

May / June 2012

The Vision

Las Sendas Community Association

The TAC Turns 11!

Sports Summer Camp

Revision 7 - Concert in the Parke

Radio Disney's
Super Hero Start to Summer

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Bogey's

Steak & Seafood

Bogey's Steak & Seafood is proud to say that our Thursday "Prime Rib Night" has become a Las Sendas premiere weekly dining event! Come enjoy mouth-watering Prime Rib roasted to perfection, served with creamy mashed potatoes and Chef's seasonal vegetables. A delicious deal at only \$19.95!

Wednesday nights we are continuing our "Wine Down Wednesday" featuring 1/2 price bottles of wine all day. What a great opportunity to sample new wines for half price!

Enjoy Happy Hour in The Rusty Putter, Viewpoint Patio, and Bogey's. In addition to the incredible deals on specialty cocktails, wines by the glass, and beers, there are also a wide variety of delicious appetizers to choose from for only \$5! For our summer months, starting June 1st, we are extending Happy Hour an extra hour every day! Happy Hour will be from 3:00 pm to 7:00 pm seven days a week!

Also starting June 1st and continuing throughout the summer months, Bogey's Steak & Seafood will once again offer our 3 for \$30 menu. Choose an amazing appetizer, impressive entree, and delectable dessert from our special menu for only \$30. (Available only in Bogey's)

If you have any questions or would like to know more about planning a special occasion with us, please call us at 480-396-4000 ext. 206



*Las Sendas
Golf Club*



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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.



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Meet Your HOA

Las Sendas 2012 Board of Directors

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Barbara Carpenter bclscabd@gmail.com

Vice-President
Jeff Brugos jeffbrugos@aol.com

Secretary
Joe Ballway jhballways@cox.net

Treasurer
Brett Bieberdorf brettblsca@gmail.com

Director
Paul Shields paulwshields@cox.net

Director
Kevin Roberg lscabod.roberg@gmail.com

Director
Jim Travis lshoaboard@yahoo.com

Las Sendas Community Association Staff Directory

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Rita McDannald rmcdannald@thetrailhead.org

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Charlie Ralls cralls@thetrailhead.org

Director of Maintenance
Marc Sparling msparling@thetrailhead.org

Lifestyle Director
Jennifer Graffice jgraffice@thetrailhead.org

Assistant Lifestyle 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

Lifestyle
480.357.8780

Trailhead Athletic Club & Spa
480.832.6900

Community Patrol
480.220.1794

Rossmar Customer Care Center
480-551-4300

info@thetrailhead.org
banquets@thetrailhead.org
www.thetrailhead.org
www.RossmarConnect.com/LasSendas

Association Office Hours
Monday – Friday
8:00am-5:00pm

Trailhead Members Club Lobby Hours
Monday – Friday
8:00am-8:00pm
Saturday & Sunday
10:00am-4:00pm

Trailhead Athletic Club Hours
Monday – Thursday
5:00am-8:00pm
Friday
5:00am-7:00pm
Saturday
6:00am-5:00pm
Sunday
7:00am-5:00pm

Pool Hours Daily
6:00am-10:00pm



Neighborhood Watch Breakfast with the Neighbors

Las Sendas Tapestry Mountain neighbors gathered on a lovely spring day for their annual breakfast. With colorful flowers lining the patio area and the grass freshly cut, it was a perfect early morning social. Those who arrived early had a chance to greet our new residents. When the menus arrived and the hot coffee carafes were flowing residents ordered their meals: Diane, Larry, Mark, Shar, Dave, Pete, Judy, Susan, Julie, Linda, Al, Janet, Elaine, Ken, Linnea, Kevin, Christine, Paul, Joanne, Linda and Ken.



Shirley and John, Tapestry Mountain Neighborhood Watch Captains and members of the Mesa Police Superstition District Advisory Board, again attended and organized this activity at the Painted Mountain Restaurant on McKellips Road in Mesa. As residents, our only duty is to observe and report to the police if there are any serious concerns. The police track all calls for service and respond when appropriate. Since we live in gated community police have to be called to enter private streets.

**City of Mesa Police
Non-Emergency (480)-644-2211
or Emergency 911**

Karen Stegenga, our new Crime Prevention Police Officer for the Las Sendas District reminds all residents to securely close and lock all windows and doors each night and when

you are not home. Vehicles and garage doors should be locked at all times.

The Las Sendas Community Patrol's duty is to observe and report on the Las Sendas amenities such as; pools, playgrounds, parks, trails, and Trailhead Member's Club. They may be contacted at (480)-220-1794.

Neighborhood Watch Program

Report Suspicious Activity

If you see any suspicious activity within your community, it is very important to call the police. Calling the police for suspicious activity reduces the chance of crime and may help to increase patrols in your area. If you have an emergency, call 911. If it is not an emergency, call 480 644 2211.

If your community does not yet have a "Neighborhood Watch" program, and are interested to learn more about this program, please contact: Karen Stegenga, Crime Prevention Officer, Superstition District, Mesa Police Department P.O. Box 1466. Mesa, AZ 85211-1466, (480) 644-5014



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

Thank you to our Easter Egg Hunt Sponsors & Our Easter Bunny!



Desert Rose Preschool



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.

Las Sendas Board Bits

By Kevin Roberg

“Show *them* what can be done.” I haven’t watched the interview in twenty five years, yet I can still hear the inflection on “them” in John Naber’s voice as he described the motivational advice he received in his early years before becoming an iconic swimming (backstroke) Olympic Champion and World Record Holder in the 1976 Montreal summer games.

