

JANUARY 2019

SOLERA STAR

A MONTHLY PUBLICATION
OF SOLERA AT ANTHEM
COMMUNITY ASSOCIATION, INC.

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Happy New Year 2019

SOLERA RECENT SALES

Address	SqFt	List Price	Sales Price	SP/SqFt	DOM
2617 ICY MOON ST	1,248	\$282,500	\$286,000	\$229.17	49
2555 MOONLIGHT VALLEY AVE	1,596	\$290,000	\$290,000	\$181.70	75
2341 CORDELIA ST	1,596	\$315,000	\$315,000	\$197.37	113
2482 DIVINE SKY DR	1,596	\$315,000	\$315,000	\$197.37	21
2572 JADA DR	1,768	\$359,900	\$357,000	\$201.92	6
2325 HYDRUS AVE	1,596	\$355,888	\$360,000	\$225.56	21

SOLERA CURRENT MARKET STATUS

Seller's Market

Low Inventory — High Demand

Now is a great time to list your home!

6 home closed in November

11 homes under contract

\$206 SqFt average sales price

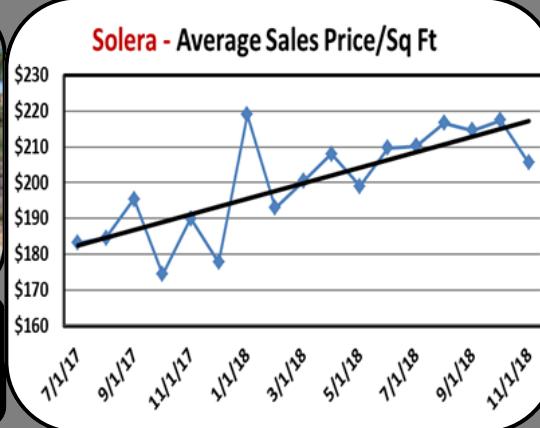
48 average days on the market

15 homes listed for sale in the MLS

For a complimentary market analysis on your home, call/text Jim at 702-354-3479



2410 Jada Dr | Whitney
1596 SqFt | 2 BR | DEN
\$349,950



Your Home!
List Yours Here!!



2880 Bicentennial Pkwy Ste 130, Henderson, NV
(Albertson Shopping Center)

Jim Marrs

Realtor

702-354-3479

Want to see a home?

Call or Text me!



Buy/Sell Your Solera Home with a Professional

13 Years Experience in Real Estate

See these and other great homes at www.jamesmarrs.com

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www.soleranews.com

FirstService Residential(702) 737-8580
Solera at Anthem Community Association
2401 Somersworth Drive
Henderson, Nevada 89044

Administration Office

Monday – Friday 8 a.m. - 4:30 p.m.
After hours Emergency Number.....(702) 737-8580

Community Center(702) 207-1407
Fax.....(702) 361-5721
Monday – Saturday.....6 a.m. – 9 p.m.
Sunday.....7 a.m. – 9 p.m.

For questions about your balance or for general information, call (702) 215-8165.

Simone Mrdjen
Community Manager.....(702) 207-1414
smrdjen@solerataanthem.us

Jacob Kay
Assistant Community Manager.....(702) 207-1402
Jkay@solerataanthem.us

Lynn Garlock-Wright
Director of Social Activities.....(702) 207-1424
lwright@solerataanthem.us

Ed Blain
Facilities Manager(702) 207-1406
eblain@solerataanthem.us

Assessments are due on January 1, April 1, July 1, and October 1 of each year.

SOLERA RESIDENTS:

Solera Website : Homeowners can access the Solera Website by going to www.soleranews.com. You can access the FirstService website by logging onto <http://neada.fsconnect.com/solerataanthem>.

DEL WEBB CUSTOMER RELATIONS
1-800-664-3089

Following is the address for Assessment Payments:
Solera at Anthem Community Association
P.O. Box 54089
Los Angeles, CA. 90054-0089

Board Members

Joe Lightowler, President jlightowler921@gmail.com
Ray Carvajal, Vice President.....soleraray@centurylink.net
Marci Madine, Secretary.....marci.madine@gmail.com
Richard Kranzler, Treasurer.....rdkranzler@centurylink.net
John Brooks, Directorjabreb43@icloud.com

When emailing the above Board Members, please put "Solera" in the subject line.

