

September/October 2017

# The Vision

Las Sendas Community Association

The Official Magazine of the Las Sendas Community



Artificial Turf & Statue Relocation Project

Las Sendas Lifestyle

September/October Spa Specials

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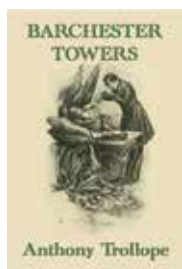
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www.Valhalla360.com



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.



Las Sendas  
Retirees

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# 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  
Amy Martin .....Amy.Martin.LasSendas@gmail.com
- Director  
Dennis Gilbert.....degilbert1952@gmail.com

## Las Sendas Community Association Staff Directory

- Executive Director  
Doug Austin .....daustin@thetrailhead.org
- Community Manager  
Anthony Martin .....amartin@thetrailhead.org
- Compliance Coordinator  
Calee Burch..... cburch@thetrailhead.org
- Administrative Assistant  
Melanie Mallery .....mmallery@thetrailhead.org
- Administrative Assistant  
Pam Pratt .....ppratt@thetrailhead.org
- Patrol Director  
Charlie Ralls..... cralls@thetrailhead.org
- Maintenance Director  
Kraig McCauley ..... kmccauley@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**  
5:00am-10:00pm

# ANNUAL MEETING NOVEMBER 2, 2017

## CANDIDATES NEEDED FOR BOARD OF DIRECTORS OPEN SEATS

Preparations have begun for the Thursday, November 2, 2017 Annual Meeting. In conjunction with the meeting, we will hold elections to fill three (3) Las Sendas Community Association (LSCA) Board of Director positions. All positions will have a term of three (3) years. If you are interested in running for a position on the Board of Directors, please email Doug Austin at [daustin@thetrailhead.org](mailto:daustin@thetrailhead.org), visit the website to download a Candidate Application Packet, or drop by the Association office to pick up a packet. Deadline for submission is Friday, September 15, 2017.

Ballots will be mailed in early October. If a ballot is not received by mid-October please contact the Association office at 480-357-8780 to have one sent to you. Please visit the website [www.thetrailhead.org](http://www.thetrailhead.org) under Annual Meeting for Candidate profiles. Meet the Candidates night has been scheduled for Wednesday, October 18, 2017 at 6pm at the Trailhead Members Club.

Once again, the Annual Meeting will be held at The Vistas Pavilion at Las Sendas Golf Course with registration starting at 6pm. We hope to see you there!



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

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**\$624,900 | MLS #5535555**  
 Bed: 3 Plus Den, Bath: 4, Sq Ft: 3241



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BOARD BITS

Artificial Turf & Statue Relocation Project

Community Planning Advisory Group (CPAG)

There are two exciting projects that will be started soon and hopefully completed by the end of the year. They are the installation of artificial turf at select locations and the relocation of four statues. The Landscaping and Beautification Working Group (LBWG) are coordinating both projects to be done in coordination because some of the relocated statue locations will also be installed with artificial turf adjacent to them.

The current plan is to initially install **Artificial Turf** as pilots at the entrance leading into the Trailhead Members Club off Ridgecrest and at the entrance of Power Road and Eagle Crest Drive. Additional sites have been identified pending the results of these pilots. Artificial grass is relatively maintenance free and looks great all year around. Additionally, artificial turf, which has a manufacturer's warranty of 15 years, typically has a cost payback of less than 5 years through savings on watering, mowing, fertilizing and over-seeding. The quality of the turf is top of the line and will look almost like natural well-maintained grass.

Below is a picture of the artificial turf which was installed as part of the beautification project directly in front of the Trailhead building in April 2017. The resident feedback on this has been very positive.



**Statue Relocation** was chosen for the following statues: Thomas Merton, Paul Robeson, Albert Camus and Rabbi Abraham Heschel. Each of these statues is currently located in a remote location, which are rarely accessed by community members. The intent is to display them in higher traffic areas where appreciation for this artwork can be maximized.



Albert Camus



Thomas Merton



Rabbi Abraham Heschel



Paul Robeson

Below are conceptual renderings (courtesy of Janet Patrick) for two of the relocated statues at their new sites. Merton at the entrance into the trailhead and Camus at the corner of N. Mountain Ridge Road and East Saddleback St.



Please see the map to the right for the relocation sites for the four statues.



