

January/February 2018

The Vision

Las Sendas Community Association

The Official Magazine of the Las Sendas Community



Boulder Mountain Parke Master Plan Update

Las Sendas Lifestyle

January/February Spa Specials

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Snow Day

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The Official Magazine of Las Sendas
Community Association

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

We are always interested in your comments or suggestions.

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



Retirees

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Meet Your HOA

Las Sendas 2018 Board of Directors

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Spa & Fitness Director
 Gina Gluvna ginag@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
 7:00am-5:00pm
 Sunday
 8:00am-5:00pm

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

Board Bits

By Jeff Brugos and Janet Patrick

We are pleased to report we have completed the relocations and new settings for two of our statues. “Paul Robeson” is now at the corner of N. Mountain Ridge and Eaglecrest. “Thomas Merton” is now at the entrance to the Trailhead Club, just off Eaglecrest.

We plan to relocate at least two additional statues in their new locations early next year: “Albert Camus” and “Rabbi Heschel.” The plan is to complete the associated landscaping and lighting for all four of these statues. Once this portion of our project is completed, we plan to address landscaping improvements and lighting for the remaining non-relocated statues.

As many of you know, Las Sendas has owned these statues for 20 years, but many of them were in remote locations and unseen by most of our residents. For those who have not seen these relocated statues previously, we hope you enjoy them in their new locations. For those who have seen them before in their prior remote locations, we hope you agree the new, more visible locations add to the beauty and distinctiveness of Las Sendas.



Evaluating Management Company Services for LSCA

By Jeff Brugos,
BOD President

In November, the Board of Directors (BOD) voted unanimously to initiate a Request for Proposal (RFP) process for Management Company services. We thought it was important to communicate our rationale and evaluation process.

There are two important reasons for taking this action:

1. Evaluating major service providers periodically is a common and best business practice. Our last RFP was issued seven years ago. The BOD believes its fiduciary responsibility is to ensure our Association is getting the best “bang for your buck” and receiving the highest level of services.
2. Las Sendas has grown and evolved over seven years and management companies are providing a wider and different range of services. Soliciting proposals tests the market and provides the insights necessary to evaluate and match our community’s current needs to available services.

A detailed process has been established to ensure the evaluation is thorough, fair and objective. Key components include:

- Establishing a dedicated Evaluation Working Group, composed of BOD, Finance Committee and Audit Committee members.
- Sending a comprehensive RFP to the leading Management Companies, including our current Management Company, FirstService.
- Creating detailed evaluation criteria based on our community’s needs.
- Completing reference calls, site visits and discussions with prior LSCA leaders.
- Scheduling management company presentations at an open BOD meeting.

Please note that should our Association change management companies, it is expected that many of the current staff members would remain serving our community.

The RFP was issued, responses were received in late December and a final BOD decision is targeted for the end of January.

Free Wi-Fi at the Trailhead Members Club

And then choose Las Sendas Hot spot.



Group and Committee Corner Volunteers Wanted!

If you are a collaborative person, available for occasional daytime 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.

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

Michele & Chris Keith
480-242-2896
 michelekeith@cox.net | www.Las-Sendas.com
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jharmsen@certapro.com ROC# 296330

Boulder Mountain Parke Master Plan Update

FINALLY! – we are off and running on the **construction** of Phase I of the Boulder Mountain Parke Master Plan. In mid-November the rough grading work began on the entire site, as many of you noticed. This work continued for a little over two weeks, when work began on the wet and dry utilities, which include water, sewer, electrical, etc. Some pictures of this work in progress are included here.

As you receive this issue of Vision (early Jan.) the wet and dry utility installations should be complete for the site, and work should be just beginning on the Pickle Ball and Bocce Ball courts, and the adjacent Ramada. The Ramada will be fairly large at 20'x30' ft., and will be well lit, and include power outlets and water, to provide shade, and a rest and social gathering area for players and observers alike. All the work is slated to be completed by mid-March, and the final city inspections completed before the end of March.

