

November/December 2017

The Vision

Las Sendas Community Association

The Official Magazine of the Las Sendas Community



Boulder Mountain Parke Master Plan Update

Las Sendas Lifestyle

November/December Spa Specials

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*Construction to begin December 2017, by Luxury Living Homes LLC
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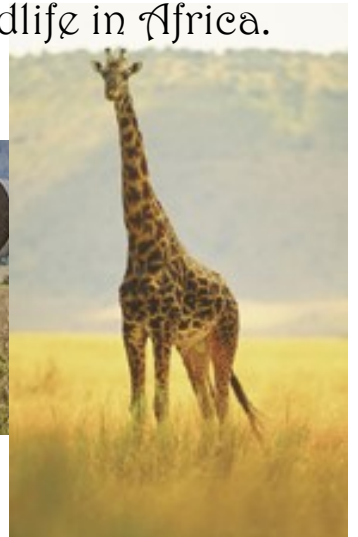


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pg. 19

Ladies of Las Sendas

Your HOA...

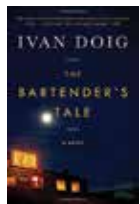
- 4 Meet Your HoA
Association Contact Information

Current News and Notes...

- 5 Board Bits
Group and Committee Corner
Volunteers Wanted!
Communications
Wireless Access at The Trailhead

In Every Issue...

- 10 Save the Date!
November/December 2017
Event Calendar



pg. 20

Home and Landscape...

- 6 Boulder Mountain Parke Master Plan Update
- 7 Landscape Update
Compliance - Love Your Dog?
Leash Your Dog
Architectural Committee

Health & Well Being...

- 13 November/December 2017
Group Fitness Schedule
- 14 Micro-Needling Special
- 15 November Facial Special
- 16 November Massage Special
- 17 December Facial Special
- 18 December Massage Special

Community Spotlight...

- 19 Neighborhood Watch Program
Las Sendas Corvette Club
Moms Club
Ladies of Las Sendas
- 20 Las Sendas Book Club
Adopt a Street
Las Sendas Retirees

Features...

- 8 Las Sendas Lifestyle
- 9 Tennis Fall/Spring Programs



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.



Breakfast with Santa

pg. 10

Las Sendas – Building a Sense of Community...

Neighborhood Watch Program

Neighborhood Watch is the cornerstone of all crime prevention programs. It enlists the active participation of citizens in cooperation with law enforcement to reduce burglaries and other neighborhood crimes. Its primary purpose is the protection of property -- yours and your neighbors.



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

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

Emergency Mesa Police
#911

Non-emergency Mesa Police
#480-644-2211

LSCA Patrol
#480-220-1794

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

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

Michele & Chris Keith
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Meet Your HOA

Las Sendas 2017 Board of Directors

President
Rick Kernlrkern46@gmail.com

Vice President
David Harris Dave4lassendas@gmail.com

Treasurer
Jeff Brugosjeffbrugos@aol.com

Secretary
Greg Kingery gdkingery55@gmail.com

Director
Kim RobinsonKim4LasSendas@gmail.com

Director
Dennis Gilbert.....degilbert1952@gmail.com

Director
Amy MartinAmy.Martin.LasSendas@gmail.com

Las Sendas Community Association Staff Directory

Executive Director
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Community Manager
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Compliance Coordinator
Calee Burch.....cburch@thetrailhead.org

Administrative Assistant
Melanie Mallerymmallery@thetrailhead.org

Administrative Assistant
Pam Prattppratt@thetrailhead.org

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

Maintenance Director
Kraig McCauley kmccauley@thetrailhead.org

Spa & Fitness Director
Gina Gluvna ggluvna@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

BOARD BITS

Planning, Planning, Planning Will Lead to Doing, Doing, Doing

Community Planning Advisory Group (CPAG)

If you have been following information made available in the Vision, and in e-mail blasts and board meetings, you already know that the Las Sendas Board of Directors and the Community Planning Advisory Group (C.P.A.G.) are very much in a long-term planning mode. A long list of “crow’s nest” questions was developed for each of five selected study topics. Following is a brief update on five topics chosen by the Board for further analysis, with the added stipulation that elements of demographics, marketing and external relations relate to nearly all the topics:

