

Vietnam Veterans Honor Their Fallen

by Maureen Freeman,
Leisure World News

Beneath April-bare trees silhouetted against a gloomy, lavender sky, clusters of men, women and teens quietly gather in the pre-dawn darkness at the western end of the National Mall. Among them are Michael Higgs and Rodney Eng, two Leisure World residents familiar with this site where, slicing through the grass nearby, about 500 feet of polished stone bear the etched names of more than 58,300 of their military comrades. It is the Vietnam Veterans Memorial, and on a Saturday morning every month, Higgs and Eng lead volunteers who wash and rinse the 35-year-old memorial to those

who died in service in the conflict. “Let’s gather by the flag, please, for the opening ceremony,” Eng announces soon after 6 a.m. “Don’t go on top of the wall or past the chain fences,” he cautions. “This is sacred ground.” This April 15 morning, a group of 18 Civil Air Patrol cadets from Pennsylvania, ages 12-19, and their parents have signed up to help clean. With buckets, detergent, hoses and soft brooms provided by the U.S. National Parks Service, the group divides into two teams that each meticulously wash each panel, working their way from the eight-inch tapered tips to the 10-foot tall panels at the wall’s apex. Higgs follows behind, spraying the suds away and leaving the reflective gabbro



Rodney Eng discusses the Vietnam Veterans Memorial with Civil Air Patrol cadets during a wall washing on the National Mall April 15. Photos by Maureen Freeman, Leisure World News

granite façade gleaming. Coming to the wall used to be difficult for Higgs, but now it’s “a very healing thing,” he says. “If you cry, you won’t be the only one.” He spent a year

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Beneficial Insects Released to Assist with Pest Control

by Stacy Smith, Leisure World News

Swatting a pesky fly might seem inconsequential, but some species of insect actually provide valuable services to plants and trees. Known as ‘beneficial insects,’ these six-legged creatures include a number of species that perform pest control and pollination. Landscaping contractor McFall & Berry Inc. has released over half a million beneficial insects over the last four years, many at Leisure World.

Nearly 80,000 of these insects – 70,000 ladybugs and 10 egg cases containing thousands of praying mantis eggs – were released amongst plants, gardens and shrubs throughout the Leisure World community on May 4. The company releases insects at Leisure World once a year during spring when insect populations are at their highpoint. Ladybugs, the small, typically red and black-spotted beetles seen this time of year, are

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Credit Union to Open in Summer

by Stacy Smith, Leisure World News

Signal Financial Federal Credit Union (FCU) has contracted to open a full-service branch in the Administration Building later this summer. The credit union will occupy the Administration Building space left vacant since Bank of America’s branch shuttered its doors in November 2016. Signal will place a wireless ATM in the lobby outside the branch to assist residents with their banking needs until the branch officially opens its doors.

Residents will be eligible to join Signal through their affiliation with Leisure World, and will not need to be eligible for credit union membership in any additional capacity. Signal Financial FCU provides the same variety of financial products and services that customers would find at a bank, including checking, savings, and money market accounts, certificates, personal and auto loans, credit cards, mortgages, investment products and advice, and online and mobile banking.

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Memorial Day Schedule
For a complete Memorial Day holiday schedule, see the **Governance & Information** section.

Annual Meeting Features 'Our Travels in Africa'



John and Jane Feldmann pet a lion during their 2016 tour of Africa. Courtesy photo

by Fred Shapiro

Residents are invited to attend the annual meeting of the Center for Lifelong Learning (CLL) on Monday, June 5, at 1 p.m. in Clubhouse I.

The brief meeting is held to elect officers for the coming year and provide an open forum to discuss both the classes scheduled for the fall,

as well as receive input from the audience about subjects they would like to see in the future.

The meeting is followed by a brief social during which refreshments are served, and concludes with the highlight of the day, a slideshow by John Feldmann and his wife, Jane, about their recent 16-day trip to Africa.

The slideshow commences at 2 p.m. and features photos

and videos taken during the couple's travels in Africa. Prepare yourself to see Jane tickle the belly of a lion cub, and to witness the sights and wildlife in the African countryside.

John and Jane departed the U.S. for Africa in September 2016 for a tour that included a number of countries. Starting off in Cape Town, South Africa, they travelled to Durban, South Africa. From there, they moved on to Swaziland.

When touring the cultural center, Jane danced with a Zwazi tribe who donned colorful African garb. From Swaziland, John and Jane went to Kruger National Park in South Africa for a game drive; they saw many exotic animals.

The exciting trip continued to Johannesburg and Soweto. Next, they flew to Zimbabwe to witness the impressive Victoria

Falls. In Botswana, they went on a couple of river cruises and game drives. While sipping a glass of wine on a boat, they watched the sun setting on the horizon and saw a herd of elephants walking.

On their last day in Africa, they took a final game drive into Chobe National Park in Botswana and saw a majestic male lion nonchalantly walking near the truck, and later, a leopard walked by, too. All of their experiences are showcased in the slideshow.

The meeting is free and all residents are welcome to attend.

General Information

The CLL is an organization that provides residents with classes in a variety of subjects. Residents with expert academic and professional backgrounds prepare subjects for one-day programs and classes covering four to six weeks. Occasionally, a non-resident instructor may offer a course.

The future success of the CLL depends on the participation of residents on the committees that plan and facilitate the courses and programs CLL sponsors. Let our officers know if you are interested.

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

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

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Sculpture Wins 2nd Place Award



Michael Higgs with his award-winning woodwork of the Vietnam Veterans Memorial, courtesy photo

by Leisure World News

A sculpture by Michael Higgs was awarded second place in the 2017 National Veterans Creative Arts Competition.

Sponsored by the U.S. Department of Veterans Affairs, the competition is an annual event with categories in the visual arts as well as writing, dance, drama and music.

Hinged at the center, Higgs's 6'4" painted wood-carving depicts the Vietnam Veterans Memorial on the National Mall in Washington, D.C.

Figures engage in a variety

of activities: washing and rinsing the wall, sweeping and raking the walkway next to it, and collecting tracings of the wall's etched names with pencil and paper.

Higgs began creating the sculpture in earnest during a blizzard two winters ago.

He made most of it in his home studio, and some parts in the Clubhouse I wood shop.

He is a well-known fixture at the annual Maryland Renaissance Festival in Crownsville, Maryland, where he has sold his hand carved wooden swords and daggers for the past 40 years.

Signal

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Unlike banks, credit unions are not-for-profit cooperatives that are owned and operated by their members. They seek to return profits back to members in the form of better rates, reduced fees and improved services.

Signal Financial FCU is governed by volunteers who are elected by its members. Each member, regardless of how much money they have deposited, has one vote in electing board representatives. Members can also run for election to the board.

Once a resident joins Signal Financial FCU, he or she is a member for life. A resident may move out of Leisure

World and still retain his or her Signal Financial FCU membership.

A member's close relative, whether living in the same household or not, is also eligible for Signal membership.

Signal Financial FCU serves more than 24,000 members and over 250 businesses in the Washington, D.C., area. Like all federal credit unions, the National Credit Union Administration closely regulates Signal, with certificates of deposit insured by the National Credit Union Share Insurance Fund up to \$250,000.

Signal Financial was formed in 1947 by a group of telephone company workers. For more information, visit (www.signalfinancialfcu.org).

Leisure World News



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By the Numbers- Memorial Day

by Stacy Smith, Leisure World News

On Monday, May 29, Memorial Day, the nation remembers all those who have died serving in the country's armed forces.

4 mil.

Visitors Arlington National Cemetery receives annually.

11,600

Square footage of Montgomery County's first Department of Veteran's Affairs community clinic, scheduled to be completed December 2017. The clinic will offer healthcare services to the more than 44,000 veterans living in the area.

3,498

Recipients of the Medal of Honor, the highest honor for valor in action.



Rodney Eng pauses for a moment at the Vietnam Veterans Memorial on the National Mall in Washington, D.C. Photo by Maureen Freeman, Leisure World News

24

Notes in "Taps," the bugle call traditionally played at the end of a military funeral.

12

Percentage of the U.S. population during World War II that served in the armed forces.

Sources: www.cmohs.org, www.cnn.com, www.pbs.org, www.montgomerycountymd.gov

Vietnam

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at the Naval air base at Cam Ranh Bay in South Vietnam as a Navy photographer, arriving the summer after the January 1968 Tet Offensive.

Though he was stationed in Germany during the war, Eng had non-commissioned officer training buddies who deployed to Vietnam. He remembers that he and a classmate whose bunk was next to his during training agreed to meet for lunch some time after their service was over. "Well, he's on the wall over there," Eng says, pointing in the morning light.

Holding a bouquet of flowers, he strolls the walkway along the memorial, inspecting the cleaning's progress and sharing stories with the volunteers. He points out the etched name of Dan Bullock, who lied about

his age to join the Marines and, at age 15, became the youngest U.S. service member killed in the conflict.

"You might want to give him a pat, because he's your age," he tells a cluster of cadets. He urges a girl holding a paper and pencil, "Quick, before it gets wet" from Higgs's approaching hose, as she steps forward to get a "rubbing" of Bullock's name.

About an hour after they started their work, the group gathers at the wall's apex for a closing ceremony Eng leads. A few of Higgs and Eng's fellow members of the Vietnam Veterans of America Chapter 641 in Silver Spring who have shown up are acknowledged. Eng lays the flowers at the base of the center panels.

As the volunteers, veterans and a few passersby solemnly salute the wall, which includes



Michael Higgs, center, salutes the Memorial with fellow members of the Vietnam Veterans of America Chapter 641.

the names of 41 Army, Navy, Air Force and Marine Corps members who hailed from Silver Spring, an early morning flight rumbles from nearby National Airport into the leaden sky.

At the center of a city that

still seems to be resting peacefully, Higgs and Eng bid the volunteers goodbye with handshakes and hugs. "Thank you for coming out," Eng repeats. "Say hello to all these vets."

"It was an honor to be here," a cadet responds.



Vietnam Veteran Michael Higgs sprays soap suds from a freshly scrubbed wall.



Rodney Eng speaks to a group of young volunteers as the image of them standing in deference reflects from the Memorial's polished façade.

Reserving a Room

by Leisure World News

Does your club need a place to meet? Have you ever wanted to have a private party at Leisure World? Individual residents, as well as clubs and organizations within Leisure World, can book a room in the clubhouses.

Rooms can be reserved with the E&R office by phone, email or by visiting in person. Room reservations are accepted up to 11 months in advance. E&R staff can answer questions about the rooms' sizes, accommodations, availability, costs and set-up requests.

When Booking a Room

- Rooms must be reserved in advance to guarantee space for a meeting or event. Have alternate dates in mind when booking special events.
- When making reservations, all associated set-up requirements must be included. Examples: number of chairs, tables, podium, special requirements
- Those sponsoring the event or meeting should verify all information on rooms prior to the event or meeting.
- Scheduling changes (cancellation, time, day, etc.) should be reported immediately to the Clubhouse I E&R office so the schedule can be revised.
- Once a room is booked, E&R staff will list it in the schedule of events that appear on:

1. Leisure World News
2. Leisure World closed-circuit television channel 972 for three days before the date of the event, with the approval of the E&R director.
3. Clubhouse lobby directory (private parties will appear on the lobby directory only).

Promoting the activity beyond the schedule of events is the responsibility of the organization, group or club.

One week before the event, phone the Clubhouse I E&R office at (301-598-1300) to confirm setup information for the room.

Fees

A listing of charges for room rentals is available in the Clubhouse I E&R office.

Residents may rent rooms for private parties for a fee as stated in the official Room Rental Fees documents. The room chosen determines the room rental fee. Fees are due upon signing the necessary contract.

Memorials for residents may be scheduled on short notice, depending upon availability, up to 24 hours prior to the date requested. The room rental fee is waived for memorials for residents.

There is no room rental fee for meetings of the Leisure World Community Corporation (LWCC) board of directors, executive

committee, and advisory committees; mutuals' board and committee meetings; meetings of mutual representatives; recognized groups and organizations; and the Leisure World Foundation.

Room rental fees are waived for any available rooms for a group or individual that requests to reserve one of these rooms 72 hours or less, from the time of usage.

Other Guidelines

The E&R director is responsible for reviewing and approving, or not approving, all applications for use of rooms based on established guidelines and rules, and for signing any necessary contracts associated with these activities. The director, in consultation with the general manager, must approve all fundraising activities.

Priority for use of rooms

is allocated in the following order:

1. State and national elections, LWCC activities, mutual annual meetings and advisory committee meetings
2. Recognized Leisure World clubs, groups and organizations; Leisure World classes
3. All others depend on space availability

A complete list of E&R policies is found on the Education and Recreation Committee's page on the (residents.lwmc.com) website.

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Harpist to Perform Monthly at Clubhouse Grille Restaurant

by Stacy Smith, Leisure World News

Local high school sophomore Lauren Twombly will play the harp during dinner hours at the Clubhouse Grille on the second Saturday of every month. She most recently performed there May 13.

Twombly's first performance at the restaurant was Feb. 14, Valentines Day, a perfect occasion for diners to become acquainted with the instrument's lush, romantic sound.

"One man came up to me afterward and said the music was so beautiful he almost started crying," said Bobby Barton, Perrie LLC.

Twombly has played harp for about six years and is something of an entrepreneur when it comes to the instrument.

"I was looking for more opportunities to play. Leisure World was the only one that was interested," she said.

Her mother's harp has sat in their family's living room for years, and Twombly said she's admired the instrument and wanted to learn how to play it since she was a little girl. But her mother had other ideas.

"She wanted me to play piano for two years before the harp so I could learn how to read music first," Twombly said.

She's glad she was made to learn both as she says the instruments are similar and compliment each other well. Not only does Twombly play harp in her school's orchestra, but she also plays for the Montgomery County Youth Orchestra and the Potomac Valley Youth Orchestra.

She has volunteered to play at senior living homes and hopes to make harp-playing a profitable side job. She likes playing dramatic pieces in the minor chord, and said the best part of playing for an audience is how happy it makes people.

"Music is something everyone can share in. People have different tastes but its kind of a universal thing. I've seen how much it enriches people's experiences," she said.



Local high school sophomore Lauren Twombly plays harp for Clubhouse Grille dinner guests. Photo by Leisure World News

Insects

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predators beloved by gardeners because they feed on aphids, which are small, soft-bodied insects with long slender mouthparts that they use to pierce stems, leaves, and other tender plant parts and suck out fluids.

Low to moderate numbers of leaf-feeding aphids aren't usually damaging in gardens or on trees. However, large populations can turn leaves yellow and stunt shoots.

They can also produce large quantities of a sticky substance known as honeydew, which often turns black with the growth of a sooty mold fungus.

Other aphid species inject a toxin into plants, which causes leaves to curl and further distorts growth.

Ladybugs also eat mites, white flies and scale insects, all of which are pests to plants. Praying mantis, another predator used for plant pest control, feed on almost any insect of the right size, including flies, crickets, moths and mosquitoes.

An excessive amount of pests can be hard for plants to survive. By releasing beneficial insects into the community, the landscaping company is "helping to restore the balance of nature," said Joe Seamone, certified professional horticulturalist.

"If you use chemicals over and over, they might kill the bad bugs, but they kill the beneficial bugs also. By doing this [insect release], you're kind of backing off and breaking that cycle," he added.

Using the least amount of chemical product as possible is part of McFall & Berry Inc.'s Integrated Pest Management (IPM) program, which "looks at nonchemical ways to control things that might damage the plants," Seamone said.

When used properly, pesticides may offer a variety of benefits, such as increased crop production, produce preservation and insect infestation and exotic species control. But excessive use of chemical pesticides can harm human health.

In 2012, pesticides were the

tenth leading cause of poisoning exposure reported to poison control centers in the U.S., according to the Centers for Disease Control and Prevention's website.

Part of the reason some gardeners and landscaping companies use a lot of chemical product is the expectation that plants look perfectly manicured, with no insect holes or yellow leaves, according to Seamone.

McFall & Berry Inc. uses about 70 percent less chemical product than when the company began 28 years ago, Seamone estimated. The company focuses instead on creating robust landscapes by installing healthy plants and fertilizing and watering them appropriately.

"You should expect to have a healthy landscape, not a perfect one," he said.

Services for Seniors

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Annual Notice

What You Should Know About the Montgomery County Commission on Common Ownership Communities

Montgomery County recognizes that a substantial proportion of all its citizens now live in condominium and homeowner associations, and in housing cooperatives, generally called “common ownership communities.” In order to serve better the special needs of these communities, to act as their advocate, and to maintain and improve the quality of life in these communities, the County created the Commission on Common Ownership Communities. The Commission operates under the authority of Chapter 10B of the County Code.

The Commission has 3 basic duties:

Education: The Commission provides free information to both members and to governing bodies about their rights and duties under Maryland law, as well as advice on how to properly operate the association and to avoid complaints. Among other tools, it offers a “Manual and Resource Guide” for boards of directors, and detailed information on architectural control, assessments, and meetings. It publishes a newsletter summarizing recent developments affecting common ownership communities.

Commissioners will also speak to communities and their boards on request and welcome invitations to do so.

Legislation: The Commission advocates for common ownership communities concerning proposed laws and regulations at the local and state level.

Dispute resolution: The Commission can hear and resolve certain disputes between members of the communities and their governing bodies, and its decisions are legally binding on the parties. Copies and easy-to-read summaries of its decisions are posted on its website and reviewed in its newsletter.

The Commission is composed of 15 volunteers who are appointed for three-year terms. Eight members must be residents of common ownership communities and the other seven must be professionals who work with the communities, such as property

managers, lawyers, developers and realtors. Every fall, the County publishes a request for applicants to the Commission to replace those whose terms are due to expire.

For more information on the Commission and its services, visit its website at (www.montgomerycountymd.gov/ccoc). If you have questions, CCOC prefers to be contacted by email at (CCOC@montgomerycountymd.gov).

To receive information by email about CCOC news and events, sign up for them by going to (www.montgomerycountymd.gov) and following these links:

1. “I Want To;”
2. “Register, reserve, enroll;”
3. “eSubscription;”
4. “Create an Account;”
5. “Consumer Protection;”
6. “CCOC.”

Bill of Rights and Responsibilities for Owners in Common Ownership Communities

This Bill of Rights and Responsibilities outlines twelve principles or ‘best practices’ founded on Maryland law and often included in most association bylaws and covenants. Common ownership communities (such as condominium and homeowners associations) play a valuable role in Montgomery County, Maryland, and generally operate amicably through the voluntary efforts of a board of directors, who are authorized to act in the best interests of the community. The Commission on Common Ownership Communities hopes this Bill of Rights and Responsibilities will assist residents and boards of directors to improve the quality of life and the conduct of self-governance in common ownership communities in Montgomery County and elsewhere.

1. You have the right to be informed before buying a home in a common ownership community of the community’s governing documents, financial condition, assessments and fees, and its rules and regulations. You have the duty to ask for this information from the seller, to read and understand it, and to obey the

rules if you buy the home.

2. You have the right to be treated with respect by your neighbors and by the directors and managers of your community. You have the duty to treat your neighbors, directors and managers with respect.
3. You have the right to privacy consistent with the law and the reasonable rules of the community. You (and your tenants, if any) have the duty to respect the rights of your neighbors to enjoy their privacy.
4. You have the right to prompt and effective service from your association’s directors or management. You have the duty to pay your assessments on time.
5. You have the right to vote in elections, on the adoption of new rules, and on the assessments, when permitted by law or community rules. You have the duty to inform yourself of the issues, and to vote on them.
6. You have the right to fair elections and to run for office. You have the duty to make sure that elections are fair and that candidates for whom you vote are qualified.
7. You have the right to honest and reasonable government from your elected board and the managers it chooses. You have the duty to participate in the affairs of the community by volunteering your time and talent as needed and by informing yourself of the board’s activities.
8. You have the right to be informed of your community’s acts and financial condition, and to inspect its books and records. You have the duty to know and understand its rules, and to provide to the community any information required by the rules.
9. You have the right to meet with your fellow owners to discuss the community’s and the board’s conduct. You have the duty to obtain the informa-

tion necessary to form a fair and balanced opinion, and to promote positive solutions for the good of the community.

