

May/June 2018

The Vision

Las Sendas Community Association

The Official Magazine of the Las Sendas Community



Welcoming the CCMC Team to Las Sendas

Las Sendas Lifestyle

Ranking Arizona

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Travel Talk

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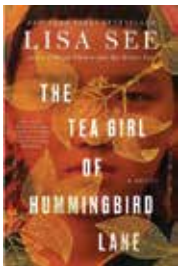
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Valhalla Community Magazines
www.Valhalla360.com



The Official Magazine of Las Sendas Community Association

This magazine is delivered to homeowners and businesses in the Las Sendas Community bi-monthly. You have received this publication because your Association 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.



Lost Pets

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Meet Your Community Association

Las Sendas 2018 Board of Directors

President
 Jeff Brugosjeffbrugos@aol.com

Vice President
 Greg Kingery.....gdkingery55@gmail.com

Treasurer
 Mike Peckhampeckham19@gmail.com

Secretary
 Kim RobinsonKim4LasSendas@gmail.com

Director
 Thomas Fuller Thomas.fuller231@yahoo.com

Director
 Alicia Goforthalicia4lassendas@gmail.com

Director
 Amy Martin Amy.Martin.LasSendas@gmail.com

Las Sendas Community Association Staff Directory

Executive Director
 Kristine Nauknau@thetrailhead.org

Community Manager
 Kurt Sharpksharp@thetrailhead.org

Compliance Supervisor
 Calee Burchcburch@thetrailhead.org

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

Maintenance Director
 Kraig McCauleykmccauley@thetrailhead.org

Spa & Fitness Director
 Gina Gluvna ggluvna@thetrailhead.org

Lifestyle Director
 Kristha Lima klima@thetrailhead.org

Community Coordinator
 Melanie Mallery mmallery@thetrailhead.org

Resident Services Administrator
 Dominique Ferranti.....dferranti@thetrailhead.org

Professionally managed by



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

Trailhead Spa & Fitness Center
 480.832.6900

Community Patrol
 480.220.1794

CCMC Customer Service Support Team
 1.833.301.4538 / 480.921.7500

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

Welcoming the CCMC Team to Las Sendas

By The Las Sendas Board of Directors

As many of you know, we have a new Management Company that began serving the Las Sendas Community Association (the "LSCA") on April 1, 2018. Our previous Management Company, FirstService Residential ("FSR"), served as the Management Company for the LSCA since 2011. While FSR provided professional services to our community, the Board believed it was time to evaluate alternatives. To achieve our goal of being the "Best in Class" among master-planned communities, the Board sought a company specializing in managing large-scale master-planned communities, offering a more collaborative partnership, providing enhanced training for our onsite team, proactively sharing best practices and enhancing the customer service experience for both our residents and volunteers.

To ensure we objectively considered all options that best served the needs of the Association, the Board established a 10-person Evaluation Working Group (the "EWG") to develop a fair and impartial process that would thoroughly evaluate potential Management Companies. This included evaluating their operating practices, management philosophies, leadership teams and association references. Collectively, the EWG invested more than 1,000 hours over a three-month period to complete this work and should be applauded for their hard work and dedication to our community.

The result of these efforts was a unanimous recommendation by the EWG and a unanimous decision by the LSCA Board of Directors to select CCMC as its new Management Company. As additional background, for nearly 45 years, CCMC has been enhancing communities by creating experiences that connect people in the neighborhoods where they live and bringing best practices to its community volunteers. Today, the company manages many of the nation's most successful master-planned communities by serving people first, challenging leaders to be their best and infusing life with fun. To learn more about the firm and their management philosophies, please visit their website at: www.ccmcnet.com.

Although the transition to a new management company can be challenging, the Board and CCMC have been working diligently to make the process as smooth as possible. To that end, the vast majority of the onsite team members that you have come to know and work



with at the LSCA will be staying on with us and have joined the CCMC team. This includes all the team members of the Patrol, Spa & Fitness Center, Activities, and Compliance departments. Leaving us are Executive Director, Doug Austin, and Community Manager, Anthony Martin, who have both accepted new positions with FSR. Both Doug and Anthony have served our residents well for quite some time; and, the Board would like to wish them well in their new positions and thank them for their years of service to our community.

With this change in leadership, CCMC and the Board have selected Kristine Nau to serve as our new Executive Director, and Kurt Sharp to serve as our new Community Manager. Kristine has 12 years of experience with CCMC as the Community Manager for several large communities in both Arizona and Colorado. Kurt has more than 22 years of public service experience and prior to joining the CCMC team enjoyed a successful career with the Town of Gilbert, where he held several roles; including Special Assistant to the Mayor. Another key CCMC resource serving the LSCA will be Vice President, Brandon Exline, who is known for his innovative solutions and process improvements. We welcome and are pleased to have these Management team members serving and enhancing our community.

If you have not already done so, we encourage you to stop by the Trailhead Members Club to meet the CCMC Team and welcome them to Las Sendas. Your patience and support of this transition is truly appreciated, and we look forward to sharing many exciting things to come. Questions, comments or concerns about the transition process, can be directed to Kristine by calling (480) 357-8780 or by email at knau@thetrailhead.org.

Compliance Corner

Did you know?

- Motor vehicles belonging to residents must be parked in the garage of the Residential Unit. Garages are not to be used for storage rather than vehicles. If you have more vehicles than bays of your garage, you can then use your driveway for overnight parking.
- Residents are not to park in the street overnight. Guests of residents may park in the street for a period not to exceed 72 hours within any seven day period.

