Seniors should be wary of online prescriptions

The Orange County Senior Citizens Advisory Council, along with the Office on Aging, is issuing a warning about the dangers of purchasing online medication.

Fake prescription pills are easy to purchase and widely available online. Fake pills are often sold on social media and e-commerce platforms—available to anyone with a smartphone.

Criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills, according to the federal Drug Enforcement Agency. The fake pills often contain fentanyl or other illicit drugs and can be deadly, according to DEA officials.

The Office on Aging recommends that seniors learn how to buy prescription drugs safely on the internet by visiting www.FDA.gov/BeSafeRx.

Josh Schreiber leads The Springsteen Experience, replicating the songwriter’s ethos with vintage equipment and stage sets, multiple costume changes and note-perfect renditions of Springsteen’s most popular hits and lyrical gems.

The repertoire includes the iconic “Born to Run,” “Detroit Medley,” “Adam Raised a Cain,” “Sherry Darling,” “Hungry Heart,” “Glory Days,” “Born in the USA” and more. See page 14 for the full season schedule. See page 15 for amphitheater rules.

Revel in ‘Glory Days’ tonight

Leisure Worlders and their guests were “Born to Run” to the Amphitheater at 7:30 p.m. to rock out with The Springsteen Experience at the second Amphitheater show of the season.

Bruce Springsteen is one of the most prolific song writers and storytellers of our time. With such a large and eclectic catalog of music spanning more than four decades, The Springsteen Experience—led by Josh Schreiber and the cast and crew—will perform a high-octane, chronological journey recreating the most memorable moments and stage interactions throughout E Street concert history.

From 1973 through the height of Springsteen’s Fame in the ’80s and beyond, this theatrical production accurately replicates the near circus-like appeal of an authentic Springsteen concert, including vintage equipment and stage sets, multiple costume changes and note-perfect renditions of Springsteen’s most popular hits and lyrical gems.

The repertoire includes the iconic “Born to Run,” “Detroit Medley,” “Adam Raised a Cain,” “Sherry Darling,” “Hungry Heart,” “Glory Days,” “Born in the USA” and more. See page 14 for the full season schedule. See page 15 for amphitheater rules.

Alzheimer’s OC launches Memory Support Team in LW

Alzheimer’s Orange County, with the support of numerous partners, will officially roll out the Leisure World Seal Beach Memory Support Team (MST) this month.

The MST will provide a variety of memory support programs and services to LW SB shareholders and families concerned about memory loss and/or cognitive decline. The MST is comprised of dementia care specialists and Care Team navigators who will team up with residents to support their efforts to live productively and independently.

The team was awarded grant money to offer a variety of free educational classes to Leisure World residents, which will commence this month. They include:

• 11 Tips for Successful Solo Aging in Your Home: July 10, from 10-11:30 a.m. in Clubhouse 3, Room 2.
• Brain Boot Camp (a two-week series): July 17 and 24, from 10-11:30 a.m. in Clubhouse 3, Room 2.
• Keeping Your Home Safe 101: Aug. 14, from 10-11 a.m. in Clubhouse 3, Room 2.

The Memory Support Team will hold several educational classes in the coming months.
The Amphitheater was packed. By 7 p.m., the show was standing-room only.

First Amphitheater show was a resounding success

The first show of the 2023 Amphitheater Season was a huge hit. On June 29, the Amphitheater was packed to the brim with Leisure Worlders dancing and singing along to Beach Boys songs performed by tribute band Surf’s Up.

The successful kick-off to summer full of concerts was standing-room only. The event was sponsored by Home Instead Senior Care and On-Site Home Sales, who threw beach balls into the audience to add some seaside flare to the event.

People enjoyed food offerings from Lucille’s BBQ, Koffel’s and Mandi’s Candies. To view the full Amphitheater Season schedule, see page 14 or consult the 2023 Spotlight On Entertainment, which were mailed to residents homes in June. Extra copies are available in the News Office, located next to the Amphitheater.

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CREATING HEALTHY SMILES

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New Patients only. Must mention offer at time of scheduling and present at time of service. Expires 7-31-23

Implant $1,995

(Reg. $4,000)
Includes Implant, Abutment & Crown

Cannot combine with other offers or prior service. Must mention offer at time of scheduling and present at time of service. Expires 7-31-23

Extra Steps for COVID Safety:

• ADA compliant PPE in use
• Pre-screening with no-touch infrared thermometer
• Preventative antiviral/antibacterial rinse for patients

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10900 Los Alamitos Blvd, Suite 133
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Same Day Emergency Services
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Periodontist (Gum Specialist)

ALZOC
from page 1

Services will include brain health education, home safety assessments, caregiver support and education, medication reviews, behavioral symptom assistance, planning for future needs, health care directives, and linking people to appropriate resources.

Many of the above services will be accessed via phone or virtually (Zoom), at the LWSB Social Services Office, at events at LWSB clubhouses, and in the homes of individuals and families living with memory loss. Enrollment for in-home services will require a no-fee clinical assessment provided by the clinicians of the MST.

With the exception of respite care programming, services will be provided at no cost. Respite care programming is expected to begin in January 2024, and more information about that service will be forthcoming by year’s end.

This project is supported in part by a grant awarded to AlzOC from the federal Department of Health and Human Services.

The development of the MST was greatly influenced by the thoughtful and persistent advocacy of the Golden Age Foundation. Support for the program has also come from the Golden Rain Foundation, SoMang Society, Pathways Volunteer Hospice, CSULB Center for Successful Aging, LWSB Community Church, Meals on Wheels Long Beach and Orange County, LWSB OPTUM Care Health Center and Alzheimer’s Orange County.

Those with questions about classes can email learn@alzoc.org or call the helpline at 844-373-4400. For more information about the MST’s services, call Tarah McNulty, community services project manager, at 949-757-3759 or email tarah.mcnulty@alzoc.org.
Let’s Celebrate Summer, Leisure World Seal Beach!

Buy One, Get One Free
Breakfast Entree Deal*
-Sandwiches, Minis, Burritos & Bowls-
6:30am - 11:00am

Valid Only at
Shops at Rossmoor Chick-fil-A

*No substitutions. Offer valid from July 6, 2023 through July 31, 2023. Coupon to be surrendered at time of purchase. May not be combined with any other offers. Please note: Chick-fil-A is closed on Sunday.

TRANSPORTATION
Get acquainted with the Minibus system at meeting

A Minibus informational meeting will be held today, July 6, at 10 a.m. in Clubhouse 3, Room 3. Meetings are held on the first Thursday of every month to assist LW residents with using the many transportation services available to the Leisure World community. No reservations are required.

The GRF Transportation Department provides information on the LW Minibus service as well as the GRF appointment-based Access bus service for people with mobility challenges. Information on other local area bus and transportation services to nearby grocery shopping and medical service destinations is also presented.

Meetings often include information and updates on the City of Seal Beach Senior Shopping Shuttle to Rossmoor and Old Ranch shopping centers and the Seal Beach Old Town Pier shuttle.

The LW Minibus service is a community transportation service for everyone. Anyone who has a valid pass to enter the community can ride on the LW buses. The only rule is each person must be 18 years of age or older or accompanied by someone who is 18 years of age or older.

Residents perused a variety of booths, collecting snacks and prizes along the way.

Annual Life Options Expo linked residents to crucial resources

Veterans Plaza was bustling with energy on June 30 as residents flocked to and fro at the Life Options Expo, gathering advice and information on how to live their best, healthiest lives.

The annual expo brings a myriad of health providers to Leisure World, creating a dense resource of crucial health information in residents’ backyard. The event was presented by GRF in partnership with Sunrise of Seal Beach Assisted Living.

Various vendors from home care and elder care agencies, residential care facilities, county organizations and more presented information on their services along with giveaways, raffles, games, snacks and refreshments. Representatives from Lucent Hospice entertained people with Plinko games and prizes.

“I love it! There are so many things and information to choose from that I may need in the future,” said Mutual 4 resident John Russell, who’s attended the expo for the past six years.

The LW Orchestra provided entertainment and people enjoyed food options and sweets for purchase from Mandi’s Candies Ice Cream and Berlin Food Truck.

The ambiance, along with beautiful sunny weather, was welcoming and pleasant. The excitement was palpable, as people gathered to watch presentations and review products and services. The hugely popular event was deemed a success.

When uplifting stay-at-home care is needed most

At Comfort Keepers®, we provide in-home care that helps seniors live safe, happy, and independent lives in the comfort of their own homes.

In-Home Senior Care Services
- Personal care
- Companionship
- Grocery shopping and housekeeping
- Dementia and Alzheimer’s care
- Respite care

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(562) 947-9740
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Serving Long Beach, Seal Beach and surrounding areas
SB police arrest child abuse suspect

The Seal Beach Police Department was involved in a car chase that resulted in the arrest of a 25-year-old child abuse suspect. On June 22 at about 3:37 p.m., Seal Beach police officers were dispatched to the area of Heather Street and Gauva Avenue in Seal Beach regarding a welfare check of a young child located in the neighborhood without any parents or guardians in the vicinity. Officers arrived on scene and observed visible injuries to the 4-year-old child’s face and body. Officers requested paramedics to respond and began a child abuse investigation.

While paramedics were conducting a physical assessment of the child, the alleged abuser responsible for the child’s injuries was observed driving in the neighborhood and an investigative traffic stop was initiated. The suspect fled from the traffic stop in his vehicle and a pursuit ensued.

The pursuit continued through the city of Garden Grove, onto the northbound 405 freeway and was ultimately terminated by officers who could not determine if the suspect vehicle had continued northbound 405 or onto the northbound 605 freeway.

Approximately three minutes later, the suspect vehicle was involved in a traffic collision in the city of Los Alamitos. The suspect fled from the vehicle on foot. With the assistance of Los Alamitos and Cypress police officers and the Huntington Beach police heli-copter, the suspect was located and taken into custody.

The child was transported to a local hospital and Child Protective Services was contacted.

The suspect was identified as Cody Rohlfing, age 25, of Seal Beach. It was later determined that the suspect was not biologically related to the child but lives with the child’s mother at the residence in Seal Beach.

Rohlfing was later transported to Orange County Jail to be booked for felony child abuse, resisting arrest, felony evading and felony hit and run resulting in injuries.

This is an ongoing investigation. Anyone with information is asked to contact Sergeant Gibson at 562-799-4100, ext. 1128, or gibson@sealbeachca.gov.

