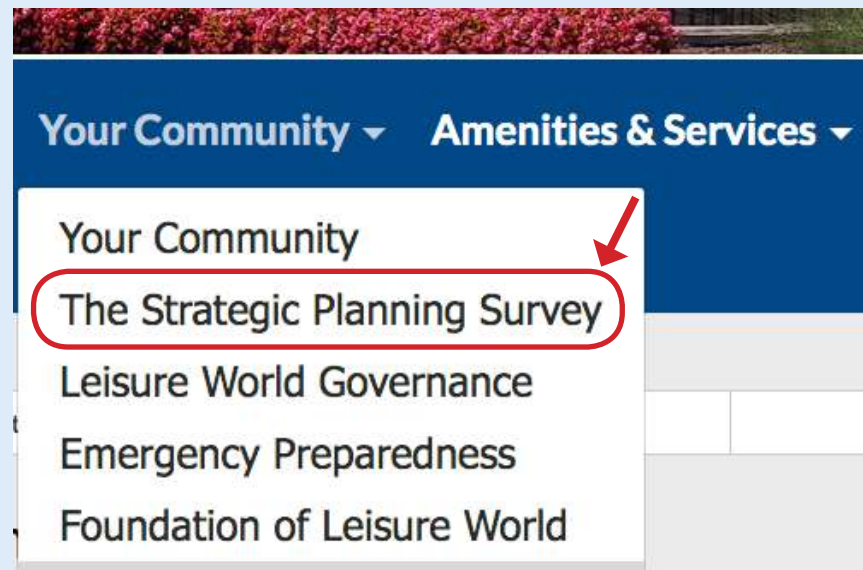


Leisure World News

OF MARYLAND

August 2, 2019 • Published Twice a Month • residents.lwmc.com • leisureworldmaryland.com

Deadline Extended for Resident Survey



Residents have about two and a half weeks left to complete the resident survey for strategic planning, which is available as a paper copy or online via (residents.lwmc.com). Screenshot by Leisure World News

by Leisure World News

The deadline to respond to the resident survey for strategic planning for the community has been extended through Wednesday, Aug. 21. There will be no additional extension, according to the Special Strategic Planning Committee (SSPC).

Residents who have yet to respond to the survey can either:

- fill in the paper copy of the survey that was mailed to them in June and return it through the mail; or
- complete the survey online by signing in to (residents.lwmc.com) and clicking on



“The Strategic Planning Survey” under the “Your Community” dropdown arrow.

Copies Available

Residents who have misplaced or discarded the paper copy of the survey that was mailed to them in June can pick up a copy at the front desk in the Administration Building or the E&R office in either Clubhouse I or II. Bring your Leisure World ID and a picture ID.

For assistance filling out the survey, call (240-560-5794) and leave a message. Your call will be returned by the next business day.

For an update on the strategic planning process, **see page 3.**

Board Approves Revised Process for Project Proposals

by Stacy Smith, Leisure World News

In a near-unanimous vote, the Leisure World Community Corporation (LWCC) board of directors approved the adoption of a revised process for updating the Facilities Enhancement Plan (FEP) at its regular meeting on July 30.

The revised document outlines the procedure and process to be followed should the LWCC board approve a call for project proposals for the FEP in the future.

The FEP is the multi-year capital improvements plan for Leisure World Trust projects. Some of the FEP’s projects have included the construction

of the Fitness Center, which opened in 2017, and the LWCC board-approved Administration Building and Clubhouse I site improvements, which have yet to be constructed.

Although the LWCC board does not plan to issue a call for project proposals at this time, having a clear process in place will eliminate any confusion about how proposals are to be submitted, reviewed and prioritized, according to the rationale for the resolution.

The revised document includes a flow chart that outlines the steps a project proposal would follow. All proposals received from unit

► to page 2

Kid’s Got Game



A young golfer with The First Tee program takes a bunker shot during a youth tournament at the golf course on July 22. For details about the event, see page 3. Photo by Stacy Smith, Leisure World News

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Two new clubs, one for dog lovers and the other for fitness enthusiasts, are forming at Leisure World. For details, **see page 20.**

Board

◀ from page 1

owners, advisory committees and management would be submitted to the Community Planning Advisory Committee (CPAC) and then initially reviewed by a joint CPAC and Budget and Finance Advisory Committee subcommittee.

The LWCC board would make the final determination on which projects to include in the FEP.

"The projects that seem relevant at any given point in time can be looked at and compared, and the board can determine which ones they feel are viable

and what their priority ought to be," said CPAC chairperson Patricia Hempstead.

Budget Process

The budget process for 2020 will likely extend into September of this year, said LWCC board chairperson Paul Eisenhaur.

A revised draft of the 2020 budget assumptions will be reviewed by the Budget and Finance Advisory Committee at its meeting on Wednesday, Aug. 21, and then the Committee will send its recommendation to the LWCC board.

The proposed budget includes an approximate \$31.25 increase in the Community Facilities fee

per unit per month, the new Comcast bulk internet and cable TV agreement largely accounting for the increase.

Administration Building

Leisure World received proposals for the Administration Building and Clubhouse I Site Improvements project from two architectural firms in late July.

Management is in the process of reviewing those bids and plans to begin interviewing firms during the second full week of August, said Tom Snyder, assistant general manager of facilities and services.

The Montgomery County Planning Board approved the project's site plan with conditions on March 28, 2019, and has documented the conditions through a safety resolution that was approved July 18.

Information Technology Projects Report

Leisure World's senior business and systems analyst Dave Merritt provided the board with a report on the various information technology-related projects he is working on, including an analysis of the workflow processes of each department.

Merritt is helping to develop standard operating procedures for each department that may include automating some processes or introducing technology to optimize workflow and reduce costs.

Merritt is also considering how the following products and

services can be enhanced:

- AV equipment (microphones and broadcasting)
- Frontsteps (the resident website's platform) and Leisure World's database systems
- security gate access
- Physical Properties Department's field service and warehouse management

Other Updates

- A request for proposals was sent out recently for auditing services, according to Audit Advisory Committee member Phil Marks. Leisure World's current auditing contract has expired.
- The deadline for residents to complete the survey for strategic planning has been extended through Wednesday, Aug. 21. See the front page of this edition of the newspaper for more information.

Board meeting agenda packets and minutes are available online at (residents.lwmc.com). After signing into the website, click on "Resident Document Locator" under the "Documents" drop-down arrow. In the Resource Center, click on the "Board of Directors" folder.

The next regular meeting of the LWCC board of directors is scheduled for Tuesday, Aug. 27, at 9:30 a.m. in Clubhouse I. LWCC board meetings are open to all residents unless legally closed.

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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 Communications Advisory Committee.

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

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We will not knowingly permit a dishonest advertisement to appear nor do we guarantee the reliability of advertisers.

Committee Looks Ahead to Strategic Planning Process for Community

by Arthur N. Popper

The Special Strategic Planning Committee (SSPC) encourages every resident (owners and renters) to fill out the resident survey so that the Committee has the best and broadest representation of resident views about Leisure World for now and for the future.

Once the resident survey is complete, the SSPC will start to plan the focus groups and community meetings that are part of the overall strategic planning process. Details

about these meetings will be forthcoming.

The SSPC anticipates that the focus groups will take place in October and the community meetings in November.

In each case, participants will be invited to the meetings on a random basis to ensure the Committee has a broad and unbiased sample of residents.

Gathering Data

At the July 23 SSPC meeting, Dr. Terry Clower, consultant from George Mason University (GMU), reported that his staff and students are now

gathering census data from various sources to validate the sampling of the survey itself. This validation is standard procedure when doing any large-scale population survey.

In addition, the GMU team is examining all senior communities within approximately a 100-mile radius of Leisure World to get an understanding of what these communities offer to their residents by way of amenities and services.

Real estate experts at GMU are also reaching out to developers to understand what they are planning for future senior communities in terms of amenities, services and home styles.

The SSPC appreciates the continued support and involvement of all residents in a process that is vital not only for current residents but also for the future of the community.

Contact Information

For questions about the strategic planning process, contact the SSPC at one of the following:

- Email – (sspc@lwmc.com)
- Phone – (240-560-5794)
- Mail – (SSPC attn.: Ernesto Castillo, 3701 Rossmoor Blvd., Silver Spring, MD 20906)

Golf Course Welcomes Youth Tournament



A young golfer with The First Tee program takes a shot at the driving range during a youth tournament on July 22. Photo by Stacy Smith, Leisure World News

by Leisure World News

Twenty-four local youths from 11-16 years old teed off at the golf course July 22 in one of The First Tee program's area tournaments.

The First Tee is a youth development program for young golfers that provides "educational programs that build character; instills life-enhancing values; and promotes healthy choices through the game of golf," according to the program's website.

Leisure World's golf course is one of a number

of area golf courses that partners with the program. Volunteers from the Ladies 9- and 18-hole golf leagues served as the tournament's ball spotters.

Perrie, LLC, the company that operates the restaurants at Leisure World, catered the event, and general manager Kevin Flannery provided golf balls to the participants.

A Pro-Am First Tee event is in the planning stages for fall 2020, according to Golf and Greens Advisory Committee chairperson Brenda Curtis-Heiken.

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GOVERNANCE & Information

Red Wiggler Market has Returned

Red Wiggler Community Farm sells locally grown and certified organic vegetables at Leisure World on Thursday, Aug. 8, 15, 22 and 29, from 9 a.m.-noon in The Inter-Faith Chapel parking lot.

Squash, tomatoes, beans, beets and peppers, as well as corn, peaches and fresh-cut flowers will be available for purchase. Cash is preferred, but credit cards are accepted.

The event is sponsored by the Inter-Faith Missions Committee. To learn more about Red Wiggler Farm, visit (www.redwiggler.org).

— Leisure World News

Aug. 15: MVA Mobile Office Returns

by Leisure World News

Need to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, Aug. 15.

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

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

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



Photo by Leisure World News

Aug. 20: Medical Center Hosts Welcome Event

The MedStar Health medical center hosts a welcome event on Tuesday, Aug. 20, from 2-4 p.m. at the medical center, located at 3305 Leisure World Boulevard.

The event includes an in-depth tour of the facility, presentations regarding resources and services in and surrounding the building, light fare, giveaways and a chance to ask questions at tables set up in the building's conference/break room.

The welcome event is free for all residents. Stop by and discover what the medical center has to offer.



Photo by Leisure World News

— Leisure World News

**Dial 301-598-1313
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2019 Broadcast Schedule - Channel 974

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

Executive Committee Meeting

The Aug. 16 meeting airs on Aug. 21, 22 and 23.

Board of Directors Meeting

The July 30 meeting airs on Aug. 5, 7 and 9.

Group Email Addresses

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

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

The group email addresses are:

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

Pool Open for One Extra Hour



Photo by Leisure World News

The outdoor pool has extended its hours of operation for the rest of the season.

Residents and their adult guests can now swim daily from 10 a.m.-8 p.m., weather permitting. Children ages 4-15 may swim from 10 a.m.-1 p.m. daily.

The pool is expected to close for the season on Monday, Sept. 2, Labor Day. Residents can tune into Closed Circuit television channel 972, call (301-598-1313) or check (residents.lwmc.com) for schedule changes.

— Leisure World News

Beating the Summer Heat: Hot Weather Tips for Seniors

by Alan Nelson

People aged 65 years and older are more prone to heat-related health problems than younger people for several reasons.

Older people do not adjust as well as younger people to sudden changes in temperatures, and they are more likely to have a chronic medical condition that changes normal body responses to heat, according to the Centers for Disease Control and Prevention.

They are also more likely to take prescription medicines that impair the body's ability to regulate its temperature, or that inhibit perspiration.

Heat Stroke

Heat stroke is the most serious heat-related illness and occurs when the body

becomes unable to control its temperature.

Signs and symptoms of heat stroke include an extremely high body temperature (above 103 degrees Fahrenheit), a rapid, strong pulse, throbbing headache, dizziness and nausea.

In the event of heat stroke, call 911. Heat stroke is a serious medical emergency that can cause permanent disability or death if emergency treatment is not provided.

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days' exposure to high temperatures or unbalanced replacement of fluids.

Signs and symptoms of heat exhaustion include heavy sweating; muscle cramps and

weakness; tiredness, dizziness or fainting; headache, nausea or vomiting; fast, weak pulse rate; and fast, shallow breathing.

Prevention Tips

To prevent heat-related illnesses, consider taking the following precautions:

1. Drink plenty of water – Don't wait until you're thirsty.
2. Avoid alcohol and caffeine – These beverages cause your body to lose more water, as do drinks containing large amounts of sugar.
3. Stay indoors – If possible, seek an air-conditioned environment.
4. Dress cool – Wear loose-fitting, light-colored clothing, sunscreen and a wide-brimmed hat when outdoors.
5. Avoid strenuous activity – Cut down on exercise.

6. Know your medication – The heat may affect your reaction to certain medications.

7. Have friends check up on you – Plan to have a friend or neighbor check on you at different times of the day when the temperature is extremely high.

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Have You Filled Out Your Strategic Planning Survey?

Deadline extended to August 21, 2019

There are two ways to fill out the survey:

- Fill out and mail in the paper copy of the survey you received in the mail.
- Fill out the survey online by signing in to residents.lwmc.com, selecting the "Your Community" menu item, and then selecting "The Strategic Planning Survey." The survey link is located at the bottom of the web page.

Need help filling out the survey?

Call (240) 560-5794 and someone will call you back within the next business day.

Did not receive the survey or misplaced it?

Copies of the survey are available at the front desk in the Administration Building and the E&R offices in both clubhouses. Bring your Leisure World ID and a picture ID.

THOUGHTS & OPINIONS: *From Our Residents*

A Few Things to Remember

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

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

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

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

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

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

DISMAY OVER AMENDED LAWSUIT

I am dismayed to learn, after reading the July 5, 2019 edition of Leisure World News, that the lawsuit against Leisure World Community Corporation (LWCC) and Leisure World Management Corporation was resubmitted to court with amendments. I shall refer to both organizations simply as Leisure World.

While I have not reviewed the entire motion, I wish to share some concerns based upon what I have read. Despite the original complaint being dismissed, the court is asked to reconsider and grant jury trial.

The Court is also asked to grant class action status (item 30, page 18). Also advised that members of Maryland Class (5,600 plus homeowners) are so numerous their joinder is impracticable (item 116, page 35). Joinder is defined,

per (law.com), as joining together of several lawsuits or parties all in one lawsuit where the legal issues and factual situation are the same for all plaintiffs and defendants. However, one of the conditions for joinder is that notice must be made to all parties.

My interpretation of item 116 is that the plaintiffs, wanting legal recognition as representatives of all Leisure World property owners, cannot be bothered to expend the time and effort to notify every homeowner and want a “pass” from the court. How absurd! Couldn’t a notice be placed in Leisure World News as a good faith attempt to notify the Leisure World community and/or solicit public support? How about petitions?

In my experience with class action suits, I always received notification regarding each action with the opportunity to “opt out” and seek individual

remedy. Yet, I have not read that an opt-out would be provided. If the court decides to certify the lawsuit as a class action suit then will this mean every homeowner becomes a captive plaintiff with no ability to opt out?

The motion also states members of the LWCC board of directors are not elected by all of the homeowners thereby making those positions improper and illegal. Yet, likewise, none of the complainants were elected by Leisure World homeowners. Some may see the irony in this situation but, in my opinion, all I can see is hypocrisy.

Additional allegations, without supporting evidence, in item 65, page 25, are made that imposition of certain Leisure World fees constitutes a burden upon plaintiffs’ unit interest in their properties, decreases value and marketability. Advertisements in the July 5 edition of Leisure World News proclaim that the housing market is hot (page 23), inventory is low and homes are selling fast (page 33). These advertisements would seem to belie item 65.

Further, in item 97, page 32, there is invocation of the risk of immediate, substantial and irreparable harm without judicial intervention. Again, it seems that no specific example is offered nor any evidence given to support such claims.

If someone wants to sue Leisure World on their own, for whatever reason, that is their prerogative. But, in my opinion, it is unacceptable when complainants try to ensnare others as unwilling and/or unknowing participants in their legal schemes. The idea that a lawsuit could be

filed by malcontents to include other homeowners without their cooperation and approval seems delusional at best and at worst, arrogant.

– Peter A. La Lena

INFORMATION ON COMCAST CONTRACT

The new Comcast contract has been approved to become effective on Wednesday, Jan. 1, 2020. Naturally, each resident will wonder, “How does it affect me?” In the last six months, there have been countless Leisure World News articles, open resident forums and open governance meetings on the subject. Information has been made available, but with 8,000+ residents, getting information to everybody must be ongoing. And it certainly will be.

But right now, the immediate source of information is your mutual representative to the Leisure World Community Corporation board of directors. Given that the board of directors was the final decision maker for this deal, the directors were particularly well informed throughout the entire process.

Since residents have a huge variety of different service provider plans, it’s difficult to make any general statements that would apply to every individual. The contract calls for an on-site Comcast representative at Leisure World. But that person will begin later this fall. That is why asking your representative about your specific situation now is a good first step to finding the information you need.

– Paul Eisenhaur

SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

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

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NEW LISTING! \$499,999

Villa Cortese New Building "T"

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& floors, Garage space, 1560 sf.



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Hampton

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patio, co-op garden apt. 1200 sf.



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Berkley Townhouse

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new carpet & fresh paint. 1600 sf.



LISTING SOLD! \$212,500

Turnberry "C" Model

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new flooring, high ceilings,
gas heat, open kitchen, 1093 sf.



LISTING SOLD! \$215,000

Fairways South "GG" Model

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contemporary updates, 1195 sf.



LISTING SOLD! \$300,000

Greens "K" Remodeled + Gar

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BAs, exceptional views, 1480 sf.



LISTING SOLD! \$305,000

Fairways "P" Model

3 BR, 2.5 BA, enclosed balcony,
TLC touches needed, 1530 sf.



LISTING SOLD! \$350,000

"Cabot" Model Patio Home

3 BR, 2 FB, kit & BA updates,
fenced patio, 2 car gar. 1193 sf.



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EVENTS & Entertainment

■ Education and Recreation Department

Aug. 3: Vocalists Perform Sentimental Tribute to Doris Day

Singer and actress Doris Day (1922-2019) is an icon of music and the Silver Screen.

In her mid-teens, she began singing for noted band-leaders such as Bing Crosby and Les Brown. And it was while working for Brown in 1945 that she recorded "Sentimental Journey," which became her first smash hit.

Her singing eventually led her into acting, and during the 1950s and 1960s, Day was one of Hollywood's biggest stars. Later in her career, she also starred in several TV series.

As her singing and acting career drew to a close, she launched herself anew as an animal rights activist, advocating against the misuse and abuse of animals.

Day's songs endure and have become woven into the tapestry of the American Songbook.

On Saturday, Aug. 3, at 7 p.m. in the Clubhouse II auditorium, pianist and vocalist Frank Plumer and vocalist Rachel Panay pay tribute to Day's music, performing some of her most recognizable songs such as "Sentimental Journey," "Que Sera, Sera," "It's Magic," "Secret Love" and many more. They will share stories from her career and insight into the music as well.

Tickets for this special tribute are \$10 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

About the Performers

Plumer is well-known to



From left, pianist and vocalist Frank Plumer and vocalist Rachel Panay, courtesy photos

Leisure World audiences. A musician from the age of four, he performs regularly at the Metropolitan Club and has been entertaining area audiences for more than 30 years.

Plumer has also entertained many celebrities and Washington luminaries including Hillary Clinton, George W. Bush, Michelle Obama, Ivanka Trump and Stevie Wonder, among others. His repertoire includes classical, jazz, Broadway works, American standards and music from around the world, often including humor with the music.

This performance is vocalist Panay's first appearance at Leisure World. A graduate of Duke Ellington School for the Arts and the prestigious Berklee College of Music, Panay is a six-time Billboard Club charting singer/songwriter.

She recently returned to her musical theatre roots appearing as Rose in Theatre Lab's production of "The Secret Garden." Panay is also a Wolf Trap resident teaching artist in the Washington, D.C., schools and has been commissioned by Wolf Trap to create and perform her original children's performance piece, "Jazz Cat/Blues Kitty."

■ Sock Hop Group

Aug. 3: Groove at 'Sock Hop Live'

by Abigail Murton

On Saturday, Aug. 3, experience "Sock Hop Live" when the band Groove Quest performs from 7-10 p.m. in Clubhouse I, with karaoke from 6-7 p.m.

The price of admission is \$10 and a cash bar will be available. Dancers may bring their own non-alcoholic beverages and snacks.

And then on Saturday, Aug. 17, sock hop to the sounds of Take Two Entertainment from 7-10 p.m. in Clubhouse II, with karaoke from 6-7 p.m. The price of admission is \$5. Dancers may bring their own beverages and snacks.

Come relive the fun of high school dances. For questions, contact Doug Brasse at (301-448-8708).



Photo by Doug Brasse



■ Arts in Motion (AIM)

Aug. 9: 'Settle' in to Enjoy Returning Performer Shirleta Settles

by Grace Cooper

Tickets for AIM's Friday, Aug. 9, performance featuring favorite returning singer Shirleta Settles are still available. If you have been away on vacation and haven't gotten yours yet, you still have time to do so.

As usual, tickets are \$20 per person (check only, payable to AIM) and available in the Clubhouse I E&R office. Hors d'oeuvres and snacks are included. Cocktails begin at 5 p.m., and the show starts at 6 p.m. Reserved tables of eight or more are limited to members only.

Always check AIM's website at (aimarts.net) to find out about upcoming programs.

Proceeds from AIM's concerts help support the local art scene by providing awards and

scholarships to art students and presenting outstanding musicians, writers and budding artists to the community through programs and events.

July Concert

In a last minute change, AIM presented the talented and spirited singer Jeri Frye and her talented supporting musicians at its regular monthly concert on July 12. Sheila Ford, who was originally scheduled to perform, had a sudden change to her schedule and was not able to appear.

Frye performed many jazz classics, and the audience sang along, clapped and otherwise entered into the act. The enthusiastic audience gave Frye a standing ovation and asked her to return to Leisure World at a later date.



Shirleta Settles, courtesy photo



Aug. 11: The Fabulous Hubcaps Roll Into Town

Always a favorite, The Fabulous Hubcaps return to Leisure World on Sunday, Aug. 11. Co-sponsored by the E&R Department and the Foundation of Leisure World, the band performs two shows, one at 4:30 p.m. and the other at 7 p.m., in the Clubhouse II auditorium.

Tickets are \$15 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

About the Hubcaps

Performing since 1974, originally as Harvey Hubcap

and the Do Ron Ron, the band continues to create the classic sounds from the early days of 1950s rock 'n' roll through the pop music of the 1970s.