We look forward to a Grand Opening of this phase of the Master Plan at the end of March, with date and details to be released as we get closer to completion. We are anxiously looking forward to the day all our members and residents can utilize these new and exciting facilities.



At this writing (5 Dec), there is less certainty on the completion of the Splash Pad, as we are still awaiting final City of Mesa go ahead. After receiving all city permits, we will be scheduling construction with the vendor, which should take about 8 weeks, once commenced. We are currently anticipating that the Splash Pad will be completed and ready for use by the end of March, coincident with the opening of the other park amenities.

We will continue to update via the Vision, and email blasts as major milestones are achieved.



FOUR PEAKS LANDSCAPE Landscape Update

By Tom Gates

You may think of January and February as months in which there is not much to do in the landscape. However, there are many things that can be done to improve the look and health of the plants during the rest of the year. If you over-seeded your lawn this past fall, it should be fertilized with a well balanced fertilizer. This should be done about every six weeks to maintain the health and green color.

Make sure you are adjusting your irrigation system taking advantage of any rain that we may receive during these months. Depending upon rainfall amounts, you will find that irrigation systems can be turned off for several days or a week at a time. Typically during dryer weather conditions, your grass should be watering once to twice weekly. Drip systems for plants and trees should be run no more than once every seven to ten days. The goal in irrigating your plant material is just to maintain steady soil moisture and not allowing the soil to dry out completely. Also, avoid overwatering which results in standing water or muddy conditions.

Now is a great time of year to prune your deciduous trees. It is much easier to see the branching structure and to make correct branch removals. Remove all crossing branches within the tree crown to allow light in and wind to pass through. Remove diseased and damaged branches as well.

Now is the perfect time to move the water emitters away from the trunk of the tree out to the drip line (outside edge of the crown). This will help stabilize the tree by allowing the feeder roots to move out away from the trunk and become more established near the drip line. If done correctly, monsoon season should be less of a concern with damaged trees.

COMPLIANCE Las Sendas Community Patrol

The Las Sendas Community Patrol is available to assist residents after hours. Community Patrol should be called if you have a non-serious issue that needs attention. Such as reporting a broken or leaking irrigation lines, broken gates, private street obstructions, minor noise complaints, vandalism to common area property and similar issues. Patrol members are not security guards and are instructed to only observe and report incidents as they see them. They do not pursue suspicious people or approach potentially dangerous situations. You can contact the Patrol directly at **480-220-1794**. Mesa Police Department has requested that residents call the Police if they witness any criminal activity and to report any suspicious behavior. **Police Emergency – 911** or **Non-emergency – 480-644-2211**.

The Association urges all homeowners to join or form a Community Watch Program.



Architectural Review 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 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.

2018 | SAVE THE DATE!

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ASSOCIATION CLOSED FOR HOLIDAY	2	3	4 Custom ARC Committee 8am Retirees Tennis 9am Mom's Club 9:30am		6
7	8 Bridge Club 1pm	9 Retirees Meeting 9am Book Club 6:30pm	10	11 Regular ARC Committee 8am Retirees Tennis 9am Ladies of Las Sendas 6:45pm	12	13
14	15 Bridge Club 1pm	16	17 Family Chess Nights 6:30pm	18 Custom ARC Committee 8am Retirees Tennis 9am	19	20 Snow Day 10am-12pm
21	22 Bridge Club 1pm	23 Retirees Meeting 9am	24	25 Regular ARC Committee 8am Retirees Tennis 9am LSCA Board Meeting 6pm	26	27
28	29 Bridge Club 1pm	30	31			

● HOA

● CLUBS

● ACTIVITIES

● ATHLETIC CLUB

Las Sendas

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1				1 Custom ARC Committee 8am Retirees Tennis 9am Mom's Club 9:30am	2	3
4	5 Bridge Club 1pm	6	7	8 Regular ARC Committee 8am Retirees Tennis 9am Ladies of Las Sendas 6:45pm	9	10 Valentine's Dance 6-9pm
11	12 Bridge Club 1pm	13 Retirees Meeting 9am Book Club 6:30pm New Homeowner Orientation 6:30pm	14	15 Custom ARC Committee 8am Retirees Tennis 9am	16	17
18	19 ASSOCIATION CLOSED FOR HOLIDAY	20	21	22 Regular ARC Committee 8am Retirees Tennis 9am LSCA Board Meeting 6pm	23	24 Las Sendas Pet Expo 10am-2pm
25	26 Bridge Club 1pm	27 Retirees Meeting 9am	28			

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.

