

# Board of Directors Adopts 2018 Budget

by Stacy Smith, Leisure World News

The Leisure World Community Corporation (LWCC) board of directors firmly voted to adopt the 2018 community facilities operating budget of \$11,578,245, an increase of \$272,771 more than the 2017 budget.

The board also agreed to increase the Community Facilities Fee to \$170.50 per unit per month, an increase of 2.4 percent; a mutual operating budget of \$2,881,087, and \$2,019,595 for reserves, which includes \$60,000 for snow and chemical storm damage, \$30,000 for Contingency and \$415,000 for Replacement Facility Funding.

## FEP Project Updates

With approximately two weeks until the new fitness center’s opening, a few board members expressed security concerns over the 4 a.m. opening hour. General manager Kevin Flannery told the group that surveillance cameras are on track for installation inside the new fitness center within the next 60-90 days.

After discussion, the board passed a motion that the hours of the new Fitness Center be 4 a.m.-9 p.m., and that security check the new fitness center periodically between the hours of 4-7:30 a.m. until video surveillance of the facility is operational at the main gate.

The Maryland-National Capital Park and Planning Commission deliberated over plans for the new Adminis-

tration Building, Clubhouse I and Site Improvements project Aug. 1, and an agreement was made to reduce the proposed number of parking spaces by 20 to approximately 344, and to add 20 additional trees throughout the site.

## Advisory Committees

Motions passed to approve amendments to three advisory committees’ charters. The Leisure World News Advisory Committee became the Communications Advisory Committee, expanding its scope to include websites, social media and other Leisure World communications content.

The Tennis Advisory Committee renamed its charter to the Tennis and Pickleball Advisory Committee to better reflect the similarities and interplay between both sports, and the Emergency Preparedness Advisory Committee’s charter expanded the committee’s preferred member qualifications to engage a broader selection of residents.

## Other Motions / Action Items

- A motion regarding solicitation, petitioning and similar activities was postponed for consideration until management provides policies and procedures for enforcement.
- A motion to extend a contract with H&H Concrete Construction, Inc. for a period of three years, from January 2018 through December 2020 at a rate of 2.78 percent increase per year, was struck down.



2:42 p.m., Aug. 21 – Pam Burdick uses safety glasses to look at the sun during a solar eclipse. See more on page 2. Photo by Maureen Freeman, Leisure World News

# Don’t Sweat It: New Fitness Center Opens Sept. 14

by Stacy Smith, Leisure World News

Exercise enthusiasts have reason to rejoice; the new fitness center at Clubhouse II, for which construction workers broke ground last February, officially opens its doors to residents on Thursday, Sept. 14.

All residents are welcome to enter the approximately 5,400 square feet facility and try out the new equipment at their leisure beginning at 4 a.m.

Later that morning, E&R advisory committee members and trainers from Motivational Fitness will be on hand for a ribbon cutting ceremony beginning at 9 a.m., followed by an open house until 5 p.m. Open house hours take place on Friday, Sept. 15, from 9

a.m.-5 p.m. as well. During the open house, trainers will provide residents with a tour of the facility, discussing the equipment and fielding any questions. Leisure World’s exercise equipment vendor will provide bottles of water and goody bags. The new fitness center features new cardio equipment, including treadmills, upright and recumbent bikes, elliptical machines, water rowers and a FlexStrider machine – a combination of elliptical, bike and step machine for low-impact workouts that are easy on the joints. Available strength training

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**Holiday Hours**  
For a schedule of Labor Day openings and closings, see page 8.



# A (Partial) Total Solar Eclipse Sparks Curiosity

by Maureen Freeman,  
Leisure World News

Darkness did not engulf the area, and the day's normal bustle around Leisure World did not come to a halt. But for a few quiet minutes outside Clubhouse I on Aug. 21, a cluster of people enjoyed the wonder of an astronomically altered afternoon.

The volunteers from the Clubhouse I library were prepared; throughout the early afternoon Harry Stoffer, checking news feeds on his mobile phone, updated his colleagues Pam Burdick and Carole Sonneborn. Shortly after 1 p.m., the moon's shadow, resulting from a total solar eclipse, had begun sweeping diagonally across the country from Oregon toward South Carolina.

At 1:17 p.m. in the Washington, D.C. region, just outside of the path of total eclipse, the moon slowly began to block, ultimately, 81 percent of the sun. For another hour, the sun's rays seemed undiminished in the sweltering heat and humidity that held the community in its grip.

But as the minutes passed, an odd, ethereal glow ever so gradually saturated the scene around Veterans Park. Clouds

loomed in the west, but away from the sun overhead, still blazing in a sea of blue.

By 2:30 p.m., a sign was taped to the library door: "Back at 2:45."

Outside, Burdick peered up at the sky through a pair of cardboard eclipse-safe eyeglasses that a friend had given her. Through its lenses, she saw a slender golden crescent – the sun – in a sea of black. Removing the glasses and blinking in the still-bright afternoon, she handed the glasses to Sonneborn. Stoffer was next.

At the end of the Clubhouse I entrance walkway, standing by the Metrobus stop, Leisure World general manager Kevin Flannery nodded and grinned with his face to the sky before sharing his own safety glasses with a passerby.

The sky had a periwinkle tinge as Pauline Yang emerged from the Clubhouse, first bemused by the scene, then excited by the offer of Burdick's glasses so that she, too, could have a look.

Sighs and a few groans escaped from the small gathering when the leading edge of a cloud passed over the sun. But by 2:42 p.m., peak eclipse time here, the cloud had passed and 19 percent of the star closest to Earth lit Leisure World. Outside Club-



Just outside Clubhouse I, Harry Stoffer takes a turn watching as the moon covers most of the sun during a mid-afternoon solar eclipse. At right are Pauline Yang and Pam Burdick. Photos by Maureen Freeman, Leisure World News



Carole Sonneborn takes a turn with Burdick's special glasses.

house I, 100 percent of the people gathered there were smiling.

It was "a lifetime experience," Burdick said. "Even

though we didn't see the full [eclipse], we saw part of it, which was pretty neat."

"I thought it was phenomenal," Sonneborn said.

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# Leisure World News

OF MARYLAND

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

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

**Leisure World Staff**  
Maureen Freeman,  
Director of Communications  
Stacy Smith, Senior Editor  
Kathleen Brooks, Publication Associate  
Cassandra Chisholm, Graphic Designer

**Editorial:** lwnews@lwmc.com  
**Advertising:** lwnewsads@lwmc.com  
301-598-1310

**Leisure World News Advisory Committee**  
Arthur N. Popper, Chair  
Bernie Ascher, Vice Chair  
aclwn@lwmc.com

**Resident Contributors**  
Barbara Braswell, Rincy Pollack  
and Alan Goldstein

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# Fitness Center

◀ from page 1

equipment includes chest and leg presses, back extensions, and an all-in-one exercise unit that features different stations to improve upper-body strength and balance: lap pull-downs, ropes, resistance bands, exercise balls, a punching bag and even monkey bars.

New equipment for the soon-to-open fitness center is scheduled for delivery on Wednesday, Sept. 6. Relocation of existing equipment into the new fitness center will occur Sept. 6 through Wednesday, Sept. 13.

## NEW FITNESS CENTER SCHEDULE

- Open seven days a week, 4 a.m.-9 p.m.
- Open Thanksgiving Day and New Year's Day, 8 a.m.-2 p.m.
- Staffed with trainers Monday-Friday, from 7:30 a.m.-3:30 p.m., and Saturday from 7:30 a.m.-11:30 a.m. Excludes holidays.

Exercise and medicine balls, kettle balls and free weights are also available for use, as are three, wall-mounted televisions. Residents are welcome to plug in their headphones or ear buds to the equipment's sound system, allowing them to catch up on the news or check the big game's score while they break a sweat.

The new fitness center's studio room features mirrored walls and ballet bars and provides a more private space where individuals or small groups can work out with a trainer, or do stretch, dance, yoga and other floor exercises.

Exercisers can quench their thirst at a specialized water fountain that doubles as a water bottle filler, and stow any personal belongings in a convenient cubbyhole.

Sam Ellis, owner of Motivational Fitness, will provide 30-minute group orientation sessions for residents on Tuesdays and Thursdays at 9 a.m. from Sept. 19 through Oct. 12, Wednesdays at 3 p.m. from Sept. 20 through Oct. 3, and Thursdays at 2:30 p.m. from Sept. 21 through Oct. 12.

Any resident wishing to use the fitness center for the



The existing fitness center remains operational until Wednesday, Sept. 13. Photos by Stacy Smith, Leisure World News



The new fitness center opens Thursday, Sept. 14.

first time must fill out a user agreement form, available at the Clubhouse II E&R office.

The existing fitness center remains operational until 9 p.m. on Sept. 13.

## Spotlight On...

# Spousal Bereavement Group

by Stacy Smith, Leisure World News

The spousal bereavement group, which gathers on the first and third Tuesdays of the month at Leisure World's MedStar Health medical center, is set to change sponsorship.

Starting Sept. 19, Hospice Caring, Inc. will facilitate the free group meetings, which will begin an hour earlier at 2-3:30 p.m. to accommodate residents who use the Leisure World shuttle buses, which stop running at 4 p.m.

Two trained volunteers will lead the peer-driven support group, one of whom is a Leisure World resident.

The group provides a safe, anonymous space where residents grieving the loss of a spouse or partner can have "a chance to really talk with others who've

lost somebody," said Anne Baker, Hospice Caring, Inc.'s director of adult bereavement services and training.

Coming together to share and listen to others who are living through the same type of loss helps people feel less alone, she added.

The group is not a one-size-fits-all therapeutic experience; some people come to the group to heal or grieve openly, while others seek to share their story, celebrate their loved one's life or simply connect with others who are going through a similar experience.

"It's not a fix-it conversation, because grief isn't something that needs to be fixed," Baker said. "It's about getting through the grief so you can live life fully as you move forward, with the memories serving as a legacy that you

take along your journey."

Group meetings often start with a poem or little reading that leads to a larger discussion addressing themes that those experiencing loss can relate to in some way.

Baker likes to stress the importance of self-care during the grieving process.

"People often don't know about taking care of themselves, especially women, because they're used to taking care of others," she said. "But if you can say, 'okay, how are you taking care of Joe's wife?' then they smile; they get it."

Hospice Caring, Inc. has served the residents of Montgomery County for more than 28 years. More than 300 volunteers are trained for what Baker calls "heart work" – to be present, to practice deep listening and to "hold space" for someone else.

Residents who have recently lost a spouse or partner and who would like to join the group are asked to register by contacting Anne Baker at (301-990-0854) or (anneb@hospicecaring.org). Current group members do not have to reregister.

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# MVA Mobile Bus Celebrates 20 Years

by Leisure World News

Representatives from the Maryland Department of Transportation (MDOT) and the MDOT Motor Vehicle Administration (MVA) joined staff and residents at Leisure World to celebrate the 20th anniversary and new design of the MDOT MVA Mobile Bus on Aug. 15.

The Mobile Bus parks at Leisure World about once a month from 10 a.m.-2 p.m., offering residents a one-stop location to obtain services and products.

“The MDOT MVA Mobile Bus allows customers to complete transactions at their convenience, giving them precious time back in

their day,” said MDOT MVA administrator Christine E. Nizer.

Leisure World residents who use MDOT MVA Mobile Bus services can:

- renew, duplicate and correct a Maryland driver’s license, commercial driver’s license, or identification card
- obtain a copy of a certified driving record, disability placards/plates, and replacement plates, stickers and registrations
- return tags and apply for a tag refund;
- apply for a change of address card;
- renew a vehicle registration;
- pay administration flag fees;
- register to vote, and
- register as an organ donor

The new bus design features the MDOT MVA’s “A New Way to MVA” campaign, which emphasizes the various online services offered to customers.

For more information about MDOT MVA Mobile Bus or to register for online services, visit (MVAonline.md.gov).

For more information about specific services offered or to verify the bus schedule, call (410-768-7000).



An MVA customer exits the Mobile Bus amidst a downpour at the Clubhouse II parking lot Aug. 15. Photo by Stacy Smith, Leisure World News

## Center for Lifelong Learning (CLL)

# Sept. 15: Lecture on Spirituality by Sri M

by Fred Shapiro

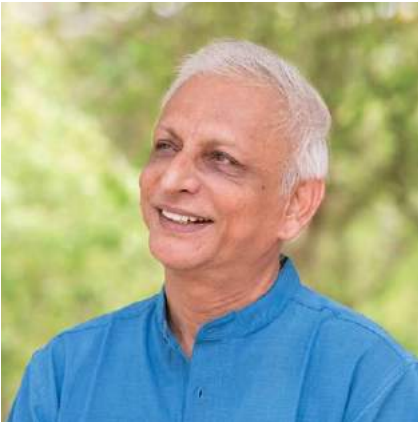
The Center for Lifelong Learning (CLL) presents a lecture by leading social reformer and spiritual guide Sri M, who explores the mystical core of all religions that nurture the innate goodness of every human being.

The lecture is on Friday, Sept. 15, at 10 a.m. in Clubhouse I. There is no charge to attend, but residents must register for the lecture at the E&R office in Clubhouse I.

Sri M, a well-respected social reformer and thought leader, is an educationalist, philosopher, philanthropist and visionary who has written numerous seminal books and articles on spirituality, yoga and meditation.

His writings include his bestselling memoir, “Apprenticed to a Himalayan Master: A Yogi’s Autobiography,” and its sequel, “The Journey Continues,” as well as “Wisdom of the Rishis: The Three Upanishads,” “The Little Guide to Greater Glory and a Happier Life” and “Jewel in the Lotus: Deeper Aspects of Hinduism.”

From 2015 to 2016, he led a 15-month “Walk of Hope,” traversing 7,500 kilometers from Kanyakumari to Srinagar, India.



Sri M, courtesy photo

Multitudes of people from various religions, communities and institutions joined him to spread the message of peace, harmony, unity and humanity.

Many national and international dignitaries joined in the “Walk of Hope.” He has led similar walks for “Humanity and Unity” in Europe.

A recipient of national and international awards and recognitions, Sri M is also founder of The Satsang Foundation, The Satsang Vidyalaya, The Peepal Grove School and Manav Ekta Mission. He was presented with the first Interfaith Harmony Award at the Silver Jubilee Celebration of the Temple of Understanding in India in 2016.

Ambassador Pradeep Kumar Kapur, visiting clinical professor at University of Maryland College Park’s School of Public Policy, arranged the lecture.



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## ■ Education and Recreation Department

# Sept. 16: It's Time for the Fall Flea Market

**J**oin your friends and fellow residents on Saturday, Sept. 16, from 9:30 a.m.-2 p.m. in the Clubhouse I Crystal Ballroom and Maryland Room for the semi-annual Leisure World Flea Market.

Sign up for market space begins on Tuesday, Sept. 5, at 8:30 a.m. in the E&R office in Clubhouse I. Residents only are eligible to rent vendor space at the market, and a resident must be present at the table at all times.

To accommodate the greatest number of residents and groups,

space is limited to a maximum of 12 feet of space (the equivalent of two 3x6 tables or one 3x6 table and one rack) per rental. Tables can be rented at \$18 for 3x6 and \$9 for 3x3. One chair is provided for a 3x3 table, and two for a 3x6 table. The fee for extra chairs is \$1 each. A limited number of clothing racks are available to rent for \$10 each.

Payment can be made by check, payable to Leisure World of Maryland Corporation, or by MasterCard, Discover or VISA. Please note that no refunds for cancellations will be made after

Wednesday, Sept. 13.

Tables, chairs or racks cannot be brought into the sale. (Display racks that fit on top of rented tables are okay.) Merchandise may not be placed on chairs, next to or in front of tables and racks. Space is limited. Placing items around the rented space impedes traffic and is a major safety concern, and is not acceptable.

On Saturday, Sept. 16, beginning at 7:30 a.m., numbers will be given out to flea market vendors who want help bringing merchandise into the clubhouse. Market vendors may begin

bringing in their merchandise at 8 a.m. The market opens to the general public at 9:30 a.m.

Clothing offered for sale at the market must be clean and in good condition. Vendors must remove all unsold merchandise and debris (boxes, hangers, wrapping materials, etc.) when they leave.

Individuals and organizations are responsible for the collection and payment of sales tax.

The items you are willing to part with may be your neighbor's sought after treasures. Join us for a fun-filled day!

## ■ Leisure World Computer Center

# Computer Center Names Logo Contest Winner

by John Feldmann

**T**he Leisure World Computer Center (LWCC Inc.) selected Doug Alexander's logo submission as the winner of its logo contest. Alexander was presented with a new Samsung Galaxy Tab A for his winning submission.

"I consider the Computer Center to be a significant asset to the Leisure World community at large," Alexander said in a thank you letter to the

LWCC Inc. "I am impressed with how well it is managed and equipped."

The LWCC Inc. thanks all those who submitted logos for the logo contest, and looks

forward to offering residents new services soon.

LWCC Inc. is a 501(c)3 non-profit organization consisting entirely of volunteers who serve on its board

of directors and as monitors in the Computer Learning Center, which it operates, in Clubhouse II.



LWCC Inc.'s new logo as submitted by Doug Alexander



Doug Alexander, left, receives a Samsung Galaxy Tab A from LWCC Inc. president David Merritt. Photo by Jim Owen

## ■ Education and Recreation Department

# Oct. 6: Community Fall Walk

**W**alking is good for you! Friday, Oct. 6, is the date of the semi-annual Fall Walk in Leisure World sponsored by the E&R Department.

Walkers assemble in the Clubhouse I Crystal Ballroom at 8 a.m. for a pre-walk stretch and warm-up led by Jate, a personal trainer at the Fitness Center and star of the "Daily Stretches Before and After Exercising" handout available to residents.

The group then departs to walk the 3.2-mile circumfer-

ence of Leisure World Boulevard. A water station is available at the halfway mark and the Amateur Radio Club will accompany walkers to assist if needed.

The E&R Department provides healthy refreshments (and a few treats) in Clubhouse I after the walk. Stop by the E&R office at Clubhouse I beginning at 8:30 a.m. on Tuesday, Sept. 5, to register; the fee is \$1.

Gather some friends or come and meet new ones. Join your neighbors for this healthy event.

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# GOVERNANCE & Information

## HOLIDAY SCHEDULE

Sept. 4, Labor Day

LOCATION	HOURS
Administration .....	Closed
<b>CLUBHOUSE I</b>	
Education & Recreation .....	10 a.m.-8 p.m.
Eyre Travel.....	Closed
Rossmoor Library .....	Closed
Stein & Terrace Rooms.....	9 a.m.-8 p.m.
Swimming Pool (Outdoor) .....	10 a.m.-6 p.m.
<b>CLUBHOUSE II</b>	
Education & Recreation .....	8 a.m.-8 p.m.
FISH Desk.....	Closed
Fitness Room.....	4 a.m.-9 p.m.
Swimming Pool (Indoor).....	Noon-8 p.m.
<b>OTHER SERVICES</b>	
Golf Course & Pro Shop.....	7:30 a.m.-7 p.m.
MedStar Health .....	Closed
MedStar Pharmacy .....	Closed
Physical Properties Department (PPD) .....	Closed
Post Office .....	Closed
Security Gates .....	Open

**Shuttle Buses:** No shuttle service. Call Main Gate for supplemental transportation.  
**Trash Collection:** No trash or recycling collection. Trash collection will be on the next regular day for your location.

## Sept. 10: Outdoor Pool Closes

The outdoor pool will close for the 2017 season on Sunday, Sept. 10, at 6 p.m.  
See you next summer!



## Sept. 14: New Resident Orientation

Did you recently move to Leisure World? You'll want to attend the New Resident Orientation on Thursday, Sept. 14, at 3 p.m. in the Clubhouse I Crystal Ballroom. Take the opportunity to meet other new residents, learn about governance in the community, clubs, available services and amenities, and enjoy light refreshments.

Leisure World managers

and community leaders will attend and be available to answer questions.

There is a general presentation, a Q&A session, and an opportunity before and after the formal program to visit with key staff and representatives of groups and organizations.

Residents planning on attending are asked to RSVP to the E&R office in Clubhouse II at (301-598-1320).

Dial 301-598-1313  
for recorded Daily Events

## 2017 Broadcast Schedule - Channel 974

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

<b>Board of Directors Meeting</b> The Aug. 29 meeting airs on Sept. 4, 6 and 8.	<b>Executive Committee Meeting</b> The Sept. 15 meeting airs on Sept. 20, 21 and 22.
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## Group Email Addresses

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

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

The group email addresses are:

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

## Credit Union Opens at Administration Building

by Leisure World News

Signal Financial Federal Credit Union (FCU) opened at the Administration Building on Aug. 28. The credit union occupies the space vacated by Bank of America in November 2016.

The new facility, which operates Monday through Friday from

9 a.m.-3 p.m., is a full-service credit union branch that includes an on-site ATM and safe deposit boxes.

Credit union membership is open to residents and employees of Leisure World. Customers who would like to open an account are requested to bring their photo ID and an opening deposit of at least \$5.



Signal Financial Federal Credit Union representatives stand ready to assist new customers Aug. 28, as several resident artists' paintings decorate the wall to their right.



# Sept. 14: Emergency Preparedness for Montgomery County

by Emily Geller

The Emergency Preparedness Advisory Committee (EPAC) sponsors a presentation, “Emergency Preparedness for Montgomery County,” on Thursday, Sept. 14, at 1 p.m. in Clubhouse I.

Joseph Corona, certified emergency manager and community outreach coordinator of the Montgomery

County Office of Emergency Management and Homeland Security, discusses emergency preparedness. The event is free, but tickets are required and available at the Clubhouse I E&R office.

