Doug Brasse, 3420
- 2. Leloy Cottrell and Joan Joyce, 2,660
- 3. Ann and Joe Boland, 1,890

Feb. 19, 2020

- 1. Joyce and Dick Riseberg, 2,430
- 2. Helen Montanaro and Jack Carney, 2,320

■ **Thursday Afternoon Ladies Bridge**

Compiled by JoAnn Gellman

Feb. 13, 2020

- 1. Judith Lane, 4,190
- 2. Susan Newman, 3,990
- 3. Judy Lindley, 3,690

Feb. 20, 2020

- 1. Joyce Brown, 4,830
- 2. Judith Lane, 4,470
- 3. Judy Lindley, 3,850

■ **Friday Bridge**

Compiled by Shirley Rosenhaft

Feb. 7, 2020

- 1. Barbara Marcus, 2,990
- 2. Shirley Rosenhaft, 2,790
- 3. Sunny Levin, 2,630
- 4. Jerry Weiss, 2,180

Feb. 14, 2020

- 1. Jerry Weiss, 3,110
- 2. Sunny Levin, 2,560
- 3. Bernice Cohen, 2,230
- 4. Bob Stromberg, 2,170

RECYCLING REMINDER
From the Sanitation Department

Sports, Games & Scoreboards In Brief

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

Bridge:

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

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

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

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

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

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

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

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

LW Golf Club: The golf course is open all winter long, weather permitting, with an organized "Winter Scramble" every Wednesday. Call the pro shop at (301-598-1570) for times and greens fees.

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

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

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

Pinochle Players: Experienced Pinochle players wanted. Members play Mondays beginning at 5 p.m. in Clubhouse II. If interested, call (301-401-3103) or (301-598-6740). If you are interested in learning, you are welcome to observe.

Poker:

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

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

• **Play Poker** Mondays and Thursdays from 1 p.m.-4:30 p.m. in the Clubhouse II Game Room. The group plays hi/low only (two winners). Call (301-598-4331) or (301-434-6823) or come observe.

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

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

Indoor Pool Volleyball. If you are a resident who wants to enjoy the inviting warm water of the social pool, join your peers in social volleyball on Thursdays, 6-7 p.m., and Fridays and Saturdays, 3-4 p.m. No skills needed, just come and have fun. Competitive volleyball games are played on Mondays and Thursdays from 6-7:30 p.m. and Sunday, 3-4:30 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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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.



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EDUCATION

NEW – Celebrating the 19th Amendment: 2020 is the centennial of the signing of the 19th Amendment to the U.S. Constitution, which granted women the right to vote. Participants will watch and discuss the documentary film “One Woman, One Vote.”

Also included is an optional trip to the National Archives Museum in Washington, D.C.

For additional information, contact Betty Smith, MLS, at (240-605-1512).

Class meets Thursdays, April 2-16, 2-4 p.m. **Fee: \$15** (includes a pocket-sized edition of the Constitution and handouts). **Register at Clubhouse I.**

NEW – Geography Up Close: Regional Landscapes of the U.S., a CLL course:

Across its vast spaces, the U.S. has great landscape diversity. This diversity is partly the result of physical factors, such as landforms and climate. But a place's landscape is also made by the people who live there. Because this country lured many people of many cultural heritages, and these heritages blended with those of indigenous Native Americans, the landscapes they created drew on disparate histories and were subject to many distinct environmental conditions.

One way that geographers are able to study and make sense out of all of this is through regional analysis. In this course, participants will examine the entire nation, looking at uniform regions, which will be multi-featured, representing an area's combined physical and/or cultural elements.

The regions to be covered include megalopolis, bypassed East, manufacturing core, Appalachia and the Ozarks, agricultural core, emerging South, southern coastlands, Great Plains, empty interior, Southwest border, Alaska and Hawaii, and California and the West Coast.

The course will be led by geographer/community planner Tom Conger.

Class meets Tuesday, April 14-May 19, 1-2 p.m. **Fee: \$15. Register at Clubhouse I.**

FOREIGN LANGUAGE EDUCATION

Advanced Conversational Spanish, a CLL course:

Discussion topics will include: what happened yesterday, last week or last year; vacation activities and what was done in the past; activities that occurred in the past; sports; buying clothes; and living in the city. Participants will also discuss the cultural aspects of the Spanish-speaking world.

The class, taught by resident Judy Frumkin, is conversation-based and meets Tuesdays, March 10-April 21, 10-11:30 a.m. **Fee: \$25 (includes materials fee). Register at Clubhouse I.**

Spanish for Travelers, a CLL course: This course is geared for those who plan to travel to Spanish-speaking countries and wish to gain more proficiency in Spanish terms to facilitate travel. Topics to be discussed include: greeting and farewells, including introductions; questions words; number and telling time; at the airport; checking into or out of a hotels and problems that could be encountered at a hotel; general terms and phrases about eating and drinking; how to order food and beverages at a restaurant; travelling around; meeting people; shopping; and health and safety.

Participants will role play situations to become more proficient with the material discussed.

The class will also introduce cultural information and specific information about various Spanish-speaking countries.

The class, taught by resident Judy Frumkin, meets Tuesday, March 10-April 21, 1-2 p.m. **Fee: \$25 (includes materials fee). Register at Clubhouse I.**

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

DANCE INSTRUCTION

Social and Ballroom

Dancing: Led by resident Alan Packer, participants will learn how to dance to fox trot, jitterbug,

waltz, rumba, tango, samba, mambo, electric slide, macarena and more.

Class meets Thursdays, April 2-June 4, 7-9 p.m. **Fee: \$15. Register at Clubhouse II.**

EXERCISE

NEW – Chair Yoga with Robin, Mondays or 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 Mondays, April 6-June 8 (no class April 27 or May 25) or Wednesdays, April 1-June 3 (no class April 8 or May 6), 2-3 p.m. Choose the day that suits your schedule. **Fee per session: \$110. Register at Clubhouse II.**

NEW – Gentle Yoga – Wednesdays and Saturdays with Marilyn: Yoga is a holistic system that combines movement, posture, breath, and relaxation techniques to

improve overall health and well-being physically, mentally, and spiritually. A consistent yoga practice has been shown to increase mobility, strength and flexibility, and to provide skills to cultivate a peaceful mind in the face of life's stresses and challenges.

This class is designed for individuals with some ability to get up and down off the floor and can be adapted according to the need of the practitioner. Beginners and ongoing students are welcome. Bring a yoga mat or blanket to the first class.

