Special Pullout Save the Date Calendar... Page 10

Las Sendas Community Association

The Official Magazine of the Las Sendas Community

Make Las Sendas More Beautiful Las Sendas Lifestyle March/April Spa Specials

March/April 2017

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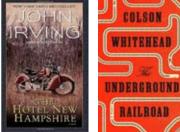
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Valhalla Communily Magazines www.Valhalla360.com

The Official Magazine of Las Sendas Community Association

This magazine is delivered to all homeowners and businesses in the Las Sendas Community bi-monthly. You have received this publication because your HOA believes you take pride in your home environment and community.

We are always interested in your comments or suggestions.

While efforts to ensure accuracy are exercised, the publisher assumes no liability for the information contained in editorial content.



Meet Your HOA

Las Sendas 2017 Board of Directors

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Activities Director Kristha Lima	klima@thetrailhead.org



Association Contact Information

Trailhead Members Club 7900 East Eagle Crest Drive Mesa, AZ 85207

Community Association Office 480.357.8780

Community Association Fax 480.357.7687

> Spa & Fitness Center 480.832.6900

Community Patrol 480.220.1794

FirstService Customer Care Center 480.551.4300

info@thetrailhead.org www.thetrailhead.org

Association Office Hours Monday – Friday 8:00am-5:00pm

Trailhead Members Club Lobby Hours Monday – Friday 8:00am-5:00pm

Trailhead Spa & Fitness Center

Monday – Thursday 5:00am-8:00pm Friday 5:00am-7:00pm Saturday 6:00am-5:00pm Sunday 7:00am-5:00pm

Pool Hours Daily 5:00am-10:00pm

Las Sendas – Building a Sense of Community...

Neighborhood Watch Program

Neighborhood Watch is the cornerstone of all crime prevention programs. It enlists the active participation of citizens in cooperation with law enforcement to reduce burglaries and other neighborhood



crimes. Its primary purpose is the protection of property -- yours and your neighbors.

Neighborhood Watch is a proven and effective means to substantially reduce not only the incidence of residential burglaries in a specified geographical area, but the incidence of other crimes. This program teaches you the steps that can be taken to help protect your home. It also helps you organize a neighborhood group and start making crime prevention a part of everyone's daily routine.

For more information on Neighborhood Watch Programs, please contact the Mesa Crime Prevention Officer, Karen Stegenga on (480) 644-5014. Or follow this link to the City of Mesa Neighborhood Watch Site: http://www.mesaaz.gov/police/NeighborhoodWatch/Default.aspx.

Emergency Mesa Police #911

Non-emergency Mesa Police #480-644-2211

LSCA Patrol #480-220-1794

> If you would like us to promote a neighborhood gathering in your community or need help putting something together, email Kristha at klima@thetrailhead.org.

PUT YOUR TRUST IN A NEIGHBORHOOD SPECIALIST AND RESIDENT OF LAS SENDAS!







BOARD BITS Make Las Sendas More Beautiful

By Greg Kingery and Jeff Brugos

One year ago, the Board of Directors authorized a Landscape and Beautification Working Group to maintain/enhance our reputation as a premier community. The Working Group Board members include Jeff Brugos, Greg Kingery and Kim Robinson. The overall theme for this Working Group was to "Make Las Sendas More Beautiful." Since landscape-related costs have now grown to 35% of our entire Operating Expenses, cost control is also an added focus. The priority areas and projects for this Working Group are based on collective input from the Board, Management (FirstService) and solicited input from homeowners a year ago.

As you read this, three projects have already been completed:

- 1. Enhance and Restore Residents' Views: The new tree trimming policy and related procedures are on the website for your review. Many residents have already taken advantage of this new policy.
- 2. **Build a New Entry Monument on Hawes Road:** Blandford Homes paid for a major portion of the cost. The new monument is on the corner of Hawes Road and Ranger Rider Road.
- 3. Enhance Landscaping Around the Trailhead: The feedback from residents on the Trailhead beautification has been overwhelmingly positive.

Six additional and exciting projects have been prioritized for 2017. A brief scope and status of each project are summarized below. **The Working Group is encouraging residents with interest/expertise to volunteer to help with these projects.** If interested, please complete an online application that you can obtain on the Las Sendas website www.thetrailhead.org.

- 1. Address Fire Protection: The Mesa Fire Department recommended that we take action to reduce the potential for fires in natural areas. Taking their advice, we developed a program to trim trees five feet off the ground, thin dense shrubbery, remove all dead plants and trim overhanging branches/plants from walls in the common areas of our enclaves. These efforts were initiated in late 2016 with the completion of two enclaves: Sonoran Heights and Desert Vistas. With the exception of trimming along the walls to allow painting, these areas have not been cleaned out since Las Sendas was initially developed. This resulted in a significant amount of deferred maintenance. This major effort is scheduled to be completed over a 5-year period and will make our Community and your homes much safer from the risk of fires. The Fire Protection budget in 2017 is \$120,000. The scheduling of the various enclaves is still being determined.
- 2. Address Landscape Watering: At a cost of almost \$300,000 a year, landscape watering is our largest single expense and recently has been increasing faster than inflation. In addition to cost concerns, water conservation and xeriscape landscaping need to be a considered. A review of the overall watering approach and system is being conducted. This includes the current

approach for watering trees and plants as well as a thorough evaluation of the landscape watering system, including controllers, valves lines and emitters. This is a new project which is being initiated.

