Leisure World News OF MARYLAND

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Too Close to Call



President of the Italian Social and Cultural Club Rene Fecteau, left, and Jeff Rodda, center, measure the distance between a bocce ball and the "pallino," or white ball, as players look on expectantly during a round of play at the bocce court outside Clubhouse I Aug. 10. In bocce, the team with the closest ball to the pallino is the only team eligible to score points during a frame. Photo by Stacy Smith, Leisure World News

Board of Directors Approves 2019 Budget

by Stacy Smith, Leisure World News

The Leisure World Community Corporation (LWCC) board of directors firmly adopted the 2019 community facilities budget of \$11,867,251 as recommended by the Budget and Finance Advisory Committee, an increase of \$289,006 over the 2018 budget, at its regular meeting on Aug. 28.

The 2019 Community Facilities Fee will be raised to \$174.75 per unit per month, an increase of \$4.25 from 2018's Fee.

Sometimes referred to as the Trust Fee, the Community Facilities Fee provides for the maintenance and upkeep of Leisure World's Trust property, which includes, but is not limited to, Clubhouse I and II, the golf course and three security gatehouses.

The LWCC board also adopted the 2019 schedule of fees.

Residents who would like to see the full 2019 community facilities budget and schedule of fees can visit (residents.lwmc. com) and click on the news alert at the top left of the homepage that reads "login and click HERE to view the 2019 community budget."

Gate Security

The \$130,000 originally proposed for the New Capital Equipment Fund to go toward

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Board Responds to Lawsuit Challenging Its Authority

by Stacy Smith, Leisure World News

In response to a class action lawsuit filed by nine residents against the Leisure World Community Corporation (LWCC) and Leisure World of Maryland Corporation (LWMC), the LWCC board of directors on Aug. 28 appropriated \$25,000 for an insurance deductible toward legal fees related to the lawsuit.

The board also delegated authority to the LWCC executive committee to consult with legal counsel regarding the lawsuit.

In its rationale to the LWCC board of directors, the executive committee stated that it is "an ideally positioned group" to handle day-to-day consultation with legal counsel and oversight of this legal matter, as it can "meet on short notice and effectively communicate with and between the [LWCC board of directors], management and legal counsel."

The executive committee has requested that management track staff time and out-of-pocket expense associated with defending LWCC in the case in the event that LWCC's costs are recoverable.

The funds for the \$25,000 legal fees appropriation, which are to come from the community's Contingency Fund, amount to \$4.42 per residential unit at Leisure World.

The Complaint

The complaint, filed in the Montgomery County Circuit

Court on July 19, alleges that the LWCC bylaws are in conflict with the Maryland Homeowners Association (HOA) Act.

Section 106.1 of the Maryland HOA Act states that members of a homeowners association shall meet "to elect a governing body."

Claiming the LWCC board of directors is "improperly constituted because it does not permit homeowners of the 29 housing association [mutuals] to directly elect representatives to the Governing Board [LWCC board]," the complaint asserts the board therefore does not have any authority to meet or take any actions on any matters.

Representatives from Leisure World's 29 mutuals are selected by the members of each mutual's board consistent with requirements set forth in Article III Sections 1 and 2 of the bylaws of LWCC to serve on the community-wide LWCC board of directors.

Article III, Section 1 states that "Each mutual is entitled to select Directors...to cast its votes and otherwise represent it on the Board of Directors."

Article III, Section 2 of the LWCC bylaws provides: "Each Mutual shall, except in compelling circumstances reported to the Board, appoint to the Board only a person who, at the time of appointment, is a director of a Mutual or has served

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Resident artists of all stripes have a chance to show off their work to the community. For details, **see page 29.**

Inter-Faith Chapel Volunteers Bundle Flowers and Warm Thoughts

by Kimberly Y. Choi, Leisure World News

The flowers are replete with meaning from the time they are procured using congregants' donations, which are usually made in someone's memory. They beautify the holy space of The Inter-Faith Chapel's sanctuary during Sunday service.

And after the service, they represent the goodwill the congregation has for members who are unable to attend or who have occasion to appreciate a display of kindness.

A committee of about 10 volunteers gathers the flowers from the altar after Sunday service and makes them into bouquets, four each week, and delivers them to homes inside and outside of Leisure World. According to Dr. Rev. Ramonia Lee, a pastor at the Chapel, the tradition began at least 30 years ago.

Recipients may be residents who are homebound or have recently returned from a hospital.

Birthdays are a frequent occasion for flower delivery, which supports the Chapel's annual tradition of celebrating age with a reception for members over 90 years old, who comprise about a quarter of the congregation.

'A Faith Experience' for Volunteers

Maggi Lindley, who heads the committee, spends about an hour each Sunday completing her arrangements.

She and other volunteers arrange that week's flowers in used coffee cans provided by chapelgoers, covering them with stickers and a different colored paper for each month.

Lindley learned to arrange flowers by looking at professional bouquets. The activity appeals to her sense of design, which she says she got from her uncle, a window designer; as a member of the Gilbert and Sullivan Society, she is involved with planning the scenery and costumes. She is also responsible for the bouquets in the Chapel's vestibule.

The flowers are accompanied by a card explaining that they have been on the altar in the midst of worship, and reads, "May they bring you the peace and blessing of God's love."

Lindley has seen that people are grateful for the flowers. On a cabinet door at home, she has posted two notes from recipients thanking the committee for its efforts. A personal friend received a bouquet when recovering from surgery and told her with delight that the flowers lasted a long time.

Fellow volunteer Ginger Samara is one of several who make the deliveries on Mondays. She sometimes goes alone and other times with her husband.

Occasionally, reaching the recipients can be difficult, but she is persistent. Recipients may not answer the door for safety reasons, so she phones them. Even then, some people don't answer since she and her husband have area codes from out of state. She has to leave a message and return later that day.

Samara calls the delivery a "faith experience."

"Every time you open the door, it's a different situation," she says, "and you have to adapt to that, and that's some of the fun part of it." Some recipients give her a simple thanks, while others chat at length.

For some, the delivery is a rare opportunity to talk to someone face-to-face in their own home. Samara is glad to provide the companionship they need.

"Sometimes you just hit it off with somebody," she says. She fondly recalls hour-long conversations with people in their nineties, and once she talked with a usually very active church member who wanted company while recovering from a medical problem.

"It's a form of love," Lindley says of their efforts. "It's a beautiful program; I'm really glad to be part of it."



Volunteer Maggi Lindley trims flowers. She is especially glad for yellow ones for the cheer they can bring. Photo by Kimberly Y. Choi, Leisure World News

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Maryland State Inspection Station

Leisure World News

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

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

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Lawsuit

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as a director of a housing cooperative, homeowners' association, or condominium within the community, and ordinarily occupies his unit in the community for at least nine months a year."

In late August, management and members of the executive committee received notification from the plaintiffs' counsel that it plans to file an amended complaint to remove Carole Portis, Mutual 22 representative on the LWCC board of directors, from the lawsuit's plaintiffs.

Past Attempts

The lawsuit's remaining eight named plaintiffs – Richard Thornell, Jordan Harding, Frederick Shapiro, Marybeth Ardike, Natalie Brodsky, Valerie Williams, Priscilla Read Chenoweth and Marian Cain-Hayden – are cited in the complaint as members of JustUs, an unofficial resident group in the community.

The group, led by Sheryl Katzman, has attempted to challenge the LWCC board's authority for at least two years. In 2016, a case was brought to the county's Commission on Common Ownership Communities, and the group met with Maryland District 19 Delegate

Bonnie Cullison in July 2017 to discuss the method of seating the LWCC board.

In an August 2017 email to the group, Cullison, citing discussions she had with officials with the Maryland Attorney General's office, said that current practice among HOAs and Condominium Owners Associations (COAs) in Maryland was that "when there is an umbrella board, members are being appointed from the smaller boards," and that no other Maryland HOAs or COAs had any complaints about the process.

Approximately 1,067 common ownership communities, which include HOAs and COAs, are registered in Montgomery County alone, according to the Mont-

Project's software in improving

management to implement the

security and the ability of

Project's operational plan.

gomery County Department of Housing and Community Affairs.

Further Information

The law firm of Lerch, Early & Brewer, Chtd., is defending LWCC and LWMC in the case.

A copy of the complaint is available online at (residents. lwmc.com). Click on the "Documents" dropdown arrow, then "Document Locator," then "Leisure World Community Corporation Governance." The document is named "2018-07-19 Class Action Complaint."

For a copy of the LWCC bylaws, follow the same instructions, then click on the document named "2013-01-29 LWCC Bylaws Revised."

to strike introductory words from a communications plan provided by management and the Communications Advisory Committee.

Board

from page 1

the Gate Security Project was instead distributed to other Funds, with \$115,000 going to the Contingency Fund (\$121,000 total) and \$15,000 to the Replacement Facility Fund (\$415,000 total).

The Security and Transpor-

tation Advisory Committee recommended the Security Gate Project be included in the 2019 budget, but the LWCC board followed the Budget and Finance Advisory Committee's recommendation to eliminate it

Several members of the LWCC board raised questions about the effectiveness of the

Other Motions

- A motion to approve the Government Affairs Advisory Committee members for 2018-2019 was passed by the board.
- The board voted to postpone action on a recommendation by the Security and Transportation Advisory Committee to approve the installation of a crosswalk across South Leisure World Boulevard from Adderley Court in Mutual 11. The board will revisit the recommendation at its next meeting.
- The board passed a motion

Community Updates

- Management expects to hire a golf course superintendent by mid-September to replace Scott Wagner, who retired on Aug. 31 after 35 years of service to the community.
- Mold remediation has begun at the Administration Building and old fitness room in Clubhouse II.

The next meeting of the LWCC board of directors is Tuesday, Sept. 25, at 9:30 a.m. in Clubhouse I. Board meetings are open to all residents unless legally closed.

Credit Union Celebrates One-Year Anniversary at Leisure World

by Leisure World News

As a thank you to residents who've helped make its first year at Leisure World a success, Signal Financial Federal Credit Union (FCU) offers cake and refreshments on Friday, Sept. 14, between 9 a.m.-3 p.m.

For every new membership and/or share certificate established through Monday, Oct. 15, residents can spin-the-wheel for a special "thank you" prize.

In the coming year, Signal Financial FCU plans to expand its mortgage portfolio by offering co-op lending, as well as provide more financial seminars for residents.

"We're continuing to identify the products and services that suit our members' financial needs," said Nabiha Zayat-Calcutt, member relationship branch manager.

Signal Financial FCU officially opened its doors at Leisure



The "Changing of Seasons" exhibit at the Credit Union hangs for the next two months. Photo by Leisure World News

World on Aug. 28, 2017. Since that time, the credit union has worked to develop a rapport with the community by participating in clubs and organizations' charitable and volunteer events, and has used its office space to display residents' photography, artwork and quilts.

Residents are welcome to stop by the Credit Union in the Administration Building to enjoy a sweet treat, browse its current exhibits and learn what more the branch has to offer.

OPEN HOUSE Thursday, Sept. 13, 1-3:30 p.m.

Rossmoor Art Guild Presents

New Teachers



Eileen Dunn Lange Mixed Media Beyond Canvas Tuesday Eve 6:30–9 pm Sept. 18, 2018 Club I STUDIO



Bertrand Mao Chinese Brush Painting Monday 10–12:30 Sept. 17, 2018 Club I

Show up to classes or register at Open House



Travel & Tour Department • (301) 598-1599 • Tuesday, Wednesday & Thursday 8:30 am-2 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, Ocean City, MD &

Sat., 9/22, 7:45 am-9:00 pm\$60.00 per person

Transportation only to the festival. Take in the view, food, bands and crafts!

New York Your Way!

Sat., 9/29, 7:10 am-10:20 pm\$68.00 per person

Transportation only to the Big Apple!

Thunderbird Airshow, Baltimore, MD 🥯 🧬

Sat., 10/6, 11:00 am-5:45 pm\$122.00 per person

On a 3-hour Inner Harbor Cruise, get a glimpse of the amazing skills and capabilities of the U.S. Air Force Thunderbirds. Lunch included.

"Sister Act," Dutch Apple Theatre, PA 🚳

Wed., 10/10, 9:00 am-6:00 pm.....\$112.00 per person

"Sister Act" tells the story of Deloris Van Cartier, a wannabe diva who witnesses a murder. The cops hide her in the last place anyone would think to look. Lunch included.

9/11 Memorial & Museum, NY & & +

Sat., 10/13, 7:00 am-11:45 pm\$120.00 per person

The Memorial Museum is an educational and historical institution that honors and examines 9/11's continued global significance. The museum displays artifacts associated with the events of 9/11 while presenting stories of loss and recovery. (Security screening on-site). Includes a \$10 Cracker Barrel gift card.

Skyline Drive, VA

Fri., 10/19, 8:00 am-4:35 pm\$99.00 per person

Take in the spectacular views along Skyline Drive! Visit the Warehouse Gallery and enjoy a delicious buffet lunch at the Mimslyn Inn. Stop at the Byrd Visitor Center. Trip includes transportation, admissions and lunch.

Philadelphia Museum of Art and Rodin, PA & &

Sat., 11/3, 7:15 am-6:45 pm\$110.00 per person

The third largest museum in the country's Rodin exhibit is an absolute mustsee. Trip includes transportation, admission to museum and a boxed lunch.

"Anything Goes," Arena Stage, DC Sat., 11/10, 11:30 am-6:15 pm\$169.00 per person

Welcome to the S.S. American, where anything can happen and it unusually does! Trip includes transportation, buffet lunch and admission to show.

Radio City Rockettes, New York City & &

11/17, 11/30 or 12/14, 7:15 am-11:45 pm ... \$189.00 per person

Take in this holiday tradition Radio City Christmas Spectacular! Trip includes transportation and admission to show.

"The First Noel," American Music Theatre, PA 🙈

Sat., 11/24, 8:30 am-8:30 pm \$125.00 per person

Get into the holiday spirit! Trip includes transportation, admission to show and buffet lunch at Shady Maple Smorgasbord.

Holiday Times at Longwood Gardens, PA

Fri., 11/30, 12:15 pm-10:30 pm.....\$79.00 per person

Experience the Joys of the Season! Magnificent trees, fragrant flowers, dancing fountains, strolling carolers and a half-million twinkling lights await. Transportation and admission included.

"New" Holiday Market, DC & & &

Sat., 12/1, 10:40 am-6:35 pm \$30.00 per person

Explore the 14th Annual Holiday Market in DC. Pick up unique gifts, explore the vendors or indulge in food. Transportation only.

Dining, Guiding and Lighting, DC

Wed., 12/5, 4:30 pm-10:30 pm\$109.00 per person

Dinner at Mrs. K's Tollhouse Restaurant, then a tour of the DC monuments by moonlight. Weather permitting, stop at the National Christmas Tree. Trip includes motorcoach transportation, dinner and step-on guide.

"Rockabilly Christmas," Riverside Center, VA 🙈

Fri., 12/7, 9:45 am-6:30 pm\$117.00 per person

Todd Meredith and his band The Rave-Ons celebrate the holiday season with performances of Buddy Holly's greatest hits along with classic Christmas

songs like "Rockin' Around the Christmas Tree," "Jingle Bell Rock" and "Run, Run, Rudolph." Before the show enjoy a delicious 3-course luncheon.

"The Story of Jesus," Sight & Sound Theatre, PA Fri., 12/14, 9:45 am-9:15 pm\$159.00 per person

"The Story of Jesus" is the musical stage adventure about the most famous person to ever walk the earth, and the everyday people whose lives he changed forever. Lunch at Hershey Farm Restaurant.

2019 DAY TRIPS

Museum Loop, DC & & &

Thu., 1/10, 8:40 am-3:00 pm\$35.00 per person

Choose where to go! National Gallery of Art, National Archives Museum or the National Museum of American History. Transportation only.

Capitol Steps Political Satire Show, DC &

Fri., 1/25, 5:30 pm-10:50 pm.....\$75.00 per person

Laugh away your winter blues with this Political Satire! Transportation and admission to the show included.

Congo Mask Exhibit, Virginia Museum of Art, VA 🥯 🧬

Mon., 2/4, 7:45 am-7:15 pm\$107.00 per person

The exhibition has original field photographs and footage, audio recordings and a selection of related musical instruments. Self-guided tour. Lunch included in the Marble Hall. Trip includes transportation, admission and lunch.

Spotlight On...

Join Mayflower Tours in the Maryland Room

Wed., 9/12, 10:00 am-12:00 pm

Join us in the Maryland Room to hear more about the Albuquerque Balloon Fiesta, Yellowstone, Grand Tetons & Mount Rushmore, The Colors and Cathedrals of French Canada and Journey Around Lake Michigan trips are being offered in 2019.

MULTI-DAY TRIPS

Ocean City Getaway, MD

Oct. 9-12

Pennsylvania

Grand Canyon, PA Oct. 17-19

Ozark Mountain Spectacular!

Branson, MO Oct. 24-Nov. 2, 2018 (fly/drive) Biltmore, NC November 26-29

Greenbrier Resort, WV

Dec. 2-4

Nashville/Opryland, TN

Dec. 11-14 (fly/drive)

Southern Caribbean Cruise

Feb. 23-March 7

Royal Caribbean Southeast Coast & Perfect Day 8-night cruise

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(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.



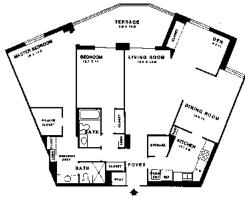
Eyre at Leisure World Travel Office, located in Clubhouse I, is a department of Eyre Bus, Tour & Travel. We offer a full service travel agency that specializes in airline reservations, cruises, group tours, vacation packages, hotel accommodations and auto rental. We have been providing "Excellence in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

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



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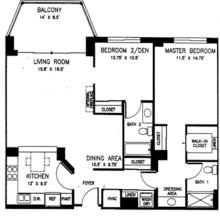
"K" Model - The Greens - \$249,000 2 BR+ library, 2 FB, 1520 sq. ft. Freshly painted, golf course view, garage space + storage room.



"Raleigh" Model - \$84,000 1 BR, 1 FB, 990 sq. ft. First floor, Montgomery Mutual renovation complete.



"J" Model - The Greens - \$229,000 2BR + library, 2FB, 1317 sq. ft. Garage space, golf course view.



"C" Model - Overlook - \$259,000 2 BR, 2 FB, 1090 sq. ft. Freshly painted, garage space.



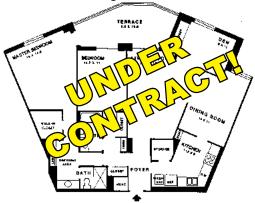
"P" Model - Fairways - \$325,000 3BR, 2.5 BA, 1530 sq. ft. Freshly painted, garage space, golf course view.



"M" Model - Fairways - \$269,900 2 BR, 2 FB, 1530 sq. ft. Rough-in for half bath, golf course view, garage space.



"H" Model - The Greens - \$199,000
 BA, 2 BA, 1220 sq. ft. Immacuate condition, golf course view, oversized garage space, storage room.



"K" Model - The Greens - \$249,0002 BR+ library, 2 FB, 1520 sq. ft. Garage space and storage room. Sold as is.



"F" Model - The Greens - \$189,900 2BR, 2FB, 1115 sq. ft. totally renovated kitchen, 1st floor, new paint and carpet.

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GOVERNANCE & Information

Sept. 9: Outdoor Pool **Closes for Season**

he outdoor pool closes for the 2018 season on Sunday, Sept. 9, at 6 p.m. (weather permitting).

Check channel 972 or log in to (residents.lwmc. com) for potential notifications and updates on early closings.



- Leisure World News Photo by Leisure World News

2018 Broadcast Schedule - Channel 974

Dial 301-598-1313

for recorded Daily Events

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

Executive Committee Meeting The Sept. 14 meeting airs on Sept. 19, 20 and 21.

Board of Directors Meeting The Sept. 25 meeting airs on Oct. 1, 3 and 5.

Sept. 13: MVA Mobile **Office Returns**

N eed to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, Sept. 13.

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

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

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

Technology Advisory Committee

stickers, return tags and duplicate registrations, as well as apply

Energy Advisory Committee

Sept. 18: CEO Presents Information on Solar **Energy Program**

by the Energy and Technology Advisory Committees

he Energy Advisory Committee, in partnership L with the Technology Advisory Committee, hosts Gary Skulnik, CEO of locally based Neighborhood Sun Benefit Corporation – at its next meeting on Tuesday, Sept. 18, at 9:30 a.m. in Clubhouse I.

Skulnik will present a community solar program that promises to reduce the electricity bill of any current Pepco customers whose residences are individually metered, such as Leisure World high-rises. It can also benefit Trust properties and mutual common areas not on the master meter.



Gary Skulnik, courtesy photo

The program uses a solar system constructed on 25 acres of landfill for energy generation. The generated energy will be sold to Pepco residential customers at a guaranteed five percent discount from their kilowatt hour-only utility rate.

Group Email Addresses

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

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

The group email addresses are:

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

Fitness Center Orientation Tours Continue Through Fall

Kay Haynes, one of several of the Fitness Center's personal trainers, offers a free orientation tour of the Fitness Center on the following Tuesdays: Sept. 11, Oct. 9, Nov. 13 and Dec. 11, at 3 p.m.

Learn how to use the equipment and facilities. Registration is not required.

For more information, call Haynes at (804-627-1582).



- $Leisure \ World \ News$ Photo by Leisure World News

The Future Possibilities of Cable and Internet for Leisure World

by the Technology Advisory Committee

The current 10-year bulk, or universalrate, cable contract with Comcast expires in July 2020. The contract affords all residents a TV cable service package at approximately half the prevailing market rate.

In May 2017, the Leisure World Community Corporation (LWCC) board of directors tasked the general manager and the Technology Advisory Committee "to develop parameters for a new broadband communications services contract," including the possibility of also obtaining, in addition to TV, bulk rate internet service.

In September 2017, the LWCC board approved a \$20,000 commitment to retain a consultant (later chosen to be Columbia Telecommunications Corporation) to develop a Request for Information inviting respondents to submit their thoughts about potential services they could provide to residents in a multi-year, bulk broadband (TV and internet) services contract.

As of Aug. 1, six firms (providers) have indicated interest in submitting formal bulk service plans and approaches by the Committee's Tuesday, Sept. 11 deadline.

The Future of TV

TV cable technology has undergone a slow transition from analog cable TV and the CATV of the '60s and '70s, to the digital TV of the '90s and 2000's and today's internet-based TV, which provides superior quality at lower costs compared to its predecessors.

Whether it's the high definition (HD) channels available today or the yet higher quality HD available soon – Amazon Fire TV, Roku, Netflix or YouTube Red, among others – TV has adopted internet technology for content delivery.

Comcast's standard broadcast TV channels and/or streamed movies are delivered via the internet. Customers are encouraged to download Xfinity Stream for Apple (IOS) phones and iPads, or for Android phones or tablets.

Provider Selection

Provider selection for cable TV and/or internet is ultimately made by the LWCC board, a decision requiring consideration of the provider's monthly price per residential unit for basic TV and internet services; cable network performance, including "speed"; availability of onsite customer service; and contract duration.

The Committee believes that many

current residents want reliable, high-performance TV and internet services, which may stress the system's current capacity. A community-wide survey mailed by management to every Leisure World residence in June of this year discovered that out of approximately 1,500 responses, 94 percent of residents have internet service.

Future residents are likely to expect their residences to have the latest and best internet connectivity. The resale value of Leisure World homes may be lower than in competing communities if the homes are not "wired" for the very best connectivity.

Possibility of Multiple Providers

If the community opts out of a bulk contract agreement, it would become the responsibility of each resident to obtain his or her own cable TV service provider. Some residents have suggested to the Committee that this would be beneficial because each resident could then select his or her own provider and whatever cable features suit each homeowner's needs.

If the community chooses to go this route, residents might be treated as new subscribers and receive new subscriber pricing, a figure that's usually around \$80 per month for a year or two, according to research conducted by the Committee.

After the first or second year of service, however, the cost increases substantially, and service quality is not likely to improve. In fact, the Committee believes it would continue to deteriorate over time, as old cabling infrastructure remains unmaintained.

Cable and Wire Infrastructure

Whereas many residential areas of Montgomery County and elsewhere may have wires from multiple providers on the utility poles outside of their homes, Leisure World, like most planned communities, has wiring only from a single provider – in this case, Comcast.

If a community does not have enough broadband internet capacity, performance for everyone can suffer, according to Committee member Janina Sajka. Internet traffic is like traffic on the highway: If the number of automobiles on the road doubles, it's best to increase the roads' available lanes.

The committee believes that the likelihood that, on their own, any carrier will want to "wire" Leisure World for internet without a guarantee of a large number of users is very low – these companies are unlikely to spend millions without the confidence that they will make back their investment and a profit.

Making a Deal

No matter which provider Leisure World selects, the costs for necessary upgrades are likely to be in the millions. If Leisure World is to have TV, internet and more in the future, the committee believes that the community must make a deal with a provider to install an adequate network that works for all residents, and guarantees that the provider will, over the life of the contract, make money.

Contact

Residents may submit short questions about cable TV and broadband internet service to Technology Advisory Committee chairman Dr. Jim Leong by email at (jleong4035@aol.com) or by mail at (3701 Rossmoor Boulevard, Attn: TECH, Silver Spring, MD 20906).



THOUGHTS & OPINIONS: From Our Residents

A Few Things to Remember

Relevance: Make sure that your submission is relevant to the LW community as a whole and not to just

one person, mutual, or organization.

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

Brevity: Being concise will ensure that your opinion will

have maximum impact.

Accuracy: Document all factual assertions. Opinions that

are backed up with facts are more powerful, but

only if the facts are accurate.

Ownership: All submissions are subject to editing but you

will have the opportunity to approve the edits

before publication.

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

BE CAREFUL WHAT YOU WISH FOR

small group of residents Ahas just filed a lawsuit in **Montgomery County Court** asking the court to, among other things, find that the Leisure World Community Corporation (LWCC) board of directors was selected in violation of Montgomery County law (i.e., not by direct vote of residents), and therefore has no authority to undertake any actions whatsoever. Instead, they want a board directly elected by residents, in the hope that, among other things, this will kill the Administration Building project.

On the surface, changing our governance in this way sounds like a plausible idea. It could mean that the LWCC board would be more responsive to residents, and residents could get money back, rather than spend it on the 'frivolous' Administration Building project. To that end, nine upstanding residents, some of whom I personally know and respect, have signed on as members of the plaintiff class, and they are asking the court to certify the suit as a 'class action,' meaning that all residents would be included in the suit, unless they opt out. They are also asking the court to award damages, including attorney's fees, litigation expenses, money already spent on the Administration Building project and interest. It sounds great that we can possibly get this huge windfall, right? But what does this actually mean?

