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Las Sendas Community Association

www.thetrailhead.org



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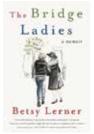
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The Official Magazine of Las Sendas Community Association



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 Kern	lrkern46@gmail.com
Vice President David Harris	Dave4lassendas@gmail.com
Treasurer Jeff Brugos	jeffbrugos@aol.com
Secretary Greg Kingery	gdkingery55@gmail.com
Director Kim Robinson	Kim4LasSendas@gmail.com
Director Brenna Collyard	Brenna4LasSendas@gmail.com
Director Amy Martin	Amy.Martin.LasSendas@gmail.com

Las Sendas Community Association Staff Directory

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Compliance Coordinator Calee Burch	cburch@thetrailhead.org
Administrative Assistant Melanie Mallery	mmallery@thetrailhead.org
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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



CertaPro Painters is a locally owned full-service painting company serving the Las Sendes community.

- Residential & Commercial Color Consultation Interior & Exterior
- 2 Year Written Warranty Drywall & Carpentry Pressure Washing Local References

Mention this ad for \$200 off of a \$2,000 project! (480) 739-9300 Jon Harmsen

jharmsen@certapro.com ROC# 296330

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...

Hello from your Crime Prevention Officer

Crime Prevention Officer Dawn Blake Mesa Public Safety

Hello! My name is Dawn Blake and I am the Crime Prevention Officer for the Mesa Police Department, Superstition District, where you reside. It is my pleasure to serve your community and I look forward to working with you to prevent crime in your neighborhood. If you are having any neighborhood or community concerns relating to crime, or would like to start a Neighborhood Watch please email me at Dawn.blake@mesaaz.gov. Enjoy your summer and I will leave you with some reminders to: keep your garage doors closed all the way when not in use, keep doors and windows locked on your home and vehicle, don't leave anything of value in your vehicle, and of course, watch your children around water.

Thank you!



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!





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\$828,000 | MLS #5573703



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Arizona's preferred, locally owned and operated title insurance company!



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I am also a salesperson in print

I talk to the 10,000 perspective customers in Las Sendas every issue How many do you talk to?

The readers are here where is your ad?



BOARD BITS

Crow's Nest Planning—Strategic Priorities

Community Planning Advisory Group (CPAG)

Many exciting bricks-and-mortar projects are currently underway in Las Sendas (e.g. splash pad, new courts and more parking in Boulder Mountain Parke, landscape upgrades, etc.). There are also some meaningful things going on behind the scenes to keep Las Sendas strong and vibrant, well into the future. It has been said that: "If you fail to plan you plan to fail." The Community Planning Advisory Group (CPAG) is hard at work addressing matters of long-term importance to homeowners. The group has existed in one form or another since 2013 and currently consists of five residents, a board member and professional staff. CPAG meets regularly to consider matters that may become serious issues downstream if no one is giving them present-day consideration. CPAG and the Board of Directors are jointly determining the scope and breadth of vital issues along these lines so that more specific plans of action may be established to address the Association's strengths, weaknesses, opportunities and threats. Here are some examples:

- Golf Course: The Las Sendas golf course if privately owned but helps measurably to define the character and reputation of Las Sendas. In a very real sense the long-term success of Las Sendas, as a whole, is linked to golf course sustainability. It begs the question of how the two entities can work cooperatively for their mutual benefit.
- Las Sendas Elementary School: The school has been highly successful, but what if the youth population of Las Sendas continues to decline? Will that adversely affect the composition of the school and its ability to remain a high-performing entity? What can we do, in concert with school leaders, to help ensure its long-term viability?
- Communication and Information Technology: In recent years Las Sendas leaders have worked to improve the Association's capacity to effectively communicate with residents, but there is more to be done. CPAG and the Board are working to define what compelling messages need to be communicated, and to whom (i.e. target audience) and in what fashion (i.e. proper use of technology and other means).
- Character: How can we as a community preserve the character that makes Las Sendas what it is? Are we truly a premier desertuplands community? What constitutes character? What makes us premier?
- Image: What is "image?" How is Las Sendas perceived in the community, in the region and beyond? How does that affect decisions made by home buyers? What can Las Sendas do to preserve and enhance its image? How does image differ from character?

