For the 55 and over set, one of the big draws to this year’s Montgomery County Fair (Aug. 14-22) was the opportunity to learn more about living at Leisure World. On Aug. 18, Senior Day, resident “ambassadors” distributed brochures, presented slideshow images and engaged the public about the virtues of owning a home at Leisure World.

As longtime residents of Montgomery County may recall, Duncan was in the midst of a hard-fought primary campaign for the Democratic nomination for governor when he suddenly dropped out of the 2006 race to seek treatment for depression. Since then, he has largely recovered but remains under treatment.

He is currently the CEO of Leadership Greater Washington, an organization that fosters communication and cooperation among the area’s established leaders. But his personal mission is to reach out to the public to inform them about depression and to address some of the stigma associated with mental illness.

The countdown to Leisure World of Maryland’s 50th anniversary is officially underway. A year from now, the community is marking the historic milestone with a weeklong celebration from Sept. 10-17, 2016.

The occasion promises to be a memorable event for the entire community—including residents, their friends and family.

Earlier this year, the 50th Anniversary Planning Committee was established to organize the festivities. Leadership for planning the anniversary was drawn from the Education & Recreation Committee. Sandy Marks is chair of the anniversary committee and Yolanda Hunt serves as vice chair. In addition, more than a dozen other residents are on the committee, volunteering their time to help organize the special celebration.

The committee has established “Forward @50” as the anniversary’s tagline, a nod to the fact that a half a century after Leisure World was founded, it continues to be a vibrant community moving forward into the 21st century. With more than...
50th Anniversary
from page 1

8,000 residents aged 55 and older, Leisure World is attracting a new generation of energetic homeowners.

“I’ve lived in Leisure World for 12 years and I feel honored to be here at this momentous time,” says Marks. “Our 50th anniversary is a terrific opportunity for residents throughout the community to come out and participate, get to know their neighbors, and learn more about the culture and history of our fabulous community and contribute to its future.”

The 50th anniversary celebration will kick off officially with a picnic on the pool lanai with county and state officials as special guests, followed by concerts, including a performance by the Olney Theatre Singers; a film festival featuring box office hits and cultural milestones from 1966; a golf tournament; and a community-wide public open house. The festivities also include a dinner and show in the Crystal Ballroom; a cocktail party; a sock hop dance party and a special fireworks show.

One of the most important activities is an ambitious project to give back to the community-at-large by encouraging residents to donate supplies that will stock 50 kitchens. The project is a collaboration with A Wider Circle, a local nonprofit that provides an ideal opportunity for residents who may work or have other obligations to participate.

With a full slate of events planned, fundraising is also underway. The Leisure World Community Corporation (LWCC) Board of Directors has designated $35,000 to support the anniversary events and the committee is seeking to raise any additional funds necessary to underwrite the festivities through corporate sponsorships, as well as mutual and individual donations.

Throughout the coming year, the anniversary committee will be providing updates about planning and progress, as well as fundraising, and hopes that residents will come forward to help by contributing their time and talents on a variety of important fronts.

“Leisure World is a true gem and our 50th anniversary provides an ideal opportunity to pay tribute to our great community and share the benefits of living at Leisure World with the wider community,” says David Frager, chair of the LWCC Board of Directors.

“We hope to see new and prospective residents at the events and encourage Leisure World homeowners to get involved over the coming months and lend a hand in making the celebration a week to remember.”

For more information about the 50th anniversary celebration, contact Sandy Marks (sandymarks1@yahoo.com) or Yolanda Hunt (YoliCHunt@aol.com).

— Leisure World News Staff

The Red Wiggler Farm article on page 4 of the Aug. 21 edition contained misspelled names. The correct spellings are: Woody Woodroof, founder of the farm; and Leisure World residents Ben Margolin and Anita McFarlane.
The book “Fields of Color: The Theory that Escaped Einstein” simplifies the complex theory of quantum fields so that a layman can understand it. Written by Leisure World resident Rodney Brooks, it contains no equations—in fact, no math—and it uses colors to represent fields, which in themselves are hard to imagine. It shows how the field picture of nature resolves the paradoxes of quantum mechanics and relativity that have confused so many people. It is original, comprehensive, and entertaining.

Brooks is amazed and delighted with the success of his book, which was published in 2011. He says 6,000 copies have been sold, unusual for a self-published book on physics. In addition, the book has a 4.4 (out of 5) star rating on Amazon with more than 90 reader reviews—a higher rating than Einstein’s own book on relativity and higher than Stephen Hawking’s popular book “The Theory of Everything.”

In its essence, quantum field theory (QFT) describes a world made of fields, not particles (neutrons, electrons, protons) as most physicists believe. However the field concept is not easy to grasp. To quote from Chapter 1 of “Fields of Color”: “To put it briefly, a field is a property or a condition of space. The field concept was introduced into physics in 1845 by Michael Faraday as an explanation for electric and magnetic forces. However, the idea that fields can exist by themselves as “properties of space” was too much for physicists of the time to accept. (Chapter 1 in its entirety can be read at http://www.quantum-field-theory.net/)

Colors of Fields
Later this concept was extended to other fields. “In QFT the entire fabric of the cosmos is made of fields, and I use (arbitrary) colors to help people visualize them,” says Brooks. “If you can picture the sky as blue, you can picture the fields that exist in space. Besides the EM (electromagnetic) field (‘green’), there are the strong force field (‘purple’) that holds protons and neutrons together in the atomic nucleus and the weak force field (‘brown’) that is responsible for radioactive decay. Gravity is also a field (‘blue’), and not ‘curvature of space-time’ which most people, including me, have trouble visualizing.”

He continues: “In QFT, space is the same old three-dimensional space that we intuitively believe in, and time is the time that we intuitively believe in. Even matter is made of fields—in fact two fields. I use yellow for light particles like the electron and red for heavy particles, like the proton. But make no mistake, in QFT these ‘particles’ are not little balls; they are spread-out chunks of field, called quanta. Thus the usual picture of the atom with electrons traveling around the nucleus like little balls, is replaced by a ‘yellowness’ of the space around the nucleus that represents the electron field.”

Brooks’ interest in physics was first sparked when at age 14 he read Arthur Eddington’s “The Nature of the Physical World.” This book describes how a table is made of tiny atoms that in turn could be split into even tinier objects. “So this is what the world is made of,” Brooks thought at the time. In college at the University of Florida he majored in math with a minor in physics. He was then drafted into the army for two years.

Fields Answer Problem
Fast forward to graduate school at Harvard University where Brooks was a National Science Foundation scholar, majoring in physics. During this time, he attended a three-year formal lecture series taught by Julian Schwinger. The Nobel prize-winning physicist had just completed his reformulation of QFT, so the timing was perfect. “I was amazed that all the paradoxes of relativity and quantum mechanics that had earlier confused me disappeared or were resolved,” Brooks says.

After receiving his Ph.D. at Harvard under Nobel laureate Norman Ramsey, Brooks worked for 25 years at the National Institutes of Health in Bethesda, Md., in neuroimaging. His first research was on the new technique of Computed Tomography (CT), during which time he invented the method now known as dual-energy CT. Next, he did research on Positron Emission Tomography (PET) and finally in Magnetic Resonance Imaging (MRI). All in all, Brooks published 124 peer-reviewed articles.

After he retired, he and his wife, Karen Brooks, moved to New Zealand in 2001. That was when he became aware of the widespread confusion about physics, especially quantum mechanics and relativity, while his beloved QFT that resolves the confusion was overlooked, misunderstood, or forgotten.

“And so I took on the mission of explaining the concepts of quantum field theory to the public,” Brooks says.

His book was first published in New Zealand in 2010, and is now in its second edition.

In 2012, his grandchildren, who live in Maryland called out, and he and his wife moved to Leisure World, where he continues to work on his mission.

While Einstein eventually came to believe that reality must consist of fields and fields alone, he wanted there to be a single “unified” field that would not only include gravity and electromagnetic forces (the only two forces known at the time), but would also include matter. He spent the last 25 years of his life unsuccessfully searching for this unified field theory.

Referring to the particle picture that he espoused, physicist Richard Feynman once said, “The theory... describes Nature as absurd from the point of view of common sense. And it agrees fully with experiment. So I hope you can accept Nature as She is - absurd.”

Brooks, on the other hand, concludes his introductory chapter by saying, “I hope you can accept Nature as She is: beautiful, consistent and in accord with common sense—and made of quantized fields.”

Leisure World resident Rodney Brooks’s book has been relatively successful given its subject matter and the fact that it is self-published. Photo by Leisure World News Staff
Considering Civil Rights: Yesterday, Today, Tomorrow

by Arthur N. Popper

The issue of civil rights has been in the news, often in highly charged ways, for most or all of the lives of Leisure World residents. While we tend to think of civil rights solely as a U.S. issue, clearly it is not. Indeed, few days go by without articles in the newspapers and on television and radio about the rights of immigrants who are entering Europe from the Middle East. And in Budapest, the same language used here about racial minorities is being used by Roma (Gypsies) who live throughout Eastern Europe.

Even as issues of civil rights for African Americans, women, the LGBT community and others continue to dominate the news, it is also true that over the past 75 years, our nation has seen dramatic changes in civil rights and the quest for the attainment of equality. And, all of us have been part of the movement toward civil rights, whether as active participants such as Martin Luther King Jr.’s historic marches to just thinking about how we are impacted by the issues and the need for change.

To bring discussion of civil rights to Leisure World, the Center for Lifelong Learning (CLL) is presenting a course entitled, “The Fight for Civil Rights and Equality: Yesterday, Today, and Tomorrow.” Paul H. Levy, a Leisure World resident with deep interests in politics, history, law, and social justice, is leading the course.

The class is four weeks starting Tuesday, Sept. 29 and continuing until Oct. 27. Levy has taught a number of very well-received CLL courses. His approach to instruction involves intense discussion and some reading, though a few lectures will also be given to provide background for the various topics. His goal is to have class participants share their personal experiences and knowledge about the topic.

Levy brings a strong background in teaching to the course. He was born and raised in the Boston area and holds a B.A. in political science from the University of Massachusetts (Amherst). He also has a master’s and doctorate in education.

He taught and/or was an administrator in public schools for 41 years and he has also been an instructor at a community college and was a visiting associate professor at Temple University.

During his career, Levy taught American history, European history, economics, civics, and psychology. He has also given courses on civil rights and related topics at the Jewish Community Center (JCC) and at other venues in this area.

The thrust of the civil rights course will be to examine civil rights from 1940 to the present. The curriculum will consider where we have been, where we are now, and what the future may hold for the poor and middle class, racial minorities, women, and the lesbian, gay, bisexual and transgender communities.

Major topics will include: rights and equality issues for Asians and Latinos; the 1964 Civil Rights Act and its impact and future changes; the 1965 Voting Rights Act; LGBT rights and equality issues; and women’s rights and equality issues.

To register, see Classes and Seminars on page 48. For more information about CLL and its courses, visit (www.cllmd.com).

Pressure Points in U.S. Foreign Policy

by Arthur N. Popper

U.S. foreign policy is always open to debate and discussion, whether in the news, in Congress, in diplomatic circles, or here in Leisure World. The Center for Lifelong Learning (CLL) has often offered courses that discuss foreign policy (most recently “Great Decisions” given by David Frager), and this trend continues in a fall offering led by Leisure World resident David Katz.

In this seminar, Katz will focus on the work of John Mearsheimer, a prominent University of Chicago professor, whose controversial conclusions have been widely circulated in both policymaking circles and the media. (To learn more about Mearsheimer visit: http://mearsheimer.uchicago.edu/)

Over six weeks, Katz will lead the class in examining Mearsheimer’s arguments and assumptions and juxtapose them with those of his critics, so as to acquire a broad and balanced perspective on the issues under review. The ultimate goal will be to acquire enhanced appreciation of complex “front page” issues like those addressed in this offering.

Three of the six course sessions will directly focus on U.S. foreign policy options in relation to Ukraine, Israel, and the general Middle East situation.

The remaining three will, when feasible, feature speakers recruited from the Washington policy community, so that the class can benefit from the viewpoints of area experts.

As Katz explains in selecting these topics, “These three issues are front and center when it comes to current U.S. foreign policy concerns. Each is surrounded by controversy and misunderstanding.”

Katz comes to Leisure World after a long career in academia. Born and raised in New York City, he received his B.A. (history) from SUNY Buffalo, M.A. (political science) from CUNY, and doctorate (social science) from the Maxwell School of Citizenship and Public Affairs at Syracuse University. He joined the faculty of Michigan State University (MSU) in 1969 and remained there until his retirement in 2009.

His academic interests are totally appropriate to this course and include international relations, political ideology, comparative politics, and a range of other topics. At MSU, he taught courses on U.S. public policy and problems, comparative healthcare, the British political system, among many others. He also served with the MSU Center for International Development and as director of its Social Science in Britain program.

The course will follow a seminar-type format featuring substantial class discussion and interaction, with minimal lecturing. With an enrollment limited to 15, each participant will have ample opportunity to play a role in class proceedings based on careful advanced reading and thinking about course issues—Katz will provide questions in advance of each session, but students will also be encouraged to submit their own comments for general consideration.

Katz is anticipating “an informal group whose informed participants take their responsibilities seriously, so that our relatively short time together will be both lively and productive.”

The class will meet for six weeks from Oct. 13-Nov. 17. To find out more about the class, send Katz an email (katz@msu.edu).

To register, see Classes and Seminars on page 48. For more information about CLL and its courses, visit (www.cllmd.com).
Sept. 23: Inter-Faith Chapel Introduces New Forum Series on Sacred/Civic Responsibility

by Rev. Romania L. Lee

The world is changing. Fast. And as people of faith, when we see and experience all that is happening, we must stop, reflect, and ask ourselves what would Jesus think? (WWJD) about some of these pressing issues and more importantly, what would Jesus do (WWJD) to alleviate the problems we face?

To address some of these concerns, Inter-Faith Chapel is introducing a new series called “The Forum on Sacred/Civic Responsibility.” Beginning on Wednesday, Sept. 23 at 1 p.m., the series will offer a variety of talks plumbing different perspectives that inform us of what’s happening in God’s world, and asking the question, “What can we do about it?”

The first topic is human trafficking. The Polaris Project defines human trafficking as “a form of modern slavery where people profit from the control and exploitation of others…”

Although slavery is commonly thought to be a thing of the past, human trafficking still exists today throughout the United States and across the globe. Traffickers use force, fraud, or coercion to control other people for the purpose of engaging in commercial sex or forcing them to provide labor services against their will. Traffickers use violence, threats, deception, debt bondage, and other manipulative tactics to trap victims in horrific situations every day in America. All trafficking victims share one essential experience – the loss of freedom.

According to a 2012 report by the United Nation’s International Labor Organization there are 21 million people living in slavery today.

The speaker for the inaugural forum on Sept. 23 is Roger Bain from the International Justice Mission (IJM) in Alexandria, Va. IJM is a global organization that protects the poor from violence in the developing world by partnering with local authorities to rescue victims of violence, bring criminals to justice, restore survivors, and strengthen justice systems. Its global team includes hundreds of lawyers, investigators, social workers, community activists and other professionals, in nearly 20 communities.

Bain serves as a program manager on the mobilization team at International Justice Mission. A passionate and articulate speaker, he engages and encourages people of faith to embrace their historical role as protectors of the widow, orphan, and the poor.

Center for Lifelong Learning (CLL)

Sept. 10: Free Seminar on Self-Determination at the End of Life

Important legal documents such as wills, living wills, healthcare proxies and trusts can be intimidating. To help you navigate these essential documents, guest speaker Rosalind Kipping is presenting a free CLL seminar on preparing for the end of life on Thursday, Sept. 10 from 2-3:30 p.m. in Clubhouse I (see directory in the lobby for room location). Registration in advance with the E&R office is required.

Kipping does not lecture. She engages attendees in dialogue and provides the necessary legal documents, full explanations, and materials that help each individual focus on personal values and end-of-life goals. She guarantees to provide information that your physicians and attorney rarely discuss with you.

Planning for care at the end of life is not an old person’s issue. We are all such fragile creatures at every age. In fact, younger people lead riskier lives than older ones.

Kipping presents this seminar to interested groups all over Montgomery County, Washington, D.C., and northern Virginia.

— Arthur N. Popper

Hadassah

Presentation on ‘Keeping Seniors Safe’

At its regular meeting on Wednesday, Sept. 16, Hadassah is hosting Morton Davis who is presenting a program on Keeping Seniors Safe (KSS). The KSS program was established in conjunction with the Volunteer Resources Section of the Montgomery County Police Department to increase awareness of safety issues within the senior community and to provide guidance and resources to seniors in regard to these issues. Davis, a Leisure World resident, is the program coordinator for KSS. Socializing begins at 12:30 p.m. and the meeting starts at 1 p.m. in Clubhouse I. All Leisure World residents are welcome to attend.

— Barbara Eisen

KIWANIS CLUB OF LEISURE WORLD

HONORING VIETNAM WAR VETERANS

September 25, 2015
2:00 PM
CLUBHOUSE II Auditorium

All Leisure World residents and their guests are invited to join the Kiwanis Club of Leisure World in paying tribute to you, the Vietnam War Veterans. As our honored guests, you will be admitted free to the event.

Tickets are now on sale at $8 per person in the E&R office in Clubhouse I. Program includes a live performance by world renowned soprano Nancy Scimone & piano accompanist extraordinary Wade Beach. Refreshments and displays of contributed war memorabilia to follow.

Vietnam War Veterans, please contact Anita McFarlane (301-598-8207), or Heather Benjamin-Alexis (240-433-0948) to reserve your well-deserved place.
barangay

Governance & INFORMATION

Security and Transportation Advisory Committee

Changes to Metro Bus Route Schedule

As of August 23, minor changes have been made to the Metro bus schedule to and from Leisure World.

The goal was to reduce the amount of bus congestion in front of Clubhouse I during peak periods while still providing service to and from Montgomery Medical Center.

The changes are as follows:

• Northbound Y8 trips destined for the medical center that departed Leisure World at 7:27 a.m., 8:14 a.m., and 3:49 p.m., are converted to Y2 trips
• Southbound Y8 trips that departed the medical center en route to Leisure World at 2:54 p.m., 3:34 p.m., 4:16 p.m., 4:56 p.m., 5:36 p.m., 6:29 p.m., and 7:34 p.m., are converted to Y2 trips.

No changes have been made to the Y7 route or the weekend service.

— Paul Eisenhaur

Advisory Committee

Open House
Thursday, Sept. 24 at 3 p.m. • Clubhouse I Ballroom
Residents are invited to attend and learn more about the various committees (Audit, Health, Landscape, etc.) that serve the board of directors and help govern the community. Committee chairs and members will be on hand to answer questions. Call (301-598-1300) to register your attendance.

Rossmoor Library Hours

Located in Clubhouse I right off the main lobby, the library’s hours are Monday 1 - 4 p.m., Tuesday through Friday 10 a.m.-4 p.m. and Saturdays 10 a.m.-1 p.m.

Post Office Services

Located in the Administration Building, Leisure World’s U.S. Postal Service center is open Monday through Friday, 8 a.m.-2 p.m. Stamps, mailing boxes, and certified and insured mail services are available. Payment is accepted by check or cash only. The post office cannot provide Express or International Business services due to local restrictions.

Sept. 17: MVA Mobile Office Returns

Need to do business with Maryland’s Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, Sept. 17.

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

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

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

Group Email Addresses

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

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

The group email address are:

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

Residents’ Forum Guidelines

from the Leisure World News Advisory Committee

Leisure World News welcomes submissions from its readers. We will publish as many as possible to reflect the widest span of Leisure World community issues. To increase your chances for publication, please follow the guidelines below:

Guidelines for Letter Writers

1. Residents’ Forum (RF) submissions must be emailed to lwnewscommittee@lwmc.com or delivered to the LW News Office.

2. RF submissions must state the writer’s name, address, telephone number, and email address, if any, but if the material is published, it will include only the writer’s name.

3. RF submissions must adhere to all General Guidelines, including but not limited to:

• Material must be of interest and value to the community, respectful and in good taste, clear, concise, accurate, non-repetitive, relevant, and avoid personal attacks

• All submissions will be subject to editing. Writers will have the opportunity to approve substantive pre-publication edits.

• LW News does not guarantee when or if any submission will be published.

• Editing is not to be confused with censorship. LW News welcomes constructive criticism (or praise), as long as it is clearly identified as “opinion” and adheres to all other guidelines for LW News.

4. Receipt of RF submissions will be confirmed by email or telephone.

5. If an RF submission refers to another source, such as an article in another publication, a press release, a legal opinion, etc., a copy of that source must be provided for verification and reference.

6. RF submissions are strictly the opinion of the writer.

2015 Broadcast Schedule - Channel 974

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

Board of Directors Meeting
The Aug. 25 meeting is broadcasting on Aug. 31, Sept. 2 and 4.

Executive Committee Meeting
The Sept. 18 meeting will broadcast on Sept. 23, 24 and 25.

Dial 301-598-1313 for recorded Daily Events

INFORMATION

1. Residents’ Forum (RF) submissions must adhere to all other guidelines with censorship. LW News welcomes constructive criticism (or praise), as long as it is clearly identified as “opinion” and adheres to all other guidelines for LW News.

2. RF submissions must state the writer’s name, address, telephone number, and email address, if any, but if the material is published, it will include only the writer’s name.

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• Material must be of interest and value to the community, respectful and in good taste, clear, concise, accurate, non-repetitive, relevant, and avoid personal attacks

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4. Receipt of RF submissions will be confirmed by email or telephone.

5. If an RF submission refers to another source, such as an article in another publication, a press release, a legal opinion, etc., a copy of that source must be provided for verification and reference.

6. RF submissions are strictly the opinion of the writer.
The proposed 2016 monthly fee residents pay is $159.50, up 1.2 percent from 2015. The Board of Directors approved the 2016 budget at the Aug. 25 meeting, which included a $2,026,400 increase in the Facilities Enhancement Plan (FEP) Reserve Fund (Resales Fund) and an internal charge for accounting services. After an extensive discussion, the amendment failed.

Golf Course Operations
Funding for the permit phase of the Golf Course Irrigation Pond Project was approved by the board (at an amount not to exceed $30,000). The Facilities Enhancement Plan (FEP) Reserve Fund (Resales Fund) is the source of the funding.

Petty Theft
The general manager’s August 2015 report was published in the Aug. 21 edition of Leisure World News. At the board meeting, Flannery presented a pair of updates to the report including mention of a raft of petty thefts concentrated in Montgomery Mutual and, to a lesser extent, occurring in the Regency. The perpetrators(s) is entering unlocked cars after 10 p.m. and stealing loose change, while leaving valuables behind. Security has amplified surveillance of the communities and visited both locations, going door-to-door to advise residents of the incidents and urge them to lock their car doors, particularly at night.

2016 Budget
The board took action on the 2016 Community Facilities Budget. The total operating budget for 2016 is $10,965,799 (including $2,026,400 in reserve funds). The 2016 Budget represents an increase of $135,643 (1.2 percent) over the 2015 Budget. Currently, residents pay a $159.50 unit fee. The board unanimously approved the resolution.

Leisure World News
During the 2016 Budget discussion, Barbara Braswell (M13) put forth an amendment to the Community Facilities Budget, proposing the deletion of three items from the newspaper cost center totaling $82,800: a senior editor position, a copyediting position, and an internal charge for accounting services. After an extensive discussion, the amendment failed.

MedStar Quarterly Report
Ana Alvarez, director of operations, MedStar Ambulatory Services, presented a Q2 report on MedStar Health operations in Leisure World that covered April, May and June 2015. MedStar provides primary and specialty care (such as cardiology, endocrinology, gynecology, oncology, ophthalmology, psychiatry and psychotherapy, and podiatry), rehabilitation (including specialized programs for Parkinson’s, for example), and pharmacy services.

Alvarez reported that primary and specialty care volumes were up in Q2 compared with Q1 and that visits for the calendar year are up 12 percent compared with the same time period in 2014.