- Recreational vehicles and trailers may be parked in your driveway for loading and unloading purposes only for a period of up to 24 hours.
- If your recreational vehicle or trailer is too large for your driveway and must be parked in the street for loading and unloading, please be sure to request a parking waiver. An application can be found at: www.thetrailhead.org. Simply select Documents > Architectural > Regular Architectural Guidelines > Design Review Application Form.

Group and Committee 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 2018.

If you are interested and wish to know more, please contact Las Sendas Executive Director, Kristine Nau at knau@thetrailhead.org. If you wish to be considered, please complete the short application available on the Association 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 your most recent contact information. Regular email bulletins are sent to members so that you don't miss important community information like 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 creating a unique 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 or call us at (480) 357-8780 for assistance.

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Michele & Chris Keith

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(480) 739-9300 Jon Harmsen

jharmsen@certapro.com ROC# 296330

FOUR PEAKS LANDSCAPE

Selective Pruning, the Natural Look!

As summer begins and the plants have begun to grow it's time to turn to occasional maintenance practices which will help to control unwanted plant growth. If you followed the "Rejuvenation" process earlier in the year, as necessary by plant species, you should have plants which are growing out naturally and now, depending on your situation, may require some "Selective Pruning." Selective Pruning is a method of only pruning the unwanted growth from the plant – this includes awkward growth, crossing branches and deadwood. The goal is to keep the natural look of the shrub and help promote flowering. Continuous shearing or hedging will remove the new growth and cause undue stress to the plant. This will also remove any flowering that may currently be in place or remove potential blooms that are forming. A large majority of our plants provide some sort of flowering which greatly enhances the beauty of the landscape.

We also refer to the fact that continuous shearing of plants will cause them to become woody in appearance and provide stress that can greatly shorten the life expectancy. Remember that the leaves of any plant



	<p>Figure 3: Shrub Pruning</p> <p>Costly overpruning once a month can inhibit flowering, promote woody growth and require excessive watering.</p>
<p style="text-align: center;">DON'T</p>	
	<p>Pruning of shrubs to maintain a full, natural shape and flowering cycle is preferred.</p>
<p style="text-align: center;">DO</p>	
	<p>Square and cut off edges of groundcovers is unattractive, unnatural and potentially harmful. When each individual groundcover is pruned separately it becomes wasteful and costly. Square pruning at the edges of sidewalks and curbs forces the need for frequent trimming to maintain a clean, clipped edge.</p>
<p style="text-align: center;">DON'T</p>	
	<p>Trimming at an angle along the edge allows plants to grow together and is more aesthetically pleasing. Topping trimming and angle trimming is only needed occasionally.</p>
<p style="text-align: center;">DO</p>	

provide the food necessary to keep the plant healthy and vigorous. If this "factory" is continuously removed while it's active, then the plant will stress.

Care should be taken when performing pruning and tools should be sharp and clean. For homeowners, using loppers and/or hand pruners are recommended, depending on the size of branches to be cut. If you have plants which are growing over walkways or causing visibility issues, then consider removing them and replacing with a smaller species.



Planning for Summer Annuals

Believe it or not, now is the time to begin planning for summer flowers. Spring weather is still upon us and the winter annuals are at their flowering peak. Be that as it may, it's important to get a head start on installing your summer flowers before the heat of summer arrives. Too often, people wait until the winter annuals have declined before planting the new flowers, which results in increased stress on the newly planted flowers.

Sometime towards the end of April or into early May you should remove winter annuals, it is important to loosen the soil in the beds and add planting soil (if needed), as well as a well-balanced granular fertilizer. Choose a fertilizer that contains both nitrogen and a high amount of phosphorus. This will help promote a healthy root system on the new plants, which will help them endure the summer heat.

Install the flowers in the soil ensuring that the roots are completely covered by soil and that the soil around the roots is in good contact. Because newly planted flowers can dry quickly, irrigate immediately after you have finished the installation. This will also dissolve the fertilizer that was added to the soil and make it available to the plants.

To promote continual health and flowering, be sure to fertilize monthly with either a granular or foliar fertilizer. Certain flowers also respond to "deadheading," where spent blooms are removed from the plant. This will encourage continual blooming.



Some great choices for summer annuals include Lantana, Vinca, Katie Ruellia, Zinnia, Pentas, Canna, Celosia and Coreopsis.

Consult with your local nursery to make sure that you use the correct flower for your situation. These flowers come in a variety of colors and with proper care can provide beautiful color through the summer.

Architectural Review Committee

The Custom Architectural Review Committee meets the first and third Thursday of each month, while the Regular Architectural Review Committee meets the second and fourth Thursday. The committees are comprised of Las Sendas homeowner volunteers and review all architectural applications that are submitted by owners.

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 the Association's Governing Documents.

In an effort to provide and protect each individual homeowner's rights and property values, it is required that any Las Sendas resident 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 owner receives written confirmation that their planned improvement has been approved.

It is the purpose of the Architectural Committee and the Design Guidelines to promote those qualities in Las Sendas that enhance the attractiveness and functionality of the community. These include a harmonious relationship amongst structures, vegetation (weeds not included), topography and overall design of the community. Some examples of improvements are landscaping (e.g. plants, grass, hardscape, etc.), painting, security screen doors, sun screens, and lighting to name a few.

Guidelines and applications may be obtained from the Association office or online at www.thetrailhead.org.

2018 | SAVE THE DATE!

