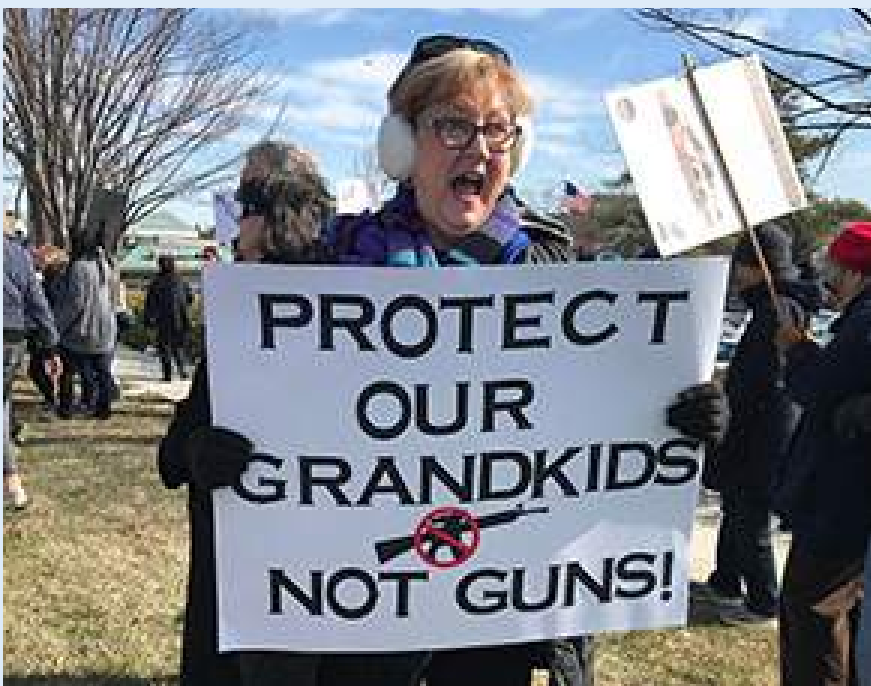


Leisure World News

OF MARYLAND

April 6, 2018 • Published Twice a Month • residents.lwmc.com



A demonstrator protests with others along Georgia Avenue outside Leisure World’s main gate on March 24. The protest, which attracted nearly 500 residents, their friends and family members, was held in solidarity with the March for Our Lives, a student-led demonstration in Washington, D.C., in support of tighter gun control. For the story, **see page 3**. Photo by Laurie Burdick

One Call Now Has Even More to Offer

New App Provides Emergency Alerts for Smartphone and Tablet Users

by Stacy Smith, Leisure World News

My Call Now, a mobile app from One Call Now, Leisure World’s emergency notification system, now allows residents who are registered One Call Now users to access voicemail, text and email messages sent by their mutual or Leisure World of Maryland using their smartphones or tablets.

The My Call Now app automatically stores all One Call Now messages in one location, allowing residents real-time access to important notifications while using their mobile devices from anywhere.

download onto an android device. Residents must be registered as a One Call Now user to use the My Call Now app.

Once the app is installed or downloaded, open the app and click on Connect With My Group. Enter the phone number at which you currently receive messages from One Call Now in the space provided, and then click the Call Me! button and wait to confirm the phone number.

The app lets users organize and delete messages, as well as update their current contact information, add additional contact information and share messages with other users.

Get the App

The My Call Now app is free and available to install from the Apple Store for iOS, or to

Self-Update Portal

One Call Now users can also update the contact information associated with their One Call Now account by using a Self-Update Portal, available through (residents.lwmc.com).

Visit the website and click on the Contacts dropdown menu, and then select LW Emergency Notification System.

Click on the page’s Self-Update One Call Now Portal link. The Self-Update Portal allows users to manage how and where they receive messages from Leisure World.

First time users must click the Sign Up button and then fill out their personal information in the spaces provided. Be sure to enter the phone number and email



The My Call Now app, a product of One Call Now, allows a user to view or listen to Leisure World of Maryland and their mutual’s emergency alert system messages at the tap of a button. Screen-shot illustration by Leisure World News

Board Approves Development of RFP for Strategic Planning

by Stacy Smith, Leisure World News

The Special Strategic Planning Committee (SSPC) has been directed to develop a request for proposals (RFP) to be sent to strategic planning consultants as part of its efforts to facilitate the development of a strategic plan for Leisure World’s future.

The Leisure World Community Corporation (LWCC) board of directors approved the motion at its regular meeting on March 27.

The RFP will solicit consultants to place bids on the devel-

opment and implementation of a multi-year strategic plan for Leisure World. Upon completion of the bidding process, the SSPC will recommend its preferred consultant to the LWCC board of directors for approval by mid-summer 2018.

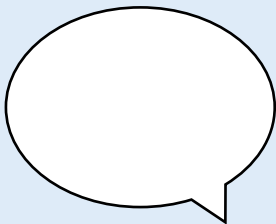
The selected consultant will work with the SSPC and the Leisure World community to conduct the strategic planning process, which is expected to include the collection and analysis of resident input.

At the board meeting, SSPC acting chairperson Arthur

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All residents are invited to ‘Chat with the Chair’ on Sunday, April 29. For details, **see page 5**.

Medical Provider's Technique is On Point

by Stacy Smith, Leisure World News

In a corner office in the MedStar Health medical center, nurse practitioner Gail Koffman inserts a needle about an inch long and as thin as a strand of hair into the fleshy hinge that joins her thumb and pointer finger.

She sits, eyes closed, motionless as a pincushion for several minutes, allowing the needle to stick conspicuously out of her hand.

Although a registered nurse for more than 40 years, it's not the effects of Western medicine Koffman is experiencing, but rather the tingly, warm sensation that is anecdotally common among the recipients of acupuncture.

More Than a Feeling

Acupuncture is a technique in which practitioners stimulate specific points on the body, most often by inserting thin needles through the skin. It is a practice used in traditional Chinese medicine.

Results from a number of studies suggest that acupuncture may help ease chronic

pain, reduce the frequency of tension headaches and prevent migraines, according to the National Center for Complementary and Integrative Health, a government agency of the U.S. Department of Health and Human Services.

Koffman agrees that acupuncture can often help alleviate the symptoms of

a variety of medical conditions, but is quick to point out that it has its limitations.

"[Acupuncture] can help manage symptoms, but there's a lot of things that acupuncture can't do. It's not

a cure-all," she said.

Still, "You don't have to have a problem to get acupuncture and benefit from it," she added. "We're all trained to think you treat a disease, but you can treat a well person and keep them well."

Learning the Technique

Koffman began practicing acupuncture in 2011 after observing her husband, a psychiatrist, use it to treat Navy veterans with post-traumatic stress disorder.

She has been a devotee ever since, taking a course with Helms Medical Institute in Potomac, Maryland, after which she began using the technique at the National Institutes of Health, where she works as a nurse practitioner in occupational medicine.

She received her master's in acupuncture in 2016 from Tai Sophia Institute in Laurel, Maryland, which later became the Maryland University of Integrative Health, and began providing her services to patients in Leisure World in January 2018.

Five to six treatments are usually enough for Koffman to determine if acupuncture is right for a particular patient, she said.

And as a nurse practitioner, she is able to recommend additional medical services to a patient, such as encouraging him or her to have a

blood test or their blood pressure taken by their primary care doctor in addition to, or in lieu of, receiving acupuncture treatments.

Hours and Contact

Koffman accepts patients by appointment only on Tuesdays and Thursdays in her office at the MedStar Health medical center.

Contact her at (301-960-9826) or (gail@pointingtowellness.com) to schedule an appointment.



Nurse practitioner and acupuncturist Gail Koffman observes the red tip of an acupuncture needle inserted into her arm. Photo by Stacy Smith, Leisure World News

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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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Board

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Popper presented a report on strategic planning and the SSPC’s three community forums held in February, and stressed the committee’s intention to make the strategic planning process available for resident participation.

“As we go through the strategic planning process, it will be open [and] transparent,” Popper said. “It will involve every member of the community who wants to be involved.”

Fitness Contract

A motion to approve the Motivational Fitness, LLC no-bid contract for three years, with an optional two-year extension, passed with broad support.

The contract’s extension increases the company’s presence at the fitness center by five hours per week, from 44

to 49, or a total of 260 hours annually, effective May 1, 2018.

Motivational Fitness, LLC has serviced Leisure World’s fitness facilities for nearly 10 years, providing personal fitness training to residents and, most recently, weekly orientation tours of the new fitness center in Clubhouse II.

Email Standards Policy

A motion was made to direct the LWCC executive committee to develop an email standards and criteria policy and to delegate to the executive committee the authority to engage legal counsel.

The motion was amended so that the LWCC board would retain the authority to engage legal counsel.

However, several board members still expressed opposition to the main motion, feeling that such a policy was unnecessary. The motion failed.

and following the website’s instructions.

Register for One Call Now

Residents who have not signed up to receive messages from Leisure World’s emergency alert system, One Call Now, but would like to can contact their mutual assistant or association office to fill out a form in person. The form is available at the front desk in the Administration Building.

The form is also available on some mutual websites. Visit (residents.lwmc.com) and access your mutual’s site to check if the form is available to complete online.

Marching for Their Lives



A throng of demonstrators wave protest signs along Georgia Avenue on March 24. Photo by Maureen Freeman, Leisure World News

by Stacy Smith, Leisure World News

Shirley Henderson and Betsy Starks, co-organizers of the “Protect Grandchildren, Not Guns” protest demonstration held outside Leisure World’s main gate March 24, were hopeful the event would draw a crowd of 50 people, or 100 if the weather was favorable.

By demonstration’s end, a total of nearly 500 people had lined Georgia Avenue over the course of that morning, chanting and holding protest signs calling for Congress to act on gun control legislation as passers-by honked and waved in support.

“To see children cut down in their prime and for Congress to do absolutely nothing about it over years and years when the problem is getting worse is just unconscionable,” Starks said.

The demonstration at Leisure World was just one of several hundred sibling marches held across the globe in solidarity with the student-led March for Our Lives demonstration in Washington, D.C.

Residents from both sides of the political aisle came out to show their support, along with many of their friends, families and grandchildren, as well as local politicians.

“This issue transcends political parties,” Henderson said. “I was very pleased to see that there were republicans and democrats there.”

The idea of gathering a group of residents to demonstrate at Leisure World had been on the minds of Henderson and Starks ever since The Women’s March was held in Washington D.C., in January 2017.

But it was the most recent incident of school gun violence at Stoneman Douglas High School in Parkland, Florida, that served as their call to action.

“I’ve always had feelings about these mass-incidents of murder, but there was something about this one. It turned on a switch that made you feel, ‘Now this has got to stop,’” Henderson said.

She called Starks the very next morning and said, “This is it; lets go for it.”

Starks agreed, and the women gathered their steering committee of about 10 residents together to acquire permits, funding and materials. They bought poster board and markers, and a bullhorn to ensure their voices would be heard.

The event was not sponsored by a particular club or organization at Leisure World, and so it brought together many diverse groups, including the Leisure World Association for African American Culture, the Democratic Club, the LW LGBT Alliance and representatives from several Jewish organizations.

Attendees were free to sign in at the event with their names and contact information, and with so many signatures collected in support of this issue, Starks and Henderson are considering the idea of forming a club or organization that plans more events like this one.

Henderson, who will be 89 this August, said she is inspired by the robust turnout at Leisure World and the activism of the Parkland students.

“For the first time, I feel hopeful,” she said.

My Call Now

◀ from page 1


address used for your One Call Now account.

Once signed up, users can customize their contact information using the edit icon in the Self-Update Portal, or add additional phone numbers and email addresses.

Returning users are asked to enter their email address and password and click on the Sign In button to access the portal.

One Call Now users can opt out all or a part of their contact information at any time by visiting (<https://www.onecallnow.com/opt-out/>)

One Call Now Self-Update Portal



We’ve made some enhancements!

Returning Self-Update Portal users (or My Call Now users):

Email Address:

Password: [Forgot password?](#)

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First time users, click the Sign Up button.

Welcome

to the Self-Update Portal by One Call Now

A Self-Update Portal on (residents.lwmc.com) allows One Call Now users the option of customizing their contact information. Screenshot by Leisure World News

GOVERNANCE & Information

April 12: MVA Mobile Office Returns

Need to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, April 12.

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

Services offered include renewal of non-commercial driver's licenses, Maryland photo identification cards

and vehicle registration. You also can obtain a duplicate driver's license, a certified copy of a driving record, disability placards, substitute stickers, return tags and duplicate registrations, as well as apply for a change of address.

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

April 19: Special Meeting on Site Plan Traffic Flow Rescheduled

by Leisure World News

A joint meeting of advisory committees to address traffic flow in the updated Administration Building and Clubhouse I Site Improvements plan has been rescheduled to Thursday, April 19, at 9:30 a.m. in Clubhouse I.

Members of the Security and Transportation and Community Planning Advisory Committees will discuss the plan's traffic flow options

in the proposed parking areas near Clubhouse I and the Administration Building. The Education and Recreation and Restaurant Advisory Committees will provide input on the plans via presentations to be made by LWMC management at their April committee meetings.

A final recommendation will be forwarded to the Leisure World Community Corporation board of directors.

The meeting is open to all residents.

April 23: AARP Safe Driving Course

The E&R Department is sponsoring an AARP Safe Driving Course on Monday, April 23, in Clubhouse I from 9:45 a.m.-3 p.m., with a one-hour break for lunch.

You must pre-register for the course, which is for residents only. Please bring your Leisure World ID. A check payable to AARP, \$15 for AARP members and \$20 for non-members, is required at the time of

registration. (Please note: AARP members must show a current membership card to receive the AARP discount.) Register in the Clubhouse I E&R office. The number of participants is limited to 25, so plan to register early.

Participants should bring their driver's license and a pen or pencil to the course. If you have any questions, contact Clubhouse I E&R office at (301-598-1300).

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

2018 Broadcast Schedule - Channel 974

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

Executive Committee Meeting

The April 13 meeting airs on April 18, 19 and 20.

Board of Directors Meeting

The April 24 meeting airs on April 30, May 2 and May 4.

Group Email Addresses

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

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

The group email addresses are:

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

Fitness Center Orientation Tours Extended

Kay Haynes, the Fitness Center's personal trainer, continues to offer free orientation tours of the Center every Tuesday at 3 p.m. through April. Learn how to use the equipment and facilities. Registration is not required. For more information, call Haynes at (804-627-1582).

– Leisure World News



Photo by Leisure World News

Leisure World's Post Office

- Located in the Administration Building
- Open Monday through Friday, 8 a.m.-2 p.m.
- Offers stamps, mailing boxes and certified and insured mail services; does not offer Express or International Business services
- Payment by check or cash only



April 29: Resident Open Forum – ‘Chat with the Chair’

On Sunday, April 29, Leisure World Community Corporation board of directors’ chair Paul Eisenhaur hosts an Resident Open Forum at 6 p.m. in the Clubhouse I Crystal Ballroom.

The event provides working residents an opportunity to meet Eisenhaur and discuss ways in which they can become more involved in Leisure World’s governance and other activities.

The Open Resident Forum is free and open to all residents. Tickets are not required, but residents planning to attend are asked to RSVP by calling the Clubhouse I E&R office at (301-598-1300).



LWCC board chair
Paul Eisenhaur.
Photo by Leisure
World News

– Leisure World News

■ Special Strategic Planning Committee

Committee Seeks Residents’ Input

by Leisure World News

What do you value about life at Leisure World? How would you like to see the community evolve in the next 10 years?

The Special Strategic Planning Committee (SSPC) is seeking resident input regarding strategic planning for Leisure World’s future.

The SSPC encourages all residents to submit suggestions for strategic planning via email at:

(LWstratplan@gmail.com)

or by mail at:

(SSPC, 3701 Rossmoor Blvd. Attention: K. Ibanez).

For more information on the SSPC and strategic planning, including a PowerPoint presentation given by the committee during three recent community forums, visit (residents.lwmc.com). Under the Resident Documents dropdown menu, click on Resident Document Locator, and then click on the Advisory and Special Committees folder. “Community Forum Presentation” is found in the 2018 Strategic Planning Special Committee folder.

GOOD TO KNOW: LOST AND FOUND

The FISH office in Clubhouse II serves as Leisure World’s Lost and Found. FISH has all sorts of items: car keys, umbrellas, books, jackets and other clothing.

If you have lost something, stop by. If you find something, bring it in.

Each month, a member goes through the items turned in and discards the oldest ones. Abandoned items are donated to a church and those in poor condition are thrown away.

FISH is open Monday through Friday, 10 a.m.-4 p.m.

Volunteers Provide Free Evening Rides

by Rae Paley

A group of resident volunteers offers free rides around Leisure World to other residents, and is looking for more drivers.

Email (miltze2@gmail.com) if interested in volunteering to drive. Volunteers are only asked to drive when it fits their schedule.

Volunteers provide free, daily rides to residents during the hours when buses do not run – 4:30-9:30 p.m.

Rides are provided on a first come, first served basis

depending upon the availability of drivers, the weather and demand.

Rides are provided only in the evening by residents to residents who do not drive in the evening, and only to and from Leisure World’s restaurants and clubhouses.

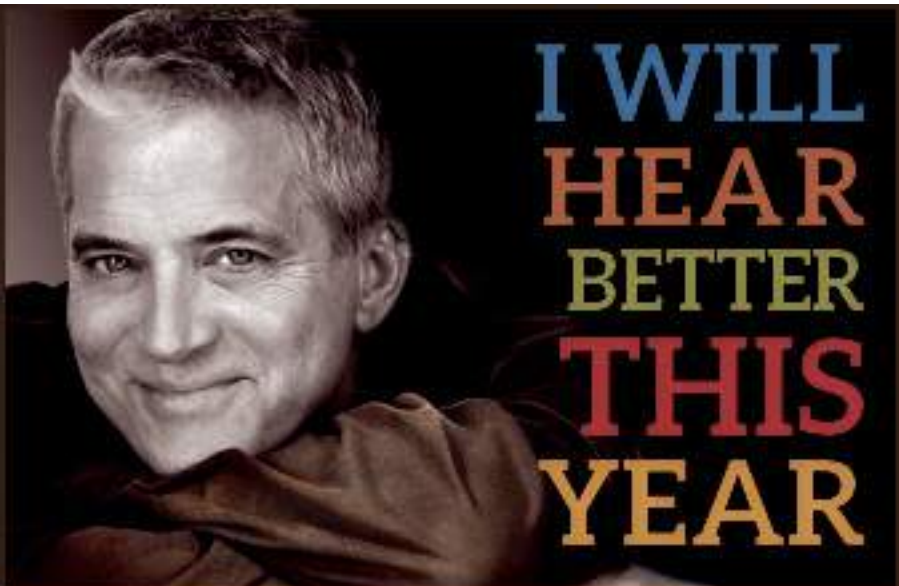
In order to receive an evening ride, a resident must be fully mobile – able to independently enter and exit a car and fasten his or her own seat belt.

Reservations may be made one week in advance by calling (301-278-2189).

Rossmoor Library Hours

Located in Clubhouse I right off the main lobby, the library has a large selection of fiction, non-fiction and large print books. DVDs, audio CDs and jigsaw puzzles are also available for circulation. The circulation period is two weeks, and patrons are limited to a maximum of six items.

The library’s hours are Monday 1-4 p.m., Tuesday through Friday from 10 a.m.-4 p.m. and Saturdays from 10 a.m.-1 p.m.



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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

Looking Forward to a New Administration Building

The new Administration Building is an issue for the residents of Leisure World to ponder, voice their opinions, express concerns, and rally around, because that is the way this community was structured at its inception. All of the rules and policies that govern Leisure World are open to review by current and future residents. If a resident moves in without doing due diligence, should our community be expected to change these policies and structures without following the proper protocol? When we “bought” into Leisure World, we paid a percentage of the cost to ensure the well being of our community for future years.

The men and women representing all mutuals, who give freely of their time and effort to serve our community, should be thanked and given the respect they have earned in service to the well being of Leisure World and its residents. As residents who chose to buy into our community and abide by those rules, they follow the existing rules and structure given to them. Can rules be changed over time? Of course they can. I believe that if change is what you are looking for, you should read the rules and find out how to accomplish your goals, knowing that not everyone in the community will share your views.

In 2009 my husband and I moved to Leisure World for reasons and concerns that matter to us, but we realize that others in the community may have different reasons for doing so. We respect their right to hold those expectations. If any residents decide that their preferences and needs are not being met, we each have the option to work within the system for change, or to move elsewhere.

The Administration Building project is not a new item on the list of future plans for Leisure World. According to the “Fact Sheet,” project planning began in 2012. The time has come to implement the plan. This new, state-of-the-art Trust property will be used by all residents and staff at some point in time while living or working at Leisure World of Maryland and will represent us as a forward-thinking community.

– Ellen M. Darr

Color–Design–Function: They Can Go Together!

After attending a presentation on the Facilities Enhancement Plan (FEP), a “Fact Sheet” handout was provided by the general manager describing the proposed building and additions for the Administration Building and Clubhouse I Site Improvements project. One of

the Current Objectives listed in the “Fact Sheet” was “improve the overall ambiance of the site.”

The purpose of this letter is to encourage more emphasis on improving the interior décor of Clubhouse I. We have spent a lot of money on renovations to the Crystal Ballroom and restaurants, yet the entrances to these venues seem cheerless and disappointing. I see muddy, dark brown carpet, brown walls, poor lighting and a lobby that looks unappealing and lifeless.

I urge the relevant advisory committees and the Leisure World Community Corporation board of directors to consider allocating some funds from the already expensive FEP to hire a competent interior decorator with experience in commercial projects such as hotels, cruise ships, etc. There are many, many colorful and functional carpet and fabric choices available today that can withstand heavy wear, and yet can create an inviting modern lobby and hallways to the restaurants. I’m convinced that quality design and décor attracts new residents and uplifts our current ones.

I believe that, with a current FEP cost estimate of nearly \$14 million, the relatively modest expenditure described above deserves careful consideration, both for the impact it can have visually for the community now and for marketing to active seniors in the future.

– Barbara Bergmann

What to Do?

I believe that most residents feel that they made a good choice and are willing to live with the good and bad of community living. And they are offended when their choice is demeaned, especially outside Leisure World. It may be necessary to accept criticism as a necessary prelude to corrective action, but is it really necessary to make people doubt their choice? And this becomes extremely difficult to accept when often unfounded or disrespectful and exaggerated comments are circulated outside of Leisure World. What do we expect non-residents to think when they read these remarks?

I think it is especially unfair to residents that need to sell their residences or shares. Our recovery from the crash is not necessarily robust. We sell a lot of units, but that might be partially based on the relative bargains we offer. Please consider someone that needs to go to progressive care or to a child’s place of residence to gain support. How fair is it to them to cast doubt on the value of their property and possibly force them to sell at a loss!

How can you have an impact when you feel something is amiss? It seems that Montgomery County and Maryland officials have received a great many complaints, but how much has our community benefited? I suspect that management has many examples of wasted time on the part

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. See LW News Guidelines and Board Standing Rules at <http://bit.ly/2oHHKPd>

of our government officials or our own staff, on issues that neither required, nor resulted in, corrective action.

Then, what to do? Here is my prescription: First of all, determine if it is a mutual matter involving your residence or immediate vicinity that needs a gentle, or not so gentle, shove. In that case, communicate with your directors and property manager (or mutual assistant). Communicate with the mutual board via email or written correspondence, and attend your monthly meetings. Multiple signatures emphasize the need for action.

If it is a Leisure World issue, the Leisure World Community Corporation (LWCC) board of directors, which has a group email, and Leisure World Management Corporation officials such as Kevin Flannery should be similarly contacted. They will also put a letter in the board packet if you desire. Don't hesitate to contact members of the LWCC executive committee; they also have a group email address.

One caveat: don't expect that disrespectful or personal

attacks will be accepted and have any impact. I know from personal experience that the best way to lose an argument is to lose your temper! I really believe the people mentioned above want to make your experience here as comfortable as possible, so that you will encourage others to join us.