## Group and Committee Corner Volunteers Wanted!

### Volunteers Needed to Help Ensure Bright Future for Las Sendas

Las Sendas has a long-range planning group of five members appointed by the Board of Directors and chaired by a member of the Board. It is called the Community Planning Advisory Group (CPAG). Under Board Direction, CPAG and small, distinct sub-groups reporting to the Board through CPAG, will analyze several topics of long-range interest to HOA leaders. These topics include:

- Relationship with Las Sendas Elementary School
- Relationship with Las Sendas Golf Course
- Communications and Information Technology

The July/August edition of Vision magazine serving Las Sendas had a feature article describing these projects in greater detail. You may refer to the copy you received in the mail or check it out online at [www.thetrailhead.org](http://www.thetrailhead.org), where you will find it listed under documents/The Vision. It explains, for example, why the success of Las Sendas relates to the success of the School or the Golf Course, and what threats and opportunities are perceived.

If you are a collaborative person, available for occasional day-time meetings, have a love for Las Sendas and want to help protect its future, please consider applying to serve on one of the three sub-groups/committees referenced above. The Board has already approved project statements outlining the scope of the three studies and the key questions that need to be addressed in 2017 and 2018.

If you are tentatively interested and wish to know more, please contact Las Sendas Executive Director Doug Austin at [daustin@thetrailhead.org](mailto:daustin@thetrailhead.org). If you wish to be considered please fill out a short application available on the website or you can pick one up at the Association office.

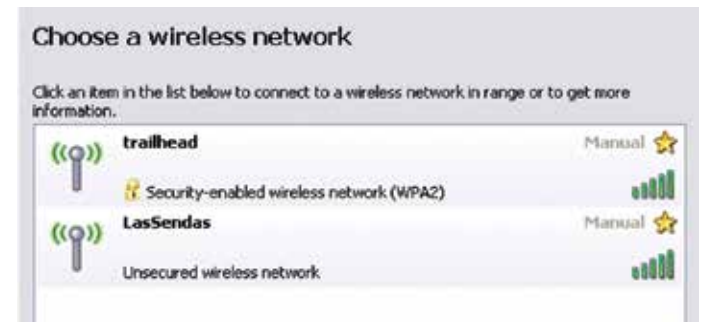
## COMMUNICATIONS

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](http://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](mailto: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)



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## LANDSCAPE UPDATE

### Boulder Mountain Parke Grass is Taking a Rest

Starting in Mid-September, overseeding (winter rye grass) will begin for all turf areas throughout the community - except for Boulder Mountain Parke. The Association has started a program of resting one of the five large parks every year to help strengthen the health of those areas over time.

This means that the Boulder Mountain Parke bermuda (summer) grass will be allowed to turn dormant over winter and will bounce back healthier in the spring. Other smaller areas that will be taking a rest are in Grayfox, Trailridge and Windsong. Keep in mind that grass will turn brown over the winter months. Please note, you will still be able to use these areas during time of rest.

So...How does this work and why is it good to do?

When an area is being over-seeded, the existing bermuda grass is usually "scalped" to remove most of the green grass and allow the ryegrass (winter) seed time to become established. The bermuda is then forced to compete for water, nutrients, and sun with the newly planted rye grass.

This results in the bermuda grass being in a weaker health condition when entering winter dormancy in November. The following spring, still lacking energy from dormancy and again competing with the rye grass, the bermuda has difficulty re-establishing itself. The bermuda will continue to struggle until the rye has died when temperatures reach 100 degrees.

Some of the additional benefits of non-over-seeded bermuda lawns:

- Savings on the cost of seed and fertilizer for new rye grass.
- Savings of irrigation water costs because dormant bermuda grass requires substantially less water.
- A stronger stand of bermuda grass means fewer weed problems and less money spent on weed control chemicals.

## Architectural Committee

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, 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 im-

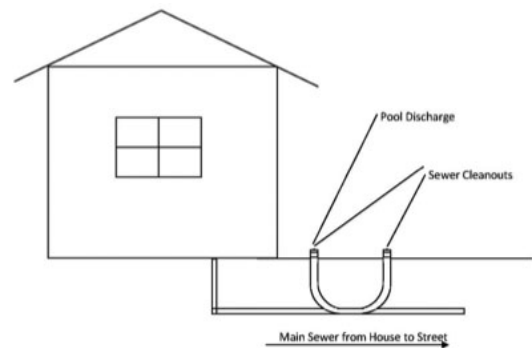
## COMPLIANCE - Pool Water Discharge

According to City of Mesa ordinance (Chapter 1, Section 6-1-14) it is unlawful to pump the water from your pool and allow it to drain onto a street. Additionally, it is not allowed as stated in our Architectural Guidelines, pg. 5.