Violation reports and/or complaints in writing should be sent through the Management's Office.

Board Of Directors Schedule Of Future Meetings

January 96 p.m.Agenda Review Meeting..... Stardust
January 10.....9:30 a.m. BOD Executive SessionMGM
January 16.....6 p.m.Board of Directors Meeting .. Stardust
February 69:30 a.m. Agenda Review Meeting Stardust
February 6Following ARM.... BOD Executive SessionMGM
February 13.....9:30 a.m.. Board of Directors Meeting..... Stardust

DISCLAIMER

Solera Star is a monthly publication of Solera at Anthem Community Association designed to provide information and news to the members of Solera at Anthem (SAA). Advertising does not influence editorial decisions or content. We reserve the right to refuse to advertise for any reason or cause. Information, services, products, and materials contained in Solera Star magazine are provided on an "as is" basis with no warranty. SAA disclaims all representations and warranties, express or implied, with respect to such information, services, products, and materials including, but not limited to, warranties of merchantability, fitness for a particular purpose, title, non-infringement, and implied warranties arising from course of dealing or course of performance. In no event shall SAA be liable for any damages whatsoever whether in an action, arising out of or in connection with the use, inability to use, or performance of the information, services, products and materials available from this publication.



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Robert Fruehling & Jan Masonholder

Solera Star is the only magazine authorized by the Solera community. It is published by AHA! Marketing/Publishing and is mailed directly to the residents of Solera. This publication is for informational purposes only. Neither the Solera community, nor AHA! Marketing/Publishing, LLC, guarantee, endorse, or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.

Advertisers

The Solera Star is the ONLY magazine authorized by the Solera at Anthem community. It is mailed, monthly, and arrives on the 1st of every month to the more than 3,700 residents of Solera at Anthem. If you'd like to advertise in the Solera Star, please contact AHA! Marketing/Publishing, LLC at (928) 252-2350.



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\$99 Wills

(Includes Living Will & Power of Attorney)

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Brandi K. Cassady, Esq.

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Las Vegas, NV 89135

Henderson

2425 W Horizon Ridge Pkwy.
Henderson, NV 89052

cassadylawoffices.com

announcements

SIMONE MRDJEN Community Manager



Hello Solera residents!

My name is Simone Mrdjen, and I'm the new Community Manager for your wonderful Association. I have been in the Community Management industry for nearly a decade, and I am very excited to put my extensive skills and knowledge to use for you. I'm involved in a number of Nationally recognized community management institutions

and I am always looking for ways to share valuable information with Board Members and homeowners, alike. I'm pleased to have met quite a few of the Solera residents already, and greatly look forward to meeting more of you as time goes on.

Thank you so much for the warm welcome!

CLAUDIA WOLFINGTON Monitor



Welcome, Claudia Wolfington, Solera at Anthem's new monitor at the community center.

Claudia spent her younger years in Southern California. After marrying her husband Mike who works in the mining industry, they moved to Reno Nevada where she worked for the Washoe County School District for almost 20 years. She and her husband then moved to Dillon, Montana where the local hospital employed her for over twelve years.

"For me, moving to Solera at Anthem in Henderson, Nevada was the perfect escape from the long winters and chilly winds of Montana. I am happy to be back in the warm desert and happy to be part of the Solera community center team," says Claudia.

Claudia has a daughter Casey and two beautiful grandchildren in Colorado. Her father is 97 years old and still living in Garden Grove, California.

WWW.SOLERANEWS.COM

The SOLERANEWS.COM website is up and running! Currently you will find survey information, the monthly Board Report as well as other announcements and information. Our goal with this website is to provide our residents and visitors an easier way to learn about Solera at Anthem. Amongst the features, the site contains helpful information about our association, articles, and association announcements. We hope you find the website easy to access information, and we also wish to establish this portal as a source of information for those who want to learn more about our community.

JACOB KAY Assistant General Manager



Welcome, Jacob Kay, Solera at Anthem's new Assistant Community Manager. Jacob has been working in community management for over six years as an Administrator and Inspector.

Born in San Diego, California, he and his family have made Las Vegas their home for over 30 years. Jacob is married to Christine and has two children, a son Asher age 10 and daughter Monica age 6.

"I look forward to learning more about this vibrant community and am happy to be of help when needed." says, Jacob.