Remember drive-in movies, milkshakes and sock hops?



Remember the day trips to Ocean City, traveling down Route 50 listening to the Beach Boys? If the answer is "yes," then let The Fabulous Hubcaps take you on a musical journey down memory lane. And on the journey, you may even encounter the likes of Elvis, The Platters, Ray Charles or any one of the many artists members

of the band impersonate.

The group was inducted into the Southern Legends Entertainment and Performing Arts Hall of Fame and the Maryland Entertainment Hall of Fame, which named them the 2015

"Vocal Group of the Year." This is a fun and fantastic show you will not want to miss!

About the Foundation

The Foundation of Leisure World is a 501(c)(3) organization that was established for charitable, health,



The Fabulous Hubcaps, courtesy photo

educational and cultural purposes. Contributions to the Foundation may be claimed as deductions on income tax returns to the extent permitted by law. If your club or organization has a need, email the Foundation at foundation@lwmc.com.

Aug. 17: 'Our Huckleberry Friend' – The Music of Johnny Mercer

On Saturday, Aug. 17 at 7:30 p.m. in the Clubhouse II auditorium, the duo of Chris Ryan and Jerry Katz return to Leisure World with another of their popular cabaret-style shows, this time about Johnny Mercer.

The American lyricist, songwriter and singer is best known for his catchy lyrics and upbeat tunes. Opening with "Jeepers Creepers" and closing with "Accentuate the Positive," Ryan and Katz will bring the music of Mercer to life as they perform many of his classic pieces, including his four Academy Award-winning songs. Many of them are still well-loved and remembered.

Interspersed with the songs will be video of other singers, composers he collaborated with and movie segments that feature his music to illustrate Mercer's 46-year career and the movie music and lyrics he created.

Presented by the E&R Department, tickets for the show are \$8 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

About the Performers

Ryan has been involved in music since she was in third grade and sang a solo in the school play. She produced and directed school musical productions, fostering in her students the thrill of being on stage singing and dancing in some of Broadway's biggest hits. Later, she began performing at Washington, D.C.-area piano bars and recorded three CDs with Tom Saputo.

For more than 35 years, using magic, song and humor, Katz has entertained while educating students and teachers on energy topics.

However, he decided to step away from teaching and turn his own energy to producing unique and entertaining cabaret shows that, with his partner Ryan, he performs throughout the Washington metropolitan area.



American lyricist Johnny Mercer, photo courtesy (commons.wikimedia.org)

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■ Ballroom Dance Club

Aug. 24: Hawaiian Dance Featuring Mike Surratt and The ECB

by Joyce Hendrix

The annual Hawaiian-themed dance featuring Mike Surratt and The Eclectic Coalition Band will be held on Saturday, Aug. 24, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

Since the Club's most recent dances have reached capacity of 120 dancers, the Club strongly suggests making reservations as early as possible with Hal Freeman at (bobbihal@aol.

com) or (301-438-7513) no later than Thursday, Aug. 22. The Club can't guarantee entry to this much-awaited and always well-attended dance without prior reservations.

The Club's summer dress code is a more relaxed business casual with collared shirts and slacks for the gentlemen and dressy, casual outfits for the ladies – no hats or jeans. Bring out those Hawaiian shirts and dresses from the back of your closet and dress for the occasion.



■ Education and Recreation Department ■ Foundation of Leisure World

Sept. 7: 'Satisfaction' Rocks Like The Rolling Stones

On Saturday, Sept. 7 comes the show the Washington Post calls "a spot-on portrayal of the Rolling Stones."

"Satisfaction/The International Rolling Stones Show" is performed twice that day at 4:30 p.m. and 7 p.m. in the Clubhouse II auditorium. The show is co-sponsored by the E&R Department and the Foundation of Leisure World.

Tickets cost \$15 and become available Tuesday, Aug. 6, at 8:30 a.m. at both clubhouse E&R offices. Please bring your Leisure World ID.

In 2005, the group was the first to represent the Rolling Stones in the renowned Las Vegas tribute show "Legends in Concert." It was also chosen to promote the 2008 Stones biography "Shine a Light."

The group's other projects include "A Symphony for the Devil," in which it travels and plays with local symphony orchestras, and shows performed jointly with a Beatles tribute band.

Video and audio samplings of "Satisfaction" can be found on (rollingstoneshow.com).



About the Show

"Satisfaction" was founded in 2001 by its executive producer Chris LeGrand, who performs in the likeness of Mick Jagger. He and the rest of the cast have since played over 3,500 performances and toured internationally. The show demands of its performers adherence to their characters in look, sound and stage presence.

About the Foundation

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

Musical Performances at the Clubhouse Grille

The following bands will perform from 6-8 p.m. in the Clubhouse Grille restaurant. To make dinner reservations, call (301-598-1330). A \$5 cover charge applies.

Aug. 7	The Night and Day Band with Mike Suser and vocalist Charlene Cochrane
Aug. 14	Motown Classics with The Winstons Duo
Aug. 21	Michael Binder, Swing'N On A Star
Aug. 28	"Sax with Mike" Surratt
Sept. 11	Motown Classics with The Winstons Duo



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Coming in 2019

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

Aug. 3, 7 p.m.	A Tribute to Doris Day
Aug. 11, 4:30 p.m.	The Fabulous Hubcaps
Aug. 11, 7 p.m.	The Fabulous Hubcaps
Aug. 17, 7:30 p.m.	Jerry Katz and Chris Ryan – Our Huckleberry Friend
Sept. 7, 4:30 p.m.	The Rolling Stones Tribute
Sept. 7, 7 p.m.	The Rolling Stones Tribute
Sept. 14, 7:30 p.m.	An Evening Under the Stars with the Dixieland Express
Sept. 15, 7 p.m.	Studio Artemis Dancers
Sept. 17, 1:30 p.m.	La Serenata

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

Sept. 14: Enjoy an Evening Under the Stars with the Dixieland Express

On Saturday, Sept. 14, from 7:30-10 p.m. on the Clubhouse I lanai, enjoy a pleasant evening under the stars with the Dixieland Express. This is a chance to enjoy the end of summer weather before the cooler temperatures of fall.

The evening will feature well-known local jazz musician Henning Hoehne, who plays clarinet and soprano sax and sings ever-popular tunes such as "Give Me a Kiss to Build a Dream On" and "It's a Wonderful World." In addition to Hoehne on the reeds and vocals, the band includes the full traditional Dixieland instrumentation of cornet, trombone, tuba, banjo and drums, plus other band vocalists.

The band will also play favorite Dixieland music such as "Bourdon Street Parade," "Do You Know What It Means to Miss New Orleans" and "Way Down Yonder in New Orleans," to name just

a few. These are the tunes that one would expect to hear in New Orleans. Many of the band members have also played with bands in the Big Easy.

The Dixieland Express, which is managed by Leisure World resident and trombonist John Stewart, also performs at the E&R Department's annual Mardi Gras event in the Clubhouse I Crystal Ballroom.

Light snacks will be provided. A cash bar will be available and a waitress will be on hand to take your order for any food you wish to purchase (on your own) from the restaurant.



Dixieland Express, photo by Anita Franklin

Come join the fun and dance, march or just listen to the sounds of the Dixieland Express. Tickets are \$15 per person and go on sale beginning Tuesday, Aug. 6, at 8:30 a.m. in both clubhouse E&R offices. Please bring your Leisure World ID.



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Night & Day is available to play for any Leisure World event!



Sept. 14: Hometown Gospel Groups Perform

by Maxine Hooker



From left, Chosen Vessels, courtesy photo and Spiritual Jubilees of D.C., photo courtesy Facebook

The Chosen Vessels and the Spiritual Jubilees of D.C., two hometown gospel groups, return by popular demand to lift your spirit with gospel music on Saturday, Sept. 14, at 5 p.m. in the Clubhouse II auditorium.

Invite family and friends to join the Club for a wonderful evening when these two dynamic gospel groups fill the room with their harmonious, rich voices. Come on out to clap your hands and pat your feet to the spiritual beat!

Tickets for this event are \$20 (check only, payable to LW Lions) and on sale Tuesday, Aug. 6, at 8:30 a.m. at the Clubhouse I E&R office. All receipts benefit the Lions Club of Leisure World's vision, hearing and other humanitarian programs.



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Sept. 15: East Meets West in Multicultural Dance Performance

The Studio Artemis dancers return to Leisure World on Sunday, Sept. 15, to present a delightful show that spans the globe! The performance is at 7 p.m. in the Clubhouse II auditorium.

This versatile, multi-talented cast's fun-filled dance concert features exciting and colorful dances from Spain, Turkey, Egypt, Greece, India and the U.S. From the Smokey Tavernas of Greece to the Sultan's palaces of Cairo and Istanbul, from the streets of Spain to the disco clubs of America...East meets West on stage! The troupe's performers hail from Italy, Greece, Turkey, Kurdistan and the U.S.

The event is free, but tickets are required and are available

beginning Tuesday, Aug. 6, at 8:30 a.m. in both clubhouse E&R offices. Please bring your Leisure World ID.

Performances

Sicilian American dance artist Bonita Oteri perform a joyful Greek-style belly dance as well as a contemporary Bollywood dance from India. She will also dance a smoldering interpretation of "Besame Mucho."

New York-based performer and dance historian June Seaneey will perform the Guajira, a beautiful Spanish fan dance that has Cuban origins. Seaneey will also present a Turkish-style oriental dance to "Bazalika" by Laço Tayfa.

Kurdish American Keylan Qazzaz will perform a dance of exuberant determination and love to the Greek song "Mantissa." She will also

offer an exciting fusion dance to the rollicking Celtic song, "Rock-hill," by Beltaine.

Zywa and Darbuka Boy, a couple in real life, will perform a playful and charming duet. The audience will enjoy the interplay as it sees why the family that plays together, stays together!

Together the Studio Artemis dancers will perform the most popular folk dance from southern Spain, the Sevillanas; a classical Egyptian belly dance choreographed by Zywa; and an improvised, fun-filled, finger cymbal, group number set to the sizzling Latin pop song, "Havana."

For the finale, the troupe will dance to the popular Tina Turner song, "Proud Mary," as Irma G lip syncs in the role of Turner.



Studio Artemis dancer, courtesy photo

2019 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
Aug. 4, 2 p.m.	The Bookshop	SOLD OUT
Aug. 22, 1 p.m.	First Man	Aug. 6
Sept. 12, 1 p.m.	Indivisible	Aug. 20
Sept. 29, 2 p.m.	The Wife	Sept. 10
Oct. 17, 1 p.m.	Chappaquiddick	Sept. 24

Movies are subject to change.

Sept. 17: La Serenata Performs Even More Smokin' Hot Love Duets

Back by popular demand – La Serenata lights your fire with more of the most thrilling operatic love duets ever written!

The dynamic husband-wife duo of tenor Dr. Harry Dunstan and soprano Kay Krekow, who awed its Leisure World audience last spring, returns on Tuesday, Sept. 17, at 1:30 p.m. in the Clubhouse I Crystal Ballroom.

Dunstan and Krekow have made a career of performing opera's most exciting romantic music. Toast to the thrill of love-at-first-sight with the exhilarating "Brindisi" from Verdi's "La Traviata;" be enchanted by the hauntingly mysterious duet from Puccini's little-known masterpiece, "Edgar;" share in the tragedy of forbidden love in Verdi's "Un Ballo in Maschera;" and bring the fire extinguisher for a love too-hot-to-handle in Puccini's "Manon Lescaut." This is why people go to the opera!

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

About the Performers

A tenor, musicologist, accompanist, translator, stage director, lecturer and independent scholar, Dunstan is the founding artistic director of The American Center for Puccini Studies, and one of the world's leading authorities on the art and life of Giacomo Puccini.

He serves as a consultant to opera companies, conductors and musicians and has been a musical advisor to renowned movie producer Peter Jackson. As well, Dunstan presents seminars on music and the emotional brain in the field of neuroaesthetics and is a member of the Society for Music Perception and Cognition.

Dunstan received a doctorate degree with distinction in historical musicology from Catholic University and holds a master's degree in vocal performance from The Catholic University of America, and a bachelor's degree in music history from Old Dominion University.

A soprano and accompanist, Krekow is the managing director of The American Center for Puccini Studies and an internationally acclaimed interpreter of the operatic heroines of Puccini. She has sung world premieres and standard operatic and oratorio repertoire at The Kennedy Center, Carnegie Hall and The National Cathedral, as well as in Germany, Italy and the Czech Republic. She is also a specialist in the vocal music of women composers.

A graduate of Stephens



Kay Krekow and Harry Dunstan, courtesy photos

College, Krekow received a bachelor's degree in vocal performance with a minor in music education and organ.

Together they have led several popular classes at Leisure World – "Journeys and Experiences of the Musical Mind," "The Ultimate Puccini Experience" and "The Most Stunningly Beautiful Music Ever Written and How to Listen to It."

For more information on the current class they're offering and how to register, see the Classes and Seminars section of this edition.



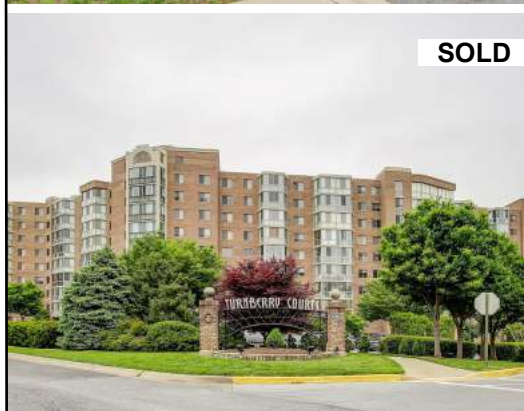
Another 5 Star Review

Barbara Michaluk sold my Leisure World home in only 8-days. She did a really great job from start to finish. I'm so glad I chose her as my agent. I highly recommend her to anyone thinking of selling in Leisure World. She's a terrific real estate agent.

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■ Hispanos de Leisure World

Aug. 9: 'Hecho en México'

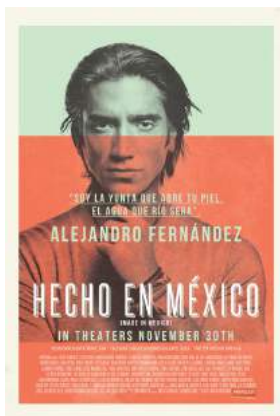
by Loty Goldenberg

Hispanos de Leisure World present the film "Hecho en México" (2012, 1 hour 38 minutes, musical/documentary, Spanish with English subtitles, rated R for some language, sexual references and brief drug use) on Friday, Aug. 9, at 3 p.m. in Clubhouse I.

The documentary tells the story of some of contemporary Mexico's most iconic artists and performers as they perform and engage in casual and sometimes humorous conversation.

Tickets are not required, and all residents and their guests are welcome to attend.

Coffee, tea and cookies are available after the movie.



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.



■ Jewish Residents of Leisure World

Aug. 14: 'King Bibi'

by Jonas Weiss

The Jewish Residents of Leisure World (JRLW) and the Bender Jewish Community Center's Coming of Age in Maryland program show "King Bibi" (2018, 1 hour 27 minutes, documentary, not rated) on Wednesday, Aug. 14, at 1:30 p.m. in the Clubhouse II auditorium.

The film tells the remarkable story of Israel's longest serving Prime Minister, Benjamin Netanyahu. His rise to power is reflected in four decades of public appearances. He discovered the political benefits of distancing himself from the

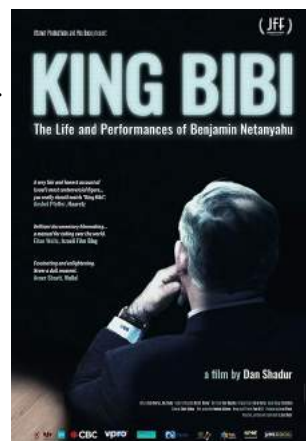
media and communicating with his public directly.

"King Bibi" explores the role American-style politicking has played in shaping Netanyahu's legacy. It's a timely showing, coming just before the September Israeli election.

A discussion will follow the film. All residents are welcome but sign up is required. The

cost to attend is \$8 per person (check only, payable to JRLW). Sign up begins on Friday, Aug. 2, at 8:30 a.m. in the Clubhouse I

E&R office. When signing up, residents must provide the names of all those with whom they are attending the screening.



■ Education and Recreation Department

Thursday Afternoon at the Movies

Aug. 22: 'First Man'

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

On Aug. 22, the presentation is "First Man" (2018, 2 hours 21 minutes, biography/drama/history, rated PG-13 for some thematic content involving peril, and brief strong language).

Free tickets, limit two per person, are required and can be obtained beginning Tuesday, Aug. 6, at 8:30 a.m. in either clubhouse E&R office. Please bring your Leisure World ID.

Based on the book "First Man: The Life of Neil A.

Armstrong" by James R. Hanson, the film follows Armstrong from 1961 through 1969 as he prepares for his

epic journey, along with his crewmates Mike Collins and Buzz Aldrin, to land on the moon. On July 20, 1969, Armstrong became the first man to set foot on the moon.

The film stars Ryan Gosling as Neil Armstrong, with Cory Stoll as Edwin "Buzz" Aldrin and Lukas

Haas as Michael "Mike" Collins.

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





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■ Health Advisory Committee

Aug. 29: Audiologist Presents on Link Between Hearing Loss and Dementia

by Sandra McLeskey

Many residents have some degree of hearing loss, while others have “ringing in the ears,” known scientifically as tinnitus, which impairs their hearing. But did you know that difficulty hearing is one of the factors that may lead to cognitive decline?

Research has shown that hearing loss leads to loss of brain tissue, which leads to a decline in brain function, which may lead to dementia. The good news is that some studies suggest that

treating hearing loss may help to halt the decline.

Dr. Julie Rorrer, an audiologist with Ascent Audiology & Hearing, which has offices in the MedStar Health medical center, will speak on the link between cognitive decline and hearing loss at a program on Thursday, Aug. 29, at 10 a.m. in Clubhouse I. The program is free and open to all residents, and tickets are not required.

Rorrer earned her doctor of audiology degree from A.T. Still University in Arizona. She has a wide range

of experience in adult and pediatric hearing and balance disorders and their treatment. She is certified through

the American Academy of Audiology and the American Speech-Language-Hearing Association.



Dr. Julie Rorrer, courtesy photo

■ Center for Lifelong Learning (CLL)

Sept. 12: Tech Options for the Visually Impaired

by Fred Shapiro

The impact of aging on a person's vision is a critical concern for many seniors, but technological advances have helped to lessen this impact.

On Thursday, Sept. 12, the Center for Lifelong Learning (CLL) presents Kristi Linz of Weartec Corporation to discuss “Beyond Glasses – Augmented and Virtual Reality Technology for the Visually Impaired Featuring NuEyes.”

The presentation is at 2 p.m. in Clubhouse I.

The program is free but residents are asked to register beginning Tuesday, Aug. 6, at 8:30 a.m. by stopping by the Clubhouse I E&R office or by calling (301-598-1300) to ensure adequate seating.

The presentation will include an overview of assistive technology available, how assistive technology has evolved recently, and who is benefiting from this new technology and why. The technology that Linz will focus on and will demonstrate is augmented reality and virtual reality head worn magnification.

NuEyes offers a small, compact yet powerful head worn device, exclusively designed for individuals who have a low vision condition. NuEyes also offers smart glasses that make it possible for those with macular degeneration, Stargardt disease,

retinitis pigmentosa and other visual impairments to connect with loved ones and others without using large, clunky desktop machines.

The NuEyes removable visual prosthetic helps the visually impaired see again, all while keeping their hands free.

The question and answer period following the presentation will provide an opportunity

for attendees to see how these new technologies are used.

About the Presenter

Linz has been providing and educating on assistive technology since 2013. She is a referral source for eye care professionals throughout the Mid-Atlantic. She is

the founder of a distributorship for next generation, portable low vision solutions for visually impaired individuals.

Linz volunteers with Columbia Lighthouse for the Blind, where she assists visually impaired and blind adults in their daily activities such as reading mail, grocery shopping and running errands.

She will be assisted by Hunter Yewman, a graduate of St. Norbert College in Wisconsin. He has been a medical sales representative for the past four years.

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



Kristi Linz, courtesy photo

■ Lions' Vision Support Group

Sept. 11: Retina Expert Discusses Eye Diseases

The Lions' Vision Support Group's next meeting on Wednesday, Sept. 11, will feature Dr. Catherine Cukras, head of clinical investigation of retinal disease at the National Eye Institute (NEI). The meeting will be held from 10 a.m.-noon in the Clubhouse II auditorium.

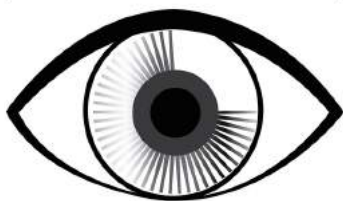
Learn about current research outcomes of retina disorders, including treatments to slow the progression of visual impairment, as well as reducing the chances of life-altering falls. Information will also be available on how to participate in NEI research efforts.

The Sept. 11 free event is

sponsored by the Lions Club of Leisure World in cooperation with The Beacon Newspapers and the Prevention of Blindness Society of Metropolitan Washington. Light refreshments and resource information will be provided.



Dr. Catherine Cukras, courtesy photo



August Meeting Cancelled

The Group has cancelled its Wednesday, Aug. 14, meeting.

For more information about the

Lions' Vision Support Group, call Larry Cohen, facilitator of the Lions' Vision Support Group, at (301-244-8004). All residents and their guests are welcome.

Medical Expert Illuminates Cannabinoids' Therapeutic Potential – and Drawbacks

by Sandra McLeskey

The Health Advisory Committee's mission includes educating residents on matters of health and personal safety.

As part of that mission, the Committee sponsored a talk on July 17 by Dr. David Shurtleff, deputy director of the National Center for Complementary and Integrative Health of the National Institutes of Health, entitled "Evaluating the Therapeutic Potential of Cannabinoids."

Shurtleff explained that there are natural compounds in the body that act on cannabinoid receptors. Compounds in marijuana, including tetrahydrocannabinol (THC) and cannabidiol (CBD), act on these same cannabinoid receptors.

Several cannabinoids are FDA-approved drugs,

including Nabilone (THC analog) and dronabinol (synthetic THC), both administered by oral capsule, and are used to treat nausea and vomiting from chemotherapy. Epidiolex® (CBD) is FDA-approved for treatment of seizures and is administered by oil.

Shurtleff said that there is good evidence that cannabinoids are helpful for the treatment of chronic pain, as anti-nausea drugs in chemotherapy, for spasticity symptoms of multiple sclerosis and for childhood epilepsy.