You won't know for sure how this will pan out until it starts to work its way through the courts, but then it will be too late. Let's think through the possibilities. Firstly, any money that accrues to residents has to come from somewhere. It certainly won't come from any governmental organization, the court, management or anyone else. It can only come from residents.

The money that goes out, however, can go to lots of places. The biggest single chunk, as with any lawsuit, typically goes directly to the lawyers. These nice folks are taking the suit on a contingency basis, which means they almost certainly expect to earn more than their usual hourly rate, to cover the risk of getting nothing. And as you know, litigators' fees aren't cheap, often running about \$300 per hour for an associate, and much more for the partner managing the case. And the hours involved in drafting documents, deposing witnesses, making court appearances and handling a jury trial can easily run into many hundreds of hours.

In addition, they are asking for monetary damages, and the monetary awards will go to class members only. If everyone is included in the class, there isn't very much to go to anyone. If lots of people opt out, they get your money to split among themselves. Nice.

And that's the good news.
The bad news is what could potentially happen. They are asking for injunctive relief, and that will prevent the LWCC board from taking any actions whatsoever. Of course, "anything whatsoever" includes the budget and authorizing funds to pay McFall & Berry

Inc. for mowing lawns on Trust property. While this doesn't directly affect contracts with your mutuals, McFall & Berry Inc. may not like the idea that they are not getting paid by Leisure World, and may stop servicing your mutual as well. Ditto for Pepco and Washington Gas. And all 200 Leisure World employees could be dismissed, because we won't have authorized funds to pay them, which means no security, no janitorial services and much more. Both clubhouses and all of our amenities and athletic facilities could have to shut down for an undisclosed length of time.

Then, with no power or light, no employees and tall, unmowed grass, how livable is your condo and how much is it worth? And how long would it take for Leisure World, 29 mutuals and 8,000 residents to agree to change all of their charters, develop rules, field candidates and hold new elections? A year? A year and a half? More?

It may be unlikely that a court would require this draconian result with little notice, but then again, when you go to court, anything can happen.

While the worst may or may not occur, what is likely is that we will pay for at least one set of lawyers – ours, and if they get what they want, we'll pay for both sets. We will also pay court costs, which are typically not small. And that's even before we expose ourselves to the risk of an interruption to our lifestyle and services, and diminished real estate values.

- Alan J. Goldstein

SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

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

RESIDENTS NEED ACCURATE INFORMATION ABOUT THE BUDGET

he Leisure World Trust L Agreement Two, Fifth Amendment, requires that the percentage increase in the "Trust Operations" portion of the budget may not exceed the percentage increase in the Consumer Price Index (CPI) as of May 31 of the previous year, unless there is a supermajority vote of the Leisure World Community Corporation (LWCC) board of directors.

Translated, this means that our Leisure World fees usually should not go up more than the cost of living. At the Leisure World Budget Forum on Aug. 9, the moderator said that Leisure World management and the LWCC board "usually" keep the increase in resident fees to the increase in the CPI. This was not an accurate statement.

Based on the past three years' Leisure World budgets, it seems that the LWCC board "usually" does not keep our fee increases within the CPI as stated in our

governing documents. I believe Leisure World residents are tired of receiving false information when we attend meetings where we are told we will receive accurate information.

According to the Bureau of Labor Statistics' website, the 2015 increase in the Washington-Baltimore CPI was 0.6 percent. Despite that, the Community Facilities Fee (CFF) imposed on all residents increased by 1.2 percent, double the increase in the CPI. In 2016, the increase in the Washington-Baltimore CPI was 1.2 percent. Despite that, the CFF imposed on all Leisure World residents increased by 3.0 percent, two and a half times the increase in the CPI. In 2017, the increase in the Washington-Baltimore CPI was 0.3 percent. Despite that, the CFF imposed on all Leisure World residents increased by 2.4 percent, fully eight times the increase in the

So, in none of the past three vears did Leisure World keep the increase in the CFF to the increase in the CPI. While a super-majority vote of the LWCC board of directors was always

forthcoming, I believe the intent of the amendment was to allow a safety valve in the event of an emergency. Was every single one of the past three years an emergency? Is there any responsibility at all to keep costs down?

Let's take a look at the current year. The increase in the CPI was 2.5 percent and the proposed 2019 budget calls for an increase in the CFF of 2.5 percent. However, the only reason the increase was limited to 2.5 percent was because of a recommendation from the Budget and Finance Advisory Committee - made up of Leisure World residents - which was accepted by the LWCC board.

And, it should be emphasized, that while the Leisure World Trust documents state that the increase in residents' monthly fees should track the CPI, that is not what most residents care about. I believe that almost all Leisure World residents are receiving Social Security retirement or federal pensions, and those have increased much less than the CPI, and of course much, much less than the increase in Leisure World fees each year. So Leisure World

residents are receiving much less income, yet Leisure World is charging them much higher increases in monthly fees than the amount called for in our governing documents, at least once eight times more. The LWCC board should require Leisure World management to propose budgets that have increases in monthly fees that are no more than the increase in the CPI. And whoever presides at Leisure World meetings should give truthful answers.

– Paul Bessel

CLASS ACTION SUIT

/ou may be aware that a **Y** class action suit has been filed by nine Leisure World residents representing other unnamed residents to stop the Leisure World Community Corporation (LWCC) board of directors elected by your mutual from conducting any business. The court filing is available on Leisure World's residents' website, (residents.lwmc.com).

In essence, the plaintiffs contend that the Leisure World Trust legal documents are in conflict with the Maryland



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Creating positive partnerships the Artis way

Homeowners Association Act, and that the method of electing the directors to the LWCC board is illegal, even though the Leisure World and mutual election process governing documents have been in effect many years.

Your mutual board elects the representatives to the LWCC board of directors with the stipulation that the individual must be a past or current elected board member of your mutual (or other equivalency). The plaintiffs contend that direct resident elections be held to elect representatives to the LWCC board of directors. Therefore, because the board of directors are illegal in their view, the plaintiffs are asking the court to do, in simple terms, the following:

- a. That the court determines the constitutionality of Article III, Section 1 of the bylaws of the LWCC. (Is the election of a director to the LWCC board by the current mutual election voting procedure illegal?)
- b. That the court finds that LWCC violates the rights of the plaintiffs to elect a governing board. (Mutual boards cannot select a director to the LWCC board and the residents must elect a director to the LWCC board.)
- c. That the court prevents any elections similar to the election procedure as stated in the Leisure World bylaws. (The current LWCC board election process cannot be used, and a different voting method has to be in place prior to any new election.)
- d. That the court issues temporary, preliminary and permanent injunctive relief enjoining board of directors from taking any action, including, but not limited to, pursuing the proposed development and expending any funds thereto. (The current LWCC board can take no action and cannot authorize spending of any funds.)
- e. That the court award plaintiffs and class members the costs of these proceedings. (Leisure World will pay all the plaintiff costs, including legal costs.)
- f. That the court awards the plaintiffs and class members such other and further relief as in law and justice they may be entitled to receive. (Leisure World pays any court awarded damages to the plaintiffs.)
- g. The court award the plaintiffs and class members an

amount equal to the improperly spent funds in compensatory damages and such other and further relief as in law and justice they may be entitled to receive. Leisure World will refund to the plaintiffs and class members the two percent resales funds expended on a new Administration Building. (Stated as nearly one million dollars in the suit.)

The class action suit has been brought by nine residents who are filing this in the name of a "class" which represents unnamed others in the community. The bottom line of all this is that Leisure World is "us" the residents, and whatever is given to the plaintiffs and class members (including legal fees, etc.) will be paid for by you as a Leisure World unit owner.

While this lawsuit goes through the legal process, it is very possible that no new endeavors will be authorized/funded by the LWCC board until this is resolved – which could be years. In the end, regardless of the outcome of the legal proceedings, the community will likely suffer one way or another with higher costs and delays in projects and improvements.

– Henry Jordan

PROPOSED ADMINISTRATION BUILDING

The Aug. 3 edition of Leisure ■ World News featured a letter protesting the handling of the much-debated Administration Building. Specifically, the letter deplored Leisure World management/Leisure World Community Corporation (LWCC) board decision-makers' failure to adequately consult residents, and concludes that decision makers "...will continue to ignore the huge number of Leisure World residents who do not want a new Administration Building..." Such waywardness, the letter states, "prove(s) that the LWCC board and management have contempt for Leisure World residents."

"Contempt" is indeed the appropriate word in this context. Unfortunately, however, the letter's own proposed remedy – namely, a town hall meeting – reflects a misunderstanding of this community's basic problem. The following is my own summary "take" on our dilemma:

1. The letter's suggestion that

we have an Administration Building-themed meeting may appear sensible but is problematic, in part because the letter makes no mention that such a meeting has already been held and was simply ignored by our governors. Perhaps more importantly, decision makers' attendance at a future meeting would likely prompt an understandable but disruptive display of residents' accumulated anger, thereby allowing the elite to claim (most pointedly, before the Montgomery County Planning Board) that irresponsible malcontents had hijacked the gathering. Finally, it is not clear what a meeting would actually accomplish, other than to provide an outlet for a cacophony of opinions.

- 2. A referendum would, in principle, be a more ordered and hence more effective way to proceed, and here again there is a precedent: some 1,600 Leisure World residents have already signed a protest petition deploring failure to seek adequate popular input on the Administration Building. It, too, was ignored by decision makers, who must be aware that an "official" referendum would likely register an even more devastating rejection of their plans. (How many of us have ever met fellow residents outside "official circles" supportive of the project, especially since its final price tag remains at best an uneducated guess?) Elite resistance to a referendum is therefore presumably implacable, since its results would likely be tantamount to a humiliating vote of no confidence.
- 3. In sum, while on the right track, the letter arrives at the wrong destination. That is because it neglects the most fundamental but least often noted factor accounting for this and previous Leisure World controversies. Simply stated, we do not live in a democratically governed community because the LWCC board itself is not elected by all residents, but only by members of the various mutual boards, who alone select members for the LWCC board. The situation is analogous to the once-prevailing selection of U.S. senators by their respective state legislatures rather than by the people. That oligarchic anomaly was eliminated by passage of the 17th Amendment in 1913, mandating direct election of senators.

4. Over 100 years later, Leisure World residents still abide a similarly outrageous violation of basic democratic practice. Nothing will change until they, too, can directly elect their representatives from among a field of competing candidates — just as they elect their US senators.

The "competitive" part of the formula is as vital as the purely electoral part: candidates should clearly state what they stand for — what ideas and policies they intend to advocate should they win endorsement by their peers. Ideally, candidates would also agree on common inter-mutual platforms, so as to ensure that their individual voices carried collective weight in what should be, but at present is definitely not, a democratic forum reflecting community concerns, interests and priorities. (The existing Administration Building approval process has yet to be shown to register for any of these criteria.)

5. Is this mere idealism? Perhaps, but it is also the only sure remedy for the otherwise perpetual plight of being held hostage by an undemocratic coterie – elected and unelected. To end this contemptible situation requires attainment of authentic democracy, itself only achievable via a comparably authentic democratic electoral process, with the proposed town hall meeting, recast as an organizing meeting, being a possible first step in this direction.

- David Katz

JUST THE FACTS

There has been much dispute about replacing our Administration Building, and with good reason. \$6 million is a lot of money. Here's how I think it should be settled.

Let the administration give us the facts. Tell us just what the flaws are in the present building and give us an estimate for the cost of repair, furnished by reputable contractors. Then, and only then, can we make an informed, factbased decision.

But please don't talk about space. There is already enough space for an outside real estate agency (which, in my opinion, shouldn't be there in the first place), a bank (which doesn't even use the lavish space assigned to it), mutual offices (which could supply their own space, like my mutual does), and a large unused atrium.

And please don't talk about access (which has been adequate for 50 years and which could be improved if needed without tearing down the building).

Just tell us what the structural problems are and how much it would cost to correct them. If the administration is not willing to do this, then the project should be rejected.

- Rodney Brooks

OVER-REPRESENTATION IN LEISURE WORLD

If more residents were interested to learn how Leisure World is governed, they might discover how little their overall needs and wants are being addressed. In other words, more representation is provided (by way of voting rights) for the few, and the rest of us are left to fend for ourselves. I believe some Leisure World residents in positions of authority and influence here are allowed more opportunities to vote than others.

The topic of Leisure World overall governance is too big to include in one opinion letter. Therefore, I will focus only on a subcategory of our governance – the Leisure World Community Corporation (LWCC) executive committee. This committee currently consists of seven residents who are given voting rights as members.

Six of the members (including the chair) are required to be members of their mutual board. In my opinion, LWCC executive committee members should not be allowed additional voting rights as members of their respective mutual boards. Instead, they might attend and participate in these meetings, but not be allowed another chance to vote in Leisure World.

In addition to having the extra voting opportunities previously described, LWCC executive committee members can become members of as many advisory committees as they want. In my opinion, LWCC executive committee members should not be allowed yet another chance to cast their singular vote in these various advisory committees.

They should, however, be

encouraged to attend all open meetings, so that they can listen to other residents' comments, concerns and ideas. This potential "double dipping" and over reaching by this LWCC executive committee can create, at the very least, an appearance of conflict of interest.

For example, how can residents be confident in the efficacy of their advisory committees, when there may be no pure distinction between who is advising whom. The LWCC executive committee members who are currently serving on various advisory committees are potentially overlapping their own advice.

Among other things, we need to improve the structure of our governance in Leisure World, so that all residents are represented in a more balanced way. At the very least, the LWCC executive committee members who are currently on advisory committees should step down as voting members. That is, unless, they would rather resign from the LWCC executive committee instead.

- Carolee Rowse

92 ACRES OF GREENSPACE, NOT AN 18-HOLE GOLF COURSE

There is little dispute that 92 acres of beautiful, well-maintained green space is a valuable and treasured feature that should be preserved and enhanced. I believe that this is a pretty universal feeling of residents, old and new.

Every effort should be made to preserve this important asset. Whether or not the land should continue as an 18-hole golf course is another matter.

We currently hire half a dozen staff members and spend millions to maintain an 18-hole course that struggles to attract a sufficient number of golfers to justify these significant costs. There is a multitude of other less costly and more widely beneficial ways to protect these precious 92 acres.

Alternative uses might provide benefits to more residents at lower cost. How about these?

- A picnic ground might provide access around an attractive gazebo or bandstand and would provide recreation opportunities for residents and their visitors. Such an area would not require daily watering or frequent mowing.
- A flower garden, (maybe a mini version of Brookside Gardens) could provide walking paths and vistas of changing color, another opportunity for residents to tend a flower garden
- A miniature golf center could provide a missing recreational opportunity for residents and their family members, requiring minimal maintenance.
- A "Pro Course," (a walking trail with installed exercise stations) could provide enhanced opportunity for maintaining fitness and health.

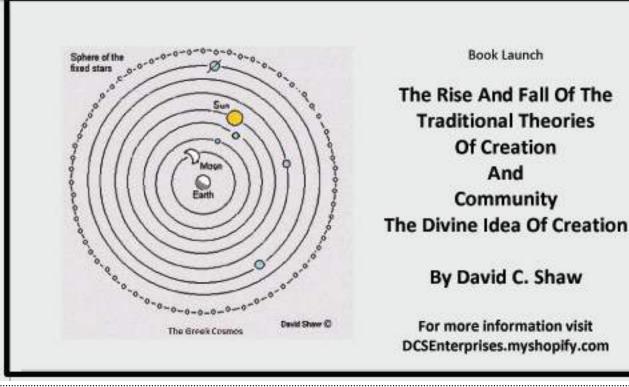
The opportunities are nearly unlimited. Many would require some initial investment; most would entail reduced maintenance expense. None of these preclude keeping a 9-hole golf course, but all preserve our 92-acre treasure.

Developing the 92 acres into additional residences was proposed once. Those proposals were vigorously rejected, and I think they would continue to be.

Some residents have made the claim that a full 18-hole golf course must be maintained. A good friend of mine has said, "the golf course was here when I bought, and better be here when I sell!" Some residents bought when there were phone booths widely available; some bought when Clubhouse II provided a bowling alley; many bought when there was a full-service bank branch here. Some bought when there was a central TV antenna system, and no cable TV; others when the medical center was supplied as a direct function of our management rather than MedStar. Many residents came here when staff had no computers. A few years ago, we had no Communications Department, but our leaders considered changing times, changing needs, new investment opportunities and a more refined budget. They adapted to new realities. I submit that we are better off for the changes.

- Bob Namovicz

Editors Note: As of Aug. 27, one of the lawsuit's nine named plaintiffs has withdrawn from the lawsuit.







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EVENTS & Entertainment

Education and Recreation Department

Sept. 13: Mary Martin and Other Divas

S teve Friedman returns on Thursday, Sept. 13, at 1:30 p.m. in Clubhouse I for his continuing series of programs on the history of Broadway. Using song and lecture, he explores divas of musical

A limited number of tickets, \$6 per person, are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.



Steve Friedman, photo by Leisure World News

Fireside Forum

Organization Plans Monthly Lectures

by Jonas Weiss

n Sunday, Sept. 16, Fred n Sunday, Ser Edwords of the American

Humanist Association and the National Museum of Natural History in Washington, D.C., discusses sexual activity.

He proposes that a non-theistic, humanist approach recognizes sexual diversity, individuality, freedom and responsibility. Humanists continue to work toward the end of needless guilt and repression, and actively call for a broadening of human possibilities and pleasures.

Upcoming Fireside Forum programs include:

Oct. 7 – Ernest Liotti of the Peabody Institute returns

to present a talk on the art deco American modern movement.

• Nov. 4 – Garrett Peck, author and tour guide, talks about World War

> I and its aftermath. • Dec. 9 – Lydia Snider, a social media strategist, presents a program on social media and democracy.

Fireside Forum's free programs are held in the Clubhouse II auditorium at 2:30 p.m. They are made possible by donations from Leisure World clubs and organizations, as well as residents.

The organization's fiscal year begins in September, so donations made this month will be acknowledged for the entire year.



Fred Edwords, courtesy photo



Sock Hop Group

Sept. 15: Sock Hop Dance

The next sock hop dance is on Saturday, Sept. 15, at 7 p.m. in Clubhouse II.

The price of admission is \$5. Sodas and water are provided, but participants can bring their own beverages and snacks.

"Take Two Entertainment" continues to provide great dance music. Come relive the fun of high school dances. For questions, contact Doug Brasse at (301-448-8708).

Upcoming sock hop dances are held on Saturday, Oct. 27, Nov. 24 and Dec. 22.

Education and Recreation Department

Sept. 14: Columnist and Best-Selling Author **Steve Roberts**

¬ he E&R Department is pleased to bring professor, columnist and best-selling author Steven V. "Steve" Roberts back to Leisure World on Friday, Sept. 14, at 10 a.m. in Clubhouse II. A popular speaker here, he is known for his astute analysis of the issues and trends that emerge during political campaigns and for his predictions of the possible election outcomes.

This is a free event, but tickets, two per household, are required. A limited number of Steven V. Roberts. tickets are still available at the Clubhouse II E&R office only. Please bring your Leisure World ID.



Photo courtesy of George Washington University

Hispanos de Leisure World

Sept. 15: Mariachi **Estrellas Perform** Mariachi Music

by Samuel Sánchez

n Saturday, Sept. 15, Hispanos de Leisure World present Mariachi Estrellas. The ensemble performs the music the world has come to identify with Mexico - mariachi - at 3 p.m. in the Clubhouse II auditorium.

Tickets, \$10 per person and checks only (payable to Hispanos de LW), are on sale in the Clubhouse I E&R office. Last year, tickets almost sold out, so don't delay.

The ensemble established itself as one of the most outstanding performance groups based in the nation's capital, performing to audiences that have included White House and governmental dignitaries, diplomats, television personalities, professional athletes and lovers of folkloric music.

Join Mariachi Estrellas - Abigail B. Murton and their dance ensemble as



The Mariachi Estrellas band. Photo courtesy of Mariachi Estrellas

they showcase the musical and rhythmic variations that have developed in Mexico's different regions.

The orchestra concept was conceived around the late 1700s or early 1800s in Mexico

The instruments include the violin and trumpet, which usually play the melody. Trumpets were introduced in the early 20th century and became an integral part of the band.

Residents will enjoy this amazing group of professional musicians as they express joy and pride in a rich musical heritage.

Sept. 21: Everything You Always Wanted to Know About Marijuana, But Were Afraid to Ask

by Carminetta Verner

s marijuana, also known by A its scientific name, cannabis, becomes legalized around the country, more adults are open

to learning about its medicinal benefits.

What is cannabis? How can cannabis help me? Receive answers to these and other questions from Dr. Patricia C. Frye on Friday, Sept. 21 at 1 p.m. in the Clubhouse I Crystal Ballroom.

Licensed practical nurse Dawn Marie Merrill also provides information on navigating dispensaries and registering with the Maryland Medical Marijuana Commission.

The event is free, but tickets are required, and are available at the Clubhouse I E&R office. All residents and their tesy photo guests are welcome to attend. For more information, contact Carminetta Verner at (301-438-0283).

Registering for Medical

Registration for medical cannabis is completed online. Attendees interested in registering with the Maryland Medical Marijuana Commission will be provided assistance after the

presentation. Please bring one of the following: a valid driver's license, Maryland or military identification card or passport.

If your Maryland address is not shown on the license, identifica-

> tion card or passport, you will need to bring two proofs of your Maryland residency, such as a utility or credit card bill, service contract, property tax bill, bank statement, lease or deed, or mail from a federal agency.



Frve is the medical director of Takoma Park Alternative Care in Takoma Park, Maryland. She is an independent consultant who specializes in cannabis medicine and integrative pain management. Frye has consulted with thousands of patients whom she has treated with medical cannabis and is certified in

cannabis science and medicine by the University of Vermont Larner School of Medicine.

Frye lectures throughout the northeast U.S. to physicians, hospitals, patients and industry groups. She is a member of the Society of Cannabis Clinicians, The Maryland Medical Society's Cannabis Task Force and the Association of Cannabis Specialists; and is a Fellow of



Dr. Patricia C. Frye, courtesy photo



Dawn Marie Merrill, cour-

Health," to be released in November 2018, Frye explains how and why cannabis works and how it can help various physical and mental ailments. Dawn Marie Merrill is a

Management.

licensed practical nurse and clinical nurse educator for United Patients Group, producers of the docuseries "The Sacred Plant." Merrill specializes in geriatric home health and is affiliated with Mission, a medical marijuana dispensary that opens near the Glenmont Metro in October 2018.

the Academy of Integrative Pain

As author of the upcoming

book. "The Medical Marijuana

Guide: Cannabis and Your

Medicinal Marijuana

Medicinal use of marijuana dates back at least 5,000 years, according to the National Center for Biotechnology Information's website. In the U.S.,

marijuana was a prescription medication for over 100 years. In 1942, it was removed from the U.S. Pharmacopoeia despite objections from the American Medical Association, and some doctors lost sight of its many medicinal benefits and high safety profile.

Today, marijuana is reemerging as an important cultural, social and political topic, but information about the plant is often incomplete, inconsistent and false. As a result, many people are misinformed.

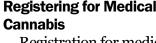
It is important to get information from a reliable and trustworthy source before deciding if cannabis might be a useful and safe tool for alleviating your symptoms and helping you feel better. If cannabis has piqued your interest, come to the presentation and become educated on the pros and cons of using medicinal cannabis.

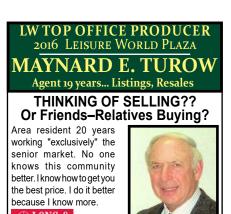


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Sept. 22: Dance to The **Retro Rockets**

by Joyce Hendrix

¬he Retro Rockets, one of the Club's favorite musical groups, plays at the next dance on Saturday, Sept. 22, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

The Club invites baby boomers as well as its regular members and their guests to call Connie Roby at (240 - 393 - 9808)no later than Thursday, Sept. 20, for reservations to dance to the music of this popular quartet.

The attire for this dance is dressy outfits for the ladies and jackets and ties for the gentlemen. As usual, the

Feel free to bring snacks for your table.

Members pay \$10 per person at the door, and guests and non-members pay \$15 each, entrance fee. The Club is still accepting annual

> memberships at \$10 per person for the remaining four dances of the calendar year.

Put on your dancing shoes and come dance to the music of The Retro Rockets on Sept. 22. The Club's Halloween dance is held on Saturday, Oct. 27, with

costumes optional. Prizes are awarded for best couples costumes and best single costume. Start thinking about your Halloween costumes





Education and Recreation Department

Sept. 29: It's Time for the Fall 2018 Flea Market

Toin your friends and fellow residents on Saturday, Sept. 29, 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 in the E&R office in Clubhouse I beginning at 8:30 a.m. on Tuesday, Sept. 11, through Wednesday, Sept. 26, or until space is filled.

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.

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 therefore is not permitted.

Beginning Saturday, Sept. 29, at 7:30 a.m., numbers are given out to flea market vendors who want help with 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.

Keep in mind that clothing offered for sale at the market must be clean and in good condition.

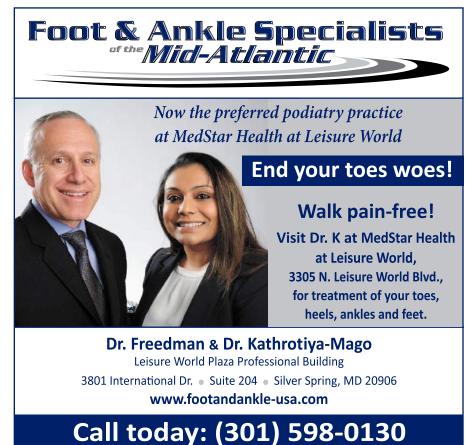
Vendors are reminded that they must remove all unsold merchandise and debris (boxes, hangers, wrapping materials, etc.) when they leave.

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

You may obtain this sales tax license from the Maryland State Department of Assessments and Taxation at (taxes.marylandtaxes.gov/Business_Taxes/ Business_Tax_Types/ Sales_and_Use_Tax/).

Remember, the items you are willing to part with may be your neighbor's sought-after treasures.

Join us for a fun-filled day!



Sept. 29: Randy Riggle – Nostalgia Show

Long before computers, answering machines and cell phones, there were driveins instead of drive-thrus. Coke wasn't "Classic"; it came

from a soda fountain or its green, glass bottle. And the only survivor series on TV was Gilligan and his crew.

Times have changed, but have we? Do you still remember the first record you owned? How about sitting around the radio instead of the television? And every night was a classic car cruise! Was it really that long ago?

On Saturday, Sept. 29, at 7 p.m. in the Clubhouse II auditorium, stand-up comedian Randy Riggle will lead you down memory lane, the

stand-up comedian Randy Riggle will lead you down memory lane, through the '40s, '50s, and '60s. You'll be taken back to that fateful day at Pearl Harbor until the first steps are taken on the lunar surface. The trip will be filled with reminiscences, songs and laughs.