10. You have the right to fair treatment if you are charged with a violation of the community rules. This includes the right to know what rule is involved and to a fair hearing. You have the duty to respond to any such claim promptly and honestly, and to cooperate in good faith and without resorting to personal verbal attacks in an effort to resolve the dispute.
11. If you are unable to resolve disputes directly with your community, you may have the right to bring your dispute to the Commission on Common Ownership Communities where it can be resolved without the need for expensive litigation. You have the duty first to bring your dispute to the attention of the community’s board of directors and to allow the board a fair opportunity to respond, and to use whatever dispute resolution procedures your community requires; if you bring your dispute to the Commission you have the duty to cooperate in the Commission’s complaint process and to treat other parties with respect.
12. You have the right to architectural and other rules (such as parking or pets) that are properly adopted and published, that are clear and reasonable, and that are fairly and consistently enforced. You have the right to seek changes to any rules that you believe are obsolete or inappropriate. You (and your tenants, if any) have the duty to obey the rules, to follow the proper procedures to obtain permission for the modifications you wish to make, and to keep your home clean, attractive, safe, and free of trash, pests, and other nuisances.

GOVERNANCE & Information

HOLIDAY SCHEDULE	
Monday, May 29, Memorial Day	
LOCATION	Hours
Administration	Closed
CLUBHOUSE I	
Education & Recreation	10 a.m.-8 p.m.
Eyre Travel.....	Closed
Rossmoor Library	Closed
Stein & Terrace Rooms.....	9 a.m.-9 p.m.
Swimming Pool (Outdoor)	10 a.m.-6 p.m.
CLUBHOUSE II	
Education & Recreation	8 a.m.-8 p.m.
FISH Desk.....	Closed
Fitness Room	4 a.m.-9 p.m.
Swimming Pool (Indoor).....	Noon-8 p.m.
OTHER SERVICES	
Golf Course & Pro Shop	7:30 a.m.-7 p.m.
MedStar Health	Closed
MedStar Pharmacy	Closed
Physical Properties	
Department (PPD).....	Closed
Post Office	Closed
Security Gates	Open
Shuttle Buses: No shuttle service. Call Main Gate for supplemental transportation.	
Trash Collection: No trash or recycling collection. Trash collection will be on the next regular day for your location.	

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2017 Broadcast Schedule - Channel 974

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

Board of Directors Meeting	Executive Committee Meeting
The May 23 meeting airs on May 29, May 31 and June 2.	The June 16 meeting airs on June 21, 22 and 23.

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

Administration Building Petitions Collected

by Jane Hawes

A group of concerned Leisure World residents are circulating a petition calling upon the Leisure World Community Corporation (LWCC) to hold a community-wide referendum to provide residents a vote on whether or not the LWCC should expend Resales Fund money on the Administration Building and Clubhouse I Site Improvements project. Management's current estimate for the project's cost is just over \$7.2 million.

The LWCC board of directors twice has voted against conducting an invasive engineering study on the current Administration Building to aid

in verifying cost estimates for renovating and bringing it to current code standards, therefore the board will proceed with the currently approved project.

The project includes demolishing the current Administration Building, which would cause tons of construction debris and destroy 57 mature trees.

Any resident with questions about the petition or who would like to obtain a copy to circulate should contact Barbara Gould at (623-760-7004) or (bgould465@gmail.com).

Group members will collect the petitions on Saturday, May 20; Sunday, May 21; and Monday, May 22, from 10 a.m.-2 p.m. in the Clubhouse I lobby.

Metrobus Makes Change to Weekend Schedule

by Leisure World News

Effective Sunday, June 25, the Y-7 Metrobus, which makes five stops from Leisure World to Wheaton along the Georgia Avenue-Maryland line, will no longer run on weekends.

Instead, Leisure World will be served by the Y-8 bus, which provides expanded service to Olney and Silver Spring. The

Y-8 bus will run from approximately 6:17 a.m.-8:19 p.m. on Saturdays, and from 6:20 a.m.-8:31 p.m. on Sundays.

Riders should be advised that current 30-minute departures are expected to increase to approximately 45-minute departures. Visit (<https://www.wmata.com/service/bus/>) for a full listing of updates and changes to the Metrobus schedule.

May 20: Shredding

The next Community Shredding Day has been rescheduled for Saturday, May 20, from 10 a.m.-1 p.m. Shredding trucks will be located in the Administration Building parking lot.

– Leisure World News

Emergency Supply Kits and Minimizing the Risk of a Fall



Candice Covin, disaster program manager for the American Red Cross. Photo by Louis Paley

by David Darr and Emily Geller

Attendees learned emergency preparedness skills at a Personal Preparedness and Injury Prevention Workshop held on April 26.

Candice Covin, disaster program manager for the American Red Cross, presented many ideas for what should be in an emergency supply kit. Depending on circumstances, residents may

want to have several emergency supply kits of various sizes and contents.

In Your Home

Have a “go bag,” as well as additional supplies in case you have to shelter-in-place for up to two weeks. The go bag should have items for a three-five day period, including medications, flashlight, portable radio, extra batteries, personal hygiene items, a change of clothing and canned or packaged food and water.

The go bag is also part of the preparation for an even longer period of time, if you should have to shelter in place in your home, for up to a week or two. This preparation should also include extra water – one gallon per person per day – and extra food.

In Your Car

Items you should have for a one-three day period include medications, water, non-perishable food, flashlight and batteries,

flares, jumper cables, a fuel tank at least half full, seasonal items such as a snow shovel, and a cell phone and charger.

For Your Pet

Emergency items needed for a pet include food, water, sanitation supplies, medications, toys, and a photo of you and your pet together.

Emergency Devices

Covin demonstrated many examples of supplies and devices that have been developed for emergency situations. There are many variations of manual-crank, and solar-charging devices such as flashlights, radios, and cell phone chargers; nonperishable food and other supplies, including emergency blankets that fold to a very small size.

Fall Risk

For the car, there are devices such as a combination seat-belt cutter and hammer to knock out car windows. More details on emergency supply kits can be found at (www.redcross.org) and (www.fema.gov).

Darlene Brownlee, certified registered nurse practitioner at MedStar Health medical center, presented information on risk

factors for falls that residents should be aware of and that might be addressed to reduce an individual's chances of falling.

Some of these risk factors include muscle weakness, imbalance, gait problems, mobility deficits, syncope, orthostatic hypotension, polypharmacy (use of four or more medications that may interact to cause problems), psychotropic medications, decreased health (frailty), and incontinence.

Brownlee was joined in her presentation by Dionne Hawkins, MPT, who is director of the Rehab Clinic at MedStar National Rehabilitation Network, and together they demonstrated a physical therapy evaluation – TUG: Timed Up and Go Test – used to help residents reduce their risks of falling.

Wrapping Up

Both speakers took questions during their presentations. After the plenary presentations, the speakers and attendees broke into smaller group sessions where the questions and answers continued.

Door prizes were given at the end of the program, and there were many handouts with advice to residents regarding personal preparedness and falls.



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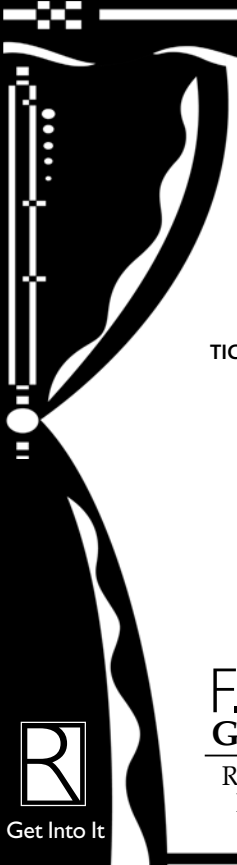
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Emergency Protocol for Tornadoes

by David Darr

According to the Federal Emergency Management Agency (FEMA), tornado season runs from late spring through early summer.

Although rare, tornadoes have been confirmed in Maryland. In 2013, a tornado touched down in Montgomery County and carved a 17-mile path from North Potomac to Burtonsville.

Click on FEMA's website at (<https://www.ready.gov/tornados>) for suggestions about what you should do before, during and after a tornado.

Know the Terms

- Tornado watch — Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, WTOP (103.5 FM) or other local news sources.
- Tornado warning — A tornado has been sighted or indicated

by weather radar. Take shelter immediately.

Before a Tornado

- Learn how to build an emergency supply kit by visiting (ready.gov/build-a-kit), and check out (ready.gov/make-a-plan) for tips on creating a family communications plan.
- Listen to NOAA Weather Radio or other news sources. Listen to the instructions given by local emergency management officials.
- Be alert to changing weather conditions. Look for approaching storms.

Look for the following danger signs:

- Dark, often greenish sky
- Large hail
- A large, dark, low-lying cloud (particularly if rotating)
- Loud roar, similar to a freight train
- If you see approaching storms or any of the danger signs, be prepared to take shelter

immediately.

During a Tornado

- Find a basement. If no basement is available, go to a small interior room on the lowest level of the building away from corners, windows and doors.
- Do not open windows.
- If you are in a manufactured home or office, get out immediately and go to the lowest floor of a sturdy building or a storm shelter.

If you are outside with no building available, try to:

- Get into a vehicle, buckle up and drive to the nearest shelter. If your vehicle is hit by debris, pull over and park.
- Take cover in a vehicle, buckle up, and cover your head with your arms, blanket, coat, or cushion if possible.
- Lie in an area lower than the level of the roadway and cover your head with your arms and a blanket, coat, or cushion if possible.

In all situations:

- Do not get under an overpass or bridge.
- Do not try to outrun a tornado in urban or congested areas. Instead, leave the vehicle for safer shelter.
- Watch out for flying debris.

After a Tornado

- Listen to WTOP (103.5 FM) or other news sources for updates and instructions.
- Check with family and friends by texting or using social media.
- Watch out for debris or downed power lines
- Use flashlights or battery powered lanterns if your home is without power rather than candles to prevent accidental fires.

Visit (Ready.gov) and (redcross.org) for more information on preparing for weather-related and other kinds of emergencies.



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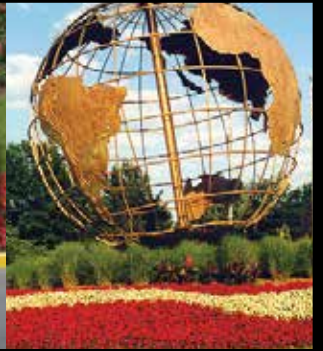


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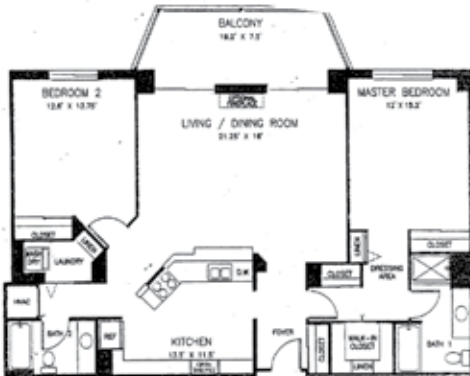
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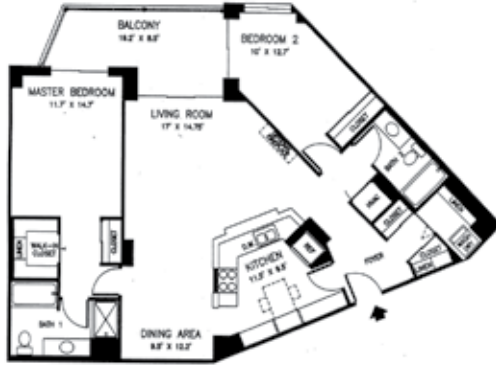


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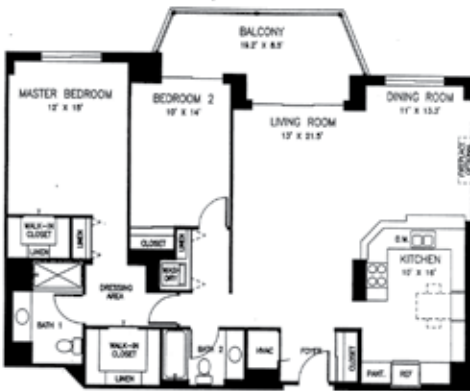
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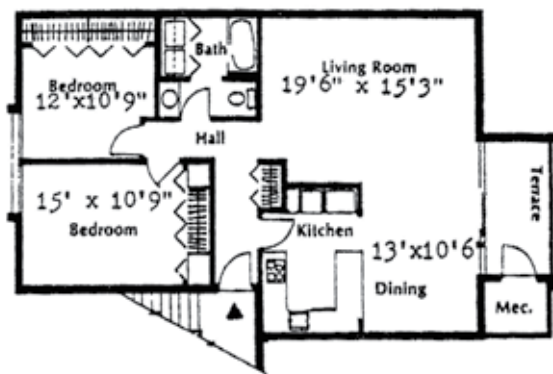
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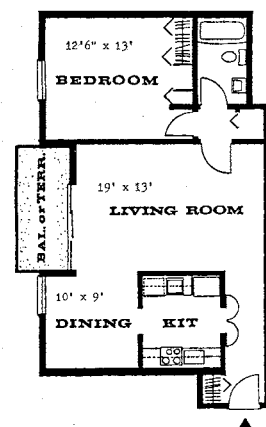
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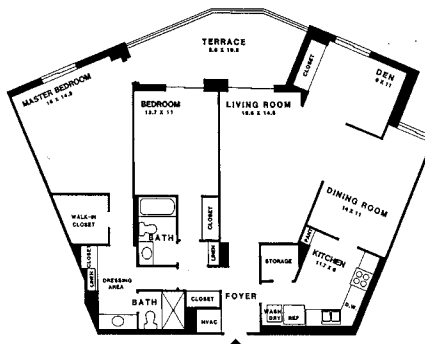


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THOUGHTS & OPINIONS: *From Our Residents*

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

Is a New Administration Building Our Best Bet?

I think we all want pretty much the same thing for Leisure World (LW) – a safe, comfortable, amenities-rich community that represents a cost-effective and financially sound investment. I have read the 2010 Strategic Plan and I look forward to the updated Plan. I feel that strategic goals should focus on sustaining and improving our community's quality of life and property values. I have not found enough fact-based evidence and sound logic to convince me that a new Administration Building would fit this criteria.

I believe this project will cost much more, take a lot longer, and has much more risk than currently suggested. It may be unnecessarily risky and places too many eggs in one basket for a marginal and incremental return on the

investment.

The Administration Building project will unnecessarily deplete the funds available for other strategic projects. The new Fitness Center and Communication Technology projects seem to be good examples of projects that make sense and add strategic value. They make LW more attractive to the next wave of prospective buyers, deliver new or improved benefits, are affordable, and can be completed relatively quickly.

Administration buildings support functional, operational activities. In my view, they are not amenities that buyers look for. Did you decide to purchase a home here because of the Administration Building?

I'm in favor of good facilities to support high quality administrative services and, in my short time in LW, I have found that operations are generally well managed. However, a good administrative services facility can be accomplished via alternative solutions. Rehabilitating

buildings can be quite cost-effective and adequate space exists if it is used properly. And, in this day and age, brick-and-mortar is out; technology is in.

According to the stated project objectives (residents.lwmc.com, February 2017 Board Agenda packet), there is a basic need to provide administrative services with more updated space. This is not a strategic objective for LW. It is simply a problem that needs solving in the most cost-effective way.

I don't agree that it is too late for LW to change direction. Based on available data, LW has spent only a little over 6 percent of the total project cost and much of that work could still have value.

LW's system of sustainable self-governance has been a strength for our community. The LWCC bylaws state that "the Corporation shall ... recognize the high importance of promoting a spirit of unity and a sense of equity and cooperation throughout the community." The overwhelming majority of residents I have spoken with oppose this project or have serious reservations. Before continuing, I think the Board should determine the wishes of the community more accurately and articulate a convincing argument as to why this project is in everyone's best interest.

To me, the most important question is not what would be the best possible Administration Building LW can buy, but what is the best possible strategic allocation of resources to sustain and enhance the quality of life for LW residents.

I'm not yet convinced the

proposed new Administration Building project is the best answer to that question.

I submitted an extended version of these thoughts to the LWCC board, and asked that it be included in the May 23 board agenda packet. (residents.lwmc.com)

– Tom Fisher

Reminder about CCOC Training

With so many mutuals having their annual meetings, this is a good time to remind newly elected directors about the Montgomery County law requiring them to take the online training course offered by the Commission on Common Ownership Communities (CCOC).

The course is the first of its kind in Maryland and is intended to provide directors with a foundational knowledge of the roles and responsibilities of their job. It is designed to be as informative and practical as possible without being burdensome. It runs just over two hours, is fully interactive, and can be stopped and restarted as necessary. Arrangements can be made through the Commission to take the course in person.

As the legally responsible fiduciaries of their associations, directors are not only stewards of community assets, but role models whose actions should be guided by the communities' governing documents, informed judgment, best practices, and the law.

According to the CCOC website, "this training program addresses

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 www.residents.lwmc.com.

ethics, roles and responsibilities of board members and homeowners, community governing documents, financial management, meeting rules, and general administration. The training is also available to members of the public interested in learning about operating common ownership communities.”

The Montgomery County Code, Section 10B (unlike the CCOC’s own website), clearly states that “a member of the governing body of a common ownership community must successfully complete the online training program, or alternative classroom training administered by another organization that is approved by the Commission, within 90 days after being elected or appointed to the governing body for the first time.”

The governing body is then required to retain a copy of the “certificate of completion” for inspection by the members of the association for the duration of the governing body member’s service, and to report to the

Commission annually, when surveyed, membership data including the name and address of each member of the board and the date each member completed the training. There is no expiration date on the certificate.

The laws, regulations, policies, and judicial opinions affecting common ownership communities are constantly evolving.

The course will be revised periodically to reflect any significant changes.

The Commission recommends that residents and directors consider re-taking the training course every few years to refresh their knowledge base.

In my opinion, it’s a valuable resource and can only improve our community’s governance and quality of life.

To access the CCOC website, which includes the online training, visit: (http://montgomerycountymd.gov/DHCA/housing/commonownership/ccoc_index.html)

– Kathy Viney

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EVENTS & Entertainment

■ Leisure World Chorale

Concert Cancelled

The Leisure World Chorale's concert scheduled for Saturday, June 3 is cancelled. Residents who planned to go to the concert can be assured that it will take place in the fall. The Chorale apologizes for any inconvenience this has caused, and looks forward to singing for you at a later date.

— Sandra McLeskey

■ Education and Recreation Department

May 21, 26: Piano and Vocal Recitals

The E&R Department is pleased to welcome back students from the Academy Music for their spring recital. Students of all ages perform piano and vocal pieces for your enjoyment in the Clubhouse I Crystal Ballroom.

There are several opportunities to see and hear these talented students. On Sunday, May 21, performances begin at 3, 4:30 and 6 p.m. Each session of recitals features different students and different piano and vocal pieces.

Students of the Academy Music also perform on Friday,

May 26, at 6 p.m., also in the Crystal Ballroom.

Academy Music, located in Olney, offers private music lessons for students of all ages and levels of experience. Music instructors are available to teach a variety of instruments, including piano, voice, violin, viola, cello and guitar.

There is no charge to attend one or all of the recital sessions, but registration is required. Drop by the E&R office in Clubhouse I or call (301-598-1300) to sign up for the recital session(s) of your choice.

■ Hadassah

May 24: Yesodot Dance Troupe Performance

by Barbara Eisen

Hadassah is pleased to present the Yesodot and Kesem Dance Troupes on Wednesday, May 24, at 7:30 p.m. in the Clubhouse II auditorium.

Yesodot is composed of teens in grades nine through 12, and Kesem dancers are middle school students in grades seven and eight in the Washington, D.C., area, who perform a variety of dances representing different aspects of Israel. Both troupes perform locally for Jewish groups and festivals, and they also have danced in Israeli

dance festivals in New York, Boston and Mexico City.

Refreshments are served after the performance. The admission price is \$3 per person, check only, payable to Hadassah. Send

checks to Janet Lazar at (15311 Beaverbrook Ct., Silver Spring, MD 20906). We prefer attendees pay in advance so we can accurately plan the refreshments, but we also accept payment at the door.

If you need a ride to the performance

or are able to take others, please contact Janet at (301-598-4066) or (lazarjl@verizon.net), or Lynn Berk at (301-847-9104).

All residents are welcome.



Yesodot Dance Troupe. Photo courtesy Israeli Dance Festival

■ Lions Club of Leisure World

May 27: Gospel Concert



The Chosen Vessels. Photo by Arthur Hooker

The Chosen Vessels, a hometown gospel group, is back due to popular demand to "Lift Your Spirit with Gospel Music" on Saturday, May 27, at 5 p.m. in Clubhouse II. Invite your family and friends to join the Lions Club for a wonderful evening when The Chosen Vessels fill the atmosphere with their harmonious, rich voices.