This is the earliest quote I can recall in my lifetime where I felt inspired to set goals, achieve personal bests regularly, and surprise, astound or amuse my family, friends, supporters, nay-sayers, and myself simultaneously. What was yours?

In 1985, at age eleven, my family moved from Kansas to New Mexico where a year-round swim team existed and I was suddenly in the Bronze medal position. For the cost of a VHS tape, a kind and patient grandparent created and distributed swim meet tapes locally. One time, he included the interview as a “special bonus.” We were not Olympians, but it was exciting to watch our races on tape, as if we were. John Naber’s message transcended my desire to excel at swimming back then and professionally in what I do now.

Perhaps John Naber should have stressed the “what” or “can be done” inflections? Although he did not invent backstroke, he achieved the highest awards of that time and his World Record held for seven years. After swimming, he served as the Chairman of “Character Counts! Sports” and authored “Awaken the Olympian Within: Stories from America’s Greatest Olympic Motivators.” He has been recognized for Broadcasting and Speaking endeavors and is inducted into four Halls of Fame. John Naber did and does “what” with an exclamation point instead of a question mark. So goes your elected Directors, volunteers, and Community Management staff. I personally am focused on actions we can enact today so that now and for the next twenty five years and beyond, we can be as comfortable and reasonable or better!

What can be said of my swim story? Influence achievements, have an open mind, be reflective, have confidence, think with ingenuity, seek challenges, be your own champion, live by example, participate fully, be grateful, and be more selfless every day. Be that “special bonus” provider as often as practical, and do so with keen intuition. Share your insight and support the next record breakers and advocates.

Foster and promote a healthy lifestyle. Swim! Attend a meeting, volunteer, share your passion, and be included! Engage the TAC / Lifestyle Division staff with your fitness goals and activity ideas and seek their guidance - they are prepared to assist you! Let “them” show *you* what can be done!

I champion lifetime learning (and doing) and I invite you to email your “good Naber” stories with me to lscabod.roberg@gmail.com.

LSCA Management Briefs Community Monuments

As many of you may have noticed, the letters to some communities have been the target of theft and/or vandalism. The Association had been attempting to replace the letters but the vandals were taking them down as soon as they were put up.

In an effort to find a more permanent solution, the Association has been looking into etched stone for the monument signs. At the March 27, 2012 Board Meeting the Board of Directors was presented with different options to consider.

We will keep the community posted on the progress as it comes about. We thank you for your patience, and please be assured that we are working on a solution as quickly as possible.

If you have further questions regarding the monuments, please contact the community office at 480-357-8780.



Committee Corner

The Audit, Custom and Regular Architectural Committees are seeking new members. For an application visit the Committees page at www.thetrailhead.org under Community or stop by the Association Office. For additional information on the Audit Committee contact Jeff Brugos at jeffbrugos@aol.com; for Regular or Custom Architectural Committees contact Anthony Martin at amartin@thetrailhead.org.

LSCA WEBSITE AND VISION EXPRESS--

We Need Your Email Address!

As part of the management services offered by Rossmar and Graham, the Association has taken advantage of a new community website to assist homeowners in getting access to important information regarding the community. We encourage you to visit: www.rossmarconnect.com/lasendas.

If you have any questions regarding the website or issues registering you may contact our Customer Care Center at 480-551-4300. Don't miss out- register today!



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www.TheLasSendasPage.com

MARCH CLOSED SALES

Las Sendas Resale Homes

Community	Sq. Ft.	Sold Price	Community	Sq. Ft.	Sold Price
Windsong	1605	\$172,000	Cobblestone	2835	\$280,000
Grayfox	2219	\$263,000	Tapestry Mtn.	1571	\$285,000
	1762	\$239,600	Sonoran Heights	3232	\$375,000
Silverhawk	1794	\$222,000	Canyon Creek	3655	\$415,000
	1756	\$245,000	Pinnacle Point	3655	\$417,000
Ironwood Pass	2150	\$200,000	Black Rock	2942	\$429,900
	2451	\$244,000		3468	\$720,000
	2150	\$252,500	The Preserve	3040	\$450,000
Featherwind	1816	\$180,000	Golf Colony	3365	\$488,000
Shadow Canyon	1756	\$212,000		3329	\$540,000
Desert Vistas	1821	\$222,000	Legacy Hills	3404	\$540,000
Mountain Gate	1756	\$245,000	Granite Preserve	3681	\$570,000
Stoneledge	1926	\$245,000			

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Landscape Update - Four Peaks Landscape



Water Management 101

June typically brings extremely hot temperatures with no chance of rains. Based on these factors irrigation should be closely monitored and adjusted according to soil moisture. How much should I irrigate you ask? Well based on history we can take a close guess as to what we should be applying going into the month and make adjustments as necessary to account for actual weather. We typically use a factor called Evapotranspiration to gauge how much water to apply and depending on the type plants (this affects the crop coefficient) and irrigation (sprinklers, drip, bubblers, etc.) an estimated run time can be established to provide adequate water. June historically has the highest amount of Evapotranspiration of any month therefore making it the highest irrigation water use month of the year. There are a couple of websites which can be utilized to gather current and historic data to estimate irrigation requirements. AZMET (Arizona Meteorological Network) which can be found at www.ag.arizona.edu/AZMET has turf watering guide for the phoenix area along with information from several weather stations throughout the state. Arizona Municipal Water Users Association has a table outlining seasonal watering requirements and an interactive scheduling tool which is extremely

helpful. This can be located on the web at: www.amwua.org. The best water management practice of all is to know your landscape and pay attention to appearance, growth and even signs of stress in the plants. Taking some time to make sure that you are not overwatering will not only help conserve water but will save money.