- **Character and Image of Las Sendas:** These topics are both being addressed by C.P.A.G. The studies will largely be concluded by the end of 2018 with considerations for future Board action. The Character analysis deals largely with physical attributes that define the nature of Las Sendas: desert uplands, gated, mountain and city views, extensive trail system, pedestrian-friendly, multi-generational, night-sky preservation, and desert landscape, etc. Image, for purposes of this project, is defined as how we are perceived in the community, the Valley and beyond as to our financial prudence, crime rate, property values, appeal of community events centered here, CC&R enforcement, color palette, well-maintained amenities and communication with residents. C.P.A.G. members are Katherine Karpinsky, John Gosik, Alicia Goforth, Michele Barragan and Larry Bearse, along with Board liaison Dave Harris (until 11/2/17), Doug Austin and Anthony Martin.
- **Las Sendas Elementary School:** Two C.P.A.G. members and three additional residents appointed by the Board have launched this study and will confer with school officials during the process. The aim of this study is to determine how the school and the Association can best partner to ensure one another’s success. The study will conclude by the end of the school year. The members of this sub-group are: Alicia Goforth (Chair and C.P.A.G. member), Michele Barragan (C.P.A.G. member), and resident Jennifer Fox, Jenny Okland and Emily Scanlon.
- **Las Sendas Golf Course:** The Las Sendas Executive Director will work with residents John Kressaty and Bill Hettling to determine how the Association and the golf course can best cooperate to ensure their mutual success. The goal for this sub-group is to complete its analysis by late 2018. Board consideration will follow. The group could benefit by having one additional resident member. If interested, please contact Executive Director, Doug Austin.
- **Communications/I.T.:** The objective of this sub-group of C.P.A.G. is to determine how communications with and among residents and LSCA leaders can be strengthened by proper use of information technology and/or other means. The scope includes an in-depth look at how to better: foster a sense of belonging among residents; project a positive image to the “outside world;” nip problems in the bud; create eyes and ears in the community; expand the use of LSCA offerings among residents; alert homeowners to vital information affecting them; provide property-owner education, etc. The goal is to complete the study in 2019. This effort is pending due to lack of volunteers. If you are interested please contact Doug Austin.

Group and Committee Corner Volunteers Wanted!

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. 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 interested and wish to know more, please contact Las Sendas Executive Director Doug Austin at 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.

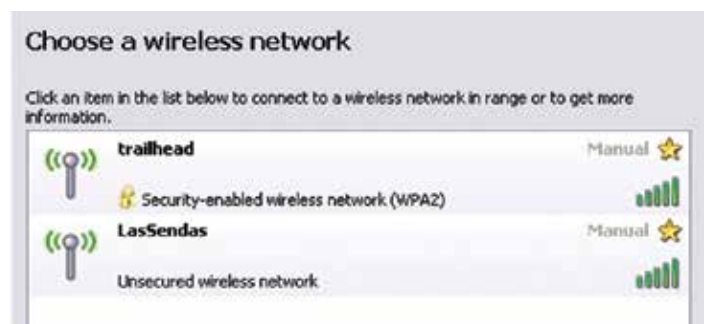
COMMUNICATIONS

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 and create a resident account by choosing a username and password. This will allow you access to information that is available only to community residents. If you are having trouble registering, please email info@thetrailhead.org for assistance.

Wireless Access at The Trailhead

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

- **Las Sendas Open2.4G** – public access to the Internet. No Access to office network. Password **R3sid3nt**.
 - **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)



Boulder Mountain Parke Master Plan Update

Pickle Ball... What about Pickle Ball? Members of the Board have received numerous inquiries from community members regarding when the Pickle Ball courts promised in the Boulder Mountain Parke (BMP) Master Plan will finally be available for use. There is heightened interest in newcomers to the sport forming groups, and for those already playing, starting to use LSCA courts rather than having to go to other courts farther away. The Boulder Mountain Parke Working Group put out a short note in the last LSCA e-blast concerning the delays we have experienced in getting started on construction. We will elaborate further here to reach the largest number of community members with this information.