Moderate evidence suggests that cannabinoids are helpful in improving sleep disturbances associated with obstructive sleep apnea, fibromyalgia, chronic pain and multiple sclerosis.

For other conditions, there is limited or no evidence that cannabinoids are helpful. Addi-

tionally, cannabinoids may have adverse interactions with other drugs a person might be taking.

Shurtleff mentioned that FDA-approved drugs are manufactured with standards that guarantee the purity and dosage. Additionally, all FDA-approved drugs are shown to be effective and safe for particular conditions. However, these things are not true for commercially available marijuana preparations.

In a study of commercially available CBD preparations, 36 percent had lower CBD concentrations than the label indicated. Additionally, some had potentially toxic THC concentrations.

In Maryland, testing for adulterants, such as heavy metals or pesticides, is not done. As an alternative to commercially available cannabinoids, one could possibly obtain a prescription for one

of the FDA-approved drugs. This type of usage is called "off-label," meaning that a person is not taking it for its approved use.

Residents who are interested in receiving a copy of Shurtleff's presentation are asked to send an email to Sandra McLeskey at (mcleskes@comcast.net).

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Lost Something? Check with FISH

by Beth Leanza

The closet in the FISH office is getting so full with found items that the organization's volunteers are considering donating some of the items.

Residents who've lost an item such as a hat, keys, jewelry or phone are encouraged to stop by the FISH office in Clubhouse II and look for it in the found items closet.

The FISH office is available by calling (301-598-1345). If no one is in the office, leave a voicemail, but do not forget to press the pound (#) sign when finished.

Consider checking a mutual's lost and found department, especially if an item was lost in or near that location. Residents can also check their mutual's office.

FISH encourages residents to place an address sticker on personal such as umbrellas and canes, so they are traceable.

About FISH

FISH lends out assistive equipment to residents and employees. Volunteers staff the FISH office

Monday through Friday from 10 a.m.-1 p.m., except for major holidays.

All the equipment has been donated; FISH tries not to accept anything that is broken. The FISH office frequently has wheelchairs, commodes, walkers and shower chairs. Borrowing an item is a great way to test it out before spending money to purchase it!

Free Stuff

FISH accepts donations of canes, easy reachers and elevated toilet seats and gives these items away. The give-away items are not limited to residents of Leisure World.

FISH also receives baskets for some walkers, incontinence products, diabetic items and foot braces. All of these items are kept in the front corner of the FISH office.

FISH does not accept oxygen tank tubes or blood pressure equipment.

Volunteer

Residents who would like to join FISH are asked to call Beth Leanza at (301-598-4569) to set up a training session.

Health & Fitness In Brief

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

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

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

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

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

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

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

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

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



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3310 N LEISURE WORLD BLVD #530	Fairways North	Unit/Flat/Apartment	2	2	\$259,000	\$247,000	\$0
3330 N LEISURE WORLD BLVD #5-1028	Fairways South	Unit/Flat/Apartment	3	2.5	\$295,000	\$287,000	\$0
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3005 S LEISURE WORLD BLVD #216	Turnberry Courts	Unit/Flat/Apartment	3	2	\$374,900	\$367,500	\$300
3210 N LEISURE WORLD BLVD #912	Vantage Point West	Unit/Flat/Apartment	2	2	\$299,900	\$295,000	\$0



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CLUBS, GROUPS & Organizations

Calling All Dog Lovers for New Club



Photo by Jake Group

by Pat Duran

Join other residents in forming a canine enthusiast club to share information and tips on care, training and all canine-related issues; promote the creation of a Leisure World dog park; and make friends with fellow residents who know the joys (and trials) of caring for a

canine companion.

The club would also work toward having a mobile dog groomer make regular visits to the community. Bring your ideas and energy to the club, whether you're a dog "parent" or not.

Residents who are interested in joining can contact the club at (eileen1415@gmail.com).

■ Computer Learning Center

Aug. 5: Android Help Sessions Resume

by Donna Copeland

Beginning Monday, Aug. 5, Computer Learning Center monitor Donna Copeland is available each Monday from 1:30-3:30 p.m. in the Center to help residents use their Android smartphones and tablets.

Residents can use their Android devices to search the internet, send email and complete other useful tasks.

Get help getting started, learn more about familiar capabilities or discover new things your device can do.

Bring your device for one-on-one, hands-on work. Windows help is also available.

About the Center

Located in Clubhouse II, the Computer Learning Center is operated by The Leisure World Computer Center Inc. The all-volunteer staff comprises a board of directors, computer

room monitors and other volunteers.

The Center provides residents free training and assistance in the

day-to-day use of computers for online research and other personal needs.

The Center has Mac and Windows systems computers as well as color laser printers for printing and scanning.

For more information about the Computer Learning Center, visit (www.computerctr.org) or contact the E&R office in Clubhouse II at (301-598-1320).



■ Leisure World Chorale

Chorale to Start New Season with Rehearsal

by Sandra McLeskey

The Leisure World Chorale took the summer off after their performance at the July 4 parade and program. But it is ready to begin a new year with its first rehearsal on Monday, Aug. 19, from 1:30-3:30 p.m. in Clubhouse I.

The Chorale is a group of approximately 40 singers, directed by Connie Graber and accompanied on the piano by Elaine O'Leary. The group sings a variety of works, including show tunes, popular songs, religious and patriotic songs, holiday music and occasional classical works.

Its repertoire in past years has included medleys from "Les Misérables," "Guys and Dolls" and "The Music Man." The Chorale has traditionally performed during the Martin

Luther King Jr. service at The Inter-Faith Chapel, where last year it sang "Precious Lord" and "The Battle Hymn of the Republic." Chorale performances often include

solos by some of its members, and sometimes includes dancing.

Planned performances this fall include one at Knollwood Military Retirement Community, an assisted living facility and a holiday concert.

The Chorale always needs additional singers, especially men and altos. Residents do not need to read music to join the Chorale. Dues are \$15, and there are some expenses associated with the accessories Chorale members wear during concerts.

If you enjoy singing, come out to the Aug. 19 rehearsal to see what the Chorale has to offer.



Elaine O'Leary and Connie Graber get ready for a performance. Photo by Ingrid Masi

New Fitness Club Forming

by Pat McConnell

A new fitness club is forming in Leisure World! The purpose of the club would be to involve and connect members to information on health and well-being, including tips for motivation, benefits of a healthy lifestyle, shared research information received from professional organizations, injury prevention, overall fitness and fitness center news updates.

The club would also sponsor subject matter experts to present topics on health and fitness.

Anyone interested in how they may benefit from joining a fitness club and the positive outcomes they may receive through community participation should email Pat McConnell at (pmccconnello2@gmail.com).



Photo by Leisure World News

Club Honored by Photographic Society of America



From left, Roseate Spoonbill Landing, photo by Brenda Gillum; Landing at the Colony, photo by Larry Mars; Moraine Lake Boats, photo by Larry Mars; and New York Church, photo by Brenda Gillum

by Fred Shapiro

As with many technical and artistic fields of endeavor, camera lovers also have a national organization – the Photographic Society of America (PSA). The Rossmoor Camera Club was recently honored for its 50 years of membership in the organization.

For many years, the PSA chapter in North Bethesda has provided Leisure World photographers with a slideshow in May comprised of winning photos from PSA chapters throughout the U.S. The Rossmoor Camera Club's photographers are able to see and appreciate photos that may help improve their own photographic skills.

Two Club members have often stood out in the North Bethesda PSA competitions – Brenda Gillum and Larry Mars. Both have been recognized frequently in Leisure World for the quality of their photographs in the Club's monthly competitions.

Mars said he uses the PSA's travel advisory service to learn about photographic opportunities in places he intends to visit. Mostly, he takes part in international competitions to see what the world thinks of his images. Meeting photographers here and abroad is both interesting and educational to him.

Gillum was given a membership to the

PSA as a gift from her husband. Although she was taking photos with slide film at the time, being a member of the PSA allowed her to meet other photographers in the area such as Lois Christeller, a former Club member.

Christeller invited Gillum to join the Club as an outside member since she wasn't living in Leisure World. She enjoys attending the annual International PSA Conference where she participates in unique tours and workshops. She enters its annual competitions and has had several photos exhibited at the Conference over the years.

The Conference is always educational and a great way to socialize with people from all over the world.

About the PSA

The PSA is a worldwide organization providing a wide range of services that promote photography. Individual members can participate in competitions, study groups and online education programs designed to advance their photographic knowledge and skills. For more information about the PSA, visit (<https://psa-photo.org/>).

Club Membership

The Rossmoor Camera Club encourages residents to join the Club to learn how to improve their photography skills.

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

Mail checks for dues to Woody Shields at (Rossmoor Camera Club, 3200 N. Leisure World Blvd., Apt. 817, Silver Spring, MD 20906). For more information about the Club, visit its website at (www.rossmoorcameraclub.com).

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From Mural Making to Self-Portraiture

by Ann Bolt

Rossmoor Art Guild (RAG) members recently enjoyed an impromptu presentation by resident Nancy Bullough's son James Bullough, a world-renowned muralist. He showed photos of the work he's created on buildings around the world.

Bullough prefers using spray paint and his work leans toward photorealism. He was inspired by graffiti he saw while growing up in Washington, D.C.

He started painting small, but has designed a mural for an 11-story building in Berlin, Germany, where he lives.

Bullough is a good example of how the act of picking up a pencil or brush can lead a person to all sorts of marvelous creations.

Exhibit

Alexandra Michaels has picked up quite a few brushes and produced some exciting

paintings, available for viewing in Clubhouse II through August.

A former art teacher, Michaels is supervising the tidiness and repairs of the art studio and serves on RAG's board.

Officers

RAG will start the new school year in September with a new slate of officers: president Judy Kirkland; immediate past president Ann Bolt; co-vice presidents Phyllis Lowinger and Karen Swedlow; co-registrars Marilyn Davis and Marion Jones; secretary Michael Higgs and treasurer Dee Williams.

Exciting plans and sched-



Left: Resident Nancy Bullough and her son, James, present photos of murals he has created for the last 10 years on building exteriors around the world. Center: Artist Alexandra Michaels' work is exhibited in Clubhouse II through August. Right: Michaels' painting with roses and a scene from Brookside Gardens. Photos by Ann Bolt



ules will be revealed at the Open House/Registration on Thursday, Sept. 12.

New Work

The Saturday Open Studio artists will be working on paintings with either a sunrise or sunset theme. These paintings should be ready to exhibit by Saturday, Sept. 7.

Meanwhile, check out Bill Mapes' portrait painting in Clubhouse I.

Several RAG members are carrying around mirrors to draw self-portraits for Doris Bryant's portrait class. Whatever is found in these faces, it is hoped a smile for self-discovery and experimentation will be among them.

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Longtime Club Member's Collection on Display Through August

by Merial Brewer

Ceramicist Roma Sohn is basically self-taught and has acquired training from workshops in Brooklyn and Long Island where she had pursued painting and sculpture.

Her paintings range from still life to surrealism; her sculpture projects from masks to architectural renderings.

Sohn joined the Ceramics Club 19 years ago where she discerned that projects could be as original as the person doing the creating. Once the piece is released from the mold, one can make additions to the wet clay, and a unique outcome can be achieved.

Over the years she has created music boxes, jewelry, household items, planters, religious items, lamps and plaques to commem-

orate family events. Fulfilling special requests from her grandchildren are the items she has enjoyed making most of all.

Sohn has played an integral part in the studio from overseeing the hundreds of molds to sharing her artistic knowledge with other members. She finds getting absorbed in developing a piece not only relaxes her, but also helps nurture her creative side.

Sohn's collection will be in the display case in Clubhouse II through August.

Join the Club

The studio is located in Clubhouse II and all residents are invited to stop by and see the ceramicists in action. Residents interested in joining should call the studio at (301-598-1312) and ask for Beth or Janice to set up an appointment



From left, Club ceramicist Roma Sohn and Sohn's Passover plate. Photos by Dottie Patch

with a volunteer teacher.

At that time, new members pay their annual dues of just \$10 and may begin their first project. New members learn how to pour the molds by using the studio's new state-of-the-art equipment. Members pay only a nominal amount for the use of hundreds of molds and can

purchase paints and other items for nominal prices.

The studio also houses beautiful giftware that is excellent for families and friends, especially for holidays and special occasions. All proceeds from the gift shop are donated to charity. Stop by and explore this wonderful Leisure World asset!

■ Ballroom Dance Club

Join Club to Waltz the Night Away

by Joyce Hendrix

The annual Hawaiian-themed dance featuring Mike Surratt and The Eclectic Coalition Band will be held on Saturday, Aug. 24, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. For details, see the Events and Entertainment section of this publication.

The Aug. 24 dance is the Club's last casual dress dance of the year. In September, the Club returns to dressy outfits for the ladies and jackets and ties for the gentlemen.

About the Club

Residents new to the community are encouraged to attend a monthly dance to see what the Club is all about.

The band plays strict ballroom tempo music from all eras and all types of ballroom,

including waltzes, both fast and slow, foxtrots, rumbas, tangos, merengues, polkas, quickstep and sambas. A cash bar is provided in the Ballroom, and members and guests may bring snacks for their tables.

The Club is accepting annual memberships from residents through September, at \$10 per person for the balance of the calendar year. Non-members and guests pay \$15 for entry to each dance, while members pay \$10 each to enter.

Next Dance

The Saturday, Sept. 28, dance will feature The Retro Rockets. In addition to their usual rock 'n' roll music, they will also play waltzes, fox trots and Latin music for the Club's dancing pleasure.

Make reservations, put on your dancing shoes and come dance with us!



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Membership Cards to be Mailed Mid-August

by Hannette Allen

Residents who have not sent in their membership dues for the coming year must do so soon to have their new card mailed to them by mid-August.

Send a \$10 check, payable to Fun and Fancy, to Pat Leanza at (15111 Glade Dr., Apt. 1B, Silver Spring, MD 20906). New members or members whose information has changed are asked to include their home address, home phone, cell phone and email address.

Leanza will mail membership cards via USPS in August. He will include the information the Group has on file to confirm it's correct. Members who need a new badge holder can pick one up at the membership table

in September. For questions, contact Leanza at (301-598-4569) or (518-885-6083).

Mailing out membership cards should do a lot to alleviate the usual crush at the door at the first meeting – no need to wait in line.

Remember: Auditions are open to all residents. However, all performers in a show must join the Club and pay their \$10 dues for the year.

Monthly Shows

The schedule of monthly shows/programs and their directors for the coming year is as follows:

- Sept. 4, 2019 – Color My World, Pat McConnell
- Oct. 2, 2019 – Outreach Committee
- Nov. 6, 2019 – teaser for “70 Girls 70”

- Dec. 4, 2019 – Holiday in Vegas, Ken Tash/Bobbie Seidel
- Jan. 8, 2020 – Karaoke Night, Mary Jane Boyle
- Feb. 5, 2020 – A Night of Classical Music, Vito Sabia
- March 4, 2020 – Irish Music, Hannette Allen
- April 1, 2020 – The U.S. in Music, Bobbie Seidel/Ken Tash
- May 6, 2020 – A Walk Thru the ‘70s, Nina McMahill
- June 3, 2020 – Banquet

All monthly shows are held on the first Wednesday of the month at 7:30 p.m. in the Clubhouse II auditorium. They are free of charge to all paid-up members, or \$5 for a one-time admission, payable at the door.

September Meeting

The Group will begin its season in September. The first meeting/show is on Wednesday, Sept. 4, at 7:30 p.m. in the Clubhouse II auditorium.

Auditions for the opening show are held on Wednesday, Aug. 7, from 7-9 p.m. and on Saturday, Aug. 10, from 10 a.m.-noon. The auditions are in Clubhouse II.

The theme for the show is “Color My World.” Pat McConnell will direct, and the performers will present an array of songs and dances with color in their names.

So get into your box of crayons, pick a color and match it to a song – anything from black to white and all colors in between! For questions, email Pat at (pmcconnello2@gmail.com).

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■ Center for Lifelong Learning (CLL)

Sept. 10: Interactive Seminar Focuses on Funeral Planning

by Fred Shapiro

Planning one's funeral ahead of time can help reduce financial costs and the burden on loved ones.

To help guide residents in this process, the Center for Lifelong

Learning has invited Michelle Armstead of Lincoln Heritage to present a seminar entitled “9 Things Every Senior Needs to Know About Funeral Planning.”

The program is on Tuesday, Sept. 10, at 2 p.m. in Clubhouse I.

The program is free, but residents are requested to register beforehand to ensure adequate seating beginning Tuesday, Aug. 6, at 8:30 a.m. by either stopping by the Clubhouse I E&R office or calling (301-598-1300).

The seminar presents thought-provoking information about the funeral planning industry. In this interactive seminar, attendees will learn about their rights and important information to share with their families and beneficiaries.

Armstead will also answer any questions residents may have.

Funeral costs have been growing much faster than the overall consumer price index. With no funeral plan to

guide them, survivors can overspend by hundreds of dollars, or even thousands.

Shopping for the right funeral home could be the difference

between paying \$2,000 and \$10,000 for the same funeral. Preplanning, which often includes burial insurance, is one of the most efficient ways to control the cost of final expenses when the time comes.



Michelle Armstead, photo by Fred Shapiro

About the Presenter

Armstead has worked in the health-care and insurance sector for 20 years, 17 of those years with Kaiser Permanente in Medicare sales. She has an affinity for advocating for seniors in the field of healthcare and educating the community on important insurance decisions.

Lincoln Heritage works with the Funeral Consumer Guardian Society, an independent, senior consumer advocate organization that offers support to families with their funeral planning.

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Having an iOS Heatwave

by Ron Masi

How's your iOS device doing in the heat? Apple users may have already received a message such as, "Your iPhone has to cool down;" and then it shuts off, similar to a dog refusing to move when it's hot outside.

Batteries and high temperatures don't get along well, even for Apple; high heat could cause a device to turn off, swell or even burst. Normally iOS devices shut down until they have cooled off and then work fine again. Nonetheless, here are some things to think about during extreme temperatures:

- Keep the device out of direct sunlight, such as that received on the dashboard of car
- Limit use. Turn off unneeded functions, such

as Bluetooth, Wi-Fi, GPS and any apps that run in the background. Less work means less heat.

Users who notice their device overheating should:

1. Turn it off.
2. If charging, stop the charging by removing cables.
3. Move the device to a cool, dark location (not a purse or pocket).
4. Remove any protective case to let the device "breathe."
5. Let cool, dry air blow on it briefly.
6. Wait at least 15 minutes or longer before turning it back on.



Battery Problem

If the device's battery begins to swell and the edges crack, it is an indication of a serious issue, which is extremely rare.

If the device has cracked edges or leaking fluid do not touch it with bare hands. Place it in bag and move it to a safe location, such as a metal baking tray or concrete floor in the middle of garage in case it explodes or catches fire. Then, immediately contact your carrier or device maker for customer support. Apple's number is (1-800-MY APPLE).

Do not try to use the device. Follow practical precautions to keep the device cool on these hot days.

Club Notes

LW Apple Club's website, (mac.Computerctr.org), is

undergoing some changes. The Club remains on vacation through August — there will be no Tuesday morning clinics or monthly meetings. The clinics return on Tuesday, Sept. 3.

On Tuesday, Sept. 24, the Club hosts its favorite Apple presenter, Aaron Davis, who will talk about Apple's recent World-wide Developer Conference and software releases.

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■ Vegetarian Society of Leisure World (VSLW)

Aug. 14: Vegan Luncheon at Great Sage Restaurant

by Bob Fenichel

The Group continues its summer break and will not have a monthly meeting. However, the Group will have a monthly vegan luncheon on Wednesday, Aug. 14, at 2 p.m. at the popular Great Sage Restaurant, located at 5809 Clarksville Square Drive in Clarksville.

The late lunch hour is because of the relatively small size of the restaurant and the anticipated large group size. The Great Sage restaurant has an extensive vegan menu, so consider studying the menu online ahead of time at (www.greatsage.com/menu). Make sure to navigate to the PDF format for the complete menu.

RSVP by Sunday, Aug. 11, to Helen Gross at (hgross75@verizon.net) or (301-438-2077).

DC VegFest

On Sunday, Aug. 11, the DC VegFest, one of the largest VegFests in the country,

will be held from 11 a.m.-5:30 p.m. at Nationals Park, located at 1500 South Capitol Street, S.E., Washington, D.C. 20003.

Admission is free. Go to (<http://dcvegfest.com>) for more information.

They give out free swag bags filled with samples and coupons to the first 1,000 people in line and the line starts forming several hours before 11 a.m. Instead of waiting in line, it is possible to reserve a swag bag by making a \$50 donation online before the event.

General Information

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

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

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Implementing Sustainability Practices

by Tina Lunson

“Sustainable” is a term generally defined as meeting the needs of today without compromising the ability of future generations to meet their needs.

Outdated behaviors and environmental practices have resulted in damage to land and contamination of food production systems, to say nothing of the far-reaching impact of climate change.

New practices are being developed to address the damage and perhaps reverse it —sustainability practices. While these practices involve massive changes such as eliminating fossil fuel use in favor of wind and solar power or changing the way the airline industry flies its planes, on a micro level, Leisure World as a community and its residents can make changes that will have a big impact.

Recent flooding of areas on the golf course and overflowing of the stream plus water intrusion into some residential buildings may have many residents thinking about better water control and

the restoration of the streambeds, LW Green believes.

Sustainable Maryland

Sustainable Maryland is a plan to address the destruction that involves best practices in the areas of air quality, energy, trees and lawn care, among others. It is an ambitious undertaking, but the Environmental Finance Center is helping to pay for it. Sustainable Maryland offers grants to help communities correct or improve landscape in the aforementioned areas, and offers design advice and follow-up on projects.

Some goals of Sustainable Maryland include:

- carbon neutrality – reducing or eliminating the use of fossil fuels for less damaging sources of power, and driving electric vehicles
- smart growth – greater use of mass transit, more pedestrian-friendly and open space development
- sustainable water use and prevention of stormwater runoff
- practices that ward off flooding, such as installing roof and rain gardens,

repairing eroded streams, planting trees and installing pervious paving systems

- minimizing waste – composting combined with the “three Rs”: reduce, reuse and recycle

Other organizations offering advice and sometimes money to help communities make sustainable improvements include the Chesapeake Bay Foundation, One Montgomery Green and the Montgomery County Planning Advisory Council.

LW Green is in contact with these organizations in hopes of promoting positive changes in the near future. The support of Leisure World property owners and governing bodies is essential. To help in this initiative, contact LW Green by visiting its website, (www.lw-green.org).