SNOW DAY – LET IT SNOW, LET IT SNOW, LET IT SNOW!

Get your mittens ready! Instead of heading to the mountains let us bring the snow to you! Las Sendas will have snow at the Trailhead Parke for all to enjoy! Bring your sleds and enjoy the bounce house and some playtime in the SNOW!



Coffee Run coffee truck will be at Snow Day with delicious caffeinated/uncaffeinated treats available for purchase!

Date: Saturday, January 20th
Time: 10:00am-12:00pm
Location: Trailhead Parke
Cost: \$5 per child

VALENTINE'S DANCE

Spend this special day with your son or daughter at the Trailhead Members Club for our Father/Daughter, Mother/Son Dance. There will be dinner, dj, cool prizes, fun dancing, photo booth and lots of action.



Date: Saturday, February 10th
Time: 6:00pm-9:00pm
Fee: \$15 for adults, \$10 for children

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, February 13th
Time: 6:00-7:30pm

LAS SENDAS PET EXPO

Join us for the 2nd Annual Pet Expo! This event will include pet friendly booths, presentations, raffles, free hot dogs, and fun for the whole family! Come out to the Trailhead Parke and enjoy this event made especially for your pet! If you would like booth space, email klima@thetrailhead.org

Location: Trailhead Parke
Dates: Saturday, February 24th
Time: 10:00am-2:00pm
Fee: FREE

EVER THOUGHT OF CRUISING TO ALASKA?

Join us for a free presentation to learn about our first Las Sendas residents cruise to Alaska on Oceania June 12-18, 2018

- Cruise the Inside Passage – a habitat for bald eagles, sea lions, porpoises and whales
- Explore Ketchikan, the southeasternmost city in Alaska and self-proclaimed “Salmon Capital of the World”
- Witness the dramatic Sawyer Glacier at the end of Tracy Arm Fjord, framed by mountains and bathed in light that makes it glow blue
- From Prince Rupert, visit Butze Rapids, a trail suitable for all ages featuring local flora and fauna and views of the North Coast forest and coastline
- Over \$1,100 in saving for Las Sendas Residents including free airfare, free gratuities, free wifi, and your choice of a free beverage package, 4 free shore excursions or a \$400 shipboard credit.
- Intimate and luxurious ship featuring large-ship amenities with only 684 guests on board

Location: Trailhead Members Club
Date: Wednesday February 21, 2018
Time: 6:45-8:00p
Cost: Free
RSVP required: Melanie@iltpros.com or call 714-262-8810

Save the Date for the following exciting events...

- Food Truck Night 3/2
- Concert in the Parke 3/11
- Easter Egg Hunt 3/24
- Member Mixer 3/30
- Food Truck Night 4/6
- Ladybug Release 4/17
- Neighborfest 4/29

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

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.

SPRING CLASS 2018

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

Twinkle Babies

Length: 16 weeks
Age: 2-3 yrs old
Min/Max: 4/6
Class Fee: \$60
Supply Fee: \$35
Time: 2:30-3pm
Date: Wednesday Jan. 24-May 16, 2018 NO CLASS 3/14

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. Students will be a part of May Recital at Williams Field High School & Dress rehearsal will be May 10.

Preschool Twinkle Stars

Length: 16 weeks
Age: 3-4 yrs old
Min/Max: 4/10
Class Fee: \$140
Supply Fee: \$50
Time: 3:15-4pm
Date: Wednesday Jan. 24-May 16, 2018 NO CLASS 3/14

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. Students will be a part of May Recital at Williams Field High School & Dress rehearsal will be May 10.

