

# Leisure World News

## OF MARYLAND

October 4, 2019 • Published Twice a Month • residents.lwmc.com • leisureworldmaryland.com

### Just a Pinch



Marion Wittenberg receives a flu shot from student pharmacist Jeeyon Shon at the MedStar Health medical center's pharmacy on Oct. 1. For details about the flu clinic, see page 3. Photo by Stacy Smith, Leisure World News

## Comcast Xfinity Representatives Offer Appointment Slots

*Walk-ins Still Welcome at Designated Times*

by Stacy Smith, Leisure World News

Residents who miss the Rtime window to meet with a Comcast Xfinity representative in the Harbor Room of Clubhouse I via walk-in can now schedule an appointment one of three ways.

They can either send an email to (Comcast\_leisureworld@comcast.com); write their name, phone number and desired appointment time on a sign-up sheet

located on the door of the Harbor Room in Clubhouse I; or stop by the Clubhouse I E&R office and add their name to a list.



Representatives from Comcast Xfinity have been stationed in the Harbor Room for about a month, fielding residents' questions about the new internet and upgraded cable TV service and providing information about billing and other products Comcast Xfinity offers.

► to page 4

## Board of Directors Approves 2020 Budget

by Stacy Smith, Leisure World News

The Leisure World Community Corporation (LWCC) board of directors firmly adopted the 2020 community facilities budget of \$11,769,753 as recommended by the Budget and Finance Advisory Committee and management at its regular meeting on Sept. 24.

The 2020 Community Facilities Fee for residents is \$204 per unit per month, an increase of \$29.25 from 2019's fee.

The Community Facility Fee's increase for 2020 includes the Comcast bulk rate internet and upgraded cable TV service and the Washington Suburban Sanitary Commission's change in rate structure, which has increased Leisure World's water bills.

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

Funding for an electronic gate access system was officially added to the 2020 budget at the Sept. 24 board meeting, a proposed project that's been considered since at least 2018 when the Security and Transportation Advisory Committee recommended funding for it be included in the 2019 budget.

The board also adopted the 2020 schedule of fees, a complete listing of fees charged to a resident for communal amenities

and services, which includes everything from the cost of an annual indoor swimming pool pass to daily golf greens fees.

The full 2020 operating budget will soon be available to view on, or download from, (residents.lwmc.com).

### Building Architects

In a 29-2 vote, the board accepted the Community Planning Advisory Committee's (CPAC) recommendation to retain the services of RLPS Architects to complete the Administration Building and Clubhouse I Site Improvements project.

The motion authorizes Leisure World's general manager to sign the contract with the company for an amount not to exceed \$450,000. Funding is to come from the Resales Fund, a money reserve that collects two percent of the selling price on each Leisure World home.

RLPS Architects was chosen by CPAC based on several factors, such as the firm's strong credentials and experience working within senior communities and its demonstrated ability to integrate architectural, engineering and interior and exterior design.

Two other companies had submitted proposals for architectural services, and a CPAC subcommittee and Tom Snyder, assistant general manager of facilities and services, interviewed all three companies during the selection process.

► to page 4

INSIDE

Governance & Information ....	6	Club Trips Listing.....	43
Holiday Schedule.....	6	Sports, Games & Scoreboards .....	46
Thoughts & Opinions.....	8	Classes & Seminars .....	52
Events & Entertainment.....	10	Calendar of Events .....	55
Movie Schedule .....	17	Governance Meeting Schedules.....	55
Health & Fitness .....	20	Classifieds.....	58
Clubs, Groups & Organizations .....	26		



For an update on the strategic planning process, see page 2.

# Residents Randomly Selected for Focus Groups

## Letters Mailed to Some Leisure World Households Next Week

from the Special Strategic Planning Committee

The first stage of strategic planning, the resident survey, is now complete, and the Special Strategic Planning Committee (SSPC) will share its results with the community as soon as they are ready.

The response rate to the survey was very high (45.6 percent), and the SSPC greatly appreciates the level of participation by residents. (See page 4 of the Sept. 6 edition of Leisure World News for details.)

The next step in strategic planning is to facilitate several focus groups. This article is to

let residents know about these focus groups and participation in them.

The SSPC will use focus groups since, while the survey provides a great deal of information about the interests and thoughts of residents, the focus groups allow the SSPC to get more in-depth information and understand why residents had particular views.

The focus groups will also allow the SSPC to explore other issues that may have arisen in response to the open-ended question in the survey.

It is important to understand, however, that since focus groups involve comparatively deep conversations (and are costly and time-consuming to conduct, as well as to analyze their results), the SSPC can only host six groups.

Each group will have a maximum of 12 individuals to facilitate conversation and ensure that every participant is able to fully share her or his ideas.

### Randomized Selection

The SSPC is also taking steps to make the process of recruiting participants as random and as fair as possible.

Therefore, the SSPC's

consultants from George Mason University (GMU), who will organize and run the focus groups, will use a randomized selection process of all Leisure World households to be invited to the focus groups. (Members of the SSPC and non-resident owners are not eligible to be in the focus groups.)

There are several important features of this process that the SSPC asks all residents to note.

One resident from each selected household may join the focus group. Residents will not be able to assign someone from another household to attend the focus group sessions in their place.

While the SSPC will use a randomized process, it will create the kind of random process that ensures there is some representation from the smaller mutuals. The SSPC does this since, in a completely random process, it would be possible, even likely, that none of the smaller mutuals would be included in the selected group of focus group participants.

### Invitation Letter

After the SSPC has randomly selected the households for

invitation to participate in the focus groups, it will send a letter of invitation.

This letter, which will be inside a white business envelope with Special Strategic Planning Committee as the return address, will be mailed sometime between Monday, Oct. 7, and Tuesday, Oct. 14, 2019 from Leisure World (to help ensure timely delivery).

Residents who receive this invitation should be sure to read it right away – it is very time-sensitive!

The invitation will list the schedule of the focus group sessions. Each session will last about 90 minutes and will be held in the early or late afternoon.

The selected households will be requested to RSVP to the letter of invitation by phone and select the specific focus group session they would like to attend.

The SSPC and its consultants are looking forward to engaging residents to gain a deeper understanding of the issues important for Leisure World's future.

Be sure to watch your mailbox for the SSPC's invitation letter, read it carefully and respond to it as soon as it comes.

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**Leisure World News**  
OF MARYLAND

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

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

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# Oct. 23: Fire Safety Day at Leisure World

by Emily Geller

On Wednesday, Oct. 23, the Montgomery County Fire and Rescue Service (MCFRS) hosts the 2019 Fire Safety Symposium at Leisure World. Its slogan is “Your Fire Safety Is So Important That We Are Dedicating A Full Day to It!”

The symposium will include speakers and demonstrations as part of three different sessions all tailored to residents’ concerns.

All sessions are free, but residents are asked to register beginning Tuesday, Oct. 8, at 8:30 a.m. by calling the Clubhouse I E&R office at (301-598-1300).

Residents are welcome to bring guests from outside Leisure World if the guest names are given to the main gate, available at (301-598-1044), in advance.

## Session Speakers

MCFRS fire chief Scott Goldstein, the morning session’s

keynote speaker, will discuss “Interactions Between MCFRS and the Citizens of Leisure World” from 10 a.m.-noon in Clubhouse I. He will talk about fire, emergency medical service and other all-hazard responses, what residents should expect of MCFRS

and what residents can do to improve the services that MCFRS delivers.

The afternoon session’s keynote speaker Brian Geraci, Maryland State fire marshal, will discuss changes to fire codes and building construction and what this means for Leisure World; the types of construction at Leisure World and fire and life safety features, building construction and modification requirements and considerations to improve fire safety in the home. The session is from 1-3 p.m. in Clubhouse I.

The evening session,



From left, Montgomery County Fire and Rescue Service (MCFRS) fire chief Scott Goldstein, Maryland State fire marshal Brian Geraci, Kensington Volunteer Fire Department chief Jamie Heflin, Sandy Spring Volunteer Fire Department chief Mitch Dinowitz and MCFRS senior outreach and education manager James Resnik. Photos courtesy MCFRS

held from 6-7:30 p.m. in Clubhouse II, will consider the topic, “Who Are the First Responders Who Come to Leisure World?” Kensington Volunteer Fire Department chief Jamie Heflin and/or Sandy Spring Volunteer Fire Department chief Mitch Dinowitz will talk about local fire rescue departments and their volunteers, training, education and experience.

James Resnick, MCFRS senior outreach and education manager, will serve as coordinator and master of ceremonies for all three sessions.

## Talk with First Responders

After the speakers’ presentations, residents will adjourn to the respective clubhouse parking lot to examine MCFRS equipment, talk to MCFRS personnel and – importantly – write out questions, comments and compliments on index cards to drop into a suggestion box. MCFRS personnel will review these remarks and provide answers to the questions within the following few days.

The symposium offers a unique opportunity for residents to communicate directly with MCFRS personnel and ask questions or provide comments.

## Medicare Part D (Prescription) Open Enrollment

from the Social Services Department

The Medicare open enrollment period runs through Dec. 7, 2019. During this time, anyone enrolled in Medicare can change his or her prescription plan (Part D).

It is important those enrolled evaluate their Medicare Part D every year as formularies, prices and their medications can change. And evaluation may be done by researching the current plans on the ([www.medicare.gov](http://www.medicare.gov)) website.

Residents who need assistance finding the appropriate Medicare Part D have two ways to get help. One is to contact their local Senior Health Insurance Information Program (SHIIP) office at (301-590-2819) and ask for a Part D worksheet, or pick up a worksheet at the MedStar Health medical center

in Leisure World.

Another option for residents is to contact the Leisure World Social Services Department at (301-598-1559) to have a Part D worksheet sent to them. The social workers can then assist the resident in finding the right plan for them.

Also, be aware that the State of Maryland has a program called Maryland Senior Prescription Drug Assistance Program (SPDAP) that helps people pay the premium for their Part D program. A resident whose total gross income is below \$37,470 (single) or \$50,730 (married) might be eligible for this program.

The program is available throughout the year. Assistance and applications are available at the Social Services Department in the medical center, located at 3305 North Leisure World Boulevard.

## Flu Shot Offered at the Medical Center

by Leisure World News

People age 65 and older who contract the flu are at risk for more serious complications, according the Centers for Disease Control and Prevention. Getting a seasonal flu vaccine each year by the end of October is the best protection.

A flu shot walk-in clinic is available to all residents on Tuesdays from 9:30 a.m.-4:30 p.m. at the pharmacy in the MedStar Health medical center building. Bring a photo ID and insurance card.

Residents can also schedule a flu shot with the pharmacy on another weekday by calling (301-598-1005).

Pneumonia, shingles and tetanus vaccines are also offered on clinic days or by appointment.

And patients who have an upcoming appointment with their primary care provider (Dr.

Feldman, Dr. Ozanne-Johnson or Dr. Share) can receive a flu shot during their scheduled appointment.

Residents who are 65 years and older will receive the FLUAD vaccine, and residents who are younger than 65 will receive the FluLaval vaccine. FLUAD adds an additional ingredient to boost the immune response and increase the vaccine’s effectiveness.

The pharmacy’s flu clinic replaces the flu clinic that was typically provided once a year to residents in Clubhouse I by the MedStar Visiting Nurse Association.

The medical center is located at 3305 North Leisure World Boulevard, adjacent to the Physical Properties Building. Residents coming to the medical center for a flu shot should enter through the main entrance, located at the rear of the building and facing the garden plots.



# Comcast

◀ from page 1

## Hours

Comcast Xfinity's office in the Harbor Room is open Monday, Tuesday and Thursday from 10 a.m.-6 p.m., Wednesday from 10 a.m.-7 p.m. and Friday from 10 a.m.-3 p.m.

Walk-ins are welcome Monday through Friday from 10-11 a.m. and Monday through Thursday from 4-5:30 p.m. All other open times require an appointment.

The office is closed for lunch Monday through Thursday from 1-2 p.m. Hours and times are subject to change.

## Installation

With phase I of the Comcast Xfinity internet and upgraded cable TV equipment instal-

lation now complete, technicians have moved to homes in The Overlook, Creekside, Mutual 19B and Villa Cortese.

Residents still unsure about when installation begins in their mutual can check the installation schedule available at the Administration Building reception desk or either clubhouse E&R office, or by signing in to ([residents.lwmc.com](http://residents.lwmc.com)) and clicking on Comcast in the Amenities & Services dropdown menu.

A postcard from Comcast Xfinity will be sent to a resident's home about two weeks before installation is set to begin in his or her mutual. It contains instructions on how the resident can schedule a home installation appointment with Comcast Xfinity.

Installations are expected to continue through most of December 2019.

The terms of Leisure World's eight-year bulk agreement with Comcast Xfinity officially begin Wednesday, Jan. 1, 2020.

## Demo Days

Comcast will soon host a series of "demo days" to provide resi-

dents with hands-on instructions for using their TV remote controls and other product features. More information is forthcoming.

For more details about Comcast Xfinity's services and installation at Leisure World,

including the installation schedule and a list of frequently asked questions about internet and cable installation, sign in to ([residents.lwmc.com](http://residents.lwmc.com)) and click on "Comcast" under the Services and Amenities dropdown menu.

# Board

◀ from page 1

## Engineering and Landscape

The board approved CPAC's recommendation to retain Stantec for civil engineering and landscape design services to complete the project's construction documents for the Administration Building and Clubhouse I Site Improvements project.

The resolution is for an amount not to exceed \$101,500, plus additional permit application and review fees with a budget of \$28,500. Funding is to come from the Resales Fund.

Stantec managed the initial site plan approval work on this project, and it is appropriate to retain them for this next phase of construction document preparation in order to maintain consistency and ensure both

efficiency and effectiveness in completing the work necessary for permitting and approvals of the project, according to the rationale for the resolution.

## Building Tenants

The board approved a resolution authorizing the general manager to investigate the possibility of having one or more professional services as tenants in the new Administration Building after it opens.

The resolution came after board members discussed the community's need for additional revenue streams.

The next meeting of the LWCC board of directors is on Tuesday, Oct. 29, at 9:30 a.m. in Clubhouse I. Board meetings are open to all residents unless legally closed.





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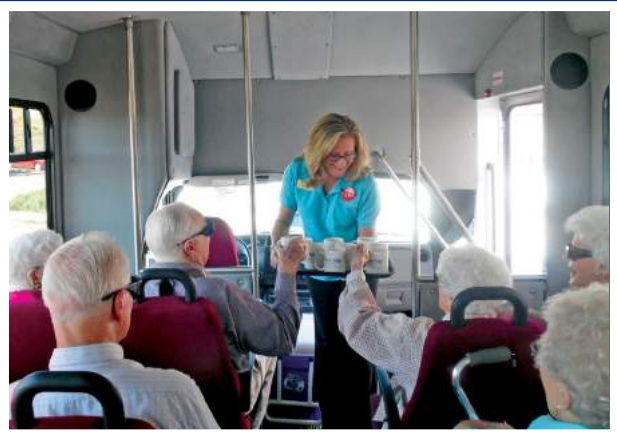




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# GOVERNANCE & Information

## HOLIDAY SCHEDULE

### Monday, Oct. 14, Columbus Day

Administration ..... Closed

### CLUBHOUSE I

Education & Recreation ..... 10 a.m.-6 p.m.  
 Eyre Travel..... Closed  
 Rossmoor Library..... Closed  
 Clubhouse Grille ..... Closed  
 Stein Room ..... 9 a.m.-8 p.m.  
 Terrace Room ..... 9 a.m.-8 p.m.

### CLUBHOUSE II

Education & Recreation ..... 8 a.m.-8 p.m.  
 FISH Desk..... Closed  
 Fitness Center..... 4 a.m.-9 p.m.  
 Swimming Pool (Indoor)..... noon-8 p.m.

### OTHER SERVICES

Golf Course & Pro Shop..... 8 a.m.-6:30 p.m.  
 MedStar Health ..... Open  
 MedStar Pharmacy ..... Open  
 Physical Properties Department (PPD) ..... Closed  
 Post Office..... Closed  
 Security Gates ..... Open  
 Signal Financial Federal Credit Union..... Closed

**Shuttle Buses:** No shuttle service. Call Main Gate for supplemental transportation.

**Trash/Recycling Collection:** No trash or recycling collection. Trash collection will be on the next regular day for your location.

**Dial 301-598-1313  
for recorded Daily Events**

## 2019 Broadcast Schedule - Channel 974

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

<b>Executive Committee Meeting</b>	<b>Board of Directors Meeting</b>
The Oct. 18 meeting airs on Oct. 23, 24 and 25.	The Oct. 29 meeting airs on Nov. 4, 6 and 8.

## Group Email Addresses

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

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

The group email addresses are:

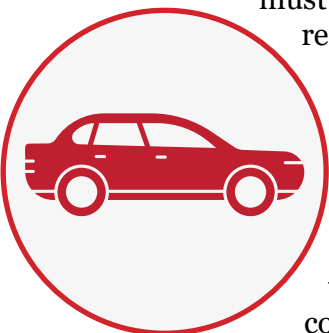
- LWMC Management - management@lwmc.com
- LWCC Board of Directors - board@lwmc.com
- LWCC Executive Committee - excomm@lwmc.com
- Administration - administration@lwmc.com
- Communications - communications@lwmc.com
- Education and Recreation - recreation@lwmc.com
- Physical Properties - physicalproperties@lwmc.com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

## Oct. 14: AARP Safe Driving Course

by Leisure World News

The E&R Department sponsors an AARP Safe Driving Course on Monday, Oct. 14, from 9:45 a.m.-3 p.m. in Clubhouse I, with a one-hour break for lunch.

You must pre-register for the course, which is for residents only. Please bring your Leisure World ID. A check payable to AARP, \$15 for AARP members and \$20 for non-members, is required at the time of registration. (Please note: AARP members must show a current membership card to receive the AARP discount.)



Register for the course by stopping by the Clubhouse I E&R office. The number of participants is limited to 25, so plan to register early.

Participants should bring their driver's license and a pen or pencil to the course. If you have any questions, contact the E&R office in Clubhouse I at (301-598-1300).

## Leisure World of Maryland Resales July through September, 2019

MONTH	RESALES	RESALES FUND FEES COLLECTED
July	36	\$174,137.80
August	27	\$116,728.18
September	43	\$165,282.88
<b>TOTAL</b>	106	\$456,148.86

The buyer of a home in Leisure World of Maryland contributes two percent of the home's selling price to the Resales Fund. Currently, those funds are used exclusively for Facilities Enhancement Plan (FEP) projects, which are selected by the Leisure World Community Corporation board of directors.

Past FEP projects have included the Fitness Center in Clubhouse II and renovations to the restaurant and Maryland Room in Clubhouse I.

**REMEMBER TO RECYCLE**

## Education and Recreation Department

# Oct. 18: AARP CarFit – Helping Drivers Find Their Safest Fit

by Leisure World News

By 2030, more than 70 million Americans will be 65 or older. With age come natural changes to vision, information processing, flexibility and the speed of reflexes, which can affect a person's ability to drive safely.

In 2006, AAA, AARP and the American Occupational Therapy Association collaborated to develop CarFit, a community-based educational program that promotes continued safe driving and mobility among older drivers by focusing attention on safety, comfort and fit.

Through a quick, 20-minute checkup while seated in the driver's seat of your car, CarFit starts a conversation about the actions drivers can take to be as safe and comfortable as possible in their own vehicle.

On Friday, Oct. 18, from 10 a.m.-2 p.m., AARP

CarFit will be available at Clubhouse II. The program is free, but registration is required and limited. Registration is available on weekdays (Monday through Friday) from 8:30 a.m.-4 p.m. at the Clubhouse II E&R office until all available timeslots are filled. Please bring your Leisure World ID. Attendees must bring their car with them to the program.

During the event, drivers will be provided information, education and community-based resources in a quick and easy manner using a 12-point checklist to help the driver assess how they "fit" in their vehicle. Check out ([bit.ly/CarFitVideo](http://bit.ly/CarFitVideo)) to learn more about how CarFit can help drivers stay safe on the road.

For additional questions about the program or how to register, call the Clubhouse II E&R office at (301-598-1340).

## Join a Committee

by Leisure World News

Residents who would like to request membership on a Leisure World advisory committee should contact their mutual's board of directors, or visit their mutual's property manager or mutual assistant for a hard copy of the application.

To view or download a digital copy, sign in to ([residents.lwmc.com](http://residents.lwmc.com)) and click on

the corresponding news alert at the top of the homepage.

Once filled out, return the application to your mutual assistant or property manager. The deadline to fill out and submit an application is Thursday, Oct. 31.

Once all applications have been received, a full list will be provided to the Leisure World Community Corporation board of directors for approval.

## Parking Reminder

The portion of the Clubhouse I drop-off circle that is not a fire lane is 10-minute parking only. Violators may be ticketed by the Security and Transportation Department. Residents and visitors to Clubhouse I may park in the Administration Building parking lot, adjacent to the side of Clubhouse I.



Photo by Leisure World News

– Leisure World News

## Keep Plastic Bags Out of Recycling Bins

Do not include plastic bags or other trash with recyclable items, the Sanitation Department urges residents.

Leisure World sanitation workers have been instructed to not collect either non-recyclable materials mixed together with recyclables, or recyclables left for pickup inside a plastic bag. Montgomery County does not accept plastic bags with recyclables, as they can jam up the sorting machinery at the Recycling Depot.

Residents may place their recycling in the blue bins, which are picked up on the same day as their trash schedule.

Residents who want to recycle their plastic bags have the option of dropping them inside the recycling bin that is located just outside the entrance of Giant grocery store in Leisure World Plaza.



A recycling bin at Leisure World Plaza. Photo by Leisure World News

– Leisure World News



Please join Charlene Cochran, Mike Suser & The Night & Day Quartet

**Wednesday, October 16<sup>th</sup>, 6-8pm**

**Leisure World's Grill Restaurant**

**3700 Rossmoor Boulevard**

**Silver Spring, MD 20906**

**(\$5.00 cover charge for dinner/dancing)**

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**[www.nightanddaymusic.com](http://www.nightanddaymusic.com) 301-593-4209**

**Night & Day is available to play for any Leisure World community event!**

# THOUGHTS & OPINIONS: *From Our Residents*

## A Few Things to Remember

**Relevance:** Make sure that your submission is relevant to the LW community as a whole and not to just one person, mutual, or organization.

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

**Brevity:** Being concise will ensure that your opinion will have maximum impact.

**Accuracy:** Document all factual assertions. Opinions that are backed up with facts are more powerful, but only if the facts are accurate.

**Ownership:** All submissions are subject to editing but you will have the opportunity to approve the edits before publication.

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

### ADVERTISEMENTS SUPPORT THE NEWSPAPER.

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## SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

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

## KEEP UP WITH YOUR COMMUNITY



Leisure World of Maryland is on facebook at:  
[www.facebook.com/LeisureWorldofMaryland/](http://www.facebook.com/LeisureWorldofMaryland/)

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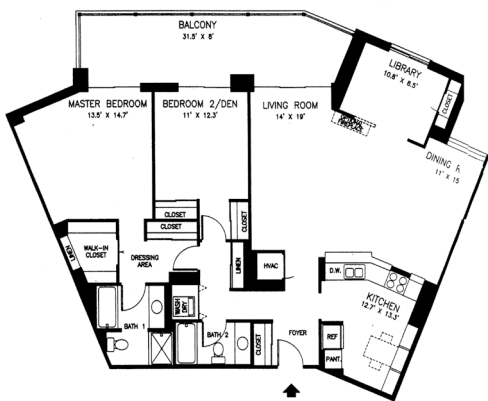


# The Changing Face of LW Sales

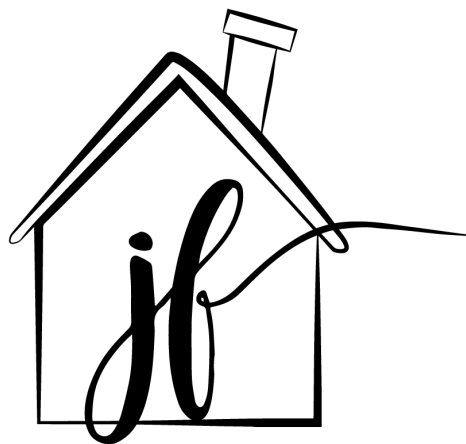
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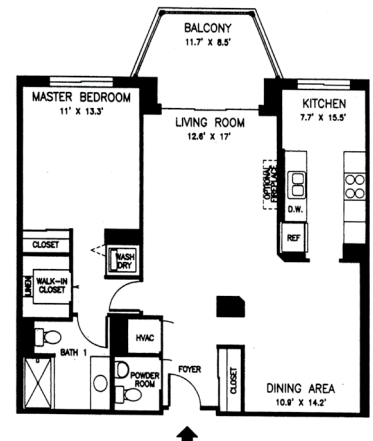


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# EVENTS & Entertainment

## ■ Sock Hop Group

### Oct. 5: Sock Hop Dance the Night Away

The next sock hop dance is on Saturday, Oct. 5, from 7-10 p.m. in Clubhouse I. Groove Quest will rock the dance floor with live music.

The price of admission is \$10. A cash bar will be available, and dancers are welcome to bring their own snacks.

And then on Saturday, Oct. 26, "Take Two Entertain-

ment" provides the music from 7-10 p.m. in Clubhouse II. The price of admission for this dance is \$5. Participants are welcome to bring their own beverages and snacks.



Come relive the fun of high school dances. For questions, contact Doug Brasse at (301-448-8708).

— Abigail B. Murton

## ■ Education and Recreation Department

### Oct. 5: Find Your Treasure at the Flea Market

Join your friends and fellow residents on Saturday, Oct. 5, 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.



Items on sale will include jewelry, handmade crafts and gifts, new and used books, contemporary and vintage clothing, glassware and china, toys and dolls, small appliances and housewares, bric-a-brac and collectibles and more.

Bring your friends and family and come join in the fun!

## ■ Education and Recreation Department

### Oct. 10: Experience 'Rhythms of the Soul'

Do you like to dance like no one is watching? Sing like no one is listening? Play hand instruments like a maestro? Then join in on the fun with other Leisure World friends for a creative, hands-on workshop led by Lady Renee Anderson on Thursday, Oct. 10, at 2 p.m. in the Clubhouse I Crystal Ballroom.

This workshop will offer African drumming, dancing, singing and the use of percussion instruments. No prior experience is required, just the willingness to explore your inner creativity! Participants should also bring a scarf and dress

comfortably for movement.

A Leisure World resident, Anderson is CEO/founder, and artistic director for Imani Productions & Associates.



Lady Renee Anderson, photo by Kimberly Y. Choi

Imani Productions is a collaborative project with more than 35 years of experience working with adults and youth in cultural education. This collaborative uses performing arts to inspire positive self-esteem, spiritual motivation and multicultural education.

Sponsored by the E&R Department, tickets are \$5 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

## ■ Fireside Forum

### Oct. 6: Bob Levey Presents 'Issues of Journalism Today'

by Jonas Weiss

On Sunday, Oct. 6, Bob Levey, popular, award-winning journalist and columnist for The Washington Post, talks about "The Issues of Journalism Today," a very apt topic for our time.

Levey has recently published a novel, "Larry Felder, Candidate," about an award-winning journalist who has quit his Washington, D.C., newspaper job to run for Congress in Maryland. The book will be available for sale after the program.

The discussion is at 2:30 p.m. in the Clubhouse II auditorium. Jonas Weiss is the host for the speaker.



From left, journalist Bob Levey and author Garrett Peck, courtesy photos



The quarry suffered through floods, its owners filed for bankruptcy twice and it contributed to a national scandal that embarrassed the Grant presidency and helped bring down the Freedman's Bank.

Peck will uncover the history of the quarry and the mark it's left on the nation's Capital, the owners and emancipated slaves who toiled there and the many people who work there to this day to save the historic Seneca district.

His book on the subject, "The Smithsonian Castle and the Seneca Quarry," will be available for purchase and signing.

The presentation is at 2:30 p.m. in the Clubhouse II auditorium. Joan Hecht is the host for the speaker.