Co-sponsored by the Foun-

dation of Leisure World and the E&R department, tickets for this show are \$15 per person and on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

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

email the Foundation at (foundation@lwmc.com).



Riggle began his career as a stand-up comedian at an open mike night at the Pittsburgh Comedy Club in 1982 and now tours his show nationally. His combination of innovative style, quick wit and brilliant impressions has made Riggle popular with all audiences.

Besides writing for his own

show, he has written for other comedians including Jay Leno and Joan Rivers, and has opened for such acts as Dennis Miller, Rhonda Shear, Jerry Seinfeld, Ellen DeGeneres and Gallagher. He has appeared nationally on NBC, ABC and CBS and is a regular performer at several of the famous Improv Comedy Clubs and the Las Vegas Strip.



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

Sept. 13, 1:30 p.m. Steve Friedman – Mary Martin and

Other Divas

Sept. 14, 10 a.m. Columnist/Author Steve Roberts

Sept. 29, 9:30 a.m. Flea Market

Sept. 29, 7 p.m. Randy Riggle – Nostalgia Show

Oct. 5, 8 a.m. Fall Community Walk
Oct. 6, 4:30 p.m. Patsy Cline Tribute Show
Oct. 6, 7 p.m. Patsy Cline Tribute Show
Oct. 17, 2 p.m. Ziva Spanish Dance Ensemble

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



Randy Riggle, courtesy

photo

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Education and Recreation Department

Oct. 5: Community Fall Walk

Walking is good for you! Friday, Oct. 5, is the date of the semi-annual Community Fall Walk in Leisure World.

Co-sponsored by the E&R Department and the Leisure World office of Weichert Realtors, walkers will assemble in Clubhouse I's 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 perimeter road of Leisure World.

A water station will be available at the halfway mark and the Amateur Radio Club will accompany walkers to assist if needed. The E&R Department

will provide healthy refreshments (and a few treats) in Clubhouse I after the walk.

Weichert Realtors is raising money for the American Cancer Society. Proceeds from the walk will be donated to the Society.

Gather a group of friends or come meet some new ones

> while benefiting the American Cancer Society. Join your friends and neighbors for this healthy social event.

> To register, stop by the Clubhouse I E&R office beginning on Tuesday, Sept. 11, at 8:30 a.m. The \$10 fee includes a \$9 donation to the

American Cancer Society and \$1 for event expenses. Registrants have the option of paying just \$1 for expense. Payment may be made in cash or by check; or credit card (MC, Visa or Discover) if \$10 or more.



Photo by Leisure World

Education and Recreation Department Foundation of Leisure World

Oct. 6: Enjoy 'Memories of Patsy' Tribute Show

ourtney Shayne Karl brings legendary Patsy Cline back to life in her show

"Memories of Patsy." This tribute concert on Saturday, Oct. 6 in the Clubhouse II auditorium takes you on a trip back in time to

the days when Cline performed on stages across America. Performances are at 4:30 and 7 p.m.

Cline's songs have become part of the fabric of American music. Expect to hear classic songs like "Crazy," "Walkin' After Midnight,"
"I Fall to Pieces," "She's Got You," "San
Antonio Rose," "Blue Courtney Shayne Karl Moon of Kentucky," "Sweet Dreams" and many more.

While Karl has been performing in theatre for over 18 years, it was only after she graduated from Penn State

University that she decided to focus on Cline's personal story and her songs.

Co-sponsored by the Foundation of Leisure World and the E&R Department, tickets are \$15 per person and go on sale

beginning Tuesday, Sept. 11, at 8:30 a.m. in both clubhouse E&R offices. Please bring your Leisure World ID.

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

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



performs as the legendary country singer Patsy Cline. Courtesy photo

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2018 Movie Schedule

Sponsored by the E&R Department

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

Show Date & Time	Movie	Tickets Available
Sept. 20, 1 p.m.	Battle of the Sexes	SOLD OUT
Sept. 30, 2 p.m.	Churchill	Sept. 11
Oct. 18, 1 p.m.	Phantom Thread	Sept. 25
Oct. 28, 2 p.m.	The Post	Oct. 9
Nov. 15, 1 p.m.	Dunkirk	Oct. 23
Nov. 25, 2 p.m.	Darkest Hour	Nov. 6
Dec. 20, 2 p.m.	Wonder	Nov. 20
Dec. 30, 2 p.m.	I Can Only Imagine	Dec. 11
Movies are subject to change.		

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.

Oct. 12: Alison Crockett Quartet Makes Debut

by York Van Nixon III



Alison Crockett, courtesy photo



As temperatures cool in expectation of autumn's kiss, Arts In Motion (AIM) "keeps it hot" in the Clubhouse I Crystal Ballroom. Café AIM is booked through the winter until red robins herald spring.

The Alison Crockett Quartet makes its debut performance at AIM's first fall concert on Friday, Oct. 12. Crockett's voice drips soul with generous helpings of jazz, gospel and the blues. Crockett takes the baton from divas of the present and past, such as Erykah Badu, Jill Scott, Donna Summer, Diana Ross and Sarah Vaughn.

Hors d'oeuvres and snacks are included. Cocktails begin at 5 p.m., and the show starts at 6 p.m. Tickets, \$20 per person

(checks only, payable to AIM), go on sale beginning Monday, Sept. 17, at 8:30 a.m. in the Clubhouse I E&R office.

Reserved tables of eight or more are limited to members only. For more information or to join, visit (AimArts.net).

THE UNIVERSITY OF LIVINGSTONIA FOUNDATION



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WHEN: Sunday, September 23 at 3:00 PM

WHERE: St. Matthew Presbyterian Church 4001 BEL PRE ROAD SILVER SPRING, MD

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WELLNESS SEMINAR

"EVERYTHING YOU WANTED TO KNOW ABOUT DEMENTIA BUT WERE AFRAID TO ASK"

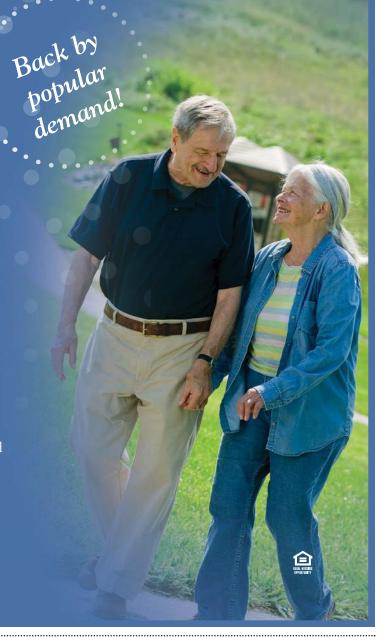
Presented by Terry Ullman, MSW, LCSW-C, LICSW

THURSDAY, SEPTEMBER 27 10-11:30 A.M.

THE INTER-FAITH CHAPEL • FELLOWSHIP HALL
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What is dementia and how is it different from Alzheimer's disease? This question and other frequently asked questions will be addressed in this presentation. Participants will be given a brief overview of the various forms of dementia, including symptoms and risk factors. An informal discussion will follow, where attendees will have an opportunity to ask questions and clarify their understanding of dementia.

Free. RSVP to the Inter-Faith Chapel office at 301-598-5312 by Monday, September 24.



Oct. 17: Ziva's Spanish **Dance Ensemble**

Ziva's Spanish Dance
Ensemble brings the world of Spanish dance to Leisure World on Wednesday, Oct. 17, at 2 p.m. in the Clubhouse II auditorium.

This program, sponsored by the E&R Department, is free,

but tickets, limit two per household, are required. They are available beginning on Tuesday, Sept. 11, at 8:30 a.m. in both clubhouse E&R offices. Please being your Leisure World ID.

Established in 1995, Ziva's Spanish Dance Ensemble performs captivating Spanish dances that

range from the fiery and seductive flamenco of Andalusia to the spirited jota, folk dances of Aragon. The ensemble performance also blends traditional Spanish with modern dance, resulting in unique choreography.

Under the direction of Ziva Cohen, founder and artistic director, the Ensemble has evolved from a handful of flamenco dancers to a group of premier dancers who have diverse and international backgrounds in dance. Members wear traditional costumes to help illustrate the geography of Spain; and through dance and music, along with background images and maps, the group imparts some Spanish history and culture.

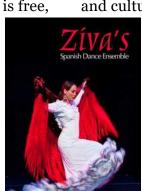
> The Ensemble has appeared in a variety of venues in the Washington, D.C., area including the Kennedy Center's Millennium Stage, the Corcoran Gallery of Art, Lisner Auditorium and others.

Cohen is an accomplished flamenco dancer. teacher and choreographer of Spanish

dance. An active member of the Washington, D.C., area performing arts community, Cohen was a recipient of the Metro D.C. Dance Award for "Outstanding Production in Multicultural/World Dance."

Additionally, she choreographed work for Yo Yo Ma's "Silk Road Project," which was sponsored by the Washington Performing Arts Society.

She also has choreographed dances for the Washington Ballet.



Lions Club of Leisure World

Oct. 20: Quintet Performs Gospel and Soul

by Maxine Hooker

¬he Lions Club l presents a gospel extravaganza featuring the gospel soul singers "Spiritual Jubilees of DC" on Saturday, Oct. 20, at 4 p.m. in the Clubhouse II auditorium.

The Spiritual Jubilees of DC is a gospel quintet group of singers and three Spiritual Jubilees of DC, courtesy photo musicians formed in 2013. They have performed throughout Washington, D.C., Maryland and Virginia.

The quintet is dedicated to community outreach activities and has performed at senior centers and church sponsored events in the area.

"Best kept secret" liturgical dancer Angela Williams and her accompanying dancers also perform. Williams is originally from Philadelphia, Pennsylvania.

She is a graduate of Mount St. Mary's College and currently resides in Bowie, Maryland.

Tickets for this performance are \$10 per person



(check only, payable to LW Lions Club), and available beginning Tuesday, Sept. 11 at 8:30 a.m. in the Club-

> house I E&R office. If tickets are still available, they can be purchased at the door on the day of the event.

Revenue from the performance will help to fund

the Lions' many activities, such as Camp Merrick, the Leader Dog program and eyeglass program, as well as help homeless individuals in Montgomery County, and help Leisure World's social workers assist needy residents.



Ensemble, courtesy



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Italian Social and Cultural Club

Sept. 23: 'Frank Sinatra: The Man and the Myth'

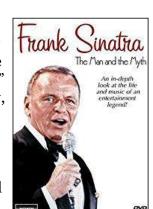
by Flo Merola

n Sunday, Sept. 23, the Italian Social and Cultural Club's popular Café Cinema returns with the TV movie "Frank Sinatra: The Man and the Myth" (2014, 1 hour 10 minutes, documentary, not rated).

The documentary is an illuminating, honest and inclusive portrait of this American legend from his early years in Hoboken, New Jersey, to his phenomenal career as a singer and actor.

The film is shown at 2 p.m. in Club-

house I. Coffee and dessert will be served. The presentation is free for paid up members, and \$5 for non-members. Seating is limited, so call Angela Bufalo at (240-669-3909) by Wednesday, Sept. 19, if planning to attend.



Education and Recreation Department

Sunday Afternoon at the Movies

Sept. 30: 'Churchill'

The E&R Department is pleased to present "Sunday Afternoon at the Movies." The movies are

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

On Sunday,
Sept. 30, the
featured film
is "Churchill"
(2017, 1 hour 50
minutes, drama/
thriller/history/
biography, rated
PG for thematic
elements, brief
war images,
historical smoking

historical smoking throughout, and some language).

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

With 96 hours until D-Day

(June 1944), tensions arise for the British Prime Minister Winston Churchill.

Fearful to embark on

the large-scale campaign and his important role in the war effort, Churchill's wife, Clementine, inspires him to overcome his weaknesses and achieve greatness.

The film stars
Brian Cox as
Winston Churchill
and Miranda Richardson as Chur-

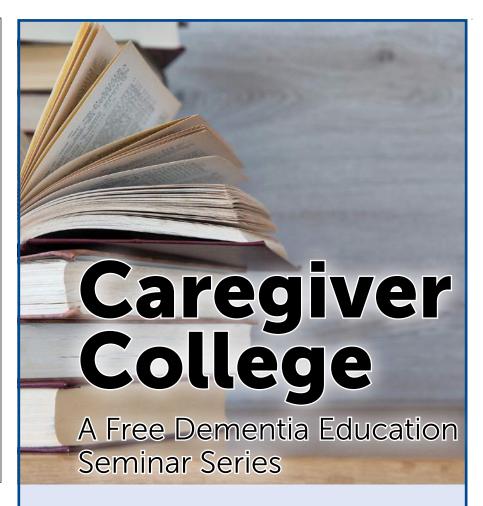
chill's wife, Clementine, along with John Staley in the role of Dwight Eisenhower.

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.



CHECK THE DIRECTORIES

Looking for a club or committee meeting? Check the electronic directories in the clubhouse lobbies to find the time and location of that day's meetings. The directories also offer alerts and headline news.



Featuring Guest Speaker Diane Vance, MA

Program & Services Manager Alzheimer's Association National Capital Area Chapter

Thursday, September 13, 2018

"Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning"

Thursday, October 11, 2018

"Effective Communication Strategies"

Thursday, November 8, 2018

"Understanding and Responding to Dementia-Related Behavior"

All events will take place from 10:30 a.m. to 11:30 a.m.

Come to one or come to all three. However, don't miss your chance to hear one of our community's dementia experts talk about common topics faced by dementia caregivers and family members.

RSVP for this series by calling (301) 847-3051 or e-mailing SilverSpring@arden-courts.com

Event will be held at:

The Inter-Faith Chapel at Leisure World

3680 S. Leisure World Boulevard Silver Spring, MD 20906



HEALTH & Fitness

Health Advisory Committee

Free 'Stepping On' Program Addresses Fall Prevention

by Ellen Lederman and Sandra McLeskey

Many people may know someone over the age of 65 who has fallen. It is estimated that approximately one in four people in this age group fall each year, according to the Centers for Disease Control and Prevention (CDC).

Moreover, the CDC estimates that of those who fall, approximately 35 percent were injured to the extent that they required medical treatment or had to restrict their activities.

To address this vital issue, the Health Advisory Committee is bringing a new and exciting program to Leisure World called "Stepping On."

Stepping On is a free Montgomery County-supported fall prevention program. It was first developed in Australia and is spreading throughout the U.S. It has been proven to reduce the risk of falls and has made seniors safer in their home environment.

The program's seven weekly sessions are led by trained professionals who focus on

balance and strength building, fall prevention through safety awareness and the important role of medications, vision and footwear and their effect on the quality of life.

Residents who are 65 years old and over, have fallen in the past year, are fearful of falling or have almost lost their balance and are concerned about their safety and avoiding injury are encouraged to attend this program.

Program Sessions

Stepping On begins Tuesday, Sept. 25, at 10 a.m. and continues each Tuesday for seven weeks through Nov. 6. Participants are asked to commit to the entire program to insure that the concepts, practice and reinforcement that occur during the program are incorporated into registrants' overall lifestyle.

The class is free, but residents are asked to preregister beginning on Tuesday, Sept. 11, at 8:30 a.m. by either calling (301-598-1300) or stopping by the Clubhouse I E&R office. The class size is limited to 25 people.

Low Vision Support Group

Sept. 12: Physical Therapist Discusses Fall Prevention

by Larry Cohen

Clubhouse I.

D id you know that even small changes in your sight can cause a potentially life altering fall?

Learn the importance of building balance, strength and flexibility, and recommit to personal safety by attending the Group's next meeting on Wednesday, Sept. 12, from 1-2 p.m. in

Certified physical therapist and balance specialist
Theresa Sturm provides information and motivational strategies to enhance people's personal safety and quality of life. Sturm is president and owner of Atlantic Physical Therapy and Rehabilitation Center in Silver Spring,

October Highlights

Maryland.

On Wednesday, Oct. 3, enjoy a performance of the classic musical "South Pacific," enhanced with audio description for people with impaired vision. See the Club Trips section of this publication for details.

On Tuesday, Oct. 30, the Lions Club of Leisure World hosts a National Institutes of Health eye research seminar. The seminar is at 10 a.m. in the Clubhouse II auditorium.

Prominent senior researcher

Dr. Wai Wong provides current truths about stem cell and sight saving therapies. Dr. Suleiman Alibhai,

director of the Low Vision Learning Center Prevention of Blindness Society, will make introductions.

Club Information

Meetings of the Low Vision Support Group are open to all residents, and are held on the second Wednesday of the month at 1 p.m. in Clubhouse I. For more information or about the Group or its upcoming events, contact Larry Cohen at (908-770-9111) or (topops@aol.com).

Patients Rights Council of Leisure World

Sept. 12: Meeting Features Information on Physician-Assisted Suicide

by Donna Reilly

The Patients Rights Council of Leisure World meets on Wednesday, Sept. 12, at 1:30 p.m. in Clubhouse I. The Patients Rights Council presents programs on health issues while supporting life and encourages members to actively oppose pro-physician-assisted suicide legislation.

Legislation to legalize physician-assisted suicide was proposed in the Maryland General Assembly in 2016 and 2017 but did not get out of committee. Club members should be prepared to oppose such legislation in 2019. Members and non-members are welcome to attend the Council's meetings.

Stroke Support Group

Sep. 18: 'Improving Balance and Reducing the Risk of Falling'

by Vaughn Allex

The Stroke Support Group has invited Dr. Lara Thompson to speak about "improving balance and reducing the risk of falling" at the Group's next meeting on Tuesday, Sept. 18, at 1:30 p.m. in Clubhouse II.

Thompson discusses a new study for stroke survivors that will investigate a new generation of assistive innovation technologies for balance rehabilitation. The study has been approved by the University of the District of Columbia Institutional Review Board and is funded by the National Science Foundation.

Both the meeting and Thompson's presentation are free, and all residents are welcome.

Sept. 18: Annual Flu Clinics Begin

by Leisure World News

 $\mathbf{F}^{ ext{lu clinics, provided by}}$ the MedStar Visiting Nurse Association, are held from 9 a.m.-1 p.m. in

the Clubhouse I Crystal Ballroom on the following days: Tuesday, Sept. 18 and 25, Thursday, Oct. 4 and 11, and Wednesday, Oct. 17 and 31.

Regular and highdose flu vaccines are available at no cost to residents with traditional Medicare Part B as their primary insurance. Bring your Medicare card, insurance card and photo ID.

Residents without Medicare also can receive a vaccine; the

cost is \$30 for a regular dose vaccine and \$65 for a highdose vaccine.

If interested in volunteering at one of the flu clinics, please contact MedStar Visiting

> Nurse Association at (240-965-2972).

Flu vaccines are also available by appointment only Monday through Friday from 9 a.m.-5 p.m. at the pharmacy at MedStar Health medical center located at 3305 North Leisure World Boulevard. The pharmacy accepts Medicare and private

insurance plans.

To check your insurance coverage or to make an appointment, call (301-598-1005).



Photo by Leisure World

Health Advisory Committee

Sept. 26: Certified Fitness Trainer Speaks on Mindful Meditation

by Sandra McLeskey

re you tense and anxious? A Do you have a high stress living situation or job, or have trouble relaxing before bedtime?

Residents who answered "yes" to any of these questions might benefit from attending a presentation on mindful meditation on Wednesday, Sept. 26, at 1 p.m. in Clubhouse I.

Terrie Daniels, a certified fitness trainer and **Brooke Grove Retirement** Village's senior fitness and wellness specialist, speaks on the scientific evidence for the benefits of meditation and introduces the audience to some mindful meditation exercises. She is trained in mindful meditation and mindfulness-based stress reduction.

The presentation is free, but

tickets are required and can be obtained beginning on Tuesday, Sept. 11, at 8:30 a.m. in the Clubhouse I E&R office.



Terrie Daniels, courtesy photo

What Is Mindful **Meditation?**

Originating from Buddhist traditions, mindful meditation is a practice that involves bringing one's complete attention to the present experience. People who practice it have reported alleviation of distressing

emotional symptoms, such as anxiety, worry or obsessive thinking.

Mindful meditation may help alleviate these symptoms by decreasing stress, which may also have physical benefits. It only requires a time commitment of 10-30 minutes per day.

Come to the presentation on Sept. 26 to learn more about mindful meditation.



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*APY = Annual Percentage Yield. The Leisure World Anniversary Certificates are available only as 2-year (24 month), 3-year (36 month), or 5-year (60 month) certificates with no bump-up option. APYs are 2.85% for a 2-year, 2.95% for a 3-year, and 3.25% for a 5-year certificate. Minimum opening deposit is \$500. The minimum balance to earn the stated APY and to maintain the certificate is \$500. Certificate holder may make additional deposits in increments of \$1,000 or more throughout the term of the certificate. The first withdrawal up to 50% of the principal balance will be penalty-free. If the first withdrawal exceeds 50% of the principal, the balance above 50% will be subject to an early withdrawal penalty of 182 days' dividends. Additional withdrawals will result in a penalty of 182 days' dividends. This promotion starts on August 28, 2018 and ends on October 15, 2018; certificates opened before August 28, 2018 or after October 15, 2018 will not be eligible for the promotion. Certificate rates remain fixed for the term of the certificate. Fees or other conditions could reduce the earnings on the account. Please see the Truth in Savings Disclosure for more information. If you have any questions or need current rate information on your accounts, please information. If you have any questions or need current rate information on your accounts, please call 301-933-9100 ext. 298. Available only to Leisure World residents and employees who are Signal Financial Federal Credit Union members in good standing. Promotional rates and terms are subject to change or end at any time without notice. FEDERALLY INSURED BY NCUA.



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

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Drs. Chrosniak, Schwartzbauer and Mehta, M.D.

Help for Hopelessness

by Sandra McLeskey

person in crisis may A feel they have no way to alleviate their pain or address their problems. Suicide is a growing health problem in America; the Centers for **Disease Control and Prevention** has documented an increase in suicide rates in nearly every state, including Maryland.

Since the high-profile suicides of fashion designer Kate Spade and TV chef Anthony Bourdain, television stations have promulgated the National Suicide Prevention Line, available by calling (1-800-273-8255), a valuable resource for someone who is feeling desperate or hopeless.

Social Services

In Leisure World, residents have additional resources to call upon. Leisure World's

Resource

National Suicide

Prevention Line

Leisure World

Montgomery

County Crisis

Montgomery

County Police

Department

Social Work

Office

Center

Social Services Department is available Monday through Friday, from 8:30 a.m.-5 p.m., by calling (301-598-1581). The Department does not charge for its services; their primary

concern is the well being of residents.

The Department's social workers are experienced in identifying resources that can help residents who are experiencing financial, healthcare, mental health or transportation issues, or who need to obtain personal services, such as counseling – basically anything that is a challenge to the resident.

The social workers know about resources a resident might not know about, or may not know they are eligible to use. If a resident is homebound and unable to come to their offices in the MedStar Health medical center, they can come to the resident's home.

Residents who are concerned about a neighbor or friend who is experiencing difficulties

can confidentially refer that person to the Social Services Department. A social worker will contact the individual, but will not reveal the identity of the person who referred them and, in many cases, will not mention that someone referred them.

Crisis Center

Telephone Number

800-273-8255

301-598-1581

240-777-4000

911

If a resident is experiencing a crisis outside of regular business hours, the Montgomery County Crisis Center is available 24 hours a day, seven days a week. They provide consultations over the telephone at (240-777-4000) or in person at 1301 Piccard Drive in Rockville, Maryland (no appointment is needed).

Crisis evaluation and referral is available for all crises psychiatric and situational. Friends or relatives can make referrals to the Crisis Center.

Callers to the Crisis Center are

immediately connected with a mental health professional. If the caller is unable or unwilling to come to the Center, the Center will respond with a mobile team anywhere in Montgomery County.

If needed, the mobile team will respond with police backup, which can be especially important for domestic violence situations or imminent suicide attempts. Friends or relatives should call 911 in such situations.

Sometimes a distraught person will leave their home on foot or in a vehicle. These situations may be very dangerous for the person, who might become lost, get into an accident or encounter unscrupulous individuals.

The Montgomery County Police Department has a unit that specializes in finding people with dementia, mental health problems or a developmental disability. Concerned relatives or friends should call 911 for assistance in finding the person in crisis.

Sept. 27: Ophthalmologist Provides Information **About Macular Degeneration**

by Sandra McLeskey

ccording to the Centers for Disease Control and Prevention, age-related macular degeneration (AMD) is the most

frequent cause of vision loss in the U.S. for people over 65.

AMD damages the central part of the retina that is important for sharp vision for objects that are straight ahead. One version of AMD, called dry AMD, develops gradually and can lead to progressive loss of central vision.

Worsening of dry AMD can be delayed by certain vitamin supplements. Sometimes dry AMD can progress quickly to wet AMD, which involves the growth of new blood vessels in the central part of the retina. Wet AMD can quickly lead to substantial vision loss but

Dr. Raza M. Shah.

Photo courtesy of

of Retina Specialists

can be treated with injections or lasers

On Thursday, Sept. 27, Dr. Raza M. Shah, an ophthalmologist specializing in diseases of the retina, discusses macular

> degeneration at 1:30 p.m. in Clubhouse I. The presentation is free, but tickets are required and can be obtained beginning on Tuesday, Sept. 11, at 8:30 a.m. in the Clubhouse I E&R office.



Shah is interested The American Society in age-related macular degeneration, diabetic retinopathy and

> complex retinal detachments. He is a member of the American Society of Retinal Specialists and the American Academy of Ophthalmology.

Shah earned his medical degree at Drexel University College of Medicine and

remained there for his residency in ophthalmology. He received his fellowship training in vitreoretinal surgery at the Associated Retina Consultants in Phoenix, Arizona.



Dr. Michael Frank Dr. Marc Goldberg Dr. Adam Lowy

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Oct. 2: Sepsis – Know the Warning Signs

by Sandra McLeskey

ccording to the Centers A for Disease Control and Prevention, more than 1.5 million people are diagnosed with sepsis each year in the U.S., and about 250,000 of them die.

Of all the people who die in hospitals, one out of three die of sepsis. But most cases of sepsis start at home. Understanding the warning signs of sepsis can help people obtain medical help in a timely fashion.

Sepsis happens when bacteria get into the bloodstream. This can happen from an infected wound, a bladder infection and pneumonia, or from a surgical site. The immune system mounts a powerful response to the bloodstream infection.

Unfortunately, this powerful immune response can do as much or more harm than the actual infection. Sepsis can set up a chain reaction that may lead to multiple organ failure and death.