MAY

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

● HOA

● CLUBS

● ACTIVITIES

● ATHLETIC CLUB

Las Sendas

JUNE

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

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 – MAY 4TH TRAILHEAD PARKE

This is the last Food Truck Night before we take a break for summer, so you don't want to miss it!! We will be featuring the following trucks: Cousin's Maine Lobster, Fireside Pizza, Curbside Crepes, Drive Wood Fired Grill, Flippin' Rice, Arizona Tacos, Chef Wade's Mac N Cheese, Best Dressed Dog, Mingo's Louisiana Kitchen, Reef's Kitchen, Biscuit Freaks, Southwest Kettle Corn, Waffle Love, Hot Cookie Truck, Soda Rush and more!!! Bring the family out, buy some delicious food and spend your evening with us!



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

Location: Trailhead Parke
Date: Friday, May 4th
Time: 5:00-9:00pm
Fee: Individual truck menu prices

NEW MEMBER MIXER

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

Location: Trailhead Members Club
Date: Friday, May 11th
Time: 6:00-8:00pm
Fee: FREE

STUDIO 8 SCHOOL'S OUT BASH

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

Location: Trailhead Parke & Pool
Date: Thursday, May 24th
Time: 3:30-5:30pm
Fee: FREE

BOULDER MOUNTAIN PARKE GRAND OPENING CELEBRATION

You've waited for it and now it's here! It's the Grand Opening Celebration of the Boulder Mountain Parke addition. Come and enjoy the new enhancements along with an opening ceremony, live entertainment, food and games. What better way to spend your time than at the Park that you built! Don't miss out!

Location: Boulder Mountain Parke
Date: TBD (June)
Time: TBD
Fee: Free

CLASSIC MOVIE NIGHT - BREAKFAST AT TIFFANY'S

It's time for a date night or just a fun time with friends! We'll supply the popcorn, you bring yourself and all your friends and neighbors. Bring a blanket, your favorite movie treats and enjoy a beautiful night under the stars.

Location: Trailhead Parke
Date: Friday, June 15th
Time: 8:00-10:00pm
Fee: Free

SUMMER SESSION - 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



Wednesday Classes: June 6th – June 27
Time: 2:15pm-3:15pm

TEDDY BEAR CAMP

Age: 2-3 yrs old
Class Fee: \$40
Supply Fee: \$10

Teddy Bear Camp is a 4-day camp for one hour. Students will experience Tap, Ballet, Jazz and Tumbling with their Teddy Bear. A craft will also be done in class. This is a great opportunity for your Twinkle Baby age student to burn energy without being in the Arizona heat. Recommended shoes are Tap and Ballet, please put name on student's shoes and have a bag to put them in. Boys and girls are welcome.

Wednesday Classes: June 6th – June 27
Time: 3:30pm-5:30pm

ROYAL PRINCESS CAMP

Age: 3-6 yrs old
Class Fee: \$80
Supply Fee: \$20

Let your dancer's dreams and wishes come true at our Royal Princess Dance Camp!!! We dive into Ariel's under the sea kingdom, dance at the ball with Cinderella, learn a tale as old as time with Belle and catch a sleigh to the kingdom of Arendelle with Elsa. Dancers ages 3-6 are invited to come along on our week-long journey to learn how to dance like Royal Princesses. Each day we celebrate a different princess with tap, ballet and jazz dancing and crafts. Don't miss the chance to be a part of our world at the Royal Princess Dance Camp! Snack will be served daily & one day is set aside for a tea party, please contact Andrea Polyak, 480-234-3952, a few days prior to camp starting if your Royal Dancer has allergies to food. Recommended shoes are Tap & Ballet, students are welcome to dress up as their favorite Princess. Mini-concert is planned for the last day of camp.

Fall Classes will start up on August 22, 2018

TRAVEL TALK

May 1st

Traveling by train in the Canadian Rockies is a breathtaking adventure. Come learn about Rocky Mountaineer's train journeys in the magical Canadian Rockies. Their world-renowned, luxury train travels by daylight and you sleep peacefully at night in perfectly selected hotels. If you have dreamed of seeing the majestic Canadian Rockies, this is the best way to experience this amazing destination.

Join us for a free presentation on May 1st at the Trailhead Members Club from 6:45-8:00pm
RSVP to: Melanie@iltpros.com



May 23rd

If you have ever dreamed of visiting Australia or New Zealand, be sure to join us on May 23rd for presentation by an Aussie specialist, who will teach you about the "Land Down Under," full of natural beauty, rich culture, world class wine, outdoor playgrounds, and friendly inviting people. Come and learn why

these two countries are on the top of everyone's Bucket List of must see places.

Join us for a free presentation on May 23rd at the Trailhead Members Club from 6:45-8:00pm. RSVP to: Melanie@iltpros.com



LAS SENDAS COMMUNITY TENNIS

Summer Tennis Camp! www.TennisLasSendas.com
June 4th - June 15th Coach Lori 480-717-7208
July 9th - July 20th

Tots Camp:
Monday - Thursday 6-6:30pm \$64

Beginners/Intermediates Camp:
Monday - Thursday 6:30 - 7:30pm \$120

High School Camp:
Monday - Thursday 7:30 - 8:30pm \$120

RETIRES PLUS! GROUP

THURSDAY TENNIS FUN

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

For more information, call Ulla Kukora at 215-920-1788 or Lynn Burke at 480-641-3336



SUMMER SWIMMING 2018 AT LAS SENDAS

PARENT MEETING AT THE TRAILHEAD CLUBHOUSE MAY 16th at 5:30pm



SWIM LESSONS at the BOULDER MOUNTAIN SWIM CENTER

<p>May Lessons \$140 (\$130 Residents)* <i>May 1st-24th</i> Tuesdays/Thursdays 3:00-5:00pm</p>	<p>Summer Lessons (\$130 Residents)* <i>Session I June 4th- June 28th</i> <i>Session II July 3rd- July 26th</i> Mondays/Wednesdays and Tuesdays/Thursdays 9:30-11:30am Mondays/Wednesdays 3:00- 5:00pm</p>
--	--

*Min of 2, max of 4 participants in each class, classes are 30 minutes each

TADPOLE- This class is for 2-3 year old swimmers who are not independent in the water yet.