Corona’s presentation includes photos and videos of extreme weather events and other hazardous situations that have occurred in, or around, Montgomery County.

Emergency preparedness

information about newer threats, such as how to protect oneself during an active shooter situation, is included. He also describes Montgomery County facilities available for people with special needs during emergency situations.

Because a key factor in emergency preparedness is the identification and enlistment of one’s own personal support network – family members and other individuals who can be counted

on to help during an emergency – residents may each bring a family member from outside the community to this event.

Please note that for entrance into Leisure World, either the guest must have a Leisure World guest pass, or the resident must call the main gate at (301-598-1044) in advance of the event to provide security with the guest’s name. The resident should also obtain an additional ticket for the guest.

## Keep It Green: Recycling Guidelines for Leisure World Residents

from the Sanitation Department

Leisure World has made responsible recycling a priority, but some of the Sanitation Department’s collection practices differ from Montgomery County’s. Understanding and following these guidelines can help hold down resident fees.

Leisure World does not take paper products to Montgomery County for recycling. Instead, as a cost saving measure, newsprint, cardboard and other paper items are collected separately from other recyclables and sold to an alternate recycling facility. As a result, the community saves the expense of paying to dispose of newsprint and cardboard and receives approximately \$40,000 per year from the recycler.

Place these items in your blue recycling bin; they are picked up on the same day as your trash schedule:

### 1. Aluminum, bi-metal (steel/tin) cans, and aluminum foil products

Acceptable metals include: empty “non-hazardous” aerosol cans; all metal food, beverage, and pet food cans; aluminum foil products such as foil wrap, pie plates and other food trays; and tins from cookies, fruitcakes, popcorn and similar items. Items should be wiped off and cleaned as much as possible.

### 2. Glass bottles and jars (clear, blue, brown, green)

Rinse, remove caps and lids, and place bottles, jars, caps and lids separately into a blue recycling bin. No ceramic materials, mirrors, or window glass.



### 3. Plastics

Acceptable types of plastic (marked 1, 2, 3, 4, 5 or 7) include: bottles, containers, lids, jars, pails, buckets (with metal and plastic handles), food grade tubs; narrow-neck bottles that contained food, drink and household products (milk, juice, soda, water, salad dressing, cooking oil, shampoo, conditioner, and cleaning and detergent bottles); butter or margarine tubs; yogurt, cottage cheese and sour cream containers; mayonnaise and peanut butter jars; whipped topping containers, prescription bottles, deli containers and trays, tubs with lids, platter trays, ice cream buckets, plastic beverage cups, laundry detergent tubs and buckets, kitty litter containers, painting buckets (up to five gallons), plastic lids and plastic flower pots.

Unacceptable types of plastics

include: containers that held automotive or garden products (motor oil, antifreeze, and pesticide containers), plastic bags, plastic wrap, Styrofoam/polystyrene cups, trays and packaging, clamshell packaging (marked #6), microwavable trays, toys, kiddie pools, plastic flower tray packs (marked #6), other large plastic items.

### Other Collections:

**Newspapers, junk mail, inserts, cardboard (every Wednesday) and magazines (first Wednesday of each month)**

If possible, place bundles in paper bags or tie them with string before placing in the blue bins.

Do not package newspaper in plastic bags, which are non-recyclable in Montgomery County.



### Yard trimmings (grass, leaves, brush and Christmas trees)

Call the Grounds Maintenance Department at (301-598-1314) to arrange for pickup. Do not use plastic bags.



### Fluorescent light tubes and bulbs

Fluorescent bulbs contain a thin mercury layer, rendering them household hazardous waste when they burn out and require disposal.

While fluorescent bulbs may be disposed of in the normal household trash, it is better to bring them to the Physical Properties Department for recycling.

With residents’ continued assistance, Leisure World can maintain its ranking as one of Maryland’s recycling leaders.



# 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*

## Accountability and the Administration Building

I am in favor of the new administration building. Leisure World has to compete with a lot of new 55+ communities. We need to keep our community from looking dated, and that building evokes the 1960s. I am not in favor of spending up to \$150,000 on an “invasive” engineering

study of the existing building that I feel will tell us what we already know. Renovating it would simply be “putting lipstick on a pig,” and “kicking the can down the road.”

Some time ago I wrote to management, suggesting that it and the LWCC board of directors had done a pretty poor job of “selling” this very important and very expensive project. I recommended that one or more small groups of “reasonable people” (pro

and con) and a reporter from the Leisure World News tour the current building, along with an architect and an engineer who would discuss their opinions of the building’s deficiencies and the costs to bring it up to code. The reporter would then produce an article describing the group’s findings and impressions. I conceded that it probably wouldn’t convince everyone, but would go a long way toward addressing residents’ concerns. I received a prompt “thank you” but nothing further.

The LWCC board has made its decision, and reaffirmed it. That’s what our representatives are supposed to do. I believe government would grind to a halt if every decision was made by referendum rather than through representation. However, that doesn’t mean that residents’ opinions and protests should be ignored. In the many months since this project was approved, I haven’t seen any indication that the LWCC board and management are willing to address residents’ concerns in any way. It’s my impression that they don’t think they have to justify that decision any longer – even though they didn’t justify it very well in the first place. And that’s the bigger problem

at issue here: accountability.

Why are so many residents responding to the petition for a referendum? Because the people they elected now ignore them, so they feel they have no voice. Because they’re treated like annoying pests instead of thinking adults who want to know what’s being done in their community with their money. And because they get impatient eye-rolling instead of courteous and respectful consideration of their opinions.

Instead of responding to residents with a knee-jerk “no” and deriding the protests and petitions, the LWCC board should be making an effort to communicate – clearly, concisely, fully, and as many times as it takes – the reasons for its vote in favor of the project.

The residents who are against the new building may not win. We don’t always get what we want, no matter how hard we protest. But through annual voting we can get representatives on our mutual boards (and by extension onto the LWCC board) who are accountable to their residents for their actions and decisions and who freely and respectfully communicate with them.

– Kathy Viney

**Sunday Services**  
9:00 am and 11:00 am



**Rebroadcast on LW cable channel 972 on Wednesdays at 2:00 pm**

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## Submitting an Item to Thoughts & Opinions

1. Submissions must be emailed to [aclwn@lwmc.com](mailto:aclwn@lwmc.com) or delivered to the LW News Office.
2. Receipt of submissions will be confirmed by email or telephone.
3. Submissions must state the writer’s name, address, telephone number, and email address, if any, but if the material is published, it will include only the writer’s name.
4. LW News cannot guarantee when or if a submission will be published.
5. See LW News Guidelines and Board Standing Rules at [www.residents.lwmc.com](http://www.residents.lwmc.com).

Visit us at [residents.lwmc.com/lwnews](http://residents.lwmc.com/lwnews)





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# EVENTS & Entertainment

## ■ Education and Recreation Department

### Sept. 9: The Four Seasons Dancers Celebrate World Cultures



The Four Seasons Dancers, courtesy photo

The E&R Department is pleased to introduce The Four Seasons Dancers. The troupe performs on Saturday, Sept. 9, at 7 p.m. in the Clubhouse II auditorium.

The Four Seasons Dancers celebrates more than a decade of performing in the Washington, D.C. metropolitan area with a repertoire of over 30 complex choreographed numbers featuring global influences that reach from Bollywood to Broadway, Israel to Ireland, Armenia to Uzbekistan and even to the Arctic. All dances are original choreography and performed in spectacular costumes.

Elena Indrokova Jones is director of the company as well as its principal choreographer and costume designer.

Trained at one of the premier academic ballet schools in Russia, Jones danced with several leading companies in Russia. When she moved to the U.S. and

settled in Montgomery County, she founded The Four Seasons Dancers with a mission of “promoting and communicating an understanding, appreciation and celebration of World cultures through dance.”

As well as directing The Four Seasons Dancers, Jones offers classes in ballet and ballet performance at the close by Aspen Hill Club.

In addition to annual concerts at the Montgomery College Cultural Arts Center, The Four Seasons Dancers participate in many community events and festivals including productions with Bel Cantanti Opera and performances at the Velocity DC Dance Festival, World Dance Showcase and the 2016 National Christmas Tree. This September, the troupe performs at the U.N.

Tickets for this event are \$8 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

## PLEASE, NO CASH

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

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



## ■ Fireside Forum

### Human Evolution and More 2017 Programs

by Jonas Weiss

Saul Penn is the host for the speaker.

On Sunday, Sept. 10, Fred Edwords of the American Humanist Association and in association with the Smithsonian National Museum of Natural History expounds on “How Human Evolution is Changing Our World Now.”

The study of human evolution can tell us who we are today and who we may be tomorrow. The most telling discovery is that humanity’s impact on planet Earth has become so great that it will be reflected in the fossil record.

Scientists are calling our present epoch, the Anthropocene, the “Age of Humans.” How did this happen and what does this tell us about human nature and the future of our species? And what should be our response?



Fred Edwords, courtesy photo



#### Upcoming Fireside Forums

Oct. 1 – Author Andrew Och presents “America’s First Ladies: Influence and Images (Part I: 1789-1901).”

Nov. 5 – Victoria Donnelly, an FDA public affairs specialist, explains how the agency assures the safety of America’s food supply.

Dec. 3 –Stephan Solomon, professor of journalism at NYU, gives a talk on “Revolutionary Dissent: How the Founders Created the Freedom of Speech.”

Fireside Forum programs are free, made possible by donations from Leisure World clubs, organizations and individual residents. They are all held on Sundays at 2:30 p.m. in the Clubhouse II auditorium.

## Coming in 2017

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

Sept. 9, 7 p.m.	The Four Seasons Dancers
Sept. 13, 7 p.m.	Peabody Ragtime Ensemble
Sept. 16, 9:30 a.m.	Flea Market
Sept. 28, 1:30 p.m.	Steven Friedman: Harold “Hal” Prince
Oct. 5, 7 p.m.	Lovejoy Group
Oct. 6, 8 a.m.	Fall Walk
Oct. 15, 7 p.m.	Trio Caliente
Oct. 27, 7:30 p.m.	Halloween Dance with Rise Band & Show
Nov. 8, 7 p.m.	Starvation Army Band
Nov. 30, 1:30 p.m.	Steven Friedman: More on the History of Broadway
Dec. 9, 7 p.m.	Akhmedova Ballet Troupe – The Nutcracker
Dec. 17, 2 p.m.	Olney Big Band
Dec. 18, 7 p.m.	Pianist Thomas Pandolfi – Holiday Concert

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



## ■ Education and Recreation Department

# Sept. 13: Peabody Ragtime Ensemble



The Peabody Ragtime Ensemble, courtesy photo

**C**o-sponsored by the Foundation of Leisure World and the E&R Department, the Peabody Ragtime Ensemble returns to Leisure World on Wednesday, Sept. 13, at 7 p.m. Despite the "Ragtime" moniker, the Baltimore-based Peabody Ragtime Ensemble evolved from its 1974 student roots into a professional jazz ensemble that performs an eclectic line-up of traditional jazz—ragtime, Dixieland, big band, swing, novelties and vocals. The seven-piece ensemble presents a quirky concert program of musical selections interspersed with "edu-taining" commentary that places the music in its historical context, reflecting the virtuosity, scholarship (and humor!) of its various members.

The ensemble features performers on flute, piccolo and tenor sax; clarinet doubling on soprano and alto sax; trumpet and cornet; trombone; tuba; piano; percussion; and vocals.

The music director is Ed Goldstein, also on tuba.

The Ensemble has performed with and opened for stars such as Roberta Flack, Louie Bellson, the Smothers Brothers, Eubie Blake, Alberta Hunter, Aaron Copland and the Preservation Hall Jazz Band. And the Ensemble has

produced four CDs: "Ragtime, Dixieland and All That Jazz;" "Ragtime Band, featuring the music of Scott Joplin and Eubie Blake;" "Tiger By The Tail" and "Live At The Homecoming" recorded for the ensemble's 25th anniversary.

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

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



## ■ Education and Recreation Department

# Sept. 28: The Creative Genius of Hal Prince

**S**teve Friedman returns on Thursday, Sept. 28, at 1:30 p.m. in Clubhouse I for his continuing series of programs on the history of Broadway. He uses song and lecture to delve into how Broadway musicals have developed over the decades.

The creative genius of Harold "Hal" Prince as a producer led Prince to create some of the greatest musicals of all time.

Friedman explores his successes prior to 1970, including how "Pajama Game" became his first hit. Friedman also examines how Prince's partnerships with Leonard Bernstein and Jerome Robbins led to the creation of such masterworks as "West Side Story" and "Fiddler on the Roof."

A Washington, D.C., resident, Friedman is a trained classical tenor and has performed many musical theater roles.

It was through performing in musicals and his love of musical theater that he developed a desire to lecture on the history and development of the Broadway musical.

Tickets are \$5 per person and on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

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## ■ Sock Hop Group

# Sept 16: Sock Hoppin'

**T**he Sock Hop Group hosts its next dance on Saturday, Sept. 16, from 7-10 p.m. in Clubhouse II. DJs Ernie and Karen Poland of Take Two Entertainment provide the music of Motown – the '50s, '60s and '70s. Resident Semoon Chang conducts a swing dance lesson at 6:30 p.m. Join us in the fun.

– Doug Brasse





■ Education and Recreation Department

## Oct. 5: A Jazz Tribute to the Beatles



Karen Lovejoy, courtesy photo

The Beatles, perhaps the most influential band ever recorded, has sustained an unmatched multi-generational popularity for over 50 years.

Karen Lovejoy and The Lovejoy Group offer a jazz tribute to these cultural icons on Thursday, Oct. 5, at 7 p.m. in the Clubhouse II auditorium.

Karen Lovejoy's vocal renderings are artful and always seem to hit the spot –

whether capturing the beauty of a tune like “Something” or bringing the groove to a tune like “Help!” With a hip rhythm section, a little bit of history and a lot of music, this show will leave you smiling and singing along.

Sponsored by the E&R Department, tickets for this event are \$10 per person.

They go on sale on Tuesday, Sept. 5, at 8:30 a.m. in both clubhouse E&R office. Please bring your Leisure World ID.

■ Education and Recreation Department

## Oct. 15: Trio Caliente

On Sunday, Oct. 15, at 7 p.m. in the Clubhouse II auditorium, let Trio Caliente transport you on a musical pan-continental journey that includes Latin jazz, flamenco, bossa nova, salsa and gypsy rumba sung in English, Spanish, Portuguese and Catalan.

With Deborah Brenner (vocals), Michael Bard (guitar) and Amilcar Cruz (guitar), the trio's sound is reminiscent of The Gipsy Kings, Buena Vista Social Club, Strunz & Farah, and Jobim – but with a flavor all

their own.

Trio Caliente performs throughout the U.S. as well as in Spain, South and Central America and in the Middle East. Locally, the trio appears at Blue Alley, The Kennedy Center and Wolf Trap, to mention just a few of their venues.

Tickets for this performance, sponsored by the E&R Department, are \$10 each and go on sale at both clubhouse E&R offices at 8:30 a.m., on Tuesday, Sept. 5.

Please bring your Leisure World ID.



Trio Caliente, courtesy photo

## 2017 Movie Schedule

*Sponsored by the E&R Department*

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

Show Date & Time	Movie	Tickets Available
Sept. 14, 1 p.m.	Sully	SOLD OUT
Sept. 24, 2 p.m.	Café Society	Sept. 6
Oct. 19, 1 p.m.	I Saw the Light	Sept. 19
Oct. 29, 2 p.m.	Loving	Oct. 10
Nov. 16, 1 p.m.	Fences	Oct. 24
Nov. 26, 2 p.m.	Wild Oats	Nov. 7
Dec. 10, 2 p.m.	Manchester by the Sea	Nov. 21
Dec. 28, 1 p.m.	Rules Don't Apply	Dec. 5

*Movies are subject to change.*

## Leisure World News

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## ■Hispanos de Leisure World

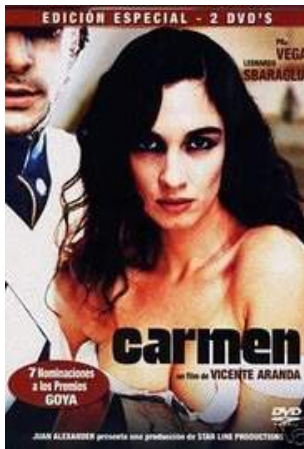
# Sept. 8: ‘Carmen’

Hispanos de Leisure World presents the movie “Carmen” (2003, 1 hour 59 minutes, drama, Spanish with English subtitles) on Friday, Sept. 8, at 3 p.m. in Clubhouse I.

Adapted from the eponymous classic romance by Prosper Mérimée, “Carmen” is the classic tale of forbidden passion between a young man (Leonardo Sbaraglia) and a spoken-for woman, Carmen (Paz Vega). “Carmen” is directed by Vicente Aranda.

Members and all residents are welcome to attend this free screening. Come early; seating is limited. Refreshments are available.

– Carlos Montorfano



## ■Jewish Residents of Leisure World

# Sept. 11: ‘The Wedding Plan’

On Monday, Sept. 11, Jewish Residents of Leisure World (JRLW) present the Israeli film “The Wedding Plan” (“Laavor et hakim,” 2016, 1 hour 50 minutes, comedy, Hebrew with subtitles, rated PG) at 1:30 p.m. in the Clubhouse II auditorium.



The film is about a woman’s crisis of faith while searching for love. When her fiancé bows out on the eve of the wedding, Michal refuses to cancel the wedding arrangements. As an Orthodox Jew, she insists that God will supply her a husband.

Tickets, \$7, are available in the Clubhouse I E&R office. Checks only, payable to JRLW.

– Jonas Weiss

## ■The Inter-Faith Chapel

# Sept. 11: ‘Hidden Figures’

by Bonnie Bonner

The Inter-Faith Chapel offers free summer movies on the second Monday of the month, June through September, at 1 p.m. Tickets are not required. Each movie is a story of inspiration and faith.

On Monday, Sept. 11, the Chapel screens “Hidden Figures” (2016, 2 hours 17 minutes, drama, rated PG).

“Hidden Figures” tells the incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson—brilliant

African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit.

NASA’s success was a stunning achievement that restored the nation’s confidence, turned around the space race, and galvanized the world. The visionary trio crossed all gender and racial lines to inspire generations to dream big. Taraji P. Henson, Janelle

Monáe, Octavia Spencer, Kirsten Dunst, and Kevin Costner star in the film.



## ■Education and Recreation Department

### Thursday Afternoon at the Movies

# Sept. 14: ‘Sully’

The E&R Department is pleased to present “Thursday Afternoon at the Movies.” Films are shown in the Clubhouse II auditorium at 1 p.m. On Sept. 14, the presentation is “Sully” (2016, 1 hour 36 minutes, biography/drama, rated PG for some peril and brief strong language).

Reminder:

Tickets are required to attend this movie screening.

Viewers around the world were astonished in 2009 when airline pilot Chesley “Sully” Sullenberger (Tom Hanks)

safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger’s life and heroic achievement.

Directed by Clint Eastwood, the film also features Aaron Echart as First Officer Jeff Stiles and Laura Linney as Lorrie Sullenberger.

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.



## ■Education and Recreation Department

### Sunday Afternoon at the Movies

# Sept 24: ‘Café Society’

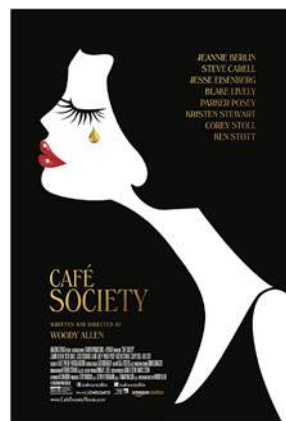
The E&R Department is pleased to present “Sunday Afternoon at the Movies.” The movies are shown in the Clubhouse II auditorium at 2 p.m. On Sunday, Sept. 24, the featured film is “Café Society” (2016, 1 hour 36 minutes, comedy/drama/romance, PG-13 for some violence, a drug reference, suggestive material and smoking).

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

Setting his sights on the magical kingdom of Hollywood, a young man, Bobby (Jesse Eisenberg) migrates to Los Angeles in the 1930s and is swiftly drawn into the social whirlpool of the young and beautiful—all pursuing their own visions of success.

The film, written and directed by Woody Allen, also features Steve Carell (Phil Stern, Bobby’s uncle) and Kristen Stewart (Vonnie).

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



## Share the Road

**Drivers:** Remember to watch for pedestrians and yield to them at crosswalks and intersections so we can all stay safe on the road.





## GOOD TO KNOW:

### SMART REFILL PROGRAM AT MEDSTAR

by Stacy Smith,  
Leisure World News

**T**he Smart Refill program at Leisure World's MedStar Health medical center offers primary care patients a 'smart' way to have their prescriptions efficiently refilled.

Dr. Regina Ulis, Pharm.D., refills patient prescriptions through a collaborative practice agreement, allowing her to send in prescriptions to pharmacies on behalf of MedStar's primary care physicians.

"So I can essentially prescribe under [the doctor's] name," Ulis said.

The program's goal is to streamline the prescription refill process, freeing up the providers' time and creating more convenience for the patient.

Refilling prescriptions "is basically what I do all day, so it's a much faster turn-around," Ulis said.

As a doctor of pharmacy, Ulis can refill most classes of medications, although some she is unable to prescribe, such as controlled substances.

"I started out with, I think, five classes of medications and now I do 10; so we're continuously trying to expand," she said.

Patients who wish to participate in the program must fill



Dr. Regina Ulis. Photo by Stacy Smith, Leisure World News

out a consent form, available at MedStar. The program is voluntary; if a patient chooses not to participate, then his or her prescription goes through their doctor like it normally would.