Compliance

Las Sendas Parking Policy

In order to avoid street congestion, maintain neighborhood aesthetics and to provide a safer environment, a parking policy was amended in March 2011 by the Board of Directors.

On-street parking within Las Sendas is prohibited except for temporary overflow parking if your driveway and/or garage cannot accommodate all of the vehicles of your guests, provided it does not exceed 72 hours in a 7 day period. Please advise your guests not to park on the fire lane side of the street. In addition, overnight parking is prohibited (overnight is defined as parking from midnight to 6:00 a.m.) RV's and trailers may only be parked in the driveway for the purpose of loading and unloading for no more than 24 consecutive hours.

For more information or to see the policy in its entirety, please visit www.thetrailhead.org under forms and documents/governing documents or contact the Community office.

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Las Sendas Lifestyle

Activities to Do – Events to Discover

Pre-registration is required for ALL classes and events.

You can register and pay ONLINE or if you are heading over to the Trailhead Members Club and wish to register in person, we accept Visa, MasterCard and personal checks only – NO CASH please. For detailed information, go to www.thetrailhead.org under **Activities & Banquets**. 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.

INFANT SWIM LESSONS

With summer approaching, self rescue skills are vital for young children who are spending time near and in the water. Infants and young children from 6 months to 6 years of age will learn water survival and self rescue skills. Register now for classes. For class information and registration contact Becky Harris at 480-216-8905 or by email becky@israz.com. Please visit the national website at www.infantswim.com for program information.

Dates: Beginning mid April
Location: Trailhead Pool
Cost: \$85 per week



SYNCHRONIZED SWIMMING

In partnership with the Arizona Aqua Stars, we are offering intro classes to synchronized swimming. Synchronized swimming is a unique combination of swimming, dance, and gymnastics – all done in the water. Learn basic sculling techniques, egg beatering, and figure and routine skills. Participants must be able to swim the length of the pool and be comfortable in deeper water without a flotation device.

Ages: 6-12
Dates: Monday through Thursday
June 11th- June 14th &
July 16th- July 19th
Time: 5:00pm-7:00pm
Location: Trailhead Members Pool
Fees: \$50 if you register for only 1 session
\$85 if you register for both
\$5 discount if refer a friend!

FAMILY TENNIS SOCIAL

Bring out the entire Family! Join us at the Sonoran Hills Tennis Courts. We will do a round robin tennis social.

Divisions will be:
Parent/Child 10 and under using QuickStart balls
Parent/Child (any age)
Husband/Wife
Grandparent/Son or Daughter
Siblings: Brother/Sister, Brother/Brother, Sister/Sister
Date: Saturday, May 5th
Time: 11:00am
Cost: Free – Bring a dish to share



CONCERTS IN THE PARKE WITH – REVISION 7

Bring your picnic lunch, your favorite beverage, lawn chairs and blankets, and your family and friends to the Trailhead Parke to enjoy some great music. Please make sure to bring plastic containers for your beverages.

Revision 7 is a high energy Teen Band so definitely bring the kids with you and enjoy the last week of school before the summer break with us at the Concert in the Parke!

Location: Trailhead Parke
Dates: Sunday, May 20th
Time: 4:00pm-6:00pm
Cost: FREE



LAS SENDAS 2012 SPORTS CAMP- NEW THIS YEAR!!!!

These 2 week camps are designed to teach children ages 6-12 the fundamentals of 4 recreational sports taught by our Community professionals. Each child will receive instruction every day in the areas of Tennis, Swim, Golf and Fitness. We will have an hour for lunch and then complete our day with a Free Swim. Lesson plans will be designed per age and ability level so that each child can learn and grow in a positive fun environment. Occasionally, throughout the camp we may add additional theme days to keep things cool and exciting. Each session is limited to 50 campers so please pre register to reserve your spot!

Camp Session Dates:
June 4th-15th
June 17th- 29th
July 9th -20th
Times: Monday- Friday 9am-3pm
Fees: \$350 per session

DIVE IN MOVIE - THE ADVENTURES OF TIN TIN

Tintin is the intrepid young reporter whose relentless pursuit of a good story thrusts him into a work of high adventure against the nefarious Red Rockham. Based on the series of books The Adventures of Tin Tin by Herge.

Date: Friday, June 15th
Time: 8:00pm-10:00pm
Fees: \$3 per person – please pre register

D'VINE WINE TASTING

Get together with friends and D'Vine Wine Bar and Bistro at the Trailhead Members Club. Pairing delicious food with great wine, this is an event you don't want to miss! For menu details and to register, please visit our website at www.thetrailhead.org under Activities & Banquets, Special Events.

Age: Adults
Date: Friday, June 8th
Time: 7:00pm-9:30pm
Fee: \$35 per person – includes food and wine pairing

LAS SENDAS COMMUNITY TENNIS

SUMMER PROGRAM 2012

SESSION I: JUNE 4TH – JUNE 30TH
SESSION II: JULY 9TH – JULY 31ST

Contact Lori Thornton at 480-717-7208 or email at Lthornton63@gmail.com if you have any questions regarding the summer program.

