

May/June 2017

The Vision

Las Sendas Community Association

The Official Magazine of the Las Sendas Community



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DISCRUB

Splash Pad Coming to Las Sendas

Las Sendas Lifestyle

May/June Spa Specials

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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

President
Rick Kernlrkern46@gmail.com

Vice President
David Harris Dave4lassendas@gmail.com

Treasurer
Jeff Brugosjeffbrugos@aol.com

Secretary
Greg Kingery gdkingery55@gmail.com

Director
Kim RobinsonKim4LasSendas@gmail.com

Director
Brenna Collyard Brenna4LasSendas@gmail.com

Director
Amy MartinAmy.Martin.LasSendas@gmail.com

Las Sendas Community Association Staff Directory

Executive Director
Doug Austindaustin@thetrailhead.org

Community Manager
Anthony Martinamartin@thetrailhead.org

Compliance Coordinator
Calee Burch cburch@thetrailhead.org

Administrative Assistant
Melanie Mallerymmallery@thetrailhead.org

Administrative Assistant
Pam Prattppratt@thetrailhead.org

Patrol Director
Charlie Ralls..... cralls@thetrailhead.org

Maintenance Director
Kraig McCauley kmccauley@thetrailhead.org

Spa & Fitness Director
Kelly Michael kmichael@thetrailhead.org

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
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(480) 739-9300 Jon Harmsen

jharmsen@certapro.com ROC# 296330

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.

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Michele & Chris Keith
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Bed: 5, Bath: 3.5, Sq Ft: 3,655

7329 E Minton Circle
\$319,000 | MLS #5586172
Bed: 3 Plus Den, Bath: 2, Sq Ft: 1848

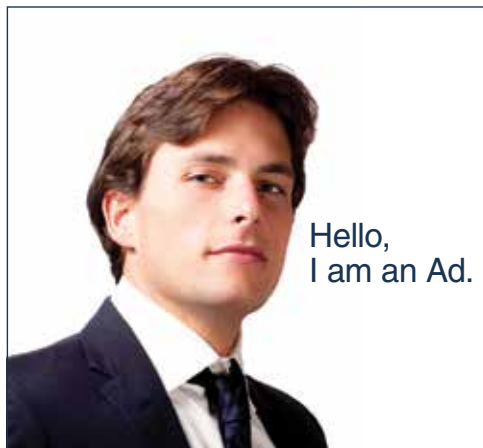
PENDING
3557 N Eagle Canyon
\$475,000 | MLS #5544754
Bed: 5, Bath: 3, Sq Ft: 3,841

PENDING
7902 E Sierra Morena Circle
\$524,900 | MLS #555965
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BOARD BITS

Splash Pad Coming to Las Sendas

By Boulder Mountain Parke Working Group

Spring is here but the Boulder Mountain Parke Working Group has summer on its mind. Details are still being finalized but we are pleased to say that substantial progress is being made on adding a splash pad to the amenities available in our Las Sendas community. The Board of Directors at our last meeting approved the location of the splash pad in the small “Tot Lot” area of Boulder Mountain Parke, just south of the tennis courts. A Request for Proposal (RFP) has been developed and distributed to a number of qualified vendors, with a return proposal receipt date of April 14th. First Service Residential, and members of the Boulder Mountain Parke Working Group (BMPWG) will be carefully evaluating proposals and will be seeking Board of Director approval for construction of the splash pad in the April Board meeting.

We are very pleased with the location chosen. Currently it hosts two Ramada’s, a covered play structure, a swing set, a restroom, and two large grassy play areas. The splash pad will be a great compliment to this area, providing a highly popular amenity in its own right, as well as encouraging additional use of the other surrounding amenities. The splash pad will be an inclusive feature that can be used by young people of all abilities, whether they run, walk, or wheel; it will be for everybody!