Ulis also collaborates with primary care physicians at Olney Professional Park and another local MedStar facility, so some residents who are not patients at Leisure World's MedStar may still be eligible for the Smart Refill program.

A Smart Refill prescription turn-around is generally 24-48 business hours, although Mondays are busier than other days. "My door is always open if anyone wants to come talk about their medicine," Ulis said.

Dr. Ulis is available Monday to Friday, 8 a.m.-4:30 p.m. at (301-598-1590), ext. 7.

## ■ Compassion and Choices of Leisure World

### Sept. 7: Voluntary Stopping Eating and Drinking

by Rosalind Kipping

**C**ompassion and Choices holds its next meeting on Thursday, Sept. 7, at 2 p.m. in Clubhouse I. The program is about voluntary stopping eating and drinking (VSED) to hasten death in the end-stage of the dying process. Some hospice care services offer support to those who choose VSED.

The Group screens and discusses "Dying Wish" (2008, 29 minutes, documentary), about the legacy of a dying doctor's decision to stop eating and drinking, feeling it would help him die with grace.

Retired surgeon Michael Miller is dying of end-stage cancer and is determined to avoid the hospital at all costs. He's researched the dying process and believes that stopping eating and drinking will ease his suffering and result in

a peaceful, more natural death. Medical ethicists speak about patients' rights, and hospice staff share their own, similar experiences of others who have made this choice.

Information on how to avoid unwanted medical treatment, as well as on a wide variety of end-of-life issues, is available at the meeting. Come early to review our resource tables and take away whatever you find useful.

Compassion and Choices meetings are open to all residents and their guests.

Annual dues are \$2 and the group's fiscal year begins in October. Renew membership or become a member by bringing \$2 to the meeting, and receive a Compassion and Choices shopping sack.

Rosalind Kipping is available at (rozkippling@comcast.net) or (301-598-4171).

## ■ Essential Tremor Support Group

### Sept. 7: Next Meeting

**T**he next meeting of the Essential Tremor Support Group is Thursday, Sept. 7, at 10:30 a.m. in Clubhouse I. The Group seeks feedback on the Tai Chi classes and would like input on other topics of interest.

— Marlene Golden



Photo by Leisure World News

## 2017 Flu Clinics

by Leisure World News

**F**lu clinics, provided by the MedStar Visiting Nurse Association, are held in the Clubhouse I Crystal Ballroom from 9 a.m.-12:30 p.m. on the following days: Tuesday, Sept. 12, Friday, Sept. 29, Tuesday, Oct. 10, Monday, Oct. 23 and Friday, Nov. 3.

Regular and high-dose flu

vaccines are available at no cost to seniors with traditional Medicare Part B as their primary insurance.

Please bring your Medicare card, insurance card and photo ID. Residents without Medicare also can receive a vaccine, \$30 for a regular dose vaccine and \$65 for a high-dose vaccine.

Pneumonia vaccines are

available at the clinics and are covered by Medicare as well.

The cost for residents without Medicare ranges from \$100-200, depending on the type of vaccine.

A prescription is not necessary, but residents should discuss with their physicians which pneumonia vaccine would be appropriate for them to receive.



## ■ Parkinson's Support Group

# Sept 12: Meeting to Plan Year's Calendar

by Ray Weil

The next meeting of the Parkinson's Support Group is on Tuesday, Sept. 12, at 3 p.m. in Clubhouse II. Meetings are on the second Tuesday of each month, from September through May.

At the meeting, members will discuss possible speakers and meeting topics, and create a meeting calendar for the year.

The focal point for each meeting is most often an address by an outside speaker with expertise on a topic that may have beneficial effects on the symptoms of Parkinson's disease (PD), show promise for the search for a cure, or simply be of interest to members.

The Parkinson's Support Group is an organization established to create opportunities for those with the disease to access technical and

developing research information, and to share treatment experience with others.

In providing such a setting, the Group creates an environment where PD sufferers can reach out to others for knowledge to help themselves, and lend empathy, understanding and personal experience to those in like circumstances.

Because the Support Group helps caregivers, family and friends appreciate the challenges and complexities of living with PD, all who are interested are invited to attend the meetings.

Meetings usually last about 90 minutes, and include a discussion among members on topics raised by the speaker's presentation or any other topics of interest. Light refreshments are served. For further information, contact Ray Weil at (301-598-3447) or (raywwjr@hotmail.com).

## ■ Stroke Support Group

# Sept. 13: Vascular Neurologist Speaks at Meeting

by Sally MacDonald

The Stroke Support Group resumes its monthly meetings, which occur on the second Wednesday of the month, on Sept. 13, at 1:30 p.m. in Clubhouse II. Dr. Bilaal Sirdar, a newly arrived vascular neurologist at MedStar Montgomery Medical Center (MMMC), will speak to the group.

Claire Wilson, the hospital's stroke coordinator, will also attend the meeting and provide information about hospital programs.

The Group is fortunate to have MMMC as its local hospital, as it is one of the state's foremost primary stroke response centers. Sirdar and Wilson are strong parts of that team.

An additional focus for the Group's fall meetings is a discussion on medicines – both good and bad – for seniors.

All are welcome to attend the meeting and share information. For more information, contact Sally MacDonald, chairperson, at (240-669-4233).

## ■ Patients Rights Council of Leisure World

# Sept. 13: 'The Myths Surrounding Assisted Suicide'

by Mary Ann Johnston

The Patients Rights Council meets on Wednesday, Sept. 13, at 1:30 p.m. in Clubhouse I. Mary Forr, director of life issues for the Archdiocese of Washington, speaks about "The Myths Surrounding the Issue of Assisted Suicide."

Forr received a bachelor's degree in political science and philosophy and a Master of Education from the University of Notre Dame. The Archdiocesan Department of Life Issues promotes respect for all human life through advocacy and educational presentations.

In 2017, for the third year in a row, legislation was filed before the Maryland General Assembly that sought to legalize physician-assisted suicide. The

legislation failed to pass.

The Washington Post reported on March 3, 2017, that SB 354 was withdrawn by lead sponsor Sen. Guy Guzzone and the bill's hearing in the Senate Judicial Proceedings committee for the following week was cancelled. Subsequently, legislation in the House (HB 370) failed to advance. The Post quoted Del. Shane Pendergrass, the bill's sponsor in the House, as saying there simply were not enough votes to move forward.

All residents and guests are invited to attend this informative presentation. The Patients Rights Council presents programs that educate seniors on end-of-life issues that value and respect life. The group's treasurer will accept 2017-18 member dues of \$10 at the meeting.

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# Leisure World News OF MARYLAND



# Sept. 13: Living Your Optimum Life

by Joan Guberman

On April 28, 2012, Reginald Pratt could see. The next day he was blind. After overcoming shock and depression, the 34-year-old decided to devote his career to helping people with low vision and blindness.

On Wednesday, Sept. 13, at 1 p.m. in Clubhouse I, Pratt speaks to the Low Vision Support Group about how he reinvented himself and developed resources to help individuals with low-vision live their optimum life.

## Determination

"Medical professionals helped me regain some vision,

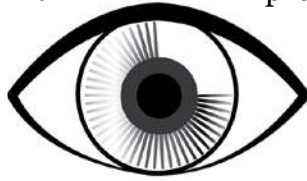
but it took sheer determination and a lot of support from family and friends to help me conquer my fears and come back to life," Pratt recalled. "Absolute determination to succeed will help you find new ways to get what you want from life."

Asked for advice about putting determination into action, Pratt said, "Stay engaged, give yourself challenges, explore new options, and share what you've learned." Pratt has taken his own advice and is now a certified instructor training people with vision handicaps to use electronic devices such as computers and iPhones. He

also co-created the I3S Foundation with Lois Staves and Joyce Brooks.

## I3S Foundation, Inc.

The Foundation offers programs and resources for seniors and individuals with disabilities. The Foundation's centerpiece is the award-winning I3S program, a weekly peer-to-peer conference call for people adjusting to low vision and blindness that enables them to share information and inspiration on specific topics. At the end of each call, participants commit to taking specific actions to address their challenges.



## Golf Lessons

This summer the Foundation piloted a program to teach people with low vision to play golf. Now underway in Prince George's County, the program provides encouragement and lessons for children and adults eager to learn the sport. Pratt hopes to expand the program to other golf courses and have a trial tournament in 2018.

## You Are Invited

Please join the group on Sept. 13 to hear more about how Pratt and the I3S Foundation can make your life more rewarding. There is no charge for attending this or any meeting of the Low Vision Support Group.

## □ Health Advisory Committee

# Coping with Family Relationships as You Age

by Sandra McLeskey

As people age, the relationships they have with their family members, particularly their children, change. Grown children are independent, have families of their own, jobs, and other time constraints.

The parents of grown children have challenges of that include changing physical and cognitive health; loss of independence, such

as the inability to drive or prepare meals; grief and loss if a partner becomes incapacitated or dies; and isolation that results from many of these other challenges.

Although children may be quite eager to be helpful, their ideas of what is helpful might not coincide with what their parents feel they need. They might overestimate the problems and suggest solutions that are too drastic. Conversely, they might be in denial and think

that their parent, who previously was completely self-sufficient, can carry on despite the development of major problems.

Sometimes children are reluctant to ask a parent about his or her financial situation, which in many cases is fine but in other cases

may result in the parent falling for a scam or spending money on inappropriate purchases.

Parents and their adult children walk a tightrope to balance the amount of help needed with the amount of help offered. Sometimes, they succeed in matching the two, but sometimes they are out of balance.

The Mental Health Subcommittee of the Health Advisory Committee is trying to address this problem. Two social workers from Aging Network Services, a care management firm, speak about family relationships as we age on Wednesday, Oct. 4, at 2 p.m. in Clubhouse I.

Barbara Kane, LCSW-C, is a director of the firm and has many years of experience in working with older adults and



Barbara Kane, LCSW-C, courtesy photo



Alison Nicolosi, LCSW-C, courtesy photo

their children. She has co-authored a book, "Coping with Your Difficult Older Parent: A Guide for Stressed-Out Children." Of course, her experience also qualifies her to help older parents cope with difficult children!

Her co-presenter, Allison Nicolosi, LCSW-C, is a care manager at the firm who works with seniors whom she visits weekly.

Both bring abundant expertise in helping seniors and their children navigate their changing relationship as the seniors age, including helping seniors maintain their independence.

Free tickets for the Oct. 4 presentation are available beginning at 8:30 a.m. on Tuesday, Sept. 5 at the Clubhouse I E&R office.



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# FISH Isn't the Only Organization that Accepts Donations

by Beth Leanza

**F**ISH is a volunteer organization that lends donated, assistive items and equipment to residents and employees. Lending periods typically last one to three months, but longer loans are acceptable.

## Try Before You Buy

Not sure what you want? Borrow from FISH first, and learn what you like or need before purchasing an item.

FISH volunteers try to check each donated item's safety, and also strongly urge borrowers to clean the item first.

FISH asks that borrowers please clean any items before returning them.

## Donations / Giveaways

FISH accepts donated items, such as like wheelchairs,

commodes and walkers.

The group especially likes receiving tub stools, also known as tub benches and shower chairs, because some health insurance providers do not pay for them.

Olney Sandy Springs Lions Club and Colesville Lions Club also accept assistive equipment, as well as the Kensington Fire Department on Connecticut Avenue near Plyers Mill Road.

FISH also gives away some of the items it receives as donations, such as incontinence aids (pads, bed pads, adult diapers), blood pressure equipment, comfort cushions and canes.

To keep the office from getting too messy, volunteers have put several of these items on the lowest two shelves of the closet. The volunteer can show residents what is available.

## Lost and Found

The E&R department puts found items in the FISH office's closet. It may take a day or two for an item to be turned in to FISH, so check back often. Ask the volunteer to let you look in the closet.

## Helping Other Charities

FISH is happy to be the place where donations can be left for other organizations. The Lions Club accepts glasses and hearing aids, and the Kiwanis Club is always ready to receive can tabs.

FISH can accept donations for a resident or resident organization. Contact Beth Leanza if interested.

## Volunteers

Many FISH volunteers have a regular, repeating session scheduled, but substitutes are called when a volunteer

cannot complete his or her regularly scheduled shift. Call Beth Leanza, president, at (301-598-4569) if interested in volunteering.

## General Information

The FISH office is open Monday to Friday from 10 a.m. to 4 p.m. (except major holidays).

E&R staff in Clubhouse II can assist you before or after hours or on weekends. The office's phone number is (301-598-1345). If the volunteer is out of the office, or if FISH is closed, the call transfers to E&R.

FISH is an acronym that stands for Friends in Sickness and Health. Other FISH organizations operate around the world, but they all act independently and make up their own definitions for the acronym.

## Health & Fitness In Brief

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

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

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

**Bereavement Support Group:** If your spouse or long-term partner died in the recent past, you may be able to participate in a twice-monthly bereavement support group that next meets on Tuesday, Sept. 5, 3-4:30 p.m. in the conference room at MedStar Health, 3305 N. Leisure World Blvd. Beginning Sept. 19, Hospice Caring Inc. sponsors group meetings on the first and third Tuesday of the month, from 2-3:30 p.m. Registration is required. If interested, please call Anne Baker at (301-990-0854).

**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 next meeting of Memory Café is Thursday, Sept. 28. 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. For more information, contact Lindsey Vajpeyi at (240-428-1342) or (lvajpeyi@alz.org).

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# CLUBS, GROUPS & Organizations

## ■ Rossmoor Library Guild

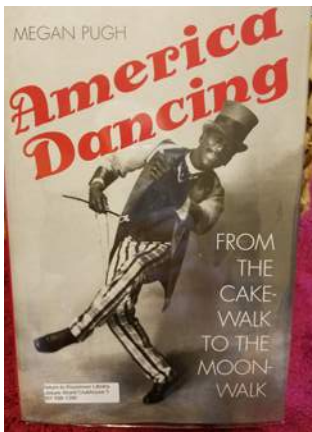
### ‘America Dancing: From the Cakewalk to the Moonwalk’

by Barbara Long

“America Dancing,” written by Megan Pugh, “demonstrates the centrality of dance in American art, life, and identity, taking us to watershed moments when the nation worked out a sense of itself through public movement,” according to the book jacket.

The book is the newest acquisition of the Clubhouse I library’s non-fiction collection.

It combines scholarly work (with pages of notes and references) with the love and language of movement and dance. Dancers imitated and stole from one another, creating a historical tradition that set generations of feet in motion.



“America Dancing: From the Cakewalk to the Moonwalk” by Megan Pugh. Photo by Barbara Long

## ■ LW Green

### Sept. 27: Meeting on LW Administration, Governance

LW Green and JustUs, a resident advocacy group, sponsor a second resident meeting on Wednesday, Sept. 27, at 1:30 p.m. in the Clubhouse I Crystal Ballroom. The meeting will focus on Leisure World’s administration, governance, management and related topics.

The resident-sponsored event is modeled on the “participatory democracy” concept common in early New England towns: full debate on issues and full expression of opinions as ways to enhance the quality of life in Leisure World. All residents are welcome.

– Norman Holly

## Military Veterans Club Forming

A new social club is forming for female veterans of any branch, rank, or length of service.

At the next meeting, Club members will share photos and other service-related mementos. If interested in this group, please contact Barbara Long at (301-438-3427) or (writersgroup2016@gmail.com).

– Barbara Long

## ■ Italian Social and Cultural Club

### Sept. 24: Club Brunch

by Flo Merola

Members and residents who are interested in joining the Italian Social and Cultural Club are invited to attend a brunch on Sunday, Sept. 24, at 1 p.m. in Clubhouse I.

The Club’s mission is to promote knowledge and appreciation of Italian culture. Come learn about the exciting events that are planned for the 2017- 2018 season. The cost for the brunch is \$16. Bring checks,

made payable to the Italian Social and Cultural Club, to the Clubhouse I E&R office by Thursday, Sept. 21.

Membership is \$12 per person or \$18 per couple. Members are encouraged to pay their dues prior to the brunch. Mail checks, payable to the Italian Social and Cultural Club, to Paul D’Angelo at (3310 North Leisure World Blvd. Apt. 308 Silver Spring, MD 20906).

For more information regarding membership, call Jo Bianchi at (301-598-4501).

## ■ Leisure World Chorale

### Chorale Starts New Season with New and Old Music

by Sandra McLeskey

The Leisure World Chorale looks forward to its new season of singing and performing for fun and the love of music. The Chorale meets on Mondays from 1:30-3:30 p.m. in Clubhouse I, under the direction of conductor Connie Graber and accompanist Elaine O’Leary.

The Chorale is always looking for new members, so if you like to sing, come to a rehearsal. No audition is required.

This year, the group is working on a variety of music, including a medley of Hoagy Carmichael songs and a selection of songs from “Les Misérables.” The Chorale’s repertoire also includes individual songs, such as a gospel version of “Bridge Over Troubled Waters,” “The Impossible Dream,” and “Dry Bones.”

The Chorale often performs at senior centers and assisted living facilities. The group also performs

a mix of patriotic songs and regular offerings around Veterans Day at the Armed Forces Retirement Home in northwest Washington, D.C.

Traditionally, the Chorale performs at The Inter-Faith Chapel during Martin Luther King Jr. Day services and in front of Clubhouse I during the 4th of July celebration. On Saturday, Nov. 4, the Chorale presents an evening program to residents.

The Chorale has a busy and rewarding year ahead of it. We welcome all resident participation. For further information, call Sandy McLeskey at (301-288-7976) or Phoebe Clarke at (240-221-3863).



Photo by Leisure World News



# Sept. 26: Open Category Photo Competition



"Howard County Balloon Fest" by Donna Zoldi



"Sunflower" by Judy Safchick



"Sea Lion at St. Louis Zoo" by Jim Cooper

by Fred Shapiro

The first Rossmoor Camera Club competition of the new season is on Tuesday, Sept. 26, at 7 p.m. in Clubhouse II.

The competition is "Open" allowing members to submit photos featuring any subject and place they feel expresses their ability to capture a scene best. Competitors may submit two entries for each of the two judging categories – Print and Digital.

The competition's judge is Steve Bruza, who performed this role for the Club last March. Criticism is a necessary element of judging, so Bruza concentrates on making comments very specific and constructive.

Key points of focus are the photographer's mastery of techniques and if the photographer added something of him or herself in the work. Bruza will also look for any emotional connection with the image, either by photographer or viewer.

Bruza's serious camera work began as photographer and photo editor for his college newspaper in the days of 35mm film and wet darkrooms. His experiences covering campus news and sports assignments taught him to take pictures that tell a story or capture a decisive moment.

Having access to free film and darkrooms helped him

explore various aspects of creative photography. Subsequent career opportunities took Bruza in a different direction as a business systems analyst for an insurance company; however, he always had a camera to record experiences and share them with his co-workers. His employer recognized his talents and provided him with his first digital camera.

The advent of digital photography reignited Steve's interest in creative photography, and he began attending workshops and reaching out to camera clubs for ways to develop his skills.

He has been a member of Bowie-Crofton Camera Club since 2002 and achieved five star awards and masters level in their competitions. He was their vice president of Photo Talk for three terms.

He is also a member of the Creative Exposure Baltimore Meetup group and runs Bowie-Crofton's Meetup site. Bruza's newest passion is acquiring and using vintage lenses on Sony mirrorless cameras.

Bruza finds competition for a specific assignment one of the most beneficial ways to develop as a creative fine-art photographer.

He regularly competes in The Baltimore Sun's SunShots and has won first or second place on numerous occasions. In 2016, his photo of "purple" theme was

selected as one of five Best of the Best for The Baltimore Sun's year-end edition.

## Looking Ahead

Club members are already preparing photos for the October and November competitions. October's

competition features transportation – photos of people, materials or goods in motion.

November's competition concentrates on Houses of Worship; photos should show a significant portion of the exterior of a building used for worship.

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## ■ Fun and Fancy Theatre Group

# Sept. 6: Meeting and a Surprise ‘Visit’

by Hannette Allen

Now that summer is coming to an end, the Group is once again getting into full swing. The first meeting of the new season is Wednesday, Sept. 6 , at 7:30 p.m. in the Clubhouse II auditorium.

Be sure to arrive early to join (annual membership is \$10, preferably by check) or, if you’ve paid already, to collect your card. Non-members are welcome for a \$3 fee.

Nancy Koski, director of the Bob Hope 1940s USO Show, advises that Hope has made final arrangements to fly his group of singers and dancers to entertain the “troops” immediately after the meeting. Be prepared for some fine entertainment and clean jokes!



The Fun and Fancy Outreach Group performs at Holiday Park Senior Center on Aug. 9. Courtesy photo

### ‘Who Am I?’

Jill Lyons presents a short musical about a group of students and their search for identity immediately following the Wednesday, Oct. 4, meeting at 7:30 p.m. in the Clubhouse II auditorium. Lyons is assisted by Dee Smiley, with Elaine O’Leary at the piano.

### New Play-Reading Group

A new Fun and Fancy activity is in the air! Irene Shaulis and Elizabeth Brooks-Evans are putting together a Play-Reading Group, which will get together simply to read and enjoy plays – no performances are involved. It’s a great way to participate in acting without dealing with the details of a stage production.



Dave Weiss performs at a rehearsal for the Bob Hope 1940s USO Show. Photo by Hannette Allen

If interested, call and give your contact information to Irene at (301-370-4556), or Elizabeth at (240-242-4433). They are happy to answer any questions.