Tickets, \$20 per person, are on sale in the Clubhouse I E&R office. Make your check payable to LW Lions. All receipts benefit the Lions Club of Leisure World's vision, hearing and youth care programs.

■ Ballroom Dance Club

May 27: Welcome The Retro-Rockets

by Joyce Hendrix

Following the Club's April dance, membership has reached 100 and will continue to grow as the snowbirds return from Florida. We hope to enroll some baby boomers at our Saturday, May 27, dance when we enjoy the music of The Retro-Rockets from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

Please make your reservations with Irmgard Patrick at (301-598-2984). The dress code for this dance remains the same: dressy dresses for the ladies, and jackets and ties for the gentlemen. A cash bar is available as usual, and feel

free to bring snacks for your table.

Admission to each dance is \$10 for members, \$15 for guests and nonmembers. Now is the time to join the Club for \$10 per person; you will still save money for the seven remaining dances.

The dress at our June through August dances is more casual: no coats or ties required. The August dance is Hawaiian themed. It's almost time to bring out those wild Hawaiian shirts from the back of your closet.

Today's Rule of Dance Etiquette: It is proper for either ladies or gentlemen to ask, "May I have this dance?"



■ The Inter-Faith Chapel

May 28: Memorial Day Music Concert

by Kevin M. Clemens

The Appalachian Wind Quintet, based in the foothills of the Appalachian Mountains in Hagerstown, Maryland, presents a special concert of music for Memorial Day, on Sunday, May 28, at 3 p.m. at The Inter-Faith Chapel.

The group performs in the sanctuary as part of The Inter-Faith Chapel concert series. The Quintet is dedicated to presenting woodwind quintet compositions from its earliest beginnings in the classical period to the present.

Each of its members has

a rich knowledge of musical styles and vast repertoire of experience with orchestral and chamber music. Formed in 1987, the group is known for its superb musicianship and innovative programming, and has performed numerous concerts in the mid-Atlantic region.

Brief oral program notes throughout the concert give an enlightening historical context to each composition. A reception in the fellowship hall follows the concert where the opportunity to meet the artists and learn about featured works adds to the warm and relaxed style of the Appalachian Wind Quintet.



The Appalachian Wind Quintet, courtesy photo

The concert is open to all, and a free-will offering will be taken at the doors of

the Chapel. Tickets are not required.

■ Education and Recreation Department

May 28: Duke Ellington Piano Ensemble

On Sunday, May 28, at 4:30 p.m., students from the Duke Ellington School of the Arts Piano Ensemble present a program featuring a range of musical genres. Selections performed include "Slavonic Dance" by Anton Dvorak, "Sonata for Four Hands" by Poulenc, "Wedding Day at Trolhauen" by Grieg, as well as some jazz selections.

This past March, the

Ensemble attended the WorldStrides OnStage New Orleans Heritage Festival, where the Ensemble received gold in the competition.

This performance, sponsored by the E&R Department, promises to be another outstanding program by the Duke Ellington students. Tickets are \$7 per person and are on sale in both clubhouses. Please bring your Leisure World ID.

■ Education and Recreation Department

May 30: Broadway Musicals That Have Faded Away

Steve Friedman returns to Clubhouse I on Tuesday, May 30, at 1:30 p.m. for his continuing series of programs on the history of Broadway. This time, through song and lecture, he delves into how some Broadway musicals have faded away.



Steve Friedman. Photo by Leisure World News

Some musicals were great hits in their time and created pop songs we heard on the radio. Yet tastes and times have changed. What are some of the great musicals that have become rarely seen treasures? Was it one of your favorites? You may be surprised to

recall the shows you saw that today are nothing more than wonderful memories. Spend the afternoon going down memory lane with the backstage stories of musicals you may remember.

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

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

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■ Fireside Forum

Henrietta Lacks: Her Story Revealed



Dr. Carla Easter, courtesy photo

by Jonas Weiss

On Sunday, June 4, Dr. Carla Easter of the National Institutes of Health explores the life and legacy of Henrietta Lacks and the impact of her immortal cells through the lens of history, science and politics.

Scientists have used her cell line, known as HeLa, for over 60 years to achieve many medical advances. But one of the most celebrated discoveries

in biomedical science has a history fueled by controversy that remains to this day.

Easter, a biologist and science educator, is chief of the National Human Genome Research Institute's education and community involvement branch. She leads the division's program of genomics education and outreach activities.

The program begins at 2:30 p.m. in the Clubhouse II auditorium. Lois Jordan is the host for the speaker.



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■ Education and Recreation Department

June 8: Baritone Jose Sacín Performs Opera

The E&R Department has a very special performance for Leisure World opera lovers, and all music lovers, by baritone Jose Sacín. This special performance is on Thursday, June 8, at 7 p.m. in the Clubhouse II auditorium.

Known for his expressive voice of "liquid gold and the stage presence of a lion" (DC Theatre Scene), Peruvian native Jose Sacín is one of South America's leading baritones of today. He is particularly known for his appearances in Spanish Zarzuela such as Don Juan in "El Barberillo de Lavapies" and Querubini in "El Duo de La Africana." Locally, he also performs in productions by the Teatro Lirico of D.C. and the Baltimore Musicales.

Aside from his performances in opera and Zarzuela, Sacín is committed to sharing his love



Jose Sacín, courtesy photo

and knowledge of opera with adults and children. He is artistic director of Opera Nova, a non-profit opera organization whose mission is to promote, foster, sponsor, educate and develop the understanding, taste, and love of opera and its

constituent arts throughout our diverse community. Sacín is also the music director of Opera Camerata of Washington, D.C., another non-profit dedicated to bringing opera to everyone.

Tickets are only \$8 for what promises to be an outstanding show. They are on sale in both E&R offices. Please bring your Leisure World ID.

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June 15: Kurzava on Comden and Green



Julie Kurzava, courtesy photo

Partners from their salad days in New York, their 60 year working relationship is unequaled in the entertainment world. Comden and Green told great stories, but their own story is worth hearing too.

Kurzava, a versatile singer and actress, is equally at home in classical music, musical theater and cabaret. She's a favorite at the Cabaret at Germano's in Baltimore's Little Italy, performing shows on Gershwin.

An actress and storyteller, she has an avid following for her lectures on musical theater and the American Songbook.

Kurzava also is the executive director of the New Moon Theater, a professional theater for young audiences, and is on the music faculty at Loyola University Maryland.

Kurzava's last performance at Leisure World was during its 50th anniversary in September 2016, when she sang standards with Seth Kibel's combo. She's looking forward to another visit to Leisure World.

Tickets are \$6 per person and go on sale at 8:30 a.m. on Tuesday, May 23, in both clubhouse E&R offices.

Please bring your Leisure World ID.

Singer and lecturer Julie Kurzava returns to Leisure World on Thursday, June 15, with a lecture on the great lyricists Betty Comden and Adolf Green. The program is at 1:30 p.m. in the Clubhouse I Crystal Ballroom.

From the 1940s on, Comden and Green were a powerhouse comedic duo, famous as both performers and writers of lyrics, libretti and screenplays of both well-loved Broadway musicals and timeless Hollywood musicals such as "On The Town," "Bells Are Ringing" and "Singin' in the Rain."

Coming in 2017

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

- | | |
|--------------------|--|
| May 28, 4:30 p.m. | Duke Ellington School of Arts Student Performance |
| May 30, 1:30 p.m. | Steven Friedman: Broadway Musicals That Have Faded |
| June 8, 7 p.m. | Jose Sacin Trio, opera |
| June 15, 1.30 p.m. | Julie Kurzava: Comden and Green |
| June 21, 7:30 p.m. | Olney Concert Band: Summer Concert |
| June 30, 7 p.m. | Eunbi Kim, contemporary classical pianist |
| July 4, 9:30 a.m. | Leisure World July 4 Parade |
| July 7, 1:30 p.m. | Steven Friedman: The History of Broadway |
| July 8, 7:30 p.m. | Rock & Roll Relics Dance Party |
| July 18, 7 p.m. | Richard Miller, guitarist |

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

June 18: Piano Concert

by Bob Stromberg

The Foundation of Leisure World presents a piano concert on Sunday, June 18, at 2 p.m. in the Clubhouse II auditorium.

The concert features some of Leisure World's own pianists: Maxine Lewack, Jean Raisley, Printzy Sims and Ray Williams. All are very talented and professional, but each is also unique.

Admission is free, but tickets are required. They are available beginning Tuesday, May 23, at both E&R offices. In order to provide the most widespread access to this event, it is necessary to limit the number of tickets to two per household. If you obtain a ticket and your

plans change, please return it to E&R so that your seat will not be empty.

We have had two such concerts in the past, in part celebrating the concert piano that was purchased by the Foundation. The June 18

concert is a "thank you" to residents for their support over the years.

The Foundation is entirely supported by contributions from Leisure World residents.

The Foundation of Leisure World is a 501(c)(3) organization that was established for charitable, 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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Excerpt – Roland B. Gittelsohn

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June 21: Olney Concert Band Performance



The Olney Concert Band, courtesy photo

The Olney Concert Band returns on Wednesday, June 21, at 7:30 p.m. in the Clubhouse II auditorium for its summer concert.

Tickets are \$5 per person and go on sale at 8:30 a.m. on Tuesday, May 23, in both of the clubhouse E&R offices. Please bring your Leisure World ID.



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June 30: Contemporary Classical Pianist Eunbi Kim



Eunbi Kim, courtesy photo

The E&R Department is pleased to present pianist Eunbi Kim in concert on Friday, June 30, at 7 p.m. in Clubhouse II.

A New York City-based pianist, Kim focuses on contemporary classical music. Her 2015 solo program, “re: last night,” was inspired by the subject line of an email and included a commissioned work by composer Daniel Bernard Roumain for piano and recorded voices. The Korean Consulate sponsored the concert, which premiered at The Kennedy Center’s Millennium Stage, followed by a New York City premiere at The Korean Cultural Service NY with additional performances at Chicago’s PianoForte Foundation and Bennington College in Vermont.

Previously, she had created, produced and performed in “Murakami Music,” a genre-defying performance inspired by the characters and musical

references in internationally acclaimed writer Haruki Murakami’s novels.

In fall 2017, Kim plans to release her first CD of contemporary classical solo piano music composed by jazz pianist Fred Hersch.

Kim has been teaching private piano for 10 years. She is an adjunct faculty at Concordia College, where she also coaches chamber music groups and teaches music theory, maintains a private teaching studio in Manhattan, and serves on the executive board of The Piano Teachers Congress of New York.

Kim graduated with her master’s degree at Manhattan School of Music, where she also held a fellowship at The Center for Music Entrepreneurship.

Tickets for this concert are \$6 per person and go on sale Tuesday, May 23, at 8:30 a.m. in the E&R offices in Clubhouse I and II. Please bring your Leisure World ID.

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.



Leisure World News

OF MARYLAND

■ **LW Association for African American Culture (LWAAAC)**

May 26: ‘The Help’

by Patricia Means

All residents are invited to the showing of “The Help” (2011, 2 hours 26 minutes, drama, rated PG-13). The film features an ensemble cast that stars Viola Davis, Emma Stone and Octavia Spenser.

“The Help” was adapted from Kathryn Stockett’s 2009 novel of the same name.

The film and novel recount the story of a young white woman and aspiring jour-

nalist and her relationship with two black maids during the 1962 Civil Rights Movement in Jackson, Mississippi.

To become a legitimate journalist, the young woman decides to write a book from the point of view of the maids, referred to as “the help,” and exposes the racism they are faced with as they work for white families.

The movie is shown on Friday, May 26, at 4 p.m. in the Clubhouse II auditorium.

Admission is free; tickets are not required.



■ **Education and Recreation Department**

Sunday Afternoon at the Movies

June 11: ‘Spotlight’

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

On Sunday, June 11, the featured film is “Spotlight” (2015, 2 hours 9 minutes, crime/drama/history, rated R for some language including sexual references).

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, May 23, at 8:30 a.m. Please bring your Leisure World ID.

Revealing a string of

cover-ups stretching back decades, a team of Boston Globe reporters exposes the Catholic Archdiocese’s history of keeping reports about child molestation and other priest-initiated abuse under wraps.

Based on actual events, the star-studded cast includes Michael Keaton, Mark Ruffalo, John Slattery, Liev Schreiber, Stanley Tucci and Rachel McAdams.

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.



2017 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
May 25, 1 p.m.	Mr. Church	LIMITED
June 11, 2 p.m.	Spotlight	May 23
June 29, 1 p.m.	The Light Between Oceans	June 6
July 20, 1 p.m.	Me Before You	June 20
July 30, 2 p.m.	Love and Friendship	July 11
Aug. 17, 1 p.m.	Florence Foster Jenkins	July 25
Aug. 27, 2 p.m.	Hello, My Name is Doris	Aug. 8
Sept. 14, 1 p.m.	Sully	Aug. 22

Movies are subject to change.

■ **LW Association for African American Culture (LWAAAC)**

June 17: ‘Selma’

by Patricia Means

All residents are invited to the showing of “Selma” (2014, 2 hours 28 minutes, drama/history, rated PG-13 for violence and brutality). The film stars David Oyelowo as Dr. Martin Luther King Jr., Carmen Ejogo as Coretta Scott King, and Tom Wilkinson as President Lyndon Johnson.

“Selma” dramatizes three months in early 1965 during King’s heroic and gripping campaign to secure equal voting rights for black

citizens, who were continually confronted, harassed and denied their rights. Despite Washington, D.C., politics and violent opposition, King and the Southern Christian Leadership Conference persevere with a march from Selma to Montgomery, the capital of Alabama, as part of their campaign. Five months later, President Johnson signed the Voting Rights Act.

The movie is shown on Saturday, June 17, at 4 p.m. in the Clubhouse II auditorium. Admission is free; tickets are not required.



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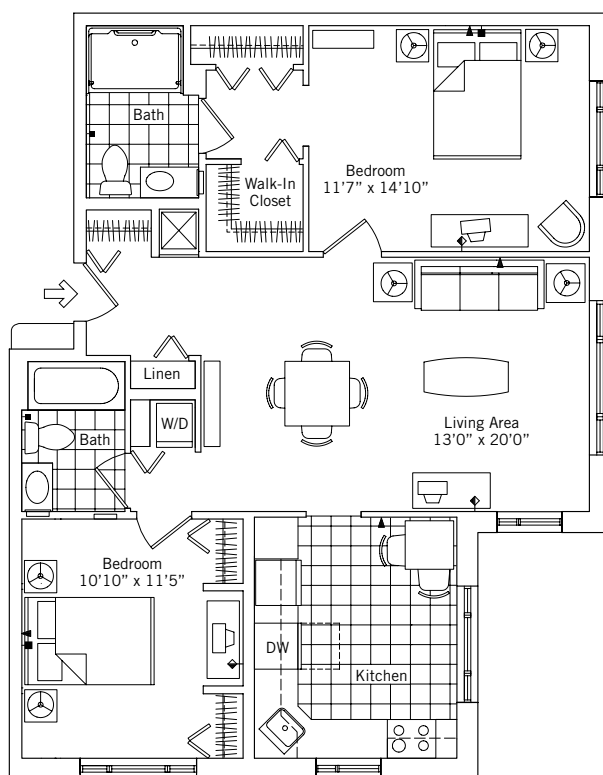
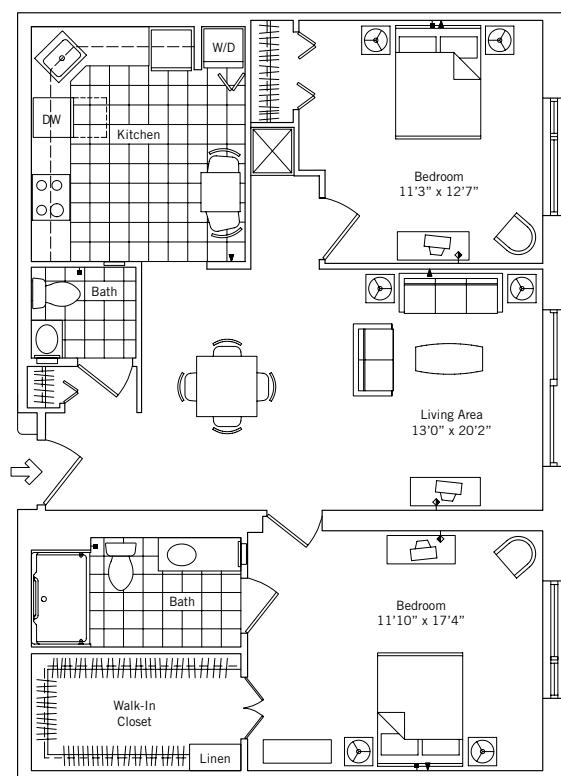
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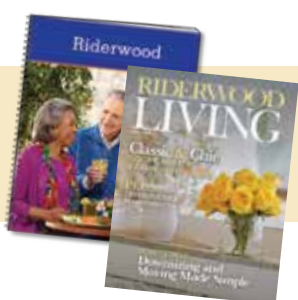


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- Shrimp and Grits**..... \$14
jumbo shrimp and pancetta served over cheddar grits
- Eggs Benedict** \$12
traditional style with poached eggs, ham and hollandaise
- Fresh Vegetable and Cheddar Quiche**..... \$11
homemade quiche served with fresh fruit
- Belgian Waffle**..... \$10
with powdered sugar, fresh berries and whipped cream
- Mediterranean Omelet**..... \$10
three egg omelet filled with Spinach, feta and red onion
- Nova Lox and Bagel** \$10
with cream cheese, red onion, tomato, and your choice of plain or everything bagel

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with mashed potatoes and a vegetable
- Chicken Francese** \$10
with a lemon sauce, potato wedges and a vegetable
- Roasted Turkey Breast** \$10
with whipped sweet potatoes and a vegetable



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• SATURDAY •

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HEALTH & Fitness

Health Advisory Committee

Prescription Drug Take Back Day a Huge Success



Health Advisory Committee members, MedStar Health medical center staff and Montgomery County police officers collect medications during Prescription Drug Take Back Day April 29. Photo by Nooshin Javan

by Mary Wells

A total of 184 residents participated in the Prescription Drug Take Back program April 29, disposing of a total of 17 thirty-gallon plastic bags of prescription medications.

Health Advisory Committee members worked with Montgomery County Police, the Montgomery County Dept. of Health and Human Services and MedStar Health medical center staff to organize the event in an effort to provide a safe and convenient location for residents to dispose of outdated, unused and poten-

tially dangerous medications.

Committee members also worked to make Leisure World a designated location for the National Prescription Drug Take Back Day, which is held twice a year.

The number of residents who participated and the amount of drugs collected far exceeded the Committee's expectations, and supports its effort to implement an ongoing program for the collection of medications throughout the year.

The Committee is planning a second National Prescription Drug Take Back Day for October.

Health Advisory Committee

May 25: Rheumatologist to Discuss Arthritis

Don't forget to get your tickets to Dr. Warren Ferris' talk on "Arthritis – Diagnosis and Treatment for Seniors" held on Thursday, May 25, at 2 p.m. in Clubhouse I.

He will focus on the most common types of arthritis experienced by seniors – osteoarthritis of joints of the extremities, and spinal problems.

Ferris has been with the MedStar Health medical center at Leisure World for many years and is very familiar with arthritic problems experienced by residents.

Tickets are free and can be obtained at the Clubhouse I E&R office.

– Sandra McLeskey, RN, PhD

Low Vision Support Group

June 7: Last Meeting Before Summer Break

by Larry Cohen

We look forward to enhancing the lives of residents with low vision. As a support group, we are fortunate to get inspiration and information from our members as well as the guests whom we invite to speak at our meetings.

The Low Vision Support Group is a committee of the Leisure World Lions Club and is affiliated with Prevention of Blindness Society of Metropolitan Washington. These larger organizations give us the support we need to help residents.

June Meeting

There are no Low Vision meetings in July or August. At our last meeting on Wednesday, June 7 before the summer break, we are pleased to have Brigid Doughty speak to the Group.

Doughty has been a mobility and orientation instructor for many years for the Washington Metro system. She will explain Metro Access, Call and Ride, the transit system, and will answer any questions.

She can help residents apply for anything they might need in the Metro system, and can also transport residents to the Metro system and help them learn to navigate it.

Don't miss this meeting – Doughty is a powerhouse with lots of information for seniors and blind and low vision residents.