- 3. Enhance Entry Monument Landscaping: Las Sendas has nine entry monuments (off of McDowell Road, Power Road and Hawes Road). First impressions are important for visitors to our Community. The scope of this project is to enhance the beauty and "Pop" of these monuments with more color and better surrounding landscaping. The plan is to complete this project by the summer.
- 4. **Refurbish and Relocate Certain Statues:** Originally, Las Sendas had 16 statues, with a plaque describing the historical significance of each statue. Some statues have now disappeared. We now have only 10 statues, which are currently valued at over \$700,000 in total. These are clearly unique assets to be preserved and appreciated. Many of them are in remote areas and, therefore, not able to be viewed or appreciated by the majority of our residents. There is no doubt that only a few residents have seen all 10 of them. For the first time in 20 years, we have cleaned and waxed all 10 statues. We are also creating six new plaques to replace plaques that are missing. The work remaining includes: (a) establish a schedule for relocating some statues to higher traffic areas for greater visibility (b) enhance landscaping around the statues and (c) review lighting options. This project is a priority for 2017.
- 5. Address Tree Trimming Cost: Las Sendas has about 11,000 trees, 8,000 of which are maintained along the streets and in parks. Trees in the "natural" areas are not maintained. The cost for tree trimming now exceeds \$300,000. These costs are also increasing faster than inflation. These cost are in addition to Fire Protection tree trimming efforts addressed earlier. Major contributors to this cost are the total number and height of the trees. The size of the trees have been potentially impacted by overwatering in prior years, which is related to one of the projects addressed above. This is a new project being initiated. The plan is to complete this project evaluation in 2017.
- 6. Enhance Enclave Entrance Landscaping: There are 56 enclaves in Las Sendas, many of which lack color and "pop." As a pilot project in 2016, a few enclave entrances were "tested" to determine the most effective approaches for enhancing enclave entrances. A plant palette has been created for adding color to the enclave entrances and is available for viewing at the Trailhead (or online). The current plan is to refine the landscape approach and complete at least four to six enclaves in 2017. Other enclaves will be scheduled over subsequent years until all enclave entrances have an improved look.

In summary, the Working Group has a number of current active projects, some of which are in the early stages. We welcome volunteers who have expertise and/or interest to "Make Las Sendas More Beautiful" to retain our position as the premier community in the East Valley.

www.thetrailhead.org

COMPLIANCE ADDRESS CHANGES!

Have you recently moved? Are you an owner of a Las Sendas home who is renting your home out? Are you a parttime resident of Las Sendas? If any of those apply to you, please be sure that the management company is aware of your new address. Many times we need to contact owners about concerns including water leaks, downed trees, violations etc. The sooner we can contact you the better! Please note that statements are no longer forwarded by the post office so you may miss the courtesy billing statement for your assessments. If you need to make an address change, please do so by emailing: addresschanges.az@ fsresidential.com.

COMMUNICATIONS

In an effort to communicate to as many residents as possible, please be sure that your email address is up to date and that the Association office has current contact information so that you don't miss important community information including community events, Board of Directors meetings, Lifestyle Department news, and much more! To register for the Las Sendas website, please visit www.thetrailhead.org and create a resident account by choosing a username and password. This will allow you access to information that is available only to community residents. If you are having trouble registering, please email info@thetrailhead.org for assistance.

Wireless Access at The Trailhead

Las Sendas has two wireless networks; one is available for public use:

- Las Sendas Open2.4G public access to the Internet. No Access to office network. Password R3sid3nt. No Access to office network. Password R3sid3nt.
- Trailhead Secured access to the Internet and office network. Password required. Right click on the Wireless Icon.
- 1. Select "View Available Wireless Networks"
- 2. Select Las Sendas for open access to the Internet (guests)

Choose a wireless network

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1	Security-enabled variation network (NPA2)	-atl
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T	Unsequent externs	



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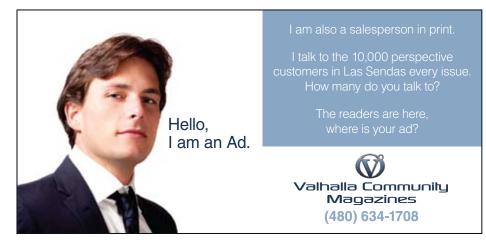
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LANDSCAPE UPDATE Why Topping Hurts Trees

By International Society of Arboriculture



Topping is perhaps the most harmful tree pruning practice known. Yet, despite more than 25 years of literature and seminars explaining its harmful effects, topping remains a common practice.

What is Topping?

Topping is the indiscriminate cutting of tree branches to stubs or to lateral branches that are not large enough to assume the terminal role.

Topping is often used to reduce the size of a tree. A homeowner may feel that a tree has become too large for his or her property, or that tall trees may pose an unacceptable risk. Topping, however, is not a viable method of height reduction and certainly does not reduce future risk. In fact, topping will increase risk in the long term.

Topping Stresses Trees

Topping can remove 50 to 100 percent of a tree's leaf-bearing crown. Leaves are the food factories of a tree. Removing them can tem¬porarily starve a tree and trigger various survival mechanisms. Dormant buds are activated, forcing the rapid growth of multiple shoots below each cut. The tree needs to put out a new crop of leaves as soon as possible. If a tree does not have the stored energy reserves to do so, it will be seriously weakened and may die.

A stressed tree with large, open pruning wounds is more vulnerable to insect and disease infestations. The tree may lack sufficient energy to chemically defend the wounds against invasion, and some insects are actually attracted to the chemical signals trees release.