– David S. Frager

Honoring Our Veterans in Film and Song

While talking recently with friends, we discussed the show honoring the veterans of WWII. It was wonderful! The weather that night was terrible and some of our friends didn't go to the show. They said that they wished there had been more performances.

We especially enjoyed the film clips of World War II, seeing the battle scenes and faces of the time. Especially memorable was seeing and hearing Marlene Dietrich singing "Lili Marlene," plus other songs from those years

that were sung live. And what a wonderful way to pay tribute to our war veterans! Leisure World not only has such grand talent, but also has a good heart.

We were told that the show is going to be repeated, not only for those who missed it, but for those, like us, who would truly enjoy seeing it again.

We urge all residents to take advantage of this wonderful and moving event!

– Charlotte and Lionel Shapiro

Strategic Planning – Start the Ball Rolling

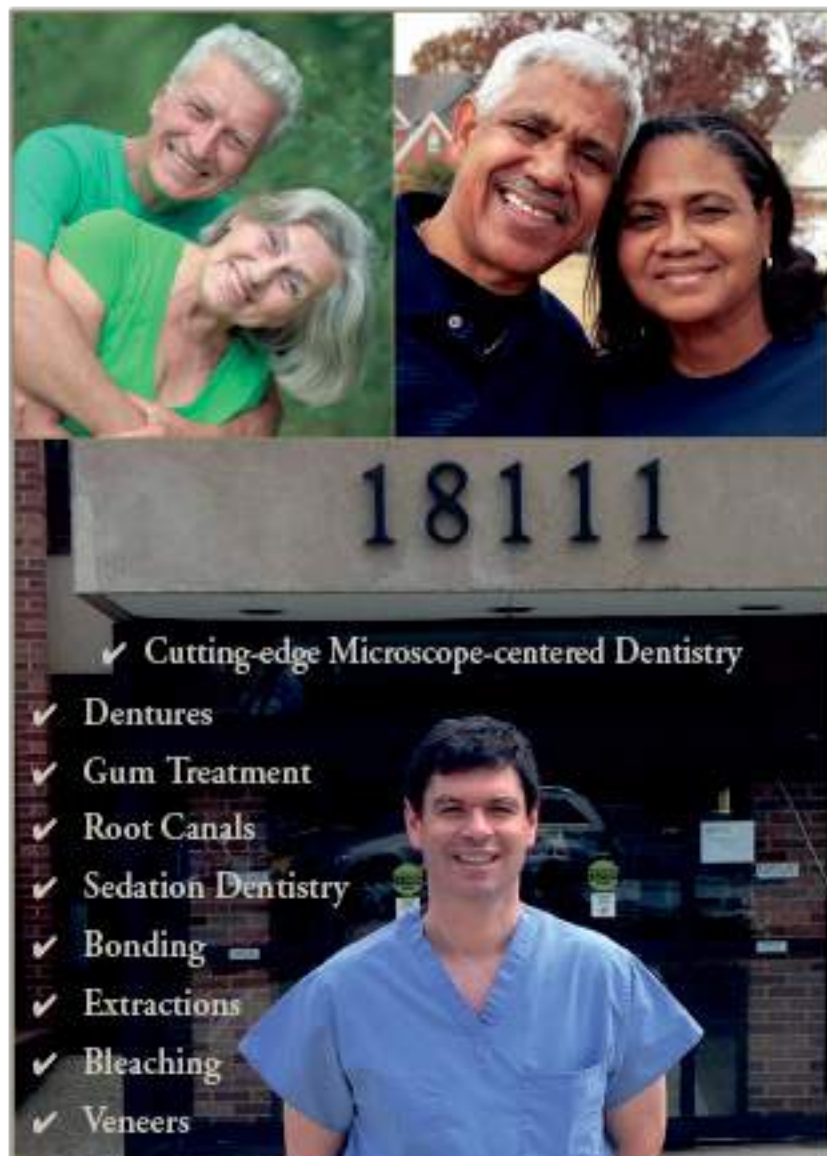
I recently had a pleasant conversation (by email) with one of the members of the Special Strategic Planning Committee (SSPC). I believe they are on the right path, but they are severely under-resourced. Their proposal to hire a contractor to assist them is a good idea and should be approved and funded by the Leisure World Community Corporation (LWCC) board of directors.

Unfortunately, they have

been perceived by some as attempting to paper over opposition to the Administration Building project, but I don't think that's their goal. In my view, they are taking the right approach to listen to residents to gather information to define strategic values and then goals.

A good example of a statement of strategic values is the Preamble to the U.S. Constitution: "We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America." Who doesn't like to read that?

When the SSPC asks you for your ideas for the Leisure World strategic values, please think along those broad lines. I can think of a few, such as: preserving the value of resident's property, delivering needed services, providing safe and attractive facilities, employing highly-qualified staff and providing resilient utilities



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and other infrastructure. I suspect that you all have some strategic values the SSPC needs to hear. So, I urge you to write a strategic value that is important to you and send it to the SSPC in accordance with the instructions in the box on page 5.

There is no need to provide your name. Say what you're for, not what you're against. Let's start the ball rolling. I believe the SSPC is serious about wanting to listen to the broadest possible selection of residents. Do your part. Speak up. You don't have to attend a meeting to do so. With a solid set of values, the SSPC can start to listen to us about goals that align with our values. Our collected voices can steer the LWCC board of directors to uphold our values, meet our goals and implement our solutions.

– David Nachtsheim

Out with the Old, In with the New!

Last year I bought a new car. Not a new used car, a new 56 miles on the odometer

new car. People say that it is a terrible investment. As soon as you drive the car off the lot, it becomes a used car with a large depreciation. I worked long and hard over the years with some savings and I just wanted a new car.

I am quite sure I could have had an auto service center do an invasive study of my old car; it really wasn't that old. They could have replaced all the worn parts, tuned up the engine, washed and waxed the exterior and made it clean and reliable for far less than the new car. But then I would still have a really nice used car and that is not what I want.

One of the greatest assets of Leisure World is also one of its biggest problems. We have a wide diversity of people living in Leisure World. We have homes that sell for less than \$100k and homes that sell for more than \$600k. There are so many interesting people, you never know who you will be sitting next to at a club or committee meeting. It is not surprising that this diverse group of people do not always agree on what the Leisure

World community should look like.

We could keep the Administration Building just the way it is. It's old, inefficient and out of code, but we could live with it. I want more from Leisure World. I want a new, modern building with energy-efficient lighting, energy-efficient HVAC and where everything is new and coordinated. A rework of the existing Administration Building, no matter how extensive, would still be a "used" old building. Sorry, but that is just not what I expect from Leisure World.

There are people with dozens of reasons to be against the new Administration Building and others with an equal number of reasons in favor of the new building. That is the wonderful diversity of Leisure World. After all the meetings, presentations and votes over the past years it seems to me that the majority of residents want a new building, and we need to move ahead with the proposed site plan.

– Fred Seebode

The Power of Civility

There are many people living here in Leisure World who care about what is going on in this large community of ours. I know, because I am one of them. Like many other residents, I decided to move here because of its convenient location and beautiful landscape. After moving here in 2015, I have met many nice people, but I have also met a few not-so-nice people. Ironically, some of these few people occupy positions of power. Some are volunteers and some are paid.


During my time here, I have joined three clubs and two organizations. The organizations have encouraged me to attend advisory committee meetings to get more informed about Leisure World governance. I believe that all residents should consider attending at least one of these meetings to see what they are like. At some of these meetings, I have been pleased with certain outcomes, but I have also been very concerned about the behavior, judgment and attitude of some of the advisory committee members. Instead of using their positions of authority wisely and selflessly for the good of all residents, I feel that some resort to badgering and insulting some of the non-members who volunteer their time to attend these meetings. I suspect that most non-members who conscientiously attend these monthly meetings do not do so for their health.


We go to the meetings to listen, learn, and ask legitimate and important questions. All we want are straight and complete answers and to be treated with the same respect that the members seek from us. We are residents just like they are – no more, no less. I respectfully request that members of these committees not assume they know the motives of the non-members attending their meetings. In my mind, unless all committee members respect us, how can we, the residents, be assured they are rightfully representing us?

Without going into detail, I had an unfortunate situation while using one of the services available to all residents. Security was called, and I believe that was totally unnecessary.

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The situation escalated and I was appalled. I considered this a complete breakdown of civility in our community. I have never had any run-ins with security or police in my entire life, but after moving into the Leisure World 55+ community, I am now the subject of an "incident report." Has this happened to any of my fellow residents? To my mind, we should practice being civil to one another instead of treating Leisure World residents like criminals.

I urge staff and volunteers alike not to strong-arm residents by calling security as a first resort. In my opinion, if someone doesn't have the self-control, sensitivity or wisdom to prevent a non-incident from becoming an "incident report" over nothing, they shouldn't be in any position of authority in Leisure World.

— Carolee Rowse

Please Do a Strategic Study!

In reviewing recent editions of Leisure World News, I noticed that, once again, the Thoughts and Opinions

section is flooded with letters about the proposed new Administration Building. Time and again, people are voicing their opinion about this project. No matter how you slice it, it is a hot topic here in Leisure World. Some are in full support of the project; others think it's a very bad idea. Who is right?

I believe that the constant churn regarding this project screams out for a strategic study. We are told that the current building is too small for our ever-expanding staff and that "we would be surprised" at how many people are required to run this community. We are told by our leadership that "we would be surprised" at how many people use the credit union, post office and realtor and that "we would be surprised" at how many people protested the proposed removal of the lawn bowling court in favor of handicapped parking. Okay, please surprise us! We have absolutely no data whatsoever to support any of the decisions that are

being made on our behalf. We desperately need a community study so that we can judiciously use our limited income to the best advantage of the majority of the community, both now and into the future.

As an example, let's consider the credit union. Is its presence absolutely necessary to service the banking needs of the preponderance of the community? If the answer is a resounding yes, we need data to back that up. Another example is the post office. Who is using the post office and how often is it used? Banking, real estate and postal service options are all available in Leisure World Plaza. Do we need to duplicate those services? Can we augment transportation services to include drop off/pick-up at those sites? Are there in-between solutions available? What actually makes sense for us?

Please understand that I am not advocating that we eliminate these services, but I am asking whether these services are viable for the future of

this community and we will not know that without the appropriate data. Do we want to construct a building that in five to 10 years has no tenants because the cost/benefit to the tenant no longer works? Would the community favor another type of tenant?

In my opinion, we simply do not know the future needs and wants of this community. Construction of a new building that is supposed to last far into the future based upon the hypothetical needs of the current population is a large financial risk. Decisions are being made based upon anecdotal evidence. There is no eye to the future with this new building plan, other than it will be new and it will have a longer life.

Let's do the strategic study first. Let the community be heard. Maybe it would actually make sense to construct a new building as currently proposed. But we really don't know. The lack of knowledge drastically increases our risk with this project. Do we want to assume that risk?

— Joyce Smythe



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EVENTS & Entertainment

■ Fireside Forum

April 8: African American Artists and the African-American Experience

by Jonas Weiss

Cindy S. Aron, an American historian, author and docent at the Smithsonian American Art Museum in Washington, D.C., presents a Fireside Forum program on Sunday, April 8, at 2:30 p.m. in the Clubhouse II auditorium.

Aron's talk highlights, but is not limited to, art by African-American artists, while exploring the African-American experience.

It follows the story through slavery, the Civil War, Jim Crow and the Civil Rights movement. She closes with an exploration of works by contemporary African-American artists.

Aron is an alumna of Brandeis University and the University of Maryland, and a former professor history at



Cindy S. Aron, courtesy photo

the University of Virginia. She enjoys giving tours to groups of adults and school children at the Smithsonian American Art Museum.

Joan Hecht is the host for the speaker.



■ Education and Recreation Department

April 22: Ovation Dinner Theatre Presents 'Murder: Take 2!'



The cast of Ovation Dinner Theatre's murder mystery dinner, courtesy photo

The E&R Department presents an Ovation Dinner Theatre murder mystery dinner on Sunday, April 22, in the Clubhouse I Crystal Ballroom. Doors open at 5:30 p.m., dinner is served at 6 p.m. and the show begins at 6:30 p.m.

Be part of the fun in this 1940's film noir, audience-interactive, comedy murder mystery, featuring many of your favorite "film stars." The production also includes as many as 15 special roles for members of the dining audience.

The plot unfolds as an aging Hollywood icon is mysteriously murdered during a gala, and it's believed that one of the dinner guests is the murderer!

C.B. DeMillstone has lost his diva to murder. Reporters Dame Maggie Thatcher Churchill Downs and Jimmy help guide dinner guests along with clues, as Detective Lime and "EZ" attempt to solve the murder. Who has committed this crime?

The cost of \$42 per person includes a three-course, served dinner and the show. Dinner entrées include beef tenderloin, salmon or chicken Marsala. Entrée selection is made when purchasing tickets. A cash bar is also available.

Tickets are on sale in the Clubhouse I E&R office. If you wish to be seated with friends, all payments must be submitted together. Payment by check should include meal selection on the memo line. Please bring your Leisure World ID.

■ The Inter-Faith Chapel

April 8: Piano Concert at the Chapel

by Marian Hayden

On Sunday, April 8, The Inter-Faith Chapel's music program presents a piano concert by pianist and composer Dr. Charles Garner.

Garner, along with other musicians, performs his piano compositions and a variety of piano classics. The concert also features a bass baritone.

Garner holds a bachelor's of music in piano from Cleveland Institute of Music, a master's in composition and theory from Boston University and a doctorate in education from Teachers College at

Columbia University.

He is the recipient of many honors and awards, including the prestigious Ditson Award from Yale University. His compositions are published by G.I.A. Publishers, Chicago, Illinois.

The concert is at 3 p.m. in The Inter-Faith Chapel's sanctuary and all residents and their guests are welcome to attend. A reception immediately follows the concert. The event is free; tickets are not required.

For more information, contact Kevin M. Clemens, director of music, at (k.clemens@inter-faithchapel.org) or (301 598-5312).

Sign Up for Events and Classes

Sign-ups for newly advertised E&R events and classes are taken beginning on the Tuesday after the date of the edition of Leisure World News in which it appears. All sign ups begin at 8:30 a.m. in either Clubhouse I or Clubhouse II, as noted in the event or class description.

Please remember to bring your Leisure World ID.

April 28: The Rat Pack Together Again

This toast to the Rat Pack takes you on a musical journey that features some of the greatest hits from the legendary Frank Sinatra, Dean “Dino” Martin and Sammy Davis Jr.

Tony Sands as Sinatra sings “Old Blue Eyes” classics like “Come Fly with Me,” “My Way” and “New York.”

He is joined by Johnny Pettillo as “Dino” crooning “Everybody Loves Somebody” and “That’s Amore!” and Geno Monroe as the dynamic Sammy Davis Jr. with renditions of his “Mr. Bojangles” and “Candy Man.”

The trio’s songs and comedy will have you thinking that you

have stepped back in time, a time when The Rat Pack was in its heyday.

Sponsored by the Foundation of Leisure World and the E&R Department, the show is on Saturday, April 28, at 7 p.m. in the Clubhouse II auditorium. Tickets are \$15 per person and are on sale 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.



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■ Ballroom Dance Club

April 28: Dance to the Music of The Tony Luciano Band

by Joyce Hendrix

Popular musical group The Tony Luciano Band returns to Leisure World for the Saturday, April 28, dance from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

The Club strongly suggests those interested in attending make reservations with Connie Roby at (240-393-9808), no later than Thursday, April 26, to ensure a seat at the table of your choice.

Club dances can seat up to 12 tables with 10 dancers each. Members' entrance to the dance remains at \$10 per person, and invited guests and non-members pay \$15 per person. The Club is still

accepting annual memberships at \$10 per person for all Club dances through November 2018.

The dress code for September through May dances is coats and ties for the gentlemen and dressy outfits for the ladies. Music played at the Club's dances is from all eras, 1920's through current day, and includes Broadway show tunes, a bit of country and dance tunes played at strict ballroom tempo.

Club members and guests dance the waltz, foxtrot, rumba, tango, merengue, swing, quick-step, Viennese waltz and even a polka or two. Put on your dancing shoes and come dance to The Tony Luciano Band on April 28.

■ Education and Recreation Department

May 11: St. John's Episcopal School's Jazz Ensemble



St. John's Episcopal School's Jazz Ensemble, courtesy photo

The E&R Department welcomes The St. John's Episcopal School's Jazz Ensemble back for a concert on Friday, May 11, at 10:30 a.m. in the Clubhouse I Crystal Ballroom.

The Jazz Ensemble will perform music representing a variety of styles and popular music eras.

Featured pieces include Gloria Estefan's 1980s mega hit "Rhythm Is Gonna Get You"; "I'm Always Chasing Rainbows," based on a melody by Frederic Chopin; "Old Time Rock and Roll" that'll bring a smile to the face of any Tom Cruise fan; "Buckjump" a gem written in New Orleans funk style composed

by Louisiana's own Trombone Shorty; "Who's That Masked Man?" featuring music from TV and movie whose main character wears a mask; and "America, the Beautiful," arranged in the style of Ray Charles.

St. John's is also pleased to feature individual members of the band who will play solos ranging from serious concert repertoire to good old swing style favorites to pieces from the Disney library.

So, plan on coming to hear these talented students perform music you remember, along with not so familiar tunes, at this mid-morning concert on May 11.

The concert is free, but tickets are required, limit two per person. They are available beginning Tuesday, April 10, at 8:30 a.m. in both clubhouse E&R offices.

Coming in 2018

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

April 7, 7 p.m.	Artemis International Dance Group
April 21, 9:30 a.m.	Spring Flea Market
April 22, 7 p.m.	Ovation Dinner Theatre – Murder: Take 2!
April 28, 7 p.m.	The Rat Pack Together Again
May 11, 10:30 a.m.	St. John's Episcopal School Jazz Ensemble
May 14, 2 p.m.	Concert Pianist Solomon Eichner
May 26, 4:30 p.m.	Duke Ellington School of the Arts Performance
May 31, 1:30 p.m.	Steve Friedman – Even More Musicals

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

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May 14: Concert Pianist Solomon Eichner Performs Romantic Repertoire

Equally at home with solo, chamber and concerto performances, Solomon Eichner has established himself as an exciting and versatile young artist.

He is known for his commanding performances of the romantic keyboard repertoire including Liszt, Chopin, Brahms, Prokofiev and Rachmaninoff.

Having last performed at Leisure World in October 2016, Eichner returns on Monday, May 14, at 2 p.m. in the Clubhouse II auditorium to give another stellar concert.

Eichner has competed nationally and internationally, winning the Golden Key Debut International Compe-

tition NYC and receiving second in the Miami Music Festival's Concerto Competition in 2016.

After winning the Golden Key at age 27, Eichner made his debut performance at Carnegie Hall in New York City.

He has performed at music festivals and events in the Baltimore-Washington, D.C., area, including at the Sandy Spring Museum's concert series, the Enoch Pratt Library Salon

Concert Series in Baltimore and the Afternoon Concert Series at the U.S. State Department in Washington, D.C. Besides performing, Eichner adjudicates other piano competitions.

Originally from Pikesville, Maryland, Eichner studied privately with Virginia Reinecke, Reynaldo

Reyes and Irene Kreymer. He graduated with his bachelor's of music degree from the Manhattan School

of Music, studying with Arkady Aronov, and received his master's of music degree from the Peabody Conservatory of Johns Hopkins University, studying with Alexander Shtarkman.

In 2017, he received his doctorate of musical arts degree from the University of South Carolina with his final dissertation on the repressed Jewish composer Samuil Feinberg.

This performance is sponsored by the E&R Department. Tickets for this event are \$7 per person and go on sale beginning Tuesday, April 10, at 8:30 a.m. in both clubhouse E&R offices.

Please bring your Leisure World ID.



Solomon Eichner, courtesy photo

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■ Foundation of Leisure World

April 9: 'The Silk Road' Travel Video - Part Two

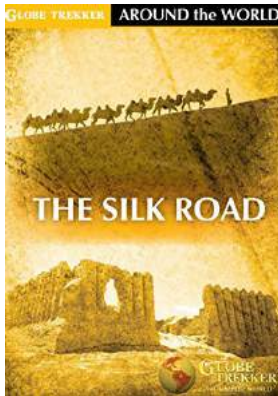
by Bob Stromberg

The Foundation of Leisure World presents part two of an exciting travel video from the Globe Trekker Around the World series, "The Silk Road: Xi'An to Kashgar," on Monday, April 9, at 2 p.m. in the Clubhouse II auditorium.

The Silk Road was a number of ancient trade routes connecting East and West. Although silk was a major item traded, many other goods passed between different cultures and civilizations along the routes.

This event is free and open to all residents and their guests. Light refreshments immediately follow the program.

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.



■ Hispanos de Leisure World

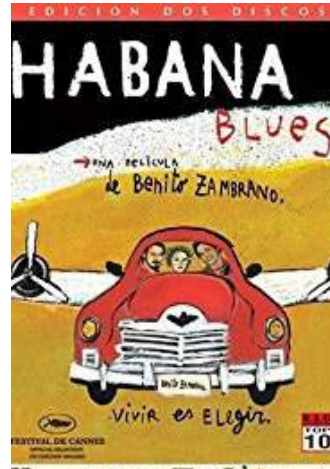
April 13: 'Habana Blues'

by Carlos Montorfano

Hispanos de Leisure World

presents the Cuban movie "Habana Blues" (2005, 1 hour 55 minutes, drama, not rated, Spanish with English subtitles), on Friday, April 13, at 3 p.m. in Clubhouse I.

Two Cuban friends play in a blues band in La Habana.



When a Spanish music producer offers them a contract to record an album

and to build a career in Europe, they will have to decide whether to stay in their birthplace with their loved ones or grab their chance to leave Cuba.

Come early; seating is limited and refreshments are available. The presentation is free and open to all residents.

■ Jewish Residents of Leisure World

April 18: Movie Matinee Presents 'Menashe'

by Jonas Weiss

Jewish Residents of Leisure World (JRLW) and Coming of Age in Maryland present the movie "Menashe" (2017, 1 hour 22 minutes, drama, rated PG for thematic elements, Yiddish with English subtitles) on Wednesday, April 18, at 1:30 p.m. in the Clubhouse II auditorium.

The film takes place in the heart of New York's ultra-orthodox Hasidic Jewish community, where most men go about their business garbed in traditional black suits, white

shirts and black hats.

Menashe stands out. He is a kind, hapless grocery store clerk who offers a thoughtful take on the challenges of parenthood following his wife's death, and the struggle to be a man and a father.

This Brooklyn-based drama is an authentic, tightly written and compelling story.

A discussion follows the presentation. Tickets, \$7 per person, are check only, payable to JRLW, and available beginning Friday, April 6, at 8:30 a.m. in the Clubhouse I E&R office. All residents are welcome.



PLEASE, NO CASH

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

When paying for programs or events sponsored by Leisure World clubs and organizations, payment can only be made by check, payable to that club or organization.



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■ **Leisure World Association for African American Culture (LWAAAC)**

April 28: ‘Sometimes in April’

by Patricia Means

On Saturday, April 28, LWAAAC presents the made-for-TV movie, “Sometimes in April” (2005, 2 hours 20 minutes, drama/history/war, rated TV-MA) at 2 p.m. in the Clubhouse II auditorium.

The film is a historical drama about the Rwandan genocide of 1994. Over the course of 100 days, more than 400,000 people were killed in a terrifying purge

by Hutu nationalists against their Tutsi countrymen.

The harrowing drama depicts attitudes and circumstances leading to brutal

violence, the struggle to survive the genocide and the aftermath as people try to find justice and reconciliation.

Written and directed by Raoul Peck, the film’s cast includes Idris Elba, Oris Erhuero and Debra Winger.

Admission is free; tickets are not required. All residents are welcome.



2018 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
April 19, 1 p.m.	Queen of Katwe	SOLD OUT
April 29, 2 p.m.	The Dressmaker	April 10
May 17, 1 p.m.	Paris Can Wait	April 24
May 27, 2 p.m.	Going in Style	May 8
June 10, 2 p.m.	Lions	May 22

Movies are subject to change.