For more information about Sustainable Maryland and sustainability practices, visit (www.montgomerycountymd.gov/green/) and (sustainablemaryland.com).

About LW Green

LW Green is a group of resi-



Leisure World offers beautiful greenery. Photo by Sarna Marcus



dents who strive to be better stewards of the environment through education and advocacy. Members don't have to be experts; the Group brings the experts to its members!

All interested residents are invited to attend LW Green's meetings, which are held on the fourth Wednesday of each month at 2 p.m. in Clubhouse I. For more information, visit (www.lw-green.com).

LW Green does not meet in August. The Group hopes to have a future presentation about solar energy and how it relates to Leisure World.

■ Democratic Club

Aug. 8: Join in the Fun at Club's Happy Hour

by Roger Blacklow

With the elections drawing closer, the Democratic Club hosts a fun, late summer happy hour on Thursday, Aug. 8, from 5-7:30 p.m. in the Clubhouse I Crystal Ballroom.

All the Democratic candidates

who represent Leisure World at the state and county levels have been invited. The Club is asking them to join in, socialize with the group and inspire members to do all that they can to shape the Democratic political future, including a new president. No long speeches – just a sharing of

goals and ideas in an informal atmosphere.

Happy hour is a great way to build bonds among like-minded neighbors. A cash bar, soft drinks and assorted snacks will stimulate discussion among Democratic friends, candidates and elected officials. The Club's political committee is focused on Virginia's state elections this November, as well as the Maryland and national elections in November 2020.

Membership forms will be on hand for those who would like to join the Democratic Club. If you have forgotten to send in your membership renewal, just bring it with you to the happy hour.

Training

The Democratic Club partnered with Casa de Maryland

to train residents in how immigrants can become full citizens, which allows them to vote in all elections.

The highly successful effort had a packed room of more than 30 Club members and friends on July 17. They learned the intricacies of administering to green card holders the 20-page application, part of what is required by the U.S. Citizenship and Immigration Service of the Department of Homeland Security.

The entire process is much more complicated. It includes an interview, a test on U.S. history, civics and other issues, plus basic proficiency in English. It often takes a year before an applicant can become a citizen. For more information, contact (wearecasa.org).






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■ Lions Club of Leisure World

The Heat Didn't Stop the Swing

by Maxine Hooker

The Lions Club of Leisure World took a good swing at its golf tournament on July 19 despite the blistering heat.

The Lions fielded 33 golfers. District 19 Del. Charlotte Crutchfield provided a great shotgun start as well as some advice on how to keep cool. Former Philadelphia Eagles player Phil Bryant was among the tournament's celebrity golfers.

The Club congratulates all of the teams for coura-

geously playing in the heat and supporting the Lions. After the tournament, players enjoyed

the presentation of awards and a delicious lunch sponsored by Outback Steakhouse.

The Club thanks all of its sponsors, contributors, members, Leisure World staff and

volunteers for their assistance in making the tournament a success. The Lions looks forward to future strokes to support its humanitarian projects.



From left, Alex Nowrouzi and former Philadelphia Eagles player Phil Bryant, photo by Al Holston



■ Kiwanis Club

Helping Hands Needed

by Jack Colvis

The Kiwanis Club invites all residents to participate in any of its several community service projects over the next 12 months. Pre-training is not needed; simply show up to help. Club members provide any of the following:

- sort collected school supplies for delivery to Harmony Hills Elementary School
- print inspirational words on small rocks to be placed around Leisure World for residents to find
- sew together and stuff cloth dolls for delivery to children in pediatric wards
- donate children's books to the Club for delivery to a local school
- prepare collected caps, mittens and scarves for delivery to a local school
- donate socks to the Club for delivery to homeless families
- make sandwiches with Club members for delivery to

Shepherd's Table

- sort diapers and wipes with Club members for delivery to Montgomery County Department of Health and Human Services
- donate aluminum pull tabs for delivery to Ronald McDonald House. (Drop them off at the FISH office in Clubhouse II.)

Contact Information

All of the aforementioned projects are being planned, with schedule dates to be determined. The Club will advise the community of potential dates, times and activity locations.

In the meantime, contact any one of the following members within the next two weeks to let the Club know which activities you may be interested in helping with: Heather Benjamin-Alexis at (240-433-0948), Susan Leshner at (240-558-3110) or Jack Colvis at (301-598-5380).

Your help will be greatly appreciated!



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You must be income qualified for this program, Montgomery County homeowner, and a PEPCO customer— Sample income limits range from \$52,550 for a one-person household, \$60,050 for a two-person household, with higher limits for each additional person.

CALL COMMUNITY ACTION COUNCIL'S WEATHERIZATION DEPARTMENT TODAY FOR MORE INFORMATION AND TO SET UP AN APPOINTMENT **Call Gary at (410) 313-6440 or email: gchristopher@cac-hc.org**

Aug. 15: Committee Holds School Supplies Drive

by Rae Cooper

On Thursday, Aug. 15, the Interfaith Committee for the Homeless and Working Poor holds a school supplies drive to help support the teachers and students of Harmony Hills Elementary School.

Supplies needed include notebook paper, number two pencils, two-pocket folders, erasers, glue sticks, paper towels and tissues, disinfectant wipes, hand sanitizers and Ziploc bags.

Residents may drop off these items any time between 8:30 a.m.-noon in Clubhouse I. Curbside pick-up will also be available.

Although the Montgomery County public school system allocates money for essential instructional supplies, the funds are never enough, particularly to serve students in low-income communities. Residents' donations will help support pre-K through fifth grade students.

Past Events

The Committee's April baby shower was a huge success thanks to generous residents and the "Knitting Corner" ladies, who lovingly create beautiful layette items for the Interfaith Works Clothing Center's Welcome Baby Program. The Committee collected more than 637 items plus monetary donations.

The Committee's annual Books for Kids program held in May received an unusually abundant collection of 562 age-appropriate books for kids ages pre-K through fifth grade. All books went to Harmony Hills Elementary School for student summer reading.

About the Committee

Funding for these endeavors depends entirely on monetary donations from Leisure World residents and organizations. Currently, funding for these efforts is at a low ebb – specifically the Monday sandwiches for the men's emergency shelter

and quarterly dinners for the Interfaith Works Women's Center.

These programs are vital, and the Committee needs to keep them up and running. Consider partnering with the Committee as they feed those less fortunate by giving a donation. Make checks payable to The Inter-Faith Chapel and write "CHWP" on the memo line. Residents may drop off or mail their contribution to The Inter-Faith Chapel at (3680 S. Leisure World Blvd., Silver Spring, MD 20906).

Since the Committee functions under the auspice of the Inter-Faith Chapel Missions Program, all funding donations are tax deductible. For questions, contact Sue Spencer at (301-598-4358) or Sue Sandler at (240-242-3742).

The Committee offers its grateful thanks to the Leisure World community for its continued support in helping the Committee help others.

■ Jewish Discussion Group

Rabbi to Address Group at September Meeting

by Jerome "Jerry" Cohen

Special guest speaker Rabbi Gordon Fuller will discuss his book, "Coping with Adversity: Judaism's Response to Illness and Other Life Struggles," at the Jewish Discussion Group's (JDG) next meeting on Sunday, Sept. 22, at 10:30 a.m. in Clubhouse I.

What situations have you faced in your life or are currently facing that feel challenging? Come and hear how Fuller's

book uses values from Judaism's time-tested, 3,500-year history to help people deal with adversity in their lives. He brings the experience of a social worker, educator and pulpit rabbi to these sensitive issues.

"Combining the medical experience of a cardiologist with the Judaic knowledge of a rabbi, 'Coping with Adversity' draws on the practical wisdom of ancient Jewish teachings and scripture to help people of all faiths. The advice, inspira-

tion and comfort from the vast stores of Judaic heritage uplift the spirit and give encouragement to those facing illness, mental anguish and uncertainty," according to (www.amazon.com).

After his talk, Fuller will be happy to sign copies of his book, which will be sold at the special price of \$10 per copy.


General Information

The Group will not hold discussion sessions in August and November. JDG invites people of all faiths to attend these free discussion group sessions held on the fourth Sunday of every month from 10:30 a.m.-noon in Clubhouse II.


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



Rabbi Gordon Fuller, courtesy photo



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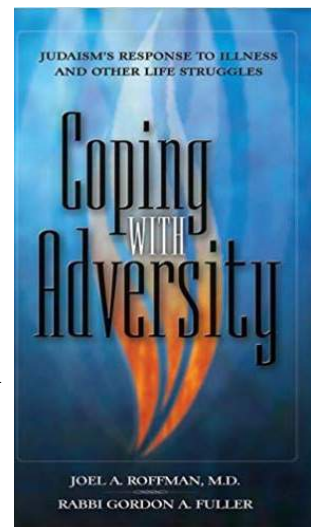


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Aug. 19: Judaic Study Group Checks Out Hadassah Magazine

by Barbara Eisen

Hadassah's Judaic Study Group meets on Monday, Aug. 19, at 1:30 p.m. in Clubhouse I. Shari Goldstein will be the Group's moderator.

Where can people read about the best meal to prepare, or the best graphic novels to read? How can they find out about Molly Goldberg (remember her?) or interesting places to visit? And where can they learn about medical breakthroughs that Hadassah Hospital researchers are sharing with the world? The answer is in Hadassah Magazine, of course.

Bring the most recent copies of Hadassah Magazine on Aug. 19 as the Group focuses on interesting articles from the May/June 2019 and the July/August 2019 issues. As always,

all residents are welcome.

For questions, contact Shari Goldstein at (240-293-6442), Marcia Elbrand at (marciaelbr@gmail.com) or (216-496-6633) or Peri Schuyler at (301-869-2968).

Upcoming Events

Hadassah welcomes back popular speaker Cantor Michael Kravitz on Wednesday, Aug. 21, at 2 p.m. in Clubhouse I. The title of his program is "The Jewish Influence on the Rock 'n' Roll Era."

The new and exciting program is one that residents are sure to enjoy. The cost is \$5 by either a check, payable to Hadassah, or cash. The fee will be collected at the door and will go to one of Hadassah's projects.

The meeting is open to everyone. However, residents planning to attend are

asked to RSVP to either Judy Rurman at (judyrurman@gmail.com) or (301-680-0850) or Bobbi Gorban at (bpem@aol.com) or (301-838-4336) to ensure adequate seating. Bring your spouses and friends to this enjoyable afternoon program.

And see the Club Trips section of this edition for details about "Grand Slam Sunday" on Sept. 15, an afternoon baseball game between the Washington Nationals and the Atlanta Braves.

Greeting Cards

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. The cards are \$2.50 each or five for \$10. Cards are displayed and sold at every Hadassah meeting. Call Elaine at (301-598-0079) or Jan at (301-593-7720) to buy cards between meetings.

Youth Project

Larelda Gruber, available at (301-598-5922), is chair of Youth Aliyah/Children at Risk. This project helps disadvantaged children in Israel. The goal is to create a circle of \$1,000, made by individual contributions of \$40. Send donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906).

General Information

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

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

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Laminate | Vinyl****■ NA'AMAT RBZ Club****Sept. 4: NA'AMAT
Welcomes Cantor
Kravitz**

by Carole Mund

On Wednesday, Sept. 4, NA'AMAT RBZ Club holds its first open meeting of the season. All residents are welcome.

Cantor Michael Kravitz will present "A Program of Jewish Songs" at 12:30 p.m. in Clubhouse I. Kravitz is known to many in the Washington D.C. area. Spend an enjoyable afternoon listening and mingling. Refreshments will be served.

Become a Member

Annual membership dues are due now. By joining NA'AMAT RBZ, a person also becomes a supporter of NA'AMAT Israel, which provides educational daycare programs, vocational training, legal aid and support services for women experiencing domestic abuse or violence and assistance for new immigrants.

Most importantly, membership automatically places members on the mailing lists to receive information about NA'AMAT's special events and trips prior to the general public.

New members and former members should send a check for dues (\$36, payable to NA'AMAT USA) to Harriet Chaikin, membership chairperson, at (15101 Interlachen Dr., Apt. 1-216, Silver Spring, MD 20906).

Even members who have received their notices should send membership renewal through NA'AMAT's local chapter and not to NA'AMAT's headquarters in California. Contact Harriet at (240-560-7487) for any questions.

Book Club Update

NA'AMAT RBZ has a book club that meets the fourth Wednesday for each month to discuss literature chosen by the group. The book chosen for August is "Waking Lions" by Ayelet Gundar-Goshen.

Contact Barbara Tahler

at (240-669-6961) for the meeting time and place.

Tribute Cards

Tribute cards are an excellent way to support NA'AMAT 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 \$4 if sent by Lenore Kalen, tribute chairperson. Full donor credit is given for each card. For questions, contact Lenore at (301-922-4348) or (15100 Interlachen Dr., Apt. 616, Silver Spring, MD 20906).

Upcoming Events

On Saturday, Sept. 14, NA'AMAT sponsors a trip to see the fun-filled show, Capitol Steps. The trip includes bus transportation and event tickets. For further information, contact Esther Goldstein at (301-847-9215) and check the Club Trips section of this publication.

Other upcoming events include:

- Oct. 16 – luncheon and fashion show featuring fashions by J. Jill
- Oct. 30 – overnight trip to Dover Downs.
- Nov. 6 – notable documentary, "Heading Home: The Tale of Team Israel" – A team of Jewish baseball players take on the world.
- Nov. 13 – Eyre Tours takes a trip to Riverside Theatre to see "Annie." Mention NA'AMAT and receive a stipend and donor credit.
- Dec. 3 – Annual Game Day. Homemade kugels and other refreshments will be served.

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

Sept. 8: 'Normandy – 75 Years After the Landings'

by Fred Shapiro

The Jewish War Veterans Post 567's brunch on Sunday, Sept. 8, will feature retired Col. Harvey Kaplan, who will present "Normandy – 75 Years After the Landings."

The brunch begins at 10:15 a.m. in the Clubhouse I Crystal Ballroom.

Kaplan and his wife Naomi recently returned from a visit to Normandy, marking the 75th anniversary of the Allied landings there in June 1944. They have interesting information and colorful current photographs of the area to share with brunch-goers.

The cost of the buffet brunch, which includes eggs, tuna fish, lox, bagels, salad, coffee, Danish and more, is \$14 per person. To attend, mail a reservation check, payable to JWV 567, to Andrea Goldberg at (15107 Interlachen Dr., Apt. 106, Silver Spring, MD 20906) by Saturday, Aug. 31.

Tables of 10 only may be reserved with payment for all tablemates, and their names are to be included with the reservation. Otherwise, open seating on a first come first served basis will be in effect.

For questions about the brunch or Post 567 membership, contact Jerry Cohen at



Utah Beach during the 75th anniversary of the Allied landings. Harvey and Naomi Kaplan visit Normandy 75 years after the Allied landings. Photos courtesy Harvey Kaplan

(240-970-5024) or (jcohen@jccbb.com).

About the Presentation

The Kaplans joined 118 other veterans and spouses for more than a week in France. Their photographs include views of Utah and Omaha Beaches today, including some of the remaining German fortifications.

Kaplan will discuss the Château de La Roche-Guyon – Nazi Gen. Rommel's headquarters set back miles from the beaches – and its fascinating set of four, beautiful tapestries from the Book of Esther, with its powerful Purim message

appearing so out of place at that site.

Brunch-goers will see photos of the 120-person private memorial ceremony at Omaha Beach, the small town of Sainte-Mère-Église, with its famous Airborne Museum and the "marked" Jewish graves at the American Cemetery nearby.

Kaplan will also discuss French artist Claude Monet, who is remembered for his paintings of Normandy – especially the Cathedral in Rouen, Normandy's capital.

Don't miss this unique program held right after Labor Day.

About the Speaker

Kaplan served for 27 years in the U.S. Army Corps of Engineers, after graduating from The City College of New York.

He earned his master's from Harvard University and a doctorate from New York University, with a specialization in administration of adult education programs.

Following his time with the Army, he served for more than 15 years on a range of federal contracts focused on training for government employees from many departments and agencies.



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Services, Havdalah and a Book of Remembrance

by Jonas Weiss

Rabbi Gary Fink directs Sabbath service on Saturday, Aug. 3, at 7:30 p.m. in The Inter-Faith Chapel. Cantor Michael Kravitz will direct Sabbath services on Saturday, Aug. 10, at 9:15 a.m. in Clubhouse II.

Rabbi Moshe Samber and volunteers will hold abbreviated Sabbath services and discuss Torah and Mishnah on Saturday, Aug. 3, 17, 24 and 31, also at 9:15 a.m. in Clubhouse II.

High Holidays

The Rosh Hashanah holiday begins on the evening of Sunday, Sept. 29. Religious services will be held at 7 p.m. – Conservative service in Clubhouse II and Reform service in The Inter-Faith Chapel. On Monday, Sept. 30, at

9 a.m., a Reform service is held in The Inter-Faith Chapel and a Conservative service is held in Clubhouse II. A Conservative service is also held on Tuesday, Oct. 1, at 9 a.m. in Clubhouse II.

Yom Kippur services begin on Tuesday, Oct. 8, at 7 p.m. and continue on Wednesday, Oct. 9, starting at 9 a.m., with Reform service held in The Inter-Faith Chapel and Conservative in Clubhouse II.

A break-the-fast meal will be held after services on Oct. 9 in the Clubhouse I Crystal Ballroom for those who paid for the meal (additional \$15 for members, and \$25 for non-members).

The cost to attend a service is \$110 for Jewish Residents of Leisure World (JRLW) members,

and \$145 for non-members. A convenient form is in the JRLW Newsletter.

To purchase tickets, mail checks, payable to JRLW, to treasurer Marsha Bernstein at (3210 N. Leisure World Blvd., Apt. 921, Silver Spring, MD 20906), and enclose a stamped, self-addressed envelope to receive your tickets by mail.

To join or renew membership in JRLW for the 2019-2020 fiscal year, send checks for \$20 per person, payable to JRLW, to Marsha Bernstein at the aforementioned address.

Upcoming Events

- Sept. 10 – Rabbi Seth Bernstein lecture on “Jewish Communities in the Aftermath of Crises”

- Sept. 15 – JRLW brunch with popular musician Darryl Davis
- Sept. 18 – JRLW/Bender Jewish Community Center lecture on artist Marc Chagall
- Oct. 11 – Six-week course on Israeli cinema with Dr. Ira Weiss
- Oct. 21 – JRLW brunch with Montgomery County Sheriff Darren Popkin

Havdalah

Join JRLW for a farewell to the Sabbath service (Havdalah) followed by a light meal (Malava Malka) on Saturday, Nov. 2, at 6 p.m. in Clubhouse II. Cantor Wendy Gonzales will lead the service, and the meal will include dairy sandwiches, dessert and cold drinks.

Seating is limited, so advanced reservations are necessary and must be received by Friday, Oct. 18. Mail checks for \$14, payable to JRLW, to Phyllis Rand at (15107 Interlachen Dr., Apt. 307, Silver Spring, MD 20906). Call Phyllis at (301-871-1515) with any questions.

Book of Remembrance

A new Yiskor Book of Remembrance will be published soon and will be used at the Yom Kippur service and at other major holidays.

To have your deceased loved ones' names memorialized in this booklet, send donations of \$6, checks only, payable to JRLW, of \$6 per name for members (\$8 for non-members) to Barbara Cohen at (3210 N. Leisure World Blvd., Apt. 1006, Silver Spring, MD 20906). The deadline for submissions is Sunday, Sept. 1.

Donations

For the Torah maintenance fund, send checks, payable to JRLW (\$25 minimum), to Carol Wendkos at (14805 Pennfield Cir., Apt. 212, Silver Spring, MD 20906). Send donations for prayer books to Janet Lazar at (15311 Beaverbrook Ct., Apt. 1B, Silver Spring, MD 20906).

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



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Aug. 18: Jewish Residents Host Meet and Greet

by Judy Frumkin

Jewish Residents of Leisure World (JRLW) knows there are many eligible people in Leisure World who are not affiliated with the Group, and it's hoping to find them!

JRLW invites these residents to mix and mingle with the Group's current members at a Meet and Greet on Sunday, Aug. 18, from 2-4 p.m. in Clubhouse II.

During this time, prospective members can meet JRLW's officers and board members and see a PowerPoint presentation about the organization. Refreshments will be served and door prizes will be awarded.

Everyone attending will receive one raffle ticket, and those bringing a potential member and those joining the organization will receive an additional chance to win a door prize. Prizes will include wine, gift cards and gift certificates to Corn Beef King.

Membership Benefits

Membership in JRLW has a lot of benefits, such as reduced price on High Holiday tickets, subscription to the Group's in-house publication – featuring JRLW services and activities – that is sent to members' homes monthly, and the ability to join with other Jewish members of the community, creating a strong voice.

JRLW holds monthly brunches with amazing speakers. In fact, the brunches are so popular that many times they sell out. The Group also has a special relationship with the Bender Jewish Community Center of Greater Washington, which provides movies of Jewish interest, speakers and classes and the annual Health and Wellness Expo, all within Leisure World.

Many JRLW members maintain their relationship with their original congregation and

yet join JRLW because they want to be part of the Jewish community in Leisure World.

JRLW helps connect Jewish residents with each other, provides religious services, and sponsors programs on Jewish culture and education.

The Group has hundreds of members who participate in its activities and enjoy the Jewish community within Leisure World.

Besides having its own activities, JRLW serves as an umbrella organization for Hadassah, the Jewish Discussion Group, the Jewish War Veterans and NA'AMAT RBZ Club.

JRLW is excited about its first Meet and Greet and hopes to see lots of current and future members there!

Contact Information

For further membership information about JRLW, contact one of the Group's

membership co-chairs:

- Judy Frumkin – (judyfrumkin@gmail.com), (443-858-2894)
- Leah Weisman – (leaheweisman@gmail.com), (301-288-4267)

Also, check out JRLW's website at (www.jrlwmd.org), which includes a calendar of activities and current board members.



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Cannons Roar at Recent Club Meeting

by Al Karr

The ‘cannons roared’ at a recent meeting of the Comedy and Humor Club. Meetings are held on the first three Tuesdays of each month at 1:30 p.m. in Clubhouse II.

Sunny Levin, a newcomer to the Club, told about a five-year-old boy named Will, whose father planned to take him to one of those outdoor reenactments of a noisy battlefield standoff between Civil War soldiers. Will began crying, afraid of the cannon roar and all those dying men falling to the ground.

Dad assured his son that they’re only acting, took the boy’s hand and off they went to the reenactment. As soon as they arrived, the captain of one side of the battle loudly ordered, “Fire at will!”