SEAHORSE- This class is for students needing correction in freestyle/backstroke.

DOLPHIN- This class is for swimmers learning all four strokes.

SHARK- This class is designed for the competitive swimmer who desires to fine tune competitive skills.

If you are interested in private lessons, please contact **Marissa Walz** at 602-672-8210

Morning Swim Team at the Trailhead Pool \$240 (\$225 Residents)

May 29th- July 21st

Monday - Thursday

7:00-8:00am (11 & older) 8:00-9:00am (10 & under)

Evening Swim Team at the Trailhead Pool \$205 (\$190 Residents)

May 29 - July 21st

Tuesdays/Thursdays

4:00-5:00pm (10 & Under) 5:00pm-6:00pm (11 & Over)

Banquet tentatively scheduled for July 23rd from 4:00-6:00pm

Check the Rec League tab at mesaaquatics.org for additional information and registration in the coming weeks!

Email jessicarudd03@gmail.com for questions.



Las Sendas Fitness Center

Punch passes available for non members

MAY - JUNE GROUP FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM CYCLE/ABS GINA		5:15 AM CYCLE GINA			
				7:00 AM HAPPY HOUR MARK	7:10 AM CYCLE DIANE
8:00 AM CARDIO CARVE MEG	7:45 AM PILATES MEG	8:00 AM BARRE' TANYA	7:45 AM PILATES MEG	8:00 AM TGIF CYCLE MEG	
9:00 PILATES/FLEX GINA	9:00 AM CYCLE/STRENGTH GINA	9:00 AM RETRO STEP & CORE GINA	9:00 AM TOTAL BODY GINA	9:00 AM BARRE' TANYA	9:15 AM HEATED YOGA JUDY
10:15 AM YOCHI BETSY	9:00 AM AQUA FIT DIANE		9:00 AM TAQUATA DIANE	10:15 AM GENTLE YOGA FLOW JUDY	
11:15 AM YOGA NIDRA BETSY	10:00 AM RECOVER GINA	1:00 PM SENIOR STRETCH GINA	1:00 PM SENIOR STRONG MARK		
	1:00 PM SENIOR STRONG MARK			Club Hours: Mon-Thurs 5a to 8p Fri 5a to 7p Sat 7a to 5p Sun 8a to 5p	
6:00 PM VINYASA FLOW YOGA JUDY		6:00 PM CANDLELIGHT YOGA JUDY			Please Note: Class formats, times and instructors are subject to change without notice.

Yoga

Yoga NIDRA: A guided meditation class to build mental focus benefiting the healing inside your body with yoga poses that are gentle yet adds tone and muscle strengthening.

Monday 11:15 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.

Monday 6:00 pm

Gentle Flow Yoga: Slow paced yoga with synchronized breath and movement.

Friday 10:15 am

Candlelight Yoga: Vinyasa Flow with candlelight.

Wednesday 6:00 pm

Heated Yoga: 90° heated Vinyasa Flow: experience the benefits of hot yoga

Saturday 9:15 am

Pilates

Pilates: This classic mat class helps strengthen the core, builds long lean muscles, and improves flexibility. *Balls, tubes and bars may be used.

Tuesday / Thursday 7:45 am

Pilates Flex: Studio based Pilates, focusing on the essentials, with posture restoration and proprioception

Monday 9:00 am

Flexibility Training

Recover: Full body restoration with added functional mobility. Fascial stretches and Myofascial work, utilizing different modalities and applications.

Tuesday 10:00 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.

Monday 10:15 am

Senior Stretch: Full body stretching using different modalities and postures to address senior considerations *40 min class

Wednesday 1:00 pm

Aqua

Aqua Fit: Targets aerobic endurance, muscular strength and tone, balance and flexibility in the pool with or without resistance equipment.

Tuesday 9:00 am

Taquata = HiIT the water! "Tabata" gets WET in this 'High Intensity Interval Training' shallow water workout. Each exercise is 20 seconds of BIG effort followed by a 10 second rest, repeated 8 times through 8 exercises (high knee jog, XC ski, wide jog, JJ, "Hiney" jog, tuck jump, washing machine and rocking horse). Add two minute recovery periods in between each set with some warm up and cool down stretches and you've got yourself an amazing 1-hour aquatic effort.

Thursday 9:00 am

Strength & Resistance

Cardio Carve: A circuit style class that uses fitness equipment while incorporating cardio endurance exercises.

Monday 8:00 am

Retro Step: Get your leg warmers out for some "Old-school stepping" with muscle work intervals.

Wednesday 9:00 am

Happy Hour: A challenging metabolic workout utilizing dumbbells, kettle-bells, stability balls, and body weight. This class includes a fast paced workout instruction, and cool down. Individuals can work at their own pace.

Friday 7:00 am

Senior Strong: Developing strength, balance and mobility to enhance the performance with activities of daily living, to help with recreational activities like: golf, tennis and pickle ball *45 min class

Tuesday / Thursday 1:00 pm

Total Body: Full body muscle workout.