## ■ Gem, Lapidary and Mineral Society of Leisure World

# Sept. 13 Program: ‘Three Precious Gems: Rubies, Emeralds, Sapphires’

by Mary Beth Mason

The next meeting of the Gem, Lapidary and Mineral Society (GLMS) of Leisure World is Wednesday, Sept. 13, at 7 p.m. in Clubhouse II. Inquire at the Clubhouse II

E&R office for the meeting’s location, which has recently changed.

Precious gems have been an attraction, sometimes to the point of obsession, for centuries. The four-star 1944 film, “Gaslight,” tells the story of a man, Gregory Anton, infatuated

with purloined jewels given by a Russian czar to the famous opera star, Alice Aquist.

Anton is so determined to make these valuable gemstones his own that he commits murder, becomes a bigamist and psychologically tortures his innocent second wife in order to clasp them to his chest in ecstasy.

The Club is not viewing “Gaslight,” but the film does serve as an example of the power these stones can have on people.

The September program is entitled, “Three Precious Gems: Rubies, Emeralds, Sapphires,” a film published by Jewelry Television® as the first volume in its Gem Lovers’ Collection.

The documentary is described on the dust jacket as follows: “You are first attracted to them by their striking beauty. The more you get to know them, the more fascinated you are by their mystique. Then, before you know it, you are falling in love,” just like the charming Gregory Anton, who became insanely infatuated when he first viewed



“Three Precious Gems: Rubies, Emeralds, Sapphires” DVD dust jacket. Photo by Leisure World News

the crown jewels on display in the Tower of London.

Join the Club on Sept. 13 and share this marvelous film with like-minded fans of these precious jewels – rubies, emeralds, and sapphires. If you wish, bring an item for show-and-tell, which follows the presentation.

For information about the Club, contact president Frank Roddy at (301-598-3698) or (roddy.frank2014@comcast.net).



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# Emulating Chinese Blue and White Porcelain



Pillow vase and plate by Gong Xilin. Photo by Gail Bragg.

by Gong Xilin and Gail Bragg

**G**ong Xilin is the Club's artist of the month for September. Xilin, originally from Guangzhou,

China, moved to Leisure World in June 2016 and soon joined the Ceramics Club. She had no previous experience as a ceramicist but quickly turned into an excellent artist.

For her display this month, she has emulated the Chinese blue and white porcelain. Traces of blue and white wares are found beginning in the Tang dynasty (618-907) but it was not until the Yuan dynasty (1271-1368) that the art reached perfection. In the early 14th century, mass-production of fine, transparent, blue and white porcelain started at Jingdezhen, sometimes called the "porcelain capital" of China.

During the Ming (1368-1644) and Qing (1644-1911) dynasties, the blue and white ware industry became increasingly important because it was not only known within the borders of China; it was also valued in the international trade market, initiating its

imitation throughout Asia. Now blue and white wares are common in daily life, ranging from dinnerware to vases.

Although the Club does not use porcelain clay in the studio, Xilin does an excellent job with our earthenware and clay-based paints. Her works are a must-see in the Club's display case in Clubhouse II during September.

The Ceramics Club's \$10 annual membership fee includes instruction on how to make your own ceramic pieces. We welcome new members, so drop by our studio in Clubhouse II. View some Club members' ceramic pieces in the gift shop in the studio; they are for sale with proceeds going to charity. We hope to see you soon!

## ■ Rossmoor Art Guild

# Members Win Local Art Competitions

by Ann Bolt

**R**ossmoor Art Guild (RAG) members are still bringing home the honors from various art shows.

Violet "Vicky" Batkin brought home second place for her entry in the Montgomery County Fair art show. Batkin often uses a colored pencil technique for her paintings. Residents can see more examples of her work at the September exhibit in Clubhouse I, which features abstract flowers and other subjects.

The discussion still continues as to what abstract art is and what it is not. If all else fails, the question is: Did you enjoy painting it and like the results?

### Many Art Choices

Art can be very freewheeling and subjective. New materials, grounds, paints, some now made with honey, some with questionable chemicals, come and go. There's a whole range of "grounds" – liquids that add texture and adhesiveness – to be tried. There are all sorts of paper thickness and texture. There are all kinds of things to glue on, press on, imprint. Sometimes, using just a paintbrush, water and paint seems enough, and the RAG instructors are doing a fine job showing students how to use them. But there are choices, lots of choices.

### Open House

RAG launches its new season of art classes at its Open House on Thursday, Sept. 7, from 1-3:30 p.m. in the studio.

The Open House provides students and prospective students an opportunity to talk with teachers, sign up for a class, enjoy light refreshments and select a few art supplies from the sale. RAG thanks the

generous donors for dropping off their donations in time for the sale.

Each class is being offered for six weeks and the enrollment fee is \$60. A once a year membership fee of \$10 is required. Classes begin the week of Monday, Sept. 11. All other fun, fellowship and creative opportunities are free of charge.



Examples of abstract flowers for the September exhibit by Maria Clark, lower left, Phyllis Lowinger, Violet "Vicky" Batkin and Ann Bolt, lower right. Photo by Ann Bolt

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# Honeybees and Potluck, the Highlights of the Gardening Season

by Darrelyn Pilgrim

The gardens' new honeybees are established and thriving thanks to the diligent efforts of beekeeper Leon Vandenberg. Group members are happy to have honeybees again at the garden plots, and look forward to next year's honey.

The gardens' growing months went by too quickly. Last month, group members celebrated their harvests with the annual garden awards

potluck, at which members enjoyed an abundance of delicious dishes featuring produce from the gardens.

President Betty Kontaxis gives a special thanks to Mary Lalley for overseeing every detail of the event.

## Next Meeting

The Group holds its next monthly meeting on Tuesday, Sept. 12, at 9:30 a.m. in Clubhouse I.

## Gardener of the Month

The September gardener of the month is treasurer Barry Tossman. He does a thorough and outstanding job, and is the contact person for the gardens' new beekeeper, whom he introduced at the recent potluck.



Photo by Leisure World News

## Help Needed

Help is needed with several fall gardening tasks; see Betty Kontaxis to volunteer for a job.

## Garden Plots Close at Dusk

For their safety, gardeners are asked to return all tools to the shed, latch the door and leave the gardens by dusk. Security drives through to lock the gate later.

Garden plot members are requested to contact security to report any suspicious activity. A red phone is located at the entrance that connects directly to Leisure World's main gate.

## Stormy Weather

Intense storms can start up quickly, bringing strong winds, hard pouring rain, or even flooding. Gardeners who see a storm brewing are asked to stop gardening, gather their tools and put them away. Remember to close and latch the shed doors and quickly exit the garden plots.

## Garden Plot Renewal

Applications for the 2018 garden plots are available in the Clubhouse I E&R office.

Gardeners are encouraged to pick up an application packet and read through the regulations. Please note: there are new items to read this year.

Fill out the application form and submit it with a check, payable to LW Garden Plots Fund, at the Clubhouse I E&R office.

## Monthly Picnic

The Group's monthly picnic is Friday, Sept. 15, at 6 p.m. at the picnic tables behind shed 4. Bring a dish or beverage to share; a grill is available. The picnic's rain date is Friday, Sept. 22.

Reminder: you can always check the bulletin board (located above the sharing table) for updates and schedules and Garden Plots information.

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## ■ Rossmoor Camera Club

# Sept. 17: 'Backing Up Your Memories' Slide Show

by Fred Shapiro

The Rossmoor Camera Club commences its 2017-2018 matinee slide shows on Sunday, Sept. 17, at 2:30 p.m. in the Clubhouse II auditorium.

The presenter is Stewart "Stu" Lillard, former Club president. The theme of his photographs is the importance of using the camera to recall memories. His photos trace elements of the history of his family dating back to the early days of the Republic.

Lillard took a hint from an article in the technology section of *The Atlantic*, which discussed the importance of backing up your brain's memory, much like backing up your computer or stored memory: "To appreciate detailed replications of one's past, one must have detailed memories of one's past — and memory typically deteriorates with age."

In his case, Lillard used stored records from the National Archives and the Library of

Congress in Washington, D.C. to research documents and artifacts that represent the history of his family. The result is a compilation

of a multi-generational family history dating from 1660s New Amsterdam to 18th and 19th century Maryland and Washington, D.C.

Lillard's photography serves as a visual introduction to his collected memories, which he documents in his recently published

book, "Lost in the District, Lost in the Federal Territory." The photographs themselves date from 1861 tintypes to the present digital works made by Lillard.

As a member of the Rossmoor Camera Club for nine years, he has learned to take his own photographs, as well as manipulate and publish photographs from the 1860s to the present. His photos' locales range from Korea and Russia to the sidewalks of Georgetown, Washington, D.C.

Join the Camera Club on Sept. 17 for this special presentation.



Stu Lillard. Photo by Gaby Dusan

## ■ Garden and Environmental Club

# Monitoring Leisure World Bluebirds

by Jean DeSchraver

Residents and guests are invited to join the Garden and Environmental Club at their first meeting of the year on Monday, Sept. 11, at 10 a.m. in Clubhouse I.

The program is presented by resident Howard Goldberg, who will share his experiences as a bluebird monitor. Goldberg learned about the care of bluebirds

while working as a volunteer at the Meadowside Nature Center on Muncaster Mill Road.

Since moving to Leisure World, Goldberg, with the help of friends, has monitored the 30 bluebird houses located on the golf course. He will share

with the group the bluebird activities and habits, what needs to be done throughout the year to maintain the bird-

houses and other interesting facts about the bluebirds that live in the community.

Club president Mary Ann Steele conducts the meeting and introduces club officers and new members. Membership dues of \$10 are collected at the meeting.

All residents are invited to attend and are encouraged to join the Club. Meetings are held on the second Monday of the month at 10 a.m. in Clubhouse I. As usual, coffee, tea and delicious desserts are served before, during and after the meeting.



Bluebird house. Photo by Jean DeSchraver

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

# Moving Forward with New Programs and Established Events

by Patricia Means

With summer winding down, Leisure World's Association for African American Culture (LWAAAC) starts its 2017-2018 session with a general meeting on Wednesday, Sept. 6, at 4 p.m. in Clubhouse II.

New initiatives and information about LWAAAC's traditional events will be announced. Come out and meet the board of directors, committee chairs, and new and long-standing members. Member participation and support are needed and welcomed at this not-to-be-missed meeting.

Registration for new membership and renewals continues at the meeting. The annual dues

are \$20 per person, checks payable to LWAAAC. Those unable to attend may register via the LWAAAC mail slot in the Clubhouse I E&R Office, or by sending it to LWAAAC, (P.O. Box 12316, Silver Spring, MD 20908). Registration must include the joiner's name, address, telephone number and email address, along with the check.

Please help LWAAAC reduce the cost of postage by providing your email address. Email addresses are held confidentially and used only for LWAAAC purposes. Email addresses will not be disseminated to the general membership or any other entity. LWAAAC continues to use postal mail for non-email users.

■ **The Vegetarian Society of Leisure World (VSLW)**

# Sept. 19: Health Coach to Speak at Monthly Meeting

by Bob Fenichel

Sharon McRae, a well-known plant-based lifestyle and health coach at (EatWell-StayWell.com) speaks at the monthly



Sharon McRae. Photo by Jeff Kaufman

meeting on Tuesday, Sept. 19, at 7 p.m. in Clubhouse II. The topic of her discussion is "How to Transition Successfully to a Whole Food Plant-Based Diet."

After obtaining a bachelor's in biological science and spending 15 years in research and applied microbiology, McRae became certified as a Food For Life instructor for the Physician's Committee for Responsible Medicine. Attend and learn ways to stay motivated.

## Luncheon at the Vegetable Garden Restaurant

The monthly VSLW luncheon is on Wednesday, Sept. 27, at 12:30 p.m. at the Vegetable Garden Restaurant in Leisure World Plaza. RSVP to Lois Kutun at (LKutun@msn.com) or (301-598-0298) by Monday, Sept. 25. Having exact change will facilitate a smooth exit.

Additional information on VSLW activities is available on the website at (www.vslw.org).

Everyone is welcome at VSLW activities; you don't have to be a vegetarian to participate.

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

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# Club Members Urged to Participate in Planning

by Elizabeth Brooks-Evans

**T**he Going It Alone Club (GIAC) board of directors kicks off the fall season with a meeting on Thursday, Sept. 7, at 3 p.m. in Clubhouse II.

Club members are urged to attend; doing so offers a prime opportunity to express thoughts on club activities.

## Armchair Travel

Every Saturday beginning at 2 p.m., GIAC members enjoy travel videos in a friendly, relaxing atmosphere.

The videos, featuring expert travel guide Rick Steves, can spark travel memories, or be the next best thing to real travel.

In the coming weeks, the club features the following tour videos destinations:

Sept. 9 – England and York

Sept. 16 – Dublin, Ireland  
Sept. 23 – Best of South Ireland

Sept. 30 – Best of West Ireland

Oct. 7 – Belfast and the Best of Northern Ireland

## Games

Games begin at 2:30 p.m. after the travel video concludes. GIAC has many board games available, including Rummikub, checkers, Chinese checkers, dominos, Yahtzee, Scrabble, Boggle and Pokeno. Bingo is played on the second and fourth Saturdays of the month; Pokeno is played on non-Bingo Saturdays, and bridge is played every Saturday.

A game team is being developed to determine which games members most like to play. Anyone interested in being a part of the team should

contact Marion Callaghan at (301-598-6779).

## Trips

Future day trips are scheduled for Harris Crab House and the Amish Market, Toby's Dinner Theatre, and Dutch's Daughter restaurant with a wine tasting tour at Linganore Winecellars. Details about these trips are found in the Club Trips section of this publication.

GIAC trips are open to all residents, whether single or not. Trip sign-up takes place during Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II when a representative of the program committee is available to receive payments and answer questions.

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

3457) or Sylvia Pachenker at (301-598-5325).

## Robo Calls

When necessary, members are contacted via robo calls to make them aware of a special event or situation. The calls come from a company called Technology Solutions and carry a (410) area code.

## Membership

Anyone wishing to sign up for membership can do so during SAL.

It's not too late to renew membership for the 2017-2018 season. The fee is a nominal \$7 per year and the income from dues is used to pay club expenses and enhance activities.

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



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# Trumponomics and Trumpolitics

by Arthur N. Popper

Residents are aware of, and engaged in, what is happening in the world, and are sensitive to how political and economic issues have started to shift in the Trump presidency.

Indeed, if one goes anywhere in Leisure World, whether it be to the Stein Room, the pool, or the fitness room, one hears constant discussion, debate and great passion on many of today's most pressing issues.

Because of this interest in the issues of the day, and residents' desire for sharing ideas, the Center for Lifelong Learning (CLL) presents a course entitled "Economics and Politics in the Age of Trump."

The course format is focused discussions led by a highly experienced discussion facilitator, resident Dr. Elizabeth Hawkins. All ideas are welcome and all participants have an opportunity to hear

and be heard, no matter their political views.

The course originated from Hawkin's own concerns about the current political climate, and her feeling that many residents share similar concerns and would value an opportunity for regular discussions to explore things that they hear daily in the news.

Hawkins leads discussions to help participants make sense of the Trump administration and how it contrasts with previous administrations. Topics include, but are not necessarily limited to, healthcare, jobs, immigration, the budget, the Middle East, the military and truth in government.

During these discussions, Hawkins facilitates various approaches to topics that may be similar to those in the news, although she will also help participants explore aspects of these issues that may be less familiar. For example, in discussing the military, partic-



Dr. Elizabeth Hawkins. Photo by Fred Shapiro

ipants may consider issues of military aid and divestments; while in discussing the Middle East, participants may consider demographics of the region.

Hawkins comes from New Canaan, Connecticut, and New York City. She moved to Leisure World in 1992. She received her BA in history from Smith College, an MBA in finance from Columbia University, and a doctorate in clinical

psychology from the University of Michigan. She had a varied career that included financial analysis, consultation in organizational development, and clinical psychotherapy at St. Elizabeths Hospital.

For information on registering for the class, see the Classes and Seminars section of this publication. For more information about all CLL courses and lectures, see ([www.ellmd.com](http://www.ellmd.com)).



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# Analyzing the American Presidency

by Arthur N. Popper

The U.S. president is, arguably, the most powerful person in the world and thus, a constant source of news, and interest to most Americans.

While people often focus on what the president does and says regarding specific policy issues, also of great interest is the “institution” of the presidency, and what it means.

The presidency has a long and fascinating path through American history, starting with the writings of some of America’s prominent founders.

George Washington set many of the precedents for how the presidency works, but the institution has continuously evolved through today.

For many people, understanding the presidency and its evolution is a fascinating and provocative exercise, and so it is the topic for a new course from the Center for Lifelong

Learning (CLL), “The American Presidency,” presented by resident Paul Levy.

Each class includes a brief lecture presentation by Levy followed by class discussion built around key questions and case studies. The class analyzes various presidential duties, powers and actions in an effort to understand their hows and whys.

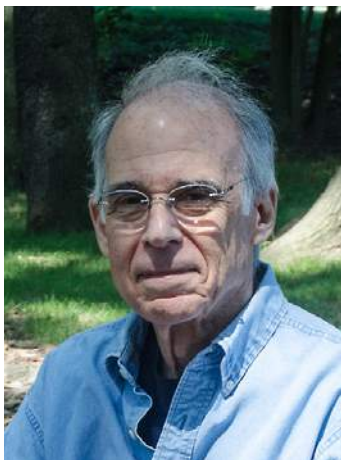
Topics include the presidential executive office, electing the president, the president as legislator, the president and foreign policy, and the president as commander in chief.

The course draws on history for examples and illustration, but overall, uses a more political science lens to investigate the presidency.

Levy has taught a number of well-received courses at Leisure World, including one related to the works of Ta-Nehisi Coates and James Baldwin. In another class discussion, Levy focused on the origins of the Civil Rights Movement from the 1940s to the present.

His approach to teaching is one of intense discussion and some reading. Levy’s goal is to have the class participants share their personal experiences and knowledge about the topic.

Levy comes to the course with a strong background in teaching. He was born and raised in the Boston area and holds a BA in political science from the University of Massachusetts (Amherst). He also holds a masters and doctorate in education.



Paul Levy. Photo by Fred Shapiro

Levy taught and/or was an administrator in public schools for 41 years, taught at a community college, and was a visiting associate professor at Temple University.

For information on registering for the class, see the Classes and Seminars section of this publication.

For more information about all CLL courses and lectures, see ([www.clcmd.com](http://www.clcmd.com)).

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## ■ The Inter-Faith Chapel

# Choir Rehearsals Resume This Fall at the Chapel

by Kevin M. Clemens

The various choirs of The Inter-Faith Chapel resume their rehearsals in September and are always looking for new members. The music ministry is open to all residents.

Residents can choose from a variety of choirs to participate in, helping to improve their ability to read music and slow the aging process. Studies show that participating in musical groups boosts mental and physical health. Singing and ringing yields high levels of psychological well-being, as well as improving symptoms of Parkin-

son's and Alzheimer's disease, depression and lung disease.

The Women's Chorus begins rehearsals on Wednesday, Sept. 6, at 10 a.m. at The Inter-Faith Chapel. The rehearsal lasts for one hour and includes the singing of traditional and contemporary choral works. The Women's Chorus usually sings in three parts; sopranos and alto singers are welcome.

The Chapel Handbell Choir begins rehearsals on Tuesday, Sept. 12, at 11 a.m. in the Fellowship Hall of The Inter-Faith Chapel. The rehearsal lasts for one hour and includes beginning technique for ringing handbells. The ability to read

music is strongly recommended.

The Men's Chorus begins rehearsals on Tuesday, Sept. 26, at 10 a.m. in the sanctuary of The Inter-Faith Chapel. The rehearsal lasts for one hour and includes the singing of traditional and contemporary choral works. The Men's Chorus sings in two parts; tenor and bass voices are welcome.

The Inter-Faith Ringers begin rehearsals on Tuesday, Sept. 12, at 1:30 p.m. in the Fellowship Hall of The Inter-Faith Chapel. The rehearsal lasts for one hour and includes rehearsal of handbell music and handbell techniques. The group is open to experienced handbell ringers.

The Chancel Choir begins rehearsals on Thursday, Sept. 7, at 7 p.m. in the Fellowship Hall of The Inter-Faith Chapel. The rehearsal lasts for 90 minutes and includes the singing of traditional and contemporary choral works. The Chancel Choir sings in four parts and all residents are welcome to join.

One of the choirs is scheduled to sing or ring at each of the 9 a.m. and 11 a.m. Sunday services. For questions and more information, contact Kevin Clemens, The Inter-Faith Chapel director of music, at (301-598-5312) or (k.clemens@inter-faithchapel.org).

## ■ Jewish Residents of Leisure World

# September Features a Seminar and High Holy Day Services

by Jonas Weiss

Jewish Residents of Leisure World (JRLW) are looking forward to a busy September featuring several religious services and events.

Friday, Sept. 1 – Rabbi Fink conducts a Conservative religious service at 7:30 p.m. in The Inter-Faith Chapel, to be followed by socialization and refreshments at an Oneg.

Thursday, Sept. 7 – Rabbi Gary Fink and leaders of four funeral homes lead discussions at a seminar on funeral practices at 10 a.m. in Clubhouse I.

Saturday, Sept. 9 – Cantor Michael Kravitz leads a conservative service on Saturday, Sept. 9, at 9:15 a.m. in Clubhouse II. Sidney Sussan chants the Haftorah and Fred Shapiro gives the D'var Torah. A Kiddush follows the service.

On all other Sabbaths, Rabbi Moshe Samber leads an abbreviated religious service with discussions of the Torah portion and a bit of the Talmud at 9:15 a.m. in Clubhouse II.

Monday, Sept. 11 – The Israeli

film "The Wedding Plan" is shown at 1:30 p.m. in the Clubhouse II auditorium. For more information, visit the Events and Entertainment section of this publication.