## November Forum

And then on Sunday, Nov. 3, author Garrett Peck returns to Leisure World to talk about the Smithsonian Castle and the Seneca Quarry.

The Seneca Quarry is a storied but "lost" Montgomery County site right along the C&O Canal. It was the source of the distinctive red sandstone for the Smithsonian Castle and many other buildings around Washington, D.C.

## Coming in 2019

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

- |                    |   |
|--------------------|---|
| Oct. 5, 9:30 a.m.  | Fall Flea Market                        |
| Oct. 10, 2 p.m.    | Rhythms of the Soul with Renee Anderson |
| Oct. 18, 9:30 a.m. | Community Fair                          |
| Oct. 19, 7 p.m.    | Four Seasons Dancers                    |
| Oct. 31, 7:30 p.m. | Halloween Dance Party                   |
| Nov. 16, 9:30 a.m. | Holiday Arts and Crafts Fair            |
| Dec. 8, 4:30 p.m.  | The Platters Tribute                    |
| Dec. 8, 7 p.m.     | The Platters Tribute                    |

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

■ Education and Recreation Department

## Oct. 18: Join a Club at the Community Fair

All residents are encouraged to set aside Friday, Oct. 18, from 9:30 a.m.-12:30 p.m. to attend the Community Fair in Clubhouse I.

This semi-annual fair is an opportunity to receive more information about the nearly 100 active groups, clubs and organizations in Leisure World.

Always loved a particular sport or hobby, but never tried it out? Or maybe you're looking for a group of like-minded folks who share your interests. From arts and crafts and games, to volunteering and charity work, the Community Fair offers

something for everyone.

Representatives from all Leisure World groups, clubs and organizations are encouraged to attend, introduce themselves to the community and share what their group is all about.

Letters with entry forms have been mailed to all recognized groups, clubs and organizations. The deadline to return the entry form to the Clubhouse I E&R office is Wednesday, Oct. 16.

If your group, club or organization has not received one, or if you have any questions, contact the E&R Department at (301-598-1300).

■ Education and Recreation Department

## Oct. 19: Four Seasons Dancers Celebrate World Cultures

The E&R Department welcomes back The Four Seasons Dancers (FSD). The troupe performs on Saturday, Oct. 19, at 7 p.m. in the Clubhouse II auditorium.

FSD is bringing a dazzling new show that will take you on a dancing trip around the world. Travel from Spain to Italy, China to Russia, Austria to Romania, and beyond. No passport or suitcases needed; just get a ticket to the show and get ready to be whisked away!

The company will perform a passionate Spanish flamenco, a gliding Russian circle dance, a joyous Italian tarantella, a whirling gypsy dance, an elegant Austrian waltz, a mysterious Chinese fans dance and more. The show is a mosaic of genres, from classical ballet to folk dancing, and infectious melodies, from the Klezmer music to Latin beats.

Based in nearby Aspen Hill, FSD celebrates the world of dance and performs locally and nationally. The company's 15 dancers are women of different ages and backgrounds who work in various professional roles and sectors by day and, in the evening, rehearse



The Four Seasons Dancers, courtesy photo

at the dance studio, mastering intricate dancing steps of the 40 plus dances of the FSD repertoire.

Elena Indrokova Jones is director of the company as well as its principal choreographer and costume designer. Trained at one of the premier academic ballet schools in Russia, Jones danced with several leading companies there. When she moved to the U.S. and settled in Montgomery County, she founded FSD with a mission of "promoting and communicating an understanding, appreciation and celebration of world cultures through dance."

To learn more about the FSD, visit ([www.fourseasons dancers.com](http://www.fourseasons dancers.com)).

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



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■ **The Inter-Faith Chapel**

# Oct. 20: Concert Series Returns with The Howard University Chorale

by Kevin M. Clemens

The Howard University Chorale opens The Inter-Faith Chapel's Concert Series with a performance on Sunday, Oct. 20, at 3 p.m. in the sanctuary of The Inter-Faith Chapel.

The Howard University Chorale is the university's music department's concert and touring choir for which auditions are required. Auditions are open to all students and the University community. Eric O. Poole directs the Chorale.

**Upcoming Concerts**

On Sunday, Nov. 10, at 3 p.m. the Dominion Brass Quartet performs for the concert series.

The Quartet is a Washington, D.C.-based chamber ensemble inspired by traditions of the

British brass style popular in the U.K. and Europe. Members perform in premier Washington, D.C., military bands, professional symphony orchestras and championship tier brass bands across the U.S.

The Westminster Ringers performing a concert on Sunday, Dec. 15, at 3 p.m.

Formed in 1997, The Ringers provide gifted area musicians the opportunity to play advanced handbell repertoire at the highest possible level of musical sensitivity and technical clarity.

In addition, the ensemble seeks to advance the knowledge, awareness and viability of the art of handbell ringing beyond what is normally available to members of volunteer church or school groups. Larry Henning directs the Westminster Ringers.

**2020 Concerts**

The Chesapeake Chorale Chamber Singers perform on Sunday, April 19, at 3 p.m. The Chamber Singers is a soprano, alto, tenor and bass ensemble that performs choral music of many traditions, eras and cultures.

The ensemble is directed by Jesse Parker and draws singers from Prince George's County. Members are auditioned and selected singers from the Chesapeake Chorale. Pianist Susan Ricci Rogel accompanies the singers.

On Sunday, May 31, at 3 p.m., the National Chamber Winds plays a program of music written for woodwinds and French horns.

Conductor Robert Ambrose, bassoonist Daniel Bowlds and oboist Sarah Schram-Borg created the

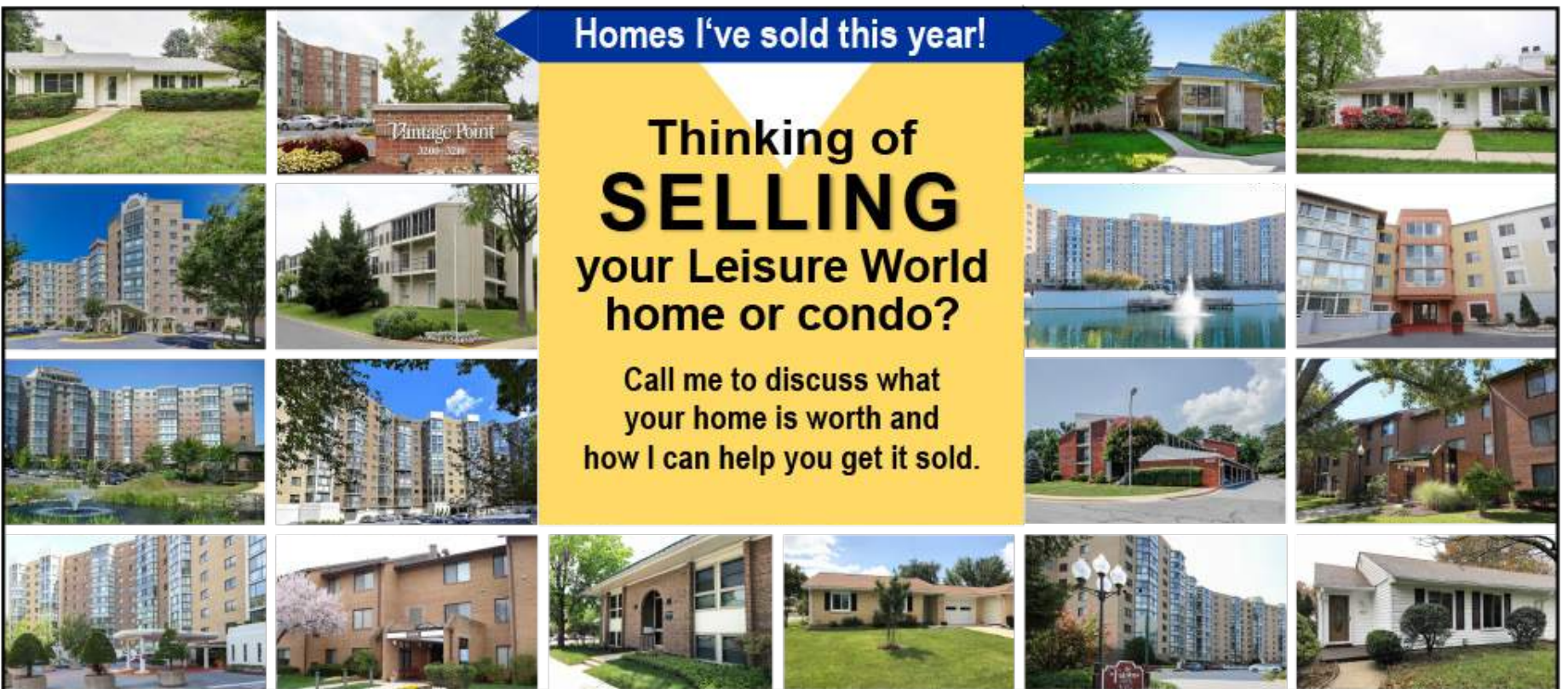
ensemble in early 2017.

The three recruited many of the finest wind players in the greater Washington, D.C., area, and on May 6, 2017 the National Chamber Winds performed their inaugural concert for an enthusiastic audience.

**About the Concerts**

All concerts are held in the sanctuary of The Inter-Faith Chapel with a reception following each concert in the fellowship hall. A free will offering is taken at the doors of the Chapel before and after the concerts.

Residents who would like to become a benefactor, patron, sponsor or friend of The Inter-Faith Chapel's concert series should contact the Chapel at (301-598-5312), and the Chapel will send them a brochure.



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■ **Unitarian Universalists**

# Oct. 22: Program Commemorates Philanthropist's Legacy

by Dave Edfors

On Tuesday, Oct. 22, the Unitarian Universalists present a program commemorating the legacy of Julius Rosenwald. The program is at 2:30 p.m. in Clubhouse II.

Rosenwald, the son of Jewish immigrants who, after achieving great wealth leading Sears, Roebuck and Company, partnered with African-American communities across the South to build schoolhouses for children who otherwise would have had extremely limited access to the public education to which they were entitled.

Between 1913 and 1932, Rosenwald provided partial funding for 5,357 schools and related buildings. African-Americans provided land, labor, materials and additional funding.

These buildings – many of them one or two room schoolhouses on country roads – were a source of pride and affection in their communities. The schools educated one-third of the African-American children of the South in the years before the legal end to segregation.

Motivated by the traditional Jewish teaching of tzedakah – the importance of treating every human being with both righteousness and justice – and after reading the book “Up from

Slavery” and meeting its author, Booker T. Washington, Rosenwald enthusiastically embraced the idea of partnering with African-American communities in the South to build schoolhouses that state school systems were not providing.

The imaginative and far-reaching philanthropy of Julius Rosenwald is an inextricable part of the American story in the 20th century as the nation, wrestling with the legacy of slavery and continuing inequality, reached for ways of achieving a more perfect union.



Stephanie Deutsch, courtesy photo

The program will be presented by Stephanie Deutsch, a writer and critic living in Washington, D.C. She is the

author of “You Need a Schoolhouse: Booker T. Washington, Julius Rosenwald and the Building of Schools for the Segregated South.”

Deutsch has written for the New York Times, the Weekly Standard, (themillions.com), the Washington Times and neighborhood newspapers.

Join the Unitarian Universalists for this inspirational and informative presentation. Light refreshments and conversation will follow the program. Residents don't have to be a member of the Unitarian Universalists to attend the Group's meetings. All are welcome.

■ **Ballroom Dance Club**

# Oct. 26: Halloween Dance with The Helmut Licht Trio

by Joyce Hendrix

Dance to the music of The Helmut Licht Trio on Saturday, Oct. 26, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

Doors open at 7:15 p.m. Costumes are optional, but encouraged for this dance.

Dancers will be entertained at intermission with a showcase by a hula dance group, followed by a parade of Halloween-attired dancers. Prizes will be awarded for best single costume and best couples costumes. Get started on those costumes. Cider and donuts will be served.

Make reservations with Hal Freeman at (bobbinhal@aol.com) or (301-438-7513) no later than Thursday, Oct. 24, to ensure a seat at the table of your choice. The Club's recent dances have

reached capacity, so without a reservation, dancers may be turned away at the door.

Admittance is \$10 for members and \$15 for guests, payable in cash at the door, or by check payable to LWBDC.



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## Musical Performances at the Clubhouse Grille

The following bands will perform from 6-8 p.m. in the Clubhouse Grille restaurant. To make dinner reservations, call (301-598-1330). A \$5 cover charge applies.

- Oct. 9            Motown Classic with The Winstons Duo
- Oct. 16          The Night and Day Band with Mike Suser and vocalist Charlene Cochrane
- Oct. 23 Swing'N On A Star with Michael Binder
- Oct. 30          “Sax with Mike” Surratt

# A New Year Begins for AIM

by Grace C. Cooper

Arts In Motion (AIM) begins a new year of its support for the arts in the Washington Metropolitan area by providing awards and scholarships to local artists and by showcasing performers at Leisure World.

AIM members are reminded that the Club's annual meeting is on Tuesday, Oct. 8, at 11 a.m. in Clubhouse I.

## Lavenia Nesmith

AIM's next concert is on Friday, Oct. 11, at 5 p.m. in the Clubhouse I Crystal Ballroom and features the dynamic and beautiful singer Lavenia Nesmith.

Tickets are \$20 each (check only, payable to AIM), and are



Lavenia Nesmith, courtesy photo



available for purchase at the Clubhouse I E&R office. Tickets include snacks. Cocktails begins at 5 p.m. in the Clubhouse I Crystal Ballroom, and the show is from 6-8 p.m. Reserved table for eight to 10 are available to AIM members only.

## Eric Byrd Trio

On Friday, Nov. 8, the Eric Byrd Trio comes to Leisure World. This versatile group, composed of pianist/vocalist Eric Byrd, bassist Bhagwan Khalsa and drummer Alphonse Young, call themselves "ambassadors of gospel, blues, and jazz."

They have performed for enthralled audiences all over the world, including Europe, the Caribbean, the Middle East, South America and the Washington Metropolitan area.

Tickets are \$20 each (check only, payable to AIM) and are available beginning Tuesday, Oct. 15, at 8:30 a.m. in the Clubhouse I E&R office. Snacks and cash bar will be available at 5 p.m. in the Clubhouse I Crystal Ballroom, and the concert begins at 6 p.m. Reserved table for eight to 10 are available to AIM members only.

Details about AIM's upcoming winter solstice and dinner, as well as its jazz concert starring popular songstress Sharon Clarke, will be forthcoming.

Check AIM's Facebook page at ([facebook.com/aimartsmd](https://facebook.com/aimartsmd)) and AIM's website, ([aimarts.net](http://aimarts.net)), for more information about its upcoming events.

## ■ Education and Recreation Department

# Oct. 31: Halloween Party and Dance



NightLife Band, courtesy photo

Join the fun at this year's Halloween celebration on Thursday, Oct. 31, in the Clubhouse I Crystal Ballroom. NightLife Band returns to provide the music.

Sponsored by the E&R department, the evening also features light refreshments and a cash bar. Attendees are encouraged to wear their finest Halloween costumes and participate in a contest that awards those with the best outfits.

Doors open at 6:30 p.m.,

and NightLife plays some of your favorite music from 7:30-10 p.m. Tickets are \$25 per person and are on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

NightLife is a high-energy dance band that has been performing locally and internationally for the past 20 years. With a repertoire of music spanning from the '50s to today's Top 40, this band will surely have you on the dance floor all night!



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# We Need to Talk: Family Conversations with Older Drivers

According to the Federal Highway Administration, in 2017, there were approximately 28 million licensed drivers age 70 and older in the U.S.

And while there has been a decline in fatal accidents caused by older drivers, functional impairments (physical, cognitive and visual), along with medications associated with aging can interfere with one's ability to drive, and increases the risk of a crash, according to the Insurance Institute for Highway Safety. Yet a person's desire to maintain his or her independence keeps the older driver on the road.

This three-session course, sponsored by AARP Driver Safety, guides families in determining when it is time for their loved ones to hang up the keys. While knowing when the time is right can be hard, surveys show that more than half of the older drivers whose family asked them to retire from driving said they listened to and followed the suggestion of others.

The sessions are on

Friday, Nov. 1 and Nov. 15, and Monday, Nov. 18, from 2-3:30 p.m. in Clubhouse I. The course will offer practical tips and advice on:

- The Meaning of Driving – Find out what driving means to older adults and the emotions they may face when having to give it up
- Observing Driving Skills – Learn to observe your loved one's driving skills objectively and talk about alternatives to driving.
- Planning Conversations – Discover how to have “the talk” while encouraging independence. It is a difficult conversation to initiate, but with the right tools, you can really make a difference in the life of an older driver.

The course is free, but registration is required and begins on Tuesday, Oct. 8, at 8:30 a.m. in the Clubhouse I E&R office. Space is limited, so plan on registering early. Please bring your Leisure World ID.

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# Nov. 12: In the Footsteps of George Grant, First Photographer for the National Park Service

by Fred Shapiro

Anyone who visits the National Parks is overwhelmed by the beauty of their natural sights and awed by the photographs they inspire.

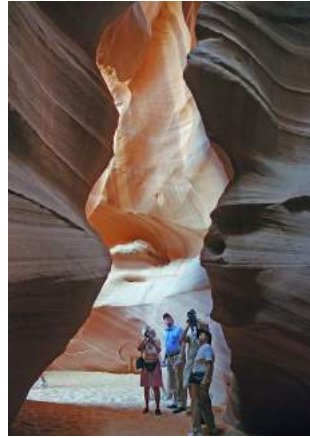
The Center for Lifelong Learning (CLL) and the Rossmoor Camera Club co-sponsor a presentation by authors Ren and Helen Davis about the first photographer for the National Park Service (NPS), George Alexander Grant.

The presentation is on Tuesday, Nov. 12, at 2 p.m. in Clubhouse I. Admission is free, but registration is required and begins on

Tuesday, Oct. 8, at 8:30 a.m. Call (301-598-1300) or stop by the Clubhouse I E&R office to register.

The Davises presentation is based on a book they have researched and written entitled, "Landscapes for the People: George Alexander Grant, First Chief Photographer of the National Park Service."

The oversize book includes a biography of Grant and more than 170 iconic black and white images taken during his career with the NPS, and is the culmination of three years of research in the Park Service photographic archives, the Western Archae-



From left, Antelope Canyon, Utah, and Mount Rushmore at night. Photos by Fred Shapiro

ological Conservation Center, the National Archives, the Center for Creative Photography and other sites.

Grant's photographs were often mistaken for the work

of his better known contemporary and colleague, Ansel Adams; yet Grant remained an 'unknown elder' in the field of American landscape photography as nearly all of his published images were simply credited, 'National Park Service.'

The book was released in September 2015 to coincide with the 2016 Park Service Centennial commemoration.

As freelance writers and photographers, the Davises have co-authored seven guidebooks and more than 100 magazine and newspaper articles. In June 2016, 'Landscapes' received the American Library Association's IndieFab gold medal as the most outstanding photography book published in 2015 by an independent or academic press.

For more information about the Davises, visit ([www.davisguides.com](http://www.davisguides.com)).



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■ **Hispanos de Leisure World**

# Oct. 11: 'Everybody Knows'

by Carlota Goldenberg

**H**ispanos de Leisure World presents the psychological thriller "Everybody Knows" (2018, 2 hours 13 minutes, crime/drama/mystery, Spanish with English subtitles, rated R for some language) on Friday, Oct. 11, at 3 p.m. in Clubhouse I.

The movie tells the story of Laura, a Spanish woman living with her husband and children in Buenos Aires, who decides to take her son and daughter to Spain for her sister's wedding. She looks forward to seeing an old friend there, but unexpected events bring family secrets into the open.

The movie presentation is free and open to all residents and their guests. Coffee, tea and cookies are available after the movie.



■ **Education and Recreation Department**

## Sunday Afternoon at the Movies

# Oct. 27: 'At Eternity's Gate'

**T**he E&R Department is pleased to present "Sunday Afternoon at the Movies." The movies are shown at 2 p.m. in the Clubhouse II auditorium.

On Sunday, Oct. 27, the featured film is "At Eternity's Gate" (2018, 1 hour 51 minutes, biography/drama, rated PG-13 for some thematic content).

Free tickets, limit two per person, are required and can be obtained beginning Tuesday, Oct. 8, at 8:30 a.m. in either clubhouse E&R office. Please bring your Leisure World ID.

The film portrays the Dutch painter Vincent van Gogh's life in self-imposed exile in Arles and Auvers-sur-Oise, France.

Even as he develops his unique, colorful style of painting, he grapples with his feelings towards religion, his mental illness and his friendship with French artist Paul Gauguin. He begins to focus on his relationship with eternity rather than confront the pain the non-acceptance of his paintings causes him.

Willem Dafoe stars as van Gogh, with Rupert Friend as his brother Theo and Oscar Isaac as Paul Gauguin.

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.



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■ **NA'AMAT RBZ Club**

# Nov. 6: 'Heading Home: The Tale of Team Israel'

by Carole Mund

**O**n Wednesday, Nov. 6, NA'AMAT shows the film "Heading Home: The Tale of Team Israel" (2018, 1 hour 27 minutes, documentary/comedy/drama, not rated) at 12:30 p.m. in the Clubhouse I Crystal Ballroom. All residents are welcome.

Both men and women will enjoy this film that traces the creation of a team to represent Israel in the World Series of Baseball. Learn about the process of gathering players with Jewish heritage from all over the world.

Following the movie there will be a brief discussion to share reactions and thoughts. Refreshments will be served. The cost is \$5 per person at the door.

Be sure to mark your calendars to share in the pride of the team that represented Israel.



## 2019 Movie Schedule

Sponsored by the E&R Department

Movies are FREE and shown for your enjoyment in the Clubhouse II auditorium, though you will need a ticket. Please pick up your tickets (limit two per person) on the date indicated below at either Clubhouse I or II. Please bring your Leisure World ID; and remember tickets can go fast.

Show Date & Time	Movie	Tickets Available
Oct. 17, 1 p.m.	Chappaquiddick	NOW
Oct. 27, 2 p.m.	At Eternity's Gate	Oct. 8
Nov. 10, 2 p.m.	A Star Is Born	Oct. 22
Nov. 21, 1 p.m.	Can You Ever Forgive Me?	Nov. 5
Dec. 19, 1 p.m.	The Nutcracker in the Four Realms	Nov. 26

Movies are subject to change.

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## ■ Compassion and Choices of Leisure World

### Oct. 14: Learn About the MOLST Medical Order Form

by Rosalind Kipping

All residents are welcome at the Compassion and Choices meeting on Monday, Oct. 14, at 2 p.m. in Clubhouse I.

The Maryland Order for Life Sustaining Treatment (MOLST) is a portable and enduring medical order form covering options for CPR and other life-sustaining treatments. The medical orders are based on a patient's wishes about medical treatments.

The document is completed by a physician or licensed nurse practitioner in consultation

with you, the patient. Physicians almost never introduce this conversation, and wait for the patient to bring up the conversation about MOLST.

All attendees will receive the MOLST document and information about CPR and what the likely outcome of having CPR is. With enough information, a person can be prepared to have an intelligent conversation about MOLST, knowing the questions he or she wants to ask.

The Oct. 14 meeting is the first meeting for the 2019-2020 season. The Group's

new fiscal year began on Oct. 1. Annual dues are \$5, and members' support makes possible the materials on the Group's resource tables. Consider renewing membership or becoming a new member of the Group.

Come to the meeting 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.

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

## ■ Health Advisory Committee

### Oct. 15: Author Speaks on Overcoming Adversity

by Bob Stromberg

On Tuesday, Oct. 15, board certified coach Eileen Lenson, author of "Overcoming Adversity: Conquering Life's Challenges," will talk about how to overcome adversity to not only survive, but to thrive. Her discussion is at 11 a.m. in Clubhouse I.

"While everyone is 100 percent guaranteed to experience adversity, not everyone will know how to successfully cope with challenging situations. And it needn't be that way," Lenson says. "Adversity is complex, but fortunately, people who find themselves in a painful place can learn how to seek healthy coping options and change their lives for the better."

Lenson explains that there is a paradox in rebuilding one's life after a traumatic event, that getting to the other side of adversity isn't about locking the door behind you or being done without difficulty. Rather, it is about realizing that even though life as you know it may never be the same again, you can, and must, move forward with your life.

The presentation will provide in detail how you can push past obstacles and create changes to your situation. She shares practical ways to calm

the brain, manage feelings, experience choices, implement changes and find the courage to go forward, in spite of the uncertainties in life.

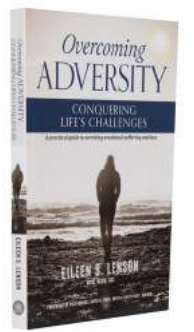
Lenson's professional background includes treating people in crisis for more than 30 years as a licensed psychotherapist and now a life and business coach. To learn more about her work, visit ([www.LensonLifeCoaching.com](http://www.LensonLifeCoaching.com)).

Her presentation concludes with free handouts with suggested exercises and keepsake reminders that will help attendees develop the resourcefulness to not only overcome adversity but to emerge stronger than before.

Although the talk is free, residents are asked to sign up by stopping by the Clubhouse I E&R office or by calling (301-598-1300). Residents and their guests are welcome to arrive early and enjoy complimentary refreshments prior to the presentation.



Eileen Lenson, courtesy photo



## ■ Living Better with Parkinson's

### Oct. 8: Neurologist Speaks on Parkinson's Diagnosis and Treatment

by Ray Weil

At the Group's next meeting on Tuesday, Oct. 8, Dr. Yasser Torres-Yaghi, a movement disorders neurologist, will speak on advances in the management of Parkinson's disease (PD) and related disorders. The meeting is at 3 p.m. in Clubhouse II.

Torres-Yaghi is director of the Parkinsonism and Dementia Clinic at Georgetown University Hospital. He has a medical degree from George Washington University and has completed residency at Georgetown University Hospital.

All meetings of the Living Better with Parkinson's support group are on the second Tuesday of each month (September through May) at 3 p.m. in Clubhouse II. Light refreshments are served.

#### About the Group

The Group recently changed its name from the Parkinson's Support Group to Living Better with Parkinson's support group.

The purpose of the change

is to signal the Group's intent to emphasize ways to improve quality of life for persons with PD and related movement disorders – from current research breakthroughs and understanding of PD, to a means of developing fuller participation in daily activities and experiences that will allow the Group to better meet the challenges of PD proactively.

As a further step in this direction, the Group has been having a weekly informal "coffee club" every Tuesday at 10 a.m. in the Terrace Room of Clubhouse I. The small, lively group gathers for mutual education, discussion, shared experiences and observations, and a variety of topics beyond the clinical and scientific subject matter of PD.

The best part is getting to know each other better than is possible at the Group's more formal monthly meetings. Both the monthly meetings and the coffee club are open to all persons with PD, their spouses and caregivers, friends and others who are interested.

■ **Stroke Support Group**

# Oct. 15: Learn About Changes After Stroke and Aphasia

by Amy Boltz

The Stroke Support Group meets on third Tuesday of the month from 1-3 p.m. in Clubhouse II. Educational programs by healthcare professionals address issues relating to stroke prevention and rehabilitation as well as other wellness topics.

Peer support group discussions enable stroke survivors and their family members and caregivers to learn from and inspire each other. Meetings are free and open to all members of the Leisure World community.

On Tuesday, Oct. 15, the

Group's program from 1-2 p.m. features Kristin Slawson from the University of Maryland's Hearing and Speech Clinic. She will discuss changes after stroke and aphasia and will explain the stroke studies and therapy services provided at the College Park location.

Light refreshments will be provided. The helpful peer support group session for stroke survivors and their family caregivers will meet from 2-3 p.m. after the program.

To RSVP or to obtain more information about the Stroke Support Group or its Oct. 15 meeting, contact Amy Boltz, president, at (248-652-0304).

## GOOD TO KNOW: STAY SAFE WITH FILE OF LIFE



by Leisure World News

File of Life is a fill-in-the-blank card that folds to about the size of an index card and fits inside a red magnetic pouch. A person fills out the card with his or her basic medical information as well as details about known allergies, current medications, emergency contacts, health insurance information and healthcare decisions.