Rehabilitation visits increased slightly from Q1 to Q2 but were still below last year’s volumes during the same period. Alvarez attributed the decrease, in part, to the vacant clinic director position, which has since been filled by Dr. Nancy Wynalda.

From Q1 to Q2 pharmacy volumes decreased slightly, but were above volumes for the same period in 2014. In discussing usage rates, Alvarez emphasized that seasonality affects volumes and that comparisons between Q1 to Q2 are not as telling as considering year-to-year Q2 performance.

Finally, she reported that there has been a transition in the dental practice. Dr. Bennett Taff has reduced his schedule without interrupting patient care and Dr. Carmen DeVries has assumed ownership of the practice, effective July 1.

Sept. 26: MedStar Open House. MedStar Health at Leisure World is hosting an open house on Saturday, Sept. 26, 11 a.m.-2 p.m. and invites all residents to attend. There will be a physician meet-and-greet, flu shots, balance screenings, games and refreshments.

--- Leisure World News Staff

HOLIDAY SCHEDULE
Monday, Sept. 7, 2015 Labor Day

Administration ........................................ Closed
CLUBHOUSE I
Education & Recreation .... 10 a.m.-8 p.m.
Eyre Travel .................. Closed
Rossmoor Library .............. Closed
Stein Room ................. 11 a.m.-8 p.m.
Terrace Room ................ 9 a.m.-8 p.m.
Swimming Pool (Outdoor) .... 10 a.m.-6 p.m.
CLUBHOUSE II
Education & Recreation .... 8:30 a.m.-8 p.m.
FISH Deck .................. Closed
Fitness Room ................ 4 a.m.-9 p.m.
Swimming Pool (Indoor) .... 12 noon-6 p.m.

OTHER SERVICES
Bank of America ............ Closed
Golf Course & Pro Shop .... 7:30 a.m.-7 p.m.
MedStar Health ............ Closed
MedStar Pharmacy ........ Closed
Physical Properties
Department (PDD) ............ Closed
Post Office .................. Closed
Security & Transportation No shuttle bus service. Call Main Gate for supplemental transportation.
Security Gates ............... Closed
Open Trash Collection ... No trash or recycling collection. Trash collection resumes on the next regular day for your location.

--- Leisure World News Staff

September 4, 2015 Leisure World News
Rolling with the Leisure World Special Police

by Herman N. Cohen

It usually is not good news when a Leisure World Special Police car pulls up in front of your building. Is someone injured? A possible fire? A resident is locked out of their home? Or something even worse?

But one afternoon in late June I knew exactly why a special police officer had arrived. He came to pick me up.

No, I wasn’t being arrested—or even questioned. He was there to take me on a scheduled “ride along,” a few hours of riding “shotgun” alongside one of the Maryland Certified Special Police Officers (SPOs) that Leisure World employs to keep residents safe.

Paul Eisenhaur, chair of the Leisure World Security and Transportation (S&T) Advisory Committee, had strongly encouraged committee members to learn more about what the Security and Transportation Department does by participating in a ride along. As the recently appointed vice chair of the committee, I felt the need to set an example.

I’d been on a couple of ride alongs with the Montgomery County Police and given those experiences I thought I knew what to expect from my Leisure World ride along—responding to burglar alarms, traffic stops, and other emergency calls—but I was quite surprised.

While there was a lack of emergency runs—Leisure World patrol cars are noticeably devoid of lights and sirens—it was still an amazing learning experience thanks primarily to the experience-level of the SPO with whom I rode. Before I relate some of the actual calls we went on, I’d like to share what I learned from my host.

The Security and Transportation Department has a range of personnel and areas of responsibility: Special Police Officers who patrol the community; gate guards who control access to the property, as well as handling calls that come in as part of the Lifeline program; the Leisure World shuttle bus system; and the supplementary transportation service available for medical appointments, special transportation needs and prescription drug deliveries.

With a staff of nearly 30 full- and part-time personnel, security covers Leisure World 24/7/365.

Leisure World Special Police Officers patrol in white or gray sedans and respond to a variety of incidents in the community. Photo by Leisure World News Staff

‘On Patrol’ Statistics

The Security and Transportation Advisory Committee receives a monthly report from the Transportation and Security Department summarizing incidents that occur in Leisure World. The following data was collated from January to July 2015 Security incident reports. Data are reviewed by the committee and it is important to note that the reports do not include any personal information about the victim, complainant or suspect — only the date, time and the mutual in which the incident occurred.

<table>
<thead>
<tr>
<th>Type of Incident</th>
<th>No.</th>
<th>Type of Incident</th>
<th>No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Complaints</td>
<td>0</td>
<td>Harassment</td>
<td>3</td>
</tr>
<tr>
<td>Simple Assaults</td>
<td>0</td>
<td>Property Damage</td>
<td>21</td>
</tr>
<tr>
<td>Burglaries</td>
<td>0</td>
<td>Solicitation</td>
<td>0</td>
</tr>
<tr>
<td>Deaths</td>
<td>21</td>
<td>Noise Complaints</td>
<td>0</td>
</tr>
<tr>
<td>Disoriented Residents</td>
<td>22</td>
<td>Thefts or Missing Objects</td>
<td>27</td>
</tr>
<tr>
<td>Disturbances</td>
<td>4</td>
<td>Trespassing</td>
<td>2</td>
</tr>
<tr>
<td>Domestic Disturbances</td>
<td>1</td>
<td>Vandalism</td>
<td>3</td>
</tr>
<tr>
<td>Fails</td>
<td>70</td>
<td>Vehicle Collision w/ Injuy</td>
<td>3</td>
</tr>
<tr>
<td>MC Fire Department Calls</td>
<td>25</td>
<td>Vehicle Collision w/ Damage</td>
<td>18</td>
</tr>
<tr>
<td>Damage to Gate Arms</td>
<td>4</td>
<td>Miscellaneous</td>
<td>12</td>
</tr>
</tbody>
</table>

Note: The category “Montgomery County Fire Department Calls” includes ambulance service to assist persons who suffer falls and, if necessary, transport them to the hospital for evaluation and treatment, and also investigation of smoke or gas odors. “Theft” incidents are primarily of objects disappearing from common areas, and many objects are subsequently located. A new category “Damage to Gate Arms” has been added (some of these incidents have previously been listed as “Property Damage”).

In the state of Maryland, Special Police Officers must be sponsored by an organization (LWMC) and have a defined area of responsibility (the confines of Leisure World). Once an individual is sponsored for a Special Police “commission” the Maryland State Police takes over the process.

There is a 10-page application form and in addition to fingerprints, photos and releases for various records, applicants who are going to be armed (as Leisure World’s SPOs are) must submit proof that they have completed a rigorous two-day training course. This process must be repeated every two years.

If approved, the applicant is issued a “commission” by the governor of Maryland and is authorized to exercise all of the powers of a police officer within the confines of Leisure World.

There are eight SPOs at Leisure World. Two are on duty each shift, and a non-commissioned Community Patrol Officer is available in the event of absences. The officers patrol in white or gray sedans with Leisure World markings, and respond to a variety of incidents.

SPOs accompany Montgomery County Fire and Rescue on emergency calls to help them get access to residences. They respond to resident complaints and concerns, as well as lock-outs. The officers also assist the gate guards when necessary, and when there are no incidents, they are in constant motion patrolling the streets of Leisure World. (See incident statistics included in sidebar.)

Several other members of the S&T Advisory Committee took advantage of the opportunity to do a ride along. I collected some of their experiences, along with my own. Here is what we observed:

• A missing person call, a relatively a frequent occurrence as we have a few residents with dementia who tend to wander off at times
• A woman seen sitting in the grass — who it turned out was simply playing with her dog
• A report of a pile of clothing found in someone’s shed
• A call to remove a snake from someone’s yard
• Multiple calls from residents accidentally locked out of their units

While on patrol, I experienced...
a lock-out call. When the officer went to retrieve the duplicate key kept at the main gate, the records showed that the resident had signed for and taken the key previously and neglected to return it.

Instead of the minimal ($20) charge levied by Leisure World to assist, she was forced to call a locksmith who, unfortunately, probably charged five or more times that amount. A good reason to make sure you leave a spare key with security.

During another part of the ride along, the officer stopped at a house where a group was gathered around a new car, fresh from the dealership. The skies were threatening rain, and the owner of the car had not yet learned how to close the sunroof. The officer assisted her and potential water damage was avoided.

Many of the other committee members who participated in ride alongs noted that the officers they rode with “knew everyone” and received waves from residents as they passed. Several people outside stopped us and asked about logistics for the upcoming Independence Day parade.

Leisure World’s Special Police Officers truly live the motto S&T Director Richard Schultz has instilled in them: Courtesy, Attitude and Professionalism. Each committee member who rode with an SPO left with a greater appreciation for the job they do keeping our community safe and secure.

Herman N. Cohen is retired New York State Peace Officer, and the vice chairman of the Leisure World Security and Transportation Advisory Committee, where he represents Fairways South (Mutual 17A).

**Technology Committee**

*What’s This Technology Stuff Got to do With Me?*

by Tim Carrico and Jim Leong

Virtually all of us moved to Leisure World because we intend to maintain an independent style of living while taking full advantage of the community’s beauty, tranquility, and fascinating mix of activities.

There are opportunities to improve our quality of life even further if we take advantage of the bewildering array of new technology products and services designed to keep us safe in our homes, adequately mobile within our community, and “connected” to our loved ones, friends, and colleagues, wherever they may be.

The trick is to see how these opportunities match up with our Leisure World needs. Perhaps one of the easiest ways to determine which new technologies might best meet our needs is to collect a set of “User Stories,” that succinctly capture our multiple roles and technology requirements.

The Technology Committee has been gathering such stories and a few examples are included below:

- Resident concerned about falling: I need to know about devices that will notify my family, friends, and Leisure World Security in the event of a bad fall.
- Resident with diminishing sight: I need a way to get to Leisure World events in the evening.
- Mutual property manager: I need to have my residents leave me messages when the phone lines are all in use and at all hours of the day and night.
- Mutual board member: I need to know which of our residents feel comfortable with email notifications.

- Mutual board officer or manager: I need to know whether my contractors are providing timely, satisfactory service to my residents.
- Resident concerned about repairs: I need to know the status of my work requests and be able to provide feedback on the timeliness and quality of the work.

Do any of these scenarios resonate? Which ones? Are there other needs that come to mind? At the request of the Leisure World Community Corporation Board of Directors, our committee is developing a 2015-2020 Strategic Technology Plan and your feedback is essential. Please share your own user stories to augment this initial selection, which was based on feedback from Leisure World residents, mutual board officers, and management staff members. The Strategic Technology Committee would greatly appreciate your input. Contact Jim Leong, chair of the Technology Committee (jleong4035@aol.com).

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September 4, 2015 Leisure World News | 9
In this edition we review two of our favorite restaurants in the area, Jaleo and Dogfish Head Alehouse. Both are considered casual, although Dogfish is a little more casual than Jaleo.

**Jaleo**
7271 Woodmont Ave.
Bethesda, MD 20814
301-913-0003
(http://www.jaleo.com/bethesda)

Jaleo is a Spanish tapas restaurant owned by José Andrés, the highly regarded Spanish chef. We have been going to the Bethesda location for years (other locations are in downtown Washington, D.C., Crystal City, Va., and Las Vegas), and it has not wavered from having high-quality food at reasonable prices.

The menu consists primarily of small dishes (generally costing from $6 to $12) but there are also a few larger entrees. These are very diverse, especially since the menu changes frequently to reflect the season. The dishes are great for sharing, and we find that four to six dishes plus dessert are a full meal for two.

We have tried many dishes, but there are a few that we particularly liked on our most recent visit. Our overall favorite is the potatoes bravas dish, which consists of small pieces of fried potato with a spicy (and wonderful) tomato sauce and aioli. Jaleo has a variety of salads, many based on “conserved” tuna that is something like, but far tastier, than the canned tuna we get in the United States.

Most recently, we had the tuna combined with a variety of fresh greens and wonderful Valencia tomatoes. The gazpacho is another long-time favorite that is rich in flavor from a mix of tomato, cucumber, and peppers. We also very much enjoy the cod fritters, balls of cod gently fried and served with a honey aioli.

There is always a variety of meat (often pork), poultry, and fish tapas. We tend to favor fish, and the current menu includes sea bass, tuna, red snapper, and salmon, each prepared with a different sauce and/or vegetable.

Of course, as a Spanish restaurant, Jaleo also has a variety of paellas that are meant to be shared. Because these are full meals, we prefer to explore a variety of the smaller tapas plates.

Save room for dessert! The flan with Catalan cream and oranges is smooth, creamy, and delicious, and the chocolate mousse served between two small cakes and with hazelnut ice cream is heaven.

Jaleo has a fine wine list that is mostly Spanish and the very well trained servers are able to guide the wine selection.

The restaurant is almost always busy and so the noise level gets a bit high but does not prevent easy conversation.

**Dogfish Head Alehouse**
800 W. Diamond Ave.
Gaithersburg, MD 20878
301-963-4847
(http://www.dogfishshalehouse.com/)

Despite the noise level, we very much like Dogfish Head Alehouse. The food is consistently good, the service is excellent, and there is easy parking. But it is the variety of beers that is the big draw.

Dogfish is a brewery in Milton, Del., that makes a wide range of beers. The servers are always willing to let you taste the beers so you can decide which to order, or you can try a variety of beers by ordering a “flight” of five beers. Some beers are available year-round while others are seasonal.

The food is typical pub fare. The burgers are very good and well prepared. There is also a burger of the week (recently, an Irishman burger that included corned beef, Swiss cheese, grilled onions, and a variety of other toppings).

Beyond burgers, there is a nice selection of pizzas, salads, pasta dishes, fish dishes, and sandwiches. We particularly like the mahi-mahi tacos that have a generous portion of fish topped with a cilantro-lime sauce and chipotle mayonnaise and are served with rice and black beans.

Art likes the IPA grouper sandwich that includes Swiss cheese, Thousand Island dressing, and coleslaw. The fish and chips and the jambalaya are also excellent. The sandwiches and burgers come with a choice of excellent beach (French) fries, sweet potato fries, or coleslaw.

Dogfish is very kid friendly, and this is one of our granddaughter Emma’s favorite places to dine. Despite the great food, a “downside” to the restaurant is that it can get exceedingly noisy when most tables are taken (which is often).

It is also important to note, particularly for residents with mobility issues, that many of the tables are up a long flight of stairs and there is no elevator. If this is an issue, make sure to request a table downstairs. Dogfish does not take reservations.

**Rating:** 3.5 (Casual); Noise level: Very Loud; Price: $15-$20/person without alcohol.
Despite sweltering heat and a long wait in line, several stalwart Leisure World residents entered their artwork and needlecrafts in the 2015 Montgomery County Agricultural Fair. Entries were on exhibit Aug. 14-22, and viewed by countless visitors throughout the duration of the fair.

Located in the heart of Gaithersburg and celebrating its 67th year, the county fair is one of the largest in Maryland. Established as a platform for 4-H members in Montgomery County to exhibit their prize livestock, garden and home economics projects, it now draws entrants from the general public as well as 4-H.

Among those representing Leisure World in the visual arts were residents Ann Bolt, Patricia Elton and Mary Norma Emery, and in the needle arts (i.e. counted cross stitch, quilting, knitting, crocheting, etc.) Audrey Fenton, Stephanie Lovell, Sue Busch, Alice Angelo and Joan Mahoney.

First Place Ribbon: “County Fair Cousins” by Ann Bolt. She describes the painting as “2 cows – one black and one white – look like they are heavy in gossiping about the other cows.”

First Place Ribbon: “Peony” design table runner by Susan Busch.

First Place Ribbon: “Garden Labyrinth” quilt by Audrey Fenton.

First Place Ribbon: Full-size “Milky Way” quilt pieced by Audrey Fenton and quilted by Maria O’Haver.

First Place Ribbon and Cash Award: Fall leaf design table runner by Susan Busch.

Second Place Ribbon: “Apples of My Eye” by Pat Elton.
New VA Study Focuses on Muscle Changes and Maintaining Independence

by Joan Guberman

Does muscle size affect muscle strength? How do your muscles change with age? Both questions are being investigated by the Department of Veterans Affairs through the Age-Related Muscle Function Study (ARMS). The research targets sarcopenia, a muscle-wasting ailment that may inhibit independent living.

On Sept. 15, veterans are invited to attend an ARMS presentation sponsored by the Leisure World Lions Club. The scientists leading the research will discuss how you and your fellow vets will benefit by participating in this free study. You will learn about your muscle strength and how the amount of fat in your muscles may increase your risks for Type II diabetes.

Plus, everyone’s results will be pooled to help create guidelines and treatments for people struggling with sarcopenia.

Qualifying for the Study

You may qualify for the study if you are a vet between 45 and 85 years old and do not have diabetes or muscle weakness related to strokes or other neurological disorders. In addition, you must be able to stand comfortably for 10 minutes and be able to walk short distances by yourself or with a cane or other assistive device.

Next Steps

If you’re qualified or know a vet who is, please come to the presentation on Tuesday, Sept. 15, at 10 a.m. in the Clubhouse II Auditorium. The discussion will be followed by individualized screenings.

Compassion & Choices Group

Sept. 17: Learn the Facts About Organ and Tissue or Whole-Body Donation

Everyone is welcome at the Compassion & Choices meeting on Thursday, Sept. 17 at 2 p.m. in Clubhouse I. (Check directory in the lobby for room location.)

Elizabeth Escobar of the Washington Regional Transplant Community is presenting a PowerPoint program and talk about the great need for individuals to donate their organs and body tissues for the use of others, when we don’t need them anymore. Escobar will explain the process and answer your questions. Give the gift of life.

There is also a great need for whole-body donation to medical schools and research institutions. Rosalind Kipping, the author of this announcement and president of Compassion & Choices, will provide information on how to make a whole-body donation. Educate our future doctors and move research forward.

This is the first meeting for the 2015-2016 season. Our new fiscal year begins on Oct. 1. Annual dues are $2 and your support makes possible the materials on our resource tables. Come early to review materials on a variety of end-of-life issues provided on the resource tables and take away whatever is of interest to you.

Kipping is available at (rkipping@mindspring.com) or (301-598-4171).

— Rosalind Kipping

Essential Tremor Group

Sept. 19: Essential Tremor Symposium

Essential Tremor (ET) affects 7 million Americans. If you, a family member or a friend, have ET, you are invited to attend a free symposium sponsored by HopeNET, a all-volunteer, nonprofit.

This symposium, with the ET support groups in Pennsylvania, Virginia and Maryland, is Sept. 19 from 10 a.m.-12:30 p.m. at Holy Cross Hospital (1500 Forest Glen Rd., Silver Spring, MD 20910). The theme of the symposium is essential tremor research and how those with it can participate in the trials.

The three guest speakers will make a presentation on their respective research as well as answer any questions. There will also be an update on the results of the “Essential Knowledge Gaps in the Field of ET” conference that was held at the National Institutes of Health (NIH) on May 11-12, as well as what has transpired since.

To attend the symposium, register by calling Peter Muller (703-543-8131) or Marian Newman (240-560-6063).

Information about HopeNET is available online (www.theHopeNET.org). HopeNET is now doing more. To support its efforts, please make a donation by visiting its website or by mailing a check (14425 Coachway, Centreville, VA 20121).

— Marian Newman

Sept. 24: Diabetes Support Gathering

Do you know your numbers? When you have diabetes, it’s very important to know your ABCs. Knowing and controlling your hemoglobin A1c, blood pressure and cholesterol help you manage diabetes better. Keeping your A1c level below 6.5 percent, maintaining your blood pressure at less than 130/80 and keeping your LDL cholesterol less than 100 is considered having good control.

Learn more at the next diabetes support group, provided by MedStar Montgomery Medical Center. Meetings are held at MedStar Health off Leisure World Blvd., in the first floor conference room the last Thursday of each month from 1-2 p.m. There is no fee to attend. The next meeting is Thursday, Sept. 24 at 1 p.m. Call to register (301-774-8881).

— Rosalind Kipping
Using Exercise to Relieve Arthritis Pain

by Arthur Kaufman, MD

Arthritis is a general term that covers nearly 100 conditions involving joint inflammation. The most common arthritis conditions are osteoarthritis and rheumatoid arthritis. Osteoarthritis emerges from the wear and tear on joints over time, while rheumatoid arthritis involves the body’s own immune system attacking cells within the joints. Either type of arthritis can cause joint pain and stiffness.

According to John Fitzgerald, MD, a UCLA rheumatologist, exercise is a key to preserving and improving the arthritis patient’s quality of life.

The Mayo Clinic lists the following benefits of exercise for arthritis sufferers: It strengthens the muscles around your joints which improves joint stability and helps maintain bone strength; promotes a feeling of strength and energy and makes it easier to sleep at night; helps with weight control; and improves a person’s sense of well-being. Additionally, strong core and leg muscles help us maintain our balance and thereby prevent falls.

Of course, one should always check with his/her doctor before commencing an exercise program. Most likely, the doctor will advise developing an exercise program with the help of a physical therapist. Leisure World residents can take advantage of the physical therapy facility in the MedStar Medical Center. Obviously, these therapists are experienced in working with older patients with arthritis. After several physical therapy sessions, the patient can usually continue the exercise program on their own.

The two main types of arthritis exercises are those that focus on strength or on range of motion. Endurance exercises are also important, but people with rheumatoid arthritis may not be able to perform many of those walking or biking exercises. In addition, your doctor may advise you to take medication or use a topical pain-relief cream before exercising. Adjuncts such as a knee brace, an exercise band or ball, or small weights may help for particular muscle groups.

For arthritis in larger joints, such as knees and hips, water exercise may be beneficial. The water partially supports your weight but also provides a resistance to motion. Also, if you should fall, the water will cushion your fall. Water exercises are available in the pool in Clubhouse II. (See page 49 for Class listings.)

Learn about treatment and exercise options by visiting Arthritis Foundation’s website (www.arthritis.org) or by calling (800-283-7800).

Health & Fitness In Brief

AL-ANON Meeting: Al-Anon (for family and friends affected by alcoholism) meets Fridays at 2 p.m. at Our Lady of Grace Church Parish Center (near Leisure World, enter through the back door), 15661 Norbeck Blvd., Silver Spring, MD 20906. For more information, call Mary Ann (301-598-0647).

Alcoholic Anonymous (AA): Newcomers welcome. (If outside LW, check in at the main gate.) Meetings are: Mondays at 12 noon (Step Meeting) and Thursdays at 6 p.m. (Big Book) in Clubhouse I. Any questions! Contact Don (301-598-3176).

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

Amputee Support Group: Amputee Support Group meets the third Wednesday of the month at Kozi Café in Leisure World Plaza. The meeting is open to any amputee. You do not need to live in Leisure World. Call Mab by Monday prior to the third Wednesday in order to help with reservation space, 240-669-6436 (H) or 301-980-9367 (C). Look forward to seeing you there.

Food Addicts in Recovery Anonymous (FA): FA meets every Wednesday, 8:30-10 a.m., at the Overlook, 3100 NLW Blvd., in the party room. For more information, call Bea (301-438-3093).

Stroke Support Group: You are not alone! The Leisure World chapter of the Montgomery County Stroke Association (MCSA) invites stroke survivors and caregivers to attend its monthly meeting on the fourth Wednesday from 1:30-3:30 p.m. in Clubhouse II. No registration is needed and all are welcome. For more information, call Ruth Burgos-Sassee (301-598-2288) or Sally MacDonald (301-598-0246).

Free Blood Pressure Testing: Free blood pressure testing is available on the first and third Tuesday of the month from 9-11 a.m. in Clubhouse I.

Medicare Benefits Counseling: Senior Health Insurance Assistance Program (SHIP), a Maryland/Montgomery County agency, provides free individual counseling to help with your Medicare problems, Medicare Part D, Medigap choices and the many incoming savings programs. Call (301-590-2819) to make appointments, fourth Tuesday of each month 10 a.m.-noon in Clubhouse I.