Class meets Wednesdays, March 25-June 10 (no class April 29 or June 3) and/or Saturdays, March 21-May 30 (no class April 25), 9-10:15 a.m. **Fee: \$84 for one day per week, \$145 for two days per week. Register at Clubhouse I.**

Exercising for the Beginner: This new offering from exercise instructor Linda Ginsburg is designed for beginner exercisers who want to become fit and improve strength. Participants will learn a variety of exercises using weights and exercise bands to develop and increase body awareness, flexibility, range of motion, as well as balance. The class will also include chair and mat exercises.

Participants should bring a mat and a bottle of water to each class.

Class meets Mondays, March 16-April 20 and/or Thursdays, March 19-April 23, 11:45 a.m.-12:30 p.m. **Fee: \$50 for one day a week; \$75 for two days a week. Register at Clubhouse I.**

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— MARYLAND ATTORNEY GENERAL BRIAN FROSH

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CHRISTOPHER C.
FOGLEMAN

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BIBI M.
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BY AUTHORITY OF ELECT SITTING JUDGES MONTGOMERY COUNTY SLATE, NANCY HOSFORD, TREASURER.

CALENDAR *of Events*

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

Friday, March 6

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment Required)
10:00 a.m. Open Art Studio
10:00 a.m. League of Women Voters Discussion Group
1:30 p.m. Watercolor II Art Class
2:00 p.m. E&R Event: Stephanie Dailey and Company
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
1:00 p.m. Zumba Gold Class
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
1:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball (Social)
4:00 p.m. Pickleball Club

Saturday, March 7

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. RAG Open Art Studio
10:00 a.m. American Needlepoint Guild (ANG)
7:00 p.m. Sock Hop
Clubhouse II
9:15 a.m. JRLW Service
11:00 a.m. Pickleball Club
2:00 p.m. Going It Alone Club: Social
3:00 p.m. Indoor Pool Volleyball (Social)

Sunday, March 8

Clubhouse I

No Scheduled Activities.

Clubhouse II

11:30 a.m. Pickleball Club
3:00 p.m. Indoor Pool Volleyball (Competitive)

Monday, March 9

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:00 a.m. Garden and Environmental Club
10:30 a.m. Stretch, Tone and Balance Class
1:00 p.m. Oils Art Class
1:30 p.m. Leisure World Chorale
2:00 p.m. CLL program: History of Guide Dog Movement in U.S.
7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
2:00 p.m. Chair Yoga Class
2:00 p.m. Line Dance Class
2:30 p.m. Computer Learning Center: Android Help Session
3:00 p.m. Line Dance Class
3:00 p.m. Ping-Pong Club
4:00 p.m. Ba Duan Exercise Class
5:30 p.m. Model Railroad Club Operating Session

5:30 p.m. Pickleball Club
6:00 p.m. Indoor Pool Volleyball (Competitive)

Tuesday, March 10

Clubhouse I

9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. Any Medium I Art Class
10:00 a.m. CLL Course: Advanced Spanish
12:00 p.m. Amateur Radio Club
1:00 p.m. CLL Course: Spanish for Travelers
1:30 p.m. Book Club Network: Non-Fiction
2:00 p.m. Cannabis 101 Club: Terpenes Seminar
7:00 p.m. Duplicate Bridge
7:00 p.m. Trivia Club

Clubhouse II

9:15 a.m. JRLW: Purim Service
10:00 a.m. LW Apple Club Clinic
11:00 a.m. Water Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-impact Fusion Water Exercise Class
1:30 p.m. Comedy and Humor Club
2:30 p.m. Pickleball Club
3:00 p.m. Living Better with Parkinson's Support Group
4:00 p.m. Pickleball Club Beginner's Clinic
7:00 p.m. Camera Club: Learn About Photography from Club's Award Winners

Wednesday, March 11

Clubhouse I

9:00 a.m. AARP Tax Preparation (Appointment Required)
9:00 a.m. Gentle Yoga Class
10:00 a.m. Any Medium II Art Class
10:15 a.m. League of Women Voters
12:30 p.m. NA'AMAT RBZ Club: Renowned Storyteller Noa Baum
1:00 p.m. Lions' Vision Support Group: Learn About Talking Books and Other Assistive Technology
1:00 p.m. Oils and Acrylics II Art Class
6:45 p.m. Chicago Bridge

Clubhouse II

8:00 a.m. Pickleball Club
9:00 a.m. County Council Town Hall Meeting
10:00 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
2:00 p.m. Chair Yoga Class
3:00 p.m. Ping-Pong Club
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Operating Session
6:00 p.m. Indoor Pool Volleyball (Competitive)

Leisure World Mutual Meetings

March 10

Mutual 16 Board
9:30 a.m., Sullivan Room
Mutual 19A Board
9:30 a.m., Clubhouse II
Mutual 25 Board
7:00 p.m., Sullivan Room

March 11

Mutual 11 Board
10:00 a.m., Sullivan Room

March 12

Mutual 12 Board
1:00 p.m., Sullivan Room
Mutual 6A Board
4:00 p.m., Sullivan Room

March 17

Mutual 14 Board
9:30 a.m., Sullivan Room

March 18

Mutual 5 Board
9:30 a.m., Sullivan Room

March 19

Mutual 15 Board
9:30 a.m., Sullivan Room

March 23

Mutual 9 Board
10:00 a.m., Sullivan Room

Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Mutual board meetings are open to respective mutual residents and absentee owners.

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

Budget and Finance

March 18, 10:00 a.m., Clubhouse I

Communications

March 19, 10:00 a.m., Clubhouse I

Community Planning

March 9, 9:30 a.m., Sullivan Room

Energy

March 17, 9:30 a.m., Clubhouse I

Golf and Greens

March 6, 9:30 a.m., Clubhouse I

Government Affairs

March 9, 2:00 p.m., Sullivan Room

Health

March 18, 2:00 p.m., Clubhouse I

Landscape

March 12, 9:30 a.m., Clubhouse II

Physical Properties

March 10, 9:30 a.m., Clubhouse II

Restaurant

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

Security and Transportation

March 12, 9:30 a.m., Clubhouse I

LWCC Board of Directors

March 31, 9:30 a.m., Clubhouse I

LWCC Executive Committee

March 20, 9:30 a.m., Sullivan Room

Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Meetings are open to all residents and absentee owners.