The two ways that an owner can discharge water from the pool are:

1. Contain the water in the rear yard. Note: This will work for routine backwashing; however, to completely drain a pool, method #2 should be used.
2. The discharge water should be pumped down the proper sewer Clean-out located at the front of your home. (See diagram).

Under NO circumstances should pool water be pumped or drained into a common area. (See Architectural Guidelines, pg. 5).



## REMINDER!

See a leak? Let us know!

If you see a leak in the common area irrigation please call The Trailhead at (480) 357-8780 and report it so it can be repaired as soon as possible. After hours please call Las Sendas Patrol at (480) 220-1794.



provements. 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](http://www.thetrailhead.org).



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# 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](http://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– FALL KICK OFF SEPTEMBER 1ST

Mesa Food Truck Fridays is back! In September we will be featuring, Cousins Maine Lobster, The Gorilla Cheese Truck, Q Up BBQ, Satay Hut, Fireside Pizza, The Lemongrass Shack, Aioli Burger, International Truck of Tacos, Curbside Crepes, Left Coast Burrito, Waffle Love AZ, Soda Rush and Frosted Frenzy Cupcakes! We'll have live music and family fun! So 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 and upcoming dates:** [www.facebook.com/MesaFoodieFridays](http://www.facebook.com/MesaFoodieFridays)

Location: Trailhead Parke  
Date: Friday, September 1st  
Time: 6:00-10:00pm  
Fee: Depends on individual truck menu prices

### FOOD TRUCK FRIDAYS– OCTOBER 6TH

Join us again for awesome food and music! This month we'll be featuring Cousins Maine Lobster, Constantino's Italian Kitchen, The Pannini People, The Luau Hut, Q Up BBQ, Gorilla Cheese Truck, Soda Rush, Waffle Love and more...

Location: Trailhead Parke  
Date: Friday, October 6th  
Time: 5:00-9:00pm  
Fee: Depends on individual truck menu prices

### NEW HOMEOWNER ORIENTATION

If you have recently moved into the Las Sendas community and are wondering about all the amenities that are included in your dues, what events we host throughout the year, who to call when you have questions about architectural needs or anything else...this is the event for you! Come meet the onsite HOA staff and find out everything there is to know about Las Sendas.

Location: Trailhead Members Club  
Date: Tuesday, October 17th  
Time: 6:00-7:30pm

### CONCERT IN THE PARKE– FEATURING CTS ROCK BAND

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... To check out CTS, go to [www.ctsmusic.com](http://www.ctsmusic.com)

Location: Trailhead Parke  
Dates: Sunday, October 22nd  
Time: 2:00pm-4:00pm  
Fee: FREE

### HALLOWEEN HAUNT!

All little goblins and ghouls are invited to attend this spooktacular event! Halloween Haunt just got more exciting! There will be a dj with dancing, costume parades, crafts, games and so much more! We will have Footz the Clown and Cowboy JJ to paint faces, cookie decorating, a fortune teller and lots of treats! We'll see you on the back terrace of the Trailhead Members Club for a scary good time!



Date: Thursday, October 26th  
Time: 5:00pm-6:30pm  
Fee: \$6 for games and pizza, chips and a drink  
\$3 for just games (cash at the door is preferred for this event)

### Save the Date for the following exciting events...

**Food Truck Friday** – Friday, November 3rd from 5-9pm at Trailhead Parke

**Las Sendas Car Show** – Sunday, November 12th at the Trailhead Members Club parking lot

**CALLING ALL RESIDENTS!!!** If you are interested in participating and showing your car at our show, please email Kristha at [klima@thetrailhead.org](mailto:klima@thetrailhead.org) we will email you an entry form.

