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FIRST AMPHITHEATER SHOW WAS A HUGE SUCCESS
See page 2.



FILIPINO ASSOCIATION CELEBRATES VETERANS
See page 16.



SHREDDING EVENT WILL BE HELD JULY 11
See page 16.

OC COUNCIL ON AGING

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 visting www.FDA.gov/BeSafeRx.

—Mariann Klinger



AMPHITHEATER MOVIE

Top Gun Maverick to be screened Friday

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 it.

PG-13 | 2h 10min | action, thriller
See the full movie schedule on page 14.

TRIBUTE TO BRUCE SPRINGSTEEN

Revel in ‘Glory Days’ tonight

The Springsteen Experience
July 6 | 7:30 p.m.
Amphitheater Stage
Sponsors: Golden Age Foundation, Financial Partners Credit Union

Leisure Worlders and their guests were “Born to Run” to the Amphitheater tonight 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.



Josh Schreiber leads The Springsteen Experience, replicating the songwriter’s ethos with vintage equipment, costume changes and note-perfect renditions of Bruce Springsteen’s best.

HEALTH RESOURCES

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 LWSB 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 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:**



The Memory Support Team will hold several educational classes in the coming months.

Aug. 14, from 10-11 a.m. in Clubhouse 3, Room 2.

- **Worried About Your Memory? Normal Aging vs. Warning Signs:** Sept. 13, 10-11 a.m. in Clubhouse 3, Room 1.

The MST will offer support, education and care coordination for those living with dementia, as well as for care partners in Leisure World.



The Amphitheater was packed. By 7 p.m., the show was standing-room only.



A representative of On-Site Home Sales, a sponsor of the show, tosses beach balls.

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 oceanside 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.



Surf's Up vocalist and guitarist Donny Goldberg brought all the hits to the Amphitheater show. He was joined by his father, brother, and two sons on stage, making the band a multigenerational affair.

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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.



Mutual 4 resident Jon Russell was one of many residents who stopped by the Life Options Expo.



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.



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*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.

PHILANTHROPY



Mutual 14 resident Jim Clement (above) donated a shade structure for the LW Aquatic Center. Clement (below, center) was recognized on June 28 by Lee Melody (l), a GRF board member representing Mutual 14, and GRF Board President Marsha Gerber (r).




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PERSPECTIVES

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 Guava 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 helicopter, 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 jgibson@sealbeachca.gov.

Bus Tours

The GRF 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 GRF 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 north of the Administration Building.

Stock Transfer can book tours when new buyers check in, or people can schedule one at <https://outlook.office365.com/owa/calendar/NewMemberBusTours@lwsb.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 kathyt@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 CSULB's Osher 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.

An OLLI 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. 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-delivered. 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.

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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: 310-914-7300 or 202-224-3841
Mail: 11111 Santa Monica Blvd., Ste. 915, Los Angeles, CA 90025
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: 41000 Main St., Temecula, CA 92590
Website: issa.house.gov

Governor Gavin Newsom
Phone: 202-225-5672
Mail: 1303 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. 220B, Santa Ana, CA 92701
Website: sd34.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
Email: Vicente.Sarmiento@ocgov.com

Seal Beach Thomas Moore
Phone: 562-431-2527, ext. 1502 or 949-510-4994
Email: tmoore@sealbeachca.gov
Mail: Seal Beach City Hall, 211 Eighth St., Seal Beach, CA 90740
Website: 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
Mail: Seal Beach City Hall, 211 Eighth St., Seal Beach, CA 90740
Website: sealbeachca.gov

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/Questions 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 §4925(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 10 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.
Tues., July 25	GRF Board Executive Session Conference Room A 1 p.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	Mutual 9 Conference Room B/Zoom..... 9 a.m.
Tues., July 11	Mutual 16 Conference Room B/Zoom..... 1 p.m.
Mon., July 12	Mutual 4 (open forum 8:30 a.m.) Conference Room B/Zoom..... 8:45 a.m.
Thurs., July 13	Mutual 12 Conference Room B/Zoom..... 9 a.m.
Fri., July 14	Mutual 3 Conference Room B/Zoom..... 9 a.m.
Mon., July 17	Mutual 15 Conference Room B/Zoom..... 1 p.m.
Tues., July 18	Mutual 14 Conference Room B/Zoom..... 1 p.m.
Wed., July 19	Mutual 5 Conference Room B/Zoom..... 9 a.m.
Wed., July 19	Mutual 7 Conference Room B/Zoom..... 1 p.m.
Thurs., July 20	Mutual 2 Conference Room B/Zoom..... 9 a.m.
Thurs., July 20	Mutual 11 Conference Room B/Zoom..... 1:30 p.m.
Thurs., July 24	Mutual 8 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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Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH				
Mezze Platter Hummus, Mortadella & Feta	Chicken Tacos Coleslaw	Chicken Salad Sandwich Walnut & Cranberries	Broccoli & Cheese Quiche Macaroni Salad	Beef Dlp Sandwich w/Au Jus
Seasonal Fruit	Mixed Berries	Seasonal Fruit	Mixed Berries	Fruit Salad
DINNER				
Chicken Kebab Mediterranean Rice	Cajun Catfish Broccoli & Carrots	Beef Stroganoff Wide Egg Noodles	Curry Chicken Sliced Almonds	Fresh Salmon w/Pesto Sauce
Pastry	Seasonal Fruit	Cake	Seasonal Fruit	Pastry



Salim Khoury

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To ensure high quality, some items may be substituted.