Bus Tours

The GFR Transportation Department will conduct monthly bus tours of Leisure World on the first Tuesdays for new and recently moved-in residents.

Included in the tour will be GFR clubhouses, Turtle Lake Golf Course, Mission Park and its activity courts and gaming rooms, the 1.8-Acre disposal and recycling area, as well as the Leisure World Library and the Main Gate bus station.

The 1.5-hour tours will begin at the bus hub on the east side of the Amphitheater near the Administrion Building.

Stock Transfer can book tours when new buyers check in or, people can schedule one at https://outlook.office365.com/owa/calendar/NewMemberBus-Tours@bixby.wb.com/bookings/

For more information, contact Melissa Gomez by emailing melissag@lwsb.com or calling 562-431-6586, ext. 326, or Kathy Thayer by emailing kathy@lwsb.com or calling 562-431-6586, ext. 398.

LIFELONG LEARNING

OLLI classes commence July 10

Prepare a backpack and stuff a pencil case: the first day of classes for the L.W. Other Lifelong Learning Institute is July 10. Class registration began in early June and classes are still available. Membership is open to adults 50 and older.

The cost for a full academic year is $40, with a small additional price per class.

Enrollment is available on a first-come, first-served basis.

A wide variety of classes are still open for registration.

A GFR representative told the LW Weekly that in-person computer classes fill up the fastest, and many may be closed. However, the representative urged prospective students to call the OLLI office, as instructors may be flexible and may allow additional students beyond the class limit.

OLLI President Glen Libby described the OLLI educational experience as “joyful,” adding, “You are in total control of your curriculum. I highly recommend that you test the waters in all that OLLI has to offer; I know you will be a better person for making the effort.”

For more information about classes, call the OLLI office at 562-985-2398 from 10 a.m.-4 p.m. daily.

Classes are offered in-person, online and in a hybrid format. To see the full course catalog, visit csulb.edu/olli.

Setting It Straight

In an article titled “CINC system offers information on permits, violations and more” on page 3 of the June 29, 2023 edition, the LW Weekly published an incorrect phone number. Questions about CINC should be directed to 562-431-6586, ext. 313 or ext. 344.

Letters Policy

Letters, maximum 250 words, should be typed and delivered to LW Weekly by email, regular mail or hand. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate.

For information on writing to the editor, please contact Editor Laurie Bullock at 562-431-6586, ext. 266.

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**GOVERNMENT**

**How to Contact Your Government**

Contacting your elected officials remains one of the most important civic responsibilities you can perform outside of voting. Here’s a guide to how to contact those elected to be your voice:

**President Joseph R. Biden**  
Phone: 202-456-1111  
Mail: The White House, Office of the President, 1600 Pennsylvania Ave. NW, Washington, D.C. 20500  
Website: www.whitehouse.gov

**Vice President Kamala Harris**  
Phone: 202-456-1111  
Mail: The White House, Office of the Vice President, 1600 Pennsylvania Ave. NW, Washington, D.C. 20500  
Website: www.whitehouse.gov

**U.S. Senator Dianne Feinstein**  
Phone: 202-956-3305  
Mail: 20512 Constitution Ave. NW, Washington, D.C. 20500  
Website: www.feinstein.senate.gov

**U.S. Senator Alex Padilla**  
Phone: 202-224-3553  
Mail: 11845 W Olympic Blvd., Ste. 1250W, Los Angeles, CA 90064  
Website: www.padilla.senate.gov

**U.S. Representative, 48th District, Darrell Issa**  
Phone: 202-225-2415 or 760-304-7575  
Mail: 4100 Main St., Temecula, CA 92590  
Website: issa.house.gov

**Governor Gavin Newsom**  
Phone: 202-225-5672  
Mail: 1300 10th St., Ste. 1173, Sacramento, CA 95814  
Website: www.gov.ca.gov

**State Senator, District 34, Thomas J. Umberg**  
Phone: 714-558-3785 or 916-651-4034  
Mail: 1000 E. Santa Ana Blvd., Ste. 2208, Santa Ana, CA 92701  
Website: x34.senate.ca.gov

**State Assembly Member, District 72, Diane Dixon**  
Phone: 949-287-9211  
Mail: 4100 MacArthur Blvd., unit 340, Newport Beach, CA 92660  
Website: ad72.asmrc.org/contact-me/

**Orange County Supervisor, District 2, Vicente Sarmiento**  
Phone: 714-834-3220  
Mail: 400 W Civic Center Dr., Santa Ana, CA 92701  
Website: Vicente-Sarmiento.ocgov.com

**Seal Beach Thomas Moore**  
Phone: 562-431-2527, ext. 1502 or 949-510-4994  
Email: tmmore@sealbeachca.gov

**Seal Beach City Council Member, District 5, Nathan Steele**  
Phone: 562-431-2527, ext. 1505 or 714-474-1272  
Email: nsteele@sealbeachca.gov

**Seal Beach City Hall, 211 Eighth St., Seal Beach, CA 90740**  
Website: sealbeachca.gov

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**Family Radio Service Users**

Everyone interested in becoming a family radio services communications volunteer during an emergency in Leisure World—or just brushing up their skills in radio services for a family contact—are invited to attend a family radio services training provided by Marty Williams. It is scheduled for Tuesday, July 11, from 10-11 a.m. in the Clubhouse 3 Learning Center. About a dozen of radios are available to borrow for training that will cover the following topics:

- Basic functions for radio usage.
- Leisure World call-in communications protocol.
- Battery care and maintenance.
- Do’s and don’ts of radio communications.
- Outdoor practice.

Seating is on a first-come, first-served basis. The second family radio services training will be offered Oct. 4 from 11 a.m. noon in Clubhouse 3 Learning Center.

**Comments/Ques-tions at Meetings**

The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board (Civ. Code §1955(b)), as follows:

- Four minutes per speaker for 15 or fewer speakers.
- Three minutes per speaker for 16-25 speakers.
- Two minutes per speaker, more than 26 speakers.

To address the GRF Board of Directors, submit your request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA 90740. Attention: Executive Coordinator. No later than 4:30 p.m. on the Friday prior to the meeting.

**GRF Meetings**

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule.

- Thurs., July 6  
  GRF Operations Committee  
  Conference Room A/virtual  
  9 a.m.

- Tues., July 11  
  GRF Member Services Committee  
  Conference Room A/virtual  
  10 a.m.

- Thurs., July 13  
  GRF Administration Committee  
  Conference Room A/virtual  
  10 a.m.

- Tues., July 25  
  GRF Board Meeting  
  Clubhouse 4/virtual  
  10 a.m.

A quorum or more of the directors may be present, only to listen and observe, and no formal board action will be taken at committee meetings. Attendees will be provided an opportunity to address the committee.

**Mutual Meeting Schedule**

Mutual residents are invited to attend the open meetings of their Mutual boards. The following is a tentative schedule.

- Thurs., July 6  
  Presidents’ Council  
  Clubhouse 4/Zoom  
  9 a.m.

- Mon., July 10  
  Conference Room B/Zoom  
  9 a.m.

- Tues., July 11  
  Mutual 9  
  Conference Room B/Zoom  
  9 a.m.

- Mon., July 17  
  Mutual 14  
  Conference Room B/Zoom  
  9 a.m.

- Tues., July 18  
  Mutual 15  
  Conference Room B/Zoom  
  9 a.m.

- Wed., July 19  
  Mutual 19  
  Conference Room B/Zoom  
  9 a.m.

- Wed., July 19  
  Mutual 20  
  Conference Room B/Zoom  
  9 a.m.

- Wed., July 19  
  Mutual 21  
  Conference Room B/Zoom  
  9 a.m.

- Thurs., July 20  
  Mutual 2  
  Conference Room B/Zoom  
  9 a.m.

- Thurs., July 20  
  Mutual 6  
  Conference Room B/Zoom  
  9 a.m.

- Thurs., July 20  
  Mutual 18  
  Conference Room B/Zoom  
  9 a.m.

- Thurs., July 20  
  Mutual 24  
  Conference Room B/Zoom  
  9 a.m.

- Thurs., July 20  
  Mutual 26  
  Conference Room B/Zoom  
  9 a.m.

**Expanded Hours at the Gates**

The St. Andrews and North Gates are now open at 5:45 a.m. and close at 10:45 p.m. The extra 15 minutes in the morning is especially appreciated by early birds leaving for work or the gym, and the extra 45 minutes at night allow residents to quickly access the community while easing traffic at the front gate.

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B. 2 meals a day 3 days a week (Delivery: Mon, Wed, & Fri) $99 per week

- **Monday**
  - Chicken Kebab
  - Stroganoff

- **Tuesday**
  - Catfish
  - Sandwich

- **Wednesday**
  - Rice
  - Walnut & Feta

- **Thursday**
  - Pastry
  - Seasonal Fruit

- **Friday**
  - Cake
  - Seasonal Fruit

**Menu Details**

Pasta  
- Seasonal Fruit

Protein  
- Lemon Pepper Wings

Salad  
- Cheese Quiche

Fresh Produce  
- Fresh Mixed Berries

Vegetables  
- Cheese Sauce

Beverage  
- Orange Juice

**Salim Khoury**  
(562) 754-8487  
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**To ensure high quality, some items may be substituted.**
Middletons  By Ralph Dunagin & Dana Summers

Los Angeles Times Crossword Puzzle

Sudoku 1

9 To 5 By Harley Schwadron

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Edited by Rich Norris and Joyce Nichols Lewis

July 6, 2023 | www.lwsb.com | www.lwweekly.com
Guess Who?
I am a comedian born in New York on March 14, 1976. I am a native of Staten Island and my dad was in the Air Force. I joined a comedy troupe with a few other school friends. I star on a wildly popular show on TruTV.

Sudoku #2

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Puzzles & Comics Answers on page 8

HELPING HAND WORD SEARCH

V P D F I R U L C R I S I S I N B N M H
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F F P F U M S Y S A O C U D F S C H M V
I C Y B N Y AT N A C G B M T S A O E F
G B C P L T O N A A S I I N V A N R D T
H D N C E E E E I I O I T D C P E T O R
C D E G N T R E M T D E D I I M E A O U
C R G Y I O I R I R M A R R U R O F G L P
S V R B C R I E F H R R G L C E E B L
M A E F F T F T L E M G I F S D D L G B
L Y M L U M H A I E N A A S N Y F I L
S I E O P B M D R N E G O R N H Y H I A
I I B S G S G I E T P F O N I Y L L I S N
Y Y G T P N T L B I G D P I S S D D L I C
T Y N G E A H O B G N C V E N S O E P N
E H M S O H E A L T H I G G R I R F H
F P S P G V B L D M I T C I V E A M F E
A G E M B I H G P E F C Y T U E A R R N
S E C N A T S I S S A Y B L Y A P A T E

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ASSISTANCE
BLOOD
COMPASSION
CPR
CRISIS
CRITICAL
DISASTER
DONATION
EMERGENCY
FIRE
FIRST AID
HEALTH
HUMANITARIAN
LUST
MISSION
READINESS
RELIEF
SAFETY
SHORTAGE
TRAINING
UGENT
VICTIM
VOLUNTEER
Dancing Feet Club members dressed as cowgirls and cowboys pose for a souvenir photo while celebrating the club’s ninth anniversary.