Transcending each of these five priorities are matters pertaining to demographics, marketing and external relations. To some people these various subjects may sound boring. They will suddenly become less boring, however, if we fail to plan for the future, and things begin to crumble. No one wants to see Las Sendas in a reactive mode, so far behind the "eight ball" that it's almost too late. In conclusion, CPAG very much enjoyed playing a role in carving out the Boulder Mountain Parke Master Plan, and the amenities associated with it. However, the group—under Board direction—is now focusing its energies less on tactical subjects, and more on very serious topics of a long-range nature. CPAG is back in the "crow's nest" looking to the horizon and beyond. Stay tuned.

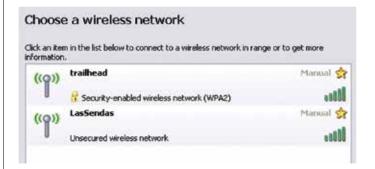
GROUP AND COMMITTEE CORNER VOLUNTEERS WANTED!

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.

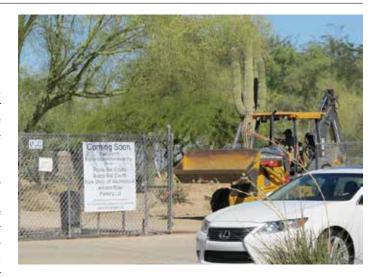
Progress Continues on Boulder Mountain Parke Construction

By Boulder Mountain Parke Working Group

In the most recent edition of the Vision an update was given on progress of the Splash Pad now under construction in upper Boulder Mountain Parke near the restroom and swing set. In this edition, we are providing you with a status report on plans for build-out of the remainder of Phase I of the BMP Master Plan.

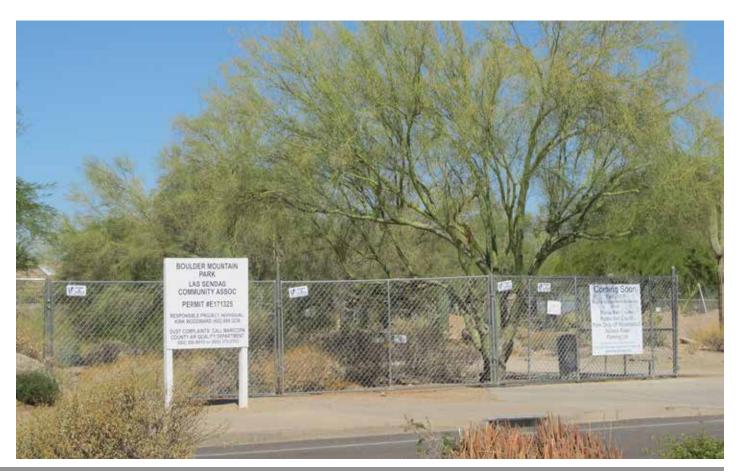
At the April Board of Directors meeting, authorization was given to proceed with the development and funding of the Phase I Master Plan. As reported in previous editions of Vision, this includes grading of the entire site, development of the access road across the site (paid for by Blandford Homes), completion of more than 70 parking spaces, construction of six pickle ball courts, two bocce ball courts, a Ramada, lighting and other utilities for these amenities, and all the landscaping associated of this new park area. In addition, this phase includes stubbing out all the utilities (sewer, water, electric) for other amenities that are scheduled to be completed in Phase II and beyond, such as amphitheater, restroom and bark park and more.

We are currently finishing round two of City of Mesa review and approval of the construction engineering plans, with final approval expected in early June. You will notice, as you drive by the site, that fencing of the affected construction areas has already been installed and the boxing of trees, which must be preserved and relocated to satisfy the requirements of the Natural Plant Preservation laws of multiple Federal and State organizations. Immediately following approval of plans by the City, site grading will begin, followed by installation of



utility infrastructure, then construction of amenities and landscaping. We anticipate the amenities will be ready for use by November. We will continue to provide updates as development progresses. The expansion of Boulder Mountain Parke will benefit the community substantially, adding to the number and variety of amenities in the community for residents of all ages. Boulder Mountain Parke will increasingly become a focal and gathering point, capable of supporting more, better, and larger events.