Photo by Leisure World News

Once it is completed, the card and pouch can be stuck to the refrigerator. In the event of a fire or medical emergency, first responders know to look for it there and can refer to it for the patient's medical history, health conditions and other pertinent information.

Residents can obtain a free File of Life card by calling Montgomery County Fire and Rescue Safety Information at (240-777-2430). Don't forget to update the card or request a new one as changes to your medical information occur.

File of Life is a non-profit organization that promotes emergency preparedness. For more information, visit ([www.folife.org](http://www.folife.org)).

■ **Health Advisory Committee**

# Oct. 23: 'Voices of Grief, Honoring the Sacred Journey'

by Sandra McLeskey

On Wednesday, Oct. 23, Jim Rossi, a retired physician who specializes in grief counseling, presents the film "Voices of Grief, Honoring the Sacred Journey" (2016, 40 minutes, documentary, not rated) at 1:30 p.m. in Clubhouse I, followed by a talk about grieving.

Many people in Leisure World have lost loved ones, including spouses, family members, friends and neighbors. It's one of the disadvantages of growing old.

Sometimes people speak or think of the departed fondly and smile at remembrances of them. But sometimes grief is all encompassing and prevents people from enjoying life.

"Voices of Grief" is a

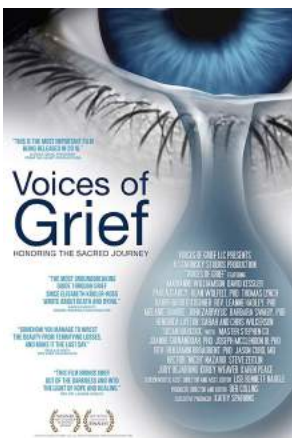
compelling film that captures personal stories of grieving adults as well as nationally renowned experts offering their insight with a solutions-based

approach. The film has been shown all over the U.S. and Canada to help people deal with their disabling grief.

Rossi is the director of adult bereavement for CaringMatters, an organization that seeks to support people facing a life-threatening

illness or grieving for a lost loved one.

Sponsored by the Mental Health Subcommittee of the Health Advisory Committee, the event is free, but sign-up is required and available beginning, Tuesday, Oct. 8, at 8:30 a.m. in the Clubhouse I E&R office.



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# Oct. 30: Panel Explores Alternative Pain Therapies

by Sandra McLeskey

Every Leisure World resident probably knows someone who is bothered by chronic pain, or maybe has chronic pain himself or herself. It's a very common problem.

People can have back pain from arthritis or ruptured discs, or arthritis pain in the knees and hips. No one likes to be in pain. It can limit a person's ability to enjoy life, or even carry on normal activities.

But with the opioid crisis, it can be difficult for patients to get adequate pain control from pain-killing medications, as doctors are limiting the amounts they prescribe. For some kinds of pain, such as neuropathic pain, opioid painkillers are not very effective.

On Wednesday, Oct. 30, a panel of medical practitioners who treat pain on a daily basis

will explore treatments for pain that can complement or even replace opioid painkillers. The event is at noon in Clubhouse I.

The panel includes Dr. Fariba Shah, a physiatrist (specialist in physical medicine); Gail Koffman, acupuncturist; Beth Armagost, massage therapist; and Dionne Hawkins, physical therapist and director of the National Rehabilitation clinic at the MedStar Health medical center in Leisure World.

Kellia Giambone, manager of operations at the medical center, will moderate the panel. All of the persons on the panel have offices in the medical center.

The panel discussion is free, but sign-up is required and available beginning Tuesday, Oct. 8, at 8:30 a.m. by either calling (301-598-1300) or stopping by the Clubhouse I E&R office.

# Nov. 13: Symposium on Diabetic Eye Disease

by Larry Cohen

The Lions' Vision Support Group continues to "countdown to 2020" on Wednesday, Nov. 13, when Group members will learn how research and progress is helping to win the war on diabetic eye disease, and how people with vision loss can help.

This free symposium, which is at 1:30 p.m. in Clubhouse I, will help attendees gain the power to take charge of their vision health and physical health! All residents are welcome, but sign-up is required and available beginning Tuesday, Oct. 8, at 8:30 a.m. by calling (301-598-1300) or stopping by the Clubhouse I E&R office.

About 90 percent of vision loss from diabetes is preventable, according to the Center for Disease Control and Prevention. Studies show that 60 percent of folks with diabetes are not getting the exams their doctors recommend.

People living with diabetes or who are pre-diabetic are at risk for macular edema and diabetic retinopathy, and are twice as likely to get glaucoma.

Join the Group for its regular meeting on Nov. 13, at 1 p.m. in Clubhouse I. For more information, contact Larry Cohen at (908-770-9111) or (topops@aol.com).



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# Lost Something? Check with FISH

by Beth Leanza

The FISH closet is getting very full with found items: jackets, sweaters, lots of hats, some books and orphaned earrings. Drop in to the FISH office in Clubhouse II and claim your stuff.

Residents who've lost an item can also call the FISH office at (301-598-1345) and FISH volunteers will check the closet for it. FISH is open Monday to Friday from 10 a.m.-4 p.m., except for major holidays.

Residents looking for an item when the FISH office is closed should call the E&R department at (301-598-1320), and a staff member can look for it.

## About FISH

FISH is comprised of a group of volunteers who accept donations of assistive and medical equipment, such as wheelchairs, walkers and bedside commodes, and then lend them to residents.

FISH also accepts incontinence supplies, walker accessories and some assistive equipment, such as canes and elevated toilet seats. These are kept in the front area of the FISH office and are not limited to residents.

Most of the time, FISH can let people borrow items indefinitely because it keeps receiving more donations!

Thinking of buying a wheelchair or walker? Borrow from FISH first before buying!

Most FISH volunteers do not have medical training, so they strongly suggest that a borrower check with a doctor or therapist. The volunteers do their best to make sure the equipment is safe to use.

Residents donating items are asked not to leave any items outside the FISH area in the Clubhouse I basement, but to bring the items to the FISH office.

## Volunteering

FISH is always looking for new members. Residents interested in becoming a FISH volunteer should contact president Beth Leanza at (301-598-4569). FISH suggests a training/orientation session with a current volunteer. Volunteers do a little record keeping –nothing difficult.

## Helping Other Causes

FISH is happy to help other organizations, such as the Lions and Kiwanis Clubs, by being

the place to donate items for good causes. Collection boxes currently in the FISH office are for residents to drop off eyeglasses, hearing aids and can tabs.

Clubs and individual residents who want to start a collection, even for a short time, should contact FISH. Be sure to include contact information on the collection box.

## Health & Fitness In Brief

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

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

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

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

**Fitness Center:** One of the Fitness Center's personal trainers leads a free orientation tour of the Fitness Center on the second Tuesday of every month at 2 p.m. Learn how to use the equipment and facilities. Registration is not required.

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

**Memory Café:** The Memory Café meets the last Thursday of every month from 2-3:30 p.m. in Clubhouse I. The program provides social engagement for individuals living with early stage memory loss. Registration is required. For more information, call the manager at (240-428-1342) or the National Alzheimer's Association at (1-800-272-3900) or (TTY: 1-866-403-3073) or visit ([www.alz.org](http://www.alz.org)).

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# CLUBS, GROUPS & Organizations

## ■ Garden and Environmental Club

### Oct. 14: Club Holds Annual Plant Swap

by Jean DeSchraver

All residents are invited to the Garden and Environmental Club's annual plant swap on Monday, Oct. 14, at 10 a.m. in Clubhouse I.

Participants may take home plants, seeds and supplies without donating anything. They may also donate without taking anything. Those who bring plants are asked to label them if possible. Containers and pots are welcome, but do not bring florist vases. Books, decorations, stones and supplies are welcome.

Upon arrival, each guest will draw a number that determines the order the guest chooses his or her first item. For more information, contact swap chair Vivienne Burke at (301-460-4016) or (vburke@gmail.com).

Coffee, tea and delicious homemade desserts will be served before, during and after the



Annual plant swap chair Vivienne Burke. Photo by Jean DeSchraver

meeting, affording attendees an opportunity to meet and socialize.

Any resident interested in joining the Club may contact membership chair Gwen Raphael at (301-598-7653) or (graphael@verizon.net).

The Club's Monday, Nov. 11, meeting theme is "a walk on the wild side."

## ■ The Leisure World New Yorkers and Friends Group

### New Yorkers and Friends Welcomes New Members

by Linda Mahler

The New Yorkers and Friends Group is preparing for a fun-filled Club year with newly elected officers and an enthusiastic social committee. The Group holds a meeting on Thursday, Oct. 10, at 10:30 a.m. in Clubhouse I.

Founded last year, the Group is off to a great new start with plans in the works for a "smorgasbord" of activities (think: New York Deli) – something for everyone. Events will be interspersed

throughout the year, and members will have a chance to get better acquainted with fellow New Yorkers and Friends.

The Group is open to anyone who has an affiliation with New York (city or state) or who just likes New Yorkers. Come out and share old memories, and let's make some great new ones together!

For more information, contact either co-president Linda Mahler at (301-288-4367) or Carole Mund at (301-598-2768).

## ■ Vegetarian Society of Leisure World (VSLW)

### Oct. 17: Vegan Buffet Returns by Popular Demand

by Bob Fenichel

On Thursday, Oct. 17, a vegan buffet dinner returns to Leisure World by popular demand at 6 p.m. Clubhouse II. Vegetable Garden Restaurant will provide the food.

The cost is \$12 for members and \$16 for non-members. Those joining the VSLW now (\$10 per year) will have membership through the end of 2020. Send checks to treasurer Helen Gross at (3100 North

Leisure World Blvd., #710, Silver Spring, MD 20906), no later than Friday, Oct. 13.

#### About VSLW

Additional information on VSLW activities is available at (www.vslw.org). Everybody is welcome at VSLW activities; residents don't have to be vegetarian to participate.

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

## ■ Rossmoor Art Guild

### Open House Hosts Nearly 100 Creative Folks

by Judy Kirkland

Autumn is off to a brilliant start for the Rossmoor Art Guild (RAG). Maria Clark's root beer floats were a huge hit at the recent open house and annual art supply sale, which welcomed almost 100 people.

Fourteen first-time artists are off to a great start in new teacher Alex Michaels' basic drawing class, one of nine art classes offered in this fall I session.

Before the open house, the RAG board provided a delicious brunch for the Guild's teachers and recognized retiring president Ann Bolt. Along with "retirement" gifts, Bolt received a certificate of appreciation citing her leadership, years of tireless service and major achievements in raising the level of the Guild's programs, exhibits and financial strength.

But don't worry; she is still very



At left, Guild president Judy Kirkland, right, surprises past president Ann Bolt with "retirement" gifts. Photo by Michael Higgs. At right, residents peruse art supplies available for sale at the Rossmoor Art Guild's recent open house. Photo by Ann Bolt



much involved in RAG – she'll just have a little more time to paint!

#### Upcoming Events

- Oct. 7 – Pre-registration begins for fall II classes
- Nov. 12, 1-2:30 p.m. – RAG meeting and framing presentation
- Nov. 18 – Eyre Bus, Tour & Travel day trip to Richmond, Virginia, for the Edward Hopper exhibit
- Nov. 19, 1-3:30 p.m. – block printing workshop to make holiday cards

# Oct. 9: 'Namibian Mineral and Wildlife Adventure'

by Frank Roddy

The speaker for the Gem, Lapidary and Mineral Society's (GLMS) meeting on Wednesday, Oct. 9, is Casper Voogt from the Montgomery County GLMS. He will talk about a "Namibian Mineral and Wildlife Adventure" at 7 p.m. in Clubhouse II.

Voogt will describe his 2018 Namibian mineral and wildlife adventure, in which he bought an aquamarine from local miners that was encrusted with black deposits, making it appear rather drab.

Once he got home, Voogt cleaned off the stone judiciously, revealing an astoundingly beautiful set of aquamarine crystals. While in Namibia, he saw and photographed myriad African wildlife and desert scenes. He met many interesting local people and bargained with them for their mineral specimens.

He will also explain some of the logistics involved with air and ground transporta-

tion, and how to get minerals back home.

Voogt is a globetrotting mineral collector and photographer. He has traveled to more than 50 countries and has been mineral collecting in exotic places such as Morocco, Madagascar, Myanmar, Russia, Germany and around the U.S. For his day job, he runs Plethora Design, a web design company.

Come join the Group for an interesting presentation with beautiful African scenery, wildlife and minerals!

## About GLMS

The GLMS of Leisure World holds meetings on the second Wednesday of every month at 7 p.m. in Clubhouse II. All residents are welcome. Membership is \$15 per year with the Club year starting in September.



At left, Casper Voogt, right, in Namibia. At right, dioptase from Camp Aussicht, Omaue Mine in Namibia, courtesy photos

## ■ Center for Lifelong Learning (CLL)

# Class Presents 'Journals of a Geographer'

by Fred Shapiro

With concern over changing weather patterns and its effect on the geographical features of the Earth growing, geographer Tom Conger will conduct a series of classes for the Center for Lifelong Learning (CLL) entitled, "Journals of a Geographer."

The class runs from Wednesday, Nov. 6, through Wednesday, Dec. 11. The class size is limited to 40 students, so don't delay. See the Classes and Seminars section of this publication for more details.

Features of the Earth's crust are temporary forms in a long sequence of change that began when the planet originated billions of years ago and continues to this day.

Conger seeks to understand these changes, or physical processes, as he takes the class through his observations from his travels using his journals and photographs. He will ask the class to join him with their own journals and photos from their travels and share the impact their observations have had on their lives.

Conger will set the stage by taking the class back to his time spent growing up in Miami, Florida, and will explain what made that place so special. Over the years, he has traveled and lived in many places in the U.S. and abroad where he has noted

in his journals the geographical features and history he's observed.

He will add to his observations those of such well-known personalities as Lewis and Clark, John Wesley Powell, Mark Twain, William Bartram and Henry David Thoreau.



Tom Conger, photo by Fred Shapiro

## About the Instructor

Conger is a veteran community planner and geographer, having worked in a wide variety of physical environments. He has had to perform his jobs while considering such various physical environments as the

coastal plains, the mountains of Appalachia and the American West.

Conger holds master's degrees in geography and community planning from the University of Cincinnati. He has taught geography at middle and high schools and at Northern Arizona University. His CLL classes have all been well attended and received.

If you enjoy learning about the world in which we live, this is a class you do not want to miss.

For more information on all CLL lectures and classes, visit ([www.clld.com](http://www.clld.com)).



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# Nov. 12: Nature Photographer Provides How-To's

by Fred Shapiro

The Rossmoor Camera Club holds an educational program on Tuesday, Nov. 12, at 7 p.m. in Clubhouse II. Photographer and Club member Brenda Gillum will provide tips on photographing nature.

One of the leading photographers in the Club and in the Photographic Society of America's (PSA) local chapter, Gillum spends much of her time outdoors tracking animals and birds, looking for the right setting and waiting for the ideal time to shoot her photos.

Residents are invited to join Club members on Nov. 12 to learn how they, too, can catch that memorable image with their cameras.

## About the Presenter

Gillum began her journey as an amateur nature photographer out of an interest in birding that developed from the wide variety of birds in her backyard, which bordered a creek along the Mississippi flyway.

Besides birding, she also enjoyed astrophotography using a Pentax K1000 film camera, slide film and a Meade telescope. Gradually, her interest in birding combined with an interest in photography.

Over time, her photography skills improved from reading photography books and magazines, listening to photo-related podcasts, practicing various photo-taking techniques, attending photo critiques and entering her best images in

non-profit competitions.

Most of her photographs are taken in various parks around the country, with an emphasis on taking the best images she can at the time of capture. Many are displayed at the PSA annual international conference.

Gillum plans and researches her photography trips beforehand, and she will discuss this aspect of her life as a photographer along with sharing tips on photo-taking.

## September Competition

Winners from the Club's Sept. 24 competition are:

### Advanced Prints

1st place: Joanne Mars, "Looking Down the Vessel"; 2nd place: George Kaye, "Beach



Roseate Spoonbill, photo by Brenda Gillum

Volleyball"; 3rd place: Bob Kaplan, "Floor Design"

### General Prints

1st place: Ann Ferren, "Study in Black and White"; 2nd place: Nina Parish, "Miami Harbor"; 3rd place: Julie Friedman, "Bird at Big Bend"

### General Digitals

1st place: Nina Parish, "Kusama Art"; 2nd place: Gaby Dusan, "Falling Through Space"; 3rd place: Debra MacNealy, "Welcome to Chestertown"

### Advanced Digitals

1st place: Larry Mars, "Chetcamp Harbor"; 2nd place: Bob Kaplan, "Face on the Drain"; 3rd place: George Kaye, "Caribbean Breeze"

### Join the Club

After hearing Gillum speak, residents may want to join the Rossmoor Camera Club to learn more about photography and how to capture memorable images.

The Club has two levels of membership. Members who expect to compete in the monthly competitions pay dues of \$25 for the year. Residents who wish to join the Club to learn more about photography but are not interested in competing pay dues of \$15.

To join, mail checks for dues to Woody Shields at (Rossmoor Camera Club, 3200 N. Leisure World Blvd., Apt. 817, Silver Spring, MD 20906).

For more information about the Club, visit ([www.rossmoorcameraclub.com](http://www.rossmoorcameraclub.com)).

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# Nov. 14: 'Understanding Your Digital Camera' with Fred Shapiro

by Fred Shapiro

The built-in software in digital cameras accomplishes many of the adjustments photographers used to make manually. But some digital camera owners do not know about all the camera's features.

To enlighten residents on the use of their digital cameras, Fred Shapiro will teach a one-day program, "Understanding Your Digital Camera," on Thursday, Nov. 14, at 2 p.m. in Clubhouse I.

The program is free but registration is required and begins Tuesday, Oct. 8, at 8:30 a.m. by either calling (301-598-1300) or stopping by the Clubhouse I E&R office. The program will have a maximum of 20 participants, so plan to register early.

Participants are encouraged to bring to the program their digital camera and the camera's instruction manual.

## About the Program

While the built-in software is comparable from the least to most expensive digital camera, the terminology and features' location on the camera differs by manufacturer.

In the days of film, the photographer had to use a separate light meter to measure the scene, enabling him or her to select the appropriate lens aperture and speed based on the ASA sensitivity of the film.

But even the most inexpensive digital cameras of today house software that enables the photographer to automatically tailor the photographs according to the subject of the scene, action and lighting.

Each variation in subject is encompassed in what is called a mode, or a programmed category that automatically considers the lighting, action and depth of field particular to the subject. Modes are used to properly capture the image in all types of situations.

In considering the purchase of a digital camera, residents should be aware of the differences in the built-in software, mainly expressed in the cost of the camera, and what is required for their particular type of photography.

Typical family and travel photos do not require the more expensive cameras. They have adequate ability to capture many different images. However, residents looking to capture photos of sports or wildlife from a distance require a camera with different accessories and built-in features.

In addition, many cameras now have

a limited amount of in-house editing that can be done to improve some of the basic features of the photo.

Shapiro's program will provide time for one-on-one instruction, as well as the opportunity for residents to show their photos for critique by other participants.

## About the Instructor

Shapiro has been photographing anything and everything since he was a teenager and has been active in the education about digital photography since its inception.



From left, a dog 'says hello' and a bee pollinates a flower. Photos by Fred Shapiro

He has been a member of the Ross-moor Camera Club since moving to Leisure World in 2003.

For information on all CLL lectures and courses, visit ([www.cllmd.com](http://www.cllmd.com)).

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# Club Celebrates Halloween and Mexican Holiday El Día de los Muertos

by Meriel Brewer

Halloween is derived from an ancient Celtic festival celebrated over 2,000 years ago to mark the end of harvest and the beginning of the new year.

They paid tribute to departed souls of near and dear ones. Families' ancestors were invited home – spirits of the dead returned to Earth. To ward off evil spirits, they donned costumes and masks to disguise themselves and concluded the festivities with bonfires, food and drink.

In the 16th century, Scotland was the first country to celebrate Christian "All Hallows' Eve" on Oct. 31 on the eve of All Saints' and All Souls' Day. The town of Anoka, Minnesota, was the first in America to celebrate Halloween on that date in 1921. The tradition of trick-or-treating evolved from the English/Irish tradition of

All Hallows' Eve.

The Mexican holiday known as El Día de los Muertos is sometimes confused with Halloween. Despite the masks and skulls, it is not spooky, but rather a joyous celebration of those loved ones who are gone and missed. Families welcome back the souls of their deceased relatives for a brief reunion that involves food, drink and celebration.

The tradition dates back 3,000 years to the Aztecs. Originally a harvest celebration, it survived through the 16th century when the Spanish conquistadores arrived in Central Mexico.

They found the tradition to be sacrilegious, but instead



At left, Halloween-themed ceramics on display in Clubhouse II. Photo by Dottie Patch. At right, Day of the Dead items created by Kevin Bond. Photo by Kevin Bond.



of abolishing it, the tradition evolved to incorporate elements of Christianity. With the Catholic influence in Latin America, the holiday was combined with All Saints' Day, Nov. 1, and All Souls' Days, Nov. 2.

The Ceramics Club's Halloween and El Día de los Muertos items are on view through October in the Club's display case in Clubhouse II. Come see the Club's interesting

collection of scarecrows, witches and pumpkins.

And the Club's favorite spooker-in-residence, Kevin Bond, has taken on El Día de los Muertos with some unique skulls and other treats to peruse.

The Club's annual \$10 fee includes an initial project and training. Call (301-598-1320) to make an appointment with Beth or Janice.

## ■ Fun and Fancy Theatre Group

# '70, Girls, 70' Takes the Stage in November

by Hannelte Allen

Excitement is building for November's big, brassy and tuneful show, "70, Girls, 70." Here is a snippet from one of the musical's songs:

"I went down to the tennis courts/Lookin' good in pleated shorts,/The girl I played was 23,/ But not at all a match for me/I gave a backhand, then a

slice/I aced her once, then aced her twice/She staggered through the clubhouse door/I stayed and played for three sets more...(and she is 70, Girls, 70)!"

The cast is learning and improving with every rehearsal, enjoying the expert guidance of director Duane Monahan, musical director Arielle Bayer and choreographer Trish Baker.

"Rehearsals have been terrific," said producers Gerry Kaufman and Maureen Harris. "The cast is delighted; the music is peppy and the toes are 'tappy.' This is a show everyone will enjoy."

Set design and construction is underway with the leadership of JJ and Betty Boulin. Costumer Joan Bowar is rounding up costumes, and the stage manager and stage crew, props people, lighting designer and staff, sound designer, ticket sales people and program designer are all hard at work.

Fun and Fancy thanks Ida Leong for running extra dance

practice sessions in between rehearsals.

### Performance Dates

Performances for "70, Girls, 70" are:

- Friday, Nov. 15, at 7:30 p.m. (includes opening night party)
- Saturday, Nov. 16, at 7:30 p.m.
- Sunday, Nov. 17, 2 p.m.
- Friday, Nov. 22, at 7:30 p.m.
- Saturday, Nov. 23, at 7:30 p.m.
- Sunday, Nov. 24, at 2 p.m.

### Ticket Sales

Tickets will be sold on the following days and times:

- Monday, Nov. 4, through Friday, Nov. 8, from 11 a.m.-2 p.m. in the Clubhouse I lobby
- Wednesday, Nov. 6, after the monthly Fun and Fancy meeting and show in the Clubhouse II lobby
- Saturday, Nov. 9, from 10 a.m.-1 p.m. in the Clubhouse II lobby



The partial cast of "70 Girls 70." Photo by Marge Mathieu

- Monday, Nov. 11, through Friday, Nov. 15, from 11 a.m.-2 p.m. in the Clubhouse I lobby

Tickets will also be sold 45 minutes before each performance outside of the Clubhouse II auditorium. Cash or checks, payable to Fun and Fancy, are accepted.

The Nov. 15 admission includes a special opening night party with the cast after the show. Tickets for that night only are \$15 (for both show and party). Tickets for all other performances are \$10.

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# Striving for an Idle-Free Maryland

by Valerie Williams

Everyone can play a part in helping to clean Maryland's air. Vehicle idling results in emissions of carbon dioxide, particulate matter and nitrogen oxide – all pollutants that harm the environment, according to the Maryland Department of the Environment.

Additionally, idling represents a significant health issue for children and senior citizens with existing respiratory issues such as asthma and emphysema.

## What is Idling?

Idling is when a vehicle is left running unnecessarily while stopped. It occurs when an engine is on, but the vehicle is not otherwise in use or operation. In Maryland, drivers are not legally allowed to idle longer than five minutes. Engines can benefit from being turned off after just 10 seconds. Since idling emits pollutants that are harmful to lungs, the less a driver idles, the better.

## Effect on Environment

More than three million people die each year from the effects of air pollution, according to the Earth Policy Institute.

Tailpipe emissions that form ground level ozone can lead to a variety of serious health conditions. That's why it's important to be aware of how idling impacts those around us; turn off the engine at every opportunity. Car and truck exhaust contains air pollutants that can cause cancer, respiratory issues, reproductive effects, birth defects and other serious illnesses.

Idling also has an environmental impact. It doesn't just affect air quality; it puts the entire ecosystem at risk. Related pollution impacts streams, rivers, lakes, bays and coastal waters. If everyone in Maryland eliminated unnecessary idling, local ecosystems would be healthier, too.

Each gallon of fuel burned emits about 20 pounds of carbon dioxide and introduces varying levels of nitrogen into the atmosphere. Over the course of one year, one car idling for just five minutes a day can emit as many as 25 pounds of harmful air pollutants and about 260 pounds of carbon dioxide.

Excess nitrogen can fuel the growth of algae blooms in the bay, which can block sunlight from reaching underwater grasses and create low oxygen "dead zones" that suffocate marine life. About one third of the nitrogen in the Chesapeake Bay comes from the air. Airborne nitrogen is one of the largest sources of pollution affecting the bay and its tributaries. Poor water quality affects bay grasses, blue crabs, oysters and fish species.

## Effect on Cars

People are not likely to knowingly purchase a vehicle that guzzles gas while getting zero miles to the gallon, yet that's what happens

when they idle their vehicles. It's wasteful and unnecessary; it's also harder on engines and less fuel-efficient than driving.

Idling leaves residue on spark plugs, increases fuel consumption by up to five percent and can reduce the life of a car's exhaust system. Excessive idling can also damage an engine and add as much as \$2,000 per year in maintenance costs. It also consumes up to a gallon of fuel an hour and wastes about six billion gallons of fuel each year. Idling for more than 10 seconds consumes more fuel than restarting an engine.

Pay attention to your own idling patterns and make lifestyle changes to avoid idling. For instance, don't use drive-thru windows; go inside instead. Shut off the engine when picking up and dropping off passengers, and loading or unloading the vehicle. Consider the economic impact of idling, as well as the health risks and effect on the ecosystems.

## Take the Pledge


Maryland's Department of the Environment is asking all residents to take the pledge to be idle free. It's important to know how to recognize and reduce idling so everyone can help keep Maryland communities thriving. For more information, check out (<https://mde.maryland.gov/programs/Air/MobileSources/idlefreeMD/Pages/index.aspx>).




## About LW Green

LW Green is a group of residents who strive to be better stewards of the environment through education and advocacy. Members don't have to be experts; the Group brings the experts to its members!

All interested residents are invited to attend LW Green's meetings, which are held on the fourth Wednesday of each month at 2 p.m. in Clubhouse I. For more information, visit the Group's website at ([www.lw-green.com](http://www.lw-green.com)).



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## ■ Ballroom Dance Club

# From Swing to Salsa

by Joyce Hendrix

Dance to the music of The Helmut Licht Trio on Saturday, Oct. 26, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. Halloween costumes are optional but encouraged.

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

### Upcoming Events

The Tony Luciano Band will be featured at the Saturday, Nov. 23 dance. At the Club's annual meeting on Wednesday, Dec. 11, Club members will vote for a new slate of officers and discuss plans and changes for the new year of dance parties.

### December Dances

The Holly Ball on Saturday, Dec. 7, and New Year's Dance on Tuesday, Dec. 31, are sponsored by Perrie, LLC, and

require prepaid reservations. Both of these dinner dances are held in the Clubhouse I Crystal Ballroom.