PRIVATE AND GROUP LESSONS

One hour private lesson Tennis Pro – \$ 45.00 hour
One hour semi-private lesson Rate/2
One hour private group lesson (3 or more) Rate/group
Lesson package rate Pay for 4 lessons get one free

JUNIOR PROGRAM

LEVEL	DAY	TIME	MONTHLY COST
Tots I (4-5)	Mondays	6:00-6:30pm	\$ 20
Tots II (6-7)	Mondays	6:30-7:30pm	\$ 40
Junior Beginners	Mon & Wed	7:30-8:30pm	\$ 70
Juniors Intermediate	Tues & Thurs	6:00-7:00pm	\$ 80
Junior Competitive	Tues & Thurs	7:00-8:00pm	\$ 80

Super Hero Start to Summer!



Las Sendas Community invites all Las Sendas Elementary Students to an end of year school party!

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

Radio Disney will be rockin' pool side with karaoke, laser tag, cool dances and Disney prizing!

Sponsored by:



Las Sendas will have Pizza & Drinks available for purchase for \$6



Register at: www.thetrailhead.org
Under Activities & Banquets, Special Events or visit us at the Association Office

ADULT PROGRAM

LEVEL	DAY	TIME	MONTHLY COST
3.0	Tuesdays	8:00-9:00pm	\$ 45
3.5 & Above	Thursdays	8:00-9:00pm	\$ 45

ADULT LEAGUES

GROUP	DAY	TIME	COST
Women's Doubles	Monday	7:00-9:00pm	\$ 25
Men's Doubles	Wednesday	7:00-9:00pm	\$ 25
Men's Singles	Thursday	7:00-9:00pm	\$ 25
Women's Doubles	Friday	7:00-9:00am	\$ 25

RETIREES' TENNIS

Enjoy mixed doubles every Thursday morning at 9:00am with the Retirees Tennis Group. For more information, call Kevin Hanley at 480-264-4387 or Lynne Burke at 480-641-3336.

YOUTH DANCE

Summer Session 2012
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 27th



Jazz & Tappin' Divas!

Who doesn't like a little jazz in their step or maybe tapping going on in their toes! Students will learn basic JAZZ & TAP technique PLUS we will have fun skirts to wear in class to keep! Tap & ballet shoes are recommended.

Ages: 3-5yrs old
Time: 2pm-2:55pm
Class Fee: \$32, Supply Fee: \$10

Lil' Tots Class

Does your little one want their own class this summer! This class is great for toddler boys & girls who would like to feel like a big kid & have their own class. This is a busy class with creative movement, free play, tunnel, sport balls, balance beam, hula-hoops & it is so much fun!! Lil' Tots Class is perfect for kids who are experiencing their first class & parents are welcome to join us.

Ages: 18mos -2.5 yrs old
3:15pm-3:45pm
Class Fee: \$12, Supply Fee: \$5

Summer Fairies

Still want to keep dancing after tap & jazz class? This is all about Ballet & Creative Movement. You will also receive a tutu to wear to class to keep. Ballet shoes are recommended.

Ages: 4-6 yrs old
4pm-4:55pm
Class Fee: \$32, Supply Fee: \$10

Jazzin' Jumpers-Jump Rope

Come ready to JUMP!!! This class is for students with a lot of energy!! Students will learn basic jumping & turning tricks with single rope, partner & long rope. This class will be exciting and a great way to stay active out of the summer heat! Jumpers will need to come with a water bottle & wear tennis shoes. Students will need to provide their jump rope. This class is open for Boys & Girls!!

Ages: 6yrs & up
5pm-5:55pm
Class Fee: \$32, Supply Fee: \$5

HIP HOP

Still not worn out from Jump Rope?! This class is for all levels of dance. Students will learn baby freeze, top rock, breather, double breather, switches, CCs, hurricane, 2-step, 3-step, 6-step, W-freeze, drop freeze and much more!! Students will need to wear clothes you can move in; a bottle of water & either hip hop sneakers or converse sneakers. This class is open for Boys & Girls!!

Ages: 6yrs & up
6pm-6:55pm
Class Fee: \$32, Supply Fee: \$5

COMMUNITY SEMINAR SERIES INTERVENTIONAL PAIN MANAGEMENT

Join Ann Cheri Foxx, M.D., pain specialist on the medical staff at Mountain Vista Medical Center, as she discusses how the specialty of interventional pain management may help to improve the overall quality of life for those living with pain. Light refreshments will be provided.

For more information or to RSVP, call the Las Sendas Association Office at 480-357-8780.
Date: Thursday, May 17th
Time: 6:00pm



DISORDERS AND DISEASES OF THE EYE

Join Aasim Kamal, M.D., ophthalmologist on the medical staff at Mountain Vista Medical Center, as he discusses common disorders and diseases of the eye, and tips to keep your eyes healthy. At the conclusion of the seminar, complimentary vision and eye pressure testing will be provided. Light refreshments will be provided. For more information or to RSVP, call the Las Sendas Association Office at 480-357-8780.

Date: Thursday, June 21st
Time: 6:00pm

WOMEN & WEALTH FINANCIAL SERIES

Northern Trust presents a four part series designed to increase financial understanding, build financial skills and secure and protect Your financial future. These seminars are limited to 25 people per seminar. To register, come up to the Association Office or call 480-357-8780.