May Speaker

In May, Dr. Adrienne Wiseman enlightened the Group on the new policy direction of the American Academy of Ophthalmology and other innovative services. Wiseman has practiced low vision optometry in the Low Vision Center for over 10 years.

Wiseman is able to perform low vision examinations in residences. Medicare allows one low vision exam per year, in addition to other eye exams.

All meetings of the Low Vision Support Group are on the second Wednesday of the month at 1 p.m. in Clubhouse I. For more information, call Larry Cohen at (908-770-9111) or (301 288-7616).

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■ Compassion and Choices of Leisure World

'Last Rights: Facing End-of-Life Choices'

by Rosalind Kipping

Compassion and Choices meets on Thursday, June 8, at 2 p.m. in Clubhouse I.

The group screens "Last Rights: Facing End-of-Life Choices" (2009, 57 minutes, documentary), a film that explores the medical, ethical and political issues regarding an individual's option to hasten death when the dying process makes life unendurable.

The film centers around four terminally ill people and how the choices they face profoundly impact their families, and provides insight into controversial end-of-life

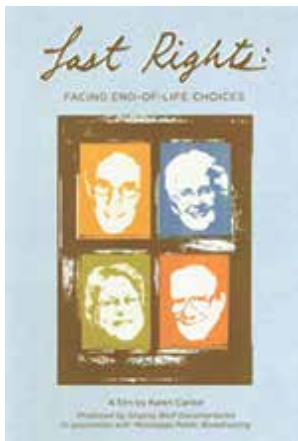
choices. Several nationally known spokespersons with diverse points of view appear in the film.

An opportunity for discussion follows the screening:

What might you choose faced with the circumstances depicted?

Materials on a wide variety of end-of-life issues are always on our resource tables. Come early and take whatever information you find useful.

All Compassion and Choices programs are free to residents and their guests. For more information, contact Rosalind Kipping at (rozkiping@comcast.net) or (301-598-4171).



Speed Limit

The Security Department would like to remind all residents that the Leisure World Boulevard is a one-lane roadway in both directions.

The speed limit on the boulevard is **30 mph** and no passing is permitted. Be patient and do not pass.



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 able to participate in a twice-monthly bereavement support group that meets on Tuesdays, 3-4:30 p.m., in the conference room at MedStar Health, 3305 N. Leisure World Blvd. The group is sponsored by the Jewish Social Service Agency (JSSA) Hospice and facilitated by Annette Waaler Volk, LGSW. Registration is required, and three months must have passed since the death before attending the group. If interested, please call Suzanne Adelman, LCSW-C, JSSA Hospice, at (301-816-2683).

Essential Tremor Group: The next meeting of the ET group is Thursday, June 1, at 10:30 a.m. in Clubhouse I. The group meets the first Thursday of the month.

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

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

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

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■ Fun and Fancy Theatre Group

Final 'Forum' Performances



Fun and Fancy members perform the madcap musical, "A Funny Thing Happened on the Way to the Forum." Photo by Maureen Freeman, Leisure World News

by Hannelle Allen

If you haven't yet seen our smash hit musical, "A Funny Thing Happened on the Way to the Forum," it is not too late! This weekend's performances are Friday, May 19, and Saturday, May 20, at 7:30 p.m., and Sunday, May 21, at 2 p.m.

Remaining tickets are \$10 per person, payable by cash or check for reserved seats and available at the Clubhouse II auditorium door one hour before each performance.

The set features three spiral staircases behind the facades of three houses, for players to climb in order to be in windows or on balconies. Barbara Payne, assisted by Annette Crowe, selected bright, colorful costumes. These two talented ladies craftily managed considerable tailoring.

Set and costumes are blended to offer a gaudy visual treat for the bawdy show, enhanced by sound engineer Euclid Coukoumu, aided by Susan Rae, and with lighting by John McConnell

and Irene Shaulis. Joan Okin, assisted by Dorothy Hughes and Rita Bienstock, once again stage managed this production with backstage finesse.

The group could not have put on this entertainment without the talented director Shelly Horn, with choreographic assistance from Gerry Kaufman, and our very talented music director, Paul Rossen.

Fun and Fancy offers thanks to Stephen Sondheim, Larry Gelbart, and Burt Shevelove for writing the songs and book over 50 years ago, as well as to Music Theatre International for the production rights.

Annual Banquet

The annual banquet is on Wednesday, June 7, in the Clubhouse I Crystal Ballroom. Doors open at 6:15 p.m.

Some memories you will see reinvented include:

- a "King and I" romantic solo from our 2012 "Richard Rodgers Show"
- a brave group of women wearing horizontal stripes in a "Chicago" number from our 2013 "Fosse Show"
- a rhythmic tap representation of the life of a storm from this year's "Rain."

Come for the singing and dancing. Come for the choreography and costumes. Come for the laughter and tears. Come for the delicious food. Come for the memories. Contact Karen Brooks at (karen@brook2.com) with any questions.

Summer Jam Sessions

Do you play a band instrument, or would you like to learn one? Maybe you played in your school band many years ago, and would like to take the instrument up again, or try a new one.

This summer, Tom Flester conducts a music workshop once a week in Clubhouse II for anyone interested in playing just for fun.

If you are interested in playing the electric bass guitar or any woodwind or brass instrument, Flester can assist you in acquiring one, if desired. Players on any level are welcome. Contact Tom at (tomflstr@yahoo.com) if interested.

Summer, which is mostly "down time" for Fun and Fancy, gives us an excellent chance to take up a new musical skill, or polish up an old one. So dust off the old kazoo and join the fun!

■ Garden and Environmental Club

Club Ends Season With a Members' Luncheon

by Jean DeSchraver

On May 8, the Garden and Environmental Club held its last meeting of the season with a potluck luncheon for members. Outgoing president Peggy Reynolds hosted the gala affair in her home. The menu featured appetizers, homemade soups, hearty breads and delicious desserts.

To show their appreciation to Reynolds for serving three years as president, Club members presented her with a large metal container filled with a variety of herb plants.

The club holds its next meeting on Tuesday, Sept. 12, at 10:30 a.m. in Clubhouse I. All residents are invited to join.

Club Information

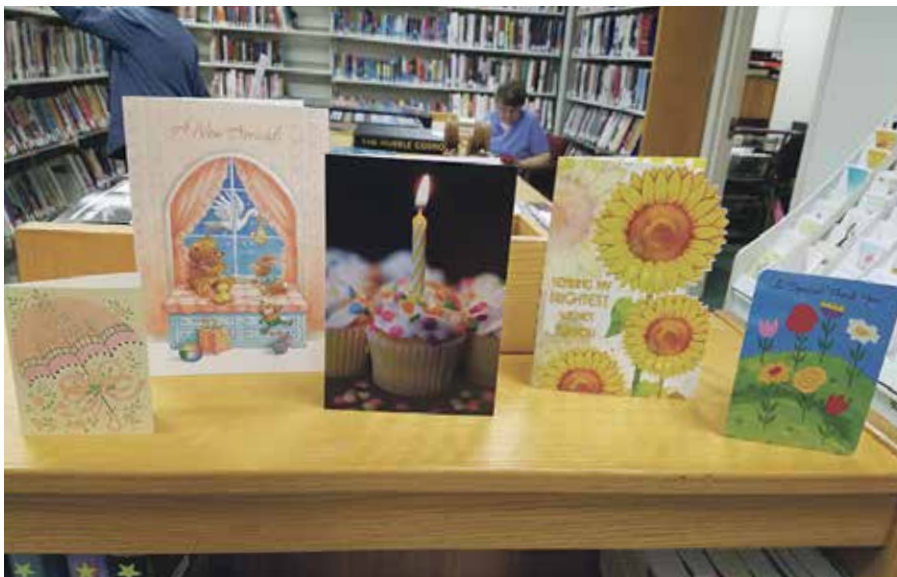
The mission of the Garden and Environmental Club is to foster interest in and communicate to the public all aspects of horticulture and its implicit connection to the environment by sponsoring meetings and activities to benefit the community.

Meetings are held on the second Tuesday of every month. Members do not have to be gardeners or rent garden plots.



Club members enjoy a potluck luncheon for their last meeting of the season. Photo by Jean DeSchraver

Greeting Card Sales Buy New Books



Greeting cards are on display – and for sale – in the Clubhouse I library. Photo by Barbara Long

by Barbara Long

The library has an extensive supply of greeting cards for sale. Very moderately priced, they fill a display space built to hold at least 144 cards. Their affordability and convenience make them attractive to those who visit Clubhouse I.

Cards are available for just about every occasion – from birthdays, wedding anni-

versaries and expressions of sympathy, to “thinking of you” and “thank you.” Bar and bat mitzvah, first communion, baptism and baby announcements are also plentiful.

Seasonal cards are stocked for Easter, Christmas, High Holy Days and Passover. Boxed Christmas cards appear in late fall, along with individual cards for Thanksgiving and Halloween.

Proceeds from the sale of cards are used to purchase new books for the library. The library orders both large and regular print books. Thanks to the generosity of the Lions Club, more large print books have been acquired.

Discount Card Sale

Plans are being made for a “Christmas-in-July” discount card sale.

Modestly priced cards are further discounted.

Stop by the library in June for updates on the sale. A tremendous amount of work goes into this worthwhile effort. Many thanks to our all-volunteer staff for their efforts on behalf of the community.

■ Book Club Network

June 15: New Book Club Meets

If you were unable to attend our organizational meeting in April, a few openings are still available in our new book club.

The club meets the third Thursday of each month at 2 p.m. in Clubhouse I. Join us for our second meeting on Thursday, June 15, at 2 p.m.

For further information, contact Verna Denny at (verhd@msn.com) or (301-598-1418).

– Verna Denny



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MHIC #41515

Shaping the Collar

by Gail Bragg

Every hobby has its own unique vocabulary – words familiar to the people involved with the hobby but not so familiar to others.

A member of the photography club, for example, can explain aperture and depth of field; a knitter knows about casting on and binding off; a quilter knows the definition of wonky and scrappy and a ceramicist can tell you about collar.

We all know what a collar is in clothing – the part of a shirt or blouse that goes around your neck. If you are making a vase with thrown clay on a potter’s wheel, a collar is the ridge formed around the neck of the vessel, hence the term “collaring” for when the ceram-

icist squeezes the clay to make it narrower at the neck of the piece.

In slipcasting (liquid clay poured into a mold), the clay around the edge of the pour hole (the hole where you pour the clay into the mold) is called collar. Once a piece is completed, the collar is removed, but not wasted.

If the collar is of decent size, it is saved and can be used for a variety of projects. These scraps can be reshaped and turned into magnets, jewelry, and other small ceramic pieces.

It’s fun to use your imagination in reshaping the collar scraps to make something artistic or more traditional. We also have a few molds specifically for making magnets. Either way, it’s fun and occupies your mind in a good way.

Membership Information

The Ceramics Club’s \$10 annual membership fee includes instruction on how to make your own ceramic pieces. We welcome new members, so drop by our

studio in Clubhouse II.

You can view some of our ceramic pieces in the gift shop in our studio; they are for sale with proceeds going to charity. We hope to see you soon!



Refrigerator magnets by various Leisure World ceramicists. Photo by Gail Bragg

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<p>BUYER JUST SOLD! \$196,500 The Greens "G" Model 2BR, 2FB, golf course view, table-space kitchen, garage & golf cart spaces!</p>	<p>BUYER JUST SOLD! \$295,500 Turnberry Courts Hi-Rise "K" 2BR + den, 2FB, over 1,500sf, largest sunroom in community, pleasant view.</p>	<p>BUYER JUST SOLD! \$365,000 Turnberry Courts "W" Model 2BR + den, 2FB, almost 1500 sf, golf course views, enclosed balcony, garage space!</p>	<p>LISTING JUST SOLD! \$370,000 "Royal Aintree" Patio Home Renovated 2BR, 2FB, upscale kit & baths, two LRs, sunroom w/ secluded view, 1-car garage!</p>	<p>LISTING JUST SOLD! \$395,000 The Overlook Hi-Rise "KK" 2BR + den, 2FB, TS kit, golf course views, over 1500sf+ huge sunroom, garage space!</p>

Check out our archives at
www.residents.lwmc.com/lwnews

Artists Exhibit Morsels of Creativity

by Ann Bolt

The sign reads: No Food or Drink in Lobby. But you know how artists are; they always try to push the rules a bit. There is food and drink in the library. There is food and drink in the hallway. Paintings of food and drink, that is.

The Open Studio presents its exhibit for May and June with 14 artists participating. The exhibit includes a bit of wine, a cup of tea, a birthday cake, fruit, vegetables and no-calorie cupcakes.

The paintings were rendered with watercolor, acrylic, oil, pencil and pastels. Students of almost all the teachers on the Rossmoor Art Guild staff are represented. Open Studio members are more independent, meaning they could have created their paintings in class, “en plein air,” in their own studios or at their own kitchen tables.

Those members who do a better job of hiding their crumbs offer destination paintings that tease the idea of life beyond Leisure World. Yellow flowers are blooming and birds are hovering. By the Grille area, the butterflies are flirting with the flowers and there’s a prickly cactus that will make you turn the corner with caution.

Stop by Clubhouse I and check out this culinary presentation. We’ll try to be tidy in the lobby.

Upcoming Events

The timing is just right to sign up for the Spring II session, starting the week of Monday, May 22. The course runs for six weeks, and the cost is \$60. A listing of teachers and subjects is available.

All residents are invited to the Spring Fling on Saturday, May 27, from 2-4 p.m., an event that offers the opportunity to meet the teachers and see some of their works of art. Light refreshments and an art presentation are all part of the afternoon activities. We hope to see you in the Art Studio.



Open Studio presents the Food and Drink Exhibit. Top row, left: “Apples” by Barbara McCool; “Eggplant” by Barbara McCool; Maria Clark’s “Pina Colada Cupcakes” and Marcie Burrough’s “Garden Abundance.” Lower row, from left: Ann Bolt’s “Wine”; Violet “Vicky” Batkin’s “Fruit Glorious Fruit” and Nancy Albrecht’s “Apples,” below; Patty Elton’s “Garden Bounty”; Ann Bolt’s “Cup of Tea” and Phyllis Lowinger’s “Super Cabbage.” Additional paintings of food and drink are in the exhibit. Photo by Ann Bolt

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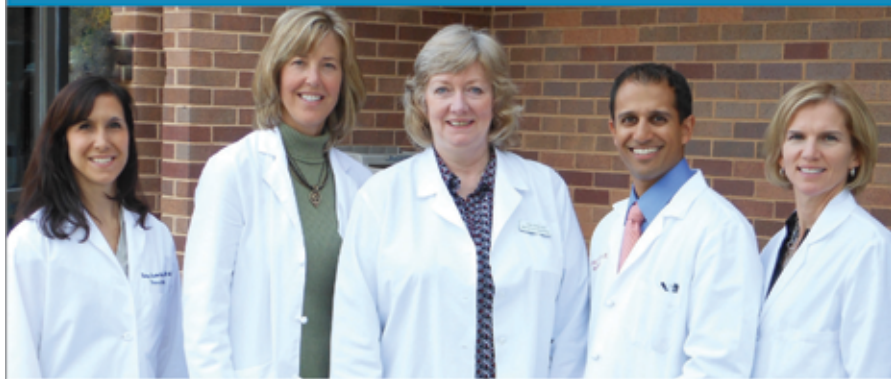
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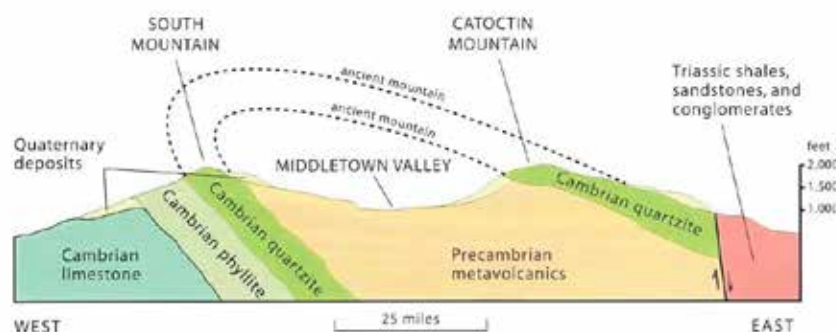
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■ Gem, Lapidary and Mineral Society of Leisure World

June 14 Program: 'Exploring the Geology of Maryland'



Rock of an ancient North American craton lies at the surface in Middletown Valley between the long-weathered limbs of a giant anticline that once reached alpine proportions. —Modified from Cloos, 1947

Illustration From Means (2010)

Illustration from "Roadside Geology of Maryland, Delaware and Washington, D.C.," a guidebook by John Means

by Mary Beth Mason

The next meeting of the Gem, Lapidary and Mineral Society (GLMS) of Leisure World is Wednesday, June 14, at 7 p.m. in Clubhouse II. Tom Rounds presents the program, "What's Under Your Feet? Exploring the Geology of Maryland."

Ever wonder what is under your feet? Rocks, of course! Round's presentation tells the story of how the geology of Maryland evolved over the last billion years, with an emphasis on what you can see for yourself. He will provide attendees with an introduction to a guidebook by John Means entitled "Roadside Geology of Maryland, Delaware and Washington, D.C."

The illustration above from this guidebook shows a cross-section of the geology of Maryland from Frederick Valley in the east to Hagerstown Valley in the west. Midway between the Catoclin Mountains and South Mountain lie billion-year-old rocks that underlie Middletown Valley.

If you are traveling west from Frederick to Hagerstown on Interstate 70, perhaps you will want to take time to find a place to pull over so as to observe this interesting geology. It is hard to believe

that these mountains and surrounding countryside were once part of an ancient Appalachian mountain range that was originally as high as the Swiss Alps!

Rounds is a member of Leisure World's GLMS, having joined in April 2016. He received his bachelor's in geology from the University of Maryland and his master's in geology from Virginia Tech, where he was a student of Dr. Richard Bambach. Many of you know Dr. Bambach as someone who has presented several programs for our Club over the past six years.

Join us on June 14 to explore Maryland's geology with tour guide and fellow member Tom Rounds. If you wish, bring an item for show-and-tell, which follows the presentation. Rounds has offered to help you identify your specimen if he can. Attendees are encouraged to stay seated while others show their items and, if they are lucky, have it identified.

Refreshments are served before and after the meeting. Following adjournment, the lapidary shop is open for those interested in seeing our set-up and equipment.

For information about the Club, contact Chuck Mason at (301-933-3093) or (sugar-tree2@comcast.net).

Guest Speaker Urges Residents to Help Combat Climate Change

by Harry Stoffer

People from all walks of life – including Leisure World residents – can play roles in the all-important fight against climate change, said Carol Ritz of Climate Reality Project, an organization founded by former Vice President Al Gore.

Ritz was a guest speaker at Leisure World Green’s environmental film festival, held April 30 in Clubhouse I.

Ritz, an attorney and the director of development for a small film company in Arlington, Virginia, said she underwent training last August at the Climate Reality Project so that she could become a Climate Reality Leader. Such leaders vow to spread information in communities on “solutions” to climate change.

She said her appearance at Leisure World counted as one

of the 10 “acts of leadership” she has committed to perform.

Ritz suggested that people stop using plastic water bottles, tell retailers to cancel catalog mailings and “take your own mug to Starbucks.” Audience members joined in with some ideas of their own.

The rationale behind such tips is this: Cutting the production of materials that add unnecessarily to the waste stream both saves natural resources and reduces energy consumption. Generally “energy consumption” means the burning of fossil fuels, such as coal, gas or oil, which in turn adds heat-trapping carbon dioxide to the atmosphere.

“Be creative about how you do this,” Ritz said, noting that reducing and reusing materials are even better steps than recycling in terms of limiting energy consumption.

Besides changing personal

habits to aid the cause, almost anyone who cares about the issue can sign up for the intensive three-day training program at Climate Reality Project and also become a Climate Reality Leader, she explained.

According to its website, the Climate Reality Project has trained more than 10,000 grassroots leaders from 135 countries. Details about future trainings can be found online at (climateresearchproject.org). The next is in Bellevue, Washington in June.

Ritz’s remarks served as an introduction to the documentary “Racing to Zero,” a film about efforts in San Francisco to eliminate refuse going to landfills.

Also presented were “Symphony of the Soil,” a documentary on the essential roles of soil in the cycles of life; “Butchart Gardens,” about elaborate gardens built

around a former quarry near Vancouver, British Columbia; and “Waterworld,” a feature film with powerful environmental messages.