Patients’ Rights Council of Leisure World

Special Presentation by Geriatric Pharmacist

by Mary Ann Johnston

The Patients’ Rights Council of Leisure World meets next on Wednesday, Sept. 9 at 1:30 p.m. in Clubhouse I. Our speaker is Courtney Hoffman, a doctor of pharmacy who currently practices as a clinical pharmacist and medication safety pharmacist at MedStar Montgomery Medical Center. She is also a certified geriatric pharmacist and is involved in several committees at MedStar Montgomery, including the WISE (We improve the Senior Experience) program. The WISE program was begun in 2013 to help improve the care of older adults in all areas of the hospital. All are invited to attend our program, come prepared to ask questions about medications, how they act in your body, how they interact and what you need to know about your medicines.

The Patients’ Rights Council educates seniors on health and end-of-life issues. Our programs address many of the problems we may face as we age, especially those concerned with chronic illnesses, and we promote care that affirms life. The International Association for Suicide Prevention has designated Sept. 10 as World Suicide Prevention Day and, in association with the World Health Organization, has chosen the 2015 theme, “Preventing Suicide: Reaching Out and Saving Lives.”

This year, the theme encourages us all to consider the role that offering support may play in combating suicide and encourages us to show care and concern for the person vulnerable to suicide. Isolation increases the risk of suicide and having strong social connections is protective against it. Suicide is devastating for families that are left behind and they too need our care and support.

A pro-active approach and offering a sympathetic, non-judgmental ear is beneficial to all. We can also reach out by helping people to get in touch with relevant services in the community. In Leisure World, we have a great resource for help through our Department of Social Services at the medical center.

The Patient’s Rights Council has minimal dues of $10 per year and they are being accepted now by our treasurer for 2016. Dues are not obligatory; we want all to take advantage of our excellent speakers on health issues.
When we stub our toe or cut our finger, we experience pain that is a direct consequence of an injury. Likewise, arthritis pain results from inflammation and friction that occurs within a damaged joint. Back pain can result when a herniated intervertebral disc pinches one of the spinal nerves near our spinal column.

If the causes of these pains are relieved, the pain goes away. But if pain continues for a long time, sometimes relieving the cause does not relieve the pain. In this instance, the pain has become chronic and unrelated to a direct cause such as an injury.

We now understand that chronic pain is a disease unto itself. Chronic pain lasts for months or longer and affects a person daily or on a regular basis. It can limit a person’s ability to work or do daily tasks, like wash, dress or drive a car. Compared with acute pain, chronic pain is harder to treat and manage. But it is possible to treat it so that the person can have a functional life.

Recent research reveals that chronic pain changes the brain itself. The neurons that carry the message to the brain begin to change and may become more efficient messengers. The result is called, “centralized pain.” The result is your brain misreads the small message of pain as a big one.

Most doctors now understand the importance of treating chronic pain as its own disease. It is also well understood that opioid (narcotic) pain relievers do not work well for chronic pain. Some antidepressant medications such as the tricyclic antidepressants or the SSRI, duloxetine (Cymbalta) and certain epilepsy drugs such as pregabalin (Lyrica) or gabapentin (Neurontin) are now being successfully used to treat chronic pain. Other modalities, such as TENS (transcutaneous nerve stimulation) or acupuncture may provide relief. Sometimes exercise or some types of physical therapy may also be beneficial.

If you believe you have chronic pain, tell your physician where the pain is, how it feels, and how long it’s been there. Also tell the doctor what you cannot do because of the pain. For example, “I can’t brush my teeth,” or “I can’t take a shower.” It may take several therapeutic modalities in combination to help you. If you are not getting pain relief, ask your doctor to refer you to a pain center!
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Events & ENTERTAINMENT

Sept. 23: A Celebration of National Parks

The National Park Service is turning 100 on Aug. 25, 2016, and Leisure World is celebrating the forthcoming milestone. For a century, the National Park Service has protected some of America’s most treasured sites. With 408 National Parks throughout the United States there is practically one for everyone. Each site provides a unique opportunity to discover history and find your solace, your tranquility and even your own heritage.

Join local Park Rangers Eddy Kahle, Paul Maisto and Kathy Kagle in Clubhouse I on Wednesday, Sept. 23 as they take you on a journey through their favorite local parks and learn the unique stories that make these sites National Treasures. Join the special celebration and presentation and “Find Your Park.”

There is no charge for this entertaining and educational program cosponsored by the E&R Department, but tickets are required. They will be available in both clubhouses beginning at 8:30 a.m. on Tuesday, Sept. 8. Please bring your Leisure World ID.

Oct. 13: The History of Broadway Musicals

T he E&R Department is pleased to welcome Steve Friedman, an internationally recognized Broadway musical historian, who through lecture and song will examine how Broadway musicals changed in the 1940s. His presentation is Tuesday, Oct. 13 at 1:30 p.m. in the Clubhouse I ballroom.

A resident of Washington, D.C., Friedman is a trained classical tenor and has performed many musical theater roles from “Camelot” and “Damn Yankees” to “Sweeney Todd.” Through performing in musicals and his love of musical theater he gained a desire to lecture on the history and development of the Broadway musical.

Tickets for this lecture-performance are $5 per person and go on sale in both clubhouse E&R offices at 8:30 a.m. on Tuesday, Sept. 8. Please bring your Leisure World ID.

Sept. 26: Time to Dance

Hosted by the Leisure World Ballroom Dance Club, the September dance will be special due to the new ballroom renovations. The dance is Saturday the 26th in the Clubhouse I Crystal Ballroom from 7:30-10:30 p.m. Music will be provided by the Tony Luciano Band. Joan Soffer (301-598-2528) will be glad to take your reservations. Members are $10; non-members are $15. All residents may invite relatives and friends to the dances for an enjoyable evening. — Jackie Harrell

Sept. 28: BSO Woodwind Quintet Concert

The Foundation of Leisure World is presenting a special Baltimore Symphony Orchestra (BSO) concert featuring its Woodwind Quintet. The Sept. 28 concert is in the Clubhouse II Auditorium at 7:30 p.m. and is the second performance in a BSO series sponsored by the foundation.

There is only one performance and the size of our auditorium is quite limited; so, if you have not yet purchased your ticket ($5), we suggest you do so immediately. Tickets are available at the E&R offices in both clubhouses.

The five musicians are Marcia Kamper, flute; Michael Lisicky, oboe; Fei Xi, bassoon; Philip Munds, horn; and William Jenken, clarinet. Program selections include: Eric Ewazen’s “Roaring Fork; Quintet for Wind Instruments”; Astor Piazzolla’s “Milonga del angel”; Pacquito D’Rivera’s “Aires Tropicales”; and “Quintette en forme de chorôs” (Quintet in the form of Choros) by Heitor Villa-Lobos.

The cost of bringing these artists to Leisure World far exceeds the revenue from ticket sales, which have been kept very low so as to make the concert available to all residents. Although there will not be any solicitation of funds, please be aware that the foundation is funded only by contributions from our residents. — Bob Stromberg

Sunday Afternoon at the Movies ‘Million Dollar Arm’

The E&R Department is pleased to present “Sunday Afternoon at the Movies.” The movies are shown in the Clubhouse II Auditorium at 2 p.m. On Sunday, Sept. 27, the featured film is “Million Dollar Arm” (2014, Rated PG for mild language and some suggestive content; not closed captioned).

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

Looking to save his failing business, sports agent J.B. Bernstein launches a reality show to find India’s best cricketers, with the goal of turning them into professional baseball players and signing them to Major League contracts. This Disney film stars Jon Hamm, Aasif Mandvi and Alan Arkin.

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

Donations to help cover the expenses associated with the presentations are gratefully accepted. A basket will be available for your contribution.
Join your friends and fellow residents on Saturday, Oct. 3 from 9:30 a.m.-2 p.m. in the Clubhouse I Crystal Ballroom and Maryland Room for the semi-annual Leisure World Flea Market.

Sign up for market space in the E&R Office in Clubhouse I beginning 8:30 a.m. on Tuesday, Sept. 8 through Friday, Sept. 25 or until space is filled. RESIDENTS ONLY are eligible to rent vendor space at the market and a resident must be present at the table at all times.

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

Payment can be made by check, payable to Leisure World of Maryland Corporation, or by MasterCard, Discover or VISA.

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

Beginning at 7:30 a.m. on Saturday, Oct. 3, numbers will be given out to flea market vendors who want help bringing merchandise into the clubhouse. Market vendors may begin bringing in their merchandise at 8 a.m. The market will open to the general public at 9:30 a.m.

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

Individuals and organizations are responsible for the collection and payment of sales tax. You may obtain this sales tax license at the Maryland State Department of Taxation in the Wheaton Plaza Office Building.

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

### Kiwanis

**Sept 23: Kiwanis to Honor Vietnam War Veterans**

Kiwanis is honoring Leisure World Vietnam War Veterans on Friday, Sept. 25 at 2 p.m. in Clubhouse II. Residents are invited to join Kiwanis in paying tribute to the veterans at this special event, which includes a live performance followed by refreshments and a display of war memorabilia.

Soprano Nancy Scimone, who shares joy, hope and beauty through music, is giving a live performance.

The Washington Area Music Association has nominated her multiple times for her inspirational recordings. She has performed at the John F. Kennedy Center and at concert halls in New York City, Philadelphia, Chicago and Toronto. Her inspirational recordings reach audiences worldwide.

Wade Beach, a talented pianist with great style, will accompany Scimone. He is on the faculty of George Mason University and has toured the globe many times with the U.S. Airforce Airmen of Note.

Tickets for the event are $8 per person, checks only payable to Kiwanis, and can be purchased in the E&R Office at Clubhouse I.

NOTE: Vietnam War Veterans will be non-paying guests of Kiwanis. To register as a guest, please call Anita McFarlane (301-598-8207) or Heather Benjamin-Alexis (240-433-0948).

— Heather Benjamin-Alexis

### Foundation of Leisure World

**Oct. 4: Free Piano Concert Featuring Residents**

The Foundation for Leisure World is hosting a free piano concert featuring a selection of talented Leisure World residents on Sunday, Oct. 4 at 2 p.m. in the Clubhouse II Auditorium.

Shortly after purchasing a grand piano for the auditorium, the foundation sponsored concerts where the artists were residents. The music was varied and well received and there were many requests for an additional concert. It was not easy to find a date acceptable to all of our pianists, but we were finally successful.

More information will be provided in the next edition of Leisure World News. However, please note, there will be only one performance.

Complimentary tickets are available for pick up beginning Tuesday, Sept. 8 in both E&R offices, with a limit of two per family. As was the case with the earlier piano concerts, we expect a “sellout,” so obtain your ticket(s) early. If you have a ticket and find that you cannot use it, please return it to E&R and allow another resident the opportunity to attend.

— Bob Stromberg

**Oct 3: It’s Time for the Fall 2015 Flea Market**

Rockville Little Theatre

presents

THE GREAT GATSBY

*Adapted from the novel by F. Scott Fitzgerald*

Fridays and Saturdays, Oct. 2, 3, 9 and 10 at 8 p.m.; Sundays, Oct. 4 and 11 at 2 p.m.

Tickets: $22 Adults; $20 Seniors (62+) and Students

F. Scott Fitzgerald Theatre

Great performances in the neighborhood.

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Tickets now online: www.rockvillemd.gov/theatre

Leisure World News OF MARYLAND

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Movie Schedule

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Movies are subject to change.

Caring for Someone with Dementia or Alzheimer’s:
Getting the Help When You Need It

—A FREE DEMENTIA EDUCATION SEMINAR—

Wednesday, September 9, 2015
1:00 pm to 2:00 pm

Presenter Cathy Lonas,
RN, BSN, MSBA
Owner, Advocate 360 Geriatric Care Management

• Does waiting to make a placement decision come at a cost? Physically? Mentally? Financially? Safety?
• Is guilt stopping you from providing them the care they need?
• Has the role of caregiver strained your other family relationships?

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

Event to be held at:
Inter-Faith Chapel at Leisure World
3680 S. Leisure World Boulevard
Silver Spring, MD 20906

2015 Movie Schedule
Sponsored by the E&R Department

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

Oct. 3: Planet Washington – Political Satire at its Best

The E&R Department brings political satire to the stage in the Clubhouse II Auditorium with Ken Rynne and Frank Plumer, the outrageous pair known as Planet Washington, on Saturday, Oct. 3 at 7 p.m.

A comedian, satirist and singer, Rynne is a former Capitol Hill staffer and Plumer, is a pianist and comedian, who has also performed at Leisure World with his family, “The Musical Plumer Family.”

This hilarious duo will take you behind the scenes on Capitol Hill, the White House and the media, exemplifying their motto “When News Breaks, We Fix It!”

In the tradition of political satirist Mark Russell, the show is funny and truthy!

Great music, wicked funny parodies, audience sing-along, unforgettable! So, come out and enjoy a fun, witty and entertaining experience like no other!

Tickets, $6 per person, go on sale at 8:30 a.m. in both clubhouse E&R offices on Tuesday, Sept. 8. Please bring your Leisure World ID.

Sept. 17: Journalist Paul Farhi on the Media

Paul Farhi, renowned staff writer for the Washington Post, returns to Leisure World on Thursday, Sept. 17 at 10 a.m. in Clubhouse I. This time, he will be discussing “Our Shattered Media.” This is a free program sponsored by the E&R Department, but registration is required. Sign up at the E&R office in Clubhouse I. Please bring your Leisure World ID.
The film “Gett: The Trial of Viviane Amsalem” is being shown Wednesday, Sept. 30, 1:30-3:30 p.m., in the Clubhouse II Auditorium. Tickets are $6 per person (check made out to JRLW) and are available in the E&R office in Clubhouse I.

“Gett” tells the story of a Viviane Amsatem, 45-year-old Israeli woman seeking a divorce from her domineering husband, and notes unsettling points about the trials of a woman who seeks to be free in a religiously conservative country. In this story, an Israeli woman can’t leave her spouse without proving extraordinary abuse or neglect.

“We don’t get along” is not enough. All the husband has to do is prove that she has been unfaithful, or that he has been beaten, or that she has neglected their only child.

Elisha, Viviane’s husband, asks for delays and fails to show up in court, dragging things out in an attempt to wear her down. There seems to be little love left in their marriage.

Is it Elisha’s male pride, or the fear of losing face? Two lawyers spar for the plaintiff without proving extraordinary abuse or neglect.

The film has English subtitles. Though their lives are interconnected, each main character has his or her distinct storyline. It is deceptively simple narrative that manages to be as gritty as it is lyrical.

For residents who are Spanish speakers, Hispanics de Leisure World offers cultural activities such as movies (every month), bingo and other table games on Fridays at 3 p.m. in Clubhouse I, plus other opportunities to meet and socialize, such as the annual “Fiesta de la Amistad” and Christmas dinner. The annual membership is $15 per person. If interested, please contact Vice President Carmen Docal (301-438-6094).

— Carlos Montorfano

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\text{Email: Luann_Battersby@comcast.net}\\
\text{Housecall: No charge!}\\
\text{www.battersbylawoffice.com}\\
\text{Simple will: $175/person; $330/couple}\\
\text{Living will/medical directive: $80}\\
\text{Financial power of attorney: $90}\\
\text{Probate: flat fee or hourly, not a percentage of estate.}\\
\text{Estate and tax planning, I also assist clients in other related matters when they need my help.}\\
\]
The next meeting of the Gem, Lapidary and Mineral Society (GLMS) of Leisure World is on Sept. 9 at 7 p.m. in Clubhouse II. Jeff Nagy, a speaker for the Montgomery County Historical Society, is present a program about the history of gold mining in Maryland, with a special emphasis on the state’s first and largest gold mine located in Potomac. Named “The Maryland Mine,” its remains are preserved today near the intersection of Falls Road and MacArthur Boulevard.

Nagy has been interested in rocks and minerals since he was a child, when, in the 1960s, his grandparents brought him mineral samples from Arizona, New Mexico, and California. Today, most of the minerals in his collection are from Maryland, and to a lesser extent, he holds East Coast minerals, such as quartz- and copper-bearing specimens.

In addition to collecting fossils and minerals, Nagy also dabbles in the lapidary arts and has accumulated more than five years of experience faceting. His creations have appeared in several exhibits. In 2011, he tackled a project to update the Maryland Geological Society’s Publication ES-5, “Minerals of the Washington, D.C., Area.”

His collaborative activities involve collecting, photographing, and researching local minerals. Nagy is a member of the GLMS of Montgomery County, the Baltimore Mineral Society, and the Mountain Area Gem and Mineral Association (Asheville, N.C.). His articles about mining in Maryland have appeared in the “Quarterly Journal of the Maryland Historical Society” and “Rock and Mineral” magazine. He has recently returned from a trip to California where he explored coastal redwood forests and did some rock and mineral collecting.

Bring your own specimens of Maryland or East Coast minerals to share during show-and-tell following the program. Refreshments will be served and, before adjournment, there will be a door prize drawing. A guided tour of the lapidary shop will be given after the meeting to anyone interested in seeing our new equipment.

All Leisure World residents are welcome at our meetings. For information on Leisure World’s GLMS, please contact Chuck Mason, president (301-933-3093).
Are American Diplomats ‘Sheep in Wolves’ Clothing’?

American diplomats represent the world’s sole remaining superpower, but remain at a distinct disadvantage in international affairs. America has some of the most dedicated and accomplished diplomats in the world, but are sometimes sent into the fray in order to bully others to do their bidding, often with less than successful results.

In a special presentation, U.S. Ambassador Charles Aaron Ray will talk about a historical and cultural distrust of diplomacy, which contributes to this imbalance. Ray is speaking on Sunday, Sept. 20 at 2:30 p.m. in Clubhouse II.

Ambassador Ray completed his 50-year distinguished career of public service in 2012 as the U.S. Ambassador to Zimbabwe. He is a former Foreign Service Officer and career member of the Senior Foreign Service and has retired with the rank of Minister-Counselor. He was also U.S. Ambassador to Cambodia and U.S. Consul General in southern Vietnam.

Ray is also a retired U.S. Army officer, twice decorated for his actions during the Vietnam War. He has served as Deputy Assistant Secretary of Defense for POW/ Missing Personnel Affairs. He is the first chairman of the American Foreign Service Association’s Professionalism and Ethics Committee.

Since retiring from public service, Ray has written several books of fiction and nonfiction, including, “Taking Charge: Effective Leadership for the Twenty-first Century.”

— Jonas Weiss

Sept. 26: Michael J. Mazarr on North Korea and U.S. Foreign Policy

E&R is presenting a talk by Michael J. Mazarr, Ph.D. An authority on North Korea, he is discussing U.S. foreign policy with regard to North Korea on Saturday, Sept. 26 at 2 p.m. in the Clubhouse II Auditorium. (Mazarr’s previously scheduled Fireside Forum presentation in April on this topic could not be held for personal reasons.)

He will cover the implications of the dangerous behavior of this nuclear power state on our international positions and politics.

Currently with the RAND Corporation, Mazarr was recently professor of national security strategy and associate dean of academics at the U.S. National War College in Washington, D.C. He holds degrees from Georgetown University and a doctorate degree from the University of Maryland.

He has been legislative assistant for foreign affairs in the office of Congressman Dave McCurdy, and special assistant to the Chairman of the Joint Chiefs of Staff. He was senior fellow at the Center for Strategic and International Studies, editor of The Washington Quarterly, and director of the New Millennium Project. He has also served as an intelligence specialist in the U.S. Navy Reserve.


Saul Penn will host this presentation. There is no charge or ticket reservation requirement.

— Joan Guberman

Sept. 26: Come Celebrate Grandparents Day

Families big and little, young and old, are invited to celebrate Grandparents Day at the Lions Club breakfast buffet on Saturday, Sept. 26. “We’d love for all family members to attend, but especially grandkids of all ages and their grandparents,” explains Lions VP Arthur Hooker.

Testimonials. “If you’d like to tell your grandparents what they mean to you, this will be the time and place,” Hooker adds. Children and adults interested in giving testimonials should contact Hooker (301-598-0242).

The buffet party, from 10 a.m.-12 noon, features family entertainment as well as traditional breakfast fare. The proceeds will be used to provide needy children with eyeglasses. Tickets are $6 for children 6 or under and $12 for all others.

— Joan Guberman

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Silver Spring, MD 20906
On the Web: www.footandankle-usa.com

Did You Know?
You can put your worries behind you!!
As you are harvesting your garden treats, add to your calendar the first meeting of the Garden & Environmental Club’s garden year on Monday, Sept. 14 at 10:30 a.m. in Clubhouse I. We are hosting Master Gardener Steve Robinson who will talk about that exotic plant – the orchid. Robinson’s lecture is based on many years of operating his greenhouse, which is home to 75 plants. A Missouri farming native, Robinson’s grandfather’s mostly organic and his father’s modern non-organic approach to farming blend into his later-life activities as an orchid enthusiast, avid photographer and traveler.

His basement is an Aquaponic growing system containing his most delicate orchids, amaryllis and aloe vera, among others. He often gives presentations on container gardening and orchid culture. Soon he will add indoor plant lighting, Aquaponic growing systems and greenhouse features/operations to his lectures. Robinson is a member of the National Capitol Orchid Society, and he has served as docent in the South American exhibit at the Smithsonian Institution.

Bring your notebook to the meeting on Sept. 14. You will need it.

— Arnold Litman

Butterfly on flower. Photo by Louis Paley

On Tuesday, Sept. 8 from 7-9 p.m., the Rossmoor Camera Club (RCC) is featuring an educational program on how to take better photos of flowers, particularly close-up images using “macro” settings on your digital camera. Join us for a fun, educational evening.

This month’s speaker, Joshua Taylor, is a well-known professional photographer who specializes in flower, garden and butterfly photography. He regularly teaches classes at Brookside Gardens and other gardens across the country. Taylor will give us salient pointers on how to improve our photographic techniques.

RCC schedules all of its regular meetings on the second and fourth Tuesdays of each month in Clubhouse II. We welcome visitors, and our meetings are open to all Leisure World residents.

The second Tuesday of each month (baring holiday schedule conflicts), from September through April, RCC offers educational programs on various photographic topics. On the fourth Tuesday of each month, it holds photographic competitions on different subjects. Participants must be members of the club.

This year’s educational programs are:
- Sept. 8 - Shooting Macros of Flowers
- Oct. 13 - What is “New” in Photo Equipment
- Nov. 10 - Overview of Adobe’s Lightroom 5 Editing Software
- Dec. 15 - Taking Photos of Children
- Jan. 12, 2016 - Photographing Water Images
- Feb. 9 - Photography Rules and When to Break Them
- March 8 - Shooting Sunrises and Sunsets
- April 5 - Photographing Combined Water with Sun Scenes

For more information about any of these topics, contact Louis Paley, RCC programming vice president (301-547-3772) or (cautiousphotographer@gmail.com).

— Teresa Milne

Butterfly on flower. Photo by Louis Paley
The warm days of summer may be waning, but the savings opportunities at Riderwood are just heating up. Join us for a one-day-only home expo to explore all of the services available at our Silver Spring community. Plus, take advantage of SPECIAL EXPO PRICING.

TOUR maintenance-free apartment homes.

MEET friendly resident ambassadors and attend a special resident panel.

LEARN about our realty and moving services program.

ENJOY delicious light fare and refreshments.

DISCOVER our many on-site service amenities.

SAVE up to $20,000 with special event-day pricing.

FRIDAY, SEPTEMBER 18, 2015
11:00 a.m. to 2:00 p.m.

Call 301-495-5700 or 1-800-920-8836 to RSVP today.

Don’t want to wait? Call to schedule a pre-expo appointment and take advantage of event-day savings before everybody else.
**Clubs, Groups & ORGANIZATIONS**

**Arts In Motion (A.I.M.)**

New Arts Club Debuts for ‘Lovers of the Aesthetic’

by York Van Nixon III

What makes Arts In Motion so unique compared with other Leisure World clubs? Notwithstanding the illusion of A.I.M. members appearing as other residents (unrushed and noticeably gray), behind their slightly etched brows, A.I.M. artists and lovers of the aesthetic eschew the ennui of senior living. They remember the freedom of finger painting before the pedantry of handwriting drills.