Thursday 9:00 am

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.

Wednesday 8:00am / Friday 9:00 am

Cycle

Cycle: True studio cycle instruction. Get your day started in the saddle. Cycling done right! Pedal to the beat and end with an abdominal workout.

Monday / Wednesday 5:15 am

Tuesday 9:00 am

Saturday 7:10 am

TGIF Cycle: Get pumped for the weekend with this uplifting, endurance cycle class. Shed fat and calories with a variety of upbeat hits.

Friday 8:00 am





TRAINER'S CORNER

By Dawn Brooks & Mark Swartz

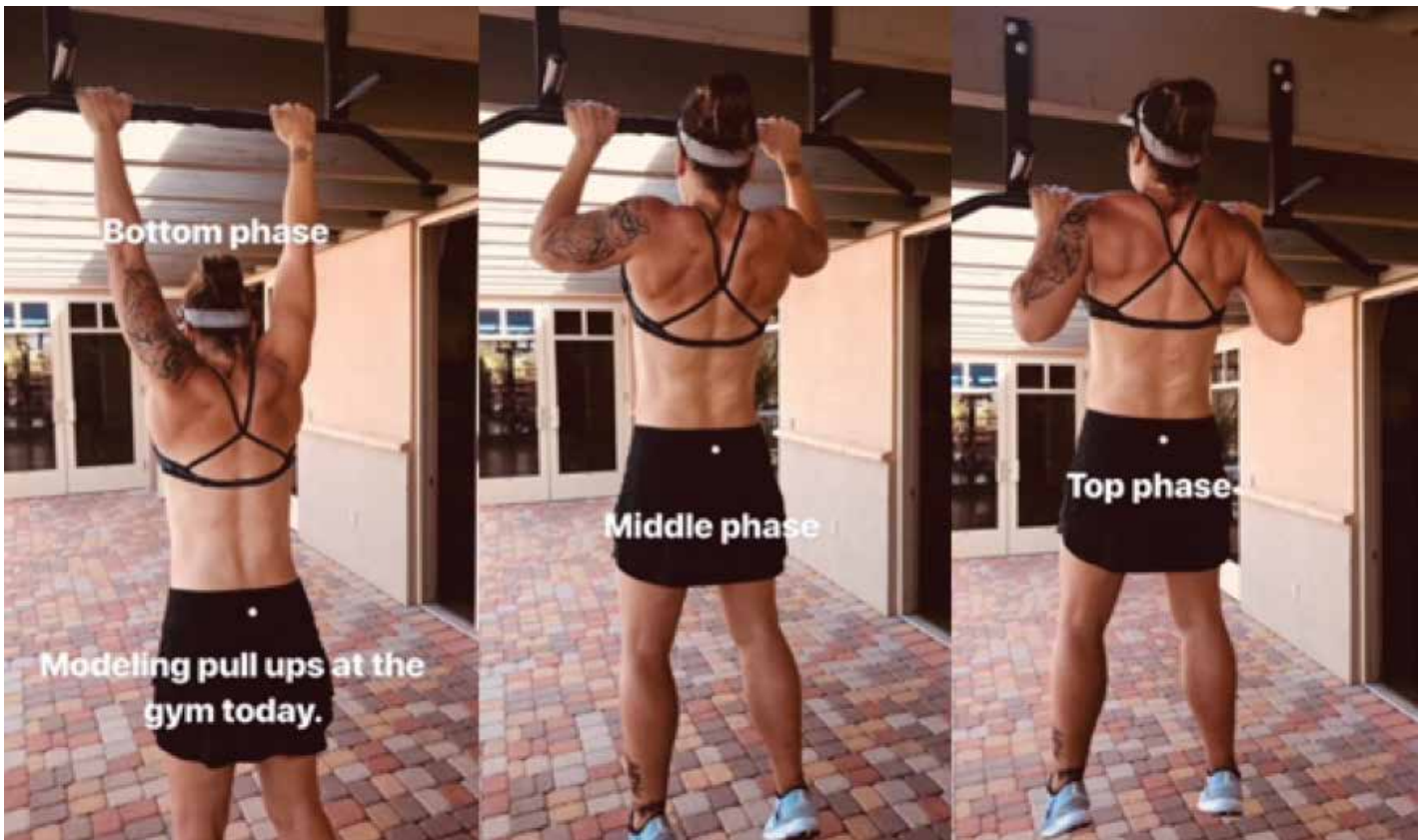
Summer is coming and the bathing suits are coming out! You might be working on your summertime look and want to achieve that amazing “V” shaped back seen so often on swimmers. Horizontal and Vertical Pull exercises make it possible to achieve this look. Along with pleasing aesthetics, pulling exercises are crucial for shoulder health and proper posture.

Mark Swartz: Personal Trainer - “Body Rows, a horizontal pull exercise, require just your body weight. The load you are pulling can be adjusted by changing the position of your feet and changing the angle of your body.”

Dawn Brooks: Personal Trainer- “A Pull-Up is an example of a vertical pull. Grabbing the bar with hands slightly wider than shoulder, width and palms facing away from body, pull yourself up to where your chin is above the bar. You can modify this exercise by using a band for assistance.”



Our member Joe Ballway demonstrates a bodyweight TRX row.



Trainer Dawn Brooks demonstrates a bodyweight pull-up.