The splash pad will have an eco-friendly water re-circulation system, and the main pad will have a wide variety of ground level water jets to add excitement and enjoyment to the water experience. Jet activation will be both manually and programmatically controlled for maximum flexibility and efficiency. The pad will be sized to accommodate a maximum load of 30 children, with additional walking, and traffic flow areas, as well as benches for accompanying parents and children at rest. The entire pad and walkway area will be fenced, in much the same way you would see a pool safety fence in a private backyard pool area. The fencing will help direct traffic flow in and out of the site, provide protection to the area, discourage potential vandalism and help keep animals away from the water structures (as structure borders substantial natural open space to the west).

The current target is to have the splash pad construction completed, all required regulatory and occupancy permits received, and be operational by the middle of July. This is an aggressive schedule, but we believe this can be achieved.

More community communication and promotional efforts will be coming as we continue moving this project forward. We look forward to yet another exciting amenity being offered as part of our unique, exciting and multi-generational community.

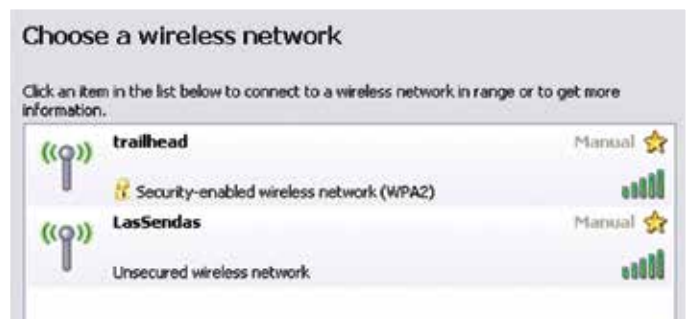
GROUP AND COMMITTEE CORNER

The Landscape Beautification Working Group and the Community Planning Advisory Group Volunteers 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.

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)



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.

Do you want to put your company in front of the Las Sendas Community?



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LANDSCAPE UPDATE

How Smart Is Your Irrigation?

Did you know that nearly 70% of water used in most households is used outside the home? Great advances have been made inside the home in an effort to conserve water. Low flush toilets, aerators on faucets, more efficient washing machines and dishwashers have become the norm and are all devices that we don't give a second thought.

Yet the area of our homes that consume the most water has gone largely ignored when it has come to conservation. Until now, the focus has been to rethink types of plants that are used in the landscape. The thought being this would reduce water consumption by utilizing plant material with low water use requirements. This is sound thinking, but without reducing how much water that is actually applied to these plants, we aren't achieving the full benefit that was hoped for.

In recent years, advances have been made to "smart" irrigation controllers that are helping to rein in water usage outdoors. These devices generally utilize an environmental input to make automatic adjustments to irrigation control systems. The benefit being that once set up, the controller no longer requires those seasonal changes by the end user - saving both time and water while producing a beautiful landscape that is properly irrigated. In fact, most use "real time" data to make daily adjustments that are dependent on current weather patterns. As with many technologies, as development is continually refined, they have become less expensive and more user friendly, putting them in reach of the average homeowner.

These devices have a broad range of capabilities. A simple "smart" device would be a rain switch.



This sensor type device connects to an existing irrigation controller, either wired or wireless, and acts to block the controller from running irrigation when a preset volume of rain is received. This low cost apparatus is easy to install especially when using the wireless model.

Soil moisture sensors have also been adapted for the same use. They are installed in a representative area of the landscape and function as a switch. When the soil is dry, then the controller can run its preprogrammed schedules. Newer sensor models are easy to install as they don't require trenching to install wiring back to the irrigation controller. These units can utilize the existing wiring from the remote electric irrigation valve to send signals back to the controller.

Remember, no matter how sophisticated the irrigation control equipment may be, there is no substitute for a good sprinkler evaluation. Check and repair broken or misaligned sprinklers, clean clogged nozzles and emitters and check the system for leaks. The "smartest" irrigation controller will not overcome a poorly maintained system.

Irrigation Time Check List

General Irrigation Setting (Actual times will vary depending on the precipitation rate of your system)

- ✓ Rye Grass Turf irrigated using typical pop-up sprinklers: 8 - 10 minutes three times per week.
- ✓ Dormant Bermuda Turf: Begin to water twice per week for 8 - 10 minutes.
- ✓ Drip irrigation for Plants: 10 - 14 minutes twice per week.
- ✓ Drip irrigation for Trees: 12 - 22 minutes twice per week.