Dates: Wednesdays, May 2nd, 9th, 16th and 23rd
Time: 2:00pm-4:00pm
Cost: Free

LAS SENDAS COMMUNITY ASSOCIATION
SWIMMING LESSONS
* Presented By EVO Swim School *

www.EvoSwimSchool.com/LasSendas

MAY - SEPT
Residents: \$34 per month (one lesson per week)
Non Residents: \$51 per month (one lesson per week)
** Two lessons per week available

EVO swim school

EVO Swim School is looking forward to another great year of QUALITY SWIMMING LESSONS

Lesson Schedule:

- **May 8 - May 31 @ the Trail Head Pool**
★ Tuesdays & Thursdays from 4:30 - 7:00 pm
- **June 4 - July 26 @ the Boulder Mountain Pool**
★ Tuesdays & Thursdays from 4:30 - 7:00 pm
★ Mondays & Wednesdays from 9:30 am - 12:00 pm
- **July 31 - September 27 @ the Trail Head Pool**
★ Tuesdays & Thursdays from 4:30 - 7:00 pm

• Enrollment is now open for evening lessons starting in May
• Enrollment opens May 1st for morning lessons starting in June
• All other enrollments will not be taken more than 7 days in advance of your selected start date

CLASS SCHEDULES & ONLINE PRE-REGISTRATION AT:
www.EvoSwimSchool.com/LasSendas

LAS SENDAS COMMUNITY ASSOCIATION
SUMMER SWIM TEAM
* Presented By EVO Swim School *

www.EvoSwimSchool.com/LasSendas

May 29 - July 21
MORNING SWIM TEAM
Residents: \$65 per month
Non Residents: \$80 per month
EVENING SWIM TEAM
Residents: \$37.75 per month
Non Residents: \$40.25 per month
**multi child discounts for residents

Summer swim team is right around the corner.
Get ready for weekly dual meets and a whole bunch of fun!

Practice Schedules:

- **Monday - Thursday mornings @ the Trail Head Pool**
★ 6 & Under 7:30 - 8:00 am
★ 8 & Under 7:00 - 8:00 am
★ 9 & Older 8:00 - 9:00 am
- **Monday & Wednesday evenings @ the Trail Head Pool**
★ 6 & Under 5:30 - 6:00 pm
★ 8 & Under 5:00 - 6:00 pm
★ 9 & Older 6:00 - 7:00 pm

Note: Tuition will not be pre-ented for any reason.

COMPLETE DETAILS & ONLINE PRE-REGISTRATION AT:
www.EvoSwimSchool.com/LasSendas

2012 | SAVE THE DATE!

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tree House 3pm-7pm	2 Dance Women & Wealth Financial Seminar 2pm	3 Custom ARC Committee 8am Tree House 3pm-7pm	4 Tree House 8am-11:30am	5 Tree House 7:30am-11am Family Tennis Social 11am
6	7 Tree House 8am-11:30am Circuit Sense Begins 11am Bridge Club 1pm	8 Tree House 3pm-7pm Retiree's Club 9am	9 Regular ARC Committee 8am Tree House 8am-11:30am Dance Women & Wealth Financial Seminar 2pm	10 Tree House 3pm-7pm LSCA History Project 6:30pm Merrill Lynch Wine Tasting 6:30pm	11 Tree House 8am-11:30am	12 Tree House 7:30am-11am
13 Mother's Day	14 Tree House 8am-11:30am Bridge Club 1pm	15 Book Club 6:30pm Tree House 3pm-7pm	16 Tree House 8am-11:30am Dance Women & Wealth Financial Seminar 2pm	17 Custom ARC Committee 8am Tree House 3pm-7pm Finance Committee 4pm Mountain Vista Medical Seminar 6pm	18 Tree House 8am-11:30am	19 Tree House 7:30am-11am TAC Member Appreciation Party 6:30pm
20 Concert in the Parke 4-6pm Revision 7 TEEN BAND	21 Tree House 8am-11:30am Bridge Club 1pm	22 Retiree's Club 9am Tree House 3pm-7pm Board Meeting 6pm	23 Regular ARC Committee 8am Tree House 8am-11:30am Women & Wealth Financial Seminar 2pm	24 Tree House 3pm-7pm School's Out Bash 3:30-5:30pm	25 Tree House 8am-11:30am	26 Tree House 7:30am-11am
27	28 Memorial Day Tree House 8am-11:30am TAC Hours 6am-2pm Association Office Closed	29 Tree House 3pm-7pm	30	31 Tree House 3pm-7pm		

● HOA

● CLUBS

● ACTIVITIES

● ATHLETIC CLUB

Las Sendas

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tree House 8am-11:30am	2 Tree House 7:30am-11am Adopt a Street
3	4 Tree House 8am-11:30am Circuit Sense Begins 11am Summer Camp Session 1 Bridge Club 1pm	5 Tree House 3pm-7pm	6 Tree House 8am-11:30am Dance	7 Custom ARC Committee 8am Tree House 3pm-7pm	8 Tree House 8am-11:30am Wine Tasting 7pm	9 Tree House 7:30am-11am
10	11 Tree House 8am-11:30am Bridge Club 1pm	12 Tree House 3pm-7pm	13 Regular ARC Committee 8am Tree House 8am-11:30am Dance	14 Tree House 3pm-7pm LSCA History Project 6:30pm	15 Tree House 8am-11:30am Dive-In Movie 8pm	16 Tree House 7:30am-11am
17 Father's Day	18 Tree House 8am-11:30am Summer Camp Session 2 Bridge Club 1pm	19 Tree House 3pm-7pm Book Club 6:30pm	20 Tree House 8am-11:30am Dance	21 Custom ARC Committee 8am Tree House 3pm-7pm Finance Committee 4pm Mountain Vista Medical Seminar 6pm	22 Tree House 8am-11:30am	23 Tree House 7:30am-11am
24	25 Tree House 8am-11:30am Bridge Club 1pm	26 Retiree's Club 9am Board Meeting 6pm	27 Regular ARC Committee 8am Dance	28	29	30



THE TRAILHEAD ATHLETIC CLUB
and Las Sendas Spa

For Trailhead Athletic Club (TAC) events and classes please contact the TAC front desk at 480-832-6900.