The next regular meeting of LW Green is on Wednesday, May 24, at 2 p.m. in Clubhouse I. All residents are welcome to attend.

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June 19: Membership Meeting

by Joe Cook

The Chapter's Monday, June 19, membership meeting is its last Chapter meeting before summer break. Informal discussions and snacks begin at 1:30 p.m. in Clubhouse I, and the formal meeting begins at 2 p.m.

Over the summer, the executive committee will continue to meet and work to brief and train new committee members and volunteers to improve the organization, administration and value of the Chapter. Please let us know if you are interested in being considered.

Maryland NARFE Federation Convenes

The NARFE Maryland Federation State Convention took place April 30-May 2 in Ocean City, Maryland. Chapter representatives Bob Kessler and John Lass and their spouses attended the convention, and Joe Cook also attended as acting head of the delegation.

At the Convention, a new executive committee was elected and authoritative presentation and vigorous discussions took place. Membership growth challenges remain, although recruitment and retention strategies have slowed the pace of declining membership.

Based on the presentations and discussions, the Chapter is urged to keep up with news, especially concerning the following proposals:

- requiring Federal employees and retirees to pay a larger portion of their health benefits premiums and to eliminate retiree health benefits for new hires;
- the implementation of a voucher plan for FEHBP, which would not keep pace with the rising cost of health care;
- raising the retirement contri-

bution for current employees by as much as six percent without increasing benefits; and

- eliminating the Federal Employees Retirement System Federal annuity for new hires entirely.

Life Changes and Benefits Changes

Federal employees and retirees typically consider making changes to their benefits during an open season or when a new benefit is introduced.

However, there are times when changes need to be made for more personal reasons, such as a life-changing event.

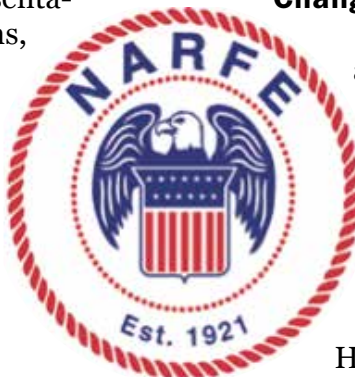
During such times, it can be confusing to navigate the process of making changes since no one else is doing it at the same time as you are. If you're retired, generally you'll need to contact the

Office of Personnel Management, the Thrift Savings Plan or the Social Security Administration.

Most changes can be made online and the instructions are generally easy to follow. In addition, our service officer, Richard Rothstein; and the National Office are available to support our members. Annual Chapter dues are currently only \$44 a year.

For any questions, suggestions, or answers to how you can be helpful to our chapter, contact a member of our executive committee:

- 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 Bob Kessler at (rhkess@aol.com)
- Service Officer Rich Rothstein at (whobodyelse@aol.com) or (301-598-5760)



■ Republican Club

2017 Summer Politics In a Nutshell

by Fred Seelman

The next meeting of the Republican Club is Tuesday, June 20, at 7 p.m. in Clubhouse I.

The Club is going on a summer hiatus, so at its next meeting, we really give members something to talk about.

Speakers review the status of various current political issues like healthcare, foreign policy and national security, Supreme Court justice, taxes, illegal immigration and drugs.

Come to our next meeting and listen so that you will have the information needed to converse on these and other subjects with your friends and family while on your vacation or anywhere else.

Upcoming Events

The Club is marching in

Leisure World's 4th of July parade, and having a lunch immediately following the parade. Call 2nd vice president Irmgard Patrick at (301-598-2984) to sign-up or for more information.

The County GOP Lincoln Dinner is on Tuesday, May 23, at Columbia Country Club. Contact Ann Hingston at (annhingston@gmail.com) for more information.

General Information

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 by calling first vice-president Ray Spieler at (301-460-3563).

Join us for another quality event on June 20. And enjoy our refreshments.

■ Democratic Club

Details Emerge for June Membership Meeting

The newly elected officers of the Democratic Club will be sworn in at our monthly membership meeting in June.

State Democratic Party chair Kathleen Matthews is the speaker.

— Emile Milne



GOLF CARTS RULES OF THE ROAD

- Golf carts must be driven on the right hand side of the road nearest the curb.
- Operators must obey all traffic rules and regulations.
- Parking or driving carts on any turf areas is prohibited unless areas have been designated for golf cart usage.
- Golf carts parked in unauthorized areas are subject to towing at the owner's expense.



■ Jewish Residents of Leisure World

May 21: Brunch with County Councilmember

by Jonas Weiss

George Leventhal is the guest speaker at a brunch on Sunday, May 21, at 10 a.m. in Clubhouse I. A four-time Montgomery County councilmember and a Democrat, he is chair of the county's Health and Human Services Council. He will talk about how to translate Jewish values into public policy.

Upcoming Events

May 20 and 27: Sabbath morning services are held in Clubhouse II with discussions of the Torah portion and the Talmud led by Rabbi Moshe Samber.

May 31: This is the start of the two-day festival of

Shavuot, with a Yiskor service on Thursday, June 1, in Clubhouse I.

Donations

Carol Wendkos at (14805 Pennfield Cir., Apt. 212) accepts donations (checks of \$25 minimum made payable to JRLW) for the Torah maintenance funds.

Janet Lazar at (15311 Beaverbrook Ct., Apt. 1B) accepts checks made payable to JRLW for new prayer books (\$25 minimum).

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



■ Jewish War Veterans Charles B. Krieger Post 567

June 11: Post Continues with Celebration

by Marvin Franklin

Past Commanders Milton Loube and Danny Bass have come forward to continue the leadership of Post 567. Please join us for a celebration, brunch and show on Sunday, June 11, at 10:15 a.m. in the Clubhouse I Crystal Ballroom.

Some of the plans for the affair have changed. The Post will not be traveling back in time to Hawaii; however, we look forward to visiting a Stage Door Canteen and hearing nostalgic music of the Yank years performed by the talented vocalist Bruce Thomas.

We will also install the new officers of Post 567, with J.W.V. Department of Maryland Commander Col. Erwin

A. Burtneck officiating.

Our delicious buffet features blintzes with toppings, lox, bagels, cream cheese, scrambled eggs, tuna salad, fruit, pastries, juice and coffee. The price remains \$14 per person, mail order only. All are welcome.

Please make your reservation check payable to JWV Post 567, and mail it to Marvin Franklin at (3200 N. Leisure World Blvd., Apt. 709, Silver Spring, MD 20906).

The deadline for reservations is Thursday, June 1. We are unable to accept reservations after that date, and checks received after the deadline will be returned.

We look forward to a smooth transition and apologize for any inconvenience this may have caused.

A Kensington Park 2017 Speaker Presentation



Navigating the Medicare Maze

with Leta Blank, Program Coordinator for the State Health Insurance Program (SHIP) and the Senior Medical Patrol Program (SMP)

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Industry expert Leta Blank will help navigate the alphabet of the Medicare maze to make sense of the plan and the process. If you have turned 64 and are approaching age 65, now is the time to start researching your health insurance options so you'll be ready for Medicare when you become eligible. Medicare is complicated and often confusing. Learn how to better understand enrollment, insurance plan details, deadlines and choices for consideration.

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Judaic Study Group Discusses 1967 Liberation of Jerusalem

by Barbara Eisen

The Judaic Study Group meets on Monday, June 19, at 1:30 p.m. in Clubhouse I. The topic is the 1967 liberation of Jerusalem. Under the 1947 United Nations partition plan, Jerusalem was proposed to be an international city. When Israel declared its independence in 1948, it was attacked by its Arab neighbors, and Jordan took over East Jerusalem and the Old City. Nearly 20 years later, the Six-Day War led to Israel's recapture of Jerusalem, and a ceasefire on June 11, 1967. Where were you in June

1967? What are your memories of this time? Attend the meeting and join in the discussion. Please contact Peri Schuyler at (301-869-2968) or (peris-laptop@aol.com) for further information.

Performance
On Wednesday, May 24, at 7:30 p.m. in the Clubhouse II auditorium, Hadassah presents the Yesodot Dance Troupe, composed of high school students, and the Kesem Dance Troupe, which is made up of middle school students. For more information, check the Events and Entertainment section of this publication.

Greeting Cards
Hadassah greeting cards are available for purchase; prices are \$2.50 each or five for \$10. Cards are displayed and sold at every Hadassah meeting. Call Elaine Schenberg at (301-598-0079) or Jan Bloom at (301-593-7720) if you want to pick up cards or to have them mailed for you for an extra postal charge.

Youth Project
Larelda Gruber chairs the Youth Aliyah/Children at Risk project. The project helps disadvantaged children in Israel. The goal is to create a circle of \$1,000, made by individual contributions of \$40. Please send your

donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906). For more information, contact her at (301-598-5922).

General Information
Hadassah sponsors many activities to further the worthwhile projects it supports in medical, educational, and social programs in Israel and in the U.S. If you are interested in knowing more about Hadassah, contact one of our membership vice presidents, Carole Sonnenborn at (301-288-4902) or (Carole200@comcast.net), or Mimi Meltzer at (301-806-0976) or (Mimi20852@aol.com).

■ NA'AMAT RBZ Club

NA'AMAT Joins JRLW for Brunch

by Carole Mund

On Sunday, May 21, NA'AMAT RBZ sponsors the monthly Jewish Residents of Leisure World (JRLW) brunch. Montgomery County Councilman George Leventhal speaks on pertinent current issues that impact each of us. We hope you can join in sharing these events. Check the JRLW column for details.

Tribute Cards
NA'AMAT RBZ is a charitable organization dedicated

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

Tribute cards are an excellent way to support and maintain these essential programs as well as to attain donor credit. NA'AMAT has cards to honor all occasions, from congratulations for a special event to memorial cards. Each card is \$3.50 if purchased and sent by you, or for an additional stipend of \$4.50 if sent by Linda Schoolnick, tribute chairperson. Full donor credit is given for each card. Contact Linda at (301-681-1076) with any questions.

Executive Board Meetings
The executive board meets each month. At these meetings, we discuss plans for upcoming events. It also affords the opportunity to meet the board members and learn more about the organization.

NA'AMAT is eager to have more people involved in the planning and welcomes new

ideas for activities. All are encouraged to join us on Tuesday, June 20, at 10:30 a.m. in Clubhouse I for our next meeting.

Trips
NA'AMAT has planned a fabulous trip to see the Second City Comedy Troupe at the Kennedy Center for the Performing Arts. See the Club Trips section of this publication for details.



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CABOT – In **Mutual 10**. Three bedrooms, 2 baths, remodeled and updated kitchen, updated baths, 1-car garage. **\$310,000**

SHERWOOD – SEE NEXT ISSUE! Fabulous renovation including new wood floors, new kitchen (cabinets, granite, ceramic, most appliances), updated baths (vanities, ceramic), MORE! 3 BR, 2 BA ranch in **Mutual 13** w/1-car garage + storage and den.

CABOT – Located on the "Broadwalk" in **Mutual 10**, this 3 BR, 2 BA ranch has an attached 2-car garage, laminate floors, updated kitchen w/ oak cabinets, and ceramic tile floors in the kitchen and both baths. **\$300,000**

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Leisure World News

OF MARYLAND

Group Gears Up to Celebrate Pride Month

by Pat Ritter and Mike LaPoint

The Alliance's monthly potluck and membership meeting is on Saturday, May 20, at noon in Clubhouse II. Bring a dish to share and join us for a tasty meal and to hear details on upcoming Alliance events and activities. Our meetings are held on the third Saturday of the month.

Brunch

On April 30, the LW LGBT Alliance hosted its first "end of the month" brunch at the Clubhouse Grille in Clubhouse I. A group of 25 diners enjoyed a delicious brunch, excellent service and lots of lively conversation. Our next monthly brunch is on Sunday, May 28. Email (celticwomen1@gmail.com) with questions, or to RSVP.

Game Night

On May 6, we hosted a game night and potluck meal in Clubhouse II. It was loads of fun with an eclectic collection of games and food. There was a lot of enthusiasm for the games, which included Scrabble, dominoes and charades, and we will definitely plan more game nights in the future.

Picnic

On May 18, the Alliance had its first weekly "picnic on the lanai" of the season.

LGBT Pride

The month of June is shaping up to be very busy for the Alliance, as we celebrate annual LGBT (Lesbian, Gay, Bisexual and Transgender) Pride Month. We venture into D.C. on Saturday, June 10, through Sunday, June 11, to watch the

annual Pride Parade at Dupont Circle and to take in the LGBT Pride Festival on Pennsylvania Avenue. Please contact Pat Ritter at (celticwomen1@gmail) for further details.

Movie Night

On Saturday, June 24, in Clubhouse II, the Alliance hosts its own LGBT Pride night with a movie followed by cake and cookies. The movie is "Big Eden," a touching love story of two local men in a fictional Montana town, and the loving support they receive from their community as their courtship unfolds. It's a beautifully filmed, uplifting story that will make you laugh and bring a tear or two to your eyes.

Cultural Display

As part of our Pride night, we are putting together a

series of posters and exhibits on LGBT history and culture that will be on display. If you have any related items or artifacts that you would like to add to our exhibit, please contact Barbara Long at (Hannabear1@earthlink.net). We are also looking for creative people who are available to help with the development of the exhibit.

The Alliance invites residents of the larger LW community to join us for the Pride night movie, sweets and historic display. Admission is free and tickets are not required. We welcome donations to help cover expenses.

Alliance events are open to members of the LGBT community, our friends and allies. Email (celticwomen1@gmail.com) for more information on the Alliance or our events.

■ Leisure World Association for African American Culture (LWAAAC)

Spring into Summer Activities

by Patricia Means

LWAAAC screens "The Help" on Friday, May 26 at 4 p.m., and "Selma" on Saturday, June 17 (rescheduled from April 28). Both movies are free to all residents and shown in the Clubhouse II auditorium. See the Events and Entertainment section of this publication for details.

Upcoming Events

Sunday, June 4 – Fireside Forum presents "Henrietta Lacks: Her Story Revealed," presented by Dr. Carla Easter, National Institutes of Health, and hosted by LWAAAC member Lois Jordan. The program is at 2:30 p.m. in the Clubhouse II auditorium.

Wednesday, June 7 – Fun and Fancy Banquet for members only includes LWAAAC members Renee Ward Anderson, Elizabeth Brooks Evans and Maureen Harris performing their cheered rendition of "Ain't Too Proud to Beg" by The Temptations in the Clubhouse I Crystal Ballroom.

Saturday, June 10 – The annual LWAAAC picnic at 4 p.m. at the Clubhouse I lanai once again includes music provided by DJ Al Coley. All residents and their family and friends are invited. Tickets are \$25 per person. Tables of 10 may be reserved at the time of ticket purchases. Ticket sales start on Tuesday, May 23, (checks only, payable to LWAAAC) and are available at the Clubhouse I E&R office.

Thursday, June 29 – The general LWAAAC meeting is at 6 p.m. in Clubhouse I and includes elections and new and renewed membership enrollment.

Celebrations, Volume II

A change has been made for profile entries in Celebrations, Volume II. Profiles that appeared in Volume I (2008) may be updated and included in the new edition. If you are interested in updating your 2008 profile, please contact Patricia Means at (301-598-0550) or (lwaaac1@gmail.com).

Email Addresses

LWAAAC members are requested to provide their email addresses to the Association. We will continue to contact members via robocalls and provide information at the monthly board of directors meeting; however, emails enhance our ability to communicate with you about upcoming events and other activities.

Email addresses that you provide to us are confidential and for Association use only. Please send your email address to (lwaaac1@gmail.com).

Board of Directors Meeting

Paul Eisenhower, Vice Chair of the Leisure World Community Corporation (LWCC) board of directors, gave a presentation at the LWAAAC board of directors meeting on May 3. He stressed the need for diversified participation in the governance of Leisure World.

As a follow-up to the LWCC presentation, LWAAAC parliamentarian Larry Traynham emphasized that we have an investment in Leisure World as property owners and should

contribute to the governance of the community by becoming board members of our mutuals and LWCC members.

Successful Events

The LWAAAC program committee chaired by Jeanne Markray has had a very successful season with activities, such as "Mix and Mingle" and "Fun Night" for members hosted by Millie Spenser. LWAAAC members have requested that these activities continue as part of our annual programming.

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■ Rossmoor Woman's Club

Hurry to be Listed in Club Yearbook

by Marcia L. Elbrand

The deadline for Club members' inclusion in the Rossmoor Woman's Club's (RWC) Fall 2017 yearbook is coming up in June.

The Club's handy, purse-sized yearbook, edited this past year by Agnes Carr and LeLoy Cottrell, sports a cover drawing of cherry blossoms designed by talented member Roz Levinson.

"It's compact and feather-weight, and every year it has more pages," says Arlene Siller, membership chair.

Membership Information

Annual dues are \$40 and help support the group's charitable and educational projects. RWC's fundraising underwrites \$700 awards to three ACES scholars at Montgomery College, two scholarships for outstanding Blake High School female graduates, and a Head Start class at nearby Harmony Hills Elementary School.

In addition, the RWC also provides support to the Fisher House Foundation, which provides housing for families of Wounded Warriors, and to the local Betty Ann Krahnke woman's shelter in Rockville for families displaced by

domestic violence. The Club makes annual gifts to A Wider Circle, Casey House Hospice, Montgomery Hospice, and Leisure World's Fireside Forum and FISH (Friends in Sickness and Health.)

This year, nearly 150 members raised over \$10,000 for charity.

Checks for \$40 dues, payable to Rossmoor Woman's Club, may be sent to Arlene Siller at (3100 North Leisure World Blvd., #909, Silver Spring, MD 20906). For questions, contact Siller at (abs929@yahoo.com) or (301-460-7859).

Upcoming Events

Monday, Oct. 2 – Vendor Sale at Bedford Court. Start holiday shopping with jewelry, accessories, and gifts for all ages. Nearly all items are priced at \$6 each.

Wednesday, Oct. 18 – Fashion Show and Luncheon, Clubhouse I Crystal Ballroom

Nov. 13-18 – Pecan, Fruitcake, and See's Chocolates Sale, Clubhouse I

Monday, Dec. 18 – Vendor Sale in the Clubhouse I Crystal Ballroom. The sale features last minute gifts galore. Shop right near home, and see some of the profits help those in need.

■ Going It Alone Club

July 8: Annual Meeting

by Elizabeth Brooks-Evans

This year's annual meeting is on Saturday, July 8, from 1:30-2:30 p.m. in Clubhouse II.

Members will elect and install officers for the positions of president, vice president, treasurer and secretary. Refreshments are served.

Patricia Connelly, nominating committee chairperson, is looking forward to hearing from members willing to fill these positions for a one-year term.

Duties are simple but imperative to ensure the Club's smooth operation. Positions and their duties are:

- President – conducts brief, monthly meetings of the board
- Vice President – fills in for the president when necessary
- Treasurer – deposits checks into the bank and reports balances to the board
- Secretary – takes minutes of the brief monthly board meetings

New board members receive careful and gracious guidance in achieving their tasks from outgoing officers. Here's an opportunity for anyone who's been thinking of becoming a little more involved. Those interested should contact Patricia Connelly at (301-598-9369).

Armchair Travel

Every Saturday at 2 p.m., Club members are invited to enjoy free armchair travel videos in a friendly, relaxing atmosphere.

In the coming weeks, the Club will tour the highlights and majesty of Barcelona and Madrid, Spain.

If you've actually been to the places in the videos, it can spark memories of the joy and delight it brought; and if you haven't gotten there yet, it can be second best to

taking the real trip with Rick Steves, expert travel guide.

Games

Club members also play games of poker and bridge. Other games include free bingo, which is held on the second and fourth Saturdays of each month, and Pokeno, which is played on non-Bingo Saturdays. Rubik's cube and poker are played every Saturday.

Trips

Information on trips to Sight and Sound Theatre in Pennsylvania, and Harris Crab House on Maryland's Eastern Shore can be found in the Club Trips section of this publication.

Other upcoming trips are planned for Sunday, Nov. 5, to Toby's Dinner Theatre in Columbia to see "Dream Girls," and for Tuesday, Dec. 5, to Dutch's Daughter restaurant in Frederick, followed by a visit to Berrywine Plantation in Mt. Airy.

Sign-Ups

Sign-up for trips takes place during Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II, when a representative of the program committee is available to answer questions and receive payments.

For questions about trips, call Joe Parker at (301-598-3457) or Sylvia Pachenger at (301-598-5325).