**Vegetarian Society**

Vegetarians Gather for First Picnic on the Lanai

The next Vegetarian Society of Leisure World (VSLW) luncheon is Tuesday, Sept. 8 at 1 p.m. at the Vegetable Garden Restaurant in Leisure World Plaza. Please RSVP to Lois (lkutun@msn.com). Luncheon specials range from $8.50 to $11.50 (not including tax and tip) and the VSLW receives a 10 percent discount. Cash payment is suggested in order to make your exit run smoothly.

First VSLW Picnic

VSLW is planning its first potluck picnic on the Clubhouse I Lanai to share delicious, healthy, plant-based food and great conversation on Wednesday, Sept. 30 at 5:30 p.m.

Dishes should serve six to eight and must be entirely plant-based (vegan: not containing red meat, chicken, turkey, fish, seafood, eggs, cheese, butter, cream, yogurt, or any other dairy products in the ingredients). Be sure that dishes include no more than minimal amounts of refined sugar, salt, and oil.

Please bring along a copy of your recipe and include your name on the recipe so others can identify who made each dish. People at all stages of transitioning to a healthier diet are welcome. If you’re new to plant-based cooking/eating, just bring some fruit or a salad (without dressing) and you’ll get some great ideas for the next time. We will provide eating utensils (plates, bowls, forks/knives/spoons, and water). If your dish requires a serving utensil, please bring one for your dish.

A contribution of $2 per person would be greatly appreciated to cover the cost of supplies. You need to sign up in advance! To sign-up or if you have questions, please contact: Helen Gross, (301-438-2077) and (hgross75@verizon.net) or Dottie Chanil (301-871-1513) and (chanil4@aol.com).

Check out VSLW activities on our new website (www.vslw.org) or at our regularly scheduled meetings at 7 p.m. on the third Wednesday of the month in Clubhouse II. You can join our VSLA Google discussion group online, or you can sign up with our secretary at one of our meetings. VSLW is open to both vegetarians and non-vegetarians interested in learning about a healthier diet.

— Bob Fenichel

**Italian Social/Cultural Club**

‘Caio’ to All Leisure World Italians!

Come and share your love for your culture and heritage on Sept. 27 at 12:30 p.m. when the Italian Social and Cultural Club is kicking off the season with a delicious brunch in the Clubhouse I Maryland Room. The buffet will feature eggs, Danish, coffee and tea and juice and a delicious brunch in the Italian Social and Cultural Clubhouse I Maryland Room. The buffet will feature eggs, Danish, coffee and tea and juice. Following the installation of the new board members, the acclaimed video, “Pride and Passion: Italians in America,” will be shown. It is a fascinating look at the contributions made by Italians in the fields of art, entertainment, business, science, politics, sports and the military.

The price for this wonderful afternoon is only $15 per person. Please make checks payable to the Italian Cultural and Social Club and mail to Dolly Helgerson (15401 Bassett Ln., 45-2E, Silver Spring, MD 20906). Checks must be received by Sept. 22.

Club meetings are held at 2 p.m. on the fourth Sunday of every month in Clubhouse I with more films, live music and interesting talks planned. Membership is $12 per person or $18 per couple.

Our new president, Angela Bufado, and her new board are looking forward to welcoming back our members. We are anxious also to meet our Italian newcomers and present them with a fun and informative afternoon with our desire to have them become members and friends.

— Florence Merola

**Leisure World Green**

New ‘Green’ Club Plans Organizational Meeting

Leisure World Green is gathering residents interested in working for a better environment. All residents are invited to the forthcoming Leisure World Green organizational meeting on Thursday, Sept. 10 at 7 p.m. The location is to be determined. For more information, contact Marybeth Ardike (marybeth.ardike@gmail.com).

— Marybeth Ardike
Potential Book Club For Animal Lovers, Plus Summer Reading

by Verna Denny

A member of the Book Club Network is interested in starting a new book club for animal lovers. If you enjoy reading stories about dogs, cats, horses, elephants and other critters, let us know.

If enough people express interest, we’ll form a new group focusing on animal stories. For more information, please e-mail Donna Zoldi (DVZ45@aol.com).

Some of our clubs took time off for the summer. For “The Page Turners,” it was an opportunity to read a 700 plus-page book for the September meeting. For “The Rose Readers” summer meant taking a break from good literature to select a perfect summer read. Here is what a few of the clubs are reading:

“The Rose Readers” chose “Keep Quiet” by New York Times bestselling author, Lisa Scottoline, a fast and fun book about a parental decision that leads to tragedy and a family in turmoil. The characters are well developed and believable.

Thanks to our Book Club leaders—Ann Clark, Betsy Haas, Joan Hecht, Vi Nichols, Carol Wendkos, and Laura Wiltz—for providing summaries of their meetings for the “What We Are Reading” column.

The Book Club Network is a collection of book discussion groups. For further information, contact Verna Denny (301-598-1418) or (verhd@msn.com).

Thank you for helping us sell our condo in Leisure World. I really appreciate how you coordinated all the work with contractors before we placed it on the market and then got it sold quickly!

-Marcus J.

The Foundation of Leisure World has vacancies on its board of directors and is requesting applications from residents who would like to serve. If you are interested, please submit a letter and a short bio to the E&R Office in Clubhouse I by Oct. 1.

Of special interest to the foundation are your activities within Leisure World. Interviews will be arranged.

Your first question may be: What is the foundation and what is its function in Leisure World? The foundation has a broad mandate: To enhance the quality of life for residents in the areas of culture, education and health.

More specifically, the foundation subsidizes cultural events in the auditorium and ballroom such as concerts, art shows, and dance programs; purchases items not covered by the community operating budget such as the grand piano in the auditorium and audio-visual equipment; and helps support organizations such as the Fireside Forum.

The foundation is sponsoring two forthcoming concerts, see page 16 and 17 for more information.

The money to fund these efforts and programs is all derived from tax-deductible donations made by residents. Additional information is available at the Leisure World website (www.lwne.com). Click ‘Foundation.’

— Bob Stromberg

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Library News: Bending the Rules

by Mary Lou Furgurson

Since we advertise a preference for donated books to be no older than three years, you may wonder why the “new to our library” shelf sometimes holds books of older vintage. It’s a judgment call, of course, but every once in a while we discover an unfamiliar author worthy of note, or a novel previously overlooked, which has garnered praise and deserves attention. Thus, a decision is made to add it to our shelves and see if it catches on.

This week, for instance, someone sent us, “Missing Reels,” by Farran Smith Nehme. How could we resist a story described in Kirkus Review as “...a screwball comedy wedded to a Gothic novel...simply grand!”? Set in New York in the 1980s, it seemed just quirky enough to add to our collection. Hope you agree.

Another contender, which won a spot, is “Killer Commute” by Marlys Millhiser. Part of a successful series featuring the same detective, it appears to be one of those “light” mysteries described as “full of eccentric characters and wacky situations,” just the right tone to end the summer of easy reading and get into a more serious mood for fall.

For fans of the Jeff Shaara epic novels of the Civil War, the final volume, “The Fateful Lightning,” has finally arrived, as has the nonfiction, “The Residence,” a fascinating account of the people who really run the White House—the maids, butlers, decorators, cooks, electricians and carpenters—and the stories they have to tell. You’d be surprised.

We now have a duplicate (donation) of a novel we ordered several weeks ago by Man Booker prize winner Richard Flanagan, “The Narrow Road to the Deep North.” The Washington Post says “a classic work of war fiction by a world class writer.” It carries the reader from the Pacific POW camps of World War II to modern Australia and doesn’t sound at all like “light” reading. Many of our readers are fans of these so-called war and the aftermath themes and we hope this fits the bill for them.

The publishers are busily turning out a deluge of new titles for the fall season, (for you Sue Grafton fans, “X” is coming later this month) and we will be sure to scan the reviews for the best of the lot. In the meantime, don’t forget the Suggestion Box.

See you at the library!
LGBT Alliance Gains National Attention

by Mitch Harvey

As we enter the month of September, the Leisure World Lesbian, Gay, Bisexual, & Transgender Alliance is reflecting upon what a great summer it has been and is looking forward to the future.

The summer began with the equality decision by the U.S. Supreme Court. We celebrated the legal victory with an impromptu get together. Joining us were new members and community supporters sharing a common feeling: who we choose to love doesn’t define us. We are all Equals. We may have different preferences, but they don’t describe what kind of person we are, and certainly don’t define anyone as good, bad, right or wrong. We’re all equal and fabulous.

This was followed by the Independence Day celebration in which the LGBT Alliance marched. A first in Leisure World history, we received tremendous support and applause from spectators.

Topping this was another first: a lead story in Leisure World News, “Patriotic Pride.” How great is that?

It’s a new era in our community, recognizing a group that didn’t formally exist a year ago. Kudos to Leisure World for opening its eyes and arms to us, making our home truly diverse.

We applaud the LW community for its overwhelming reception.

Another milestone in our first year was the creation the LGBT Alliance website (leisureworldlgbt.com), which has gained widespread recognition and led to a feature story in the Washington Blade newspaper.

The alliance also gained the attention of Heidi Cortese, CEO of RRLH and owner of the national website (leisureworld.com) which links the Rossmoor, Leisure World, Lansdowne Woods, and Laguna Woods properties with a goal of reaching adult communities nationwide and becoming a leader in supporting LGBT organizations, improving communication and opening up new opportunities to seniors.

As a large contributor annually to senior groups and resources, Cortese’s involvement with LW LGBT will widen her scope, increasing her generous annual $500,000 in contributions to benefit several LGBT organizations. Thus the birth of “Rainbow Over the Globe.”

Contact with leisureworld.com was just the beginning. The site is a portal for active adults living in Leisure World-related properties and the LW LGBT Alliance is one of the first senior LGBT groups to step forward showing pride within a senior community.

This new alliance will support gay seniors everywhere, especially when a voice is needed to ensure gay and lesbian adults are well represented within their community and outside. This was a natural match, as both groups are working toward a common goal.

We are embarking on an exciting joint venture between our organization and theirs. Reaching both gay and straight senior adults through a new interactive website, integrating activities and information for LGBT seniors, helps to achieve the goal of making all senior communities truly diverse and safe.

This new website will be a platform for seniors reaching out to peers across the nation, to support each other, find a travel companion, join a globetrotting tour, maybe swap homes for vacations. It could possibly provide a dating pool for everyone, gay and straight, and a venue to run various contests to merge the populations of these communities into one. The site will be free of negative comments.

This will be strictly a place of positive energy, helpful information for the senior and LGBT community and a site for fun experiences.

Due to the prestige of leisureworld.com’s ownership and management, contests will be run with prizes that have regional appeal—trips to Disneyland or Disney World with the grandchildren, or a getaway to an SLS luxury property in West Hollywood or Miami.

Annual photo and pet contests are already ongoing, so be sure to get in on the excitement by visiting (leisureworld.com) or (leisureworldlgbt.com).

As the joint venture comes to fruition, we are excited to further introduce the Maryland Leisure World community to leisureworld.com and are having our “Coming Out” party to join the two, what we envision as “The New Leisure World.”

Dust off those dancing shoes.

Everyone is invited to celebrate with us on Dec. 4 in the Crystal Ballroom of Clubhouse I, from 5-9 p.m. Admission is free, but you must get a ticket, available soon. With open bar, hors d’oeuvres, and DJs, you don’t want to miss out on a night to remember, Save the date, Dec. 4.

We’ve been rewriting history in Leisure World and this celebration will certainly be one to remember. Watch the local papers for information as the date approaches.

In addition to these groundbreaking events, we needed to relax and during the summer. We had a number of picnics and barbecues, and a bowling/pizza party; saw “The Book of Mormon” at the Kennedy Center and soon we’re going to the Rainbow Family Picnic at Hillwood Estate.

Through leisureworld.com, we were contacted by Dr. Philip Yaeger, director/CEO of AIDS Services Foundation Orange County. Yaeger is addressing the U.S. Conference on AIDS this month. He is interested in learning what LW LGBT is doing and agreed to speak at our next meeting, Sunday, Sept. 13 at 4 p.m. in Clubhouse II. Yaeger is discussing “AIDS, Its Effect on the Senior Community,” and will answer questions on any topics at the conclusion.

In November, we are celebrating our first anniversary as an organized group in Leisure World and if our first year is any indication of what we can accomplish, our second year will be very exciting. Our membership is growing, attention to our website is increasing and involvement in community awareness is a goal and priority.

Remember our regular meetings are the third Saturday of every month with September being an exception—we are meeting Sept. 13 as noted above. Our meetings are open to all. Feel free to stop by for a visit or pass this information on to a friend.

Information about the LGBT Alliance can be found by visiting our site (leisureworldlgbt.com) or by contacting one of our officers: Pam Galef (240-558-3486) and (pdgalef@gmail.com); Mary Twigger (240-669-9962) and (mary.l.twigger@gmail.com); Mitch Harvey (301-785-4181) and (miamimlh51@gmail.com); or Pat Ritter (240-558-3489) and (patl451@yahoo.com).

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New State Party Leader to Discuss Plans for 2016

by Emile Milne

The Democratic Club of Leisure World (DCLW) is kicking off its 2016 fiscal year with a general membership meeting in September. Patrick H. Murray, the new executive director of the Maryland State Democratic Party is the featured speaker. The meeting is Thursday, Sept. 17 in Clubhouse I beginning at 7 p.m.

A political strategist, Murray is the newly installed executive director of the state party. Along with party Chairman D. Bruce Poole, Murray will share the task of energizing and refocusing the party after stunning defeats that cost Democrats the governorship and seven seats in the legislature in the 2014 election.

Murray, who is in charge of statewide operations, brings 15 years of national and in-state political and legislative experience to the job. He managed field operations in Virginia, Iowa and Kansas before becoming executive director of the Kansas Democratic Party in 2003. He managed field programs in New York and Utah in 2004, and he was the primary architect of Maryland House Speaker Michael Busch’s 2006 caucus program.

As a senior advisor to the Senate President Thomas V. Mike Miller Jr., he engineered the pickup of two Senate seats in 2010. Most recently, he served as director of State Affairs for Johns Hopkins University. He earned his B.A. from Swarthmore College and his J.D. from the University of Maryland.

For now, the party is focused on retaining control of the White House and the seat of U.S. Senator Barbara Mikulski, who has announced plans to retire at the end of her current term. So far, the Democratic primary has attracted aspirants for Mikulski’s seat, including Reps. Chris Van Hollen and Donna Edwards.

DCLW Membership

If you have not already signed up for membership in the Democratic Club of Leisure World, you are welcome to do so at the September meeting. Bring your checkbook; forms will be available at the registration table.

League to Discuss Amending U.S. Constitution

by Elaine Apter

Is amending the Constitution the way to go if Congress doesn’t act? Don’t miss this important discussion. It has been a hot topic in recent headlines: “Scott Walker Calls for Constitutional Amendment to Let States Define Marriage.” (Politico.com); “Hillary Clinton Calls for Constitutional Amendment on Campaign Finance.” (thehill.com).

Throughout the history of our country, there have been moves to amend the U.S. Constitution. The number of proposed amendments is approximately 11,623 from 1789 to 1914. Of these, only 33 garnered the necessary two-thirds vote in both houses and only 27 received the necessary ratification of three-fourths of the states.

If we discard the 18 and 21 amendments that installed and repealed prohibition, the Constitution has only been changed 15 times in 200 years. Some amendments that did not get ratified were: Equal Rights Amendment, Child Labor Amendment, The District of Columbia Voting Rights Amendment and the Balanced Budget Amendment.

On Wednesday, Sept. 9, the Rossmoor Unit of the League of Women Voters invites everyone to join us in Clubhouse I at 10:15 a.m. for an exploration of the process for proposing and ratifying an amendment to the Constitution and the guidelines for evaluating proposed amendments.

This will be a consensus meeting. All guest are welcome to participate in the discussion, however, only League of Women Voters members may participate in the consensus process.

We thank all those members who contributed to the League of Women Voters in memory of our 50-plus year member Ruth Weldon and our faithful refreshments chair, Mary Alice Beard and her daughter Connie. We will miss them all.

On Monday evening, Sept. 28 at the Wheaton Library, 6:30-8:30 p.m., the league is holding a panel discussion on “The Montgomery Achievement Gap: What’s the answer to lagging performance in our schools?” Urban Planner Dan Reed is moderating the event and the panel members are Rick Kahlenberg, author; Judy Docaa, school board member; and Jeanette Dixon, retired principal.

National Voter Registration Day is Sept. 22. Have you moved or want to change your party affiliation? Now is the time to contact the Board of Elections with your new information, visit (http://www.montgomerycountymd.gov/elections/registration/faq.html) or contact via phone (240-777-VOTE (8683)).

The Rossmoor Unit of the League of Women Voters meets on the second Wednesday of the month in Clubhouse I at 10:15 a.m. Meetings are open to all; everyone is welcome.

For more information about our meetings or the League of Women Voters in general, please contact Elaine Apter (301-438-8707) or the League office (301-984-9595), or visit the league’s website (http://mont1.lwvmd.org/).
‘Self Plus One’ Health Option Coming as NARFE Chapter Meetings Resume

by Joe Cook

The Leisure World National Active and Retired Federal Employees (NARFE) Chapter 1143 resumes monthly meetings starting Sept. 21 in Clubhouse II. Snacks will be available at 1:30 and the formal meeting begins at 2 p.m.

We plan to discuss ideas and concerns for the upcoming year and provide updates on key items of interest to federal retirees and spouses.

For the October meeting, a representative from BlueCross Blue Shield is the guest speaker.

The 2016 premiums for all of the FEHBP plans and options should be announced in time for the October meeting. In any case, NARFE magazine and the website will have essential and timely information.

Please note, there will likely be economic advantages for many to change from the “Self and Family” to the new “Self Plus One” option, but this will NOT be done automatically by your agency or OPM. You must initiate this process to make the change.

“Self Plus One” enrollment covers the enrollee and one eligible dependent and is designed for:
• Married couples with no other eligible dependents
• Single parents with only one eligible dependent
• Survivors with only one eligible dependent

NARFE Weighs in on TSP reinvestment Advice

NARFE President Richard G. Thissen testified in August before the Department of Labor in support of regulations that will help strengthen Conflict of Interest provisions by expanding and refining the definition of “fiduciary investment advice.” His testimony focused on NARFE’s concern for those invested in low-fee Federal Thrift Savings Plan funds.

“Because rollovers are not covered by the existing definition of fiduciary investment advice, financial advisers may legally recommend that account holders roll over their TSP holdings into an IRA—where the money could be invested in mutual funds providing the same, or essentially similar products...for as much as 20 times the cost.”

This advice is not currently required to be in the best interest of the client. The Washington Post in August 2014 reported that an undercover former federal employee and pension expert sought advice regarding his TSP holdings and found eight of nine firms recommended him to rollover his TSP into IRAs providing the same, or similar investments for substantially higher costs.

NARFE is particularly concerned that the latest report of the Federal Retirement Thrift Investment Board that found 50 percent of TSP participants removed their funds from their TSP within the first year that they separated from service.

Seventh Data Breach Law Suit Filed

The Office of Personnel Management is facing yet another class-action lawsuit on data breaches of more than 22 million current and former federal employees. The recent suits claim OPM failed to comply with the Privacy Act of 1974, which requires federal agencies to establish the appropriate safeguards to protect confidential records. According to the case summary, OPM had been on notice of “significant deficiencies in its cyber security protocol” since 2007, but failed to correct the weaknesses laid out in various Offices of the Inspector General reports — thus violating the Privacy Act.

Consistent with the public position of the national NARFE office, Rep. Chris Van Hollen introduced legislation that would provide free lifetime identity theft protection coverage to everyone whose personal data has been compromised.

The NARFE monthly magazine includes many articles of interest to federal retirees like the issues mentioned in this column. Another example that’s in the September issue is an article titled, “Top Ten Things a Spouse Should Know about Federal Benefits.”

Please contact a LW Chapter 1143 member and join and get the support and resources of NARFE. Otherwise contact LW President John Moens (johnjots@outlook.com), LW Secretary-Treasurer Maureen Ross (grantmasterone@gmail.com) or LW Vice President Joe Cook (joe37766@gmail.com).

Members with particular federal benefit questions can contact Leisure World NARFE Service Officer Rich Rothstein (whobodyelse@aol.com).

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Association for African American Culture (LWAAAC)

President’s Welcome

First, I would like to thank the association for allowing me to serve as president for a second term. The Leisure World Association for African American Culture (LWAAAC) has grown tremendously. We set a record last year in ticket sales and our membership is the highest it has ever been in the history of the organization.

I want to assure you that the intention of this board is to grow this organization without limits. I look forward to a productive and successful year and invite each of you to participate and, most important, become involved.

The executive board members for 2015 are: Elizabeth Brooks-Evans, vice president; Lennox French, treasurer; Sharon Boone, recording secretary; and Karen Robinson, corresponding secretary.

Monthly meetings are held on the first Wednesday at 4 p.m. in Clubhouse II. I look forward to seeing you at the October meeting, scheduled for Wednesday the 7th.

— Louise Langley, President
Happy Birthday Woz, Emergency Apps, and Cell Phone Signal Strength

by Jim Owen

On Aug. 11, Stephan Gary Wozniak celebrated his 65th birthday. The Woz co-founded Apple with Steve Jobs and single-handedly designed the Apple I and the Apple II, except for the case and power supply. There was a third person who helped begin the Apple computer company, but he sold his share for $800. Now Ronald Wayne lives in a Nevada trailer park.

In Case of Emergency (ICE) iOS has a built-in app to provide information for emergency personnel without a password. Find the health application on your cell phone (The Red Heart) and open it. Once you enter your data, in an emergency, a fingerprint or password are not required to dial 911 or to access your emergency medical data and emergency contacts, such as your doctor and family. Show your friends how to do this also. There are free-apps and paid apps that do more of the same thing. I prefer the free options.

A Paradigm Shift With computers there is an old saw that you should never immediately use the new version of the software operating system. Because of the increased danger to our computers being invaded, my advice is to use the new operating software as soon as possible. I am using OS 10.10.5 and you should also be using iOS 8.4.1. Yes, there is a possibility that some of your favorite applications may have a hiccup. Hiccups don’t last long and I expect that a broken application be fixed much faster than our personal identity.

Searching for a Cell Phone Signal Rather than run around trying to find more bars on your cell phone; you can change the bars to numbers, and that will allow you to see changes to signal strength accurately. To change your telephone dial: *3001#12345#. Then hold down the power button until you see “Slide to Power Off”, and release it. Finally hold the Home button until you’re returned to your main app screen.

The bars should be replaced by a negative number. The negative number turns things upside down so -100 is 1/100 as much signal as -80. A change of +3 dBm is 2x as much signal, +10 dBm is 10x and +20 dBm is 100x – that’s part of the mystery of logarithmic numbers. Now as you change the way you hold the phone, the way you point the phone, the way you walk around you will see the signal changes faster. By touching the display numbers the phone switches between bars and numbers.

Some service providers are beginning to permit your cell phone to use the Wi-Fi broadband in your residence to make phone calls. T-Mobile was the first to do this a year ago. Just remember that you must turn on settings access for this function. If you’re leaving your residence while calling it should smoothly transition to the cell phone tower signals.

Sept. 17 Meeting Brent Malcolm is going to be explaining utilities and, because Sept. 9 is scheduled for the introduction of the new iPhone 6S, the new version of the Apple TV and perhaps more, that may also be a part of the discussion.
Seeking Monitors to Help Staff Computer Center

by Ray Williams and Ellen Solomon

Center Updates
Recent issues with the black and white laser printer have been resolved. The back-to-school season is here. We would like to host Computer Learning Center classes on topics of general interest and welcome volunteers to lead these classes.

Call for Monitors
You may have come to the computer center in Clubhouse II during scheduled hours only to find it closed.

Upon looking at the schedule posted on the door, you may have noticed that the time slot is marked TBA (to be announced) and the center is thus closed because no one was available to serve as a monitor.