Dancing Feet danced the night away to its 9th anniversary

On Sunday, June 25, the Dancing Feet Club had a full house in Clubhouse 2 dancing the night away in celebration of the club’s ninth anniversary. Attendees enjoyed a cake, dancing in a clubhouse decorated by a club member and taking souvenir photos. The club had a wonderful year and is looking forward to another one ahead. The club meets in Clubhouse 2 for line dance lessons and practice on Mondays from 7-9 p.m., and social (ballroom) dancing every fourth Sunday of the month from 6-9:30 p.m.

LW Yoga Club

With age, the misuse and abuse of a body begins to take its toll creating imbalances, injuries and limitations. Muscles may stiffen.

Sudoku 1 Answers

1 2 4 3 7 5 6 9 8 7 9 8 2 6 1 3 4 5 6 3 5 9 4 8 2 7 1

2 4 9 6 5 3 1 8 7 5 6 7 8 1 4 9 3 2 3 8 1 7 2 9 5 6 4

4 7 6 5 3 2 8 1 9 8 5 3 1 9 7 4 2 6 9 1 2 4 8 6 7 5 3

Sudoku 2 Answers

3 2 7 8 9 4 1 5 6 5 1 9 2 6 5 3 4 7 6 5 4 3 1 7 9 8 2 1 9 2 5 3 6 4 7 8 4 6 3 9 7 8 2 1 5 7 8 5 1 4 2 6 3 9 2 7 9 4 5 1 8 6 3

8 4 6 7 2 3 5 9 1
Meals on Wheels Long Beach

Meals on Wheels of Long Beach, Inc., delivers freshly cooked meals for $9.75 per day Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk. An alternate dessert is available for those on a diabetic diet.

Contact Client Manager Caron Adler at 562-439-5000, ext. 1, or visit www.mowlb.org to complete an online application or cancel a meal for the following day, before 9 a.m. the prior business day.

Thursday, July 6

Baked ziti with turkey, whole grain roll, green beans with pimentos, fresh pear, ham, turkey and cheese sandwich with lettuce, tomato and pickle, and a homemade confetti slaw.

MEALS LB, page 10

Important of Sleep for Healthy Brain

Everyone is invited to attend a presentation by a team from the UCI Institute for Memory Impairments and Neurological Disorders (UCI Mind) on the importance of sleep in healthy brain function, aging and Alzheimer’s disease July 31, from 11 a.m.-1 p.m. in Clubhouse 3, SLEEP, page 10

Pat Miller
Marianne Barlow

Speed up the weight loss goals with Wa-Rite every Friday in CH 3

On June 23, the Wa-Rite Club celebrated members Pat Miller and Marianne Barlow. Miller was a top loser shedding 3 of the of the 15.5 pounds lost by the club last week, attributing her success to attending a nutritional program through her medical plan and learning more about nutrition. Barlow received a Wa-Rite’s bachelor’s degree for achieving and maintaining her weight loss goal.

Virginia Olejnik presented on the health benefits of ginger and lemon water. She offered some suggestions on incorporating ginger into a diet, which helps with inflammation, pain relief, lowers cholesterol, improves sugar regulation and reduces nausea. Olejnik also addressed the reasons to add a glass or two of water with lemon to one’s diet, which provides vitamin C, potassium, flavonoids and helps with inflammation, digestion and regularity, improved immunity, and is also linked to boosting serotonin production and contributing to weight loss.

Leisure World residents interested in better health, more energy and some light-hearted camaraderie are welcome to join. The club meets every Friday in Clubhouse 3, Room 1. Weigh-ins are from 8:15-8:45 a.m. The annual membership fee is $10. Weekly dues are ten cents.

WA-RITE, page 10

Phone: 562.431.1397
Fax: 562.493.2310

Ad needs changes.

Ad approved by:

Week 1

Week 2

Week 3

Week 4
Meals on Wheels Orange County

Meals on Wheels Orange County, in partnership with the city of Seal Beach, is hosting The Lunch Cafe at the North Seal Beach Healthcare Center, 3333 St. Cloud Dr., Seal Beach, Monday-Friday, from 11:40 a.m.-1:30 p.m. at the Optum Healthcare Center Conference Room.

Participants will leave with smiles on their faces and a song in their hearts. Best of all, it’s fun, free and non-fattening.

Beverly Sant, a certified laugh leader who helps people improve their lives through laughter.

On Thursday, July 13, the Joyful Line Dance Club will have a summer line dance party in Clubhouse 2 with sumptuous, authentic Korean food for lunch. The party is from 10:30 a.m.-12:30 p.m. or until attendees are too tired to dance anymore. People can sign up with Chong Hee Kim during the regular class. There will be no class on July 13. For more information, text 562-301-5339.

FAITH

SLEEP

Room 2.

Attendees will learn more about healthy lifestyle practices to protect the brain as it ages and improve memory.

For more information, go to mind.uci.edu or email mwhit bna@uci.edu.

WA-RITE

from page 9

WA-Rite offers a non-judgmental and supportive environment that provides information, accountability, shared experiences and whimsy. Club members work toward their shared goals of making the most of their golden years by being healthy and fit.

—Denise Stable

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DANCING FEET

from page 8

Come dressed to impress and bring favorite snacks and drinks.

Alcohol is not allowed. There is no fee to participate.

For more information, text Ed Bolos at 551-998-4223 or email edgebolos@gmail.com.

We welcome all disabled and experienced yogis are welcome.

The LW Yoga Club has outdoor yoga classes every Tuesday at 9:30 a.m. in Veterans Plaza, and on Wednesdays at Veterans Plaza and Thursdays with Jann Ahn. The cost is $8 per class. New and experienced yoga is welcome.

For more information, contact Connie Adkins at 562-506-5063.

—Connie Adkins, LW Yoga Club president
Faith Christian Assembly

Join Faith Christian Assembly Sunday, July 9, at 5:30 p.m. for the Ministry Emphasis Service. "Fasting and Prayer" with Cantor Marla Dangott via Zoom. For more information call 562-795-6250, ext. 6250, TTY 711.

The free monthly newsletter, call or visit contact@fcachurch.net.

Earth, Sea & Air

562-795-6250, TTY 711

Licensed Sales Agent

Located in The Health Care Center, 1661 Golden Rain Rd.

FCC, page 12

SHOLOM, page 12

On June 4, Leisure World Korean Community Church (LWKCC), led by Senior Pastor Dr. Jang Yong Yon, honored the 73rd anniversary of the Korean War.

There were three people in the church alumni who were veterans of the war: Saeng Ji, Chul Park, Hyung Cho, and Ok Jeong-Ok Ahn.

The Korean War broke out on June 25, 1950, when North Korea invaded the Republic of Korea. They invaded on Sunday morning when everyone was resting. The war ended with the armistice agreement on July 27, 1953, with the intervention of the international community and the power of the U.S. and United Nations forces.

War makes it difficult to determine the exact number of human casualties. It is estimated that between 140,000 and 415,000 civilians were killed. More than 36,000 American soldiers and more than 215,000 South Korean soldiers were killed. The human toll of the war was great, and its effects are still felt.

While suffering from poverty and disease, through God’s guidance and blessings, Korea found stability and life with the help of UNESCO and the U.S. It has become a missionary country that spreads the word of God.

First Christian Church

First Christian Church of Leisure World teaches from God’s word, the Holy Bible, verse by verse. It is a friendly church that welcomes all visitors to join in worship and explore God’s word together. “That we may be mutually encouraged by each other’s faith, both yours and mine” Romans 1:12.

Pastor’s Message

Abram and his wife, Sarai, yearned to have a son. Despite God’s promise that Abram’s descendants would be as numerous as the stars, they conspired to intervene. After 10 years in the land God promised them, they became impatient and decided to take things into their own hands.

In Genesis 16:2-3 Sarai tells her husband Abram that he should marry her maid Hagar and have children. When Hagar conceived, Sarai despised her.

Jealousy and blame rose to surface and difficulties to this day remain within the descendants of Sarai and Hagar.

Trusting and waiting on God to do what he has promised can be difficult. It is best to have patience and wait on him to give guidance and wisdom.

Weekend Services

Sunday services are traditional services from 9:30-10:45 a.m. with hymnal music led by Janet Ray and Pat Kogak at the piano. The choir will sing "God is Still on the Throne.”

Saturday services are more contemporary with Gregory Black leading worship with guitar accompaniment. The service is held from 9:30-10:45 a.m.

Midweek Studies

The women’s Bible Study, led by Melli Herrera, will be on summer break from July 3-24.

Pastor Gary Whittitch leads the Tuesday Bible study group from 9:30-10:30 a.m.

The Thursday Bible study will be Pinchas from the book of Numbers. Pinchas opens with God’s promise of a “covenant of peace” for the zealot Pinchas, followed by a census.

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I’m Sherry Vandervoort, a licensed sales agent in Leisure World Seal Beach. When it comes to Medicare, it’s important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I’m ready to answer your questions and help you find a plan that fits your needs. Take advantage of my knowledge and experience to:

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Springs Healthcare
Assembly of God

Service/Gathering Times: Sunday morning at 10:30 in Clubhouse 3, Room 2. The Wednesday Bible study is at 10 a.m. in Clubhouse 3, Room 2. The Hymn Sing is held on the fourth Sunday of the month at 6 p.m. in the Clubhouse 3 Lobby. This week’s sermon: Pastor Chuck Franco will finish the series “The Good Fruit We Bear,” with the final attribute of a Christian listed in Galatians 5:22-23, self-control. So many heartaches could be avoided by exercising self-control. Many excuses are given for allowing tempers to flare, words to be carelessly spoken, or hasty actions taken. But Christians are humans who have access to the help of the Holy Spirit in exercising self-control. This series concludes with a challenge to let God transform one’s life, becoming more Christ-like.