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Message from Vice Mayor Luna

By David Luna, Vice Mayor City of Mesa

Hello Las Sendas residents! As the weather starts to warm up, I want to keep you in the know of several activities happening in District 5 and the City of Mesa.

Food Truck Friday

Continue to enjoy this culinary festival brought directly to you within the Las Sendas community. This monthly event has been such a great opportunity to meet and greet your neighbors. I love to host a table at each Food Truck Friday to interact with residents, gather community feedback, and share upcoming city news. Stop by my table on Friday, May 4, 2018 from 5-9 PM at the Trailhead Parke.

Luna Landing at Falcon Field

Please join me at Falcon Field for my annual Luna Landing Pancake Breakfast. This free annual event provides you with an opportunity to enjoy a great breakfast while taking in the views of Falcon Field Airport. I will be available to speak to residents as well as several city departments will host tables and have information available to residents. Saturday, May 5, 2018 from 7:30-9:30 AM.

Ride-In-Movies at the Park

The Transportation Department is hosting their series of Ride-In-Movies at the Park and our district is hosting next month. Join the Bicycle and Pedestrian program for an evening at Summit Park, 6237 E. Virginia St. (Thomas/Power) and watch The Emoji Movie free while enjoying free popcorn courtesy of SRP. The movie is scheduled on Saturday, May 5, 2018 at 7:45 p.m.

Street Light Master Plan

The City of Mesa is conducting a Street Light Master Plan to evaluate the options, impacts, and opportunities in utilizing LED street lighting. As you may have noticed, signs have been placed on McLellan Road

and Ellsworth Road notifying residents of the street light test areas. The next step in the process is to study various levels of dimmed lighting in the pilot test areas and collect feedback. Pilot testing is scheduled to start in late-April and occur over a four-week period with light levels changing from week to week. More information about pilot testing and the online public survey process will be communicated to residents soon via a postcard mailer.

Additional information about the Street Light Master Plan can be found at: www.MesaStreetLights.com – the website will continue to be updated with project details and online surveys as pilot testing gets closer.

Falcon Field Tech Center (FONSI)

The Federal Aviation Administration (FAA) has announced that a Finding of No Significant Impact (FONSI) has been approved, based on the results of a February 2018 Final Environmental Assessment (EA) for an Airport Layout Plan change for the Mesa-Falcon Field Airport for the proposed Falcon Tech Center project.

The planned development will cater to the medical and technology industries, offering long-term leases (up to 40 years), and be located on approximately 70 acres west of North Greenfield Road. Anticipated primary uses include light manufacturing and research and development and associated laboratories, as well as office and administrative facilities.

The FONSI indicates that the Proposed Action is consistent with existing environmental policies and objectives as set forth in the National Environmental Policy Act of 1969 in that it will not significantly affect the quality of the human environment. The Final EA and FONSI are available for online review at: <http://www.falconfieldairport.com/about-us/documents-forms>, www.MesaFalconDistrict.com, and www.mesamedicaldevice.com.

Please reach out with any questions, comments, or concerns. I can be reached via email at district5@mesaaz.gov or by phone at 480-644-3771.

**VICE MAYOR LUNA'S NEXT
LUNA LANDING
FALCON FIELD TERMINAL BUILDING**

Join him for free breakfast cooked by the Mesa Fire and Medical Department and learn about the exciting things happening in the City.

WHAT: Free Pancake Breakfast
WHEN: Saturday, May 5, 2018
 7:30-9:30 A.M.
WHERE: Falcon Field Terminal Building
 4800 E. Falcon Drive, Mesa, AZ 85215
INFO: (480) 644-5294

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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



MOMS Club

MOMS 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 Club

Welcome to the Merry Month of May in which we marvel at the blossoms up high on the tops of saguaros and wonder how the Native Americans figured out there was delicious ruby red fruit to harvest up there! Thankfully, they did and built a thriving business selling syrup, jelly, jam, and wine.

Las Sendas Retirees will enjoy a few more weeks of our regular meeting schedule, then break for the hot summer months. May meetings will be held on the 8th and 22nd, and the last meeting before the break will be on June 12th. Just remember - regular meetings begin at 9 am in the Trailhead Member's Club with coffee and refreshments for social time. A brief business meeting is called at 9:45 am to make necessary club announcements. Then at 10:00 am, an informative and/or entertaining program is presented. Afterward, members adjourn to a local restaurant for more social time over lunch!

During late June, July, August, and early September, the club will be on "summer break" schedule. No regular meetings will be held in the clubhouse. Instead, we will gather for "lunch only" on the 2nd and 4th Tuesdays of each month. If you are a 2018 paid member, you will receive an e-mail notification of each lunch gathering with an opportunity to RSVP. Our regular meeting schedule will resume on September 25th.

Many club activities are suspended for summer break, such as group hikes and local tours. The drop-in tennis group at clubhouse lower courts will adjust their Thursday morning start time to 8 am. But some groups, such as Monday afternoon bridge, continue through summer months.

If you are retired, or thinking about retiring, and you are looking for a stimulating social environment, please drop in to one of our meetings! If you like what you see and hear, \$25 will buy you a year's membership in this happy group! For further information, contact Rich Trumpfeller by e-mail at: ybcold467@yahoo.com



"The richest people in the world look for and build networks; everyone else looks for work." There is tremendous value in our interpersonal relationships. Grow your network by joining the Ladies of Las Sendas group every 2nd Thursday of the month at the Trailhead Member's Club. Networking begins at 5:30 pm with wine and hors d'oeuvres.

Ladies of Las Sendas

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!