For members desiring a detailed explanation of the activities involved in carrying out the construction plan and its funding, a more expansive article has been posted on the community website accessible at the following link: www.thetrailhead.org/news



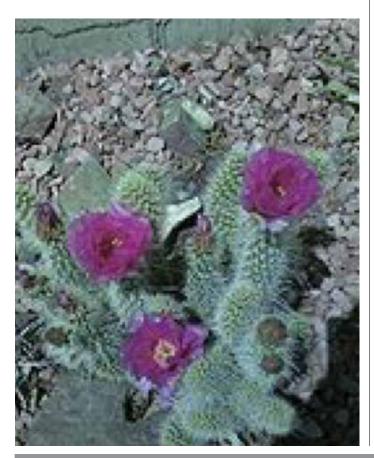
LANDSCAPE UPDATE

Xeriscaping

Xeriscaping is landscaping and gardening that reduces or eliminates the need for supplemental water from irrigation. In some areas, terms as water-conserving landscapes, drought-tolerant landscaping, and smart scaping are used instead. Plants whose natural requirements are appropriate to the local climate are emphasized, and care is taken to avoid losing water to evaporation and run-off. The specific plants used in xeriscaping depend upon the climate. Xeriscaping is different from natural landscaping, because the emphasis in xeriscaping is on selection of plants for water conservation, not necessarily selecting native plants.

Advantages

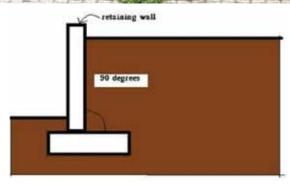
- Lowered consumption of water: Xeriscaped landscapes can reduce water use 60% or more compared to regular lawn landscapes.
- Makes more water available for other domestic and community uses and the environment.
- Reduce Maintenance: Aside from occasional weeding and mulching Xeriscaping requires far less time and effort to maintain.
- Xeriscape plants in appropriate planting design, and soil grading and mulching, takes full advantage of rainfall retention.
- Less cost to maintain: Xeriscaping requires less fertilizers and equipment, particularly due to the reduced lawn areas.



COMPLIANCE - Need Paint?







If your footer walls (low walls that may be between you and your neighbor's property) or return walls (the walls on each side of your home) look like the pictures above, it is definitely time to paint them!

To keep your retaining walls (a wall that is built to prevent the soil behind it from moving) looking good for as long as possible do not overwater. Overwatering causes efflorescence, the white chalky powder that is caused by the salt in our water.

The color that all walls will eventually be painted is Dunn Edward's Nightingale, paint type: Acri-Flat.

Dunn Edwards offers Las Sendas residents up to 37% off the retail price of interior and exterior paint. The closest store is located at 5959 E Southern Avenue in Mesa. Your discount account number is: 233246-000.

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 e ort 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.





Las Sendas Lifestyle

Activities to Do - Events to Discover

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.

SUMMER SWIM PROGRAMS AT LAS SENDAS PRESENTS...

MESA AQUATICS CLUB



Group and Private Lessons

- 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.

July 6th-July 27th Session II:

\$130 (\$140 for non-residents) Cost:

Morning Swim Lessons Monday-Thursday 9:00am-12:00pm

Evening Swim Lessons Tuesdays/Thursdays 3:30pm-6:30pm

Las Sendas 2017 Summer Swim Team

- The Valley's Top Coaches will make this season spectacular
- Morning workouts between 7:00 AM and 9:00 AM
- Evening workouts between 4:30 PM and 6:30 PM
- Cost: \$190 (\$215 for non-residents) includes meets, shirt, cap, awards, and end of year banquet.

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

4:30 PM - 5:30 PM Kids 10 and Under

5:30 PM - 6:30 PM Kids 11 and Older

Swim Meets Saturday Mornings

You can register for swim lessons or swim team at www. mesaquatics.org under the Las Sendas tab.