For more information or to make reservations, call (301-598-1330) or (301-598-1331).

### About the Dances

Dances are held from January through November on the fourth Saturday of each month from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom, with music provided by various live musical groups.

Music is played in strict ballroom tempo with both slow and Viennese waltzes, foxtrot, swing, hustle, all the Latin varieties, rumba, samba, tango, merengue, an occasional salsa and a few polkas for good measure.

The annual schedule is available at each dance. The 2020 schedule will be forthcoming.



## Oct. 16: Club for Dog Lovers Holds Organizational Meeting

by L. Mali Cruz

The newly formed club for dog lovers holds its organizational meeting on Wednesday, Oct. 16, at 1 p.m. in Clubhouse I.

This meeting will provide an opportunity to introduce interim Club officers, gather ideas, discuss dues, work out a meeting schedule and consider the development of a website.

The fundamental goal of the Club is to promote and protect dogs in the Leisure World community. The Club aspires to give canine enthusiasts a place to gather, educate each other and share information.

The Club also plans to explore topics on responsible dog ownership, including obedience training, maintaining canine health, socialization, adoption and other

subjects of interest to Club members.

The Club's activities will include inviting speakers to present on such useful and interesting topics as living with a canine, the role of service dogs, care and grooming, potential for a Leisure World dog park and others.

Club members will also share relevant news; organize "doggie" playdates; explore educational programs, including documentaries and films; and investigate the feasibility of mobile veterinary and grooming services.

All residents are welcome to join, including those who don't have a canine companion. Residents who are interested in the Club but cannot attend the meeting should contact (eileen1415@gmail.com).

## ■ Writers of Leisure World

# Writers Meet Monthly

by Denise Barker

The Writers of Leisure World met on Sept. 19 to share some of their work and their experiences as writers.

Grace Cooper wrote of her first car, a VW Bug that had a problem with hills. After parking it on the top of the hill, she would find it at the bottom when she returned. She eventually left it at the gas station with a note that read, "you can have this car."

Jerry Udell wrote "Mom and Me" about his late mom, explaining how she had belonged to an organization to look into after-death experiences. She'd admitted to Udell that she'd had such an experience when giving birth to him.

John Moens wrote "Practical

Advice to Men on Dating," which included one man's embarrassing experience while out on a date.

Woody Shields wrote "Worst of Times" about how the '60s caused much consternation among parents, and how the present generation is having similar worries:

"Each generation is responsible to raise the next generation of barbarism." The world, he says, "should and does change, hopefully for the better. But it requires

a fight for recognition, followed by acceptance, then the war for dominance."

The Writers of Leisure World meets on the first and third Thursdays of the month at 11 a.m. in Clubhouse I. All residents are welcome.



## ■ Garden Plot Group

# Oct. 8: Group Nominates Officers for 2020

by Judy Elrod

Nominations for the positions of Garden Plot Group president, vice president, secretary, treasurer, registrar and field supervisor will be accepted at the Tuesday, Oct. 8, meeting at 9:30 a.m. in Clubhouse I.

All nominees must be present at the Oct. 8 meeting to state they will serve if elected. If a nominee is not present, a statement of willingness to serve signed by the nominee must be sent to the Club's executive committee via the club secretary at (judyelrod@comcast.net) prior to Friday, Nov. 1.

The election of officers takes place at the Tuesday, Nov. 12, meeting in Clubhouse I. The Group strongly encourages all

members to attend these two important meetings.

### Plot Renewal

Garden plot renewals and new applications for 2020 are now being accepted.

Pick up the 2020 garden rules and regulations and the application form at the Clubhouse I E&R office or sign in to the resident website, (residents.lwmc.com), and print a copy. The completed application should be submitted to the Clubhouse I E&R office by Sunday, Dec. 1.



Flowers are still blooming in the garden. Photo by Judy Elrod

### Get Involved

The Group's meetings are held on the second Tuesday of the month at 9:30 a.m. in Clubhouse I. Members are encouraged to attend as the Group prepares for 2020.



# With Election Year Approaching, Club has Many Ways to Get Involved in Democratic Process

by Roger Blacklow

The Democratic Club has heard from several of its members that they are not receiving their “Donkey Dispatch” even though they’ve paid their dues. The Club considers it a top priority that paid members receive its e-newsletter.

Members who aren’t receiving it, or those who are unsure if they’re paid-up members, should send an email to (leisureworlddemclub@gmail.com). Members who need a dues application should also send the Club an email. The Club has some future events to which paid members will get priority.

## Get Involved

Want to get involved in the world of elections? The Club

is actively engaged in the 2019 state elections in Virginia and is focused on 2020. Club members write personal notes to allies in battleground states.

The September letter-writing afternoons were a big success; more than 90 people turned out and nearly 1,500 personalized letters were sent to fellow Democrats in Virginia, urging them to vote on Tuesday, Nov. 5, and to Pennsylvania to get Democrats registered to vote.

The Club often hears, “We want to do something” so it has planned two more letter-writing events, because so many of its members are disgusted with President Trump and his Administration. The Club can satisfy your need to be active and educated with the following events:

- Oct. 10 – County Execu-

tive Marc Elrich answers questions at 7 p.m. in the Clubhouse I Crystal Ballroom

- Oct. 16 – letter-writing party from 7-9 p.m. in Clubhouse I
- Oct. 22 – Toni Van Pelt, president of the National Organization for Women, will discuss turning Virginia Democratic on Tuesday, Nov. 5, as the final piece of a puzzle to pass the Equal Rights Amendment (ERA) and other issues. Come and show your support for the ERA and a better future. The event is from 2-4 p.m. in Clubhouse I
- Oct. 24 – voter registrar training from 2-4 p.m. in Clubhouse I. Learn how you can register new voters in Leisure World and the vicinity
- Oct. 30 – letter-writing party from 2-4 p.m. in Clubhouse I



Club members write personal notes to Democrats in Virginia encouraging them to vote on Tuesday, Nov. 5. Photo by Olivia Bartlett

## Brunch with Raskin

On Sunday, Nov. 3, the Club hosts an informal brunch with Rep. Jamie Raskin from 10 a.m.-noon in the Clubhouse I Crystal Ballroom. This is a ticketed event with a cover charge for refreshments. More details will be forthcoming.

Raskin was unable to attend the Club’s September meeting because of a scheduling conflict.

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

# Oct. 18: Chapter's Health Roundtable and Expo



World War II veteran Major Anderson II speaks about his time as a Tuskegee Airmen at a recent NARFE event. Photo by Jewel Lee

John R. Moens

On Monday, Oct. 21, Chapter 1143 holds its third and largest annual health roundtable and expo at 2 p.m. in the Clubhouse I Crystal Ballroom.

Member or not, Chapter 1143 invites all residents and their guests to hear its guest speakers present on exciting topics at its meetings.

### Recent Events

On Sept. 27, members and non-members gathered to hear Al Bersin, the "Border Czar" under Presidents Clinton and Obama, discuss the immigration situation. The Chapter's new "Proud to Be a Retired Federal Employee" pins, purchased by treasurer Jewel Lee, were distributed at this meeting.

And on Sept. 16, the Chapter welcomed a large and enthusiastic crowd to listen to Major

Anderson II of the Tuskegee Airmen in a meeting co-sponsored by the Leisure World Association for African American Culture.

Anderson is the second World War II veteran to address the



Chapter this year. More than one third of federal employees are veterans.

The fighter pilots of the Tuskegee Airmen earned the respect of white

Bomber crews by constantly putting their lives on the line to protect them from attacking planes. Their performance persuaded the Army Air Corps to form another segregated unit, the 477th Bombardment Group, but the war ended before they could enter combat.

An online search of Anderson's name and the words "Tuskegee Airmen" yields a video of Anderson and four other Tuskegee Airmen being presented the Congressional Gold Medal in a ceremony presided over by President Obama.

■ **Republican Club**

# Oct. 15: Speakers Discuss Issues Affecting Seniors

by Fred Seelman

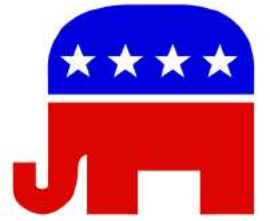
The next meeting of the Republican Club is on Tuesday, Oct. 15, at 7 p.m. in Clubhouse I.

Representatives from two well-known senior organizations, Association of Mature American Citizens and 60 Plus, will speak about political issues that are getting the attention of seniors and the Republican Party.

Come to the meeting and receive reports from speakers on the issues the Republican Party and seniors are working on together.

Send comments or questions about these or any other Club matters and/or offers to volunteer to Club president Fred Seelman at (fseelman@gmail.com) first vice president Robert Kammer at (301-847-9820).

Join the Club for another quality event on Oct. 15.



■ **League of Women Voters**

# Oct. 16: What You Need to Know About the Census

by Maxine Lewack

The next meeting of the Rossmoor League of Women Voters Discussion group is on Wednesday, Oct. 16, at 10:15 a.m. in Clubhouse I.

The group will discuss how the 2020 census will differ from 2010, the costs, who is privy to the information obtained and what April 1, National Census Day, means, among other topics.



Ninety-five percent of the population will receive their forms by mail. The remaining five percent consists of people with a post office box, people in areas recently ravaged by natural disasters and residents of remote areas, such as Native American reservations.

Studies of the last census results showed that many children were undercounted for various reasons: children were split between two households; newborns were omitted; low-income and immigrant families underreported numbers; people thought only citizens or adults could be counted, and so on.

U.S. residents may be fined up to \$100 for refusing to answer, and up to \$500 for deliberately falsifying their answers.

All residents are invited to join for a lively presentation and light refreshments.

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# Oct. 13: Voices of Vets Performs at Brunch

by Jerome "Jerry" Cohen

The Jewish War Veterans (JWV) Post 567 brunch is on Sunday, Oct. 13, at 10 a.m. in the Clubhouse I Crystal Ballroom and will feature the fabulous Voices of Vets, Inc. led by professional vocalist Kassie Sandacz.

Voices of Vets' performance on Oct. 13 will be their second appearance at Leisure World. The group's performance earlier this year received a standing ovation, and this performance is not to be missed. Post 567 invites all veterans living in Leisure World to attend this event.

The non-profit mission of Voices of Vets is to honor veterans through live performances showcasing tunes from the '40s, '50s and '60s, as well as patriotic songs. Its goal is to visit every veteran home in the U.S. to show their appreciation for the great sacrifices the veterans made for this country.

The delicious buffet brunch includes eggs, tuna fish, lox, bagels, latkes, blintzes, pastries, fresh fruit, coffee, juices and more. Tables of eight-10 only may be reserved with payment for all tablemates. Include the names of all people attending with the reservation payment. Otherwise, open seating on a first-come, first-served basis will be in effect.

Mail reservations for \$14 per person (check only, payable to JWV 567), to Andrea Goldberg at (15107 Interlachen Dr., Apt. 106,

Silver Spring, MD 20906). Checks must be received by Monday, Oct. 7.

Post 567's brunch events are open and available to all residents; membership in JWV is not required.

## JWV Information

Members' business meetings are held on the first Wednesday of each month from 11 a.m.- 12:30 p.m. in Clubhouse I. All regular and patron members and those considering joining are invited to attend.



Vocalist Kassie Sandacz, photo by Fred Shapiro

A new and faster-paced meeting format has been

implemented, and all participants will be given an opportunity to offer their input and program suggestions.

Join now and take advantage of the final month of the Post's special pricing for new regular and patron memberships. New members will receive 15 months of membership for the regular cost of 12 months.

For those who would like additional information, have questions about membership or would like to be added to Post 567's email notification and e-newsletter list, contact Jerry Cohen at (240-970-5024) or (jcohen@jccbb.com).

## Interfaith Committee for the Homeless and Working Poor

# Donate Caps and Coats this Month

by Rae Cooper

With fall and winter weather approaching, the Committee is holding its annual caps for kids drive through Thursday, Oct. 31. Residents who knit or crochet are asked to make some caps for kids, but purchased caps are fine, too.

Drop-off boxes are located at the FISH office in Clubhouse II, in the Clubhouse I lobby, The Inter-Faith Chapel and Our Lady of Grace Catholic Church. Caps will be delivered to the Interfaith Works Clothing Center.

## Coat Drive

The Committee holds its annual coat drive on Thursday, Oct. 17, and Friday, Oct. 18, from 9 a.m.-noon.

Volunteers will be outside

The Inter-Faith Chapel portico to receive residents' clean and gently used or new coats for all ages and sizes. All coats will be donated to Interfaith Works Clothing Center.

## Giving Spirit

Thanks to the generosity of residents, the Committee's August annual teacher supply drive was stellar. Harmony Hills Elementary School teachers and students are enjoying 1,861 essentials this school year.

Monetary donation is also much needed and appreciated. Make checks payable to Inter-Faith Chapel with "CHWP" written on the memo line. Checks can be mailed to, or dropped off at, (The Inter-Faith Chapel, 3680 S. Leisure World Blvd., Silver Spring, MD 20906).



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# Oct. 20: Brunch with Sheriff Darren Popkin

by Jonas Weiss

On Sunday, Oct. 20, JRLW hosts a brunch featuring Montgomery County Sheriff Darren Popkin. He will discuss the role and responsibilities of the Sheriff's Office, as well as legislative matters such as the Maryland law that allows authorities to take guns from people who may pose a threat to themselves or others.

The program is at 10 a.m. in the Clubhouse I Crystal Ballroom. Reservations are required no later than Sunday, Oct. 13. Mail checks for \$14 (members) or \$18 (non-members), payable to JRLW, to Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906). To reserve a table for 10, send all 10 checks together to Gordon.

## Sukkot

The holiday of Sukkot

begins on the evening of Sunday, Oct. 20. Come to the Sukkah in The Inter-Faith Chapel parking lot during the holiday for some prayers, refreshments and socialization.

On Saturday, Oct. 19, at 5:30 p.m., JRLW holds a service with Havdalah prayers in the Sukkah. Cantor Kravitz will lead a service, including Yiskor, on the Eighth day (Shemini Atzeret) of the holiday on Monday, Oct. 21, at 9:15 a.m. in Clubhouse II.

## Religious Services

Rabbi Fink leads a Friday evening Reform service on Oct. 4 at 7:30 p.m. in The Inter-Faith Chapel

Cantor Kravitz leads a Conservative service on Saturday, Oct. 12, at 9:15 a.m. in Clubhouse II.

Rabbi Samber and volunteers lead Sabbath services and Torah discussions on

Saturday, Oct. 19, and 26, at 9:15 a.m. in Clubhouse II.

## Film Course

Dr. Ira Weiss presents a course on Israeli Cinema with six or seven weeks of films on Fridays from 10 a.m. - noon starting on Friday, Oct. 11. For details, see the Classes and Seminars section of this publication.

## Havdalah

On Saturday, Nov. 2, at 6 p.m., come to a Havdalah Sabbath evening service with cantor/guitarist Wendy Gonzalez and enjoy a Malava Malka light meal in Clubhouse II. Make a reservation by mailing a \$14 check payable to JRLW to Phyllis

Rand at (15107 Interlachen Dr., Apt. 307, Silver Spring, MD 20906).

## Donations

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

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



## ■ Jewish Discussion Group

# Oct. 27: Group Discusses Israel's General Election

by Jerome "Jerry" Cohen

The Jewish Discussion Group's (JDG) next meeting is on Sunday, Oct. 27, at 10:30 a.m. in Clubhouse I. The session will feature a discussion of contemporary topics impacting Israel and the communities throughout the diaspora.

Will it be determined who Israel's prime minister is, or will a third general election be required in accordance with parliamentary rules? The Group has much to catch up on as several months have passed since the Group has discussed these topics.

No session will be held in November because of the scheduling conflict with the Thanksgiving holiday weekend.

## September Session

Rabbi Gordon's Fuller's Sept. 22 talk concerning his book, "Coping with Adversity: Judaism's Response to Illness and Other Life Struggles," engendered interesting

comments concerning life's issues and challenges that many of us have faced or will face. A record attendance was achieved for the second session in a row.

## About the Group

JDG invites all residents to attend its free Sunday morning discussion group sessions held on the fourth Sunday of the month from 10:30 a.m.-noon in Clubhouse I.

The Group's participants are encouraged to offer suggestions for featured speakers and suggest short subject presentations of interest to the Group. Individuals who may care to serve as guest moderators to substitute from time-to-time in leading the Group's monthly sessions are encouraged to contact the moderator as well.

For additional information or to have your email address added to the monthly notification list, call or email group moderator Jerry Cohen at (240-970-5024) or (jcohen@jcbb.com).

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# Attend Club's Annual Fashion Show and Brunch

by Carole Mund

On Wednesday, Oct. 16, NA'AMAT RBZ holds its annual fashion show and brunch featuring fashions by J. Jill of Montgomery Mall and modeled by NA'AMAT RBZ Club members.

J. Jill clothes are stunning and are designed to fit all shapes and sizes. The event begins at 11:30 a.m. in the Clubhouse I Crystal Ballroom

The cost is \$26, with a \$5 donor credit for members. Send checks, payable to NA'AMAT RBZ, to Harriet Chaikin at (15101 Interlachen Dr., Apt. #216, Silver Spring, MD 20906). If you choose to sit together with friends, send the checks together. Contact Harriet at (240 560-7487) for any questions.

## Notable Documentary

On Wednesday, Nov. 6, NA'AMAT RBZ will show the documentary film "Heading Home: The Tale of Team Israel"

at 12:30 p.m. in the Clubhouse I Crystal Ballroom. All residents are welcome. For more details, see the Events and Entertainment section of this publication.

## Game Day

On Tuesday, Dec. 3, NA'AMAT hosts an annual card and mah-jongg party. Games begin at 11:30 a.m. in the Clubhouse I Crystal Ballroom.

Specially homemade kugels will be served with other refreshments. The Club is looking for people to assist with the event's planning and to bake kugels. If able to assist, contact Barbara Rothenberg at (301-438-8260).

## Book Club

NA'AMAT RBZ has a book club that meets on the fourth Wednesday of each month. This active group meets to discuss literature chosen by the group. Everyone is talking about the best-seller chosen for October – "Educated: A Memoir" by Tara Westover. Contact Barbara

Tahler at (240-669-6961) for the next meeting's time and place.

## Tribute Cards

Tribute cards and memorial cards are the perfect way to acknowledge the events of friends and family. Funds collected from tribute cards support and maintain the essential programs NA'AMAT sponsors and are an easy way to attain donor credit.

NA'AMAT has cards to honor all occasions: from congratulations for a special event to memorial cards. Each card is \$3.50 if purchased and sent by you, or \$4.50 if sent by Lenore Kallen, tribute chairperson. Full donor credit is given for each card. For questions, contact Lenore at (301-922-4348).

## Upcoming Events

- Oct. 30 – Take an overnight trip to Dover Downs, Delaware. Check the Club Trips section of this publication for more information.
- Nov. 13 – Eyre Bus, Tour & Travel has a trip scheduled

to Riverside Theatre to see "Annie." Members who mention NA'AMAT will receive donor credit, and the organization will receive a stipend.

- Jan. 15, 2020 – Take a trip to Signature Theatre to see the cabaret show, "Ol' Blue Eyes: Frank Sinatra." More information about this trip is forthcoming.

## About NA'AMAT

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

For more information about NA'AMAT RBZ Club, contact co-presidents Linda Schoolnick at (301-681-1076) and Gladys Blank at (301-438-9666). For membership information, contact Harriet Chaikin at (240-560-7487).

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# Oct. 23: Former Ambassador Gives Insight into Carter Administration

by Barbara Eisen

The Leisure World Ruach Chapter of Hadassah will be joined by the Neshama Chapter to present former Ambassador Stuart Eizenstat, who will speak on his book, "President Carter: The White House Years" on Wednesday, Oct. 23, at 2 p.m. in the Clubhouse II auditorium.

Eizenstat has held a number of key senior positions in three U.S. presidential administrations – Carter, Clinton and Obama. He was President Carter's Chief Domestic Policy Adviser and Executive Director of the White House Domestic Policy Staff.

He was the U.S. Ambassador to the European Union from 1993 to 1996. He currently serves as the White House Special Advisor for Holocaust Issues.

His book presents an insider's view of the government at its highest levels and has received unanimous acclaim from across the political spectrum. He will discuss the momentous Camp David Accords and offer views as a presidential insider about Israel and American politics. Books will be available to purchase.

The cost of this fundraising program is \$18, and the proceeds will benefit Hadassah's cancer research and treatment. To attend, send a check, payable to Hadassah, to Bobbi Gorban at (10402 Sandringham Ct., Potomac, MD 20854) by Tuesday, Oct. 15. Your check is your reservation.

All residents are welcome, but they must send a check to attend. If paying for other individuals, list the names of the persons that are included. Bring your spouse and friends to this informational afternoon program.

For questions, contact Bobbi Gorban at (bprem@aol.com) or (301-838-4336). Refreshments will be served after the presentation.

## More Programs

The Hadassah Judaic Study Group will not have an October meeting because of the Jewish holidays. Mark your calendars for the last two programs of the year.

On Wednesday, Nov. 13, at 2 p.m., TaylorMarie's Apparel presents a fashion show in Clubhouse II with members as the models. Contact Bobbi Gorban at (bprem@aol.com)

or (301-838-4336) if you want to be a model. The show also includes a speaker on Israeli fashions.

On Wednesday, Dec. 18, at 2 p.m., Hadassah will install its new officers and play Chanukah bingo in Clubhouse II while eating holiday refreshments.

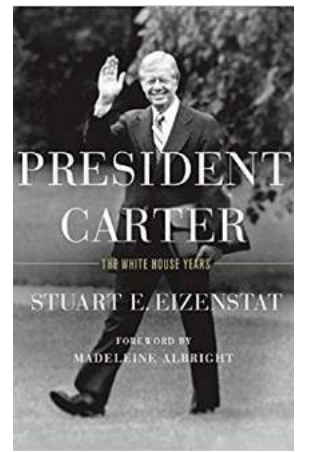
Hadassah is holding a socks and scarfs sale at its October, November and December meetings. Fall and winter are coming, so it's time to protect your feet, hands, neck and shoulders from the chill.

Hadassah is selling novelty socks, gloves, scarfs and ponchos. All items will be available at the meetings. Buy something for yourself or for friends and relatives. All proceeds fund research at Hadassah hospitals.

## Greeting Cards

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. The prices are \$3 each for one to three cards and \$2.50 each for four or more cards.

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



From left, Ambassador Stuart Eizenstat, photo courtesy (commons.wikimedia.org). At right, Eizenstat's book about President Carter

## Youth Project

Larelda Gruber, available at (301-598-5922), is chair of Youth Aliyah/Children at Risk. This project helps disadvantaged children in Israel. The goal is to create a circle of \$1,000, made by individual contributions of \$40. Send donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906).

## General Information

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

If interested in knowing more about Hadassah, contact one of its membership vice presidents: Lois Fields at (301-585-9804), or (loisfields2@earthlink.net), or Natalie Rosen at (301-279-5640) or (bnrosen@comcast.net).

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# Oct. 24: Chico's Luncheon and Fashion Show

by Carole Mund

The Rossmoor Women's Club (RWC) invites all Leisure World women to join it for a fabulous afternoon of friendship, fashion and food when Chico's previews its must-have apparel and accessories for the fall and upcoming holiday season.

The luncheon and fashion show is on Thursday, Oct. 24, in the Clubhouse I Crystal Ballroom. The luncheon is from 12:15-1 p.m. and the fashion show begins at 1:15 p.m. Outfits will be modeled by RWC members.

The luncheon menu includes salad greens garnished with feta, pecans, cranberries and cucumbers, and drizzled with raspberry vinaigrette dressing. The main course is a choice of salmon with lemon herb sauce, beef medallions with mushroom sauce or stuffed chicken breast with feta and spinach.

Roasted potatoes and honey glazed carrots will be served with your selection. Dessert is limoncello cake. A breadbasket, coffee, iced or hot tea and sodas are provided. A cash bar will be available.

Make a reservation by mailing a check for \$35, payable to RWC, to Carolyn Thompson at (15000 Pennfield Cir., #202, Silver Spring, MD 20906). Include your luncheon selection on the check's memo line.

Attendees can also drop their check in the Club's mail slot at the Clubhouse I E&R office. The deadline for the RWC to receive reservations is Friday, Oct. 18.

If you have a group of 10 and would like to reserve a table, include all 10 checks in one envelope to reserve a table. Otherwise, the RWC cannot honor the request.

Invite friends and join the RWC on Oct. 24 for a fun afternoon, and help support the Club's charitable organizations. A special Chico's discount will be offered to luncheon attendees! Don't miss this wonderful event.

## Vendor's Sale

On Monday, Oct. 7, all residents are encouraged to come to Bedford Court to shop for bargains at the RWC's vendor sale. The sale is held between 10 a.m.-2:30 p.m., and almost everything is \$6.

The few items more than \$6 will be clearly marked. The merchandise varies from jewelry and hats and scarves, to children's toys, flashlights and tools. For questions, contact Doris Zussman at (301-598-1766).

## Club's Mission

On Sept. 18, members gathered to meet some of the Club's newest members and share opportunities to volunteer and support fundraising for local charities. Chairpersons and sign-up sheets were available to explain the activities and encourage participation.

The RWC's mission is to foster social interaction and promote volunteerism as well as support specific charitable organizations.

## New Charities

This year, the RWC has added a new project to its yearly event schedule. On Wednesday, Nov. 20, it hosts a hands-on project – making snowmen and reindeer bags for the MedStar Montgomery Medical Center's pediatric emergency room.

These fun bags will be distributed to children during their visit to the emergency room throughout the winter months. All members are invited to join the RWC at noon in the Clubhouse I Crystal Ballroom to spend a fun afternoon of friendship, laughter and good deeds – no crafting experience needed!

And on Wednesday, Feb. 12, 2020, RWC members will gather to fill backpacks for children participating in Camp No Limits, for children with limb loss.

## Membership

Membership in the RWC is open to residents and non-residents. Membership affords the opportunity to attend all meetings and




Rossmoor Women's Club members old and new gather to socialize and discuss the Club's charitable and volunteer opportunities on Sept. 18. Photo by Carole Mund

trips. Membership dues are \$40 per person.


To join, mail checks, payable to the Rossmoor Women's Club, to Aggie Eastham at (Rossmoor Women's Club, 3100 North Leisure World Blvd., #126, Silver Spring, MD 20906).

For questions or additional information, contact Aggie at (aggie.eastham@verizon.net).



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## ■ LW Association for African American Culture (LWAAAC)

# Oct. 26: Meet and Greet Other Members at LWAAAC's Open House

by Patricia Means

The LWAAAC open house is on Saturday, Oct. 26, from 3-7 p.m. in Clubhouse II. The event replaces the annual fall membership meeting and program, an annual October event.

The event is an informal affair for interacting with potential, new and current members. LWAAAC members are asked to bring new residents and their non-LWAAAC neighbors to the event.

The membership committee will be available for individuals wishing to register as

new members or renew their membership. The dues are \$20 per person (checks only, payable to LWAAAC) and cover the period of July 1, 2019 through Tuesday, June 30, 2020.

The event is free, but sign-up is required. To sign up, visit or call the Clubhouse I E&R office at (301-598-1300) any time from Tuesday, Oct. 8, through Monday, Oct. 21.

For more information, contact Lois Pope Fuller, event chairperson, at (240-242-3711).

### Healthful Thursdays

Sessions 5, 6, and 7 are on

Thursday, Oct. 10, 17 and 24, respectively. All sessions are on Thursdays from 1-3 p.m. in Clubhouse I. Topics for the sessions will be forthcoming via LWAAAC robocalls.

The sessions are free, but sign-up is required. To sign up, visit or call the Clubhouse I E&R office at (301-598-1300). For more information, contact Jannifer Woodson, event chairperson, at (832-259-7063).

### Membership

Membership in LWAAAC is open to all residents. Payment may be made at meetings, via the LWAAAC mail slot in the

Clubhouse I E&R office or mailed to (LWAAAC, PO Box 12316, Silver Spring, MD 20908).