Puzzles & Comics

Answers on page 8

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Ralph Dunagin & Dana Summers



Los Angeles Times Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

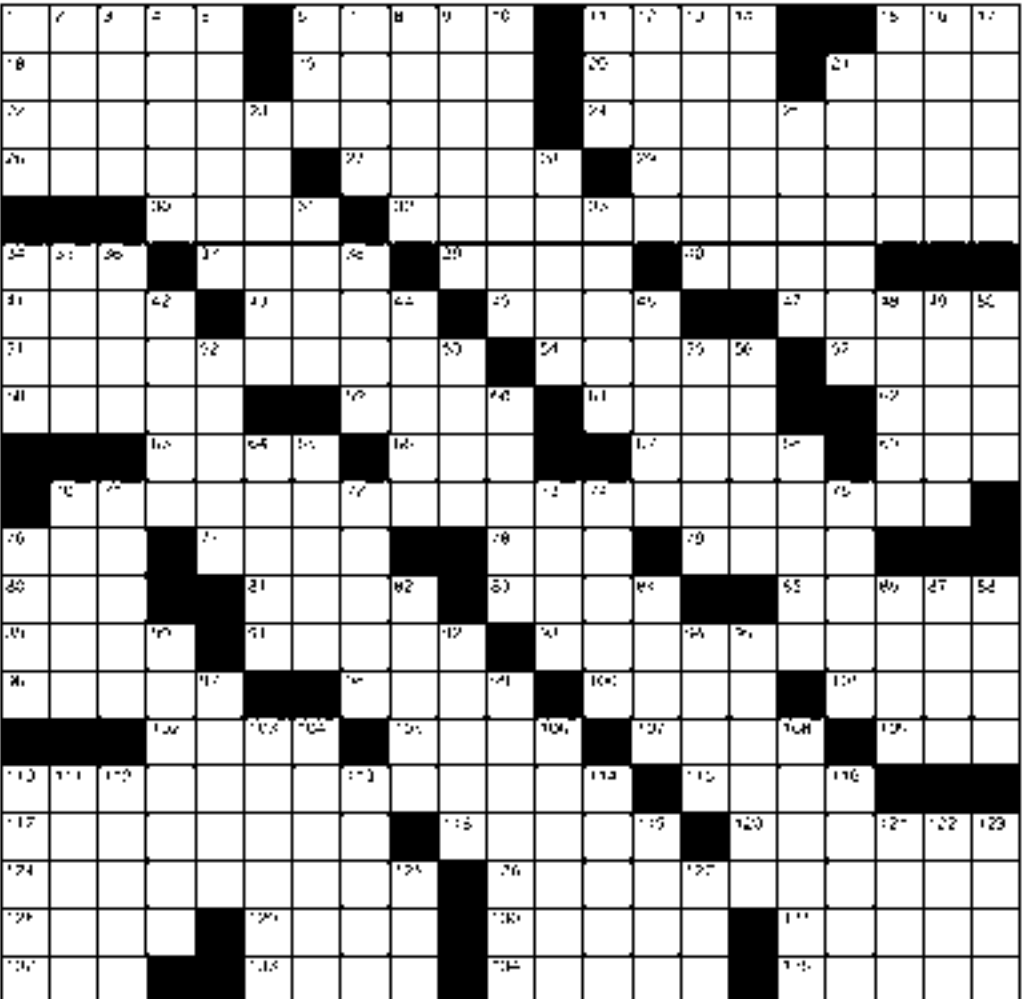
"HI, CL" By MARK McCLAIN

ACROSS

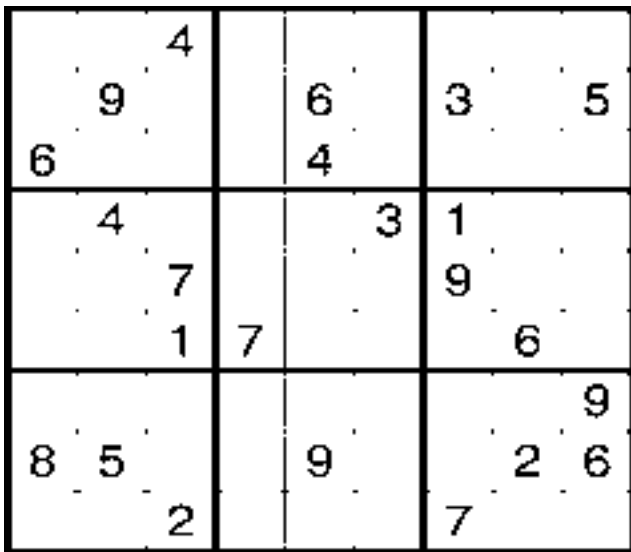
- 1 Wood that means "half" in Spanish
- 6 Nine openings
- 11 B-boy connector
- 15 TV letter of Rod and Todd Flanders
- 18 Japanese drink
- 19 Various sort
- 20 Words said with a finger wigg
- 21 Italian figure
- 22 Distance on the chess board
- 24 Butting inside
- 26 Chicken in a curry dish
- 27 Fixed lock
- 29 Pleasure sheet
- 30 Not a musical
- 32 Youth organization's contest
- 34 Smile in a whisper
- 37 Avoid
- 39 Cook and a bird
- 40 Cowboys or Broncos
- 41 Loco and live
- 43 Prep for publication
- 45 Oxford notables
- 47 Valleys
- 51 Fraud involving backing?
- 54 Pig on the road
- 57 Put in the anal
- 58 Slurpy
- 59 Massacre
- 61 Pack down
- 62 Pardon me
- 63 The Arm runs through it
- 66 Overnight spot
- 67 Person with springs
- 69 Suit
- 70 Prison guard's subjugated, sassy?
- 76 Put out of place
- 77 Bro and sis
- 78 Shoe part
- 79 Tester's "You Lumpy!"
- 80 Do "side"
- 81 Boxy tune
- 82 Quaint cult
- 85 Montague then
- 86 Is one that's in the westernmost part of Alaska
- 91 More than one would hope to play
- 93 Freddy's so what song?
- 95 Second-century pope