7:00 p.m. Gem, Lapidary and Mineral Society: "Sinister Sparkle"

Thursday, March 12

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training
10:00 a.m. Art is for Everyone Art Class
10:30 a.m. Stretch, Tone and Balance Class
12:30 p.m. Ladies' Bridge
1:00 p.m. Drawing – Any Dry Media Art Class
1:00 p.m. Bridge for Beginners Class
2:00 p.m. CLL Course: Great Decisions in Foreign Policy
7:00 p.m. Democratic Club: Speakeasy

Clubhouse II

9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
9:30 a.m. Quilting Group
11:00 a.m. Water Exercise Class
11:30 a.m. New Yorkers and Friends: Diversity Potluck Luncheon
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. Friends of India Association
6:00 p.m. Indoor Pool Volleyball (Social)

7:00 p.m. Intermediate Tap Class
7:00 p.m. Social and Ballroom
Dancing Class

Friday, March 13
Clubhouse I
9:00 a.m. AARP Tax Preparation
(Appointment Required)
10:00 a.m. Open Art Studio
10:15 a.m. League of Women
Voters Discussion Group
11:00 a.m. Book Club Network:
Literary Ladies Who Lunch
1:30 p.m. Watercolor II Art Class
2:00 p.m. The Washingtonians
3:00 p.m. Hispanos de LW – Movie
5:00 p.m. Arts in Motion: Steve
Washington Quartet Performs the
Music of Johnny Mercer
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
10:00 a.m. Chinese Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge Club
1:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball
(Social)
4:00 p.m. Pickleball Club

Saturday, March 14
Clubhouse I
10:00 a.m. RAG Open Art Studio
Clubhouse II
9:15 a.m. JRLW Shabbat Service
2:00 p.m. Going It Alone Club
Social
3:00 p.m. Indoor Pool Volleyball
(Social)
4:00 p.m. Lions Club Music
Program: Instruments of Praise
Band

Sunday, March 15
Clubhouse I
10:00 a.m. JRLW Breakfast Forum:
Eric Friedman, guest speaker
Clubhouse II
11:30 a.m. Pickleball Club
3:00 p.m. Indoor Pool Volleyball
(Competitive)

Monday, March 16
Clubhouse I
9:15 a.m. Stretch, Tone and
Strength Training Class
10:00 a.m. Beginning Acrylic
Painting Class
10:30 a.m. Stretch, Tone and
Balance Class
1:00 p.m. Oils Art Class
1:30 p.m. Leisure World Chorale
1:30 p.m. Hadassah Judaic Study
Group
2:00 p.m. CLL/JRLW: Media
Advisor Discusses Israel’s
Technological Accomplishments
6:00 p.m. Newcomers Bridge
6:00 p.m. Democratic Club: Voter
Suppression
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
12:15 p.m. Pickleball Club
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
1:30 p.m. JRLW Movie: “Love in
Suspenders”
2:00 p.m. Chair Yoga Class
2:00 p.m. Line Dance Class
2:30 p.m. Computer Learning
Center: Android Help Session
3:00 p.m. Line Dance Class
3:00 p.m. Ping-Pong Club
4:00 p.m. Ba Duan Class
5:30 p.m. Model Railroad Club
Operating Session
6:00 p.m. Lions Club
6:00 p.m. Indoor Pool Volleyball
(Competitive)

Tuesday, March 17
Clubhouse I
9:00 a.m. Blood Pressure Testing
10:00 a.m. Any Medium I Art Class
10:00 a.m. CLL Course: Advanced
Spanish
1:00 p.m. CLL Course: Spanish for
Travelers
1:30 p.m. Republican Club:
Election for Officers

7:00 p.m. Duplicate Bridge Game
7:00 p.m. Trivia Club
Clubhouse II
9:30 a.m. Beginner and Advanced
Tai Chi Class
10:00 a.m. LW Apple Club Clinic
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:00 p.m. Stroke Support Group
1:00 p.m. Non-impact Fusion
Water Exercise Class
1:30 p.m. Comedy and Humor
Club
2:30 p.m. Pickleball Club:
Beginner Clinic
7:00 p.m. E&R Event: Ocean Celtic
Quartet Performs ‘Music for
Ancients Moderns’

Wednesday, March 18
Clubhouse I
9:00 a.m. AARP Tax Preparation
(Appointment Required)
10:00 a.m. Any Medium II Art
Class
11:00 a.m. Short Story Group
1:00 p.m. Oils and Acrylics II Art
Class
1:00 p.m. Dog Club: Guiding Eyes
for the Blind Puppy Raising
Program
2:00 p.m. CLL: Neuroscientist
Discusses ‘Memory and
Dementia-related Disorders’
6:45 p.m. Chicago Bridge
Clubhouse II
8:00 a.m. Pickleball Club
10:00 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
2:00 p.m. Chair Yoga Class
3:00 p.m. Ping-Pong Club
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club
Operating Session
6:00 p.m. Indoor Pool Volleyball
(Competitive)
7:00 p.m. Mindful Meditation
Group

Thursday, March 19
Clubhouse I
9:15 a.m. Stretch, Tone and
Strength Training Class
10:00 a.m. Art is for Everyone
Class
10:30 a.m. Stretch, Tone and
Balance Class
11:00 a.m. Writers of Leisure
World
12:30 p.m. Ladies’ Bridge
1:00 p.m. Drawing - Any Dry
Medium Art Class
1:00 p.m. Bridge for Beginners
Class
2:00 p.m. Book Club Network:
Thursday Readers
2:00 p.m. CLL Course: Great
Decisions in Foreign Policy
7:00 p.m. Social and Ballroom
Dancing Class
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced
Tai Chi Class
10:00 a.m. Stitching Group
11:00 a.m. Water Exercise Class

11:30 a.m. Pickleball Club
12:30 p.m. Men’s Bridge
1:00 p.m. E&R Movie: “Toni
Morrison: The Pieces I Am”
1:00 p.m. Non-impact Fusion
Water Exercise Class
1:30 p.m. Gilbert and Sullivan
Society
2:00 p.m. Model Railroad Club
Operating Session
2:00 p.m. Mind-Body Exercise
Club
4:00 p.m. Friends of India
Association
6:00 p.m. Vegetarian Society:
Vegan Ethiopian Dinner
6:00 p.m. Indoor Pool Volleyball
(Social)
7:00 p.m. Social and Ballroom
Dancing Class
7:00 p.m. Intermediate Tap Class

Friday, March 20
Clubhouse I
9:00 a.m. AARP Tax Preparation
(Appointment Required)
10:00 a.m. RAG Open Art Studio
10:00 a.m. League of Women
Voters Discussion Group
10:00 a.m. Book Club Network:
Bookies
12:15 p.m. Kiwanis Club
1:30 p.m. Watercolor Art Class
2:00 p.m. Town Meeting
Organization
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
11:00 a.m. Lawn Bowl Social
1:00 p.m. Zumba Gold Class
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
1:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball
(Social)
5:00 p.m. Pickleball Club
7:00 p.m. Baby Boomer Club
movie: “Knives Out”