Topping Leads to Decay

Cuts made along a limb between lateral branches create stubs with wounds that the tree may not be able to close. The exposed wood tissues begin to decay. Normally, a tree will "wall off," or compartmentalize, the decaying tissues, but few trees can defend the multiple severe wounds caused by topping.

Topping Can Lead to Sunburn

Branches within a tree's crown produce thousands of leaves to absorb sunlight. When the leaves are removed, the remaining branches and trunk are suddenly exposed to high levels of light and heat. The result may be sunburn of the tissues beneath the bark, which can lead to cankers, bark splitting, and death of some branches.

Topping Can Lead to Unacceptable Risk

The survival mechanism that causes a tree to produce multiple shoots below each topping cut comes at great expense to the tree. Unlike normal branches that develop in a socket of overlapping wood tissues, these new shoots are anchored only in the outermost layers of the parent branches and are weakly attached. While the original goal was to reduce risk by reducing height, risk of limb failure has now increased.

Topping Makes Trees Ugly

Topping removes the ends of the branches, often leaving ugly stubs. Topping destroys the natural form of a tree. Without leaves (for up to six months of the year in temperate climates), a topped tree appears disfigured and mutilated. A tree that has been topped can never fully regain its natural form.

Topping Is Expensive

The cost of topping a tree is not limited to only the job cost. Some hidden costs of topping include:

- Increased maintenance costs.
- Reduced property value.
- Increased liability potential.

Alternatives to Topping

Sometimes a tree must be reduced in height or spread, Small branches should be removed back to their point of origin. If a larger limb must be shortened, it should be pruned back to a lateral branch that is large enough (at least one-third the diameter of the limb being removed)



to assume the terminal role. This method of branch reduction helps to preserve the natural form of the tree. However, if large cuts are involved, the tree may not be able to close over and compartmentalize the wounds. Sometimes the best solution is to remove the tree and replace it with a species that is more appropriate for the site.

E-mail inquiries: isa@isa-arbor.com.

ARCHITECTURAL COMMITTEE Regular ARC Committee Schedule Change!

The Custom Architectural Review Committee meets the first and third Thursday of the month while the Regular Architectural Review Committee meets the **second and fourth Thursday**, previously the second and fourth Wednesday of the month. The ARC committees are comprised of Las Sendas homeowner volunteers and reviews all architectural applications submitted.

The purpose of the Architectural Committee is to review and analyze requests to make improvements to the visible exterior of a home and make sure the improvements stay within the guidelines set forth in our CC&R's.

In an effort to provide and protect each individual homeowner's rights and property values, it is required that any Las Sendas Homeowner that is considering improvements to their home which modify the exterior of the home submit an application to the Architectural Committee prior to starting work on any planned improvements. Work may begin as soon as the homeowner receives written confirmation that their planned improvement has been approved.

It is the purpose of the Architectural Committee and the Guidelines to promote those qualities in Las Sendas that enhance the attractiveness and functionality of the community. Those qualities include a harmonious relationship among structures, vegetation (weeds not included), topography and overall design of the community. Some examples of improvements are landscaping (plants, grass, hardscape), painting, security screen doors, sun screens, lighting, just to name a few.

Guidelines and applications may be obtained from the Association office or online at www.thetrailhead.org.

GROUP AND COMMITTEE CORNER

The Landscape Beautification Working Group and the Community Planning Advisory Group are seeking new members. For an application visit the Committees page at www.thetrailhead.org under Documents or stop by the Association Office. For additional information on these two groups please contact Doug Austin at daustin@thetrailhead.org.



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April 27 - 5:00 Dinner Las Sendes Golf Club-Bogey's Grill

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Las Sendas Lifestyle

Activities to Do - Events to Discover

Food Truck Fridays – March 3rd Alright folks...We're back! Join us the first Friday of the month for Food Truck Night at Las Sendas! We will be featuring some amazing trucks like, Casa Rey's, Frites St, Dough Mama, Maine Lobster Lady, Mingo's Luisiana Kitchen, Aioli Burger, Loca Popa, Hibachibot, Q Up BBQ, Panini People, Best Dressed Dog, Left Coast Burrito, Waffle Crush, Naturally Sweet and Frosted Frenzy Cupcakes. Bring the family out, buy some delicious food, listen to music from the Joanna Joy Band and spend your evening with us!



This event is brought to you by the Las Sendas Community Association and KOR Properties. For more information and upcoming dates: www.facebook.com/MesaFoodieFridays

Location:	Boulder Mountain Parke
Date:	Friday, March 3rd
Time:	5:00-9:00pm
Fee:	Depends on individual truck menu prices

Concert in the Parke with Guitarras Latinas

Bring your picnic lunch, your favorite beverage, lawn chairs and blankets, and your family and friends to the Trailhead Parke to enjoy some great music. Please make sure to



bring plastic containers for your beverages ...

Location:	Trailhead Parke
Dates:	Sunday, March 12th
Time:	2:00pm-4:00pm
Fee:	FREE

Rattlesnakes! Safety and Prevention Tips from a Rattlesnake Researcher

Wednesday, March 22nd at the Trailhead Members Club

Many people move to Arizona for our near-constant sunshine, and mild winters. These also make for perfect conditions for reptiles, which to the dismay of many homeowners, live in great numbers throughout the state. Where our neighborhoods meet the desert, an encounter with a snake every so often is just part of life. The valley is home to 6 unique species of rattlesnake, all of which pack a harmful, venomous bite. Of these species, 5 can be found in or near the Las Sendas Community. Homes where these snakes are most encountered are in areas in direct contact with native desert, often along the Northern part of the community, and the small mountain to the East, upon entering



from Eagle Crest Drive. Other, harmless snake species are more commonly found on or near the golf courses.