DOWN

- 1 Lip help
- 2 San Antonio locale
- 3 Eaves
- 4 Supermarket
- 5 Supermarket sections
- 6 The Big Tens
- 7 Nanny Lane
- 8 Abba
- 9 Gumby song
- 10 Spots
- 11 Wrap around
- 12 Midwestern
- 13 Actress
- 14 Garmy
- 15 Raskin boy that lasted the 2014 Olympics
- 16 Purpose
- 17 Forest
- 18 Tag city
- 19 Angolan
- 20 Fossil
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- 95 Fossil



Sudoku 1



9 To 5 By Harley Schwadron



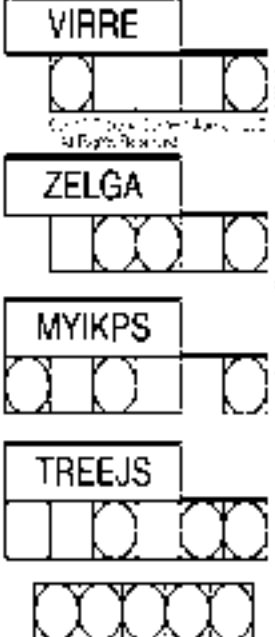
SCRABBLE GRAMS

PAR SCORE 265-275 BEST SCORE 346 FIVE RACK TOTAL TIME LIMIT: 25 MIN



JUMBLE

Unscramble these 10 words one letter to each square to form four primary words



THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



Now arrange the mixed letters to form the surprise words as suggested by the cartoon character

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.

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

Puzzles & Comics

Answers on page 8

Solve the code to discover words related to the Red Cross.
 Each number corresponds to a letter.
 (Hint: 18 = E)

A. 15 14 14 26 14 8
Clue: Help

B. 7 18 2 26 4 15 20
Clue: Having to do with medicine/health

C. 4 15 1 18
Clue: Look after

D. 18 7 18 1 24 18 25 4 6
Clue: Urgent matter

Boggle®

BrainBusters!

By David L. Hoyt and Jeff Knurek

M	P	G	I	K
L	E	D	N	R
A	Y	S	A	O
I	H	E	V	L
E	N	I	L	E

B

U

P

H

W

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M

BOGGLE POINT SCALE

(1 letters = 1 point)
 (4 letters = 2 points)
 (6 letters = 3 points)
 (8 letters = 4 points)
 (12 letters = 6 points)
 (14 letters = 10 points)
 (16 letters = 15 points)

YOUR BOGGLE RATING:

151+ = Champ
 101-150 = Expert
 61-100 = Pro
 31-60 = Gamer
 21-30 = Rookie
 11-20 = Amateur
 0-10 = Try again

Boggle BrainBusters Bonus
 We put several brain-bustin' words into the puzzle grid. Can you find them?

FIND AT LEAST FIGHT AND
FORMAT ONS in the grid of letters

HELPING HAND WORD SEARCH

V	P	D	F	I	R	U	L	C	R	I	S	I	S	N	B	N	M	H
G	O	P	H	I	I	E	P	D	T	O	O	R	C	O	M	V	D	R
L	I	L	M	U	R	S	T	L	G	H	H	F	I	I	B	S	O	C
F	P	F	U	B	M	S	Y	S	A	O	C	G	T	S	C	S	M	V
I	C	C	P	C	Y	A	T	N	A	C	I	I	V	S	A	N	E	F
G	B	D	C	N	E	O	E	E	I	E	R	D	C	P	E	T	O	R
H	D	R	G	E	T	R	E	I	M	O	A	R	I	R	E	A	O	U
C	D	V	Y	B	O	R	I	F	R	R	R	U	L	O	G	E	L	P
C	R	E	F	C	R	I	E	L	H	R	I	G	S	C	E	L	B	L
S	V	M	B	F	T	F	T	A	E	G	A	F	S	D	Y	F	G	B
M	A	L	L	O	M	U	H	R	I	N	N	A	N	N	L	H	I	L
L	Y	S	S	S	B	M	D	T	P	E	G	R	Y	H	I	I	S	A
S	I	I	T	P	G	I	E	B	I	O	F	I	S	L	L	S	I	N
I	Y	B	G	S	N	T	L	T	G	N	D	N	N	S	D	I	P	C
E	H	M	S	P	A	H	O	B	T	H	C	V	R	I	O	F	N	H
F	P	S	P	M	V	E	A	L	M	I	I	G	V	E	I	F	H	E
A	G	E	N	A	I	S	G	P	E	F	T	C	U	A	A	R	N	E
S	E	C	N	A	T	S	I	S	S	A	Y	B	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
LOST
MISSION
READINESS
RELIEF
SAFETY
SHORTAGE
TRAINING
URGENT
VICTIM
VOLUNTEER



HEALTH & FITNESS



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.

DANCING FEET, page 10



LW Yoga Club instructor Sally Burns teaches a Wednesday class in Clubhouse 6.

LW Yoga Club

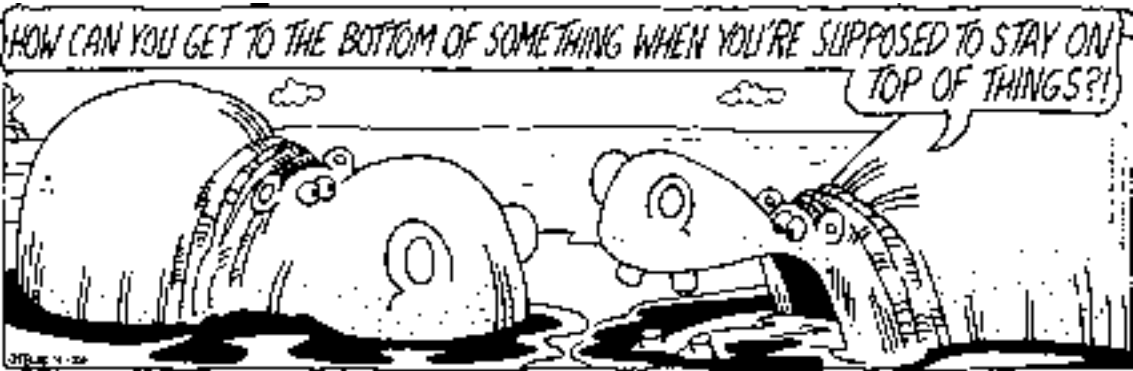
With age, the misuse and abuse of a body begins to take its toll creating imbalances, injuries and limitations. Muscles may stiffen,