Bible Study: “Job” by Francis Chan encourages students to rethink the message of the Biblical passage, and to apply it to their own situation.

Contact: More information about the church can be found at www.lwwassemblyofgod.com.

Meetings for the Atherton Ward are held at 6500 E. Ather-ton St., in Long Beach. Ward are held at 6500 E. Atherton St., in Long Beach.

Church of Jesus Christ of Latter-day Saints

Church of Jesus Christ of Latter-day Saints

Meetings for the Atherton Ward are held at 6500 E. Atherton St., in Long Beach.

The sacrament service is held every Sunday at 10:30 a.m., followed in the second hour by Sunday School on the first and third Sundays, Relief Society and Elders Quorum on the second and fourth Sundays. Primary classes for children are held every Sunday during the second hour. Members who are unable to attend Sacrament meeting ID is 91524704 and the passcode is RavGalit. People can also watch on Facebook at www.facebook.com/galittemon or YouTube at https://www.youtube.com/channel/UCU_LHsFl4q-vx807H-U1Rw.

“Lev L’Lev,” the onscreen prayerbook created by Rabbi-Cantor Galit-Shirah, has been reworked to include the weekly Torah reading and D’var Torah. Beit HaLev and Rabbi Galit-Shirah are a part of the Union of Jewish Universalist Communities and Clergy. It is progressive in thought and traditional in liturgy. It welcomes everyone who seeks a path to the Divine.

To join the Beit HaLev Zoomagogue for an interactive service, To join the Beit HaLev Zoomagogue for an interactive service, Saturday livestream Shabbat services reworked to include the weekly prayerbook created by Rabbi-Torah reading and D’var Torah.

Shabbat services are suspended until further notice.

For more information, call 562-430-8598.

Community Church

A yoke is a wooden beam that is carved to allow a person to carry two heavy objects. It allowed a person to carry two buckets of water a long distance because the weight was resting on their shoulders. In the Gospel of Matthew, Jesus says, “My yoke is easy, and my burden is light.” See how God makes burdens light in Community Church’s Sunday service on July 9 at 9:50 a.m. A devoted active member of the Community Church family passed peacefully into the arms of her Lord on May 18. A celebration of life will be held July 14 at 11 a.m. in the Church sanctuary.

Thelma’s life of spunk and deep care for others impacted so many lives in this church, the Leisure World community and beyond.

For more information, call 562-431-2503.

Redeemer Lutheran Church

“Come to me, all you that are weary and carrying heavy burdens, and I will give you rest,” Matthew 11.

“Abiding in God…Always” is the theme for Redeemer Church’s worship service on Sunday, July 9, at 10:30 a.m. at 13564 St. Andrews Drive. Sharon Heck will play the organ and accompany the choir. A special guest pianist, Cedric Elmer, will play two duets with Heck: “Do Lord” and “Amazing Grace.”

For more information about the worship service or the outreach within the community, call 562-598-8697.

LW Baptist Church

LW Baptist will meet Sunday, June 9, at 10 a.m. in Clubhouse 4. This week begins a new series on the Apostle Paul’s two personal letters to the new church in Thessalonica in northern Greece, one of the first churches in Europe. Learning about how a church is born is an inspiration. LW Baptist Church was founded almost 60 years ago. The church will celebrate by singing, “In Christ There is No East or West.”

To be in Christ is to be a new creation. His power accomplishes wonderful things. For more information, call 562-430-8598.

Sholom from page 11

The Congregation Sholom’s summer picnic will be held on Sunday, July 9, from 11 a.m.-1 p.m. in the Clubhouse 1 picnic area. There will be kosher and vegetarian burgers, hot dogs, potato salad, watermelon and drinks. RSVP as soon as possible to Murray Pollack at murrje@ymail.com by Wednesday, July 5. The cost is $10.

To become a member, contact Howard Brass at 714-396-0121.

ECC from page 11

Pastor Bruce Humes also leads the prayer and Bible study group on Fridays from 6-7 p.m.

Contact First Christian Church is located on Northwood Road behind Carport 125. Those who want more information or have a need can call the church message line at 562-431-8810.

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New patients only. Must present valid Leisure World ID. Some restrictions may apply.
Legends of Rock hump day dance

Based on the great turnout of Leisure World rockers and dancers, the Pickleball Club is pleased to announce they are again sponsoring a Wednesday “Hump Day” dance party free to all Leisure World residents and their guests.

The dance will be held on Wednesday, July 12, in Clubhouse 2 from 5:30-8 p.m.

The live music dance party features the Legends of Rock (LoR) Dance Band, which plays throughout Orange County and includes Leisure World resident Jon Pearlstone.

The LoR Dance Band plays music that makes people want to dance and party—featuring the best in classic rock dance tunes from artists like The Beatles, Rolling Stones, Elvis, Bruce Springsteen, Tom Petty and many more.

All concerts are BYO-everything, with donations greatly appreciated.

For more information, contact Legendsrocktribute@gmail.com or join their Facebook page at https://www.facebook.com/profile.php?id=100086479654224 for other fun dance and live music events.

Bassett Hounds Performance

The Bassett Hounds band will perform Friday, July 7, in Clubhouse 2. Doors open at 5:30 p.m., music from 6-8.

Admission is free and donations are encouraged. All are welcome. The performance is brought to residents by Coconut Breeze.

Community Karaoke

Patriotic songs were popular at the June 28 karaoke party. “This Land is Your Land” and “Yankee Doodle Boy” are some favorites.

The karaoke song books are separated by title songs in alphabetical order, and another book by artists, such as Bee Gees, Linda Ronstadt, Elvis Presley, Madonna and all the others.

There are categories for Christmas, gospel, patriotic, showtunes, Spanish, Italian, Irish, Hawaiian and standard songs.

Everyone is welcome to enjoy the evening in Clubhouse 1 each Wednesday night beginning at 5:30 p.m. There’s always coffee, tea and snacks for people as they listen to the 30-plus talented singers from Leisure World.

Entertainers Club

The Entertainers Club will present a program of songs in Clubhouse 4 on Friday, July 14, at 7 p.m.

The program is titled “You and the Night and the Music,” and will feature love songs celebrating that one special night with a loved one that a person never forgets.

Club members include Rob Eilingworth, Michelle Potter, Don and Beverly Sunday, Vinnie Correnti, Susan Sinner, Vickie Van Ert and Mike Simpson. Joining Sandy and Eric Nelson on accompaniment will be Andre DuSomme on bass.

People can bring their favorite snacks and libations and enjoy love songs from the 20th century performed by their favorite LW performers.

Admission is free. Space is limited, so people are encouraged to arrive early.

Video Producers Club

The Video Producers Club meets on the fourth Tuesday of the month in Clubhouse 3, Room 7 at 10 a.m.

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Doo Wop Club

Let the Good Times Roll members are counting down to showtime. The club will hold its annual Summer Woodstock party on Saturday, July 15, in Clubhouse 2. All Leisure World residents and their guests are welcome. Admission is free.

Guests may bring their own refreshments, and the club will provide a variety of cookies and coffee. Doors will open at 6:30 p.m. and the show will kickoff at 7. Everyone is invited to join in singing and dancing to the song “Let the Sun Shine.”

Guests are encouraged to dress the part and enjoy being a hipster for the evening. There will be many opportunities to sing along or dance, or both.

Salsa classes begin July 10

The Leisure Time Dancers class continued working on its cha-cha sequence this week. Everyone is looking very polished. The East Coast swing class introduced a couple of new steps, the “jump back and clap” and the “side sweep.” These moves have a lot of character and the class spent much of the hour laughing in enjoyment.

The current class series extended, so cha-cha and East Coast swing were featured for an additional week on July 3.

The group meets Monday afternoons, in the dance studio, upstairs in Clubhouse 6. On Monday, July 10, a new series will start: salsa will be at 2 p.m., followed by nightclub two-step at 3.

No partner is necessary. Class will rotate so everyone dances. Beginners are welcome; a review of basics will be included. The cost is $5 per person for one class, $1 per person for two classes in a single day. For more information, contact Leisure Time Dancers President Jackie Theis at 310-743-9373.

Vinyl Rock

The LW Art League will hold a demonstration on Tuesday, July 11, at 7 p.m. in Clubhouse 4 at 7 p.m. All welcome but guests must be accompanied by the resident who invites them.

Vinyl Rock is an Orange County-based band consisting of eight musicians who passionately perform classic rock, pop and motown tunes primarily from the ’60s, ’70s and ’80s. They’ll have everyone smiling, singing, swinging and swaying to the songs they grew up listening to and easily recognize.

Vinyl Rock is sponsored by Cabaret Entertainers and is free to GRF members and their guests (over 18). Leisure suits, Fu Manchu ‘staches, mullets and big hair are welcome, but not required. Be sure to sign in. It’s the only way the Recreation Department can track the popularity of bands. All concerts are free, but tips are accepted and appreciated.

For more information, email Kathy@lwsb.com.

2023 Amphitheater Season Schedule

The 2023 Amphitheater music festival will run until Sept. 14, with a 12-show lineup promising an eclectic mix of country, rock, pop, soul and blues tribute performers at the 2,500-seat Amphitheater.

Shows start at 7:30 p.m. (schedule is subject to change). Non-resident guests must be accompanied by a resident. Smoking is not permitted at the Amphitheater, which is located behind the LW News Office in the GRF Administrative Complex.

No parking is allowed in front of the Amphitheater on St. Andrews Drive along the southbound lanes. This is a tow-away zone on Thursdays during Amphitheater season.

Minibus transportation will be available before and after shows. Food trucks will provide options for pre-event dining.

July 6
The Springsteen Experience
Sponsors: Golden Age Foundation, Financial Partners Credit Union
Shades of Billy—Billy Joel Tribute
Sponsor: Memorial Care
Michael Buble Tribute with Anthony Bannocosa
Venturesmania
Sponsor: Community Legal Aid SoCal
Aug. 3
Truck Drive with Elton John with Kenray Metcalf
Sponsors: Gasper-Monteer Real Estate, MemorialCare
Aug. 10
Bee Gees Gold
Sponsors: Athena Services, Financial Partners Credit Union
Elvis Tribute with Matt Lewis
Aug. 17
Always Tina—Tribute to Tina Turner
Aug. 24
Hip To Be Square—
Aug. 31
Huey Lewis & The News Tribute
Sponsor: Optum Healthcare
Stone Soul
Sponsor: Optum Healthcare
Sept. 7
Mark Wood & The Parrot Head Band
Sponsor: Optum Healthcare

SUMMER FUN

Amphitheater movies begin July 7

Movies will be shown on the gigantic screen at the Amphitheater on Friday nights starting at 8:30 p.m. LW residents are invited to bring friends and family for a free movie night.