**Member Mixer** – Friday, November 17th 6-8pm

**Breakfast With Santa** – Saturday, December 9th at 8:30am and 11am

**Community Christmas Lights & Trolley Ride** – Friday, December 15th from 6-9pm

### 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, Sept. 13th, Oct. 11th, Nov. 8th  
Time: 6:30pm-8:30pm  
Cost: FREE



# Las Sendas Fall Swim Team

September 5 - November 21

Tuesdays and Thursdays, 4:30 - 5:30 PM

This program is designed to keep your swimmer actively involved in swim team throughout the fall season. We will continue to improve stroke technique for all 4 competitive strokes, work on turns, increase swimmers' endurance, and keep it FUN! The cost for this program is \$330 (Las Sendas Residents: \$295) and includes all practices, USA swimming registration fee, MAC seasonal fee, MAC shirt, cap, mesh bag and fins, AND 2 fun meets. Continue your summer swimming or join us for the first time - either way - we look forward to sharing Fitness, Fun and Friends with you this fall!

Please email Jessica Rudd at [jessicarudd03@gmail.com](mailto:jessicarudd03@gmail.com) or go online at [mesaaquatics.org](http://mesaaquatics.org).



# 2017 | SAVE THE DATE!

## SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Food Truck Fridays 6-10pm	2
3	4 ASSOCIATION CLOSED FOR HOLIDAY	5	6	7 Retirees Tennis 8am Custom ARC Committee 8am Mom's Club 9:30am	8	9
10	11 Bridge Club 1pm	12 Book Club 6:30pm	13 Family Chess Nights 6:30-8:30pm	14 Retirees Tennis 8am Regular ARC Committee 8am Ladies of Las Sendas 6:45pm	15	16 Adopt a Street 7am
17	18 Bridge Club 1pm	19	20	21 Retirees Tennis 8am Custom ARC Committee 8am	22	23
24	25 Bridge Club 1pm	26 Retirees Meeting 9am	27	28 Retirees Tennis 8am Regular ARC Committee 8am LSCA Board Meeting 6pm	29	30

● HOA

● CLUBS

● ACTIVITIES

● ATHLETIC CLUB

# Las Sendas

## OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Bridge Club 1pm	3	4	5 Retirees Tennis 8am Custom ARC Committee 8am' Mom's Club 9:30am	6 Food Truck Fridays 5-9pm	7
8	9 Bridge Club 1pm	10 Retirees Meeting 9am Book Club 6:30pm	11 Family Chess Nights 6:30-8:30pm	12 Retirees Tennis 8am Regular ARC Committee 8am	13	14
15	16 Bridge Club 1pm	17 New Homeowner Orientation 6-7:30pm	18 Meet the Candidates 6pm	19 Retirees Tennis 8am Custom ARC Committee 8am LSCA Board Meeting 6pm	20	21
22 Concert in the Parke 2-4pm	23 Bridge Club 1pm	24 Retirees Meeting 9am	25 Dance	26 Retirees Tennis 8am Regular ARC Committee 8am Halloween Haunt	27	28
29	30 Bridge Club 1pm	31				

# 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](http://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.\***

**FALL 2017 & SPRING 2018:**

## **8\*COUNT DANCE**

Contact: Andrea T. Polyak

480-234-3952 or [tapdancerdiva@yahoo.com](mailto: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



Please register online at [www.8countdancestudio.com](http://www.8countdancestudio.com). Go under the Las Sendas page & follow link. Register a week before class starts to insure the class will not be canceled.

***Classes held on Wednesday's, August 23 thru December 13th  
(no classes on 10/11 or 11/22)***

***Students will perform in a Holiday Performance  
on the last day of class at the Trailhead!***

### **Twinkle Babies**

Time: 2:30-3pm

Age: 2-3 yrs old

Class Fee: \$60

Supply Fee: \$10

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**

Time: 3:15-4pm

Age: 3-4 yrs old

Class Fee: \$140

Supply Fee: \$10

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.

### **Pre-K Twinkle Stars**

Time: 4:15-5pm

Age: 5-6yrs old

Class Fee: \$140

Supply Fee: \$10

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**

Time: 5:15-6pm

Age: 6-8 yrs old

Class Fee: \$140

Supply Fee: \$10

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.