YOGA, page 10

SCRABBLE G R A M S SOLUTION									
I	N	H	A	B	I	T	RACK 1 =	62	
G	U	N	W	A	L	E	RACK 2 =	61	
T	Y	P	I	C	A	L	RACK 3 =	92	
I	N	B	O	X	E	S	RACK 4 =	66	
A	R	M	B	A	N	D	RACK 5 =	65	
PAR SCORE 265-275								TOTAL	346

Puzzle Answers

Puzzle pages 6-7



Sudoku 2 Answers

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

Guess Who?
Brian Quinn

Crypto Fun Answers

A. assist B. medical C. care D. emergency

Boggle BrainBusters Answers

HILL MESSI DALE PLAIN WYLL RIDGE WALLEY RAWNE

Crossword Answers

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

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

The Basic Rules of Sudoku:
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
• When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
• Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
• Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
• Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Jumble Answers

RIVER GLAZE SKIMPY JESTER
The hot air balloonists were able to see the sun come up because they were — EARLY RISERS

Word-Find Answers

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



The Leisure World Bike Club Group B enjoys stopping at Nick's Deli on Main Street in Seal Beach for refreshments. Join the B Group at the North Gate on Sundays, Mondays, Wednesdays and Fridays at 8:45 a.m. Bicycle helmets and safe shoes are required. Everyone is welcome. For more details on group B schedule call Lucy Cyza at 818-209-3075 or Mary Romero at 562-810-4266.

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

Importance 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 meetings are from 9-10 a.m. The annual membership fee is \$10. Weekly dues are ten cents.

WA-RITE, page 10



GOODYEAR



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- Conventional oil only

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GOODYEAR

BRIDGESTONE

www.coastlineautocare.com

Laughing for the Health of It

Everyone is invited for an hour-long session of laughing for no reason on Wednesday, July 12, at 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.

Bev Bender is a certified laugh leader who helps people improve their lives through laughter.



Bev Bender



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 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.

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 Center, 3333 St. Cloud Dr., Seal Beach, Monday-Friday, from 11 a.m.-noon. It is open to anyone 60 or older. Suggested contribution is \$3, but everyone is welcome.

Guests under 60 can enjoy lunch for \$5. Arrive 10 minutes before the start time as meals are served on a first-come, first-served basis.

LW Minibus service is available for a pick up at 10:25 a.m. at the Amphitheater bus stop on St. Andrews Drive, with a drop off at the Community Center. The Minibus returns to the Amphitheater at 11:40 a.m.

Thursday, July 6

Baked tilapia, savory tomato sauce, sweet potatoes, broccoli, whole wheat dinner roll with Smart Balance, sugar-free pudding and the orange juice.

Friday, July 7

Salisbury steak with mushroom gravy, mashed potatoes, carrots, whole wheat dinner roll, and pineapple chunks.

Monday, July 10

Pork with verde chile sauce, pinto beans, mixed vegetables, tortilla and a tropical fruit mix.

Tuesday, July 11

Zuni corn soup with sugar-free crackers, poppy seed chicken pasta salad, harvest salad (cranberries and almonds with balsamic dressing), whole wheat crackers (two), and a sugar-free gelatin.

Wednesday, July 12

Spinach and mushroom quiche, roasted potatoes, broccoli and cauliflower blend, whole wheat dinner roll with Smart Balance, and a fresh seasonal fruit.

YOGA

from page 8

and joints may lose their range of motion, making people more prone to falls and chronic health issues such as arthritis, heart disease and osteoporosis.

The LW Yoga Club has outdoor yoga classes every Tuesday at 10:15 a.m. in Veterans Plaza. The club also offers classes on Wednesdays in Clubhouse 6 at 9 a.m. with Sally Burns and at 10:15 with Travis Otts-Conn, and online classes on Wednesdays and Thursdays with Jenny Ahn. The cost is \$8 per class. New and experienced yogis are welcome.

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

—Connie Adkins, LW Yoga Club president

MEALS LB

from page 9

Friday, July 7

Beef curry, rice pilaf, oriental vegetables, seasoned corn, cantaloupe, Caesar chicken salad with romaine lettuce, shredded cheese, croutons, dressing and crackers.

Monday, July 10

Beef stew with potatoes, celery, carrots and onions, biscuit, pudding, egg salad sandwich with spinach and tomato, and a potato salad.

Tuesday, July 11

Chicken breast Marsala with mushrooms and white wine sauce, barley pilaf, seasoned broccoli and carrots, kiwi, Cobb salad with turkey and ham, egg, tomato, bacon, blue cheese dressing and crackers.

Wednesday, July 12

Pork loin with apple berry sauce, creamy pasta, peas and onions, tangerine, turkey and cheese sandwich with lettuce, tomato and pickle, and creamy coleslaw.

SLEEP

from page 9

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 mwit-brac@uci.edu.



Fitness Fusion Club member Debbi Fudge practices hip circles that engage core and help improve balance, stability and posture. Each class incorporates 18 different exercises and meets Tuesdays at 10:30 a.m. in Clubhouse 6 upstairs and Thursdays and Saturdays at 10:30 a.m. in Veterans Plaza. People can bring their own weights to Veterans Plaza. Everyone is welcome.