The single best tip to stay safe around snakes: leave them alone.

Join Bryan Hughes, owner of Rattlesnake Solutions LLC as he talks about commonly found snakes in Las Sendas and what to do when confronted with them.

Bio:

Bryan Hughes is a herpetologist and photographer, field researcher, and a regular speaker at regional parks and reptile-related events in Arizona. His work can be seen on, fieldherper.com, is a photography-focused journal of snakes. He is also the owner/operator of a Rattlesnake Solutions, a rattlesnake-focused conservation and education business in Arizona.

24/7 Removal Hotline: 480-237-9975

www.rattlesnakesolutions.com | facebook.com/snakeremoval Snake Identification & Information: email photos to info@phoenixsnakeremoval.com

Trailhead Members Club
Wednesday, March 22nd
6:30pm-8:00pm
FREE

Las Sendas Pet Expo

We are hosting our first ever Pet Expo! This event will include pet friendly booths, presentations, raffles, free hot dogs, and fun for the whole family! Come out to the Trailhead Parke and enjoy this event made especially for your pet! If you would like booth space, email klima@thetrailhead.org

Location:Trailhead ParkeDates:Saturday, March 25thTime:10:00am-2:00pmFee:FREE



PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES AND EVENTS.

You can register and pay at the Trailhead Members Club or call 480.357.8780. We accept Visa, MasterCard and personal checks only – NO CASH please. For detailed information, go to www.thetrailhead.org. You can find upcoming and future event information and never have to leave your home!

Please note: some classes may be cancelled due to a lack of registrations. Please pre-register early to avoid cancellations.

Food Truck Fridays - April 7th

Join us the first Friday of the month for Food Truck Night at Las Sendas! We will be featuring some amazing trucks! Bring the family out, buy some delicious food and spend your evening with us!

This event is brought to you by the Las Sendas Community Association and KOR Properties. For more information and upcoming dates: www.facebook.com/MesaFoodieFridays

Boulder Mountain Parke
Friday, April 7th
5:00-9:00pm
Depends on individual truck menu prices

Easter Egg Hunt

Put on your Easter outfits and bring your baskets to the Las Sendas Easter Egg Hunt and Pancake Breakfast. There will be egg hunts, a bounce house, pony rides, a petting zoo



and much more! Boys and girls will be grouped according to age for the hunts. Admission is \$6 per child which includes the hunt and all activities. A Las Sendas Boy Scout Troop will be hosting the breakfast and accepting donations. Come into the Association office or call 480.357.8780 to register.

Saturday, April 8th
7:00am- Pancake Breakfast
8:00am- Easter Activities
9:00am- Egg Hunt
Trailhead Parke
\$6.00 per child

Ladybug Release

Our annual Ladybug Release Party will take place at the Trailhead Members Club. We'll have different booths and crafts at each station, followed by story time and sing along, and



finish it up with a parade down to the park for the ladybug release.

Date:	Tuesday, April 18th
Time:	3:00pm-5:00pm
Location:	Trailhead Members Club
Fee:	\$3.00 per child

Neighborfest

Join us at the Trailhead Parke for one of the biggest parties of the year! The whole community is invited! We'll be serving up some delicious food! There will be a bounce house, a zip line, a rock wall, and bungee jump for the



whole family and live bands performing throughout the day. Come one, come all! And don't forget to tell your neighbor!

Date:	Sunday, April 30th
Time:	3:00pm-7:00pm
Location:	Trailhead Parke
Fee:	\$5 per person for food
	All activities are FREE!



FAMILY CHESS NIGHTS

We are calling all children and adults who enjoy a good game of chess to join us for an evening of chess action. All ages are welcome, if under 13, please be accompanied by an adult. An experienced chess coach will be available to help with those learning the game; chess sets and clocks provided.

Dates:Wednesdays, Mar. 15th, Apr. 19thTime:6:30pm-8:30pmCost:FREE



Las Sendas Lifestyle | 12

2017 | SAVE THE DATE!

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Custom ARC Committee 8am Retirees Tennis 9am Mom's Club 9:30am	3 Food Truck Friday 5pm-9pm	4
5	6 Bridge Club 1pm	7	8	9 Retirees Tennis 9am Regular ARC Committee 8am Ladies of Las Sendas 6:45pm	10	11
12 Concert in the Parke 2pm-4pm	13 Bridge Club 1pm	14 Retirees Meeting 9am Book Club 6:30pm	15 Family Chess Night 6:30pm	16 Custom ARC Committee 8am Retirees Tennis 9am	17	18
19 Quilt Show 1pm-4pm	20 Bridge Club 1pm	21	22	23 Retirees Tennis 9am Regular ARC Committee 8am LSCA Board Meeting 6pm	24	25 Las Sendas Pet Expo 10am-2pm
26	27 Bridge Club 1pm	28 Retirees Meeting 9am	29	30 Retirees Tennis 9am	31	April 1