Saturday, March 21
Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. RAG Open Art Studio
Clubhouse II
8:00 a.m. Pickleball Club
9:15 a.m. JRLW Service
12:00 p.m. LW LGBTQ Alliance
2:00 p.m. LWAAAC Movie:
“Harriet”
2:00 p.m. Going It Alone Club:
Social
3:00 p.m. Indoor Pool Volleyball
(Social)
7:00 p.m. Sock Hop Group: Sock
Hop Dance Featuring Take 2
Entertainment

Sunday, March 22
Clubhouse I
10:30 a.m. Jewish Discussion
Group
1:30 p.m. Italian Social and
Cultural Club: Festivale Italiano
Clubhouse II
11:30 a.m. Pickleball Club
3:00 p.m. Indoor Pool Volleyball
(Competitive)
4:30 p.m. LWAAAC Black History
Performance: “A Tribute to
Mahalia Jackson”

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DAY TRIPS

9/11 Memorial and Museum, NY

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

Tropicana Atlantic City, NJ

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

Stein Mart and Leesburg Outlets, VA

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

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

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

"Murder at Mount Hope Mansion," PA

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

Brandywine Museum & Chaddsford Winery, PA

Mon., 5/4, 8:45 am-7:15 pm\$110.00 per person
A museum of regional and American art housed in a 19th-century grist mill, the Brandywine River Museum is well-known for its collection of three generations of Wyeths, American illustration, landscape painting and still life. A lunch voucher is included at the museum, and then it's off to the Chaddsford Winery for a tour and tasting.

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

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

Springfest, Ocean City, MD

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

Longwood Gardens, PA

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

Strawberry Festival, Peddler's Village, PA

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

Backroads to Freedom: Harriet Tubman, MD

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

"Queen Esther," Sight and Sound Theatre, PA

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

Ellis Island & Statue of Liberty, NY

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

New York Your Way, NY

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

Moshulu & Barnes Foundation, PA

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

The National Marine Museum, VA

Mon., 6/22, 8:45 am-4:45 pm\$65.00 per person
The National Museum of the Marine Corps is a lasting tribute to U.S. Marines — past, present and future. Lunch at Devil Dog included.

Smith Island Cruise, MD

Tues., 6/23, 8:15 am-9:15 pm\$120.00 per person
Looking for a day out on the water and visiting a quaint island in the middle of the Chesapeake Bay — this is it! Lunch included.

Severn River Cruise, MD

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

"Hamilton" at the Kennedy Center, DC

Wed., 7/1, 11:30 am-5:45 pm\$279.00 per person
Admission to show and transportation only.

MULTI-DAY TRIPS

Ocean City Adventure, MD

June 7-10

Cape Cod, MA

July 19-23

Constitution Tour, VA

Aug. 6-8

Yellowstone, Grand Tetons & Mt. Rushmore

Aug. 13-21

Maine Lighthouses & Lobster

Aug. 9-14

Niagara Falls, Canada

Sept. 1-4

Africa and Safari Adventure

Sept. 9-20

Pittsburgh, PA

Sept. 13-14

Adirondacks, NY

Sept. 13-17

Vermont and New Hampshire

Oct. 10-15

Iceland – Land of Fire & Ice

Oct. 21-27

Portugal & The Douro River Cruise

Oct. 28-Nov. 7

Tournament of Roses Parade

Dec. 30-Jan. 3, 2021

CRUISES

Carnival Cruise

July 19-26

Seven-night Eastern

Caribbean cruise

MSC Seaside out of Ft. Lauderdale

Aug. 15-22

Caribbean cruise

Royal Caribbean

Sept. 17-26

Nine-night Canada/New England cruise

Caribbean Princess

Nov. 15-22

Western Caribbean cruise

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

(All Trips depart from Clubhouse II)

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

Key:



Easy Walking



More Walking



A Lot of Walking

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

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

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

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

CASH FOR ESTATES. I buy a wide range of items: jewelry, art, rugs, etc. Buy out/clean up. (theatticllc.com) Gary Roman – (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

FOR SALE BY OWNER — as is. 3 bed, 2 bath Sherwood Model. Mutual 13, 15202 Hyde Park Dr. Call (571-214-5302) if interested.

FOR SALE: 1 bedroom (635 sq. ft), coop ownership, sunroom addition, beautiful view, end unit, \$69,000 *** Berkley model townhome. Updated kitchen, beautiful floors, lovely flagstone patio, park right out front. Close to Main Gate, Inter-Faith and Clubhouse I. \$180,000. *** Big and beautiful! 3 bedrooms and 2 full baths, steps to the elevator, garage space, Extra-large enclosed balcony, hardwood floors, updated kitchen, fresh paint, new carpet. Low \$300,000s. Douglas Realty, (866-987-9397). Call Eve Rados Marinik, (301-221-8867), (evemhomes@gmail.com).

REAL ESTATE WANTED

GOLDEN GIRL in need of 1-bedroom unit, no stairs. Quiet, clean current resident of 9 years. Excellent references. Contact: (msmtge@gmail.com) or (301-518-2829) (text only).

REAL ESTATE FOR RENT

APARTMENT FOR RENT. 3501 Forest Edge Drive, #3F, in Leisure World. 1 bedroom, 1 full bath and a half, patio. Looks out to the woods. \$1,600 negotiable. Contact Samuel or Bernadette at (301-622-4925).

3 BEDROOM, 2 FULL BATH patio home with eat-in kitchen, 1 car garage. Furnished. Utilities included. \$3,950 per month. Call (410-868-1110).

GARDEN TWO-BEDROOM, two-bath condo available for lease the first of March. Premier community of Leisure World for adults 55 plus! This condo features fresh paint, side-by-side washer/dryer and new granite kitchen countertops. Living room with a spectacular view and a large patio. Call (301-598-6451) to schedule an appointment to see this exceptional home. No smoking! Pets considered. A reserved parking space, utilities, basic cable and basic internet are included.

LW GARDEN APARTMENT: 15101 Glade Dr., 2-F, 1 bedroom, 1 full and 1 half bathroom, recent updates, balcony, 1 carport parking space, storage area. Rent includes all utilities, basic cable TV and internet. No smoking. Small dog considered. \$1,600 per month, available March 9. Call Nancy (301-529-2606).

FOR SALE

BALLROOM DANCE SHOES — going cheap — size 6-6 1/2. One light fitting with four large different-colored shades. If interested call (443-315-9243).