On Tuesday, Oct. 2, Alison Karpa, cardiovascular nurse practitioner at MedStar Montgomery medical center,

discusses sepsis and its warning signs at 1:30 p.m. in Clubhouse I. She will explain the signs and symptoms of sepsis, risk factors for sepsis and the steps to take when someone is suspected of having sepsis.

Her presentation is free, but tickets are required and can be obtained beginning on Tuesday, Sept. 11, at 8:30 a.m. in the Clubhouse I E&R office.

Speaker Information

Karpa was a cardiology nurse practitioner at MedStar Washington Hospital Center before coming to MedStar Montgomery medical center five years ago. She has been on the sepsis committee since then and has served as the chair for the past two years.

She obtained her bachelor's at the University of Pennsylvania and worked in cardiology and the intensive care unit at MedStar Georgetown University Hospital and Inova Fairfax.

She then received her master's in nursing with a focus on adult acute care from the University of Pennsylvania.

Oct. 9: Program Considers 'The Cost of Care'

by Fred Shapiro

n Tuesday, Oct. 9, the Center for Lifelong Learning (CLL) presents Mary O'Donoghue, founder and managing director of Corewood Care, a local, woman-

operated and owned care management and home care organization that helps older adults age in place.

O'Donoghue will speak about "The Cost of Care" at 10 a.m. in Clubhouse I. Her Mary O'Donoghue, courpresentation provides tesy photo an overview and discussion of current care options available to those who wish to age in place, as well as other options for different levels of care.

The discussion focuses on the cost of these options, the common misconceptions about receiving care, coverage eligibility and the process of obtaining care.

The program is free, but residents are requested to register to attend beginning on Tuesday, Sept. 11, at 8:30 a.m. by either stopping by the Clubhouse I E&R

10101 Connecticut Avenue

Kensington, MD 20895

office or calling (301-598-1300). Attend the presentation to learn more about care options for aging in place.

Presenter Information

O'Donoghue's experience caring for older adults started

> at 11 years old, when her father, a local physician, was diagnosed with early onset Alzheimer's disease. O'Donoghue helped her mother care for her father in their home until he passed away when she was 17.

Four years ago, she decided to leave the legal field and pursue

a career that would allow her to help families who were going through some of the healthcare challenges she and her mother faced. Corewood Care has helped more than 250 families in the area.

O'Donoghue received her law degree from New York Law School and worked in the Legal and Compliance **Divisions for Credit Suisse** and JP Morgan Chase, and for the Legal Aid Society of Columbus, Ohio.

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FISH is Here to Help

by Beth Leanza

F ISH volunteers are like librarians; they lend out items. They are not medically trained and are not physical therapists.

Volunteers keep records of what they have lent and to whom. Unlike libraries though, all FISH items are donated.

FISH recommends a one-three month loan. If a resident needs to keep an item longer, he or she can contact president of FISH, Beth Leanza, at (301-598-4569).

Inventory

The FISH office's inventory includes wheelchairs, walkers, commodes and shower chairs. Giveaway items include canes, elevated toilet seats, crutches and easy reachers. FISH often receives donated incontinence aids, pads and nutrition beverages.

Giveaway items are kept in the Clubhouse II basement to the left of the FISH area. Take the elevator (near the E&R office.) The FISH area is to the right, and the giveaway items are located to the left of this area. These items are for the taking, and do not need to be limited to residents.

Other Charities

FISH likes to help other organizations, too, by being the place where residents can drop off donations.

The Lions Club collects glasses and hearing aids, and the Kiwanis Club helps Ronald McDonald House by collecting can tabs.

FISH is happy to help other organizations, either for a temporary or ongoing donation collection.

General Information

In addition to items for loan, FISH also houses lost and found items. Someone from the E&R office can assist residents with loans and lost and found items after hours.

Volunteers are in the FISH

office Monday to Friday (except for major holidays) from 10 a.m.-4 p.m. The office phone number is (301-598-1345).

FISH is always looking for new members. If interested,

contact president Beth Leanza at (301-598-4569). FISH suggests that new volunteers complete a training/orientation session with a current volunteer.

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Health & Fitness In Brief

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

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

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

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

Essential Tremor Group: Hello to all those with Essential Tremor. We have missed seeing you at our meetings. Where have you been? The Essential Tremor Group meets at 10:30 a.m. the first Thursday of the month in Clubhouse I. There have been exciting,

new developments in research, such as a new tablet that measure the tremors in your hands and possibly the voice, that have been discussed. Try to come to the next meeting on Oct. 4 at 10:30 a.m. to find out about more new research and to meet other people with Essential Tremor. If you have any questions, please call Marlene Golden at (301-438-7773).

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

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

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

Read Leisure World News online! Find the latest edition at leisureworldmaryland.com

CLUBS, GROUPS & Organizations

Edmonson Historical Society

Group Explores the History of Leisure World and its Vicinity

Anthony Cohen, pres-

Foundation, speaks at

the Society's Thursday,

Nov. 8 meeting. Photo

courtesy of the Heritage

and Cultural Society of

ident of the Menare

by Dianne Bradley, Sandy Bourne and Juanita Sealy-Williams

Did you know that the land residents live on in Leisure World is a continuing part of an intriguing and dynamic history?

The Edmonson
Historical Society
explores how Leisure
World's land and
surrounding areas
have been part of a
continuing progression from slavery and
the Underground
Railroad to abolition,
emancipation, segregation, integration and
thriving commerce.

The Society's next meeting is on Wednesday, Sept. 12, at 10:30 a.m. in Clubhouse I.

Consider joining the Society and help plan some of its exciting adventures. Membership is only \$10 and the meetings are open to all residents and their guests.

The Button Farm

At the Society's meeting on Thursday, Nov. 8, at 11 a.m., the guest speaker is Anthony Cohen, president of the Menare Foundation. The Foundation runs the Button Farm in Germantown, Maryland, which describes itself as Maryland's only living history center interpreting 19th century plantation life, on the Farm's website, (buttonfarm.com). Oprah Winfrey used the Button Farm to prepare for her role as a slave in the movie "Beloved."

Cohen will give a compelling presentation on

the role of plantation farming and the Underground Railroad.



Previously, the Society has explored the history of the Edmonson family. Paul Edmonson, whose wife and 14 children were slaves, was a free man who owned 40 acres of land on what is now Mutuals 15, 16 and 18.

His family has a rich history: from escaping slavery to purchasing freedom and traveling the country with famous abolitionists such as Harriet Beecher Stowe and Frederick Douglass.

The Society has also produced a video of interviews with people connected to the Edmonson family and the historic town of Norbeck. Recently, the Society explored the role of the Quakers, the faith movement that has played an integral part in the history of this vicinity.



A reconstructed log cabin serves as the Button Farm's focal point. Courtesy

Free Non-political Discussion Group Proposed

The purpose of this proposed free group is to provide stimulating discussions on topics of a non-political nature

Topics could include discussions on the solutions to uncontrollable population growth, the belief in free will or pre-destiny or whether computers will, one day, control mankind.

Group members will choose discussion topics, as long as they are non-political.

If interested in joining such a group or for more information, contact Wally at (301-288-4276) or (yabobecker@aol.com).

- Wallace Becker

Garden and Environmental Club

Sept. 10: 'Vegetable Gardening When Mother Nature Doesn't Cooperate'

by Mary Ann Steele

A ll residents are invited to join the Garden and Environmental Club at its first meeting of the season on Monday, Sept. 10, at 10 a.m.

in Clubhouse I.
Erica Smith,
a Montgomery
County master
gardener since
2007, presents
the meeting's
program. Her
topic of discussion is "Vegetable Gardening
When Mother
Nature Doesn't
Cooperate."

In addition to speaking on food gardening topics, she has been

part of the "Grow It, Eat It" program since its inception, and works regularly in the Derwood Demonstration Garden, where she headed the vegetable garden team for 10 years

Smith enjoys growing herbs,

native plants and just about anything else she can fit into her half-acre Germantown property's community garden plot. She is also the published author of several books.

Current and new members

are encouraged to come early to socialize and partake in coffee, tea and homemade desserts before the meeting.



Club president, Mary Ann Steele. Courtesy photo

Membership

One does not need to have a garden plot to become a member. Membership consists of both current and former gardeners who enjoy social-

izing and participating in horticulture and environmental programs.

For more information about membership, contact membership chair Gwen Raphael at (301-598-7653) or (graphael@verizon.net).

Renew Your Garden Plot

by Cindy Hensen

As the garden plots' plants are hit with either rain or sweltering heat, gardeners carry on.

This year's crops have been either plentiful or scarce, but have included a beautiful display of colorful flowers – everything from roses to sunflowers and daisies.

Plot Renewal Changes

Gardeners who attended the last Group meeting received a new set of rules for the 2019 garden season.

All garden plot renewal applications must be submitted by Saturday, Dec. 1. On Dec. 1, all plots that have not been assigned will be considered vacant and abandoned and made available to new applicants.

By logging into the resident website (residents.lwmc.com), gardeners will be able to access the garden's rules and regulations as well as view and print the application forms for a garden plot or a plot renewal.

New gardeners will need to bring the completed form to the Clubhouse I E&R office I. Do not include a check until a plot is assigned.

If renewing a plot, bring the completed form and a check to the Clubhouse I E&R office.

Garden Updates

Cleaning and preparing a garden plot ensures the next gardener a clean space to begin his or her garden, and also ensures that the previous renter gets his or her deposit returned.

A "prepared" plot is a plot that has been checked by the inspectors for debris and over-grown weeds. A father-daughter team recently cleaned a garden plot together, and it was later rented.

- The garden's little, green wagon is used for collecting the vegetables that are delivered to Manna Food Center.
- Stealing vegetables and other crops from others' garden plots has been quite a problem this year. Remain vigilant and check for this kind of behavior.
- The Group is considering placing a flagpole in the garden.



A birdhouse sits among flowers at one of the garden plots. Photo by Leisure World News

Sharing Crops

On Aug. 4, the Group delivered four large boxes of vegetables and \$150 in money order donations to the men and women of the Kensington (Aspen Hill) Fire Station 25.

The firefighters come to the aid of Leisure World

residents every day, and the Group wanted to show them in its own small way a token of gratitude.

Meetings of the Garden Plot Group are held on the second Tuesday of the month at 9:30 a.m. in Clubhouse I. Hope to see you there.

Foundation of Leisure World

Show Off Your Creations at 'The Art Show'

by Michael Greenberg

The Foundation of
Leisure World sponsors
a celebration of the art and
artists of Leisure World
on Thursday, Nov. 1, from
1-3 p.m. in the
Clubhouse I Crystal

Ballroom.
"The Art Show"
showcases art
created by residents and/or their
spouses. The work
can have been

created recently or years ago. Some works will be offered for sale. Admission to the show is free.

Objects on display may include ceramics, knitting, lapidary, needlepoint, paintings and drawings, photographs, quilting, sculpture and woodwork.

"The Art Show" is an opportunity for Leisure World's artists to show their talent to neighbors and friends. All artists must be a member of an arts-related Leisure World club or organization to

> exhibit their work at the Show, and there is no charge to the artist to participate.

Artists must pre-register to exhibit at "The Art Show," and

space is limited. Registration forms and instructions are available at both clubhouse E&R offices beginning at 8:30 a.m. on Tuesday, Sept. 11. Fill out and return the form to either clubhouse E&R office by Thursday, Oct. 18. Registration is accepted on a first-come basis.

Residents Forming Friends of India Association

by Nalini Kukke

R esidents are forming a new group at Leisure World called the Leisure World Friends of India Association (LWFIA).

The Association's purpose is to share, explore and manifest the cultural aspects of India and the Indian subcontinent through music, dance, educational lectures and philosophical discussions. The Association will seek to exhibit and enhance the cultural understanding of India and the Indian subcontinent within the Leisure World community.

LWFIA's sponsors invite residents to become Association members and participate in its different activities. Membership is also open to non-residents, and residents are encouraged to inform family members and friends who may be interested in taking part in the Association.

To become a member of the Association, send your full name, phone number, email address and home address, preferably before Saturday, Sept. 15, to Nalini Kukke at (nalini.kukke@gmail.com) and/or Kavita Kapur at (kavitapk.kapur@gmail.com)

Sept. 12: Club Takes Virtual Trip to Madagascar

by Chuck Mason

asper Voogt, a mineral collector who has traveled to more than 50 countries, takes the Club on a virtual trip to Madagascar at the Wednesday, Sept. 12, meeting at 7 p.m. in Clubhouse II.

He has collected minerals in the U.S., Europe, Myanmar, Russia, Morocco and Madagascar. Voogt, who designs websites for a living, also is a mineral dealer at local gem and mineral shows.

In 2014, Voogt joined 60 others on a three-week field trip to Madagascar under the auspices of the Hudson Mineralogical Society's (Mindat.org) outreach program. The trip was over dirt roads into backcountry away from where one would most likely go as a tourist.

In addition to the minerals and mines, interesting landscapes and wildlife were visible. At the meeting, Voogt will show some of the specimens he collected on the trip. Those who have mineral

specimens from Madagascar in their collection are encouraged to bring them for show-and-tell.

Meetings of the Gem, Lapidary and Mineral Society are open to all residents. Come and join in!

Lapidary Shop

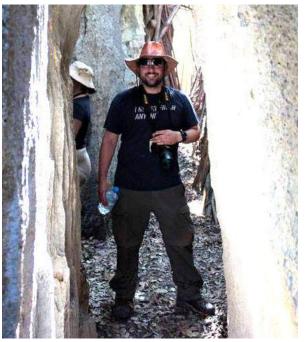
The Club's well-equipped Lapidary Shop is available to all residents who join the Lapidary Club and take training on use of the shop's equipment. The shop steward, Mark Parker, who oversees training, is usually in the shop on Monday afternoons after 2 p.m.

To arrange for training, contact Mark at (240-723-5860), or drop by the shop in Clubhouse II on a Monday afternoon to talk to Parker and see the shop.

Club Item

Members are reminded that Sept. 1 was the beginning of our fiscal year and membership renewal dues should be paid before or at the Club's Sept. 12 meeting. Annual dues are \$10.

For information about the Lapidary Club, contact Frank Roddy, president, at (301-598-3698).



Casper Voogt, courtesy photo

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Rossmoor Art Guild Adds Two New Teachers to Fall Roster

by Ann Bolt

Two new teachers have been added to the Rossmoor Art Guild's (RAG) fall roster.

Bertrand Mao, who some members and residents may remember from the Spring Fling presentation, has joined the staff to teach a six-week session on Chinese brush painting.

He was born in the Jiangsu province of China and has studied and practiced Chinese calligraphy and painting for many years. He is currently affiliated with VisArts in Rockville, Maryland.

He is scheduled to teach class on Mondays from 10 a.m.-12:30 p.m. in the Art studio in Clubhouse I, starting Monday, Sept. 17.

Beginning
Tuesday, Sept. 18,
something different
is offered for
working residents
who want to keep
their creativity alive:
an evening class from 6:30-9
and min
p.m.

Bertrand Mao, photo by
Ann Bolt
ann Bolt
b. m.
Bertrand Mao, photo by
Ann Bolt

Resident Eileen Dunn Lange is offering a Mixed Media Beyond Canvas class. It promises to be fun and relaxing. Any level of artistic acclimation is accepted.

Open House

On Thursday, Sept. 13, RAG holds its Open House from 1-3:30 p.m., which includes an opportunity to register for classes and catch a bargain in art supplies and books. Light refreshments are available.

The Open House provides an excellent opportunity to talk to the teachers and choose your preferred classes. All skill levels are welcome.

Class Information

Barbara Piegari is scheduled to teach an oil painting with brush and knife class on Mondays from 1-3:30 p.m. She teaches a similar class, oils and acrylics, on Thursday after-





At left, Maria Clark honors the late Jim Hensen, whose birthday was Sept. 24, with her painting in Clubhouse I. At right, general exhibit paintings in Clubhouse I for September include Patty Elton's landscape, Nancy Albrecht's dog done in pastel, Ann Bolt's Veteran Park view and Barbara McCool's abstract. Photos by Ann Bolt

noons, also from 1-3:30 p.m.

On Tuesday mornings beginning at 9:30 a.m. to noon,

Ron Erlich guides students through experimentation with any medium. His students are a productive bunch and tend to come early and stay late.

And then on Wednesday afternoons, Genevieve Roberts teaches a class in oil and acrylic painting

and miniatures from 1-3:30 p.m. Her students' work often finds itself amid the miniature show held at Strathmore in Bethesda, Maryland.

On Thursdays, from 10 a.m.-12:30 p.m., Millie Shott continues her Painting is for Everyone class, focusing on basic watercolor.

On Fridays, Firouzeh Sadeghi teaches a watercolor painting class from 1:30-4 p.m. that serves as a good foundation for learning the medium.

Open studio, held on Saturdays from 10 a.m.-12:30 p.m., provides an opportunity for independent study and experimentation, and a chance to catch up with classwork.

All classes are \$65 for residents and \$70 for non-residents. Students must be RAG members to participate in all of its activities.

RAG membership is \$15 per year. Lockers and plastic covers for the tables are available as well.

Fall Session and Exhibits

Fall session classes begin on Monday, Sept. 17, and end

on Saturday, Oct. 27. The next session begins just two days later, on Monday, Oct 29.

RAG will introduce a third new teacher, Doris Bryant, who will teach pastel painting on Tuesday afternoons. RAG provides

several opportunities for students to explore various mediums before winter comes. A

schedule is posted in the hallway in Clubhouse I across from the studio as well as on

the studio doors.

Meanwhile, enjoy the exhibits in Clubhouse I. The hallways reflect a September-October theme for Open Studio, and include references to songs and birthdays and all kinds of things.

RAG is also exhibiting in the Credit Union in the Admin-

istration Building during September and October.



Eileen Dunn Lange, courtesy photo

Italian Social and Cultural Club

Sept. 23: Café Cinema Returns with Sinatra

by Flo Merola

Join the Club on Sunday, Sept. 23, at 2 p.m. in Clubhouse I for the fascinating film "Frank Sinatra: The Man and the Myth." Seating is limited, so call Angela Bufalo at (240-669-3909) by Wednesday, Sept. 19 if planning to attend.

For details about the film, see the Events and Entertainment section of this publication.

Membership

This is the time to join the Italian Social and Cultural Club. Membership is \$12 per person or \$20 per couple. As a member, movie screenings and other events are free.

To join the Club, send a check, payable to the Italian Social and Cultural Club, to Paul D'Angelo at (3310 North Leisure World Blvd., Apt. 310, Silver Spring, MD 20906).

Bocce

Don't forget that on the first and second Fridays of the month at 10 a.m. Club members play bocce outside the Terrace Room of Clubhouse I, weather permitting. For more information, see the Sports in Brief section of this publication.

Sept. 25: Members Meet for First Competition of the Season

by Fred Shapiro

he Rossmoor Camera L Club meets for the first competition of its season on Tuesday, Sept. 25, at 7 p.m. in Clubhouse II.

The competition's judge is photographer Neil Schlosburg, who will critique all entrees and select the award-winning submissions. The competition theme is open, so any image is eligible for consideration. Club members are encouraged to enter their best photos regardless of the subject.

Members are encouraged to select their best work and enter them in the competition in either print or digital format. Two entries are acceptable in each format. Send digital images to (RossmoorLW@gmail.com).

Background Information

Schlosburg is a native Washingtonian who grew up around Polaroid and Brownie box cameras. It was watching the Polaroid negatives develop that really drew Schlosburg into photographic imagery.

Earlier in his life, Schlosburg created art with pastels and charcoal, but now, he prefers to "paint" with light. Schlosburg's camera is his palette, his lenses are his brushes, Photoshop is his painter's knife and metal is his

His passion for photography began with black and white film, capturing images with a pinhole camera. He then developed and printed them as contact sheets in his summer camp's darkroom.

From there, he used a variety of film cameras and his own darkroom, and then moved on to several digital SLRs. He now owns a digital mirrorless camera, along with an old film camera.

Schlosburg's love of music also entered his creative process, albeit in an unexpected way. Looking at one of his fine art images, a large, white flower with petals like delicate linen, his wife said it reminded her of a beautiful wedding dress.

The moment she made that comment, Billy Idol's "White Wedding" played in Schlosburg's head. Since then, all of his images are named after a song or album title or band name.

Monthly Programs

In an effort to attract new members, the Club is using its monthly programs and competitions to help residents appreciate and improve their photographic skills.

While the Club has two categories of membership for its competitions – general and advanced, most members are using the basic tools of the hobby – point and shoot cameras or iPhones and basic computer software for editing that comes with their PC or Mac computer.

The programs are intended to provide insight into these features and how they can be



"Beit Shean National Park" by Lou Paley

used to produce better photographs. Consider joining the Club to share your experiences in photography with members.

October Competition

The Club's next competition in October emphasizes circles, curves and arcs. Check your photo collection for images that emphasize these three features.

Eligible photos feature such images as a circular course, circuit or orbit, or a relatively smooth connection of bends in a course. Arc is defined as shaped like a bow, curve or arch.

Center for Lifelong Learning (CLL)

Thinking Anew About Slavery and its Legacy

by Ann Nash

n October, the Center for Lifelong Learning (CLL) presents a course entitled "Voices: Slave Narratives and the Words of Frederick Douglass, Booker T. Washington, W.E.B. DuBois and Ta-Nehisi Coates."

Dr. Paul Levy, a well-known instructor who has taught several well-received classes at Leisure World, teaches the

His classes are usually a mix of a short lecture followed by thoughtful discussion.

Class Description

A tremendous amount of new scholarship about slavery and its aftermath has been documented since most residents were in school.

In Levy's upcoming class, he intends to challenge attendees

to think anew about slavery and its legacy.

He will use the voices of selected individuals to explore the history of slavery as historians view it today.

Through the words of slaves and enslavers, along with Frederick Douglass, Booker T. Washington, W.E.B. DuBois and Ta-Nehisi Coates, attendees will gain an understanding of slavery and its aftermath.

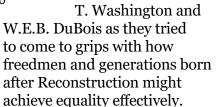
Dr. Paul Levy, cour-The class will look at tesy photo three historical periods – the Colonial, pre-Civil War, and post-Reconstruction years as a preview to discussing the Coates' essay in Atlantic Magazine in which he proposes present-day reparations for Black Americans.

The first class session will begin with the origins of slavery spread to the Americas with a focus on Colonial America.

As a way to understand this, participants will examine some slave recollections and other

pertinent documents.

The second class will use the words of Frederick Douglass as a guide to examine slavery in the Southern U.S. during the first half of the 19th century. The third class will review the words of Booker



From the knowledge acquired during the first three classes, the final session will be a discussion of selections from the essay "The Case For Reparations" by

Ta-Nehisi Coates.

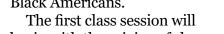
Those who enjoy substantive discussion and are willing to challenge what they have been taught, or have thought about slavery, will enjoy this course.

For course registration and details, see the Classes and Seminars section of this publication. For more information about all CLL courses and lectures, see (www.cllmd.com).

Instructor Information

Levy was educated at the University of Massachusetts in Amherst, where he earned a bachelor's in political science and master's and doctorate degrees in education.

He enjoyed teaching at the secondary and post-secondary levels for 41 years, and since retirement has continued teaching at Leisure World and at other nearby adult learning programs.



in the Western world, and its

Sept. 12: League Works to Get Out the Vote

by Maxine Lewack

The first meeting of the Rossmoor League of Women Voters Discussion Group for the 2018-19 year is on Wednesday, Sept. 12, at 10:15 a.m. in Clubhouse I. All residents – men and women – are invited to attend.

The national, state and local League of Women Voters (LWV) are doubling down on efforts to enable voter registration and participation, and supporting efforts to ensure the integrity of the ballot box. Come and find out how to help the country.



Upcoming Events

On Monday, Sept. 17, at noon, the Maryland LWV holds its annual Constitution Day program at noon-2 p.m. at the Carey School of Law of the University of Maryland, Baltimore.

The program's speaker addresses "The Changing Makeup of the Supreme Court."

On Wednesday, Sept. 26, from 7-8:45 p.m., the Montgomery County League co-sponsors a Candidates Forum for candidates for the Montgomery County Board of Education at the Board of Education offices at 850 Hungerford Dr. #122 in Rockville, Maryland.

The Montgomery County LWV hosts their fall luncheon on Monday, Oct. 29, from noon-2 p.m. at Normandie Farm Restaurant in Potomac, Maryland.

Elaine Weiss, author of "The Women's Hour: The Greatest Fight to Win the Vote" speaks at the event.

Correction

The League of Women Voters' article in the July 6 edition of Leisure World News erroneously stated that Holly Joseph was honored for 50 years of membership and service to the community. Holly Meyer was the resident honored.

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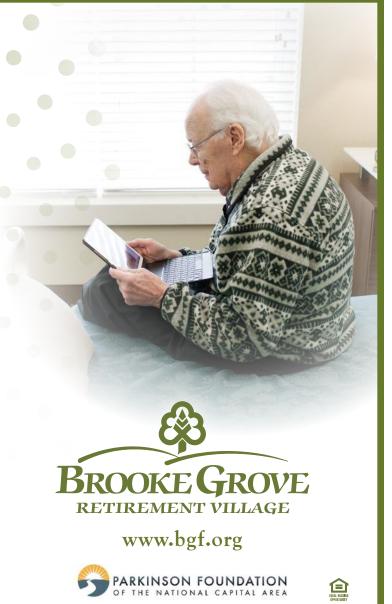
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For more information or to register, contact Toni Davis at 301-388-7209 or tdavis@bgf.org by September 24.

BUS TRANSPORTATION TO THE EVENT WILL LEAVE **CLUBHOUSE #1** AT **5:30 P.M**.



Sept. 13: Sen. Ben Cardin Speaks at Meeting

by Roger Blacklow

ver the next few months, the Democratic Club hosts a series of events with the candidates.

Residents are encouraged to join the Club as it participates in

Sen. Ben Cardin,

MOCRATIC CL

courtesy photo

phone banks, postcard parties, rides to the polls, vote-by-mail, voter registration and other activities. Information on these activities is forthcoming.

September Meeting

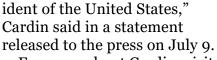
This month's meeting on Thursday, Sept. 13, features Sen. Ben Cardin, who is running for re-election on the Tuesday, Nov. 6, ballot. The meeting is at 7 p.m. in the Clubhouse II auditorium.

The Club expects that Cardin will have a lot to say about current events, including the multiple convictions of close,

trusted advisors of President Donald Trump and their effect on Senate business. The Senate also is responsible for the approval or disapproval of Judge Brett Kavanaugh for the Supreme Court.

"Judge Kavanaugh, like the

others under public consideration, was picked by President Trump off a list of judges pre-approved by right-wing advocacy groups for their willingness to turn back the clock on civil rights and liberties, reproductive choice, equality, the Affordable Care Act, clean air and clean water, and protection from the abuses of corporate and political power, including the Pres-



For more about Cardin, visit

(www.cardin.senate.gov).