SIDEWALK MAINTENANCE IN SOLERA

To avoid injuries, Solera residents are asked to report sidewalk maintenance issues to the City of Henderson. Contact information is as follows:

Jim Fiorentino
Streets Maintenance Supervisor, City of Henderson
(702) 267-3269

City of Henderson Public Works
(702) 267-3259

Submit a request online:
<https://clients.comcate.com/newrequest>

AGENDA REVIEW MEETING

The Executive Board of Directors holds the Agenda Review Meeting on the first Wednesday of the month. The purpose of the meeting is to allow homeowners advance access to the agenda draft for the next Executive Board of Directors' monthly meeting. Homeowners are encouraged to attend with questions about agenda items. Answers will be provided without actions being executed by the Executive Board of Directors at this meeting.

SOLERA WEEKLY EBLAST

Stay informed about events happening in your community and throughout the Las Vegas Valley by signing up for the Solera weekly Eblast. The blast comes out every Wednesday at 5 p.m. and is designed to keep you current about activities without having to wait for the next issue of the Solera Star.

You can sign-up by emailing Lynn Garlock-Wright, social director at lwright@solerataanthem.us. Please include your full name and email address. Then look to your email on Wednesdays with the subject line "Solera- Look What's Coming Up!"

BOARD OF DIRECTORS EXECUTIVE SESSIONS

The Board of Directors meets in the Executive Session on the first Wednesday of the month, immediately following the Agenda Review meeting. Minutes for the Executive Session are not available to homeowners, per NRS 116.

ANNOUNCEMENTS CONTINUED

WHY ARE WE GETTING AN INCREASE IN OUR ASSESSMENTS WHEN WE HAVE MILLIONS OF DOLLARS?

There has been a question of why we are getting this increase when we have "millions of dollars" sitting in the bank. I will try to answer this as clearly as possible.

A reserve study is done every five years. This study lists everything that is needed to be done to keep our community in tip-top shape and when it should be done. While the study focuses on the next five years, it goes out thirty years.

The study reflects a savings account for these items so that, when the time comes to replace an item, we have the funds available to replace them. An example would be a water heater. If a water heater has a lifespan of ten years, and we have just replaced the heater, we would immediately start to save for the next replacement. One-tenth of the projected cost of the heater would be deposited into the reserve account each year so that at the end of ten years we would have the funds to replace it again.

If an item needed to be replaced in twenty years, one-twentieth of the cost would be deposited each year, it is a cycle of saving and spending so that there is never a fear of having to replace something and not having the funds to do it.

Sound familiar? Think of your home. When your water heater goes out on you, isn't it nice to know that you have money set aside to cover the cost? The reserve account is the savings that assure the community that they will not be asked to pay a special assessment if something happens and we do not have the funds.

In the past, our budgets did not reflect the amounts needed monthly to replenish the reserve account. An amount needed to keep the reserve account funded at the end of the year was usually taken from the Construction Repair fund and any excess operating funds. Unfortunately, the construction repair account has a finite amount of money in it and it has been coming down steadily as we used it to offset the amount, not in our regular budget.

This year we had the reserve study done and had to add the repair and replacement of fencing in the perimeter walls. This repair and replacement, along with a solid study done from the ground up, caused our account to be severely underfunded.

But, no worries, we were able to fund the account from the construction repair account, as well as finding \$149,000.00 in the capitalization account, that was excess operating funds and should have been in the reserve account. Once the funds are in the reserve account, they can only be used to replace the items listed in the study. They cannot be used for operating costs. This is where most of our community millions are to be found.

When we published our budget for next year, we came up short for operating costs and the proper funding of the reserve account. Our income is primarily from our assessments. Our assessments have never been increased, and yet our expenses went up every year. It was like trying to run a household budget on a paycheck from fifteen years ago. Unless you have additional income, or you can cut the expenses, you will come up short.

By getting the reserve account up to the 100% mark for the end of this year (we are actually at 105%), we can offset the shortfall with any extra funds we will have at the end of the year (cutting the expenses). But we were still coming up short by approximately one hundred, twenty-two thousand dollars.

To make the budget whole, we would have had to increase the assessments by \$6 per month. **We chose to make the increase \$2 per month, to ease any financial burden that our more senior community members would incur.** We are choosing to ease this increase by continuing to offset the potential shortfall by curtailing our spending and supplementing from excess funds and the continued use of construction repair funds.