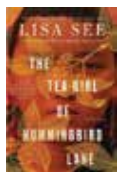
Learn more and register at the website at: www.joannejolee.com/LOL. Contact President, Joanne Jolee, with your questions at: joanne@joannejolee.com

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, 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.



May 8, 2018
The Tea Girl of Hummingbird Lane
 By Lisa See

Li-yan and her family align their lives around the seasons and the farming of tea. There is ritual and routine, and it has been ever thus for generations. Then one day a jeep appears at the village gate, the first automobile any of them have seen and a stranger arrives. In this remote Yunnan village, the stranger finds the rare tea he has been seeking and a reticent Akha people. In her biggest seller, *Snow Flower and the Secret Fan*, See introduced the Yao people to her readers. Here she shares the customs of another Chinese ethnic minority, the Akha, whose world will soon change. Li-yan, one of the few educated girls on her mountain, translates for the stranger and is among the first to reject the rules that have shaped her existence. When she has a baby outside of wedlock, rather than stand by tradition, she wraps her daughter in a blanket, with a tea cake hidden in her swaddling, and abandons her in the nearest city.



June 12, 2018
In the Garden of the Beasts: love, terror and an American family in Hitler's Berlin
 By Erik Larson

The bestselling author of "Devil in the White City" turns his hand to a remarkable story set during Hitler's rise to power. The time is 1933, the place, Berlin, when William E. Dodd becomes America's first ambassador to Hitler's Germany in a year that proved to be a turning point in history.

Las Sendas "Adopt-a-Street" Support

Neighbors & Friends - The Las Sendas Community has participated in Mesa's **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. For more information, please contact John Oldham at: jhold62014@gmail.com.

Clean-up Dates/Times for 2018:

- June 9th – 7:00 a.m.
- September 8th – 7:00 a.m.
- December 8th – 7:00 a.m.

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



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Allow Me to Introduce Myself

By Kristine Nau, CAAM, CMCA – Executive Director



I would like to take this opportunity to introduce myself and thank all of you for the warm welcome you have given to our entire team. For those of you who I have not had the pleasure of meeting, I look forward to doing so soon. As the new Executive Director for the Las Sendas Community Association, I feel privileged to be joining such a great team and am looking forward to serving you and this beautiful community.

Although not long ago, I spent just over a year in Broomfield, CO at the Anthem Highlands Community Association enriching my health, wellness, and lifestyle skills, Arizona’s East Valley is my true home. I take great pride in being a 2nd generation native Arizonan and even more proud that my three children are our family’s 3rd generation natives. Prior to my endeavor in the Centennial State, I had the privilege of working for nearly a decade with Walt Disney’s former son-in-law developing the Spectrum at Val Vista community in Gilbert AZ.

One of the most exciting things for me about this position is the resident’s desire to promote a healthy, active lifestyle and the Association’s dedication to enhancing their amenities by further developing Boulder Mountain Parke. After attending my first committee meeting, I can see that countless amounts of time and consideration have been expended to ensure that the park’s amenities appeal to a diverse audience. It’s obvious to me that there has been an exceptional amount of thought put forth into each phase of the proposed park, and there will be areas of interest for residents of all ages. As we move forward in bringing this much anticipated addition to the Las Sendas community, I would like to thank all of you in advance for your patience and continued support. I would also like to extend a special thank you to those residents who have volunteered their time and efforts to serve on the Boulder Mountain Parke Working Group and the Landscape Beautification Working Group.

I am fully aware that this recent change in Management may be an adjustment for some of you, but please know that I am committed to earning your confidence and respect. Over the next few weeks, as I continue to acclimate myself to the inner-workings of Las Sendas, please reach out to me or a member of the Las Senda’s team with any questions you may have.

Local Duo Reunite Owners with Lost Pets

More than likely, those of us with pets have felt the fear and panic of a pet gone missing. Whether it be a door left ajar, an unlatched gate, a jumpable wall, or a block wall drainage hole – our furry and hard-shelled friends venture away from our homes from time to time. Whatever the reason, sometimes our pets are not where they are supposed to be.



When this happened in the past, we would go door-to-door asking our neighbors if they had seen our pets or post “MISSING” notices hoping someone would see a photo of our companions that they may have seen “out on the streets.” Now, with today’s technology, more successful methods are used to reunite pets and their families quite expediently. The website, NextDoor, together with an email list for those who do not use NextDoor, are very effective in reuniting pets and family members within hours of being separated.

Around five years ago, Las Sendas residents and local realtors, Donna Luger and Jon Englund became the lead volunteers for the Las Sendas Pet Network. They took it over from a gentleman named Tom Taylor, who initially developed this important community service. Donna and Jon explained how this took place:

One evening, we experienced firsthand the fear that grips a family when a pet is missing. A family we were working with had a visitor who let their two dogs outside, not knowing there was no fence to keep the dogs in the yard. When we returned from viewing homes, it was dusk, and night was quickly approaching. We and the family hastily searched for hours and only one dog was found although frightened, hiding, and dirty. We decided then, if there was anything we could do to get more eyes and ears out looking for lost pets at these critical times, we were all in.

Soon after, Donna and Jon learned about the Las Sendas Pet Network and that Mr. Taylor was looking for volunteers to continue his important work. Since then, Donna and Jon have helped reunite numerous pets with their loved ones – including several dogs and cats along with three tortoises. “The success rate is staggering,” says Donna, when asked about the groups’ accomplishments. She estimates that 90-percent of lost pets in the community have been reunited with their owners since they took over.