A telephone number and an email address should be included with payment. For more information, contact Alfonso Holston, membership chairperson, at (301-438-3537).

### Amenities

Members should notify LWAAAC of illness, disability, death or other situations affecting a member or that person's immediate family by contacting Louise Langley, amenities chairperson, at (301-598-3876).

## ■ Italian Social and Cultural Club

# Oct. 27: Come Enjoy Even More Lucy in Italy

by Flo Merola

More than 50 members and guests enjoyed delicious desserts while watching Italian-themed episodes of "I Love Lucy" from the '50s. The room was filled with laughter.

The event was so successful that the Club will present two more "I Love Lucy" episodes on Sunday, Oct. 27, at 5 p.m. in the Clubhouse I Crystal Ballroom:

- "The Black Wig" – Ricky forbids Lucy to get a new Italian haircut
- "Visitor from Italy" – Lucy makes pizza

The Club will provide pizza and soft drinks. The cost is \$12 for members and \$15 for non-members. Mail checks, payable to the Italian Social and Cultural Club, to Paul D'Angelo at (3310 North Leisure World Blvd., Apt. 308

Silver Spring, MD 20906). Checks must be received by Wednesday, Oct. 23.

The last day to play bocce this season is Friday, Oct. 11, at 10 a.m. The courts are located outside Clubhouse I. After the game, the players will gather for lunch in the Terrace Room.

### Upcoming Events

The Club has new and exciting events planned for this year:

- Dec. 15 – Holiday dinner featuring songs of the season with La Serenata
- Feb. 23 – Café Cinema: "Marriage Italian Style"
- March 22 – Festive Italiano featuring dinner and dancing with music provided by the Monaldi Duo
- April 26 – Cafe Musica tenor Elio Scaccio performs
- May 17 – Club members' brunch



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## ■ Going It Alone Club

# Oct. 24: Club Holds Members-Only Game Night

by Elizabeth Brooks-Evans

The Going It Alone Club (GIAC) meets every Saturday (known as Saturday Afternoon Live - SAL!) beginning with armchair travel at 2 p.m. in Clubhouse II.

GIAC's goal is to enhance the social and emotional well-being of its members with fellowship opportunities, exciting trips and games.

### Special Game Night

GIAC holds a special members-only game night on Thursday, Oct. 24, from 4-6 p.m. in the Clubhouse II. The event is an opportunity to meet the Club's new president, Elaine Strass, and to enjoy fellowship, refreshments and fun games.

## ■ Baby Boomer Club

# Boomers Gather for Walks, Movies and More

by Beth Leanza

Fun-loving and happy to socialize, the Baby Boomers get together for movies, picnics and game nights, and usually share some food!

All Baby Boomer Club events are held on the weekends and evenings to accommodate working residents. The Club does not discriminate by age; any fun-loving resident is welcome to join.

### Friday Hikes with Joyce

All residents are invited to join the Club on any of its walks.

Joyce Richardson leads walks on Fridays. They meet up at 1:15 p.m. at a local trail. Most walk about three miles, but some walk halfway and return. To carpool to the trail, contact Joyce at (301-598-7098) or (777cheekie333@gmail.com) by Thursday night.

To get directions to the walk sites, visit the Baby Boomer Club's website at (<https://sites.google.com/site/bbclwmd/calendar>) and go to the calendar page, or use Google Maps.

- Oct. 11 – Wheaton Regional Park (Silver Spring, MD)

Participants in this event must be currently paid members.

### Trips

GIAC's new trip coordinator Nancy Alderman has convened a committee that has begun to explore possibilities for new and exciting trips during 2020. More information will be forthcoming; check the GIAC newsletter.

All residents, whether married or single, are welcome to participate in scheduled trips. For more information about trips, contact Nancy Alderman at (301-598-5614) or Elaine Strass at (240-447-2166).

### Games

Games begin at 2:30 p.m. right after armchair travel. Bridge and Rubik's cube are

played in the Clubhouse II lobby, and a Mexican train dominos is played in the Game Room, where an old-fashioned dominos game is also available.

Members are also welcome to bring or suggest other favorite games. Anyone interested in more information about games should contact Sylvia Pachenker at (301-598-5325).

### Armchair Travel

On Saturday, Oct. 5 and Oct. 12, armchair travelers 'journey' to New Delhi, Manali and the Himalayan Mountains in the intriguing land of India.

### Knitting Group

GIAC president Elaine Strass holds a knitting group during SAL from 2:30-4 p.m. in the

Clubhouse II lobby.

Whether an advanced knitter, a beginner or somewhere in between, residents are welcome to bring their knitting materials to knit and chat with each other. For more details, contact Elaine at (240-447-2166).

### Membership

Sign up for membership takes place during SAL from 1:30-3 p.m. Residents may also leave their annual dues in the amount of \$8 in GIAC's mail slot at the E&R office at Clubhouse I, or mail them to Elaine Strass at (15107 Interlachen Dr., Unit 218, Silver Spring, MD 20906).

For more information about membership, contact Elaine at (240-447-2166).

Meet in the parking lot near the merry-go-round at 1:15 p.m. Bring water.

- Oct. 18 – Black Hills Regional Park Visitor's Center, (Boys, MD). Meet at the visitor's center at 1:15 p.m. Bring water.

### Sunday Walks

Join a group of walkers that meet up on Sundays at 8:30 a.m. near Arden Court (across from Kelmscot Drive) to walk the entire Leisure World Boulevard circle. For more information, contact Ted Michos at (Tedmichos@gmail.com).

### Weeknight Walks

For a shorter walk (about one mile), join a group to walk the Broadwalk in Montgomery Mutual. The walkers meet each weeknight at 5:15 p.m. in the Clubhouse I lobby. No one makes an announcement – look around and introduce yourself!

### AVA Walks

The American Volkssport Association (AVA) holds events and provides guides to local walks of interest. More information about AVA walks is available on the Club's website at (<https://sites.google.com/site/bbclwmd>).

Click on Walks, below the events calendar. You do not have to join AVA to participate.

### Ready to Join?

Just mail a check for \$5 per person, payable to Baby Boomer Club, to Susan Landesberg at (3505 Twin Branches Ct. 37-C, Silver Spring, MD 20906). Include an email address to receive updates on Club events.

If you're not sure you want to join, then come meet up at a Club activity first. The Club's website is available at (<https://sites.google.com/site/bbclwmd>) and includes

a calendar with activity information.

### Not Getting Emails?

Club members who have joined but are not receiving emails are asked to check their email's "spam" and "junk" folders.

Also, adding the Baby Boomer Club's email address, (bbclw@googlegroups.com), to your contact list or address book will help to prevent the Club's emails from ending up in these folders.

Still not getting email? Contact Beth Leanza at (bethlea12020@gmail.com) or (301-598-4569).

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# Clubs, Groups & Organizations In Brief

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

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

**Clipper Workshop:** Members 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. Bring a bag lunch. (We will eat in the lunchroom.) Members 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. Donations of cotton fabrics, stuffing, thread and iron-on facing are appreciated. Contact Joan Mahoney at (240-833-2724) or Jane Brinser at (301-438-2599) for further information.

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

**Hispano de Leisure World:** All Hispano-Parlantes residents are invited to join the club in enjoying its activities, including card games and conversations, every Friday at 3 p.m. in Clubhouse I. Once a month, Latin-American and Hispanic movies, with English subtitles, are screened. The club organizes a Fiesta de La Amistad on a weekend in the spring and a Christmas dinner in December. The club has also presented musical shows in the Clubhouse II auditorium as well. If interested, contact Maria Blanco, club president, at (301-847-9066) or Carlota "Loty" Goldenberg at (301-598-6869).

**Knitting Corner:** Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is Oct. 11. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel's mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

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

**Model Railroad Club:** If you have ever had an interest in model trains, our three layouts in the basement of Clubhouse II offers just about anything you could ask for. Our largest layout, in HO, features scale miles of track, yards and industries, and supports the simulated operation of real railroads delivering passengers and goods from source to final destination. Visit us on Mondays and Wednesdays from 5:30-7 p.m. and Thursdays from 2-4 p.m. in the basement of Clubhouse II, or join us for our monthly business meeting on the second Thursday of the month at 4 p.m. in Clubhouse II. For more information, call Marilyn Chmielewski, president, at (301-438-3259).

**Musical Jammers:** We gather informally twice a month with other amateur musicians, singers and lovers of music to sing, play music and have fun – no dues, no meetings, no agendas, no committees. We meet on the second and fourth Mondays of every month at 10 a.m. in Clubhouse II. All instruments and voices are welcome. You bring it; we'll sing it. Ques-

tions? Call Richard Lederman at (301-598-1132).

**Nextdoor.com:** A friendly place online to share tips and meet neighbors. We already have a record of success helping make Leisure World even better. Free. Please join our 1,200 plus members. Go to ([www.nextdoor.com/join](http://www.nextdoor.com/join)) and enter the code QHMXCF.

**The Philadelphians:** For further information about the Philadelphians and their events, contact Steve Kane at (301-598-2330) or (kanens@verizon.net).

**The Pittsburghers:** If you were born, raised or lived in Pittsburgh and/or the Greater Pittsburgh area, you are welcome to join us. For more information, call Tania Iwanowski at (301-598-2278) or email (Tania.Iwanowski@yahoo.com).

**Quilting Group:** Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is Oct. 10.

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

**Short Story Group:** The Group reads from a collection of short stories and discusses them together. The Group is now reading from the anthology "The Short Story Prize: 15 Years of Great Fiction." On Wednesday, Oct. 16, Sumner Katz will lead a discussion of "Bullet in the Brain" by Tobias Wolff. On Wednesday, Nov. 6, Barbara Bowers will lead a discussion of "Saleema" by Daniyal Mueenuddin. The Short Story Group meets on the first and third Wednesdays of the month at 11 a.m. in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

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

**Town Meeting Organization:** TMO is a movement of residents concerned about governance and management. We meet every month to organize, discuss and conduct resident town hall meetings. Topics such as the proposed administration building, community governance, management and its involvement in mutual elections, and funding a strategic plan will be addressed. TMO meets the third Friday of each month at 2 p.m. in the Clubhouse I. All residents are invited to attend and become active in the movement. For information email (admin@townmeetingorganization.com) or visit ([www.townmeetingorganization.com](http://www.townmeetingorganization.com)).

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

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

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

**Yahoo Group:** The Group is an online forum and email list serve that provides informal, online communication between neighbors. It provides residents an opportunity to seek information, post announcements and share photos and files. This list serve is monitored daily to assure the stated Group rules are followed. To join, visit (<https://groups.yahoo.com/neo>).

# Leisure World Club Trips

The next deadline for trip submissions is **Monday, Oct. 7**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. Email your trip information to [lwnews@lwmc.com](mailto:lwnews@lwmc.com).

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

## Oct. 30-31 Dover Downs Hotel and Casino Dover, DE

Return to Dover Downs once again with **NA'AMAT RBZ Club** on this popular trip with its overnight stay in Dover, Delaware. The cost is \$120 per person, double occupancy; \$170 single occupancy. The package includes round-trip transportation, beautiful hotel accommodations and breakfast buffet, plus \$50 play money.

The bus leaves on Wednesday, Oct. 30, at 10:30 a.m. from Clubhouse II and returns on Thursday, Oct. 31, at approximately 2:30 p.m.

Send your check(s), payable to NA'AMAT, to Trudy Stone at (15101 Interlachen Dr., #801, Silver Spring, MD 20906). Be sure to indicate with whom you will be rooming.

If you have any special needs, indicate what they are with your check. Questions? Call Trudy Stone at (301-438-0016).



### 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.

## Nov. 11-13 Gaming and Sightseeing Atlantic City, NJ

Join the **Tennis Club** in a two-night/three-day trip (Monday-Wednesday) to Atlantic City, New Jersey. For only \$205 per person double occupancy (\$90 more for single occupancy), you will get transportation in a modern bus, two nights' lodging in the casino hotel, one dinner, two hot breakfasts and a casino bonus.

On your own in this tourist location, you can take in a show and enjoy Atlantic City's famous boardwalk.

Contact Sue Sandler at (240-242-3742) for more information and to make a reservation.

## Dec. 11 Holiday Lights and Decorations Washington, D.C.

Join the **Going It Alone Club** for a family-style Italian dinner at Carmine's Restaurant. Carmine's is renowned for its extra-large portions of antipastos and pastas, seafood and meat entrées, which are meant to be shared.

After dinner, enjoy a bus tour of downtown Washington, D.C., to see the city's holiday decorations, including the Capitol and White House Christmas trees, the holiday decorations on Embassy Row and much more.

The bus departs from Clubhouse II at 2 p.m. and returns approximately 9 p.m.

The cost is \$70 for members and \$80 of non-members and includes dinner, tax, transportation and driver gratuities. Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. No refunds will be made after Saturday, Nov. 23, unless a replacement is made. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

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

## DAY TRIPS

### International Horse Show, DC

Thu., 10/24, 5:10-11:00 pm .....\$85.00 per person  
More than 500 top horses and riders come to D.C. from all over the globe to win more than half a million dollars in prize money. Trip includes transportation and admission.

### Skyline Drive, VA

Fri., 10/25, 8:00 am-4:35 pm .....\$99.00 per person  
It's time for leaf peeping! Includes lunch at Skyland Restaurant.

### Notorious RBG

"The Life and Times of Ruth Bader Ginsburg," National Museum of American Jewish History, Philadelphia, PA

Sat., 11/9, 7:45 am-6:40 pm .....\$85.00 per person  
This exhibition explores RBG's legacy as a student, lawyer, women's rights advocate and precedent-setting role on the Supreme Court. Lunch on own.

### National Museum of African American History and Culture, DC

Mon., 11/11, 8:45 am-3:30 pm .....\$45.00 per person  
Timed entry tickets and transportation included.

### "Annie," Riverside Center, Fredericksburg, VA

Wed., 11/13, 9:45 am-6:45 pm .....\$120.00 per person  
Transportation, plated lunch and admission to show included.

### National Harbor, MD

Sat., 11/16, 9:00 am-4:40pm .....\$45.00 per person  
National Harbor has so much to offer! MGM, Tangier Outlets, ICE, Gaylord Hotel. Transportation only.

### Edward Hopper Exhibit at Virginia Museum of Fine Arts, Richmond, VA

Mon., 11/18, 7:45 am-7:15 pm .....\$107.00 per person  
Admission, audio tour, lunch in the Marble Room and transportation included.

### Hollywood Casino, Charles Town, WV

Wed., 11/20, 10:00 am-5:45 pm .....\$38.00 per person  
\$20 slot play-determined by Casino. Transportation only.

### Mount Hope Holiday Dinner Theatre, Lancaster, PA

Sat., 11/23, 9:15 am-7:15 pm .....\$117.00 per person  
Christmas tales, caroling and dining blend together for the annual Mount Hope Holiday Dinner Theater. Trip includes transportation, show and meal.

### Irving Berlin's "Holiday Inn," Dutch Apple Theatre Lancaster, PA

Wed., 11/27 9:00 am-6:15 pm .....\$112.00 per person  
Trip includes transportation, admission to theatre and lunch.

### Christmas at Longwood Gardens, Kennett Township, PA

Fri., 11/29, 12:15 pm-10:30 pm .....\$82.00 per person  
Enjoy this winter wonderland display! Trip includes transportation and admission to the gardens.

### "Joy to the World," American Music Theatre, PA

Sun., 12/1, 8:45 am-8:30 pm .....\$139.00 per person  
Trip includes lunch at Plain N' Fancy, admission to show and transportation.

### Dining, Guiding & Lighting, DC

Wed., 12/4, 4:00 pm-10:30 pm .....\$112.00 per person  
Dinner at Mrs. K's Tollhouse prior to heading down to DC for a guided tour of the monuments.

### Mount Vernon by Candlelight, VA

Sat., 12/7, 3:30 pm-10:15 pm .....\$135.00 per person  
Trip includes Candlelight Tour of Mount Vernon, dinner at the Mount Vernon Inn and motorcoach transportation. \*uneven terrain-outside and in the dark\*

### "Miracle of Christmas," Sight & Sound Theatre Lancaster, PA

Sat., 12/14, 9:45 am-9:15 pm .....\$159.00 per person  
"Miracle of Christmas" has become a family tradition, so this holiday, take the Eyre bus to the Sight & Sound Theatre in Lancaster, PA, and have a family-style lunch at Hershey Farms before arriving at the theatre for "Showtime"!

### Radio City "Christmas Spectacular," NYC

Fri., 12/13, 7:15 am-11:45 pm .....\$199.00 per person  
Trip includes transportation and admission to show.

### Museum Loop, DC

Mon., 1/13, 8:40 am-3:00 pm .....\$35.00 per person  
Choose to spend the day at the Library of Congress, National Archives Museum or the National Museum of American History. Transportation only.

### International Spy Museum, DC

Mon., 1/27, 8:45 am-3:15 pm .....\$48.00 per person  
Trip includes transportation and admission to museum. Lunch on own.

### "Murder on the Orient Express" at the Fulton Theatre, PA

Thurs., 1/30, 8:45 am-7 pm  
Trip includes transportation, lunch at Shady Maple Smorgasbord and admission to show.

## MULTI-DAY TRIPS

Greenbrier, WV  
Dec. 8-10

Country Christmas at the Gaylord Hotel in Nashville, TN  
Dec. 10-13

Essence of Panama  
Feb. 13-22, 2020

Zoetry Montego Bay in Jamaica  
Feb. 25-29, 2020

Treasure & Temples of Vietnam and Cambodia  
March 21-April 8, 2020

Coastal Wilmington, NC  
April 19-23, 2020

Ocean City Adventure, MD  
June 7-10, 2020

Niagara Falls, Canada  
June 21-24, 2020

Cape Cod, MA  
July 19-23, 2020

Constitution Tour, VA  
August 6-8, 2020

Pittsburgh, PA  
September 13-14, 2020

## CRUISES

Royal Caribbean  
Sept. 17-26, 2020  
Nine-night Canada/New England Cruise

Carnival Cruise  
July 19-26, 2020  
Seven-night eastern Caribbean cruise

**We can book any cruise line anywhere you want to cruise.**

(All Trips depart from Clubhouse II)

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

Key:  Easy Walking  More Walking  A Lot of Walking

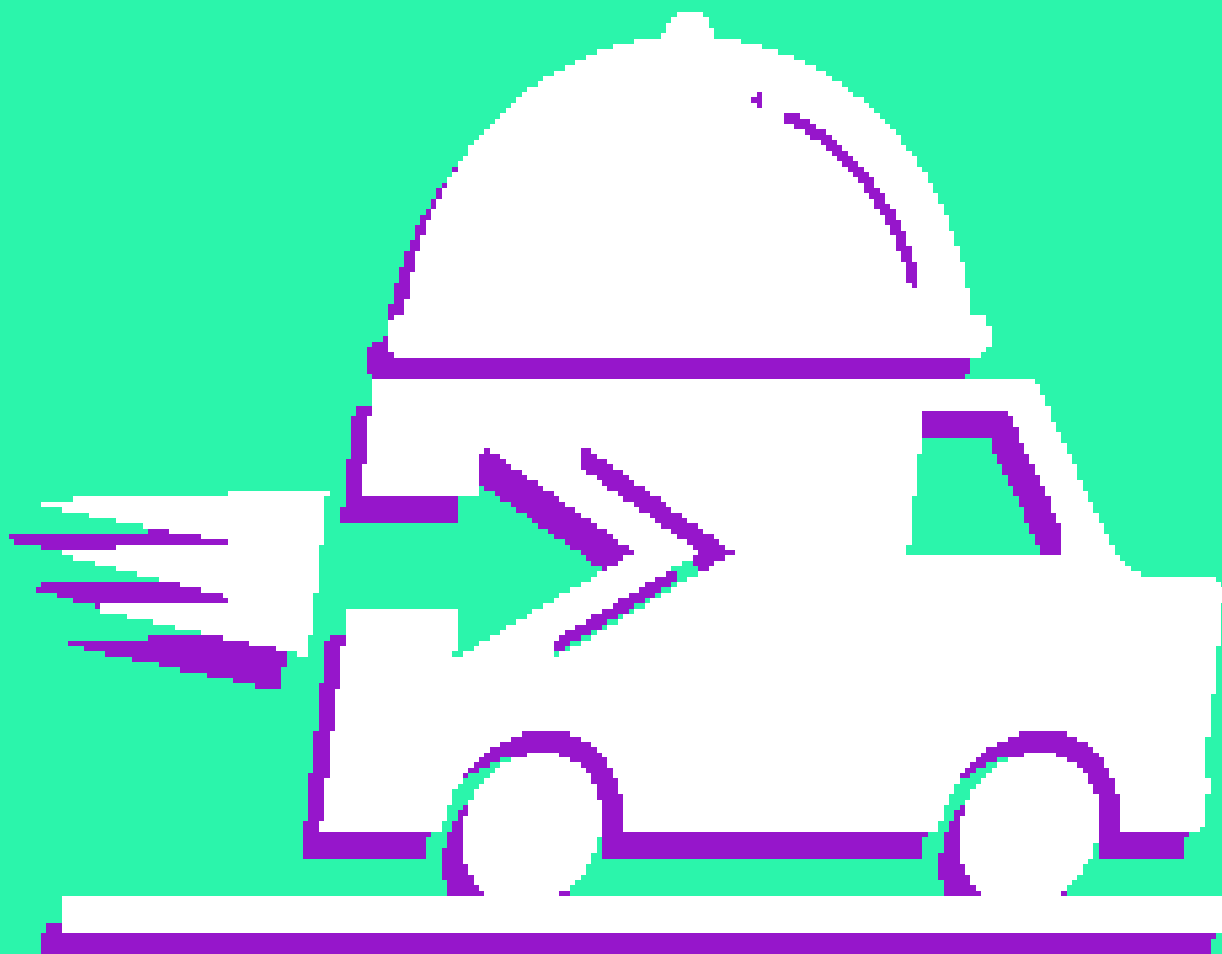
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**INCLEMENT WEATHER POLICY:** Please call 301-598-1599 after 7 am on the day of a trip to find out if we have cancelled, postponed or are going. If a trip is cancelled, you will also receive a phone call from us once the office is open.

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# SPORTS, GAMES & Scoreboards

## ■ 10-Pin Bowling League

### Team Gets its 'Hooks' into First Place

by Rita Mastrorocco

The league is based on handicaps with averages for the bowlers ranging from 90 to 183. If you have not bowled in years, come out and join the fun.

The top league standings as of Sept. 20 are Hooks N Curves in first place, Winners in second place and Rolling Rocks in third place.

#### Top scores for the week of Sept. 13 are:

Scratch Game – Huggers, 662 pins  
Scratch Series – Huggers, 1,836 pins  
Handicap Game – Gutter-snipes, 937 pins  
Handicap Series – Gutter-snipes, 2,748 pins  
High Average Men – Pat Leanza, 177 pins  
Scratch Game Men – Chuck Martinez, 203 pins  
Scratch Series Men – Steve Mueller, 534 pins  
Handicap Game Men – Arnie Lerman, 265 pins  
Handicap Series Men – Ted Murphy, 721 pins  
High Average Women – Chris Porter, 169 pins  
Scratch Game Women – Chris Porter, 196 pins

Scratch Series Women – Chris Porter, 568 pins  
Handicap Game Women – Chris Porter, 259 pins  
Handicap Series Women – Chris Porter, 757 pins

#### Top scores for the week of Sept. 20 are:

Scratch Game – Huggers, 703 pins  
Scratch Series – Huggers, 2,005 pins  
Handicap Game – Huggers, 952 pins  
Handicap Series – Huggers, 2,752 pins  
High Average Men – Steve Mueller, 183 pins  
Scratch Game Men – Steve Mueller, 235 pins  
Scratch Series Men – Steve Mueller, 618 pins  
Handicap Game Men – Steve Mueller, 278 pins  
Handicap Series Men – Steve Mueller, 747 pins  
High Average Women – Chris Porter, 169 pins  
Scratch Game Women – Darlene MacDonald, 179 pins  
Scratch Series Women – Chris Porter, 511 pins  
Handicap Game Women – Barbara Gould, 266 pins  
Handicap Series Women – Barbara Gould, 691 pins

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

The league bowls every Friday with practice starting at 9:20 a.m.

at Bowl America, located at 1101 Clopper Road in Gaithersburg. The cost for the three games of bowling, the use of bowling shoes and balls and unlimited cups of coffee is \$11. If interested, call Rita at (301-814-9196).

### Lawn Bowls Rolls Along



Leisure World lawn bowlers compete in a Maryland Senior Olympics event held at Leisure World Sept. 21. Courtesy photo

## ■ Pickleball Club

### Fall Brings Beginner Clinics and Tournaments

by Dee Berkholtz

With everyone back from their summer vacations, the Pickleball Club is ramping up its fall activity schedule. The first of four pickleball beginner clinics was held on Sept. 14, and was attended by 11 enthusiastic Leisure World residents.

These beginner clinics provide an introduction to this fun and easy-to-learn sport as well as basic stroke fundamentals, unique terminology and safety considerations. The remaining fall beginner clinics are held on Saturday, Oct. 12 and Oct. 26, at 9 a.m. on the courts outside Clubhouse II.

For those more experienced pickleball players, two tournaments have been planned for October. The competition will



Steve Van Albert runs a 'dinking' drill with beginner players. Photo by Dee Berkholtz

include women's doubles, men's doubles and mixed doubles teams. Spectators are welcome to come and watch the matches on Saturday, Oct. 12 and 26, starting at 10 a.m. at the courts outside Clubhouse II.

For more information about the Pickleball Club or to register for a clinic, contact Steve Van Albert at (steve.vanalbert@gmail.com).

### Serve's Up – Volleyball Club Forming

by Jody Bonn

The community's volleyball players announce the formation of an official volleyball club of Leisure World.

For more than 15 years, volleyball play has been happening daily at the outdoor pool during the summer and regularly each week at the indoor pool once the outdoor pool closes.

The group has grown from a bunch to a crowd! It's organized its participants for casual games that are played on Wednesday, Friday and Saturday after-

noons during the winter at the indoor pool, and has structured competitive games for more skilled residents, which are played on Monday and Thursday evenings and Sunday afternoons to accommodate working residents.

The Club's purpose would be to serve the Leisure World community by promoting an active opportunity for residents.

Anyone wishing to know more about the proposed volleyball club may contact Jody Bonn at (bonnjody@hotmail.com) or Linda Childers at (childers lindaf@yahoo.com).

■ **Golf Club**

# September Golf Results

Compiled by Rita Molyneaux

**Sept. 10, 2019**

**9-Hole Ladies**

**Step Aside Scramble**

1. Clara Brincefield, Sue Heyman, Janet Danziger, Flo Merola, 40
2. Julie Repeta, Young Sook Lee, Wendy Flannery, 41
3. (tie) Linda Andrews, Arlillian Navy, Ruth Hutchins, Brenda Curtis-Heiken, 43
3. (tie) Mary Lee Amato, Christine Petersen, Doris DeSantis, 43

**Sept. 11, 2019**

**Men's Age Group Tournament Results**

**Group A: 60-75**

- Kevin McMahon, 64  
Jules Goldstein, 69\*

**Group B: 77-84**

- Jack Frensilli, 64  
Pete Porrello, 66

**Group C: 85-95**

- Richard Sturges, 71  
Joe Boland, 72\*

Closest to Pin #7 – Kevin McMahon, 11'4"  
Closest to Pin #8 – Bill Heyman, 11'8"  
Closest to Pin #16 – Kevin McMahon, 17'4"  
\*Tie broken by back nine score

**Sept. 12, 2019**

**18-Hole Ladies**

**Beat the Pro – Leisure World Golf Professional**

- Richard Rosenthal, 77  
Mary Ko, 64  
K.C. Choi, 68  
Susan Kim, 68  
Christa Storm, 70  
Ivy Holsey, 71  
Mary Lee Amato, 72

**Sept. 14, 2019**

**Par 3 Shoot Out**

1. Greg Chandler, Sharon Chandler, Frank Riffle, Janis Riffle, Dave Evans Steve Wischmann, 23\*
2. Edward Dreyfus, Elsa Dreyfus, Flo Merola, Rose Arnold, Susan Newman, 23\*
3. Doug Brasse, Mary Ellen Coffey, Christine Petersen, Doris DeSantis, Marilyn Sebastian, 23\*

\*Cards matched on the ninth hole.