Sunday, Sept. 17 – Cantor James Perlmutter gives an educational talk about the role and history of the cantor during a brunch. Perlmutter is a retired office director of the Office of Foreign Relations, Bureau of International Labor Affairs for the U.S. Department of Labor. He has been the cantor

and spiritual leader for several High Holy Days services.

The brunch is at 10 a.m. in Clubhouse I. Reservations are required several days in advance; send checks of \$10, payable to JRLW, to Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A). Admission at the door, if available, is \$13.

Wednesday, Sept. 20 – High Holy Days begin; an application for tickets to either reform or conservative JRLW services, and any request for an honor, is in the JRLW Newsletter. Paid-up members receive a reduced price. Call Milli White at (301-438-0211) for more information on membership or High Holy Days tickets.

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### Donations

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

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

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



# Aviva Vogelstein Speaks on 'The BDS Against Israel'

by Barbara Eisen

**A**viva J. Vogelstein, Esq., director of legal initiatives at the Louis D. Brandeis Center for Human Rights Under Law, speaks at the meeting on Wednesday, Sept. 13, at 2 p.m. in Clubhouse I.

The topic is "The BDS (Boycott, Divestments and Sanctions) Against Israel." Her work has focused on combating the resurgence of anti-Semitism on American university campuses through legal and public policy approaches. All residents are welcome.

The group is continuing its policy of asking members to bring refreshments. Those whose last names start from A through H are requested to bring a snack (cookies, chips, pastries, etc.) that will be shared and enjoyed by all.

If attending the Sept. 13 meeting, RSVP by Friday, Sept. 8, to Linda Silverstein at (301-879-2887) or (linjoy357@gmail.com). If bringing a snack, please let Linda know what it is.

## Judaic Study Group

The Judaic Study Group meets on Monday, Sept. 18, at 1:30 p.m. in Clubhouse I. The topic is "The Hows and Whys of Rosh Hashanah."

Why do we read the Akeda on the second day of Rosh Hashanah? Why is it called the Jewish New Year if it's in the seventh month? What is the meaning of the different calls of the Shofar?

Bring a tradition, a curious fact or a bit of history along with your questions. Everything from Biblical origins to foods of the festival period is welcome for discussion. Contact Peri Schuyler at (301-869-2968) or (perislaptop@aol.com) for further information.

## Sale

Hadassah is selling unique, one-of-a-kind pins, handmade by a resident fabric artist, Bobbi Gorban. The pins are \$18 each and include three types: sunburst,

vintage and flower.

All pins are made to order. Buyers may indicate their main preferred color(s) or any other special requests. Designs and colors are unique and will vary. All pins are approximately three inches in diameter and have pendant clasps. You don't have to be a member to buy a pin.

Order several for yourself, your family and your friends. Order forms are available at each Hadassah meeting, or pick one up in the Hadassah mailbox in the Clubhouse I E&R office. For questions, contact Judy Rumerman at (judyrumerman@gmail.com) or (301-680-0850).

## Cards

Hadassah greeting cards are available for purchase; prices are \$2.50 each or five for \$10. Cards are displayed and sold at every Hadassah meeting. Beautiful Rosh Hashanah cards are now available. The prices are \$2.50 for single cards, \$5 for 10 cards and \$25 for 25 cards.

Call Elaine Schenberg at (301-598-0079) or Jan Bloom at (301-593-7720) if you want to buy either regular cards or Rosh Hashanah cards.

## Project

Larelda Gruber (301-598-5922) is chair of Youth Aliyah/Children at Risk. The project helps disadvantaged children in Israel. The goal is to create a circle of \$1000, made by individual contributions of \$40. Please send your donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906).

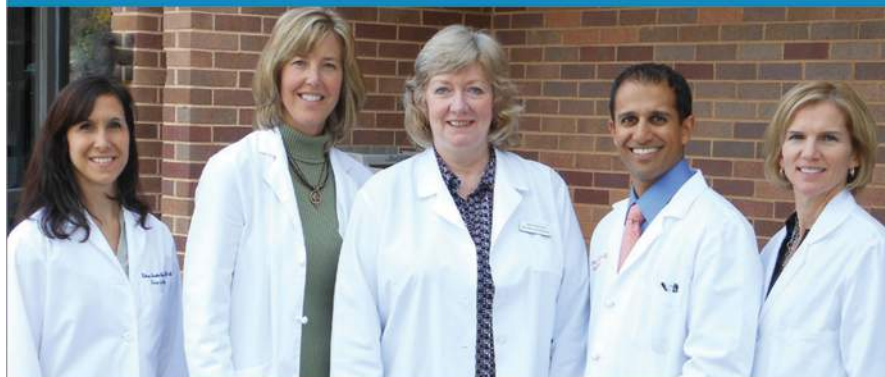
## General Information

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

If interested in knowing more about Hadassah, contact either membership vice president Carole Sonneborn at (301-288-4902) or (carole200@comcast.net), or Mimi Meltzer at (301-806-0976) or (mimi20852@aol.com).



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# Del. Kramer to Speak on Legislative Issues Affecting Seniors

by Carole Mund

NA'AMAT announces the start of its new season with many informative and entertaining activities. The first Open Meeting is on Wednesday, Sept. 6, at 11:30 a.m. in the Clubhouse I Crystal Ballroom.

The guest speaker is Del. Ben Kramer, Montgomery County state delegate. Kramer has sponsored many bills to protect the interest of senior citizens. He is the creator and author of "Senior Call-Check Service and Notification Program," a free service to assure the health and safety of seniors.

Come and learn more about

the legislation he sponsored to protect seniors from scams and fraud as well. Kramer is very knowledgeable about issues affecting seniors and will respond to your questions and concerns as well. Residents do not need to be a member of NA'AMAT to attend this meeting.

## Membership

NA'AMAT is a charitable organization dedicated to helping NA'AMAT Israel provide educational day care, vocational training, legal aid for women, services and assistance for new immigrants and centers for the prevention and treatment of domestic violence.

Many have already received

membership renewals. By joining NA'AMAT RBZ, you become a supporter of NA'AMAT Israel. In addition, you are on the mailing list to get information about our special events and trips prior to the general public. Send a \$36 check for dues, payable to NA'AMAT USA, to Helen Fried at (15101 Interlachen Dr., Apt. 824. Silver Spring, MD 20906).

## Fashion Show

NA'AMAT hosts a scrumptious brunch and fashion show on Wednesday, Oct. 4, at 11:30 a.m. in the Clubhouse I Crystal Ballroom. Members and non-members are welcome to participate in this event.

J. Jill of Montgomery Mall presents the fashion show. Their clothes are designed for every type of lifestyle. The Club's lovely models will display the new fall fashions and colors.

The cost for this special event is \$23. Send checks to Harriet Chaikin at (15101 Interlachen Dr. #216, Silver Spring, MD 20906). Contact Harriet at (240-560-7487) with any questions.

## Cards for All Occasions

Tribute cards are an excellent way to support and maintain

essential programs sponsored by NA'AMAT and 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 \$4.50 if sent by Linda Schoolnick, tribute chairperson. The holidays are next month, and NA'AMAT RBZ has a beautiful collection of Jewish New Years cards.

Full donor credit is given for each card. Contact Linda at (301-681-1076) with any questions.

## Trips

A trip to Dover Downs Hotel & Casino is planned for Wednesday, Oct. 25, to Thursday, Oct. 26. Check the Club Trips section of this publication for more information, or call Trudy Stone at (301-438-0016). Fliers will be sent out shortly.

## Save the Dates

Dec. 6: Annual Card Party  
Dec. 31: New Year's Eve

## Celebrations

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

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

# Kicking Off Our Biggest Year

by John Moens

NARFE has something for nearly everyone – members and non-members alike – in this year's autumn program.

On Monday, Sept. 25, at 2 p.m. in Clubhouse I, Rep. Jamie Raskin briefs NARFE members, their guests and visitors in Clubhouse I. His enthusiasm, energy and élan make him one of the most sought-after speakers in Congress.

Many retired Federal

employees served in the armed forces. On Wednesday, Oct. 18, Phil Munley, director of the service and benefits program with Maryland Department of Veterans Affairs, informs Chapter members and visitors about veterans' benefits in 2017 and beyond.

The good crowds NARFE received last year, and the wonderful speakers who volunteered their time and expertise, have inspired the Chapter to plan big and take some risks. Spread the word, and attend a meeting.





## Brunch with Members of the Israel Defense Forces



From left: Jewish War Veterans Post 567 officers Bob Kessler, Ray Kurlander, Danny Bass and Commander Milt Loube at the Bender JCC of Greater Washington's Jewish American Veterans Memorial. Photo by Fred Shapiro

by Fred Shapiro

**J**ewish War Veterans (JWV) Post 567 holds its kickoff brunch for the new season on Sunday, Sept. 10, at 10:15 a.m. in the Clubhouse I Crystal Ballroom.

Members of the Israel Defense Forces and local representatives of Friends of the Israel Defense Forces (FIDF), including Ari Dallas, executive director of the mid-Atlantic region of the FIDF, address various issues and concerns confronting Israel today. A brief video is shown.

Volunteers serving in the Israel Defense Forces are called "lone soldiers." FIDF provides services for them similar to those provided by the USO to U.S. military members.

Residents are encouraged to invite younger family members to attend the brunch to learn how the support of the FIDF uplifts the morale of the soldiers in Israel.

The buffet brunch, which includes eggs, tuna fish, lox, bagels, salad, coffee and Danish, is \$14 per person. Mail checks, payable to JWV 567, to Danny Bass at (14805 Pennfield Cir., Apt. 3-209,

Silver Spring, MD 20906).

JWV Post 567 appreciates the opportunity to assist the FIDF in spreading its mission to the Leisure World community. Solicitations are not accepted; the event is not a fundraiser.

### Jewish Veterans Memorial

The Post's officers have also addressed the need to recognize the contributions of Jewish men and women who have served in the U.S. Armed Forces. A memorial dedicated to American Jewish War Veterans has been erected in front of the Bender JCC of Greater Washington.

The towering structure, which shines brightly under the U.S. flag, honors Jewish American veterans from the Revolutionary War to present day. The memorial stands on a foundation of red pavers depicting the Star of David, and is surrounded by on a manicured lawn featuring two benches and ample parking.

A wall containing plaques in honor of individual veterans and JWV Posts is accessible to visitors. JWV Post 567 officers recently visited the Memorial and were so impressed by it that they agreed to add JWV Post 567 to its wall.

### ■ Democratic Club

## Sept. 14: First Meeting of the Season

by Rita Penn

**T**he Democratic Club starts this season with a social get-together on Thursday, Sept. 14, at 7 p.m. in Clubhouse I. The speaker is Montgomery County executive Isiah "Ike" Leggett.

Long-time members and new folks will gather to exchange ideas on the Club's future in this most unusual year of politics. Candidates for the Club's various open seats will meet and socialize with members.

Plan to join the Club at its first meeting of the year and bring your ideas and enthusiasm for future activities. Keep an eye out for the Donkey Dispatch for any other news.



### ■ Republican Club

## Sept. 19: Preparing for 2018 Elections and Legislative Session

by Fred Seelman

**T**he next meeting of the Republican Club is Tuesday, Sept. 19, at 7 p.m. in Clubhouse I.

Editors Brian Griffiths and Greg Kline of Red Maryland, Maryland's Conservative online and radio news leader, speak about the 2018 Maryland legislative session and election campaigns.

Josephine Wang, a former Republican official working for President Trump, discusses the Federal political side. Wang is a former member of the Montgomery County Republican Central Committee.

Red Maryland's news analyses and opinions have been featured in The Washington Post and The Baltimore Sun, and its officials have appeared

on Baltimore and Washington radio and TV stations.

Visit with us at our next meeting and get informed about GOP and conservative politics in Maryland and Washington, D.C., and prepare for the upcoming 2018 Maryland and federal elections.

To get started, visit ([redmaryland.com](http://redmaryland.com)) and read Red Maryland's dispatches and listen to its radio programs.

Send comments or questions about these or any other Club matters and/or offers to volunteer by emailing Club president Fred Seelman at ([fseelman@gmail.com](mailto:fseelman@gmail.com)), or by calling vice president Ray Spieler at (301-460-3563).

Join us for another quality event on Sept. 19. And enjoy our refreshments.

## Recycling Reminder

### We Do Recycle Cardboard!

From the Sanitation Department





# Introduction to the League of Women Voters of Montgomery County

by Elaine A. Apter

The League of Women Voters of Montgomery County (LWVMC) is off to a running start for 2017-2018.

This year promises to be an active one with committees presenting results from studies, primary and general elections in 2018 and “trending topics.”

Folks hear a lot about national politics, but it is just as important to know and understand what is going on in Montgomery County. The county holds primary elections in the spring for county and school board officials. As residents and voters, it is important to be informed about local issues.

## Who We Are

The League of Women Voters of Montgomery

County is divided into small discussion groups in order to promote discussion among the participants. The Rossmoor Discussion Group meets the second Wednesday of the month at 10:15 a.m. in Clubhouse I.

Join the Rossmoor Discussion Group on Wednesday, Sept. 13, at 10:15 a.m. in Clubhouse I when it presents an overview of the League committees and how the Montgomery County League is involved in many issues such as education, elections, housing and health, among others.

The Group welcomes Maxine Lewack as its new Discussion Group leader. Rossmoor Discussion Group meetings are free and open to everyone.

The first “trending topic” meeting is on Monday, Sept. 25, at 6:45 p.m. at the Rock-

ville Library. The topic is “Facts Behind the Headlines: How Maryland Elections Operate with State and Local Board of Election Officials.”

The LWVMC’s fall luncheon is on Monday, Oct. 16 and features Lily Qi, assistant chief administra-

tive officer for Montgomery County.

For more information, contact Elaine at (301-438-8708) or the League office at (301-984-9585) or (lwvmc@erols.com). Visit the website at (www.lwvmocomd.org).

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Learn more at [newseum.org/seniors](http://newseum.org/seniors)

The free classes and tours are available exclusively to seniors age 65 and up on a first-come, first-served basis, Monday through Friday during the month of September (excluding Labor Day, Sept. 4). The free class will be offered at 10:45 a.m., and the free tour will depart from The New York Times Great Hall at 1:30 p.m. To secure your spot, check in at the Newseum admission desk upon your arrival.

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# Buck Fever, Bullet Trains and Fractured America

by Carlos Montorfano

Jean Anessi started the session with a beautiful letter expressing the many reasons she is thankful to the mother of her three adopted children.

Woody Shields read a chapter from his book about deer hunting, stating that in the moments before a typical hunter shoots he or she experiences an adrenal response called “buck fever,” which may occur when one of five stimuli are present.

Jane Hawes described her experience when first using a bathroom on the bullet train in Japan. To her surprise, she found the proverbial hole in the

floor, lost her balance, and fell... (and decided never to go to the bathroom in that kind of train).

Radha Pillai, in her serious, philosophical way, told the group of being confused, scared and stunned by recent TV news. In her piece, “Diversity,” Gladys Blank expressed similar feelings in trying to understand why the U.S. has become a country of so many conflicting ideologies.

In “Top of the Ladder,” Verna Denny described her grandmother’s habit of keeping an assortment of sympathy cards in the drawer of her nightstand. She didn’t understand the habit then, but does now after experiencing the loss of older friends and relatives.

Grace Cooper brought another of her beautiful poems: “feeling that the time has come to be indulgent /it’s time to care most for self/ foolish Mary/should have had a drink/Bloody fool.”

Sadie Nelson, having taken time off to go back to college to obtain an asso-

ciate’s degree in art, let the group know the importance of staying in control of one’s life and keeping an eye on the prize.

Lee Hardy, in a very clever piece titled, “Think (of) It,” explained the importance of (of) in phrases such as: My country tis (of) thee; Sweet land (of) liberty; (of) thee I sing; Land (of) the pilgrim’s pride, etc. She is not in favor of eliminating this “of.”

Susie Hooper Billstein wrote a piece about the racial shame she feels during these times of racial and political unrest in the U.S.

Tom Anessi read a chapter titled, “Epiphany at Anzio” from of his “Fallen Leaves” book, describing the experience of a young civil engineering lieutenant completing his senior year of school serving in the Armed Forces during World War II.

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

## ■ **Comedy and Humor Club**

### Puns Make Niece Cry ‘Uncle’

by Al Karr

Member Al Karr related a ‘punny’ joke at a recent meeting of the Comedy and Humor Club. It got some laughs, not the usual groans that follow a pun.

Karr – A man was followed by a walking coffin late one night. The frightened fellow hurried into his house and locked the door. The coffin broke through the door and chased the man into the bathroom, where, in desperation, he threw a cough syrup bottle at his stalker. It worked. (The coffin (coughin’) stopped.)

Karr’s nephew told his daughter that her uncle loves puns, so he would love her. She retorted, “Are you sure he loves all the puns? Some of them make me cry uncle!”

Puns are a big part of the Club’s humor repartee, for better or worse, every Tuesday from 1:30-3 p.m. in Clubhouse II. President Sam Hack also presents a video of TV classic comedy on the last Tuesday of each month.

At recent meetings, Club members grabbing the standup comedy mike included Sam, treasurer Sumner Levin, Herb Hodes, Rudy Volin, Bernard Patlen, Skip Schoening, Fannie Falk, John Lass and Al Karr. Here’s another joke told by a hardy humorists:

John – A man bragged that the wall-eyes he caught recently were so big that it took only eight to make a dozen.



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# Taking Great Photos with iPhones: Part 3

by Ron Masi

To take great photos with an iPhone or iPad camera, users are recommended to follow the steps on their device and take the time to practice.

## Shooting in a Split Second

**Why use:** Be at the ready to capture some of the best moments.

**Set up:** Swipe from the far right to far left to be immediately in camera mode (works even in locked position); or swipe up from the bottom of the screen to review a pop-up window, and then tap the camera icon at the bottom right.

## Shutter Release

**Why:** Provides different, more comfortable hand/finger positions and clandestine shooting.

**Set up:** The standard way to shoot a picture is tapping the large white circle. Another way is to click the volume control either up or down on the side

of the iPhone or on the Apple earphones.

**Note:** Using both hands to hold the phone results in a better picture, because there is less chance of wobbling while trying to push the white circle.

## Timer

**Why:** To include yourself in the photo, ensure the camera's stability with low light.

**How:** The camera shoots after a delay set by the user.

**Setup:** Across from the white circle shutter, there is a delay icon that looks like an incomplete circle. Select it and then tap a delay time 3s (seconds), 10s. Then when ready, tap regular white circle shutter. The camera then counts down seconds on the screen, and a flash starts illuminating and stops just before taking picture.

**Note:** Ensure you have space for yourself in photo. Turn the timer off when finished using it.



Above the white circle shutter are more choices, including square, panorama, video, Slo-Mo and others. They control the type of image the user can capture; try sliding to different ones.

## Photo

**Why:** It is the most used option; it takes a classic rectangular photo in either landscape or portrait.

If the user wants a photo in a different aspect ratio, such as a square, he or she can always crop it later in post-processing.

**Setup:** Slide to have PHOTO above the shutter.

## Square

**Why:** Some social media only accept square images.

**Setup:** Slide to have SQUARE above the shutter, and then take the picture.

**Note:** The user has fewer options in post-processing cropping.

## Pano (Panorama)

**Why:** It creates extra-wide panoramic images, such rain-bows and parades scenes. It's useful for wide landscape or cityscapes, vertical panoramas and waterfalls.

**Setup:** Slide to have PANO above the shutter. An arrow with instructions appears on the screen.

When ready to start shooting, tap the shutter button, then very slowly move the camera in the direction of the arrow displayed. Keep the camera as steady as possible. When done, tap the shutter button again to stop.

**Note:** The photo you create in Pano will include everything the camera saw. For instance, if the user turned corners while moving the camera, he or she may notice some distortion in the final image. As always, practice!

Visit the LW Apple Club's website at (mac.Computerctr.org).

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# Leisure World Club Trips

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

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

## Oct. 25-26 NEW – Dover Downs Hotel & Casino

Return to Dover Downs with **NA'AMAT** on this popular trip with its overnight stay.

The cost is \$115 per person, double occupancy, \$165 single occupancy, and includes round-trip transportation, beautiful hotel accommodations, breakfast buffet, plus \$50 play money.

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

Send your check(s), payable to NA'AMAT, to Trudy Stone at (15101 Interlachen Dr., Apt. 801, Silver Spring, MD 20906). Be sure to specify with whom you will be rooming and if you have any special needs when you send your check.

Questions? Call Trudy at (301-438-0016).

## Nov. 6-8 Gaming and Sightseeing in Atlantic City

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

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

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

## Nov. 5 "Dreamgirls" at Toby's Dinner Theater

Join the **Going It Alone Club** when members go to see "Dreamgirls" and have brunch at Toby's Dinner Theater in Columbia, Maryland.

The cost of the trip is \$74 for members, and \$81 for nonmembers, and includes the show, brunch, transportation, tax and gratuity for the meal and the driver.

The bus departs from Clubhouse II at 9:45 a.m. and returns at approximately 4:30 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. No refund will be made after Saturday, Sept. 30 unless a replacement is made.

For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

## Dec. 5 Dutch's Daughter Restaurant and Linganore Winecellars

Join the **Going It Alone Club** on an excursion to Dutch's Daughter Restaurant in Frederick, Maryland, for a buffet lunch, followed by wine tasting tour at Linganore Winecellars, in Mt. Airy, Maryland.

The buffet lunch includes carved beef, honey glazed salmon, Dutch's chicken, plus a variety of vegetables and baked potato, tossed salad, dessert, coffee, tea and soda.