The TAC Turns !!!

Come celebrate the 11th Anniversary of the Trailhead Athletic Club and Las Sendas Spa. The TAC family invites all of our Athletic Club members and Spring Training contestants to join in the festivities on May 19th to honor and thank our members and staff for their continued support of the Athletic Club and Spa over the years.

We will also be announcing the winners of our 2012 Spring Training Contest during the event.

Hors d'oeuvres, drinks, awards and much more! Call the TAC to register at 480-832-6900.

Date: Saturday, May 19th
Time: 6:30pm-9:00pm
Fee: \$20

SPRING TRAINING



The 2012 Spring Training Contest is in its final stage. For those of you participating don't forget to pick up your t-shirts, and schedule your post measurements or final consultations with your trainer.

Prizes include a year's membership, Spa treatments, Golf at Las Sendas Golf Course and more!

Thanks to all who participated in this year's contest!

Come Join Us for a Complimentary Community Wine Tasting Event!!

Wonderful weather to come out and enjoy some wine, hors 'd'vours, and friends

- *Very brief discussion on post crisis financial trends and ways to actively manage your portfolio for protection & growth*
- *Sommelier to share knowledge and tastings of locals favorite wines*
- *Enjoyable atmosphere to socialize with fellow Las Sendas residents*

Sponsored by Merrill Lynch

- **David N DeNitto CFP® CRPC® CFM, Vice President
Portfolio Manager – PIA Program
Wealth Management Advisor**

Time & Date: May 10th at 6:30pm

Location: Trailhead Members Club

Please RSVP through the sign up sheet in the Members Club or call/email Matthew Gaspar at (602)954-5007 or matthew.gaspar@gmail.com

Gift Certificates

For Mother's Day or Father's Day give the gift of good health, relaxation and beauty with a gift certificate to the Trailhead Athletic Club or Las Sendas Spa. You choose the amount; your recipient chooses the services.



Now taking appointments for treatments on Mother's Day!

CIRCUIT SENSE

Tone and build muscles! Burn calories! Enhance cardiovascular ability! Raise your metabolism! This 45 minute class is performed in a rotation with others and is perfect for supporting each other in keeping those New Year's resolutions.

Dates: Mondays, Wednesdays & Fridays;
May 7th – June 1st & June 4th – 29th
Time: 11:00am
Fee: \$90 per person
\$80 per person for TAC members

SUMMER SPLASH AND FIT

The Trailhead Athletic Club Water Program is available to ALL Las Sendas residents!



Days: Tuesdays, Thursdays & Saturdays
Time: 9:00am-10:00am
Fee: NO extra charge for TAC members; \$5 drop in fee

TREE HOUSE CHILD WATCH

Child Care for TAC Parents

The Treehouse would like to wish a warm welcome to our newest team member Sondra Taar. She will be taking the place of Tay who is now working with Bridges Preschool.



However, we may still see Tay from time to time as she has agreed to stay on as a substitute. Please join us in the Treehouse as we celebrate Spring with special projects.

Just a reminder ...if your child is showing any sign of illness such as runny nose, sneezing, coughing, etc. we ask that you keep them home to help prevent the spread of germs.

Our goal at the Treehouse is to provide a safe and healthy environment for your children.

Our Treehouse hours are:

Monday-Wednesday-Friday

7:45am to 11:30am

Tuesday - Thursday

3:00pm to 7:00pm

Saturday

7:30am to 11:00am

DOTFIT SPECIAL

DotFit Nutrition and Weight loss program available at the TAC. Exerspy armband on sale for \$199 – a \$50 savings. Includes armband, 3 month Subscription to website and a personal consult with a trainer.



Spa Tip

Don't forget the importance of sunscreen, as the weather gets warmer, the sun's rays are damaging to the skin and cause premature aging. Stop by the Las Sendas Spa to talk with an aesthetician to find which sunscreen is right for you!



Spa Specials

For appointments and details contact the TAC at 480-832-6900.

May

A Path to Relaxation Spa Package Special
For just \$99.00 you will enjoy a one hour massage followed by a one hour facial or enjoy an...

**Aeromotherapy Massage
or Facial
For \$59**

June

We are offering a

**Sports Massage
or Gentlemen's Facial
For \$59**



MAY/JUNE GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am BOOT CAMP Annette	7:45am PILATES Meg	5:15am BODY PUMP Delia		5:15am SKILLS & DRILLS George	
8:00am CARDIO CARVE Meg	9:00am WATER Annette		7:45am PILATES Meg	9:00am ZUMBA TONING Mayuli	8:00am BODY PUMP Rachael
9:00am BODY PUMP Rachel	9:00am CORE PERFORMANCE Bev/Dawn	9:00am BOOT CAMP Dawn	9:00am WATER Bev	10:15am YOGA Barb R	9:00am WATER Brenda
10:15am MEDITATION Jolanta		10:15am YOGA Jolanta	9:00am TOTAL BODY George		9:15am YOGA
	5:15pm BODY PUMP Rachel	5:30pm PILATES CORE Meg	5:15pm FIGHT FITNESS Dan		
6:30pm ZUMBA Kristin	6:15pm FIGHT FITNESS Dan		6:15pm BODY PUMP Tara		

*All classes are 1 hour in length unless noted otherwise. www.thetrailhead.org

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- 3 I'm not bound by a contract, they guarantee to get a smile on my face with every cleaning.
- 4 They're reliable, I know I can always rely on Molly Maid to arrive on time and to clean my home professionally!
- 5 People notice, visitors always compliment me on how clean and fresh my home is. Inexpensive guests are no longer a concern.