Jack Melnick, a veteran of the Club’s creation more than 30 years ago, described

how a jobless actor finally got a gig to appear in a show as a Confederate soldier in a battlefield reenactment. His agent told him to go to the theater and take the stage, telling him and then reminding him repeatedly that when he hears loud cannon roars, to say, “Hark! I hear the cannons roar!” The excited actor took a train and a cab, and then walked to the theater, arriving just in time to deliver his line. He dashed onto the stage, the cannons roared loudly, and he exclaimed, “What was that?”

Others taking the mic at the Club’s recent meeting were vice president Skip Schoening, Wally Becker, Sam Hack, treasurer Herb Hodes, Sumner Levin, president John Lass and Al Karr. Here are a few of the jokes they told:

- Skip – A 90-year-old man goes to the Wailing Wall every day, praying for world peace. Asked how

he sustains this effort, he admits, “Sometimes I think I’m praying to a stone wall.”

- John – Which hand is it better to write with? Neither, it’s better to use a pen.

■ Rossmoor Women’s Club

Wine and Friends Make a Good Blend

by Marcia L. Elbrand

The Rossmoor Women’s Club’s (RWC) opening event of the Club year is a “welcome back to volunteering event” on Wednesday, Sept. 18, from 3-5 p.m. in Clubhouse I. The theme is “wine and friends make a good blend.”

The Club hopes to see ‘old’ members, new members, prospective members and guests who are simply curious about the Club, said new president Abigail Murton. The event will feature a buffet of heavy hors d’oeuvres. The deadline to register will be in early September; all event details will be available soon.

The event is an opportunity for residents to see what interests them by meeting chairpeople of the Club’s various fundraising arms, according to vice president Noreen Potter.

RWC annually raises more than \$10,000, all of which is donated to local causes,

including college scholarships, the Head Start class at Harmony Hills Elementary School, a local hospice, various local programs assisting families of wounded warriors and people starting afresh after domestic violence or job loss.

At the Sept. 18 event, the emphasis will be on mingling. Committee chairs will encourage attendees to volunteer for the Club’s education committee, which selects recipients of the six to eight college scholarships awarded annually.

Other volunteers are needed to staff the Club’s popular, weeklong fruitcake and pecan sale in November, and the \$6 per gift vendors’ sales, which offers opportunities to purchase costume jewelry, stocking stuffers, socks, umbrellas, novelties and toys. One of the thrice-yearly sales is always scheduled in plenty of time for Chanukah and Christmas shopping.

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Several Writers Share Their Childhood Memories

The Writers of Leisure World met on July 11, welcoming several new writers and sharing memories and thoughts about life.

Tom Anessi told of the sadness he and his mother shared when she was told her illness was terminal. He shared the poem he wrote to her titled, "Mom's Final Prayer," which reads, "The only regret I have in leaving here is that I start my journey back alone."

Jean Anessi wrote of childhood vacations in Wildwood, New Jersey, days at the beach and her grandmother's joy at playing poker with a couple of vacationing priests. Janie Carmona wrote of summer trips to visit family in Texas, driving the long distance.

John Moens shared an essay on his family's history, which includes one slaveholder, a general and four brothers who were held in jail during civil war. He also told of visiting his other grandmother, Pearl, who once saved him from a rattlesnake.

Grace Cooper shared childhood memories, including her doctor grandfather's remedies such as raw onion under the arm for fever.

Bobbie Troy offered poems about friends, family and learning, noting, "The only way to know something is to get up in the morning and acknowledge, 'I know nothing; let me begin learning today.'"

Radha Pillai told of her recent visit to India, where she was born. She told of revisiting ponds with pineapple, coconut and cashew trees and going with her brothers to pick all the healthy fruits and vegetables.

Danuta Montorfano wrote of an evening stroll –

smelling the honeysuckle, hearing the chirping birds and feeling the memory of her beloved late husband.

Joanie Friedlander told of her daughter's childhood pets, which included Twilight, a kitten who got lost on the 4th of July and was replaced by a hand puppet kitten.

Gladys Blank told of reading Michelle Obama's autobiography and learning she took piano lessons. Blank was also made to take piano lessons and told how she would change the time on the clock so she could go back outside and play before the hour was up.

Denise Barker read a poem about growing up in New York City, sitting on the stoop picking skinned knees and watching the neighborhood. She also talked about walking down to a magical, isolated hill where neighbors grew tomatoes.

Susie Hooper Billstein wrote a piece about her forthcoming presentation on knitwear design, called Knitwits. Woody Shields spoke of the preparation needed to be a hunter and offered suggestions for new hunters, such as keeping a memory book and selecting a hunting technique.



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Boomers Meet Up for Walks and Picnic

by Beth Leanza

Any fun-loving, active resident can join the Baby Boomer Club; there is no age requirement.

Baby Boomers get together to have fun at social events, and often bring food to share, including beer and wine. The Club meets on weekdays evenings and weekends, so that residents who are still working can join.

Club members watch movies in the Clubhouse II auditorium or go out to dinner, and then take in a movie at a nearby theater. Sometimes the Club sees a play at Toby's Dinner Theatre in Columbia.

They also play games and have picnics and barbecues at nearby East Norbeck Park. The next picnic is on Sunday, Aug. 4, starting at noon at the Park.

Friday Hikes with Joyce

Anyone is welcome to join the walks led by Joyce Richardson on

Fridays. During warmer months, the group meets at 10:15 a.m. at a local trail. Most walk about three miles, but some walk halfway and return. To carpool to the trail, contact Joyce at (301-598-7098) by Thursday night.

For directions to the walk sites, go to the Calendar on the Baby Boomer Club website at (<https://sites.google.com/site/bbclwmd/calendar>), or use Google Maps.

Upcoming walks include:

- Aug. 9 – Washington Grove community (Bounding Bend Court, Redland, MD)
- Aug. 16 – Locust Grove Nature Center (7777 Democracy Blvd., Bethesda, MD 20817)

Sunday Morning Walks

Join a group of walkers that meet up on Sundays at 8:30 a.m. near Arden Court (across from Kelmscot Drive) to walk the entire Leisure World Boulevard circle. After the walk some go out to breakfast. Now and then they

leave Leisure World and go out to a local hiking trail.

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

Weeknight Walks

For a shorter walk (about one mile) around the Broadwalk in Montgomery Mutual, meet on weeknights at 7:15 p.m. in the lobby of Clubhouse I. No announcement is made; just look for a group forming and introduce yourself.

Even More Walks

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

Ready to Join?

The Club's membership is ready and waiting to receive

dues and get you signed up. Send a check for \$5 per member, payable to Baby Boomer Club, to Susan Landesberg at (3505 Twin Branches Ct., 37-C, Silver Spring, MD 20906).

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

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

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

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

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Clubs, Groups & Organizations In Brief

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

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

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

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

Knitting Corner: Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is Aug. 9. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel’s mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

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

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

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

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

New Yorkers and Friends Group: Join fellow New Yorkers and Friends on the second Thursday of each month at 10:30 a.m. in Clubhouse I. The Group offers opportunities to support outreach projects and to engage in a wide range of social activities. The Group’s motto is “New Yorkers &

Friends Can Make a Difference!” The Group welcomes anyone who has had affiliations with New York (both city or state), or who just likes New Yorkers. For more information, contact Connie at (301-438-2667).

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

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

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

Quilting Group: Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is Aug. 8.

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 reads from a collection of short stories and discusses them together. On Aug. 7, Sami Demiray will lead a discussion of “Deaf and Blind” by Lara Vapnyar from the Oxford Anthology of Short Fiction. On Aug. 21, Beth Leanza will lead a discussion of “The Book of Miracles” by Edwidge Danticat from our new collection, “The Short Story Prize: 15 Years of Great Fiction.” The Short Story Group meets on the first and third Wednesdays of the month at 11 a.m. in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

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

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

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

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

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

Yahoo Group: The Group is an online forum and email list serve that provides informal, online communication between neighbors. It provides residents an opportunity to seek information, post announcements and share photos and files. This list serve is monitored daily to assure the stated Group rules are followed. To join, visit (<https://groups.yahoo.com/neo>).

Leisure World Club Trips

The next deadline for trip submissions is **Monday, Aug. 5**. 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.

**Aug.
31**

National Book Festival Washington, D.C.

Join the **Book Club Network** on a trip to the National Book Festival at the D.C. Convention Center in Washington, D.C. on Saturday, Aug. 31, Labor Day weekend.

This annual event, sponsored by The Library of Congress, brings the nation's top authors together to discuss their work.

The bus departs Clubhouse II at 9 a.m. and returns to Leisure World at 4 p.m. The cost is \$35 a person for transportation only. Lunch is on your own.

Purchase tickets from the Eyre Office in Clubhouse I or by calling (800-321-3973, Option 4). For more information, contact Verna Denny at (verhd@msn.com) or (301-598-1418).

**Sept.
14**

Capitol Steps Washington, D.C.

NA'AMAT RBC Club has planned a great trip on Saturday, Sept. 14, to see a 7:30 p.m. performance of the Capitol Steps. Join us for an evening of music and political satire at the Reagan Building.

The cost is \$75 per person includes transportation and the show.

The bus departs Clubhouse II at 6 p.m. and returns at approximately 10:30 p.m.

Send your check, payable to NA'AMAT, to Esther Goldstein at (15000 Pennfield Cir., #302, Silver Spring, MD 20906). For questions, call Esther at (301-847-9215).

**Sept.
15**

Nationals Baseball Game Washington, D.C.

On Sunday, Sept. 15, **Hadassah** invites all residents to attend the 5th Annual Grand Slam Sunday sponsored by The Jewish Federation of Greater Washington, Hadassah Greater Washington and the Greater Washington Jewish community at Nationals Park. The Washington Nationals will play the Atlanta Braves.

Let's make this a Hadassah community event. Bring your family, children, grandchildren and neighbors. Pre-game fun begins at noon in the picnic area behind sections 142 and 143. There will be food and lots of fun. The first pitch is scheduled for 1:35 p.m.

Tickets are \$19 each and can be ordered online at (shalomdc.org/gss2019hadassah). The seats are in the Scoreboard Pavilion in sections 237-245. Tickets will be mailed from the Greater Washington Hadassah Office. For details contact Greta Clark at (gclark@hadassah.org) or (301-881-8203). Transportation is not included.

A portion of each ticket purchased will support significant projects in the Greater Washington area, in Israel and around the world.

**Sept.
16-20**

Pigeon Forge and Smoky Mountains Shows, TN

All residents are invited to come with the **Going It Alone Club** on a five-day, four-night trip to Pigeon Forge and the Great Smoky Mountains of Tennessee. The trip includes four breakfasts and four dinners, entrance to the Titanic Museum, five shows, free time in historic downtown Gatlinburg and a guided tour of the Great Smoky Mountains National Park.

The bus departs Clubhouse II at 8 a.m. on Monday, Sept. 16 and returns late afternoon on Friday, Sept. 20

The cost for double occupancy is \$480 per person for Club members; \$488 for non-members; and \$149 additional for single occupancy. Travel insurance is available.

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

Nov.

11-13

Gaming and Sightseeing Atlantic City, NJ

Join the **Tennis Club** on a two-night/three-day trip (Monday-Wednesday) to Atlantic City, New Jersey. For only \$205 per person double occupancy (\$90 more for single occupancy), you will get transportation in a modern bus, two nights lodging in the casino hotel, one dinner, two hot breakfasts and a casino bonus.

On your own in this tourist location, you can take in a show and enjoy Atlantic City's famous boardwalk.

Contact Sue Sandler at (240-242-3742) for more information and to make a reservation.

Nov.

20

NEW - "To Kill a Mockingbird" New York City, NY

All residents, family and friends are welcome to join the **LWAAAC** bus trip to see "To Kill a Mockingbird" on Wednesday, Nov. 20, at the Schubert Theater in New York City, NY.

Orchestra seating and transportation is \$185 per person. Make checks payable to LWAAAC and place them in the LWAAAC mail slot in E&R office, Clubhouse I, beginning on Tuesday, Aug. 6. Include your telephone number and email address with payment. To reserve theater seats, all tickets must be paid by Tuesday, Aug. 20.

The bus departs from Clubhouse II at 7:30 a.m. and returns at approximately 9:30 p.m. For more information, contact Juanita Sealy-Williams at (301-822-4531).

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.

EYRE Leisure World Travel

Travel & Tour Department • (301) 598-1599 • Tuesday & Thursday 8:30 am-2:00 pm
Reservations can be made Monday through Friday, 8:30 am-5 pm by calling 301-854-6600 #4
For more detailed itineraries, please see the Eyre Representative at the Eyre Leisure World Travel Office.

DAY TRIPS

EYRE TRAVEL SUMMER HOURS

Tuesdays & Thursdays, 8:30 am-2:00 pm

US Tennis Open, NY

Fri., 8/30, 5:30 am-11:55 pm\$169.00 per person
'Love' tennis? Then this is the trip for you! Ground pass to all stadiums except Arthur Ashe included as well as transportation.

Library of Congress National Book Festival, DC

Sat., 8/31, 9:00 am-4:00 pm\$35.00 per person
Held at the Walter E. Washington Convention Center. Transportation only. *Expect enhanced safety and security measures when entering the Convention Center.*

DC Wharf

Mon., 9/16, 8:45 am-3:15 pm\$39.00 per person
Explore the DC Wharf! Shops, museums and more! Transportation only.

Maryland Wine Festival, Carroll County, MD

Sat., 9/21, 9:45 am-4:30 pm\$69.00 per person
Bring your taste buds! Enjoy the Maryland Wine Festival at the Carroll County Farm Museum complex. Transportation and admission to the festival included.

Sunfest at the Inlet, Ocean City, MD

Sat., 9/21, 7:45 am-9:00 pm\$60.00 per person
Held at the Ocean City Inlet, this event is enjoyed by the whole family with arts and crafts vendors, a variety of delicious food including Eastern Shore favorites. Enjoy nationally known entertainers all day. All the entertainment is free with the exception of the headline acts. Transportation only.

Museum Loop, DC

Thur., 10/3, 8:40 am-3:00 pm\$35.00 per person
Choose to spend the day at the Holocaust Museum, Natural History Museum or the National Gallery of Art. Transportation only.

9/11 Memorial & Museum, NY

Sat., 10/12, 7:00 am-11:45 pm\$120.00 per person
\$10 Cracker Barrel gift card included.

Bay Lighthouse Cruise, Annapolis

Wed., 10/23, 9:15 am-4:30 pm\$110.00 per person
Pass by three lighthouses in the Chesapeake Bay. Narrated by a costumed lighthouse keeper. Boxed lunch served on board.

Glenstone Museum, Potomac, MD

Thurs., 10/24, 10:15 am-4:00 pm\$40.00 per person
Enjoy your day inside and outside at this unique museum! Transportation only.

NEW International Horse Show, DC

Thu., 10/24, 5:10-11:00 pm\$85.00 per person
The annual Washington International Horse Show is one of the best events of its kind featuring more than 500 types of horses and all sorts of great equestrian events. Thousands of enthusiasts show up to the Capital One Arena every October to see something amazing. It won't take long to get hooked on the tradition of the Washington International Horse Show, which continues to boast a stunning display of equestrian heraldry that will leave you wanting more. Trip includes transportation and admission.

Skyline Drive, VA

Fri., 10/25, 8:00 am-4:35 pm\$99.00 per person
It's time for leaf peeping! Lunch at Skyland Restaurant.

Western Maryland Scenic Railroad

Sat., 10/26, 8:00 am-6:45 pm\$129.00 per person
Three-hour rail excursion from Cumberland to Frostburg. Lunch included.

Apple Festival Peddlers Village, PA

Sat., 11/2, 8:15 am-7:30 pm\$65.00 per person
Sample apple dishes, listen to live music and browse arts and crafts.

Costuming the Crown Exhibit, Winterthur, DE

Fri., 11/8, 8:00 am-5:45 pm\$99.00 per person
Costumes from the Netflix series on the reign of Queen Elizabeth II. Lunch voucher included.

National African American Museum, DC

Mon., 11/11, 8:45 am-3:30 pm\$45.00 per person
Timed entry tickets and transportation included.

NEW TRIP!

Notorious RBG

The Life and Times of Ruth Bader Ginsburg, National Museum of American Jewish History, Philadelphia, PA

Sat., 11/9, 7:45 am-6:40 pm\$85.00 per person

This entertaining exhibition explores RBG's legacy—including her days as a student, her pioneering work as a lawyer and advocate for women's rights, and her precedent-setting role on our nation's highest court. Lunch on own.

MULTI-DAY TRIPS

Castles of NY-1000 Islands

Aug. 26-29

Finger Lakes, NY

Sept. 22-25

Hudson Valley, NY

Sept. 25-27

Albuquerque Balloon Fiesta

Oct. 4-9 (fly/drive)

Ocean City Getaway, MD

Oct. 15-18

The Wright Experience at Fallingwater, PA

Oct. 22-24

A Victorian Holiday, Cape May, NJ

Dec. 1-3

Greenbrier, WV

Dec. 8-10

Country Christmas at the Gaylord Hotel in Nashville, TN

Dec. 10-13

CRUISES

Royal Caribbean

Oct. 31-Nov. 8

Eight-night Southeast Coast and Perfect Day Cruise

Royal Caribbean

Sept. 17-26, 2020

Nine-night Canada/New England Cruise

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

(All Trips depart from Clubhouse II)

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

Key:  Easy Walking   More Walking    A Lot of Walking

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

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

SPORTS, GAMES & Scoreboards

■ Tennis Club

August Plans Include Meetings, Annual Picnic and More Play

by Alfonso Holston

The next Tennis Club meeting is on Thursday, Aug. 8, at 7 p.m. in Clubhouse II. The Club welcomes its new member, Dee Berkholtz.

With the tennis season halfway over, the Club has many more activities planned. Join the Club on Friday, Aug. 16, for its annual picnic from 9 a.m.-2 p.m. at East Norbeck Park. The picnic will include food, music and tennis.

At the Club's June 11 meeting, members enjoyed an ice cream social while discussing the July 4 parade.

Play Times

The last call for Monday afternoon "Hit Arounds" was July 22 and 23 (two opportunities were provided to make up for bad weather). The "Hit Arounds" improved everyone's games, and another session may be scheduled for the fall.

Residents and friends are still invited to come out and enjoy the courts with Club members on Tuesdays and Fridays for

round robin fun and on Sundays, Wednesdays and Thursdays for advance tennis play. All play is from 9:30-11 a.m.

Tennis Court Updates

Mike Rice, project manager with the Physical Properties Department, addressed the Tennis and Pickleball Advisory Committee (TPAC) on June 10. Rice informed the Committee that the tennis courts would be repainted either in the late fall or early spring.

A motion was presented before the Committee that courts 3 and 4 get pickleball lines painted on them at the time of the repainting. A vote was taken and it was voted that courts 3 and 4 remain free of pickleball lines.

Rice also informed the Committee that the courts would be getting awning for protection and relief from the sun.

The next TPAC meeting is on Wednesday, Aug. 7, at 1:30 p.m. in the Sullivan Room of the Administration Building. All residents are welcome.

Golf Course Offers One-Time-Only Membership Rate

The golf course is offering a one-time-only reduced membership rate of \$500 for residents, their family members and friends.

The reduced rate includes annual greens fees and unlimited play and is good through Tuesday, Dec. 31, 2019.

Come out for the easy exercise and camaraderie that golf has to offer! For details or to join, stop by the Pro Shop or call (301-598-1570).

— *Leisure World News* Photo by Gerald Harden



■ Golf Club

July Results

Compiled by Rita Molyneaux

July 9, 2019

9-Hole Ladies

Step Aside Scramble

1. Kazue Waller, Brenda Curtis-Heiken, Dee Smiley, Arillian Navy, 42
2. Kay Heier, Mary Wells, Carole Lee Simms, Betty Devers, 45
2. (tie) Linda Andrews, Connie Park, Ruth Cougnet, Nickie Lopes, 45

July 10, 2019

MISGA at University of Maryland

2-Best Ball Mixer

Golf Club members were in the winning column. Five places were awarded, with the first place score of 121 and the 2nd place 124 in the two best ball mixer. Congratulations to Tony Marotta and his team who came in second place and Semoon Chang's team won third place at a tough course with a competitive field. Also, congratulations to Chang who won closest to the pin.

July 11, 2019

18-Hole Ladies

Two Lady Better Ball Net

1. Mary Ko, Susan Kim, 63
2. Christa Storm, Kathy Frensilli, 68

July 13, 2019

Overall Mixed Team Championship

1. Jack Frensilli, Kathy Frensilli, Net* 58
 2. Doug Brasse, Mary Lee Amato, Net* 58
 1. Ron Holsey, Ivy Holsey, Gross 73
- *Match of cards

July 16, 2019

9-Hole Ladies

Bingo-Bango-Bongo

1. Susan Newman, 11
 2. (tie) Mary Lee Amato, Mary Wells, Muriel Peake, Patt Hooper, Alice Parker 10
 7. (tie) Judy Moffson, Kay Heier 9*
- *Match of cards

July 17, 2019

Men's ABCD Team

Two Best Balls of Four Net

1. Joseph Powel, Mark Parker, Richard Falck, Joe Crocetta, 112
2. Doug Brasse, Mike Makfinsky, Jules Goldstein, Alan Wilder, 116
3. Hank Weiss, Robert Kent, Bob Hudson, Doug Cornish, 120



Photo by Leisure World News

Wills, Wealth Planning & Trusts



Luann Battersby
Leisure World neighbor
3510 Chiswick Ct

Phone: 301-518-0423

Email:

Luann_Battersby@comcast.net

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Chess: the Elephant in Clubhouse II

by Bernie Acher

One problem elephants have is that they are too big. They require a lot of land to roam around and find food. Their size (generally 10 feet tall and 12,000 pounds) makes them easy to spot by poachers, who seek their tusks, skins and meat.

Elephants have no control over their size. They are the largest land animals in the world. They eat 300 pounds of grass, bushes and trees every day. They spend 75 percent of their days and nights searching for, and eating, food. They eat so much that they need to keep moving to find food.

Despite a ban on international trade in ivory, poachers kill some 30,000 African elephants each year for their ivory tusks. Carvers in China, the largest consumer market for ivory products, generally use ivory to produce jewelry and art works. Smuggled ivory sells for as much as \$1,500 per pound.

Elephant Day, observed worldwide on Aug. 12, reminds us of this every year. Created by Canadian filmmaker Patricia Sims and Thailand's Elephant Reintroduction Foundation and first celebrated in 2012, the purpose of Elephant Day is to heighten awareness of the plight of elephants.

Elephants live almost entirely in Africa and Asia. At the turn of the century, a few million were in Africa and about 100,000 in Asia. Although estimates vary, the population has declined to about 415,000 in Africa and 40,000 in Asia, according to the World Wildlife Fund.