The Minibus has “on call” service to movies beginning at 7:15 p.m.

Call 562-431-6586, ext. 379, and a bus will arrive within 10 minutes. A bus is available to take residents home after the movie.

• July 7 — Top Gun Maverick: After 30 years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun’s elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly.

PG-13 | 2h 10min | action, thriller
• July 21 — 80 for Brady: A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

PG-13 | 1h 38min | comedy, drama, sport

• Aug. 4 — Jurassic World Dominion: Four years after the destruction of Isla Nublar, Biosyn operates attempt to track down教 Mammoth Lockwood, while Dr. Ellie Sattler investigates a genetically engineered sworn of giant insect that threatens the world’s food supply.

PG-13 | 2h 27min | action, adventure
• Aug. 18 — The Fabelmans: Growing up in post–World War II-era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence. But soon he discovers a shattering family secret, which motivates him to explore how the power of films can help him see the truth.

PG-13 | 2h 31min | drama

• Sept. 1 — The Good Place: A live performance of the musical “Let the Sun Shine.” This is the seventh annual benefit concert for the good place, a local non-profit organization.

PG-13 | 2h 39min | biography, drama, music
Grab ‘N’ Go Menu
July 6–12

Thursday in Clubhouse 6:
Domino’s Pizza—Call ahead at 562-493-2212 for special orders, wings and salads; on site from 3:30-7 p.m.; cash and cards accepted.

Thursday at the Amphitheater show: Koffel’s and Mandi’s Candies—No advance orders; on site starting at 5:30 p.m.

Monday at Clubhouse 6:
Lucille’s Smokehouse BBQ—No preorders are accepted; on site from 3-6 p.m.; cards only.

Tuesday at Clubhouse 6:
Taco Tuesday—Mexican favorites plus hot dogs, burgers, and fries from 5-7 p.m.; cash and cards are accepted.

Wednesday at Clubhouse 6:
Dezzertaholic (New)—Exotic sweets for dessert lovers, gourmet coffee and tea from 5-7 p.m.; cash and cards accepted. Ask questions or give feedback by calling 562-431-6586, ext. 398.

On-call bus service is available from 4:30 p.m. on; regular service before 4:30 p.m.; weekends any time. Call 562-431-6586, ext. 379, for a ride.

Watch LW Live for updates or changes. Sign up by visiting www.lwsb.com/lw-live-sign-up/.

Summer at the Show: Amphitheater Rules

The GRF, along with show sponsors, are proud to present the 2023 Amphitheater season. To ensure an enjoyable season, showgoers are asked to adhere to the following rules:

- There is no video- or audiotaping of performers.
- Do not save seats. Amphitheater seating is first-come, first-served.
- Do not sing along with performers unless asked to do so by the performer on stage.
- No one is allowed to sit or stand in the aisles.
- No smoking is permitted in the Amphitheater area.
- Flags on scooters should be lowered, so everyone can see the stage (see LW Security for assistance with this).
- Leave walkers in the aisle.
- Handicap seating is at street level at the handrails in the middle of the Amphitheater.
- No flash photography.
- No climbing over seats.

Hui O Hula

Hula classes meet twice a week, on Tuesdays and Thursdays, starting at 1 p.m. Tuesday’s class is given upstairs in Clubhouse 6; Thursday’s class meets inside Clubhouse 3 or at Veterans Plaza when the weather is favorable.

Hui O Hula

Barbara Simundza (r) was the raffle winner at the LW Art League meeting held June 13. The prize was an art print donated by Betsy Lohrer Hall (l), the guest demonstration artist at the meeting. The Art League will meet July 11.

LW Poetry
This feature showcases original poems by members of the Creative Writers Club of Leisure World and other GRF members.

This poem was written by Gary Krank for his granddaughter’s 11th birthday.

Happy 11

Caterpillars become butterflies.
Kittens become cats.

Thinking life’s a fixed routine
is an illusion and a trap,

The universe is conscious.
We breathe its changes every day.

Sometimes you’re the hunter;
sometimes you’re the prey.

Sometimes you’re eloquent
with the perfect words to say,
lighting up a deeper truth like a rainbow’s every ray.

Thoughts and feelings shine like mirrors reflecting heart and mind, attracting love and kindness like a lyric when it rhymes, or branches in a forest, or the smell of growing pines.

And today’s your celebration,
so seek and you shall find.

—Gary Krank
SUNSHINE CLUB

Learn about assisted living

Wendy Wheeler from Sunrise Seal Beach will speak at the Sunshine Club on Friday, July 7, in Clubhouse 3, Room 2, at 10 a.m. for an interactive presentation on assisted living. Many seniors are not familiar with what assisted living is. Some might have a vision of a place that they put their parents or grandparents when they were younger. Wheeler will show just how vibrant and fun assisted living community is for seniors. She will also talk about what the difference is between a skilled nursing facility and assisted living community. Wheeler will explain all of the care options available to seniors who need help and provide information on what services Sunrise offers.

An assisted living community is not a place that seniors’ kids put them, it is the beginning of an exciting chapter where all they have to do is enjoy living every day to the fullest.

Wendy Wheeler

Battery recycling program returns July 18

The Golden Age Foundation will host a battery recycling service on Tuesday, July 18, in the Clubhouse 2 parking lot from 10 a.m.-noon. GRF ID is required.

GAF will collect approved batteries such as alkaline, carbon zinc, nickel cadmium (NiCd), nickel metal-hydride (NiMH), lithium ion (Li-Ion), lithium metal, silver oxide, button cell batteries and all other dry cell batteries. This includes all household batteries, cell phone and laptop batteries and small, button-type batteries.

Place each lithium battery in a separate bag to comply with recycling requirements. It is very important for LWers to recycle batteries instead of throwing them in the trash to keep waste fees low and the planet clean. Note that this service is for residents household batteries only; no business batteries.

For more information, contact Anna Derby at 562-301-5339.

LW P.E.O. Chapter KJ

After an almost four year hiatus, LW’s Philanthropic Educational Organization (P.E.O.) chapter will meet for its annual fundraiser on Saturday, July 29, at 10 a.m., in Clubhouse 4. People are welcome to join the fun with cards, Bunco and lunch. There will be beautiful baskets auctioned off during the luncheon.

To buy tickets call either Nancy Bodziak at 562-607-2304 or Nancy Gee at 562-420-1953.

Shredding service returns on July 11

The Golden Age Foundation (GAF) will hold a shredding service on Tuesday, July 11, in the Clubhouse 2 parking lot from 10 a.m.-noon.

In order to have the best service possible, the GAF reminds residents of the following rules:
- Do not arrive earlier than 10 a.m.; no one will be there to guard bags or sensitive documents.

People and their leashed dogs can join the picnic on July 13.

PAWS, CLAWS AND BEAKS

Join the potluck on July 13

The Paws, Claws and Beaks Club will meet on Thursday, July 13, at noon in the Clubhouse 1 picnic area. All pet owners are welcome and leashed pets are welcome. This is a potluck lunch meeting. People are asked to bring a protein or side dish, no desserts. RSVP to Jackie Hildebrand at 562-595-1736.

The Filipino Association of Leisure World (FALW) honored veterans with a picnic on July 2. The weather was perfect, clear blue skies with a cool breeze from the ocean nearby. It was a great day to celebrate the nation’s heroes.

The FALW successfully hosted its annual Veterans Picnic with the financial aid of the Golden Age Foundation. The event drew hundreds of veterans and their guests.

FALW is grateful for the sacrifices of the men and women who served this country in time of need. Their sacrifices helped preserve the sanctity of peace and freedom enjoyed by all.

The day started early with the cohesive support of FALW members who set up the area before the guests arrived around 10 a.m. FALW President Ren Villanueva then kicked off the event by welcoming all the veterans and guests with a message.

The audience participated in singing the National Anthem and reciting the Pledge of Allegiance. Father Juan Cabroboy, FALW’s spiritual adviser, gave the invocation.

Several members presented the banners of the branches of the U.S. Armed Forces to the crowd, while singing their respective hymns. After the presentation, a special tribute to the departed heroes was played and “Taps” which was solemnly observed.

This year’s token gift is a simple one that says it all. The first 100 people who RSVP received a bonnet with inscription “Thank You Veteran” and a beautiful commemorative coin that describes what a hero is.

The Hui O Hula of Leisure World entertained the crowd with a hula dance and the Second Wind Band provided the beautiful music. There was voluminous food for everybody to enjoy.

FALW thanks veterans for their sacrifice.
—Ren Villanueva

Club president Ren Villanueva’s family helped grill 250 hamburgers and 150 hotdogs for the event.
**GAF & RALPHS REWARDS**

William Bartz (l-r) and Bob Turudich signed up with the Ralphs Community Reward program with help from GAF board members Faro MacCartney, Diana Lambert and Bein Greenley. On each Wednesday, GAF Board members will be in Clubhouse 6 from 9-11 a.m. to assist residents in signing up for the program. To sign up, GAF will ask for residents’ full name, email, and phone number associated with their Ralphs membership. The information will be shredded once sign up is complete. For more information, text 562-301-5339.

**AMERICAN LEGION AUXILIARY**

The LW American Legion Auxiliary (ALA) installed its board of directors for the coming year on June 19 with Carolyn van Aalst serving a second term at a luncheon. The ALA also honored two people the Members of the Year Award. Carol Graves and Jo Rousey have worked efficiently with their gifts of hospitality for many years from providing refreshments for each meeting and setting up tables to sell patriotic jewelry, scarves and flags to raise money for charities serving veterans and their families. Past presidents Juanita Townsend and Lorna Miller-Kaplan presented the awards. Also recognized for outstanding service to Unit 327 were Denese Anderson, treasurer Cathy Boufford and Rose Marie Sprague.

**SHREDDING from page 16**

- Only use paper or plastic bags to hold documents. Leave the bags open; do not tie the handles together. Cardboard boxes will not be accepted.
- Residents are asked to put their bags in the front passenger seat and stay in the car. A GAF volunteer will come to the car to retrieve the bag.
- Residents are asked to drop their documents and go once the shredding truck arrives. People are not allowed to wait.
- Magazines, newspapers, electronic devices, X-ray scans or contaminated bags will not be accepted.
- Remove staples and paper clips.