# Las Sendas Tennis Fall Programs Begins September 11th

[www.TennisLasSendas.com](http://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](http://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

## RETIREEES 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.



## 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.

### SEPTEMBER/OCTOBER 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		
	1:00pm SENIOR STRONG Mark		1:00pm SENIOR STRONG Mark	10:15am VINYASA FLOW YOGA Alexa	
11:00am YOGA NIDRA Betsy	4:00pm STRETCH Gina		<b>CLUB HOURS: MON-THURS 5am-8pm FRI 5am-7pm, SAT 6am-5pm, SUN 7am-5pm</b>		
		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 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 11:00 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. 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 6:00 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**

#### 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 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**



*Las Sendas Spa*  
September Facial Special  
Dermaplaning \$75  
(add a Microderm or Chemical Peel for \$10)

**DERMAPLANING**

**Dermaplaning**

- Manual exfoliation technique
- Removes surface debris with custom dermaplaning blade

**Benefits of Dermaplaning**

- Increases absorption of topical products
- Immediately diminishes the appearance of fine lines and wrinkles
- Primes skin for chemical peel
- Creates healthier, more radiant appearance




This amazing anti-aging treatment will instantly bring a glow to your skin. This deep exfoliation will remove dry dead skin cells, uneven pigmentation, lessen wrinkles, refine pores and removes facial hair. For a deeper clinical treatment, add a Microderm or Chemical peel to enhance your treatment.

(no additional discounts apply)

*Las Sendas Spa*  
September Massage Special  
DoTerra Balance Oil Massage  
50 minutes \$80

**DOTERRA BALANCE**

The warm, woody aroma of Balance, doTERRA's grounding blend, creates a sense of calm and wellbeing. Begin your day by putting Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.



No other Discounts Apply

*Las Sendas Spa*  
October Facial Special  
Pumpkin Enzyme Peel \$70  
(add a microdermabrasion for \$10)

CELEBRATE OCTOBER WITH A *Pumpkin* PEEL ENZYME FACIAL

Get your skin ready for Fall!



**Benefits:**

- ✓ SOURCE OF ANTIOXIDANTS
- ✓ DEEP CLEANSING
- ✓ INFUSED WITH RETINOL
- ✓ SKIN BRIGHTENING EXFOLIATION

Fall is the perfect time to take advantage of this amazing seasonal treatment. Pumpkin enzymes are infused with one of the highest strengths of vitamin A (retinol).

This treatment is sure to rejuvenate your skin with its deep cleansing capabilities, lightening hyperpigmentation, refines pores and is an incredible source of antioxidants.

(no additional discounts apply)

*Las Sendas Spa*  
October Massage Special  
Enjoy a free upgrade on any massage!  
Add Cinnamon Bark & Clove Oil  
Aromatherapy to any massage for FREE!



(\$10 value)

Call 480-832-6900 to make an appointment today!

No Other Discounts Apply



# Senior Strong



*Las Sendas Spa & Fitness Center*

## **New Group Fitness Class!**

This class is designed to increase strength, mobility, and balance in the active adult. Emphasis will be on improving the ability to perform the various activities of daily living. Several resistance training techniques will be taught, including body weight, free weight, and machine exercises.

**Starts September 5th**

**Tuesdays & Thursday at 1pm**

**Free for Members**

**\$10 Drop In Fee for Non Members**



Call 480-832-6900 for questions or more information

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A/C Tune Up

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Restrictions may apply. See dealer for details.

**FREE**

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Estimate

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

**FREE**

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with purchase of  
new equipment replacement.

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

**FREE**

Service Call  
with A/C repair.

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



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- MAINTENANCE
- NEW INSTALLATIONS

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**\$1100** Manufacturer Rebate  
**\$1200** Dealer Rebate  
**\$2700 Total Rebate!**



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The Trailhead Members Club offers an intimate space with beautiful city views and lets you customize your event to meet your needs.



## Message from Vice Mayor Luna



I hope that everyone had a great summer and survived the heat. As the weather begins to cool down we have a lineup of wonderful events scheduled within the City of Mesa. I would like to share a few with you, so that you don't miss out on some great events taking place in Mesa!

### Celebrate Mesa

<http://www.mesaaz.gov/things-to-do/celebrate-mesa>

Celebrate Mesa is a free family event that brings the community together to enjoy games, carnival rides, entertainment and more! Some of the fun family activities will include:

- Bounce Houses and Kids Games
- Entertainment, Contests and Giveaways
- Information Vendors
- Food Trucks
- Carnival Rides (\$5 wristband for unlimited rides. Age and height restrictions may apply)

**Saturday, October 21, 2017**

**5:00-9:00pm**

**Red Mountain Soccer Complex  
905 N. Sunvalley Blvd., 85207**

### COPPERSTATE Fly-In

*Aviation & Education Expo*

**Falcon Field Airport - Mesa, AZ**

**October 27-28, 2017**

**More info at <https://www.copperstate.org/>**

### Imagine Mesa

[www.imaginemesa.com](http://www.imaginemesa.com)

There are lots of ways to share how you Imagine Mesa! Imagine Mesa is an interactive digital forum that allows those who live, work, and play in Mesa an opportunity to share ideas and collaborate online with each other. Use your imagination to create solutions and opportunities for our community. From parks and libraries to job creation and a vibrant downtown, share your ideas for making Mesa's economy thrive and our neighborhoods safe.