Results of the Great Elephant Census released in August 2016 showed that about 350,000 African savannah elephants remain alive in 18 countries, a 30 percent decline in seven years (2007-2014).

The Great Census, the most extensive ever undertaken, covered more than 300,000 miles, surveyed by air by a team led by Mike Chase, an ecologist based in Botswana, at a cost of \$7 million, paid in part by Paul Allen, one of the founders of Microsoft.

The International Union for Conservation of Nature (IUCN) lists Asian elephants as endangered on its "Red List," but in 2004, IUCN moved African elephants from "endangered" status to "vulnerable" because they are relatively numerous and their population is increasing in some areas.

Good news for elephants: China banned the buying and selling of ivory at the end of 2017. Ivory workshops and many stores have closed since then; store sales have declined by

about 67 percent; and prices have dropped sharply, according to National Geographic. Smuggling and illegal sales are increasing, however.

Since 1990, the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) has banned trade in ivory. Also, the U.S. banned domestic sales of ivory in June 2016.

The Chess Club does not use chess pieces made of ivory. Plastic is good enough. In the diagram on this page, White can win by checkmate in two moves. Do you see it?

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

SOLUTION: White moves the Knight to g5, double-checking Black's King with the Knight and the Queen. Black cannot capture the Knight because the King would still be in check by the Queen.



Black must move the King to g8 or h8. White moves the Queen to h7. Checkmate in either case!

So, do not wait for Elephant Day. Do not wait for a new elephant census. Do not wait for elephants to forget. Play chess now!

FREDRICK A. ISAACS, M.D., P.C., FACS BOARD CERTIFIED OPHTHALMOLOGIST

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LEISURE WORLD PLAZA PROFESSIONAL BUILDING

EMERGENCY APPOINTMENTS AVAILABLE

■ **Tuesday and Friday Duplicate Bridge**

Compiled by Jerry Miller

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

Tuesday, June 25, 2019

North-South
Flight A

- 1. Palma Seeger – Sue Swift
- 2. Wendy Morrison – Vern Skinner
- 3. Hanna Schepps – Marlys Moholt
- 4. Allen Shaw – Patti Anschutz
- 5. Stephen Weiner – Larry Carswell

Flight B

- 3. Stephen Weiner – Larry Carswell

East-West
Flight A

- 1. Sid Lotlikar – Michael Benefiel
- 2. Jerry Miller – Gerald Lerner
- 3. Barry Tash – Howard Tash
- 4. Robert Kerr – Jim Anschutz
- 5. Joan Marie Thomas – Kathleen Hooley

Flight B

- 2. Robert Kerr – Jim Anschutz
- 3. Joan Marie Thomas – Kathleen Hooley

Flight C

- 2. Joan Marie Thomas – Kathleen Hooley

Friday, June 28, 2019
One Section Only

Flight A

- 1. Mark Lavine – Marcia Fletcher
- 2. Diane Keiper – Nadyne Cheary
- 3. Aaron Navarro – Judith Perrier
- 4. Mel Schloss – Wendy Morrison

Flight B

- 1. Susan Weiss – Sue Swift
- 2. (tie) Linda Mihm – Norman Salenger
- (tie) Sid Lotlikar – Michael Benefiel

Flight C

- 1. Sid Lotlikar – Michael Benefiel

Tuesday, July 2, 2019

North-South
Flight A

- 1. Nancy Gordon – Bernice Felix
- 2. Allen Shaw – Patti Anschutz
- 3. Marilyn Udell – Maida Crocicchia
- 4. Jerry Miller – Marlys Moholt

Flight B

- 2. Beena Deshmukh – Madhav Deshmukh

East-West
Flight A

- 1. Abigail Murton – Dora Levin
- 2. Marcia Fletcher – Michael Benefiel
- 3. Howard Brewer – Joe Boland
- 4. Joan Marie Thomas – Kathleen Hooley

continued next column

■ **Wednesday Night Chicago Bridge**

Compiled by Abigail Murton

July 10, 2019

- 1. Joan Joyce and LeLoy Cottrell, 4,290
- 2. Dottie Hurley and Dottie Donnelly, 3,570
- 3. Joyce and Dick Riseberg, 3,240
- 4. Abigail Murton and Doug Brasse, 3,060

July 17, 2019

- 1. Joyce and Dick Riseberg, 4,450
- 2. Abigail Murton and Doug Brasse, 3,940
- 3. Howard Brewer and Mel Schloss, 3,420

■ **Thursday Afternoon Ladies Bridge**

Compiled by JoAnn Gellman

July 11, 2019

- 1. Shirley Gilmore, 3,390
- 2. Wendy Flannery, 3,140
- 3. Irene Shaulis, 2,780

July 18, 2019

- 1. Lynne Bloom, 2,980
- 2. Ruthe Slone, 2,950
- 3. Michele Frome, 2,850

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

Friday, July 5, 2019

One section only

Flight A

- 1. Mark Lavine – Dora Levin
- 2. Sid Lotlikar – Michael Benefiel

Flight B

- 1. Sid Lotlikar – Michael Benefiel

Tuesday, July 9, 2019

North-South
Flight A

- 1. Martin Reed – Howard Tash
- 2. Palma Seeger – Angela Riani
- 3. Allen Shaw – Patti Anschutz
- 4. Stephan Billstein – Marcia Fletcher

Flight B

- 1. Palma Seeger – Angela Riani

East-West
Flight A

- 1. Garry Grossman – Paul Chassy
- 2. Nadyne Cheary – Saul Penn
- 3. Hanna Schepps – Marlys Moholt
- 4. Helen Solomon – Rae Newman

Flight B

- 2. Helen Solomon – Rae Newman
- 3. Stanley Rosen – David Handwerker

Friday, July 5, 2019

North-South
Flight A

- 1. Aaron Navarro – Allen Shaw
- 2. Paul Chassy – Reina Chassy

Flight B

- 1. Marilyn Rubinstein – Stanley Rosen

East-West
Flight A

- 1. Susan Weiss – Sue Swift
- 2. Mark Lavine – Judith Perrier

Flight B

- 2. Sid Lotlikar – Michael Benefiel

Flight C

- 1. Sid Lotlikar – Michael Benefiel

Tuesday, July 16, 2019

North-South
Flight A

- 1. Aaron Navarro – Marlys Moholt
- 2. Stephen Weiner – Larry Carswell
- 3. Allen Shaw – Patti Anschutz
- 4. Marilyn Rubinstein – Stanley Rosen

Flight B

- 1. Stephen Weiner – Larry Carswell
- 2. Marilyn Rubinstein – Stanley Rosen

East-West
Flight A

- 1. Saul Penn – Elaine Conway
- 2. Madhav Deshmukh – Beena Deshmukh
- 3. Helen Solomon – Rae Newman
- 4. Howard Brewer – Joe Boland

Flight B

- 1. Madhav Deshmukh – Beena Deshmukh
- 2. Helen Solomon – Rae Newman
- 3. Howard Brewer – Joe Boland

Flight C

- 1. Howard Brewer – Joe Boland

Friday, July 19, 2019

North-South
Flight A

- 1. Aaron Navarro – Allen Shaw
- 2. Jerry Miller – Nadyne Cheary

East-West
Flight A

- 1. Lorraine Hegel – Saul Penn
- 2. Mark Lavine – Judith Perrier

Flight B

- 1. Leanna Gipson – Judy Tankersley

Duplicate games are Tuesday and Friday evenings at 7 p.m. in Clubhouse I. Results and hand records are available on (thecommongame.com). Players who need a partner for either the Tuesday or Friday game are asked to call Shirley Light at (301-598-6611) at least 24 hours in advance. The next Duplicate Bridge Club newcomer game is on Monday, Aug. 19. RSVP to (jerroldmiller@yahoo.com).

■ **Friday Bridge**

Compiled by Shirley Rosenhaft

July 12, 2019

- 1. Leonard Bosin, 2,990
- 2. John Hashim, 2,550
- 3. Bob Stromberg, 2,330
- 4. Shirley Rosenhaft, 2,210

Sports, Games & Scoreboards In Brief

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

Bocce: Games are played on the first and second Fridays of the month at 10 a.m. at the bocce court, located outside the Clubhouse I Terrace Room restaurant. The game is easy to learn, with no special skills required. There is no sign up; just show up (weather-permitting).

Bridge:

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

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

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

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

Chess: Free chess lessons on Mondays for beginners or "rusty" players. Call Steve Harvith at (301-801-4693) or Lark Keller at (301-219-5955) for appointments. The Chess Club meets every Monday, Wednesday, and Friday from 1-4 p.m. in Clubhouse II. Membership is free.

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

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

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

LW Golf Club: Come join the Golf Club members in a pickup 18-hole golf game every Tuesday and Friday at 11 a.m. All residents are welcome. You do not have to be a golf club member. You just need a current golf

handicap or handicap index. Greens fees and cart fees apply. Once a month, the club has a nine-hole Twi-lite Golf Mixer on Friday at 4:30 p.m. and on Saturdays, the Club has a Par 3 Mixer at 4 p.m. No handicap is necessary for the Saturday mixers. Both mixers are followed by dinner and drinks and a lot of fun and camaraderie. Call the Golf Pro Shop at (301-598-1570) for information.

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

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

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

Pinochle Players: Experienced Pinochle players wanted. We play Mondays from 6:30-8:30 p.m. in Clubhouse II. If interested, call (301-775-7238) or (301-598-7064). If you are interested in learning, you are welcome to observe.

Poker:

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

• **Men's Poker** is seeking new members. Play is daily, beginning around 9 a.m. in the Game Room in Clubhouse II.

• **Play Poker** Mondays and Thursdays from 1 p.m.-4:30 p.m. in the Clubhouse II Game Room. We play hi/low only (two winners). Call (301-598-4331) or (301-434-6823) or come observe.

Thursday Night Poker meets every Thursday from 6-9 p.m. in Clubhouse II. We play hi/lo, with or without wild cards, dealer's choice. All are welcome. Leisure World residents preferred. Call Dave at (301-598-7064) for information or just come and join us.

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

Volleyball for Everyone. If you are a resident who wants to enjoy the inviting warm water of the social pool, join your peers in social volleyball on Wednesdays, Fridays and Saturdays at 3 p.m. No skills needed, just come and have fun. Competitive volleyball games are played on Mondays and Thursdays from 6-7:30 p.m. This game is for long-term, skilled players who want the intensity of competition and rarely miss the games. If you don't have a yearly indoor pool pass, a \$3 ticket good for one pool session may be purchased at the Clubhouse II E&R office. For more information, email Laurie Burdick at (lgburdick@aol.com).

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CLASSES & Seminars

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

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

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

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

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

RELIGION AND PHILOSOPHY

The Underlying Unity of Eastern Philosophical Thought – Vedanta, a CLL- and Friends of India Association-sponsored course: Vedanta, the world's oldest philosophy still practiced today, speaks of an eternal religion of which all the world's religions are a part.

This lecture series, led by Swami Chibrahmananda (Swami C), will explore the underlying metaphysics of this ideal and its practical applications within the context of one's own religion. It will discuss the multitude of tools and practices for deepening one's relationship with the Divine. The primary focus will be on principles and shared truths as opposed to dogmas and creeds. It will borrow from the scriptures of many of the world's religions to form a cohesive idea of the underlying unity.

The lecture topics include: Vedantic Eden, The Goal and Its Attainment, Principles of Practice, Evolving to One and concluding with a summary overview.

Class meets Mondays, Aug. 5-Sept. 16 (no class Aug. 19 or Sept. 2), 10-11 a.m. **Fee: \$15. Register at Clubhouse I.**

For more information about the Center for Lifelong Learning (CLL) and its instructors, visit (www.cllmd.com).

EXERCISE

NEW – Tap Dancing in a Chair with Carol – a New Approach to Tap: If you are an experienced tapper and miss it or a beginner who always wanted to tap, but right now your body says, “no,” this is the class for you. For experienced tappers, this will be a “remember when” and a “do I ever love tapping again”; beginners will enjoy an easy start with the basics, and before long they'll feel like real tappers. (Experienced tappers who don't need a chair are welcome to take the class, but all students work from a chair.)

Each class is two hours; the first hour will focus on beginning tap terms and combinations, and the second hour on more advanced techniques and dances. Students are welcome and encouraged to participate in either or both hours of instruction.

Carol began taking tap lessons at age four, continuing through high school when she taught tap to offset the cost of lessons, and performed in recitals and community theater. In college, she taught dance for the physical education department and, in the summer, continued to perform in local theater. While her career took her in another direction, her love affair with dance has never ended. For questions, give Carol a call at (301-598-5980).

Class meets Thursdays, Sept. 5-Oct. 3, 3-5 p.m. **Fee: \$40. Register at Clubhouse II.**

NEW – Stretch, Tone and Strength Training for the Active Adult (9:15 a.m.) - Advanced: Join our fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier and more balanced as you develop new body awareness, flexibility and control of “usable strength.”

Weights, bands, and balls are provided; and a mat is recommended for some floor work. Bring a bottle of water. Modification can be made for the individual exerciser and all are welcome to join in the fun. The instructor is Linda Ginsburg.

Class meets Mondays, Aug. 26-Oct. 14 (no class Sept. 3) and/or Thursdays, Aug. 22-Oct. 10, 9:15-10:15 a.m. **Fee: \$60 for one day per week; \$90 for two days per week. Register at Clubhouse I.**

NEW – Stretch, Tone and Balance for the Active Adult (10:30 a.m.) – Beginner to Moderate: This class is for beginner to moderate exercisers who want to join a fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier and more balanced as you develop new body awareness, flexibility and control of “usable strength.”

Weights, bands, and balls are provided; and a mat is recommended for some floor work. Bring a bottle of water. Modification can be made for the individual exerciser and all are welcome to join in the fun. The instructor is Linda Ginsburg.

Class meets Mondays, Aug. 26-Oct. 14 (no class Sept. 3) and/or Thursdays, Aug. 22-Oct. 10, 10:30-11:30 a.m. **Fee: \$60 for one day per week; \$90 for two days per week. Register at Clubhouse I.**

Senior Sneakers: Get up and go with a safe, heart-healthy cardio workout that is gentle on

the joints. The workout includes easy-to-follow low-impact moves and upper-body strength training. Have fun and move to the music through a variety of exercises designed to increase your cardio fitness level, strength, range of movement and activities for daily living. Bring your hand-held weights and work at your own pace.

Class meets Mondays (with Shirley), Aug. 5-Sept. 16 (no class Sept. 2), and Thursdays (with Sue), Aug. 8-Sept. 12, 9-9:45 a.m. You can take the class on Mondays or Thursdays, or sign up for both days. **Fee: \$38 for one day per week; \$63 for two days per week. Register at Clubhouse II.**

Mild Exercise with Shirley: All exercises, seated or standing, are led by instructor Shirley Lloyd.

Class meets Tuesdays, Aug. 6-Sept. 10, and Wednesdays, Aug. 7-Sept. 11, 11-11:45 a.m. You can take the class on Tuesdays or Wednesdays, or sign up for both days. **Fee: \$38 for one day per week; \$63 for two days per week. Register at Clubhouse II.**

Chair Yoga with Robin, Wednesdays: Age well. Prevent or diminish the chronic degenerative disease processes that frequently accompany aging. Gentle, yet effective, movements done while sitting in a chair. Increase joint mobility, balance, flexibility, strength, tone, circulation of blood and lymph, and improve breathing. Optional standing balance exercises included. Relaxing and fun! Mindfulness training is introduced and basic holistic lifestyle habits discussed.

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

Class meets Wednesdays, Aug. 7-Oct. 2 (no class Aug. 14), 2-3 p.m. **Fee: \$110. Register at Clubhouse II.**

Chair Tai Chi with Robin: This Tai Chi program is a simplified form of nine

basic movements that can be repeated and performed with varying levels of complexity either sitting or standing. The program is directed at improving balance; increasing strength, tone and range of motion in ankles, knees, hips and trunk; improving circulation of blood and lymph; promoting a general sense of well being and energy; and decreasing muscle pain. The program is also good for quieting the mind, soothing anxiety and improving mood.

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is a certified holistic health coach, licensed to perform physical therapy in Maryland and certified in tai chi for arthritis and tai chi for balance. She is available after class to answer questions or can be reached by phone at (240-350-8820).

Class meets Wednesdays, Aug. 7-Oct. 2 (no class Aug. 14), 3:30-4:30 p.m. **Fee: \$110. Register at Clubhouse II.**

Therapeutic Yoga with Robin: This movement class on the floor will facilitate greater ease of movement and comfort

in the body. Inspired by the work of Moshe Feldenkrais, Joseph Pilates, yoga, Robin McKenzie and others, the class will include slow stretching, repetitive movements and breath awareness.

Participants should bring a mat, blanket and small pillow or folded towel (depending on how comfortable the participant is in putting his or her head on the floor when lying down). Participants should also dress in layers as the floor may be cold; air temperature in the room can be adjusted as needed to keep participants warm).

Explore your own body and movement patterns to increase your range of motion and ease in movement to reduce pain. Try it! It can change your life.

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

Class meets Fridays, Aug. 23-Oct. 25 (no class Aug. 30 or Oct. 11). 3-4 p.m. **Fee: \$110. Register at Clubhouse II.**

WATER EXERCISE

NEW – Aqua-Fit Ballet Water Exercise with Betty:

This class is designed to promote balance and strength while toning the entire body. Learn the language of ballet – plié, tendu, relevé – and keep your cool in the round pool.

Instructor Betty Smith is AFAA certified in Pilates, yoga and group exercise. She has trained with the Maryland Youth Ballet and is an experienced Aqua-Fit instructor (YMCA and LA Fitness).

Class meets Wednesdays, Sept. 4-Oct. 23, 10-11 a.m. **Fee: \$49. Register at Clubhouse II.**

Water Exercise with Nancy: Participants will gain strength, stamina and tone from this cardio class. Dumbbells are used, although they are not required, and are available for purchase from the instructor.

Class meets Tuesdays, Aug. 6-Sept. 10, and Thursdays, Aug. 8-Sept. 12, 11 a.m.-noon. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$38, one day per week; \$63 for both days. Register at Clubhouse II.**

Non-impact Fusion Water Exercise with Shirley or Sue: This class is held in the round leisure pool (warm water). Dance, yoga poses, and cardio movements are all fused together to give students an awesome, fun class. Participants will improve their posture, balance, flexibility and muscle strength.

Class meets Tuesdays, Aug. 6-Sept. 10, and Thursdays, Aug. 8-Sept. 12, 1-2 p.m. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$38, one day per week; \$63 for both days. Register at Clubhouse II.**

Aqua Fit with Shirley: This unique class blends the best of both worlds using water aerobics and yoga. Water aerobics is done in the lap pool for 30 minutes, focusing on cardio and strength. The class then moves to the social warm water pool and finishes up with yoga stretches that focus on balance and posture.

Class meets Wednesdays, Aug. 7-Sept. 11, from 1-2 p.m. **Fee: \$38, one day per week; \$63, when taken with one day of another water class. Register at Clubhouse II.**



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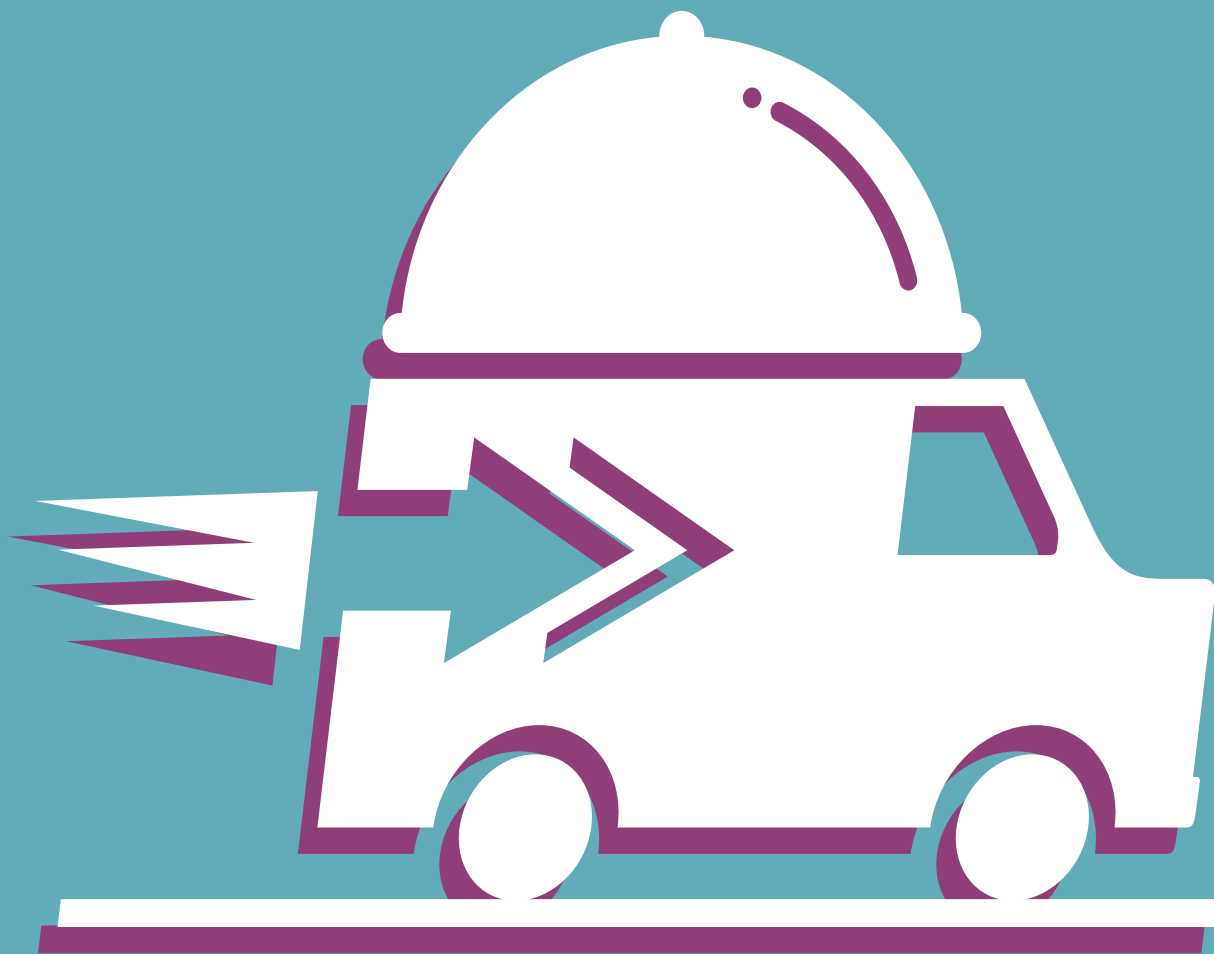
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CALENDAR *of Events*

**Dial 301-598-1313
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Friday, August 2

Clubhouse I

11:00 a.m. More of the Most
Stunningly Beautiful Music Ever
Written and How to Listen to It
Class
1:30 p.m. Watercolor Any Level Art
Class
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
1:00 p.m. Zumba Gold Class
1:00 p.m. Ping-Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge Club
4:00 p.m. Pickleball Club

Saturday, August 3

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Rossmoor Art Guild Open
Studio
10:00 a.m. American Needlepoint
Guild
6:00 p.m. Sock Hop Group
Clubhouse II
9:15 a.m. JRLW Service
11:00 a.m. Pickleball Club
2:00 p.m. Going It Alone Club: Social
7:00 p.m. E&R Event: Doris Day
Tribute

Sunday, August 4

Clubhouse I

No Schedule Activities.