The cost for members is \$60 and for non-members \$67, and includes lunch, wine tasting, transportation, tax and gratuities.

The bus departs from Clubhouse II at 10:45 a.m. and return at approximately 5 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. No refunds will be made after Saturday, Nov. 11, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

## ATTENTION, TRAVELERS!

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

## Entrance Gates' Telephone Numbers and Hours of Operation

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### Open 6 a.m. – 9:55 p.m.

Norbeck Gate  
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Connecticut Ave. Gate  
301-598-1022

## GOOD TO KNOW:

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

**Please remember to bring your Leisure World ID.**



# 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).

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

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

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

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

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

**Knitting 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 Sept. 8. Bring your knitting and enjoy the conversations. We have patterns and yarn for your project. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

**LW LGBT Alliance:** Our group was formed to give members of the LGBT Community a safe and inviting place to come and meet new friends and to get involved in social activities. Our meetings are the third Saturday of every month at noon in Clubhouse II. We welcome everyone; being gay is not a prerequisite. The LW LGBT Alliance strives to provide events and activities to develop strong relationships through education, interaction and fun within our group and with the entire LW community. For additional information and events, email us at (celticwomen1@gmail.com).

**Musical Jammers Club:** 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. Our next meet-up is Monday, Sept. 11, at 10 a.m. in Clubhouse II. All instruments and voices are welcome. Questions? Call Richard Lederman at (301-598-1132).

**The Philadelphians:** We meet on the first Sunday of the month at 11 a.m. in Clubhouse II by the fireplace. If you were born, raised, went to school or lived in Philly, you are welcome to join us.

**Quilt Group:** Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is Sept. 7.

**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:** On Wednesday, Sept. 6, John Moens leads a discussion of "Sonny's Blues" by James Baldwin. On Wednesday, Sept. 20, Betsy Stellhorn leads a discussion of "A Late Encounter with the Enemy" by Flannery O'Connor. The Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

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

**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).

## Check out our archives at [residents.lwmc.com/lwnews](http://residents.lwmc.com/lwnews)



SEPTEMBER 2017

# UPCOMING SEMINARS & EVENTS

## AT BROOKE GROVE RETIREMENT VILLAGE

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

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

### HEALTHY LIVING CLASS: EVERYDAY BALANCE

*September 11 through October 18*

MONDAYS & WEDNESDAYS  
10–10:30 A.M.

Learn techniques and exercises to improve balance and reduce your risk of falls.

Six-week Session Fee: \$30

Register by September 8

### LIVING WELL SEMINAR: “WALKING: THE MIRACLE EXERCISE”

WEDNESDAY, SEPTEMBER 20  
1–2:15 P.M.

Motivate yourself! Learn the health benefits of walking and explore the research behind them.

FREE • Register by September 18

### ALZHEIMER’S SUPPORT GROUP

WEDNESDAY, SEPTEMBER 20  
3:30–4:30 P.M.

### SUPPORT FOR THE CAREGIVER SEMINAR: “UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR”

TUESDAY, SEPTEMBER 26 • 2–3 P.M.

Learn how to decode behavioral messages, identify common behavior triggers and explore strategies to intervene appropriately.

FREE • Register by September 24

### HEALTHY LIVING CLASS: WALKING CLUB

*September 27 through November 1*

WEDNESDAYS • 11–11:30 A.M.

A weekly stroll through Brooke Grove’s beautiful, 220-acre campus.

Six-week Session Fee: \$20

Register by September 24

### PARKINSON’S EXERCISE CLASSES

MONDAYS & WEDNESDAYS  
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# SPORTS, GAMES & Scoreboards

## ■ 10-Pin Bowling League

### Huggers Retain Top League Standing

by Rita Mastrorocco

The league is based on handicaps with averages for the bowlers ranging from 89 to 176. If you have not bowled in years, come out and join the fun.

**The top League standings as of Aug. 11 are:**

Huggers  
Rolling Rocks  
Half and Half

**Top scores for the week of Aug. 11 are:**

Scratch Game – Huggers, 695 pins  
Scratch Series – Huggers, 1816 pins  
Handicap Game – Huggers, 974 pins  
Handicap Series – Four Chicks, 2673 pins  
High Average Men – Pat Leanza, 167 pins  
Scratch Game Men – Don Manouelian, 208 pins  
Scratch Series Men – Don Manouelian, 539 pins  
Handicap Game Men – Don Manouelian, 267 pins  
Handicap Series Men – Don Manouelian, 716 pins

High Average Women – Chris Porter, 176 pins  
Scratch Game Women – Chris Porter, 216 pins  
Scratch Series Women – Chris Porter, 603 pins  
Handicap Game Women – Kazue Waller, 280 pins  
Handicap Series Women – Chris Porter, 726 pins

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

The league will bowl every Friday morning with practice starting at 9:50 a.m. at Bowl America, 1101 Clopper Rd. in Gaithersburg. The cost for the three games of bowling, the use of bowling shoes and balls, and unlimited cups of coffee is only \$10. If you are interested, please call Rita at (301-814-9196).



## ■ Tennis Club

### Sept. 7: Last Meeting of the Season

by Alfonso Holston

Club officers for the next season are Sue Sandler, president; Philip Wendkos, vice president; Joyce Gardner, secretary and Sheila Harnik, treasurer. Officers are sworn in at the Club's annual dinner on Sunday, Oct. 1, at 5:30 p.m. in Clubhouse I. The cost is \$30 per person.

The club's last meeting for the season is Thursday, Sept. 7, at 7 p.m. in Clubhouse II.

Tennis pro Tom Meyers addresses members with ideas for player improvement and introduction of play with other clubs. The meeting also includes an ice cream social. All players interested in improvement should attend.

Round robin and advance play is still going on. Round robin is on Tuesdays at 9:30 a.m. and on Fridays at 9 a.m. Advance play is Sundays, Wednesdays and Thursdays at 9:30 a.m.

## ■ Golf Club

### Golf Results

Compiled by Rita Molyneaux

**Aug. 8, 2017**

**9-Hole Results**

**Step Aside Scramble**

1. Christine Peterson, Lois Falck, Ursula Costa, Shirley Gilmore, 40
2. (tie) Kay Heier, Nedra Duffy, Mary Wells, Pat Lyddane; Linda Andrews, Janet Jaret, Carolelee Simms, Doris DeSantis, 41

**Aug. 10, 2017**

**Two Lady Team**

**Odd/Even**

1. Nancy Ferdock, K.C. Choi, 71
2. Susan Kim, Pam Mulcahy, 77
3. Mary Ko, Mary Lee Amato, 78\*

\*Match of cards

**Aug. 16, 2017**

**MISGA w/Manor Country Club & Argyle Country Club**

1. Sam Choi, Alan Wilder, 120 (\$25)
2. Jack Frensilli, Doug Cornish, 123\*
3. Semoon Chang, Tom Moriarty, Pete Porrello, 123

\*Ties broken by back nine score  
Closest to the Pin #8 – Doug Allston, 67

**Aug. 8, 2017**

**MISGA at Argyle**

**2-Best Ball Competition**

1. Semoon Chang, 121
2. (tie) Kathy Fransilli, Sperry Storm, Hank Weiss, 126\*

\*Ties broken by score on the last nine holes

**Aug. 9, 2017**

**ABCD Team 1-2-3 Net**

1. Jack Frensilli, Sam Choi, Thomas Moriarty, Bob Rauner, 125
2. Malcolm Caponiti, Donald Park, Joe Genovese, Ken Katkowsky, 126\*
3. Ray Lombardi, Sam Pak, Bob Hudson, Harold Boland, 126\*

\*Ties broken by back nine score



The Lawn Bowls Club perfects its game. Photo by Leisure World News  
The 2017 Maryland Senior Olympics hosts two of its upcoming events at Leisure World; lawn bowling at 9 a.m. and 1 p.m. on Saturday, Sept. 9, and shuffleboard at 9 a.m. on Sunday, Sept. 10.



## ■ Tuesday & Friday Duplicate Bridge

Compiled by Jerry Miller

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

### Tuesday, Aug. 8, 2017

#### North-South Flight A

1. Doris Perschau – Thomas Leahy
2. (tie) Stephan Billstein – Lewis Gold
- (tie) Jerry Miller – Gerald Lerner

#### East-West Flight A

1. Aaron Navarro – Sue Swift
2. Mary Lafferty – Ann Parrott
3. Doug Brasse – Merrill Stern

#### Flight B

1. Marilyn Rubinstein – Stanley Rosen

#### Flight B

1. Doug Brasse – Merrill Stern

### Friday, Aug. 11, 2017

#### North-South

1. Diane Keiper – Patti Anschutz
2. Mary Lafferty – Walter Lafferty
3. Elly Gotkin – Angie Riani

#### East-West

1. Nancy Gordon – Bernice Felix
2. Bob Kerr – Mel Schloss
3. (tie) Louise Bargamian – Kimi Sugimura
- (tie) Susan Weiss – Sue Swift

### Tuesday, Aug. 15, 2017

#### North-South Flight A

1. Jerry Miller – Donald Jacobs
2. Ann Ruth Volin – Sandra Jacobs
3. Stephan Billstein – Lewis Gold

#### East-West Flight A

1. Nadyne Cheary – Diane Keiper
2. Joe Boland – Howard Brewer
3. Barbara Summers – James Summers Jr.

#### Flight B

1. Ephraim Salins – Bernice Felix

### Friday, Aug. 18, 2017

#### North-South

1. Steve Billstein – Jim Cowie
2. Leonard Taylor – Lillian Taylor
3. Avinash Bhagwat – Marlys Moholt

#### East-West

1. Saul Penn – Lori Hegel
2. Rosmarie Suitor – Shirley Light
3. Sue Swift – Ted Michos

## ■ Wednesday Night Chicago Bridge

Compiled by Abigail Murton

### Aug. 9, 2017

1. Virginia Pace, Joanne Bland, 5770
2. Anna Pappas, Bob Bridgeman, 5710
3. Sylvia Forman, Betty Hollrah, 5050
4. Ann Boland, Joe Boland, 3480

### Aug. 16, 2017

1. Joyce Fischer, Joan Thomas, 5280
2. Ann, Joe Boland, 4250
3. Dottie Donnelley, Dorothy Hurley, 3870
4. Pat Villareale, Deanna Owens, 3850

## ■ Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

### Aug. 10, 2017

1. Bernice Davis, 3,610
2. Angela Bishop, 3,310
3. Evelyn Armstrong, 3,020

### Aug. 17, 2017

1. Elaine Doses, 3,380
2. Evelyn Armstrong, 3,340
3. (tie) Anne Marschall, 3,180
- (tie) Dolores Shapiro, 3,180

## ■ Friday Bridge

Compiled by Betti Goodman

### Aug. 4, 2017

1. Helene Kurtzman, 3,270
2. Mort Faber, 2,790
3. Barbara Marcus, 2,630
4. Bernice Cohen, 2,400

### Aug. 11, 2017

1. Barbara Marcus, 3,500
2. Shirley Rosenhaft, 3,210
3. Marc Levine, 3,140
4. Mort Faber, 2,640

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# Leisure World News of Maryland



# Jobs for Labor Day

by Bernie Ascher

Labor Day is almost here, reminding citizens of the economic and political need to create jobs for American workers.

Workers celebrate the holiday by not working – taking the day off. Those without jobs have no cause to celebrate. Today, nearly a quarter million people are collecting unemployment, and many other jobless workers have exhausted their unemployment compensation. The situation is critical in some locations.

Job creation as a result of economic growth is considered desirable, whereas the very essence of business is to make profits by cutting costs to increase productivity and efficiency – to produce more output with the same or fewer workers. It is one of the great contradictions of our times. Nevertheless, politicians all seem to favor job creation because that is what the voters want.

One way to increase employment is to

bring back old jobs that are long gone, but not forgotten. Many of our jobs have been taken away by self-service. What can be done to bring back those lost jobs?

Years ago, most drivers did not pump their own gasoline, thereby creating jobs for service station attendants (as in New Jersey). The U.S. could return to a time when office buildings were required to hire elevator operators, and each elevator was required to have an engineer on board in case of breakdowns.

Sales people could be readily available at department stores to show customers available merchandise. Automatic teller machines could be banned so that more bank clerks are hired.

Wheeled luggage could be banned from hotels, requiring bellhops to show guests to their rooms. Bowling alleys could hire pinsetters, a good job for youngsters. Restaurants could stop offering salad bars or buffet meals so that more servers are hired.

Research on driverless vehicles could



be halted, and 18-wheelers required to have two truck drivers, one to sleep while the other drives. Horse transportation would bring back blacksmiths and street cleaners, who could sell the manure by-product to farmers for fertilizer. Icemen in horse-drawn wagons could deliver blocks of ice to help preserve food when refrigerators break down.

New York, London and other cities once employed thousands of people to work as lamplighters, a respectable job that was passed down from father to son. Town criers were used to police the area and present the news at 11 p.m. “Eleven p.m. and all’s well,” they cried. That’s all we need to know.

Service jobs like these cannot be shifted easily to China or other low-wage countries. How might America pay for all these returning jobs? Politicians might tell us that the increase in employment and purchasing power, along with tax cuts and unemployment savings will stimulate the economy, generating more revenue. Thus, the system would pay for itself.

As a result, more workers would be able to celebrate Labor Day as a day of rest.

Chess players at Leisure World do not take a day off. They celebrate Labor Day by playing chess. In the game pictured on this page, White’s King has just moved from c5 to d4 to get out of check. What is Black’s best move?

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

ANSWER: Black moves the Rook from g2 to d2. Checkmate!

So, do not wait for the end of self-service. Do not throw away your wheeled luggage. Do not wait for the iceman. Play chess now!

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# Sports, Games & Scoreboards In Brief

**Bid Whist:** Do you know what Sport the Kiddy, Boston Time, Rise and Fly all mean? If you like the game Bid Whist and would like to play one day per week, contact Jessie at (314-374-4501).

## Bridge:

• **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Have fun. Win masterpoints. Questions? Call Nadyne at (301-598-5677).

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

• **Men's Bridge** seeks players. We meet Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Please, no beginners.

• **Thursday Ladies Bridge** welcomes more card players. If interested, call Jackie Harrell at (301-598-4341).

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

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

## Poker:

• A few poker game openings are available at the Greens, Thursdays 7-10 p.m. No prior experience necessary. If interested, call Marcel at (240-486-6205).

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

• **Poker players wanted** for all variations of poker, with or without wild cards. Come by Clubhouse II Tuesdays and Thursdays at 7:15 p.m. and play until 10 p.m. Spend an enjoyable night with a bunch of good people. Call Andy at (240-558-4787).

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

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

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

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

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

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3549 LEISURE WORLD BLVD #22-D	LEISURE WORLD	Townhouse	2	1.5	\$149,000	\$142,000	\$0
10 PIMLICO CT #14	LEISURE WORLD	Semi-Detached	3	2	\$325,000	\$330,000	\$0
3431 LEISURE WORLD BLVD #88-1B	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$52,000	\$50,500	\$0
3374 CHISWICK CT #56-1C	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	2	1	\$87,000	\$87,000	\$0
3362 GLENEAGLES DR #71-2D	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$90,000	\$82,500	\$0
3320 CHISWICK CT #61-1C	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$52,000	\$49,000	\$0
3471 LEISURE WORLD BLVD #82-G	MONTGOMERY MUTUAL COOP	Townhouse	2	2.5	\$149,900	\$150,000	\$2,900
3100 LEISURE WORLD BLVD #911	OVERLOOK	Hi-Rise 9+ Floors	2	2	\$255,000	\$251,000	\$0
15034 HASLEMERE CT #264H	ROSSMOOR MUTUAL #12	Other	2	2	\$119,900	\$120,000	\$0
15310 BEAVERBROOK CT #89-2E	ROSSMOOR MUTUAL #19B	Garden 1-4 Floors	3	2	\$140,000	\$130,000	\$0
14506 FISKE DR #137-A	ROSSMOOR MUTUAL #9	Patio Home	3	2	\$235,000	\$235,000	\$0
15107 INTERLACHEN DR #2-311	THE GREENS	Hi-Rise 9+ Floors	1	1	\$129,900	\$121,000	\$0
3005 LEISURE WORLD BLVD #626	TURNBERRY COURTS	Hi-Rise 9+ Floors	2	2	\$240,000	\$240,000	\$0
2703 LEAF DROP CT #3	WINTERGATE AT LONGMEAD	Garden 1-4 Floors	3	2	\$210,000	\$206,120	\$6,120



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# EYRE Leisure World Travel

Travel & Tour Department • (301) 598-1599 • Monday, Wednesday & Friday 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

### Sunfest in Ocean City, MD

Sat., 9/23, 7:45 am-9:00 pm .....\$60.00 per person  
This event features arts & crafts vendors, popular entertainment and a variety of delicious food. Transportation only.

### "Creating Camelot" at the Newseum,

#### Washington, DC

Tues., 10/3, 9:05 am-4:35 pm .....\$63.00 per person  
See photographs of the Kennedys that helped create the legend known as "Camelot." Afterwards, peruse other famous exhibits. Lunch is on-own.

### 9/11 Memorial & Museum, New York

Sat., 10/07, 7:00 am-11:45 pm .....\$120.00 per person  
\*One World Observatory .....\$139.00 per person  
The Memorial Museum is an educational and historical institution examining 9/11. \*Optional add on to your day : Travel up to One World Observatory. Gift Card for dinner at Cracker Barrel on the way home included.

### "Buddy Holly" at the Dutch Apple Theatre

Wed., 10/11, 9:00 am-6:15 pm .....\$110.00 per person  
Hear the music and relive the life of a legend! Buffet lunch and show included.

### The Price is Right Live at the American Music Theatre

Sun., 10/15, 9:45 am-8:00 pm .....\$134.00 per person  
Contestants guess the price of various items and win prizes based on how close their estimate is to the actual price. "Come On Down" to win cash and more! Lunch is included at Miller's Smorgasbord.

### Skyline Drive

Fri., 10/20, 8:00 am-4:35 pm .....\$98.00 per person  
Take in the Fall Foliage – picture opt available. Stop at Dickey Ridge Visitor Center before lunch at Skyland Resort. Trip includes: transportation and lunch.

### Ghost & Gourds

Mon., 10/30, 8:30 am-5:00 pm .....\$89.00 per person  
Stop at McCutcheon's Apple Store. On the Ghost Tour ride, see and hear about Frederick's haunting past, enjoy lunch at the historic Carriage House and visit Catoctin Mountain Orchard for shopping.

### George Washington's Mount Vernon

Fri., 11/3, 8:45 am-6:00 pm .....\$105.00 per person  
Tour the mansion and explore the grounds including the Museum and Education Center. Lunch at the Mount Vernon Inn.

### Harrington's Casino, DE

Thu., 11/9, 8:00 am-5:45 pm .....\$48.00 per person  
Try your luck with a \$15.00 slot play offer from Casino!

### Radio City Christmas Spectacular, NYC

Sat., 11/18 or Fri. 12/1  
7:30 am-11:15 pm .....\$179.00 per person  
Every year, the Rockettes put on a show that's more dynamic and more magical than the last. There is no better show to see this holiday season than the Radio City Christmas Spectacular! Orchestra seating.

### Home for the Holidays show at American Music Theater

Sat., 11/25, 8:45 am-8:00 pm .....\$119.00 per person  
Home for the Holidays takes place on Christmas Eve and features many of the beloved traditions we look forward to each year. Lunch at Shady Maple Smorgasbord prior to show. Trip includes: lunch, show and transportation.

### "Lion King" at the Hippodrome

Sun., 12/3, 11:15 am-5:30 pm .....\$159.00 per person  
As the curtain comes up on the African savannah, set off on the enthralling African adventure into the heart of the Disney's Classic tale.

### Christmas Extravaganza, Riverside Theatre

#### Fredericksburg, VA

Wed., 12/6, 9:45 am-6:30 pm .....\$113.00 per person  
Escape the hustle and stress, and rekindle your Christmas spirit at Riverside Center. Lunch included.

### Christmas Story, Fulton Theatre, PA

Sun., 12/9, 8:30 am-7:45 pm .....\$139.00 per person  
This clever, live musical is a humorous adaptation of the hit film that became an instant classic in the early 80's. Lunch included at the Press Room Restaurant.

### Tea & Tour National Cathedral, DC

Wed., 12/13, 12:00 pm-6:00 pm .....\$79.00 per person  
Guided tour of the Cathedral and afternoon tea included.  
While touring the Cathedral see if you can keep count of the angels (288) and the gargoyles (112) there!

### Miracle of Christmas, Sight & Sound Theater, PA

Sat., 12/16 9:45 am-9:15 pm .....\$159.00 per adult  
\$99.00 per child

"The Savior is born!" Miracle of Christmas has become a family tradition, so this holiday, take the Eyre bus to the Sight & Sound Theatre in Lancaster, PA, have a family style lunch at Hershey Farms before arriving at the Theatre for "Showtime"!

### \*NEW\* Christmas Cheer Concert, Baltimore

Sun., 12/17, 11:15 am-6:15pm .....\$125.00 per person  
The Concert Artists of Baltimore present their annual Christmas Cheer Concert with classical and traditional music. Pre-concert brunch and show are presented in the beautiful Engineers Club within the Garrett-Jacobs Mansion.

### Spotlight on...

#### American Revolution Museum, Philadelphia

Tues., 11/14, 7:15 am-6:00 pm .....\$99.00 per person  
The 118,000 square foot museum holds an expansive collection of art, manuscripts, weaponry and even diaries from the nation's Revolutionary Period, including British, French and American. Lunch included at the City Tavern - restrooms are located on the second floor - no elevator.