We have been experiencing longer than anticipated times from Maricopa County and the City of Mesa for approvals and permits required to begin the construction process. A number of technical changes have been requested by both the County and City to both our first and second plan submittals. This has required our architects and civil engineers to do additional work and resubmit plans for review, which has caused time delays. In addition, some time ago the City stopped doing expedited reviews, so we couldn't even pay to receive higher priority plan reviews. We were, however, able to obtain a commitment from the City to complete review of our final submittal by October 2nd. As a result we did receive final city approval for our permit on Oct 3rd. This was the last step in the governmental approval process for the southern portion of Boulder Mountain Parke, so we are now moving forward.

We have been disappointed by the delays, but the project is still moving forward. For the southern portion of Boulder Mountain Parke, we had previously obtained an "at risk" grading permit, so plans were already being made to start grading prior to final city approval. We hope to be started on grading by the 3rd week in October. We anticipate the Phase-I development in the southern park area, including Pickle Ball, Bocce Ball, Horse-shoes, lights, roads, parking and related infrastructure should be completed in February 2018.

We are waiting on results of a second submittal to the City for our splash pad permits. The changes required are fairly minor and we expect this will be the last review before permits are issued. We expect to have permits in hand by mid-October. It is now expected that the Splash Pad construction should be completed sometime in February as well.

We understood going in that the City and County approval and permitting processes were likely to be cumbersome, no matter how good our initial submissions. This has certainly been an

educational experience, with good lessons learned for future interaction with both governmental agencies.

Although this has taken longer than everyone hoped, below is a perspective on the multiple efforts taken to date to get a project of this magnitude to where it is now:

- Surveying the community on which new amenities have the highest interest (Feb 2014)
- Forming community groups to further evaluate specific amenities identified in the survey
- Developing cost estimates and/or soliciting bids for the identified amenities
- Communicating and soliciting feedback on our survey and evaluation efforts
- Taking a step back to develop a BMP Master Plan, given the number of amenities involved
- Establishing a Capital Improvement Fund through annual assessments, rather than a special assessment, to fund this project
- Coordinating closely with Blandford Homes with their potential annexation adjacent to BMP
- Engaging architects and engineers to develop detailed plans for City and County approval
- Receiving approvals and permits from the City and County, as addressed above in more detail

We believe all this planning and effort will produce the best product for our community and one in which we can all take immense pride. With the completion of the BMP Master Plan, we believe Las Sendas will have the largest array of amenities of any master planned community in the East Valley and beyond. In addition to providing a broad array of life style choices for our members, this should also translate into increased property values, as potential home buyers review the breadth and depth of the lifestyle offerings in this community.

We will have a further update at our annual member meeting on Nov. 2nd. We hope to see you there.

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.



LANDSCAPE UPDATE

Planting Winter Flowers in Arizona

The weather is cooling and it's time to plant and enjoy the winter blooms!!! People often think that the winter is a "down time" for vibrant colors in desert landscape.

Among the vast possibilities, a few Arizona Winter flowers to consider are:

- Geraniums
- Snapdragons
- Petunias
- Pansies
- Calendula
- Fairy Duster
- Desert Lavender
- Lantana
- White Alyssum



Creating the proper planting conditions is crucial for the survival of winter plants. For best results of an abundance of foliage and blooms, planter beds should contain mulch and plant fertilizer to promote a healthy growth.

Watering is key! To avoid wilting or dying of annual flowers, the soil should be kept slightly moist. Dry soils, even during the winter months, can cause annual flowers to wilt or die. Supplement rainfall, and water as needed. Too much water can cause fungi to grow, which can kill the plants, just as too little water can.

Native flowers and succulents will most likely sustain the winter months unless a severe frost hits them.

COMPLIANCE - Love Your Dog? Leash Your Dog

We love dogs—we really do! We even have dog treats at the Clubhouse for our furry friends. That's why the Association is committed to enforcing the City of Mesa leash law on Association property.