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 edgbolos@gmail.com.

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

We would like our patients to meet our new associate Dr. Taylor J. Sant

For those who do not have dental insurance, we offer new patients a \$35⁰⁰ exam, x-ray & cleaning special (Reg. \$292) In the absence of gum disease

Because one of our goals is to discover small dental problems before they become big ones. The American Dental Hygienists' Association estimates that for every dollar spent on preventive care, \$8 to \$50 is saved in restorative and emergency procedures.



Philip P. Nguyen, D.D.S., ADA, CDA, OCDS Over 20 years experience



Ella J. Chen, D.D.S., ADA, CDA, Over 10 years experience



Taylor J. Sant, D.M.D. Over 4 years experience

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RELIGION



Chul Park (l-r), Saeng Ji, Hyung Cho and Senior Pastor Jang-Young Yong at LWKCC's 13 anniversary service.

LW Korean Community Church

On June 4, Leisure World Korean Community Church (LWKCC), led by Senior Pastor Dr. Jang-Young Yong, 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 tradi-

tional 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 Whitlatch leads the Tuesday Bible study group from 9:30-10:30 a.m.

The Thursday Bible study

FCC, page 12

Congregation Sholom

Congregation Sholom will hold services with Rabbi Eric Dangott via Zoom on Friday, July 7, at 6:30 p.m. Cantor Marla Barugel will lead the hybrid

service on Saturday, July 8, in Clubhouse 3, Room 9, and via Zoom at 10 a.m.

Saturday's Torah reading 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.

SHOLOM, page 12

Faith Christian Assembly

Join Faith Christian Assembly Sunday, July 9, at 5:30 p.m. for the Ministry Emphasis Night, featuring GriefShare. Facilitators Rupert and Addie Penner, people who have each experienced losses of their own, will share about the ministry that has been helpful to many.

This 13-week Christ-centered program that helps people apply biblical principles to deal with the emotions and stresses following the death of a loved one will start July 27, at 6 p.m. in the Garden Room.

Sunday service times are at 10:30 a.m. and 5:30 p.m., with pre-service prayer offered at 5. Those who are interested in growing through community are welcome to join the men's or women's ministries. The groups meet the third Thursdays of each month at 1 p.m.

To receive more information about the church or to receive the free monthly newsletter, call the office at 562-598-9010, email contact@fcachurch.net or visit www.FCAchurch.net.

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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.lwassemblyofgod.com. Those who would like prayer or a DVD of the sermon can contact pastors Chuck and Sheryl Franco by calling 562-357-4360 or emailing pastorchuck@lwassemblyofgod.com. Pastor Chuck's sermons are on the Faithlife app under "Leisure World Assembly of God," where people can also give online.

Beit HaLev

Beit HaLev will hold services on Friday, July 7, at 5 p.m. Rabbi Galit-Shirah conducts online livestream Shabbat services every Friday evening. Saturday morning Shabbat services are suspended until further notice. To join the Beit HaLev Zoomagogue for an interactive service, go to <https://us02web.zoom.us/j/9152434704?pwd=THJGTE1OUXI5VXFDTWtuZHF4K3VxUT09>. The meeting ID is 915

243 4704 and the passcode is RavGalit. People can also watch on Facebook at www.facebook.com/galityomtov or YouTube at https://www.youtube.com/channel/UCU_LHxFlq4-vsxs07H-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 Beit HaLev, call Rabbi Galit-Shirah at 562-715-0888 or email duets@icloud.com. Contributions to Beit HaLev are welcome and may be sent to Beit HaLev, P.O. Box 2279, Seal Beach, CA 90740.

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

services in person can request a link from Bishop Mike Gravley at 562-212-8641. The reading source for this year is the New Testament. The reading assignment for the week of July 10-9 is Acts 6-9.

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.

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 beloved and 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.

SHOLOM from page 11

God instructs Moses to prepare Joshua for leadership, and God describes sacrifices brought daily and on special occasions. To receive a Zoom invitation please contact Jeff Sacks at 714-642-0122. 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, plus potato salad, watermelon and drinks. RSVP as soon as possible to Murray Pollack at murrjet@yahoo.com by Wednesday, July 5. The cost is \$10. To become a member, contact Howard Brass at 714-396-0121.

FCC

from page 11 group, led by Pastor Bruce Humes, meets from 10:30-11:30 a.m. Pastor 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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ARTS & LEISURE



Legends of Rock

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.



Bev Adams

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.



Members of the Entertainers Club prepare a night of music and performance.

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 Illingworth, 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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Sherie Vanek (l) and Jackie Hildebrant (c) look on as new club performer Nina Todorov (r) prepares to rehearse.

Doo Wop Club

Let the Good Times Roll members are counting down to show-time. 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 hippie for the evening. There will be many opportunities to sing along or dance, or both.



Troy Palmer

Much fun was had in Monday’s class.

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 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 was 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 \$7 per person for one class, \$11 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

GRF welcomes back Vinyl Rock to the weekend dance lineup this Saturday, July 8, in Clubhouse 4 at 7 p.m. All are welcome but guests must be accompanied by the resident who invites them.

Vinyl Rock is an Orange County-based band consisting of eight members 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 Man-chu ‘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 kathyt@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 Administration 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
July 13	Shades of Billy—Billy Joel Tribute Sponsor: Memorial Care
July 20	Michael Bublé Tribute with Anthony Bernasconi
July 27	Venturesmania Sponsor: Community Legal Aid SoCal
Aug. 3	Tribute to Elton John with Kenny Metcalf Sponsors: Gasper-Monteer Real Estate MemorialCare
Aug. 10	Bee Gees Gold Sponsors: Athens Services Financial Partners Credit Union
Aug. 17	Elvis Tribute with Matt Lewis
Aug. 24	Always Tina—Tribute to Tina Turner
Aug. 31	Hip To Be Square— Huey Lewis & The News Tribute Sponsor: Optum Healthcare
Sept. 7	Stone Soul Sponsor: Optum Healthcare
Sept. 14	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 it.
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 operatives attempt to track down Maisie Lockwood, while Dr. Ellie Sattler investigates a genetically engineered swarm of giant insects 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
- **Aug. 25—Black Panther: Wakanda Forever:** The people of Wakanda fight to protect their home from intervening world powers as they mourn the death of King T’Challa.
PG-13 | 2h 41min | action, adventure, drama
- **Sept. 8—Elvis:** The life of music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager.
PG-13 | 2h 39min | biography, drama, music



A multimedia piece by artist Cody Lusby.