HOA

CLUBS

ACTIVITIES

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Bridge Club 1pm	4	5	6 Custom ARC Committee 8am Retirees Tennis 9am Mom's Club 9:30am	7 Food Truck Friday 5pm-9pm	8 Easter Egg Hunt 9am
9	10 Bridge Club 1pm	11 Retirees Meeting 9am Book Club 6:30pm	12	13 Retirees Tennis 9am Regular ARC Committee 8am	14 New Member Mixer 6pm	15
16	17 Bridge Club 1pm	18 Ladybug Release 3pm-5pm	19 Family Chess Night 6:30pm	20 Custom ARC Committee 8am Retirees Tennis 9am New Homeowner Orientation 6pm	21	22
23/30	24 Bridge Club 1pm	25 Retirees Meeting 9am	26	27 Retirees Tennis 9am Regular ARC Committee 8am LSCA Board Meeting 6pm	28	29
30 Neighborfest 3pm-7pm						

Las Sendas Lifestyle



8 COUNT DANCE Contact: Andrea T. Polyak 480-234-3952 or tapdancerdiva@yahoo.com www.8countdancestudio.com

Class fee is due to Las Sendas Supply Fee due the 1st day of class to 8*Count Dance

Wednesday Classes: June 7th to June 28, 4 week class

SUMMER SESSION 2017: 8*COUNT DANCE

Be A Princess Camp

Age: 3-6 years old Class Fee: \$80 Supply Fee: \$20 Time: 3-5pm

This is a 4-day Themed "Be A Princess" Camp designed for children ages 3-6. Each day has a different a Princess they will be learning about through dance. Dancers will have lessons in Ballet, Tap and Jazz. Camp is two hours long and the 1st 4 Wednesday of the June. Snack and craft are supplied daily. Parents are invited on the last day for a mini-concert. Dancers must be potty trained & not for the student with food allergies. Recommended shoes are Tap & Ballet shoes with student's name on them. Supply Fee is due the very 1st day of camp. Of course, dressing like a Princesses each week is encouraged.



LAS SENDAS COMMUNITY TENNIS TENNIS PROGRAM 2017

JANUARY 4th ~ MAY 18th Director of Tennis Lori Thornton Head Pro Melissa Tafoya Assistant Pro Justin Haag Recreational Coach Danielle Huss



Cost

\$25

\$25

\$45

\$45

Cost

\$10

\$10

\$7

\$10

\$10

\$7

\$50 mo.

\$50 mo.

\$45/\$85

\$45/\$85

\$45/\$85

\$60/\$110/\$160

Las Sendas Tennis offers many Drop In Tennis clinics as well as group clinics and private lessons! Our new adult beginner class will be starting in January. We will also be adding a new Drop In Cardio workout clinic on Friday mornings! Junior Clinics for ages 4 to 17 are offered Monday through Thursday for every level- check out www.TennisLasSendas.com for more details! There will also be two Play Days for our Junior tennis players coming this spring! Contact the Director of Tennis Lori Thornton Williams for more details and to get involved! Call or Text Lori 480-717-7208 or email lor. trailhead@gmail.com

Time

4:00-4:30pm

4:30-5:00pm

5:00-6:00pm

5:00-6:00pm

6:00-7:00pm

5:00-6:00pm

5:00-6:00pm

10:00-11:00pm

11:00-12:00am

7:00-8:00pm

8:00-9:00am

7:00-8:00pm

7:00-8:00pm

8:00-9:30am

9:30-11:00am

8-9:30am

9:30-10:30

9:00-10:00am

7-8:30pm

Time

Day

Monday

Monday

Day

Wednesday

Wednesday

Wednesday

Thursday

Friday

Friday

Monday

Monday

Friday

Monday

Tuesday

Monday or Tuesday

Monday or Tuesday

Wed and Friday

Tues/Thursday

Tues/Thursday

Mon/Wed/Thur

JUNIOR PROGRAM

Level Tots 1 (ages 4 & 5) Tots 2 (ages 6 & 7) Pre~Tournament (7-10) Junior Beginner (7-11) Junior Beginner (12-14) Junior Intermediate (7-11) Junior Intermediate (12-14) High School & Tournament ***

ADULT PROGRAM

Level Adult Beginners Adult Intermediate Drop in Serve & Stroke Clinic Drop in Drills Clinic Live Ball Drop In Drop In Strategy/Drills Clinic Drop In Cardio Tennis Live Ball Drop in TEAM CLINICS ~

WITL B-3 WITL C-2 ATA 3.0

ADULT UP/DOWN LEAGUES

Group	Day	Time	Cost
Women's Doubles up/down	Thursday	7:00-9:00pm	\$25
Men's Doubles up/down	Wednesday	7:00-9:00pm	\$25
Doubles Drop-In (3.0 & above)	Sunday	9:00am	\$2

***Class is geared for those juniors planning on playing High School tennis or participating in local and USTA tournament play. Combination of drills, strategy and match play.

Contact Lori Thornton at 480-717-7208 or email at Lori.Trailhead@gmail.com if you have questions regarding the tennis program. You can also go to our website at Tennislassendas.com

RETIREES PLUS! GROUP

THURSDAY TENNIS FUN

If you play tennis, or used to and want to try it again, join us each Thursday at 9:00 a.m. on the Sonoran Hills courts (the lower courts) for fun, sociable mixed doubles. Our Retirees Plus group has no age limits, no fees, no need to sign up; just drop in. Our group includes a diversity of talent levels, so we welcome all to give us a try.

For more information, call JudyHanley at 480.244.9460.

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*Proud volunteers of the Las Sendas Pet Network *Author of "Know Before You Throw" column



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Las Sendas Spa and Fitness Center

For Las Sendas Spa & Fitness Center events and classes please register at the fitness center front desk or call 480-832-6900.