FALL 2017 & SPRING 2018: **8*COUNT DANCE**

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



Class fee is due to Las Sendas,

Supply Fee due the 1st day of class to 8*Count Dance

FALL 2017 SESSION WILL START AUGUST 23RD. SPRING 2018 SESSION WILL START JANUARY 24TH.

Twinkle Babies

Length: 14 weeks Age: 2-3 yrs old Min/Max: 4/6 Class Fee: \$60 Supply Fee: \$10

Date: Wednesday Aug. 23-Dec. 13, 2017

NO CLASS 10/11 or 11/22

Time: 2:30-3pm

A thirty-minute introductory dance class containing ballet, tap and creative movement. Young dancers will learn the basic steps while learning how to follow direction and imitate movement in a positive environment. Engaging music is used to get these little guys inspired to dance. The use of props such as Twinkle bears and hula hoops, enables the young dancers to use their imagination, creativity and, most of all, have fun! Tap & Ballet Shoes recommended. Last day of class (12/13) there will be a Holiday Performance at the Trailhead.

Preschool Twinkle Stars

Length: 14 weeks Age: 3-4 yrs old Min/Max: 4/10 Class Fee: \$140 Supply Fee: \$10

Date: Wednesday Aug. 23-Dec. 13, 2017

NO CLASS 10/11 or 11/22

Time: 3:15-4pm

An age specific 45-minute class containing ballet, tap and jazz/ creative movement. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. For example, all dancers will learn what a "plie" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. The use of props such as hula hoops for the "freeze dance" makes the end of class the most fun! Tap & Ballet Shoes recommended. Last day of class (12/13) there will be a Holiday Performance at the Trailhead.

> Classes continued on page 12



Las Sendas Tennis Fall Programs **Begins September 11th**

www.TennisLasSendas.com

Coach Lori 480-717-7208

UPCOMING TENNIS EVENTS!!

Injury prevention Workshop ~ October 2017 When & Why to string your racket Workshop ~ November 2017 Wilson Demo Day ~ February 2018 Doubles Speciality Camps ~ Spring 2018 Tennis Rocks - 1980's Tennis Mixer ~ Spring 2018



JUNIOR CLINICS



QuickStart Tennis ~ Little nets, low compression balls & small racquets!

Tots Quickstart Tennis, ages 4-6 QuickStart Tennis for beginners & intermediates, 10 and under

Pre Tournament Clinic ~ For those looking to compete in local tournaments, 10 & under Quickstart tennis or 11 & above green dot ball.

Beginning and Intermediate clinics for all ages

High School and Competitive Clinic ~ Juniors planning to play High School tennis and **USTA** tournaments

ADULT CLINICS

Mondays 9:30am Serve/Stroke clinic - open to all levels Tuesdays 7pm Drills Clinic - open to all levels Wednesdays 8:30am Intermediate Clinic - 2.0-2-5 Wednesdays 10am Beginners Clinic Thursdays 7pm Performance Hitting - 4.0, 4.5 & 5.0+ Fridays - 7pm LiveBall OR Serve/Stroke Clinic as scheduled in calendar - open to all levels



Las Sendas Racket Services **Stringing and Gripping**

Contact Coach Melissa 480-619-2252 www.TennisLasSendas.com

LEAGUES

ATA 3.5 Women's League Monday mornings WITL B-2 Women's League Tuesday mornings WITL C-1 Women's League Wednesday mornings WITL C-2 Women's League Wednesday mornings Men's Up/Down League Wednesday evenings Retirees League Thursday mornings

RETIREES PLUS! GROUP

THURSDAY TENNIS FUN

If you play tennis, or used to and want to try it again, join us each Thursday at 8:00 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!