### Please join us for a Travel Show

Wednesday, 9/13 2:00 pm-4:00 pm Crystal Ballroom  
Collette Vacations –featured as well! Refreshments and door prizes.  
RSVP to EYRE by Sept. 6.

## MULTI-DAY TRIPS

Williamsburg "Grand  
Illumination"  
Dec. 2-4 (motorcoach)

Greenbrier, WV  
Dec. 3-5 (motorcoach)

Biltmore Estate & Asheville, NC  
Dec. 11-14 (motorcoach)

## CRUISES

Grandeur of the Seas  
Baltimore, MD; South  
Caribbean  
Jan. 20-Feb. 1, 2018

Caribbean Princess  
Panama Canal Cruise out of  
Ft. Lauderdale  
March 8-18, 2018

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 60 Years".

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



# CLASSES & Seminars

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

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

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

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

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

## EDUCATION

**Studying the Sermon on the Mount:** Led by instructor Phyllis Lovett, participants will thoroughly cover the Gospel of Matthew, chapters 5-7.

In His early ministry, Jesus gave the Sermon on the Mount to his 12 disciples. Many teachers call this sermon the ordination of the disciples. Those who thoroughly understand this sermon will have learned the important basics of the Christian faith. Participants read Scripture and then discuss the meaning. Different views can be expressed, but positions are not argued.

Lovett has led numerous Bible study classes at Leisure World. All faiths are welcome to join this Bible study group.

Class meets Tuesdays, Sept. 12-Oct. 31, 10-11 a.m. **Fee: \$15. Register at: Clubhouse I.**

**Economics and Politics in the Age of Trump, a CLL class:** Dr. Elizabeth Hawkins leads this political discussion group, focusing on the impact the current administration is having on the economy. Topics to be covered include: healthcare; jobs, lost and recoverable; immigration; the national budget; the Middle East; the military; and truth in government.

Class meets Thursdays, Oct. 5-Nov. 30 (no class Nov. 23), 2-3 p.m. **Fee: \$15. Register at: Clubhouse I.**

## Biographies of Controversial People, a CLL Class:

In this course, Dr. George Birnbaum examines the lives of four individuals, all controversial, who distinguished themselves through their achievements.

Each week, one individual will be discussed. They are: Moses Annenberg, who created a publishing empire but was prosecuted by the Roosevelt administration; Walter Annenberg, whom President Nixon appointed as U.S. ambassador to Great Britain; Armand Hammer, who used his meeting with Vladimir Lenin to become a wealthy art dealer; and Menachem Begin, who was first known as a terrorist but became a respected prime minister.

Class meets Tuesdays, Oct. 3-Oct. 24, 2-3 p.m. **Fee: \$15. Register at: Clubhouse I**

**The American Presidency, a CLL class:** Led by Paul Levy, this class is a study of the institutional presidency. Topics will include its origins, the election of the president, and how presidents have grown the function and powers of the office to legislate, to command our armed forces and to conduct foreign policy. Each class will be a mixture of lecture and discussion.

Class meets Wednesdays, Oct. 4-Nov. 1, 10-11 a.m. **Fee: \$15. Register at Clubhouse I.**

*For more information about the Center for Lifelong Learning (CLL), visit ([www.cllmd.com](http://www.cllmd.com))*

## EXERCISE

### NEW – Pilates, Stretch and Barre Class with Juliet:

This one hour class starts with some simple standing stretches and then a gentle Pilates chair workout, some standing simple-chair-assisted ballet exercises and a relaxing cool down. In this class, you are not required to get up and down off the floor; just wear comfortable clothes and bring water with you. You will progress at your own speed as you strengthen and tighten your arms and legs, and improve your core muscles through breathing and movement.

Anyone can benefit from Pilates and from stretching, and in this class you get both. Pilates is linked to better balance in older women with back pain, but most of all it's fun and will make you feel absolutely fabulous!

Class meets Wednesdays, Oct. 4-Nov. 8, 3:00-4:00 p.m. **Fee: \$72. Register at: Clubhouse II.**

### NEW – 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), Sept. 25-Oct. 30, and Thursdays (with Sue), Sept. 28-Nov. 2, 9-9:45 a.m. You can take the class on Mondays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

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

Class meets Tuesdays, Sept. 26-Oct. 31, and Wednesdays, Sept. 27-Nov. 1, 11-11:45 a.m. You can take the class on Tuesdays or Wednesdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

### NEW – Stretch, Tone and Strength Training for the Active Adult (9:15 a.m.):

Join our fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier, and more balanced as you develop new body awareness, flexibility and control of "usable strength."

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

Class meets Mondays, Sept. 18-Nov. 6, and/or Thursdays, Sept. 28-Nov. 16, 9:15-10:15 a.m. **Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.**

### NEW – New Students Only - Stretch, Tone and Strength Training for the Active Adult (10:30 a.m.):

The early morning class is filling up! This class is for new students who want to join a fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier, and more balanced as you develop new body awareness, flexibility and control of "usable strength."

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

Class meets Mondays, Mondays, Sept. 18-Nov. 6, and/or Thursdays, Sept. 28-Nov. 16, 10:30-11:30 a.m. **Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.**

**Move to the Beat, Evenings:** The purpose of this class is to – as your doctor tells you – keep moving!

Muscles are warmed up before starting, but walking and stretching. Ballet, jazz and Latin moves are incorporated into this fun workout. You do not have to remember anything; just follow Gerry as she leads the moves.

Each student should move at his/her own speed and listen to his/her body. This is no pressure; just have fun as you move. As you move, you can even sing along with the music of the '40s to present.

So, grab a friend and join you neighbors, and together Move to the Beat.

Class meets Tuesdays, Sept. 5-Oct. 10, 6:15-7 p.m. **Fee: \$39. Register at: Clubhouse II.**

## WATER EXERCISE

**NEW – 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, Sept.

26-Oct. 31, and Thursdays, Sept. 28-Nov. 2, 11 a.m.-noon. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

**NEW – Non-impact Fusion with Beth:** This class is held in the round leisure pool (warm water). Dance, yoga poses, and cardio movements are all fused together to give students an awesome, fun class.

Participants will improve their posture, balance, flexibility and muscle strength.

Class meets Tuesdays, Sept. 26-Oct. 31, and Thursdays, Sept. 28-Nov. 2, 1-2 p.m. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

**NEW – 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, Sept. 27-Nov. 1, 1-2 p.m. **Fee: \$36, 1 day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.**



Kathleen Kane, Assoc. Broker

**A –** Sweeping views from the penthouse level in **Vantage Point West!** Over 900 sq ft of living space in this 1 bedroom, 1½ bath apartment which has living room, dining room, table-space kitchen, and enclosed balcony. Freshly painted; wood floors in foyer, living room, dining room, and bedroom. **\$159,900**

**H –** Bldg. 2 of **The Greens**. New Listing! End unit w/ light on 3 sides, table-space kit. w/ windows and formal dining rm, living rm, 2 BR, 2 full baths, enclosed balcony. **And it has a garage space and a storage rm!** New wall-to-wall carpet, fresh paint, new range and built-in microwave, new (2016) HVAC. Move right in! **\$249,900**

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Same High Level Of Service With Long & Foster



Eileen Kane, Assoc. Broker

**SHERWOOD/STAUNTON – Coming Soon!** Big efficiency 1 BR apt. in **Montgomery Mutual** w/ BR, living/dining rm, kit., dressing rm, & BA. Very nice encl. patio, being renovated now. Check bk. **\$54,000**

**RENTALS: RIVIERA –** Big 2 BR, 2 BA, large rms, covered carport pkg w/storage. \$1,650/mo incl. utilities. Call Eve, 301-221-8867.

**H –** 2 BR, 2 BA, light on 3 sides, encl. balc. in Bldg 2 of **The Greens** w/tandem garage space & locking storage rm. \$1,700/mo + electric. Call Eileen, 240-460-8647

**SELLERS –** This is YOUR market! Inventory of homes is low and interest rates remain low. This is the time for you to make the move you've been planning. Contact Kathleen or Eileen to assist you.

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the difference!*

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# CLUBHOUSE GRILLE

## UPCOMING EVENTS

### OCTOBERFEST

**10/20**

Traditional Oktoberfest Buffet, German Beer  
Specials and Live Bavarian Music

Tickets are \$35

### THANKSGIVING

**11/23**

All-You-Can-Eat Thanksgiving Buffet

\$27 + gratuity

### HOLIDAY DINNER DANCE WITH TONY LUCIANO

**12/2**

Dinner and Ballroom Dancing

### NEW YEAR'S EVE DINNER

**12/31**

Dinner and Ballroom Dancing  
with Swing'N On a Star

Tickets are \$45

## STEIN & TERRACE ROOM

### COMFORT FOOD SPECIALS

Monday - Friday, 11 a.m. - 3 p.m.

*For \$10.00 have your choice of:*

- Pot Roast
- Roasted Pork and Sauerkraut
- Linguine and Meatballs
- Lasagna
- Roasted Turkey and Dressing
- Fried Fish and Chips

*\*Includes the Soup and Salad Bar*



## CRAB FEAST

**SEPT. 26 and OCT. 24**

Tickets on sale now! \$55 per person  
5 p.m. in the Crystal Ballroom

Call 301-598-1330  
or 301-598-1331 for information

## ☾ Nightly Specials

4 p.m. - 10 p.m.

### • WEDNESDAY •

**1/2 PRICE WINE BOTTLES**

\$5 Glasses of wine

### • THURSDAY •

**\$7 APPETIZERS**

All Martinis on our Special Martini Menu for only \$5

### • FRIDAY •

**BUY 1 ENTREE, 2<sup>ND</sup> ENTREE 1/2 OFF**

\$2 Draft Beer and \$3 Bottled Beer

### • SATURDAY •

**STEAKHOUSE NIGHT**

All Whiskeys on our menu for only \$5

Clubhouse Grille Hours: Wednesday – Saturday: 4 p.m. – 10 p.m. | Brunch, last Sunday of each month: 10 a.m. – 3 p.m.

Stein and Terrace Room Hours: Sunday: 9:30 a.m. – 8 p.m. | Monday – Tuesday: 9 a.m. – 8 p.m. | Wednesday – Saturday: 9 a.m. – 9 p.m.

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

# CALENDAR *of Events*

<b>Friday, September 1</b> <b>Clubhouse I</b> 12:15 p.m. Kiwanis Club 3:00 p.m. Hispanos de LW 7:00 p.m. Friday Duplicate Bridge <b>Clubhouse II</b> 1:00 p.m. Ping Pong Club 1:00 p.m. Chess Club 1:00 p.m. Zumba Gold Class 1:00 p.m. Friday Bridge 3:00 p.m. Tai Chi for Essential Tremor Class	<b>Saturday, September 2</b> <b>Clubhouse I</b> 9:00 a.m. Gentle Yoga Class 10:00 a.m. American Needlepoint Guild Meeting <b>Clubhouse II</b> 9:15 a.m. JRLW Service 2:30 p.m. Going It Alone Club: Social	<b>Sunday, September 3</b> <b>Clubhouse I</b> Have a Happy Day <b>Clubhouse II</b> 3:00 p.m. Tai Chi for Essential Tremor Class	<b>Monday, September 4</b> <b>Clubhouse I</b> 9:15 a.m. Stretch & Tone Class 10:30 a.m. Beginner Stretch & Tone Class <b>Clubhouse II</b> 2:00 p.m. Line Dance Class 3:00 p.m. Line Dance Class 4:00 p.m. Ba Duan Class	<b>Tuesday, September 5</b> <b>Clubhouse I</b> 9:00 a.m. Blood Pressure Testing 10:00 a.m. Beginners Conversational Spanish Class 11:30 a.m. Ladies Golf Lunch 2:00 p.m. Book Club Network 5:00 p.m. Lawn Bowls Club 7:00 p.m. Trivia Group 7:00 p.m. Duplicate Bridge <b>Clubhouse II</b> 9:30 a.m. Beginner/Advanced Tai Chi Class 11:00 a.m. Water Exercise Class 11:00 a.m. Mild Exercise Class 12:30 p.m. Scrabble Group 1:00 p.m. Non-impact Fusion Water Class 1:30 p.m. Comedy & Humor Club 6:15 p.m. Move to the Beat Class	<b>Wednesday, September 6</b> <b>Clubhouse I</b> 9:00 a.m. Gentle Yoga Class 11:00 a.m. Short Story Group 12:30 p.m. NA’AMAT RZB Group 1:00 p.m. Diabetes Prevention Class 1:30 p.m. Men’s Golf Lunch 2:00 p.m. Book Club Network 6:45 p.m. Chicago Bridge <b>Clubhouse II</b> 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 4:00 p.m. Move It or Lose It Class 4:00 p.m. LWAAAC General Meeting 7:30 p.m. Fun & Fancy Theatre Group
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<b>Thursday, September 7</b> <b>Clubhouse I</b> 9:15 a.m. Stretch & Tone Class 10:30 a.m. Beginner Stretch & Tone Class 10:30 a.m. Essential Tremor Group 11:00 a.m. Writers Workshop 12:30 p.m. Ladies Bridge 1:00 p.m. Rossmoor Art Guild: Open House 2:00 p.m. Compassion & Choices Group 3:00 p.m. Stamp Club Meeting 5:00 p.m. Lawn Bowls Club <b>Clubhouse II</b> 9:00 a.m. Senior Sneakers Class 9:30 a.m. Beginner/Advanced Tai Chi Class 10:00 a.m. Stitchers Group 11:00 a.m. Water Exercise Class 12:30 p.m. Men’s Bridge 1:00 p.m. Gilbert & Sullivan Society 1:00 p.m. Non-impact Fusion Water Class 2:00 p.m. Mind-Body Exercise Club 7:00 p.m. Tennis Club Meeting	<b>Friday, September 8</b> <b>Clubhouse I</b> 3:00 p.m. Hispanos de LW 6:00 p.m. Café AIM: Kristine Key 7:00 p.m. Friday Duplicate Bridge <b>Clubhouse II</b> 10:00 a.m. Chinese Club 1:00 p.m. Ping Pong Club 1:00 p.m. Chess Club 1:00 p.m. Zumba Gold Class 1:00 p.m. Friday Bridge 3:00 p.m. Tai Chi for Essential Tremor Class	<b>Saturday, September 9</b> <b>Clubhouse I</b> 8:00 a.m. Senior Olympics: Lawn Bowls 9:00 a.m. Gentle Yoga Class <b>Clubhouse II</b> 9:15 a.m. Shabbat Services 2:00 p.m. Going It Alone Club: Bingo 7:00 p.m. Four Seasons Dancers	<b>Sunday, September 10</b> <b>Clubhouse I</b> 8:00 a.m. Senior Olympics: Lawn Bowls 10:15 a.m. Jewish War Vets 5:00 p.m. Lions Club: Grandparents Day <b>Clubhouse II</b> 1:00 p.m. JRLW: Meet & Greet 2:30 p.m. Fireside Forum: Fred Edwords	<b>Monday, September 11</b> <b>Clubhouse I</b> 9:15 a.m. Stretch & Tone Class 10:00 a.m. Garden & Environmental Club 10:30 a.m. Beginner Stretch & Tone Class 1:00 p.m. Paintbrush & Knife Class 1:30 p.m. LW Chorale 7:00 p.m. Bingo <b>Clubhouse II</b> 9:00 p.m. Senior Sneakers Class 10:30 a.m. Zumba Gold Class 12:30 p.m. Men’s Bridge 1:00 p.m. Chess Club
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Dial 301-598-1313  
for recorded Daily Events

Meetings of the LWCC Board of Directors, Executive Committee and Advisory Committees	
<b>Community Planning</b> Sept. 11, 9:30 a.m., Clubhouse I	<b>Physical Properties</b> Sept. 12, 9:30 a.m., Clubhouse II
<b>Education and Recreation</b> Sept. 5, 9:30 a.m., Clubhouse II	<b>Restaurant</b> Sept. 18, 10:00 a.m., Clubhouse I
<b>Emergency Preparedness</b> Sept. 7, 9:30 a.m., Sullivan Room	<b>Security and Transportation</b> Sept. 14, 9:30 a.m., Clubhouse I
<b>Golf and Greens</b> Sept. 1, 9:30 a.m., Clubhouse I	<b>Technology</b> Sept. 5, 10:00 a.m., Sullivan Room
<b>Government Affairs</b> Sept. 18, 2:30 p.m., Sullivan Room	<b>Tennis</b> Sept. 6, 1:30 p.m., Sullivan Room
<b>Landscape</b> Sept. 14, 9:30 a.m., Clubhouse II	
<b>LWMC Board of Directors</b> Sept. 26, 9:30 a.m., Clubhouse I The meeting airs on Oct. 2, 4 and 7 at 4 p.m. and 7 p.m. on channel 974.	
<b>LWCC Executive Committee</b> Sept. 15, 9:00 a.m., Sullivan Room The meeting airs on Sept. 20, 21 and 22 at 4 p.m. and 7 p.m. on channel 974. <i>Meeting times and locations subject to change.</i>	

Leisure World Mutual Meetings	
<b>September 5</b> <b>Mutual 18 Board</b> 1:30 p.m., Sullivan Room <b>Mutual 6B Board</b> 2:00 p.m., Mutual	<b>Mutual 19A Board</b> 9:30 a.m., Clubhouse II <b>Mutual 7 Board</b> 1:00 p.m., Sullivan Room <b>Mutual 25 Board</b> 7:00 p.m., Sullivan Room
<b>September 6</b> <b>Mutual 8 Board</b> 9:30 a.m., Sullivan Room	<b>September 13</b> <b>Mutual 11 Board</b> 9:30 a.m., Sullivan Room
<b>September 7</b> <b>Mutual 27 Board</b> 10:00 a.m., Community Room	<b>September 14</b> <b>Mutual 15 Board</b> 9:30 a.m., Sullivan Room <b>Mutual 12 Board</b> 1:00 p.m., Sullivan Room
<i>Meeting times and locations subject to change.</i>	

1:30 p.m. JRLW Movie: “The Wedding Plan” 2:00 p.m. Chair Yoga Class 2:00 p.m. Line Dance Class 3:00 p.m. Line Dance Class 4:00 p.m. Ba Duan Class	7:00 p.m. Duplicate Bridge 7:00 p.m. Trivia Group <b>Clubhouse II</b> 9:30 a.m. Beginner/Advanced Tai Chi Class 11:00 a.m. Water Exercise Class 11:00 a.m. Mild Exercise Class 12:30 p.m. Scrabble Group 1:00 p.m. Non-impact Fusion Water Class 1:30 p.m. Comedy & Humor Club 3:00 p.m. Parkinson’s Support Group 6:15 p.m. Move to the Beat Class 7:00 p.m. Vegetarian Society 7:00 p.m. Camera Club
<b>Tuesday, September 12</b> <b>Clubhouse I</b> 9:00 a.m. Blood Pressure Testing 9:00 a.m. Flu Clinic 9:30 a.m. Garden Plot Group 9:30 a.m. Any Medium Art Class 10:00 a.m. Sermon on the Mount Class 10:00 a.m. Beginners Conversational Spanish Class 12:00 p.m. Ladies Golf Lunch 1:00 p.m. Watercolor Techniques Class 1:00 p.m. Amateur Radio Club 2:00 p.m. Book Club Network 5:00 p.m. Lawn Bowls Club	<b>Wednesday, September 13</b> <b>Clubhouse I</b> 9:00 a.m. Gentle Yoga Class 10:00 a.m. Express Yourself Art Class 10:00 a.m. Woman’s Club: Kick off Koffee



10:15 a.m. League of Women Voters  
 1:00 p.m. Diabetes Prevention Class  
 1:00 p.m. Oils & Acrylics Class  
 1:00 p.m. Low Vision Support Group  
 1:00 p.m. LW Green  
 1:30 p.m. Patients Rights Group  
 2:00 p.m. Hadassah Meeting  
 2:00 p.m. Eyre Travel Show  
 6:45 p.m. Chicago Bridge  
**Clubhouse II**  
 11:00 a.m. Mild Exercise Class  
 1:00 p.m. Chess Club  
 1:00 p.m. Ping Pong Club  
 1:00 p.m. Aqua Fit Class  
 1:30 p.m. Stroke Support Group  
 2:00 p.m. Chair Yoga Class  
 4:00 p.m. Move It or Lose It Class

7:00 p.m. Lapidary Club  
 7:00 p.m. Peabody Ragtime Ensemble  
**Thursday, September 14**  
**Clubhouse I**  
 9:15 a.m. Stretch & Tone Class  
 10:00 a.m. Painting for Everyone Class  
 10:30 a.m. Beginner Stretch & Tone Class  
 12:30 p.m. Ladies Bridge  
 1:00 p.m. Oils & Acrylics Class  
 1:30 p.m. Watercolors Any Level Class  
 2:00 p.m. Book Club Network  
 3:00 p.m. New Residents Orientation  
 5:00 p.m. Lawn Bowls Club  
 7:00 p.m. Democratic Club

**Clubhouse II**  
 9:00 a.m. Senior Sneakers Class  
 9:00 a.m. Fitness Center: Grand Opening Ceremony and Open House  
 9:30 a.m. Beginner/Advanced Tai Chi Class  
 9:30 a.m. Quilters Group  
 11:00 a.m. Water Exercise Class  
 12:30 p.m. Men's Bridge  
 1:00 p.m. Facebook Class  
 1:00 p.m. Non-impact Fusion Water Class  
 1:00 p.m. Movie: "Sully"  
 2:00 p.m. Mind-Body Exercise Club  
 4:00 p.m. Model Railroad Club