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■ **Education and Recreation Department**

Sunday Afternoon at the Movies

April 29: ‘The Dressmaker’

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, April 29, the featured film is “The Dressmaker” (2016, 1 hour 59 minutes, comedy/drama, rated R for brief language and a scene of violence).

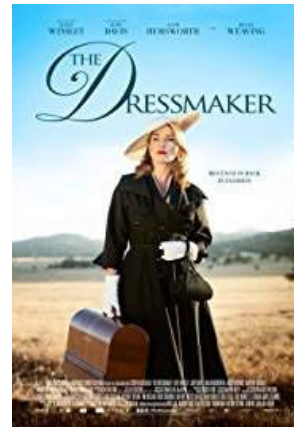
Driven away when she was young, Tilly Dunnage returns to rural Australia after years of working as a dressmaker in Paris. She is ready to make waves in her conservative hometown, not only with her haute couture, but also with a hidden agenda.

Based on Rosalie Ham’s best-selling novel, “The Dressmaker” stars Kate Winslet as Myrtle “Tilly” Dunnage and Judy Davis as Molly “Mad Molly” Dunnage, Tilly’s mother.

Free tickets, limit two per person, are required and can be obtained from the E&R office in either Clubhouse I or II, beginning Tuesday, April 10, at 8:30 a.m. Please bring your Leisure World ID.

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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April 18-21, 8 p.m., April 22, 2 p.m.

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■ Low Vision Support Group

April 11: Surviving Instant Blindness – One Man’s Heroic Story

by Larry Cohen

Come to the Low Vision meeting on Wednesday, April 11, at 1 p.m. and meet a speaker you will never forget: Shawn Callaway.

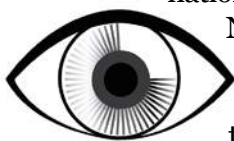
Callaway was born in Washington, D.C., and grew up in Prince George’s County, Maryland. When he was a sophomore at South Carolina State University, a classmate playing with a gun accidentally shot him in the temple, severing his optic nerve.

After surviving the stages of grief – denial, anger, bargaining, depression and acceptance – Callaway attended Workforce Technology Center, a blind training school in Baltimore to learn mobility, independent living and braille so he could start his life over.

Callaway returned to school and received an associate’s degree in psychology from Essex Community College, and then a bachelor’s of science in psychology from the University of Maryland and a master’s of science in social work from Catholic University of America.

He is an active member of

the Fort Stevens Lion’s Club in Washington, D.C. and is the co-host of a radio show titled “Open Our Eyes,” a show that focuses on the inclusion of persons with disabilities in society. He is also on the national board of directors of National Federation of the Blind.



All are encouraged to come to the meeting on April 11 to gain a deeper understanding of blindness.

General Information

The Low Vision Support Group finds ways to live life to the fullest, such as discovering new medical tools or methods in the field of vision loss, as well as learning from experts in the field.

Group members also shares suggestions for transportation, medical services and social venues that make each other’s lives easier and more productive.

The Low Vision Support Group meets on the second Wednesday of the month at 1 p.m. in Clubhouse I.

Join the Group and add your experiences and ideas for activities, speakers or subjects of interest.

Drug Take Back Bin Now at Medical Center

Residents are invited to drop off their unused and expired prescription and over-the-counter medications, including pet medications, inside the green collection bin located in the MedStar Health medical center’s waiting room.

The container does not accept Schedule I controlled substances or illegal drugs. Thermometers, inhalers, aerosol cans, hydrogen peroxide, lotions, liquids and needles are also not accepted.

Residents may drop off their prescription medications Monday through Friday, from 8:30 a.m.-5 p.m.

– Leisure World News



Photo by Leisure World News

- Emergency Preparedness Advisory Committee
- Health Advisory Committee

April 11: Panel of Experts Discuss ‘Personal Preparedness and the Hazards of Clutter’



Top row, from left: Candice Colvin, David Borchardt, and Dee Howard Richard. Bottom row, from left: Sandy Hart and Susan Montgomery, photos by Leisure World News. Donna Eichelberger, courtesy photo

by Emily Geller

Disasters come in many forms. Some result from extreme weather events, such as blizzards, hurricanes, floods and fires. Other disasters, such as the personal accumulation of too much clutter, can also be dangerous to individuals, neighbors and communities.

The Emergency Preparedness Advisory Committee and the Health Advisory Committee present a workshop on “Personal Preparedness and the Hazards of Clutter” on Wednesday, April 11, from 1-4 p.m. in the Clubhouse I Crystal Ballroom.

Candice Covin, disaster program manager for the American Red Cross, discusses personal preparedness. Assistant chief for Montgomery County Fire and Rescue Service Dee Howard Richards and David Borchardt, program manager for the Office of the Fire Marshal,

discuss the hazards of clutter.

Susan Montgomery and Sandy Hart, social workers at Leisure World’s Social Services Department, and Donna Eichelberger, founder of Graceful Transitions, an organization that helps seniors reduce clutter and cope with life transitions, discuss a range of options for dealing with clutter.

After the speakers’ presentations, the audience separates into smaller breakout sessions, where attendees can share experiences and ask questions. Refreshments are served during intermission and door prizes are awarded at the end.

The workshop is free but residents are asked to register by calling the Clubhouse I E&R office at (301-598-1300). Residents may each bring a guest from outside Leisure World. Notify the main gate in advance by calling (301-598-1044) and providing the guest’s name.

■ Stroke Support Group

April 11: Next Meeting

by Sally MacDonald

The Stroke Support Group continues its group meetings, with the next on Wednesday, April 11, at 1:30 p.m. in Clubhouse II.

The Group's new chairperson, Amy Boltz, has replaced former chairperson Sally MacDonald, who relinquished the position in March.

MacDonald thanks and gives credit to the Group's members who have contributed so much as they gathered and shared information with each other during the last two years. Bedford Court has also provided continuous support.

The Stroke Support Group, which meets on the second Wednesday of the month at 1:30 p.m. in Clubhouse II, continues to welcome and assist any residents, their caretakers and others who have stroke-related concerns.

For more information, contact Boltz at (248-652-0304).

■ Jewish Residents of Leisure World

April 27: The Many Faces of Abuse

by Sharon V. Freedman

On Friday, April 27, the Jewish Residents of Leisure World (JRLW) presents a program on the critical topic of abuse. The program is at 10:30 a.m. in Clubhouse II.

The program covers the various types of abuse, including physical, sexual and psychological, as well as neglect and financial exploitation.

The first speaker, Cheryl Kravitz, is a survivor of domestic violence who shares her personal story with the group. Also featured is Tova Kasdin, director of ElderSAFE™, a program for abused seniors established by the Charles E. Smith Life Communities in Rockville, Maryland.

The program is free for all residents and their guests; tickets are not required. All are invited. For additional information, contact Phyllis Rand at (301-871-1515) or Sharon V. Freedman at (301-367-8141).



GOOD TO KNOW: HEALTHCARE FOR ALL RESIDENTS

by Leisure World News

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

Several of the healthcare offerings are open to all residents; you do not have to be a MedStar patient to use their services. They are:

- Acupuncture (301-960-9826)
- Audiology/Hearing (301-468-7670)
- Dental (301-598-1015)
- Durable Medical Equipment (877-224-2294)
- Family and Nursing Care (301-588-8200)
- Laboratory Services (301-598-1045)
- Massage Therapy (202-306-0894)
- Rehabilitation (physical therapy) (301-438-6280)
- Pharmacy (301-598-1548)
- Social Services (301-598-1581)

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. Hospice Caring Inc. sponsors group meetings. Registration and a phone conversation with Anne Baker, director of adult bereavement at Hospice Caring Inc., is required before attending. If interested, please call Anne at (301-990-0854).

Essential Tremor Group: Hello to all those with Essential Tremor. We have missed seeing you at our meetings. Where have you been? The Essential Tremor Group meets at 10:30 a.m. the first Thursday of the month in Clubhouse I. There have been some exciting, new developments in research, such as a new tablet that measure the tremors in your hands and possibly the voice, which have been discussed. Try to come to the next meeting on May 3 at 10:30 a.m. to find out about more new research and to meet other people with Essential Tremor. If you have any questions, please call Marlene Golden at (301-438-7773).

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

Memory Café: The Memory Café meets the last Thursday of every month from 2-3:30 p.m. in Clubhouse I. The program provides social engagement for individuals living with early stage memory loss. Registration is required. For more information, contact Diane Vance at (240-428-1342) or (dvance@alz.org).

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

Bicyclists Traffic Rules

Bicyclists are required to ride as near to the right side of the pavement as practical. All vehicular traffic regulations must be adhered to, i.e., stop, yield signs, pedestrian right-of-way, etc. Designated arm/hand gestures are required when making left, right turns and stops.



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A CONTINUING CARE RETIREMENT COMMUNITY RIGHT NEXT DOOR!

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2. Pharmacists will review medications and medical history to evaluate for things like:

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- Over-medication
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- Cheaper, generic and alternative medications
- Co-pay assist programs

3. Seniors will receive a personalized medications list to share with their doctor recommending ways to lower their medication costs and enhance their health.

This is just one of many ideas and solutions to move our county forward. **Learn more at BlairForMontgomery.com**

Authorized by Friends of David Blair, Treasurer, Janica Kyriacopoulos



CLUBS, GROUPS & Organizations

■ Computer Learning Center

Help Available for Android Smartphone and Tablet Users

by Donna Copeland

Donna Copeland, resident and Computer Center board member, is available on the second and fourth Thursdays of each month from 2:30-4:30 p.m. in the Computer Learning Center to help residents learn how to better use their Android smartphones and tablets.

The next sessions are on Thursday, April 12 and 26, and they are first come, first serve.

Learn how to use Android smartphones and tablets for email, internet and many other useful tasks. Get help getting started, learn more about familiar capabilities or learn about new things your device can do.

Bring your device for a one-to-one, hands-on session.



■ Women's Fun Bunch

Next Meeting Planned for May

by Marlene Golden and Ruth Altman

On March 25, 38 members of the Women's Fun Bunch met to enjoy a delicious and beautifully served afternoon tea prepared by Perrie, LLC, and to discuss plans for future activities. The next meeting is expected to be held in early May.

Chairperson Marlene Golden expressed her grati-

tude to Harriet Chaiken for preparing a new, updated and alphabetized members list, copies of which were made available to those present.

Golden also urged members to volunteer their services as often as possible to ease the burden on those working on specific projects.

Volunteers are asked to contact Golden for assignments at (301-438-7773).

Holy Rosary Group Seeks Members

The purpose of this group is to gain a greater understanding of the holy rosary. Members will explore what the rosary is, the various uses for praying the rosary and how to pray it.

Join this group for revealing discussions and find out how to make use of this powerful prayer.

Contact Ann Hymes at (240-263-4397) if interested in joining a group dedicated to the holy rosary.

— Ann Hymes

■ Vegetarian Society of Leisure World (VSLW)

April 10: Whole Foods Founder Discusses Diet and Health

by Bob Fenichel

The VSLW monthly meeting on Tuesday, April 10, at 7 p.m. in Clubhouse II features a one-hour video talk by John Mackey, the founder of the Whole Foods Market supermarket chain.

In his informative talk, Mackey discusses how to avoid diseases created by the American mainstream diet by instead following a whole food diet that includes nutrient-dense foods,

such as vegetables, fruits and whole grains.

General Information

Additional information on VSLW activities is available at (www.vslw.org). Please note that everybody is welcome at VSLW activities; you 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."

■ Fun and Fancy Theatre Group

April 13: Opening Night for 'Broadway Melodies'

by Hannette Allen

"Broadway Melodies of the 1960s," directed by Allan Okin, is a companion piece to Fun and Fancy's successful fall show, "The 1960s in Song and Dance."

Many of the longest running Broadway shows opened during the 1960s, including "Cabaret," "Man of La Mancha," "Mame," "Hello Dolly," "1776," "Hair," "Funny Girl" and "Promises, Promises." Some of the most memorable music of the American musical theatre came from these shows.

Fun and Fancy's show is a beautiful patchwork quilt, with each square a Broadway song from the period.

Many of the songs are familiar, although residents may not have thought about them in years, while others are delightful surprises.

Fun and Fancy members enthusiastically perform the songs and dances. Many favorite performers appear in this production, as well as some amazing, new talent.

Performance dates are:

- Friday, April 13 at 7:30 p.m.
- Saturday, April 14, and 21, at 7:30 p.m.
- Sunday, April 22, at 2 p.m. (matinee)

Get your ticket early to get one of the better seats. Tickets are on sale weekdays through Friday, April 20, from 11 a.m.-2 p.m. in the Clubhouse I lobby, and on Saturday, April 14, from 11 a.m.-2 p.m. outside the Clubhouse II auditorium.

Tickets are also sold outside the Clubhouse II auditorium one hour before show time at each performance.

Tickets are \$10 each, cash or check only, made payable to Fun & Fancy. Credit cards are not accepted.

Play Readers

Fun and Fancy's three play reading groups continue to enjoy meeting at each other's homes to read play scripts just for fun.

If interested in joining, contact Irene Lunenfeld Shaulis at (Lis4972@verizon.net).

Hats Off to a Great Event

by Jean DeSchrive

The Garden and Environmental Club welcomed spring by hosting their annual Spring Tea on March 28.

One hundred and thirty two members and their guests enjoyed socializing and making new friends while they munched on tea sandwiches, scones and delicious home-made desserts. Once again, Elaine O'Leary, an accomplished pianist, entertained the group throughout the afternoon.

Many guests wore colorful and interesting hats for the chapeau contest. The prize for the Most Beautiful Hat went to Anne Harrison. Leta Kott

won for the Most Creative Hat and The Most Whimsical Hat winner was Shirley McBeath. Each winner received a beautiful flowered umbrella.

The prize table created much excitement, and several guests went home with beautiful baskets and other donated gifts. Proceeds from the 8th annual Spring Tea will be used to buy a tree to be planted by the Club on Arbor Day, Friday, April 27.

Club Meeting

The next Garden and Environmental Club meeting is on Monday, April 9, at 10 a.m. in Clubhouse I. The program is presented by master gardener Vivienne Burke, who will demonstrate how to create dish gardens and terrariums.



From left, Anne Harrison, Leta Kott and Shirley McBeath show off their award-winning hats at the annual Spring Tea on March 28. Photo by Jean DeSchrive

Members and guests are encouraged to bring containers, plants and other materials that may be used to assemble their creations during the workshop. Burke will provide containers and materials for at least 15 participants. The meet-

ing's door prize will be one of her creations.

All residents and their guests are invited to the meeting. Coffee, tea and delicious homemade desserts are served before, during and after the meeting.

■ Gem, Lapidary and Mineral Society of Leisure World

April 11: 'The Scenery Equation'

by Chuck Mason and Richard Bambach

The Lapidary Club's next meeting on Wednesday, April 11, at 7 p.m. in Clubhouse II features a program presented by resident Richard Bambach entitled, "The Scenery Equation." His talk is illustrated with photos he has taken in many beautiful places all across the U.S.

When people look at scenery, they are looking at geologic history made from three components: the underlying rocks, the effects of the operation of internal Earth processes and the effects of weathering and erosion at the surface of the Earth.

This is true for any landscape, from the towering peaks of the Rocky Mountains to the wide-open spaces of the Great Plains. Different rock types respond differently to both internal Earth processes and to weathering and erosion.

The timing of interval processes that operate to uplift an area (which may have occurred a billion years ago, or are ongoing), combined with ongoing weathering and erosion, creates the topography seen. Rock Type + Earth

Processes + Weathering and Erosion = Scenery, and that is the scenery equation.

Bambach taught historical geology at Virginia Tech for over 30 years, and is an excellent photographer. That adds up to a program you won't want to miss!

Visitors are welcome. The Club's meetings begin with a short business session and are usually followed by open hours for the Lapidary Shop. For information about the shop, contact shop steward Mark Parker at (240-723-5860). For information about Club meetings and other activities, contact president Frank Roddy at (301-598-3698).



Dream Lake in Rocky Mountain National Park, Colorado. The photo illustrates 1.7 billion year old rocks uplifted starting about 70 million years ago and eroded most recently by glaciers in the last 300,000 years. Photo by Richard Bambach

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The Creative Work of Susan Curow

by Reese Barnett



Susan Curow's artistry with ceramic vases ranges from the big and bold to the small and intricate. Photos by Susan Curow

The Ceramics Club is currently displaying the creative talents of Susan Curow in the Clubhouse II display case. She has been a member of the Club for a little over three years and has developed a unique style all her own.

Curow paints primarily in neon colors, which give her work a bright, clear tone. Many of her pieces are small with intricate and sometime offbeat designs. The larger pieces tend to defy description, so come by the Club's display in Clubhouse II to see firsthand the results of Curow's artistry. Her lovely pieces are on show all month.

For the last two years, Curow has been an instructor, walking new members through the slip-casting process step-by-step. New members select a mold of a small item. They then pour the liquid clay into the mold and wait until it sets up

enough to remove it from the mold.

The piece is cleaned and smoothed out with all the rough edges gone. Club members fire that piece and when it returns from the kiln, the creative juices begin to flow.

The Club has many lovely pieces for sale made by Curow for the gift shop. All of the profits from the gift shop's sales are donated to

charity. The shop is combined with the Club's workspace, so someone is always on hand to assist residents.

All residents are welcome to join the Ceramics Club for a yearly fee of \$10 that includes instructions and materials on how to make your own ceramic pieces.

For more information, visit the Club's website at (<http://sites.google.com/site/cccofleisureworld/>).

■ Italian Social and Cultural Club

April 22: Members-Only Meeting and Comedy Film

by Flo Merola

On Sunday, April 22, Italian Social and Cultural Club members are invited to the screening of the hilarious film, "Aren't You Embarrassed?" (2014, 1 hour 3 minutes, documentary/comedy, rated TV-MA) starring Sebastian Maniscalco.

Maniscalco, a celebrated comedian, skewers modern day society through the lens of his old world Italian-American upbringing. He has people laughing as they wonder if perhaps everyone should be just a little embarrassed.

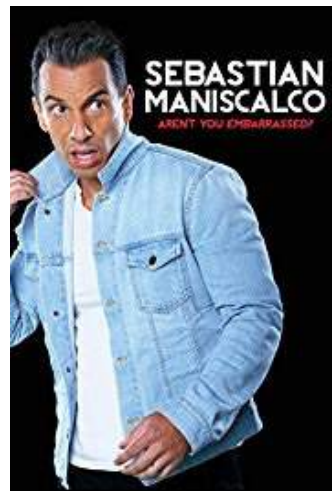
The Club holds a business meeting prior to the movie. Club members discuss the slate of officers for 2018-

2019 as well as events for the new season, and takes nominations from the floor. Please bring ideas and a willingness to volunteer.

The Club's mission statement is "dedicated to promoting knowledge and appreciation of Italian culture."

The Club is proud to have achieved its goal this past year and looks forward to continuing with new and exciting events.

The members-only meeting and movie is at 2 p.m. in Clubhouse I. Dessert and coffee is served.



COLLEGE PERFORMING ARTS SERIES

SPRING DANCE CONCERT

April 27-28, 8 p.m.

April 29, 2 p.m.

The Montgomery College Rockville Dance Company continues its annual tradition with a program of exciting and original dance works by Montgomery College students and faculty, as well as Washington, DC-area choreographers. Audiences will be treated to a diverse showcase of ballet, jazz, and tap.

Tickets are \$10 Regular, \$8 Seniors, & \$5 Students with Student ID

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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.

April 21: Spring Fling Features Master Calligrapher and Painter of Asian Art

by Ann Bolt

Rossmoor Art Guild (RAG) teacher Sharon Minor recently took a workshop, “Ink Dance on Paper,” with Bertram Mao, master calligrapher and painter of Asian art. Mao is also guest speaker at the Spring Fling, scheduled for Saturday, April 21, at 1 p.m. in the art studio in Clubhouse I.

“To draw is to move across the paper like a dancer moves across the floor,” Minor said. “The pencil becomes the dancer.”

Come to the Spring Fling to watch Mao draw his lines, hold the brush and share his expertise. He recently displayed a long banner at Lakeforest Mall in Gaithersburg, Maryland.

Minor also created a long paper scroll, and she

unfurled it in one of her recent classes. The extensive project includes scenes from her life and things that have mattered to her along the way. It also gives a glimpse of how her art has evolved, experiments she has mastered, and some unfinished areas in which to add.

What would your life scroll look like? Pick up a brush and start “dancing” across the paper.

Spring Classes

Spring Classes start the week of Monday, April 9. The Guild appreciates prompt payment of \$60 per class. Annual RAG membership is \$10, which is usually collected in September or upon joining.

Art Education

RAG’s art education



Bertrand Mao, Chinese ink brush painter and calligrapher. Photo by Sharon Minor

program, hosted by Teresa Milne, continues on Thursday, April 12, with “History of European Art” at 3 p.m. in Clubhouse I. Refreshments are available and all residents and their guests are welcome.

Open Studio is drawing and painting in shades of gray – no color. Find a favorite



RAG teacher Sharon Minor, left, unfurls her scroll of life to students Marilyn Davis, Teresa Milne and Paul Lipson. Photo by Ann Bolt

reference photo or picture and have a copy made of it in black and white. This photo is your value scale. The shades of gray exhibit is scheduled for May in Clubhouse I.

The Guild thanks Marvin Sirkis and Maggi Mannarino for their generous donations.

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April Competition Recognizes Best of the Best

by Fred Shapiro

The Rossmoor Camera Club's final competition meeting of the year on Tuesday, April 24, determines the best photos from those recognized as winners in the previous seven competitions, including best photo of the year in each of the four Club categories.

The meeting is at 7 p.m. in Clubhouse II, and its judge is well-known photographer Frank Van Riper.

All residents are welcome to attend to see the variety of award-winning photos taken by Club members.

Van Riper is a documentary and fine art photographer whose work has been published internationally.

Van Riper's photography is in the permanent collections of Smithsonian American Art Museum and the Smithsonian National Portrait Gallery, both in Washington, D.C., as well as the Portland Art Gallery in

Portland, Maine.

His 1998 book of photography and essays, "Down East Maine: A World Apart," was nominated for a Pulitzer Prize and won the silver award for photography from the Art Director's Club of Metropolitan Washington.

Van Riper is an online photography columnist at (www.TalkingPhotography.com) and was the photography columnist for The Washington Post for many years.

He is a popular teacher and lecturer, and is on the faculty of Photoworks in Glen Echo Park, Maryland.

Educational Meeting

The educational meeting on Tuesday, April 10, features Alan Sislen of the North Bethesda Camera Club, who will speak on black and white photography. He will discuss the work of Aubrey Bodine, whose photos include scenes of Western Maryland.



Advanced prints first place winner "Rock Garden in Estonia" by Fred Shapiro

Sislen is passionate about photography, not just the finished photograph, but also the process of visualizing, capturing, processing and creating the final print. He wants the viewer to be moved or intrigued by what they see.

Garden Competition Winners

Judge Ann Bolt recognized the following print and digital winners for the March garden-themed competition:

Advanced Prints

1st place: Fred Shapiro, "Rock Garden in Estonia"; 2nd place: Larry Mars, "Lilies and Pads"; 3rd place: Larry Mars, "Morikami Rock Garden"; Honorable Mentions: John Fife, "Overlook Gardens LW"; Stewart Lillard, "Bishops Garden D.C."; Joanne Mars, "Lily Pond"; Joanne Mars, "Sunflowers."

General Prints

1st place: Gaby Dusan, "Tree Garden"; 2nd place: Ruth Kaplan, "Majorelle Garden in Marrakesh"; 3rd place: Gaby Dusan, "Garden Gate"; Honorable Mentions: Ann Ferren, "Denver"; Bob Kaplan, "Keukenhof Garden"; Ruth Kaplan, "Garden in Baden Baden."