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Bridge Club 1pm	4 ASSOCIATION CLOSED FOR HOLIDAY	5	6 Retirees Tennis 8am Custom ARC Committee 8am	7	8
9	10 Bridge Club 1pm	11 Book Club 6:30pm	12	13 Retirees Tennis 8am Regular ARC Committee 8am	14	15
				Committee 8am Ladies of Las Sendas 6:45pm		
16	17 Bridge Club 1pm	18	19	20 Retirees Tennis 8am Custom ARC Committee 8am	21	22
23	24	35	26	27	28	29
23	Bridge Club 1pm	35	20	Retirees Tennis 8am Regular ARC Committee 8am Swim Team Banquet 6:30 pm	20	29
30	31 Bridge Club 1pm					



Las Sendas

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Retirees Tennis 8am Custom ARC Committee 8am	4	5
6	7 Bridge Club 1pm	8 Book Club 6:30pm	9	10 Retirees Tennis 8am Regular ARC Committee 8am	11	12
13	14 Bridge Club 1pm	15	16	17 Retirees Tennis 8am Custom ARC Committee 8am	18	19
20	21 Bridge Club 1pm	22	23 Dance	24 Retirees Tennis 8am Regular ARC Committee 8am LSCA Board Meeting 6pm	25	26
27	20	200	70	71		
27	28 Bridge Club 1pm	29	30 Dance	31 Retirees Tennis 8am		

8 Count Dance Classes continued...

Pre-K Twinkle Stars

Length: 14 weeks Age: 5-6yrs old Min/Max: 4/10 Class Fee: \$140 Supply Fee: \$10

Date: Wednesday Aug. 23-Dec. 13, 2017

NO CLASS 10/11 or 11/22

Time: 4:15-5pm

An age specific 45-minute class containing ballet, tap and jazz/creative movement. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. For example, all dancers will learn what a "plie" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. The use of props such as hula hoops for the "freeze dance" makes the end of class the most fun! Tap & Ballet Shoes recommended. Last day of class (12/13) there will be a Holiday Performance at the Trailhead.

Twinkle Stars

Length: 14 weeks Age: 6-8 yrs old Min/Max: 4/10 Class Fee: \$140 Supply Fee: \$10

Date: Wednesday Aug. 23-Dec. 13, 2017

NO CLASS 10/11 or 11/22

Time: 5:15-6pm

An age specific 45-minute class containing ballet, tap and jazz/creative movement. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. For example, all dancers will learn what a "plie" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. The use of props such as hula hoops for the "freeze dance" makes the end of class the most fun! Tap & Ballet Shoes recommended. Last day of class (12/13) there will be a Holiday Performance at the Trailhead.

SPRING 2018 DATES

Dress Rehearsal is tentatively planned for May 16, 2018 and recital for May 19, 2018 at Desert Ridge High School

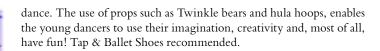
Twinkle Babies

Length: 16 weeks Age: 2-3 yrs old Min/Max: 4/6 Class Fee: \$60 Supply Fee: \$35

Date: Wednesday Jan. 24-May 16, 2018

NO CLASS 3/14 Time: 2:30-3pm

A thirty-minute introductory dance class containing ballet, tap and creative movement. Young dancers will learn the basic steps while learning how to follow direction and imitate movement in a positive environment. Engaging music is used to get these little guys inspired to



Preschool Twinkle Stars

Length: 16 weeks Age: 3-4 yrs old Min/Max: 4/10 Class Fee: \$140 Supply Fee: \$50

Date: Wednesday Jan. 24-May 16, 2018

NO CLASS 3/14 Time: 3:15-4pm

An age specific 45-minute class containing ballet, tap and jazz/creative movement. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. For example, all dancers will learn what a "plie" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. The use of props such as hula hoops for the "freeze dance" makes the end of class the most fun! Tap & Ballet Shoes recommended.

Pre-K Twinkle Stars

Length: 16 weeks Age: 5-6yrs old Min/Max: 4/10 Class Fee: \$140 Supply Fee: \$50

Date: Wednesday Jan. 24-May 16, 2018

NO CLASS 3/14 Time: 4:15-5pm

An age specific 45-minute class containing ballet, tap and jazz/creative movement. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. For example, all dancers will learn what a "plie" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. The use of props such as hula hoops for the "freeze dance" makes the end of class the most fun! Tap & Ballet Shoes recommended.