As a responsible pet owner, you should be concerned with the safety of your dogs and the safety of others. City of Mesa Leash Law states: All dogs must be leashed and kept under control when not properly contained. It is also unsafe for the dog as it could get hit by a car, lost or stolen, or get in a fight with another dog. Violators may receive a notice, written warning, or citation which is a class one misdemeanor with a maximum \$2500 fine, 6 months in jail, or both. (see MCC 6-4-7, Dog at Large).

1. It keeps your dog safe

Here in Las Sendas, there are dangers all around. Besides all the amazing wildlife, there's still plenty of traffic. If your dog is off leash at the park or through the neighborhood, they could run away, be hurt by other loose dogs, or leashed dogs that they approach.

2. It keeps the peace

Believe it or not, not everyone is a dog lover; in fact some people have a fear of dogs! It is a courtesy to your neighbors to have your pet on a leash to avoid unnecessary anxiety that some people feel when a dog is off leash, even with you close by.

3. It keeps the dogs safe

You know your dog is "friendly," but not everyone else's dog is. Your dog could inadvertently cause a fight if he approached a reactive on-leash dog, or worse, another of leash dog, even if your pup approached the other dog as a friendly "hello".

Better safe than sorry, so please keep your dog leashed while out in the community. Not only is it the law, but it is the right thing to do.

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, 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 Com-

mittee 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.

FOOD TRUCK FRIDAYS– NOVEMBER 3RD

In November we will be featuring: The Maine Lobster Lady, Gorilla Grilled Cheese, Best Dressed Dog, Poky's Cocina, Mingo's Louisiana Kitchen, The Great Pho King Food Truck, Curbside Crepes, Q Up BBQ, Wok Sticks, Detroit Coney Cruiser, Coffee Run AZ, Waffle Love, Soda Rush and more! 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

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

LAS SENDAS CAR SHOW

Come check out all the cool cars! Local residents will have their cars on display. We'll have food, music, raffles, vendors and more throughout the day!



Location: Trailhead Members Club
Dates: Sunday, November 12th
Time: 10:00am-2:00pm
Fee: FREE

NEW MEMBER MIXER

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

Location: Trailhead Members Club
Date: Friday, November 17th
Time: 6:00-8:00pm
Fee: FREE

BREAKFAST WITH SANTA SATURDAY, DECEMBER 9TH

One of Las Sendas' most popular events is coming soon! Registration opens Wednesday, November 1st and closes Friday, December 1st. Please do not wait to register for this event; space is limited to 100 guests per serving. Enjoy a delicious catered breakfast from the Las Sendas Golf Course and engage in some fun family time. The jolly man in the red suit will visit each child who attends. Make sure you bring your cameras!



Time: 8:30am & 11:00am
Cost: \$5 for children, \$10 for adults

COMMUNITY CHRISTMAS LIGHTS & TROLLEY RIDES FRIDAY, DECEMBER 15TH

Light up the holidays by decking your house out with Christmas lights or luminaries. Get your neighborhood involved and make it a street party! Tell us about your street or neighborhood and we'll drive the trolley by!

Register for "Ollie the Trolley" starting on Wednesday, November 1st – Wednesday, December 13th. Be sure to select your departure time. Advance registration required.

Time: Trolley Rides run every 30 minutes starting from 6:00pm-9:00pm
Cost: \$5 per person; fee includes hot cocoa and cookies!

Save the Date for the following exciting events...

Snow Day – Saturday, January 20th
Valentine's Dance – Saturday, February 10th
New Homeowner Orientation – Tuesday, February 13th
Pet Expo – Saturday, February 24th

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, Nov 8th, Jan 17th, Feb 21st, Mar 21st, Apr 18th
Time: 6:30pm-8:30pm
Cost: FREE



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

RETIREEES PLUS! GROUP

THURSDAY TENNIS FUN

If you play tennis, or used to and want to try it again, join us each Thursday at 9:00 a.m. on the Sonoran Hills courts (the lower courts) for fun, sociable mixed doubles. Our Retirees Plus group has no age limits, no fees, no need to sign up; just drop in. Our group includes a diversity of talent levels, so we welcome all to give us a try. For more information, call Judy Hanley at 480.244.9460.