October Meeting

Gubernatorial candidate Ben Jealous will be at Leisure World on Monday, Oct. 1, at 7 p.m. in Clubhouse II, along with running mate Susie Turnbull, who is from Montgomery County.

Jealous is more than a civil rights leader. He was named "Marylander of the Year" by the Baltimore Sun in 2013 because of his efforts to pass marriage equality, prison reform and the DREAM Act in Maryland. He has a business background and mentors young people at Johns Hopkins University who want to get into business. He served as the youngest National President and CEO of the NAACP.

For more information about Jealous or Turnbull, visit (Benjealous.com).

Happy Hour

The Club's August happy hour had 162 participants and, because of its success, the Club



Democratic Club members mingle with the candidates at an August happy hour. Courtesy photo

is planning another happy hour. More information will be provided in upcoming issues of the Donkey Dispatch.

Club Information

The Democratic Club has nearly 600 members. Monthly meetings are held on the second Thursday of each month.

The Donkey Dispatch is free with membership in the Democratic Club.

For more information, contact (leisureworlddemclub@ gmail.com).

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Sept. 17: Group Holds Fall Kickoff Meeting

by Joe Cook

The Chapter's first fall meeting is on Monday, Sept. 17 at 2 p.m. in Clubhouse I, with informal discussions and snacks at 1:30 p.m.

Members will discuss the status of current issues facing active and retired federal employees.

Upcoming Events

The Chapter's second annual Federal Health Insurance Roundtable and Expo is on Monday, Oct. 15, and is open to all residents.

The Chapter's meeting on Monday, Nov. 19, features guest speaker Walt Francis, federal health insurance expert and Checkbook Magazine author.

Proposals to Limit Federal Pay and Retirement

The Senate passed a spending bill for 2019 that includes a 1.9 percent pay raise for civilian federal employees for calendar year 2019.

After frozen pay rates for three years from 2011-2013, NARFE believes civil servant federal employees deserve this modest raise included in the Senate spending bill.

This begins the process of countering the Administration's proposed federal pay freeze in 2019.

Without congressional action, federal pay would be kept stagnant by the current Administration, which has clearly stated its intention to freeze federal pay for 2019.

Other Administration proposals include the elimination of cost-of-living adjustments (COLAs) for FERS retirees and a reduction in COLAs for CSRS retirees by 0.5% each year as well as other proposals to change the retirement calculation and increase contributions.

See NARFE publications and website (www. NARFE.org) for the latest status of all related Congressional action.

National Conference

NARFE held a membership conference in Jacksonville, Florida, at the end of August.

The conference included a former astronaut, current NPR correspondent, the director of the

U.S. Office of Personnel Management and national experts on a wide range of federal benefit and annuity issues.

Direct Election of National President

The second round of of voting in the 2018 national election for NARFE president is available

> online, and votes are due by Sunday, Sept. 30. In addition to online voting from the NARFE website, printed ballots and candidate statements are included in the September issue of

NARFE magazine, along with your unique PIN. Consult the Chapter's officers if you would like their recommendations.

Membership Information

One of the most cost-effective ways to support federal retirement is to join NARFE. Chapter 1143's dues are only \$44 per year, of which \$40 goes to NARFE'S national office.

Contact a member of the Chapter's executive committee below for any questions, suggestions or for more information on membership or how you might be of additional support to the Chapter.

The Chapter's general membership meetings are currently open to non-members.

Executive Committee Contacts

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

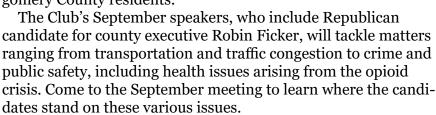
Republican Club

Sept. 18: Meeting Covers Countywide Elections

by Fred Seelman

The Republican Club meets next on Tuesday, Sept. 18, at 7 p.m. in Clubhouse I.

The Club changes its focus to local candidates who are running to represent Montgomery County residents.



Send comments or questions about these or any other Club matters and/or offers to volunteer to Club president Fred Seelman at (fseelman@gmail.com) or first vice president Ray Spieler at (301-460-3563).

Join the Club for another quality event on Sept. 18. Enjoy our refreshments.

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Jewish Residents of Leisure World

Sept. 16: Brunch with **Bob** Levey

Bob Levey, courtesy

by Jonas Weiss

B ob Levey, guest speaker at the Sunday, Sept. 16, Jewish Residents of Leisure World (JRLW) brunch,

has covered the Washington, D.C., scene for 23 years with his daily column in The **Washington Post** and currently a monthly column in The Beacon News. The brunch is at 10 a.m. in Clubhouse I.

photo Levey was named "Washingtonian of the Year" in 1999 by the Washingtonian Magazine. He will talk about the future of Montgomery County.

To attend this event, send checks of \$12 per person, payable to JRLW, to Jerry Gordon at (15311

Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906). Reservations are necessary by Sunday, Sept. 9. Admission at the door is \$15 if space is available.

Religious Services

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

On Saturday, Sept. 8, Cantor Michael Kravitz conducts a Sabbath service at 9:15 a.m. in Clubhouse II. Victor Spitz chants the Haftorah and Jerry Miller talks about the Torah portion of the week.

Rabbi Moshe Samber leads Sabbath services on Saturday, Sept. 15, 22 and 29 at 9:15 a.m. in Clubhouse II. This service includes discussions of the Torah portion as well as study of rabbinical writings.



This fall, JRLW co-sponsors three classes on Judaism: "Belief or Non-belief: Is There a God or Not," "Exploring Ultra-Orthodox Judaism" and "Connecting through Kabbalah." See the Classes and Seminars section of this publication for details.

Donations

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

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

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Sept. 26: 'Women in Judaism' in Shaare Tefila Sukkah

By Barbara Eisen

n Wednesday, Sept. 26, Hadassah holds its meeting in a sukkah at 1:30 p.m. at Shaare Tefila, located at 16620 Georgia Avenue in Olney, Maryland. Rabbi Tirza Schmetzer-Covel speaks on "Women in Judaism."

The program is free, but contact Linda Silverstein at (301-879-2887) or (linjoy357@gmail.com) to RSVP. Members with last names beginning with N through Z are asked to bring something for the refreshments.

Since the meeting is at a synagogue, all refreshments must have a "hechsher" (a Kosher symbol) on the sealed package of the item. No homemade baked goods are allowed. Residents who need transportation are asked to call Lynn Berk at (301-847-9104).

In the future, Hadassah hopes to find volunteers to sponsor the refreshments at its meetings. To share a sponsorship, contribute \$18. To be a single sponsor, contribute \$36. The sponsorship can be in honor of a birthday, anniversary, graduation, bar/ bat mitzvah or other occasion. Send checks, payable to Sandy Stein, to Stein at (607 Cannon Rd., Silver Spring, MD 20904).

Study Group

The Judaic Study Group does not have its usual meeting in September.

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Instead, members are encouraged to attend the sukkah program at Shaare Tefila on Wednesday, Sept. 26.

Pin Sale

Hadassah continues selling unique pins, handmade by resident fabric artist, Bobbi Gorban. The pins are \$18. Order forms are available at each Hadassah meeting or pick one up in the Hadassah mail slot at the Clubhouse I E&R office. For questions, contact Judy Rumerman at (judyrumerman@gmail.com) or (301-680-0850). You don't have to be a member to buy a

Cards

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. Rosh Hashanah cards are also available. The price of the cards is \$3 each. Cards

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

Youth Project

Larelda Gruber (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 \$1,000, made by individual contributions of \$40. Send donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906).

General Information

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

If interested in knowing more about Hadassah, contact

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

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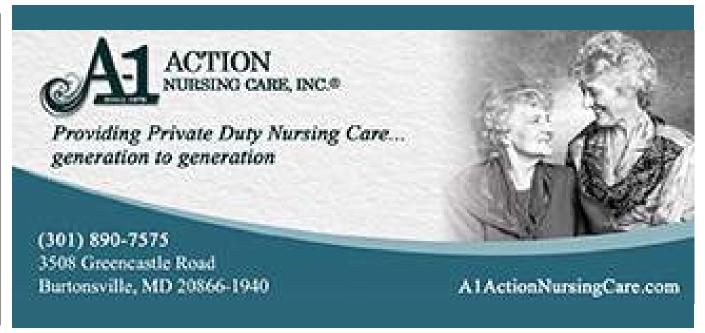
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Time to Join or Renew Membership

by Carole Mund

A nnual membership dues are being collected, and new and returning members are encouraged to join and/or send in their dues.

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By joining NA'AMAT RBZ Club, members become a supporter of NA'AMAT Israel and join a mailing list to receive information about special events and trips prior to the general public.

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

Even if you have received your notice, all renewals should go to the local chapter, and not sent to headquarters in California.

Volunteers Needed

The executive board is eager to have new people participate and bring fresh ideas for activities and programs that are designed for all to enjoy. Volunteers are needed to assist-in mailings, work on existing committees

and initiate new suggestions. If interested, contact Esther Goldstein, volunteer coordinator, at (301-847-9215).

Cards for the Jewish Holidays

The Jewish holidays begins at sundown on Sunday, Sept. 9. The holidays are a time of renewal, reflection and reconnecting. NA'AMAT offers an attractive card to send to friends and relatives. The cards are \$10 for 10 cards, and full donor credit is given for the purchase. Contact Lenore Kalen at (301-922-4348) purchase cards.

Annual Fashion Show

On Wednesday, Oct. 3, NA'AMAT RBZ holds its annual fashion show at 11:30 a.m. in the Clubhouse I Crystal Ballroom. The show includes a delicious brunch, and features new fall and winter fashions by J. Jill from Montgomery Mall, modeled by NA'AMAT RBZ Club members.

The cost to attend the fashion show is \$25 per person, checks

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only and payable to NA'AMAT, and includes \$5 donor credit. Flyers have been sent out to members, but the event is also open to non-members.

To attend, mail checks to Harriet Chaikin at (15101 Interlachen Dr., Apt. 216, Silver Spring, MD 20906). Indicate on the check's memo line with whom you would like to sit. Last year, this event was a sell-out. For questions, contact Harriet at (240-560-7487).

General Information

For information about NA'AMAT-sponsored trips, check the Club Trips section of this publication. For more information about NA'AMAT RBZ Club, contact co-presidents Linda Schoolnick at (301-681-1076) or Gladys Blank at (301-438-9666). For tribute cards, contact Lenore Kalen at (301-922-4348).

May the New Year be a sweet one and bring health, happiness and peace. L'Shanah Tova.

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Fall Lineup Features Musicals and Medical Advice

by Patricia Means

The elected officers for the 2018-2019 session are Juanita Sealy-Williams, president; Alfonso Holston, vice president; Laura Wiltz, treasurer; Elizabeth Brooks-Evans, recording secretary; Lois Pope Fuller, corresponding secretary; and Lawrence Traynham, parliamentarian.

President Juanita Sealy-Williams appointed Sherry Weaver as program chair and Louise Langley as amenities chair. Alfonso Holston remains membership chair, Janice Wallace remains public relations chair and Patricia Means remains archives chair and news contributor. Weaver and Means remain co-producers of The Drumbeat.

Schedule of Events

The following list of traditional and new upcoming events was announced at the program committee meeting on Aug. 17:

- Sept. 21 Medical cannabis presentation at 1 p.m. in the Clubhouse I Crystal Ballroom. See the Events and Entertainment section of this publication for details.
- Sept. 26 "Turn Me Loose" at noon at the Arena Stage in Washington, D.C. All LWAAAC tickets are sold. The Eyre bus departs at 10:30 a.m. from Clubhouse II.
- Oct. 4, 25 and Nov. 1, 15 – Healthful Thursdays coordinated by Dr. Nathaniel Myers, director of the African American Health Program of the Montgomery County Department of Health, from 1-3 p.m. in Clubhouse I. Free tickets are available at the Clubhouse I E&R office beginning at 8:30 a.m. on Tuesday, Sept. 11. Participants will need a different ticket for each session they wish to attend.
- Oct. 18 Fall membership meeting and program at 6 p.m. in the Clubhouse I Crystal Ballroom
- Nov. 28 "Anything Goes" at noon at the Arena Stage in Washington, D.C.
- Dec. 8 Holiday dinner dance at 6 p.m. in the Club-

house I Crystal Ballroom

For more information or for answers to questions about the events, contact program committee chair Sherry Weaver at (240-242-4797) or (stheweaver@comcast.net).

Meetings and Membership

LWAAAC meetings are the first Wednesday of each month at 4 p.m. in Clubhouse II. Each meeting is dedicated to board business followed by an open forum for group discussions, concerns and suggestions.

All residents are invited to join the Association. The dues for new membership and renewals are \$20 per person covering the period of July 1, 2018 through June 20, 2019 (checks only, payable to LWAAAC). An email address should be included with payment.

Dues may be paid at the meetings, placed in the LWAAAC mail slot located in the Clubhouse I E&R office, or mailed to (LWAAAC, PO Box 12316, Silver Spring, MD 20908).

Robocalls

A robocall system operated by Technology Solutions, Inc. on behalf of LWAAAC is used to notify members of meetings and events. The name, Technology Solutions, Inc., or VSMR Enterprise, will appear or be announced via a resident's caller identification system.

Upon answering the call, a short pause occurs before the start of the message. Do not delete or block the call or hang up; the call is a LWAAAC announcement.

Email Change of Address

The Association's new email address is (lwaaac2@gmail. com).

Special Announcements and The Drumbeat

As an adjunct to robocalls, special announcements are emailed periodically, and The Drumbeat is emailed in October, January and April.

To receive the publications, members must provide an email

address to the Association. Email addresses provided to LWAAAC are deemed confidential. LWAAAC does not list or provide members' email addresses to the general membership or to other entities. Members who don't have email access may request printed copies via the LWAAAC mail slot located in the Clubhouse I E&R office.

LWAAAC members may announce their participation

in various Leisure World activities in The Drumbeat. A brief description of the activity, including your name and telephone number, should be emailed to (lwaaac2@gmail. com) or sent to LWAAAC, Attn: The Drumbeat via the LWAAAC mail slot in the Clubhouse I E&R office by Wednesday, Sept. 19.

For more information, contact Patricia Means at (301-598-0550).

Kiwanis Club of Leisure World

Club Members Collect School Supplies for Local Students

by Jack Colvis

A t the invitation of the Kiwanis Club, residents donated well over 400 individual school supply items that were delivered to Harmony Hills Elementary School in Silver Spring, Maryland. Thanks to all who gave so generously!

Many residents continue to support fundraising for Ronald McDonald House Charities by giving their soda pop tabs to the Kiwanis Club. Parents stay at "The House" while their child is being treated for a rare medical condition at a local hospital in the Washington, D.C., area. For more information about the charity, visit (https://rmhcdc. org/).

Inspirational Stones

As a thanks for giving to children so generously, residents will find small stones around the community that have been decorated with kind and inspirational words. Residents are free to take them to place inside their homes, pass on to a special friend or leave them for someone else to find.

Membership

Residents who would like to spend some of their time helping to serve the local community and children



Kiwanis Club members collect school supplies donated by residents for local school children. Photo by Kimberly Y. Choi, Leisure World News

in small ways are asked to consider joining the Kiwanis Club of Leisure World.

For more membership information, contact Heather Benjamin-Alexis at (240-433-0948) or Jack Colvis (301-598-5380).

Club Information

Residents are encouraged to visit the Kiwanis Club's meetings that take place on the first and third Friday afternoon of each month in Clubhouse I. Information about the Kiwanis International Organization may be viewed online at (www. kiwanisone.org). Kiwanis is an IRS 501(c)(4) non-profit organization.

Club Celebrates Its Golden Anniversary

by Carole Mund

Rossmoor Women's Club (RWC) celebrates 50 years at Leisure World with a Gala dinner on Sunday, Sept. 23, in the Clubhouse I Crystal Ballroom. Members, former members and prospective members are invited to attend. Spouses are invited as well.

The Blake High School
Jazz Band performs during
the 5 p.m. cocktail hour, with
delicious appetizers available.
Dinner includes a salad,
surf and turf entrée, stuffed
potato, asparagus, rolls and
butter. The dessert is limoncello
mascarpone.

An alternate main course of pasta primavera with white sauce and vegetables is available. Indicate your preference when you send your reservation and check. There are no other substitutions.

The Gala features a slideshow of memories from the Club's past 50 years. After dinner, Prince Havely performs a medley of hit songs from the past 50 years. The Gala also features three drawings based on the "50" theme; attendees have a chance of winning a \$50 prize, a \$50 gift certificate to Gold Castle Jewelers in Leisure World Plaza or a \$50 gift certificate for the Club's See's Candies sale.

To attend the Gala, mail or deliver checks, \$40 per person payable to RWC, to Carolyn Thompson at (15000 Pennfield Cir., #202, Silver Spring, MD 20906). Checks must be received by Wednesday, Sept. 19. Refunds are not available after that date.

Club Mission

For the past 50 years, RWC has engaged in volunteering and fundraising that benefits charities in the local area. RWC has also established college scholarships for local high school students.

Funds and volunteer support services have been donated to a variety of charities, including A Wider Circle and Head Start programs, as well as organizations that provide services for families of wounded soldiers and charities supporting families affected by domestic violence.

At Leisure World, RWC donates to the Fireside Forum and FISH (Friends in Sickness and Health).

Membership

RWC membership is open to residents and non-residents. Membership affords the opportunity to attend all RWC meetings and trips. The organization provides members with an opportunity to meet new people as well as to make a difference in the community.

Many of the activities incorporate fundraising to support charities, while others involve volunteering on behalf of the Club.

To join RWC, mail membership dues of \$40 per person, (checks only, payable to Rossmoor Women's Club), to Arlene Siller at (3100 North Leisure World Blvd., #909, Silver Spring, Maryland 20906).

For additional questions or information, contact Siller at (abs929@yahoo.com).

Head Start Volunteers

RWC supports the Head Start program in a variety of ways. Club members collect hand-knitted hats and scarves for the pre-K Head Start class and, hopefully, the other two pre-K classes at Harmony Hills Elementary School.

Last year, RWC had over 60 knitted sets donated, which meant that not only the Head Start, but every pre-K student in the school received a set. The Club brings the sets to the school by the end of October.

For questions or to become involved in this initiative, contact Rita Posner at (ritaposner@gmail.com).

Upcoming Events

- Oct. 1 Vendor Sale at Bedford Court
- Oct. 23 Fashion Show by Chico's



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From Brussels to Amsterdam, Armchair Travelers Take In Europe's Best Sites

by Elizabeth Brooks-Evans

Going It Alone Club (GIAC) member Roma Sohn recently introduced the Club to the game of Mexican train domino during the Club's usual gathering on Saturday at 2 p.m. in Clubhouse II.

The game is a timeless classic that has entertained kids and adults for generations. GIAC member Shelly Finkelman shared, "I like it because it's nice and easy and fun," "With this game, if you can count dots, you can have fun," added Eileen Nector.

Bridge and Rubik's cube begin at 2:30 p.m. Bingo is played on the second and fourth Saturdays of the month and Pokeno on the alternate Saturdays from 2:30-4 p.m. GIAC's long-time bingo caller, Sylvia Pachenker, is looking for a member to assist her with that task. Anyone interested should call her at (301-598-5325).

Armchair Travel

On Saturday, Sept. 8, at 2 p.m. in Clubhouse II, armchair travelers virtually tour Bruges and Brussels, Belgium with well-known guide Rick Steves. While in Bruges, savor the exquisite art of Memling, climb a bell tower to get up close and fortissimo at a carillon concert, and sample fresh frites and the world's tastiest chocolate.

And then armchair travelers ride the train to Brussels and stroll along Europe's finest square, and take a close look at a medieval hospital.

On Saturday, Sept. 15, visit
Amsterdam, Europe's best-preserved
17th century city, filled with history
and still happy-go-lucky – a delight
to explore. Uniquely entertaining
Amsterdam shows off its Rembrandts
and Van Goghs, more bikes than cars
and pot-filled coffee shops – all under
tall, skinny facades leaning out over
placid canals.

Trips

Back by popular demand, GIAC sponsors day trips to the following locations:

- Sept. 20 Harris' Crab House on the Chesapeake Bay plus the Amish Market at the Queenstown Mall. This trip is filled
- Nov. 7 Harrington Casino in Harrington, Delaware
- Dec. 11 Dutch's Daughter Restaurant in Frederick, Maryland, and Linganore Winecellars in Mt. Airy, Maryland.

For more detailed information on these trips, check the Club Trips section of this publication.

Sign-ups for trips takes place during 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 also 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).

Membership

Those wishing to sign up for membership can do so during SAL from 1:30-3 p.m. in Clubhouse II when representatives can provide information and



From left, GIAC members Judy Tarr, Anne Harrison, Shelly Finkelman and Eileen Nietert play a game of Mexican train dominoes. Photo by Elizabeth Brooks-Evans

answer questions about the Club and its activities. Residents are also invited to call Sylvia Pachenker at (301-598-5325) for more information about membership.



Tips for System Preferences on Mac

by Brent Malcolm

ac users can open M System Preferences by using the Apple menu or clicking on its icon in the Dock. See "Note" section if the System Preferences icon is not in the Dock. When it opens, the Apple default is to organize the preference panes by Category. However, it's much easier to find a

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particular pane if they're organized Alphabetically. To accomplish this, go to the View menu and select Organize Alphabetically.

Users can go directly to a particular pane in a number of ways: (1) Right

click on the System Preferences icon in the Dock and select any pane. (2) If the desired pane is represented in the menu bar (i.e. Sound) click on the menu bar symbol and select the associated preference.

Once System Preferences is open, the Search field at top right is great for going directly to a tab, or finding where a setting lives when the user is not sure where to look, even when the user is not sure of the correct term.

For example, using "login" or even "log in" as a search term can get the user directly to the

Login Items tab of the Users & Groups pane. As the user types, a dropdown menu lists candidates, all of whose panes are spotlighted in the window. Users can jump to the related pane by clicking its icon or by

> clicking on the item in the dropdown list: the user will be sent directly to the appropriate tab in the pane.

To return from a preference pane to the icon array, click the Show All button – the rectangular

button with dots.

Apple

If a user needs to use certain preference panes frequently, add them to the Dock for quick access. They are available in / System/Library/Preference Panes. Since they're essentially documents, drag them to the right side (or the bottom) of the Dock, depending on where the Dock is placed.

Note: Users who don't have

a System Preferences icon in their Dock can easily add it. Go to the Applications folder, find the System Preferences application and drag it into the dock. Users can place it anywhere to the left of the line or above the line

Apple Club News

Club meetings resume on Tuesday, Sept. 25, at 10 a.m. in Clubhouse II. One of the Club's favorite presenters, Aaron Davis from Apple Computer, will talk about the new Apple software, macOS Mojave and iOS12.

Visit the Club's website at (http://mac.computerctr.org).

Today's Tip - Do **Calculations with Spotlight**

Open Spotlight by clicking on its magnifying glass icon in the right end of the menu bar, or press Command-Space Bar. Enter the desired calculation and the result appears in the Spotlight window.

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Boomers Socialize, Eat and Enjoy Life

by Beth Leanza

The Club's August picnic at East Norbeck Park was a big success. The Club will have one more picnic in the fall.

Boomers love movies, and show a different one once a month on a Friday at 7 p.m. in the Clubhouse II auditorium. Bring a snack to share after the movie. Food is not permitted in the auditorium. The next movie is on Friday, Sept. 21 at 7 p.m.

The Club also enjoys going out to dinner and a movie. Some Club members dine at Gordon Biersch in Rockville, and then catch a movie at nearby Stadium 13 or Arc Light Theater in Wheaton Mall.

Club members are looking forward to three upcoming musicals at Toby's Dinner Theatre in Columbia, Maryland. Toby's provides a buffet dinner or breakfast and ice cream bar, followed by a great musical performance. The buffet also includes specialty drinks, with or without alcohol, in a memento glass that theatregoers can keep.

Friday Hikes with Joyce

Once a week, a group meets for a three-mile walk. Some walkers turn around halfway for a shorter walk. Many walkers meet at the walk site, but to carpool, contact Joyce Richardson at (301-598-7098) or (777cheekie333@gmail. com) by Thursday evening.

- Sept. 7 Berma Road (Potomac). Meet in the parking lot across from Angler's Inn on MacArthur Blvd. at 10:15 a.m. Bring water and a lunch. Drive through the Norbeck Gate and turn left onto Norbeck Road. Norbeck Road becomes First Street, and First Street becomes Wootton Parkway. Turn left onto Falls Road. Falls Road becomes MacArthur Boulevard. Continue on MacArthur Boulevard until you see the Old Angler's Inn. The Berma Road parking lot is on the right.
- Sept. 14 Brookside Gardens (Wheaton) Meet at the Visitor's Center at 10:15 a.m. Bring water and a lunch. Drive through Connecticut Gate and continue onto Connecticut Avenue. Turn left onto Georgia Avenue and drive for approx-

imately two miles. Turn left onto Glenallan Avenue. Cross over Randolph Road and continue for approximately 0.4 miles. The Visitor's Center is on the right.

• Sept. 21 – Audubon Naturalist Society (Chevy Chase). Meet in the parking lot near the gift shop at 10:15 a.m. Bring water and lunch. Drive through the Connecticut Gate and continue onto Connecticut Avenue to Beach Drive. Beach Drive becomes Jones Mill Road. Turn right into the entrance of the Woodend Sanctuary. Park at the top of the hill across from the gift shop.

Sunday Morning Walks

For a three-mile walk right here in Leisure World, walkers can meet up on Sunday mornings at 8:30 a.m. near the corner of Leisure World Boulevard and Arden Court (across from Kelmscot Drive). The group walks the entire Leisure World Boulevard circle. Usually, the walkers go out to breakfast after the walk.

Weeknight Walks

For a shorter walk on weekdays, meet at 5:15 p.m. in the Clubhouse I lobby. The group walks around the Broadwalk in Montgomery Mutual. No one makes an announcement, so be sure to ask around if you're new.

Volkssport Walks

One Club member also belongs to the American Volkssport Association (AVA). He posts AVA walk information on (bbclw@googlegroups.com). Click on Walks, below the Calendar.

Joining is Easy

To join the Baby Boomer Club, send a check for \$5, payable to Baby Boomer Club, to membership chair Susan Landesberg at (3505 Twin Branches Ct. 37-C, Silver Spring, MD 20906).

Include your address and phone number (if not on the check) and email address.

Members who do not have email should keep in contact with a member who does, because the Club mostly communicates by email.

Adding the Baby Boomer

group email address, (bbclw@ googlegroups.com), to your contact list or address book will help to prevent the Club's emails from ending up in the spam or junk folder.

The Club keeps its emails limited to activities that members might enjoy.