Photo by Leisure World News

**Sept. 17, 2019**

**Two-Lady Team Championship Gross**

1. Plaque and Trophy – Clara Brincefield, Patti Howlin, 47
2. Young Sook Lee, Connie Park, 48

**Net**

1. Barbara Peters, Kazue Waller, 29
2. (Match of Cards) Mary Lee Amato, Christine Petersen, 32

**Sept. 18, 2019**

**MISGA with University of Maryland-Montgomery-Tantallon-Timbers of Troy**

1. Bill Heyman, Doug Cornish, Christa Storm, Mike Suranno, 112\*
2. Doug Allston, Kevin Driscoll, Susan Kim, Dick Taylor, 112\*
3. Jack Frensilli, Kathy Frensilli, Bob Dibble, Lloyd Stimson, 113
4. Alan Wilder, Doug Brasse, David Harris, Leo Goff, 115

Closest to pin #8 – Jules Goldstein 12'5"

Closest to pin #16 – Leo Goff

\*Ties broken by back nine score

**Sept. 19, 2019**

**18-Hole Ladies Mystery Hole #9**

1. Susan Kim, 63
2. Mary Ko, 64

**Sept. 27, 2019**

**Twi-Lite Results**

1. Sperry Storm, Christa Storm, Joe Boland, K.C. Choi, 35
2. Richard Falck, Lois Falck, Doug Brasse, Jenny Wilson, 36
3. Bill Heyman, Sue Heyman, Michael Chang, Jenny Chang, 37

# Golf Course Holds Par 3 Mixer

On Saturday, Oct. 12, the golf course hosts a par 3 mixer (nine holes) with a 4 p.m. shotgun start. The event is open to all residents, and a golf handicap is not required.

The cost to participate is \$15 per person and includes snacks after golf play. Make up your own team or sign up as a single. Call the Pro Shop at (301-598-1570) for details.

– Jack Frensilli



Photo by Al Holston



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## ■ Wednesday Night Chicago Bridge

Compiled by Abigail Murton

### Sept. 11, 2019

1. Dottie Hurley and Dottie Donnelly, 4,020
2. Joe and Ann Boland, 2,610

### Sept. 18, 2019

1. Joyce and Dick Riseberg, 4,350
2. Leloy Cottrell and Joan Joyce, 2,890
3. Ann and Joe Boland, 2,870

## ■ Thursday Afternoon Ladies Bridge

Compiled by JoAnn Gellman

### Sept. 12, 2019

1. Judy Krautwurst, 4,660
2. July Lindley, 3,530
3. Michele Frome, 3,000

### Sept. 19, 2019

1. Judy Lindley, 4,680
2. Lynne Bloom, 4,110
3. Vicky Shaz, 4,100

## ■ Friday Bridge

Compiled by Shirley Rosenhaft

### Sept. 6, 2019

1. Mort Faber, 3,820
2. Bob Stromberg, 3,100
3. John Hashim, 3,060
4. Joyce Fischer, 2,700

### Sept. 13, 2019

1. Joyce Fischer, 3,710
2. Leonard Bosin, 2,740
3. John Hashim, 2,710
4. Bob Stromberg, 2,630

## ■ Tuesday and Friday Duplicate Bridge

Compiled by Jerry Miller

Flight A includes all players. Flight B includes only ACBL member pairs, each less than 1,000 master points. Flight C includes only ACBL member pairs, each less than 500 master points.

### Tuesday, Sept. 10, 2019

#### North-South

#### Flight A

1. Martin Reed – Howard Tash
2. Beena Deshmukh – Madhav Deshmukh
3. Aaron Navarro – Judith Perrier
4. Marilyn Rubinstein – Stanley Rosen
5. Mel Schloss – Alice Miller
6. Stephan Billstein – Marcia Fletcher

#### Flight B

1. Beena Deshmukh – Madhav Deshmukh
2. Marilyn Rubinstein – Stanley Rosen

#### East-West

#### Flight A

1. Garry Grossman – Paul Chassy
2. Jerry Miller – Gerald Lerner
3. Nadyne Cheary – Saul Penn
4. Joan Marie Thomas – Kathleen Hooley
5. Hanna Schepps – Marlys Moholt
6. Rosmarie Sutor – Shirley Light

#### Flight B

1. Susan Weiss – Bernice Felix
2. Joan Marie Thomas – Kathleen Hooley
3. Abigail Murton – Dora Levin
4. Liz Ferraro – Alan Ferraro

#### Flight C

1. Joan Marie Thomas – Kathleen Hooley
2. Abigail Murton – Dora Levin

### Friday, Sept. 13, 2019

#### North-South

#### Flight A

1. Aaron Navarro – Dora Levin
2. Angela Riani – Stephan Billstein

#### Flight B

1. Angela Riani – Stephan Billstein
2. Wendy Morrison – Susan Weiss

#### East-West

#### Flight A

1. Mark Lavine – Judith Perrier
2. Lorraine Hegel – Saul Penn

#### Flight B

1. Marcia Fletcher – James Cowie

### Tuesday, Sept. 17, 2019

#### North-South

#### Flight A

1. Wendy Morrison – Vern Skinner
2. Doug Brasse – Merrill Stern
3. Aaron Navarro – Marlys Moholt
4. Alan Ferraro – Liz Ferraro

#### Flight B

2. Alan Ferraro – Liz Ferraro

#### East-West

#### Flight A

1. Madhav Deshmukh – Beena Deshmukh
2. Jerry Miller – Gerald Lerner
3. Stephen Weiner – Larry Carswell
4. Susan Weiss – Sue Swift

#### Flight B

2. Stephen Weiner – Larry Carswell

### Friday, Sept. 20, 2019

#### North-South

#### Flight A

1. Michael Benefiel – Sid Lotlikar
2. Mark Lavine – Aaron Navarro

#### East-West

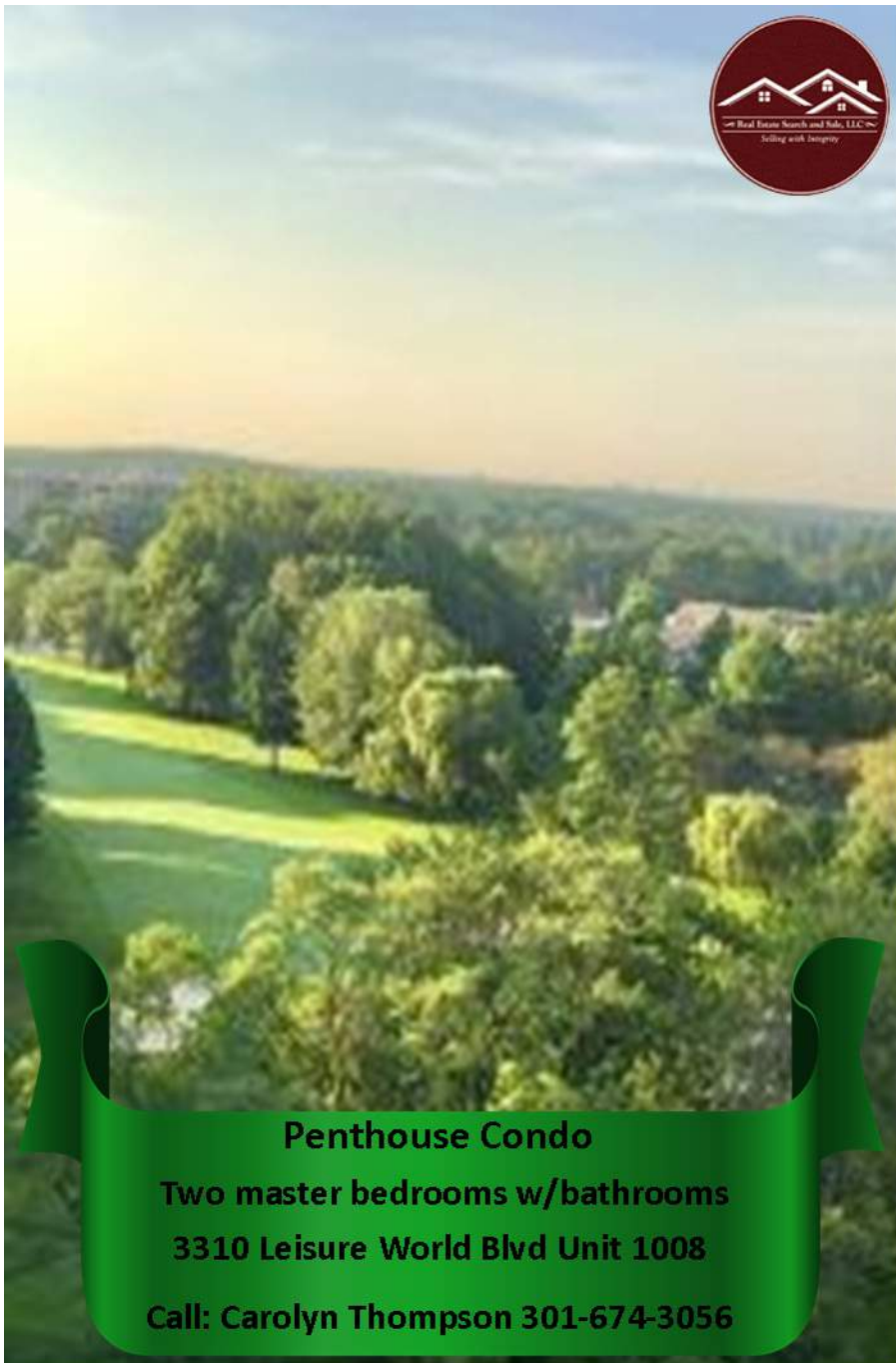
#### Flight A

1. Doug Brasse – Bernice Felix
2. Kimi Sugimura – Beth Harper

The next newcomers duplicate bridge game is on Monday, Oct. 21, at 6:30 p.m. in Clubhouse I. Bridge players who are unfamiliar with duplicate, or who would like a relaxed game, are invited. Experienced duplicate players will partner with duplicate newcomers. A brief lesson on one aspect of bridge will precede the card play.

A handout with a brief expert analysis of the hands played will be distributed at the conclusion. A fee of \$2 per person is charged. Email (jerroldmiller@yahoo.com) to RSVP and for more information.

Regular duplicate games awarding ACBL masterpoints are held Tuesday and Friday evenings at 7 p.m. in Clubhouse I. Results and hand records are available on (thecommongame.com). Residents in need of a partner for either the Tuesday or Friday game should call Shirley Light at (301-598-6611) at least 24 hours in advance.



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# Playing Chess Without Words

by Bernie Ascher

To the delight of schoolteachers in America, Dictionary Day will be here again on Wednesday, Oct. 16. This is the day to celebrate the birthday of Noah Webster, best known as the author of the American Dictionary of the English Language.

Readers can celebrate Dictionary Day by learning more about Webster and the English language. Webster accomplished many things during his lifetime. In addition to writing dictionaries and schoolbooks, he fought for copyright laws, a strong federal government, universal education and the abolition of slavery.

Born on Oct. 16, 1758, in West Hartford, Connecticut, he was the fourth son of five children of Noah and Mercy Steele Webster. He entered Yale College at the age of 16. Military service interrupted his college career, even though he was only 18 years old during the Revolutionary War. He graduated from Yale in 1778.

In 1783, Webster published the 'blue-backed speller' for schoolchildren, which sold millions of copies and influenced early copyright law.

According to the 2011 book "The Forgotten Founding Father: Noah Webster's Obsession and the Creation of an American Culture" by Joshua Kendall, "Webster hobnobbed with various Founding Fathers and was a young confidant of George Washington and Ben Franklin. He started New York's first daily newspaper, predating Alexander Hamilton's New York Post."

With respect to the English language, he believed that the U.S. should develop cultural as well as political independence from Europe. As a lexicographer, he showed that this country had a distinctive brand of English with its own vocabulary, pronunciation and style.

Webster "complained that the English language had been corrupted by the British aristocracy which set its own standard for proper spelling and pronunciation...The people-at-large must control the language," according to a 2011 article in the Journal of the Copyright Society of the U.S.A.

He was 49 years old when he published his first dictionary in 1807. It contained American words (skunk, hickory and chowder) and American spellings (music instead of musick; center instead of centre; plow instead of plough). Some of his spelling changes were not accepted, such as changing "tongue" to "tung" and "women" to "wimmen."

He then began an expanded version, which he published 21 years later. It contained 70,000 words, of which 12,000 had never appeared in a dictionary before, according to the online edition of

Webster's 1828 dictionary. Several biographies indicate that Webster learned 26 languages to write his dictionary, including Old English, German, Greek, Latin, Italian, Spanish, French, Hebrew, Arabic and Sanskrit.

All of this raises the question: When did he have time to have nine children (six girls, two boys and one son who died in infancy)?

In 1847, the Merriam brothers George and Charles, who owned a book publishing and selling operation in Springfield, Massachusetts, bought the rights to Webster's magnum opus from this estate, along with the right to create revised editions of the work. Over the years, Merriam-Webster has published several editions of the American dictionary.

Unlike Scrabble players, chess opponents

can play without a dictionary. Chess players need no words at all. In the game pictured on this page, White can win on the next move by Queening (moving the Pawn on f7 to f8 results in checkmate)! However,



it is Black's turn to move. What is Black's best move?

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

**SOLUTION:** Black's Queen captures the Pawn at f2, checking the King.

White's only move is to h1. Black then moves the Rook to c1. Checkmate!

So do not wait for next year's Dictionary Day. Do not wait for nine children. Do not wait for control of the English language. Play chess now!

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# Sports, Games & Scoreboards In Brief

**Bid Whist:** Do you know what Sport the Kitty, Boston Time and Rise and Fly all mean? If you like to play Bid Whist, then meet us on Mondays at 6 p.m. in the Clubhouse II Multi-purpose Room. Questions: Call Jessie at (314-374-4501).

## Bridge:

• **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Hand records and results are available after the game on (thecommongame.com). If in need of a partner, call Shirley Light at (301-598-6611) at least 24 hours before the game. Questions? Call Aaron at (301-598-3870).

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

• **Men's Bridge** seeks players. We meet Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Women welcome. Call Alan Levine at (301-288-7349).

• **Thursday Ladies Bridge** welcomes more card players. If interested, call JoAnn Gellman at (301-351-2391).

**Chess:** Free chess lessons on Mondays for beginners or "rusty" players. Call Steve Harvith at (301-801-4693) or Lark Keller at (301-219-5955) for appointments. The Chess Club meets every Monday, Wednesday, and Friday from 1-4 p.m. in Clubhouse II. Membership is free.

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

**Duckpin Bowling:** Join us for the Duckpin Mixed Bowling League Mondays at 12:30 p.m. at White Oak Bowling Lanes (11207 New Hampshire Ave., Silver Spring). We need bowlers of all skill levels and will welcome you into our enthusiastic group. We carpool regularly, so non-drivers need not stay away. Call Lisa Zarou at (301-814-0029) or Flora Wolf at (301-598-5807) to join as a substitute or regular bowler.

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

**LW Golf Club:** Come join the Golf Club members at the Golf Clubhouse every Tuesday and Friday at 11 a.m. for a pick up game. All residents are welcome. A current golf handicap is required. There will be a par 3 mixer (nine holes) with a 4 p.m. shotgun on Saturday, Oct. 12. For details, see page 47.

**Mah-jongg:** Learn how to play mah-jongg. Call (301-598-3438).

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

**Ping-Pong Club:** Get healthy exercise and camaraderie playing ping-pong. The club meets Mondays from 3-5 p.m. and Wednesdays and Fridays from 1-3 p.m., in the Clubhouse II Ping-Pong and Meeting Room. Drop in anytime during that period. Some experience preferred. Questions? Call Julie at (301-598-5424) or email her at (julie12401@netscape.net).

**Pinochle Players:** Experienced Pinochle players wanted. We play Mondays from 6:30-8:30 p.m. in Clubhouse II. If interested, call (301-775-7238) or (301-598-7064). If you are interested in learning, you are welcome to observe.

## Poker:

• **Poker Game** openings are available at the Greens, Thursdays from 7-10 p.m. No prior experience necessary. If interested, call Marcel at (240-486-6205).

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

• **Play Poker** Mondays and Thursdays from 1 p.m.-4:30 p.m. in the Clubhouse II Game Room. We play hi/low only (two winners). Call (301-598-4331) or (301-434-6823) or come observe.

**Thursday Night Poker** meets every Thursday from 6-9 p.m. in Clubhouse II. We play hi/lo, with or without wild cards, dealer's choice. All are welcome. Leisure World residents preferred. Call Dave at (301-598-7064) for information or just come and join us.

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

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## GOOD TO KNOW: GOLF INSTRUCTION AVAILABLE FROM PGA PRO

by Leisure World News

Residents new to golf or seeking to sharpen their skills can get instruction from Leisure World's Class-A PGA professional, Richard Rosenthal.

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PGA professional Richard Rosenthal takes a swing at the driving range. Photo by Leisure World News

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14512 KELMSCOT DR #174-A	Rossmoor Mutual #10	Twin/Semi-Detached	3	2	\$379,900	\$380,000	\$0
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15219 TOTTENHAM TER #27-A	Rossmoor Mutual #13	Twin/Semi-Detached	2	2	\$299,900	\$292,900	\$0
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15320 PINE ORCHARD DR #83-2F	Rossmoor Mutual #19B	Unit/Flat/Apartment	3	2	\$206,000	\$206,000	\$0
15320 PINE ORCHARD DR #83-C1	Rossmoor Mutual #19B	Unit/Flat/Apartment	2	2	\$179,500	\$162,000	\$0
3627 GLENEAGLES DR #2-2C	Rossmoor Mutual #7	Unit/Flat/Apartment	2	2	\$150,000	\$148,000	\$0
15100 INTERLACHEN DR #4-125	The Greens	Unit/Flat/Apartment	1	1	\$129,900	\$134,000	\$4,000
15115 INTERLACHEN DR #3-804	The Greens	Unit/Flat/Apartment	2	2	\$300,000	\$300,000	\$0
3005 S LEISURE WORLD BLVD #803	Turnberry Courts	Unit/Flat/Apartment	2	2	\$307,000	\$300,000	\$0
3005 S LEISURE WORLD BLVD #422	Turnberry Courts	Unit/Flat/Apartment	2	2	\$229,000	\$225,000	\$0
2904 N LEISURE WORLD BLVD #515	Turnberry Courts	Unit/Flat/Apartment	2	2	\$219,900	\$209,900	\$0
3210 N LEISURE WORLD BLVD #118	Vantage Point West	Unit/Flat/Apartment	2	2	\$205,000	\$190,000	\$0
14801 PENNFIELD CIR #212	Villa Cortese	Unit/Flat/Apartment	2	2	\$285,000	\$285,000	\$3,150
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# CLASSES & Seminars

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

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

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

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

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

## EDUCATION

### NEW – Journals of a Geographer, a CLL course:

Geography is the study of places and the relationships between people and their environments. Geographers explore both physical processes and human processes that occur on the Earth's surface. Geography seeks to understand where things are found, why they are there and how they develop and change over time.

One tool that many geographers use is the journal, in which he/she makes analytical observations about a place or places. He or she often compares and contrasts the place with other places to ascertain what is similar and what is different between them and why.

This class, led by Tom Conger, will focus on geographical journals, some of which have been kept by such notable figures as Lewis and Clark, William Bartram, and Henry David Thoreau. Also, a selection from Conger's personal journals will be reviewed, with an eye toward attaining a greater understanding of the world in which we live.

Participants in the class will be encouraged to share their own journals, even photo albums from their most memorable adventures in the world.

For more information on the class and Conger, see page 27.

Class meets Wednesdays,

Nov. 6-Dec. 11 (no class Nov. 27), 1-2 p.m. **Fee: \$15. Register at Clubhouse I.**

### The Right to Vote: A History, Colonial America to the Present, a CLL course:

Led by resident Paul Levy, through lecture and discussion, participants will examine four topics: 1) early voting rights in colonial America, focusing on Virginia and Massachusetts; 2) the crafting of the 15th Amendment (Black Suffrage) and how it came to be largely unenforced; 3) the passage and politics of the 19th Amendment (Women's Suffrage) and 4) the Supreme Court decision in *Shelby v. Holder*, and current apparent efforts to suppress voting by particular segments of the population.

Class meets Wednesdays, Oct. 16-Nov. 6, 10-11:15 a.m. **Fee: \$15. Register at Clubhouse I.**

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

### Israeli Cinema 1986-2008:

Led by Dr. Ira Weiss, participants will examine the relationships between Jewish and Arab characters in Israeli feature films. Preceded by a short introduction, each film screening will be followed by class discussion.

The tentative schedule of

films includes "Nadia" (1986), "Cup Final" (1992), "The Syrian Bride" (2004), "The Band's Visit" (2007), "Strangers" (2008) and "Lemon Tree" (2008). All films include English subtitles.

Weiss is a frequent instructor at Leisure World on the topic of Israeli cinema.

This course is sponsored by the JRLW and meets Fridays, Oct. 11-Nov. 15, 10 a.m.-noon.

**Fee: \$30. Register at Clubhouse I.**

## TECHNOLOGY

### NEW – Internet of Things: Understanding Social Media Basics and Etiquettes:

Learn what social media and social networks are and get to know some of the popular and useful sites, including Facebook, Instagram, Pinterest, Twitter, GroupMe, What's App, Snapchat, LinkedIn and Reddit. Social media sites make it easy and fun to share information and pictures and stay connected with family and friends online.

Bring your mobile phone, pad/tablet or laptop to class.

For more information, contact Yolande Campbell at (202-689-4207) or email ([clcyo.david2018@gmail.com](mailto:clcyo.david2018@gmail.com)).

Class meets Friday, Oct. 25, 10 a.m.-noon. **Fee: \$15. Register at Clubhouse II.**

### Internet of Things: Understanding Basics of our Connections to Cell Phones and Smartphones:

If you are curious about cell phones, smartphones versus flip phones or data rate plans, what they do and why they have become so popular, this is the lecture for you. The instructors will compare the pros and cons of the two popular operating systems – Android and Apple iOS – and customize (vision, hearing and control center) your computer/phone setting just for you. Participants will learn about popular cell and smartphones on the market, plus buying guide tips and things to consider.

Bring your mobile phone,

pad/tablet or laptop to class.

For more information, contact Yolande Campbell at (202-689-4207) or email ([clcyo.david2018@gmail.com](mailto:clcyo.david2018@gmail.com)).

Class meets Friday, Oct. 11, 10 a.m.-noon. **Fee: \$15. Register at Clubhouse II.**

## RELIGION AND PHILOSOPHY

### NEW – Prayers in Judaism, Islam and Christianity:

The three-session course on basic prayers in Judaism, Islam and Christianity will deal with theological concepts inherent in the prayers. Discussions will follow for 15 minutes at the end of each session. Participants are encouraged to bring their own prayer books.

The class instructor Dr. Phil Wendkos served as a translator at the National Security Agency (NSA) and attended the American University of Cairo, Egypt, and the Hebrew University of Jerusalem, Israel.

Class meets Fridays, Nov. 8-22, 10:30-11:45 a.m. **Fee: \$30. Register at Clubhouse I.**

## EXERCISE

### NEW – Chair Yoga with Robin, Wednesdays:

Age well. Prevent or diminish the chronic degenerative disease processes that frequently accompany aging. Gentle, are yet effective, movements are done while sitting in a chair. Increase joint mobility, balance, flexibility, strength, tone, circulation of blood and lymph, and improve breathing. Optional standing balance exercises included. Relaxing and fun! Mindfulness training is introduced and basic holistic lifestyle habits discussed.

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Wednesdays, Oct. 23-Dec. 18 (no class Nov. 27), 2-3 p.m. **Fee: \$110. Register at Clubhouse II.**

**NEW – Beginner and Advanced Tai Chi:** A must for seniors! Tai Chi builds strength in muscles and bones, promotes a healthy heart and is fun and easy to do. It improves endurance, flexibility, breathing and circulation.

The class begins with 30 minutes of stretching and muscle strengthening exercises that promote greater agility, better posture and strengthen muscles. This is followed by meditation for 10 minutes and tai chi for 20 minutes. Tai chi is the best way to improve balance and coordination, thereby decreasing the risk of falling and fractures.

Class meets Tuesdays and Thursdays, Oct. 22-Jan. 23 (no class Nov. 26, Nov. 28, Dec. 24 or Dec. 26), 9:30-10:30 a.m. The instructor is Steve McCleary.

For more information, call Maureen McCleary at (301-598-1145). **Fee: \$45 for one day per week; \$75 for two days per week. Register at Clubhouse II.**

**NEW – Stretch, Tone and Strength Training for the Active Adult (9:15 a.m.) - Advanced:** Join our fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier and more balanced as you develop new body awareness, flexibility and control of “usable strength.”

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

Class meets Mondays, Oct. 21-Dec. 9 and/or Thursdays, Oct. 24-Dec. 12 (no class Nov. 28, Thanksgiving), 9:15-10:15 a.m. **Fee: \$60 for one day per week; \$90 for two days per week. Register at Clubhouse I.**

**NEW – Stretch, Tone and Balance for the Active Adult (10:30 a.m.) – Beginner to Moderate:** This class is for

beginner to moderate exercisers who want to join a fun exercise class that utilizes a variety of equipment for the active adult. This dynamic strength-training class will develop a body instilled with power and one that can move with ease and confidence. Get stronger, steadier and more balanced as you develop new body awareness, flexibility and control of “usable strength.”

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

Class meets Mondays, Oct. 21-Dec. 9 and/or Thursdays, Oct. 24-Dec. 12 (no class Nov. 28, Thanksgiving), 10:30-11:30 a.m. **Fee: \$60 for one day per week; \$90 for two days per week. Register at Clubhouse I.**

**NEW – Chair Exercises for Strength and Mobility:** This class offers innovative new ways to exercise from a chair. Participants will use weights, rubber tubing and balls. Anyone who wants to exercise strictly from a chair is welcome.

There are many ways to overcome mobility restrictions and to reap the benefits of physical, mental and emotional rewards of exercise. So, bring yourself, a bottle of water for hydration and join new friends for motivation! Remember, muscle knows no age, so it is never too late to become the best you!

Led by Linda Ginsburg, class meets Mondays, Oct. 21-Dec. 9 and/or Thursdays, Oct. 24-Dec. 12 (no class Nov. 28, Thanksgiving), noon-1 p.m. **Fee: \$60 for one day per week; \$90 for two days per week. Register at Clubhouse I.**

**NEW – Tap Dancing in a Chair with Carol – a new approach to Tap:** If you are an experienced tapper and miss it or a beginner who always wanted to tap, but right now your body says, “no,” this is the class for you. For experienced tappers, this will be a “remember when” and a “do I ever love tapping again”; for beginners you’ll enjoy an easy start with the basics, and before

long you’ll feel like a real tapper. (Experienced tappers who don’t need a chair are welcome to take the class, but all students work from a chair.)

Each class is two hours; the first hour will focus on beginning tap terms and combinations, and the second hour on more advanced techniques and dances. Students are welcome and encouraged to participate in either or both hours of instruction.

Carol began taking tap lessons at age four, continuing through high school when she taught tap to offset the cost of lessons, and performed in recitals and community theater. In college, she taught dance for the physical education department and, in the summer, continued to perform in local theater. While her career took her in another direction, her love affair with dance has never ended. If you have questions, give Carol a call at (301-598-5980).

Class meets Thursdays, Oct. 24-Dec. 5 (no class Nov. 28, Thanksgiving), 3-5 p.m. **Fee: \$40. Register at Clubhouse II.**

**Gentle Yoga – Wednesdays and Saturdays with Marilyn:** Yoga is a holistic system that combines movement, posture, breath, and relaxation techniques to improve overall health and well-being physically, mentally and spiritually. A consistent yoga practice has been shown to increase mobility, strength, and flexibility, and to provide skills to cultivate a peaceful mind in the face of life’s stresses and challenges.