2017 | SAVE THE DATE!

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Custom ARC Committee 8am Annual Meeting (Vistas Pavillion) Retirees Tennis 9am Mom's Club 9:30am	3 Food Truck Fridays 5-9pm	4
5	6 Bridge Club 1pm	7 Health seminar 6:30pm	8 Family Chess Nights 6:30pm	9 Regular ARC Committee 8am Retirees Tennis 9am Ladies of Las Sendas 6:45pm	10	11
12 Car Show 10am-2pm	13 Bridge Club 1pm	14 Retirees Meeting 9am Book Club 6:30pm	15	16 Custom ARC Committee 8am Retirees Tennis 9am LSCA Board Meeting 6pm	17 New Member Mixer 6-8pm	18
19	20 Bridge Club 1pm	21	22	23 ASSOCIATION CLOSED FOR HOLIDAY SPA & FITNESS CENTER CLOSED	24 ASSOCIATION CLOSED FOR HOLIDAY SPA & FITNESS HOURS 6am-2pm	25
26	27 Bridge Club 1pm	28 Retirees Meeting 9am	29	30 Retirees Tennis 9am		

● HOA

● CLUBS

● ACTIVITIES

● ATHLETIC CLUB

Las Sendas

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1					1 Food Truck Fridays 5-9pm	2
3	4	5 Retirees Meeting 9am	6	7 Custom ARC Committee 8am Retirees Tennis 9am Mom's Club 9:30am	8	9 Adopt a Street 8am Breakfast with Santa 8:30am & 11am
10	11 Bridge Club 1pm	12 Book Club 6:30pm	13 Travel Showcase 6:30pm	14 Regular ARC Committee 8am Retirees Tennis 9am	15	16
17	18 Bridge Club 1pm	19 Retirees Meeting 9am	20	21 Retirees Tennis 8am Custom ARC Committee 8am	22 ASSOCIATION CLOSED FOR HOLIDAY SPA & FITNESS HOURS 6am-2pm	23 SPA & FITNESS CENTER CLOSED
24 SPA & FITNESS CENTER CLOSED	25 ASSOCIATION CLOSED FOR HOLIDAY SPA & FITNESS CENTER CLOSED	26	27	28 Regular ARC Committee 8am Retirees Tennis 9am	29 ASSOCIATION CLOSED FOR HOLIDAY	30
31 SPA & FITNESS HOURS 6am-2pm						

Las Sendas Lifestyle

Activities to Do – Events to Discover

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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

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. 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 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.

NOVEMBER/DECEMBER 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	
6:45am CYCLE/ABS TBD		6:45am MUSCLE TBD		7:00am Happy Hour Mark	7:00am CYCLE TBD
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 Gina	1:00pm SENIOR STRONG Mark	10:15am VINYASA FLOW YOGA Betsy	
11:00am YOGA NIDRA Betsy	4:00pm STRETCH 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 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

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Las Sendas Spa
November Facial Special

Microdermabrasion \$75

(add a collagen mask or red light therapy for \$10)



Professional Microdermabrasion treatments are one of the most effective non-surgical procedures available when used as a part of an anti-aging regimen; pigment discoloration fades, fine lines & wrinkles soften and pores size is minimized. This treatment is customized with an effective clinical enzyme that enhances your Microdermabrasion treatment.

Call (480) 832-6900 to Book your Appointment Today!

(no additional discounts apply)

Gift Certificates Available

Las Sendas Spa
November Hot Stone Massage
50 Min. \$90 or 90 Min. \$120



**Indulge in this relaxing hot stone massage.
Your therapist will customize your treatment with
essential oils to relax all the senses.**

Call (480) 832-6900 to Book your Appointment Today!

(no additional discounts apply)



Las Sendas Spa
December Facial Special
Pomegranate Enzyme \$70



(add a collagen mask or red light therapy for \$10)

Pomegranate is a powerful antioxidant which also brightens the skin. Contains 11% lactic, 4% alpha-arbutin, and 2% salicylic. Perfect for normal, aging, oily, or acneic skin. It promotes deep hydration, reduces oiliness and lightens the skin from irregular pigmentation.