Advanced Digitals

1st place: Brenda Gillum, "Waterlily Triplet"; 2nd place: Jon Fife, "Charlottenberg Park



General digitals second place winner "Chihuly Glass, Denver" by Ann Ferren

Berlin"; 3rd place: Joanne Mars, "Taro Fields"; Honorable Mentions: John Fife, "Garden with Statue"; Stewart Lillard, "Ladew Topiary and House"; Larry Mars, "Sunflower Field"; Larry Mars, "Midtown Garden."

General Digitals

1st place: Lou Paley, "Biltmore Thru Trellis"; 2nd place: Ann Ferren, "Chihuly Glass, Denver"; 3rd place: Frank M. Roddy, "Brighton Dam Azaleas"; Honorable Mentions: Gaby Dusan, "Garden with Rookery"; Ann Ferren, "Golden Gate Park"; David Harris, "Keukenhof"; Bob Kaplan, "Baden Baden Garden"; Ruth Kaplan, "Keukenhof Gardens"; Nina Parish, "Alhambra."

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Help Is on the Way for Gardeners

by Cindy Hensen and Mary Lalley

The Garden Plot Group's board has been very busy preparing the garden for residents. The Group has 261 garden plots and a waiting list. Now is the time to plant green, leafy vegetables for salads, such as lettuce, chard and spinach. If seeds are placed in the ground and covered during cold nights, a garden produces healthy, green vegetables.

Extra Hands

Extra help is on the way for gardeners. On Friday, April 13, from 3:30-6:30 p.m., and Saturday, April 14, from 10 a.m.-1 p.m. students from Good Counsel High School in Olney, Maryland, fulfill their community service obligations by providing assistance in the garden plots.

As gardeners age, the tasks associated with garden preparation can become more daunting; the bags of soil and compost seem heavier, the wheelbarrow

unwieldy and the digging more exhausting.

So when young people in old clothes and gloves arrive, they will be met next to Shed Two with a warm welcome and a list of tasks. If all goes well, the Group may provide a second session at the end of April. Notices will be posted on the message board and in all the sheds. Take advantage of the help; your back will thank you.

Sheds

Each shed has a new shed master, a person who has volunteered to keep the shed tidy. But every gardener can do his or her part by cleaning tools, buckets and wheelbarrows and hanging them in the proper place after each use. Broken tools or wheelbarrows should be placed at the fence next to Shed One.

Garden Inspections

Garden inspections begin on Tuesday, May 1, at which time each garden must be in use. Gardens can be cleaned, soil turned over or fences mended.

Taking Responsibility

The Board has requested that Group members inform their family or legal representative about their rented plot. Often plot renters leave Leisure World and their plot goes uncared for.

Residents who accept responsibility for someone's garden are asked to have the renter write a short note giving them permission to do so. The Group does not want anyone accused of stealing or giving away another's hard work.

Garden plot renters who become ill or hospitalized should let the board know so that steps can be taken to care for the plot until their return. This is done on a case-by-case basis and at the sole discrepancy of the board. Board members work with renters to ensure they do not lose their gardens.

Beekeeping

The bees are buzzing and making honey. Beekeeper Leon Vandenberg has informed the Group that they survived the winter, so Club members should

see honey this year. He will be on hand at a later date this season to answer questions about the bees.

Other Notices

Sand is available; each plot is allotted six buckets or two wheelbarrows of sand. Please do not exceed this amount as all members share this gift.

The Physical Properties Department has agreed to repair and paint the Group's sheds.

A few planter boxes and planter items are for sale. Please send an email to (mrgadget68@hotmail.com) if interested.

Willard's Garden, or "the garden for the poor," extends its proceeds to charity.

Meetings

The Group will have a seed exchange at the April and May garden meetings. Members with extra seeds, either loose or in packets, are asked to bring them for trading.

Garden Plot Group meetings are on the second Tuesday of the month at 9:30 a.m. in Clubhouse I.

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■ Center for Lifelong Learning (CLL)

April 19: Election Preparation Day

by Ann Nash

On Thursday, April 19, the Center for Lifelong Learning (CLL) hosts an election preparation day from 10 a.m.-2 p.m. in Clubhouse II.

Prepare for the June local Primary election here in the community. The event is free and open to all residents.

Officials of the Montgomery County Board of Elections offer precinct worker training and voter registration services in the following areas:

- Election worker positions – chief judge, closing judge (evening), voter operations judges, runner, greeter, roamer, line

management and standby judge

- Early voting positions – chief judge, voting operations judge, same-day registration, provisional judge and line management judge

Bilingual people are needed for all areas. If interested in becoming an election worker, sign up for training at the E&R office in Clubhouse II, or call (301-598-1320).

A full range of voter registration services is also available, including residents new to Maryland, absentee voting, change of address and adjustments to voting status.

Voter registration services are by walk-in; no sign-up is needed.

■ Center for Lifelong Learning (CLL)

April 24: Presentation on Medical Cannabis

by Fred Shapiro

With the considerable media coverage about the availability of medical marijuana as a means of subduing physical and medical conditions, the Center for Lifelong Learning (CLL) has arranged for Rabbi James Kahn to address residents on the uses of medical cannabis.

The program is on Thursday, April 24, at 2 p.m. in Clubhouse I. The program is free and tickets are not required, but residents are requested to register beginning Tuesday, April 10, at 8:30 a.m. by stopping by the Clubhouse I E&R office, or by calling (301-598-1300).

Potential benefits of medical marijuana include chronic pain management, such as for muscle spasms, arthritis and nerve-related pain conditions.

It can also improve mood, easing both anxiety and depression, among other mental health symptomology.

Cannabis can help people taking opioids for chronic pain. Opiates are addictive, and their use can lead to overdose and death.

Cannabis can be used on its own or in conjunction with

opioids to lead to a greater reduction in pain. Often people can use less of their other pain medications when they find what cannabis options work for them.

Kahn is the director of Liberty Dispensary. Since 2012,

he has served as chief business strategist and co-owner of Takoma Wellness Center (TWC), Washington, D.C.'s, largest and only family-owned and operated dispensary.

During his tenure, TWC received Americans For Safe Access' coveted Patient-Focused

Certification and was awarded Washington City Paper's Reader's Choice Award for Washington, D.C.'s, Best Medical Marijuana Dispensary.

Kahn's grandparents, Jules and Libby Reifkind, both had doctors recommend the use of cannabis to treat symptoms of multiple sclerosis and lung cancer at a time when it was not available safely and legally.

In their honor and memory, Kahn and his wife, Paula, opened a medical marijuana dispensary, the type of establishment his grandparents could not utilize. It's a family-run business that also includes his father, Rabbi Jeffrey Kahn; mother, Stephanie Kahn; and brother, Joshua Kahn.

In addition to his work advocating for medical cannabis, Kahn is an ordained rabbi. He spent his early career as senior Jewish educator at the University of Maryland Hillel.

More recently, he has served as director of chaplaincy and Jewish engagement at the Jewish Social Service Agency (JSSA) in Rockville, Maryland.

From 2012 to 2017, Kahn served as rabbinic director for the Hebrew Free Burial Society and administered the Washington Board of Rabbis.

Register for the program and learn how cannabis might be of help to you.



Rabbi James Kahn, courtesy photo

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■ Center for Lifelong Learning (CLL)

May 7: Annual Meeting Featuring MedStar Health Medical Center Rheumatologist

by Fred Shapiro

The Center for Lifelong Learning (CLL) holds its annual meeting on Monday, May 7, at 1 p.m. in Clubhouse I.

After the business meeting and refreshments, at 2 p.m., attendees hear from Dr. Warren Ferris, MedStar Health medical center's rheumatologist, on the topic, "How to Maintain an Active and Pain-Free Life with Arthritis."

The meeting and program are free and tickets are not required, but residents are asked to register beginning Tuesday, May 10, at 8:30 a.m. by stopping by

the Clubhouse I E&R office, or by calling (301-598-1300).

The business meeting includes a report from CLL's president on the year's accomplishments and the election of officers and board members for the coming year. The curriculum and events committees report on the courses and programs that were held this year and those planned for the coming year.

Ferris' presentation deals with a range of topics affecting seniors, including the role of exercise in arthritis management; osteoarthritis, which may affect many parts of the body; psoriatic arthritis



Dr. Warren Ferris. Photo by Fred Shapiro

and evaluation for autoimmune diseases.

Ferris' education includes a bachelor's degree in history from Harvard University, a master's in business administration from Stanford University and a Doctor of Medicine from Columbia University College of Physicians and Surgeons.

He completed his residency at Weill Cornell Medical Center in New York and MedStar Georgetown University Hospital. He completed his rheumatology fellowship at the University of Virginia.

As part of his education in the medical field, he spent time at the National Institutes of Health; the National Heart, Lung and Blood Institute and the U.S. Public Health Service.

Ferris commenced his rela-

tionship with Leisure World's medical center in 1985.

In addition to his work as a physician, Ferris has served as moderator and speaker for health panels at Leisure World.

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■ Center for Lifelong Learning (CLL)

May 14: 'What Now? Discover Your Strengths'

by Fred Shapiro

Have you ever wondered what the next phase of your life will look like?

The Center for Lifelong Learning (CLL) presents Connie Inukai, who addresses this question in a program titled, "What Now? Discover Your Strengths."

The program is scheduled for Monday, May 14, at 2 p.m. in Clubhouse I.

Inukai discusses how one looks ahead after retirement to forge a new path in his or her senior years.

The program is free and tickets are not required, but residents are requested to register for the program beginning on Tuesday, April 10, at 8:30 a.m. by stopping by the Clubhouse I E&R office, or by calling (301-598-1300).

After retiring from teaching technical writing at the University of Maryland and Johns

Hopkins University, Inukai recreated herself as an inventor and entrepreneur.

"I had never thought of myself as an inventor, and I had no clue how to proceed," Inukai said.

After four decades as a university instructor, she put away her teaching materials and learned how to create a product, get a patent, manufacture the product and market it.

She won a gold medal for Best Gadget at INPEX, an invention trade show, and her product was sold by Walmart.

She has also appeared on QVC and was featured on The Today Show.

Inukai is an example that it is never too late to follow one's dreams.

Her presentation is intended to inspire residents to think about how they too can find an outlet for their energies through a new career or pastime.



Connie Inukai, courtesy photo

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Leisure World News

‘Coping With Your Digital Camera and Computer’

by Arthur N. Popper

It is not unusual for a resident to approach Fred Shapiro about digital cameras, or ask him where or which kind to buy.

One resident wanted to buy a new digital camera to replace her existing one. When Shapiro examined her existing camera, he explained that she did not need a new one and showed her its capabilities.

With this in mind, Shapiro teaches a course for the Center for Lifelong Learning (CLL) starting Thursday, May 3, at 1 p.m. in the Computer Learning Center in Clubhouse II. The course lasts for six weeks, ending Thursday, June 7.

The theme of the course is

“Coping With Your Digital Camera and Computer.” In this course, Shapiro discusses the kind of camera to select depending on the interest and needs of the photographer; how to improve the digital photo once taken so that it presents the subject in the best possible way; and how to best present photos so the photographer and others can enjoy them.

Even the least expensive digital cameras have software programs that enable the photographer to automatically tailor the photographs according to scenery, lighting, action and depth of field to properly capture an image in all types of situations.

In considering the purchase of a digital camera, one should be aware of the differ-



“Fallingwater” by Frank Lloyd Wright. Photo by Fred Shapiro

ences among them, mainly expressed in the cost, and the types of photographs the photographer will be taking.

Average family and travel images do not require

more expensive cameras. Most digital cameras have adequate ability to cover many subjects. However, photographing sports or wildlife subjects from afar, may change a photographer’s requirements for the type of camera and accessories chosen.

The course considers how to improve a photo’s composition, correct its exposure and crop out unwanted areas using basic and advanced software.

The course also considers the best ways to present photographs to others. Printing was the customary way in years past, but today many photos are sent via the internet, in video clips or in PowerPoint presentations. Technology enables the photographer to select the proper resolution for each.

Shapiro has been a member of the Rossmore Camera Club since moving to Leisure World in 2003. Shapiro solicits framed photographs for exhibits in the library in Clubhouse I, The Inter-Faith Chapel and Signal Financial Federal Credit Union, with an emphasis on bringing members’ prints to the attention of the community.

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

For more information about all CLL courses and lectures, see (www.clldm.com).

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April 12: Holocaust Survivor Speaks at Yom Hashoah Program



Auschwitz Memorial at Yad Vashem, Israel. Photo by Fred Shapiro

by Fred Shapiro

The Interfaith Holocaust Memorial Service, Yom Hashoah, is on Thursday, April 12, at 2 p.m. in the Clubhouse II auditorium. The principal speaker is Esther Starobin, survivor from Adelsheim, Germany, provided by the U.S. Holocaust Memorial Museum in Washington, D.C.

The memorial program includes participation by clergy from The Inter-Faith Chapel and Our Lady of Grace Catholic Church, and members of the Jewish Residents of Leisure World and the Unitarian Universalists. Resident survivors will light candles for Holocaust victims.

Attend the program and join the community as it says, “never again!”

Guest Speaker

Starobin was born in 1937 in Adelsheim, a small town with only 10 Jewish families.

In March 1939, her three older sisters, who were living with relatives at the time, went to England on the Kindertransport, without even a goodbye to their parents. Kindertransport was a series of rescue efforts that brought thousands of refugee Jewish children to Great Britain.

A few months later in June 1939, Starobin was sent to

England on the Kindertransport as well. She arrived in London and was met by

a woman from the Quaker society who escorted her from London to Thorpe, Norwich, about 100 miles away from London.


In Thorpe, Starobin lived with Dorothy and Harry Harrison and their son, Alan, from 1939 until November 1947. She went to school and had a happy childhood with the Harrisons, despite the effects of the war. Her sisters lived in different areas of England but came to visit whenever possible.

Starobin’s parents and brother were deported during the Jewish holiday of Sukkot in October 1940 to the Gurs

camp in France. Her brother was rescued in 1941 and came to the U.S. to live with an aunt and uncle. Her parents were then deported to Auschwitz and did not survive the war.

In 1947, Starobin’s sister, Bertl, remembering the promise she had made to her mother to keep the family together, arranged for she and her two sisters to join their brother Herman in the U.S.

Starobin attended the University of Illinois where she studied to become a teacher. She now volunteers at the U.S. Holocaust Memorial Museum in Washington, D.C.




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April 15: Brunch Includes Discussion on Jewish Influence on Popular Music

by Jonas Weiss

At the Jewish Residents of Leisure World (JRLW) brunch on Sunday, April 15, Stan Levin discusses the Jewish influence on popular music. The brunch is at 10 a.m. in Clubhouse I.

At the turn of the 20th century, popular American music was defined by Stephen Foster's songs of the old South, John Philip Sousa's marches and George M. Cohen's songs.

All that changed with the arrival of European Jews who brought their Yiddishkeit and religious music, which led to a musical revolution.

Jerome Kern, Harold Arlen, George Gershwin, Leonard Bernstein, Kurt Weill and others created a new sound

that changed Broadway and popular music.

Levin shares some of this great American music and explains its Jewish origins.

To attend, send \$12, (checks only, payable to JRLW), to Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906). Reservations are due by Wednesday, April 11.

Entrance at the door without a reservation is \$15 if a seat is available.

Good Deeds Day

On Sunday, April 29, JRLW accepts donations of non-perishable and non-expired food packages and cans from 10 a.m.-2 p.m. in the Clubhouse I lobby.

The donated goods will be

transferred to Manna Food Center to fight hunger in Montgomery County.

Religious Services

Rabbi Gary Fink conducts a Reform service on Friday, April 6, at 7:30 p.m. in The Inter-Faith Chapel.

A Sabbath service with Yiskor prayers is held on Saturday, April 7, the eighth day of Passover, at 9:15 a.m. in Clubhouse II.

On Saturday, April 14, Cantor Michael Kravitz leads a regular service at 9:15 a.m. in Clubhouse II.

Abbreviated Sabbath services with Rabbi Moshe Samber continue on Saturday, April 21 and 28 at 9:15 a.m. in Clubhouse II. The service includes discussions of the Torah portion as well as study of rabbinical writings.

Membership

To continue to enjoy JRLW activities and religious services, JRLW needs residents to join and participate.

Send checks of \$20, payable to JRLW, to Milli White at (2901 S. Leisure World Blvd., Apt. 106, Silver Spring, MD 20906).

Donations

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

Janet Lazar at (15311 Beaverbrook Ct., Apt. 1B receives donations for prayer books (\$25 minimum).

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

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■ Jewish Discussion Group

Group Observes Uptick in Attendance

by Jerome "Jerry" Cohen

By popular demand and growing attendance, the Jewish Discussion Group meets in a larger room in Clubhouse II beginning at the Group's next meeting on Sunday, April 22.

To better keep up with the dynamic issues and current events impacting Israel and the greater Jewish community, the group will hold meetings year-round, including July and August.

Residents who would like to have their email address added to the Group's monthly meeting notification reminder list should email their full name and email address to group moderator Jerry Cohen at (jcohen@jccbb.com). Residents who signed up at recent past meetings but are not yet receiving the Group's email notifications are asked to resubmit their email address.

March Meeting

On March 25, Bill Sumner, a docent from the U.S. Holocaust Memorial Museum in Washington, D.C., gave his talk, "The Holocaust – Become a Witness." The talk

and subsequent question and answer period spurred many family remembrances as well as a number of first-hand recollections of this painful period in recent Jewish history.

Judy Frumkin and Lyle Wolinsky presented a first-hand report on the recent American Israel Public Affairs Committee Policy Conference, which included Israeli technology displays and political speakers from both the Republican and Democratic parties. Politicians from Capitol Hill gave talks and speeches in support of various Israeli and Jewish causes.

General Information

The group invites people of all faiths to attend its free discussion group every fourth Sunday of the month from 10:30 a.m.-noon in Clubhouse II. The Group has seen many new faces recently and has ample room to accommodate many more.

For additional information or if you would like to discuss presenting a special report of interest at one of our meetings, contact Jerry Cohen at (240-970-5024) or (jcohen@jccbb.com).

■ Interfaith Committee for the Homeless and Working Poor

April 26: Baby Shower for Interfaith Works

by Bonnie Bonner

On Thursday, April 26, volunteers from the Interfaith Committee for the Homeless and Working Poor are collecting layette-clothing items for newborns and babies.

Residents are asked to drop off donations any time between 8:30 a.m.-noon in Clubhouse I and the drop-off circle.

This annual baby shower benefits the Rockville and Gaithersburg Welcome Baby Program, sponsored by Montgomery County Interfaith Works Clothing Center, which serves over 13,000 residents annually.

The Center needs newborn diapers, clothes (newborn-three months), onesies, blankets, burp clothes, washcloths and diaper bags.

Residents who cannot shop for baby items may contribute monetary donations. Make checks payable to The Inter-Faith Chapel with a reference to CHWP Baby Shower.

Checks or cash donations can be dropped off or mailed to The Inter-Faith Chapel at 3680 South Leisure World Boulevard.

The Committee for the Homeless and Working Poor thanks residents in advance for their continued support.



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April 18: Spiritual Adoption Luncheon Features TV News Anchor

by Carole Mund

NA'AMAT is excited to have Doreen Gentzler, news anchor at WRC-TV (NBC4), speak at its annual Spiritual Adoption Luncheon on Wednesday, April 18.

Gentzler is familiar to many who watch the 6 p.m. or 11 p.m. news on WRC-TV. She will speak on subjects of current interest and entertain questions from the audience.

All are invited to join NA'AMAT in welcoming her to the Leisure World community; a resident does not need to be a member of the Club to participate.

The lunch, \$25 per person, includes a selection of salads, individually served, beginning at 11:30 a.m. in the Clubhouse I Crystal Ballroom.

Send checks, payable to NA'AMAT RBZ, to Harriet Chaikin at (15101

Interlachen Dr., Apt. 216, Silver Spring, MD 20906). Reservations are filling up quickly. Contact Chaikin at (240-560-7487) with any questions.

Spiritual adoption has a special meaning to NA'AMAT. One of the missions of the NA'AMAT organization is to provide services such as daycare programs and other support services to children in Israel. The luncheon is a major fundraiser for NA'AMAT, and donations are encouraged.

When residents attend the luncheon and/or donate, the funds are used to directly provide programs that meet the needs of children. So, in essence, the person "spiritually adopts" or sponsors the care of children in need.

Executive Board Welcomes All

NA'AMAT is a charitable organization dedicated to help NA'AMAT Israel provide educational daycare, vocational training and legal aid for women, services and assistance for new immigrants and centers for the prevention and treatment of domestic violence. It was formally known as Pioneer Women.

By getting involved, volunteers have the opportunity to meet new friends and connect with an organization that makes a difference in the lives of so many.

Plan to attend the next executive board meeting on Tuesday, April 17, at 10:30 a.m. in Clubhouse I to become more active and make a difference.

Donor Luncheon

This year, the luncheon is on Thursday, May 10, at the Norbeck Country Club.

It is always a wonderful event with good food and entertainment. The event celebrates Club members' participation during the past year. For questions, call Thelda Rosenblum at (301-598-9105).

Donor Credit

The many activities Club members enjoy not only provide opportunities



WRC-TV news anchor Doreen Gentzler. Photo courtesy Robin Fader/NBC4 Washington

for socialization with friends and neighbors, but also serve as fundraisers to support the many programs NA'AMAT provides.

Donor Credit is simply money attributed to each member over the cost for participating in activities sponsored by NA'AMAT. Donations, tzedakah and tribute cards are credited in full.

Contact Theda Rosenblum, donor credit chairperson, at (301-598-9105) for any questions about your donor status.

Other Trips and Events

- May 16-May 17 – Overnight trip to Dover Downs, hotel and casino in Dover, Delaware
- July 22 – "Getting Momma Married" at Rainbow Comedy Playhouse

Check the Club Trips page in this publication for more information on these trips.

For more information about the Club, contact co-presidents Trudy Stone at (301-438-0016) or Gladys Blank at (301-438-9666).

For tribute cards, call Linda Schoolnick at (301-681-1076).

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April 25: Silent Auction and Accessory Sale Benefits Gene Therapy Research

by Barbara Eisen

Hadassah presents a Silent Auction and Second Time Around Accessory Sale on Wednesday, April 25, from 7:30-9:30 p.m. in Clubhouse I.

Purchase beautiful, gently worn jewelry, handbags and scarves. Bid at the silent auction to win certificates for restaurants, grocery stores, sports and entertainment venues, retailers and many more.

The event is free; tickets are not required and light refreshments are served. Sales benefit gene therapy research.

Residents who would like to donate items for the sale may drop them off at the home of Anita Rosen at (3800 Glen Eagles Dr.). Call Rosen at (301-847-9563).

For questions, contact Judy Rurman at (301-680-0850) or (judyrumerman@gmail.com), or Sandy Stein at (301-384-8739) or (sandy_j_stein@yahoo.com).

Judaic Study Group

The Judaic Study Group meets on Monday, April 16, at 1:30 p.m. in Clubhouse I. The topic is "Argument: a Jewish Cultural Heritage."

A recent Torah commentary by Rabbi Jonathan Sacks is titled, "God Loves Those Who Argue."

"What is striking about Judaism...is that argument

and the hearing of contrary views is of the essence of the religious life," Sacks said.

Abraham argued with God, and Hillel argued with Shammai. The Talmud has often been called the sacred book of arguments.

Join the group and contribute to the on-going conversation on the value, or even the necessity, of argument and the freedom to disagree. All are welcome. Bring an argument.

Pin Sale

Hadassah continues selling unique pins, handmade by resident fabric artist, Bobbi Gorban.

The pins are \$18. Order forms are available at each Hadassah meeting, or pick one up in the Hadassah mail slot at the Clubhouse I E&R office.

For questions, contact Judy Rurman at (judyrumerman@gmail.com) or (301-680-0850). You don't have to be a member to buy a pin.

Cards

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. The prices are \$2.50 each or five for \$10. Cards are displayed and sold at every Hadassah meeting. Please call Elaine at (301-598-0079) or

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

Youth Project

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

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

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

General Information

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

If interested in knowing more about Hadassah, contact one of its membership vice presidents: Ruth Temin at (301-288-7387) or (teminar@comcast.net), Lois Fields at (301-585-9804) or (loisfields2@earthlink.net), or Natalie Rosen at (301-279-5640) or (bnrosen@comcast.net).