Membership

Anyone wishing to sign up for membership can do so during SAL from 1:30-3 p.m. Now is the time to renew membership for 2017 through 2018.

The fee is a nominal \$7 per year and the income from dues is used to pay club expenses and enhance activities.

For more information about membership, feel free to contact Marion Callaghan, president, at (301-598-6779).

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■ Baby Boomer Club

Boomers Await Summer Movie Announcement

by Beth Leanza

The Baby Boomer Club is entirely social – a group of people looking to get together for a fun time.

Food seems to play a big part, and we always have a snack or a meal. Potluck dinners during the winter months and picnics during the summer are our biggest attraction. We watch movies in the Clubhouse II auditorium and at a Rockville theater after having dinner together.

Emails

Did you join, and you are not getting the emails? Contact Beth Leanza at (301-598-4569) if you are not receiving Club emails.

Movies

Watch your email for the May and June dinner and movie announcement and for the next movie screened in Leisure World.

Mah Jongg

If you already know how to play Mah Jongg, you can join the group on Tuesday or Wednesday nights at 7 p.m. in Clubhouse II. For information, contact Donna Copeland at (dc@grandmathegeek.com).

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.

May 26 – Northwest Branch Trail (Wheaton). Meet at the Brookside Gardens Nature Center at 10:15 a.m. Bring water and a lunch. Go through the Connecticut Gate and take Connecticut Avenue to Bel Pre Road. Turn left on Bel Pre Road. Turn right on Layhill Road and continue for two miles. Turn left on Glenallan Road. The Nature Center will be on the right in one mile.

June 2 – Crescent Trail (Bethesda). Meet at the Bethesda Swimming Pool

parking lot at 10:15 p.m. Bring water and a lunch. Go South on Connecticut Avenue to Bradley Lane. Turn right onto Bradley Lane. Take the first left onto Wisconsin Avenue. Go .07 miles. Turn right onto Little Falls Parkway. Go .04 miles. The parking lot is on the right.

Sunday Morning Walks

If you would like to walk the entire Leisure World Boulevard loop, you can join a group of Baby Boomers on Sundays at 8:30 am. They meet at Kelmscott Dr. and Arden Ct. Sometimes, they go out to breakfast afterwards.

Weeknight Walks

For a shorter walk, and in the early evening, meet up with Boomers Monday through Friday at 7:15 p.m. in Clubhouse I lobby. No one makes an announcement, so don't be shy – ask around for the other Boomers. They walk the Broadwalk in Montgomery Mutual. Visit the E&R office for a map of the walk and a couple of other short walks in Leisure World.

Volkssport Walks

For information on other walks in the area, check out our website calendar. You can find information for walks organized by the American Volkssport Association, which is posted by one of our members.

Membership Information

Club dues are \$5 per person. Send checks, payable to Baby Boomer Club, to membership chair Susan Landesberg, and call her at (301-613-9031) for more information.

After you join, we enter your contact information into our email group distribution list so you can keep up with Club activities. If you do not have email you could miss a lot of updates and reminders. You are welcome to join, but encouraged to connect with another member who does receive the emails.

■ Writers of Leisure World

Memories of Times Long Ago

by Carlos Montorfano

Grace Cooper began the fun with a poem, “The Day After Tomorrow” about words recorded and preserved throughout history using cave walls, earthen jars, scrolls, papers, pencils, notes, quill and ink pens.

Gladys Blank told us of recently purchasing a small, framed piece of artwork with a signature that caught her attention.

Was it a long-lost Picasso, or a cheap copy? She bought it and, after consulting an expert, found out it was not an original. But after reframing it, she loves looking at it day after day.

Woody Shields read another chapter of his future book on deer. The social organizations between deer and humans share several common characteristics, such as competition for dominance, companionship and cooperative survival skills. Females form family groups and males form bachelor groups.

Rhada Pillai read “The Preparation,” in which she

recounts preparing to host a friend at her house during a quasi-blizzard.

Verna Denny read “Carnations on Mother’s Day,” a touching recollection of past Mother’s Days looking for red carnations.

York Van Nixon III read a sestina, “Writer’s Block,” an interesting if complicated piece that required his assistance to follow the rhyme and meaning.

Bobbie Troy read a couple of lovely poems – “Facing Self Doubt” and “Circles and Hands,” published in an anthology, “Words Across Time” by Windmore Writers and Artists of Virginia.

Danuta Montorfano read “Enjoy What’s Left...or So Little Time!” saying “Embrace the time as it races by, and pray/ that your prayers may be answered.”

Carlos Montorfano read “Disorderly Conduct” about a young man accused of a crime.

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

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Leisure World News

Conquer the Mac Dock: Part 1

by Brent Malcolm

The Dock has been around since the earliest days of Mac OS X and is easy to take for granted. It shows a series of icons representing open or closed applications and has shortcuts to access various folders and documents.

There are two important sections: (1) Apps and (2) the area that contains documents, folders and the Trash. The goal is to make the Dock useful but prevent it from invading a lot of screen space.

I'll describe the settings I use and the reasons why, but I encourage you to experiment with the settings to suit yourself. Open System Preferences (Apple Menu) and select the Dock. The Size slider adjusts the size of the icons. If you select the Magnification check box, the Magnification slider adjusts the icons size as you move the cursor close to them.

I make my icon size at about 25 percent and the magnification

at about 75 percent so that the icons are easily identified as the cursor passes by them. Look lower down in Dock Preferences to the list and check "Automatically hide and show the Dock."

Now the Dock vanishes and causes no interference with the screen at all, but pops into view when you move your cursor to the bottom of the screen.

The last adjustment is the Position of the Dock. The default is to place the Dock at the bottom, but I think that position is inefficient and uses too much screen space, especially on a small laptop screen. There is usually more blank space on the right side. In that case, the Dock will appear when you move the cursor to the right edge of the screen.

Other Dock Preferences

(1) "Minimize windows using" popup menu gives you

the choice of Genie effect or Scale effect. Try them both and see which you prefer. (2) Since OS X Sierra added tabs to the Finder and most applications, the "Prefer Tabs" preference governs when that capability will apply. The Manual option turns the effect off unless you opt for it in specific applications by holding the Option key.

(3) "Animate opening applications" merely controls whether the dock icon "bounces" when its application is launched. (4) "Show indicators for open applications" turns on/off the small dot by each icon showing the application is open.

Club News

This month we welcome back Jimmy Obomsawin, also known as JimmyMac. Obomsawin is a Certified Apple Support

Professional who provides home and small business support for Apple products.

He will talk about all the little-known clever things you can do with your iPhone. If you have an iPhone, you should attend this session. Join us on Tuesday, May 23, at 10 a.m. in Clubhouse II for this exciting presentation.

Visit our website at (<http://mac.computerctr.org>).

Today's Tip – Restore the Three-Finger Drag

Do you remember being able to do three-finger drag after selecting it in System Preferences > Trackpad? Well, you can restore that function, but surprisingly, it's no longer in the Trackpad preferences.

Instead, select System Preferences > Accessibility. Scroll down to Mouse & Trackpad and click the Trackpad Options button. Then, click the Enable dragging check box and select "three finger" drag.



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Leisure World Club Trips

The next deadline for trip submissions is **Monday, May 22**. 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.

**July
16**

NEW – Second City Comedy Troupe

Join **NA'AMAT** on a trip to see The Second City's "Almost Accurate Guide to America: Divided We Stand," history as written by this foremost improvisational comedy troupe.

The cost is \$115 per person, which includes your ticket, transportation to the show at the Kennedy Center for the Performing Arts in Washington, D.C., gratuities, and dinner at Mamma Lucia's in Olney following the show.

Reservations must be received prior to Wednesday, May 31. For further information, call JoAnn at (301-438-0737).

cole slaw and potato salad, plus pies, beverages and draft beer.

Following the crab feast at Harris, we will go to the Amish Market for your shopping delight.

The cost is \$72 for members, \$79 for non-members, and includes tax, dining, tour bus, and driver gratuities.

The bus departs from Clubhouse II at 10:30 a.m. and returns at approximately 5:30 p.m.

Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

**July
18**

"Jonah" at Sight and Sound Theatre

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

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

The bus departs from Clubhouse II at 10 a.m. and returns at approximately 8 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

**Nov.
6-8**

NEW – Gaming and Sightseeing in Atlantic City

Join the **Jewish Residents of Leisure World** in a two-night, three-day trip (Monday-Wednesday) to Atlantic City. For only \$169 per person for double occupancy (\$80 more for single occupancy), you get transportation in a modern bus, two nights lodging in the Casino Hotel, a dinner, two hot breakfasts and a \$20 casino bonus.

On your own in this tourist location, you can take in a show and enjoy the famous Boardwalk.

Reservations and full payment are required by Friday, Sept. 15. Contact Sue Sandler at (240-242-3742) for more information and to make a reservation.

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.

**Sept.
14**

NEW – Harris Crab House and Amish Market

Join the **Going It Alone Club** on a trip to Harris Crab House on Maryland's Eastern Shore for all you can eat steamed crabs, steamed shrimp, barbeque chicken, crab soup, corn-on-the-cob,

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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).

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

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

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

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 Jose Soto, club president, at (240-765-7640) or Carlota "Loty" Goldenberg at (301-598-6869).

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

Knitting and Crocheting: Do you like to knit or crochet? Every Sunday, 2-5 p.m., eight or so crafters meet at a LW resident's home (off of Chiswick Court). Beginners to very seasoned are welcome. Snacks/finger foods, soda, coffee and tea are

served. If interested, please email a bit about yourself (include a phone number where you can be reached) to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775).

Knitting Corner: Join us the second and fourth Fridays of each month at Inter-Faith Chapel from 10 a.m. to noon. Our next meeting is May 26. Bring your knitting and enjoy the conversations. We have patterns and yarn for your project. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

PBS/British TV: Enjoy watching Masterpiece Theater, British mysteries and historic dramas like "Poldark" and "Outlander"? Join like-minded folks at a LW resident's home (off of Chiswick Court) to watch together. Potluck appetizers, wine, soda, coffee and tea are served. If interested, please email a bit about yourself (include a phone number where you can be reached) to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775).

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 May 25.

Serious (Book) Readers Wanted: Serious readers who relish inspired, award-winning fiction meet at the home of a LW resident (off of Chiswick Court) the second Sunday of the month from 5:30-7:30 p.m. for a potluck dinner and an hour-long discussion. (2017 reading list is available.) If interested, please email a bit about yourself (include a phone number where you can be reached) to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775).

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 Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

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

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

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SPORTS, GAMES & Scoreboards

■ Tennis Club

Pizza Party and Annual Picnic Planning in the Works

by Alfonso Holston

The next Tennis Club meeting is Thursday, June 8, at 7 p.m. in Clubhouse II. The Club is planning a pizza party for Wednesday, June 21, an annual picnic in August and the club's annual dinner for Sunday, Oct. 1.

Nine club members met on May 7, at the tennis courts and participated in tennis drills. Participants worked on their forehands and backhands by hitting balls to each other.

On May 4, the Tennis Club held its monthly meeting and welcomed three new members. Round robin play on Tuesdays

is now 10-11:30 a.m. Friday's round robin play is still 9-10:30 a.m.

At the May 3 Tennis Advisory Committee meeting, the board of directors approved a motion to change the committee's name to the Tennis and Pickleball Advisory Committee (TPAC). The next meeting is on Wednesday, June 7, at 1:30 p.m. in the Administration Building.

The first week of each month is a busy time for the tennis community. Advisory Committee meetings are held on the first Wednesday of each month, and Tennis Club meetings are held on the first Thursday of each month.

■ Golf Club

Golf Scores Roundup

Compiled by Rita Molyneaux

April 27, 2017

18-Hole Ladies 9

ABCD Scramble

First – Eun Ae Moon, Young Sook Lee, Judy Moffson, Martha Witebsky, 79
Second – Mary Ko, Adrienne Tobin, Ursula Costa, 80

May 3, 2017

MISGA At Glade Valley

First – Hank Weiss, 119
Second – Doug Cornish, 126
Fourth – Mark Parker, 129

May 2, 2017

9-Hole Ladies

Two Lady Odd and Even

Tournament

First – Alice Parker, Christine Petersen, 51
Second (Tie)– Ruth Cougnet, Linda Andrews, 53
Second (Tie) – Lois Falck, Nedra Duffy, 53

Fourth (Tie) – Ursula Costa, Patti Howlin, 54
Fourth (Tie) – Kay Heier, Mary Lee Amato, 54

May 4, 2017

18 Hole Ladies

Two-Lady Tournament

First – Susan Kim, Mary Ko, 95
Second – Kazue Waller, Connie Park, 102
Third (Tie) – Ursula Costa, K.C. Choi, 106
Third (Tie) – Pam Mulcahy, Adrienne Tobin, 106



■ 10-Pin Bowling League

C.A.S.H. Takes Overall First Place for Season

by Rita Mastrorocco

The League wishes to thank all the bowlers who made the 2016-2017 winter bowling season a great success.

The league is based on handicaps with averages for the bowlers ranging from 83 to 185. If you have not bowled in years, come out and join the fun.

The final winter League standings as of May 5 are:

1. C.A.S.H.
2. Wild Things
3. Huggers
4. Hooks 'N' Curves
5. Half and Half
6. Pterosaurs
7. Lightnin Strikes
8. Sliders
9. Optimist
10. Winners
11. Guttersnipes
12. Pin Busters

13. Just One More
14. Late Comers
15. Fighting Irish

Top scores for the week of April 28 are:

Scratch Game – Winners, 713 pins
Scratch Series – Winners, 1872 pins
Handicap Game – Winners, 996 pins
Handicap Series – Winners, 2721 pins
High Average Men – Steve Mueller, 184 pins
Scratch Game Men – Steve Klopfer, 253 pins
Scratch Series Men – George Izumi, 632 pins
Handicap Game Men – George Spangler, 287 pins
Handicap Series Men – George Izumi, 755 pins
High Average Women – Chris Porter, 172 pins
Scratch Game Women – Chris Porter, 231 pins

Scratch Series Women – Chris Porter, 570 pins
Handicap Game Women – Chris Porter, 275 pins
Handicap Series Women – Kazue Waller, 709 pins

Top scores for the week of May 5 are:

Scratch Game – Sliders, 673 pins
Scratch Series – Hooks 'N' Curves, 1582 pins
Handicap Game – Just One More, 971 pins
Handicap Series – Guttersnipes, 2709 pins
High Average Men – Steve Mueller, 185 pins
Scratch Game Men – Bill Garrett, 241 pins
Scratch Series Men – Steve Mueller, 620 pins
Handicap Game Men – Bill Garrett, 315 pins
Handicap Series Men – Bill Garrett, 801 pins
High Average Women –

Chris Porter, 173 pins
Scratch Game Women – Chris Porter, 217 pins
Scratch Series Women – Chris Porter, 616 pins
Handicap Game Women – Eileen Fishman, 262 pins
Handicap Series Women – Chris Porter, 745 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 summer league bowls every Friday morning with practice starting at 9:50 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 you are interested, please call Rita at (301-814-9196).

■ Tuesday & Friday Duplicate Bridge

Compiled by Jerry Miller

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

Tuesday, April 25, 2017

North-South

Flight A

1. Arthur Podolsky – Mel Schloss
2. Betti Goodman – Thomas Leahy
3. Rosmarie Sutor – Doris Perschau
4. Marlys Moholt – Aaron Navarro
5. Diane Keiper – Nadyne Cheary

Flight B

1. Betti Goodman – Thomas Leahy
2. Jim Anschutz – Robert Kerr

East-West

1. Jerry Miller – Gerald Lerner
2. Barry Tash – Howard Tash
3. Stephan Billstein – Saul Penn
4. Shirley Light – Allen Lord

Flight B

1. Rae Newman – John Ryan

Friday, April 28, 2017

North-South

1. Roz Dixon – Victor Stewart
2. Diane Keiper – Nadyne Cheary
3. Bob Kerr – Mel Schloss
4. Betty Hollrah – Marcia Fletcher

East-West

1. Sue Swift – Susan Weiss
2. Lori Hegel – Marlys Moholt
3. Jim Cowie – Steve Billstein
4. Bernice Felix – Shirley Light
5. Aaron Navarro – Pat Haggerty

Tuesday, May 2, 2017

North-South

Flight A

- Marilyn Udell – Maida Crocicchia
Diane Keiper – Nadyne Cheary
Mel Schloss – Arthur Podolsky
Ephraim Salins – Lewis Gold
Lillian Taylor – Leonard Taylor

Flight B

2. Angela Riani – Betti Goodman

East-West

Flight A

1. Aaron Navarro – Gerald Lerner
2. Jerry Miller – Marlys Moholt
- 3 (tie) Dora Levin – Merrill Stern
- 3 (tie) Barry Tash – Howard Tash
5. Joe Boland – Howard Brewer

Flight B

1. Dora Levin – Merrill Stern
2. Michael Benefiel – Kim Sugimura

Friday, May 5, 2017

North-South

1. Roz Dixon – Victor Stewart
2. Diane Keiper – Nadyne Cheary
3. Angie Riani – Mildred Lieder
4. Betty Hollrah – Marcia Fletcher

East-West

1. Lori Hegel – Sue Swift
2. Saul Penn – Mel Schloss
3. Shirley Light – Norman Salenger
4. Steve Billstein – Jim Cowie

■ Wednesday Night Chicago Bridge

Compiled by Doug Brasse

April 26, 2017

1. (tie) Dottie Hurley, Dottie Donnelly
3. Betty Hollrah, Joe Vincenzi
- (tie) Anna Pappas, Bob Bridgeman
4. Ann Boland, Joe Boland

May 3, 2017

1. Betti Goodman, Helen Montanero
3. Ann Boland, Joe Boland
2. Bruce McKay, Jack Looney
4. Joan Joyce, Le Loy Cottrel

■ Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

April 27, 2017

1. Bernice Star, 4,340
3. Elaine Doses, 3,450
2. Somaya Haddad, 3,740

May 4, 2017

1. Bernice Star, 3,210
3. Pat Patton, 2,590
2. Betti Goodman, 3,110

■ Friday Bridge

Compiled by Betti Goodman

April 21, 2017

1. Helene Kurtzman, 2,410
3. Shirley Griffin, 1,950
2. Shirley Rosenhaft, 2,030
4. Marc Levin, 1,910

April 28, 2017

1. Betti Goodman, 3,440
3. Leonard Bosin, 2,950
2. Morton Faber, 2,960
4. Joyce Fischer, 2,790



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Some Exercises to Up Your Chess Game

by Bernard Ascher

In preparing for tournaments, some avid chess players engage in vigorous physical workouts to relieve tension and clear their minds for the competition. Since many of you may not have visited the gym for a while, here are some chess exercises that can be done safely at home.

- Sit at a table. Place your left elbow on the table. Make a fist with that hand. Place your cheek on the fist. Sit this way for 45 minutes. If anyone walks in, they will wonder what you are doing. Ignore them.
- A variation is to place both elbows on the table. Cup your hands. Place your chin in the cup. Maintain this position for 45 minutes. This variation saves you from having to make a fist.
- Another way you can prepare for chess is to lie on the floor somewhere. Roll over on your right side. Move your

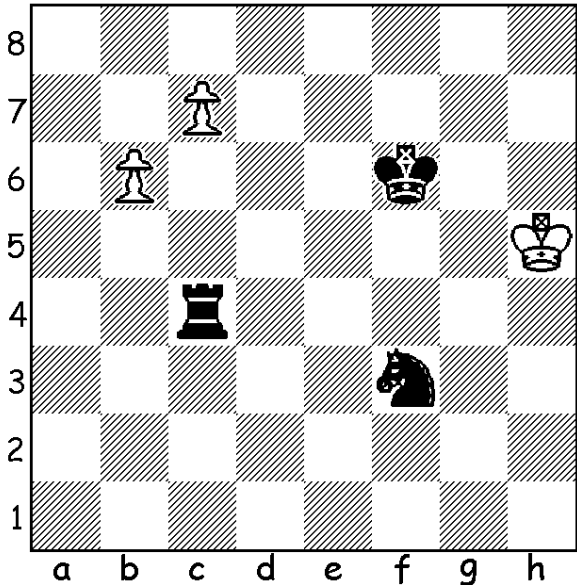
knees toward your chest in a fetal position. Relax until you fall asleep. Repeat nightly. For variety, you can roll onto your left side at times.

Patience is a virtue, especially when it takes a long time to complete a chess game. The longest game on record in terms of moves, took place in 1989 in Belgrade, Serbia. Ivan Nikolic played Goran Arsovic for 20 hours and 15 minutes, making 269 moves. The game ended in a draw.