The center is staffed by volunteer monitors and depends on them to keep the center open during the scheduled times.

Do you have a free two hours each month that you could give to help us out? The center’s scheduled hours are from 9:30-11:30 a.m. and 1:30-3:30 p.m. on weekdays.

If you can help by taking a shift or two, please visit the center’s website (as noted toward the end of this article) or contact Bob Hughes, who is listed on the posted schedule and on the site. He will work with you to pick a slot you can fill and you will be helping to keep the center open for all those who use it.

You may also notice that sometimes the center is open at times other than the scheduled hours—lunchtime, evenings, even weekends. This is because some monitor has extra time, is working on something in the center, and the door is open. At such times, clients are welcome to come in and work also. Just be aware these are unscheduled hours and thus when the monitor leaves, clients have to leave also.

For information about the center, remember to visit the website (http://www.computerctr.org).

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Leisure World Trip Clubs

Next deadline for trip submissions is Tuesday, Sept. 8

The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are open to all residents, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R Office.) Leisure World clubs and organizations that want to be included in this column must send a typewritten submission to the News by 4 p.m. on the Tuesday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. You may e-mail your information to lwnews2@comcast.net.

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

“Ragtime” at Toby’s Dinner Theatre

Sunday, Sept. 27 (Wait List)

Circle Sunday, Sept. 27 on your calendar! That’s the day member of NA’AMAT and their friends board the bus and head for a delightful day at Toby’s Dinner Theatre in Columbia for a matinee performance of “Ragtime.” Time magazine call “Ragtime” a triumph for the stage. It’s a musical filled with pageantry, emotion and hope bursting on the stage like no other musical. At Toby’s, we will partake of a delicious breakfast and lunch buffet, plus a salad and ice cream sundae bar. Bus leaves Clubhouse II at 9:30 a.m., returning at approximately 4:30 p.m. Ready to go? Send you check for $74 payable to NA’AMAT to Gladys Blank, 15100 Interlachen Dr., #117, Silver Spring, MD 20906. Questions? Call Gladys (301-438-9666).

Dover Downs Hotel & Casino

Wednesday, Oct. 14 - Thursday, Oct. 15

Come back to the luxury of Dover Downs Hotel & Casino for an overnight stay. The price of $115 per person, double occupancy, or $165 single, includes round-trip transportation; hotel accommodation; breakfast buffet, including gratuity; indoor swimming pool, and $50 play money. Bus leaves Clubhouse II Wednesday at 10:30 a.m. and returns at approximately 4:30 p.m. on Thursday. Send your check(s), payable to NA’AMAT to Trudy Stone, 15101 Interlachen Dr., #801, Silver Spring, MD 20906. Please indicate with whom you will be rooming and include phone numbers. Don’t be left out-book early! Questions, call Trudy (301-438-0016).

NEW - Baltimore Casino or Museum

Wednesday, Oct. 21

Join Kiwanis of Leisure World on a trip to Baltimore to visit the Baltimore Horseshoe Casino or Walters Art Museum. Choose where you spend the day. We will depart Clubhouse II at 9 a.m. and arrive at the Horseshoe Casino at 10 a.m. or arrive at Walters Art Museum at 10:15 a.m. The casino will provide $20 free slot play. On the return trip, depart Horseshoe Casino at 1:45 p.m. or Walters Art Museum at 2 p.m. The cost of the trip is $38 per person. Sign up by calling (301-598-1599) or (301-854-6600, option 4). For more information, call Ellen Lavin (301-598-0463).

NEW - Gaming and Sightseeing in Atlantic City

Monday, Nov. 16 - Wednesday, Nov. 18

Join the Jewish Residents of Leisure World on a 2-night, 1-day trip to Atlantic City. For only $199 per person (double occupancy), you will get bus transportation, 2 nights lodging in a casino hotel, 2 hot breakfasts and 1 dinner, a $20 casino bonus, and all you can do on your own in this tourist location with shows and a famous boardwalk. Contact Sue Sandler at (240-242-3742) for more information and a reservation.

Attention Travelers! All Leisure World travelers please note that no group on travel can park more than 12 vehicles overnight/long-term in the Clubhouse II parking lot. Also, parking overnight/long-term is at the owner’s own risk.
The Leisure World Chorale has planned a busy singing season for 2015-2016. Rehearsals begin on Sept. 14 at 2 p.m. in the Maryland Room of Clubhouse I. We look forward to greeting returning members, but would love to have new members join us. We rehearse weekly on Mondays with the possible exception of federal holidays.

We are beginning the 2015-16 singing season with an Oct. 15 visit to our very dear friends, the residents at the Friends House Retirement Community in Sandy Spring. We are singing an assortment of popular tunes, and plan to feature songs written by Irving Berlin and Rogers and Hammerstein. We'll also be performing Broadway show tunes from "Oklahoma!"

Next, the Chorale is visiting the Armed Forces Retirement Home on Nov. 10 to perform for the Armed Forces Retirement Community on Nov. 10 to perform for the Armed Forces Retirement Community. We are singing patriotic tunes including "A Tribute to the Armed Forces" as well as some popular pieces.

The schedule also includes an annual holiday presentation at the Kiwanis Club on Dec. 18. We'll sing traditional holiday songs including "Fum, Fum, Fum," "Feliz Navidad," and "We Wish you a Merry Christmas."

Finally, we plan to perform in the annual Martin Luther King Jr., birthday service being observed at the Inter-Faith Chapel on Jan. 19, 2016. Join us! We would love to perform for you.

Chorale singers kept busy during the summer. Several players played key roles in the Gilbert and Sullivan production "The Gondoliers" – an extravaganza about scrambled identities, high emotions and great fun. Congratulations to Choral members Anna Pappas, Bob Blair, Joyce Hamaty, Bob Bridgeman, Carol Smith, Hanneke Allen, and Priscilla Chenowitz, with a very special commendation to the Duke and Duchess of Plaza Toro, Phil Soriano and Elaine O’Leary.

We perform for the joy of singing and exhilaration of comradeship. Our performances would not be nearly so successful without the dedication and hard work of our exceptional director, Connie Graber, or our superb accompanist, Elaine O’Leary. Their tireless planning and polished choreography enrich our performances. We truly appreciate their time and talents.

An organization is only as good as its members, of course. We seek enthusiastic singers who want the sheer exhilaration of sharing the joy of music. We especially need tenors and basses. You will enjoy our camaraderie and the satisfaction of putting on outstanding stage performances.

For information about joining the Chorale, please contact Kathleen Kerwin (301-460-6050) and (kathleen1939@hotmail.com) or Phoebe Clarke (240-221-5863) and (phoebe@mac.com).

Connie Graber conducts Leisure World Chorale during a performance at the Holiday Park Senior Center. Photo by Ingrid Masi

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**UNDER CONTRACT! $160,000**
**Greens Hi-Rise "J"**
2BR, 2FB, table-space kitchen, 2 bonus storage rooms, 1 cage, golf cart space.

**JUST SOLD! $90,000**
**Hampton Co-op**
Pretty 2 BR, 1FB, full-size w/d in apt, private patio, concrete path from parking to rear slider!

**JUST SOLD! $135,000**
**Co-op Townhouse**
All-brick, fully remodeled, 2BR, 2FB, utilities included in monthly fee.

**JUST SOLD! $138,000**
**Co-op End Townhouse**
All brick w/ fantastic sunroom, 2BR, 1FB, 2HB, all new carpet, all utilities included in monthly fee.

**JUST SOLD! $199,000**
**Villa Cortese "D"**
2BR, 2FB, enclosed balcony, fresh paint & new carpets, all new HVAC, elevator close!

**JUST SOLD! $212,000**
**Villa Cortese "C"+ Garage**
2BR, 2FB, manufactured wood floors, enclosed balcony, splendid view!

**199,000**
**Villa Cortese "M"**
2BR, 2FB, manufactured wood floors, enclosed balcony, splendid view!

**JUST SOLD! $495,000**
**Overlook "L" + Garage**
3BR, 2.5BA, hdws, gourmet kit, 2FP, built-ins, golf course view from balcony & every window!
And We’re Off! 2015-2016 Season Begins

by Nena McMahan

B

y the time you read this, the Fun & Fancy season will be underway with the Sept. 2 monthly show, “Music to Move Our (Leisure) World.” As director, I thank all the performers, especially those who paid an annual Fun & Fancy membership just to be able to represent another Leisure World club or class. I hope the audience is inspired to try new opportunities and that those new members will return to see other shows, and perhaps perform again!

Before the show, vice president Joan Bowar presided over our first meeting for the year in the absence of president Bob Gotkin; best wishes to Bob as he recovers from surgery. If you missed that meeting, you can pay your $8 annual dues at the next meeting or mail them to Rita Bienstock (15316 Pine Orchard Dr., Apt. 2H, Silver Spring, MD 20906).

With many more productions this season, technical director Stan Jones is scheduling an outside person to train people to work the lighting and sound system in the booth. This is an area of Fun and Fancy where we really need volunteers to relieve the loyal few who have been served. Please email (stanjones54@gmail.com) if you are interested in learning skills to ensure that performers can be seen and heard; include “booth training” in the subject line.

Auditions have been held for “The Best Little Whorehouse in Texas” (BLWT), to be performed Nov. 13-15 and 20-22. Individuals selected will be invited to an initial read-through from 10 a.m.-1 p.m., Sept. 5. Future articles will list the cast members.

This production marks the Leisure World directorial debut for Anya Nebel. Beth Youse is assisting as musical director and Joan Okin is serving as stage manager. Gerry Kaufman and Elaine Apter are producers.

The A+ production staff keeps growing: Marge Mathieu is the photographer; Joan Bowar, costume; and J.J. Boulin, Kevin Wright, and Skip Ey, design and construction.

Many people are needed for numerous crew and support positions; if you are interested in getting involved with our annual musical, please contact one of the co-producers. Don’t miss out on the fun!

Are you ready for a hootenanny? Carol Neckar is directing the Oct. 7 monthly show of folk songs from the 60s, where small groups will lead the singing as the audience joins in. Channel your inner Joan Baez, John Denver, Peter, Paul, OR Mary and audition Sept. 8 or 11, 7-9 p.m. in the Clubhouse II Auditorium. Carol encourages new people to audition as singers and banjo and bongo players. Be prepared to audition with one of the songs from the show. Email Carol (CNeckar@aol.com) for the song list, including “Show Songs” in the email subject line. There are no auditions for a November show, as the BLWT cast will preview a few numbers from the musical.

Watch for audition dates to be announced by directors of future monthly shows: “Holiday in Vegas” (Ken Tash) on Dec. 2, “Tribute to Irving Berlin” (Karen Brooks) on Jan. 6, 2016, “Motown Review” (Stan Jones) on Feb. 3, “Music in ¾ Time” (Jerry Payne) on March 2, with April and May shows to be announced. The June show is presented at the annual banquet.

Our Outreach team of about 20 singers and dancers continues to represent Leisure World. For more information on the Outreach program, contact Nancy Marchone (301-288-7808) or (IrishChera@comcast.net).

Upcoming F&F events, all in Clubhouse II:
• Sept. 5, 10 a.m.-1 p.m. – BLWT read through
• Sept. 8, 7-9 p.m. – October show auditions
• Sept. 9, 10 a.m. - Board of Directors meeting (open to the membership)
• Sept. 11, 7-9 p.m. - October show auditions
• Oct. 7, 7:30 p.m. – October meeting and “Sixties Folk Music Sing-along”
• Oct. 14, 10 a.m. - Board of Directors meeting (open to the membership)
Always had a hankering to dabble in art? Do a little drawing? Try your hand at acrylics or oils or watercolor? Only brave enough to use a pencil? Now is the time to go forth and be brave. Rossmoor Art Guild (RAG) invites interested artists and patrons to an open house, Thursday, Sept. 10 at 1 p.m., to meet new and established teachers and students, in the studio.

It is enrollment time for the fall sessions. There will be classes on watercolor, oils, acrylics, drawing, and mixed media starting Sept. 14. Teachers here at the guild are multi-talented and can guide the students through the use of several mediums. Mat it, frame it, exhibit it, and bask in the satisfaction of knowing you did it!

Join RAG Thursday afternoon, Sept. 10, and check over the flea market art supplies, nibble a cracker and give yourself six weeks of instruction to develop your inner Rembrandt, Degas, or Durer. Lockers are available. Guild membership is only $10 a year. Complete the afternoon with a little art history video at 3:30 p.m. in Clubhouse I.

For those students who routinely dabble, a new Clubhouse I exhibit by the Saturday Open Studio will feature interest in American Indians and especially Sitting Bull. Come see the many interpretations of this man of intellect, strength and fierce determination.

The guild is sad to bid farewell to Steve Hanks, the drawing instructor. His influence was seen in some of the drawings displayed in the hallway exhibits. The teachers may leave us, but their teachings tend to linger. He, and his talents, will be missed.

To keep a full complement of teachers on hand for the guild, we’d like to introduce Walda Dyke. She lives in Rockville and started early in high school studying oil painting. She attended the University of Delaware and studied anatomy, art history and sculpture. She has experience as a photo lithographer. She has traveled extensively in the United States and Europe, going to every art gallery she could reach.

Dyke designed her own house and landscape in Manor, where she has lived since the 1960s. She became serious about painting in the 1970s and joined the Rockville Art League. She has planned shows and programs.

She continued to hone her education, for 15 years studying with Bernard R. Loiselle, who was a brilliant master of all techniques. She studied portraiture for three years, three classes a week. She’s been teaching since 1979 and likes to have one-on-one time with each student during class.

Enroll in one of her classes and find out what her design rhythm is all about. The guild welcomes Dyke to our art world.

Patty Eaton and Carol Cuthbertson complete pencil interpretations of Sitting Bull for the September exhibit by Open Studio students in Clubhouse I. Photo by Ann Bolt
Camera Club

New Photography Season is Underway

by Nina Parish

A new season for the Camera Club begins on Tuesday evening, Sept. 8 from 7-9 p.m. in Clubhouse II. Our club generally meets on the second and third Tuesday of every month at 7 p.m. in Clubhouse II. However, due to Yom Kippur our second meeting in September will be on the 29th.

The Competitive Categories for the 2015-2016 season are as follows:

- September: Open
- October: Flowers
- November: Mountains/Hills
- January: Open
- February: Water
- March: Sunrises/Sunsets
- April: Year-End

All current members of the Camera Club can submit entries to these competitions as follows:

- Two print entries in either the Advanced or General Category
- Two digital entries in either the Advanced or General Category

Members may submit a total of four entries by submitting both print and digital photos. The September competition is being held at our regular meeting on Sept. 29. Print entries should be brought already mounted on the night of the meeting, while digital entries should be submitted by email (RossmoorLW@gmail.com). Remember to include your name and the name of the photo.

Leisure World residents may enjoy viewing the photos of Camera Club members that hang in the corridor outside of the Maryland Room in Clubhouse I. These photos are changed at the beginning of every month.

We are looking forward to another exciting year of great photography by Camera Club members.

Going It Alone Club

Save the Date for Holiday Luncheon

The Going It Alone Club is having its annual holiday luncheon, including entertainment, on Tuesday, Dec. 15 at the Cascade Bistro in Clubhouse I at 12 noon. Sign up will start at Saturday Night Live in Clubhouse II on Sept. 26 at 6 p.m. Cost is $35 per person.

For additional information, call Joe Parker (301-598-3457).

— Joe Parker

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Dr. Ramonia Lee
Minister for Congregational Life

Kevin Clemens
Director of Music

For more information come visit the Chapel or call us
3680 South Leisure World Boulevard
301-598-5312 www.inter-faithchapel.org

ALL are Welcome!
It’s All in the Details!

by Gail Bragg

Almost every project one does can benefit from attention to detail. In our studio, every stage of making a ceramic piece involves some level of detail work. First there is the mold itself; it must be checked for debris then brushed and wiped clean as necessary. The clay used for slip casting needs to be stirred and strained to make sure it is smooth and without lumps.

Once the piece is removed from the mold, it needs to be cleaned to remove the bump from the seam and any other stray marks. And then comes the painting where time and patience with detail work are very important...along with knowing a few tricks. We sometimes use contact paper, carbon paper, tracing paper, stencils, rubber stamps, and sponging to help with our designs, but don’t tell anyone!

If you are interested in joining our club, ceramics is a fun, inexpensive hobby. You don’t need artistic talent...but it’s okay if you are talented! Our $10 membership fee includes instruction on how to make and paint your own ceramic pieces. We welcome new members, so drop by our studio in Clubhouse II.

You can also view some of our ceramics in the studio and at our website. It can be reached via the Leisure World site (www.llwmc.com) or directly at (http://sites.google.com/site/cccofleisureworld/). We hope to see you soon.

Recognizing the Best Gardens of 2015

by Mary Lalley

We have come to the time of year when we honor the gardeners who have done an outstanding job and their plots show care, imagination and genuine hard work. The awards are presented at the annual Potluck Supper.

This year, the Best Combination Garden is 11S, which belongs to Carolyn Oakford, with Honorable Mention going to Gwen Raphael, Plot 07Q. The Best Vegetable Garden is 09A, tended by Lorna and Dick Harold, with Honorable Mention earned by Norma Lee Graham, Plots 07O and 07P. The Best Flower Garden award goes to Judy Heir, Plot 06O. Congratulations to all!

Next topic of real concern is weeds. Inspection of the plots revealed many gardens to be loaded with invasive weeds, some two feet high! This is not acceptable, and certainly unfair to fellow gardeners, as well as being unsightly and against all the rules agreed to in the plot application. If a gardener can no longer care for his or her plot, the decision should be made now to give up the plot and decide it can be returned for plot renewal.

If a gardener can clear the area and make it ready for another gardener, the original deposit will be returned. If that is not possible, let Susan Curow (301-598-7215) know so that the plot can be cleared and reassigned. The deposit will not be returned, as the money will be used to pay for the work to be done. Since renewal can begin in September, now is a good time to make those decisions and clear plots of all equipment, tools and other planting implements.

Behind the scenes, but ever present, is President Betty Kontaxis, who will help anyone, any time, every day cheerfully and compassionately. Where she gets her energy is a mystery, but we are grateful for her attention and real devotion to the gardeners and their plots. We thank her for all her hard work on our behalf and her continuous support.

Weather permitting, the next Friday night cook out behind Shed 4 is Sept 18. Until then people, we need to weed, weed and harvest and I will see you in the dirt, doing just that!

Excellent detail painting on cake plate by Jenny Wong, Photo by Gail Bragg

Carbon paper, tracing paper, stencils, rubber stamps, and sponging to help with our designs, but don’t tell anyone!
Rossmoor Woman’s Club

Membership in RWC is Always a Good Idea!

by Ileana Eblighatian

Planned to perfection, the Rossmoor Woman's Club (RWC) program for the new calendar year offers members great activities, events and visits that reflect their interest in a variety of fields.

Our focus and goal is always improving the quality of our aging life! Many people say, “I’ve been there, I’ve done that!” closing the door on the past and on the future. But our future is still to be lived, still to be enjoyed!

Rossmoor Woman's Club has some marvelous activities scheduled for our members!

The September luncheon is at Manor Country Club on Sept. 16 at 12:15 p.m. Bonnie Rosenthal, our guest speaker, is the executive director of the Save Our Seminary at Forest Glen. One of the most unique historic sites in the country, it is located nearby, and she will take us on a virtual tour of it.

Rosenthal will talk about the various architecture styles of the seminary’s buildings, as well as its statues, and landscape features in their historical and social contexts.

Manor Country Club is offering a great luncheon, full details of which can be found in the Aug. 21 edition of the Leisure World News. Make your reservations by sending a $33 check (payable to Rossmoor Woman’s Club), to Mary Jane Noll (3100 N. Leisure World Blvd., Unit 504, Silver Spring MD 20906). Please include your phone number on the check, which must be received by Sept. 9.

For Wednesday, Oct. 14, Rossmoor Woman’s Club has planned a double treat: the fall trip to the National Museum of Women in the Arts and the lunch at Carmines. Please make your reservations in time through Eyre Travel by visiting the Eyre office in Clubhouse I or by phone with a credit card.

The RWC bi-annual Vendor Sale at Bedford Court is Monday, Nov. 2 from 10 a.m.-3 p.m. It is your only chance to browse through thousands of items at the lowest price ever! Come and bring your family and friends! It is a great opportunity to find surprising items you need and at an amazing low price.

From Nov. 3-7, the Rossmoor Woman’s Club Pecan and Fruitcake sale will be held in the Clubhouse I lobby from 10 a.m.-3 p.m., Tuesday to Friday, and in the Stein Room on Saturday. This year, there is the addition of See’s Chocolates for sale.

On Dec. 16, RWC has planned the holiday luncheon at Manor Country Club to celebrate the coming holidays. Please watch for these and other planned projects in the Leisure World News, mark your calendar and make your reservations in time.

Many more festive events will follow in 2016. Please join the Rossmoor Woman’s Club and enjoy our programs. We also accept as members non-resident ladies, provided that the total non-resident members does not exceed 10 percent of club membership. Call our Membership Chairperson Arlene Siller (301-460-7859) for details and sign up.

Women’s History

Over the summer, the Wimbledon Tennis Championships were held and American tennis player Serena Jameka Williams, won her sixth Wimbledon title in Women Singles. Williams (b. Sept. 26, 1981) is ranked No.1 in women’s singles tennis. She has won all major tournaments at least three times. She has won Olympic gold medals in singles and doubles and Women’s Tennis Association events large and small.

Looking in the history of Wimbledon Tennis Championships, we found May Godfrey Sutton (Sept. 25, 1886-Oct. 4, 1975), the American tennis champion who was active during the first decades of the 20th century. In June 1905, Sutton won the singles title at Wimbledon, the first American and first non-British woman to win the singles title. She did it while shocking the British audience with rolling up her sleeves to bare her elbows and wearing a skirt that showed her ankles.

Wimbledon traditions include a strict dress code for competitors, the eating of strawberries and cream by the spectators and Royal patronage, among many more rules.

Sutton was the 1908 Rose Parade Queen in Pasadena. In 1956, she was inducted into the International Tennis Hall of Fame. She never stopped playing tennis and was still playing regularly well into her late 80s.
2016 Officers, Lunch & Learn Series, and Senior Safety

On Wednesday, Sept. 16, President Morton Davis will present a program on Keeping Seniors Safe (KSS). Socializing begins at 12:30 p.m. and the meeting starts at 1 p.m. in Clubhouse I. See page 5 for more information about the KSS program.

A Nominating Committee has been formed to create a slate of 2016 officers including president, secretary, treasurer, fundraising vice president, membership vice president, programming vice president, and education vice president. Any position can be filled with more than one person to create co-officers. If you are interested in any of these positions for 2016, please call Barbara Eisen (301-598-8658).

A Lunch & Learn Series will be held on Sept. 9 at the Hadassah Greater Washington Office, 11900 Parklawn Drive, Suite 350, from 11:30 am-1 p.m. Dr. Sheila Jelen, associate professor of English and Jewish studies and director of the program in comparative literature at the University of Maryland, will discuss “Gender and Jewish Literature.” Bring a dairy/pareve lunch. The program is free and open to the public.

Don’t delay in buying your Rosh Hashanah cards. The prices are $25 for 25, $18 for 10, and $2.50 for single cards. In addition Suzanne Ellis, our Hadassah card chair, has birthday, anniversary, get well, new baby, mazel tov, and bar/bat mitzvah cards. Call Suzanne (240-560-6114) to arrange to pick up cards or to have them mailed out for you.

The Judaic Study Group meets on Monday, Sept. 21 at 1:30 p.m. in Clubhouse I. New members are welcome. For further information, call Joan Lees (301-598-3768).

Hadassah sponsors many activities to further the worthwhile projects it supports in medical, educational, and social programs in Israel and in the United States of America. If you are interested in knowing more about our Leisure World group, call our membership vice president, Janet Lazar (301-598-4066).