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May 6: Foreign Policy Expert Weighs in on Israel at Brunch

by Fred Shapiro

The Jewish War Veterans Charles B. Krieger Post 567 holds its next brunch on Sunday, May 6, at 10:15 a.m. in the Clubhouse I Crystal Ballroom. The brunch features guest speaker Dr. Mitchell Bard, who will bring attendees up-to-date

on current affairs in Israel. Bard is the executive director of the nonprofit American-Israeli Cooperative Enterprise and a foreign policy analyst who lectures frequently on U.S.-Middle East policy. Bard is also the director of the Jewish Virtual Library, the world's most comprehensive online encyclopedia of Jewish history and culture.

Bard co-chairs the task force on boycott, divest and sanctions and de-legitimization for the Global Forum for Combating Antisemitism created by the Israeli Foreign Ministry and is a member of a similar task force established by the Conference of Presidents of Major American Jewish Organizations. He has been named one of the "top 100 people positively influencing Jewish life" by The Algemeiner newspaper.

For three years, he was the editor of the Near East Report,

the American Israel Public Affairs Committee's weekly newsletter on U.S. Middle East policy. He also served as a polling analyst in the 1988 presidential campaign.

Bard has appeared on Fox News, MSNBC, NBC, CBC, the Jenny Jones Show, Al Jazeera and other local, national and international television and radio. He is the editor and/or author of 23 books.

Bard holds a doctorate in political science from the University of California, Los Angeles, and a master's in public policy from the University of California, Berkeley. He received his bachelor's in economics from the University of California at Santa Barbara.

The buffet, \$14 per person, includes eggs, tuna fish, lox, bagels, salad, coffee, Danish and more. Send reservation checks, payable to JWV 567, to Danny Bass at (14805 Penfield Cir., Apt.

3-209, Silver Spring, MD 20906) by Tuesday, May 1.

Other News

Jewish veterans are conducting a project using stamps for artwork. Residents who clip stamps from the mail they receive are encouraged to mail them to Melvin A. Gervis at (10321 Lexington Lakes Blvd., S. Boynton Beach, FL 33436-4550).

Post 567's next business meeting is on Wednesday, May 2, at 11 a.m. in Clubhouse I. Please attend the meeting and join members in the reorganization and revitalization of the Post.

Input from veterans, reserves and ROTC is welcome. The Post is also looking at patron membership for veterans who are not Jewish. The group recently sponsored the successful "Tribute to World War II Veterans," and may be interested in sponsoring similar events to address a broader audience.

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■ Democratic Club

April 9: Hear from the Candidates for County Council

by Rita Penn

The Club was pleased to see the large turnout for the anti-gun rally on March 24 just outside of Leisure World. Many people brought creative signs, and several of the political folks in this year's primary election attended.

The next meeting of the Democratic Club is on Thursday, April 19, at 7 p.m. in Clubhouse I. Club members hear from the two candidates for District 3 of the County Council, incumbent Sidney Katz and challenger Ben Shnider. Once again, the moderator for the meeting is Stu Lillard.

The meeting also features a

handout asking residents about the topics they want their candidates to address at future meetings, so Club members and those planning to attend are asked to think about their concerns ahead of time.



Also on April 19, a training session for anyone interested in becoming an election worker is held from 10 a.m.-2 p.m. in Clubhouse II. Stop by the Clubhouse II E&R

office or call (301-598-1320) to register for the training. For more information, see the Center for Lifelong Learning article on page 28 of this publication.

2018 is probably the busiest election year in recent memory, so come and join the group to be informed.

■ Republican Club

April 17: Congressional Candidate Introduced During Meeting

by Fred Seelman

The Republican Club next meets on Tuesday, April 17, at 7 p.m. in Clubhouse I.

At the meeting, the Club introduces Bridgette L. Cooper, Republican candidate for Representative for Maryland's 8th Congressional District.

Cooper's focus is on areas that are specific to District 8, including families and communities, excellence in education, superior healthcare, care for veterans and growing the economy. For more information, visit her website at (<https://www.bridgettelcooperforuscongress.com/>)

Cooper is one of three Republican candidates running for

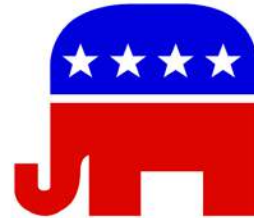
the 8th Congressional seat in the Tuesday, June 26, primary election. She is also an educator, business owner and professional opera singer. She has won awards for her teaching and

other professional achievements.

Come to the Club's April meeting to hear from Cooper, and inquire about being a candidate for the Club's upcoming officer elections.

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 Ray Spieler at (301-460-3563).

Join the Club for another quality event on April 17. And enjoy our refreshments.



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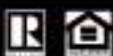


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Regional Vice President Addresses Chapter

by John Moens

On March 19, Dr. Sudha Haley, first vice president and legislative director of NARFE's Maryland Federation, addressed chapter 1143.

Haley discussed NARFE's efforts to work with other

organizations to lobby Congress to protect the rights and benefits of active and retired federal workers.

She also discussed the NARFE Political Action Committee and the need for NARFE members to submit biographies for a report being prepared for Congress to recog-

nize federal employees.

With budget cuts and political chaos, chapter 1143 believes that the need for retirees to unite in protecting their rights, Social Security, Medicare, pensions and dignity has never been as urgent.

In keeping with this, Sam Girson, former regional vice president and a current chapter member, asked the chapter to endorse resolution 1840R.

The resolution calls upon NARFE to work with organizations sharing similar goals to present one voice. The majority of those present voted in favor.

Whether the National adopts the resolution or not, it is not the only issue NARFE members will vote on. Haley noted that nearly 180 pages of resolutions are up for consideration.

In addition, NARFE has an upcoming leadership election. Members are encouraged to read about the candidates and their views in the current issue of the NARFE magazine.

Next Meeting

On Monday, April 16, members and non-members are invited to hear Officer Hadayat talk about how to avoid scams and what to do if they've been cheated.

The program begins at 2 p.m., with free refreshments at 1:30 p.m., and is in Clubhouse I.

General Information

Chapter 1143 has its own website, available at (<http://narfe1143.org>).

In the Special Events link, members can find information on the June banquet and substantial savings on tickets to the musical, "On the Town."

Contact a member of the chapter's executive committee with any questions or suggestions, or if you would like to become a member or show your support.

Visit the NARFE website at (narfe.org) for more information.



- President John Moens at (johnjots@outlook.com) or (301-438-3237)
- Vice President, Legislative Chair Joe Cook at (joec37766@gmail.com) or (202-271-0710)
- Treasurer Jewel Lee at (jewelalee@msn.com) or (301-801-4007)
- Secretary Pam O'Dell at (PamandJeff@comcast.net) or (240-461-4007)
- Membership Chair John Lass at (johnmlass@comcast.com) or (301-871-6734)
- Service Officer Rich Rothstein at (whobodyelse@aol.com) or (301-598-5760)

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■ Rossmoor Woman's Club

Club Offers Two Delicious Ways to Benefit Scholars

by Marcia L. Elbrand

The song lyrics, "April showers bringing May flowers" have a different twist for the Rossmoor Woman's Club (RWC), where April scones and May brownies bring generous scholarships to college students.

On Wednesday, April 25, 30 Club members and guests travel by luxury motorcoach to Thom- asville, Pennsylvania, for High Tea at the Old Farmhouse. The elegant tea and lunch includes fruits, salad, scones with Devon- shire cream, soup, petite tea sandwiches, Victorian desserts, tea and juices.

Space is still available on this trip. For more information, including how to reserve a seat, see the Club Trips section of this publication.

Luncheon at Manor Country Club

On Wednesday, May 16, RWC hosts its Spring Luncheon at nearby Manor Country Club, 14901 Carrolton Road in Rock-

ville, Maryland. Festivities begin at noon.

The luncheon includes a choice of Caesar salad with grilled salmon or Cobb salad with chicken breast, as well as rolls and butter, iced tea, lemonade and a warm brownie sundae.

Send checks, \$35 per person, payable to Rossmoor Woman's Club, to Carolyn Thompson at (15000 Pennfield Cir., #202, Silver Spring, MD 20906). Please include your selection of entrée and phone number if it does not appear on the check. Checks must be received by Friday, May 11. No refunds will be made after that date. For questions, call Thompson at (301-806-5383).

"Guests are always welcome, and this is a lovely way to repay a favor or simply delight a friend," she said.

Scholarship winners from James Hubert Blake High School and the ACES scholars from Montgomery College will be introduced at the luncheon.

■ Leisure World Association for African American Culture (LWAAAC)

April 26: Members-Only 'Fun Night'

by Patricia Means

LWAAAC hosts "Fun Night," an appreciation event for members-only, on Thursday, April 26, from 6-10 p.m. in the Clubhouse I Crystal Ballroom.

The event features the Legends Revue, showcasing artists performing in the style of James Brown, Natalie Cole, the Stylistics and many others.

Emcee, The Woodman, leads members in line dancing. Light refreshments are served.

The event is free for members, but tickets are required and can be obtained between Tuesday, April 10 through Tuesday,

April 24, at the Clubhouse I E&R office.

Additional Activities

LWAAAC presents the movie "Sometimes in April" on Saturday, April 28, at 2 p.m. in the Clubhouse II auditorium. For details, see the events and entertainment section of this publication.

"The Drumbeat"

The April edition of "The Drumbeat" has been distributed. Members who did not receive a copy should notify the Association via (lwaaac1@gmail.com). Members who do not have access to email should let the Association know by dropping a note in the LWAAAC mail slot in Clubhouse I E&R office.



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

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Armchair Travelers Experience Treasures of Italy

by Elizabeth Brooks-Evans

The Going It Alone Club (GIAC), which meets every Saturday at Clubhouse II, holds its election of officers during the annual membership meeting each June.

In preparation for that meeting, a nominating committee has been established to create a slate of officers. The nominating committee is seeking volunteers to fill the positions of president, vice president and treasurer.

The president's duty is to preside over the monthly meetings, the vice president fills in if the president cannot attend and the treasurer deposits checks in the bank and records receipts.

Interested Club members should contact Elizabeth Brooks-Evans at (240-242-4433) or Pat Connelly at (301-598-9369).

Armchair Travel

On Saturday, April 7, at 2 p.m. in Clubhouse II, Rick Steves guides armchair travelers

through the Italian countryside, where they'll see how prosciutto and pecorino are made and hike into ancient wine cellars before moving on to visit Assisi and its awe-inspiring basilica dedicated to St. Francis.

On Saturday, April 14, Steves leads the group to front-row seats at Siena's venerable Palio horse race and then heads out of town for a taste of "la dolce vita."

Games

Bridge, Rubik's cube and Scrabble begin at 2:30 p.m. after armchair travel. Bingo is played on the second and fourth Saturdays of the month, and Pokeno on the alternate Saturdays from 2:30-4 p.m.

GIAC's long-time bingo caller, Sylvia Pachenker, is looking for a member to assist her with that task. Anyone interested should call her at (301-598-5325).

Trips

GIAC sponsors the following trips, open to all Club members,

other residents and guests:

- May 22 – Partake in "High Tea" at Camellia's Sin Tea Parlor, which includes soup, salad, sandwiches and scones, as well as side trips to Meadowbrooke Gourds in Carlisle, Pennsylvania, and a stop at Baugher's Farm Market in Westminster, Maryland (40 person limit).
- June 4-8 – Enjoy "Cape Cod and the Islands," an exciting five-day bus trip to Martha's Vineyard, and more. This trip is full, but there is a wait list in case of cancellations.
- July 24 – Experience Sight and Sound Theater in Pennsylvania by seeing the musical "Jesus" after a smorgasbord lunch at the Bird-In-Hand Restaurant.

Details about these trips are in the Club Trips section of this publication.

Sign-ups for trips take place during Saturday Afternoon Live (SAL!) from 1:30-3 p.m.

in Clubhouse II, when Club members Joe Parker (301-598-3457) and Sylvia Pachenker (301-598-5325) are available to receive payments and answer questions.

The GIAC newsletter also has trip information and is available at SAL! For more information about trips, call Parker at (301-598-3457) or Pachenker at (301-598-5325).

Membership

The membership period is from July 1 through June 30 each year. New members can register to join, and current members are welcome to renew at this time.

Those wishing to sign up for membership can do so during SAL! from 1:30-3 p.m. in Clubhouse II, when representatives can provide information and answer questions about the Club and its activities.

Interested residents are also invited to call Pachenker at (301-598-5325) for more information about membership.



Linda Daniels
LifeTyme Financial

Separating Myths From Truth

The Story of Investing

Wednesday April 11th 2018
7PM-8:30PM

Annapolis Room - Located in Clubhouse 1
3700 Rossmoor Boulevard - Silver Spring, MD 20906

When I became a financial advisor, I made a personal commitment to my clients that I would continuously search for the best solutions available to them. I want to share with you a perspective on investing that I learned that may change how you view your investments forever! I am hosting a client educational event that you do not want to miss because it could make a huge difference to your financial future!

You or your guests won't be asked to buy anything, but you will learn about the traditional investing myths most people believe, which may compel you to look further at how you are going to build your wealth into the future.

During our evening we will discuss the following about the traditional investment model:

- **Why market timing doesn't work**
- **Why stock picking doesn't work**
- **Why an investment's track record means nothing about how well it will do for you**
- **The 'big secret' of what's killing the return in your portfolio**
- **How you can be a very successful investor without using speculative methods**

Seating is limited. Please do not wait to call and reserve your seat(s). Please *RSVP* to this event by April 10, 2018 - Call 240 595 1538.

Fee-based financial planning and investment advisory services are offered by LifeTyme Financial Advisors, LLC a Registered Investment Advisor in the States of Arizona, California, Colorado, Connecticut, Florida, Maryland, New Jersey, Virginia, Pennsylvania, South Carolina, Texas, and Washington D.C. Insurance products and services are offered through LifeTyme Financial Group, LLC. LifeTyme Financial Advisors, LLC and LifeTyme Financial Group, LLC are affiliated companies.

April 14: Potluck Dinner and Dance

by Beth Leanza

The Club joins together active residents to play games, watch movies, dance and eat.

The Club likes to go out to shows at Toby's Dinner Theatre in Columbia, and also watches movies in the Clubhouse II auditorium and at local theaters after having dinner out together.

The next movies shown in the Clubhouse II auditorium are:

- April 20 – "Victoria and Abdul"
- May 18 – "The Ottoman Lieutenant"
- June 22 – "Dunkirk"

On Saturday, April 14, The Club holds a potluck dinner/dance. Doors open at 5 p.m., and music is from 7-10 p.m.

The Sock Hop Club, an offspring of the Baby Boomer Club, usually holds its dance on the third Saturday of the month at 7 p.m. in Clubhouse II. However, the April dance is on the fourth Saturday, April 28. Bring snacks, a small fee to pay the DJ, and your own beverage.

How to Join and Keep in Touch

Residents can come to an event first to see if they want to join, or send a \$5 check, payable to Baby Boomer Club, to membership Susan Landesberg at (3505 Twin Branches Ct. 37-C).

Be sure to enclose your home address and phone number (if not on the check) and an email address. Baby Boomers communicate mostly by email.

Add the Club's email address, (bbclw@googlegroups.com), to your contact list, which will help ensure that Club emails reach your inbox. Residents who joined the Club but are still not receiving emails are asked to contact Beth Leanza at (301-598-4569) or (bethlea12020@gmail.com).

The Club keeps its email limited to activities that members might enjoy, such as club activities and outside events. Residents who do not have email are asked to write "no email" on the check. The Club strongly encourages these folks to connect with a Club member who does use email, so as not to miss out on activities.

Need More Information?

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

Friday Hikes with Dawn

Many walkers meet up at the walk site, but if you want to carpool, contact Dawn Carlisle at (301-598-7098) by Thursday evening. Always bring water to each hike.

- April 13 – Great Falls National Park (Potomac). Meet in the

Visitor's Center at 1:15 p.m. Bring water. Drive through the Norbeck Gate and turn left onto Norbeck Road. Norbeck Road becomes First Street and then becomes Wootton Parkway. Continue on Wootton Parkway, and then turn left onto Falls Road. Shortly after crossing River Road, a sign on the right points to the entrance of the park. Turn right into the entrance of the park and continue to the parking area.

- April 20 – Swain's Lock (Potomac) Meet in the parking lot at 1:15 p.m. Bring water. Drive South on Falls Road to River Road. Turn right onto River Road. Continue on River Road for a couple of miles. Turn left onto Swain's Lock Road and drive to the parking lot next to the canal.

Sunday Morning Walks

A longer walk happens on Sunday mornings at 8:30 a.m. The group meets up at the corner of Leisure World Boulevard and

Arden Court (across from Kelm-scot Drive). The walkers usually go out to breakfast afterward.

Weeknight Walks

A smaller group of walkers meet Monday through Friday, at 5:15 p.m. in the Clubhouse I lobby. They walk approximately one mile around the Broadwalk in Montgomery Mutual.

No one makes an announcement (or carries a sign); so if you see a group, introduce yourself.

Volkssport Walks

One Club member is also a member of the American Volkssport Association. He posts their walk information on (bbclw@googlegroups.com). Under Calendar, click on "Walks."

Mah Jongg

Experienced Mah Jongg players can join a group that meets on Tuesday or Wednesday nights at 7 p.m. in Clubhouse II. Email Donna Copeland at (dc@grandmathegeek.com) for more information.



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Use Activity Monitor on Your Mac

by Brent Malcolm

Activity Monitor is a utility that allows users to monitor how their applications and other processes are affecting their Central Processing Unit (CPU).

The CPU is the part of a computer system that is commonly referred to as the “brains” of a computer. It is also known as the processor or microprocessor.

Activity Monitor is most commonly used to determine what might be affecting the CPU and causing a computer slowdown. To launch Activity Monitor, find it in the Utilities folder within the Applications folder.

Users can also find it using Spotlight by tapping Command-Spacebar and typing “Activity” in the search field. Activity Monitor will

appear. Tap Return and it launches. (Spotlight is good for launching any apps).

Across the top of the Activity Monitor window are five tabs representing the categories listed above. To monitor CPU usage, touch the CPU tab to show every process running on the CPU.

Users will see many familiar ones in the list, such as all the applications running. However, the majority of the processes may be things users have never heard of.

All of these mysterious processes are things that run in the background and support the operating system.

The most important column in the display is %CPU indicating the amount of

the CPU that is supporting each particular process. The %CPU numbers change every five seconds as new data is available.

At the bottom of the screen is a graph labeled CPU LOAD, which is the total CPU load for the entire computer. Unless a user is doing some CPU-intensive task, the graph will usually show about a 10 percent load.

The Memory tab shows the amount of memory each application is using.

At the bottom of the screen, the Memory Pressure graph helps illustrate the availability of memory resources. The graph moves from right to left and updates at the intervals set in View > Update Frequency.

Green: Memory resources

are available. Yellow: Memory resources are still available but are being tasked by memory-management processes, such as compression. Red: Memory resources are depleted, and macOS is using the startup drive for memory.

A Memory Pressure graph showing Red is the most important indicator that the Mac may need more RAM. To make more RAM available, quit one or more apps or install more RAM.

Between the CPU and the Memory tabs, a user should be able to determine what is causing a Mac to run slowly. Sometimes a rogue system process is seen using a huge portion of the CPU. The best cure for this problem is to simply restart.



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Club News

At the meeting on Tuesday, March 27, the Club once again welcomes its favorite presenter, Aaron Davis from Apple. Join the Club at 10 a.m. in Clubhouse II.

All kinds of LW Apple Club information, including meetings, clinics and past presentations and news articles, is available at its website at (<http://mac.computerctr.org>).

Today's Tip - Delete All Alarms Using Siri

Every time a user sets an alarm on the iPhone, he or she creates an alarm for the specified time and turns it on. Then, after the alarm rings and the user shuts it off, that alarm remains in the Clock app.

If the user ever needs an alarm at that time of day again, it is there. Over time, though, the list of old alarms grows longer and longer. Users can delete them one at a time, but that is inefficient. Instead, just tell Siri, “Delete all my alarms.”

Leisure World News

OF MARYLAND

Club Member Channels Red Skelton Routine

by Al Karr

Comedy and Humor Club members frequently like to present the routines of famous comedians and comediennes of the past.

So it was that stalwart member Skip Schoening presented a litany of Red Skelton's "Recipe for the Perfect Marriage" at a recent club meeting.

As older members may remember, Skelton was the wonderfully zany comedian of radio, TV and movies for 70

years until he retired in 1993.

Here's just a small sampling of Schoening's presentation on how to keep a good marriage:

"Two times a week we go to a nice restaurant, have a beverage, good food and companionship. She goes on Tuesdays; I go on Fridays."

The Comedy and Humor Club meets every Tuesday from 1:30-3 p.m. in Clubhouse II. Come join the Club for a fun time – listen to jokes and maybe tell a few.

On the last Tuesday of every month, president Sam Hack

presents a video of a classic TV comedy show.

At recent sessions, joke tellers at the mike included Sam Hack, new member Al Halpert, Skip Schoening, Fred Firnbacher, Bernie Patlen, Wally Becker, John Lass and Al Karr.

Here are a few more examples of their repertoire:

- Al – A grandfather died peacefully in his sleep, not screaming like the passengers in the car he was driving.
- Wally – A dentist goes to his favorite bar, where he always orders a frozen

daquiri with nutmeg on top. This time, he is served a drink with hickory nuts, and snorts, "This isn't right." The bartender replies, "It's a hickory daquiri, Doc."

- Fred sang his parody of the Jewish "Shake Hands With Your Uncle Max," changing "Uncle Max" to "Uncle Mike."
- John – A little girl asked her father, "Do all fairy tales begin with, "once upon a time?" The father said "No, lots of fairy tales start with, "If elected, I promise..."

■ **Writers of Leisure World**

Sharing Lifetime Memories

by Woody Shields

At a recent meeting of the Writers of Leisure World, Joanie Friedlander began with "Listen Don't Talk," a touching essay on her life's experiences, from young friendships and work relationships to her current life at Leisure World.

Radha Pillai shared "The Sacred River," about a decision to submerge her body to shed her sins in the sacred and polluted waters of The River Ganges.

Doug Kiessling read a remembrance of his childhood memories of farm life in an old

house caring for horses.

Woody Shields read another chapter of his book on deer. "White-tailed Deer Management" describes how a deer manager is often between the well-known rock and a hard place. The best possible outcome usually leaves everyone a little angry.

Lee Hardy recited two of her lovely poems, "Just Do It" and "Geessaltafreedenhaven," a delightful play on the German language. Verna Denny read her poem, "Genie."

Phil Wendkos, a new member, read a thought-provoking essay on the challenges

of living in American society, with its crime, robo-calls, mental health issues, social movements, military might and Hollywood culture. The group looks forward to hearing more.

In honor of St. Patrick's Day, Danuta Montorfano delighted

the group with "Praises of Ireland," describing green hills, Irish music and four-leaf clovers.

Meetings are on the first and third Thursday of each month at 11 a.m. in Clubhouse I. All residents are welcome to attend.

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Clubs, Groups & Organizations In Brief

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

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

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

Hispanos de Leisure World: We invite all residents who are Hispano-Parlantes to join us in enjoying the activities of this club, 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 at the same location and same time, 3 p.m. Also, the club organizes a Fiesta de La Amistad on a weekend in the spring and a Christmas dinner in December. And we have organized and presented musical shows about once a year in the Clubhouse II auditorium as well. If interested, contact Maria Blanco, club president, at (301-847-9066) or Carlota "Loty" Goldenberg at (301-598-6869).

Knitting Corner: Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is April 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 Discussion Group: The group meets the third Wednesday of each month at 1:30 p.m. in Clubhouse II. Various members lead discussions on hot topics and current events. On April 18, Charles Hirschfield presents the topic "Human Beings Living to Extinction." Other topics may be presented by members. For more information on this, at times, provocative and always enlightening group, contact Laurie Burdick at (240-558-4454) or (lgburdick@aol.com).