AUTO SALES

2016 TOYOTA CAMRY LE. Four-door. MD-inspected, like new. Only 13,500 miles. One owner. \$16,499. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2002 CHRYSLER CONCORDE LIMITED. Loaded with sunroof, leather interior, chrome factory wheels. MD-inspected, only 43,000 miles. Previous LW owner. \$4,999. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

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

TRANSPORTATION SERVICES

YOUR PERFECT PRIVATE DRIVER is right here! Lifetime DC Metro resident. Friendly, reliable, competent service. Safe, accident-free record. Comfortable, clean vehicle can seat up to six

passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, festivals, ceremonies, medical appointments... To/from anywhere, including long-distance trips in other states. Reservations are recommended. Call 7 a.m.-10 p.m. with questions or to arrange/guarantee your ride. Available 24/7. Emergency calls, if needed. Steven Saidman. Cell/text (301-933-8899). Email (steve.your.driver@gmail.com).

NEW: EASY RIDES. Mutual 14 resident. Airport, local, long-distance rides, introductory 10% discount off any estimated quote, Lyft, Uber or others, 24/7. Call Kevin Vincent (301-466-5162), 2016 Kia Soul, or John Carter (301-801-8800), black Cadillac sedan. Over 50 years of driving experience in DC, VA, MD area. Cash or check only.

A-1 SERVICE, call-and-ride — doctors, airport. \$35. Will pick up your groceries. Always on time. Over 250 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

DRIVER WITH CONCIERGE STYLE at regular rates. I am a Leisure World resident and I understand the needs of our community. My service is a four-door Mercedes-Benz sedan with all the comforts of a leather-seat luxury car, temperature-controlled interior, ample trunk space and a smooth ride. Most important is my dependability and providing any personal assistance you may need. Call Ken at (508-612-9647).

LEISURE WORLD RESIDENT with an accident-free record has brand new car to drive seniors to doctors' appointments, grocery or other shopping, the airports, etc. (Experienced medical transcriptionist can take accurate notes during doctor appointments, if needed). Call CPR- and AED-trained Stephanie Sidella at (301-922-5080) or (ssidella@verizon.net).

DRIVER with 25 years' experience. I am a Leisure World resident. Drive anywhere. Comfortable, smooth, safe. Accident-free record. Clean vehicle. I'm available 24/7. Call or text (703-649-1293).

FLORAL

FLORAL DESIGN AND DELIVERY from a local Kensington shop. Specializing in funerals, celebrations and other occasions. See designs on (districtpetals.com). (202-701-5596), (oscar@petalstothemetal.com).

CAREGIVING AND HEALTHCARE

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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).

OVERNIGHT CAREGIVER with more than 14 years’ experience with seniors and people with special needs. I provide safe, respectful, loving, skilled care towards every one of my patients. I will deliver peace of mind to family members by keeping their loved ones safe while also protecting their independence and preserving their dignity. I give detailed information and pay close attention to my clients and to the families’ needs. I have taken care of many people from family members, friends and clients in facilities to group home members and privately cared-for patients. Whatever the needs may be, I strive to go above and beyond my call of duty. Life is a treasure and if I can provide life or encouragement to anyone, or let them know that they are still loved and living with grace and dignity, I am that Angel. Arafa (240-883-8933), (brownzebra@hotmail.com). Availability: 10 p.m.-7 a.m.

Hello. I provide **SHORT- or LONG-TERM CARE** with over 10 years’ experience caring for cancer, Alzheimer’s, dementia, as well as stroke clients. My goal is to help clients achieve the best quality of life possible, which enables me to tailor a care plan that maximizes the client’s independence and dignity. (301-291-1205), (SFthecaregiver@gmail.com).

Augusta Obimpeh is my name. Am a CNA/GNA/MED TECH. I have 16 years’ experience caring for elderly. I provide long- and short-term care — very affordable companion care, nursing care, housekeeping, etc. Contact me on (240-883-8126), (240-252-0439) or (301-793-3989). (sweetieamae@yahoo.com)

EXCELLENT CAREGIVER

AVAILABLE: Highly competent, trustworthy, flexible, and caring — cared for my parents for over five years. Leisure World resident. Highly recommended. (301-509-7234).

SPECIALITY IN PRIVATE DUTY cases. 20 years’ home health services expertise. Light housekeeping, running errands, special needs, doctors’ appointments, ADLs, companionship, meal preparation, medication reminders and more! Bebe (240-481-7055).

HIGHLY-DEPENDABLE and extremely compassionate caregiver with 11+ years’ extensive experience in providing timely and friendly care to elderly and disabled clients. A warm-hearted individual who performs personal care activities in a manner that maximizes clients’ independence and dignity in a safe environment. My core competencies include: • companionship • meal preparation • light housekeeping • bath assistance • general assistance • appointment management • errand-running • personal care • excellent communication skills (bilingual English/Spanish). (301-646-2132), (monicamanzano585@yahoo.com).

WARM ANGELS ELDER CARE (warmangelseldercare.com) — Reana Robinson, independent certified nursing assistant. A minimum of 2 hours. For information please call (240-360-7783) or email (reanar1@yahoo.com).

CNA/GNA/MED TECH with CPR and first aid license. Experience working with elderly. Have worked with agencies, nursing homes and also private duty. Am available full-time or part-time. Please call (240-252-0439), (240-713-1654), or email (sapomadezeus@yahoo.com).

CNA, over 15 years’ experience with elderly. Seeking private duty. Monday to Thursday, day or night. Highly recommended. Can be contacted at (240-486-5421) or

(240-779-4658).

LICENSED CAREGIVER looking to care for your loved ones in the comfort of their home. Does light housekeeping, companionship, bathing, meal preparation, medicine reminders. Compassionate and caring. Please call Blanche Thomas at (240-505-4696).

CNA/MEDTECH/CPR with First Aid. Licensed. Experienced working with elderly. Have worked with agencies, assisted living in hospitals and also private duty. Am available full-time or part-time, nights and days. Please call (301-793-7090).


CERTIFIED NURSING ASSISTANT. Over 30 years working in Leisure World. Excellent references and experience. Own transportation. Doctor’s appointments, groceries, other errands and light housekeeping. 24 hours. Please call Divina any time (240-463-1199).

AWARD-WINNING PRIVATE DUTY care — Comfort Home Care is a local family-owned business originally established to care for our own parents. We have been helping families in Montgomery County for over 20 years with all the activities of daily living including bathing, dressing, grooming, transferring, medication reminders and continence care.