Pre-K Twinkle Stars

Length: 16 weeks
Age: 5-6yrs old
Min/Max: 4/10
Class Fee: \$140
Supply Fee: \$50
Time: 4:15-5pm
Date: Wednesday Jan. 24-May 16, 2018 NO CLASS 3/14

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. Students will be a part of May Recital at Williams Field High School & Dress rehearsal will be May 10.

Twinkle Stars

Length: 16 weeks
Age: 6-8 yrs old
Min/Max: 4/10
Class Fee: \$140
Supply Fee: \$50
Time: 5:15-6pm
Date: Wednesday Jan. 24-May 16, 2018 NO CLASS 3/14

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.



2018 SPRING TENNIS

Monday

Tots 1 ~ 4-4:30 (ages 4 & 5)
Tots 2 ~ 4:30-5:00 (ages 6 & 7)
High School ~ 5-6:30

Tuesday

Beginners 4-5pm (ages 7-10)
Beginners 4-5pm (ages 11 & up)
Intermediate 5-6pm

Wednesday

Tots 1 ~ 4-4:30pm (ages 4 & 5)
Tots 2 ~ 4:30-5pm (ages 6 & 7)
High School 5-6pm
Pre tournament ~ 6-7pm (7-10 orange ball)

Thursday

Advanced Beginners 4-5pm (ages 7-9)
Intermediate 5-6pm

RETIRES PLUS! GROUP

THURSDAY TENNIS FUN

If you play tennis, or used to and want to try it again, join us each Thursday at 7:00 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.



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.

JANUARY/FEBRUARY 2018 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am CYCLE Gina		5:15am CYCLE Gina			
				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 PILATES/STRETCH Gina	9:00am CYCLE/STRENGTH Gina	9:00am ZUMBA Giovanna	9:00am TOTAL BODY Gina	9:00am BARRE' Tanya	9:15am HEATED YOGA Judy
10:00am YOCHI Betsy	10:00am AQUA SCULPT Gina		10:00am AQUA SCULPT Gina	10:15am GENTLE YOGA FLOW Alexa	
	1:00pm SENIOR STRONG Mark	1:00pm SENIOR STRETCH Gina	1:00pm SENIOR STRONG Mark		
11:00am YOGA NIDRA Betsy	4:00pm RECOVER Gina		CLUB HOURS: MON-THURS 5am-8pm FRI 5am-7pm, SAT 6am-5pm, SUN 7am-5pm		
6:30pm VINYASA YOGA Betsy		6:00pm CANDLELIGHT YOGA Judy	Happy New Year!		Please Note: class formats, times and instructor subject to change without notice



Coach's Corner

Mark Swartz C.S.C.S./NSCA-CPT

“We’ve Got Your Back!”
(or to be more accurate, your spine)

One definition of vision is, “the act or power of anticipating that which will, or may come to be”.

This publication is aptly named The Vision, and a vision is what the Las Sendas Spa and Fitness Center has. We have a vision that our facility will serve the community as a resource for developing and maintaining a healthy lifestyle.

Part of being healthy is being free from injury or pain. For this to occur, our residents need science based exercise prescriptions, that are effective, and low in risk for joint and connective tissue damage. Maybe the most misapplied exercise practices happen when an individual is training the abdominal muscles. What usually happens, is an individual engages in highly repetitive spinal flexion movements, which may result in a breakdown of disc tissue.

To help individuals educate themselves in safer ways to strengthen the abdominals, we are offering a free hands on workshop for any resident of Las Sendas.

This will be held on Wednesday, January 24 at 6:00PM in the Group Activity Room. Call 480-832-6900 to sign up.

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YOGA

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Wednesday
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Friday
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Saturday
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Ladies of Las Sendas



Join the Ladies of Las Sendas networking group every 2nd Thursday of the month at the Trailhead Clubhouse. Networking begins at 5:30 PM with wine and hors d'oeuvres.