Art League

The LW Art League will hold a demonstration on Tuesday, July 11, at 7 p.m. in Clubhouse 4. The demonstrator will be contemporary visual artist Cody Lusby from Long Beach. He aspires to change the world through local community action and by developing large-scale projects that enable viewers to feel empowered.

His classical art training began at the Orange County High School of Arts, after which he was awarded a scholarship to Laguna College of Art and Design.

Building on his knowledge of representational painting, he spent 10 years experimenting in a more contemporary manner and then another 10 years working to refine his style. In the past 14 years he has had 12 solo shows involving a range of artistic practices including painting, sculpture and video.

Lusby is a local Long Beach artist who has lived in his Rose Park home for 11 years. Lusby’s event is part of the Long Beach Open Studio Tour, a yearly self-guided tour that allows guests to visit artists in their studios and home to see their art and workspaces.

Lusby can be recognized for his community project, Roses for Rose Park, which consists of large multi-colored roses being painted on walls, in front of homes, and on the streets in the Rose Park area.

The murals are created with a team of neighborhood volunteers. Growing up in beach cities such as San Pedro, Huntington Beach and now Long Beach, water and water conservation are themes in Lusby’s work, most notably in his series titled “Water Wars.”

“I just want to, in a playful way, talk about the importance of water conservation,” he said. “How here, especially in California, it should be a way of life.”

The theme for the popular vote this month is “mixed media.” People should have their paintings in by 6:30 p.m. for judging.

Good News Singers

The Good News Singers will present “Find Us Faithful” on July 15 at 2 p.m. in Clubhouse 4.

The event will feature beautiful music, including sing-a-longs. Light refreshments will be served.

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.
- Pets are not allowed.
- The audience is not permitted to enter the Amphitheater earlier than 1-1/2 hours before the program begins as requested by performers, who will be doing sound checks.
- Dancing is allowed only on the two side wing patios flanking the Amphitheater stage.
- 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.

ART LEAGUE



Larry Sioson

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



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COMMUNITY

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 Sunrise 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.

All residents are welcome to come and enjoy learning about assisted living in a fun and relaxed environment.

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



Wendy Wheeler



Joseph Pizzuto (r) and Mark Glickman are two WWII veterans who attended the event.

FALW honors LW veterans at annual picnic

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 help preserved 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 Caboboy, 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



Club president Ren Villanueva's family helped grill 250 hamburgers and 150 hotdogs for the event.



Lines stretched long and far for the delicious food served.

simple one that says it all. The first 100 people who RSVPed received a bonnet with inscriptions "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

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, call Carl Kennedy at 661-810-9410.

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.



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.

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.

SHREDDING, page 17



The GAF will hold a shredding event on July 11 in the Clubhouse 2 parking lot from 10 a.m.-noon.

Send Community stories to laurieb@lwsb.com

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 was selected as "Miss 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. Once her children were older, she was employed at Loyola Marymount University in Westchester, California, and then for a classified defense unit at Hughes Aircraft Company in El Segundo, California.

Leroy and Glenna retired to Prescott, Arizona. In Prescott she volunteered at Sharlot Hall, the local historical society,

where she dressed in period correct costume and served as a docent. She was also active in many church projects. In 2009, they moved to Leisure World in Seal Beach, California, to be closer to their children and grandchildren.

Glenna was a member of various Leisure World clubs including the Leisure World Leggers, competing in many 5K runs/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 son 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 Miramontez 63
Kelly Pula 55
Susan Pratt 83
Anna Salhus 80
Alma Yax de Tovar 72
Ronald Fleming 81
Patricia Fuimaono 56
Michael Forbes 75
Russell Chaney 76
Elizabeth Buck 91
Don Scruggs 88

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...

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 runaway youth; 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 LW 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 about 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.



Newly elected and re-elected executive board members for 2023-2024 are Rose Marie Sprague, Sally Fowler, Kathy Russell, Sandy Weinstein and Sue Holbrook.



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

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.

— Rose Sprague,
President



The Sunshine Club will bring neighbors together for good food and fun on July 15.

RSVP for the Sunshine Club's picnic by Friday

The Sunshine Club will host a picnic on July 15 in the Clubhouse 1 picnic area from 10:30 a.m.-1 p.m.

The picnic will be a way for members to socialize and enjoy a lunch of sandwiches and freshly cut watermelons. To sign

up, come to the Sunshine Club on Friday, July 7, in Clubhouse 3, Room 2 before the 10 a.m. presentation to pay. Alicia La Brenche will take RSVPs.

Greenbelt singers Nina De Rosa, Ken Notoreva and Ric Dizon will entertain during the

picnic.

The Sunshine Club will meet on Friday, July 7, with Wendy Wheeler from Sunrise in Seal Beach.

For more information, about the club or picnic, contact Anna Derby at 562-301-5339.

DEMOCRAT from page 17

are encouraged to register immediately by emailing beverleybender@gmail.com.

July is the club's Candidate Support and Voter Outreach annual fundraising month.