The longest game in terms of time took place in Israel in 1980. Yadael Stepak beat Yaakov Mashina in 24 hours and 30 minutes, after 193 moves.

Waiting for your opponent to make a move can be exasperating, but it need not be. You can put the time to good use and sharpen your physical and mental capacity by performing exercises while waiting for the next move. Here are a few examples.

While your adversary is focusing on the chessboard, quietly get out of your



chair and walk behind it. Raise one leg off the ground and to the side. Hold this position for 10 seconds and repeat the exercise with your other leg. This is a good warm-up.

Then place your hands on the back of the chair. Lift both feet off the ground and do a handstand. Visualize a scene in which you are doing this on the parallel bars in Olympic competition. Hold it as long as you can, then return to the ground and sit down quietly. By this time, your opponent may have made a move.

Another suggestion is to change positions on the chair. Instead of sitting on it, stand on it. Fold your arms across your chest, crouch down and kick your feet one at a time, as if you were doing a Russian “Kazatsky” dance.

As you perform this exercise, think of the fast music that would accompany this Cossack dance at a wedding. Continue the exercise until the music stops. (Caution: Do not try this at home.) Then sit down casually and resume playing.

Granted, these are difficult exercises, but if you can accomplish them, they are guaranteed to unnerve your opponent.

Exercises rarely happen during chess club. If you wander into the clubhouse and see these exercises being performed, you are in the wrong place. You are in the fitness center, not the lobby.

In the game shown on this page, White is threatening to promote the Pawn at c7 to a Queen. It is Black’s turn to move. What is Black’s best move?

Remember that the Chess Club meets on Monday, Wednesday, and Friday from 1-4 p.m. in Clubhouse II. Membership is free. For further information, call Bernie Ascher at (301-598-8577).

ANSWER: Black should move the Rook from c4 to h4. Checkmate!

So, do not wait for the perfect exercise to prepare for chess. Do not wait for your opponent to move quickly. Do not wait for a Cossack dance. Play chess now!

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Sports, Games & Scoreboards In Brief

Bridge:

• **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Have fun. Win masterpoints. Questions? Call Nadyne 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.

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

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

Poker:

• A few poker game openings are available at the Greens, Thursdays 7-10 p.m. No prior experience necessary. If interested, call 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.

• **Poker players wanted** for all variations of poker, with or without wild cards. Come by Clubhouse II Tuesdays and Thurs-

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

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

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

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

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

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

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



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DAY TRIPS

***NEW* MGM Grand Casino**

Mon., 6/5, 9:05 am-3:00 pm\$35.00 per person
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9/11 Memorial & Museum

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

Ladew Gardens

Mon., 6/12, 8:30 am-5:30 pm\$93.00 per person
Did you know Architectural Digest named Ladew Gardens one of the "10 incredible topiary gardens around the world?" Guided house tour, self-guided garden tour, lunch and access to the Butterfly House included.

Marvelous Monticello & Michie Tavern

Friday, 6/23, 8:15 am-8:30 pm.....\$109.00 per person
Immerse yourself in an 18th century experience at the home of Thomas Jefferson - Monticello. Tour and a colonial lunch at the historic Michie Tavern est. ca 1784. Guided tour of the home and gardens of this magnificent estate.

National Museum of Women in the Arts

Wed., 7/12, 8:55 am-2:35 pm.....\$50.00 per person
Visit the only museum in the world dedicated exclusively to the exhibition, preservation, and acquisition of works by women artists. Docent led tour included and lunch on own at Mezzanine Café.

Hollywood Casino

Thu., 7/20, 10:00 am-5:30 pm\$38.00 per person
Try your luck in Charleston West Virginia! \$15 slot play offer from Casino.

Faith & Food

Tues., 7/25, 7:15 am-8:00 pm \$118.00 per person
Travel around Cumberland and enjoy rich colonial and religious history and delicious food from the ethnic roots of the churches visited.

Rail, Sea & Safari

Wed., 7/26, 7:15 am-7:15 pm.....\$129.00 per person
You will take a train ride, go on a paddleboat & end the day with a safari. Lunch included and will be served at a Victorian Mansion.

***NEW* Annapolis Time & Tide Trio Cruise**

Thu., 7/27, 8:45 am-4:30 pm\$105.00 per person
Enjoy a leisurely three-hour cruise as a speaker delivers a presentation on the waters of the Chesapeake Bay. Listen to local legends and lore, tales of smuggling, rum running, piracy and the legend of Chessie the Chesapeake Sea Monster. Also a short History of Kent Island with information on its original, native inhabitants. Boxed lunch included.

"Peter Pan" at the Dutch Apple Theatre

Wed., 8/2, 9:15 am- 6:15 pm.....\$110.00 per person
Buffet Lunch and show included in trip.

Baltimore Museum of Industry

Fri., 8/4, 9:00 am-3:00 pm\$88.00 per person
Relive the Industrial Revolution at the Baltimore Museum of Industry. Lunch at the Rusty Scupper also included in this trip.

Ellis Island

Sat., 8/5, 7:15 am-11:00 pm\$113.00 per person
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Mansions Along the Delaware

Fri., 8/11, 6:15 am-8:45 pm\$129.00 per person
Embark on an elegant bus tour with step on guide who will accompany you on your journey as you tour three centuries of gracious living! Lunch included.

"Time" for Ice Cream

Sat., 8/12, 7:15 am-7:30 pm\$109.00 per person
Visit a Clock & Watch Museum. Step on guide for local touring. Lunch at Bully's Pub. Finish the day creating your own flavor of ice cream at Turkey Hill.

Gadsby's Tavern Old Town Alexandria

Tue., 8/15, 8:30 am-4:45 pm.....\$92.00 per person
Since 1770 Gadsby's has been a Landmark. Guided tour of the museum and lunch in the Tavern with time to explore Old Town.

"Vegas Legends!" at the American Music Theatre

Sat., 8/19, 10 am-8 pm.....\$119.00 per person
This family-friendly show highlights the best of Vegas variety and why it is the "entertainment Capital of the World." Lunch at Shady Maple Restaurant is included.

The Beach Boys at Wolf Trap

Sun., 8/20, 1:15 pm-6:30 pm\$105.00 per person
Rock and Roll Hall-of-Famers, The Beach Boys, have entertained throughout whole generations. Come see them at Wolf Trap to feel those "Good Vibrations" and have some "Fun, Fun, Fun."

Crab Feast on the Choptank River Queen

Thu., 8/24, 8:45 am--7:15 pm\$109.00 per person
Enjoy an all-you-care-to-eat crab feast while cruising on the Choptank River aboard an authentic paddle wheel boat. On your 3-hour cruise enjoy steamed crabs, Maryland crab soup, fried chicken, clam strips, corn on the cob, coleslaw and dessert.

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Oct. 10-13 (motorcoach)

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Oct. 13-17 (motorcoach)

Wright Experience

Oct. 24-26 (motorcoach)

Williamsburg "Grand Illumination"

Dec. 2-4 (motorcoach)

Greenbrier

Dec. 3-5 (motorcoach)

Biltmore Estate & Asheville

Dec.11-14 (motorcoach)

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

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15100 INTERLACHEN DR #407	\$249,000	THE GREENS	Hi-Rise 9+ Floors	3	2.5	\$247,000	\$0
15101 INTERLACHEN DR #1-610	\$198,000	THE GREENS	Hi-Rise 9+ Floors	2	2	\$196,500	\$0
15107 INTERLACHEN DR #2-715	\$154,000	THE GREENS	Hi-Rise 9+ Floors	2	2	\$151,000	\$3,000
2904 LEISURE WORLD BLVD #403	\$375,000	TURNBERRY COURTS	Mid-Rise 5-8 Floors	2	2	\$365,000	\$0
3210 LEISURE WORLD BLVD N #1014	\$229,000	VANTAGE POINT WEST	Hi-Rise 9+ Floors	2	2	\$223,000	\$0



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CLASSES & Seminars

Sign-up will be taken for newly advertised classes beginning on the Tuesday after the date of the edition of Leisure World News in which it appears. All sign ups begin at 8:30 a.m. in either Clubhouse I or Clubhouse II as noted in the class description. Residents can register for themselves and two other residents. **Please bring your Leisure World ID.**

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

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

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

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

EDUCATION

NEW – Working with Facebook: In this one-day seminar, participants learn how to:

Set up an account; post items; control who can see posts; block unwanted users; upload pictures and movies; message individuals; set up preferences; delete offensive posts; join groups; accept friend requests; manage Facebook security settings; report abuse; delete or edit posts and change their profile picture. The instructor is John Lodsins.

Class meets Thursday, June 15, 1-2:15 p.m. **Fee: \$15. Register at Clubhouse II.**

Go Beyond Simple Snapshots - Shooting with Most Digital Photo Devices: The Rossmoor Camera Club and the Center for Lifelong Learning present a new summer series of basic photography classes. They are designed to address residents' questions on how to take photographs using almost every type of device imaginable, including smartphones (no flip phones), tablets, and any type or brand of digital camera.

The eight classes are held inside and outside of Clubhouse I. Participants may choose to attend any or all of the classes. Each class is self-contained. Bring your questions, device and its manual, along with a notebook and pen to each class. Please note that the first session

is for smartphones and tablets only.

Each class is led by a different instructor and is divided into two one-hour parts with breaks. The first hour includes in-class presentation on photographic considerations for the topic, and hands-on assistance to set-up your device. The second hour provides a period outside of the classroom to photograph the class topic.

Each student must be able walk short distances, and/or easily enter and exit a car. Be prepared for the weather and traveling within LW to take photos. Class is held rain or shine. If required, car-pooling and other assistance will be provided.

For more information or questions about these classes, contact the coordinator of the Rossmoor Camera Club's special educational program, Louis Paley, at (301-598-2493).

Class meets Wednesday, June 7-Aug. 2 (no class July 5), 10 a.m.-noon. **Fee: \$15. Register at Clubhouse I.**

HEALTH AND NUTRITION

NEW – Food for Life: The Power of Food for Cancer Prevention and Survival: Sponsored by the Vegetarian Society of Leisure World, this series of classes is designed to help people prevent and survive

cancer through proper diet and nutrition. People who have cancer, or concerns about developing cancer, will benefit from this series.

You will learn about the right food choices that can help reduce the risk of developing cancer as well as overcome the disease after it has been diagnosed. A variety of cancer-related nutrition topics are covered and you will be introduced to meals loaded with antioxidants and phytochemicals, high-fiber and low-fat foods, and healthy dairy alternatives. The series also provides information on planning meals and maintaining a healthy weight. Participants will taste healthful dishes in a supportive group setting, and go home with numerous recipes.

Instructor Brian Bergman has a certificate in plant-based nutrition from Cornell University and is a certified Food for Life Instructor, associated with Dr. Neal Barnard's group, PCRM. For more information, contact Brian at (301-540-0404) or (brian@helpingofhealthydc.com). Class meets Thursdays, July 6-Aug. 3, 11 a.m.-1 p.m. **Fee (includes lunch): \$95 per person. Register at Clubhouse I.**

EXERCISE

NEW – Ba Duan: This is the world's oldest exercise for seniors and those who need to restore a normal, optimum state of health. Participants will learn to combine joint movement and breathing to improve balance and to augment core strength.

Limited enrollment. Class meets Mondays, June 12-Aug. 14, 4 p.m. **Fee: \$15. Register at Clubhouse II.**

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 exer-

cises included. Relaxing and fun! Mindfulness training introduced and basic holistic lifestyle habits discussed.

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Wednesdays, June 14-Aug. 9 (no class July 5), 2-3 p.m. **Fee: \$100. Register at Clubhouse II.**

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

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

Class meets Thursdays, May 25-June 29, 6 p.m. **Fee: \$45. Register at Clubhouse II.**

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

Class meets Tuesdays, May 30-July 11 (no class July 4), 6:15-7 p.m. **Fee: \$39. Register at Clubhouse II.**

Senior Sneakers: Get up and go with a safe, heart-healthy cardio workout that is gentle on the joints. The workout includes easy-to-follow low-impact moves and upper-body strength training. Have fun and move to

the music through a variety of exercises designed to increase your cardio fitness level, strength, range of movement, and activities for daily living. Bring your hand-held weights and work at your own pace.

Class meets Mondays (with Shirley), June 5-July 10, and Thursdays (with Sue) June 8-July 13, 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, June 6-July 18 (no class July 4), and Wednesdays, June 7-July 12, 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.**

Gentle Yoga – Evening Class Offered: End your day the yoga way. Research has shown that yoga practice can

improve digestion and enhance your ability to have a good night's sleep. 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, led by Marilyn Dixon, 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 Thursdays, June 1-July 6, 6-7 p.m. **Fee: \$48. Register at Clubhouse I.**

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 Mondays, May 22-June 26, 10:30 a.m. or Fridays, May 19-June 23, 1 p.m. **Fee: \$40 for one day; \$75 for two days. Register at Clubhouse II.**

WATER EXERCISE

Water Exercise with Nancy: Time to start the day off right by enrolling in a water exercise class. Participants will gain strength, stamina, and tone from this cardio class. (Dumbbells are used, although they are not required, and are available for purchase from the instructor.)

Class meets Tuesdays, June 6-July 18 (no class July 4), and Thursdays, June 8-July 13, 11 a.m.-12 noon. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

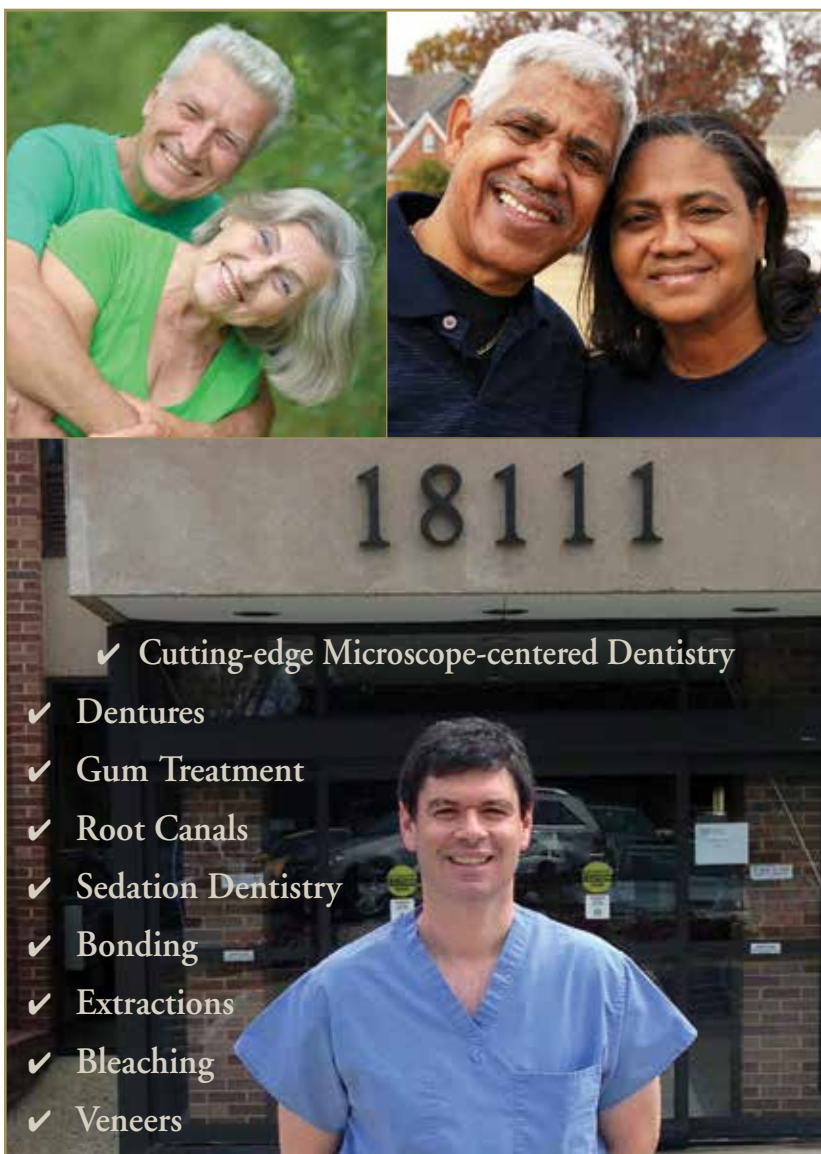
Non-impact Fusion with Beth: This class is held in the round leisure pool (warm

water). Dance, yoga poses, and cardio movements are all fused together to give students an awesome, fun class. Participants will improve their posture, balance, flexibility, and muscle strength.

Class meets Tuesdays, June 6-July 18 (no class July 4), and Thursdays, June 8-July 13, 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 will be done in the lap pool for 30 minutes, focusing on cardio and strength. The class will then move to the social warm water pool and finish up with yoga stretches that will focus on balance and posture.

Class meets Wednesdays, June 7-July 12, 1-2 p.m. **Fee: \$36, 1 day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.**



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CALENDAR *of Events*

Friday, May 19

Clubhouse I

10:00 a.m. Basic Drawing Class
10:00 a.m. Book Club Network
12:15 p.m. Kiwanis Club
1:30 p.m. Watercolors Any Level Class
2:00 p.m. Book Club Network
4:00 p.m. Hispanos de LW: General Meeting
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
11:30 a.m. Book Club Network Potluck
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
3:00 p.m. Tai Chi for Essential Tremor Class
7:30 p.m. Fun & Fancy Production: “A Funny Thing Happened on the Way to the Forum”

Saturday, May 20

Clubhouse I

9:00 a.m. League of Women Voters Meeting & Lunch
10:00 a.m. Open Art Studio
Clubhouse II
9:15 a.m. JRLW Religious Service
12:00 p.m. LGBT Alliance
2:00 p.m. Going It Alone Club: Travel Video
7:30 p.m. Fun & Fancy Production: “A Funny Thing Happened on the Way to the Forum”

Sunday, May 21

Clubhouse I

10:00 a.m. JRLW Brunch
2:00 p.m. Italian Club Meeting
3:00 p.m. Piano & Vocal Recital
Clubhouse II
2:00 p.m. Fun & Fancy Production: “A Funny Thing Happened on the Way to the Forum”
3:00 p.m. Tai Chi for Essential Tremor Class

Monday, May 22

Clubhouse I

9:30 a.m. Stretch & Tone Class
10:30 a.m. Beginners Stretch & Tone Class
1:30 p.m. LW Chorale
1:30 p.m. Book Club Network
7:00 p.m. Bingo
Clubhouse II
9:00 a.m. Senior Sneakers Class
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
2:00 p.m. Line Dance Class
2:00 p.m. Chair Yoga Class
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Class

Tuesday, May 23

Clubhouse I

2:00 p.m. Book Club Network
5:00 p.m. Hispanos de LW: Friendship Social
5:00 p.m. Lawn Bowls Club
7:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge
Clubhouse II
9:30 a.m. Beginner/Advanced Tai Chi Class
10:00 a.m. LW Apple Club
11:00 a.m. Water Exercise Class

11:00 a.m. Mild Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-impact Fusion Water Class
1:30 p.m. Comedy & Humor Club
6:15 p.m. Move to the Beat Class
7:00 p.m. Camera Club: Open House

Wednesday, May 24

Clubhouse I

10:00 a.m. Supervised Bridge Class
1:00 p.m. Diabetes Prevention Class
2:00 p.m. LW Green
5:45 p.m. Lawn Bowls Club
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
2:00 p.m. Chair Yoga Class
7:30 p.m. Hadassah: Yesodot Dance Troupe

Thursday, May 25

Clubhouse I

9:15 a.m. Stretch & Tone Class
10:30 a.m. Beginner Stretch & Tone Class
12:30 p.m. Ladies Bridge
1:00 p.m. Oils & Acrylics Class
1:00 p.m. Ladies Golf Lunch
1:30 p.m. Any Level Watercolors Class
5:00 p.m. Lawn Bowls Club
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner/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 Class
2:00 p.m. Movie: “Mr. Church”
2:00 p.m. Mind-Body Exercise Club
6:00 p.m. Tap with Gerry Class

Friday, May 26

Clubhouse I

3:00 p.m. Hispanos de LW
6:00 p.m. Piano & Vocal Recital
6:30 p.m. LW Golf Twilight Dinner
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
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
4:00 p.m. LWAAAC Movie: “The Help”