MARCH/APRIL 2017 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am SUNRISE CYCLE Diane		5:30am COMBAT ATHLETIC MOVEMENT SYSTEMS Rivak	5:15am POWER CYCLE Diane	5:30am COMBAT ATHLETIC MOVEMENT SYSTEMS Rivak	
	6:30am SPIN & STRENGTH Diane				
	7:45am PILATES Meg		7:45am PILATES Meg	7:00am Happy Hour Mark	8:00am CYCLE START-UP Diane
8:00am CARDIO CARVE Meg		8:00am BARRE' Tanya		8:00am TGIF CYCLE Meg	8:00am BODY SCULPT George
9:00am ZUMBA Erin	9:00am AQUA SCULPT Betsy	9:00am ZUMBA Shelley	9:00am TAQUATA Betsy	9:00am BARRE' Tanya	9:30am HATHA YOGA Betsy
		10:15am HATHA YOGA Megan	9:00am TOTAL BODY George	10:15am VINYASA FLOW YOGA Alexa	
11:15am YOGA NIDRA Nicole			CLUB HOURS: MON-THURS 5am-8pm FRI 5am-7pm, SAT 6am-5pm, SUN 7am-5pm		
	6:00pm ZUMBA TONING Erin		6:15pm RESTORATIVE YOGA Alexa		Please Note: class formats, times and instructor subject to change without notice

Yoga

Yoga NIDRA: A guided mediation class to build mental focus benefitting the healing inside your body with yoga poses that are gentle yet adds tone and muscle strengthening. Mondays 11:15 am

Hatha Yoga: Asana practice focused breathing with a combination of upper and lower body yoga poses, includes balance poses to strengthening your core and entire body. Wednesdays 10:00 am

Saturdays 9:30 am

Vinyasa Flow Yoga: This fast paced yoga style synchronizes your breath with your movement. You will flow through poses while keeping grounded and connected with your breath. Building strength and flexibility while discovering the power of your own breath, vinyasa flow will leave you feeling stronger and relaxed.

Fridays 10:15 am

Restorative Yoga: Join us for a peaceful resolution to your day. Holistic and healing asana (positions) held for rejuvenation and well-being. Flexibility and balance will be improved.

Thursdays 6:15 pm

Pilates

Pilates: This classic mat class helps strengthen the core, builds long lean muscles, and improves flexibility. *Balls, tubes and bars may be used.

Tuesdays & Thursdays 7:45 am

Barre'

Barre' Class: A unique fitness class utilizing the ballet barre' to combine components of Pilates, yoga and ballet conditioning techniques. Designed to lean out the body, strengthen the core and develop beautiful, sculpted lean muscles that are strong, yet flexible

Wednesdays 8:00am & Fridays 9:00 am

Zumba

Zumba: A fun cardio class utilizing Latin and international music with international dance moves to burn calories and tone muscles.

Mondays & Wednesdays 9:00 am

Zumba Toning: A cardio and toning workout to flavorful music. Coordination and balance are improved. Burn calories and show more over all tone. Tuesdays 6:00 pm

Cycle

Sunrise Cycle: Start your morning off right with this upbeat, endurance building cardio challenge. Mondays 5:15 am

Power Cycle: Intense workout that targets enhanced endurance, strength and sustained fat burning. Power up in the a.m. with this kick starter class.

Thursdays 5:15 am

Spin and Strength: A 35 minute cycle ride with 20 minutes strength and core training. Tuesdays 6:30 am

TGIF Cycle: Get pumped for the weekend with this uplifting, endurance cycle class. Shed fat and calories with a variety of upbeat hits.

Fridays 8:00 am

Saturday Start-Up Spin: Get road ready with this introduction to cycling class. Learn correct bicycle set-up, exercise form and techniques for spinning.

Saturdays 7:00 am

Strength & Resistance

Total Body: Formulated interval workout that increases endurance, muscle tone, strength and cardio stamina.

Tuesdays 9:00 am

Body Sculpt: Resistance training for full body toning, muscle strength and endurance. Muscle built through multiple repetitions and low weight. Saturdays 8:00 am

Cardio Carve: A circuit style class that uses fitness equipment while incorporating cardio endurance exercises.

Mondays 8:00 am

Combat Athletic Movement Systems: Military style workout, will have you gasping for air but you will always be back for more. Kettle bells, resistance bands, Bulgarian sand bags and weights.

Wednesdays 5:30 am & Fridays 5:30 am

Happy Hour: A challenging metabolic workout utilizing dumbbells, kettlebells, stability balls, and body weight. This class includes a fast paced workout instruction, and cool down. Individuals can work at their own pace. Fridays 7:00 am

<u>Aqua</u>

Aqua Sculpt: Targets aerobic endurance, muscular strength and tone, balance and flexibility in the pool.

Tuesdays 9:00 am

Taquata: Incorporates the fat burning intervals of tabata, while utilizing the low impact and flexibility advantages of the pool.

Thursdays 9:00 am



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For the month of February

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Buy one Reiki session at the regular price

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Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit.

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April Massage Special



Reflexology involves direct pressure on the feet, hands and ears to balance the entire body, including organs, glands and muscles. The balancing effect is especially useful for exhausted, hyperactive, and nervous people.

Reflexology serves those who prefer to remain fully clothed and want to address specific system imbalances with indirect touch. Clients with fragile bones, inaccessible injuries or chronic pain will enjoy the safety and healing intensity of reflexology.

45 Minute Treatment \$65



Message from Vice-Mayor Luna



It is with great honor that I share with you that I was recently selected as the Vice Mayor by my colleagues during a Mesa City Council meeting. I will still serve as your elected representative serving as district councilmember of District 5, but with the addition of this title I will assist Mayor John Giles and act in his place during his absence at council meetings, events, etc.