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2012 Las Sendas Quilt Show

For the eighth year in a row, the Las Sendas Quilt Club held its annual Quilt Show on Sunday, March 25, at the Trailhead. The 35 club members displayed 106 quilts throughout the Trailhead and were warmly received by over 320 visitors. A featured exhibit included a prize-winning Red Mountain Quilt and Arizona Points of Interest quilt which celebrated the AZ centennial. A club group project, Row Quilts, also showcased the group work of the club. Our admission donations for Sunshine Acres Children's Home in Mesa totaled \$469, with 30 charity quilts donated to Ryan House, a children's hospice facility in central Phoenix while other charity quilts donated to House of Refuge in Mesa, and Taft Elementary School, a Mesa Unified District school. Two members also made Quilts of Valor for homecoming military service men and Women.



Las Sendas Retirees

Submitted by Judy Hanley

Summer is fast approaching and the Retirees are keeping up the pace.

By the time you are reading this, two of our annual social events will have taken place. The first was on March 5, and a lot of fun was had at the Soup & Salad Game Night, with delicious soups representing many of our home towns, salads and desserts aplenty, and a rousing game of dominoes. Door prizes were given out and a wonderful job was

done by our chairpersons, Lise Roy and Shirley Duclos and all their assistants! As this goes to press, we are looking forward to our Spring Social, on April 30th, A Kentucky Derby Party, an evening of fun, games and dinner. This exciting, first time event is being put together by Mickie Braunger and Marian Bass-Govinsky.

Upcoming programs include Rachael Albers, Healthy Living Coach at the Desert Botanical Garden on May 8, and our own Lana and Tom Taylor will present "All Things Greece", an exciting look at their recent trip there last fall, on May 22nd.

Hikes are ongoing, every Friday morning, led by Don Pike and every other Tuesday, led by Martha Harrison. For more information, contact Don Pike at don.pike@cox.net.

The Retirees Tennis Group meets every Thursday morning at the lower courts in Las Sendas for drop-in tennis. Their annual tennis party was held recently, on March 22, and a great time was had by over 40 attendees. For more information, contact Tim Carmichael @ 541-521-1980 or ccarmichael54@gmail.com.

All Las Sendas residents are welcome to attend any meeting at any time! During the months of June, July, August and September, we have only one meeting a month, on the 4th Tuesday. Meetings begin at 9:00 a.m. for coffee and socializing, with the program starting at 9:30. And, there is always an exciting lunch planned for afterwards, at one of our local restaurants, which you are also welcome to attend. For further information, contact Don Pike at don.pike@cox.net.



The Heard Museum Docents and Bill Hall



Retirees Luncheon after a meeting



Soup and Salad Social



Salads from hometowns

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The TripleView screening package is specially priced at \$99 for a limited time and does not require a doctor's order. To schedule your TripleView screening, call 1-877-924-WELL (9355).

*Source: American Heart Association

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Mary Palos - Rose Realty real estate agent lives in Las Sendas and has an extensive legal and insurance background. She welcomes your inquiries about Real Estate in the South East Valley. Contact Mary directly at 480-326-3089 or at mary@roserealty.com

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Desert Rose Preschool

Desert Rose Preschool at Las Sendas, located at the Trailhead Members Club, is a private preschool for the children of Las Sendas residents only. It operates all year long, with classes for ages 3 to 5. The preschool offers half-day sessions, plus the Lunch Bunch, until 1p.m., and full-day sessions, which run until 3 p.m. We currently are full, with a waiting list. Registration for next fall will be held in March. If you have any questions, please call 480-654-4223, or send an e-mail to jbuttitta@cox.net.

Mom's Group

Las Sendas Residents, Stacey Phelps and Nena Goel have formed a mom's group for those with babies 6 months – 3 years old. The group meets on Tuesdays at 10:30am and Thursdays at 2:30pm. Currently, the group meets in each other's homes but as the weather cools down they will head outside and plan a few field trips. If you are interested in the club please contact Stacey Phelps at 858-449-4917, email: sphelps06@gmail.com or Nena Goel at 480-292-8609, email: sunaynaagarwal@gmail.com

Las Sendas Book Club

Our May book is a reflection of One Book Arizona concept. This year the One Book Arizona selection was more of a coffee table style book. We chose to read the biography of our Supreme Court Judge.

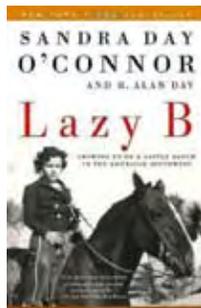
The books for July- December will be chosen by majority vote at the May meeting starting at 5:30. At 6:30 we will discuss the May book selection.

For more information, please call Janice Hourihan 480.580.4990 or email Janice@JaniceHourihan.com

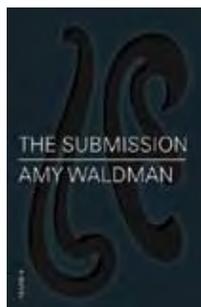
The Las Sendas Book Club is open to everyone in the community. Meetings are held on the third Tuesday of every month from 6:30-8:00 p.m. at the Trailhead Members Club.