**Friday, September 15**  
**Clubhouse I**  
 10:00 a.m. Book Club Network  
 10:00 a.m. CLL Program  
 12:15 p.m. Kiwanis Club  
 1:30 p.m. Any Level Watercolor Class  
 3:00 p.m. Hispanos de LW  
 7:00 p.m. Friday Duplicate Bridge  
**Clubhouse II**  
 9:00 a.m. Fitness Center: Open House  
 1:00 p.m. Ping Pong Club  
 1:00 p.m. Chess Club  
 1:00 p.m. Zumba Gold Class  
 1:00 p.m. Friday Bridge  
 3:00 p.m. Tai Chi for Essential Tremor Class

**Saturday, September 16**  
**Clubhouse I**  
 9:00 a.m. Gentle Yoga Class  
 9:30 a.m. Flea Market  
 10:00 a.m. Open Art Studio  
**Clubhouse II**  
 9:15 a.m. JRLW Service  
 12:00 p.m. LGBT Alliance  
 2:00 p.m. Going It Alone Club: Social  
 7:00 p.m. Sock Hop Group  
 7:00 p.m. Baby Boomers: Movie

**Sunday, September 17**  
**Clubhouse I**  
 10:00 a.m. JRLW Breakfast Forum  
**Clubhouse II**  
 2:30 p.m. Camera Club: Photo Matinee  
 3:00 p.m. Tai Chi for Essential Tremor Class

**Monday, September 18**  
**Clubhouse I**  
 1:00 p.m. Paintbrush & Knife Class  
 1:30 p.m. Book Club Network  
 1:30 p.m. LW Chorale

2:00 p.m. NARFE Meeting  
 6:00 p.m. LW Lions Club  
 7:00 p.m. Bingo  
**Clubhouse II**  
 10:30 a.m. Zumba Gold Class  
 12:30 p.m. Men's Bridge  
 1:00 p.m. Chess Club  
 2:00 p.m. Chair Yoga Class  
 2:00 p.m. Line Dance Class  
 3:00 p.m. Line Dance Class  
 4:00 p.m. Ba Duan Class

**Tuesday, September 19**  
**Clubhouse I**  
 9:00 a.m. Blood Pressure Testing  
 9:30 a.m. Any Medium Art Class  
 10:00 a.m. Beginners Conversational Spanish Class  
 10:00 a.m. Sermon on the Mount Class  
 1:00 p.m. Watercolor Techniques Class  
 2:00 p.m. Book Club Network  
 5:00 p.m. Lawn Bowls Club  
 7:00 p.m. Trivia Group  
 7:00 p.m. Duplicate Bridge  
 7:00 p.m. Republican Club Meeting  
**Clubhouse II**  
 9:30 a.m. Beginner/Advanced Tai Chi Class  
 10:00 a.m. LW Apple Club  
 12:30 p.m. Scrabble Group  
 1:30 p.m. Comedy & Humor Club  
 6:15 p.m. Move to the Beat Class  
 7:00 p.m. Vegetarian Society

**Wednesday, September 20**  
**Clubhouse I**  
 9:00 a.m. Gentle Yoga Class  
 10:00 a.m. Express Yourself Art Class  
 10:00 a.m. Library Guild Meeting  
 11:00 a.m. Short Story Group  
 1:00 p.m. Diabetes Prevention Class  
 1:00 p.m. Maryland Interclub Seniors Golf Association Lunch  
 1:00 p.m. Oils & Acrylics Class  
 6:45 p.m. Chicago Bridge  
**Clubhouse II**  
 1:00 p.m. Chess Club  
 1:00 p.m. Ping Pong Club  
 4:00 p.m. Move It or Lose It Class  
 6:00 p.m. High Holy Days

**Thursday, September 21**  
**Clubhouse I**  
 9:30 a.m. Beginner/Advanced Tai Chi Class  
 10:00 a.m. Painting for Everyone Class  
 11:00 a.m. Writers Workshop  
 12:30 p.m. Ladies Bridge  
 1:00 p.m. Oils & Acrylics Class  
 2:00 p.m. Book Club Network  
 5:00 p.m. Lawn Bowls Club  
**Clubhouse II**  
 9:00 a.m. High Holy Days  
 10:00 a.m. Stitchers Group  
 12:30 p.m. Men's Bridge  
 2:00 p.m. Mind-Body Exercise Club

**Friday, September 22**  
**Clubhouse I**  
 10:00 a.m. Book Club Network  
 10:30 a.m. Pickleball Meeting  
 12:15 p.m. Kiwanis Club  
 1:30 p.m. Any Level Watercolor Class  
 3:00 p.m. Hispanos de LW  
 6:30 a.m. Golf Twilight Dinner  
 7:00 p.m. Friday Duplicate Bridge  
**Clubhouse II**  
 9:00 a.m. High Holy Days  
 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 Club

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1:00 p.m. Zumba Gold Class  
3:00 p.m. Tai Chi for Essential Tremor Class

**Saturday, September 23**  
**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Open Art Studio  
7:00 p.m. Ballroom Dance Club  
**Clubhouse II**

9:15 a.m. JRLW Religious Service  
2:00 p.m. Going It Alone Club: Bingo, Video

**Sunday, September 24**  
**Clubhouse I**

1:00 p.m. Italian Club  
**Clubhouse II**  
10:30 a.m. Jewish Discussion Group  
2:00 p.m. Movie: "Cafe Society"  
3:00 p.m. Tai Chi for Essential Tremor Class

**Monday, September 25**  
**Clubhouse I**

1:30 p.m. LW Chorale  
1:30 p.m. Book Club Network  
7:00 p.m. Bingo  
**Clubhouse II**

10:30 a.m. Zumba Gold Class  
12:30 p.m. Men's Bridge  
1:00 p.m. Chess Club  
2:00 p.m. Line Dance Class  
3:00 p.m. Line Dance Class  
4:00 p.m. Ba Duan Class

**Tuesday, September 26**  
**Clubhouse I**

9:30 a.m. Any Medium Art Class  
10:00 a.m. Beginners Conversational Spanish Class

10:00 a.m. Sermon on the Mount Class

1:00 p.m. Watercolor Techniques Class  
2:00 p.m. Book Club Network  
5:00 p.m. Lawn Bowls Club  
5:00 p.m. Crab Feast  
7:00 p.m. Trivia Group  
7:00 p.m. Duplicate Bridge  
**Clubhouse II**

9:30 a.m. Beginner/Advanced Tai Chi Class  
10:00 a.m. LW Apple Group  
12:30 p.m. Scrabble Group  
1:00 p.m. Non-impact Fusion Water Class  
1:30 p.m. Comedy & Humor Club  
2:30 p.m. Unitarian Universalist Meeting  
6:15 p.m. Move to the Beat Class  
7:00 p.m. Camera Club: "Open" Competition

**Wednesday, September 27**  
**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Express Yourself Art Class  
1:00 p.m. Diabetes Prevention Class  
1:00 p.m. Oils & Acrylics Class  
1:30 p.m. LW Green: Resident Meeting

6:45 p.m. Chicago Bridge  
**Clubhouse II**

1:00 p.m. Chess Club  
1:00 p.m. Ping Pong Club  
4:00 p.m. Move It or Lose It Class

**Thursday, September 28**  
**Clubhouse I**

10:00 a.m. Painting for Everyone Class

12:30 p.m. Ladies Bridge  
1:00 p.m. Ladies Golf Lunch  
1:00 p.m. Oils & Acrylics Class  
1:30 p.m. Steve Friedman Program  
5:00 p.m. Lawn Bowls Club  
**Clubhouse II**  
9:30 a.m. Beginner/Advanced Tai Chi Class  
9:30a, Quilters Group  
12:30 p.m. Men's Bridge  
2:00 p.m. Mind-Body Exercise Club

**Friday, September 29**  
**Clubhouse I**

9:00 a.m. Flu Clinic  
1:30 p.m. Any Level Watercolor Class  
3:00 p.m. Hispanos de LW

7:00 p.m. Friday Duplicate Bridge  
**Clubhouse II**  
1:00 p.m. Ping Pong Club  
1:00 p.m. Chess Club  
1:00 p.m. Zumba Gold Class  
1:00 p.m. Friday Bridge  
3:00 p.m. Tai Chi for Essential Tremor Class  
6:00 p.m. High Holy Days

**Saturday, September 30**  
**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Open Art Studio  
6:00 p.m. Break the Fast Supper  
**Clubhouse II**  
9:00 a.m. High Holy Days  
2:30 p.m. Going It Alone Club: Social

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**COMPUTER HELP**

**COMPUTER SERVICES** – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

**A+ COMPUTER SERVICES.** Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back up, and retrieve important data, photos, and music. Have served over 400 clients in leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

**COMPUTER SERVICES:** Has your computer been hacked? Printer or internet problems? Need help with software installation or data backup? Need help with your smartphone or iPads? Call John at (443-604-1421) or Dot at (301-678-3295) for fast, reliable service. We are LW residents! Reasonable rates and all work guaranteed!

**COMPUTER LESSONS / SERVICES** - Need help with your computer? Training, new computer setup, troubleshooting, installation. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos, tablets, smartphones, smart TVs, and more. Patient trainer

will sit by your side and teach you in plain English - no technical talk! Shopping assistance for all electronic & computer items. Senior specialist since 1996. Senior discount. Call David at (301-762-2570). ComputerTutor

**PERSONAL SERVICES**

**PRESERVE YOUR FAMILY MEMORIES!** Don't let your precious photos be forgotten or fade over time. I'll transfer your photos, slides, and mementos to a CD so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services (301-438-3140).

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

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

**DOG WALKING** by Leisure World residents, up to 20 minutes for \$12, Monday-Friday. Also cat and bird care available. Thirteen years of experience in veterinary office; certified wildlife rehabilitator and graduate credits in animal science, University of Maryland. References. Call Nancy (301-854-2588).

**DOG WALKING** and pet sitting services available with Jill. Reasonable rates, insured, and numerous references. (301-233-5251) (jillandrews1@aol.com)

## Services for Seniors

Activities of Daily Living	Support Services
<ul style="list-style-type: none"><li>Bathing</li><li>Dressing</li><li>Lifting</li><li>Transferring</li><li>Personal Care &amp; Hygiene</li></ul>	<ul style="list-style-type: none"><li>Companionship</li><li>Meal Preparation</li><li>Medication Reminder</li><li>Physical Therapy</li><li>Light Housekeeping</li><li>Transportation to Appointments</li></ul>

### What makes ElderCaring different?

- 2 hour minimum for services – most companies require 4 hours as a minimum
- All caregivers are professionally trained nursing assistants
- The owner of ElderCaring personally meets with you to discuss your needs
- All caregivers are fluent in English
- Personal choice in selection of every caregiver
- Licensed, Bonded, Insured
- 24 Hours Service - 7 Days a Week

Would you like to receive a brochure in the mail, or set up an appointment?



## ElderCaring

Call 301-949-0060  
www.eldercaring2.com

*"The quality of care you would want for your parents."*



LOVING PET SITTING service, walking dogs and grooming. Transportation available. Call Maria (301-460-4135).

HELP WANTED

NEEDED: TYPIST to type four chapters of a book for editor's consideration. Please call (240-970-5299) after 5 p.m.

RETAIL FLOORING SALES: FLOORMAX, the Metro area's largest independent flooring covering retailer, is seeking bright, organized and energetic inside and outside sales people for our flagship stores in Montgomery and Prince Georges county. Candidate must have a minimum of 3 years commissioned sales experience. Flooring experience preferred. A level of PC proficiency is required. Training provided as necessary. Company car and expenses provided for qualified candidate. FT & PT available. Please fax resume to (301-206-2270 attn: Joseph) or email (joseph@floormax.us.com).

VOLUNTEER OPPORTUNITIES

MUSICIANS WANTED! The Olney Concert Band offers an opportunity to play a variety of concert band music in a collegial environment. The band performs at local venues and at Maryland Community Band Day. So, dust off your brass or woodwind instrument, unpack your drumsticks and tambourine, and join in the fun. Rehearsals are on most Wednesday evenings at Blake High School, 7:30-9:30 p.m. No auditions required, but some band experience preferred. Visit [www.olneyconcertband.org](http://www.olneyconcertband.org) for more information.

PASSION FOR MUSEUMS, medicine, and the military are appealing traits in volunteers at

the National Museum of Health and Medicine in Silver Spring, Md. Volunteers lead tours, support public programs and promote NMHM's mission of inspiring interest in the history of military medicine. Interested individuals are encouraged to learn more online at [www.medicalmuseum.mil](http://www.medicalmuseum.mil) or call (301-319-3312). Candidates must be at least 21 years old and have a flexible schedule.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. Interested volunteers should contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, 7 day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Training Course starts March 11. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

MUSEUM GUIDES – at the Montgomery County Historical Society. Work two weekday afternoons or one weekend afternoon per month from noon to 4 p.m. Receive on-the-job training on local history and museum interpretation. Also receive special admission to programs and a 20% discount in the Museum Shop. Contact Amada Elliott, Education & Outreach Coordinator, (301-340-6534) or (aelliott@montgomeryhistory.org).

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just 2-3 hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just 1-2 hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (301-318-0681) or (mortonadavis@comcast.net).

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

WANTED

Owner living in GREENS II, Bldg. 4 (15100 Interlachen Dr.) is interested in purchasing/renting one or two garage spaces in that building. Please contact owner at (301-598-5953). Thank you.

FAST CASH FOR USED CARS - Big dollars paid for your used car! Over 43 years experience serving Leisure World. Leave message 24 hours. I will come to you. Cash or cashiers' check at your request. I can also help with your new car purchase, any make or model! Md. Dealer #U2927. Call Marty Salins (301-325-1973).

WILL BUY MILITARY, WW2, WW1, Civil War, memorabilia items. Uniforms, Weapons, Helmets, Photos, Medals, or any other items associated with US, German, Japanese or other military history. Call Dave (240-464-0958) or email (obal7@aol.com).

CASH FOR RUGS: oriental rugs, any condition. European, Asian, Navajo, etc. (atticllc.com) Gary (301-520-0755).

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. 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).

BUYING ANTIQUES, jewelry; cash paid. Also gold, silver, watches, coins, pens, Asian antiques, original art, firearms, old toys, golf. Please call Tom, Silver Spring resident, at (240-476-3441).

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

**LW TOP OFFICE PRODUCER**  
LEISURE WORLD PLAZA  
**MAYNARD E. TUROW**  
AGENT 18 YEARS...LISTINGS, RESALES, NEW SALES

**THINKING OF SELLING??  
Or Friends-Relatives Buying?**  
Living in and working in this community, I give you the attention to detail your property needs to sell successfully. I know the marketplace and can bring you excellent results.



**(O) 301-598-7500**

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[maynardturow@yahoo.com](mailto:maynardturow@yahoo.com)  
Website: [MaynardTurow.LNF.com](http://MaynardTurow.LNF.com)



**JOHN J. FERGUSON, ESQ.**  
**FERGUSON & WILPON**

**ESTATE ADMINISTRATION/PROBATE**

**WILLS POWERS OF ATTORNEY LIVING TRUSTS**

**REAL ESTATE MEDICAL DIRECTIVES/LIVING WILLS**

**CALL JOHN FERGUSON**  
**301-570-3633**

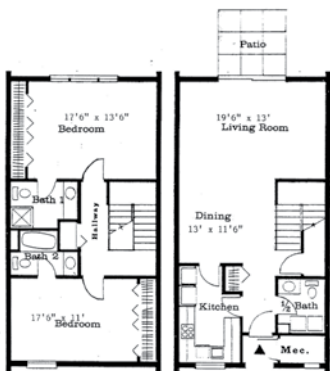
**3406 Olandwood Court, Ste. 202, Olney, MD 20832**  
**WE CAN MEET IN YOUR HOME OR OUR OLNEY OFFICE**



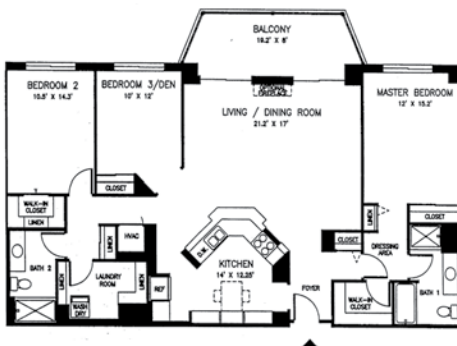


# #1 In LISTINGS In Leisure World®

## Authorized Leisure World® Specialist



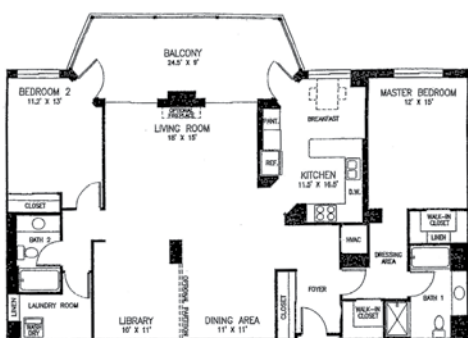
**Berkeley Townhouse - \$195,000**  
2 BR, 2 FB, 1600 sq. ft. Hardwood floors throughout, freshly painted, many upgrades and extras



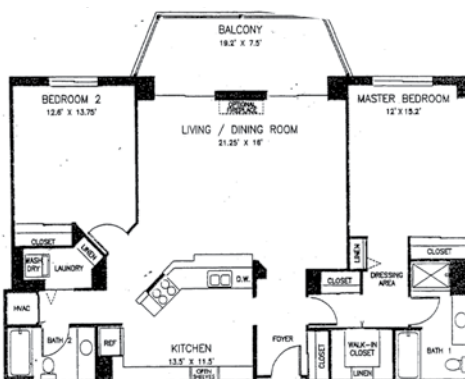
**"JJ" Model - Overlook - \$380**  
3 BR, 2 FB, 1560 sq. ft. Hardwoods, enclosed balcony + terrace overlooking golf course.



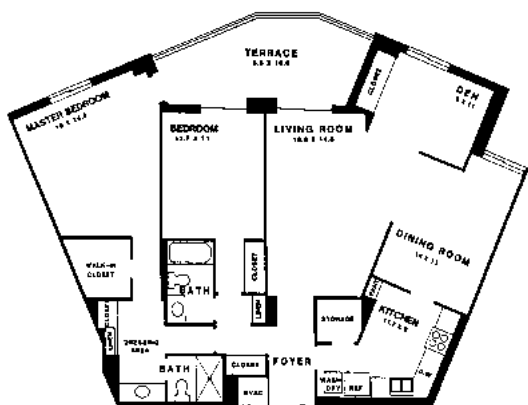
**"C" Model - Vantage - \$219,000**  
2 BR, 2 FB, 1090 sq. ft. Golf course view, close to elevator.



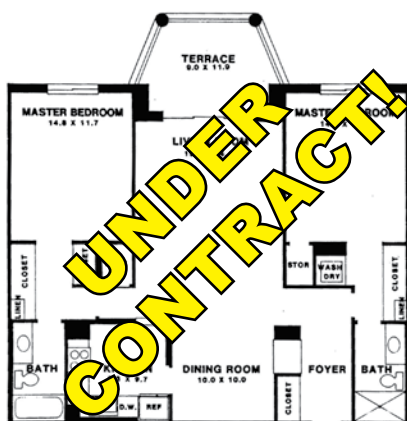
**"Q" Model - Overlook - \$425,000**  
2 BR, 2 BA, den/library, 1520 sq. ft. Like a model, hwd flrs, ceramic in enclosed balcony, stainless appli, cherry cabinets, golf course view, many extras & upgrades.



**"QQ" Model - Vantage W - \$289,000**  
2 BR, 2 BA, 1335 sq. ft. Table space kitchen, separate laundry room.

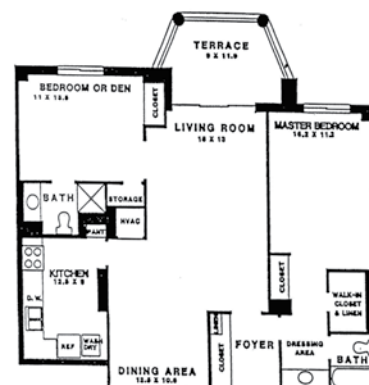


**"K" Model - Green - \$229,000**  
2 BR, 2 FB + den/library, 1480 sq. ft. Garage space included.



**"G" - Greens - \$179,000**  
2 BR, 2 BA, 1195 sq. ft. Freshly painted, new carpet and garage space included.

## COMING SOON



**"F" Model - Greens - TBD**  
2 BR, 2 BA, 1115 sq. ft. First floor, freshly painted and garage space included.



**"S" Model - Fairways - TBD**  
2 BR, 2 BA, den/library, 1460 sq. ft. Garage space included.

**Experience for yourself why Stan is #1 in Leisure World®**  
**Call 301-928-3463 and List with Stan Now!**



**Office: 301-681-0550 Email: stanmoffson38@gmail.com**  
**Web: www.stanmoffson.com**





**LEISURE WORLD**

**FITNESS CENTER**

# GRAND OPENING!

## Fitness Center Open House

Thursday, Sept. 14 and Friday, Sept. 15  
9 a.m.-5 p.m.

Join us Sept. 14 at 9 a.m. for a  
ribbon cutting ceremony to celebrate  
Leisure World's new Fitness Center!



- Tour the Fitness Center with a trainer from Motivational Fitness
- Check out our new cardio and strength training equipment
- Try our new eco-friendly water bottle filling station

The new Fitness Center will be open  
7 days a week, 4 a.m.-9 p.m.  
beginning Thursday, Sept. 14.



**Rowing Machines**



**SNERGY 360 Gym**



**FlexStrider Elliptical**

**...and MORE!**



**LEISURE  
WORLD**  
OF MARYLAND