I would like to invite you to join me at a few upcoming events. There's a lot of excitement at Mesa's Falcon Field Airport, Las Sendas' neighbor to the west in District 5! I invite you to visit the airport, explore our community's aviation history, and see aviation at work! Mark your calendar for the annual Falcon Field Airport Open House scheduled to be held 9 a.m.-2 p.m. Saturday, March 25, 2017! It's a great opportunity to see modern and historic aircraft displays, learn about aviation education programs, and find out how to get involved in aviation! Updates will be posted at www.falconfieldairport.com, or call (480) 644-2450. Please come by my booth and say hello! Join me for my annual Luna Landing Pancake Breakfast that will take place from 7:30-9:30 a.m. on Saturday, May 6, 2017 at the Falcon Field Terminal Building. If you haven't seen the terminal building since it's renovation, then please join me. The renovated terminal building at Falcon Field offers updated, modern facilities for pilots, passengers and the public that will help make it contemporary and competitive in the aviation world. The public aircraft viewing area at the rear of the terminal is one of my favorite littleknown spots in Mesa! Binoculars have been added to make it easier to see the aircraft. A nearby mural pays homage to the airport's historic past as a World War II training base for British Royal Air Force pilots. These features make the Falcon Field terminal an ideal spot for Mesa residents to enjoy a cup of coffee and breakfast with me as we admire the aircraft as well as the surrounding Superstition Mountains.

Finally, you can regularly catch up with me at Mesa Food Truck Fridays. This is such a wonderful community building event and I enjoy hosting a table and speaking with residents. Stop by the next food truck event from 5-9 p.m. on Friday, March 3, 2017. I look forward to seeing you at one of these great events. If you would like to connect with me and have questions, concerns, or comments. I can be reached via email at district5@mesaaz.gov or by phone at 480-644-3771.

Las Sendas Corvette Club

The Las Sendas Vette's Club is a club open to all community Corvette owners and enthusiast. We meet the first Wednesday of every month for at 6:00pm at a local restaurant. Please contact corvettes@llpllc.org for location.

We have monthly club day and/or overnight Corvette trips, participate in Corvette shows, and other Corvette related special events and tours. Couples and singles are welcome. Please contact corvettes@llpllc.org for more information.



Moms Club

MOM's Club of Mesa East is a chapter of the International MOMS club, a non-profit organization that provides support for stay-athome moms. Our activities include playdates, holiday parties, monthly



socials with speakers, field trips, mom's night out and more! We meet the first Thursday of the month at the Trailhead Members club. If you are interested in more information, please contact mesamoms@gmail.com.





The Ladies of Las Sendas networking group will meet on Thursday, March 9, 2017, from 6:45PM- 8:30PM at the Trailhead Member's Club.

Our presenter is Dawn Brooks, Owner of RAD Auto Repair. Dawn is a resident of Las Sendas and along with her fiancé, Rod Gull, own this 'His and Hers Full Service Auto Repair Shop'. Dawn will answer those auto repair questions you've always had and maybe were too intimidated to ask at another auto shop!

Our treat sponsor is none other than Piefection, located on the SW corner of Power and Brown, and owned by Cheryl Standage. This bakery serves up pies to go from scratch. They also carry savory pot pies, quiches, and rolls... and do catering!

Don't miss this opportunity to meet new women and be inspired. All ages welcome - women in business, at-home-moms, and retirees - we each have something special to offer! Please remember to bring cash to our meetings as we will be doing a 50/50 Raffle! You may be the lucky winner!

Learn more and register at the website, www.joannejolee.com/LOL. Contact president, Joanne Jolee, with your questions joanne@joannejolee. com. Stay up to date and join our Facebook group - https://www.facebook. com/groups/LadiesLasSendas/

Las Sendas "Adopt-a-Street" Support

Neighbors & Friends - The Las Sendas Community has participated in Mesas' **Adopt-a-Street** litter collection program since 2002. A dedicated group of your neighbors have collected tons of litter along the one-mile section of Power Road just north of Las Sendas.

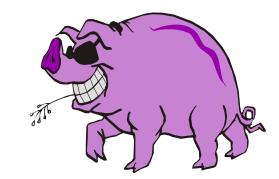
Volunteers are needed to assist with these clean-ups. Please contact John Oldham at jhold62014@gmail.com for more information.

Clean-up Dates/Times for 2017:

March 4th - 8:00 AM June 3rd - 7:00 AM September 16th - 7:00 AM December 9th - 8:00 AM



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7th Annual Red Mountain Football Carnival!

This year's carnival will feature 20 rides, with at least half of them labeled as "thrill" rides, such as the 100-foot "Vertigo" or the brand new "Inversion," plus an assortment of moderate and kiddie rides. In addition, carnival-goers can also enjoy free entertainment and enjoy "Food Truck Row" featuring many of the best local food truck providers as well as traditional fair foods. "We are very excited about the lineup of rides that Butler Amusements is bringing in this year," said Peterson. "It looks like a smaller Arizona State Fair, and hopefully many families (and young people) will come out for an afternoon or evening of fun and at the same time help support Red Mountain Football."