Twinkle Stars

Length: 16 weeks Age: 6-8 yrs old Min/Max: 4/10 Class Fee: \$140 Supply Fee: \$50

Date: Wednesday Jan. 24-May 16, 2018

NO CLASS 3/14 Time: 5:15-6pm

An age specific 45-minute class containing ballet, tap and jazz/creative movement. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. For example, all dancers will learn what a "plie" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. The use of props such as hula hoops for the "freeze dance" makes the end of class the most fun! Tap & Ballet Shoes recommended.



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THE JOE WALSH **PROGRAM**



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THE LARS LARSON SHOW



THE ALEX JONES SHOW



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Unit Replacement Estimate

EXPIRES 9/30/17 Restrictions may apply. See dealer for details

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with purchase of new equipment replacement.

EXPIRES 9/30/17 Restrictions may apply. See dealer for details.

Service Call

with A/C repair.

EXPIRES 9/30/17 Restrictions may apply. See dealer for details.



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\$2700 Total Rebate!



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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.

JULY/AUGUST 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 HIGH INTENSITY Rivak	
				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 Gina	9:00am BARRE' Tanya	
10:00am YOCHI Betsy	9:00am AQUA SCULPT Sherrie		9:00am AQUA SCULPT Sherrie		
		10:15am HATHA YOGA Megan		10:15am VINYASA FLOW YOGA Alexa	
11:00am YOGA NIDRA Nicole	4:00pm RESTORATIVE PILATES Gina		CLUB HOURS: MON-THURS 5am-8pm FRI 5am-7pm, SAT 6am-5pm, SUN 7am-5pm		
		6:00pm ZUMBA Giovanna	6:15pm RESTORATIVE YOGA Betsy		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 11:00 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. Plexibility 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 6:00 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

<u>Aqua</u>

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 cardio 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

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

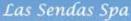
Wednesdays 5:15 am

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

High Intensity: Get strong, shed body fat develop confidence and self esteem. High Intensity utilizes calisthenics, weight-training and other functional fitness equipment.

Fridays 5:15 am



July and August Special Deep Blue Deep Tissue Massage Special 80 min. \$100.00



The benefits of this massage:
Deep Blue cream is used to treat specific sore areas, while the
deep massage soothes and treats muscle tension.

Book your appointment today with one of our massage therapists 480-832-6900

(no additional discounts apply)

Las Sendas Spa July Special

Lemon Enzyme Facial \$70.00

Customize your treatment with our NEW Non-laser Red Light therapy or a Microdermabrasion for an additional \$10.00



Perfect treatment for Lightening, Exfoliating and Hydrating

This anti-aging, lightening, & detoxifying facial contains 6% lactic acid, 3% glycolic acid, and 8% arbutin and 2% kojic. Perfect for normal and combination skin. It promotes deep hydration that protects from environmental damage while relieving the surface signs of aging. Arbutin and kojic provide extreme lightening capabilities.

No Other December May Apply



Las Sendas Spa

August Special
Anti-Aging Blueberry Enzyme Facial
50 min. \$70.00

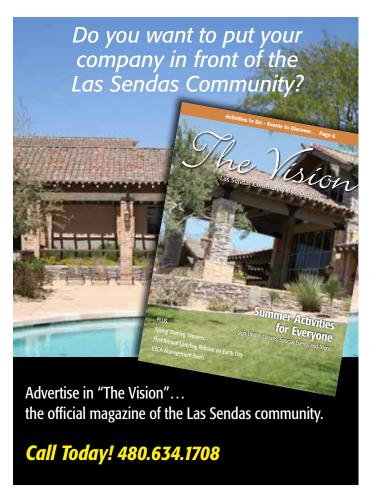
add on a 30 min. full body Raspberry Scrub for \$25.00



Blueberries contain potent antioxidants for <u>anti-aging</u>. With 1% glycolic and 1% salicylic, this enzyme provides a nice brightening exfoliation that will leave minimized pores and leave the skin feeling very soft.