May [One Lazy B: Growing Up on a Cattle Ranch in the American Southwest](#)

by Sandra Day O'Connor
The story of Sandra Day O'Connor's family and early life, her journey to adulthood in the American Southwest that helped make her the woman she became—the first female justice of the U.S. Supreme Court and one of the most powerful women in America. With her brother Alan, Sandra Day O'Connor tells the story of the Day family, and of growing up on the harsh yet beautiful land of the Lazy B ranch in Arizona.



June [Submission](#) by Amy Waldman
A scathing, dazzlingly crafted indictment of the messes people make when they mistake ideology for morality and bigotry for patriotism.



Las Sendas Women's Group

Things are heating up and so is the Las Sendas Women's Group! We had lots of fun in March with free beauty consultations featuring expert opinions on hair styles and color, skin care, makeup, and accessorizing. In April, we hit the Las Sendas Golf Course for an introductory lesson and some hands-on practice with golf pro Tracy Berman. Please join us the 4th Thursday of the month for May and June. You never know what we're going to do next!! Feel free to send in suggestions for activities or speakers. We want this group to fit your needs and interests while still remaining fun and social!

If you're new to the area or a long-time resident, you just might find what you're looking for in the Women's Group. We have great resources if you're in need of a realtor, accountant, personal trainer, hairdresser, pool service, babysitter, a new friend, and much much more! We welcome anyone who is interested in meeting other dynamic members of our great community. To be added to the email mailing list, please contact Tina Reed (silversales247@msn.com).

Adopt a Street

The Las Sendas Community has adopted a section of street on Power Road just north of Las Sendas. We are looking for approximately 6 volunteers to help keep the community clean and beautiful. If you are interested in volunteering on **Saturday, June 7, 2012** from 8:00-10:00am, please call the TAC at 480-832-6900. Post clean-up beverages and snacks available for volunteers. Thank you to Hensley Beverage Company and McDonalds on Power/McKellips for sponsoring these refreshments.



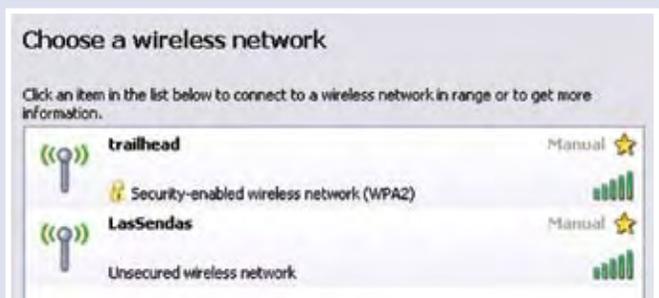
Wireless Access at The Trailhead

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

- Las Sendas – public access to the Internet. No Access to office network. **No password required.**
- Trailhead – Secured access to the Internet and office network. Password required.

Right click on the Wireless Icon.

- Select "View Available Wireless Networks"
- Select Las Sendas for open access to the Internet (guests)



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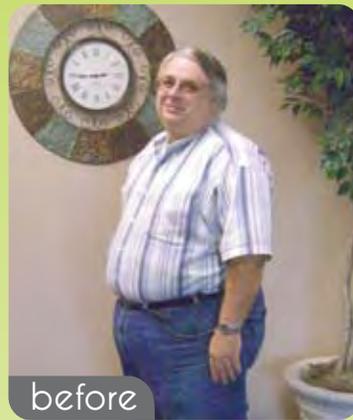
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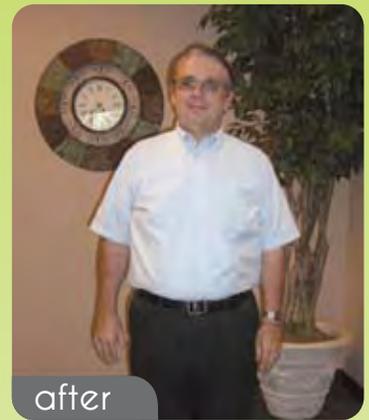
after

86lbs
LOST

"I was able to discontinue my cholesterol medication after the first 12 week program. The health benefits were great, but even better was how I felt in my clothes and in my life. I love my increased energy level!" -Connie



before



after

110lbs
LOST

"I had pain and problems with my feet and knees that went away as lost weight. I was able to get off my blood pressure and cholesterol medications and my sleep apnea vastly improved!" -James



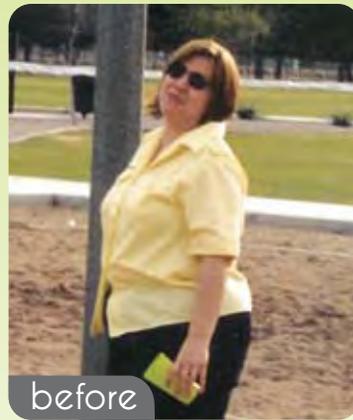
before



after

25lbs
LOST

"The support from EnVoqueMD was tremendous because when I ran into a problem, I was able to call and get encouragement and help. The accountability of the weigh-ins were also instrumental in my success." -Penny



before



after

93lbs
LOST

"I signed up for the Elite plan, feeling like it was my last chance to succeed at weight loss. My starting weight was well over 200 lbs. I lost almost 30 lbs. that first 12 weeks, and I loved HOW the weight was coming off." -April

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