The carnival will be open Thursday, April 6 from 4 p.m. - 9 p.m. Friday, April 7, 4 – 11 p .m. Saturday, April 8 from noon – 11 p.m. and Sunday, April 9 from noon – 9 p.m. Thursday, April 7, from 4 p.m. – 6 p.m., the carnival will be designated as "sensory-friendly," catering to those with special needs and disabilities and their families (general public is also welcome). By toning down the flashing lights

Las Sendas Book Club

March/April 2017

The Las Sendas Book Club is open to everyone in the community. Starting in March 2017, we will be meeting the second Tuesday of each month (previously the third Tuesday) from 6:30 to 8 p.m. at the Trailhead Members Club. This is a wonderful way to get to know your neighbors, read interesting books and enjoy lively conversation. New members are always welcome!

For more information, please contact Laurie Anderson at Lwa@prexperts.com or 303-758-1118 (cell).



March 14, 6:30 p.m. "The Hotel New Hampshire" By John Irving, 360 pages

"The first of my father's illusions was that bears could survive the life lived by human beings, and the second was that human beings could survive a life led in hotels." So

says John Berry, son of a hapless dreamer, brother to a cadre of eccentric siblings, and chronicler of the lives lived, the loves experienced, the deaths met, and the myriad strange and wonderful times encountered by the family Berry. Hoteliers, pet-bear owners, friends of Freud (the animal trainer and vaudevillian, that is), and playthings of mad fate, they "dream on" in a funny, sad, outrageous, and moving novel by the remarkable author of A Prayer for Owen Meany and Last Night in Twisted River.



April 11, 6:30 p.m. "The Underground Railroad" By Colson Whitehead, 306 pages

Cora is a slave on a cotton plantation in Georgia. When Caesar, a recent arrival from Virginia, tells her about the

Underground Railroad, they decide to take a terrifying risk and escape. Though they manage to find a station and head north, they are being hunted. Their first stop is South Carolina, in a city that initially seems like a haven. But the city's placid surface masks an insidious scheme designed for its black denizens. And even worse: Ridgeway, the relentless slave catcher, is close on their heels.

and loud noises for the evening, individuals with special needs will be able to enjoy a carnival experience in a way that may not have been possible before.



Admission to the carnival is free; tickets for unlimited access to all rides can be purchased online for a presale discounted rate of \$23 until April 6 (www.redmountainfootball.com). After that, unlimited ride passes are \$28 at the entry gate, and individual ride tickets can also be purchased during carnival hours. Carnival games and food prices vary and may be purchased at the event for an additional charge.

All proceeds from the carnival benefit the Red Mountain Football Association, the organization responsible for raising funds to support the Red Mountain High School football team. Head Coach Mike Peterson said that the carnival plays a key role in continuing to allow Red Mountain Football to be a top-level program.

Las Sendas Retirees

As you receive The Vision magazine this month, we are rolling out the welcome mat for SPRING, a beautiful season in Arizona! Trees and shrubs begin to burst into bloom, and in a few weeks, citrus blossoms will perfume



the air with a heavenly sweet scent! It's time for more "outdoor living," be it on the patio, tennis court, golf course, or hiking trail!

Las Sendas Retirees Club welcomes all newly retired, or ready to retire, or thinking about retiring residents at our bi-monthly meetings in the Trailhead Clubhouse. Regular Tuesday meetings will begin at 9 am on March 14th and 28th plus April 11th and 25th. Social time with coffee, tea, and refreshments is followed by a brief business meeting at which upcoming activities are announced. Following the business meeting, an informative and/or entertaining program runs until 11 am after which club members adjourn to a local eatery (different each time) for lunch and more conversation. The club maintains several hiking groups with varying degrees of ambition and difficulty, and excellent, experienced leaders who know the terrain well. In addition, the club offers card, game, and hobby groups, as well as short tours in and around Arizona. For example, the club is planning a 3-5 day outing to Monument Valley/Moab/Arches N.P. in late October. As this issue arrives in mailboxes, club members are on a group tour of Bisbee AZ.

If you are looking for a stimulating social experience that doesn't require clubs or racquets, please feel free to drop in to one of our meetings and give us a whirl! If you like what you see and hear, \$20 will buy you a year's membership! For more information, contact Rich Trumpfeller at ybcold467@yahoo. com. And remember to enjoy a piece of pie on March 14th---PI DAY! Get it?

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PENDING MLS# 5523714 4304 N DESERT OASIS CIR 3159 SF • CUSTOM HOME (HIDDEN CANYON @ LAS SENDAS) \$869,900



ACTIVE MLS# 5550437 7130 E SADDLEBACK #54 3802 SF • CUSTOM RED MNT VIEWS ½ ACRE • POOL • NEGATIVE EDGE SPA (GOLF COLONY @ LAS SENDAS) \$998,000



ACTIVE MLS# 5515342 8903 E NORWOOD CIRCLE 5056 SF • 5 BED • 3.5 BATH • DEN TOTAL UPDATE (MADRID GATED COMMUNITY) \$799,000



PENDING IN 3 DAYS! MLS# 5546913 6720 E ENCANTO ST #11 1596 SF (GATED HEATHERWOOD VILLAGE) \$239,900



ACTIVE MLS# 5516503 6720 E ENCANTO ST #86 1496 SF (GATED HEATHERWOOD VILLAGE) \$213,900



ACTIVE MLS# 5525325 4054 N EL SERENO CIR 3490 SF • 4 BED • 3.5 BATH • VIEWS! PRIVATE CASITA • POOL/SPA (LEGACY HILLS AT LAS SENDAS) \$799,900



ACTIVE MLS# 5549668 3863 E ELMWOOD ST 2690 SF • BUILT 2013! 3 BED • 2.5 BATH • DEN (GATED TROVITA ESTATES) \$448,900

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