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!

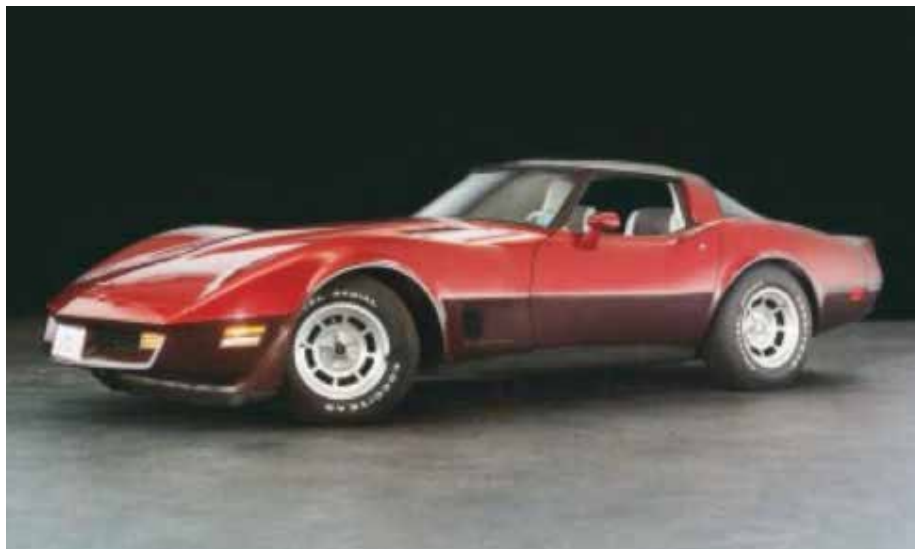
Learn more and register at the website, www.joannejolee.com/LOL. Contact president, Joanne Jolee, with your questions joanne@joannejolee.com. Stay up to date and join our Facebook group - <https://www.facebook.com/groups/LadiesLasSendas/>

Las Sendas Corvette Club

The Las Sendas Vette's Club is a club open to all community Corvette owners and enthusiasts. We meet the first Wednesday of every month for a dinner social at local restaurants or are hosted by club members at their homes. We also have monthly club day and/or overnight Corvette trips, participate in Corvette shows, and other Corvette related special events and tours.

The Corvette club does not hold formal meetings beyond an annual planning meeting. There are no club dues or fees to join. Couples and singles are welcome.

For Event locations and times, please contact Gary at gary.mcmartin@outlook.com. For Member information, please contact Mel at melloone747@hotmail.com





Message from Vice Mayor Luna

As the weather begins to cool down we have a line-up 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!

Merry Main Street

<http://merrymainst.com/>

November 24, 2017 - January 5, 2018

Various locations/times, downtown Mesa

- Visit the City's nearly 4-story tall Christmas tree in downtown on Macdonald St.
- Skate at the Winter Wonderland Ice Rink
- Visit with Santa on Fridays and Saturdays
- Treat yourself to something delicious at Jack Frost's Food Truck Forrest
- Take a photo at Santa's sELFIE Village
- Ride on the Main St. Express a train at the ice rink

SAVE THE DATE

Sprouts Farmers Market Grand Opening

January 10, 2018

5918 E. Longbow Pkwy, Mesa 85215

<https://www.sprouts.com/stores/details/-/store-details/view/store/37>

Heart Your Health, Red Mountain Multigenerational Center

February 10, 2018, 8 am to 12 noon

7550 E. Adobe Rd, Mesa 85207

- Join me for FREE adult fitness classes, youth activities, a pickleball tournament, and a healthy breakfast

I look forward to 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@mesaz.gov or by phone at 480-644-3771.

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.



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Las Sendas Retirees

Happy New Year and welcome to 2018! Where did that last year go? Well, if you were with us in 2017, you will probably recall fondly some good times at the clubhouse and some excellent adventures outdoors! So let's get started making memories all over again!