Customize your facial with our NEW Non-Laser red light therapy or Collagen mask, for an additional \$10.00

(no additional discounts apply)





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Message from Vice Mayor Luna



I am proud to serve as the Chair of the National League of Cities, NLC, Information Technology and Communications Committee. In that role, I recently had the privilege of serving on a panel for Infrastructure Week in Washington, D.C. Along with presenting on the panel I met with several of our state representatives to discuss broadband, digital infra-

structure, and the importance of these to our city. I also had the opportunity to meet with Chairman Ajit Pai and Commissioner Mignon Clyburn of the Federal Communications Commission.

If you are interested in the panel discussion you can view it at http://bit.ly/2qWBOoc . I also wanted to share the article I wrote on this topic.

In a city, as big as Mesa, with half a million residents and growing, it's important to stay ahead of the technological curve. The city understands that in order to meet the needs of our current and future residents, and to attract new businesses that will grow our economy in the future, we have to build infrastructure for the future – and that means broadband.

Broadband underpins all of the important advances Mesa is making to build a thriving future. Recently, the City of Mesa installed a dark fiber and conduit system in its roadways – fiberoptic cables that could be leased or put to use by private companies to sell service to businesses and residents. With over 400 miles of conduit in the city, this buildout also enables Mesa to implement smart city technology and take advantage of the Internet of Things. The connectivity enables our city and region to collect and share data, streamline government processes, and offer our residents more services. Mesa already offers free public Wi-Fi to residents in many city-owned public spaces, and we are working to expand that to even more locations, so that all our residents and visitors can take advantage of internet access in our public spaces.

Enhancing our telecommunications and technology infrastructure also positions our city to be more prepared for a future that features autonomous vehicles, drone delivery, and ubiquitous wireless service. Our region is among the first in the country to hold wide scale testing of autonomous vehicles on public roads, and that can only be done safely with a strong fiber network.

However, our city's leadership needs to be complemented by a strong federal partner that is equally committed to getting our residents online and building smarter cities. I recently had an opportunity to advocate in Washington, DC on behalf of Mesa and all cities for more federal investment in broadband for com-

munities of all sizes.

NLC believes that reliable, affordable broadband should be available to all Americans, whether they are children who need to complete schoolwork, or entrepreneurs running a business. We can make that a reality by eliminating hurdles to local innovation, and by increasing investment in federal programs that expand broadband infrastructure and close the digital divide in underserved communities, while respecting local decision making processes.

We're calling on Congress to eliminate state barriers, such as preemptive laws and cumbersome procedural hurdles, to municipal broadband networks. We're also calling for Congress to increase the financial viability of middle- and last-mile broadband infrastructure investment, by incentivizing the inclusion of conduit or fiber in federally-funded infrastructure projects. The City of Mesa has a dig-once policy – but the federal government does not. Cities using federal transportation dollars to rejuvenate roads can't use that funding to include conduit in their projects.

We're also asking Congress to invest more in existing programs that help bring broadband to more people, like the U.S. Department of Agriculture's Rural Utility Service Broadband Loan program, which could be expanded to serve more rural communities, the Community Development Block Grant and Choice Neighborhood Grant programs, which help communities plan for broadband, and the HUD ConnectHome program, which helps get HUD-assisted households with children online. Lastly, we're working with Congress and the Administration to preserve local land-use authority as cities grapple with technological changes. Long-term decisions about smart cities, broadband networks, and the location and nature of infrastructure have to be made by the governments closest to the people – not through one-size-fits-all federal preemption.

Broadband infrastructure is no longer a nice-to-have for American cities – it is a necessity. Broadband access and adoption help promote economic development and social equity while promoting public health, public safety, and educational opportunities for Americans around the country.

If you would like to speak to me further about this topic or another topic I can be reached via email at district5@mesaaz.gov or by phone at 480-644-3771.

Finally, I hope to see some of you at Shepherd Aquatic Complex on June 26th from 5-8 pm for Carnival H2O. Half price admission to swim with games, face painting, foam pit, the Blob, and prizes!