Clubhouse II

11:30 a.m. Pickleball Club
2:00 p.m. E&R Movie: “The
Bookshop”
6:30 p.m. Baby Boomer Club: Game
Night

Monday, August 5

Clubhouse I

9:15 a.m. Stretch, Tone and Strength
Training Class
10:00 a.m. CLL- and Friends of India
Association-sponsored Course:
The Underlying Unity of Eastern
Philosophical Thought – Vedanta
10:00 a.m. Center for Lifelong
Learning Meeting
10:30 a.m. Stretch, Tone and Balance
Class
1:00 p.m. Oils and Acrylics Art Class
7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:00 a.m. Clipper Workshop
10:30 a.m. Zumba Gold Class
11:00 a.m. Chair Yoga Class
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
1:30 p.m. Computer Learning Center:
Android Help Session
2:00 p.m. Chair Yoga Class
2:00 p.m. Line Dance Class
3:00 p.m. Line Dance Class
3:00 p.m. Ping-Pong Club
4:00 p.m. Ba Duan Exercise Class
5:30 p.m. Pickleball Club

5:30 p.m. Model Railroad Club
Operating Session

Tuesday, August 6

Clubhouse I

9:00 a.m. Blood Pressure and
Hearing Testing
9:30 a.m. Any Medium Art Class
10:00 a.m. Stepping On Follow-Up
Session
10:00 a.m. CLL Course: Advanced
Conversational Spanish
1:00 p.m. CLL Course: Intermediate
Conversational Spanish
1:00 p.m. Rossmoor Art Guild Open
Studio
2:00 p.m. Cannabis 101 Club –
Quarterly Meeting
5:00 p.m. Lawn Bowls Club
7:00 p.m. Trivia Club
7:00 p.m. Duplicate Bridge
Clubhouse II
9:30 a.m. Beginner and Advanced
Tai Chi Class
11:00 a.m. Mild Exercise Class
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:00 p.m. Non-impact Fusion Water
Exercise Class
1:30 p.m. Comedy and Humor Club
4:00 p.m. Pickleball Club

Wednesday, August 7

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Applied Principles – Any
Medium Art Class
11:00 a.m. Short Story Group
12:30 p.m. NA’AMAT RBZ Club
1:00 p.m. Oils and Acrylics Art Class
2:00 p.m. Book Club Network:
African Heritage
6:45 p.m. Chicago Bridge
Clubhouse II
10:00 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Ping-Pong Club
1:00 p.m. Aqua Fit Class
2:00 p.m. Chair Yoga Class
3:30 p.m. Chair Tai Chi Class
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club
Operating Session

Thursday, August 8

Clubhouse I

9:15 a.m. Stretch, Tone and Strength
Training Class
10:00 a.m. Painting Is for Everyone
Basic Watercolor Art Class
10:30 a.m. Stretch, Tone and
Balance Class
10:30 a.m. New Yorkers and Friends
Group
1:00 p.m. Portraits, People and
Animals Art Class
6:00 p.m. Lawn Bowls Club
7:00 p.m. Democratic Club
Clubhouse II
9:00 a.m. Senior Sneakers

Leisure World Mutual Meetings

Aug. 6

Mutual 18 Board

1:30 p.m., Sullivan Room

Aug. 14

Mutual 11 Board

10:00 a.m., Sullivan Room

Aug. 8

Mutual 12 Board

1:00 p.m., Sullivan Room

Aug. 15

Mutual 15 Board

9:30 a.m., Sullivan Room

Mutual 22 Board

3:00 p.m., Clubhouse I

Aug. 13

Mutual 16 Board

9:30 a.m., Sullivan Room

Mutual 19A Board

9:30 a.m., Clubhouse II

Mutual 7 Board

1:15 p.m., Sullivan Room

*Meeting times and locations subject to change. Sign in to (residents.lwmc.com)
and check the calendar for any changes. Mutual board meetings are open to
respective mutual residents and absentee owners.*

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

Communications

Aug. 15, 10:00 a.m., Clubhouse I

Physical Properties

Aug. 13, 9:30 a.m., Clubhouse II

Community Planning

Aug. 12, 9:30 a.m., Sullivan Room

Security and Transportation

Aug. 8, 9:30 a.m., Clubhouse I

Energy

Aug. 20, 9:30 a.m., Clubhouse I

Technology

Aug. 6, 10:00 a.m., Sullivan Room

Golf and Greens

Aug. 2, 9:30 a.m., Clubhouse I

Tennis and Pickleball

Aug. 7, 1:30 a.m., Clubhouse I

Landscape

Aug. 8, 9:30 a.m., Clubhouse II

LWCC Board of Directors

Aug. 27, 9:30 a.m., Clubhouse I

The meeting airs on Sept. 2, 4 and 6 at 4 p.m. and 7 p.m. on channel 974.

LWCC Executive Committee

Aug. 16, 9:30 a.m., Sullivan Room

The meeting airs on Aug. 21, 22 and 23 at 4 p.m. and 7 p.m. on channel 974.

*Meeting times and locations subject to change. Sign in to (residents.lwmc.com)
and check the calendar for any changes. Meetings are open to all residents and
absentee owners.*

9:30 a.m. Beginner and Advanced
Tai Chi Class
9:30 a.m. Quilting Group
11:00 a.m. Water Exercise Class
11:30 a.m. Pickleball Club
12:30 p.m. Men’s Bridge
1:00 p.m. Non-impact Fusion Water
Exercise Class
2:00 p.m. Model Railroad Club
Operating Session
2:00 p.m. Mind-Body Exercise Club
3:00 p.m. Tap Dancing in a Chair Class
4:00 p.m. Pickleball Club
4:00 p.m. Friends of India Association

Friday, August 9

Clubhouse I

11:00 a.m. More of the Most
Stunningly Beautiful Music Ever
Written and How to Listen to It Class
11:00 a.m. Book Club Network:
Literary Ladies Who Lunch

1:30 p.m. Watercolor Any Level Art
Class
3:00 p.m. Hispanos de LW movie:
“Hecho En México”
5:00 p.m. Café AIM: Shirleta Settles
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
1:00 p.m. Zumba Gold Class
4:00 p.m. Pickleball Club

Saturday, August 10

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Studio (RAG)

Clubhouse II

9:15 a.m. JRLW– Shabbat Service
2:00 p.m. Going It Alone Club: Social
5:00 p.m. Pickleball Club

Sunday, August 11
Clubhouse I
No Scheduled Activities.
Clubhouse II
11:00 a.m. Pickleball Club
4:30 p.m. E&R Event: The Fabulous Hubcaps
7:00 p.m. E&R Event: The Fabulous Hubcaps

Monday, August 12
Clubhouse I
9:15 a.m. Stretch, Tone and Strength Training Class
9:45 a.m. AARP Safe Driving Course
10:00 a.m. Garden and Environmental Club
10:00 a.m. CLL- and Friends of India Association-sponsored Course: The Underlying Unity of Eastern Philosophical Thought – Vedanta
10:30 a.m. Stretch, Tone and Balance Class
1:00 p.m. Oils and Acrylics Art Class
7:00 p.m. Bingo
Clubhouse II
9:00 a.m. Senior Sneakers Class
10:30 a.m. Zumba Gold Class
12:30 p.m. Men’s Bridge
1:00 p.m. Chess Club
1:30 p.m. Computer Learning Center: Android Help Session
2:00 p.m. Line Dance Class
3:00 p.m. Ping-Pong Club
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Class
5:30 p.m. Pickleball Club

5:30 p.m. Model Railroad Club Operating Session

Tuesday, August 13
Clubhouse I
9:30 a.m. Any Medium Art Class
9:30 a.m. Garden Plot Group
10:00 a.m. CLL Course: Advanced Conversational Spanish
11:30 a.m. 9-Hole Ladies Golf Luncheon
1:00 p.m. CLL Course: Intermediate Conversational Spanish
1:00 p.m. Rossmoor Art Guild Open Studio
1:00 p.m. Amateur Radio Club
1:30 p.m. Book Club Network: Non-Fiction
5:00 p.m. Lawn Bowls Club
7:00 p.m. Trivia Club
7:00 p.m. Duplicate Bridge Game
Clubhouse II
9:30 a.m. Beginner and Advanced Tai Chi Class
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:30 p.m. Non-impact Fusion Water Exercise Class
1:30 p.m. Comedy and Humor Club
2:00 p.m. Fitness Center Orientation Tour
4:00 p.m. Pickleball Club

Wednesday, August 14
Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. Applied Principles – Any Medium Art Class

1:00 p.m. Oils and Acrylics Art Class
1:00 p.m. Maryland Interclub Seniors Golf Association (MISGA) Luncheon
3:00 p.m. New Resident Orientation
6:45 p.m. Chicago Bridge
Clubhouse II
8:00 a.m. Pickleball Club
10:00 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Ping-Pong Club
1:00 p.m. Aqua Fit Class
1:30 p.m. JRLW Movie: “King Bibi”
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session

Thursday, August 15
Clubhouse I
8:00 a.m. Interfaith Committee for the Homeless and Working Poor: School Supplies Drive
9:15 a.m. Stretch, Tone and Strength Training Class
10:00 a.m. Basic Watercolor Art Class
10:30 a.m. Stretch, Tone and Balance Class
11:00 a.m. Writers of Leisure World
12:30 p.m. Ladies Bridge
1:00 p.m. Portraits, People and Animals Art Class
2:00 p.m. Book Club Network: Thursday Readers
6:00 p.m. NA’AMAT RBZ Club: Italian Night

Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. Stitching Group
10:00 a.m. MVA Mobile Bus
11:00 a.m. Water Exercise Class
11:30 a.m. Pickleball Club
12:30 p.m. Men’s Bridge
1:00 p.m. Non-impact Fusion Water Exercise Class
2:00 p.m. Model Railroad Club Operating Session
2:00 p.m. Mind-Body Exercise Club
3:00 p.m. Tap Dancing in a Chair Class
4:00 p.m. Pickleball Club
4:00 p.m. Friends of India Association

Friday, August 16
Clubhouse I
10:00 a.m. Book Club Network: Bookies
11:00 a.m. More of the Most Stunningly Beautiful Music Ever Written and How to Listen to It Class
12:15 p.m. Kiwanis Club
1:30 p.m. Watercolor Any Level Art Class
2:00 p.m. Town Meeting Organization
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
1:00 p.m. Zumba Gold Class
1:00 p.m. Ping-Pong Club
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge Club
4:00 p.m. Pickleball Club
7:00 p.m. Baby Boomer Club: Movie

Leisure World trusts
Family & Nursing Care



As a premier resource for in-home care services, Family & Nursing Care helps families rest easy, knowing their loved ones are well supported. From that first cup of coffee in the morning to a sacred bedtime ritual to an unexpected need in the middle of the night, **we are here for you.**

To learn more, come meet **Kelly** and **Jeff** in our office in the Leisure World Medical Center.



Licensed as an RSA by the MD DOH, OHCQ, MD RSA License R2519R; MD NRSA 070605.

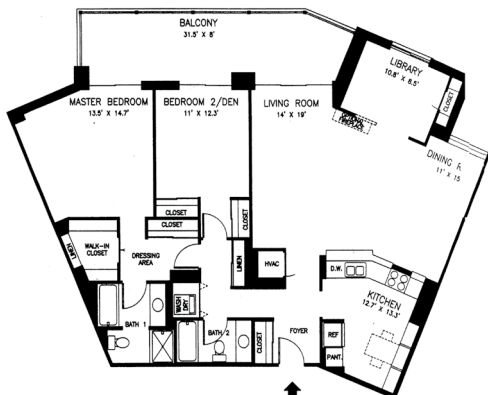
3305 N. Leisure World Blvd. familynursingcare.com (301) 588-8200



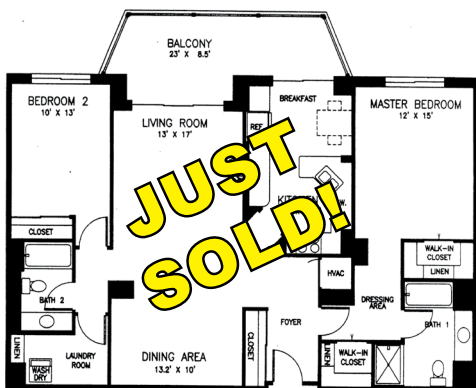
Stan Moffson

#1 In LISTINGS In Leisure World®

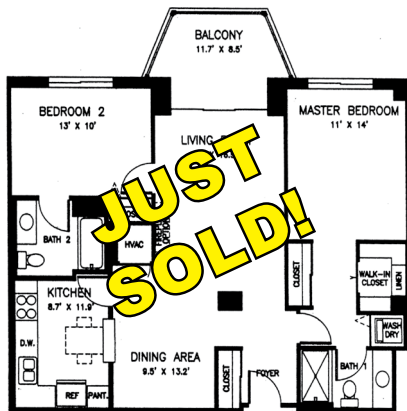
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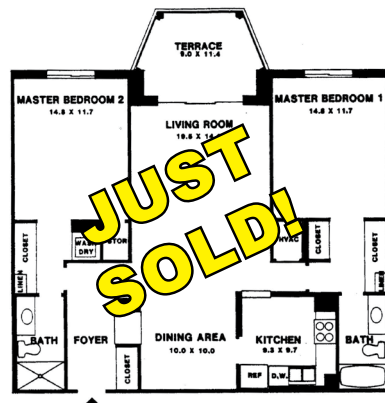
"KK" Model - Overlook - \$424,900
2 BR + den, 2 FB, 1510 sq. ft.,
garage space and storage included.



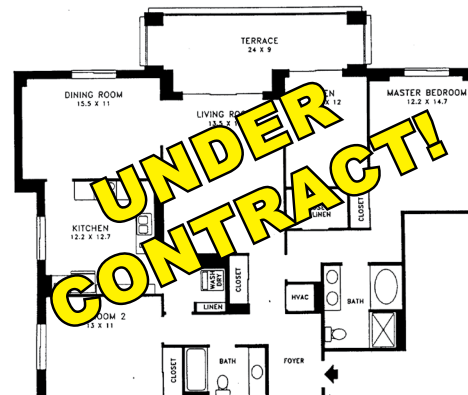
"G" Model - Overlook - \$359,000
2 BR, 2 FB, 1325 sq. ft. Freshly painted.



"B" Model - Overlook - \$225,000
2 BR, 2 FB, 1035 sq. ft. Freshly painted, wood
floors, new carpet both BR, garage space.



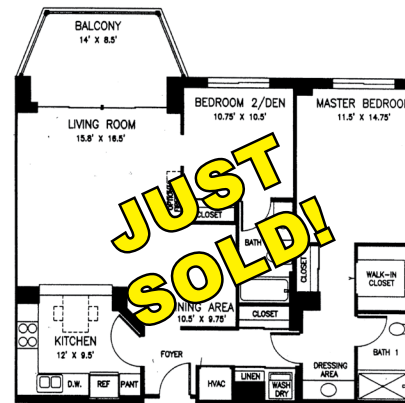
"G" Model - Fairways - \$219,000
2 BR, 2 FB, 1195 sq. ft., Garage space
included, immaculate condition.



"F" Model - Villa Cortese - \$395,000
2 BR + den, 2 FB, 1510 sq. ft., 24 ft. enclosed
balcony, table space kitchen, garage space.



Hampton Coop - \$118,000
2 BR, 1 BA. 1200 sq. ft. Screen porch
opens to the Broadwalk.



"C" Model - Overlook - \$235,000
2 BR, 2 FB, 1090 sq. ft. Hardwood floors,
freshly painted, garage space included.

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Experience Counts**

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In Leisure World
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**OR
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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. The News shall accept advertising on the same basis as other reputable publications: that is, it shall not knowingly permit a dishonest advertisement to appear in the Leisure World of Maryland News, but at the same time the News will not undertake to guarantee the reliability of its advertisers.

The News recommends that before a resident engage any service herein advertised, that the resident request and verify applicable credentials (i.e. bonded, licensed, insured) and references.

For information on placing advertisements in the Leisure World News, email (lwnewsads@lwmc.com) or call (301-598-1310).

ESTATE SALES

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

ATTIC TO BASEMENT ESTATE Cleanouts LLC — I provide honest and confidential estate cleanouts with reasonable rates. I assist executors, family members and guardians with a personal touch. I will save you time and

money providing fast, efficient service. I work with local auction and hauling companies. Please call or email me to set up an appointment. Janet Ray (301-384-3198), (wishalot10@aol.com).

LOOKING TO DOWNSIZE, move or sell all household items or just a few? What about that storage unit? Call Estate Sales by Cheryl, LLC! Let's get started making you a profit! (301-437-2705)

REAL ESTATE FOR SALE

A WISE CHOICE. Call me. Marilyn Rubinstein of Weichert Realtors. Your expert in this great community. Top 1% Nationwide. #1 Office Producer with over 40 years of experience and hundreds of sales right here. Call me for a free market analysis. Please call and we'll talk. I make buying or selling an enjoyable and successful experience. Call Marilyn today (301-674-1288).

Announcing a **NEW REAL ESTATE PARTNERSHIP**, Sue Heyman, Rick Winkler and Sudha Baxter. Rely on our combined strengths, Top Weichert Producers, plus backgrounds in Teaching, Tax and Business. We are located

at the Leisure World Plaza Weichert Office and have personal knowledge of the Community from the investor and resident perspective. See our display ad in this issue to review our current listing choices, to see other available properties and to request a free competitive analysis. Office (301-681-0550), Sue (301-580-5556), Rick (301-404-3105), Sudha (202-368-8536).

REAL ESTATE SERVICES – Leisure World resident real estate agent Gerry Walsh. Sunshine Properties – I can list your home for 3.95%. (845-401-1177)

The number of **PATIO HOMES FOR SALE** is at an all time low! If you have been thinking of selling, now is the time. \$\$\$\$ Douglas Realty (866-987-9397). Call Eve Rados Marinik (301-221-8867) (evemhomes@gmail.com) for a free market analysis of your home.

FOR SALE: 2 bedroom with 2 full baths and garage in the Overlook. Fresh paint, new flooring, beautiful view! \$245,000. Also listed: co-op townhouse, with covered patio, Corian countertops, 1 full and 2 half baths, assigned parking. \$164,900. Coming

soon: The Greens, 3 bedrooms and 2 full baths, garage, close to elevator, hwf, updated kitchen, low \$300,000s. Douglas Realty (866-987-9397). Call Eve Rados Marinik, (301-221-8867) (evemhomes@gmail.com).

CREEKSIDE — newest LW high-rise. Bright, spacious unit, meticulous condition. Gourmet tablespace kitchen, granite counters, sliding drawer kitchen cabinets, enclosed balcony connects to both living room and breakfast area, large laundry storage room, high ceilings, two master bedroom suites with walk-in closets, beautiful views of trees and greens, walk-in linen closet in bath, garage parking near elevator included, over 1,300 sq. ft. Freshly painted and plush carpeting. Real beauty with golf, tennis, pools, clubhouses, new exercise room, restaurants and adjacent shopping center. \$349,000. Call Maynard Turow (301-518-3834).

REAL ESTATE FOR RENT

3 BEDROOM, 2 FULL BATH patio home with eat-in kitchen, 1 car garage. Furnished. Utilities included. \$3,950 per month. Call (410-868-1110).



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BEAUTIFUL AND WELL-MAINTAINED 2BR, 2BA + Library. 1460 sq. ft. condo available for rental on Sept. 1. Located in Fairways North, this type-S unit includes garage space and enclosed balcony with ceiling fans. \$2,200/month. Call Allen at (301-252-7663).

RENTAL WANTED

I would like to purchase or rent a GOLF CART SPACE in the Greens #1 (15101 Interlachen Drive). I would prefer G-6 but would be interested in any in this building. I can be contacted at Timothy Mills (301-252-2547) or (timbowled@aol.com).

My name is John Whitney. I am looking to RENT A GUEST BEDROOM somewhere in Leisure World. I am a 62-year-old male. I am currently renting a room from Dennis Evans in The Greens, Building 1. If you have a room that you would like to rent, contact Dennis and/or me at any of the following: (John.justin.whitney@gmail.com) or (410-548-2140), (Devans162@comcast.net) or (240-560-6277) or (703-307-8353) or (240-228-6916).

RETAIL SALES

SCHAEFFER'S PIANO COMPANY. Founded 1901, Fourth generation family ownership. New Kawai dealer. New and used pianos — Steinway, Kawai, Yamaha, Schaeffer. (schaefferspiano.com). (301-424-1144)

AUTO SALES

NISSAN 2000 VERSA. Four-door, power windows, power locks, MD-inspected, cold AC, new shocks, very nice clean car, only 56,000 miles. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2016 TOYOTA CAMRY LE. Four-door. MD-inspected, like new. Only 13,500 miles. One owner. \$17,999. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2005 TOYOTA SOLARA. Two-door, convertible, V6, SLE, pearl-white, loaded with leather, aluminum wheels, all-power. Like new. MD-inspected. Timing belt and water pump done recently with receipts. \$7,900. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

FAST CASH FOR USED CARS — Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashier's 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).

I BUY CARS and trucks. Fast and courteous service. Licensed dealer. I will come to you to look at the vehicle. Tom (301-806-8140).

TRANSPORTATION SERVICES

CALL & RIDE — Doctors, airport, casino. Will pick up your groceries. Always on time. Over 250 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

DRIVER WITH CONCIERGE STYLE at regular rates. I am a Leisure World resident and I understand the needs of our community. My service is a four-door Mercedes-Benz sedan with all the comforts of a leather-seat luxury car, temperature-controlled interior, ample trunk space and a

smooth ride. Most important is my dependability and providing any personal assistance you may need. Call Ken at (508-612-9647).