Regular meetings of Las Sendas Retirees are held on the second and fourth Tuesday of each month, in the Trailhead Clubhouse, beginning at 9 am for coffee/social time before a short business meeting at 9:45. Afterward, at 10 am, an informational and/or entertaining program is presented by a guest speaker. Around 11 am, the meeting is adjourned, and members go out to lunch at a local restaurant for more social time. Meeting dates for January are the 9th and 23rd, and for February, the 13th and 27th.

The club maintains several active ongoing groups, such as hikers, led by Don Pike (ambitious hiking!) and Martha Harrison (less strenuous but equally scenic hiking!), drop-in tennis, party bridge, bunco, needlework (especially knitting and crocheting), and occasional tours of local museums. Once or twice a year, club members motor farther afield for a sightseeing excursion; we just completed a five-day visit to Monument Valley and a few national parks near Moab, Utah. During these trips, we gather each evening for dinner to share the day's experiences. (See photo of the gang at the Blu Pig in Moab!)

In addition, the club sponsors several themed evening parties—the spring and fall socials, both at the Clubhouse, usually potluck, and the annual Christmas Dinner, held off-site. Approximately twice a year, club members go together to the Silver Star for dinner and a musical performance by The Rhythm Cats.

If you are recently retired, or a new resident in retirement, or thinking about retiring, join us for a Tuesday morning meeting! If you like what you see and wish to join, \$20 will buy you a year's membership in this memory-making group of new friends! For more information, contact Rich Trumpfeller at ybcold467@yahoo.com.



Las Sendas "Adopt-a-Street" Support

Neighbors & Friends - Las Sendas Community Volunteers have participated in the City of Mesas' Adopt-a-Street (litter collection) program since 2002. A dedicated group of your neighbors have collected tons of litter along a one-mile section on Power Road, just to the north of where Thomas Road/Eaglecrest Drive intersect.



I wish to personally thank Jon Frick, Duncan Himes, Danny Shields, and others that have participated during the cleanups during 2017, for helping to make our community a better place to live.

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

Clean-up Dates/Times for 2018:

April 7th - 8:00 AM
 June 9th - 7:00 AM
 September 8th - 7:00 AM
 December 8th - 8:00 AM

**(We meet in the Walgreens parking lot located at Power & Thomas Road)*

Las Sendas Book Club

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

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



Jan. 9, 2018
"The All-Girl Filling Station's Last Reunion"
 By Fannie Flagg

Spanning decades, generations, and America in the 1940s and today, *The All-Girl Filling Station's Last Reunion* is a fun-loving mystery about an Alabama woman today, and five women who in 1943 worked in a Phillips 66 gas station, during the WWII years. Like Fannie Flagg's classic *Fried Green Tomatoes*, this is a riveting, fun story of two families, set in present day America and during World War II, filled to the brim with Flagg's trademark funny voice and storytelling magic.



Feb. 13, 2018
"The Snow Child"
 By Eowyn Ivey

Alaska, 1920: a brutal place to homestead, and especially tough for recent arrivals Jack and Mabel. Childless, they are drifting apart—he breaking under the weight of the work of the farm; she crumbling from loneliness and despair. In a moment of levity during the season's first snowfall, they build a child out of snow. The next morning the snow child is gone—but they glimpse a young, blonde-haired girl running through the trees. This little girl, who calls herself Faina, seems to be a child of the woods. She hunts with a red fox at her side, skims lightly across the snow, and somehow survives alone in the Alaskan wilderness. As Jack and Mabel struggle to understand this child who could have stepped from the pages of a fairy tale, they come to love her as their own daughter. But in this beautiful, violent place things are rarely as they appear, and what they eventually learn about Faina will transform all of them.



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*Happy new year
to all in 2018!*

Another year has passed and the REAL ESTATE MARKET REMAINS STRONG! 2018 is predicted to be a banner year... with extremely low inventory! It can't be stressed enough how important it is to sell now! It's totally a seller's market if you have a home priced under \$500,000 and the pressure is starting to mount on the homes up to \$900,000 as well!

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