Las Sendas Retirees

For Las Sendas Retirees, these are the "dog days of summer"----days of consistent 100+ temperatures and occasional surprise dust storms and downpours! We tend to lose our gumption! Consequently, we draw down our activities as follows: our regular bi-monthly meetings are suspended until September and, in their place, we gather for lunch on the 2nd and 4th Tuesday of each month. If you are already a member of the club, you will receive an e-mail from lunch organizer, Susan Grunbaum, with info about place and time. If you are not already a member and wish to join, please contact Rich Trumpfeller at ybcold467@ vahoo.com.

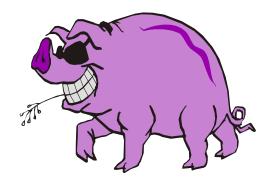
Meanwhile, many club activities continue to thrive during summer heat. Examples: party bridge continues on Monday afternoons at the clubhouse, and the Thursday morning drop-in tennis group meets an hour earlier at 8 am instead of 9 on the lower courts. (See photo!). For more info on the bridge group, contact Elaine Wiesner at elainewiesner@centurylink.com. For the tennis bunch, contact judyhanleyaz@ gmail.com.

Looking ahead to fall, (and blessed relief!), the Fall Social Party is scheduled for October 23rd, followed by the club's annual excursion on October 30th-November 3rd. This year the group is traveling to Monument Valley, Natural Bridges, Arches N. P. and Moab, Utah. (Reminder: buy your "America the Beautiful" Senior Park Pass before the price increases to \$80 this year!). For further information, contact Bert Roy at broy@cox.net.

Regular club meetings with program speakers will resume on Sept. 26 at the Trailhead Clubhouse. In the meantime, stay cool!



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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.

Tadies of as Sendas



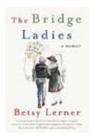
The summer meeting of The Ladies of Las Sendas networking group will be on Thursday, July 13, 2017, from 5:00PM-7PM at the Las Sendas Grille (7555 E. Eagle Crest Dr.)

Management will have Happy Hour food and drink specials for us. Bring your business cards and items of interest to share with all.

Don't miss this opportunity to meet great women from our neighborhood. 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 Book Club



July 11, 6:30 p.m.
"The Bridge Ladies"
By Betsy Lerner, 299 pages

A 50-year-old Bridge game provides an unexpected way to cross the generational divide between a daughter and her mother. Betsy Lerner takes us on a powerfully personal literary journey, where we learn a little about Bridge

and a lot about life. After a lifetime defining herself in contrast to her mother's "don't ask, don't tell" generation, Lerner finds herself back in her childhood home, not five miles from the mother she spent decades avoiding. When Roz needs help after surgery, it falls to Betsy to take care of her. She expected a week of tense civility; what she got instead were the Bridge Ladies. Impressed by their loyalty, she saw something her generation lacked. Facebook was great, but it wouldn't deliver a pot roast. Tentatively at first, Betsy becomes a regular at her mother's Monday Bridge club. Through her friendships with the ladies, she is finally able to face years of misunderstandings and family

tragedy, the Bridge table becoming the common ground she and Roz never had. By turns darkly funny and deeply moving, The Bridge Ladies is the unforgettable story of a hard-won--but never-too-late--bond between mother and daughter.



Aug. 8, 6:30
"The Crowning Glory of Calla Lily Ponder"
By Rebecca Wells, 391 pages

In the small river town of La Luna, Louisiana, Calla Lily Ponder enjoys a blissful childhood at her mother's side, learns the art of healing through the humble womanly art of "fixing

hair," and encounters first love with a boy named Tuck. When Tuck leaves her, Calla transforms her sorrow into inspiration and heads for the wild and colorful city of New Orleans—where she realizes the full power of her "healing hands" and Tuck presents her with an offer that is colored by the memories of lost love.

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:

September 16th - 7:00 AM December 9th - 8:00 AM







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7130 E. SADDLEBACK #54 (LAS SENDAS) MLS#5550437, 3802 SF CUSTOM SINGLE LEVEL

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8903 E. NORWOOD CIRCLE (MADRID) MLS#5515342, 5056 SF CUSTOM/BASEMENT HOME

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