All GAF programs are provided free to Leisure World residents. It is staffed by volunteers, so all contributions go directly to meeting community needs. The generous support of residents, clubs organizations and businesses is the main source of income. Donations are welcome.

For more information, go to www.GoldenAgeFdn.org or text Anna Derby at 562-301-5339.

**GUARANTEED RATES GIVE YOU A GUARANTEED RETURN.**

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**Celebrating a Birthday, Anniversary or Retirement?**

Let the LW Weekly celebrate with you! Email submissions and high resolution jpegs to laurbie@lwwb.com

The deadline for stories is the Thursday before the desired publication date.

**DEMOCRATIC CLUB**

by Mary Larson

LW contributor

Leisure World Democrats filled their meeting room in Clubhouse 3 to capacity on June 28. The club heard directly from Congressman Adam Schiff about his candidacy for the U.S. Senate. Schiff began his half-hour presentation with a review of what he had been able to accomplish, first as a member of the California legislature and later as a member of the House of Representatives. He also shared why he has been spending a substantial amount of time talking with potential voters in regions of the state outside of the densely populated areas in Northern and Southern California.

After these initial remarks, Schiff answered a number of questions from the club. He explained why he voted to support President Biden’s position on raising the debt ceiling, why he believed in expanding why he believed in expanding

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### The LW Weekly: 562-430-0534
OBITUARIES

Glenna Faye Hoff 1932 - 2023

Loving and devoted wife, mother, grandmother and friend, Glenna Hoff of Mutual 6 passed away peacefully on April 11, 2023.

Glenna was born in Omaha, Nebraska, on Aug. 1, 1932, to Josephine Slama. She was the eldest of four children, including one half-sister, Sharon, and two half-brothers, Dennis and Robert ‘Bobby’.

After graduating high school in Nebraska, she moved to Sierra Madre, California, where she worked as ‘Most Industry’ in this role, she promoted local businesses and presided over grand openings of new companies. She fell in love with Leroy Hoff and they married in 1960 and settled in Westchester, California. Their son Brian was born in 1963 and their daughter LeAnna was born three years later.

When her children were young, she enjoyed being a mother and homemaker and was involved in many community activities. One of their children was her son Brian, and LeAnna, daughter of Long Beach, California.

Glenna was a member of several Leisure World clubs, including the Leather World Leggers, competing in many 5K runs and walks, the Garden Club, the Rolling Thunder Golf Cart Club, the Traveling Tigers, and the ‘Y’s Men International.’

Glenna’s husband passed away in 2017. She is survived by her daughter Brian Hoff of Playa del Rey, California; her daughter LeAnna Rivera of Long Beach, California; her sister Sharon of Wichita, Kansas; her brother Dennis of Omaha, Nebraska; her grandson Hunter Hoff; her granddaughter Marlena Rivera, and many nieces and nephews.

A Celebration of Life service will be held on July 8 at 11 a.m. at Grace Community Church located at 138 Eighth Street Seal Beach, California, with a luncheon to follow.

In Memoriam Robert Jones 62 Irene Miramontes 63 Kelly Pula 55 Susan Pratt 83 Alma Sallus 80 Alina Tax de Tovar 72 Ronald Fleming 81 Patricia Fuimaono 56 Michael Forbes 75 Russell Chaney 76 Elizabeth Buck 91 Don Scroggs 88 Families assisted by McKenzie Mortuary, 562-961-9301 — paid obituary

The obituaries deadline is Friday at 4 p.m., prior to the desired publication date.

Email obituary notices to laurieb@lwsb.com with photos attached as jpg files.

LW Woman’s Club celebrates 60th anniversary

The Woman’s Club of Leisure World celebrated its 60th anniversary in April. Over the years the club has donated thousands of dollars through its philanthropy program. It has helped many charities and organizations in need such as For The Child, an organization that provides items for small birthday parties for children whose families are unable to do so; Precious Life Shelter, for unwed pregnant women in need of a safe place to have their babies and get on their feet; Orangewood Children’s Home for runaways, Interval House for battered men, women, and children; and We Care, an organization providing assistance and food for individuals and families experiencing food insecurity. The club also awards two scholarships students at the Golden West College School of Nursing.

This past year, the club donated to the Leisure World Library, the Vision and Hearing Club and the LW CERT group. In the past, the club has donated to the Historical Society, GAF, the Quilters Club, and donated the grand piano in Clubhouse 2.

At the celebration, Sharon Kohn from the Leisure World Hearing and Vision Impaired Club provided a short introduction of what the club offers to make life better for residents suffering from hearing and/or vision loss.

After the talk, Kohn accepted a check from members of the Woman’s Club to help the club meet its goals. The club also presented a check to Precious Life Shelter.

Membership has grown to over 185 women who help support the philanthropy program. The club hires professional entertainers to perform at its monthly general meetings from October-June. It also holds special events such as bingo, ice cream socials and pizza parties.

Those who want more information about the Woman’s Club of Leisure World should call membership chair Kathy Russell at 949-293-7517.

Sally Fowler, Woman’s Club of Leisure World vice president, in front of the member and guest donation table for We Care.

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The Leisure World Men's Golf Club held its annual spring/summer picnic June 2 after the monthly Guys and Gals Tournament. Over 90 golfers, families and friends descended on the Clubhouse 1 picnic area to be treated to hamburgers and hot dogs, along with salads, condiments, a beautifully designed sheet cake and liquid refreshments.

It was a beautiful afternoon with a warm and sunny temperature in direct contrast to the weather the area has endured over the last few months. During the picnic, the Greenbelt Singers performed songs from all genres of music and were well received by the guests.

Dozens of donations from local businesses were raffled off during the picnic. Gifts included Roger Dunn golf certificaties, Polly's Pies gift cards, sleeves of golf balls and plants. More than half the visitors went home happy with a gift.

The club thanks the picnic organizers and volunteers who picked up the supplies, set up the area, cooked, served and cleaned up after it was all over.

Guys and Gals June Golf Tournament

A Guys and Gals Tournament was played on June 21. The competition was played under surprisingly sunny skies and warm temperatures. Most of the golfers were pleased that the recent golf-unfriendly weather disappeared for the first day of summer. The club gives special thanks to Alan Sewell and Scott Tuchfarber for handling the tournament related tasks, Dave LaCascia for making the coffee, Bob Turner for picking up the donuts, Steve Walker for clean-up duties.

A total of 30 teams (60 players) played. A total of 30 teams (60 players) played. A total of 30 teams (60 players) played.

The next Guys and Gals Tournament is July 19. Any golfer who planned to play in any tournament and cannot should contact Alan Sewell at 541-324-8558, Scott Tuchfarber at 909-684-0426, or Dave LaCascia at 801-674-5975 as soon as possible. Arive 10-15 minutes prior to scheduled tee time and be ready to play.

Pickelball club members will dedicate the “JERRY WRENN COURT” at the Memorial Pickieball Tournament on July 8. Shown are Connie Terry (l-r), Sandy Mitchell, Barry Chittlem, president Linda Evenson and Jon Pearstown.

Women's Golf

The women’s nine-hole golf tournament competition was held on June 26. Thirty-nine women golfers competed for gross, low net, and chip-ins. Nine of those golfers chipped the golf ball from the fairway directly into the hole. One golfer, Keiko Sekino, managed to score two chip-ins.

A flight winners: Low gross: a tie between Linda Herman and Chong Hee Kim, 30; low net: a tie between the Kims, and Jae H. Lee, 28; chip-ins: Sue Choi, Seon and Sang An, 27; low net: a three-way tie between the Kims, and Jae H. Lee, 28; chip-ins: Pam Krug and Evilia Lim and Mary Ann Moore, 25; chip-ins: Pam Krug and Evilia Kim, Hole No. 3.

C flight winners: Low gross: Sue Yokomi, 34; low net: a tie between Keiko Sekino and Mary Devlin, 26; chip-ins: Keiko Sekino, Holes No. 3 and 7, Sue Yokomi, Hole No. 6 and Kum Delia, Hole No. 8.

D flight winners: Low gross: a tie between Sue Elliott and Betty Regalado, 37; low net: a tie between Neo Sanko and Dale Quinn, 25; chip-in: Sue Elliott, Hole No. 7.

Any female LW residents interested in playing the Leisure World Women’s Golf Club may obtain an application from the golf course starter, or contact Margie Thompson at 562-493-0484 for more information.

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Teams of various skilled golfers of one man and one woman vied for best net scores (gross score minus handicap), plus two close circle holes (shots within a 5-foot radius are rewarded), and two closest-to-the-pin challenges. The Turtle Lake Golf Course is a 1,658-yard, 18-hole par-54 course that tests all who play. A total of 30 teams (60 players) teed off and played 18 holes. Fairways and tee boxes are in good condition and the greens continue to improve.

Closest to the pin on the second hole was Young Kim and Dale Quinn. On the 11th hole it was Scott Tuchfarber and Young Sil Yoon. The lowest gross score was recorded by Dong and Devora Kim at 5 under 49. Fujio Norihiro and Keiko Sekino had the lowest net score at 11 under 43. Two other teams had net scores of 44 or 10 under par. With the great weather all 30 teams had net scores under par and there were only five circle hole win-ners with just 42 birdies.

All scores above net were gross (gross score minus handicap). A flight winners (handicaps of 0-18): Steve and Connie Kang, first place, 10 under 44; Dale Williamson and Mary Greig, second, 9 under 45; Ron Jackson and Dale Quinn, third, 7 under 47.

C flight winners (handicaps of 19-24): Dave and Connie King, first place, 10 under 44; Dale Williamson and Mary Greig, second, 9 under 45; Ron Jackson and Dale Quinn, third, 7 under 47.

The next Guys and Gals Tournament is July 19. Any golfer who planned to play in any tournament and cannot should contact Alan Sewell at 541-324-8558, Scott Tuchfarber at 909-684-0426, or Dave LaCascia at 801-674-5975 as soon as possible. Arive 10-15 minutes prior to the scheduled tee time and be ready to play.

—David LaCascia
Table Tennis Club Luncheon

The Table Tennis Club Luncheon will be held Saturday, July 8, in Clubhouse 3, Room 6, at 1 p.m. For more information call, K.C. Park at 714-204-2848.

Jahtzee Club

June 16 winners were: Pat Wilson, most Yahtzees; Mary Milhorne, high score; Julie Milburn, lowest score; Teri Nugent, door prize winner. For more information contact Diane Seeger at 562-533-5997.