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We also provide companionship with fun activities, exercise, meals, as well as transportation to doctors and other appointments. All our aides are CNA or GNA-certified with full RN oversight and follow-up. We have a flexible schedule, back-up staff, and an excellent support team working to provide quality care. There is no up-front retainer. Our certified nursing assistants can be scheduled from 5 hours to 24 hours daily with a minimum of 15 hours per week. For true peace of mind, call Beth on (301-575-7994) or visit (www.choosecomforhome.com).

CERTIFIED CNA, GNA with 20 years of experience working with the elderly. Honest, very flexible, compassionate and caring. Duties include bathing, feeding, housekeeping, cooking and companionship. I can also provide social, physical, mental and spiritual activities to improve the quality of life of my patients. Call Mary (301-412-6001).

CERTIFIED NURSING ASSISTANT available day or night. 20 years of experience with excellent references. Very hard-working and reliable. Call (301-693-4132).

COMPASSIONATE CAREGIVER. 13 years’ experience, excellent



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references, CNA, CPR, First Aid current, good driver. Experience in all areas. Available day or nights. Please contact Berikisu Bright at (240-252-8232).

EXPERIENCED CAREGIVER available 24/7 for companionship, cooking, light housework, taking you out for errands, doctors’ appointments, dinners, church, etc. Willing to work immediately. Call Chris (781-392-5970).

CERTIFIED NURSING ASSISTANT. Over 12 years’ experience working with older adults. Can provide hygiene care, meal prep, laundry, light housekeeping, errands. Available for nights or days. Reference available. Call (240-701-9788).

Hi, my name is Denise. I have been a CAREGIVER for my mother and father for many years. I am very patient and caring. Very reliable and responsible. Love to talk. I can also clean with a big smile. Affordable, part-time. Please call me: Denise (301-237-8874).

CAREGIVER. I’m a LW resident giving a high reference for lady with 15 years’ experience in eldercare. Paulette Samuels provides outstanding full/part-time, live-in, overnight, housekeeping, meals, shopping, appointments, etc. Email Marie (Amoses00@verizon.net) to verify reference or contact Paulette at (240-550-5705).

RELIABLE AND CARING nursing assistant with good reference available for work and can drive. Please call Rebecca at (240-701-8169).

RELIABLE, PROFESSIONAL and COMPETENT trained caregiver (GNA) and medicine aide (CMA) seeking employment opportunity to provide excellent assistance and care for resident. I am a safe driver and will take you out and work any hours you want, morning, evening and night. (240-755-1516).

ASSISTED LIVING

JOINED HANDS ASSISTED LIVING, a gorgeous senior living place in Gaithersburg, MD. We chose the art of caring and we do it with passion! Call to schedule a tour: (240-550-5861). Visit us at (www.joinedhand.com).

ASSISTED LIVING: a professional, dependable and affordable care community on nearby Bel Pre Rd. We provide 24-hour, 365-day service, such as homemade meals, laundry, bathing, toileting, medication administration and recreational activities. We also provide skilled nursing care, such as complicated diabetes care, peg tube feeding and wound care. Resident-centered care is a reality in our loving community. Contact Ms. Cai at (301-801-6510) for more information.

HOME SERVICES

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

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

POTOMAC WINDOW CLEANING Company – Family-owned and operated for 35 years serving the local area. Careful workmanship. Licensed, bonded and insured. (301-656-9274). The Montgomery family thanks you for your interest.

SMALL MOVES and TRASH-OUTS. Leisure World experienced. Can take items to donation center. Reasonable and insured. Patrick (301-332-4872).

M.G.V. PAINTING & DRYWALL – Interior and exterior painting. Water damage repairs. Minor carpentry and other odd jobs. 30 years’ experience. Insured. References in your complex. Reasonable rates. Call Mike at (301-655-5433) for a free estimate!

COOPER REFUSE–JUNK REMOVAL. Prices starting as low as \$65. Lifting and loading from wherever the item is located. Donation or recycling of all qualified items. Call today and save (301-996-7704).

LANDSCAPING SERVICES: Beautifying LW, one property at a time! Affordable, reliable and experienced! Services include power washing, spring cleanup, mulching, landscaping design, weed removal and planting. Call Greg at (240-994-5258), (gmarinik@gmail.com). References provided.

GUARDIAN ANGEL LAWN SERVICE. Experienced in flowerbeds, mulching, edging, weeding, plowing gardens and repairs. For all your gardening and household needs, please call Robert at (240-477-2158), (301-987-1277).

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!

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).

MAEXYS CLEANING SERVICE. We have experience in house cleaning, carpet and window cleaning. Good recommendations. We have worked with customers in LW for many years. Free estimates. You can call or txt at (301-742-3130).

HOUSECLEANING. Available Tuesday, Wednesday and Thursday. Very honest. References. Good price. Free estimates. Maria Elena. Call (301-768-7184).

ELECTRONICS HELP

COMPUTER SERVICES – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

COMPUTER LESSONS / SERVICES – Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English – no technical talk! Shopping assistance for electronics and computers. Senior specialist since 1996. Call David at (301-980-5840). COMPUTERTUTOR

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will

teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

PAYING FOR INTERNET and not using or underusing it? Learn how to use it for: • free video phone calls • sharing pictures • email • getting information • much more. \$50 to train. Or, having problems with your computer? Fix it for \$50 or it’s free. Easy Elder Tech (301-802-6633).

AZ Fix – WE FIX AND RECYCLE all brand consumer electronics. Cell phones, cameras, computers, tablets and TVs. Free diagnosis. In-home services, home pick-up for repair and recycling. Call: (240-560-6779) | Website: (Azfixmd.com) | Address: 2233 Bel Pre Rd.

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don’t let your precious photos be forgotten or fade over time. I’ll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they’re scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with senior care and the care of seniors’ pets. Safe/reliable door-to-door transportation as needed. Assistance with pet care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I’m a 58-year-old semi-retired doctor, Leisure World resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

PERSONAL FINANCIAL SERVICES. Let LJY Solutions provide you with professional cash management and tax preparation services. We take the confusion

out of preparing your tax return. We have been servicing the local area since 2004. Reasonable rates, and can come to you. References. Call or email Leon Young today at (301-538-8286) * (leonyoung1507@gmail.com)

AZI — MASTER HAIR STYLIST. Avalon Salon in Leisure World Plaza. All services – cut and style, color, highlights, perms, face waxing. Monday, Wednesday, Thursday, Friday, Saturday. Call for appointment (301-598-2000).

MARYAM, FORMER HAIRCUTTER/STYLIST. Now I work independently at Congressional Village. Please contact me: (443-878-9739).