DRIVER with 25 years' experience. I am a Leisure World resident. I am working as an Aide Nurse. Drive anywhere. Comfortable, smooth, safe. Accident-free record. Clean vehicle. I'm available 24/7. Call or text (703-649-1293).

YOUR PERSONAL DRIVER is here: Lifelong local resident. Reliable, competent service. Safe, accident-free driving record. Comfortable, clean vehicle; can seat from one to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, appointments. Anywhere... including long distance trips to other states. Reservations available 24/7. Call 7 a.m.-10 p.m. with questions or to schedule your ride: Steven Saidman. Cell/text (301-933-8899). Email (Steve.Your.Driver@gmail.com).

CAREGIVING AND HEALTHCARE

Healthcare professionals must provide current proof of certification or license from the Maryland Board of Nursing to

include "certified" or "licensed" in their advertisement. Examples of positions requiring such proof include, but are not limited to, registered nurse, licensed practical nurse, certified nursing assistant, geriatric nursing assistant and medication technician.

"A" HOME HEALTH CARE for Senior Citizens — Care you can trust and is affordable. Reliable and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

FLAT RATES, ONE WEEK FREE. "Care You Can Trust and Afford." Reliable, experienced caregiver providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146).

ELDERLY CARE: Over 10 years' experience. Great reference. Available for long days or nights. Can drive. Leisure World resident. (240-461-2188).

CNA/COMPANION over 20 years' experience with the elderly.

Assisted Living and Memory Care that's fit for a ... *well, you know.*

Isn't it about time you were treated like royalty? You bet it is. Come see for yourself just what assisted living and memory care with *A Whole Lotta Heart* is all about.

Please call 240.377.0084 for more information or to schedule your complimentary lunch and tour.

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- Overseeing activities, such as walking, to minimize the risk of accidents
- Shopping for groceries, with or without client
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Available Monday through Friday days, nights or weekends. Full or part-time, live-in/out. Good references. Also available to travel out of state with my clients. Call (301-442-9324). Own transportation.

CNA/GNA/MED TECH with CPR and first aid license. Experience working with elderly. Have worked with agencies, nursing homes and also private duty. Am available full-time or part-time. Please call (240-252-0439), (240-713-1654), or email (sapomadezeus@yahoo.com).

SERVING YOU HOME CARE: Our family serving your family. License #R4289. We believe in a holistic approach to care: body, mind and emotion to achieve optimal health and wellness. Five-step wellness program: safety, nutrition, mental health, socialization, physical activity. (410-980-3145), (www.servingyouhomecare.com), (info@servingyouhomecare.com).

WeSAP NURSING SERVICES. We support aging in place. Nursing care, personal care and non-skilled care. Services catered to individual needs. Advocate of equality. Call for free consultation (301-604-4201), (240-286-0778), (wesapllc@gmail.com), (wesapllc.com).

OVERNIGHT CAREGIVER with more than 14 years' experience with seniors and people with special needs. I provide safe, respectful, loving, skilled care towards every one of my patients. I will deliver peace of mind to family members by keeping their loved ones safe while also protecting their independence and preserving their dignity. I give detailed information and pay close attention to my clients and to the families' needs. I have taken care of many people from family members, friends and clients in facilities to group home members and privately cared-for patients. Whatever the needs may be, I strive to go above and beyond my call of duty. Life is a treasure and if I can provide life or encouragement to anyone, or let them know that they are still loved and living with grace and dignity, I am that Angel. Arafa (240-883-8933), (brownzebra@hotmail.com). Availability: 10 p.m.-7 a.m.

PROVIDING QUALITY AND AFFORDABLE CARE: Personal care, companionship, nursing care, housekeeping, shopping. Live-in and live-out, full/part-time. Licensed, insured and bonded. Call for free consultation (240-510-8337).

CNA, MEDTECH. Available Monday, Tuesday, Wednesday, day and night. Also does errands, light housekeeping, cooking. (Rosina1@comcast.net), (240-551-6468).

SPECIALITY IN PRIVATE DUTY cases. 20 years' home health services expertise. Light housekeeping, running errands, special needs, doctors' appointments, ADLs, companionship, meal preparation, medication reminders and more! Bebe (240-481-7055), (kmabinty78@yahoo.com).

I AM CNA/GNA with more than 15 years' experience and worked in nursing home, assisted living and home care. Duties include personal hygiene, light housekeeping, laundry, shopping, meal preparation, bathing, dressing, errands, transportation to appointments and medication reminders. Filipina, U.S. citizen, can drive and with own car, honest, dependable, loving and hard worker, with excellent references. Please call (240-643-3392) cell, (301-926-2547) home. (salardaluzviminda@yahoo.com)

NURSING ASSISTANT. Licensed in D.C. Very caring and compassionate with 4 years' experience. Great reference. Drives, cooks, light housekeeping. Monday-Saturday, 7 a.m.-7 p.m. Cell phone (202-492-4714), (202-596-1755).

HI, MY NAME IS DENISE. I have been a caregiver for my mother and father for many years. I am very patient and caring. Very reliable and responsible. Love to talk. I can also clean with a big smile. Please call me: Denise (301-237-8874).

EXCELLENT CAREGIVER AVAILABLE: Highly competent, trustworthy, flexible, and caring — cared for my parents for over five years. Leisure World resident. Highly recommended. (301-509-7234).

I'm LOOKING FOR A JOB. I'm a CNA. 11 a.m.-3 p.m. Call Muna (204-899-0577).

Hello. I provide SHORT- or LONG-TERM CARE with over 10 years' experience caring for cancer, Alzheimer's, dementia, as well as stroke clients. My goal is to help clients achieve the best quality of life possible, which enables me to tailor a care plan that maximizes the client's independence and dignity. (301-291-1205), (SFthecaregiver@gmail.com).

My name is DIANA ACHIENG. I have been working as a caregiver for more than 13 years. I have GNA/CNA MD and DC licenses. I am looking for a night or day shift. You can reach me at (301-559-1753) or my cell at (240-413-5366).

CERTIFIED AND BONDED nursing assistant with over 20 years' experience. Excellent references, drives. Looking for 6 p.m. to 10 p.m., or 7 p.m. to 7 a.m. Please call Barbara, (240-426-3661).

CNA/MEDTECH/CPR with first aid. Licensed. Experienced working with elderly. Have worked with agencies, assisted living in hospitals and also private duty. Am available full-time or part-time. Please call (301-793-7090).

CMT with CPR. Working towards a caregiver certificate. Am passionate about caring for elders. Over two years' experience. Duties available: personal hygiene, light housekeeping, shopping, meal preparation, dressing, errands, cooking, doctors' appointments, medication reminders. (240-367-3729).

OVERNIGHT CAREGIVER. Formally trained and licensed CNA, GNA and medical assistant. Twenty plus years' experience, the last 11 years in Montgomery County, with the last seven of these within Leisure World. Experienced with 55-102. Can provide clients with all levels of care including total care. Skilled in all ADLs including personal grooming, cooking, cleaning, errands, shopping, and medical, personal and business appointments. Experienced with walkers and many types of manual or powered hospital beds, wheelchairs and Hoyer lifts. You can be confident that yourself or a loved one will be cared for whether it be a physical disability, dementia or old age. Live 5 minutes from Leisure World. Some availability in case of emergency. Résumé and references available upon request. To interview please call (202-658-2145).

PRIVATE DUTY CAREGIVER for hire. Over 10 years of experience caring for Leisure World residents and over 15 years of experience in geriatrics and clinical conditions. Highly qualified foreign nurse with bachelor's degree credentials backed by CGFNS International — ID# 4640928. Bilingual, responsible, with references from Leisure World residents. If interested, please call (301-339-4460).

COMPASSIONATE CAREGIVER. 13 years of experience. Excellent references, CNA, CPR, first aid current, good driver, experience in all areas. Available day or nights. Please contact Berikisu Bright at (240-252-8232).

I am a CERTIFIED NURSING ASSISTANT with 7 years of experience. I provide care such as dressing, feeding and bathing. I enjoy working with seniors. I am CPR and first aid certified. I provide transportation to medical appointments and grocery shopping. I am compassionate, patient and dependable. Please call me at (202-651-1522).

OVER 20 YEARS' experience full/part-time or live in caring for babies, Alzheimer's, elderly and

terminal patients. Excellent driver, reliable trustworthy, dependable. References. Gloria (240-660-7937).

HOME SERVICES

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

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local — long distance — hauling — pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

LANDSCAPING SERVICES: reliable, affordable and experienced. Summer clean-up. shrubbery trimming, weed removal, mulching, design and potting. Houseplant services also available. Beautifying LW, one property at a time! Call Greg at (240-994-5258) ir (gmarinik@gmail.com). References provided.

GUARDIAN ANGEL LAWN SERVICE. Experienced in flowerbeds, mulching, edging, weeding, plowing gardens and repairs. For all your gardening and household needs, please call Robert at (240-477-2158), (301-987-1277).

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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).

UNITED CLEANING GROUP has been a trusty cleaning company used by several Leisure World members over the past 3 years. Call us for your free estimate today! We offer both apartment and home cleanings, garden work and power-washing services. We are extremely flexible: 7 days a week to accommodate your schedule. Give us a call at (240-498-2748) and/or (301-881-0695). We hope to hear from you soon!

MARIA'S HOUSE CLEANING, free estimates, strong references, good rates. Experienced worker in LW for eight years. Call Maria (240-694-6547).

CARE DRY CARPET CLEANING. Experience the difference. Host dry extraction system. Green, clean and dry in 30 minutes. Water damages wood flooring under your carpet. Choose dry cleaning. Call Mike Gonsalves, owner/operator (301-309-9398).

HOUSE CLEANING. I am a thorough cleaner. I clean all appliances from refrigerator, cooker, microwave. Vacuuming, dusting, mopping the floor. I also clean bathrooms, kitchen and the rest of the house. Reference provided upon request. Call Rhoda at (301-222-3891).

COMPUTER HELP

COMPUTER SERVICES – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

COMPUTER LESSONS / SERVICES — Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English — no technical talk! Shopping assistance for electronics and computers. Senior specialist since 1996. Call David at (301-980-5840). COMPUTERTUTOR

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

FIX YOUR COMPUTER — \$100 (\$50 for LW residents) any problem — Fix it or it’s free. (301-802-6633) Easy Elder Tech

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don’t let your precious photos be forgotten or fade over time. I’ll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they’re scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to

your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with senior care and the care of seniors’ pets. Safe/reliable door-to-door transportation as needed. Assistance with pet care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I’m a 57-year-old semi-retired doctor, Leisure World resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

HOUSE CALLS LLC. Beth Albaneze, CTRS, CPRP, owner. We come to your home for your convenience when faced with acute or chronic life issues. All our services are under one umbrella with a variety of professionals to choose from: counselors, advocates, resource experts, life coaches, recovery specialists, recreation therapists, insurance advisers. Contact Beth at (301-346-6732) or (callingonbeth@gmail.com). Web: (www.callingonbeth.net).

KOMPANION KARE has openings! After 13 years of helping seniors, LW resident Stephanie Sidella has current openings for new clients. Need companionship, driving, light housework or cooking help? This Wellness Consultant has years of experience with First Aid, CPR and understanding medical terminology. Contact Stephanie at (301-922-5080) or (ssidella@verizon.net).

LOOKING FOR SOMEONE to help you while you get back to your life? Need some help with appointments, scheduling, errands, medication reminders, meal-planning and preparation, decluttering, or organizing? I have more than 18 years’ experience in non-medical companion care. Currently in school studying Universal Design and Home Modification for Aging in Place. Have a clean background, don’t

drink or smoke, have an excellent driving record and get along with most pets. Instructor in CPR/ AED and First Aid. Reliable, punctual and have a great attitude. Bonded and insured. (www.gatekeepercompanioncare.com) (301-371-2210)

PAYYOURNURSE! Do you employ a private nurse or caregiver for your loved one? At PAYYOURNURSE, we assist families in navigating the Federal and State payroll tax laws. From paycheck calculations to quarterly and annual tax returns, we have a service plan that will fit your needs. For more information, please call (703-819-9796); or email (byudd@payyournanny.com). “We’re Here to Help Families.”

LIFE STORY LEGACY VIDEOS — Tell stories about your family and your life journey on video. The video will feature your most treasured photos of grandparents, parents, relatives, friends, and special events. Preserve the legacy of your experiences for family, friends and future generations. Research indicates that reflecting on and sharing your life journey has lasting benefits. Learn more at (www.lifestorylegacyvideos.com) or contact Bryon at (301-685-3300).

HI! I’M KATHY! I’m trustworthy and friendly. I can: • be a companion for the elderly • cook delicious food • shop for you • take care of your home while you’re gone • light clean your home. Contact: (501-538-7208). (mosaicstudioone@gmail.com)

NOTARIES

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

PET CARE

DOG WALKING SERVICE — Affordable rates. Responsible and dependable Leisure World resident who is available to walk your pet. Please call (301-598-3454) for more information.

CAT SITTER: 5 years’ experience cat-sitting for LW residents. Short- or long-term, day-trip or week’s vacation. Feeding, litterbox, playtime, cuddle time. References on request. Mary Beth (240-558-4013).

In need of PET SITTING OR DOG WALKING? Call Ryan at (301-691-8027). Experienced in giving medication to pets. References available. Email at (costantino.ryan@gmail.com). Thanks!

PET ADOPTIONS

Giving away a FEMALE CAT. Free. Very sweet 13-year-old female black and white cat. Indoor-only.

No health issues; all shots up to date. Interested parties call Diane (301-706-8141). In LW.

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to Fair Market Value! (www.Cars2donate.org) or (240-740-2050).

BOOK DONATIONS WANTED for the American Association of University Women (AAUW) Annual Spring Book Sale in Gaithersburg. To support local scholarships for women and mentoring program for girls and women. Fiction and non-fiction, hardback and paperback, audio books, DVDs. Art, kids’, cooking, foreign languages, gardening, history, mystery, sci-fi, science, women’s studies, African-American & Jewish interests, etc. Pickups can be arranged in and near Leisure World. For more information call Liz at (301-840-1258).

HELP WANTED

PROFESSIONAL TYPIST needed for infrequent tasks. Please call (301-565-2917).

ACTIVITY OPPORTUNITIES

EXPERIENCED MAH-JONGG player looking to start a friendly daytime game with flexible hours. Call Diane at (301-706-8141).

MOVIES AND MUNCHIES. Are you looking for something fun to do on a Saturday or Sunday afternoon? How about catching a movie at AMC Wheaton once a month and enjoying a nosh after! No discussion, no analysis, just a fun afternoon at the movies with new friends! If you’re interested, please email me at (susan.krupka@gmail.com) or give me a call at (240-446-0975).

Looking for TENNIS AND/OR PICKLEBALL partner/s for evening hours. I prefer to play at Olney Manor Rec Center with many lighted tennis courts. Please reply to Helen: (HLEE555@gmail.com) or text to (240-817-4213).

SCRABBLE CLUB FOR WOMEN — seeking a few new members — Club meets at founder’s LW home on Thursday nights twice a month 6:30-8:30+ p.m. Typically 1-2 tables are playing using ‘official Scrabble rules’ and members bring snacks, dessert or

wine. Hostess serves coffee, tea and sodas. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call ((571-236-1775) in MD in LW).

BOOK CLUB FOR WOMEN — seeking a few “Serious Readers”: 15+ year-old club reads award-winning fiction and meets at founder’s LW home the second Sunday of the month, 5:30-7:30 p.m., for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD–LW)).

KNITTING AND NEEDLECRAFTS GROUP: 10+ year old club meets every Sunday, 2-5 p.m., with typically 8-12 crafters (any needlework is fine) at founder’s LW home. Beginners to seasoned are welcome. Snacks and drinks are served. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD–LW)).

FILM GROUP FOR WOMEN forming: Seeking 10+ members to watch/discuss ‘Bethesda Row’ caliber movies at founder’s LW home. Meet every 3 weeks on Saturdays, 6:30-10 p.m. Members bring snacks or wine. Hostess serves drinks. Email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD–LW)).

VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE in a family’s life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of three to four hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. Email (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis

prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

MUSEUM GUIDES – at the Montgomery County Historical Society. Work two weekday afternoons or one weekend afternoon per month from noon to 4 p.m. Receive on-the-job training on local history and museum interpretation. Also receive special admission to programs and a 20% discount in the Museum Shop. Contact Amada Elliott, Education & Outreach Coordinator, (301-340-6534) or (aelliott@montgomeryhistory.org).

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just two to three hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child’s life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact

(projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

ENGLISH AND MATH TUTORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, intensive English classes and a new GED program. No experience necessary. We provide materials and training. Sign up online at (www.literacycouncilmcmd.org) or call Ashley France at (301-610-0030).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501(c)(3) all-volunteer non-profit.

FREE BOOKSTORE seeks volunteers, donations. Velocity of Books opened the first all-free bookstore in Montgomery County at Westfield Wheaton by Hollywood East Café, near Metro entrance. Store open during mall hours. Thousands of books available for kids and adults. To volunteer: (https://volunteersignup.org/7APPQ). Book donations up to five boxes at a time may be brought to the store. Larger donations may be picked up; email (VelocityofBooks@gmail.com).

NOTICES

KEEPING SENIORS SAFE — KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (240-706-1850) or (mortonadavis@comcast.net).

UPCOMING EVENTS

NATIONAL NIGHT OUT (NNO), Tuesday, Aug. 6, 5-8 p.m. Join us as we come together as a community for fight crime. Live entertainment, information about community programs and crime prevention, activities for children, youth and families. Mid-County Community Recreation Center, 2004 Queensguard Rd., Silver Spring, MD 20906. Free.

CRAFTING HISTORY: Please join us at Woodlawn Manor Cultural Park for our new workshop series! Our summer workshop will lead you through preserves making. \$30 for workshop, includes box lunch and free admission to Woodlawn Museum. Register at (www.ActiveMontgomery.org). Saturday, Aug. 24, 10:30-2:30, pre-registration required by Aug. 16. For more information

visit (www.WoodlawnManor.org), call (301-929-5989), or email (mcp-woodlawnprograms@montgomeryparks.org).

PORTRAITS OF CREATIVE PEOPLE: “CreativityY, with a capital WHY?” Photographer Larry Marc Levine captures creative people at work. On exhibit Thursday, Sept. 5 to Sunday, Nov. 24. Reception on Sunday, Sept. 15, 1-4 p.m., featuring demonstrations by six individuals whose portraits are on exhibit. Sandy Spring Museum, 17091 Bentley Road.

WANTED

FAST CASH FOR USED CARS — Big dollars paid for your used car! Over 43 years’ experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashiers’ check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973).

WILL BUY MILITARY, WWII, WWI, Civil War memorabilia items. Uniforms, weapons, helmets, photos, medals or any other items associated with U.S., German, Japanese or other military history. Call Dave (240-464-0958) or email (obal7@aol.com).

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

CASH FOR RECORDS, CDs, and tapes. Best price guaranteed. Free appraisals. All types of music, 33, 45, 78 and CDs. Call Steve (301-646-5403) or email (Stevebuysrecords@gmail.com). Will make house calls.

CASH FOR OLD COINS. Local, private collector. Buying coins, jewelry, silver, gold. (301-639-4245).

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5% unlimited cash back on home-related purchases for the first 12 months²

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Introductory \$0 fee⁵ on new balance transfers & cash advances for the first 6 months after card activation. After the intro period, a fee of 2.5% or \$10 will apply.

No annual fee.

No foreign transaction fee.

Ongoing 0% APR⁵ on new balance transfers & cash advances for the first 6 months after transfer/advance with a fee of 2.5% or \$10, whichever is greater. After 6 months, the standard variable rate, 12.00% – 14.00% APR, will apply.

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¹ Member must meet credit guidelines to be approved for the Signature Visa credit card. Annual Percentage Rate (APR) for the Signature Visa credit card may vary and not all applicants will qualify for the lowest rate. The interest rate for purchases and cash advances is determined by the Prime Rate published in the Money Rates section of the Wall Street Journal. If the prime rate has changed on the last day of the quarter, your APR will change within the first fifteen (15) days of the next quarter. Minimum interest rate for the Signature Visa is 12.00%; maximum interest rate is 14.00%. Interest rates for the Signal Visa Signature consist of the Prime Rate + margin and depend on the member's creditworthiness. Rates, benefits, and fees are subject to change at any time without notice. Cash back benefits apply only to purchases made with the member's Signature Visa credit card. Member must be in good standing to receive cash back benefits. Cash back will be removed from the member's account if the qualifying purchase is returned/refunded. Cash back is credited to the member's credit card account at the end of each billing cycle.

² Promotional 5% cash back offer available on new Signal Financial FCU Signature Visa credit cards for the 12 months after card activation. For existing cards, offer is available from April 8, 2019 to April 7, 2020. After 12 months, the cash back returns to the standard cash back rate of 2% for all purchases. 5% cash back will be given for purchases made at qualifying merchants in the categories of home improvement, home decor, and home repair. Call 301-933-9100 if you have questions about qualifying purchases.

³ 2% cash back is a standard feature of the Signature Visa credit card and applies to all valid purchases made with a Signature Visa credit card, subject to other restrictions.

⁴ APR=Annual Percentage Rate. 0% APR on all purchases, balance transfers, and cash advances for the first 6 months after card activation. Rate for any remaining purchase, transfer, or cash advance balance will revert to the standard variable rate, 12%–14% depending on creditworthiness, after the first 6 months. Refer to your most recent statement for your current standard variable rate. No balance transfer fee or cash advance fee will be charged for the first 6 months after card activation. For any new balance transfers or cash advances initiated 6 months or more after card activation, a fee of \$10 or 2.5% of the transfer/advance (whichever is greater) will apply.

⁵ APR=Annual Percentage Rate. 0% APR on all balance transfers and cash advances for the first 6 months after the transfer/advance. Rate for any remaining transferred/advanced balance will revert to the standard variable rate, 12%–14% depending on creditworthiness, after the first 6 months. Refer to your most recent statement for your current standard variable rate. No balance transfer fee or cash advance fee will be charged for the first 6 months after card activation. For any new balance transfers or cash advances initiated 6 months or more after card activation, a fee of \$10 or 2.5% of the transfer/advance (whichever is greater) will apply.

Federally insured by NCUA.



Presenting Live Well in 2019!

Wednesday, August 21 | 1:00 p.m.-2:30 p.m.

Please join us for an interactive discussion on the benefits of exercise. You will learn how incorporating brief periods of exercise within your daily routine can have a positive impact on your overall health and wellness. Presented by Health Pro Heritage, they will show you how even a little can mean a lot!

Seating is limited. RSVP by calling 301-438-6607 by August 16th

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