We will need to continue increasing our assessments until we have the funds to wholly sustain the community without relying on the construction repair account. This is an account that has no funds going into it. When it is gone, it is gone. By having an accurate budget and by spending wisely, we hope to ease into a balance of increases that will not cripple our community members but will be able to sustain our community and increase the value of our homes, while maintaining the quality of life we experience here.

If you have any questions, please contact Marci Madine, Board of Directors secretary at marci.madine@gmail.com. Please put "Solera" in the subject line.

BOARD OF DIRECTORS NOTICE

This Notice is distributed according to NRS116.31083. The Solera at Anthem (SAA) Board meets on the second Wednesday of each month beginning at 9:30 a.m., except for two meetings per year that begin at 6 p.m. in June and October. At the beginning of every Solera at Anthem Board meeting, there is a member comment period for comments relating to agenda items only. At the end of every Board meeting, there is a member comment period for comments on any subject. During this period, the Board will hear member comments. The Board of Directors will not take action on comments or requests made during the comment period.

Agendas for the SAA Board meeting are available on Friday before the meeting at the monitor's desk. Association resident

owners are entitled to receive a copy of the audio recording, the minutes or a summary of the minutes of the meeting upon request. The audio recording or minutes will be provided electronically at no charge. Printed copies of the minutes from a Board of Directors meeting are available from the Association office after the minutes have been approved by the Board of Directors; the cost is \$0.25 per page for the first ten pages and \$0.10 per page, after that.

The SAA Association office is located at 2401 Somersworth Drive, Henderson, Nevada 89044. Office hours are 8 a.m. to 4 p.m. Monday through Friday. The telephone number for obtaining an agenda is (702) 207-1407.

COMMUNITYevents



Candidate Forum

An Informal Chance to Talk One on One with Solera Candidates

Sunday, January 13
Starlight Ballroom
1 p.m. to 3 p.m.



Don't Miss January Bingo!

As PER NEVADA LAW, all players must be 21 years old. If you have family and friends visiting, bring them over for BINGO. YOU NO LONGER HAVE TO GO TO THE MONITORS DESK; JUST SHOW YOUR SOLERA CARD WHEN YOU BUY YOUR CARDS. All guests are invited to attend with the purchase of a \$2 guest pass and your sponsorship. Please sign in our guests at the Monitors Desk. The cost to play is \$10 for two cards and additional cards are \$1. We play ten games. PER NEVADA LAW, all money is distributed among the winners.

- All gift cards are provided by the Lifestyle Committee
- Light Refreshments provided by Sponsor or the Lifestyle Committee
- We look forward to seeing you on Thursday, January 17 at 7 p.m.

You may contact Jerry at (702) 914-8113 for additional information

TOWN HALL MEETINGS

Presented by Solera Board of Directors

Home Security

January 15, 7 p.m.

Captain Dane Mattoon, West Area Command, Henderson Police Department will present a seminar on Home Security at Solera. The Town Hall meeting will be on Tuesday, January 15 at 7 p.m. in the Stardust Ballroom.

Pest Control

February 7, 7 p.m.

JS Pest Control serves the Solera association and knows how to get rid of pests. A representative from the company will present a seminar on Pest Control on Thursday, February 7. The Town Hall meeting will begin at 7 p.m. and will focus primarily on rats - roof rats, Norway rats & mice pest control.

COMMUNITY EVENTS CONTINUED



Meet the Candidates Night at Solera

The management of Solera at Anthem will host a Meet the Candidates Night from 6 p.m. to 8 p.m. on Thursday, January 24 in the Stardust Ballroom. Solera residents are welcome to attend and meet the candidates running for a position on the Solera Board of Directors.