— Barbara Eisen

September Religious Services

On Friday evening Sept. 4 at 7:30 p.m., Rabbi Gary Fink is leading a Conservative service in the Inter-Faith Chapel. On Sept. 12, Cantor Michael Kravitz is conducting Sabbath morning services in Clubhouse II. Abbreviated religious services continue on all other Saturday mornings in Clubhouse II at 9:15 a.m. with Torah and Talmud discussions led by Rabbi Moshe Samber.

Rosh Hashanah begins on the evening of Sept. 13 and Yom Kippur on Sept. 22, with Yiskor prayers on Sept. 23. Rabbi Fink and Cantor Kravitz are conducting Conservative services in Clubhouse II and Rabba Arlene Berger and Cantor James Perlmuter are conducting Reform services in the Inter-Faith Chapel. For tickets for either of these services, send a check and a self-addressed and stamped envelope to Milli White (2901 S. Leisure World Blvd., Apt. 106, Silver Spring, MD 20906). The form, where you can also request an honor during the High Holiday services and tickets for the break-the-fast after Yom Kippur, is in the JRLW Newsletter or the website (JRLWMD.org).

The festival of Sukkot begins on the evening of Sunday, Sept. 27. A service with Yiskor prayers will be on Oct. 5 (Shmini Atzeret, the 8th day of the holiday) in Clubhouse II.

JRLW and Coming of Age in Maryland are presenting the movie, “Gett: The Trial of Viviane Amsalem,” a story of divorce in an orthodox community, on Sept. 30. Tickets are $6, available at E&R (checks only payable to JRLW).

Annual membership payments are now due for the 2015-2016 year. Send checks of $20 per person to Milli White, our new chairperson.

A membership renewal form is in the JRLW Newsletter, or you can find it on the JRLW website. Call Milli (301-438-0211) if you are interested in becoming a life member.

Send donations for the Torah maintenance fund or for new siddurim or chumshim (with checks made out to JRLW, $25 minimum) to Annette Cooper (15107 Interlachen Dr., Apt. 812, Silver Spring, MD 20906). Donations for Yiskor, Kiddush, an Oneg, or general tzedakah should go to Susan Weiss (3739 Glen Eagles Dr., Silver Spring MD, 20906).

— Jonas Weiss

NA’AMAT RBZ

Oct. 7: Brunch and Fashion Show

Save the date: On Wednesday, Oct. 7, NA’AMAT RBZ is holding its annual fashion show. The lovely afternoon includes a brunch. New fall and winter fashions from The Look, a chic boutique in Olney, will be modeled by members of NA’AMAT RBZ. Watch this column and your mail for further details.

If you are unfamiliar with the organization called NA’AMAT, you may have heard of it by its former name, Pioneer Women. NA’AMAT is a charitable organization dedicated to helping NA’AMAT Israel provide educational day care programs, vocational training, legal aid for women, services and assistance for new immigrants, as well as centers for the prevention and treatment of domestic violence.

You can show your support by becoming a Life Member for the year, July 1, 2015 - June 30, 2016. In celebration of NA’AMAT’s 90th year, the cost is only $180. It is usually $250, a nice saving. Think of becoming a Life Member.

By now, many of you have received your renewal for the annual membership. Simply use the enclosed envelope and send it with your check. If you have not received the renewal form, contact Helen Fried (301-438-3325) for further information.

Bernice Kišliuk, volunteer coordinator, thanks the following members who assisted her preparing our latest mailing: Charlotte Eskin, Audrey Frank, Harriet Chaikin, Elaine Helfand, Dottie Dolinka, and Selma Perry. Kudos to Bernice and her committee for a job well done. These communications keep our members aware of upcoming events. If you are interested in volunteering, please contact Bernice (301-438-9455).

Check in this edition for club trips sponsored by NA’AMAT RBZ. On Sunday, Sept. 27, there is a matinee performance at Toby’s Dinner Theatre to see “Ragtime,” the musical (wait list). For inquiries contact Gladys Blank (301-438-9666). On Wednesday, Oct. 14, there is an overnight trip to Dover Downs.

Beautiful New Year’s cards are available. They are 10 for $10. Contact Joyce Susswein (301-598-9060.)

Important telephone numbers: Ruth Reid, co-president (301-598-4051), Trudy Stone, co-president (301-438-0016) and Joyce Susswein, Tribute Card chairperson (301-598-9060).

— Carole Mund
Support Effort to Eliminate Tetanus

The Kiwanis Club of Leisure World is asking the public to make donations to Project Eliminate on Saturday, Sept. 27 from 1-4 p.m. at the Giant supermarket at Leisure World Plaza.

Kiwanis International and UNICEF have joined forces to eliminate maternal and neonatal tetanus. This deadly disease steals the lives of nearly 49,000 innocent babies and a significant number of women each year. The effects of the disease are excruciating with tiny newborns suffering repeated, painful convulsions and extreme sensitivity to light and touch. Kiwanis hopes to see the public there with donations to rid the world of this terrible disease.

Join Kiwanis for a trip to Baltimore on Wednesday, Oct. 21 to visit the Walters Art Museum or the Horseshoe Casino. See the Club Trips listing on page 33 for details or call Eileen Lavin (301-598-0463) for more information.

We will not have Monday Bingo on Sept. 7, Labor Day. Kiwanis holds Bingo games on Mondays at Clubhouse I to help support our work with students in Montgomery County.

Play begins at 7 p.m. A $500 jackpot is available each week as well as a 50-50 drawing and 14 cash prizes. All proceeds benefit the service projects of the Kiwanis Club and charities within Montgomery County. Come join the Kiwanis Club in an evening of fun and fellowship.

— David Firestone

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

Call for Open Prayers: Share your intentions via prayers. Join us—Share and receive inspirational goodies; birthday blessings; and name day remembrances (Saint Rita, Saint Michael, etc.). Old prayers, new prayers, original prayers, traditional prayers—all are welcome. We meet Thursdays, 2-3 p.m. at the Inter-Faith Chapel. Questions? Call Deb (301-332-0361), Anna (240-669-6546) or Mirtam (301-801-4499).

Centering Prayer: Join our group of centering prayer practitioners on Wednesdays at 3:30 p.m. at 3588 Gleneagles Drive. Centering prayer is a method of silent meditation, where you rest in the action of God within us. Beginners are welcome, as are people of all faith traditions. For more information, call Eileen (301-438-0422).

Clipper Workshop: Recruiting is underway for members who can help assemble clown hand puppets for Holy Cross Hospital. They are used in the pediatric and emergency rooms. No special skills are needed. Some sewing skills are necessary. We need a sewing machine stitcher. Bring a bag lunch (we will eat in the lunchroom). We meet every first and third Monday in Clubhouse II from 10 a.m.-2 p.m., or any portion of the time you can devote to making a child smile. We are looking for donations of cotton fabrics, stuffing, thread and iron-on facing. Contact Joan Mahoney (240-933-2724) or Jane Binser (301-438-2599) for further information.

“JustUs” is a Leisure World of Maryland resident advocacy group, whose mission is to enhance the quality of life for all residents. We listen, research and advise residents on the issues they are experiencing with the Leisure World Board of Directors, Mutual Boards, and Management. For further information, email (justus lwmd@gmail.com).

Model Railroad Club: The Rossmoor Model Railroad Club is located in the basement of Clubhouse II. We have three operating displays — O, HO and N gauge — totaling more than 1000 sq. ft. of track. Club members get together on Mondays and Wednesdays, from approximately 6:7-30 p.m., and on Thursdays from approximately 2-4 p.m. We run trains, work on scenery, track, etc. Our monthly meeting is the second Thursday of each month at 4 p.m. in Clubhouse II. Call Marilyn Chmielewski (301-438-3259) for further information.

Knitting Corner: Join us the second and fourth Friday at the Inter-Faith Chapel from 1:00 a.m.-12 noon. Our next meetings are Sept. 11 and 25. Bring your knitting and enjoy the conversations. We have patterns and yarn for your project. Yarn donations gratefully accepted. Call Joan (240-853-2724) if you have any questions.

Quilt Group: Come and join our fun group of quilters as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursday in Clubhouse II’s Multi-Purpose Room at 9:30 a.m. If you have any questions, call Cydis Kellough (301-642-2430). Our next meetings are Sept. 10 and 24.

Stitching Group: Needlepoint, cross-stitch, and more. If you enjoy stitching or would like to learn, we meet in Clubhouse II (in the Multi-Purpose Room) every first and third Thursday from 10 a.m.-12 noon. Come and share your finished work and enjoy stitching with us while we learn new skills together. Call Audrey (301-598-4909).

Short Story Group: On Sept. 16, Gina Hirch is leading a discussion on “Where I’m Calling From” by Raymond Carver. We read—not write!—short stories. The Short Story Group meets at 11 a.m. on the first and third Wednesday of the month in Clubhouse I. For information, call Sylvia Stoff (301-438-9613).

Stamp & Coin Club: Are you a philatelist or a numismatic? Come join the Stamp and Coin Club. We meet on the first Thursday of each month at 3 p.m. in Clubhouse I. Members discuss their collections, including first day covers, day of issue programs, yearbooks, coins, medals and more. Stamps are shared for “Show-and-Tell” and we hold an auction of members’ stamps. In addition, a gift certificate from Coins of the Realm in Rockville is awarded as a door prize at each meeting. All residents and non-residents are welcome to attend. Annual dues are $5. If interested, contact Mason Goldman (301-598-6749).
Leisure World pickleball players made an impressive showing at the Maryland Senior Olympics. On Aug. 15 and 16, there were 118 participants from all around the Mid-Atlantic region playing pickleball in the senior competition. The pickleball event was held at the City of Bowie Gym in Bowie, Md.

Members of the newly formed Leisure World Pickleball Club had a great day earning silver medals in the men’s and women’s doubles events. Several other pairs also placed.

Thank you to Sandy Bourne and Sylvia Bell who volunteered at the pickleball event and congratulations to the following competitors from our club:

**Mens Doubles**: Ron Grill and Jim Conenello/silver medal; Scott Keenum and Banning Ingram/silver medal; Aaron Navarro and Earl Hearst/bronze medal

**Womens Doubles**: Sylvia Bell and Marion Lisehora/silver medal; Tricia Gill and Patty Walker/fourth place

**Mixed Doubles**: Sylvia Bell and George Huson/bronze medal; Scott Keenum and Capri Martinez/sixth place.

We invite anyone who is interested to come and play with us. You do not need to have played pickleball before. You will have fun!

For information, please contact Donna Leonard (301-598-4181) or (donna19381@verizon.net).

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**Tuesday & Friday Duplicate Bridge**

Compiled by Ileana Eblighatian • Partnership necessary to play. Need a partner?
For Tuesday and Friday games call Palma Seeger (301-598-8505)

**Tuesday, August 11, 2015**

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<th>North-South</th>
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<tr>
<td>1. Donald Jacobs-Elly Gotkin</td>
<td>1. Patti Anschutz-Palma Seeger</td>
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**Tuesday, August 18, 2015**

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<tr>
<td>1. Dora Levin - Abigail Murton</td>
<td>1. Michael Stoller - Amy Bloom</td>
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<tr>
<td>2. Angela Riani - Mary Lafferty</td>
<td>2. Doug Brasse - Merrill Stern</td>
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**Friday, August 14, 2015**

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<tr>
<td>3. Diane Keiper-Patti Anshutz</td>
<td>3. Gene Schrier-Joan Marie Thomas</td>
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**Friday, August 21, 2015**

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<th>North-South</th>
<th>East-West</th>
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<tr>
<td>1. Roz Dixon-Victor Stewart</td>
<td>1. Ted Michos-Sue Swift</td>
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**Leisure World News**
September 4, 2015
Summer’s End is Upon Us

by Alfonso Holston

As summer 2015 approaches an end, residents of Leisure World finally have use of all four tennis courts. For most of the summer only two courts have been available for play. It appeared that residents had forgotten about the availability of Courts 3 and 4 as activity on these courts was few and far between. The good news is that people are coming out to the courts now.

There are the regular round robin and advance play days and pickleball play is very active on Court 2, which is designated for pickleball. Also, residents are coming out to hit with friends and relatives. “Build it and they will come.”

To christen our new courts, the club sponsored a Tennis Tune Up on Sunday, Aug. 16. Tennis instructions and drills were given by teaching pro Ross Howe. Fun was had by all participants and everyone went away with more knowledge of how to play the game.

Many club members served as volunteers at this year’s Citi Open. This year’s stop on the professional tennis tour was won by Kei Nishikori, men’s champion, and Sloan Stevens, women’s champion.

Now all eyes look toward New York City and the U.S. Open to see if Serena Williams will complete her quest for a Grand Slam and reach 22 Grand Slam titles, which would tie her with Steffi Graff for most wins in the open era.

Residents returned from the annual club’s visit to Allenberry Resort Inn and Playhouse in Boiling Spring, Pa. For those who made the trip, there were three days, Aug. 5, 6 and 7, of good food, plenty of tennis and the play, “South Pacific.” Plans are being made for next year’s trip. If you did not make the trip this year, join us next year. Details will be provided in early 2016.

With summer’s end comes our annual year-end dinner. This year, the event is Oct. 11 at 4 p.m. in Bedford Court, located near Leisure World Plaza.

“...I intend to sink into a very beautiful old age...”

HAY FEVER

A COMEDY BY NOËL COWARD
DIRECTED BY ELEANOR HOLDRIDGE
Is Chess ‘Good as Gold’?

by Bernie Ascher

Something is wrong with the price of gold. It is going down, not up. That is historically incorrect. During times of economic uncertainty and political unrest, people want to hold something tangible, like gold, not paper money. And these are uncertain times. Greece is bankrupt. Italy, Spain, and Portugal are deeply in debt. Even the economies of the United States and Germany are sluggish. China’s rapid growth has also slowed down and China has devalued its currency. Terrorism and wars are raging in the Middle East.

Gold has intrinsic value and has been regarded as a preserver of purchasing power and has been regarded as a hedge against inflation. Historically, gold has been held as a hedge against inflation. Currently, however, the price has been falling and interest rates are floating. The price of gold is usually expressed in troy ounces, which are heavier than regular (avoirdupois) ounces. It only takes 12 ounces to make a pound, not 16. (Troy Ounce. Sounds like the name of a comic strip character, or a young rock star, or the heroine’s new lover in a TV soap opera.) When governments or central banks buy gold, however, the quantity is expressed in metric tons, not ounces. One metric ton equals 32,150.7466 troy ounces. Remember that for your next purchase.

Reportedly, more than 60 percent of all global central bank reserves are held in dollars, not gold. (Aren’t these the same banks that are printing new paper money to relieve the economic recession that began in 2008, the monetary policy known as “quantitative easing”?) Historically, gold has been held as a hedge against inflation. Currently, however, despite the increase in paper money supply, consumer prices generally have been flat or falling and interest rates are near zero. Thus, if there is no inflation, what is the point of buying gold?

As reported by the World Gold Council (a market development organization for the gold industry, headquartered in London), global gold reserves amount to roughly 32,000 metric tons. The United States, the world’s leading gold-holding country, which held more 20,000 tons of gold reserves in 1952, now holds only about 8,000 tons. China, a large buyer of gold, has not bought any recently. Perhaps its bankers are waiting for lower prices to buy larger piles of gold bars with their U.S. dollars. (Note: after this article was written, the price of gold began to rise—without permission of the author.)

Chess is not as good as gold in the sense that people and governments do not buy chess sets to hedge against inflation or to protect their wealth. Some luxury sets are made of gold, however, and are available for as much as $300,000. At the Leisure World Chess Club, the game is usually played with more modest sets made of wood or plastic. It is easier to lift the chess pieces.

In the game pictured on this page, Black can win the game by checkmate in two moves. It is Black’s turn to move. How can Black accomplish the checkmate? The answer follows our usual reminder.

The Chess Club meets in Clubhouse II on Monday, Wednesday and Friday between 1-4 p.m. For more information call Club President Bernie Ascher (301-598-8577).

ANSWER: Black moves the Queen to h6, checking the White King. White can only move the King to one of two squares. If he moves to e4, Black counters with Pawn to f6, checkmate! If he moves the King to g4, Black moves the Bishop at f1 to h3, checkmate!

So, do not wait for gold prices to rise to $1,900 an ounce! Do not wait for return of the international gold standard! Do not wait for a gold chess set! Play chess now!
The 9-Hole Ladies teed up on Aug. 11 for a Step Aside Scramble. The hot team of Lois Falck, Marilyn Zeiberg and Lenore Conenello easily captured first place with their nice score of 40. There was a tie for second when two teams finished with scores of 44. They were Team Brenda Curtis-Heiken, Donna Duke, Abigail Murton and Lexie McMahon, and Team Marylee Amato, Ruth Coughnet, Marilyn Sebastian and Diane Lipskind.

The 9-Holers met again on Aug. 18 to compete as individuals for Low Net & Low Putts. Nedra Duffy claimed Low Net with her score of 34, followed by Shirley Gilmore and Janet Danziger who tied for second place with 39. Abigail Murton claimed first in Low Putts with 16, and Mary Wells was second with her 18 putts.

The LW Men were treated to a day of perfect weather for their Man in the Box Scramble on Aug. 12. It was an even better day for Bob Hanley, Dick Curtin, Howard Rosenthal and Walt Haass when their 118 made them first place. There was a two-way tie between two teams for second place when Team Doug Allston, Tony Marotta, George Doboski and Bob Raune, and Team Duk Park, Sperry Storm, Tim Beyer and Jerry Page shared scores of 121.

Maryland Interclub Seniors Golf Association (MISGA) players from Musket Ridge came to visit on Aug. 19. Leisure World hosted well and managed to outscore the visitors in terms of numbers of winners: Mary Ko, Joe Boland, Joe Powell, Joe Genovese, Bob Hanley, Alan Wilder, Dan Rease, Marty Kreiss, Bob Barnett, Ed Healy, Bill Heyman, Pete Porello, Jules Goldstein and Irv Eisen were the LW winners.

The 18-Hole Ladies played an Odd & Even tournament on Aug. 13. First place was awarded to the team of Ursula Costa and K.C. Choi for their superior score of 66, but they were chased closely by Nancy Ferdock and Connie Park, who finished at 67. Kazue Waller and Mickie McGeehan claimed third with 71.

The 18 Holers fielded a small group on Aug. 20 following a night of rain, but they completed their Low Net competition, finishing in muggy 88-degree weather. Kazue Waller and Susan Kim tied for first place when both posted scores of 69. Wilma Kennedy was awarded third place with her net par of 72.

The August Twi-Lite event, a One Tee Shot Scramble, continued to bring out more new faces. Players do seem to enjoy the after-golf dinners served either on the Lanai or in the popular Chesapeake Room. The first place Team this month included Mary Wells, Doug Brasse, Mary Ko and Suktae Shin, scoring 30. Second place was shared by two teams with 33: Team Brenda Curtis-Heiken, David Stutman, Kay Heier and Kevin McMahon, and Team K.C. Choi, Bob Koubeck, Nedra Duffy and Joe Boland.

Here’s a rainy day past time for you. The United States Golf Association (USGA) has developed a “Rules of Golf Experience” that you might want to look into. It is an instructional/interactive online program that is informative and fun. It awards and penalizes with (virtual) golf balls as it clarifies every day rules of golf. Give it a try on some weathered-in or otherwise non-golf day. Visit (http://www.usga.org/), and scroll down to Rules of Golf.

MedStar Health

Join us for Health, Fun and Prizes.

FALL OPEN HOUSE
Saturday, Sept. 26 • 11 a.m. to 2 p.m.
3305 Leisure World Blvd.

Comprehensive medical care in your community

• Meet the providers
• Flu shots
• Balance screenings
• Fun activities and refreshments

RSVP to Clubhouse II at 301-598-1320. All residents welcome.
Join Now: New Bowling Season Begins Sept. 11

The winter Leisure World 10 Pin Bowling League is scheduled to begin on Sept. 11. Teams are forming now. The league will begin shadow bowling at 9:30 a.m. and will start league play at 9:40 a.m. The cost for the three games of bowling, the use of bowling shoes and balls, and unlimited cups of coffee is only $10. If you would like to join, please contact Rita at (301-814-9196).

If you have not bowled in years, come out and join the league for fellowship, fun and easy exercise. You do not need to be a good bowler to join. There is no long-term commitment. The league wishes to thank all of the bowlers who made the 2015 summer league a great success.

The Summer League’s final standings, as of Aug. 21, are as follows:
- Late Comers - Sixth place
- Just One More - Fifth place
- Pterosaurs - Fourth place
- Sliders - Second place
- Late Comers - First place

The league wishes to thank all of the bowlers who made the 2015 summer league a great success.

The league is based on handicaps with averages for the bowlers ranging from 72 to 184. The week of Aug. 14, top scores are as follows:
- Scratch Game - Winners with 693 pins
- Scratch Series - Half and Half with 1879 pins
- Handicap Game - Winners with 985 pins
- Handicap Series - Winners with 2722 pins
- High Average Men - George Izumi with 186 pins
- Scratch Game Men - George Izumi with 227 pins
- Scratch Series Men - George Izumi with 592 pins
- Handicap Game Men - Pat Leanza with 268 pins
- Handicap Series Men - Massimo Fuggett with 736 pins
- High Average Women - Chris Porter with 169 pins
- Scratch Game Women - Chris Porter with 212 pins
- Scratch Series Women - Chris Porter with 255 pins
- Handicap Game Women - Rita Mastrorocco with 264 pins
- Handicap Series Women - Rita Mastrorocco with 712 pins.

The week of Aug. 21, top scores are as follows:
- Scratch Game - Half and Half with 665 pins
- Scratch Series - Half and Half with 1801 pins
- Handicap Game - Wild Things with 899 pins
- Handicap Series - Just One More with 2570 pins
- High Average Men - George Izumi with 184 pins
- Scratch Game Men - Steve Klopfer with 227 pins
- Scratch Series Men - Steve Klopfer with 596 pins
- Handicap Game Men - Don Manouelin with 259 pins
- Handicap Series Men - Jim Condell with 676 pins
- High Average Women - Chris Porter with 168 pins
- Scratch Game Women - Chris Porter with 174 pins
- Scratch Series Women - Chris Porter with 464 pins
- Handicap Game Women - Kathy Viney with 251 pins
- Handicap Series Women - Amy Pla with 685 pins
- Most Improved Women - Barbara Gould with plus 32 pins.

— Rita Mastrorocco

Friday Bridge
Compiled by Betti Goodman

August 7, 2015
First – Hymie Rosenberg, 3730
Second – Izzy Wolfe, 3070
Third – Leonard Bosin, 2820
Fourth – Ray Kurlander, 2790

August 12, 2015
First – Mort Faber, 4480
Second – Shirley Griffin, 3020
Third – Izzy Wolfe, 2910
Fourth – Bob Stromberg, 2850

Sports, Games & Scoreboards

Bridge
- Tuesday and Friday Duplicate Bridge games are at 7 p.m. New players with partners welcome. Have fun, win masterpoints. Questions? Call Nadyne (301-598-5677).
- The Wednesday Night Chicago Bridge Group is looking for new members. The group meets every Wednesday in Clubhouse I. Play begins promptly at 6:45 p.m. Bring a partner and be ready for a few hours of friendly games. Questions? Call Doug (301-448-8708).
- Men’s Bridge seeks players. We meet Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Please, no beginners.
- Thursday Ladies Bridge welcomes more card players. If interested, call Trixie Lopes (301-598-1945).

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

Wanted! Mah Jongg Players
- Couple interested in a relaxing Mah Jong game. Please call Lorraine (240-293-6060).
- Beginners wanted to learn Maj Jong call 301-598-3438.

Pinochle Players: If you enjoy pinochle, please join us at Clubhouse II Monday evenings, 6:30-8:30 p.m. Call us at (301-775-7238 or 240-669-8720).

Poker
- A few openings available at the Greens. Thursdays 7-10 p.m. No prior experience necessary. If interested, call Earl (301-438-2822) or Al (301-598-7133).

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

• Players Wanted: We play all variations of poker, with or without wild cards. Come by Clubhouse II Tuesday and Thursday at 7:15 p.m. and play until 10 p.m. Spend an enjoyable night with a bunch of good people. Call Andy (240-558-4778).