This is your chance to Imagine Mesa in a whole new way and provide input to City leaders on your innovative ideas.

- Post your own ideas. Add images, a summary and video to make it even better
- Support your neighbors' ideas with a "Me Too." You can add images and video
- Contribute to ideas. Comment, share resources, and add to your neighbors' ideas
- Share your favorite ideas. Use social media to spread the word and gain support

Your ideas and vision for Mesa are important. All ideas will be reviewed by a Council-appointed Imagine Mesa Advisory Committee of community members, who will prioritize ideas and make recommendations to the City Council for potential implementation.

Imagine Mesa, has five categories for residents to submit their ideas.

- The first is Imagine Mesa at Play. Mesa's gathering places are where memories are made. If you have an idea for a park improvement, more bike trails or something to increase night-life, this is the category for you.
- Next is Imagine Mesa at home. We want you to share your ideas on how to keep our neighborhoods clean, safe and welcoming places to live.
- Imagine Mesa Leading Innovation wants you to think big and help Mesa be a more creative city full of trailblazers.
- Imagine Mesa at Work needs ideas for business and economic development opportunities. Share your thoughts on how Mesa can grow its economy and attract employers of all sizes.
- Finally, there's Imagine Mesa's Green Future. Share ways that we can promote sustainable development and use renewable resources in our community.
- These five categories touch on all the core ideas that will help our future Mesa be amazing.

I look forward to your participation in Imagine Mesa and seeing you at some of these events. If I can be of service to you or you wish to speak with me I can be reached via email at [district5@mesaaz.gov](mailto:district5@mesaaz.gov) or by phone at 480-644-3771.

## Neighborhood Watch Program

*Crime Prevention Officer Lindy Marino*

### Now Accepting GAIN Registrations

Getting Arizona Involved in Neighborhoods (GAIN) 2017 is an annual statewide event designed to promote Neighborhood Watch programs, awareness, safety and neighborhood unity. This year the Mesa GAIN event will be held Saturday Nov. 4th from 4 p.m. – 7:30 p.m. This event, held in individual neighborhoods, adult communities and at participating businesses, shows the importance of police-community partnerships working together, as well as citizen involvement, in an effort to make our beautiful community a safer and better place to live. In order to receive visits from local officials,

Police and Fire personnel, and other City agencies, you must register your party, which can be done online at <http://www.mesaaz.gov/residents/police/GAIN>. **Deadline to register is Monday, October 16.** For more information please visit the website listed, contact your Crime Prevention Officer, or GAIN Coordinator Lindy Marino at [Melinda.marino@mesaaz.gov](mailto:Melinda.marino@mesaaz.gov)

Emergency Mesa Police	911
Non-emergency Mesa Police	480-644-2211
LSCA Patrol	480-220-1794

## Las Sendas Retirees

After a very active monsoon season, Arizonans are ready to settle into fall, looking forward to fresh, dry air and less cooing in our air-conditioned homes! Thankfully, football season returns this month! At last, Las Sendas Retirees will return to a regular monthly schedule in September with the first regular meeting of the season on Tuesday, September 26th at the Trailhead Clubhouse. Social hour with coffee, tea, and refreshments begins at 9 am, followed by a short business meeting. Topics will include the club fall social on October 23rd, the group excursion to Utah national parks at the end of October, and the annual Christmas party on December 6th. New destinations for the hiking groups will be announced as well.

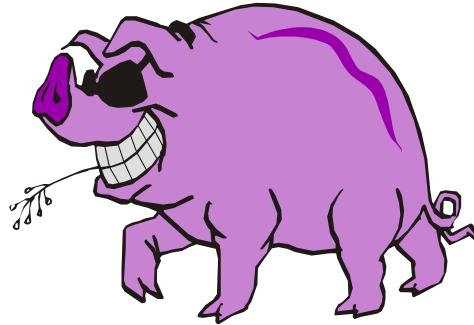
After the business meeting, a guest speaker will present a program (always educational!) from 10 to 11 am, after which the meeting will adjourn to a local restaurant for lunch and more socializing. Regular club meetings in October will occur on Tuesday, October 10th and Tuesday, October 24th.