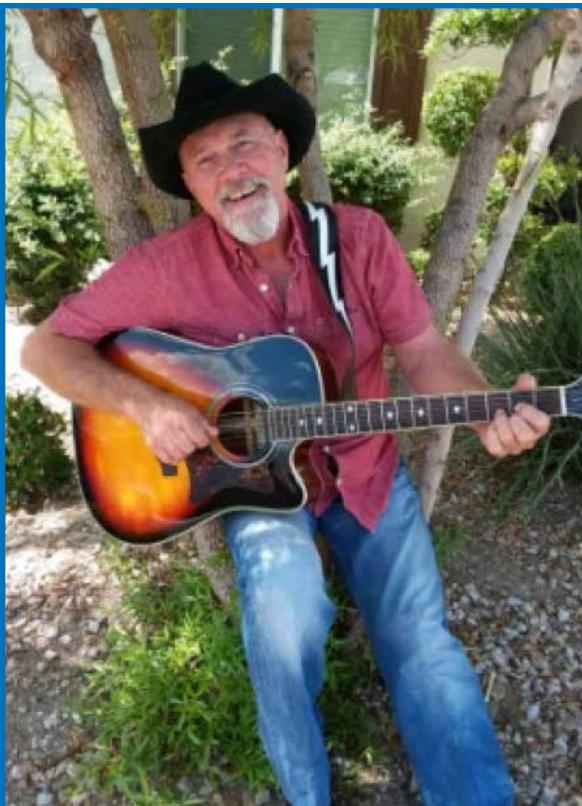
Candidates will be seated on stage in the order in which their names appear on the ballot. After introductions and opening remarks, the audience will be invited to ask questions. The Election Process Supervisor will moderate this event. Ballots will be mailed to homeowners concurrent with the mailing of the February issue of the Solera Star.



WINTER WONDERLAND PAINT PARTY

January 29, 5:30 p.m.

Solera residents are getting together for a Paint Party on January 29, at 5:30 p.m. in the Paris room. No experience is necessary, instructors Mary Thomas and Sue Boylan are there to assist you. Participants are asked to arrive by 5:15 p.m. The cost is \$7 (please bring correct amount) and the instructors provide a canvas, paint, and supplies. You will need a cover-up apron and you may bring a snack and wine to share. Please RSVP by January 15 to Sue Boylan at (702) 373-6055 and Srb702@gmail.com. The class is limited to 30.



Open Mic with Craig Kendall

Wednesday, January 30, 5 p.m.

On Wednesday, January 30, Craig Kendall will present Open Mic at Solera from 4 p.m. to 6 p.m. in the Stardust Room. This event takes place on the fourth Wednesday of the month. Craig Kendall is an experienced musician who has composed many original songs. He has been playing the guitar and singing for many years and has played in numerous bands.

Bring your favorite instrument and show off your talent. If you are a vocalist, please bring your music. This event will take place in a small intimate setting for Solera residents to get together have some fun. You are welcome to bring your beverage of choice.

"The open mic night is a way to give back to our community. I've played several open mic venues. It's a lot of fun. Plus, you get to meet like-minded people," says Craig.

**Come enjoy an afternoon of music and fun.
Sign up at the monitor's desk.**

COMMUNITY EVENTS CONTINUED

UNLV | OSHER LIFELONG LEARNING INSTITUTE



About OLLI at UNLV

The Osher Lifelong Learning Institute at the University of Nevada, Las Vegas (OLLI at UNLV) is a member-driven learning community of more than 1,800 retired and semi-retired adults. Our members continue a lifetime of learning by contributing to a program rich in content, shared interests, and life experiences. In addition to our regularly scheduled classes, OLLI at UNLV offers a variety of special events, interest groups, and other member activities. Prior education is not a requirement for the OLLI program, simply a desire to learn and contribute to the classroom experience, as there are no tests, grades, or credits. Each of our classes is led by OLLI at UNLV members who

bring a lifetime of personal and professional experience and passion to their classrooms. Scheduled classes cover a wide range of topics at both our UNLV Paradise campus and satellite locations. You can take advantage of the \$90 inclusive semester membership or our semi-annual membership, which includes the spring and summer terms for the discounted price of \$100. For more information about the OLLI at UNLV program and membership, please call 702-774-OLLI (6554). OLLI at UNLV instructors are volunteers, and the opinions expressed in each class are their own. Feedback on instructors is welcomed by the OLLI at UNLV Curriculum Committee.

SOLERA AT ANTHEM 2401 SOMERSWORTH DR HENDERSON, NV 89044

AMERICAN CIVIL WAR PART II

American Civil War, Part II is an overview of the Civil War from 1863 through 1865 in a lecture/discussion format. The first week we will review causes of the Civil War, campaigns, politics, battles, economics, and personalities through the end of 1862. Weeks 2 through 13 we will discuss Eastern and Western campaigns, major battles, personalities, economics, and politics during 1863, 1864, and 1865. Interesting facts and events will be included throughout the class.