This class is designed for individuals with some ability to get up and down off the floor and can be adapted according to the need of the practitioner. Beginners and ongoing students are welcome. Bring a yoga mat or blanket to the first class.

Class meets Wednesdays, Oct. 9-Dec. 18 and/or Saturdays, Oct. 5-Dec. 11, 9-10:15 a.m. **Fee: \$93 for one day per week, \$160 for two days per week. Register at Clubhouse I.**

**Gentle Pilates and Therapeutic Vinyoga for Individuals with Arthritis:** Everybody can benefit from Pilates moves and from correct breathing, and in this class you

will get both. This is a simple therapeutic class that everyone can do and benefit from. Pilates is linked to better balance in older adults with back pain. Pilates was inspired by Vinyoga. The class will begin with some simple stretching followed by a gentle Pilates workout that is chair- and wall-assisted, and ending with a relaxing cool down. This class is structured to insure progress at an individual speed as each person strengthens and tightens his/her arms and legs, while improving core muscles. But most of all it’s fun and it will make you feel absolutely fabulous!

Participants should wear comfortable clothing, and bring a yoga mat, two 3” yoga blocks, a yoga strap (or an old scarf or old tie) and a bottle of water. Participants must be able to get up and down from the floor at least once during the class.

Class meets Mondays, Oct. 14-Dec. 2, 4-5 p.m. **Fee: \$150. Register at Clubhouse II.**

**Body and Brain Chair Yoga with Christine:** All yoga helps one to feel better physically, relieve stress and have more energy. So, what’s different about Body and Brain Korean Yoga? It focuses on gentle fluid movements instead of holding poses, so it makes fewer demands on one’s balance and strength. This makes it easier and more fun for many individuals to achieve the results they want. One can start to experience benefits from the very beginning.

Participants will also learn traditional Asian healing principles and movements and how to use the brain to improve the body. With practice, a participant can enhance the quality of his or her health and become a stronger and happier person.

As a special bonus, try a non-surgical facelift – At the end of class, the instructor will share the five components of facial yoga to get a smoother, lifted look by relaxing and stimulating the facial muscles.

Class meets Wednesdays, Oct. 23-Dec. 18, 6-7:10 p.m. **Fee: \$96. Register at Clubhouse I.**



# BEDFORD COURT

MONOGRAM COLLECTION BY SUNRISE



## *You're invited to an Introductory Lunch & Learn*

**Wednesday, October 23rd @ 12p.m.**

Registration begins @ 11:30 a.m.

If you are considering moving to a retirement community, please join us for a delicious lunch and presentation on the benefits of living at Bedford Court, a Continuing Care Retirement Community located next door to Leisure World!. We provide maintenance free living, housekeeping, restaurant style dining, transportation and so much more, all at an exceptional value.

Join us to see why so many Leisure World residents have chosen Bedford Court as their home!

### *On The Menu*

*Salad with Mixed Baby Greens, Dried Cranberries, Pears, and Candied Pecans tossed with a Lemon Sage Vinaigrette*  
*Grilled Chicken Breast Stuffed with Apple Cornbread Stuffing*  
*Wild Rice and Sautéed Green Beans*  
*Pumpkin Cheesecake*

***Seating is Limited***  
***RSVP by Friday, October 18th***  
***Call 301-438-6607***

***Independent Living -limited availability on 1 and 2 bedroom apartments***

***Assisted Living —We are proud to be deficiency free 2 years running!***

***Limited availability of studios and 1 bedroom apartments.***

**Call 301-598-2900 today for details.**

### *Skilled Nursing & Rehabilitation*

If you are planning a surgery or have an unexpected hospital stay, call Bedford Court to inquire about an inpatient rehabilitation stay.

To inquire call Tiernan Andrews at 301-438-6640



Ranked "Highest in Customer Satisfaction" among Senior Living Communities" by J.D. Power in their first-ever 2018 Senior Living Satisfaction

***3701 International Drive, Silver Spring MD 20906***

***Independent Living \* Assisted Living \* Nursing & Rehabilitation***

# CALENDAR *of Events*

**Dial 301-598-1313  
for recorded Daily Events**

**Friday, October 4**

**Clubhouse I**

10:00 a.m. Abstract Any Medium Art Class  
11:00 a.m. Who Are the Great Composers? Class  
1:30 p.m. Watercolor II Art Class  
2:00 p.m. CLL Program: Doctor Addresses Type 2 Diabetes and Diverse DNA  
3:00 p.m. Hispanos de LW: Bingo  
7:00 p.m. Friday Duplicate Bridge

**Clubhouse II**

1:00 p.m. Zumba Gold Class  
1:00 p.m. Chess Club  
1:00 p.m. Friday Bridge  
3:00 p.m. Therapeutic Yoga Class  
4:00 p.m. Pickleball Club

**Saturday, October 5**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
9:30 a.m. E&R Event: Fall Flea Market  
10:00 a.m. Open Art Studio  
10:00 a.m. American Needlepoint Guild (ANG)

7:00 p.m. Sock Hop Group

**Clubhouse II**

9:15 a.m. JRLW Service  
11:00 a.m. Pickleball Club  
2:00 p.m. Going It Alone Club: Social  
3:00 p.m. Friends of India Association movie: "Gandhi"

**Sunday, October 6**

**Clubhouse I**

5:00 p.m. Tennis Club: Summer Finale Dinner

**Clubhouse II**

11:30 a.m. Pickleball Club  
2:30 p.m. Fireside Forum: Bob Levey Discusses Issues of Journalism Today  
6:30 p.m. Baby Boomer Club: Game Night

**Monday, October 7**

**Clubhouse I**

9:15 a.m. Stretch, Tone and Strength Training  
10:00 a.m. Basic Drawing Art Class  
10:00 a.m. CLL General Meeting  
10:30 a.m. Stretch, Tone and Balance Class  
1:00 p.m. Oils and Acrylics Art Class  
1:30 p.m. Leisure World Chorale  
2:00 p.m. CLL program: Protecting Your Assets

7:00 p.m. Bingo

**Clubhouse II**

9:00 a.m. Senior Sneakers Class  
10:00 a.m. Clipper Workshop  
10:30 a.m. Zumba Gold Class  
11:00 a.m. Chair Yoga Class  
12:30 p.m. Men's Bridge  
1:00 p.m. Chess Club  
2:00 p.m. Chair Yoga Class  
2:00 p.m. Line Dance Class  
3:00 p.m. Line Dance Class  
4:00 p.m. Ba Duan Exercise Class  
5:30 p.m. Pickleball Club  
5:30 p.m. Model Railroad Club Operating Session

**Tuesday, October 8**

**Clubhouse I**

9:30 a.m. Any Medium Art Class

9:30 a.m. Garden Plot Group  
10:00 a.m. CLL Course: Advanced Conversational Spanish  
11:00 a.m. Arts in Motion Annual Meeting  
11:30 a.m. 9-Hole Ladies Golf Luncheon  
1:00 p.m. Open Art Studio  
1:00 p.m. CLL Course: Intermediate Conversational Spanish  
1:00 p.m. Amateur Radio Club  
1:30 p.m. Book Club Network: Non-Fiction  
5:00 p.m. Lawn Bowls Club  
7:00 p.m. Trivia Club  
7:00 p.m. Duplicate Bridge

**Clubhouse II**

9:30 a.m. Beginner and Advanced Tai Chi Class  
10:00 a.m. LW Apple Club: Clinic  
11:00 a.m. Mild Exercise Class  
11:00 a.m. Water Exercise Class  
12:30 p.m. Pickleball Club  
12:30 p.m. Scrabble Group  
1:00 p.m. Non-impact Fusion Water Exercise Class  
1:30 p.m. Comedy and Humor Club  
2:00 p.m. Fitness Center Orientation Tour  
3:00 p.m. Living Better with Parkinson's Support Group  
6:00 p.m. JRLW: Yom Kippur Service

**Wednesday, October 9**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Any Medium II Art Class  
1:00 p.m. Lions' Vision Support Group: New Technology for the Visually Impaired  
1:00 p.m. Oils and Acrylics II Art Class  
6:45 p.m. Chicago Bridge  
7:30 p.m. JRLW: Break-the-Fast Supper

**Clubhouse II**

9:15 a.m. JRLW: Yom Kippur Service  
10:00 a.m. Zumba Gold Class  
11:00 a.m. Mild Exercise Class  
1:00 p.m. Chess Club  
1:00 p.m. Aqua Fit Class  
5:15 p.m. Pickleball Club  
5:30 p.m. Model Railroad Club Operating Session  
7:00 p.m. Gem, Lapidary and Mineral Society

**Thursday, October 10**

**Clubhouse I**

9:15 a.m. Stretch, Tone and Strength Training  
10:00 a.m. Watercolor I Art Class  
10:30 a.m. Stretch, Tone and Balance Class  
10:30 a.m. New Yorkers and Friends Club  
12:30 p.m. Ladies Bridge  
1:00 p.m. People and Pets Art Class  
1:00 p.m. LWAAAC Healthful Thursdays  
1:30 p.m. Wood Shop Users Group Training  
2:00 p.m. E&R Event: Rhythms of the Soul with Lady Renee Anderson  
2:00 p.m. CLL program: Immigration, the Statue of Liberty and the Ku Klux Klan  
6:00 p.m. Lawn Bowls Club  
7:00 p.m. Democratic Club

**Clubhouse II**

9:00 a.m. Senior Sneakers  
9:30 a.m. Beginner and Advanced Tai Chi Class  
9:30 a.m. Quilting Group  
10:00 a.m. MVA Mobile Bus

## Leisure World Mutual Meetings

**Oct. 7**

**Mutual 25 Board**  
7:00 p.m., Sullivan Room

**Oct. 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

**Oct. 10**

**Mutual 27 Board**  
10:00 a.m., Community Room  
**Mutual 12 Board**  
1:00 p.m., Sullivan Room

**Oct. 15**

**Mutual 14 Board**  
9:30 a.m., Sullivan Room

**Mutual 11 Board**

10:00 a.m., Clubhouse I  
**Mutual 20A Annual Meeting**  
7:00 p.m., Clubhouse II  
**Mutual 6C Annual Meeting**  
7:30 p.m., Party Room

**Oct. 16**

**Mutual 5 Board**  
9:30 a.m., Sullivan Room  
**Mutual 27 Annual Meeting**  
7:00 p.m., Clubhouse II

**Oct. 17**

**Mutual 15 Board**  
9:30 a.m., Sullivan Room  
**Mutual 13 Board**  
1:30 p.m., Sullivan Room  
**Mutual 22 Board**  
4:00 p.m., Clubhouse I

*Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Mutual board meetings are open to respective mutual residents and absentee owners.*

## Meetings of the LWCC Board of Directors, Executive Committee and Advisory Committees

**Budget and Finance**

Oct. 16, 10:00 a.m., Clubhouse II

**Communications**

Oct. 17, 10:00 a.m., Clubhouse I

**Community Planning**

Oct. 15, 9:30 a.m., Clubhouse I

**Energy**

Oct. 15, 9:30 a.m., Clubhouse I

**Golf and Greens**

Oct. 4, 9:30 a.m., Clubhouse I

**Government Affairs**

Oct. 21, 2:00 p.m., Sullivan Room

**Health**

Oct. 16, 2:00 p.m., Clubhouse I

**Landscape**

Oct. 10, 9:30 a.m., Clubhouse II

**Physical Properties**

Oct. 8, 9:30 a.m., Clubhouse II

**Security and Transportation**

Oct. 10, 9:30 a.m., Clubhouse I

**Technology**

Sept. 7, 10:00 a.m., Sullivan Room

**LWCC Board of Directors**

Oct. 29, 9:30 a.m., Clubhouse I

The meeting airs on Nov. 4, 6 and 8 at 4 p.m. and 7 p.m. on channel 974.

**LWCC Executive Committee**

Oct. 18, 9:30 a.m., Sullivan Room

The meeting airs on Oct. 23, 24 and 25 at 4 p.m. and 7 p.m. on channel 974.

*Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Meetings are open to all residents and absentee owners.*

11:00 a.m. Water Exercise Class  
11:30 a.m. Pickleball Club  
12:30 p.m. Men's Bridge  
1:00 p.m. Non-impact Fusion Water Exercise Class  
2:00 p.m. Model Railroad Club Operating Session  
2:00 p.m. Mind-Body Exercise Club  
4:00 p.m. Pickleball Club  
4:00 p.m. Friends of India Association

**Friday, October 11**

**Clubhouse I**

10:00 a.m. Abstract Any Medium Art Class

10:00 a.m. JRLW-sponsored Course: Israeli Cinema, 1986-2008  
11:00 a.m. Who Are the Great Composers? Class  
11:00 a.m. Book Club Network: Literary Ladies Who Lunch  
1:30 p.m. Watercolor II Art Class  
3:00 p.m. Hispanos de LW movie: "Everybody Knows"  
5:00 p.m. Café AIM: Lavenia Nesmith  
7:00 p.m. Friday Duplicate Bridge

**Clubhouse II**

10:00 a.m. Chinese Club  
10:00 a.m. Zumba Gold Class

1:00 p.m. Chess Club  
 1:00 p.m. Friday Bridge  
 1:00 p.m. Zumba Gold Class  
 4:00 p.m. Pickleball Club

**Saturday, October 12**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
 10:00 a.m. Open Art Studio

**Clubhouse II**

9:15 a.m. JRLW Shabbat Service  
 11:00 a.m. Pickleball Club  
 2:00 p.m. Going It Alone Club: Social

**Sunday, October 13**

**Clubhouse I**

10:15 a.m. Jewish War Veterans Post 567:  
 Brunch featuring Voices of Vets

**Clubhouse II**

11:30 a.m. Pickleball Club

**Monday, October 14**

**Clubhouse I**

9:15 a.m. Stretch, Tone and Strength Training Class  
 9:45 a.m. AARP Safe Driving Course  
 10:00 a.m. Basic Drawing Art Class  
 10:00 a.m. Garden and Environmental Club: Plant Swap  
 10:30 a.m. Stretch, Tone and Balance Class  
 1:00 p.m. Oils and Acrylics I Art Class  
 1:30 p.m. Leisure World Chorale  
 2:00 p.m. Compassion and Choices of Leisure World

**Clubhouse II**

9:00 a.m. Senior Sneakers Class  
 10:30 a.m. Zumba Gold Class  
 11:00 a.m. Chair Yoga Class  
 12:30 p.m. Men's Bridge  
 1:00 p.m. Chess Club  
 2:00 p.m. Chair Yoga Class

2:00 p.m. Line Dance Class  
 3:00 p.m. Line Dance Class  
 4:00 p.m. Ba Duan Class  
 4:00 p.m. Gentle Pilates and Therapeutic Vinyoga Class  
 5:30 p.m. Pickleball Club  
 5:30 p.m. Model Railroad Club Operating Session

**Tuesday, October 15**

**Clubhouse I**

9:00 a.m. Blood Pressure and Hearing Testing  
 9:30 a.m. Any Medium I Art Class  
 10:00 a.m. CLL Course: Advanced Conversational Spanish  
 11:00 a.m. Health Advisory Committee: Author Speaks on Overcoming Adversity and Learning to Thrive  
 1:00 p.m. Open Art Studio  
 1:00 p.m. CLL Course: Intermediate Conversational Spanish  
 5:00 p.m. Lawn Bowls Club  
 7:00 p.m. Trivia Club  
 7:00 p.m. Duplicate Bridge Game  
 7:00 p.m. Republican Club  
 7:00 p.m. Wood Shop Users Group Training

**Clubhouse II**

9:30 a.m. Beginner and Advanced Tai Chi Class  
 10:00 a.m. LW Apple Club: Clinic  
 11:00 a.m. Mild Exercise Class  
 11:00 a.m. Water Exercise Class  
 12:30 p.m. Pickleball Club  
 12:30 p.m. Scrabble Group  
 1:00 p.m. Stroke Support Group  
 1:00 p.m. Non-impact Fusion Water Exercise Class  
 1:30 p.m. Comedy and Humor Club  
 4:00 p.m. Pickleball Club

**Wednesday, October 16**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
 10:00 a.m. Any Medium II Art Class  
 10:00 a.m. Rossmoor Library Guild meeting  
 10:00 a.m. CLL Course: The Right to Vote: A History, Colonial America to the Present  
 10:15 a.m. League of Women Voters  
 11:00 a.m. NA'AMAT RBZ Fashion Show and Luncheon  
 11:00 a.m. Short Story Group  
 1:00 p.m. Oils and Acrylic II Art Class  
 1:00 p.m. LW Dog Club  
 1:00 p.m. Maryland Interclub Seniors Golf Association (MISGA) Luncheon  
 5:00 p.m. Duplicate Bridge Club: Banquet  
 6:30 p.m. Democratic Club: Voter Registration Workshop  
 6:45 p.m. Chicago Bridge

**Clubhouse II**

10:00 a.m. Zumba Gold Class  
 11:00 a.m. Mild Exercise Class  
 1:00 p.m. Chess Club  
 1:00 p.m. Aqua Fit Class  
 5:30 p.m. Model Railroad Club Operating Session

**Thursday, October 17**

**Clubhouse I**

10:00 a.m. Watercolor I Art Class  
 11:00 a.m. Writers of Leisure World  
 12:30 p.m. Ladies' Bridge  
 1:00 p.m. People and Pets Art Class  
 1:00 p.m. LWAAAC Healthful Thursdays  
 2:00 p.m. Cannabis 101 Club  
 2:00 p.m. Book Club Network: Thursday Readers  
 3:00 p.m. Stamp and Coin Club  
 6:00 p.m. Lawn Bowls Club

**Clubhouse II**

9:00 a.m. Senior Sneakers Class  
 9:30 a.m. Beginner and Advanced Tai Chi Class  
 10:00 a.m. Stitching Group  
 11:00 a.m. Water Exercise Class  
 11:30 a.m. Pickleball Club  
 12:30 p.m. Men's Bridge  
 1:00 p.m. E&R Movie: "Chappaquiddick"  
 1:00 p.m. Non-impact Fusion Water Exercise Class  
 2:00 p.m. Model Railroad Club Operating Session  
 2:00 p.m. Mind-Body Exercise Club  
 4:00 p.m. Pickleball Club  
 4:00 p.m. Friends of India Association  
 6:00 p.m. Vegetarian Society

**Friday, October 18**

**Clubhouse I**

9:30 a.m. Community Fair  
 10:00 a.m. JRLW-sponsored Course: Israeli Cinema, 1986-2008  
 10:00 a.m. Abstract Any Medium Art Class  
 10:00 a.m. Book Club Network: Bookies  
 10:00 a.m. Who Are the Great Composers? Class  
 12:15 p.m. Kiwanis Club  
 1:30 p.m. Watercolor II Art Class  
 2:00 p.m. Town Meeting Organization  
 3:00 p.m. Hispanos de LW: Bingo  
 7:00 p.m. Friday Duplicate Bridge  
**Clubhouse II**  
 10:00 a.m. AARP CarFit  
 1:00 p.m. Zumba Gold Class  
 1:00 p.m. Chess Club  
 1:00 p.m. Friday Bridge Club  
 3:00 p.m. Therapeutic Yoga Class  
 4:00 p.m. Pickleball Club  
 7:00 p.m. Baby Boomer Club: Movie

# See Things DIFFERENTLY

**Ingleside at King Farm** introduces a *different* approach to serve those with neurocognitive impairments, including Alzheimer's and other dementias. This person-directed program goes far beyond just providing care—it opens up a new world of connections for family members and their loved ones.

**Memory Support** residences include brand new, private suites, beautiful common areas, open-kitchen dining area, a full calendar of entertainment, programs and events, and opportunities for socialization and enrichment.

Find out how **Ingleside at King Farm** can help you and your loved one try this innovative program.



**INGLESIDE**  
 AT KING FARM  
 ENGAGED LIVING  
 An Ingleside Community

240-398-3846 // [www.ikfmd.org/memorysupport](http://www.ikfmd.org/memorysupport)



*Ingleside at King Farm is a not-for-profit, CARF accredited, SAGECare certified, life plan community.*





OCTOBER 2019

# UPCOMING SEMINARS & EVENTS

AT BROOKE GROVE RETIREMENT VILLAGE

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

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

## CAREGIVER CONNECTION: "NINE TO NINETY"

TUESDAY, OCTOBER 15 • 2–3 P.M.

*Nine to Ninety* is the love story of Phyllis and Joe Sabatini, who at age 89 and 90 live in the home of their daughter, son-in-law and young granddaughter. As the family struggles to make ends meet and Joe's health problems escalate, Phyllis becomes determined to free her daughter from the burden of caretaking. Their surprising decisions ignite bigger conversations on how to age with dignity.

FREE. Register by October 13.

## LIVING WELL SEMINAR: "HOW TO IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE"

WEDNESDAY, OCTOBER 16 • 1–2:15 P.M.

All movement stems from — or moves through — your core. So, it's not surprising that a strong core can provide a variety of health benefits, such as pain relief and improved posture and balance. Determine why a strong core is key to living a vibrant life, and learn specific, senior-friendly exercises that you can do at home to keep you moving.

Preceded by complimentary lunch at 12:30 p.m.

FREE. Register by October 14.

## ASSISTED LIVING OPEN HOUSE

1635 Hickory Knoll Road, Sandy Spring, MD 20860

TUESDAY, OCTOBER 22  
10:30 A.M.–12:30 P.M.

Explore our residential-style homes, gardens and secure walking paths. Discover our innovative approach and programs including those designed to stimulate memory. Meet our staff, trained in assisting those with Alzheimer's and memory loss.

FREE. RSVP by October 20.

## PARKINSON'S COMMUNICATIONS CLUB

TUESDAYS • 12:30–1:30 P.M.

This weekly wellness and prevention program for individuals with Parkinson's disease and their care partners focuses on the maintenance of communication skills, with an emphasis on strengthening breath support and improving the ability to project and speak loudly enough to be heard in social settings.

FREE with a \$30 annual Parkinson Foundation registration fee.



18100 Slade School Road, Sandy Spring, MD 20860  
301-260-2320 • [www.bgf.org](http://www.bgf.org)

INDEPENDENT LIVING ASSISTED LIVING REHABILITATION LONG-TERM CARE MEMORY SUPPORT

# CLASSIFIEDS

THE LEISURE WORLD of Maryland NEWS reserves the right to reject or discontinue any advertisement believed inimical to the best interest of Leisure World. The News shall accept advertising on the same basis as other reputable publications; that is, it shall not knowingly permit a dishonest advertisement to appear in the Leisure World of Maryland News, but at the same time the News will not undertake to guarantee the reliability of its advertisers.

The News recommends that before a resident engage any service herein advertised, that the resident request and verify applicable credentials (i.e. bonded, licensed, insured) and references.

For information on placing advertisements in the Leisure World News, email (lwnewsads@lwmc.com) or call (301-598-1310).

## ESTATE SALES

**CASH FOR ESTATES;** whole apartment contents, whole house contents, storage lockers. Buy out/clean up. (theatticllc.com) Gary – (301-520-0755).

**ATTIC TO BASEMENT ESTATE Cleanouts LLC** – I provide honest and confidential estate cleanouts with reasonable rates. I assist executors, family members and guardians with a personal touch. I will save you time and money providing fast, efficient service. I work with local auction and hauling companies. Please call or email me to set up an appointment. Janet Ray (301-384-3198), (wishalot10@aol.com).

**LOOKING TO DOWNSIZE,** move or sell all household items or just a few? What about that storage unit? Call Estate Sales by Cheryl, LLC! Let's get started making you a profit! (301-437-2705)

## REAL ESTATE FOR SALE

**A WISE CHOICE.** Call me. Marilyn Rubinstein of Weichert Realtors. Your expert in this great

community. Top 1% Nationwide. #1 Office Producer with over 40 years of experience and hundreds of sales right here. Call me for a free market analysis. Please call and we'll talk. I make buying or selling an enjoyable and successful experience. Call Marilyn today (301-674-1288).

**Announcing a NEW REAL ESTATE PARTNERSHIP,** Sue Heyman, Rick Winkler and Sudha Baxter. Rely on our combined strengths, Top Weichert Producers, plus backgrounds in Teaching, Tax and Business. We are located at the Leisure World Plaza Weichert Office and have personal knowledge of the Community from the investor and resident perspective. See our display ad in this issue to review our current listing choices, to see other available properties and to request a free competitive analysis. Office (301-681-0550), Sue (301-580-5556), Rick (301-404-3105), Sudha (202-368-8536).

**REAL ESTATE SERVICES** – Leisure World resident real estate agent Gerry Walsh. Sunshine Properties – I can list your home for 3.95%. (845-401-1177)

**Get more MONEY FOR YOUR HOME** with free staging, 1/4-page display advertising and open house. Carolyn Thompson, Real Estate Search and Sale. Call today: (301-674-3056)

The number of **PATIO HOMES** for sale is at an all-time low! If you have been thinking of selling, now is the time. \$\$\$\$\$\$\$\$\$ Douglas Realty (866-987-9397). Call Eve Rados Marinik, (301-221-8867) (evemhomes@gmail.com) for a free market analysis of your home.

**PENTHOUSE w/two master bedrooms** and spectacular views. Updated bathrooms and kitchen w/ granite counter-tops and stainless appliances. Model GG. Call Carolyn Thompson, Real Estate Search and Sale. Call today: (301-674-3056)

**COMING SOON: THE GREENS,** 3 bedrooms and 2 full baths, garage, close to elevator, HWF, updated kitchen, low \$300,000s. Douglas Realty (866-987-9397). Call Eve Rados Marinik, (301-221-8867), (evemhomes@gmail.com).

## REAL ESTATE FOR RENT

**3 BEDROOM, 2 FULL BATH** patio home with eat-in kitchen, 1 car garage. Furnished. Utilities included. \$3,950 per month. Call (410-868-1110).

**\$1,800: 2 BEDROOM, 2 FULL BATH** in Fairways South, garage space included. Ground floor. Coming soon: 1 bedroom in Fairways North, \$1,450.00, 3rd floor. Douglas Realty (866-987-9397). Call Eve Rados Marinik, (301-221-8867)

## RENTAL WANTED

My name is John Whitney. I am looking to **RENT A GUEST BEDROOM** somewhere in Leisure World. I am a 62-year-old male. I am currently renting a room from Dennis Evans in The Greens, Building 1. If you have a room that you would like to rent, contact Dennis and/or me at any of the following: (John.justin.whitney@gmail.com) or (410-548-2140), (Devans162@comcast.net) or (240-560-6277) or (703-307-8353) or (240-228-6916).

## FOR SALE

**BRAND NEW Wilder Total Gym Bench.** Die Hard car or boat jumper. Prices negotiable. (301-366-7689). Ask for Ray.

**KODAK CAROUSEL, 760H** projector. Whisper-quiet operation. Remote-control forward and reverse. Automatic focus. Reliable gravity feed slide tray capacity: 140 slides. UL-listed, CSA-approved. Slide trays available. (301-598-0937).

## AUTO SALES

**2016 TOYOTA CAMRY LE.** Four-door. MD-inspected, like new. Only 13,500 miles. One owner. \$17,999. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

**2002 CHRYSLER CONCORDE LIMITED.** Loaded with sunroof, leather interior, chrome factory wheels. MD-inspected, only 43,000 miles. Previous LW owner. \$7,000. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

**FAST CASH FOR USED CARS** – Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashier's check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973).

**I BUY CARS and trucks.** Fast and courteous service. Licensed dealer. I will come to you to look at the vehicle. Tom (301-806-8140).

**2013 MERCEDES-BENZ SLK250** Roadster. 19,779 miles, just broken in. Retractable hardtop. Panorama roof. 1.8-liter turbo, 201 horsepower. Silver metallic exterior, Sahara beige interior. Automatic 7 speed, with steering wheel gearshift paddles. Original owner, garage kept. A great holiday gift. \$24,000 or best offer. Call Thomas Li (301-598-0370) or email (tmcbl@comcast.net).