Las Sendas residents, new and longtime, are invited to come, get acquainted, enjoy the program, go to lunch, and see if this is the social experience you have been looking for! Membership dues are \$20 per year. For more information, please contact Rich Trumpfeller at [ybcold467@yahoo.com](mailto:ybcold467@yahoo.com).



Las Sendas Bridge Club

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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](mailto: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](mailto:corvettes@llpllc.org) for more information.

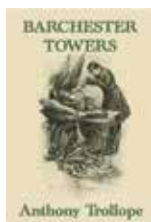


## Moms Club

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](mailto:mesamoms@gmail.com).



## Las Sendas Book Club



**Sept. 12, 6:30 p.m.**  
**"Barchester Towers"**  
 by Anthony Trollope, 500 pages

Published in 1857, it is the second novel in Anthony Trollope's series known as the "Chronicles of Barchester". Among other things it satirizes the then raging antipathy in the Church of England between High Church and Evangelical adherents. Trollope began writing this book in 1855. He wrote constantly, and made himself a writing-desk so he could continue writing while travelling by train. "Pray know that when a man begins writing a book he never gives over," he wrote in a letter during this period. "The evil with which he is beset is as inveterate as drinking – as exciting as gambling." And, years later in his autobiography, he observed "In the writing of Barchester Towers I took great delight. The bishop and Mrs. Proudie were very real to me, as were also the troubles of the archdeacon and the loves of Mr. Slope." But when he submitted his

## Ladies of Las Sendas



Join the Ladies of Las Sendas networking group on Thursday, September 14, 2017, from 6:45PM – 8:30 PM at the Trailhead Clubhouse.

Our featured speaker is, Bill Jaffa, who will discuss the history and development of Las Sendas during his time on the Planning and Zoning Commission Board and as a Mesa City Council Member.

Bill has been a CPA for 39 years and has special expertise in tax planning on complex transactions with a significant amount of national and international tax work. He is the co-owner of Jolee-Jaffa Consulting and Investments along with his wife, Joanne Jolee, (president of the Ladies of Las Sendas).

Our treat sponsor is Cups and Cakes, a family owned and operated bakery in the heart of Mesa (Power and McDowell). Ty (25) and Madi (21) are enjoying being a part of their communities' events and parties by bringing their gourmet cupcakes and cakes! There's nothin "sweeter"!

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](http://www.joannejolee.com/LOL). Contact president, Joanne Jolee, with your questions [joanne@joannejolee.com](mailto:joanne@joannejolee.com)

Stay up to date and join our Facebook group - <https://www.facebook.com/groups/LadiesLasSendas/>

finished work, his publisher, William Longman, initially turned it down, finding much of it to be full of "vulgarity and exaggeration." More recent critics offer a more sanguine opinion. "Barchester Towers is many readers' favorite Trollope", wrote The Guardian, which included it in its list of "1000 novels everyone must read."



**Oct. 10, 6:30 p.m.**  
**"Our Souls at Night"**  
 By Kent Haruf, 179 pages

In Holt, Colorado, widower Louis Waters is initially thrown when the widowed Addie Moore suggests that they spend time together, in bed, to stave off loneliness. They are soon exchanging the confidences and memories of lives now empty of family, and their hopes for the imminent future.

## 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](mailto: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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480-820-0701 [www.terratravelaz.com](http://www.terratravelaz.com)**

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**CHARMALASKA@GMAIL.COM**  
**WWW.MALASKAREALESTATE.COM**

\*\*\* *Featured Listings* \*\*\*



**7130 E. SADDLEBACK #54 (LAS SENDAS)**  
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GREAT ROOM 4 BED/ENSUITES + DEN + 1/2 BATH,  
NEW \$125K BACKYARD W/NEGATIVE EDGE SPA, POOL,  
PUTTING GREEN, BBQ & FIREPIT!  
**PRICED TO SELL AT \$899,000!**

**8903 E. NORWOOD CIRCLE (MADRID)**  
**MLS#5515342, 5056 SF CUSTOM/BASEMENT HOME**  
TOTALLY REMODELED HOME W/OVER \$90K IN UPDATES!  
5 BED, 3.5 BATH + DEN + GAME ROOM,  
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