LEISURE WORLD RESIDENT with 14 years of LW experience, on top of years of working in health-related fields, has immediate openings. CPR and AED trained, Stephanie enjoys helping seniors with entertaining companionship, light housework, exercising, cooking, driving, etc. (Experienced medical transcriptionist can take accurate notes during doctor appointments, if needed.) Call Stephanie Sidella at (301-922-5080) or (ssidella@verizon.net).

NOTARIES

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

PET CARE

DOG WALKING SERVICES — Responsible and dependable Leisure World resident who is available to walk your dog. Also, other pet services available. Affordable rates. Please call (301-598-3454) for more information.

ANIMAL LOVER PET SITTING — Loving hands and warm heart are available for: walks, playtime, baths, feeding and whatever is necessary to ensure your pet is safe and cared for while you are unable to care for them. I am a LW resident and I have a 9-year-old shih tzu. I have years of experience caring for and loving dogs, cats, hamsters and guinea pigs. Please email Cindy at (mspeace1@aol.com) or call (603-262-0353).

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to fair market value! (www.Cars2donate.org) or (240-740-2050).

BOOK SALE and DONATIONS WANTED. You are invited to the American Association of University Women (AAUW) Gaithersburg’s Annual Spring Book Sale, April 23, 9 a.m.-8 p.m., April 24, 9 a.m.-8 p.m. and April 25 (Bag Day) 9 a.m.-4 p.m. at Asbury Methodist Village, Rosborough Center Community Rooms, 301 Odendhal Ave, Gaithersburg. The sale and books donations support scholarships for women and mentoring programs for girls and women. Thousands of books: 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 and Jewish interests, rare and unusual books, etc. Donation pickups can be arranged at any time throughout the year in Leisure World. For more information call Liz at (301-840-1258).

NO LONGER USING YOUR CAR? Residents with an unused or unwanted vehicle can donate it to Vehicles for Change. They’ll pick it up for free and you earn a tax deduction for the fair market value. Why VFC? As a nonprofit, they match each donated car with low-income families in need of transportation. Your car could be a family’s ride out of poverty. Donate today at (www.vehiclesforchange.org) or call (855-820-7990).

HELP WANTED

GORMAN’S GARMENTS & GEAR job opportunity – Accounts Payable Clerk. Gorman’s Garments & Gear Retail Shop in Olney seeks Accounts Payable Clerk. We are looking to fill a professional part-time position. Ideal candidate will be knowledgeable in retail operations with past experience in some or all of the following: sales clerk; inventory ordering/controls clerk; administration/accounting. The position is part-time year-round and somewhat flexible regarding schedule. We will train new hires on our Point of Sales (POS) system and admin procedures. Experience with MS Word, Excel and QuickBooks very helpful. If interested, please e-mail (GormansGG@gmail.com) with Accounts Payable Clerk in subject line.

401K PLAN AUDITORS: Great opportunity for retiree looking to keep skills sharp. We need experienced auditors for the upcoming season. At least 3 years’ experience with 401k plan audits or similar audits is desired. Seasonal work, April through October, full- or part- time. Pay \$35 to \$50 per hour. Contact Bernard Bethke at (bbethke@bethkecpa.com) if you are interested and qualified.

ACTIVITY OPPORTUNITIES

“INTRODUCTION TO BUDDHISM” — I am a Leisure World resident and practicing

Buddhist for 30 plus years. Would you like to learn more about this ancient religion and visit a local temple for lectures? Please leave a message with your number at (240-605-1512). Also you can visit the website at (nstmyosenji.org).

SINGERS WANTED for Alzheimer’s choir — Interested in supporting persons with Alzheimer’s and dementia by singing with them? Know someone with Alzheimer’s or dementia who could benefit from group singing? Enjoy uplifting pop, jazz and Broadway music? Then the All Primetimers Choir is for you! Research shows music enables sufferers to reconnect, regain social skills and live more fully. We are a community choir that welcomes caregivers and friends as well. Rehearsals at 2 p.m. on Thursdays at the Inter-Faith Chapel in Leisure World. All welcome. No audition required. Register: (primechoir@gmail.com) or Bill Pailen (301-606-8273).

MOVIES AND MUNCHIES. Are you looking for something fun to do on a Saturday or Sunday afternoon? How about catching a movie at AMC Wheaton once a month and enjoying a nosh after! No discussion, no analysis, just a fun afternoon at the movies with new friends! If you’re interested, please email me at (susan.krupka@gmail.com) or give me a call at (240-446-0975).

Looking for **TENNIS AND/OR PICKLEBALL** partner/s for evening hours. I prefer to play at Olney Manor Rec Center with many lighted tennis courts. Please reply to Helen: (HLEE555@gmail.com) or text to (240-817-4213).

SCRABBLE CLUB FOR WOMEN — seeking a few new members — Club meets at founder’s LW home on Thursday nights twice a month 6:30-8:30+ p.m. Typically 1-2 tables are playing using ‘official Scrabble rules’ and members bring snacks, dessert or wine. Hostess serves coffee, tea and sodas. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call ((571-236-1775) in MD in LW).

BOOK CLUB FOR WOMEN — seeking a few “Serious Readers”: 15+ year-old club reads award-winning fiction and meets at founder’s LW home the second Sunday of the month, 5:30-7:30 p.m., for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD–LW)).

KNITTING AND NEEDLECRAFTS GROUP: 10+ year old club meets every Sunday, 2-5 p.m., with typically 8-12 crafters (any needlework is fine) at founder’s LW home. Beginners to seasoned are welcome. Snacks and drinks are served. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.

com) or call (571-236-1775 (in MD–LW)).

FILM GROUP FOR WOMEN forming: Seeking 10+ members to watch/discuss ‘Bethesda Row’ caliber movies at founder’s LW home. Meet every 3 weeks on Saturdays, 6:30-10 p.m. Members bring snacks or wine. Hostess serves drinks. Email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD–LW)).

VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE in a family’s life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of three to four hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. Email (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in

Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just two to three hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child’s life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

VOLUNTEER TUTORS and FACILITATORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, conversational English classes, and a new GED Program. No experience necessary. We provide materials, training and ongoing support. Sign up for an information session online at (www.lcmcmd.org) or call Raul Marin at (301-610-0030, ext. 211), or email (Raul@lcmcmd.org).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501(c)(3) all-volunteer non-profit.