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

Musical Jammers: We gather informally once a month with other amateur musicians, singers and lovers of music to sing, play music and have fun – no dues, no meetings, no agendas, no committees. We meet on the second Monday 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. We already have a record of success helping make

Leisure World even better. Free. Please join our 780 members. Go to (www.nextdoor.com/join) and enter the code QHMXCF.

The Philadelphians: We meet in Clubhouse II by the fireplace on the first Wednesday of the month at 11 a.m. Any questions? Call Steve Kane at (301-598-2330).

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

Quilt Group: Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is April 12.

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

Short Story Group: The Group reads from a collection of short stories and discusses them together. We are currently reading from "The Oxford Book of American Short Stories," 2nd edition, editor Joyce Carol Oates. On Wednesday, April 18, Stacy Albert will lead a discussion of "Filthy with Things" by T.C. Boyle. On Wednesday, May 2, Barbara Bowers will lead a discussion of "Today Will Be a Quiet Day" by Amy Hempel. The Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

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

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

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

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

Leisure World Club Trips

The next deadline for trip submissions is **Monday, April 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
25**

High Tea at the Old Farm House

Join members of the **Rossmoor Woman's Club** on an excursion to Thomasville, Pennsylvania, to have High Tea at the Old Farm House. Built in 1863, the Old Farm House features antiques and collectibles. On the way back to Leisure World, the group stops at Brown's Orchard and Farm Market for a bit of shopping.

The cost is \$78 per person and reservations can be made by calling Eyre at (301-598-1599) or (301-854-6600, ext. 4) or by stopping by the Eyre office in Clubhouse I.

May

16-17

Dover Downs Hotel & Casino

Come back to Dover Downs with **NA'AMAT** on this popular trip with an overnight stay in Dover, Delaware. The cost is \$115 per person, double occupancy, \$165 single occupancy, and includes round trip transportation, beautiful hotel accommodations, breakfast buffet, plus \$50 play money.

The bus leaves Clubhouse II at 10:30 a.m. on Wednesday and returns at approximately 3:30 p.m. on Thursday.

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

May

22

Camellia's Sin Tea Parlor and Meadowbrooke Gourds

Join the **Going It Alone Club** for High Tea in Carlisle, Pennsylvania. The tea includes salad, scones, petite sandwiches, desserts and seasonal teas.

Then it's off to Meadowbrooke Gourds for a demonstration of crafting gourds into works of art. On the way home, we stop at Baugher's Farm Market in Westminster, Maryland, for a little shopping.

The cost is \$68 for Club members and \$75 for non-members. The bus leaves Clubhouse II at 10 a.m. and returns at approximately 8 p.m.

Sign up at Saturday Afternoon Live (SAL!) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, April 21, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

July

22

NEW – "Getting Momma Married"

Join **NA'AMAT** for a delightful, twilight dinner buffet and the show "Getting Momma Married" at the Rainbow Comedy Playhouse in Paradise, Pennsylvania.

The bus leaves Clubhouse II at 11:30 a.m. and returns at approximately 8:30 p.m.

The cost is \$95 per person and includes delicious food, a delightfully funny show, tips and gratuities, as well as transportation.

To make reservations or for more information, call Gladys at (301-438-9666).

July

24

"Jesus" The Musical

Come with the **Going It Alone Club** to see the musical, "Jesus" at the Sight & Sound Theatre in Lancaster, Pennsylvania. Also enjoy a smorgasbord lunch at the Bird-in-Hand Restaurant.

The cost is \$110 for Club members and \$117 for non-members, and includes lunch, show, transportation, tax and driver and restaurant gratuities.

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

Sept.

20

Harris Crab House and the Amish Market

Come with the **Going It Alone Club** to the Harris Crab House in Grasonville, Maryland, for an all-you-can-eat feast of crabs, steamed shrimp, fried chicken, corn-on-the-cob, cole slaw, potato salad, dessert, soda, tea and draft beer. .

On the way home, we stop at the "Amish Market" in Annapolis, Maryland, for a little shopping.

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

The cost is \$75 for members, and \$82 for non-members and includes, tax, dining and driver gratuity. Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, Aug. 18, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

Attention, Travelers!

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

The Karen Rollings Team



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2901 LEISURE WORLD BLVD #534	CREEKSIDE	Mid-Rise 5-8 Floors	2	2	\$434,900	\$425,000	\$0
3310 LEISURE WORLD BLVD #6-926	FAIRWAYS NORTH	Hi-Rise 9+ Floors	2	2	\$236,000	\$236,000	\$7,430
3330 LEISURE WORLD BLVD #5-626	FAIRWAYS SOUTH	Hi-Rise 9+ Floors	2	2	\$225,000	\$225,000	\$350
3330 LEISURE WORLD BLVD #5-930	FAIRWAYS SOUTH	Hi-Rise 9+ Floors	2	2	\$249,000	\$244,000	\$0
15430 BRAMBLEWOOD DR #22-B	LEISURE WORLD	Patio Home	2	2	\$374,900	\$370,000	\$0
3352 CHISWICK CT #57-2H	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$74,500	\$73,500	\$0
3618 GLENEAGLES DR #7-2F	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$73,900	\$73,900	\$0
3651 LEISURE WLD BLVD #16-2B	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	2	1.5	\$129,900	\$123,800	\$0
15003 EARDLEY CT #283-C	ROSSMOOR MUTUAL #12	Attach/Row Hse	2	2.5	\$138,000	\$138,000	\$0
15011 WESTHOLM CT #272-C	ROSSMOOR MUTUAL #12	Patio Home	3	2	\$239,900	\$210,000	\$0
15300 BEAVERBROOK CT #88-1G	ROSSMOOR MUTUAL #19B	Garden 1-4 Floors	2	2	\$137,000	\$143,000	\$0
3625 GLEN EAGLES DR #2-1B	ROSSMOOR MUTUAL #7	Garden 1-4 Floors	1	1	\$125,000	\$125,000	\$2,000
3629 GLEN EAGLES DR #3-2-D	ROSSMOOR MUTUAL #7	Garden 1-4 Floors	2	1.5	\$115,000	\$105,000	\$0
15100 INTERLACHEN DR #624	THE GREENS	Hi-Rise 9+ Floors	2	2	\$165,000	\$158,000	\$0
15107 INTERLACHEN DR #2-214	THE GREENS	Hi-Rise 9+ Floors	3	2	\$299,000	\$290,000	\$0
15107 INTERLACHEN DR #2-606	THE GREENS	Hi-Rise 9+ Floors	2	2	\$179,000	\$170,000	\$1,500
15107 INTERLACHEN DR #2-823	THE GREENS	Hi-Rise 9+ Floors	2	2	\$198,500	\$190,000	\$0
15115 INTERLACHEN DR #3-114	THE GREENS	Hi-Rise 9+ Floors	2	2	\$219,000	\$200,000	\$5,000
2900 LEISURE WORLD BLVD N #308	TURNBERRY COURTS	Mid-Rise 5-8 Floors	2	2	\$174,900	\$168,000	\$0
15000 PENNFIELD CIR #T-2	VILLA CORTESE	Mid-Rise 5-8 Floors	2	1	\$212,000	\$175,000	\$0



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UNDER CONTRACT!!!

3459 Chiswick Court, #74-D

Updated appliances in Kitchen. Enjoy relaxing on your private fenced in patio!



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15107 Interlachen Drive, #2-507

2 Bedroom, 2 Full Bath condo with enclosed balcony w/ awesome view of the golf course!!



Scott Keenum

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

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Mother's Day Brunch & Dinner

BRUNCH May 13th, Crystal Ballroom, 10 a.m.-3 p.m.
\$23 plus tax and gratuity

- Scrambled Eggs
- Bacon & Sausage
- Fresh Fruit Display
- Assorted Danish & Muffins
- Corned Beef Hash
- Ricotta Cheese Filled Blintzes with Toppings
- Broiled Fresh Salmon
- Chicken Marsala and Rice Pilaf
- Sliced Beef Tenderloin
- Homemade Cheese Grits
- Quiche
- Coffee, Teas and Juice
- and More...



DINNER May 13th, Clubhouse Grille

All entrees include a House Garden or Caesar Salad as well as a selection from our dessert menu.

- Center Cut Filet Mignon.....\$30
mashed potatoes/red wine demi/asparagus
- Twin Lobster Crab Cakes.....\$30
risotto and asparagus
- Twin Lobster Tails.....\$30
risotto/asparagus/herb butter
- Surf and Turf.....\$30
petit filet & 5 oz and lobster tail
mashed potatoes/asparagus
- Grilled Lamb Chops.....\$30
mashed potatoes/red wine demi/asparagus
- Pan Seared Fresh Halibut.....\$30
risotto/asparagus/herb butter
- New York Strip and Shrimp.....\$30
mashed potatoes/red wine demi/asparagus
- Stuffed Jumbo Shrimp or Salmon.....\$30
risotto/asparagus/hollandaise

Call 301-598-1330 for reservations

Dessert?

Even if you decide to leave the community for dinner, stop by Clubhouse Grille afterwards for dessert and coffee; maybe even a drink.

Enjoy coffee and any dessert
for only \$4 after 8 p.m.

Also available:

- Irish Coffee\$3
- Grand Marnier.....\$5
- Kahlua\$3
- Drambuie\$4
- Bailey's Irish Cream\$3
- Cointreau\$4
- Amaretto DiSaronno ...\$3



Happy Hour

Wednesday through Saturday, 4 p.m. - 6 p.m.

ALL RAIL COCKTAILS ONLY \$3

Pinnacle Vodka, Seagram's Gin,
Old Grand Dad Bourbon, Seagram's 7 Whiskey,
Bacardi Rum, White Horse Scotch

ALL CALL BRAND COCKTAILS ONLY \$4

Tito's Vodka, Tanqueray Gin, Jim Beam Bourbon,
Seagram's VO Scotch Whiskey, Captain Morgan Rum,
Cutty Sark Scotch

ALL TOP SHELF COCKTAILS ONLY \$5

Absolut Vodka, Bombay Gin, Maker's Mark Bourbon,
Jack Daniels Whiskey, Johnnie Walker Red Scotch

ALL BEER AND HOUSE WINES ONLY \$3

Clubhouse Grille Hours: Tues. - Sat: 4 p.m. - 10 p.m. | Sundays: 9:30 a.m. - 3:30 p.m.

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

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

SPORTS, GAMES & Scoreboards

■ Pickleball Club

Beginning of Outdoor Season Kicks Off National Pickleball Month

by Susan N. Crawford

The Pickleball Club began its outdoor playing season at the pickleball courts on Leisure World's tennis courts one and two.

Scheduled daily Club playing times are:

- Monday and Wednesday, 5-7 p.m.
- Tuesday 8-10 a.m.; beginners and new players only, 4-5:30 p.m.
- Thursday, 8-9:30 a.m.
- Friday, 4-6 p.m.
- Saturday, 9-11 a.m.
- Sunday, 11 a.m.-1 p.m.

A list of scheduled Club playing times is always posted

in the glass cabinet outside of tennis courts one and two. Spectators are welcome during play.

After watching, spectators who would like to learn to play pickleball and/or join the Pickleball Club should contact Club president Donna Leonard at (Donna19381@verizon.net) or (301-598-4181).

Next Meeting

The next Club meeting is on Friday, April 13, at 10:30 a.m. in Clubhouse I. All Club members are urged to attend. Club dues for 2018 are \$5 and will be collected at the meeting. Those unable to attend the meeting should mail a check for their dues to Donna Leonard at (14628

Kelmscot Dr., Silver Spring, MD 20906).

The Club officers for 2018 are Donna Leonard, president; Susan N. Crawford, vice president; and Tom Fisher, treasurer.

Clinic

On Sunday, April 15, at 3 p.m. on the pickleball courts on tennis courts one and two, the Club hosts a clinic for beginners taught by Gary Lyst, a USA Pickleball Association Ambassador for Montgomery County.



Photo by Leisure World News

Residents who wish to attend the clinic must register by contacting Donna Leonard at (Donna19381@verizon.net) or (301-598-4181) no later than Thursday, April 12.

■ Tennis Club

April 12: First Meeting of New Season

The new season has begun. The first Tennis Club meeting is on Thursday, April 12, at 7 p.m. in Clubhouse II. Future meetings are held on the first Thursday of each month. All residents are invited.

Come out and learn about this season's activities. Membership dues are \$10 per season, per member.

The Club looks forward to seeing you there.

— Alfonso Holston



Photo by Leisure World News

No Walking Permitted on Golf Course

Pedestrian traffic is not permitted on the golf course paths or greens between 7 a.m. and 7 p.m., except for residents and their guests playing a round of golf.

Residents looking for alternative walking paths in Leisure World can pick up a map at either of the clubhouse E&R offices.

Golf Course Offers 9-Hole Group Special



Photo by Leisure World News

Dust off that golf bag, grab your favorite club and join some friends on the fairway.

Beginning Tuesday, May 1, residents and up to three of their guests can play nine holes of golf at a reduced rate of \$18 per person.

The special rate starts at 3 p.m. every day, and includes green fee and cart fee. The special runs through Sunday, July 1.

On Saturday, April 21, the golf course hosts a Par 3 Mixer Tournament at 2 p.m. For more information about the special rate or tournament, contact the Pro Shop at (301-598-1570).

— Leisure World News

Save a Donkey: Play Chess

by Bernie Ascher

You may not have noticed that prices for donkeys are rising, especially in China and Africa. The cause is growing demand for donkey skins, which are used in making traditional Chinese medicine.

According to various press reports, current prices in China are about \$400 per kilogram, five times higher than they were 10 years ago. In Kenya, the major exporter of donkey skins in Africa, prices more than doubled in 2017.

When boiled, donkey skin produces a rubbery, gelatin-like substance, known as “ejiao,” which is an ingredient in many popular Chinese tonics and medicines, as well as in cosmetics, liqueurs, and sweets.

It seems to be an all-purpose product for sex, beauty, health and longevity. Followers of Chinese medicine believe that ejiao is an aphrodisiac and a cure for coughs, headaches, hangovers, insomnia, dizziness, blood disorder and even cancer.

The rise of China’s middle class has increased demand for ejiao and donkey skins, while the country’s donkey population has decreased sharply from 11 million in the 1990’s to six million today. China accounts for nearly all of global demand, estimated at four million skins per year.

China has started a breeding program and is seeking additional sources of supply. In Africa, Chinese entrepreneurs have built slaughterhouses (abattoirs). A new facility in Kenya, for example, processes 600 donkeys per day. China is also interested in Australia, which is trying to control its five million wild donkeys, officially designated as pests.

The world’s donkey population is estimated at 50 million by the Donkey Sanctuary, a British-based animal welfare and rescue charity, founded in 1969, working worldwide to improve the lives of donkeys and mules.

Working donkeys are vital to people’s livelihoods in many African countries, carrying drinking water, food and fuel, as well as building materials. Because of their role as farm animals and opposition from animal welfare groups, a number of countries, such as Uganda, Tanzania, Botswana, Niger, Burkina-Faso, Mali and Senegal, have banned donkey slaughter and exports.

Slaughterhouse bans have driven the trade underground. Donkeys stolen in Uganda, Tanzania and Somalia are taken illicitly to Kenya for slaughter and export of skins, as reported earlier this year by The New York Times.

A Chinese-owned abattoir has been torched in Ethiopia, a country with 7.4 million donkeys. Kenya’s Veterinarian Association and donkey owners have protested against the donkey trade.

In the U.S., a number of organizations are dedicated to donkey rescue and welfare in at least 10 states. One such organization in New Hampshire, Save Your Ass (SYA) Long Ear Rescue, sells merchandise to help finance the care of donkeys awaiting new homes. Stuffed animals and donkey puppets are available for purchase, as well as SYA calendars, note pads and t-shirts.

To the club’s knowledge, no research has been performed on the effects of donkey-skin tonics on chess players. Perhaps it would help some players, as in the game pictured on this page, but it does not justify killing a donkey.

In this game, White’s Pawn has just captured Black’s Bishop at e4 and is threatening to capture the Black Knight at d5. What is Black’s best move?

The answer appears after this reminder that the Chess Club meets on Monday, Wednesday, and Friday from 1-4 p.m. in Clubhouse II. Lessons for beginners are available. Call Lark Keller at (240-669-



Team Gets Its Hooks into Third Place

by Rita Mastrorocco

The league is based on handicaps with averages for bowlers ranging from 92 to 180. If you have not bowled in years, come out and join the fun.

The top league standings as of March 23 are: Half and Half in first place; Wild Things in second place; and Hooks N Curves in third place.

Top scores for the week of March 9 are:

Scratch Game – Wild Things, 654 pins

Scratch Series – Wild Things, 1,871 pins

Handicap Game – Half and Half, 915 pins

Handicap Series – Just One More, 2,581 pins

High Average Men – Steve Hays, 178 pins

Scratch Game Men – Steve Mueller, 224 pins

Scratch Series Men – Steve Mueller, 630 pins

Handicap Game Men – Steve Mueller, 265 pins

Handicap Series Men – Steve Mueller, 753 pins

High Average Women – Chris Porter, 162 pins

Scratch Game Women – Ruth Sentelle, 181 pins

Scratch Series Women – Ruth Sentelle, 517 pins

Handicap Game Women – Kathy Viney, 256 pins

Handicap Series Women – Rita Mastrorocco, 709 pins

Top scores for the week of March 16 are:

Scratch Game – Wild Things, 747 pins

Scratch Series – Wild Things, 2,073 pins

Handicap Game – Wild Things, 963 pins

Handicap Series – Wild Things, 2,721 pins

High Average Men – Steve Hays, 179 pins

Scratch Game Men – Chuck Martinez, 224 pins

Scratch Series Men – Steve Hays, 580 pins

Handicap Game Men – Larry Lull, 291 pins

Handicap Series Men – Steve Hays, 691 pins

High Average Women – Chris Porter, 162 pins

Scratch Game Women – Ruth Sentelle, 212 pins

Scratch Series Women – Ruth Sentelle, 564 pins

Handicap Game Women – Ruth Sentelle, 272 pins

Handicap Series Women – Ruth Sentelle, 744 pins

Top scores for the week of March 23 are:

Scratch Game – Wild Things, 697 pins

Scratch Series – Wild Things, 2,009 pins

Handicap Game – Huggers, 922 pins

Handicap Series – Wild Things, 2,645 pins

High Average Men – Steve Hays, 180 pins

Scratch Game Men – Steve Hays, 235 pins

Scratch Series Men – Steve Hays, 605 pins

Handicap Game Men – Steve Hays, 271 pins

Handicap Series Men – Bill Barrett, 727 pins

High Average Women – Chris Porter, 162 pins

Scratch Game Women – Jessica Stephens, 185 pins

Scratch Series Women – Jessica Stephens, 518 pins

Handicap Game Women – Julie Thomas, 252 pins

Handicap Series Women – Julie Thomas, 710 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, 1101 Clopper Rd. in Gaithersburg.

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



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Gardenside at Ingleside at King Farm represents the future of extraordinary retirement living. It's time to experience a lifestyle that provides opportunities for growth and adventure. Gardenside features elegantly appointed apartment homes, superior amenities and a Center for Healthy Living. A stylish, engaged lifestyle at its very best!

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Ingleside at King Farm is expanding with the proposed building of 121 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living, subject to approval by the Maryland Department of Aging.



■ Tuesday and Friday Duplicate Bridge

Compiled by Jerry Miller

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

Tuesday, March 6, 2018

North-South Flight A

1. Aaron Navarro – Gerald Lerner
2. Diane Keiper – Nadyne Cheary
3. Wendy Morrison – Saul Penn
4. Hanna Schepps – Robert Catlett

East-West Flight A

1. Robert Kerr – Lorraine Hegel
2. Joe Boland – Howard Brewer
3. Jerry Miller – Marlys Moholt
4. Norman Salenger – Doris Perschau

Flight B

1. Marcia Fletcher – Rae Newman

Flight B

1. Susan Weiss – Sue Swift

Friday, March 9, 2018

North-South

1. Mary Lafferty – Walter Lafferty
2. Aaron Navarro – Judith Perrier
3. Marcia Fletcher – Robert Kerr

East-West

1. Beth Harper – Sharon Strong
2. Shirley Light – Bernice Felix
3. Joe Boland – Monroe Elbrand

Flight B

3. Norman Salenger – Linda Mihm

Tuesday, March 13, 2018

North-South Flight A

1. Marlys Moholt – Hanna Schepps
2. Aaron Navarro – Sue Swift
3. Ann Ruth Volin – Stephan Billstein
4. Patti Anschutz – Robert Kerr

East-West Flight A

1. Sandra True – Rae Newman
2. Patti Anschutz – Mary Lafferty
3. Susan Weiss – Bernice Felix
4. (tie) Abigail Murton – Dora Levin
(tie) Joe Boland – Howard Brewer

Flight B

1. Palma Seeger – Angela Riani

Flight B

2. Susan Weiss – Bernice Felix
3. Abigail Murton – Dora Levin

Friday, March 16, 2018

North-South

Flight A

1. Mary Lafferty – Walter Lafferty
2. Rosmarie Sutor – Shirley Light
3. Stephan Billstein – James Cowie
4. Alan Ferraro – Liz Ferraro

Flight B

1. Rosmarie Sutor – Shirley Light
2. Stephan Billstein – James Cowie

Friday, March 23, 2018

North-South Flight A

1. Aaron Navarro – Judith Perrier
2. Alan Ferraro – Liz Ferraro
3. Stephan Billstein – James Cowie
4. Thomas Leahy – Doris Perschau

East-West Flight A

1. Nancy Gordon – Saul Penn
2. Joe Boland – Howard Brewer
3. Kimi Sugimura – Louise Bargamian
4. Norman Salenger – Linda Mihm

Flight B

1. Alan Ferraro – Liz Ferraro
2. Stephan Billstein – James Cowie

Flight B

1. Kimi Sugimura – Louise Bargamian
2. Norman Salenger – Linda Mihm

■ Wednesday Night Chicago Bridge

Compiled by Abigail Murton

March 7, 2018

1. Betti Goodman and Helen Montanaro, 3,960
2. Joyce Fisher and Joan Thomas, 3,670
3. Virginia Pace and Joanne Bland, 3,710

March 14, 2018

1. Joyce and Dick Riseberg, 4,470
2. Joan Joyce and LeLoy Cottrell, 3,490
3. Virginia Page and Joanne Bland, 3,260
4. Ann and Joe Boland, 2,970

March 21, 2018

No game

■ Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

March 8, 2018

1. Jo Vicenzi, 2,860
2. Vicky Shaz, 2,250
3. Bernice Star, 2,230

March 15, 2018

1. Bernice Star, 3,710
2. Vicky Shaz, 3,540
3. Jackie Harrell, 2,980

March 22, 2018

No game

■ Friday Bridge

Compiled by Betti Goodman

March 9, 2018

1. Morton Faber, 4,050
2. Belle Lieberman, 3,440
3. Joyce Fischer, 3,410
4. Shirley Griffin, 2,760

March 16, 2018

1. Betti Goodman, 4,990
2. Barbara Marcus, 3,610
3. Morton Faber, 2,480
4. Helen Kurtzman, 2,200

GOOD TO KNOW: GOLF INSTRUCTION

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

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

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

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Leisure World News

Sports, Games & Scoreboards In Brief

Bid Whist: Do you know what Sport the Kitty, Boston Time and Rise and Fly all mean? If you like to play Bid Whist, then meet us on Mondays at 6 p.m. in the Clubhouse II Pantry 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. Have fun. Win masterpoints. Questions? Call Nadyne at (301-598-5677).

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

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

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

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

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

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

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

Ping Pong: Get healthy exercise and camaraderie playing ping pong. The club meets every Wednesday and Friday, from 1-3 p.m., in Clubhouse II multi-purpose room. Drop in anytime during that period. Some experience preferred. If interested, call Julie Friedman at (301-598-5424).