The featured speaker for the Democratic Club's next

membership meeting on July 26 will be Joanna Weiss. She is one of several candidates running to succeed Katie Porter in the House of Representatives. Weiss, who will join the meeting in-person, founded the grassroots organization Women for American Values and Ethics (WAVE).

For more in-depth reporting on issues and candidates, Democrats and supporters can subscribe to the club's free electronic newsletter by emailing democraticclubslw@gmail.com or calling 562-296-8521. People are asked to include their full contact information, as well as party affiliation.

Joshua 1:7-9

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SPORTS & GAMES



Fujio Norihiro (l-r) and Bill Zurn each scored holes-in-one.

Fujio Norihiro and Bill Zurn each record holes-in-one

The Leisure World Men's Golf Club played its second tournament of the month on June 28 at the Turtle Lake Golf Course. This round, holes-in-one were achieved by both Fujio Norihiro (Hole No. 4) and Bill Zurn (Hole No. 5), a relatively rare occurrence.

Two groups of three flights of variously skilled golfers played for best net scores (gross score minus handicap), plus four circle holes (shots within a 5-foot radius are rewarded) and two closest-to-the-pin challenges.

A total of 52 golfers challenged the course this week. A special low gross challenge was offered, and 17 golfers accepted. Bob Barnum took first place with a terrific 3 under 51; Bill Lyons, second at 2 under 52; Bob Turner, third, at 1 under 53.

Even with cool weather conditions there were 59 birdies and seven circle hole winners. Additionally, 31 of 52 golfers were net at or under par. Closest to the pin on the seventh hole was Young Lee, and on the 16th hole was Thomas Kim. Low net score was June Sup Yoon at 11 under 43, followed by Dennis McMonigle at 8 under 46, Sam Williamson and Jim Bassett at 7 under 47 with 10 other golfers at or under net 50.

All winning scores below are net: gross score minus handicap
A flight winners (handicaps of 0-7): Barnum, first place; second was a tie between Fujio Norihiro and Jae H. Lee; third, a three-way tie between Bill Lyons, Young J. Kim and Bob Turner; Pat Paternoster and Ron Steele tied for fourth; Yong Lee and Dong Kim tied for fifth; and Andrew Kim and Mike Mayfield tied for sixth.

B flight winners (handicaps of 8-12): McMonigle, first place; second was a tie between Stan Johnson and Rolando Ramirez; Won Song, Dale Williamson and Gene Archambault tied for third; and Steve Kang and John Rudosky tied for fourth.

C flight winners (handicaps of 13-18): Yoon, first place; second was a tie between Williamson and Bassett; Jon Russell, third; Daniel Mahoney, Mike Carlson, Dennis Jensen and Dennis Actil tied for fourth; Roland Phillips, fifth; and John Sorenson and Kevin Lindstedt tied sixth.

The next men's tournament is July 12, and every second and fourth Wednesday of the following months. Those who had planned to play in any tournament and cannot, need to contact Scott Tuchfarber at 909-684-0426 or Dave LaCascia at 801-674-5975 as soon as possible. Arrive 10-15 minutes prior to scheduled tee time and be ready to play.

Women's Golf

The women's weekly nine-hole golf tournament competition was held on June 26. Thirty-nine women golfers competed for low 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, 27; low net: a three-way tie between Sang An, Grace Choi and Alison Kim, 22; chip-ins: Linda Herman and Alison Kim, Hole No. 7 and Young Yoon, Hole No. 4.

B flight winners: Low gross: a tie between Sun Lee and Evilia Kim, 30; low net: a three-way tie between Hae Lee, Joann

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 Delias, Hole No. 8.

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

Any female LW residents interested in joining 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.

Men's Golf Club held annual spring/summer picnic

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 warmth and sun 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



This beautifully designed sheet cake was part of the annual LW Men's Golf Club spring/summer picnic.

local businesses were raffled off during the picnic. Gifts included Roger Dunn gift certificates, 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.

PICKLEBALL



Pickleball club members will dedicate the "Jerry Wrenn Court" at the Memorial Pickleball Tournament on July 8. Shown are Connie Terry (l-r), Sandy Mitchell, Barry Chitem, president Linda Evenson and Jon Pearlstone.

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 and Jae Kim for announcing duties.

Teams of various skilled golfers of one man and one woman vied for best net scores (gross score minus handicap), plus two 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 winners with just 42 birdies.

All scores below are net (gross score minus handicap).

A flight winners (handicaps of 0-10): the Turners, first place, 10 under 40; second was a tie between the Kims, and Jae H. and Sun Lee, 8 under 46; Steve Walker and Lisa Kim, third, 7 under 47.

B flight winners (handicaps

of 11-12): Norihiro and Sekino, first place, 11 under 43; second was tie between Chang Ho and Sue Choi, Seon and Sang Kim, and Walt Bier and Margie Thompson, 9 under 45; James Farr and Sandy Derouin, Young and Hae Lee, and Hyon Shin and Sang An tied for third, 7 under 47.

C flight winners (handicaps of 12-18): 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.

The next Guys and Gals Tournament is July 19. Any golfer who planned to play in a 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. Arrive 10-15 minutes prior to the scheduled tee time and be ready to play.

—David LaCascia

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Table Tennis Club Luncheon

The Table Tennis Club Luncheon will be held Saturday, July 8, in Clubhouse 2 at noon. In addition to a delicious lunch, there will be musical entertainment provided by club members (solo and duet) and a saxophone player. The luncheon is limited to club members only. For more information call, K.C. Park at 714-204-2848.

Yahtzee Club

June 16 winners were: Pat Wilson, most Yahtzees; Mary Milhone, high score; Julie Milburn, lowest score; Teri Nugent, door prize winner.

The next meeting is on July 7 in Clubhouse 3, Room 6, at 1 p.m. The club meets the first, third and fifth Fridays of each month. For more information contact Diane Seeger at 562-533-5997.