Please remember that these are general recommendations and depending on your system you may need to adjust watering times up or down. Also, if we do receive rain then irrigation can be suspended to account for the amount of rain.

COMPLIANCE

Did you know that the gates to the neighborhoods in Las Sendas are more sensitive than they appear? Broken welds and bolts, bent arms, misalignment and missing antennas are just a few common troubles the gates may have. Occasionally the gates will be inoperable due to circumstances beyond our control.

The gates are subject to failure from:

1. Impatient drivers
2. Children/Teens playing with the gates
3. Service/Delivery trucks tapping gates with the front of their vehicles
4. Power outages and wind temporarily disrupting the computer system

The most important thing you as a Homeowner can do is to discourage any of the above actions from happening. If you witness vandalism or abuse, please report it to the Las Sendas Community Association at (480) 357-8780. Together we can work to keep the gate repair costs down.



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 Guide-

lines 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.





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Las Sendas Lifestyle

Activities to Do – Events to Discover

Food Truck Fridays – May 5th Boulder Mountain Parke

This is the last Food Truck Night before we take a break for summer, so you don't want to miss it!! We will be featuring the following trucks: Frites St, Dough Mama, Best Dressed Dog, ACG Mobile Kitchen Events, The Luau Hut, Doctor D's Gourmet Burgers, Mingo's Louisiana Kitchen, International Truck of Tacos, Waffle Love, Hot Cookie Truck, Kona Shaved Ice, Soda Rush and more!!! Bring the family out, buy some delicious food and spend your evening with us!



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

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

Member Mixer

Enjoy an evening at the Trailhead Members Club! Mingle with fellow residents and meet and greet the HOA staff. All residents are encouraged to take part in this event, but we especially encourage new residents to come and meet staff in an informal setting! If you've been to one before, you know its fun -with live entertainment, appetizers and you get to bring your own "BOC" – beverage of choice...

Location: Trailhead Members Club
Date: Friday, May 12th
Time: 6:00-8:00pm
Fee: FREE

Studio 8 School's Out Bash

Studio 8 will be at Las Sendas to celebrate the end of the school year! There will be themed games, and prizes and special crafts! Pure Concessions will be poolside with food and beverages to purchase.

Location: Trailhead Parke & Pool
Date: Thursday, May 25th
Time: 3:30pm-5:30pm
Fee: FREE

SUMMER SWIM PROGRAMS

AT LAS SENDAS PRESENTS...

MESA AQUATICS CLUB



Parent Meeting: May 16th at 5pm at Trailhead Members Club

Group and Private Lessons

- ★ Starting end of May-through summer!
- ★ Group Lessons will be a 4:1 swimmer to coach ratio
- ★ Private Lessons are also available upon request

The lesson program will be held at the Boulder pool with flexible times to match your summer schedule.

Morning Swim Lessons

Tuesdays/Thursdays 9:00am-12:00pm

Evening Swim Lessons

Tuesdays/Thursdays 4:30pm-6:30pm

Las Sendas 2017 Summer Swim Team

- ★ Starting end of May-through summer!
- ★ The Valley's Top Coaches will make this season spectacular
- ★ Morning workouts between 7:00 AM and 9:00 AM
- ★ Evening workouts between 5:00 PM and 7:00 PM

Monday through Thursday AM:

7:00 AM - 8:00 AM Kids 11 and Older
8:00 AM - 9:00 AM Kids 10 and Under

Tuesday and Thursday PM:

5:00 PM - 6:00 PM Kids 10 and Under
6:00 PM - 7:00 PM Kids 11 and Older

Swim Meets Saturday Mornings

- ★ **Schedule is subject to change**

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.