**Call (480) 832-6900 to Book your Appointment Today!
(no additional discounts apply)**

Gift Certificates Available

Las Sendas Spa

December Massage Special

**Hydrating Cranberry Gel
Body Wrap & Scalp Massage
50 Min. \$90**



**Hydrate your body this season with this
invigorating & detoxing body wrap.
While you're relaxing and hydrating,
you'll also receive a wonderful
scalp & neck massage.**

Call (480) 832-6900 to Book your Appointment Today!

(no additional discounts apply)

Neighborhood Watch Program

Crime Prevention Officer Lindy Marino

Scam Alert

Mesa Police/Red Mountain district have been notified about a scam going around in some of our Adult communities (but could be in residential neighborhoods as well) - an individual is trying to sell bundle packages including a movie set up and house alarm.

Please be aware and don't open the door to strangers - best practice is to let them know you are home but communicate through the locked door. Be mindful of what information you tell them - i.e. don't tell them you don't have a house alarm, or live alone, etc. Also be aware of letting strangers in your home. If you want a product please do the research with reputable companies and YOU do the inviting over to your home. All solicitors need a City-issued license, and you should always ask to see one. If they don't have it, please call the non emergency number to report that - 644-2211. If possible, please get their name and company they represent. We don't want you to become a victim, so take precautions and report suspicious people.



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

Las Sendas Corvette Club

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

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



Moms Club

MOM's Club of Mesa East is a chapter of the International MOMS club, a non-profit organization that provides support for stay-at-home moms. Our activities include playdates, holiday parties, monthly socials with speakers, field trips, mom's night out and more! If you are interested in more information, please contact mesamoms@gmail.com.



Ladies of Las Sendas



Join the Ladies of Las Sendas networking group on Thursday, November 9, 2017, from 6:45 PM - 8:30 PM at the Trailhead Clubhouse.

Our featured speaker is Eugena Bring of Carnation Home Cleaning. If you live or have been around the East Valley of Phoenix Arizona, you have most likely seen a Carnation Home Cleaning car and professional cleaning team. After growing up on a farm with 8 siblings and attending University of North Dakota and beginning a career in retail management, Gina moved to Arizona in 1987. With her passion to help others, while raising a family of three children with her husband, she started a cleaning business working from her garage. Growing the business since 1991, cleaning one house to having serviced thousands from her store front location in Mesa, AZ, she now dedicates most of her time helping others better themselves and fulfill their desires in the professional field. Giving back to the community that has helped her become successful is a passionate part of her daily routine.

Our treat sponsor is Las Sendas resident, Raquel Thoesen with Peanut Butter Americano, an all-natural nut butter company started 5 years ago after their 'Head Nut', Jeff, came back from an inspirational trip in South America. These roots remain a part of their mission and they continue to give back through community development projects locally and abroad. They offer 6 delicious peanut and almond butter flavors, all of which are non-GMO and 4 grams of sugar or less. You can now find PB Americano in over 300 retail locations in Arizona and Canada!

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!

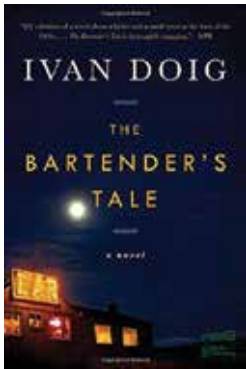
Learn more and register at the website, www.joannejolee.com/ LOL. Contact president, Joanne Jolee, with your questions joanne@joannejolee.com

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

Las Sendas Book Club

The Las Sendas Book Club is open to everyone in the community. We meet the second Tuesday of each month in the conference room at the Trailhead Club from 6:30 to 8 p.m. This is a wonderful way to get to know your neighbors, read interesting books and enjoy lively conversation. New members are welcome.

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



November 14, 5:30 p.m.
Pick new books for the next six months and discuss "The Bartender's Tale"
By Ivan Doig, 387 pages

Running a venerable bar in 1960 Montana while raising his twelve-year-old son, single father Tom Harry finds his world upended by the arrival of a woman from his past and her beatnik daughter, who claims Tom as her father.