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

Scrabble: Have Scrabble game; will travel to Clubhouse II, Tuesdays at 12:30 p.m. Call Arlyne (301-438-7424) if you are interested in playing.

Dubpin Bowling: Join us for the Duckpin Mixed Bowling League Mondays at 12:30 p.m. at White Oak Bowling Lanes, 11207 New Hampshire Ave. We need bowlers of all skill levels and will welcome you into our enthusiastic group. We carpool regularly so non-drivers need not stay away. Call Grace White (301-438-7892), Bud Money (301-949-1599) or Flora Wolf (301-598-5807) to join as a substitute or regular bowler.

Lawn Bowling: Join us on the green and lawn bowl. We meet every Tuesday and Thursday, weather permitting, at 4:30 p.m. We have the equipment and will teach you. For more information, call Pat Patton (301-598-7461) or Lois Reese (301-438-3108).

Fitness and Exercise Club (supporting all Leisure World physical activities): Membership is open to any resident interested in attending an existing activity or in creating a new activity. No membership fees. For more information on club activities or to join, email us (LWMDfitness@gmail.com).
The Cascade Bistro
Join us in celebrating Thanksgiving
November 26th
Reservations available at 12:30, 3:00 or 5:30
$24 plus tax and gratuity

Our Buffet Dinner will include:
Fresh Roasted Turkey Breast
Sliced Beef Tenderloin
Hand Carved Honey Glazed Ham
Fresh Broiled Salmon
Fresh Steamed Broccoli
Green Beans Almandine
Whipped Sweet Potatoes
Homemade Mashed Potatoes
Sautéed Brussels Sprouts
Home Style Stuffing
Homemade Gravy
Seasonal Salad Station
Assorted Cakes and Pies

For Reservations Please Call 301 598 1330 or 301 598 1331

If interested in having a private room for your party of 20 or more, please call 301 598 1331 and ask for Ed or Spiro

Please remember us for all of your Holiday Banquet and catering needs
Please contact Ed Richardson at 301 598 1331 to set up an appointment to plan your party or special event

Look for information in the next few weeks about our Holiday Dinner Dance and our New Year’s Eve Celebrations

The Stein and Terrace Room Daily Menu has been updated with a new look and some new items.....Please come and check it out.....
Classes & SEMINARS

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

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

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

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

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

EDUCATION

NEW – Digital Photography – From Composition to Finished Product, a CLL course: The object of this course is to explain how the digital camera works, demonstrate how images are transferred from the camera to the computer and then the potential to modify them to improve and strengthen the message of the photograph and the technical quality of the images for printing or presentations. The intention is to have students actually do editing of their own photos on computers in the Computer Learning Center or on laptop computers of their own during the class. Topics to be covered: 1) Basics of Digital Photography and Digital Cameras; 2) Basics of Good Photography; 3) Digital Darkroom; and 4) Printing and Presenting Your Photos. Class meets Thursdays, Oct. 15-Nov. 5, 2 p.m. in the Clubhouse II Computer Learning Center. Fee: $15. Register: Clubhouse II.

NEW – Pressure Points in U.S. Foreign Policy - Israel, Ukraine, and the Arab Middle East, a CLL course: This course employs a modified version of the 2015 Foreign Policy Association Great Decisions (FPA/GD) format in order to examine U.S. strategic objectives in three key and highly conflicted areas: Israel, Ukraine, and the Arab Middle East. Each area will be explored based on close attention to relevant GD text selections and associated readings. Prime emphasis will be on clarifying the socio-political forces shaping recent regional events and on U.S. policy options in each region. A second and equally important goal will be to examine assumptions underlying GD text content. Discussion leader David Katz will provide advance materials to facilitate consideration of both themes, but enrollees will also be encouraged to prepare questions for forthcoming discussions. For more information on this course and the instructor, see article on page 4. Class meets Wednesdays, Oct. 7-Nov. 11, 11:30 a.m. Katz (katz@msu.edu) asks that, when you enroll, you provide him with your email address, so that he can send you questions for the first class session. Fee: $15. Register: Clubhouse I.

The Fight for Civil Rights & Equality: Yesterday, Today and Tomorrow, a CLL course: Over the past 75 years, our nation has seen dramatic changes regarding the application of civil rights and the attainment of equality. These changes have not come easily. And while much has been achieved, much remains to be done. Using 1940 as a point of departure, this course examines and discusses where we have been, where we are at present and what the future may hold regarding rights and equality for the poor and middle class, racial minorities, women, and lesbian, gay, bisexual and transgendered persons. The instructor for this course is Paul Levy. For more information about this course, see page 4. Class meets Tuesdays, Sept. 29-Oct. 27, 10-11:15 a.m. Fee: $15. Register: Clubhouse I.

Self-Determination and Full Autonomy at the End of Life, A CLL Seminar: Important legal documents such as wills, living wills, healthcare proxies and trusts can be intimidating. Leisure World resident Rosalind Kipping is presenting a free, 90-minute seminar on preparing for the end of life. The session is a part of the Center for Lifelong Learning (CLL) lecture series. Over the course of this interactive seminar, Kipping will supply important legal documents and forms, explain their importance and answer questions. Supporting materials will also be offered to help each person focus on personal values and end-of-life goals. These materials are also helpful for initiating family discussions about end-of-life decision-making. For more information on this one-day seminar, see page 4. This seminar meets on Thursday, Sept. 10, 2 p.m. Fee: No Charge. Register: Clubhouse I.

EXERCISE

NEW – “I Don’t Want to Fall” - Balance and Stability Training with Claudia Miller: Maintaining good balance requires proper posture, strength and practice. In a classroom setting, this course will review balance and stability pitfalls and will introduce easy-to-follow exercises to strengthen the muscles necessary to improve posture and overall body strength. It will allow participants to practice the exercises and to also practice functional activities like standing up, stepping up, stepping over and bending down utilizing the learned techniques to improve mind-to-muscle activation. Instructor will provide the bands, foam rollers and additional “tools” for strength and stabilization exercises for in-class use as well as handouts with detailed descriptions of the exercises learned in each session for participants to practice at home. Class meets Thursdays, Sept. 17-Oct. 8, 4 p.m. Fee: $60. Register: Clubhouse II.

NEW – Move to the Beat, Evenings: If you do not like to exercise but know you have to keep moving, this is the class for you. If you are coming home
from work, this is a perfect way to unwind. Stretch, dance and move to familiar songs (singing along is allowed). Nothing to remember; just follow along. However, you must keep moving, at a pace comfortable to you. Grab a friend and join Gerry and your neighbors as they “Move to the Beat.” For more information, call Gerry (301-438-7452). Class meets Tuesdays, Oct. 6-Nov. 10, 6:15-7 p.m. Fee: $39. Register: Clubhouse II.

NEW – Tap with Gerry, Evening: Have you always wished you could tap dance? Now you can! Join Gerry and “Tap Your Troubles Away” and “Shuffle off to Buffalo.” Tap is a fun way to exercise. The first half of the class is devoted to beginners where they learn basic tap steps. The second half of class is devoted to dancers who already have some knowledge of tap. This is a way for the “performers” to add “tap” to their resume. For more information, call Gerry (301-438-7452). Class meets Thursdays, Oct. 8-Nov. 5, 5:15-7 p.m. Fee: $45. Register: Clubhouse II.

Ba Duan: The world’s oldest exercise for seniors and those who need to restore a normal, optimum state of health is Ba Duan. Participants will learn to combine joint movement and breathing to improve balance and to augment core strength. Limited enrollment. Class meets Mondays, Sept. 28-Nov. 30, 4 p.m. Fee: $45. Register: Clubhouse II.

Stretch, Tone and Strength Training for the Active Adult (9:15 am): Join a fun exercise class for active adults that utilizes a variety of equipment. This dynamic strength training class will help you develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier and more balanced as you develop new body awareness, flexibility and control of “usable strength.” Weights, bands and balls are provided and a mat is recommended for some floor work. Modification can be made for the individual exerciser and all are welcome to join in the fun. The instructor is Linda Ginsburg. Note revised Monday dates. Class meets Mondays, Sept. 21-Nov. 2 and/or Thursdays, Sept. 17-Nov. 5, 9:15-10:15 a.m. Fee: $55, one day per week, $85, two days. Register: Clubhouse I.

Mild Exercise with Shirley: All exercises, seated or standing, are led by instructor Shirley Lloyd. Class meets Tuesdays, Sept. 15-Oct. 20 and/or Wednesdays, Sept. 16-Oct. 21, 11-11:45 a.m. Fee: $36, one day per week; $60, two days per week. Register: Clubhouse II.

Senior Sneakers: Get up and go with a safe, heart-healthy cardio workout that is gentle on the joints. The workout includes easy-to-follow low-impact moves, and upper-body strength training. Have fun and move to the music through a variety of exercises designed to increase your cardio fitness level, strength, range of movement and activities for daily living. Bring your hand-held weights and work at your own pace. Class meets Mondays (w/Shirley), Sept. 14-Oct. 19 and/or Thursdays (w/Sue), Sept. 17-Oct. 22, 9-9:45 a.m. Fee: $36, one day per week; $60, two days per week. Register: Clubhouse II.

Senior Ballet Exercises, Beginner I & Beginner II: Get ready to move like a dancer! No experience required. Enjoy ballet movements at the barre for seniors. These exercises promote balance while improving muscle tone and posture. Have fun and get fit. Low impact; learn the vocabulary of ballet: plié, relevé and tendu. For more information, call Betty (301-598-4245). Class meets Wednesdays, Sept. 9-Oct. 14, Beginner I at 5 p.m. and Beginner II at 6 p.m. Fee: $29. Register: Clubhouse II.

Zumba Gold with Denny – Mondays or Fridays: This program was designed for the older active adult, a person who has not been exercising in a long time or individuals who may be limited physically. The biggest difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a much lower intensity. It is just as much fun, just not as fast! Zumba Gold utilizes the same great Latin styles of music and dance that are used in the Zumba basic program. Class meets Mondays, Sept. 21-Oct. 19, 10:30 a.m. or Fridays, Sept. 25-Oct. 16, 1 p.m. Fee: $31.25 for Monday; $25 for Fridays. Register: Clubhouse II.

Juliets Gentle Pilates Mat Workout with Hugs: Everybody can benefit from Pilates and from hugs, and in this class you will get both! This one-hour class will be structured, starting with some simple stretching and then a gentle Pilates workout with some simple ballet exercises (chair assisted if necessary) and a relaxing cool down. This class is structured to ensure you progress at your own speed as you strengthen and tighten your arms and legs, and as you improve your core muscles. But most of all it’s fun and it will make you feel “absolutely fabulous!” The class meets Tuesdays, Sept. 15-Nov. 3, 2-3 p.m. Fee: $35. Register: Clubhouse I.

WATER EXERCISE

Water Exercise with Doris Walter: Time to start the day off right by enrolling in a water exercise class. Participants will gain strength, stamina and tone from this cardio class. (Dumbbells are used in class, although they are not required, and are available for purchase from the instructor.) Class meets Tuesdays, Sept. 15-Oct. 20 and/or Thursdays, Sept. 17-Oct. 22, 11 a.m.-12 noon. Fee: $36, one day per week; $60, two days per week. Register: Clubhouse II.

Non-Impact Fusion with Beth: This class is held in the round leisure pool (warm water). Dance, yoga poses and cardio movements are all fused together to give students an awesome fun class. Participants will improve their posture, balance, flexibility and muscle strength. Class meets Tuesdays, Sept. 15-Oct. 20 and/or Thursdays, Sept. 17-Oct. 22, 1-2 p.m. Fee: $36, one day per week; $60, two days per week. Register: Clubhouse II.

Aqua Fit with Shirley: This unique class blends the best of both worlds using water aerobics and yoga. Water aerobics will be done in the lap pool for 30 minutes focusing on cardio and strength. The class will then move to the social warm water pool and finish up with yoga stretches that will focus on balance and posture. Class meets Wednesdays, Sept. 16-Oct. 21, 1-2 p.m. Fee: $36, one day per week; $60, when taken with one day of another water class. Register: Clubhouse II.

Water Aerobics with H2O Fitness: Participants will gain strength, stamina and tone from this cardio class. (Dumbbells are used in class, although they are not required. They are available for purchase from instructor.) Class meets Wednesdays, Sept. 16-Oct. 21, 5:30-6:30 p.m. Fee: $36, one day per week; $60, when taken with one day of another water class. Register: Clubhouse II.

Mannequin Pis
Belgian Restaurant
18064 Georgia Avenue, Olney (Behind Mattress Discounters)

We are offering
FOREVER $21
To Leisure World Residents

Enjoy 3-Course Mouthwatering Dinner for $21
Call: 301-570-4800 to make a reservation
Visit: www.MannequinPis.com

Bring this coupon to redeem this special offer

September 4, 2015 Leisure World News | 49
A Continuing Care Retirement Community offering Independent Living, Assisted Living and Health & Rehabilitation

Upcoming Events!
You are cordially invited to our Fall Lunch & Learn.
Choose the date that fits your calendar!
Wednesday, September 23, 2015, Noon
Or
Wednesday, October 7, 2015, Noon

On The Menu
Salad of Mixed Greens with Toasted Almonds and Orange Poppy Seed Vinaigrette
Surf and Turf: Herb Roasted Salmon with Dill Cream
Grilled Petit Filet with Mushroom Demi Glaze
Lemon Asparagus and Roasted Potatoes
Chocolate Lave Cake with Espresso Chip Ice Cream

Join us for lunch, view our apartments, tour our beautiful community and learn why Bedford Court is one of Montgomery County’s most popular Continuing Care Retirement Communities. Bedford Court offers predictable monthly fees; engaging lifestyles full of recreational activities and trips; peace of mind with 24/7 security and emergency call systems and so much more.

Seating is limited - RSVP today! 301-438-6607

End of Summer Savings!

Independent Living
Come in and save on One Bedroom Independent Living Apartments while they last! Some courtyard and pond views available.

Taking wait list reservations on 2 Bedroom apartments!

Assisted Living
Save over 20% a month off rental rates of Assisted Living studios!

Now available 1 bedroom apartments, will go fast so call today!

Stop by to see why so many of your Leisure World neighbors now call Bedford Court home!

Call today to set up your personal tour.
301-598-2900
3701 International Drive Silver Spring MD 20906

Bedford Court Lunch Coupon!

Present this ad directly to the Sales Department Monday—Friday between the hours of 11:30—1pm and after viewing Bedford Court’s beautiful Independent Living Model Apartment, you will be given a Lunch Coupon and will be escorted downstairs to enjoy a delicious lunch in our beautiful dining room on the house! Call 301-598-2900 and ask for the Sales Department for more information or to let us know your coming over for lunch. We look forward to seeing you! Limited to Leisure World residents only.
### Calendar of EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td><strong>Sunday, September 6</strong></td>
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<tr>
<td>Clubhouse I</td>
<td>No Scheduled Events</td>
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<td>Clubhouse II</td>
<td>6:30 p.m. Baby Boomers Group</td>
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<td><strong>Monday, September 7</strong></td>
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<td>Clubhouse I</td>
<td>Labor Day</td>
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<td>No Scheduled Events</td>
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<td><strong>Tuesday, September 8</strong></td>
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<tr>
<td>Clubhouse I</td>
<td>9:30 a.m. LW Gardens Group</td>
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<tr>
<td>Clubhouse II</td>
<td>11:30 a.m. Ladies Golf Lunch</td>
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<td>1:00 p.m. Amateur Radio Club</td>
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<td>1:00 p.m. Physical &amp; Cultural Geography</td>
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<td>4:30 p.m. Lawn Bowling</td>
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<td>7:00 p.m. Duplicate Bridge</td>
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<td><strong>Wednesday, September 9</strong></td>
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<tr>
<td>Clubhouse I</td>
<td>9:00 a.m. Gentle Yoga Class</td>
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<td>Clubhouse II</td>
<td>9:00 a.m. Bocce Ball Group</td>
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<td>10:15 a.m. League of Women Voters</td>
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<td>1:00 p.m. Low Vision Support Group</td>
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<td>1:00 p.m. CLL General Meeting</td>
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<td>6:45 p.m. Move to the Beat Class</td>
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<td>7:00 p.m. Camera Club</td>
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<tr>
<td><strong>Thursday, September 10</strong></td>
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<tr>
<td>Clubhouse I</td>
<td>12:30 p.m. Ladies Bridge</td>
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<tr>
<td>Clubhouse II</td>
<td>1:00 p.m. RAG Open House</td>
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<td>2:00 p.m. RAG Education Program</td>
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<td></td>
<td>6:45 p.m. Chicago Bridge</td>
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<tr>
<td><strong>Friday, September 11</strong></td>
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<tr>
<td>Clubhouse I</td>
<td>10:00 a.m. RAG Club Org. Mtg.</td>
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<tr>
<td>Clubhouse II</td>
<td>2:00 p.m. JustUs Group Meeting</td>
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<td>3:00 p.m. Hispanics De LW</td>
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<td>7:00 p.m. Friday Duplicate Bridge</td>
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<tr>
<td><strong>Saturday, September 12</strong></td>
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<tr>
<td>Clubhouse I</td>
<td>9:00 a.m. Gentle Yoga Class</td>
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<tr>
<td>Clubhouse II</td>
<td>9:00 a.m. Senior Olympics/Lawn Bowls Singles</td>
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<td>1:00 p.m. Senior Olympics/Shuffleboard Doubles</td>
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### Meetings of the LWCC Board of Directors, Executive Committee, and Advisory Committees

**Audit**
- September 4, 2:00 p.m., Sullivan Room
- September 11, 9:00 a.m., Clubhouse I

**Physical Properties**
- September 8, 9:30 a.m., Clubhouse II

**LW Foundation**
- September 9, 9:30 a.m., Clubhouse II

**Budget & Finance**
- September 9, 2:00 p.m., Sullivan Room

**Landscape**
- September 10, 9:30 a.m., Clubhouse II

**Security & Transportation**
- September 10, 9:30 a.m., Clubhouse I

**LWCC Executive Committee**
- September 18, 9:00 a.m., Sullivan Room

### Leisure World Mutual Meetings

**September 8**
- Mutual 16 Board: 9:30 a.m., Sullivan Room
- Mutual 19A Board: 9:30 a.m., Clubhouse II
- Mutual 7 Board: 1:00 p.m., Sullivan Room
- Mutual 25 Board: 7:00 p.m., Clubhouse I

**September 9**
- Mutual 11 Board: 4:00 p.m., Sullivan Room

**September 10**
- Mutual 12 Board: 1:00 p.m., Sullivan Room

**September 15**
- Mutual 13 Board: 12:00 p.m., Sullivan Room
- Mutual 14 Board: 5:30 p.m., Sullivan Room

**September 16**
- Mutual 5 Board: 9:30 a.m., Sullivan Room

**September 17**
- Mutual 15 Board: 9:30 a.m., Sullivan Room

**Meeting times and locations subject to change.**
Thursday, September 17

Clubhouse I
9:15 a.m. Stretch & Tone Class
10:00 a.m. Paul Farhi
11:00 a.m. Writers Workshop
12:30 p.m. Ladies Bridge
1:00 p.m. Oils/Acrylics Class
2:00 p.m. Compassion & Choices
5:45 p.m. Lawn Bowling
7:00 p.m. LW Democrats
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beg/Adv Tai Chi
10:00 a.m. Stitchers Group
10:00 a.m. MVA on Wheels
11:00 a.m. Water Exercise Class
12:30 p.m. Men's Bridge
1:00 p.m. Non-impact Fusion Class
5:15 p.m. Tap with Gerry

Friday, September 18

Clubhouse I
9:30 a.m. Basic Drawing Class
10:00 a.m. Book Club Network
12:15 p.m. Kiwanis of LW
1:30 p.m. Watercolor/Any Level
2:00 p.m. JustUs Group Meeting
3:00 p.m. Hispanos De LW
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 p.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club
1:30 p.m. Open Computer Lab

Saturday, September 19

Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio
Clubhouse II
9:15 a.m. JRLW Religious Services
7:00 p.m. Going It Alone Social

Sunday, September 20

Clubhouse I
No Scheduled Events
Clubhouse II
2:30 p.m. Fireside Forum
7:00 p.m. Baby Boomers Group

Monday, September 21

Clubhouse I
9:15 a.m. Stretch & Tone Class
1:00 p.m. Paintbrush & Knife Class
2:00 p.m. LW Chorale
2:00 p.m. NARFE Meeting
6:00 p.m. LW Lions Club
7:00 p.m. Rossmoor Republicans
7:00 p.m. Bingo
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Open Computer Center
10:00 a.m. Clipper Workshop
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Group
2:00 p.m. Chair Yoga Class
4:00 p.m. Ba Duan Class
7:00 p.m. Sock Hop Group

Tuesday, September 22

Clubhouse I
9:00 a.m. Flu Clinic
9:30 a.m. Art Class/Any Medium
2:00 p.m. Gentle Pilates Class
4:30 p.m. Lawn Bowling
7:00 p.m. Duplicate Bridge
Clubhouse II
9:30 a.m. Beg/Adv Tai Chi
11:00 a.m. Water Exercise Class
11:00 a.m. Mild Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-impact Fusion Class
1:30 p.m. Comedy & Humor
6:15 p.m. Move to the Beat Class
6:30 p.m. High Holy Days

Wednesday, September 23

Clubhouse I
9:00 a.m. Gentle Yoga Class
9:00 a.m. Boce Ball
9:30 a.m. Watercolor Beg to Adv

Thursday, September 24

Clubhouse I
9:15 a.m. Stretch & Tone Class
12:30 p.m. Ladies Bridge
12:30 p.m. Ladies Golf Lunch
1:00 p.m. Oils/Acrylics Class
5:45 p.m. Lawn Bowling
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beg/Adv Tai Chi Class
9:30 a.m. Quilters Group
11:00 a.m. Water Exercise Class
12:30 p.m. Men's Bridge Group
1:00 p.m. Non-impact Fusion Class
5:15 p.m. Tap with Gerry

Friday, September 25

Clubhouse I
1:30 p.m. Watercolors Any Level
2:00 p.m. JustUs Group Meeting
3:00 p.m. Hispanos De LW
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
10:00 a.m. Chinese Club of LW
1:00 p.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 a.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club
2:00 p.m. LW Kiwanis “Honoring of Viet Nam War Veterans”

Saturday, September 26

Clubhouse I
9:00 a.m. Gentle Yoga Class
10:00 a.m. Lions Club “Grandparents Celebration”
10:00 a.m. Open Art Studio
7:30 p.m. LW Ballroom Dance
Clubhouse II
9:15 a.m. JRLW Religious Service
7:00 p.m. Going It Alone Social

Sunday, September 27

Clubhouse I
1:00 p.m. CPR Class
2:00 p.m. Italian Club Meeting
Clubhouse II
10:15 a.m. Jewish News & Events
2:00 p.m. Movie “Million Dollar Arm”
7:00 p.m. Baby Boomers Club

Monday, September 28

Clubhouse I
9:15 a.m. Stretch & Tone Class
1:00 p.m. Paintbrush & Knife Class
2:00 p.m. LW Chorale
7:00 p.m. Bingo
Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Open Computer Lab
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
2:00 p.m. Chair Yoga Class
4:00 p.m. Ba Duan Exercise Class
7:30 p.m. BSO Woodwind Concert

Tuesday, September 29

Clubhouse I
9:30 a.m. Art Class/Any Medium
10:00 a.m. Fight for Civil Rights & Equality
2:00 p.m. Gentle Pilates Class
4:30 p.m. Lawn Bowling
7:00 p.m. Senior Ballet Exercise-II

Clubhouse II
9:30 a.m. Beg/Adv Tai Chi Class
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Scrabble Group
1:00 p.m. Non-impact Fusion Class
1:30 p.m. Comedy & Humor Club
2:30 p.m. UU's Meeting
6:15 p.m. Move to the Beat Class
7:00 p.m. Camera Club Meeting

Wednesday, September 30

Clubhouse I
9:00 a.m. Gentle Yoga Class
9:00 a.m. Flu Clinic
9:00 a.m. Boce Ball
9:30 a.m. Watercolor Beg to Adv
12:30 p.m. Men’s Golf MISGA Lunch
1:00 p.m. Oils/Acrylics Class
6:45 p.m. Chicago Bridge

Clubhouse II
9:30 a.m. Voter Registration
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
1:00 p.m. Ping Pong Club
1:00 p.m. Stroke Support Group
1:30 p.m. JRLW Movie
5:00 p.m. Senior Ballet Exercise-I
5:30 p.m. Water Exercise Class
6:00 p.m. Senior Ballet Exercise-II

Thursday, October 1

Clubhouse I
9:15 a.m. Stretch & Tone Class
10:30 a.m. Essential Tremor Group
11:00 a.m. Writers Workshop
11:30 p.m. Ladies Bridge
1:00 p.m. Oils/Acrylics Class
1:00 p.m. 9-Hole Ladies Lunch
3:00 p.m. Stamp Club Meeting
5:45 p.m. Lawn Bowling

Clubhouse II
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beg/Adv Tai Chi Class
10:00 a.m. Stitchers Group
11:00 a.m. Water Exercise Class
12:30 p.m. Men’s Bridge
1:00 p.m. Non-impact Fusion Class
1:30 p.m. G&S Society Meeting
7:00 p.m. Tennis Club

Friday, October 2

Clubhouse I
9:30 a.m. Voter Registration
12:15 p.m. Kiwanis of LW
1:30 p.m. Watercolors Any Level
2:00 p.m. JustUs Group Meeting
3:00 p.m. Hispanos De LW
7:00 p.m. Friday Duplicate Bridge
Clubhouse II
9:30 a.m. Voter Registration
11:00 a.m. Ping Pong Club
1:00 p.m. Chess Club
1:00 a.m. Zumba Gold Class
1:00 p.m. Friday Bridge Club
2:00 p.m. LW Kiwanis “Honoring of Viet Nam War Veterans”

Saturday, October 3

Clubhouse I
9:00 a.m. Gentle Yoga Class
9:30 a.m. Flea Market
10:00 a.m. ANG Group
10:00 a.m. Open Art Studio

Clubhouse II
9:30 a.m. JRLW Religious Service
4:30 p.m. Frank Flummer Concert
7:00 p.m. Going It Alone Social
THE LEISURE WORLD of Maryland NEWS reserves the right to reject or discontinue any advertisement because of non-compliance with the best interest of Leisure World. We shall accept advertising on the same basis as other reputable publications: that is, we shall not knowingly permit a dishonest advertisement to appear in the Leisure World of Maryland News, but at the same time we will not undertake to guarantee the reliability of our advertisers.