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 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 Wednesdays 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 Princess each week is encouraged.
Instructor: 8*Count Dance



**FALL 2017 SESSION
WILL START AUGUST 23rd**

LAS SENDAS COMMUNITY TENNIS

Summer Program 2017
June 5th - June 23rd
July 10th - July 28th

Director of Tennis Lori Thornton
Head Pro Melissa Tafoya
Assistant Pro Justin Haag
Recreational Coach Danielle Huss



JUNIOR SUMMER CAMP ~ 3 WEEK SESSIONS

Level	Day	Time	Cost
Tots I & II (ages 4-7)	Tue/Wed/Thurs	6:00-6:30pm	\$60
Intermediate Tots	Mon/Tues/Wed/Thurs	6:30-7:30pm	\$135
Junior Beg/Intermediate	Mon/Tues/Wed/Thurs	6:30-7:30pm	\$135
Junior Competitive***	Mon/Tue/Wed/Thurs	6:30-8:30pm	\$250

ADULT PROGRAM

Level	Day	Time	Cost
Adult Beginners	Monday	6:30-7:30pm	
Drop in Drills clinic	Monday	7:30-8:30pm	
Live Ball	Wednesday	7:00-8:00am	
Serve & Return clinic	Wednesday	8:00-9:00am	
Live Ball	Friday	7:30-8:30pm	
Team Clinics**	Mon-Fri	8:00-11:00am	

ADULT LEAGUES

Group	Day	Time	Cost
Men’s Doubles (June, July, Aug)	Wednesday	7:00-9:00pm	\$25
Womens Doubles up/down	Thursday	7:00-9:00pm	\$25

** Ladies Team Practice. 60 minute of drills and strategy along with 30 minutes of doubles play.

***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 any questions regarding the summer program or visit, www.tennislassendas.com.

RETIREEES 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.

2017 | SAVE THE DATE!

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bridge Club 1pm	2	3	4 Custom ARC Committee 8am Retirees Tennis 8am Mom's Club 9:30am	5 Food Truck Friday 5pm-9pm	6
7	8 Bridge Club 1pm	9 Retirees Meeting 9am Book Club 6:30pm	10	11 Retirees Tennis 8am Regular ARC Committee 8am Ladies of Las Sendas 6:45pm	12 New Member Mixer 6pm	13
14	15 Bridge Club 1pm	16 Swim Parents Meeting 5pm	17	18 Custom ARC Committee 8am Retirees Tennis 8am	19	20
21	22 Bridge Club 1pm	23 Retirees Meeting 9am	24	25 Retirees Tennis 8am Regular ARC Committee 8am School's Out Bash 3:30pm-5:30pm LSCA Board Meeting 6pm	26	27
28	29 Association Office Closed for Holiday LS Spa & Fitness Hours 5am-5pm	30	31			

● HOA

● CLUBS

● ACTIVITIES

● ATHLETIC CLUB

Las Sendas

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Retirees Tennis 8am Custom ARC Committee 8am	2	3
4	5 Bridge Club 1pm	6	7 Dance 3pm-5pm	8 Retirees Tennis 8am Regular ARC Committee 8am	9	10
11	12 Bridge Club 1pm	13 Book Club 6:30pm	14 Dance 3pm-5pm	15 Retirees Tennis 8am Custom ARC Committee 8am	16	17
18	19 Bridge Club 1pm	20	21 Dance 3pm-5pm	22 Retirees Tennis 8am Regular ARC Committee 8am LSCA Board Meeting 6pm	23	24
25	26 Bridge Club 1pm	27 Retirees Meeting 9am	28 Dance 3pm-5pm	29 Retirees Tennis 8am	30	



MAY/JUNE 2017 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am BEYOND BOOTCAMP Coach Johnny	5:15am SUNRISE CYCLE Gina	5:15am HARD CORP Coach Johnny	5:15am SUNRISE CYCLE Gina	5:15am STRIKE CLUB Coach Johnny	
		6:15am BEYOND BOOTCAMP Coach Johnny		7:00am Happy Hour Mark	
8:00am CARDIO CARVE Meg	7:45am PILATES Meg	8:00am BARRE' Tanya	7:45am PILATES Meg	8:00am TGIF CYCLE Meg	8:00am BODY SCULPT George
9:00am ZUMBA Sherrie	9:00am CYCLE Gina	9:00am ZUMBA Sherrie	9:00am TOTAL BODY George	9:00am BARRE' Tanya	9:00am ZUMBA GIOVANNA
10:00am YOCHI Betsy	9:00am AQUA SCULPT Kelly		9:00am AQUA SCULPT Kelly		10:00am HATHA YOGA Betsy
	10:15am STRETCH & TONE Kelly	10:15am HATHA YOGA Megan		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		
	6:15pm RESTORATIVE PILATES Gina		6:15pm RESTORATIVE YOGA Kelly		Please Note: class formats, times and instructor subject to change without notice