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

Poker:

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

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

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

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

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



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—Jamle Raskin

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Reservations can be made Monday through Friday, 8:30 am-5 pm by calling 301-854-6600 #4
For more detailed itineraries, please see the Eyre Representative at the Eyre Leisure World Travel Office.

DAY TRIPS

Boston Pops Orchestra at Strathmore, MD

Sun., 4/8, 1:00 pm-5:15 pm\$148.00 per person
It's a Jazz Age jubilee with conductor Keith Lockhart and the Boston Pops. Ticket to show and motorcoach transportation included.

Barn Quilts, Antrim 1844 & Baughers, MD

Wed., 4/18, 7:45 am-5:00 pm\$104.00 per person
The Barn Quilt Trail is an homage to the county's agrarian history, installing quilt blocks on scenic barns throughout the county. Lunch is included at the infamous Antrim 1844. After lunch, a stop will be made at Baughers Restaurant that features country cooking and fresh baked goods for purchase.

Backroads to Freedom-Harriet Tubman, MD

Sat., 4/21, 8:15 am-7:30 pm\$115.00 per person
A historical guided tour of the new Harriet Tubman Underground Railroad State Park through the Blackwater National Wildlife Refuge. Hear stories of the Network to Freedom Highway. Lunch at the Suicide Bridge Restaurant.

Old Farm House Tea & Brown's Orchard,

Thomasville, PA

Wed., 4/25, 9:00 am-5:00 pm\$78.00 per person
Join Rossmore Woman's Club for a delicious High Tea at the Old Farm House and, before ending your day, we will make a stop at Brown's Orchard & Farm Market. Trip includes: Motorcoach transportation and High Tea.

Wolf Sanctuary, PA

Thurs., 4/26, 7:15 am-5:45 pm\$99.00 per person
Guided tour of different packs of wolves. Lunch included at Shady Maple Smorgasbord. This trip is outdoors with uneven terrain; dress appropriately.

National Museum of African American History & Culture, DC

Mon., 4/30, 9:00 am-3:15 pm\$45.00 per person
Admission and transportation included in trip.

Springfest Ocean City, MD

Sat., 5/5, 7:45 am-9:00 pm\$60.00 per person
Enjoy great food, music and crafts while being on the inlet in Ocean City! Transportation only to the festival.

Hershey for Mother's Day PA

Sat., 5/12, 8:00 am-7:45 pm\$109.00 per person
Start with a little shopping at Hershey Chocolate World before heading to the Hotel Hershey for lunch. Enjoy an elegant buffet lunch in the Circular Dining Room. Then, wander through the Gardens that started over 75 years ago as a nice garden of roses and has blossomed into 23 acres of botanical beauty.

"Grease" the Musical at Dutch Apple Theatre, PA

Wed., 5/16, 9:00 am-6:00 pm\$112.00
Dust off your leather jackets, pull on your bobby-socks and take a trip to a simpler time! Transportation, show and lunch included.

Grounds for Sculpture, NJ

Wed., 5/23, 7:45 am-7:45 pm\$129.00 per person
Nestled in the heart of New Jersey lies Grounds For Sculpture, a magical place where art and nature are always at play. Three-course plated lunch at the incomparable Rat's Restaurant is included.

Land, Sea & Safari, PA

Wed., 5/30., 7:15 am-8:45 pm\$119.00 per person
Trip Includes: Guided tour of the Pennsylvania Capitol building. Lunch at Old Country Buffet, Paddle Boat Cruise on the Susquehanna River, and a three hour visit at the Lake Tobias Wilderness Park.

National Harbor & MGM Casino, MD

Mon., 6/4, 9:00 am-4:30 pm\$42.00 per person
Transportation only! You choose where you want to spend your day. Waterfront, Casino or Outlets (shuttle service available to purchase).

US Naval Academy & Harbor Cruise, MD

Tues., 6/12, 8:45 am-5:35 pm\$115.00 per person
A 90-minute walking tour of Naval Academy, lunch at Drydock Restaurant, Free time in Annapolis City Dock area before boarding the Harbor Queen.

Let's Play Ball! Battle of the Beltway Nationals vs. Orioles, DC

Wed., 6/20, 4:45 pm-11:45 pm\$89.00 per person
Transportation and tickets to the game included in pricing.

"Back by Popular Demand" American Treasure Oaks

Mon., 7/16, 8:15 am-6:15 pm\$95.00 per person
Take a 45-minute tram ride to see the most iconic collection of Americana you will ever experience! Wander through the Music Room, view the dioramas, and see their brand new car exhibit. Soup and sandwich buffet included.

Hollywood Casino, WV

Thurs., 7/19, 10:00 am-5:45 pm\$38.00 per person
\$15.00 slot play offer from casino. Transportation only.

"New" Songs of the Silver Screen at American Music Theatre, PA

Sat., 7/28, 8:45 am-8:00 pm\$115.00 per person
Movie buffs of all ages will delight in this new production. Enjoy live performances from the AMT cast and band as they bring you the biggest hits from movies past and present. Lunch prior to show at Shady Maple Smorgasbord. Trip includes: transportation, lunch and admission to show.

Spotlight On...

Mama Mia at Toby's in Columbia, MD

Wed., 7/11, 9:55 am-4:00 pm\$98.00 per person
This is a feel good show of our time! Trip includes: Transportation, Buffet Lunch & Show

MULTI-DAY TRIPS

Best of Israel & Jordan
March 21, Oct. 3 or Nov. 7
12 days (fly/drive)

Chihuly at the Biltmore, NC
& The Smoky Mountains, TN
May 20-24

Cape Cod, MA
July 22-26

Nova Scotia & Canada's
Maritimes
Aug. 10-18

Castles of New York-1000
Islands
Aug. 26-29

A Taste of Tuscany
Sept. 2-9

The Ark Encounter
Sept. 4-7

Mystical Peru
Sept. 11-17

Hudson Valley, NY
Sept. 26-28

Trains & Canaan, WV
Oct. 1-3

Reflections of Italy
Oct. 10-19, 2018

CRUISES

Princess Cruise Alaska on the
Golden Princess (land/cruise)
Aug. 14-25

Princess Cruise Alaska on the
Golden Princess (cruise only)
Aug. 18-25

Royal Caribbean Canada &
New England
Sept. 27- Oct. 6

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 II, 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.

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.

EDUCATION

NEW – Beginner/Refresher Bridge: Topics of play include point count, opening bidding, responding and play of hand. Topics vary according to the level of participants.

This class, led by Roz Dixon, meets Fridays, April 27-June 1, 2:30-4:30 p.m. **Fee: \$36. Register at Clubhouse I.**

NEW – Intermediate Bridge: Topics of play include NT, Stayman, transfers, Smolen, play of hand, opening leads and defense. Topics vary according to the level of participants.

This class, led by Roz Dixon, meets Wednesdays, April 25-May 30, 2:30-4:30 p.m. **Fee: \$36. Register at Clubhouse I.**

The Art of Basic Parliamentary Procedures: A Leadership Development Series: Puzzled by Parlipro? Tongued-tied by motions? Perplexed by whether a motion is debatable or amendable?

Here is a chance to learn a thing or two about bylaws, rules for conducting meetings, minutes, ranking motions, amendments, debates, voting and quorums, and other parliamentary procedures.

This two-session class will help your meetings run orderly, smoothly and get things done. Fee includes parliamentary procedures booklets and

pamphlets. For more information, contact Yolande Campbell at (240-970-5980). Classes meets Mondays, April 23 and 30, 2-4 p.m. **Fee \$30. Register at Clubhouse I.**

Coping With Your Digital Camera and Computer, a CLL course: The object of this course is to explain how a digital camera works; how the built-in software enables the novice to select a mode to get better photographs; and to demonstrate how images are transferred from the camera to the computer and modified to improve their quality.

Topics include: digital photography basics and digital cameras; the basics for good photography and using the modes in the digital camera to enhance images; how to transfer and organize images on the computer; how to print and present photos; and how to prepare slideshows and DVDs, including music tracks, with PowerPoint and typical software used for editing.

Students are encouraged to bring samples of their photos on a flash drive so they can be shown and critiqued by the class.

Fred Shapiro is the course instructor. Class meets Thursdays, May 3-June 7, 1-2 p.m. **Fee: \$20. Register at Clubhouse II.**

Biographies of Controversial People, a CLL Course: In this course, Dr.

George Birnbaum examines the lives of four individuals, all controversial, who distinguished themselves through their achievements.

Each week, one individual is discussed. They include Moses Annenberg, Walter Annenberg, Armand Hammer and Menachem Begin.

Class meets Friday, May 4-May 25, 11 a.m.-noon. **Fee: \$15. Register at Clubhouse I.**

Reflective Writing: Finding Your True Voice, a CLL course: Reflective writing uses a process based on the book, "Writing the Mind Alive: The Proprioceptive Method for Finding Your Authentic Voice" by Linda Trichter Metcalf and Tobin Simon.

In the first session, instructor Martha Witebsky explains the technique and gives some written examples. Participants gather around a table to write as baroque music plays, and then may choose to share their writing with the group.

The objective is to explore thoughts that have been repressed and, perhaps, have kept a person from functioning well. The practice is different from meditation in that individuals explore their thoughts rather than free their mind of them. This approach liberates the individual from the power these unexplored thoughts have had upon them.

Class meets Tuesdays, April 17-May 22, 2-3:30 p.m. **Fee: \$15. Register at Clubhouse I.**

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

Exploring Ultra-Orthodox Judaism, an ALL course: Join scholar Ira Weiss in this exploration of the ultra-orthodox community in Israel as portrayed in the acclaimed Israeli television series "Srugim." Weiss introduces each episode and leads a follow-up discussion.

Class meets Thursdays,

April 12-June 7 (no class May 24), 10:30 a.m.-noon. **Fee: \$27. Register at Clubhouse I.**

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

En avant! French in Action for Beginners: This class, led by Gilles Gouin, is for beginners or people who have taken French and would like to refresh his/her knowledge. The focus of the class is to provide basic French grammar so that participants can communicate in the target language (i.e. French) at the survival level.

In addition to learning basic French grammar and vocabulary, course topics include greetings and farewells, family members, numbers, dates, telling time, health, colors, household objects, and more.

Class meets Tuesdays, April 24-June 12, 10-11 a.m. **Fee: \$15. Register at Clubhouse I.**

En avant! French in Action for Intermediates: This class, led by Gilles Gouin, is for intermediates who have some solid knowledge of French and want to build on their knowledge in order to sustain some conversation.

The focus of this class is to provide basic French grammar in context so that students are able to communicate more easily in the target language (i.e. French) at a functional level.

In addition to reviewing basic French grammar and vocabulary, this course covers more advanced French grammar in context, and French vocabulary for numbers, weather, dates, telling time, health, colors, household objects and more.

Students are expected to speak in French most of the time. They will be able to describe a picture or photo, and also express themselves in the present, past and near future.

Class meets Tuesdays, April 24-June 12, 11:15 a.m.-12:15 p.m. **Fee: \$15. Register at Clubhouse I.**

EXERCISE

NEW – Chair Yoga with Robin, Wednesdays: Age well. Prevent or diminish the chronic degenerative disease processes that frequently accompany aging. Gentle, yet effective, movements done while sitting in a chair. Increase joint mobility, balance, flexibility, strength, tone, circulation of blood and lymph, and improve breathing. Optional standing balance exercises included. Relaxing and fun! Mindfulness training is introduced and basic holistic lifestyle habits discussed.

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Wednesdays, April 25-June 20 (no class May 9), 2-3 p.m. **Fee: \$100. Register at Clubhouse II.**

NEW – Beginner and Advanced Tai Chi with Steve: A must for seniors! Tai Chi builds strength in muscles and bones, promotes a healthy heart, and is fun and easy to do. It improves endurance, flexibility, breathing, and circulation.

The class begins with 30 minutes of stretching and muscle strengthening exercises that promote greater agility, better posture and strengthen muscles. This is followed by meditation for 10 minutes and Tai Chi for 20 minutes. Tai Chi is the best way to improve balance and coordination, thereby decreasing the risk of falling and fractures.

Class meets Tuesdays and Thursdays, May 1-July 19, 9:30-10:30 a.m. The instructor is Steve McCleary.

For more information, call Maureen McCleary at (301-598-1145). **Fee: \$45 for 1 day per week; \$75**

for both days. Register at Clubhouse II.

NEW – Zumba Gold with Denny – Mondays or Fridays: This program was designed for the older active adult, a person who has not been exercising in a long time or individuals who may be limited physically. The biggest difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a much lower intensity. It is just as much fun, just not as fast! Zumba Gold utilizes the same great Latin styles of music and dance that are used in the Zumba basic program. Class meets Monday, April 30-June 11 (no class May 28), 10:30 a.m. or Fridays, May 5-June 15 (no class May 25), 1 p.m. **Fee: \$37.50 for one day; \$70 for two days. Register at Clubhouse II.**

NEW – Stretch, Tone and Strength Training for the Active Adult (9:15 a.m.): Join our fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class

will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier, and more balanced as you develop new body awareness, flexibility and control of “usable strength.”

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

Class meets Mondays, April 23-June 18 (no class May 28) and/or Thursdays, April 26-June 21, 9:15-10:15 a.m. **Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.**

NEW – New Students Only - Stretch, Tone and Balance for the Active Adult (10:30 a.m.): The early morning class is filling up! This class is for new students who want to join a fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled



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with power and one that can move with ease and confidence. Get stronger, steadier, and more balanced as you develop new body awareness, flexibility and control of “usable strength.”

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

Class meets Mondays, April 23-June 18 (no class May 28) and/or Thursdays, April 26-June 21, 10:30-11:30 a.m. **Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.**

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

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified

yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Mondays, April 9-June 18, 11 a.m.-noon or 2-3 p.m. (No class May 7, May 28 or June 11.) Choose the time that suits your schedule. **Fee per session: \$100. Register at Clubhouse II.**

Ba Duan: This is the world’s oldest exercise for seniors and those who need to restore a normal, optimum state of health. Participants will learn to combine joint movement and breathing to improve balance and to augment core strength.

Limited enrollment. Class meets Mondays, April 9-June 18, 4-5 p.m. **Fee: \$20. Register at Clubhouse II.**

Tap Dancing in a Chair with Carol Neckar: This is great way to have fun, learn something new and exercise! If you are an experienced tapper and miss it, or a beginner who always wanted to tap, but can no longer do so, this is the class for you. For experienced tappers, the class is a review. For beginners, the class starts with the basics and progresses to more advanced combinations. It’s going to be a lot of fun!

Carol began taking tap lessons at age four, continuing through high school when she taught tap to offset the cost of lessons, and performed in recitals and in commu-

nity theater. In college, she taught dance for the Physical Education Department and, in the summer, continued to perform in local theater. While her career took her in another direction, her love affair with dance that has never ended.

If you have questions, call Carol at (301-598-5980).

Class meets Thursdays, April 26-May 31, 4-4:45 p.m. **Fee: \$38. Register at Clubhouse II.**

Gentle Yoga – Wednesdays and Saturdays with Marilyn: Yoga is a holistic system that combines movement, posture, breath, and relaxation techniques to improve overall health and well-being physically, mentally, and spiritually. A consistent yoga practice has been shown to increase mobility, strength, and flexibility, and to provide skills to cultivate a peaceful mind in the face of life’s stresses and challenges.

This class is designed for individuals with some ability to get up and down off the floor and can be adapted according to the need of the practitioner. Beginners and ongoing students are welcome. Bring a yoga mat or blanket to the first class.

Class meets Wednesdays, April 11-June 13 and/or Saturdays, April 7-June 9, 9-10 a.m. **Fee: \$80/1 day, \$140/2 days per week. Register at Clubhouse I.**

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

Class meets Mondays (with Shirley), April 16-May 21, and Thursdays (with Sue), April 19-May 24, 9-9:45 a.m. You can take the class on Mondays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

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

Class meets Tuesdays, April 17-May 22, and Wednesdays, April 18-May 23, 11-11:45 a.m. You can take the class on Tuesdays or Wednesdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

WATER EXERCISE

Water Exercise with Nancy: Participants will gain strength, stamina and tone from this cardio class. Dumbbells are used, although they are not required, and are available for purchase from the instructor.

Class meets Tuesdays, April 17-May 22, and Thursdays, April 19-May 24, 11 a.m.-noon. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

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

Class meets Tuesdays, April 17-May 22, and Thursdays, April 19-May 24, 1-2 p.m. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

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

Class meets Wednesdays, April 18-May 23, from 1-2 p.m. **Fee: \$36, 1 day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.**

Wills, Wealth Planning & Trusts



Luann Battersby
Leisure World neighbor
3510 Chiswick Ct

Phone: 301-518-0423
Email: Luann_Battersby@comcast.net
Housecall: No charge!
www.battersbylawoffice.com
Simple will: \$175/person; \$330/couple
Living will/medical directive \$80
Financial power of attorney \$90

Probate: flat fee or hourly, not a percentage of estate.

Estate and tax planning. I also assist clients in other related matters when they need my help.

CALENDAR *of Events*

Friday, April 6

Clubhouse I

10:00 a.m. CLL Course: Introduction to Dancing for the Hesitant Beginners

12:15 p.m. Kiwanis Club

2:30 p.m. Beginner Bridge Class

6:00 p.m. LWAAAC and Hispanos de LW Latin Dance Party

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. Ping Pong Club

1:00 p.m. Chess Club

1:00 p.m. Friday Bridge

1:00 p.m. Zumba Gold Class

Saturday, April 7

Clubhouse I

9:00 a.m. Gentle Yoga Class

9:00 a.m. American Needlepoint Guild (ANG)

10:00 a.m. RAG Open Art Studio

Clubhouse II

9:15 a.m. Shabbat Service

2:00 p.m. Going It Alone Club: Social/Video

7:00 p.m. Studio Artemis International Dance Performance

Sunday, April 8

Clubhouse I

10:00 a.m. Jewish War Veterans

Clubhouse II

2:30 p.m. Fireside Forum: The African American Experience

Monday, April 9

Clubhouse I

8:45 a.m. Income Tax Service

9:15 a.m. Stretch Tone and Strength Training Class

10:00 a.m. Garden and Environmental Club

10:30 a.m. Beginner Stretch, Tone and Strength Training Class

1:00 p.m. Paintbrush and Knife Art Class

1:30 p.m. LW Chorale

7:00 p.m. Bingo

Clubhouse II

10:30 a.m. Zumba Gold Class

11:00 a.m. Chair Yoga Class

12:30 p.m. Men's Bridge

1:00 p.m. Chess Club

2:00 p.m. Foundation of LW Movie: "The Silk Road: Xi'an to Kashgar"

2:00 p.m. Line Dance Class

2:00 p.m. Chair Yoga Class

3:00 p.m. Line Dance Class

4:00 p.m. Ba Duan Class

Tuesday, April 10

Clubhouse I

9:30 a.m. Any Medium Art Class

9:30 a.m. Garden Plot Group

10:00 a.m. CLL Course: Habla Connigo Part II

1:00 p.m. CLL Course: Habla Connigo Part I

1:00 p.m. Watercolor Techniques Art Class

1:00 p.m. Amateur Radio Club

7:00 p.m. Duplicate Bridge

7:00 p.m. Trivia Group

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class

12:30 p.m. Scrabble Group

1:30 p.m. Comedy and Humor Club

3:00 p.m. Parkinson's Support Group

6:15 p.m. Move to the Beat Class

7:00 p.m. Camera Club

7:00 p.m. Vegetarian Society: Video talk by John Mackey

Wednesday, April 11

Clubhouse I

8:45 a.m. Income Tax Service

9:00 a.m. Gentle Yoga Class

10:00 a.m. Express Yourself in

Drawing and Painting Art Class

10:15 a.m. League of Women Voters

1:00 p.m. Low Vision Support Group

1:00 p.m. Maryland Interclub Seniors Golf Association Lunch

1:00 p.m. Painting and Miniatures: Oils, Acrylics and Alkyds Art Class

2:00 p.m. LW Green

6:45 p.m. Chicago Bridge

Clubhouse II

1:00 p.m. Chess Club

1:00 p.m. Ping Pong Club

1:30 p.m. Stroke Support Group

2:00 p.m. Chair Yoga Class

4:00 p.m. Move It or Lose It Class

7:00 p.m. Lapidary Club

Thursday, April 12

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class

10:00 a.m. Painting is for Everyone Art Class

10:30 a.m. Beginner Stretch, Tone and Strength Training Class

10:30 a.m. ALL Course: Exploring Ultra-Orthodox Judaism

12:30 p.m. Ladies Bridge

1:00 p.m. Oils and Acrylics Art Class

2:00 p.m. Interfaith Yom Hashoah Service

2:00 p.m. CLL: Great Decision Discussion Group

3:00 p.m. RAG Educational Program

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class

9:30 a.m. Quilters Group

12:30 p.m. Men's Bridge

4:00 p.m. Model Railroad Club

Friday, April 13

Clubhouse I

10:00 a.m. CLL Course: Introduction to Dancing for the Hesitant Beginners

10:00 a.m. Drawing Clinic Art Class

1:30 p.m. Any Level Watercolor Art Class

3:00 p.m. Hispanos de LW Movie: "Habana Blues"

5:00 p.m. AIM Program: Thad Wilson Jazz Orchestra

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. Chinese Club

10:00 a.m. Pickleball Club

1:00 p.m. Ping Pong Club

1:00 p.m. Chess Club

1:00 p.m. Friday Bridge

1:00 p.m. Zumba Gold Class

7:00 p.m. Fun and Fancy Theatre: "Broadway Melodies of the 60s"

Dial 301-598-1313

for recorded Daily Events

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

Budget and Finance

April 18, 10:00 a.m., Clubhouse II

Communications

April 19, 10:00 a.m., Clubhouse I

Community Planning

April 9, 9:30 a.m., Clubhouse I

Energy

April 17, 9:30 a.m. Clubhouse I

Golf and Greens

April 6, 9:30 a.m., Clubhouse I

Government Affairs

April 16, 2:00 p.m., Sullivan Room

Health

April 18, 2:00 p.m., Clubhouse I

Landscape

April 12, 9:30 a.m., Clubhouse II

Physical Properties

April 10, 9:30 a.m., Clubhouse II

Restaurant

April 16, 10:00 a.m., Clubhouse I

Security and Transportation

April 12, 9:30 a.m., Clubhouse I

LWCC Board of Directors

April 24, 9:30 a.m., Clubhouse I

The meeting airs on April 30, May 2 and May 4 at 4 p.m. and 7 p.m. on channel 974.

LWCC Executive Committee

April 13, 9:30 a.m., Sullivan Room

The meeting airs on April 18, 19 and 20 at 4 p.m. and 7 p.m. on channel 974.

Meeting times and locations subject to change.

Leisure World Mutual Meetings

April 10

Mutual 16 Board

9:30 a.m., Sullivan Room

Mutual 7 Board

1:00 p.m., Sullivan Room

Mutual 25 Board

7:00 p.m., Sullivan Room

April 11

Mutual 11 Board

9:30 a.m., Sullivan Room

Mutual 19A Annual

2:00 p.m., Clubhouse II

April 12

Mutual 12 Board

1:00 p.m., Sullivan Room

April 16

Mutual 10 Annual

12:30 p.m., Clubhouse II

April 17

Mutual 14 Board

9:30 a.m., Sullivan Room

Mutual 13 Board

1:30 p.m., Sullivan Room

Meeting times and locations subject to change.