If you or someone you know would like more information on the Las Sendas Pet Network, please contact Donna Luger and Jon Englund at (480) 699-1567, (480) 650-1422, or by email at: LasSendasPets@yahoo.com.

COMMUNITY NEWS

CCMC Introduces Kristine Nau and Kurt Sharp to the Las Sendas Community

CCMC is pleased to introduce two new community leaders for Las Sendas, Executive Director Kristine Nau and Community Manager Kurt Sharp.

As Executive Director, Kristine will help transition the community into its new partnership with CCMC. In doing so, Kristine's goals are to build a sense of community, connect with homeowners through health and lifestyle programs, and focus on showcasing the community's mission and vision through her team's day-to-day interactions.

"I am truly honored to have the opportunity to combine the lifestyles and management philosophies of CCMC and Las Sendas together," Kristine said.

Kristine joined CCMC in 2005, and has since served as Community Manager at a number of large master planned communities in both Arizona and Colorado. A veteran of the industry, Kristine holds the CAAM and CMCA certifications; she is scheduled for a PCAM case study later this year. In 2012, she was named "Manager of the Year" at the Arizona Association of Community Managers Guiding Excellence in Management awards ceremony.

"Kristine has proven herself to be a leader in each community she's served," said CCMC Division President, Delores Ferguson. "I believe she and her team will be able to demonstrate to the

homeowners of Las Sendas what sets CCMC apart, as they build on an established lifestyle and fitness program to create an even greater sense of community."

Kurt's role as Community Manager allows him to connect and engage with residents in a positive manner to build and maintain trusting relationships. He will work with Kristine to ensure a seamless transition as CCMC settles in the community.

"I look forward to serving the great residents of Las Sendas and being part of a best-in-class organization like CCMC," Kurt said.

A native of Spokane, Washington, Kurt earned a bachelor's degree in education and a master's degree in public administration from Arizona State University. Prior to joining CCMC, he enjoyed a lengthy career with the Town of Gilbert, where he held a variety of positions, including Recreation Coordinator, Management and Budget Analyst, Community Outreach Coordinator and Special Assistant to the Mayor.

"Through his career with the Town of Gilbert, Kurt has experienced many facets of community life, from events and activities to operations," Delores said. "The skills he's developed and lessons he's learned will be an asset to a premier community like Las Sendas."

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HOA Management Company: CCMC

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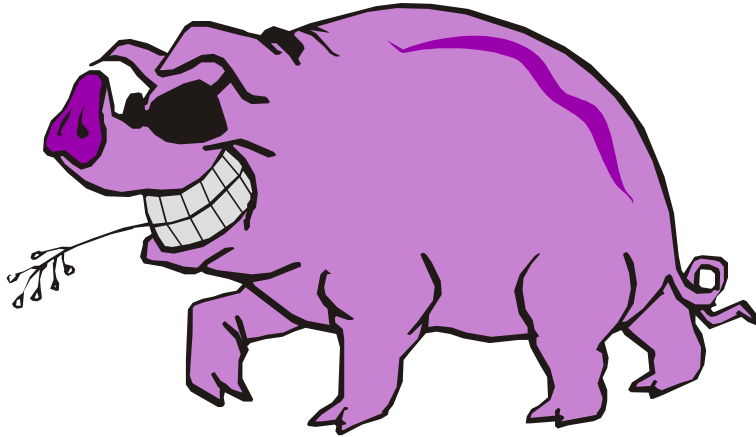
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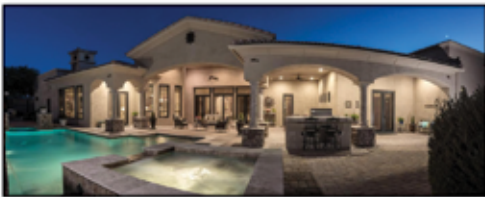
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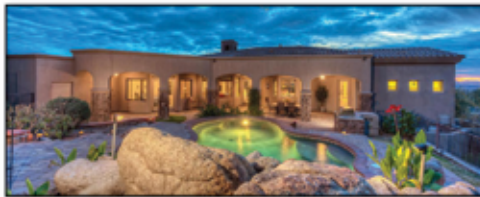
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SOLD FOR \$1,007,929 ON 4/3/2018



**4048 NORTH PINNACLE HILLS CIRCLE
MESA, AZ 85207**

(LAS SENDAS - PINNACLE HILLS) MLS#5690146
EXQUISITE TOTALLY UPDATED CUSTOM HOME
5,534 SQFT, 4 BEDS & 3.5 BATHS + DEN AND GAME ROOM
SOLD FOR \$1,350,000 ON 4/27/18



**4331 NORTH PINNACLE RIDGE CIRCLE
MESA, AZ 85207**

(LAS SENDAS - PINNACLE RIDGE) MLS#5707823
CUSTOM HOME WITH AMAZING VIEWS
3,038 SQFT, 4 BEDS & 3.5 BATHS
SOLD FOR \$800,000 ON 4/12/2018



**4060 N. PINNACLE HILLS CIRCLE
MESA, AZ 85207**

(LAS SENDAS-PINNACLE HILLS)
EXQUISITE ESTATE ON 2 ACRES ON 9TH HOLE OF GOLF
COURSE! 7,400 SF, 6 BEDS & 5.5 BATHS + DEN, GAME/
MEDIA ROOM, 6 CAR GARAGE W/CASITA, EXERCISE ROOM/
SAUNA...ETC! CITY LIGHTS, MTN. & GOLF COURSE VIEWS!
COMING SOON...\$2,299,000

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