Tuesday, January 29 - April 23 12 week class

TIME: 10:30AM-12:30PM

Instructors: Wayne Rohrbaugh was born and raised in Hanover, Pennsylvania, which is about 13 miles from Gettysburg. From early childhood, he has been a Civil War buff. Rohrbaugh earned a B.S. in chemistry from Penn State with enough credits to have a minor in history. He has read over 200 Civil War books and subscribes to three Civil War magazines. Over the last six years he has attended six one-week tours with Civil War historians, including Dr. James McPherson. Rohrbaugh was a professor at McDonald's Hamburger University in Oak Brook, IL, where the slogan was "Keep it simple, make it fun!" Co-instructor Diane Rohrbaugh is a Penn State University graduate with a B.S. in education. She held numerous positions in day care, office management, and human resources during her career. She is currently retired but volunteers at schools and churches.

committee news

AND CONTRIBUTIONS

SOLERA COMMITTEES

ARC Committee:

Curt Williams – Chair
J.T. O’Neal
James Martin
Ingrid Serina
Terry Hazelbaker
Nino Leva
Al Brightwell
Nick Bolletino, Sr. - Alternate
John Brooks – Liaison

Building & Grounds Committee:

Judi Milosevich – Chair
Carol Hendrickson
Kathleen Walker
Joe Vozzo
Craig Hardy
Claire Scott
Joe Lightowler – Liaison

Community Standards Committee:

Joe Doll – Chair
Linda Freitas
Thomas Kemp
Judy Weinerman
Robert Hickam
Ron Hughes
Richard Kranzler – Liaison

Lifestyle Committee:

Rita Rocheleau - Chair
Jerry Freitas
Rosann Costantino
Annette Vozzo
Linda Garceau
Phyllis Bellair
John Brooks – Liaison

Finance Committee:

Richard Kranzler – Chair
Val Cloutier
John Towsley
Rebecca Brooks
Michael Papas
Robert Washowitz
Marcia Madine – Liaison

Covenants Committee:

Nancy Gordon – Chair
Carol D’Onofrio
Marilyn Shane
Carrol Neighbors
Sue Clark
Bob Todaro
Joe Lightowler – Liaison

Communications Committee:

Lea Mills – Chair
Frank Moser
Sue Mach
Gail Tomao
Kathleen Tatasciore
Ray Carvajal - Liaison

Architectural Review Committee "ARC"

The ARC hopes everyone had a good New Year Day and that 2019 brings good health.

A reminder that anything done to the outside of your house including any improvements on the property needs ARC approval. Applications can be picked up at the monitor’s desk.

Synthetic turf may be installed in the front and backyard, not to exceed 1,000 square feet or 50% of the yard’s total square footage, whichever is less. New for 2019 - all synthetic turf installed must be lead-free, and a lead-free certificate must be submitted with the application.



SOLERA RESIDENTS: If you wish to be on a Solera Committee, please contact Community Manager Simone mrdjen at (702) 207-1414 or smrdjen@soleraanthem.us.

Solera Committees include:

Architectural Review (ARC)

Building and Grounds

Finance

Community Standards

Covenants

Lifestyle

Communications

If you wish to terminate your participation in a committee, please contact Simone Mrdjen.

Solera at Anthem HIGHLIGHTS

SOLERA PARKING LOT SALE

On Saturday, November 7, Solera held a parking lot sale from 8 a.m. to 11 a.m. The event was advertised in the Las Vegas Review-Journal digital adver-

tising campaign to over 29,000 Henderson residents. Shred-Co, a professional shredding service was there to shred resident's sensitive information.



COMMUNITYservice



NAN – NEIGHBORS ASSISTING NEIGHBORS

NAN's Pancake Breakfast declared as a **SUCCESS!**

THANK YOU to the generous Solera residents, NAN Volunteers and others who joined together at NAN's Pancake Breakfast, Silent Auction and 50/50 Raffle Drawing in October. Your support made this event a success and is truly appreciated. The food was delicious, the Silent Auction was lively and \$230 was won in the 50/50 Raffle, all supporting a great cause; the Foundation Assisting Seniors and residents of Solera at Anthem!