Saturday, May 27

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio
7:30 p.m. LW Ballroom Dance Club
Clubhouse II
9:15 a.m. JRLW Religious Service
2:00 p.m. Going It Alone Club: Travel Video
5:00 p.m. Lions Club: The Chosen Vessels

Sunday, May 28

Clubhouse I

Have a Happy Day
Clubhouse II
10:30 a.m. Jewish Discussion Group
4:00 p.m. Duke Ellington School Piano Ensemble

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

Audit	Golf and Greens
June 2, 9:30 a.m., Sullivan Room	May 19, 9:00 a.m., Clubhouse I
Emergency Preparedness	Insurance
June 1, 9:30 a.m., Clubhouse I	May 22, 2:30 p.m., Sullivan Room
LWCC Board of Directors	
May 23, 9:30 a.m., Clubhouse I The meeting airs on May 29, May 31 and June 2 at 4 p.m. and 7 p.m. on channel 974.	
LWCC Executive Committee	
The May 12 meeting airs on May 19 at 4 p.m. and 7 p.m. on channel 974. June 16, 9:00 a.m., Sullivan Room The meeting airs on June 21, 22 and 23 at 4 p.m. and 7 p.m. on channel 974. <i>Meeting times and locations subject to change.</i>	

Leisure World Mutual Meetings

May 19	Mutual 20A Board
Mutual 5 Annual 2:00 p.m., Clubhouse I	9:30 a.m., Party Room 1 Mutual 26 Board 10:30 a.m., Party Room Mutual 24 Board 1:30 p.m., Community Room
May 22	May 26
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	Mutual 17B Board 10:00 a.m., Party Room
May 23	May 30
Mutual 17A Board 2:00 p.m., Party Room Mutual 25 Board 6:30 p.m., Clubhouse I Mutual 25 Annual 7:00 p.m., Clubhouse I	Mutual 21 Board 2:30 p.m., Community Room 3
May 25	May 31
Mutual 10 Board 9:30 a.m., Sullivan Room	Mutual 20B Board 9:00 a.m., Community Room 3 Mutual 19B Board 1:00 p.m., Sullivan Room
June 1	June 1
	Mutual 27 Board 10:00 a.m., Community Room
<i>Meeting times and locations subject to change.</i>	

Monday, May 29

Clubhouse I

No Scheduled Events

Clubhouse II

No Scheduled Events

Tuesday, May 30

Clubhouse I

1:30 p.m. Steve Friedman: Broadway Musicals that Have Faded Away
5:00 p.m. Lawn Bowls Club
7:00 p.m. Trivia Group
7:00 p.m. Duplicate Bridge

Clubhouse II

9:30 a.m. Beginner/Advanced Tai Chi Class
12:30 p.m. Scrabble Group
1:00 p.m. Gilbert & Sullivan Society
1:30 p.m. Comedy & Humor Club
6:15 p.m. Move to the Beat Class

Wednesday, May 31

Clubhouse I

9:00 a.m. Gentle Yoga Class
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Golf Club: Maryland Interclub

Seniors Golf Association Lunch
5:45 p.m. Lawn Bowls Club
6:45 p.m. Chicago Bridge
Clubhouse II
1:00 p.m. Chess Club
1:00 p.m. Ping Pong Club
2:00 p.m. Chair Yoga Class

Thursday, June 1

Clubhouse I

9:15 a.m. Stretch & Tone Class
9:30 a.m. Beginner/Advanced Tai Chi Class
10:30 a.m. Beginner Stretch & Tone Class
10:30 a.m. Essential Tremor Group
11:00 a.m. Writers Workshop
12:30 p.m. Ladies Bridge
3:00 p.m. Stamp Club Meeting
5:00 p.m. Lawn Bowls Club
6:00 p.m. Gentle Yoga Class
Clubhouse II
9:15 a.m. Yiskor Service
10:00 a.m. Stitchers Group
12:30 p.m. Men’s Bridge Group
2:00 p.m. Mind-Body Exercise Club

Friday, June 2

Clubhouse I

12:15 p.m. Kiwanis Club

3:00 p.m. Hispanos de LW

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. Zumba Gold Class

1:00 p.m. Friday Bridge Club

3:00 p.m. Tai Chi for Essential Tremor Class

Sunday, June 4

Clubhouse I
Have a Happy Day

Clubhouse II
2:30 p.m. Fireside Forum
3:00 p.m. Tai Chi for Essential Tremor Class

Tuesday, June 6
Clubhouse I
 9:00 a.m. Blood Pressure Testing

Wednesday, June 7

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Basic Photography Class
10:00 a.m. Express Yourself Art Class
11:00 a.m. Short Story Group
12:30 p.m. NA'AMAT Meeting
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Oil & Acrylics Class
2:00 p.m. Book Club Network
5:45 p.m. Lawn Bowls Club
6:30 p.m. Fun & Fancy Banquet
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
4:00 p.m. LWAAAC General Meeting

Thursday, June 8

Clubhouse I

9:15 a.m. Stretch & Tone Class

10:00 a.m. Painting for Everyone Class

10:30 a.m. Edmonson Society

10:30 a.m. Beginner Stretch & Tone Class

12:30 p.m. Ladies Bridge

1:00 p.m. Oils & Acrylics Class

2:00 p.m. Compassion & Choices Group

5:00 p.m. Lawn Bowls Club

6:00 p.m. Gentle Yoga Class

7:00 p.m. Democratic Club

Clubhouse II

9:00 a.m. Senior Sneakers Class

Friday, June 9

Clubhouse I

10:00 a.m. Basic Drawing Class

10:00 a.m. Book Club Network

1:30 p.m. Any Level Watercolor Class

3:00 p.m. Hispanos de LW

6:00 p.m. Café AIM

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. Chinese Club

1:00 p.m. Ping Pong Club

1:00 p.m. Chess Club

1:00 p.m. Zumba Gold Class

1:00 p.m. Friday Bridge

3:00 p.m. Tai Chi for Essential Tremor Class

Sunday, June 11

Clubhouse I
10:15 a.m. Jewish War Veterans

Clubhouse II
2:00 p.m. Movie: "Spotlight"
3:00 p.m. Tai Chi for Essential Tremor
Class

Tuesday, June 13

Clubhouse I

9:30 a.m. Any Medium Art Class

9:30 a.m. Garden Plot Group

11:30 a.m. Ladies Golf Lunch

1:00 p.m. Watercolor Techniques Class

1:00 p.m. Amateur Radio Club

2:00 p.m. Book Club Network

5:00 p.m. Lawn Bowls Club

7:00 p.m. Trivia Group

7:00 p.m. Duplicate Bridge

Clubhouse II

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

11:00 a.m. Water Exercise Class

Wednesday, June 14

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Express Yourself Art Class
10:00 a.m. Basic Photography Class
10:15 a.m. League of Women Voters
1:00 p.m. Diabetes Prevention Class
1:00 p.m. Oils & Acrylics Class
1:30 p.m. Patients Rights Group
2:00 p.m. LW Green
5:45 p.m. Lawn Bowls Club
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. Stroke Support Group
7:00 p.m. Lapidary Club

Friday, June 16

Clubhouse I

10:00 a.m. Basic Drawing Class

10:00 a.m. Book Club Network

12:15 p.m. Kiwanis Club

1:30 p.m. Any Level Watercolors Class

2:00 p.m. Book Club Network

4:00 p.m. Hispanos de LW

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. Zumba Gold Class

1:00 p.m. Friday Bridge Club

3:00 p.m. Tai Chi for Essential Tremor Class

Saturday, June 17

Clubhouse I

9:00 a.m. Gentle Yoga Class

10:00 a.m. Open Art Studio

Clubhouse II

9:15 a.m. JRLW Religious Service

12:00 p.m. LGBT Group

2:00 p.m. Going It Alone Club: Travel Video

4:00 p.m. LWAAAC Movie: "Selma"

7:00 p.m. Sock Hop

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CLASSIFIEDS

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

ESTATE SALES

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

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

FOR SALE

TWO WALL UNITS – one lacquered in red, measuring 110”x76”x18”, lots of space with drawers, doors, etc.; and the other in oak, 97”x72”x16.5”, with two bookcases and cabinet in the center with space for a TV. Both in excellent condition. \$350 each. (301-598-2104).

2004 LEXUS ES330, 4-door. Loaded with sunroof, heated leather seats. One owner, like new. MD inspected. Only 112,000 miles. \$7,999. I will buy your car even if you don’t buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier’s check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2007 HONDA CIVIC, 4-door, power windows. Very clean car. MD inspected. 118,000 miles. \$5,900. I will buy your car even if you don’t buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier’s check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

REAL ESTATE FOR SALE

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

experience. Call Marilyn today – 301-674-1288.

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

CAMBRIDGE PATIO HOME, 1225 sq. ft., 3 BDR, 2 baths, marble fireplace, new plush carpeting and floors, luxury custom verticals. Freshly painted, all done in cream and white. New recessed lighting and fans, all done on dimmers; electric outlets replaced. Screened porch – enjoy fox, deer, chipmunks and more in this rare private setting with your own gardens. This home was my mom’s delight and now can be yours. \$239,900. Shown by appointment. moonbeampaps@yahoo.com or (479-997-5679). No agents, please.

REAL ESTATE FOR RENT

LOVELY MUTUAL 19B condo for rent, 1,039 sq. ft. Two bedrooms, two baths. Third floor elevator building; cathedral ceiling. Completely renovated in 2015 with all new appliances, new architecture, new floors, new full-size washer and dryer in unit. Sheers and blinds included. Dedicated parking space and storage. All Leisure World amenities, bus service, shopping and restaurants. Please call Linda at (301-906-5000) or email cptchick@aol.com. Available now!

2+2 GARDEN APARTMENT condo for rent immediately. Cathedral ceilings, granite countertop, laundry room. \$1,500/month plus electricity. Basic cable included. Call Shelagh 410-428-5956.

ESCAPE WINTER COLD – 2 BR, 2 bath furnished home in Ventura Country Club, Orlando. 18-hole golf course, pool, restaurant, tennis courts. \$2,800/month – discount for 3 months plus. For

information: (301-509-5448) or (MeadowViewFarm1@gmail.com).

HEALTH CARE SERVICES

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

LOVING HOME CARE – “Care you can trust and afford.” Companionship, medication reminder, hygiene care, meal preparation, housekeeping, errands, accompanying to appointments. Loving, reliable, vetted caregivers for FT/PT or live-in. Flat rate for live-in. Affordable rates. One week free. Call (301-490-1146).

“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).

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

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

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

RELIABLE AND CARING nursing assistant with 15 years experience. Good references available for work and can drive. Please call Rebecca at (240-701-8169).

CAREGIVER: Wish to share our wonderful caregiver of 4 years? High standard care, experienced

with Alzheimer’s and dementia. Own transportation; honest, reliable, English speaking, does not smoke. CNA and Med Tech. license. Goudencia may be reached at (240-701-2976). For references, please call Mrs. Pettit (301-598-0761).

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

AIDE ASSIST & CARE “Caring for Today for a Brighter Tomorrow.” Licensed CNA, CMT, CPR/first aid, food handlers. Services: companionship, errands, dr. appts, cooking, cleaning and everyday care. No job is too big or too small. Please call for further details and pricing. (240-573-6184) E. Scott

HOME HEALTH AID. Over 25 years experience. Looking for night, day or live-in position. Live in Leisure World. Call (240-342-1979).

COMPANION/CAREGIVER. CNA offering light housekeeping, meal preparation, medication reminders, personal care, shopping, errands. Over 10 years experience in Leisure World area. Background check and references available. Minimum 4 hours. (301-675-1383).

LOVING, CARING PERSON. Have worked in Leisure World for 10 years. I am looking for a part-time job, three-four days/week. LW reference. Please call Alice (240-839-0087).

CNA, CPR, FIRST AID. 5 years experience working in private duty and in an assisted living facility. I enjoy being a caregiver. Call Jeniffer (202-386-0110).

CNA- 20 YEARS PLUS-Live in or Live out. MD Licensed Nursing Assistant. Looking for work. With excellent references. Compassionate, dedicated, caring, and detailed oriented. (240-478-5391)

LICENSED EXPERIENCED CNA AVAILABLE. Quality individualized care plan for seniors and families. Providing in home personal services, companionship, errands, chauffeur, medication management, beauty and grooming. I am reliable, honest, trustworthy and flexible. Great rates, call Taffy (347-731-1802). Thank you!

CNA WITH 19 years of experience. Loving, caring, reliable. Looking for full-time or part-time, live-out. During daytime only. Call (301-807-8506).

CNA, MED TECH. Elderly care, over 15 years experience. Alzheimer’s,

dementia and Parkinson's certificate, CPR, first aid. Very reliable, responsible, loving and caring. Great references. Day or night. Run some errands and doctors' appointments. Have own care and good driving record. Have worked in Leisure World. Available immediately. Please call Connie (240-425-2221), (caconnie3@gmail.com).

COMPETENT AND COOMPASSIONATE CNA with CPR and first aid certificate. Well trained and have many years of experience. Reliability is one of my skills. Rest assured, I will deliver you peace of mind. Born and raised in a family with high respect to people and good values in life. Contact Susan at (240-423-5717) or (susanpinas@yahoo.com).

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 (240-449-6362).

GENERAL SERVICES

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

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

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

R & G CLEANING SERVICES –Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and

flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

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

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

FLOORED AT HOME CARPET sales, installation, repairs and buckle removal. Shop at home; we come to you! Family owned and operated; over 28 years experience. Call (240-626-5931) today for a free in home estimate. We are licensed and insured.

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. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

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

SAVE 25% ON COMPLETE COMPUTER SET-UP. Receive a simple and easy to use computer designed for seniors that combines video chat, photo sharing, email and many more popular features for \$999. Includes computer set-up and one hour training. Give us a try. Easy Elder Tech (301-802-6633) or (easeldertech@gmail.com).

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) Cmor53607@msn.com www.continentalmovers.net.

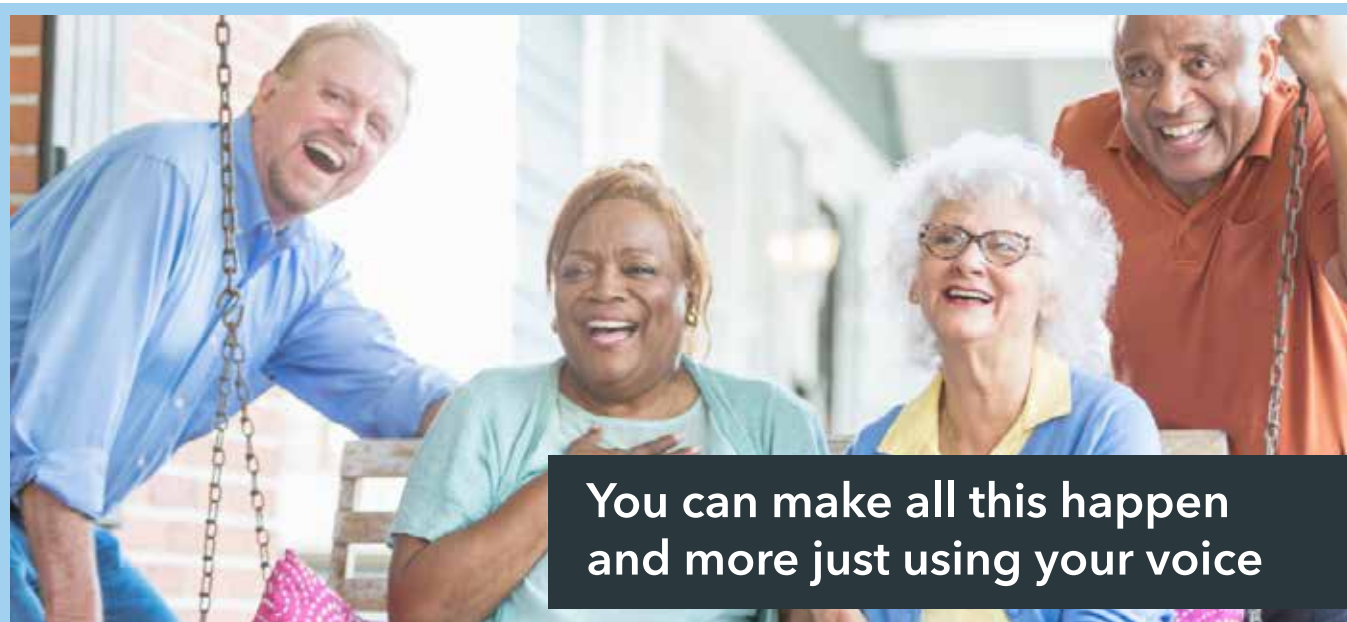
SMALL JOBS WELCOME! Picture hanging, moving boxes, carpet stretching, bathroom caulking, adjusting bathroom fixtures,

hanging curtain rods, resetting closet doors, minor wall patching and painting. Need something else? Please ask Jesse (301-747-5054).

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).

ARE YOUR HEADLIGHTS YELLOW, dull and hazy? Have you noticed your headlights aren't as bright as they used to be? Does your car look older than it is? Repair. Don't replace. \$50 per car and we come to you. Replacing headlight assemblies can be very costly and in most cases unnecessary. Call Mr. Headlight, (301-370-6983).

KEN INSURANCE AGENCY. Eligible for Medicare? Call us now! Plan F pays 100%, no deductible. Plan G pays 100% with deductible. Prescription drug plan. Burial plan. Long term care. MD, VA broker. Ken Epie (240-779-3747),



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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).

LICENSED BEAUTICIAN. It is my pleasure to give you haircuts, color and perms in your home. Reference available Please call Silvia (240-277-0890).

DOG WALKING, CAT SITTING,
birds. Daily drop-ins or vacations,
overnights by mature animal
lover with 10 years experience.
Medication or insulin as needed.
Call Eileen (301-442-3989).

OUT OF THE DARKNESS WALK,
Saturday, June 17. Sponsored
by the American Foundation for
Suicide Prevention, the walk raises
money for suicide awareness and

prevention. Please help. You do not need to walk; you can volunteer to help in other ways. Or you can make a donation. For more information about the walk, volunteering or making a donation, contact LW resident Mab Cantril, (mabc9988@comcast.net) or (240-669-6436).

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. Interested volunteers should 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, 7 day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Training Course starts March 11. 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).

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.

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).

HELP A CHILD! In just 1-2 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).

PORTABLE OXYGEN TANK:
Someone left a portable oxygen tank outside the FISH office, located in Clubhouse II, on Monday, April 10. It probably should be returned to the medical supply company from which it was obtained as Medicare rents them for 36 months.

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).

PRAYER CHANGES THINGS.
You are invited to join "Hannah's
Prayer Circle" here at LW. For more
information, call Evangelist Connie
Blake at (301-438-2667).

PHILADELPHIA CLUB: There was a good turnout at the last meeting. The next meeting is on Sunday, June 4, at 11 a.m. at the fireplace in Clubhouse II. Former residents of the Greater Philadelphia Area and of the Delaware Valley are encouraged to participate. The opportunity to meet others and renew friendships makes these meetings important. Participants can discuss their experiences and talk about the neighborhoods that they knew. Ellen Lederman started these gatherings. For information, contact Jerry Leventhal at (301-598-5078).

OWNER LIVING IN GREENS
II (15100 Interlachen Dr.) is
interested in purchasing/renting
two garage spaces in that building.
Please contact owner at (301-598-
5953). Thank you.

FAST CASH FOR USED CARS - Big dollars paid for your used car! Over 43 years experience serving Leisure World. 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. Gary (301-520-0755)

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.

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

BUYING VINTAGE BASEBALL & FOOTBALL CARDS. I pay cash for sports cards from 1969 and before. No collection is too big! Please call Brian to discuss your collection, (301-758-5357).

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3. Either Way, You are Paying a Mortgage
4. It's Time to Move on with Your Life

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*Bedford Court proudly presents:
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- *June 22nd—The Mike Scogleo Bluegrass Band*
- *July 13th - The Olney Big Band featuring Jazz and Swing *7pm*
 - *August 17th— Daryl Davis Band*
- *September 14th— Groove Quest Band—50's-70's Rock & Roll*

Please RSVP with number of attendees at 301-438-6607.



- ♦ The concert is complimentary
- ♦ Refreshments will be available to purchase
(Hotdogs, French Fries, Ice Cream, Lemonade and Iced Tea)
- ♦ All proceeds from refreshments will benefit
The Alzheimer's Association
- ♦ Seating will be limited, lawn chairs are suggested
 - ♦ Friends & Family of all ages are invited

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