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

Want to Know More?

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

Comedy and Humor Club

The Battle of the Sexes

by Al Karr

A favorite theme during the weekly meetings of the Comedy and Humor Club is the sharp-tongued exchanges between husband and wife.

So it was at two recent get-togethers of Leisure World's standup comedians and comediennes. The current venue for the Club's meetings is the Multi-purpose Room in Clubhouse II, where table tennis is played, which is appropriate because of the ping-pong nature of the Club's jokefest.

The Club meets every Tuesday at 1:30 p.m. in Clubhouse II. On

the last Tuesday of each month, club president Sam Hack shows a video of a past TV comedy show, which is also good fun.

Taking the microphone at the last meeting were vice president John Lass, his wife, Charlotte, treasurer Sumner Levin, Fred Fernbacher, Sam, Rudy Volin, Skip Schoening, Herb Hodes, Wally Becker and Al Karr. Here is an example of the jokes they told:

 Herb – A wife tells her husband to buy a carton of milk, and if the store has avocados, to buy six. So he comes home with six cartons of milk because, he says, "they have avocados."



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som + den, 1 full and interest rates remain low. This is the time for you to make the move \$1,400 + electricity you've been planning. Contact Kathleen or Eileen to assist you.

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Clubs, Groups & Organizations In Brief

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

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

Boston Group: The Boston Group would like to share information with residents who are from the Boston, Massachusetts, area. For information about the Group's activities and meetings, send your name, phone number and email address to (miltze2@gmail.com).

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

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

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

Knitting Corner: Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is Sept. 14. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel's mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

LW Green: LW Green was formed in 2015 by residents who are enthusiastic about becoming better environmental stewards. Meetings are the second and fourth Wednesdays of the month at 2 p.m. in Clubhouse I. All those who care about the natural resources in Leisure World and the outside communities are urged to join us. For more information, contact Janice McLean at (janicewmclean@gmail.com).

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

Musical Jammers: We gather informally once a month with other amateur musicians, singers and lovers of music to sing, play music and have fun – no dues, no meetings, no agendas, no committees. We meet

on the second Monday of every month at 10 a.m. in Clubhouse II. All instruments and voices are welcome. You bring it; we'll sing it. Questions? Call Richard Lederman at (301-598-1132).

Nextdoor.com: A friendly place online to share tips and meet neighbors. We already have a record of success helping make Leisure World even better. Free. Please join our more than 1,000 members. Go to (www.nextdoor.com/join) and enter the code QHMXCF.

The Philadelphians: We will reconvene in September with a coffee and cake social, day and time to be determined. For further information, contact Steve Kane at (301-598-2330) or (kanens@verizon.net).

The Pittsburghers: The Pittsburgher Club will resume its meetings on Wednesday, Sept. 26 at 6 p.m. in Clubhouse I, where we will have dinner and discuss plans for the coming year. To RSVP, call Tania at (301-598-2278) or email (tania.iwanowski@yahoo.com). Please attend.

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. 13.

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

Short Story Group: The Group reads from a collection of short stories and discusses them together. The Group is now reading from the anthology "The O. Henry Prize Stories 2018," which contains 20 prize-winning stories. On Wednesday, Sept. 19, Beth Leanza will lead a discussion of "Edison, NJ" by Junot Diaz. On Wednesday, Oct. 3, Beth Leanza will lead a discussion of "The Tomb of Wrestling" by Jo Ann Beard. The Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

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

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

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

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

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

Leisure World Club Trips

The next deadline for trip submissions is **Monday**, **Sept. 10.** The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are open to all residents, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. **Email** your trip information to **lwnews@lwmc.com**.

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

3

NEW - "South Pacific" at Olney Theatre

Join the **Low Vision Support Group** for a 2 p.m. performance of the classic musical "South Pacific" at Olney Theatre. This performance is enhanced with audio description for people with impaired vision. Tickets are \$45 per person, checks only (payable to Olney Theatre Center), and can be placed in the mail slot at the Clubhouse I E&R office. To reserve a seat, a \$25 non-refundable deposit must be paid by Friday, Sept. 18. All residents are welcome.

For questions or more information, contact Jean Proctor at (240-560-7026) or Bunny Gold at (240-560-7026).

10/31-11/1

2018

Dover Downs Hotel & Casino in Delaware

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

The bus leaves Clubhouse II at 10:30 a.m. on Wednesday, Oct. 31, and returns at approximately 3:30 p.m. on Thursday, Nov. 1.

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

Nov.

Harrington Casino in Delaware

Join the Going It Alone Club on a trip to Harrington Casino, in Harrington, Delaware. The casino provides \$15 in slot play and a \$7 buffet credit (subject to change).

The bus leaves Clubhouse II at 11 a.m. and returns at approximately 7 p.m. If you have a casino card number, you must bring it with you.

The cost is \$25 for Club members and \$32 for non-members. Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, Oct. 13, unless a replacement if made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

Gaming and Sightseeing 26-28 in Atlantic City, NJ

Join the Jewish Residents of Leisure World for a two-night, three-day trip (Monday-Wednesday) to Atlantic City, New Jersey. For only \$179 per person for double occupancy (\$90 more for single occupancy), you get transportation in a modern bus, two nights lodging in the Tropicana Atlantic City hotel, a dinner and two hot breakfasts, plus a \$20 casino bonus.

On your own in this tourist location, you can also take in a show and enjoy the famous boardwalk. Contact Sue Sandler at (240-242-3742) for more information and a reservation.

11

Holiday Luncheon and Tour and Wine Tasting

Join the **Going It Alone Club** for a holiday luncheon at Dutch's Daughter in Frederick, Maryland. The buffet includes carved beef, Dutch's chicken, baked potatoes, vegetables, salad, dessert with coffee, tea and soda.

After lunch, we travel to Linganore Winecellars in Mt. Airy, Maryland, for a tour and wine tasting.

The bus departs from Clubhouse II at 11 a.m. and returns at approximately 6 p.m.

The cost is \$65 for Club members and \$73 for non-members, and includes luncheon, tour, wine tasting, tax and meal and driver gratuities. Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, Nov. 10, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

4/29-5/8

2019

Costa Rica Getaway

The **Center for Lifelong Learning** invites all residents to travel with Spanish instructor Judy Frumkin to Costa Rica to see the sights and practice your ability to speak and understand Spanish. Ability to speak Spanish is not necessary to enjoy this getaway.

Participants depart Washington, D.C. by air on Monday, April 29, and the tour commences in San José. Over the next nine days, the group visits La Guácima, Alajuela, Arenal Volcano, Sarapiquí, Jaco Beach and Manuel Antonio National Park. In addition to sightseeing, the group will have the opportunity to interact with local residents, dance to Spanish music and enjoy the natural wonders of Costa Rica.

The cost of the trip is \$2,501. A payment plan is available through the website. Full payment is due by Friday, Jan. 18, 2019.

Price includes airfare, hotels, local transportation and admissions, nine breakfasts, eight lunches and nine dinners. A local guide will accompany the group. Please note that all information is subject to change

To register for the trip, visit Prometour at (https://goo.gl/g2TQNw). Temporary Access Code is PM_7271; Temporary Password is 7271! The U.S. phone number is (1-800-304-9446).

For information and/or questions about the tour, contact Judy Frumkin at (judyfrumkin@gmail.com) or (443-858-2894).

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.

SPORTS, GAMES & Scoreboards

Duckpin Bowling League

Sept. 10: Duck, Duck, Bowl

by Flora Wolf

On Monday, Sept. 10, duckpin bowlers begin a new season of challenging but friendly competition.

The League convenes at noon at White Oak Duckpin Lanes, located at 11207 New Hampshire Road in Silver Spring in the White Oak Shopping Center. The meeting covers some organizational details before the "good times" begin.

In May, at the end of last season, the League enjoyed a delicious and sumptuous luncheon, accompanied by the distribution of generous prize money for every participant.

League Information

The League's weekly fee, \$10.50 per person, covers the cost of three games of bowling, bowling shoe rental for members who don't have their own pair, a weekly, printed update on individual and team standings, and prize money.

The League's teams are mixed gender, as well as mixed skill! Members range in age over a 40-year span, and many have either never bowled duckpins or had not done so for decades beforehand when they joined the League. Don't be deterred by a lack of experience. Skill comes with regular participation and the encouragement of teammates.

Most League members have formed carpools, and can help members who don't drive.

The League also welcomes guests from outside of Leisure World who are at least 55 years of age. Snowbirds should also consider joining; the League can call on substitutes when needed.

Teams are forming for the season and the League's "regulars" urge newcomers to join up for fun, exercise and good fellowship.

To ensure a place on a team, call one of the following: White Oak Bowling Alley at (301-593-3000), Liza Zarou at (301-814-0029) or Flora Wolf at (301-598-5807).

Tennis Club

Tennis Players Enjoy a Summer Picnic



A crowd gathers at the Tennis Club's annual picnic Aug. 17. Photo by Fred Shapiro

by Alfonso Holston

The Tennis Club reminds all members that the annual Club dinner is held on Sunday, Oct. 7, at 4:30 p.m. at Bedford Court. The cost is \$30 per person. Dinner includes a glass of either red or white wine.

Make a reservation with Suzanne Miles by calling her at (301-598-3103) or by sending a check for \$30, payable to Leisure World Tennis Club, to (3200 North Leisure World Blvd., #1017, Silver Spring, MD 20906). Reservations are due no later than Thursday, Sept. 20.

Court Play

The season continues with round robin play on Tuesdays and Fridays from 9:30-11 a.m. On Sundays, Wednesdays and Thursdays, players enjoy advance play time on the courts from 9:30-11 a.m. All residents are welcome to join in the fun.

Picnic

On Aug. 17, Tennis Club members met at Norbeck Park for the Club's annual picnic. The turnout was great and everyone had a good time. Tennis courts were available for those who wanted to play a game.

Special thanks goes to the picnic's organizers, Laurie Burdick, Rose Arnold and Mitzi Estrin, for making this event enjoyable.

Pickleball Club

Pickleballers Qualify for National Senior Olympics

by Scott Keenum

E ight Leisure World pickleballers' performances at the Maryland Senior Olympics qualified them for the 2019 National Senior Olympics in Albuquerque, New Mexico.

Pickleball Club members brought home five gold, four silver and three bronze medals. All medalists qualified to represent Maryland in the 2019 National Games.

The Club's winners are Sylvia Bell, gold in 80-84 singles and women's doubles; Donna Leonard, gold in 80-84 women's doubles and silver in 80-84 mixed doubles; Scott Keenum, gold in 60-64 men's doubles and silver in 55-59 mixed doubles; Jerry Clark, gold in 70-74 mixed doubles; Ron Grill, silver in 80-84 mixed doubles; Leroy Salazar, silver in 65-69 men's doubles; Susan Crawford, bronze in 70-74 women's singles and Rick Bradley, bronze in 65-69 mixed doubles.

Newcomer Duplicate Bridge

The next newcomer duplicate bridge session is on Monday, Sept. 17, at 6:30 p.m. in Clubhouse I. A short lecture on one aspect of the game precedes the card play.

Coming as a pair is preferred, but singles will be matched up when possible. A fee of \$2 per person is collected at the game.

To aid in planning and in forming partnerships, RSVP by Friday, Sept. 14, to Aaron Navarro at (abn123@netzero.com).

– Jerry Miller

As Summer's League Cools, Winter's Heats Up

by Rita Mastrorocco

The league thanks all the L bowlers who made the 2018 summer bowling season a great success. The winter bowling league starts on Friday, Sept. 7.

The league begins practice at 9:20 a.m. at Bowl America, 1101 Clopper Road in Gaithersburg, Maryland. The cost for the three games of bowling, the use of bowling shoes and balls, and unlimited cups of coffee is only \$11.

You do not need to be a good bowler to join. Come and join the league for fellowship, fun and easy exercise. There is no longterm commitment. All those interested in joining should contact Rita at (301-814-9196).

The league is based on handicaps with averages for the bowlers ranging from 99 to 193. Final summer league standings as of Aug. 24 are:

- 1. Hooks N Curves
- 2. Huggers
- 3. Just One More
- 4. Winners
- 5. Guttersnipes
- 6. C.A.S.H.
- 7. Optimist
- 8. Rolling Rocks

- 9. Lightnin Strikes
- 10. Pin Busters
- 11. Half and Half
- 12. Fighting Irish

Top scores for the week of Aug. 10 are:

Scratch Game - Guttersnipes, 673 pins

Scratch Series - Hooks N Curves, 1,982 pins

Handicap Game - C.A.S.H., 938 pins

Handicap Series - Hooks N Curves, 2,660 pins

High Average Men – Jerry Clark, 190 pins

Scratch Game Men – Jerry Clark, 228 pins

Scratch Series Men – Jerry Clark, 620 pins

Handicap Game Men -Roger Grivois, 273 pins Handicap Series Men -

Roger Grivois, 723 pins High Average Women -Chris Porter, 173 pins

Scratch Game Women -Chris Porter, 222 pins

Scratch Series Women -Chris Porter, 589 pins

Handicap Game Women -Chris Porter, 266 pins

Handicap Series Women -Chris Porter, 721 pins

Top scores for the week of **Aug. 17 are:**

Scratch Game - Hooks N Curves, 646 pins

Scratch Series - Hooks N Curves, 1,913 pins

Handicap Game - Winners, 921 pins

Handicap Series - Winners, 2,690 pins

High Average Men – Jerry Clark, 193 pins

Scratch Game Men - Jerry Clark, 258 pins

Scratch Series Men - Jerry Clark, 664 pins

Handicap Game Men -Jerry Clark, 285 pins Handicap Series Men -Jerry Clark, 745 pins

High Average Women -Chris Porter, 175 pins Scratch Game Women -

Chris Porter, 213 pins Scratch Series Women -Chris Porte, 559 pins

Handicap Game Women -Chris Porter, 255 pins

Handicap Series Women -Bea Morrisey, 692 pins

Top scores for the week of Aug. 24 are:

Scratch Game - Hooks N Curves, 643 pins

Scratch Series - Guttersnipes, 1,839 pins

Handicap Game - Winners, 888 pins



Handicap Series - Huggers, 2,588 pins

High Average Men – Jerry Clark, 193 pins

Scratch Game Men - Bill Thomas, 196 pins

Scratch Series Men - Stab Galinn, 510 pins

Handicap Game Men – Bill Thomas, 256 pins

Handicap Series Men -Mark Bandak, 710 pins Most Improved Average

Men – Chuck Martinez, plus

High Average Women -Chris Porter, 175 pins Scratch Game Women -Cathy Flinchbaugh, 194 pins

Scratch Series Women -Chris Porter, 525 pins

Handicap Game Women -Cathy Flinchbaugh, 260 pins Handicap Series Women -Barbara Raney, 715 pins

Most Improved Average Women - Barbara Raney, plus 45

Golf Club

Players Compete at **MISGA State ABCD** Championship

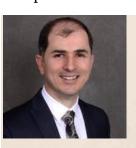
by Sperry Storm

welve Leisure World **I** golfers competed at the MISGA State ABCD Championship at Norbeck Country Club on Aug. 9.

The field consisted of 102 MISGA players from both Maryland and Delaware playing in four flights, so Leisure World Golf Club MISGA's fielding 12 qualified players is significant.

The tournament was played single stroke, all from the Men's Senior MISGA tees at 5,761 yards. Ladies were also included, playing from their tees at 5,452 yards. MISGA standard tees are 5,300-5,800 yards.

Of Leisure World's 12 players, one scored a gross 92 with a net of 65, winning the first low net prize in his flight. (His gross score also qualified as the third low gross score in his flight, but players can only win one prize each in each flight.) His flight had the most players with 28, so competition was keen.



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Don't Cry for Me, Nicaragua

by Bernie Ascher

Nicaraguan president Daniel Ortega has a vision to bring Nicaragua out of poverty. He wants to build a canal across the country, connecting the Atlantic and Pacific Oceans.

It would be longer, wider and deeper than the Panama Canal and would accommodate ships – tankers and container ships – that are too large for the Panama Canal. It is believed that it would attract new investment and create tens of thousands of jobs.

Thus, in 2013, Ortega made a deal with a 40-year-old Chinese billionaire, one of the 200 richest men in the world, who would finance and build the canal. Nicaragua's Congress enacted a law granting the billionaire, Wang Jing, and his company, HKND, a 50-year concession to operate the canal, renewable for another 50 years, after which ownership would revert to Nicaragua. HKND

would pay Nicaragua \$10 million per year for up to 100 years.

Building the canal is an enormous undertaking. HKND estimated that it would take five years to complete at a cost of \$40-50 billion. Construction would require moving 4.5 million cubic meters of earth.

As described in an article in The Guardian, this would be "enough to bury the entire island of Manhattan up to the 21st floor of the Empire State Building," or "enough to fill two million Olympic-size swimming pools," according to an article in The Washington Post.

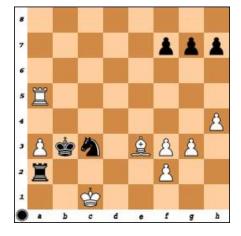
The project would include building new roads and bridges, a new international airport, as well as worker camps. At 178 miles, the canal would be three times longer than the Panama Canal. It would also be almost twice as deep. It would be large enough to accommodate container ships with 25,000-container capacity.

In addition, the project needs a cement factory because the canal requires double the amount of cement currently produced annually in all of Central America.

The Nicaraguan people, however, protested at the ground-breaking ceremony in December 2014. They feared for loss of their farms and other property without adequate compensation, and that construction would activate dormant volcanoes, create earthquakes and pollute their water supply, their beaches and rainforests. They also were concerned that Chinese workers would get most of the jobs created.

In 2015, Jing suffered huge financial losses, making it more difficult to raise money for the canal. He reportedly lost billions of dollars in China's stock market with his net worth sinking from \$10.2 to \$1.1 billion, according to South China Morning Post and Bloomberg Billionaire Index.

Jing's Beijing Xinwei Telecom



Technology Co., Ltd. encountered serious problems, not only in China but also in other areas, such as Crimea and Ukraine.

Meanwhile, in 2016, Panama completed a four-year project to expand its Canal, raising questions about whether the world needs a second canal in Central America.

April 2018 brought more signs of setback for the canal. HKDC moved out of its prestigious offices in Hong Kong's second largest skyscraper, the International Finance Center. Jing could walk away from the Nicaragua project without negative consequences; there is no penalty for delay of construction.

In the same month, thousands of protesters took to the streets, rioting against reforms in Nicaragua's welfare system. An editorial in La Prensa stated that Ortega had "lost control of the streets." Nicaragua remains one of the poorest countries in the Western Hemisphere.

At Leisure World, there is no need to build a canal. Facilities are near at hand and chess players have no problems meeting each other. In the game pictured on this page, it is Black's turn to move. What is Black's best move?

The solution follows the usual message that the Chess Club meets Mondays, Wednesdays and Fridays from 1-4 p.m. in Clubhouse II. For further information, call Bernie Ascher at (301-598-8577).

SOLUTION: Black moves the Rook to c2. Checkmate!

So, do not wait for \$50 billion financing. Do not wait to fill 200 million Olympic-size swimming pools. Do not wait for a Nicaragua Canal. Play chess now!



Tuesday and Friday Duplicate Bridge

Compiled by Jerry Miller

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

Tuesday, Aug. 7, 2018

North-South

Flight A

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

Flight B

1. Marilyn Rubinstein – Stanley Rosen 1. Doug Brasse – Merrill Stern

East-West Flight A

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

Flight B

Friday, Aug. 10, 2018

North-South

1. Aaron Navarro – Barbara Lebwohl

- 2. Stephan Billstein Jim Cowie
- 3. Marilyn Rubinstein Stanley Rosen

East-West

- 1. Mel Schloss Rosalind Dixon 2. Shirley Light – Bernice Felix
- 3. Sid Lotlikar Michael Benefiel

Flight B

- 1. Sid Lotlikar Michael Benefiel
- 2. Marilyn Rubinstein Stanley Rosen
- 2. Robert Kerr Marcia Fletcher

Flight B

1. Sid Lotlikar – Michael Benefiel

Tuesday, Aug. 14, 2018

North-South

Flight A

- 1. James Summers Jr Barbara Summers
- 2. Beena Deshmukh Madhav Deshmukh
- 3. Jerry Miller Gerald Lerner

East-West Flight A

- 1. Doug Brasse Merrill Stern
- 2. Susan Weiss Bernice Felix
- 3. Robert Kerr Patti Anschutz

Flight B

1. Beena Deshmukh – Madhav Deshmukh

Friday, Aug. 17, 2018

North-South

East-West

- 1. Stephan Billstein Jim Cowie
- 1. Ted Michos Sue Swift
- 2. Betty Brawley JoAnn Quinn
- 2. Lorraine Hegel Saul Penn

Tuesday, Aug. 21, 2018

North-South

Flight A

- 1. Beena Deshmukh Madhav Deshmukh
- 2. Hanna Schepps Marlys Moholt
- 3. Marilyn Udell Maida Crocicchia
- 4. Diane Keiper Nadyne Cheary

Flight B

2. Stephen Weiner – Larry Carswell

East-West Flight A

- 1. Robert Kerr Lorraine Hegel
- 2. Susan Weiss Sue Swift
- 3. Alfred Caponiti John Ryan
- 4. Sid Lotlikar Michael Benefiel

Flight B

- 1. Susan Weiss Sue Swift
- 2. Sid Lotlikar Michael Benefiel

Friday, Aug. 24, 2018

North-South

Flight A

1. Diane Keiper – Nadyne Cheary

2. Stephan Billstein – Jim Cowie

Flight B

1. Stephan Billstein – Jim Cowie

East-West Flight A

- 1. Norman Salenger Saul Penn
- 2. Abigail Murton Doug Brasse

Flight B

1. Abigail Murton – Doug Brasse

Wednesday Night Chicago Bridge

Compiled by Abigail Murton

Aug. 8, 2018

- 1. Abigail Murton and Doug Brasse,
- 2. Leloy Cottrell and Joan Joyce, 4,050
- 3. Judy Lane and Monroe Elbrand, 3,910
- 4. Dottie Donnelly and Dottie Hurley, 3,300

Aug. 15, 2018

1. Dottie Donnelly and Dottie Hurley, 4,180

- 2. Joyce and Dick Riseberg, 3,730
- 3. Abigail Murton and Doug Brasse,
- 4. Judy Lane and Monroe Elbrand, 3,390

Aug. 22, 2018

- 1. Helen Montanaro and Bill Cave,
- 2. Judy Lane and Monroe Elbrand, 4,940
- 3. Ann and Joe Boland, 4,420
- 4. Dottie Hurley and Dottie Donnelly,

Aug. 23, 2018

Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

Aug. 9, 2018

- 1. Pat Williams, 3,390
- 2. Betty Buttell, 2,950 3. Evelyn Armstrong, 2,620

Aug. 16, 2018

- 1. Delores Shapiro, 2,890
- 2. Michle Frome, 2,620 3. Evelyn Armstrong, 2,270

1. Judith Lane, 3,690

2. Evelyn Armstrong, 3,100

3. Helen Montanaro, 2,770

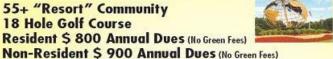
Friday Bridge

Compiled by Shirley Rosenhaft

Aug. 3, 2018

- 1. Bill Cave, 3,000
- 2. Jerry Weiss, 2,430 3. Mort Faber, 2,370 (tie)
- 4. Elaine Doses, 2,370 (tie)
- Aug. 10, 2018
- 1. Joyce Fischer, 3,290
- 2. Jerry Weiss, 3,000
- 3. Ruth Kean, 2,910
- 4. Heidi Rosenberg, 2,740

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Leisure World News

Golf Club

Golf Results

Compiled by Rita Molyneaux

Aug. 7, 2018 9-Hole Ladies

Red and Gold Tournament

- 1. Pat Weingart, 29
- 2. Linda Andrews, 30
- 3. Clara Brincefield, 32
- 4. (tie) Ruth Cougnet, 33 (tie) Lois Falck, 33 (tie) Janet Jaret, 33
 - (tie) Christine Petersen, 33

Aug. 8, 2018 Men's Member/Member

- 1. Mark Parker, Joe Boland, 61*
- 2. Sperry Storm, Jack Frensilli,
- 3. Kevin McMahon, Joe Crocetta, 61*
- *USGA Tie Breaker

Aug. 14, 2018 9-Hole Results **Step Aside Scramble**

1. Clara Brincefield, Patt Hooper,

- Muriel Peake, Pat Weingart, 38 2. Mary Ellen Coffey, Ruth
- Cougnet, Flo Merola, 41 3. Jane Hughes, Pat O'Connor, Dee Smiley, Shirley Gilmore,
- *Match of cards

Aug. 15, 2018 **MISGA with Norbeck and Glade** Valley

- 1. Dick Curtin, Steven Moore, Joe Genovese, Pam Mulcahy, 110
- 2. Doug Brasse, Doug Cornish, Richard Falck, Mark Parker,
- 3. Stephen Sherrod, John Craig, Jules Goldstein, Kathy Frensilli, 114

Closest to Pin #8

Pam Mulcahy, 10'4" Closest to Pin #16 Steven Moore, 2'4"

Aug. 9 and 16, 2018 **18-Hole Ladies**

Two-Round Overall Champion

K.C. Choi, 186

Runner-up

Susan Kim, 206

Net Champion

Pam Mulcahy, 132

Runner-up

Marylee Amato, 133

Aug. 22, 2018

Men's Age Group Tournament Group A

- 1. Mark Parker, 64
- 2. Jerry Clark, 66³

Group B

- 1. Sam Pak, 67
- 2. Carl Ridenour, 67*

Group C

- 1. Richard Sturges, 69
- 2. Dick Curtin, 71
- *Match of cards (Back Nine Score)

Aug. 23, 2018 **18-Hole Ladies**

Two Best Balls of Foursome Net

1. Susan Kim, Muriel Peake, Mary Ko, Nancy Ferdock, 137

Aug. 23, 2018 MISGA at Hobbit's Glen **Two-Best Ball Mixer**

- 2. Team Steve Moore, 126
- 3. Team Mark Parker, 126
- 4. Team Doug Cornish, 125
- 5. Team Ken Katkowsky, 125

(*Ties broken by USGA match)

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Sports, Games & Scoreboards

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

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

Bridge:

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

Chess: Free chess lessons for beginners and "rusty" players Monday and Wednesday, Clubhouse II. Call Lark Kellar (301-219-5955) for information. The Chess Club meets every Monday, Wednesday and Friday in Clubhouse II at 1-4 p.m.

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.

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

Mah-jongg: Learn how to play Mah-jongg. Call (301-598-3438). **Ping Pong:** Get healthy exercise and camaraderie playing ping pong. The club meets Mondays from 3-5 p.m. and Wednesdays and

Fridays from 1-3 p.m., in Clubhouse II multi-purpose room. Drop in anytime during that period. Some experience preferred. Questions? Call Julie at (301-598-5424) or email at (julie12401@netscape.net).