Duplicate Bridge Club

The Duplicate Bridge Club meets on Mondays, Thursdays and Fridays in Clubhouse 1 at 12:30 p.m. Reservations can be made at any game using the sign-up sheets. Players can call Linda Nye at 562-453-6678 or email her at yuelingnye@yahoo.com no later than 10 a.m. on game day. Arrive by 12:15 p.m. to confirm reservations.

June 19 winners (ten tables): Linda Stein and Richard Stein, and Glenn Barry and Kar Yee Nelson, north/south; Judith Jones and Al Appel, and Bill Brooks and Sue Fardette, east/west.


June 23 winners (seven tables): Larry Topper and Lynn Danielson, and Howard Smith and Joyce Basch, north/south; Judith Jones and Al Appel, and Glenn Barry and Dan Frank, east/west.

For complete results, including a list of all players and scores, go to the Long Beach Bridge Center results page at www.acblunit557.org and click on Leisure World Results.

The club offers lessons and supervised play on Friday mornings. Starting time is 9:30 a.m. Supervised play is in an informal game in which players have the opportunity to ask an experienced player questions about bidding and card play. The games are informative and fun. It’s a great way to learn how to play duplicate bridge. For more information regarding the club, contact John Markovich at 562-661-0502 or by email at canonj@juno.com.

—John Markovich

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**Shuffleboard Club tends to valued indoor courts**

Shuffleboard Club members, both past and present, highly value the indoor shuffleboard courts of Leisure World. Although there has been a Shuffleboard Club for 60 years, the shuffleboard building with the six beautiful indoor lanes were not built until the early 1990s. Gradually, the outdoor courts have been removed from the original three areas as LW residents realized that the indoor lanes facilitated a different, more precise kind of game.

To maintain the courts over the last 30 years, Shuffleboard Club members have diligently prepared the courts with various types of wax beads spread over the courts before every set of games. After the games on any given day, the wax beads are swept, recycled, and all equipment is returned to the appropriate storage area.

After the restoration work that is scheduled to begin July 10, the club will use the most up-to-date product (PolyGlide) to spread over the courts before every set of games. After the restoration work that is scheduled to begin July 10, the club will use the most up-to-date product (PolyGlide) to spread over the courts before every set of games. After the games on any given day, the wax beads are swept, recycled, and all equipment is returned to the appropriate storage area.

The shuffleboard courts will close for refurbishment starting Monday, July 10. Aug. 1 is targeted for the grand re-opening of the courts, though it may be possible that pick-up games can begin even earlier that.

Fall leagues will begin organizing their teams and schedules by the middle of August. New players are welcome to join either or both the leagues: Tuesday evenings from 5:30-8; and Friday mornings from 8:30-11. The fall season will play nine games and will end by mid-December. There will be a sign-up sheet starting Aug. 16 at the courts building for everyone interested in joining a team.

For more information, call or text Kay Mount at 775-527-0426. — Kay Mount

**Monday Night Bunco Club**

The Monday Night Bunco Club meets the second and fourth Mondays of every month in Clubhouse 3, Room 1. Play begins at 6 p.m. sharp. All Leisure World residents and their guests are welcome. It is an easy dice game and a lot of fun. People can come and meet their friends and neighbors. There is a halftime social for all attending. For information, call Gail Levitt at 562-596-1346.

Results from the June 26 evening: Signe Kaleel, most buncoes; Rochelle Bornstein, most wins; Cheryl Richardson, most babies; Renato Villanueva finished in ninth place; Susan Dodson, eighth; Kirk Bromberg, seventh; Harry Sera, sixth; Lem Hall, fifth; Steve Edrich, fourth; Ron Pine, third; Barry Brudeau, second; and Shelly Yu, first.

Tournament Poker

The Leisure World Tournament Poker Club held a casino tournament June 26.

There were 40 players at six tables and a good time was had by all. Players enjoyed a light breakfast and were ready for cards in the air by 10:30 a.m., the new playing time. As players were knocked out, the remaining players were relocated to open spots until it was down to the final nine players. Renato Villanueva finished in ninth place; Susan Dodson, eighth; Kirk Bromberg, seventh; Harry Sera, sixth; Lem Hall, fifth; Steve Edrich, fourth; Ron Pine, third; Barry Brudeau, second; and Shelly Yu, first.

Fred Carpenter (l) shows prospective new member Phil Arnold the process of rolling the wax beads to ready the court for play. Diligent preparation and care ensures consistency of play.

Mary Holder

Cribbage Club

Cribbage Club got an early start celebrating the Fourth of July by enjoying cake and ice cream provided by Mary Holder. Carrie Kistner assisted with serving. Melinda Cowan provided candy and mixed nuts.

Winners for the week were: Wanda Wembman, first place, with a score of 844; Marsha Larson and Sam Ray, tie for second, 842; Cles Lookey, third, 835; Darlene Meyers and Dale Quinn, tie for fourth, 826.

To learn to play cribbage or hear more about the club, call Terry Thrift at 714-394-5855. Dues for 2023 are $5. A dollar is collected from each member before play begins. Members who come by 12:15 p.m. are guaranteed a place at the table. Announcements are shared at 12:25 p.m. Play begins at 12:30.

**Saturday Social Bunco Club**

The Saturday Social Bunco Club meets on the second and fourth Saturdays of every month. The club will meet on July 8 in the Clubhouse 3 Lobby. Sign-up starts at 1 p.m. and play begins at 1:30.

June 24 winners: Rose Marie Sprague, most wins; Kathy Sargent, most buncos; Stella Kaiser, most babies; Doris Dack, second; Betty Morgan, most losses; Helen Sponerl, door prize winner.

For more information, call club president Doris Dack at 714-356-0443.

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(Across from Seal Beach Tennis and Pickleball Center)

**Ben’s Seal Beach Auto Repair**

**Leisure World Special**

$10 off Smog Inspection

**Plus . . .**

> Free tire rotation with purchase of oil change
> Free vehicle inspection
> Free brake inspection
> Free fluid check
> Free tire check

(562) 799-0000

4000 Lampson Ave., Seal Beach

(Across from Seal Beach Tennis and Pickleball Center)
**CLASSIFIEDS**

**BEAUTY SERVICES**

Tammy Nguyen Phennis Salon, Service in private suite. One- customize to your one-airstylist. Sanitized & professional. Haircuts for men & women. Shampoo/Set/Color/Highlights/ Perms, Nails/Mani-Pedis. In-house service available. 11944 Seal Beach Boulevard #116, Tammy Nguyen (714) 425-4198...

In home haircare, serving the men and women at Leisure-World for 36 years. MelCell 562-480-9341 SB Business License KC75538. 562-431-6859 batteries and Safety Flags. Also Diane Hart 714-955-2885.

- Experience as a caregiver, Home, Assisted Living, and selling of your Golf Cart. Also delivery and installation.

**SKYLIGHT SERVICES**

BEAUTIFUL WINDOWS 40+

LIV0004. Exp 8/02

I clean Inside/Outside OR Clean Sparkle! 7-days/call anytime!

- Contractor License 634613-B.
- Contact Eugene (714) 774-4385.

**LEISURE WORLD HELPING LEISURE WORLD**

Does your walker need new tennis balls? We can install and provide. Please provide your name and phone number and you are free of charge. During Leisure World. 714-955-2886

**COMPUTERS**

FRUSTRATED (562) 755-6199

Everything for your Computer (PC-or-Mac), Cellphone, TV, Stereo, any Electronic Device. Tina Schaffer. SB Business License CD0001. 562-431-0859

**HOME CARE PERSONAL ASSISTANT**


**HOUSE CLEANING**


- MACGALY’S CLEANING SERVICE. We make your house sparkle! 7-days/call anytime! Complete-cleaning 562-705-1651. SB Business License M0001A Exp 3/22.

- Albert & Patricia House-Cleaning. Weekly/Bi-Weekly/Monthly. 562-397-4699. (221-413-0806) SB Business License 14260469V.

- Misc. Services.

**GOLF CART TIRES**


**AUTOS WANTED**

ANY KIND OF CAR, Motorcycle, Truck, running or not. We are local, call any-time! We will cash and move promptly! We do DMV and Release Liability for you! Bonded/Licensed, since 1985! Call us 562-684-0901, we can come out and give you a quote. CA Business License 046854-D. Exp 3/22.

**AUTOS/BOATS/RV’S TRAILERS FOR SALE**

- ELECTRIC CAR PADs Installed at your residence. Call Frank 562-743-3832. State Contractor License BRB0002. Exp 1/03/2024

**TRANSPORTATION**


**MISCELLANEOUS**

- No One Knows HYC0001. Exp 7/19

- The Happy Office! 714-431-1422 SB Business License CD0001. Exp 7/19

- Looking for a stress free way to get your house ready for the summer? Place a Classified ad for miscellaneous items to get rid of clutter fast! Mr. Hank Leisure Living Resales, Inc. (562) 493-6601 leisurelivingresales.com

**REAL ESTATE**

LEISURE-LIVING-RESALES.com

- **For Sale**

**1 Bedroom 1 Bath**

28 Years LW Experience

**MM - 2A4**

2 Bedroom 1 bath corner, facing greenbelt. Drive up potential. Close to the Golf course & Clubhouse 1.

**Attention Sellers!**

**TIME TO SELL?**

Looking to save $$$? Ask me about my creative Commission pricing and FREE STAGING

**Call now!** (562) 270-5305 (310) 753-2776 Melinda Curtis Broker 

**Leisure Life S.T.B. ESTATE SERVICES**

www.leisurelistsb.com

**For Sale**

2-62C $225,000

5-70F $520,000

**HOMES**

2-62C $225,000

17-110B $475,000

2-39A $310,000

15-11Q $350,000

6-64A $272,000

**Clothing/14K-Jewelry-and-Collectibles/Old-Toys/Vintage Items**

Buying Mid-Century Modern items to get rid of...

**For Sale**

2 Bedroom 1 bath

28 Years LW Experience

Mr. Hank Leisure Living Resales, Inc. (562) 493-6601 leisurelivingresales.com

**No One Knows LW Like We Do!**

Gina Rojas (562) 533-3190

ginanrojas@gmail.com Leisure World Specialist

23 Years LW Experience

I Have your First Interest at Heart

**Now Offering Notary Services**

**Mutual 2-18**

Sold

$3,650,000

Beautiful 2 bedroom 1/1.5 bathroom unit with side patio, move-in ready.