MONTGOMERY HISTORY, a local nonprofit located in downtown Rockville dedicated to collecting, preserving, interpreting and sharing the histories of Montgomery County’s residents, is seeking volunteers in the following areas: museum docents (weekends and holidays); library assistants (weekdays); special events volunteers (weekdays and weekends); and communications and outreach assistants (weekdays only). For a list of volunteer opportunities please visit: (https://montgomeryhistory.org/intern-volunteer-opportunities). Contact Matthew Gagle, outreach and volunteer coordinator, at (mgagle@montgomeryhistory.org) or (301-340-2825).

INTERESTED IN HELPING KIDS learn about giving and service? The Giving Square is a local non-profit which recognizes the power of children to be contributors to their community. Through our work, kids become more empathetic, altruistic and committed to addressing local needs. This is a school-based program which works across 20 schools and organizations, mostly in Montgomery County. We are looking for advisors, classroom volunteers, and sewing support! For more information, please contact Amy at (amy@thegivingsquare.org) or (202-487-3103).

NOTICES

KEEPING SENIORS SAFE — KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (240-706-1850) or (mortonadavis@comcast.net).

UPCOMING EVENTS

CANDIDATES FORUMS. Thursday, March 12: Montgomery County School Board (District 4). Thursday, March 26: Montgomery County School Board (at large). All of the candidates running for each office have been invited. Most of each forum will be devoted to questions from the audience. 7:30 p.m. Aspen Hill Library, 4407 Aspen Hill Rd.

AN AMERICAN STORY: Jewish and Muslim Perspectives. Exhibit of art by members of Jews and Muslims Making Art Together (JAMMART) highlighting America’s ideals of freedom, justice and equality. JAMMART uses the creation of art as a vehicle to get to know one another’s beliefs and values, and ultimately become friends. Reception: Sunday, March 8, 1-3 p.m. On exhibit through May 31. Sandy Spring Museum, 17091 Bentley Rd.

WRITER ENRICHMENT GROUP. Everyone is welcome to this low-key but enriching circle for writers of all experiences. Bring a few copies of your poem or short story of around 1000 words. We will meet the second Saturday of every month. This is a brand-new volunteer-led group, and everyone is invited to share their work and also help other writers as they share theirs. Saturday, March 14, 10-11:30 a.m. Twinbrook Library, 202 Meadow Hall Dr., Rockville, MD 20851.

YOGA FOR ALL. Join Becca Thomas, certified yoga instructor, for an all-levels yoga class focused on alignment to build strength, explore flexibility and connect breath and movement. Options for more advanced poses or transitions. Expect a short meditation at the end of each class. No registration

is needed but space is limited. Bring a mat and water and dress in comfortable clothes you can move in. Some blocks and straps will be available for those who choose to use props. Third Monday of every month, 10:30-11:30 a.m. Twinbrook Library, 202 Meadow Hall Dr., Rockville, MD 20851.

HOMEOWNERS’ PROPERTY TAX CREDIT workshop. This is a free program sponsored by the Aspen Hill Civic Association, Friends of the Aspen Hill Library, and Aspen Hill Library Advisory Committee. Space is limited, so please RSVP at (202-285-5837) or (kc@LNF.com). Include “Tax Credit Workshop” in the subject line and include your street address in the text of the message. Sunday, March 22, 2-4 p.m. Aspen Hill Library, 4407 Aspen Hill Rd.

MEDITATION IN THE 21ST CENTURY: Why Meditation Matters Even More. People have practiced meditation for centuries and it remains popular as new benefits continue to be discovered. Learn a simple meditation technique that can help you in all aspects of your life. Leisure World resident David Newcomb is a long-time meditator and has been speaking on the topic over 30 years. Wednesday, March 25, 6:30-7:30 p.m. Kensington Park Library, 4201 Knowles Ave.

IRISH MUSIC AND DANCE Festival. Featuring special guest Katherine Monahan, World Irish Dance Championship competitor and author of “Irish Dancer: Oireachtas”; the Bog Band, a local group of young talented musicians with a passion for traditional Irish music; the Culkin School of Traditional Irish Dance performing solo step and ceili (group) dances; Irish dance lesson for all. Saturday, March 28, 1-3 p.m. Kensington Park Library, 4201 Knowles Ave.

UNCLUTTER, DECLUTTER, DOWNSIZE Your Home and Stress. Join professional organizers as they discuss the strategies to minimize the stress of downsizing. Tuesday, March 31, 10:30 a.m.-noon. Kensington Park Library, 4201 Knowles Ave.

Faithful Circle Quilters’ 2020 QUILT SHOW: Facets of Quilting. Thursday, April 16, 10 a.m.-6 p.m. Friday, April 17, 10 a.m.-6 p.m. Saturday, April 18, 10 a.m.-4 p.m. Over 300 quilts on display. Mini demos, vendors, \$10 and under boutique, silent auction, peddler’s table. Raffle quilt drawing Saturday, April 18. First Presbyterian Church of Howard County, 9325 Presbyterian Circle, Columbia, MD 21045. (https://faithfulcirclequilters.com/2017/11/01/faithful-circle-quilters-2018-quilt-show-2/)

BREAKFAST AT SIGNAL. Every Friday from 9 a.m.-11 a.m. Signal Financial FCU Leisure World office

want to help you start your day with a smile! Stop in for a cup of coffee and a little conversation with our team! We will have a variety of breakfast options! Look forward to seeing you!

WANTED

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

WILL BUY MILITARY, WWII, WWI, Civil War memorabilia items. Uniforms, weapons, helmets, photos, medals or any other items associated with U.S., German, Japanese or other military history. Call Dave (240-464-0958) or email (david.obal63@gmail.com).

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

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

WANTED! DIABETIC TEST STRIPS. Top dollar paid! Cash on the spot! We need OneTouch, FreeStyle Lite and Accu-Chek, unopened and unexpired. Can pick up. Please call Debbie at (301-598-4862) or (410-279-3342).

Paying cash for MERCHANDISE PRE-1980s. Old toys, record albums, silver and coins, Zippo lighters, pocketknives, first-edition books, smoking pipes, advertising items, mid-century furniture, lamps and clocks, Florsheim shoes. If you have old stuff to sell call or text pictures to Carl. (312-316-7553). Located in Silver Spring.



LEISURE WORLD

HAS SO MANY WAYS TO KEEP UP WITH COMMUNITY NEWS AND EVENTS:



Leisure World News

- Community News
- Calendar of Events
- Calendar of Meetings



Resident Website (residents.lwmc.com)

- Community News
- Community Calendar
- News Alerts



Community Email

- available upon sign up to (residents.lwmc.com)



Recorded Daily Events (301-598-1313)

Mobile Access to (residents.lwmc.com)

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- Twitter | @LeisureWorldMd
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TV Channels

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



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