Estate Sales

ESTATES WANTED – KENSINGTON Antique Village. We buy items or estates for immediate cash. 35 years experience. Call Georgia. 240-845-9029.

CASH FOR ESTATES – Jewelry to furniture, collections, accumulations. Buy out-clean up. 301-520-9755.

ATTIC TO BASEMENT ESTATE Cleanouts LLC – I provide honest and confidential estate cleanouts with reasonable rates. I assist executors, family members and guardians with a personal touch. I will save you time and money providing fast and efficient service. I work with local auction and handling companies. Please call or email me to set up an appointment Janet Ray 301 384-3198 wishidotla@aol.com.

ESTATES PURCHASED; whole apartment contents, whole house contents, storage lockers. Buy out-clean up. Gay – 301-520-9755.

For Sale

2006 EZGO TXT PDS GOLF CART only $3,300. # 703-398-1253. New body; Tan seats, extra Rear Seats, Seat Belts, Windshield, Mirrors, Horn, LED Headlights, Turn Signals, i2V Outlet.

ANTIQUE DRESSER – refinished and in great shape. 4-wheel walker with basket – like brand new. Call (301-598-1156).


2007 NISSAN VERSA, S-model. 4-door, automatic, A/C, MD inspected. 76,970 miles. $7,900. Cars wanted. I will buy your car even if you don’t buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier’s check for your car, van or truck. I also detail cars. Please call Marty Salins at Auto Plaza, 301-325-1973.

2001 LINCOLN TOWNCAR “Cartier”. Loaded with only 46,000 Miles. MD inspected. $7,000. Cars wanted. I will buy your car even if you don’t buy mine. Dealing with Leisure World for 38 years. Licensed and bonded. Cash or cashier’s check for your car, van or truck. I also detail cars. Please call Marty Salins at Auto Plaza, 301-325-1973.


Real Estate for Sale

A WISE CHOICE. Call me. Marilyn Rubinstein of Weichert Realty. I’m your expert in this great community. Top 1% Nationwide. #1 Office Producer with over 40 years of experience and hundreds of sales right here. Call me for a free market analysis. Please call and we’ll talk. I make buying or selling an enjoyable and successful experience. Call Marilyn today – 301-674-1488.

THINKING OF SELLING your home or that of a relative? 2015 has been a super year for Real Estate! Inventory remains low. Days on the market remain less than two months! Prices are creeping up. Please call for specific stats on your property. I have sold more community properties in the first seven months of 2015 than in any other year over the same time period. June and July were extremely busy with 12 of my deals going to settlement. I’ve loved living in our community for over 10 years. Meet me at the Plaza office or our satellite office in the Leisure World Admin. Building, I know all the floor plans and how to price them! I love to list... especially close to home! My color brochures, multiple websites, staging techniques and new virtual property tours display your home and community at its best. My weekly reports detailing web hits, showings, & competing properties keep you updated. Call me for a free competitive market analysis. References available. Sue Heyman, Top 1% of Agents Nationwide, Senior & Relo Specialist, 301-550-2556.

FOR RENT $1,850 OR SALE $395,000 by Owner: 3532 Fitzhugh Lane, 1,824 sf + / - . One of the most well-appointed homes in Leisure World. Modified “Chesapeake” Floor Plan Duplex. Features include: Enclosed Entry vestibule, Large Family Room and Dining Areas, Crown molding throughout house, Kitchen updated, Solid surface countertops, French Door Refrigerator, Enclosed Florida Room with wet bar heat and AC, 2 large bedrooms, 2 baths, Washer and dryer cleaner unit, Study/den/office with skylight and picture window, 2 car garage with 26 feet of additional floor to ceiling storage. Principal’s Only. No Realtors. $350,000, split transfer and recordation taxes with buyer. 2% of sale price to Leisure World for association membership. Go to 3532Fitzhugh.com to see pictures and additional information. Call 301-854-5090 or contact MSAssociates@msn.com for appointment.

VANTAGE POINT WEST – Great 2 bedroom, 2 full bath unit close to elevator. B Model with cozy gas fireplace, balcony access from Lin Rm and Master BR. New carpet. Storage unit in basement, $180,900. MC8616932 Call Linda Gray (301-922-1008) REMAX Realty Centre, Inc.

Real Estate for Rent


TWO BEDROOM APARTMENT TO SHARE. Smoker okay. Have cat. $800/mo. including utilities. Call (240-654-5750).

LEISURE WORLD HIGH RISE, 2 master BR/2 master BA condo (“C” floor plan, 1105 sq). Eat-in kitchen, sunny balcony, spacious rooms, high ceiling, beautiful view, garage parking, additional storage room. Available immediately. 610-213-4747, thshereio@hotmail.com.

Health Care Services

The Leisure World News will allow only those advertisers who show proof of certification to advertise that they are “certified nursing assistants.”


“A HOME HEALTH CARE for Senior Citizens – Care you can trust and is affordable. Reliable and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

REALIZABLE AND CARING nursing assistant with good reference available for work and can drive. Please call Rebecca (240-760-8169).

DEDICATED CARER for over 20 years with hospice experience. Excellent references will be provided. Looking for hourly, day or night. CNA. CPR. (301-980-9398)

EXPERIENCED CARER - Trustworthy, caring and reliable male caregiver looking for 24/7 private duty work with elderly. Experienced with stroke, Alzheimer’s and dementia patients. Has clean driving record and reliable car. Excellent reference from local family. Contact Albert at 973-704-0228/alagrey@ya.com. For reference contact Kathy at 301-580-5335.

ROCK OF AGES Healthcare Services has well-trained, experienced, respectful and trustworthy caregivers. We conduct background checks and offer very reasonable rates. Call 301-257-3214 for a free home assessment and details.


LICENSED CARER/bond insured. Private drive for only seniors. Experienced & good references. Own reliable car (Nissan 2014). Errands, doctor appointments, airport, grocery, hair salon drop off to a family home, meeting place, restaurant, etc. Florence, 202-622-9280.

Paid for by Jamie Raskin for Congress

September 4, 2015 Leisure World News
CAREGIVER ASSISTANCE provided by a person with nursing skills. Dependable, dedicated, caring and honest. 20 years experience. Care for elderly and all ages. Provide evening and weekend services. Available for work immediately! If interest, please call Sheba at 301-593-3129 or 240-441-5109.

AIDE ASSIST & CARE: Caring for today’s seniors! Available to assist with CNA, CMT, CPR/first aid, food handlers. Services: companionship, errands, dr. appts, cooking, cleaning and everyday care. No job is too big or too small. Please call for further details and pricing. (240) 573-6184. E. Scott

RELIABLE AND CARING CMT AND CNA. Have worked in Leisure World for 8 years. Light housekeeping, medication reminders and more. Good references. Available for work immediately! Would be pleased to work with you. Call (301) 549-8855, cell: 240-706-1026

ALTERATIONS - 28 years experience in Leisure World! Men’s & women’s garments picked up and delivered. Call for prices or 240-698-5945.


HOUSE CLEANING - PROUDLY serving the Leisure World community.

Quality service at affordable rates, weekly, bi-weekly, monthly intervals available. Please call CC & Son for free estimate. 301-253-0544.

HOUSECLEANING – Sara (240-477-2104) will thoroughly clean your home for a fair price. All supplies included. I am one of Sara’s satisfied customers. Call me, Jackie (301-598-3711), for references.

ALICIA’S CLEANING Services – Good references. Good rate. Once a week or every two weeks. 240-286-3807.


JESSICA ZAMORA CLEANING SERVICE, 17 years of experience providing services around the area and your neighborhood. Free estimates, good references and bond insurance. Please call and leave a message 240-535-9267 or email me at jessicazamora1979@gmail.com.

HOUSE CLEANING. Kind and honest. Good references from Leisure World. Experienced, great work. I clean bathrooms, kitchens; dusting and vacuum rooms, office, den or condos or apartments. I also provide additional services as you might need. Please call Ivoone (240-478-2574).


COMPUTER LESSONS / SERVICES – Need help with your computer? Training, new computer setup, troubleshooting, installation. Lessons at your residence at your convenience. Teach basic computer skills, email, surfing the web, digital photos, tablets, smartphones, smart TVs, and more. Patient trainer will sit by your side and teach you in plain English. No technical talk. Shopping assistance for all electronic & computer items. Senior specialist since 1995. Senior discount. Call David at 301-762-2570. ComputerTutor


A+ COMPUTER SERVICES. Free in-home diagnostic of your computer, Printer, or basic set-ups. A+ certified, virus removal, back up, and retrieve important data, photos, and music. Also will set up lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-912-2277). I reside in Leisure World.

SMALLS & SMALLS MOLLERS, LLC – We conduct every move with care! all your items are treated with utmost respect - small or large – prices to match the items. Insured notary: 240-286-5854, rsmalls_57@yahoo.com.


DAHLMSTON SENIOR SUPPORT SERVICES. Assistance with Senior Care. Call of Care of Seniors, Poets. Transportation for appointments, dialysis, grocery shopping, etc. as needed. General assistance to help maintain independence. Assistance with Pet Care. Dog walking and sitting during short hospital stays, vacations or as needed. Transportation for grooming/ veterinary appointments. All pets welcome. I am a semi-retired Doctor, Leisure World Resident and dog, cat, bird lover. Being insured, reasonable rates and outstanding Leisure World references. Call Carl, 410-499-9362.

NEW TRANSITION SOLUTIONS. Are you in need of help? And want to get the most out of your money? Moving, coding services, home improvement, etc. We are a company offering solutions at very affordable rates. Excellent references. Call us for your problems that you need help solving. Sergio (301-523-1522), Chris (240-688-5657).


AFFORDABLE CARE: Personal Services, companionship, errands, dr. appts, cooking, cleaning and everyday care. No job is too big or too small. Please call for free consultation: (240) 526-5926.

SAVE on painting and general home repairs. Pick up and delivery. Free estimate. Call Elizabeth (301-630-3256).

INCOME TAXES. - $50/hour, 1-hour minimum. Clean up taxes. I have been doing taxes for over 30 years. I also have the ability to do W-2, 1099s, 1098s and 1099s. 240-286-5854.

PROFESSIONAL ORGANIZING Downsizing or need help with Clutter Control? For professional organizing services contact Sandy @ 202-486-8901 or sandy@sandyinmyhead.com. I specialize in offices, but organize closets, kitchens, garages and more.

SINGLES AND LOOKING FOR LOVE?瞭解中國文化嗎? 當一個外國人學習中文的過程

PERSONAL CHEF Services. Preserve your family memories! Don’t let your precious photos be forgotten or fade over time. I’ll transfer your photos, slides, and mementos to a CD so they can be easily shared with friends and family. Once they’ve scanned, I can bring your photos to life in a memorable DVD slideshow that will make your home, new friends, and unique gift for any occasion. Call Kim at Virtual Computer Services, 301-438-3140.

INTERIOR DESIGN SERVICES by Carl. 30 years experience. Let your home become your dream home for life! Call Carl for a free in-home consultation. (A Leisure World Resident.) 443-812-1628.

PROFESSIONAL ORGANIZING Downsizing or need help with Clutter Control? For professional organizing services contact Sandy @ 202-486-8901 or sandy@sandyinmyhead.com. I specialize in offices, but organize closets, kitchens, garages and more.


LOVE GREAT FOOD? Hire me. Personal Chef Service. Meals cooked at your home on a weekly basis. Pick and choose from a variety of dishes. Your menu can be custom tailored to your tastes and desires. Chef Susie (301-990-7743) or email me at susie_dinello@yahoo.com.

AMATEUR GUITAR PLAYER, Leisure World resident, seeks jamming; partners just for fun. Any instruments. Folk, rock, blues, jazz, etc. Call Richard Lederman (301-598-1132).

WANTED

FAST CASH FOR USED CARS - Big dollars paid for your used car! Over 40 years experience serving Leisure World! Work the message the need arises. You will come to us. Cash or cashiers check at your request. I also can help with your vehicle purchase, any make or model! Md. Dealer Exchange Driver. Call Marty Salinas, 301-925-1973.

WILL BUY MILITARY, WW2, WW1, Civil War, memorabilia items. Uniforms, Weapons, Helmets, Photos, Medals, or any other items associated with US, German, Japanese or other military history. Call Dave 240-464-0958 or email obal7@aol.com


UPCOMING EVENTS

COMPLIMENTARY TICKETS are available for Doroteno's High Holiday Services at B'nai Shalom of Olney, on Route 108, off Georgia Ave. For a schedule of time and to request tickets for our Doroteno's Rosh Hashanah, Kol Nidre, or Yom Kippur services, call us at (301-774-0870) or visit our website at www.bnashalomofolney.org.

ACADEMY FORD SALES, in Laurel, Maryland, is looking for a new Dealer Exchange Driver. This is a permanent part-time, on call position. Much like a substitute teacher, you would be available when needed. You would: Report to Academy Ford if available when called; Drive our vehicles to our exchange dealer; and Drive the exchange vehicle back to Academy Ford. Requirements: Clean driving record; Acceptable background check, as verified by outside company; Drug free. This is a great job for someone who is retired and/or wants occasional work. Driving trips may average 2-3 days per week. Driving is primarily in the Baltimore/Washington area, but may involve driving to nearby states (Virginia, Pennsylvania). Most trips averaged 500-700 miles, but will never travel overnight. Interested? Send a resume or letter of interest to Malcolm Lockhart, 140 Aces Lane, Academyfordsales.com. You may contact Malcolm at (301-419-2700).

WANTED
DAY TRIPS

Museum Loop – Wed., Sept. 9
9:30 am-3:00 pm $30.00 per person
Your choice of one of the following museums: Holocaust, Natural History, and National Gallery of Art.

Sunfest in Ocean City, Maryland – Sat., Sept. 26
7:45 am-9:00 pm – $60.00 per person
Enjoy a Fall day on the boardwalk in Ocean City Maryland with over 250 vendors/crafts/food. Transportation only.

Draper’s and Damon’s – Tues., Sept. 29
10:00 am-3:00 pm – $35.00 per person
Come pick out your new Fall Wardrobe! Light lunch provided by Draper’s.
20% off all purchases made in store that day.

The Dairy Lovers Dream – Fri., Oct. 2
8:00 am-6:45 pm – $95.00 per person
Sit back and enjoy a 90 minute bus tour of Kreider Farms before heading to the All U Can eat Buffet lunch at Shady Maple Smorgasbord. Wrap up the date with the Turkey Hill Experience and create your own virtual ice cream favor in their taste lab.

9/11 Memorial and Museum – Sat., Oct. 3
6:45 am-11:15 pm – $120.00 per person
Cracker Barrel gift card and admission to Museum & Memorial included.

Mt. Vernon – Tues., Oct. 6
10:00 am-4:00 pm – $79.00 per person
Explore the home of George Washington. Lunch is at the Mt. Vernon Inn and it is included.

"Beautiful: The Carol King Musical" at the Kennedy Center – Sat., Oct. 17 – 11:15 am:4-30 pm – $149.00 per person
Long before she was Carole King, chart-topping music legend, she was Carol Klein, BROOKLYN girl with Passion and Chutzpah. Trip includes admission to show (Orchestra seating) and transportation.

Western Scenic Railroad – Sat., Oct. 17 & 24
7:45 am-9:05 pm – $119.00 per person
Take a 3-hour round-trip train ride through Cumberland to Frostburg in a Baldwin 1916 steam locomotive. A narrator will provide you with information about the scenery, history and culture along your route. Lunch included.

Leesburg Outlets and Stein Mart – Mon., Oct. 19
9:00 am-3:00 pm – $35.00 per person
Shop till you drop! Pick up some holiday gifts early or just treat yourself to something! Transportation only.

Walters Art Museum or Horseshoe Casino – Wed., Oct. 21
9:00 am-3:00 pm – $38.00 per person
Choose where you spend your day! You can explore the Art Museum or try your luck at the Horseshoe Casino. Slot play promotion comes from the casino directly and is $20.00 per person. Photo id/DOB required for slot play promo.

Edgar Allan Poe’s Baltimore – Tues., Oct. 29
8:30 am-4:00 pm – $69.00
Take a look at Baltimore through Edgar Allan Poe’s eyes, hear stories about his life and see his old haunts. Along the way, enjoy a guided tour of Baltimore’s highlights. Lunch included at Bubba Gump’s Seafood Company at the Inner Harbor.

"Wine Down" with Maryland Wine Tastings
Fri., Oct. 30 – 9:45 am-5:30 pm – $109.00
Go "cork-hopping" and sample award-winning wines at Big Cork Vineyard and Knob Hall Winery. Lunch included at the vineyard.

Tiffany Exhibit at Winterthur Museum, DE – Sat., Nov. 7
7:45 am-5:45 pm – $69.00 per person
The objects on display are some of the most iconic and celebrated of Tiffany’s works.

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

Key: Easy Walking More Walking A Lot of Walking

For more detailed itineraries, please see the Eyre Representative at the Eyre Leisure World Travel Office.

Eyre Leisure World Travel
Travel & Tour Department 301-598-1599

Monday, Wednesday & Friday 8:30 AM-2:00 PM
Reservations can be made Monday through Friday, 8:30 AM-5 PM by calling 301-854-6600 #4

Eyre at Leisure World Travel Office, located in Clubhouse I, is a department of Eyre Bus, Tour & Travel. We offer a full service travel agency that specializes in airline reservations, cruises, group tours, vacation packages, hotel accommodations and auto rental. We have been providing "Excellence in Travel for 60 Years". Inclement Weather Policy: Please call 301-598-1599 after 7 am on the day of a trip to find out if we have cancelled, postponed or are going. If a trip is cancelled, you will also receive a phone call from us once the office is open.

MULTI-DAY MOTORCOACH TRIPS

Cape May – Dec. 9-11
Vermont – Dec. 13-16

TRAVEL

Christmas on the Danube – Dec. 4-12
French Riviera – Fly/Drive March 10-17, 2016
Canyon Country – Fly/Drive – April 7-15, 2016
Tulip Time on the Romantic Rhine and Mosel River Cruise
April 1-11
Seven Wonders of Oregon – July 8-16

CRUISES OUT OF BALTIMORE

Grandeur of the Seas – Western Caribbean – Feb. 21, 2016 – 10 nights
We can book any cruise line anywhere you want to cruise.

CASINO TRIPS

Harrington’s Casino – Thurs., Nov. 5
8:00 am-5:45 pm – $440.00 per person
Includes: $10.00 slot play from Casino & buffet lunch

*Slot play and promotions come directly from the casino and subject to change.*

All Trips depart from Clubhouse II

For more detailed itineraries, please see the Eyre Representative at the Eyre Leisure World Travel Office.

Radio City Christmas Spectacular – Sat., Nov. 14 & 21
7:15 am-11:30 pm – $169.00 per person
Starring the Rockettes - orchestra seating.

American Music Theatre “Deck the Halls” – Sat., Nov. 28
10:00 am-8:00 pm – $109.00 per person
This Christmas show is renowned as Lancaster’s most beloved holiday tradition.

Cowboy Christmas at Antietam Recreation in Hagerstown
Sat., Dec. 5 – 3:00 pm-9:30 pm – $84.00 per person
Relive the spirit of the old west with exciting activities, singers, dancers and watch the antics of Idja the trick horse!

Tea & Tour at the National Cathedral, D.C. – Wed., Dec. 9
12:00 pm-6:00 pm – $79.00 per person
Every part of the Cathedral has its own story to tell. Great gift stops to browse.

Miracle of Christmas at Sight & Sound – Sat., Dec. 12
9:45 am-8:30 pm – $152 Adult/$90 Child under 12
Miracle of Christmas is the touching story of kings, angels and a simple, faithful couple. Lunch at Hershey Farms included.

BSO Concert Series at the Myerhoff
All three for $169.00 per person
Oct. 11 – Five Decades of Radio Hits
Nov. 15 – Bolero
Dec. 13 – Tis the Season with Brian Stokes
UPCOMING SEMINARS & EVENTS

AT BROOKE GROVE RETIREMENT VILLAGE

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

All seminars and events will be held at Brooke Grove Rehabilitation and Nursing Center, located at 18131 Slade School Road on the Brooke Grove Retirement Village Campus.

Please register with Toni Davis at 301-388-7209 or t.davis@bgf.org.

ALZHEIMER’S SUPPORT GROUP
September 16, 3:30-4:30 p.m.
Sponsored by the Alzheimer’s Association, this group provides support, understanding and helpful information for caregivers and those touched by this disease.
FREE. Register by September 15.

FALLS PREVENTION SEMINAR AND BALANCE SCREENINGS
September 22, 2-5 p.m.
Seminar 3-4 p.m. • Balance screenings 2 and 4 p.m.
Experts from MedStar Montgomery Medical Center will provide individual balance assessments and discuss the causes of falls, ways to prevent them and how to “safety-proof” your home.
FREE. Register by September 20.

LIVING WELL SEMINAR: MATTERS OF THE HEART HEALTHY COOKING DEMO
September 16, 6:30-8 p.m.
Discover how easy it is to commit to a healthier lifestyle. Light complimentary dinner at 6:30 p.m. Seminar begins at 7 p.m.
Presented in partnership with Warman Home Care.
FREE. Register by September 14.

SUPPORT FOR THE CAREGIVER SEMINAR: MANAGING CAREGIVER STRESS
September 22, 2-3 p.m.
Learn to identify and manage your stressors as a caregiver to someone with Alzheimer’s or dementia.
FREE. Register by September 20.