NAN Volunteers, Back Row: Shirley Miller, Sandi Patte, Gail Tamao. Front Row: Patty Lapp, Karen Schanhals, Harriet Schreider, Kathleen Cicciarelli, and Noble Barlow.



Breakfast diners enjoying each other's company at NAN's Pancake Breakfast. All photos by Jules Schreider

- NAN is a community service organization comprised of Solera residents who volunteer their time and efforts to assist their Solera neighbors. NAN provides a variety of volunteer services including:
- Minor home maintenance such as replacing air filters, replace batteries in Smoke and CO detectors, replace street address light bulbs, etc.
- Short-term loan of durable medical equipment such as crutches, walkers, wheelchairs, power scooters, shower seats, bedside commodes, and even hospital beds. Donations of used equipment are always welcome.

- Vendor/ service provider suggestions provided by Solera residents. NAN makes no endorsement of any service provider listed.
- Trash Can Assistance. Temporary assistance is provided by rolling trash and recycling cans to the street and back to the garage door for those unable to perform this task themselves.
- Fellowship phone calls or home visits to neighbors who find themselves alone or feeling the absence of community are offered.
- Service Buddy program for residents who wish to have a NAN volunteer and neighbor with them during a service call or maintenance vendor's employee at their home.
- Alive and Well & Cancer Care Groups hold separate meetings every other Tuesday at the Clubhouse with a licensed professional facilitator. Supporting you is always our top priority.

NAN meetings are held the second Friday of every month at 11 a.m. at the Solera Clubhouse except during the summer months. All residents of Solera are welcome to attend.

**To request assistance or become a NAN volunteer
call: (702) 622-7709**

Services are available Monday-Friday from 9 a.m. to 4 p.m.
(closed on weekends and holidays)

THE VETERANS AND FIRST RESPONDERS CLUB

Meeting Program for January 8, 2019
Not the First Tuesday of the Month!

Veterans (Includes First Responders)
**Humorous
Moments**

If you are bold enough to discuss your humorous moment, please contact Ray Carvajal at SoleraRay@CenturyLink.net, (702) 558-8459.

All solera residents are encouraged to participate.

The Veterans and First Responders Club normally meet the first Tuesday of each month at 7 p.m. in the Stardust Room. They currently have 76 active members, but room for more.

The club invites all Solera residents to attend their January meeting. It promises to be different!



Solera at Anthem HIGHLIGHTS

VETERANS DAY FLAG RAISING CEREMONY

On Veterans Day, November 11 the Veterans & First Responders held a flag raising ceremony to honor our American Veterans. The event began on a chilly morning at 7:30 a.m. followed by a reception in the Paris room. *Photo contributor: Jules Schreider*





JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Spanish Lessons 9 a.m. Veterans & First Responders Meeting 7 p.m.	2	3	4	5 AARP Smart Driving Class 9 a.m.
6	7 NAN Planning Meeting 11 a.m. Solera Ladies Club Meeting 11:30 a.m.	8 ARC Meeting 9 a.m. Spanish Lessons 9 a.m. NAN Alive & Well 6 p.m. Bunco 6:30 p.m.	9 Agenda Review Meeting 6 p.m.	10 Executive Session 9:30 a.m. Lifestyle Committee Meeting 10 a.m.	11 NAN General Membership Meeting 11 a.m.	12 Poker Club No Limit Texas Hold- em Tournament 9:30 a.m. Asian Mah Jong Lessons 10 a.m.
13	14 Covenants Meeting 10 a.m.	15 Spanish Lessons 9 a.m. NAN Cancer Group 4 p.m. Photography Group 6:30 p.m. Security Town Hall 7 p.m.	16 Building & Grounds Meeting 9:30 a.m. Board of Directors Meeting 6 p.m.	17 Communications Committee Meeting 10 a.m. Bingo 7 p.m.	18	19 Poker Club Limit Texas Hold-em Tournament 9:30 a.m. Asian Mah Jong Lessons 10 a.m.
20 Solera Singles Club Potluck & Game Night 5 p.m.	21	22 Community Standards Meeting 10 a.m. Solera Ladies Club Membership Meeting 5 p.m. NAN Alive & Well 6 p.m.	23 Finance Meeting 9:30 a.m. Craig Kendall Open Mic 5 p.m.	24	25	26 Asian Mah Jongg Lessons 10 a.m.
27	28	29 OLLI American Civil War Part II 10:30 a.m. NAN Cancer Group 4 p.m. Craig Kendall Open Mic 5 p.m. Paint Party 5:30 p.m.	30	31		



Joyce Reed
702.501.2119

Let us know if you have a "shout out" you would like published! Deadline for submitting is the 5th of the month for the following issue.