## TRANSPORTATION SERVICES

**DRIVER WITH CONCIERGE STYLE** at regular rates. I am a Leisure World resident and I understand the needs of our community. My service is a four-door Mercedes-Benz sedan with all the comforts of a leather-seat luxury car, temperature-controlled interior, ample trunk space and a smooth ride. Most important is my dependability



**Kathleen Kane**  
Assoc. Broker

## Kathleen and Eileen Kane

**Honored to Serve You For 35+ Years with Cathy Gilmour Real Estate and Proudly Continuing that Same High Level of Service with WEICHERT REALTORS®**



**Eileen Kane**  
Assoc. Broker

**G W/GARAGE – 3rd FLOOR IN OVERLOOK.** Price Reduced! Views of trees & golf course from every room. High ceilings. Lg rooms throughout incl. Gracious Living Rm and Dining Rm, Master suite w/two walk-in closets; Master Bath w/spacious shower & lg. Double closet; 2nd BR w/double closet; hall Bath w/tub-shower; Entry Foyer has premium wood flooring & double closet w/mirrored doors. Encl. Balcony accessible from Living Rm and Breakfast Rm. White cabinetry in Kit and Breakfast Rm; Laundry Rm w/extra storage. Lots of fresh paint and new wall to wall carpeting. **Garage Space #17 incl. In price! \$341,000**

**BERKELEY** – Brick townhouse in Oxford Ct (Montgomery Mutual), 2 BR, 2 Full and 1 Half bath, Florida Rm. Addition, new wall to wall carpeting, fresh paint. **\$181,000**

**CABOT – In Mutual 10.** Ranch house w/full garage conversion into huge bonus rm and storage. 3 BR, 2 BA, exquisite moldings. Exceptional privacy. Excellent parking. **\$389,000**

**Free Notary Services w/Eileen**  
Please call 240-460-8647

*Dedication Makes  
The Difference!*

**WEICHERT REALTORS®**  
Office: 301-681-0550



**Kathleen: 240-506-6079 | kathe.e.kane@gmail.com | Eileen: 240-460-8647 | ekkane51@icloud.com**

and providing any personal assistance you may need. Call Ken at (508-612-9647).

**DRIVER** with 25 years' experience. I am a Leisure World resident. I am working as an Aide Nurse. Drive anywhere. Comfortable, smooth, safe. Accident-free record. Clean vehicle. I'm available 24/7. Call or text (703-649-1293).

**YOUR PERFECT PRIVATE DRIVER** is right here! Lifetime DC Metro resident. Friendly, reliable, competent service. Safe, accident-free record. Comfortable, clean vehicle can seat up to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, festivals, ceremonies, medical appointments... To/from anywhere, including long-distance trips in other states. Reservations are recommended. Call 7 a.m.-10 p.m. with questions or to arrange/guarantee your ride. Available 24/7. Emergency calls, if needed. Steven Saidman. Cell/text (301-933-8899). Email (steve.your.driver@gmail.com).

**CALL & RIDE** – Doctors, airport, casino. Will pick up your groceries. Always on time. Over 250 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

#### CAREGIVING AND HEALTHCARE

Healthcare professionals must provide current proof of certification or license from the Maryland Board of Nursing to include "certified" or "licensed" in their advertisement. Examples of positions requiring such proof include, but are not limited to, registered nurse, licensed practical nurse, certified nursing assistant, geriatric nursing assistant and medication technician.

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

**FLAT RATES, ONE WEEK FREE.** "Care You Can Trust and Afford." Reliable, experienced caregiver providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146).

**ELDERLY CARE:** Over 10 years' experience. Great reference. Available for long days or nights. Can drive. Leisure World resident. (240-461-2188).

**OVERNIGHT CAREGIVER** with more than 14 years' experience with seniors and people with special needs. I provide safe, respectful,

loving, skilled care towards every one of my patients. I will deliver peace of mind to family members by keeping their loved ones safe while also protecting their independence and preserving their dignity. I give detailed information and pay close attention to my clients and to the families' needs. I have taken care of many people from family members, friends and clients in facilities to group home members and privately cared-for patients. Whatever the needs may be, I strive to go above and beyond my call of duty. Life is a treasure and if I can provide life or encouragement to anyone, or let them know that they are still loved and living with grace and dignity, I am that Angel. Arafa (240-883-8933), (brownzebra@hotmail.com). Availability: 10 p.m.-7 a.m.

Hello. I provide **SHORT- or LONG-TERM CARE** with over 10 years' experience caring for cancer, Alzheimer's, dementia, as well as stroke clients. My goal is to help clients achieve the best quality of life possible, which enables me to tailor a care plan that maximizes the client's independence and dignity. (301-291-1205), (SFthecaregiver@gmail.com).

**OVER 20 YEARS'** experience full/part-time or live in caring for babies, Alzheimer's, elderly and terminal patients. Excellent driver, reliable trustworthy, dependable. References. Gloria (240-660-7937).

**ATTENTIVE, COMPASSIONATE CAREGIVER,** Jamie, would like to assist you with your daily needs. Jamie has a lot of experience with elder care as she has been working at the Brooke Grove Nursing Home for quite some time. Please call her at (301-980-8432). Thank you.

Leticia Adu is my name. Am a CNA/GNA/MED TECH. I provide quality and affordable care for elderly. I have 13 years' experience. I give personal care, companionship, housekeeping, shopping, appointments, etc. Please contact me (301-793-3989) or (240-252-0439). Email me on (mumbea2002@yahoo.com).

**ELDERLY CARE:** CNA/CMT/nursing student. 11-12 years' experience in elderly care. Hospital, nursing homes and home care. Duties: ADLs, driving to doctors' appointments, housekeeping, meal preparation and safety precautions. Great references. Monday-Sunday, 24 hours availability. (301-820-2631), (301-978-6518).

Augusta Obimpeh is my name. Am a CNA/GNA/MED TECH as well as LPN. I have 16 years' experience caring for elderly. I provide long- and short-term care – very affordable companion care, nursing care, housekeeping, etc. Contact me on (240-883-8126), (240-252-0439) or (301-793-3989). (sweetieamae@yahoo.com)

## Leisure World trusts Family & Nursing Care



### As a premier resource for in-home care services,

Family & Nursing Care helps families rest easy, knowing their loved ones are well supported. From that first cup of coffee in the morning to a sacred bedtime ritual to an unexpected need in the middle of the night, **we are here for you.**

To learn more, come meet **Kelly** and **Jeff** in our office in the Leisure World Medical Center.



Licensed as an RSA by the MD DOH, OHQC, MD RSA License R2519R; MD NRSA 070605.

3305 N. Leisure World Blvd. [familynursingcare.com](http://familynursingcare.com) (301) 588-8200

**EXCELLENT CAREGIVER AVAILABLE:** Highly competent, trustworthy, flexible, and caring — cared for my parents for over five years. Leisure World resident. Highly recommended. (301-509-7234).

**CERTIFIED NURSING ASSISTANT,** over 20 years' experience. Honest, dependable care with respect and love. Personal care, cooking, cleaning and doing shopping. References available. Available for work now, days and weekends. Call Yvonne at (240-706-0428).

**CERTIFIED NURSING ASSISTANT.** Over 30 years working in Leisure World. Excellent references and experience. Own transportation. Doctor's appointments, groceries, other errands and light housekeeping. 24 hours. Please call Divina any time (240-463-1199).

**CERTIFIED NURSING ASSISTANT.** Over 12 years' experience with elderly. Reference available. Providing hygiene care, meals, light housekeeping. Call (240-701-9788).

**SPECIALITY IN PRIVATE DUTY** cases. 20 years' home health services expertise. Light housekeeping, running errands, special needs, doctors' appointments, ADLs, companionship, meal preparation, medication reminders and more! Bebe (240-481-7055), (kmabinty78@yahoo.com).

**HIGHLY-DEPENDABLE** and extremely compassionate caregiver with 11+ years' extensive experience in providing timely and friendly care to elderly and disabled clients. A warm-hearted individual who performs personal care activities in a manner that maximizes clients' independence and dignity in a safe environment. My core competencies include: • companionship • meal preparation • light housekeeping • bath assistance • general assistance • appointment management • errand-running • personal care • excellent communication skills (bilingual English/Spanish). (301-646-2132), (monicamanzano585@yahoo.com).

**I AM A CNA.** Licensed in nursing, RN in Philippines. 18 to 20 years' experience as a caregiver. Worked 3.5 years in assisted living, and private duty for more than 15 years. Duties include personal hygiene, light housekeeping, shopping, meal preparation, dressing, errands, cooking, doctor's appointments, medication reminders. Own car. Dependable, loving, hard worker with excellent references. (301-820-0421).

**CNA/MEDTECH/CPR** with First Aid. Licensed. Experienced working with elderly. Have worked with agencies, assisted living in hospitals and also private duty. Am available full-time or part-time. Please call (301-793-7090).

#### **ASSISTED LIVING**

2 RNs ASSISTED LIVING LLC is a

small, independent affordable home owned by 2 RNs, licensed, and with 38 years' experience and specializing in elderly care, disabled to meet their special needs; long- and short-term stays, dementia, respite care, hospice care, acute post-hospital care, post-rehabilitation. We focus on health and safety for our residents. We advocate elderly care. Our passion is to provide a high quality, individualized care with caring and loving environment. We do hands-on nursing care. Please contact Pat, RN, for free consultation, at (301-338-4015) or (patyusingco@yahoo.com).

#### **HOME SERVICES**

**KITCHEN AND BATHROOM** Remodeling — Cabinet and countertop replacement, and bathtub to accessible shower conversions. Please call Joe at JML Remodeling. (301-598-8400). Serving Leisure World since 1988. MHIC# 36674. Thank you.

**STAIR LIFTS:** Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

**CONTINENTAL MOVERS.** Local moving services. Free boxes. Local — long distance — hauling — pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

**RELIABLE, EXPERT HANDYMAN:** painter, carpenter, tile-setter. Licensed and insured. Affordable prices. No job too big or too small. Extensive experience and references at Leisure World. Please call Carlos Gomez (301-305-4727).

**LANDSCAPING SERVICES:** reliable, affordable and experienced. Fall cleanup and trimming, Shrubbery trimming, weed removal, mulching, design and potting. Houseplant services also available. Beautifying LW, one property at a time! Call Greg at (240-994-5258), (gmarinik@gmail.com). References provided.

**CABINET REFACING AND KITCHEN REMODELING** — Kitchen Saver has been making kitchens accessible for safe independent living for over 30 years. Quality workmanship by our own company-employed installers (no subcontractors), superior materials and innovation have been our watchwords. As a multiple Angie's List Super Service Award winner, we will exceed your expectations. For a free consultation contact us at (800-427-0108) or visit our website at (www.KitchenSaver.com) and prepare to be impressed!

#### **CLEANING SERVICES**

**R&G CLEANING SERVICES** — Small, family-owned business catering to you and your household

needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

**ALICIA'S CLEANING SERVICES** — Good references. Good rate. Once a week or every two weeks. (240-286-3807).

**MARIA'S HOUSE CLEANING,** free estimates, strong references, good rates. Experienced worker in LW for eight years. Call Maria (240-694-6547).

**CARE DRY CARPET CLEANING.** Experience the difference. Host dry extraction system. Green, clean and dry in 30 minutes. Water damages wood flooring under your carpet. Choose dry cleaning. Call Mike Gonsalves, owner/operator (301-309-9398).

**CARLA'S HOUSE CLEANING** — I will concentrate on what is important to you. I will adjust my hours to your satisfaction. Outstanding references and work with Free estimates. Call or text (240-551-2707).

#### **COMPUTER HELP**

**COMPUTER SERVICES** — Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

**COMPUTER LESSONS / SERVICES** — Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English — no technical talk! Shopping assistance for electronics and computers. Senior specialist since 1996. Call David at (301-980-5840). **COMPUTERTUTOR**

**A+ COMPUTER SERVICES.** Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

**INTERNET FOR ALL LW** residents is coming! Get personalized help in connecting your phone, tablet or computer. We also sell easy-to-use computers. Our price is \$50 to fix your problem within 1 hour or it's free. Easy Elder Tech (301-802-6633).

#### **PERSONAL SERVICES**

**PRESERVE YOUR FAMILY MEMORIES!** Don't let your precious photos be forgotten or fade over time. I'll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

**TIRED OF POLISHING** your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

**DAHLSTROM SENIOR SUPPORT SERVICES.** Assistance with senior care and the care of seniors' pets. Safe/reliable door-to-door transportation as needed. Assistance with pet care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I'm a 57-year-old semi-retired doctor, Leisure World resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

**HOUSE CALLS LLC.** Beth Albaneze, CTRS, CPRP, owner. We come to your home for your convenience when faced with acute or chronic life issues. All our services are under one umbrella with a variety of professionals to choose from: counselors, advocates, resource experts, life coaches, recovery specialists, recreation therapists, insurance advisers. Contact Beth at (301-346-6732) or (callingonbeth@gmail.com). Web: (www.callingonbeth.net).

**PAYYOURNURSE!** Do you employ a private nurse or caregiver for your loved one? At PAYYOURNURSE, we assist families in navigating the Federal and State payroll tax laws. From paycheck calculations to quarterly and annual tax returns, we have

a service plan that will fit your needs. For more information, please call (703-819-9796); or email (byudd@payournanny.com). "We're Here to Help Families."

**LIFE STORY LEGACY VIDEOS** — Tell stories about your family and your life journey on video. The video will feature your most treasured photos of grandparents, parents, relatives, friends, and special events. Preserve the legacy of your experiences for family, friends and future generations. Research indicates that reflecting on and sharing your life journey has lasting benefits. Learn more at (www.lifestorylegacyvideos.com) or contact Bryon at (301-685-3300).

**NEED ASSISTANCE** with appointments, shopping, scheduling, errands, medication reminders, meal-planning and preparation, downsizing, de-cluttering or organizing? Years of experience in non-medical companion care. Currently studying Universal Design and Home Modification for accessibility. Clean background, don't drink or smoke, excellent driving record, and get along with most pets. Instructor in CPR/AED and First Aid. Reliable, punctual, efficient with a great attitude. Bonded and Insured. (www.gatekeepercompanioncare.com) (301-371-2210)

**A HELPER:** very reliable lady works half-day shifts. Helps with light work, gourmet cooking and driving. Call (301-792-0002).

**HOUSEKEEPING, TAKING CARE** of older people, cleaning services. 10 years of experience. Loving and kind. Dorothy Moore (240-510-4603)

Hi! I'm Kathy! I'm trustworthy and friendly. I can: • be a **COMPANION FOR THE ELDERLY**, • cook delicious food, • shop for you, • take care of your home while you're gone, • light clean your home. Contact: (501-538-7208). (mosaicstudioone@gmail.com)

### NOTARIES

**NOTARY**, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

### PET CARE

**DOG WALKING SERVICES** — Affordable rates. Responsible and dependable Leisure World resident who is available to walk your pet. Other services include dog or cat companion visits, and feeding at mealtime, if owner is away. Please call (301-598-3454) for more information.

### DONATIONS WANTED

**HOUSING UNLIMITED, INC** is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

**WANTED: CAR DONATIONS.** Support MCPS students by donating your car. Write off up to Fair Market Value! (www.Cars2donate.org) or (240-740-2050).

**BOOK DONATIONS WANTED** for the American Association of University Women (AAUW) Annual Spring Book Sale in Gaithersburg. To support local scholarships for women and mentoring program for girls and women. Fiction and non-fiction, hardback and paperback, audio books, DVDs. Art, kids', cooking, foreign languages, gardening, history, mystery, sci-fi, science, women's studies, African-American & Jewish interests, etc. Pickups can be arranged in and near Leisure World. For more information call Liz at (301-840-1258).

**NO LONGER USING YOUR CAR?** Residents with an unused or unwanted vehicle can donate it to Vehicles for Change. They'll pick it up for free and you earn a tax deduction for the fair market value. Why VFC? As a nonprofit, they match each donated car with low-income families in need of transportation. Your car could be a family's ride out of poverty. Donate today at (www.vehiclesforchange.org) or call (855-820-7990).

### JOB OPPORTUNITIES

**FRONT DESK.** Part-time, one to two days a week in Rockville podiatry office. No experience necessary. (301-980-9717), (raymerkin@msn.com)

**CUSTOMER SERVICE/BRAND AMBASSADOR** — Tired of being retired? Kitchen Saver is looking for Brand Ambassadors to represent us at events. Perfect for those who are outgoing and passionate about helping others. If you are looking to supplement your retirement goals in a flexible environment, contact Tish today at (443-789-6956).

### HELP WANTED

**PRO BONO**, anyone? Have "airtight" case against a couple of "bullies." Need help from a good "retired" attorney. If you will listen to and advise an LW resident, call Joe (240-293-6302).

### ACTIVITY OPPORTUNITIES

Here is an opportunity for you to **WRITE ABOUT YOUR LIFE** — two pages at a time, one week at a time, one theme (e.g.

family, work, health) at a time. Between group sessions you do the writing. During each session, you read it aloud in a small, supportive group and others respond in ways that allow you to feel heard. More information is on my Write Your Life Stories Facebook page, (www.facebook.com/writeyourlifestories). To contact me, email me at (saraperry7@icloud.com) or send me a message on the Facebook page. Sara Perry, M.Div., MSW, LCSW-C, mostly-retired Hospice Social Worker, Hospice Volunteer, and Certified Guided Autobiography Instructor.

**MAH-JONGG "AHH"!** Looking to join a friendly daytime game, I am experienced and love playing and "joking." Please call Roberta at (301-598-5453). Talk

**MOVIES AND MUNCHIES.** Are you looking for something fun to do on a Saturday or Sunday afternoon? How about catching a movie at AMC Wheaton once a month and enjoying a nosh after! No discussion, no analysis, just a fun afternoon at the movies with new friends! If you're interested, please email me at (susan.krupka@gmail.com) or give me a call at (240-446-0975).

Looking for **TENNIS AND/OR PICKLEBALL** partner/s for evening hours. I prefer to play at Olney Manor Rec Center with many lighted tennis courts. Please reply to Helen: (HLEE555@gmail.com) or text to (240-817-4213).

**SCRABBLE CLUB FOR WOMEN** — seeking a few new members — Club meets at founder's LW home on Thursday nights twice a month 6:30-8:30+ p.m. Typically 1-2 tables are playing using 'official Scrabble rules' and members bring snacks, dessert or wine. Hostess serves coffee, tea and sodas. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call ((571-236-1775) in MD in LW).

**BOOK CLUB FOR WOMEN** — seeking a few "Serious Readers": 15+ year-old club reads award-winning fiction and meets at founder's LW home the second Sunday of the month, 5:30-7:30 p.m., for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD-LW)).

**KNITTING AND NEEDLECRAFTS GROUP:** 10+ year old club meets every Sunday, 2-5 p.m., with typically 8-12 crafters (any needlework is fine) at founder's LW home. Beginners to seasoned are welcome. Snacks and drinks are served. Please email a bit about yourself including phone to Polly at (pfields@career-

strategies-inc.com) or call (571-236-1775 (in MD-LW)).

**FILM GROUP FOR WOMEN** forming: Seeking 10+ members to watch/discuss 'Bethesda Row' caliber movies at founder's LW home. Meet every 3 weeks on Saturdays, 6:30-10 p.m. Members bring snacks or wine. Hostess serves drinks. Email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD-LW)).

### VOLUNTEER OPPORTUNITIES

**MAKE A DIFFERENCE** in a family's life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of three to four hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. Email (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

**VOLUNTEER WITH REPRESENTATIVE PAYEE!** Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

**VOLUNTEER AS A HOTLINE CALL COUNSELOR** with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

**MEALS ON WHEELS** is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

**MEALS ON WHEELS (MOW)**, which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

**KOSHER MEALS ON WHEELS**, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at

the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just two to three hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

ENGLISH AND MATH TUTORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, intensive English classes and a new GED program. No experience necessary. We provide materials and training. Sign up online at (www.literacycouncilmcmd.org) or call Ashley France at (301-610-0030).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501(c)(3) all-volunteer non-profit.

FREE BOOKSTORE seeks volunteers, donations. Velocity of Books opened the first all-free bookstore in Montgomery County at Westfield Wheaton by Hollywood East Café, near Metro entrance. Store open during mall hours. Thousands of books available for kids and adults. To volunteer: (https://volunteersignup.org/7APPQ). Book donations up to five boxes at a time may be brought to the store. Larger donations may be picked up; email (VelocityofBooks@gmail.com).

MONTGOMERY HISTORY, a local nonprofit located in downtown Rockville dedicated to collecting, preserving, interpreting and sharing the histories of Montgomery County's residents, is seeking volunteers in the following areas:

museum docents (weekends and holidays); library assistants (weekdays); special events volunteers (weekdays and weekends); and communications and outreach assistants (weekdays only). For a list of volunteer opportunities please visit: (https://montgomeryhistory.org/intern-volunteer-opportunities). Contact Matthew Gagle, outreach and volunteer coordinator, at (mgagle@montgomeryhistory.org) or (301-340-2825).

#### NOTICES

KEEPING SENIORS SAFE — KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (240-706-1850) or (mortonadavis@comcast.net).

#### UPCOMING EVENTS

2nd annual HERITAGE HARVEST FESTIVAL. Saturday, Oct. 5 and Sunday, Oct. 6. 10 a.m.-4 p.m. — free! at locations throughout the Montgomery County heritage area. Come and explore farms and farm markets, wineries and vineyards, a living history farm, artisan brewery, artists' studios, historic farm buildings and much more! For details visit (www.HeritageMontgomery.org/heritage-harvest) or call (301-515-0753).

AUTHOR TALK: ABORTED SPY PLOTS. Historian and curator of the International Spy Museum, Vince Houghton, will be talking about his book "Nuking the Moon: and Other Intelligence Schemes and Military Plots Left on the Drawing Board." Houghton will tell some unbelievable tales that are actually true, and some are quite funny. Free. Sunday, Oct. 6, 2-3:30 p.m. Rockville Memorial Library's first-floor meeting room, 21 Maryland Ave.

RETIREMENT and LONG-TERM CARE financial literacy workshop. We are living longer than ever these days. Retire fearlessly, and protect your wealth and health. Come and gather needed information during the seminar. Free. Saturday, Oct. 12, 3-4:30 p.m. Twinbrook Library, 202 Meadow Hall Dr., Rockville, MD 20851.

KENSINGTON PARK BOOK CLUB presents "A Gentleman in Moscow" by Amor Towles. The book is set during the 20th century in Moscow at the famed Metropol Hotel where movie stars and Russian royalty hobnob; where Bolsheviks plot revolutions and intellectuals discuss the merits of contemporary Russian writers; where spies spy, thieves thieve

and the danger of 20th century Russia lurks outside its marbled walls. It's also where wealthy Count Alexander Rostov lives under arrest for a poem deemed incendiary by the Bolsheviks. Wednesday, Oct. 16, 12:30 p.m. Kensington Park Library, 4201 Knowles Ave.

YOGA FOR ALL. Join Becca Thomas, certified yoga instructor, for an all-levels yoga class focused on alignment to build strength, explore flexibility and connect breath and movement. Options for more advanced poses or transitions. Expect a short meditation at the end of each class. No registration is needed but space is limited. Bring a mat and water and dress in comfortable clothes you can move in. Some blocks and straps will be available for those who choose to use props. Third Monday of every month. Monday, Oct. 21, 10:30-11:30 a.m. Twinbrook Library, 202 Meadow Hall Dr., Rockville, MD 20851.

"WHITE ELEPHANT" by Julie Langsdorf. Fall and Ice Author Series. American dreams collide in this comedic novel set in a quaint Maryland town. Wednesday, Oct. 23, 6:30-7:30 p.m. Kensington Park Library, 4201 Knowles Ave.

"MARYLAND'S PUBLIC GARDENS & PARKS" by Barbara Glickman. Fall and Ice Author Series. Wednesday, Nov. 6, 6:30-7:30 p.m. Kensington Park Library, 4201 Knowles Ave.

KENSINGTON PARK BOOK CLUB discusses "What the Eyes Don't See" by Mona Hanna-Attisha. Flint, Michigan was already a troubled city in 2014 when the state of Michigan shifted its source of water from Lake Huron to the Flint River. This is the story of how a team of researchers, parents, friends and community leaders proved that Flint's kids were exposed to lead through that water — and fought the government and a brutal backlash to expose that truth to the world. Wednesday, Nov. 20, 12:30 p.m. Kensington Park Library, 4201 Knowles Ave.

PORTRAITS OF CREATIVE PEOPLE: "Creativity, with a capital WHY?" Photographer Larry Marc Levine captures creative people at work. On exhibit runs through Sunday, Nov. 24. Sandy Spring Museum, 17091 Bentley Rd.

"FROZEN IN TIME: Hunting Meteorites in Antarctica for Signs of Life" by Danny Glavin, astrobiologist at NASA Goddard Space Flight Center. Fall and Ice Author Series. Thursday, Dec. 5, 6:30-7:30 p.m. Kensington Park Library, 4201 Knowles Ave.

KENSINGTON PARK BOOK CLUB presents "The Great Believers" by Rebecca Makkai. Nominated for

many awards, book, says Margot Livesay of The New York Times, "is by turns funny, harrowing, tender, devastating, and always hugely suspenseful. It reminds us, poignantly, of how many people, mostly young, often brilliant, were lost to the AIDS epidemic, and of how those who survived were marked by that struggle." Wednesday, Dec. 18, 12:30 p.m. Kensington Park Library, 4201 Knowles Ave.

#### WANTED

FAST CASH FOR USED CARS — Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashier's check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973).

WILL BUY MILITARY, WWII, WWI, Civil War memorabilia items. Uniforms, weapons, helmets, photos, medals or any other items associated with U.S., German, Japanese or other military history. Call Dave (240-464-0958) or email (obal7@aol.com).

CASH FOR JEWELRY: gold, silver, costume, diamonds, coins (including foreign), watches, stamp collections. (theatticllc.com) Gary (301-520-0755).

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

CASH FOR RECORDS, CDs, and tapes. Best price guaranteed. Free appraisals. All types of music, 33, 45, 78 and CDs. Call Steve (301-646-5403) or email (Stevebuysrecords@gmail.com). Will make house calls.

WANTED: FIREARM COLLECTIONS, one piece or one hundred, licensed local dealer will come to you. Contact Richard Thornley at (301-253-0425).

# NAVIGATING THE PRACTICAL & EMOTIONAL ELEMENTS OF MY RETIREMENT LIFESTYLE

*Presented by Jennifer FitzPatrick,  
Generations Health*

**TUESDAY, OCTOBER 29TH  
2:00 - 3:30 PM**



**FIVE STAR**  
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OF CHEVY CHASE

8100 Connecticut Ave.  
Chevy Chase, MD 20815  
**301-907-8895**

Deciding when to move out of your home is a challenging process that poses many difficult questions. Be our guest at **Premier Residences of Chevy Chase** for an informational presentation on navigating the practical and emotional elements of retirement, moving, and aging. Jennifer FitzPatrick, MSW, Founder of Generations Health, will share her expertise as well as advice for family members to hold meaningful conversations.

**Kindly RSVP to 301-907-8895**



**Jennifer L. Fitzpatrick, MSW** is the Founder of Generations Health, Inc. and author of *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*. Jennifer has been featured in the *Wall Street Journal* and *U.S. News & World Report*, and on HLN, Fox News, CBS, and Sirius XM discussing her extensive knowledge of aging, health, and mental health.



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EXCLUSIVE LEISURE WORLD INVITATION

FALL IN LOVE WITH BROOKE GROVE!  
**REHAB TOUR AND LUNCH**

**MONDAY, OCTOBER 28**  
**11 A.M. – 1 P.M.**

**COMPLIMENTARY LUNCH • TOUR BEGINS AT 11 A.M.**

BROOKE GROVE REHABILITATION AND NURSING CENTER  
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**TOUR** our state-of-the-art Rehab Center and two-story physical therapy gym.  
**EXPERIENCE** the innovative, revitalizing environment of our healing space.

BUS TRANSPORTATION TO AND FROM THE EVENT  
WILL LEAVE **CLUBHOUSE 1 AND 2 AT 10:30 A.M.**

RSVP and reserve bus transportation with Toni Davis  
by Friday, October 25, at [tdavis@bgf.org](mailto:tdavis@bgf.org) or 301-388-7209.



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