Yoga

Yoga NIDRA: A guided meditation 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 10:15 am
Saturdays 10:00 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

Restorative Pilates: Join us for a peaceful resolution to your day. Holistic and healing pilates exercises for rejuvenation and well-being. Flexibility and balance will be improved. **Tuesdays 6:15 pm**

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 9:00 am & Wednesdays 9:00 am
Saturdays 9:00 am**

Cycle

Sunrise Cycle: True studio cycle instruction. Get your day started in the saddle. Cycling done right.

**Tuesdays 5:15 am & 9:00 am
Thursdays 5:15 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

Flexibility Training

Stretch & Tone: Core Strengthening, Mat Science, and Full Body Toning and Flexibility Training with light resistance, weights and bands. Gain range of motion, muscle length and functional flexibility for all parts of the body. Postural alignment focused exercises improve health and energies.

Tuesday 10:15 am

YoChi: Learn classic balance and control movements in this fusion of yoga and tai chi. Strength and endurance training along with flexibility and breathing practices.

Mondays 10:00 am

Aqua

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

Tuesdays & Thursdays 9:00 am

Strength & Resistance

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

Thursdays 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

Beyond Bootcamp: Go beyond the ordinary "bootcamp" experience! Resistance, bodyweight/ gymnastics calisthenics, plyometric and core based modalities are blended into unique high intensity interval and periodization type training sessions.

Mondays 5:15 am & Wednesdays 6:15 am

Hard Corp: Unique and progressive workouts that focus on the development, motor control and overall strengthening of what is your core.

Wednesdays 5:15 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

Strike Club: Boxing, kickboxing and a variety of martial arts training is incorporated into every class. Get strong, shed body fat develop confidence and self esteem beyond your wildest dreams. Self defense techniques are incorporated to ensure you get the most from class.

Fridays 5:15 am



CYCLING @ Las Sendas Fitness Center
5:15 AM & 9 AM TUESDAYS
5:15 AM THURSDAYS & 8AM FRIDAYS

STRIKE CLUB @ Las Sendas Fitness Center
5:15 AM FRIDAYS



BEYOND BOOTCAMP @ Las Sendas Fitness Center
5:15 AM MONDAYS & 6:15 AM WEDNESDAYS

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Skin rejuvenation typically uses visible red light at a wave length of 660nm that penetrates tissue to a depth of 8-10mm, making it especially beneficial for treating problems close to the surface of the skin:

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- ◆ Blemishes, redness, acne scars and hyperpigmentation
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Las Sendas Corvette Club

The Las Sendas Vette's Club is club open to all community Corvette owners and enthusiast. We meet the first Wednesday of every month 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-at-home moms. Our activities include playdates, holiday parties, monthly socials with speakers, field trips, mom's night out and more! If you are interested in more information, please contact mesamoms@gmail.com.



Ladies of Las Sendas



Our featured presenter will be Jill Batista, Owner of Healing Touch Beauty & Wellness, a dual licensed Massage Therapist and Aesthetician with 18 years of day spa experience.

Our treat sponsor is Sweet Susan's Bakery - custom cakes, cupcakes, cookies and other baked treats for all occasions.

Please remember to bring cash to our meetings as we will be doing a 50/50 Raffle. You may be the lucky winner!

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!

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:

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

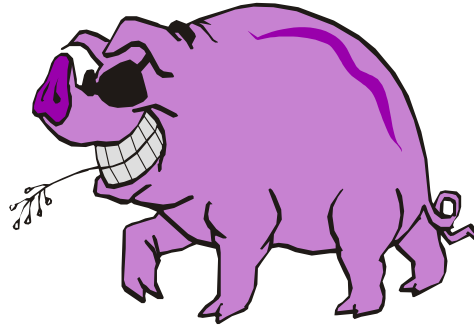


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Las Sendas Book Club

May/June 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).