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

Poker:

- Poker Game openings are available at the Greens, Thursdays 7-10 p.m. No prior experience necessary. If interested, call Marcel at (240-486-6205).
- Men's Poker is seeking new members. Play is daily, beginning around 9 a.m. in the Game Room in Clubhouse II.
- Play Poker Monday and Thursday, 1 p.m.-4:30 p.m., Clubhouse II Game Room. We play hi/low only (two winners). Call (301-598-4331) or (301-434-6823) or come observe.

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

Indoor Pool Volleyball: Experienced players 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.

The Karen Rollings Team







Sherry Felice

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3330 LEISURE WORLD BLVD #5-323	FAIRWAYS SOUTH	Hi-Rise 9+ Floors	2	2	\$180,000	\$175,000	\$0
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15400 BASSETT LN #46-3D	ROSSMOOR MUTUAL #15	Garden 1-4 Floors	2	2	\$165,000	\$165,000	\$5,860
15401 BASSETT LN #45-3F	ROSSMOOR MUTUAL #15	Garden 1-4 Floors	1	1.5	\$115,000	\$115,000	\$0
3510 FOREST EDGE DR #16-3C	ROSSMOOR MUTUAL #16	Garden 1-4 Floors	2	2	\$155,000	\$138,000	\$0
15320 PINE ORCHARD DR #3H	ROSSMOOR MUTUAL #19	Garden 1-4 Floors	2	2	\$160,000	\$160,000	\$0
15115 INTERLACHEN DR #3-1007	THE GREENS	Hi-Rise 9+ Floors	3	2.5	\$268,000	\$269,000	\$8,500
15115 INTERLACHEN DR #3-809	THE GREENS	Hi-Rise 9+ Floors	3	2.5	\$289,900	\$284,000	\$0
15101 INTERLACHEN DR #1-615	THE GREENS	Hi-Rise 9+ Floors	2	2	\$206,000	\$202,000	\$0
2900 LEISURE WORLD BLVD #102	TURNBERRY COURTS	Mid-Rise 5-8 Floors	2	2	\$254,900	\$252,500	\$0
3005 LEISURE WORLD BLVD S #806	TURNBERRY COURTS	Mid-Rise 5-8 Floors	2	2	\$189,000	\$185,000	\$750



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CLASSES & Seminars

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

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

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

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

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

EDUCATION

NEW – Voices: Slave Narratives in the Words of Frederick Douglas, Booker T. Washington, W.E.B. DuBois and Ta-Nehisi Coates, a CLL course:

There has been much new scholarship about slavery and its aftermath in recent years.

Instructor Paul Levy intends to challenge attendees to think anew about slavery and its legacy. He will use the voices of selected individuals to explore the history of slavery as is viewed by historians today. Through the words of slaves and enslavers, attendees will gain an understanding of slavery and its aftermath.

The class will look at three historical periods—the Colonial, pre-Civil War, and post-Reconstruction years—as a preview to discussing the Atlantic Magazine essay by Ta-Nehisi Coates in which he proposes present-day reparations for Black Americans.

Levy's classes are usually a mix of a short lecture followed by discussion. Those who enjoy substantive discussion and are willing to challenge what they have been taught, or have thought, about slavery will enjoy this course.

Class meets Wednesdays, Oct. 3-Oct. 24, 10-11:15 a.m. **Fee: \$15. Register at Clubhouse I.**

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

RELIGIOUS EDUCATION

Exploring Ultra-Orthodox Judaism, an Adult Living and Learning (ALL) class: Led by Ira Weiss, this series will explore the third season of the critically acclaimed series "Srugim." Discussion and commentary follow each episode.

Class meets Thursdays, Oct. 4-Nov. 15, 10:30 a.m.-noon. Fee: \$30. Register at Clubhouse I.

Connecting Through Kabbalah, an Adult Living and Learning (ALL) class:

Discover the ancient secrets of Kabbalah and learn how to gain a greater connection to the Divine, to your peers and to your inner soul. Join Rabbi Hillel Shaps from the Greater Washington Kollel on an exploration of this ancient spiritual

Class meets Tuesdays, Oct. 9-Oct. 20, 11 a.m.-noon. Fee: \$25. Register at Clubhouse I.

Adult Living and Learning (ALL) classes are co-sponsored by JRLW and the Bender JCC of Greater Washington.

Belief or Non-belief: Is There a God or Not?: This series of Sunday morning discussions is led by Dr. Phil Wendkos. Participants will begin with a discussion on what one believes or disbelieves. Further discussions will examine the basis beliefs of Judaism, Christianity and Islam. The series will end with an evaluation of the merits of religion and its observance or not.

Class meets the third Sunday of the month (Sept. 16, Oct. 21, Nov. 18, Dec. 16 and Jan. 20, 2019), 10:30-noon. **Fee: \$50. Register at Clubhouse I.**

The Gospel of Jesus:

Leader Phyllis Lovett returns with another session of religious studies and discussions covering the Book of Romans in the New Testament, in which the central theme is the gospel of Jesus Christ. Participants will discuss the difference between relying out one's own power on the grace of God to follow Christ. Various interpretations of scripture will be discussed.

Class meets Tuesdays, Sept. 11-Oct. 30, 10-11:30 a.m. **Fee:** \$15. Register at Clubhouse I.

DANCE INSTRUCTION

Ballroom Dancing with Sunny: In this first session of ballroom dance, instructor Sunny Lin will teach participants the basics of the waltz and rumba.

Instructor Sunny Lin and her husband/dance partner have been teaching international-style ballroom dance for more than 15 years. In 2007, they won first place in both the Maryland and Virginia dance sport competition open championship and, five years ago, placed second in the Mid-Atlantic Eastern open championship in standard dance. Lin currently teaches ballroom dance at the Chinese Culture and Community Service Center in Gaithersburg.

Class meets Tuesdays, Sept. 18-Oct. 30, 2-3 p.m. Fee: \$35. Register at Clubhouse I.

EXERCISE

NEW – Zumba Gold with Denny – Mondays or Fridays: This program was designed for the older active adult, a person who has not been exercising in a long time or individuals who may be limited physically. The biggest difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a much lower intensity. It is just as much fun, just not as fast! Zumba Gold utilizes the same great Latin styles of music and dance that are used in the Zumba basic program. Class meets Mondays, Sept. 10-Oct. 15, 10:30 a.m. or Fridays, Sept. 14-Oct. 19, 1 p.m. Fee: \$37.50 for one day; \$70 for two days. Register at Clubhouse II.

NEW – Line Dance with Wendy: This is an introductory dance course for students who have had little or no dance experience and who want to learn the basics. If you are a beginner/advanced beginner in line dancing, this is the class for you. Join Wendy in a day of fun and dances with a mix of cha-cha, rumba, tango, samba and more.

Class meets Mondays, Sept. 24-Nov. 26, from 2-2:55 p.m. for the Beginner class and from 3-4 p.m. for the Advanced Beginner class. Choose your session based on your experience. Fee: \$40 per session. 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 upperbody 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. 17-Oct. 22, and Thursdays (with Sue), Sept. 20-Oct. 25, 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. 18-Oct. 23, and Wednesdays, Sept. 19-Oct. 24, 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.

Stretch, Tone and Strength Training for the Active Adult (9:15 a.m.) -Advanced: Join our fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strengthtraining 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. 10-Oct. 29 and/or Thursdays, Sept. 13-Nov. 1, 9:15-10:15 a.m. Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.

Stretch, Tone and **Balance for the Active** Adult (10:30 a.m.) -**Beginner to Moderate:**

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

Weights, bands, and balls are provided; and a mat is recommended for some floor work. 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.

10-Oct. 29 and/or Thursdays, Sept. 13-Nov. 1, 10:30-11:30 a.m. Fee: \$55, one day per week, \$85, two days. Register at Clubhouse I.

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

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

Class meets Mondays, Sept. 24-Nov. 19, 11 a.m.-noon or

2-3 p.m. (No class Oct. 8.) Choose the time that suits your schedule. Fee per session: \$100. Register at Clubhouse II.

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

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

Class meets Wednesdays,

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Sept. 26-Nov. 14, 2-3 p.m. Fee: \$100. Register at Clubhouse II.

Ballet Exercises for Seniors: Get ready to move like a dancer! No experience required. Enjoy ballet movements at the barre for seniors. These exercises promote balance while improving muscle tone and posture. Have fun and get fit. Low impact; learn the vocabulary of ballet: plié, releve and tendu. For more information, call Betty at (301-598-4245).

Class meets Wednesdays, Sept. 12-Oct. 10, 2-3 p.m. Fee: \$29. Register at Clubhouse II.

Move It or Lose It: Enjoy dancing to the rhythm of a beat? These aerobic exercises will keep you moving and up on your feet.

Movements are designed to promote cardiovascular health while having fun. Warm up and cool down are designed to strengthen and tone.

Questions? Contact Betty Smith, Certified Group Exercise Instructor, at (301-598-4245). Class meets Wednesdays, Sept. 12-Oct. 10, 4-5 p.m. Fee: \$29. Register at Clubhouse II.

Tap Dancing in a Chair with Carol Neckar: This is great way to have fun, learn something new and exercise! If you are an experienced tapper and miss it, or a beginner who always wanted to tap, but your body says "no," this is the class for you. For experienced tappers, this will be a "remember when" and an "ain't this great!" review. For beginners, it will be an easy start with the basics, moving to delightful music that will make your feet want to dance. It's going to be a lot of fun.

Experienced tappers who don't need a chair are welcome to take the class, but all students work from a chair.

No tap shoes are required, but participants must bring a pair of hard sole shoes.

Carol began taking tap lessons at age four, continuing through high school when she taught tap to offset the cost of lessons, and performed in recitals and community theater. In college, she taught dance for the Physical Education Department and, in the summer, continued to perform in local theater. While her career took her in another direction, her love affair with dance has never ended.

If you have questions, call Carol at (301-598-5980).

Class meets Thursdays, Sept. 13-Oct. 18, 4-4:45 p.m. **Fee:** \$38. Register at Clubhouse

Gentle Yoga – Wednesdays and Saturdays with Marilyn: Yoga is a holistic system that combines movement, posture, breath, and relaxation techniques to improve overall health and well-being physically, mentally, and spiritually. A consistent yoga practice has been shown to increase mobility, strength, and flexibility, and to provide skills to cultivate a peaceful mind in the face of life's stresses and challenges.

This class is designed for individuals with some ability to get up and down off the floor and can be adapted according to the need of the practi-

tioner. Beginners and ongoing students are welcome. Bring a yoga mat or blanket to the first class.

Class meets Wednesdays, Sept. 12-Nov. 14 and/or Saturdays, Sept. 8-Nov. 10, 9-10 a.m. Fee: \$80/1 day, \$140/2 days per week. Register at Clubhouse I.

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. 18-Oct. 23, and Thursdays, Sept. 20-Oct. 25, 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 Water Exercise 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. 18-Oct. 23, and Thursdays, Sept. 20-Oct. 25, 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. 19-Oct. 24, from 1-2 p.m. Fee: \$36, 1 day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.

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CALENDAR of Events

Friday, September 7

Clubhouse I

10:00 a.m. Bocce

1:30 p.m. Boston Group

3:00 p.m. Hispanos de LW: Games

5:00 p.m. AIM: Authors in Mind

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. CLC: Introduction to

Computer Devices

1:00 p.m. Ping Pong Club

1:00 p.m. Chess Club

1:00 p.m. Friday Bridge

Saturday, September 8

Clubhouse I

9:00 a.m. Maryland Senior Olympics: Shuffle Board

9:00 a.m. Gentle Yoga Class

Clubhouse II

9:15 a.m. Shabbat Services

2:00 p.m. Going It Alone Club: Social

Sunday, September 9

Clubhouse I

No Scheduled Activities. Have a Wonderful Day.

Clubhouse II

6:00 p.m. JRLW: High Holy Days -

Rosh Hashanah

Monday, September 10 **Clubhouse I**

10:00 a.m. Garden and Environmental Club

1:30 p.m. LW Chorale

7:00 p.m. Bingo

Clubhouse II

9:00 a.m. JRLW: High Holy Days -

Rosh Hashanah

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. Ping Pong Club

3:00 p.m. Line Dance Class

4:00 p.m. Ba Duan Class

Tuesday, September 11 **Clubhouse I**

10:00 a.m. The Gospel of Jesus Class

1:00 p.m. Amateur Radio Club

5:00 p.m. Lawn Bowling Club 7:00 p.m. Duplicate Bridge

7:00 p.m. Trivia Group

Clubhouse II

9:00 a.m. JRLW: High Holy Days -

Rosh Hashanah

12:30 p.m. Scrabble Group

1:30 p.m. Comedy and Humor Club

Wednesday, September 12 **Clubhouse I**

9:00 a.m. Gentle Yoga Class

10:00 a.m. Eyre Travel Show: Mayflower

10:15 a.m. League of Women Voters 10:30 a.m. Edmonson Historical Society

1:00 p.m. Low Vision Support Group

1:30 p.m. Patients Rights Group

2:00 p.m. LW Green

6:00 p.m. LW LGBT Alliance: Game Day

6:45 p.m. Chicago Bridge

Clubhouse II

1:00 p.m. Chess Club

1:00 p.m. Ping Pong Club

1:30 p.m. Stroke Support Group

2:00 p.m. Ballet Exercise Class

4:00 p.m. Move It or Lose It Class

7:00 p.m. Lapidary Club

Thursday, September 13

Clubhouse I

9:15 a.m. Stretch, Tone and Strength **Training Class**

10:30 a.m. Stretch, Tone and Balance Class

11:00 a.m. Rossmoor Art Guild: Lunch

12:30 p.m. Ladies Bridge 1:30 p.m. Steve Friedman: Mary

Martin and Other Divas 2:00 p.m. Jewish War Veterans: "True Honor"

6:00 p.m. Lawn Bowling Club

Clubhouse II

9:00 a.m. Senior Sneakers Class 9:30 a.m. Beginner and Advanced Tai

Chi Class 9:30 a.m. Quilters Group

12:30 p.m. Men's Bridge 4:00 p.m. Model Railroad Club 4:00 p.m. Tap Dancing in a Chair Class

7:00 p.m. Democratic Club: U.S. Sen. Ben Cardin

Friday, September 14 **Clubhouse I**

10:00 a.m. Bocce

10:00 a.m. Book Club Network: Literary Ladies Who Lunch

4:00 p.m. Hispanos de LW: Games 5:00 p.m. AIM: The Pepe Gonzalez Afro **Cuban Quintet**

7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. Steve Roberts Program 10:00 a.m. Computer Learning Center: Intr. Computer/Cell Phones 10:00 a.m. Chinese Club 1:00 p.m. Zumba Gold Class

1:00 p.m. Ping Pong Club

1:00 p.m. Chess Club 1:00 p.m. Friday Bridge

Saturday, September 15

Clubhouse I

9:00 a.m. Gentle Yoga Class

Clubhouse II

9:15 a.m. JRLW Services 12:00 p.m. LW LGBT Alliance 2:00 p.m. Going It Alone Club: Social 3:00 p.m. Hispanos de LW: Mariachi Estrellas

7:00 p.m. Sock Hop Dance

Sunday, September 16 Clubhouse I

10:00 a.m. JRLW Breakfast Forum 10:30 a.m. Belief or Non-Belief: Is there a God or Not? Class

Clubhouse II

2:30 p.m. Fireside Forum: The Joy of Godless Sex

Monday, September 17 **Clubhouse I**

9:15 a.m. Stretch, Tone and Strength **Training Class** 10:00 a.m. Chinese Brush and Ink

Dial 301-598-1313 for recorded Daily Events

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

Budget and Finance

Sept. 17, 1:00 a.m., Clubhouse II

Communications

Sept. 20, 10:00 a.m., Clubhouse I

Community Planning

Sept. 10, 9:30 a.m., Clubhouse I

Energy

Sept. 18, 9:30 a.m. Clubhouse I

Golf and Greens

Sept. 7, 9:30 a.m., Clubhouse I

Government Affairs

Sept. 10, 2:00 p.m., Sullivan Room

Health

Sept. 19, 2:00 p.m., Clubhouse I

Insurance

Sept. 24, 2:30 p.m., Sullivan Room

Landscape Sept. 13, 9:30 a.m., Clubhouse II

Physical Properties

Sept. 11, 9:30 a.m., Clubhouse II

Restaurant

Sept. 17, 10:00 a.m., Clubhouse I

Security and Transportation

Sept. 13, 9:30 a.m., Clubhouse I

LWCC Board of Directors

Sept. 25, 9:30 a.m., Clubhouse I The meeting airs on Oct. 1, 3 and 5 at 4 p.m. and 7 p.m. on channel 974.

LWCC Executive Committee

Sept. 14, 9:30 a.m., Sullivan Room

The meeting airs on Sept. 19, 20 and 21 at 4 p.m. and 7 p.m. on channel 974.

Meeting times and locations subject to change. Meetings are open to all residents.

Leisure World Mutual Meetings

Sept. 11

Mutual 16 Board 9:30 a.m., Sullivan Room

Mutual 7 Board 1:00 p.m., Sullivan Room

Mutual 25 Board 7:00 p.m., Sullivan Room

Sept. 12 Mutual 11 Board

11:00 a.m., Sullivan Room

Sept. 13 **Mutual 12 Board**

1:00 p.m., Sullivan Room

Sept. 18 **Mutual 14 Board**

9:30 a.m., Sullivan Room

Mutual 13 Board

1:30 p.m., Sullivan Room

Sept. 19 **Mutual 5 Board** 9:00 a.m., Sullivan Room Mutual 19B Agenda

Sept. 20

1:00 p.m., Sullivan Room

Mutual 15 Board 9:30 a.m., Sullivan Room **Mutual 12 Special Meeting**

1:00 p.m., Sullivan Room

Sept. 24 **Mutual 23 Board** 10:00 a.m., Party Room

Mutual 9 Board 10:00 a.m., Sullivan Room

Meeting times and locations subject to change. Mutual Board meetings are open to respective mutual residents.



Painting Art Class 10:30 a.m. Stretch, Tone and Balance Class 1:00 p.m. Painting and Knife Art Class 1:30 p.m. LW Chorale 2:00 p.m. NARFE Chapter 1143 6:00 p.m. Lions Club 6:30 p.m. Newcomers Bridge 7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class 10:00 a.m. Clipper Workshop 10:30 a.m. Zumba Gold Class 12:30 p.m. Men's Bridge 1:00 p.m. Chess Club 2:00 p.m. Line Dance Class 3:00 p.m. Ping Pong Club 3:00 p.m. Line Dance Class 4:00 p.m. Ba Duan Class

Tuesday, September 18 Clubhouse I

8:00 a.m. Flu Shot Clinic 9:00 a.m. Blood Pressure Testing 9:30 a.m. Any Medium Art Class 10:00 a.m. CLL Course: Habla Conmigo Part 4

10:00 a.m. The Gospel of Jesus Class 1:00 p.m. CLL Course: Habla Conmigo Part 3

2:00 p.m. Ballroom Dancing Class 5:00 p.m. Lawn Bowling Club

6:30 p.m. Mixed Media Canvas and Beyond Art Class

7:00 p.m. Republican Club 7:00 p.m. Duplicate Bridge 7:00 p.m. Trivia Group

Clubhouse II

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

11:00 a.m. Mild Exercise Class 11:00 a.m. Water Exercise Class 12:30 p.m. Scrabble Group 1:00 p.m. Non-impact Fusion Water **Exercise Class** 1:30 p.m. Comedy and Humor Club 6:00 p.m. JRLW: High Holy Days -Yom Kippur

Wednesday, September 19 **Clubhouse I**

9:00 a.m. Gentle Yoga Class 11:00 a.m. Short Story Group 1:00 p.m. MISGA Lunch 6:00 p.m. LW LGBT Alliance: Game Day 6:00 p.m. JRLW: Break the Fast Dinner

6:45 p.m. Chicago Bridge **Clubhouse II**

9:00 a.m. JRLW: High Holy Days -Yom Kippur 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. Ballet Exercise Class 4:00 p.m. Move It or Lose It Class

Thursday, September 20 Clubhouse I

9:15 a.m. Stretch, Tone and Strength **Training Class**

10:00 a.m. Painting is for Everyone **Art Class**

10:30 a.m. Stretch, Tone and Balance Class

11:00 a.m. Writers Workshop 12:30 p.m. Ladies Bridge

1:00 p.m. Oils and Acrylics Art Class 2:00 p.m. Town Meeting Organization 2:00 p.m. Book Club Network: Thursday Readers

6:00 p.m. Lawn Bowling Club

Clubhouse II

9:00 a.m. Senior Sneakers Class 9:30 a.m. Beginner and Advanced Tai Chi Class

10:00 a.m. Stitching Group 11:00 a.m. Water Exercise Class 12:30 p.m. Men's Bridge 1:00 p.m. E&R Movie: "Battle of the

Sexes' 1:00 p.m. Non-impact Fusion Water **Exercise Class**

4:00 p.m. Tap Dancing in a Chair Class

Friday, September 21 Clubhouse I

10:00 a.m. Book Club Network: **Diversity Strong**

10:00 a.m. Book Club Network: Bookies 10:00 a.m. Book Club Network:

Searchers

12:15 p.m. Kiwanis Club

1:00 p.m. LWAAAC: Medical Marijuana Program

1:30 p.m. Any Level Watercolor Art Class

3:00 p.m. Hispanos de LW: Games 6:30 p.m. Twilight Golf Dinner 7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. Zumba Golf Class 1:00 p.m. Ping Pong Club 1:00 p.m. Chess Club

1:00 p.m. Friday Bridge

7:00 p.m. Baby Boomer Club: Movie

Saturday, September 22

Clubhouse I

9:00 a.m. Gentle Yoga Class 10:00 a.m. Open Studio Art Class 7:30 p.m. Ballroom Dance Club

Clubhouse II

9:15 a.m. JRLW Services 2:00 p.m. Going It Alone Club: Social/

Sunday, September 23

Clubhouse I

2:00 p.m. Italian Club: Café Cinema 5:30 p.m. Rossmoor Women's Club: 50th Anniversary Gala

Clubhouse II

10:30 a.m. Jewish Discussion Group

Monday, September 24 Clubhouse I

9:15 a.m. Stretch, Tone and Strength **Training Class**

10:00 a.m. Chinese Brush and Ink Painting

Art Class 10:30 a.m. Stretch, Tone and Balance Class

1:00 p.m. Painting and Knife Art Class 1:30 p.m. LW Chorale

1:30 p.m. Book Club Network: Fall Readers 7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class 10:30 a.m. Zumba Gold Class 11:00 a.m. Chair Yoga Class 12:30 p.m. Men's Bridge 1:00 p.m. Chess Club 2:00 p.m. Line Dance Class 2:00 p.m. Chair Yoga Class 3:00 p.m. Line Dance Class 3:00 p.m. Ping Pong Club

4:00 p.m. Ba Duan Class



Choose the Professional with all the Strategic Teaching Aids... Floor Plans, Free Community Booklet, Preferred Riderwood Realtor

2017 Award * Tops in Sales of Weichert, Realtors Listings, MD/DC/VA* Top 1% of Agents Nationwide • #1 Lister in The Regency, Mutual 25 Weichert Top Producer • Seniors Specialist

Community Resident • Former Montgomery County Teacher



Email: sueheyman@aol.com Website: www.sueheyman.com Office: 301-681-0550





Warfield" Garden Apartment 2BR, 2FB, encl. balcony, green view, ranch kit, lge laundry rm. most utilities included, 1043 sf!



LISTING JUST SOLD! \$415,000 The Greens "B-H" w/ Garage 3BR + DEN, 3FB, 2 balconies, kit & BA updates, new floors & paint, stunning views, 2167 sf!



"Warfield" & "Warfield Deluxe" Fairways South "H" w/ Garage **Garden Apts.** 2BR, 2FB (Deluxe w/ den), updated kitchens, encl. balcony/patio, 1043-1136 sf!



Overlook Hi-Rise "K" with **Garage** 2BR + DEN, 2FB, FP, tiled balcony w/ 2 fans, golf course view, storage rm+cage, 1520 sf!



2BR, 2FB, end unit, multiple exposures, kitchen updated w/stainless steel, 1220 sf!



"Barstow" & "Huntington" Patio Home North End, 2 - or 3BR, 2FB, Florida room, updated KIT, 2-car garage, 1320-1410 sf!



2BR, 1.5BA, level entry, updated shower, FP, enclosed patio w/ shed, close to parking, 1412 sf!



The Overlook "L" w/ Garage 3BR, 2.5BA, end unit, golf course views, updated kit, HWDS, sep DR, expansive enclosed balcony!



2BR, 2FB, large balcony w/ view of greenery & trees, spacious kitchen & laundry rm, 1514 sf!



Regency "Arts & Crafts" Model 13-years young, 2-level, luxury detached home, 4BR, 3FB, great room, gas FP, deck, 2-car garage!

Give Manks



Thanksgiving Dinner

in the Crystal Ballroom | Thursday, Nov. 23

Hand Carved Roasted Turkey Breast plus:

- * Sliced Beef Tenderloin Medallions * F
- * Fresh Broiled Salmon
- * Honey Ham
- * Green Beans Almandine
- * Mashed Potatoes and Gravy
- * Homemade Bread Dressing
- * Roasted Sweet Potatoes
- * Caramelized Brussels Sprouts
- * Steamed Broccoli and Cauliflower
- * Seasonal Salad Station
- * Strawberry Swirl Cheesecake

\$27 plus tax and gratuity
For reservations, call 301-598-1330
Seatings at 12:30 p.m., 3 p.m. and 5:30 p.m.

Breakfast Terrace Room

🖁 All You Can Eat Breakfast Buffet 🖔

From 9 a.m. - 11 a.m....\$8

NA La Carte

Two Fa	rm Fresh I	Large Egg	as	\$5
Prepare	d any style	with Hash	gs Browns and	Toast
rrepare	d ally style	with Hash	DIOWIIS allu	IVast

- * Homemade Blueberry Pancakes \$6.50 Short Stack | \$5.50
- * Homemade Buttermilk Pancakes...... \$5 Short Stack | \$4

- * Nova Lox and Bagel...... \$8.50

Your choice of Plain or Everything Bagel served with Lettuce, Tomato, Red Onion and Cream Cheese

- * Eggs Benedict.....\$10 Traditional Style
- * Crab Cake Benedict......\$13

 Jumbo Lump Crab Cake topped with an Egg, Ham and Hollandaise

∛ Fresh Made Omelets 巻

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* Cheese \$5.50	* Western \$8					
* Lox and Onion \$8.50	* Ham and Cheese\$8					
* Spinach and Feta \$8.50	* Veggie \$7					

All menus may be subject to change.