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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 22 winners (five tables): Sibyl Smith and Al Appel, and Stan Johnson and Louise Seifert, north/south; Howard Small and Russ Gray, and Beth Matheny and Marilyn McClintock, 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 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 cdrijm@yahoo.com.

—John Markovich

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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.

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 on the courts before games. In addition, for the first time, the discs have been beveled around the underside edge to help the discs glide more evenly without sticking to areas of the court.

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 Monday 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 buncos; Rochelle Bornstein, most wins; Cheryl Richardson, most babies; Bill Zurn, Suzanne Frank and Judy Georger, most losses; Carman Casteñada, door prize winner.

The club will meet July 10.

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 and Betty Morgan, most losses; Helen Sponsler, door prize winner.

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

Tournament Poker

The Leisure World Tournament Poker Club held a casino tournament June 24.

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 Brideau, second; and Shelly Yu, first.

Yu has lived in Leisure World for about a year and has been a member of the club right from the beginning. This was her first final table win. Besides poker, Yu also enjoys playing pickleball here in Leisure World.

The club congratulates all the winners and sends a big thank you to all those who played in this event. Anyone who would like to play a fun and friendly game of Texas Hold ‘Em, make plans to join the club next time on one of the first three Saturdays of every month in the lobby of Clubhouse 6 at 10 a.m. for registration, with cards in the air at 10:30. There will be no late seating.

— Deborah Barner



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 Bemben, first place, with a score of 844; Marsha Larson and Sam Ray, tie for second, 842; Cleo Looney, 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 714-394-5885. 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.

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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

Don't miss out on this expanded 2 bedroom one bathroom corner property. This home is light and bright and ready to move in and has many extras. 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 mirrored wardrobe closet doors. 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

A must see corner 2 bedroom 1 bath cottage newly redecorated. This charming home is light and bright and ready to move in. It has new deluxe vinyl flooring though out and has been newly painted. The Kitchen has white cabinets and features built-in appliances including a built-in dishwasher and extra- large skylight. The bathroom has a large skylight and cut down shower for walk-in convenience. The private patio has new indoor/outdoor carpeting and walk-in storage closet.



Mutual11-273L \$349,900

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 versatile 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.



PENDING

Mutual4-77E
Mutual2-29E

**SOLD
2023**

Mutual 11-268F
Mutual 4-50F
Mutual9-212C
Mutual6-143A
Mutual 9-225C
Mutual 9-230D
Mutual11-283D
Mutual 4-51D
Mutual 8-189D

**SOLD
2022**

Mutual 14-17B
Mutual 8-188H
Mutual 8-189B
Mutual 2-40J
Mutual 2-49B
Mutual 2-17G
Mutual 9-59G
Mutual 6- 117L
Mutual 15-39A
Mutual 10-258H
Mutual 6-135I
Mutual 10-258B
Mutual 1-31E
Mutual 5- 117L
Mutual 12-61C
Mutual 2-63H
Mutual 3-4F
Mutual 4-88G
Mutual 2-3B
Mutual 2-8C
Mutual 10 -250J
Mutual11-286B
Mutual12-61A
Mutual 11-286I
Mutual 5-117G
Mutual 2-46H
Mutual 1-67E
Mutual 4-49G
Mutual 8-183G
Mutual 11-285D
Mutual 9-216H
Mutual 7-164L
Mutual 2-6G
Mutual 11-285A
Mutual 11-263A
Mutual 4-49B
Mutual 8-201L
Mutual 2-6L
Mutual 7-165E

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For 2023, We have a total of 44 pending and closed sales.
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1201 Oakmont Rd #196H | M8 | \$344,000
Gorgeous greenbelt 2bed/1bath with partial expansion and exterior storage. Immaculate home with laminate floors throughout, Central HVAC, skylight, shutters on all windows.



In Escrow
13660 Annandale Dr #21F | M1 | \$379,000
Corner patio with garden walk up looking out onto the golf course! 2Bed/1Bath, heat pump, light and bright kitchen with skylight and newer appliances. Bamboo floors, dual pane windows, washer/dryer, meticulously maintained!



Price Improvement!
13700 El Dorado Dr 32H | M3 | \$569,000
Reimagined 2bed/2bath home on greenbelt location, chef's kitchen, tiled showers, quartz countertops, stainless appliances, central AC, washer/dryer, no detail spared!



13381 Del Monte Dr #28I | M14 | \$349,000
2Bed/1bath fully expanded unit with windows across the front of the home. Dining room, AC heat pumps, skylights throughout, laminate floors, microwave, and large additional storage closet.



13131 Shawnee Ln #268C | M11 | \$295,000
Adorable 2bed/1bath interior location full patio with storage closet, new laminate floors and freshly painted throughout. Skylights in kitchen and bathroom. Move-in ready!



In Escrow
1560 Interlachen Rd #66A | M12 | \$479,000
Corner unit 2 bed/2 bath with central AC and washer/dryer on expansive greenbelt. Updated kitchen with skylights throughout. Walk-in closet and all double pane windows. True comfort!

06/30/2023 - Year To Date MLS Activity

■ For Sale

■ In Escrow

■ Closed Sale



Month	For Sale	In Escrow	Closed Sale
Jan	55	38	15
Feb	52	40	25
Mar	55	55	20
Apr	68	50	38
May	65	45	30
Jun	52	60	32

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 \$500,000

18 - 2 bedrooms/2 baths units
from \$349,000 to \$629,000

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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



M12 - 76L \$529,000

Beautiful remodeled 2 bedroom 1.5 bath unit



M3 - 9B \$225,000

Nice basic one bedroom with all Dual Pane windows



M1 - 1D - \$290,000

Beautiful expanded one bedroom on a greenbelt



M4 - 81E - \$247,000

Very nice one-bedroom unit; Enclosed patio; On lovely green



Dawn Januszka
Broker
DRE #02110501



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