April 18

Mutual 5 Board

9:30 a.m., Sullivan Room

Mutual 19B Agenda

1:00 p.m., Sullivan Room

April 19

Mutual 15 Board

9:30 a.m., Sullivan Room

Mutual 12 Annual

10:00 a.m., Clubhouse I

Mutual 8 Annual

4:00 pm., Clubhouse II

April 23

Montgomery Mutual Board

9:30 a.m., Clubhouse I

Mutual 23 Board

10:00 a.m., Party Room

Mutual 9 Board

10:00 a.m., Sullivan Room

Saturday, April 14

Clubhouse I

9:00 a.m. Gentle Yoga Class

10:00 a.m. RAG Open Art Studio

2:00 p.m. LW Green Film

Clubhouse II

9:15 a.m. Shabbat Services

2:00 p.m. Going It Alone Club: Social/ Bingo

7:30 p.m. Fun and Fancy Theatre:

"Broadway Melodies of the 60s"

Sunday, April 15

Clubhouse I

10:00 a.m. JRLW Breakfast Forum

Clubhouse II

3:30 p.m. Camera Club Photo Matinee

Monday, April 16

Clubhouse I

8:45 a.m. Income Tax Service

9:15 a.m. Stretch, Tone and Strength Training Class
10:30 a.m. Beginner Stretch, Tone and Strength Training Class
1:00 p.m. Paintbrush and Knife Art Class
1:30 p.m. NARFE
1:30 p.m. Hadassah: Judaic Study Group
1:30 p.m. LW Chorale
6:00 p.m. Lions Club
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
11:00 a.m. Chair Yoga Class
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
2:00 p.m. Line Dance Class
2:00 p.m. Chair Yoga Class
2:00 p.m. Foundation of LW Movie: “The Silk Road: Xi’an to Kashgar”
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Class

Tuesday, April 17
Clubhouse I
9:00 a.m. Blood Pressure Testing
9:30 a.m. Any Medium Art Class
10:00 a.m. CLL Course: Habla Conmigo Part II
1:00 p.m. CLL Course: Habla Conmigo Part I
1:00 p.m. Watercolor Techniques Art Class
2:00 p.m. CLL Course: Reflective Writing: Finding Your True Voice
7:00 p.m. Republican Club
7:00 p.m. Duplicate Bridge
7:00 p.m. Trivia Group
Clubhouse II
9:30 a.m. Beginner and Advanced Tai Chi Class
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-Impact Fusion Water Exercise Class
1:30 p.m. Comedy and Humor Club
6:15 p.m. Move to the Beat Class

Wednesday, April 18
Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. Express Yourself in Drawing and Painting Art Class
10:00 a.m. Library Guild

11:00 a.m. Short Story Group
11:30 a.m. NA’AMAT Spiritual Adoption Lunch
1:00 p.m. Painting and Miniatures: Oils, Acrylics and Alkyds Art Class
6:45 p.m. Chicago Bridge
Clubhouse II
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Ping Pong Club
1:00 p.m. Aqua Fit Class
1:30 p.m. JRLW Movie: “Menashe”
4:00 p.m. Move It or Lose It Class

Thursday, April 19
Clubhouse I
9:15 a.m. Stretch and Tone Class
10:30 a.m. Beginner Stretch and Tone Class
1:00 p.m. Paintbrush and Knife Art Class
10:30 a.m. ALL Course: Exploring Ultra-Orthodox Judaism
11:00 a.m. Writers Workshop
12:30 p.m. Ladies Bridge
1:00 p.m. Oils and Acrylics Art Class
2:00 p.m. Book Club Network
2:00 p.m. CLL: Great Decisions Discussion Group
2:00 p.m. Town Meeting Organization
7:00 p.m. Democratic Club
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
11:00 a.m. Water Exercise Class
11:00 a.m. Stitching Group
12:30 p.m. Men’s Bridge
1:00 p.m. Non-Impact Fusion Water Exercise Class
2:00 p.m. E&R Movie: “Queen of Katwe”

Friday, April 20
Clubhouse I
10:00 a.m. CLL Course: Introduction to Dancing for the Hesitant Beginner
10:00 a.m. Drawing Clinic Art Class
10:00 a.m. Book Club Network: Diversity Strong
10:00 a.m. Book Club Network: Bookies
12:15 p.m. Kiwanis Club
1:30 p.m. Any Level Watercolor Art Class
3:00 p.m. Hispanos de LW: Games
7:00 p.m. Friday Duplicate Bridge
Clubhouse II

1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
1:00 p.m. Zumba Gold Class
7:00 p.m. Baby Boomer Club Movie: “Victoria and Abdul”
Saturday, April 21
Clubhouse I
9:00 a.m. American Needlepoint Guild (ANG)
9:30 a.m. Spring Flea Market
10:00 a.m. Open Studio (which RAG did you like)
Clubhouse II
9:15 a.m. JRLW Service
12:00 p.m. LW LGBT Alliance
2:00 p.m. Going It Alone Club: Social
7:00 p.m. Fun and Fancy Theatre: “Broadway Melodies of the 60s”

Saturday, April 22
Clubhouse I
2:00 p.m. Italian Club General Meeting
6:00 p.m. Ovation Dinner Theatre Murder Mystery
Clubhouse II
10:30 a.m. Jewish Discussion Group
2:00 p.m. Fun and Fancy Theatre: “Broadway Melodies of the 60s”

Monday, April 23
Clubhouse I
9:15 a.m. Stretch, Tone and Strength Training Class
9:45 a.m. AARP Safe Driving Course
10:30 a.m. Beginner Stretch, Tone and Strength Training Class
1:30 p.m. Book Club Network: Fall Readers
1:30 p.m. LW Chorale
2:00 p.m. CLL Class: American Architectural History
7:00 p.m. Bingo
Clubhouse II
9:00 a.m. Senior Sneakers
11:00 a.m. Chair Yoga Class
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
2:00 p.m. Line Dance Class
2:00 p.m. Chair Yoga Class
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Class
6:15 p.m. Move to the Beat Class

Tuesday, April 24
Clubhouse I
10:00 a.m. CLL Course: Habla Conmigo Part II

10:00 a.m. En avant! French in Action for Beginners Course
10:00 a.m. En avant! French in Action for Intermediate Course
1:00 p.m. CLL Course: Habla Conmigo Part I
2:00 p.m. Book Club Network: Suspensers
2:00 p.m. CLL Course: Reflective Writing: Finding Your True Voice
7:00 p.m. Duplicate Bridge
7:00 p.m. Trivia Group
Clubhouse II
10:00 a.m. LW Apple Club
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-Impact Fusion Water Exercise Class
1:30 p.m. Comedy and Humor Club
2:00 p.m. Unitarian Universalists
6:15 p.m. Move to the Beat Class
7:00 p.m. Camera Club

Wednesday, April 25
Clubhouse I
9:00 a.m. Gentle Yoga Class
2:00 p.m. LW Green
2:30 p.m. Intermediate Bridge Class
6:45 p.m. Chicago Bridge
7:30 p.m. Hadassah: Silent Auction and Accessory Sale
Clubhouse II
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Ping Pong Club
1:00 p.m. Aqua Fit Class
2:00 p.m. Chair Yoga Class

Thursday, April 26
Clubhouse I
8:30 a.m. Interfaith Committee Baby Shower
10:30 a.m. ALL Course: Exploring Ultra-Orthodox Judaism
11:00 a.m. Writers Workshop
12:30 p.m. Ladies Bridge
1:00 p.m. Ladies Golf Lunch
2:00 p.m. CLL Class: Great Decisions Discussion Group
2:00 p.m. Health Advisory Committee: Memory Café
6:00 p.m. LWAAAC: Fun Night
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
9:30 a.m. Quilters Group
11:00 a.m. Water Exercise Class
12:30 p.m. Men’s Bridge
1:00 p.m. Non-Impact Fusion Water Exercise Class
4:00 p.m. Tap Dancing in a Chair

Friday, April 27
Clubhouse I
10:00 a.m. Drawing Clinic Art Class
10:00 a.m. Garden and Environmental Club: Arbor Day Celebration
1:30 p.m. Any Level Watercolor Art Class
2:30 p.m. Beginner/Refresher Bridge Class
3:00 p.m. Hispanos de LW: Games
6:30 p.m. LW Golf Twilight
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
9:00 a.m. JRLW: Many Faces of Abuse
10:00 a.m. Chinese Club
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge

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APRIL 2018

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.

HEALTHY LIVING CLASS: "EVERYDAY BALANCE"

April 9 through May 16

MONDAYS & WEDNESDAYS
10-10:30 A.M.

Six-week Session Fee: \$30

During this class, simple yet effective techniques are used to improve balance and agility and reduce your risk of falls. No props are used, so exercises may easily be performed home.

Reservations are requested by April 6. Check-in begins at 9:30 a.m. on April 9, and the class fee is due at that time.

HEALTHY LIVING CLASS: "MINDFUL MEDITATION"

April 11 through May 16

WEDNESDAYS • 11-11:30 A.M.

Six-week Session Fee: \$20

Recent scientific studies have shown that mindful meditation changes the brain in astonishing ways—promoting greater focus, reduced anxiety, increased compassion and improved well-being. Experience guided, mindful meditation in a quiet space.

Reservations are requested by April 8. Check-in begins at 10:30 a.m. on April 11, and the class fee is due at that time.

CAREGIVER CONNECTION: "VISITING THE DOCTOR: HOW TO MAKE THE MOST OF YOUR TIME TOGETHER"

TUESDAY, APRIL 17 • 2-3 P.M.

As a caregiver for someone with memory issues, you are a vital partner in their medical care. Planning ahead for a doctor's appointment can go a long way toward effectively addressing your loved one's needs. Learn what problems to watch for and how to communicate most efficiently with their physician.

FREE. Register by April 15.

LIVING WELL SEMINAR: "EVERYTHING YOU NEED TO KNOW ABOUT LONG-TERM CARE INSURANCE"

WEDNESDAY, APRIL 18 • 1-2:15 P.M.

Find the answers to all your questions about long-term care (LTC) insurance from a consumer perspective. "What are the pros and cons of buying LTC insurance? What do Medicare and Medicaid cover? What if I need assisted living or nursing home care? What's the best way to shop for this product? What constitutes a good policy and price? How do I access benefits?"

Preceded by complimentary lunch at 12:30 p.m.

FREE. Register by April 16.

SMOOTH MOVE SEMINAR: "HOW TO SELL YOUR HOME FOR TOP DOLLAR"

TUESDAY, APRIL 24
11 A.M.-12:30 P.M.

In this highly engaging presentation, you'll get the inside scoop on how to sell your home for top dollar. Learn about the local real estate market and gain insights on how to approach the sale of your home, including tips on timing, pricing, sorting through your possessions and home improvements with the best rate of return.

Reservations are requested by April 22. Check-in begins and hors d'oeuvres served at 10:30 a.m.



18100 Slade School Road
Sandy Spring, MD 20860
301-260-2320
www.bgf.org



INDEPENDENT LIVING ASSISTED LIVING REHABILITATION LONG-TERM CARE MEMORY SUPPORT

CLASSIFIEDS

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

For information on placing advertisements in the Leisure World News, visit leisureworldmaryland.com or call (301-598-1310).

ESTATE SALES

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

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

REAL ESTATE FOR SALE

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

THINKING OF SELLING your home or that of a relative? Call Sue Heyman of Weichert, Realtors, Leisure World Plaza, community resident for over 14 years. Top 1% of Agents Nationwide, Seniors & Relo Specialist, "Forward 50 Sponsor." Inventory is historically low. Days on the market for our community are now hovering at around one month. Prices are going up! As sellers, now is the time to take advantage of this fast-paced market. I know all of the floor plans and how to price them. Tap into my experience, contractor connections, and marketing to get the best price. My top-quality color brochures, twice-monthly statistical reports specific for your property, multiple websites, staging techniques, and visual tours display your home and our community at its best. Call Sue for your free competitive market analysis. Office: (301-681-0550). Direct: (301-580-5556).

REAL ESTATE FOR RENT

GARDEN TWO BEDROOM, two bath condo available for lease now. Premier community of Leisure World of Maryland for adults 55 plus! This condo features new flooring, fresh paint, side-by-side washer/dryer. Living room and patio with spectacular view. Call (301-598-4850) to schedule an appointment to see this exceptional home. No smoking! Pet considered, a reserved parking space, utilities and basic cable included.

RENOVATED & UPDATED 2BR 2BA condo in Leisure World. Available 4/1. \$1,740/mo. (<https://washingtondc.craigslist.org/mld/apa/d/renovated-updated-2br-2ba/6545299907.html>) (301-466-2708)

AUTO SALES

2008 GRAND MARQUIS loaded with leather. MD inspected. Like new. Only 25,000 miles \$12,0000. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2009 TOYOTA YARIS. 2-door hatchback, automatic, new tires. One owner. Great gas mileage. MD inspected. \$5,300. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

TRANSPORTATION SERVICES

YOUR PERSONAL DRIVER IS HERE: Lifelong local resident. Reliable, competent service. Safe, accident-free driving record. Comfortable, clean vehicle; can seat from one to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, appointments. Anywhere...including long distance trips to other states. Reservations available 24/7. Call 7 a.m.-10 p.m. with questions or to schedule your ride: Steven Saidman. Cell/text: (301-933-8899). email: (Steve.Your.Driver@gmail.com).

CALL & RIDE – Doctors, airport, casino. Will pick up your groceries. Always on time. Over 50 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

HEALTH CARE SERVICES

The Leisure World News will allow only those advertisers who show proof

of certification to advertise that they are "certified nursing assistants."

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

ELDERLY CARE: Over 10 years experience. Great reference. Available for long days or nights. Can drive. Leisure World resident. (240-461-2188).

EXPERIENCED, CARING CNA with CPR certificate seeks live-out position, Monday-Friday, 8-12 hours a day. Call Millie at (301-742-5386).

LPN, CNA, CPR, first aid. Compassionate caregiver. Skills: personal care, meds administration, wound care, BLS checks, insulin administration, G-tube, tracheostomy care, clients with dementia or stroke. Great reference. Roseline (301-466-3186).

CERTIFIED NURSING ASSISTANT. Over 25 years experience. Proficient in elder care and hospice care. Skilled in listening and paying attention to my clients' needs. Honest, trustworthy. Have reliable transportation. Call Florence (202-805-6212) or (240-714-3657).

PROVIDING QUALITY AND AFFORDABLE CARE: Personal care, companionship, nursing care, housekeeping, shopping. Live-in and live-out, full/part-time. Licensed, insured and bonded. Call for free consultation (240-510-8337).

CNA/GNA, pharmacy technician, patient care technician, medication technician, CPR, first aid trained. Over 20 years experience in home and hospice care services. Passionate about caring for people. Flexible hours. (240-422-9266)

EXPERIENCED AND RELIABLE CNA is available to work 2–3 hours during the day, Monday through Friday, and nighttime on weekends. A Leisure World resident. Maggie (240-449-0979).

CNA —with 18 years experience. Seeking position to care for sick/elderly. Good references available Monday–Friday and weekends. Days or nights. Full/PT. Have my own transit. Call (301-442-9324).

MALE NURSING ASSISTANT, CMT, with CPR, first aid training. Trustworthy, loving and understanding. Worked with Alzheimer's, Parkinson's,

dementia and diabetic seniors. 15+ years experience. Can cook/bake, American/Indian tasty meals. Have good command of English. Own car with clean driving record. Prefer live-in job and work any shift. Referrals available. Call Nirmal (240-722-2728), email (nirmallyall21@gmail.com).

CAREGIVER WITH CNA license and 8 years experience. Available to work daytime, nighttime and weekends, full-time or part-time. Have own transportation. Call (240-715-8189).

LOOKING FOR CARE/ companionship for your loved one? I am here. Experienced, loving, responsible, caring, reliable with good references. Call (240-552-4222).

HOME HEALTH CARE/Caregiver: Senior citizens, CNA. Work 10 years in LW. Grad, BSN (Filipina nurse). Roman Catholic. Culinary grad in Europe. Speak different languages. Schooling for nutrition. Work long/short term. Call Connie at (240-449-6362).

LICENSED CNA with 10 years experience with CPR. With good nursing skills. Enjoys working with the elderly. Has a lot of patience. Monday–Thursday 9–5/6. I live in Aspen Hill. Call Jackie (240-432-4751).

ASSISTED LIVING

ASSISTED LIVING SERVICES - Go to (www.wellnesstouch.biz). A safe, economical, peaceful and clean home in the Olney - Cloverly area. MD licensed since 2010. For a consumer report, view (Caring.com). Ask about our 1st year discount. Call (301-525-8087).

2 RN's ASSISTED LIVING LLC – Care beyond call of duty. Just opened our new Assisted Living. Operated by experienced, registered nurses. Accepting a few new residents. Licensed level care 1, 2, 3. Tel. (301-338-4015) or (240-221-3318). Email: (patyusingco@yahoo.com).

GENERAL SERVICES

ALTERATIONS - 30 years experience in Leisure World! Men's & woman's garments picked up and dropped off at your convenience. Very competitive prices. Call Mimi (301-990-6468).

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

RELIABLE, EXPERT HANDYMAN: painter, carpenter, tile-setter. Licensed and insured. Affordable prices. No job too big or too small. Extensive experience and references

at Leisure World. Please call Carlos Gomez (301-305-4727).

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).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

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

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)

HOUSE CLEANING – 22 years experience. Worked in LW for 10 years. Reliable, honest, great references. I live in Aspen Hill. Call Alice (301-946-5996) or (301-520-0074).

HOUSECLEANING – Sara (240-477-2104) will thoroughly clean your home

for a fair price; all supplies included. I am one of Sara's satisfied customers. Call Jackie for references (301-598-3711).

HOUSE CLEANING and additional services – Kind and honest, good references, experienced, great work. I clean bathrooms, kitchens, dust, mop and vacuum rooms, office, den, deck, condos or apartments. I also provide additional services as you might need. (240-476-2574). Ivone.

CARE DRY CARPET CLEANING. Experience the difference. Host dry extraction system. Green, clean & dry in 30 minutes. Water damages wood flooring under your carpet. Choose dry cleaning. Call Mike Gonsalves, owner/operator (301-309-9398).

COMPUTER HELP

COMPUTER SERVICES – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back up, and retrieve important data, photos, and music. Have served over 400 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

COMPUTER LESSONS / SERVICES - Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English - no technical talk! Shopping assistance for all electronic and computer items. Senior specialist since 1996. Senior discount. Call David at (301-980-5840). **COMPUTERTUTOR**

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll transfer your photos, slides, and mementos to a CD 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).

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).

HAIR DRESSER plus manicure, pedicure and wax. We come to you in the comfort of your home. Lots of references. Call Rosa (240-731-5248).

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\$250 OFF
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\$3,000 or more!
HURRY Sale Ends SOON!

(Limited time only. Cannot be combined with other offers. Must be presented at time of purchase)

TRANSLATOR: I reside at LW Fairways South and I am a professional translator of English, Italian and Spanish. I translate from these target languages into English and vice-versa. Reasonable prices, cash only please. Contact me at (240-688-1839) or email me at (tonyitalian1951@comcast.net).

PETS ARE FAMILY, too! Pet Photographer. (301-792-4976) or (www.WarrenWilsonPetPhotography.com).

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to Fair Market Value! (www.Cars2donate.org) or (240-740-2050).

HENRY AND BARBARA NACHLAS “fight for recovery” campaign — Henry and Barbara are in dire need of financial help. Four years ago, Henry had a stroke which left him wheelchair bound and unable to speak. Barbara, his loving wife and caregiver, has recently had a heart attack and is healing from open heart surgery. They need immediate help to pay for their rehabilitation. Please visit their ‘GoFundMe’ Nachlas Fight for Recovery Fund link below and give what you can. (https://www.gofundme.com/nachlas-quotfight-for-recoveryquot-fund)

JOB OPPORTUNITIES

CLIENT CARE SPECIALIST (part-time): Since 1998, Home Instead Senior Care has provided companionship, meal preparation, laundry/light housekeeping, errands, medication reminders, and personal hygiene assistance to seniors in the Washington, DC-metro area. Based in Silver Spring, our office team is fun, dedicated, and committed to providing superior service to our customers. To learn more about us, visit (HomeInstead.com/197). We are seeking a part-time Client Care Specialist (work 8:30 a.m.-5 p.m. three days/week). This individual initially meets with seniors and their families to explain our services, performs a non-medical intake process, and signs them on as clients. This position will also attend marketing events and stop by facilities to drop off brochures, etc. Requirements: Team player attitude, ability to nurture and cultivate relationships and computer skills. Please email cover letter, resume, salary history/requirements to (patty.mascari@homeinstead.com). No phone calls please.

EARN MONEY in Your Spare Time — Work from home and set your own hours! A few personable, mature

individuals wanted to make calls to list businesses for sale. Commission only, substantial sums may be earned. Contact call lists will be provided. Meetings and training to be held in Leisure World. Call Jerry Cohen, (301-721-0003). Feel free to visit www.capitalbusinessadvisors.net.

PERSONAL SUPPORT WORKER: Companion for an elderly, disabled person from 8 a.m.-5 p.m., Monday through Friday, at Leisure World from April 29-June 1. Requirements: legal status, caring attitude, references. Remuneration: \$100 per day. Contact (240-605-9821).

HELP WANTED

DOG WALKER(S) NEEDED! 18 years old or above. \$10 a walk. Owner lives at Bedford Court and this is a therapy dog. Dog very sweet and somewhat shy. Needs to be walked 3X a day. We use a combination of walkers and are losing a primary one due to surgery. References required. Please contact me at (laine.gillespie@hotmail.com) or text/call my cell (603-728-8102).

NEEDED — A social companion for a few hours during occasional evening and weekend events in and out of LW. \$10/hour any age or gender and I’ll also cover the event cost. Someone who likes to dance or exercise would be most appreciated no matter what the skill level. I am a LW resident and can be contacted at (202-317-8695).

VOLUNTEER OPPORTUNITIES

JSSA HOSPICE AND TRANSITIONS Volunteer Training, May 6 and 7, 9 a.m.-3 p.m., Rockville. Make a difference for someone facing the end of life. JSSA, a non-sectarian community agency, is seeking volunteers over the age of 18 to help enhance the quality of life of individuals and families facing life-threatening or terminal illness. JSSA offers specialized training for prospective volunteers for its Hospice and Transitions programs. Following the training, volunteers are asked to commit to a minimum of two hours a week visiting patients in the Hospice or Transitions programs. If you’re interested, fill out an application at (www.jssa.org/get-involved/volunteer-application). Or contact Carrie Myatt, Volunteer Coordinator, at (301-816-2611) or (cmyatt@jssa.org).

MAKE A DIFFERENCE in a family’s life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of 3-4 hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. E-mail (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer

is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

MUSEUM GUIDES — at the Montgomery County Historical Society. Work two weekday afternoons or one weekend afternoon per month from noon to 4 p.m. Receive on-the-job training on local history and museum interpretation. Also receive special admission to programs and a 20% discount in the Museum Shop. Contact Amada Elliott, Education & Outreach Coordinator, (301-340-6534) or (aelliott@montgomeryhistory.org).

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just 2-3 hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child’s life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

NOTICES

KEEPING SENIORS SAFE - KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (301-318-0681) or (mortonadavis@comcast.net).

WANTED

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

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

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

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

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

OLD BOTTLES OF BOURBON, RYE AND CHARTREUSE — Seeking full/sealed bottles of vintage bourbon, rye and chartreuse. I am particularly interested in the following proofs: 100; 101; 107; 114. Alex (443-223-7669).



WELLNESS SEMINAR

“WALKING: THE MIRACLE EXERCISE”

*Presented by Terrie Daniels, senior fitness and
wellness specialist, Brooke Grove Retirement Village*



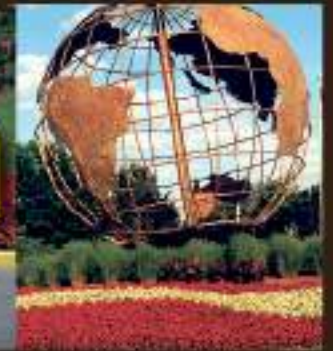
WEDNESDAY, APRIL 18 • 1–2:15 P.M.

THE INTER-FAITH CHAPEL • FELLOWSHIP HALL
3680 SOUTH LEISURE WORLD BLVD • SILVER SPRING, MD 20906

Did you know that walking can reduce your pain, improve your memory and help you live longer? You don't even have to take long walks. Lots of mini-walks throughout the day can provide the same benefit! During this seminar, you'll learn more than 10 health benefits of walking, explore the research behind them and discover enjoyable tips that will motivate you to get moving.

Free. RSVP to the Chapel office at 301-598-5312 by Friday, April 13.





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