May 9 6:30 p.m.

Usually, we read the book selection from OneBook Arizona. However, it appears that this group is no longer active.

Instead, we will read and discuss the poetry of Billy Collins. Pick a favorite poem from any of his many collections of poetry, and be prepared to share why you liked it with the group.

William James “Billy” Collins (born March 22, 1941) is an American poet, appointed as Poet Laureate of the United States from 2001 to 2003. He is a Distinguished Professor at Lehman College of the City University of New York and is the Senior Distinguished Fellow of the Winter Park Institute, Florida. Collins was recognized as a Literary Lion of the New York Public Library (1992) and selected as the New York State Poet for 2004 through 2006. As of 2015, he is a teacher in the MFA program at Stony Brook Southampton.



June 13 6:30 p.m. “The Nest” By Cynthia D’Aprix Sweeney 368 pages

It is a warm, funny, and acutely perceptive debut novel about four adult siblings and the fate of the shared inheritance that has shaped their choices and their lives. Years of simmering tensions finally reach a breaking point after an ensuing accident endangers the Plumbs’ joint trust fund, which they are months away from finally receiving. The Plumb siblings have been counting on the money to solve a number of self-inflicted problems. Brought together as never before, Leo, Melody, Jack, and Beatrice must grapple with old resentments, present-day truths, and the significant emotional and financial toll of the accident, as well as finally acknowledge the choices they have made in their own lives. Sweeney brings a remarkable cast of characters to life to illuminate what money does to relationships, what happens to our ambitions over the course of time, and the fraught yet unbreakable ties we share with those we love.

Las Sendas Retirees

Spring with all its floral beauty will fade into memory soon enough as daytime temperatures rise, but in May, we can appreciate those curiously fascinating blooms on the Saguaros. Thankfully, some shrubs, such as Mexican Bird of Paradise, put on a bright, colorful display all summer for the viewing pleasure of those of us here year-round!

For Las Sendas Retirees, May will be the final month of our regular schedule before we switch over to reduced programs for summer. Regular meetings will be held on May 9th and 23rd at Trailhead Clubhouse, beginning at 9 am with coffee social, 9:45 business meeting, and 10 am program. Around 11 am, we will adjourn to lunch at a local restaurant for more social time.

Our summer schedule begins in June with a “lunch only” gathering on June 13th and a regular meeting on June 27th. If you are on the membership roster, you will receive an e-mail announcing the location and time of the “lunch only” gathering on the 13th. An RSVP will help the chairperson with restaurant arrangements.

As this issue goes to press, club members are preparing for the spring social---a karaoke evening with potluck “favorites.” Looking ahead to fall, club members are planning a group excursion to Monument Valley and Moab/Arches N.P. in late October. In the meantime, our activity groups continue---hiking (from easy to challenging), card, game, and hobby groups, and local tours often inspired by program speakers.

The Retirees Tennis Group would like to invite you to join them on Thursday mornings at 8 am on the lower courts for informal tennis games---no reservations required! Just drop in, say “Howdy,” and join the play! (See photo) For more info, contact judyhanleyaz@gmail.com.

If you are looking for a stimulating social experience among active mature adults, please drop in to one of our meetings! If you like what you see and hear, \$20 will buy you a year of good, clean fun! For more information, contact Rich Trumpfeller at ybcold467@yahoo.com.





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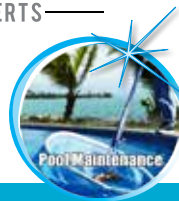
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\$815,000 4/10/17



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MLS# 5546913, 1596 SF
6720 E ENCANTO ST #11
(HEATHERWOOD VILLAGE)
\$237,500



SOLD IN 3 DAYS!

MLS#5557797, 2835 SF
8217 E SIENNA ST
(LAS SENDAS - WALKING STICK)
\$574,900



UNDER CONTRACT

MLS#5518492, 1696 SF
7445 E. EAGLECREST DR. #1051
(LAS SENDAS - CACHET)
\$279,900



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