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

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

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

CLASSIFIEDS

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

For information on placing advertisements in the Leisure World News, email (lwnewsads@lwmc.com) or call (301-598-1310).

ESTATE SALES

CASH FOR ESTATES; whole apartment contents, whole house contents, storage lockers. Buy out/ clean up. (atticllc.com) Gary -(301-520-0755).

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

LOOKING TO DOWNSIZE, move or sell all household items or just a few? What about that storage unit? Call Estate Sales by Cheryl, LLC! Let's get started making you a profit! (301-437-2705)

REAL ESTATE FOR SALE

A WISE CHOICE. Call me. Marilyn Rubinstein of Weichert Realtors. Your expert in this great community. Top 1% Nationwide. #1 Office Producer with over 40 years of experience and hundreds of sales right here. Call me for a free market analysis. Please call and we'll talk. I make buying or selling an enjoyable and successful experience. Call Marilyn today (301-674-1288).

THINKING OF SELLING your home or that of a relative? Call Sue Heyman of Weichert, Realtors, Leisure World Plaza, community resident for over 14 years. Top 1% of Agents Nationwide, Seniors & Relo Specialist, "Forward 50 Sponsor." Inventory is historically low. Days on the market for our community are now hovering at around one month. Prices are going up! As sellers, now is the time to take advantage of this fast-paced market. I know all of the floor plans and how to price them. Tap into my experience, contractor connections, and marketing to get the best price. My top-quality color brochures, twice-monthly statistical reports specific for your property, multiple

websites, staging techniques, and visual tours display your home and our community at its best. Call Sue for your free competitive market analysis. Office: (301-681-0550). Direct: (301-580-5556).

CONDO COMING SOON: Apt 112 in Vantage Point East will soon be on the market. This first floor 2BR and 2BA condo has a storage unit and a prime single car parking space (literally as close as you can get to the interior of the building, just on the other side of the door to the garage). Please contact Shannon Lindstrom at (301-233-3386) to inquire about a private sale. Serious inquiries only please. No realtors

LIST YOUR PROPERTY FOR 3.95%. Call me for any of your real estate needs, whether buying or selling, in Maryland or DC, Gerry Walsh (845-401-1177) or (Gerry@ SunPropInc.com).

LEISURE WORLD: OPEN HOUSE 9/9, 1-4 p.m. Stylish, updated, move-in ready 3 BEDROOM/2 BATHROOM duplex with attached garage and patio. Beautifullyremodeled kitchen: NEW: cabinets; quartz counter-tops; under-cabinet lighting; appliances. NEW: Paint; washer/dryer; furnace and A/C systems; water heater; windows, copper wiring. Home backs to trees. Listed for \$355,000. Call: (703-944-9254), Martine Micozzi, Weichert Realtors.

OPEN SUNDAY the 9th from 1-4 p.m. Beautiful B/H Model combination, over 2,200 sq. ft. Completely updated and remodeled. Hardwood Floors, fresh paint, updated kitchen and baths, garage parking, 2 enclosed balconies with breathtaking views. 3330 N LW Blvd #1010. Long & Foster (301-548-9700), Eve Rados Marinik (301-221-8867)

REAL ESTATE FOR RENT

FABULOUS/SPACIOUS 1BR/1BA light-filled condo, glass-enclosed balcony in a magnificent midsize building in LW. Rent includes highly sought-after garage parking. Features include open floorplan, w/large formal dining room, tablespace kitchen with window, bedroom w/walk-in double-door closets, washer/dryer in unit, bath w/both shower stall and bathtub, plenty of closets, close to elevator. Gas and Electric separate. Must see to appreciate! No smoking/no pets. Available October 2018. Call (301-312-3843).

BEAUTIFUL, BRIGHT 1 BEDROOM, 1 1/2 bath. Highrise building, sixth floor, next to Clubhouse II. Spacious, fullyrenovated apartment, hardwood

floors throughout. Table-space kitchen with window, dining room with window, beautiful view. Separate room for washer and dryer. Plenty of closet space. Resident parking available. Longterm lease. Available now. Please call (240-888-6942).

FOR SALE

BOOK CASE, MAHOGANY FINISH-2 lighted glass shelves-84 in. high-46 in. wide-16 in. deep. Best offer. (301-288-7992)

ELECTRIC TRICYCLE, like new. Blue, two baskets. 48-volt rechargeable battery. Top speed 20 mph. Easy to ride. \$1200. Call (202-329-6689).

One PRIDE MOBILITY LIFT CHAIR. In very good condition. \$400.00. Please call Mitch at Your Other Son, (240-324-1913).

VALUE CITY BEDROOM SET Beauty Sleep queen mattress, headboard, dresser w/ mirror -2nightstands. All white. Absolutely new condition. Pd \$1,590, ask \$1,200. Call CLAUDE (301-288-4972). Evenings in LW.

FURNITURE FOR SALE — dining room, living room, bedroom furniture. Also Oriental rugs. Call (301-300-3925). LW resident.

CHAIRLIFT for a Berkeley Model townhouse. Great Condition. 3 years young. \$1,500. Call Lisa (703-300-2668)

RETAIL SALES

SCHAEFFER'S PIANO COMPANY. Founded 1901, Fourth generation family ownership. New Kawai dealer. New and used pianos-Steinway, Kawai, Yamaha, Schaeffer. (schaefferspiano. com). (301-424-1144)

BOOK LAUNCH: "The Rise and Fall of the Traditional Theories of Creation, and Community as the Divine Idea of Creation" by David C. Shaw. For more information visit dcsenterprises.myshopify.com

CEMETERY PLOTS

PARKLAWN MEMORIAL GARDENS Gallery Crypt 1B, two spaces. Parklawn asking price, 20,995.00. Sell for 4,000.00 or best offer. Call (301-385-3180)

AUTO SALES

2011 CADILLAC STS4. Loaded with sunroof, chrome wheels, GPS, all-wheel drive, 1 owner, only 26,000 miles. Pearl white. MD inspected. \$14,900. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2001 VW BEETLE GLS. Automatic, sunroof, power windows, power locks, cold a/c, aluminum wheels. only 39,000 miles. MD inspected. Like new. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2009 CHEVROLET COBALT LT. 1 owner, only 4,680 miles. 4 door, power windows. New battery. MD inspected. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2009 TOYOTA YARIS. 2-door hatchback, automatic, new tires. One owner. Great gas mileage. MD inspected. \$4,499. I will buy your car even if you don't buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

FAST CASH FOR USED CARS - Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashiers' check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973). Not affiliated with Cherner Bros.

CONVERTIBLE - 2009 MERCEDES 350CLK, midnight blue exterior, beige + wood tone interior, seats 5, dealer-maintained + garage-stored. \$15,000 or best offer. Kathleen (301-383-1056)

CASH FOR CARS — Cherner Bros. 48 years' experience; will buy your car for cash. We come to you. Call Marty B. @ (240-447-0258). Dealer #U2158.

AUTO SERVICES

NEW LEVEL AUTO SERVICE. 716 East Gude Drive, Rockville, MD 20850: Complete auto repair. Specialized in diagnostics, repair & maintenance. -Work all makes and models. -Domestic and imports. –Call us today (301-762-1200). -We have senior discounts and free shuttle to Metro station.

TRANSPORTATION SERVICES

YOUR PERSONAL DRIVER is here: Lifelong local resident. Reliable, competent service. Safe, accident-free driving record. Comfortable, clean vehicle; can seat from one to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, appointments. Anywhere... including long distance trips to other states. Reservations available 24/7. Call 7 a.m.—10 p.m. with questions or to schedule your ride: Steven Saidman. Cell/text: (301-933-8899). Email: (Steve.Your.Driver@gmail.com).

CALL & RIDE – Doctors, airport, casino. Will pick up your groceries. Always on time. Over 100 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

DON'T MISS AN APPOINTMENT because of unreliable transport providers! For shopping, family gatherings, medical appointments or airport rides call Reliable Para Transit, a non-emergency medical transport service. We offer door-to-door services. Our drivers are punctual, reliable & courteous. Rates are affordable. Service is our pride. Call (301-529-0710). We'll Take You There!

DMV WHEELCHAIR-ACCESSIBLE TRANSPORT SERVICE. Leisure World resident with nice, clean, comfortable wheelchair-accessible van. Will pick you up at your door and drive you anywhere you want to go. On time, safe and good driving record. For reservations and to schedule your ride: text (571-253-8559) John, or email: (john@dmvwheelchairtransport.com), or visit us at: (www.dmvwheelchairtransport.com).

CAREGIVERS AND HEALTH CARE

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

"A" HOME HEALTH CARE for Senior Citizens – Care you can trust and is affordable. Reliable and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

FLAT RATES, ONE WEEK FREE. "Care You Can Trust and Afford." Reliable, experienced caregiver providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146)

ELDERLY CARE: Over 10 years experience. Great reference. Available for long days or nights. Can drive. Leisure World resident. (240-461-2188).

FLOORMAX

CNA —with 18 years' experience. Seeking position to care for sick/ elderly. Good references available Monday—Friday and weekends. Days or nights. Full/PT. Have my own transit. Call (301-442-9324).

EXPERIENCED NURSING
ASSISTANT. Offers personal care, companionship, housekeeping, cooking and transportation.
Available Days or Nights. Full/
PT. Have my own car. Excellent references. Speaks English and French. Parishioner at St. Patrick's Catholic Church.
Anastasie (202-203-8573)

CERTIFIED NURSING ASSISTANT, over 20 years' experience. Honest, dependable care with respect and love. Personal care, cooking, cleaning and doing shopping. References available. Available for work now, days and weekends. Call Yvonne at (240-706-0428).

SKILLED, LOVING CAREGIVER seeking position to provide care for the elderly or person with disabilities. Has references. Call Monica (301-646-2132)

CNA - 25 years' experience. Loving, caring, reliable, looking for full or part-time work. Live-in or -out. Call (240-354-5372) or (301-306-0073).

CAREGIVER / MEDICATION TECH. Reliable Caregiver to

assist with activities of daily living at your own home. Dependable, reliable and caring with proven experience with elderly care. Flexible hours. Assist with medication, medical appointments. Certified medication technician. CPR/First Aid. (202-826-8994), (ametrixhealthcare@gmail.com)

AFFORDABLE ASSISTED LIVING in Forest Glen / Silver Spring 20910. MiLo Care Inc. offers: respite, part-time or fulltime care. Fully credentialled caregivers and two registered nurses on call 24/7. Call for occupancy rates and tours. Joyce Kroner, RN (301-728-2292), Sharon Hall, RN (301-219-4015)

CNA provides service for the needs of the elderly such as any necessary in-home care, meal preparation, errands and driving. Call (703-389-6180).

FANTASTIC ELDER CARE PROVIDERS: Ruth Wilson (202-460-0302), Aminita (Amy) Diane (240-388-7135). Highly skilled, compassionate in-home care, available for private hire. \$20/hr. Everything from companionship and help with errands and meals, to full bed-bound care. We can't recommend these 2 ladies highly enough. Always on time, always providing quality care with dignity and respect. Recommended by the Lindstrom family

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FREE

in home estimates!

Aspen Hill Shopping Center

(301) 460-4100



www.floormax.us.com



CERTIFIED NURSING
ASSISTANT and Medication
Technician. CPR, First Aid. With
over 25 years' experience and skills,
available, day, night or live-in. I
will assist with daily living, light
housekeeping, shopping, cooking,
doctors' appointment. A driver. I
reside in Leisure World and have
worked for more than 15 years
in Leisure World as a caregiver
with excellent reference. Very
dependable. I will be reached at
(240-342-1979).

HELLO, IT'S ROSE. CAREGIVER with over ten years' experience. Certified as a CNA and in first aid, CPR. Have clean background check, tuberculosis screening. Worked with agencies, Montgomery Hospital, private duty. Full-time or part-time, live-in or -out. Please call if you need help with your loved one (240-855-2994) any time. Thank you

PROVIDING QUALITY AND AFFORDABLE CARE: Personal care, companionship, nursing care, housekeeping, shopping. Livein and live-out, full/part-time. Licensed, insured and bonded. Call for free consultation (240-510-8337).

LOVING, CARING PERSON. Have worked in Leisure World for 12 years. I am looking for a full- or part-time job, Monday-Friday. LW reference. Please call Alice (240-839-0087).

REGISTERED NURSE with 26 years of experience, licensed in the state of Maryland, excellent references, provides personal care to include: transportation, light house work, limited food preparation and schedule coordination. Available for late afternoon and evenings. For further information, please contact me at (240-599-5428). Hours Monday-Thursday, 4 p.m.-10 p.m.

CNA/GNA — with 21 yrs.' experience. Long days or nights. Honest, dependable, loving, caring, reliable personal care and companionship. With good references. Qualified aide. (301-806-7715)

CAREGIVER WITH CNA and GNA license and 6 years' experience. Great reference. Available to work daytime, nighttime, full-time or part-time or weekend. Call (240-429-1032).

RELIABLE CERTIFIED NURSING ASSISTANT is available to work at night, Monday-Friday. Please call Maggie (240-449-0979). Great references. A LW resident.

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

AGING? LIVE YOUR BEST LIFE today! Contact Elderly Love

Healthcare at (301-742-5386)— where love is our utmost priority.

RESIDENTIAL SERVICE AGENCY in Maryland providing personal assistance. Medication Management, companion care and housekeeping, etc. Affordable rates without compromising service. Recruits specific caregivers from every background so as to meet individualized needs of clients. Caregivers respond immediately wearing scrubs with ID so you do not have to guess who's at your door. Caregivers are courteous, trustworthy and backgroundchecked. Call today for promotional rates and receive service you and your family deserve. Accredited by the BBB, insured, bonded and Medicaid approved. We also accept long-term insurance and self-paid clients. Call today for promotional offer, (301-364-6699). (cwhealthcareservicesllc@gmail. com) References available upon request.

GENERAL SERVICES

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If vou decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with Senior Care and the Care of Senior's Pets. Safe/Reliable door-to-door transportation as needed. General assistance to help maintain independence. Assistance with Pet Care. Dog walking and sitting during short hospital stays, vacations, or as needed. Transportation for grooming/ vet appointments. I am a 55-yr. old semi-retired Doctor, Leisure World Resident and dog, cat, bird lover. Bonded, insured, reasonable rates and outstanding Leisure World references. Call Carl (410-499-9362).

ERRANDS. I am Luckmini, willing to help with all types of errands for a person who needs it. Lives close, drives, reasonable and trustworthy. Please call (240-338-6812).

HOME SERVICES

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

STAIR LIFTS: Never walk up steps again! Buy new or certified preowned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

M.G.V. PAINTING & DRYWALL
— Interior and exterior painting.
Water damage repairs. Minor
carpentry and other odd jobs.
30 yrs. experience. Insured.
References in your complex.
Reasonable rates. Call Mike at
(301-655-5433) for a free estimate!

RELIABLE, EXPERT HANDYMAN: painter, carpenter, tile-setter. Licensed and insured. Affordable prices. No job too big or too small. Extensive experience and references at Leisure World. Please call Carlos Gomez (301-305-4727).

SMALL MOVES AND TRASH-OUTS. Leisure World experienced. Can take items to donation center. Reasonable and insured. Patrick (301-332-4872).

PAINTING AND PRESSURE WASHING/CLEANING. Handyman services. Small jobs welcome. Please ask Jesse Morales (301-747-5054).

CLEANING SERVICES

R&G CLEANING SERVICES – Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

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

CARE DRY CARPET CLEANING. Experience the difference. Host dry extraction system. Green, clean & dry in 30 minutes. Water damages wood flooring under your carpet. Choose dry cleaning. Call Mike Gonsalves, owner/operator (301-309-9398).

UNITED CLEANING GROUP has been a trusty cleaning company

used by several Leisure World members over the past 3 years. Call us for your free estimate today! We offer both apartment and home cleanings, garden work and power-washing services. We are extremely flexible: 7 days a week to accommodate your schedule. Give us a call at (240-498-2748) and/or (301-881-0695). We hope to hear from you soon!

ANNA'S MAID SERVICES. 17 years' experience. Free estimates. Satisfaction guaranteed! (240-328-9127), (301-518-3654).

HOUSE CLEANING. Honest, reliable, hardworking. Over 12 years' experience. Excellent references. Call Cecile at (301-585-1569) or (301-351-8924).

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, backup, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

COMPUTER LESSONS / SERVICES — Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English — no technical talk! Shopping assistance for all electronic and computer items. Senior specialist since 1996. Call David at (301-980-5840). COMPUTERTUTOR

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll transfer your photos, slides and mementos to a CD so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents.

Can come to your home if needed. (301-379-9694).

BEAUTICIAN: I can do your hair in your own home. Have 45 years' experience styling hair and have worked at Images for 17 years. LW resident. Can use threading for hair removal. Gity (301-642-7281).

PERSONAL ASSISTANT to include: driving to appointments and stores, personal shopper and trainer (fitness and nutrition), information technology specialist, prescription pick-up, light food preparation and house work. Please call Chris at (301-283-1050)

LESSONS

ONLINE PIANO AND VIOLIN lessons with Skype. Conservatory graduate with over 34 years of experience as a teacher and performer is now giving online lessons to the Leisure World community. I have performed at the White House, Carnegie Hall, Kennedy Center, the Vatican and all over the world. If you are interested, call Diane at (301-977-1776).

BRIDGE LESSONS. 1, 2, 3, max 4 players. Beginner, refresher, intermediate. One, two, three, four, five... lessons (301-785-4441)

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to Fair Market Value! (www. Cars2donate.org) or (240-740-2050).

LOOKING FOR A WHEELCHAIR donation. If you have one to donate, please give me a call. (240-643-0174). Will pick up.

HELP WANTED

LOOKING FOR SELLERS. Downsizing house. I am looking for people who can sell my belongings on Amazon, eBay or other sites. Call CLAUDE evenings at (301-288-4972) in Leisure World.

ACTIVITY OPPORTUNITIES

DISTINGUISHED FLYING CROSS SOCIETY. The organization's president, Lawrence Goldstein, is a Leisure World resident. He invites any resident who has received the Distinguished Flying Cross to join.

Contact Larry (larr914@gmail. com), (301-847-9745).

BOOK CLUB FOR WOMEN - seeking a few "Serious Readers": 15+ yearold club reads awardwinning fiction and meets at founder's LW home the second Sunday of the month 5:30-7:30 pm for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775).

KNITTING AND NEEDLECRAFTS GROUP: 10+ year old club meets every Sunday, 2-5 p.m, with typically 8-12 crafters (any needlework is fine) at founder's LW home. Beginners to seasoned are welcome. Snacks and drinks are served. Please email a bit about yourself including phone to Polly at (pfields@careerstrategies-inc.com) or call (571-236-1775).

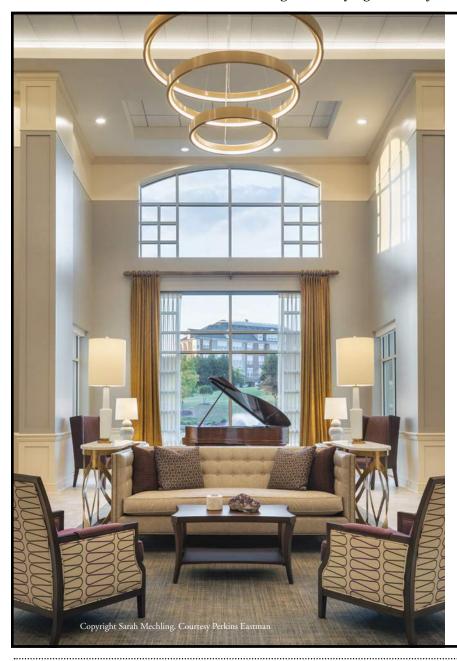
FILM GROUP FOR WOMEN forming: Seeking 10+ members to watch/discuss 'Bethesda Row' caliber movies at founder's LW home. Meet every 3 weeks on Saturdays, 6:30-10:00 pm. Members bring snacks or wine. Hostess serves drinks. Email a bit about yourself including phone to Polly at (pfields@careerstrategies-inc.com) or call (571-236-1775).

VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE in a family's life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of 3-4 hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. E-mail (alena.biagas@ habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps lowincome persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@ mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.



A window of opportunity awaits

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

> Gardenside is ALMOST SOLD OUT! Reserve one of the last apartment homes before the opportunity is gone.

For more information call 240-398-3846.



An Ingleside Community

Ingleside at King Farm is a CARF accredited, not-for-profit, continuing care retirement community.

> 701 King Farm Blvd. • Rockville, MD www.inglesidekingfarm.org



MUSEUM GUIDES – at the Montgomery County Historical Society. Work two weekday afternoons or one weekend afternoon per month from noon to 4 p.m. Receive on-the-job training on local history and museum interpretation. Also receive special admission to programs and a 20% discount in the Museum Shop. Contact Amada Elliott, Education & Outreach Coordinator, (301-340-6534) or (aelliott@montgomeryhistory.org).

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just 2-3 hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc. org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@ AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

ENGLISH AND MATH TUTORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, intensive English classes and a new GED program. No experience necessary. We provide materials and training. Sign up online at (www.literacycouncilmcmd.org) or call Ashley France at (301-610-0030).

NOTICES

KEEPING SENIORS SAFE — KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (301-318-0681) or (mortonadavis@comcast.net).

UPCOMING EVENTS

MY LIFE: MARKS OF A NEEDLE. Over 50 traditional Korean quilted textiles will be on display at the Sandy Spring Museum Sept. 6-23. Work by artist In-Sook Park, inspired by the grief of losing her mother and yearning for the joy of the seasons. Two Korean culture days will include dance and drumming performances and workshops: Wednesday, Sept. 15, 12-4 p.m., and Wednesday, Sept. 22, 1-5 p.m.

ROCK MUSICAL: SPRING AWAKENING. Joint production between the Wolf Pack Theatre Company and Community Crisis Services. Percent of proceeds goes to Community Crisis Services. (301-441-8770). Sept. 14-30, Friday and Saturday evenings, Sunday matinees. Greenbelt Arts Center, 123 Centerway, Greenbelt, MD 20770.

MUSIC & HISPANIC HERITAGE MONTH Festival. Saturday, Sept. 22. Free. Morning at Twinbrook Library—launch of Library of Things: Music. Afternoon at Kensington Park Library—1-2 p.m., basic salsa dancing instruction. 1:30-2:30 p.m., make your own egg shaker. 3-4 p.m., percussionist Luis Garay performs classical, jazz and Afro-Latin.

EXPERIENCE living legend JOHNNY MATHIS, honor Heroes and help victims of domestic violence and child abuse! Child Justice Heroes: Gov. Larry Hogan, First Lady Yumi Hogan, Sec. of State John Wobensmith, and Glenn Fueston, Exec. Dir. of the Governor's Office of Crime Control and Prevention. Sept. 23, 2018 at 2:30 pm. Georgetown University Hotel & Conference Center (Free Parking), 3800 Reservoir Rd NW, Washington, DC 20057. Enjoy delicious drinks & hors d'oeuvres, live auction and intimate concert! Special discount from \$200 for LW residents. Purchase tickets online at (www.child-justice.org) or send checks to: Child Justice, Inc., 8401 Colesville Rd., Suite 300, Silver Spring, MD 20910. Questions? Call (301-996-1175)

HOMECREST HOUSE HEALTH FAIR. Flu shots, Files of Life, blood pressure screenings, hearing tests, medical equipment,

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giveaways. Learn about health and wellness services. Wednesday, Sept. 26, 10 a.m.-2 p.m. Moskowitz Social Hall, 14510 Homecrest Road, Silver Spring, MD 20906.

WANTED

FAST CASH FOR USED CARS
- Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashiers' check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973). Not affiliated with Cherner Bros.

WILL BUY MILITARY, WW2, WW1, Civil War memorabilia items. Uniforms, weapons, helmets, photos, medals or any other items associated with US, German, Japanese or other military history. Call Dave (240-464-0958) or email (obal7@aol. com)

CASH FOR RUGS: oriental rugs, any condition. European, Asian, Navajo, etc. (atticllc.com) Gary (301-520-0755)

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the US Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

CASH FOR RECORDS, CDs, and tapes. Best price guaranteed. Free appraisals. All types of music, 33, 45, 78 and CDs. Call Steve (301-646-5403) or email (Stevebuysrecords@gmail.com). Will make house calls.

CASH FOR CARS — Cherner Bros. 48 years' experience; will buy your car for cash. We come to you. Call Marty B. @ (240-447-0258). Dealer #U2158.

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- Shopping for groceries, with or without client
- Bathing and grooming and general personal hygiene
- Help with planning and making decisions
- Nursing services and many more!



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SEPTEMBER 2018

AT BROOKE GROVE RETIREMENT VILLAGE

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

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

HEALTHY LIVING CLASS: CHAIR YOGA

September 17 through October 24 MONDAYS & WEDNESDAYS 9:45-10:30 A.M.

Chair yoga can improve mobility, increase energy, improve physical function and otherwise enrich your life! Take the road toward better health with this class that is ideal for seniors or those with stiffness or movement limitations.

Six-week Session Fee: \$30

Reservations are requested by September 14. Registration opens at 10:30 a.m. on September 17, and the class fee is due at that time.



18100 Slade School Road Sandy Spring, MD 20860 301-260-2320 · www.bgf.org

CAREGIVER CONNECTION: "WHEN THE CAREGIVER **BECOMES THE DECISION MAKER"**

TUESDAY. SEPTEMBER 18 2-3 P.M.

Are you a caregiver struggling with making the hard decisions for your parent or spouse? Do you feel guilty going against their wishes? During this seminar, you'll learn about the stages of grief and loss of independence and discover strategies to cope with making decisions regarding caregiver duties, family feuds and financial issues.

FREE. Register by September 16.

LIVING WELL SEMINAR: **"GENTLE YOGA FOR ENERGY AND STRESS RELIEF**"

WEDNESDAY, SEPTEMBER 19 1-2:15 P.M.

During this seminar, you'll explore the latest research which shows that certain yoga poses can increase energy and reduce stress. You'll also discover five easy-to-learn yoga poses that you can do at home to begin receiving these benefits right away.

Preceded by complimentary lunch at 12:30 p.m.

FREE. Register by September 17.

PARKINSON'S **SUPPORT GROUP**

SECOND WEDNESDAY OF EACH MONTH • 2-3:15 P.M.

PFNCA EXERCISE FOR PARKINSON'S CLASSES

MONDAYS & WEDNESDAYS ONGOING, 3:30-4:30 P.M.

Improve posture, balance and circulation while also increasing strength, muscle control and mobility.

FREE with a \$30 annual Parkinson Foundation registration fee.



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