2022 Escrows

1-3780 524-8200 16-12A $300,000

778 714-544-0000 11-$250,000

17-950 524-8200 11-12A $200,000

1-2832 524-8200 11-12B $200,000

1-834 524-8200 11-12C $250,000 778 714-544-0000 15-$365,000

Leisure Living Resales

**For Sale**

- For Sale

- For Sale

- For Sale

- For Sale
Robin Gray
Over 26 years of Leisure World Experience
(562) 209-5605

Listings Wanted

Mutual 2 - 47C
$454,900

BEAUTIFUL UNIT - BEAUTIFUL Setting!
Light and bright open concept, spacious dining room, living room, and connected kitchen. This fully expanded and remodeled home has two bedrooms and two bathrooms. The master bedroom has a walk-in closet and the second bedroom/den has a French door slider that overlooks the living room and screened patio. Jackson Avenue, Long Beach, CA 90808

Mutual 4 - 52J
$540,000

FABULOUS GREENBELT and a GREAT UNIT!!
Fully expanded with so much added storage! Large living room/dining room with built-in cabinets and shelves, remodeled kitchen with added counter space, storage and breakfast bar and the remodeled bath has dual sinks! Master bedroom has a walk-in closet and views of golf course. Light, bright and cheerful.

Verna Chumley
www.OnsiteHomeSales.com
562-598-1388
562-221-3113

Mutual 1 - 1D
$290,000
Fully expanded one-bedroom unit on lovely green with view of golf course. Light, bright & cheerful.

Mutual 4 - 8IE
$239,000
Lovely one-bedroom unit with en-suite bath, faces a small greenbelt.

Coming Soon!

Mutual 4
Fully expanded two-bedroom unit

Mutual 15
Upstairs unit, 2 bedrooms, 2 baths

Mutual 7
Partially expanded two-bedroom unit on green

In Escrow

Mutual 12 - 62A
Mutual 2 - 17C
Mutual 9 - 218L

Mutual 2 - 8J
Mutual 10 - 253D

Mutual 12 - 76L
On-Site Home Sales

13926 Seal Beach Blvd., Seal Beach, CA 90740

Listed 5-103L
Listed 5-115I
Listed 7-163K

Listed 14-25E
Listed 7-158B
Listed 7-164L

Listed 10-238B
Listed 10-249B
Listed 15-11D

Listed 14-19K
Listed 14-25A
Listed 14-25E

Listed 15-102
Listed 15-108
Listed 15-118

Listed 14-18H
Listed 14-25A
Listed 14-25E

Listed 10-249B
Listed 7-158B
Listed 7-164L

Listed 10-248B
Listed 10-249B
Listed 14-25A

626-623-9929
626-216-3038

BRE 00338699

562-205-2540

Kristin Duncan
(562) 356-6717
Office Manager

(562) 594-0515
1900 St. Andrews Dr., Suite C
Seal Beach, CA 90740
BRE 00338699

One-Bedroom

Mutual 1-30K
$219,000

Quaint unit with potential

Two-Bedrooms

Mutual 14-24H
$370-379k

Spacious, facing west with great neighbors

Mutual 4-76L
$389,000

Charming corner unit with patio.
Specializing in the LW Community

Mutual 1-30K

$219,000

Great location for this one bedroom one bath unit which is close to downtown Leisure World and the shopping center. The living room is carpeted and has Vertical Blinds. The kitchen has tile flooring, built in Leisure World appliances including a stove, oven, refrigerator, and has an added ceiling fan and skylight. The bathroom has tile flooring, cut down shower for walk-in convenience, and skylight. The bedroom is carpeted and has a wardrobe closet. The very private patio is screened has a side view of a pretty Greenbelt. You can walk to downtown Leisure World, the gym, golf course, pool, jacuzzi, amphitheater, health care center and shopping center. Located in the resort-like community of Leisure World Seal Beach which features over 200 clubs organizations and activities. Enjoy Seal Beach and it’s wonderful ocean breezes.

Mutual 1-26B

$229,000

Don't miss out on this expanded one bedroom 1 bathroom cottage located on a fabulous Greenbelt. This terrific one bedroom has a spacious living room with leaded glass door entry. The living room is carpeted and has an added heat pump with an air conditioning unit. The kitchen has built in Leisure World appliances including a stove, oven, refrigerator, and has an added skylight and ceiling fan. A skylight has also been added in the bathroom. The bedroom is carpeted, fully expanded, and features a second closet with sliding glass doors and a sliding glass door to the patio. This unit has lots of potential and has double pane windows and a private patio with a beautiful green belt view.

Mutual 4-76L

$389,000

A must see corner 2 bedroom 1 bath cottage newly redecorated. This charming home has a spacious living room with ceiling fan, formal dining room also with ceiling fan, remodeled custom kitchen with newer cabinets and built in appliances including a stove, oven, refrigerator, dishwasher, ceiling fan, and skylight. The main bedroom has a sliding mirrored wardrobe door and a sliding glass door to the patio. The bathroom has a washer dryer and skylight. The second bedroom has a mirrored wardrobe door and a sliding glass door to the patio. This lovely home has Central Heat and Air Conditioning, has been recently painted throughout, and has newly installed Deluxe Vinyl Plank flooring in the dining room, living room, and bedrooms. The kitchen, hallway, and bathroom have ceramic tile flooring. The private patio has a walk-in storage closet and has open Greenbelt views.

Mutual 1-26L

$318,000

Quaint tree-lined private location. Spacious corner 2 bedroom 1 bathroom home with a large wrap-around enclosed patio room. The living room has a large skylight, newer heat pump/air conditioning unit and vertical blinds. Kitchen has a Leisure World refrigerator, stove, oven, an added dish washer, ceiling fan and skylight. Living room, bedrooms and kitchen have laminate throughout. Bathroom has skylight and cut down shower for walk-in convenience. Large L-shaped patio room is fully enclosed and has a walk-in storage closet, skylight and indoor/outdoor carpeting. Located in Leisure World a Resort-like 55+ community in charming Seal Beach. Leisure World offers over 200 clubs organizations and activities. This home is light, bright and a must see.

Mutual11-273L

$349,900

Recipient of the Berkshire Hathaway Presidents Circle Award

Call and let us present our extensive marketing program.

Members of M.L.S.

Visit Our Website: www.thesealbeachsisters.com

13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl’s Jr.)
CAROL GASPER, Resident Realtor & NICK MONTEER, Broker
Lic # 01276464, 019327006
562.716.1547
213.880.8220
gCarol1396@gmail.com
nicholasmonteer@gmail.com

For 2023, We have a total of 44 pending and closed sales.
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!

1201 Oakmont Rd #196H | M8 | $344,000
Crisp greenbelt! 2bed/2bath w/ partial expansion and exterior storage. Immaculate home w/ laminate floors throughout. Central-HVAC, skylight, shutters on all windows.

11660 Annandale Dr #21F | M2 | $379,000
Corner patio with garden walk up looking out onto the golf course! 2bed/1bath, heat, pump, light and bright kitchen w/ skylight and newer appliances. Bamboo floors, dual pane windows, washer/dryer, meticulously maintained!

13331 Del Monte Dr #281 | M14 | $349,000
2bed/2bath fully expanded unit w/ windows across the front of the home. Dining room. AC, heat pumps, skylights throughout, laminate floors, microwave, and large shade/area storage closet.

13131 Shawnee Ln #269C | M11 | $295,000
Adorable 2bed/1bath interior location full patio w/ storage closet, new laminate floors and freshly painted throughout. Skylights in kitchen and bathroom. Move-in ready!

13700 El Dorado Dr #32H | M3 | $559,000
Reimagined 2bed/2bath home on greenbelt location, chef’s kitchen, tiled showers, quartz countertops, stainless appliances, central AC, washer/dryer, no detail spared!

1560 Interlachen Rd #66A | M12 | $473,000
Corner unit 2bed/2bath with central AC and washer/dryer on expensive greenbelt. Updated kitchen w/ skylights throughout. Walk-in closet and all double pane windows. True comfort.

On June 30th, 2023 a total of 52 units show as active listings on the CRMLS (this is where Realtors list property for sale)
11 - 1 bedroom/1 bath units from $219,000 to $295,000
23 - 2 bedrooms/1 bath units from $275,000 to $600,000
18 - 2 bedrooms/2 baths units from $349,000 to $629,000
We offer Virtual Tours and can send you a Virtual Tour of any of these properties. We have access to all inventory!

100互角式 - Year To Date MLS Activity

<table>
<thead>
<tr>
<th>For Sale</th>
<th>In Escrow</th>
<th>Closed Sale</th>
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<tbody>
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<td>60</td>
<td>30</td>
<td>10</td>
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06/30/2023 - Year To Date MLS Activity

Mutual 4-76L      $389,000
Mutual 1-26L      $318,000
Mutual 11-285D    Mutual 11-286B
Mutual 11-250J    Mutual 11-283D
Mutual 8-201L     Mutual 14-17B
Mutual 8-183G     Mutual 12-61C
Mutual 5-117G     Mutual 7-164L
Mutual 2-46H      Mutual 15-39A
Mutual 4-49G      Mutual 9-49A
Mutual 2-3B       Mutual 1-67E
Mutual 2-6L       Mutual 10-250J
Mutual 6-135I     Mutual 2-29E
Mutual 5-117L     Mutual 4-77E
Mutual 8-189B     Mutual 1-67E
Mutual 2-6L       Mutual 8-189D
M14 18A $629,000
Fantastic 2 bedroom 2 bath modern remodel close to Golf course

M15 45B $619,000
Gorgeous Modernized 2 bedroom Atrium unit with Vaulted ceilings

M12 - 73H $329,000
Partially expanded 2 Bedroom 1 bath

M9 - 220C - $275,000
Basic 2 bedroom one bath

M9 - 208D - $369,000
Fully Expanded 2 bedroom 1 bath

M8 - 84F $390,000
Fully Expanded with a Gorgeous Greenbelt View

M15 - 37L $349,000
Large 2 bedroom 2 Bath Upstairs unit

M11 - 283J $258,000
Beautiful expanded 1 bedroom on a Green Belt

M15 45B $629,000
Gorgeous Modernized 2 bedroom Atrium unit with Vaulted ceilings

M4 - 81E - $247,000
Very nice one-bedroom unit; Enclosed patio; On lovely green

On-Site Home Sales, where SOLD is our favorite 4-letter word! Let us help you from start to finish! We make the transaction smooth!