December, date TBD
Social gathering, no book
(contact Laurie for details)

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:
December 9th - 8:00 AM

Las Sendas Retirees

The holiday season approaches and Las Sendas Retirees Club is ready! Regularly scheduled meetings will be held on the 2nd and 4th Tuesdays at the Trailhead Clubhouse, beginning at 9 am with coffee and refreshments, then a short business meeting at 9:45, followed by a guest presentation, and later, lunch at a local restaurant.

In addition to the usual schedule, a few seasonal highlights will be added. First, on Nov. 14th, Club Member Dick Wilson has organized a lunch stop at Brio Tuscan Grille in SanTan Village, after which the group will tour the Eddie Basha Collection of Western American and American Indian Art in Chandler. (Admission is free.) At the regular meeting on Nov. 28th, club officers for 2018 will be elected. This meeting will be the last date to purchase tickets for the annual holiday party on Dec. 6th. This year, the holiday party will be held at the Las Sendas Golf Club Garden Room in Vistas Pavilion from 5-9 pm. Tickets for the super-sumptuous dinner are \$40 for members and \$55 for guests. On the following evening, Dec. 7th, club members will attend a Christmas musical program of the Rhythm Cats at the Silver Star Theater in Mesa. Buffet dinner including show tickets are \$39 each at the box office. The final regular meeting of the year will be held on Dec. 12th at which the guest pre-



sentation will be the annual visit of the fine musicians from Las Sendas Elementary School—always a delightful program! After the holiday break, regular meetings, as well as other club activities, will resume on Tuesday, January 9th, 2018.

If you are newly retired or thinking about retiring or a new resident in Las Sendas, come to a meeting and see if this social group "floats your boat"! We welcome new members every month and \$20 will buy you a whole year of informative, enlightening, and enjoyable programs and activities! For more information, contact Rich Trumpfeller at ybcold467@yahoo.com.

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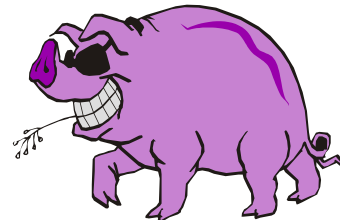
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BACK TO SCHOOL...BACK TO WORK...and... BACK TO SELLING OR BUYING A HOME!

Fall (Sept/Oct) starts the real estate "season" when the heat declines and people actually want to look at houses! The limited inventory of homes all over the valley still exists especially for homes priced at under \$500,000 so it's considered a "seller's market"!

Homes in the mid range... \$500K to \$1 million are longer on the market... And still remain steady.

An encouraging note... Out of 17 homes listed in Las Sendas at over \$1 million in the past 6 months... 8 Are sold/or under contract in Las Sendas! Great news for the high end/luxury homes! Time to sell them if you want to move!

*Use agents that know the area & live in las sendas! Outside agents often don't know the market as well and can under sell your home!

*As always call me for a free home analysis. We will be happy to show you how to stage, prepare and sell your home for top dollar!

*I have 16 years of real estate experience, 15 years in marketing background & sales and have experience in custom home building/features.



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*** Featured Listings ***



7130 E. SADDLEBACK #54
(GOLF COLONY)
MLS# 5550437, 3802 SF
\$899,000!



8903 E. NORWOOD CIRCLE
(MADRID)
MLS# 5515342, 5000 SF
\$774,900



3254 N. LADERA CIRCLE
(ROCK CANYON II)
4450 SF, INCREDIBLE
BUILDER'S OWN HOME...
AMAZING FINISHES
W/POOL, 4 BED + DEN,
3.5 BATHS
\$1,100,000



PRE-MLS LISTING!
3528 N. BOULDER CANYON ST.
(MOUNTAIN VILLAGE)
3739 SF, EXQUISITE UPDATED
BLANDFORD HOME WITH NEW
PAINT/CARPET...POOL/SPA
FENCED W/PUTTING GREEN!
\$769,900

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