CALL 702-501-2119

or email

Joycesellsasvegas@gmail.com



NO Realtor has sold more homes in SOLERA than JOYCE REED!
Call Joyce today at 702-501-2119

health & fitness

FITNESS EQUIPMENT ORIENTATION

General gym orientations are available by appointment.

Residents should contact Certified Personal Trainer

Stacy Mulligan at (702) 235-9118 and

www.TailoredForYouFitness.com.

Germs at the gym: Keep yourself safe! You've probably heard that regular workouts can strengthen immunity, but even the cleanest gym can be an unexpected source of germs that can make you sick. Spending just a few seconds disinfecting equipment before you use it may help stave off the sniffles (more than half of cold and flu viruses are transmitted by touching your eyes or nose after handling or touching a contaminated area). Don't rely on your gym's bottle of disinfectant solution. Like a pen in a doctor's office, the outside of the bottle can be riddled with germs. Make sure you rub down the buttons and handles and don't forget yoga mats and free weights; they're just as likely as cardio machines to carry bugs. And try to avoid rubbing your face until you can wash your hands after your workout.

POOL RULES

Admission to the pool enclosure is forbidden, at the discretion of the Community Manager, to anyone wearing bandages, or with skin abrasions, colds, coughs, extremely inflamed eyes, open sores, infections, excessive sunburn, nasal or ear discharge, or other symptoms which are determined by Community Manager to be detrimental to the health of others. This admission rule also applies to individuals who are intoxicated or under the influence of drugs or opiates.

SOLERA RESTROOM ACCESSIBILITY

Solera at Anthem restrooms now has push-button fixtures outside and inside the rest-rooms, allowing handicapped individuals sufficient maneuvering ability to enter and exit these facilities. If you are handicapped and have been concerned about maneuverability throughout the community center, this new feature should give you confidence in visiting the center.

AQUASIZE CLUB

It's resolution time again! How about something new for 2019?

Resolve to take better care of yourself, to give yourself a new outlook on life, and to activate that long-lost sense of well-being. For \$3 a session, you can work out in soothing water to improve your stamina, your balance, and your overall physical condition. And you can have a good time doing so!

The Aquasize Club meets four times a week from 9:30 a.m. to 10:30 a.m. on Monday, Tuesday, Thursday, and Friday. How about joining them? It's a resolution that will be easy for you to keep. Happy New YOU!

CARDIO AND STRENGTH TRAINING FOR ALL LEVELS

Tuesdays at 8:15 am and Thursdays at 8:30 a.m.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, the range of movement and activities for daily living. Hand-held weights and elastic tubing with handles are used for resistance. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

Instructed by:

Holly Jerla

Certified Personal Trainer

Tailored For You Fitness

(702) 235-9118

www.TailoredForYouFitness.com

FIRST CLASS IS FREE!

Contact Stacy Mulligan for more information regarding pricing or go www.TailoredForYouFitness.com and click on the Scheduling Options or the  icon.

KEMPO KARATE

In January, Kenpo Karate classes will begin again on Monday, January 7 at 1 p.m. in the Silver Slipper room. This class is a beginner level (White, Yellow, and Orange Belts) and will meet every Monday. The class not only teaches a devastating form of self-defense, but is also a tremendous form of exercise and is excellent for improving balance, flexibility, focus, memory, situational awareness, and "inner calm." It also teaches the use of a cane as a self-defense weapon. These teachings are all part of the program beginning with a Yellow Belt.



Classes are taught by Tracys Kenpo Karate Certified Instructor Sensei Bill Lowry who has been teaching Martial Arts since the mid-1970s. The price for the class is \$40 per month which is less than 50% of the school's normal program. Two people can sign up together and split the cost; having a partner is a great way to practice. For more information, contact Sensei Bill at Tracyskarategeorgetown@gmail.com. Space is limited, and the classes are for Solera residents, only.

HEALTH & FITNESS CONTINUED

MIZU FITNESS

Mizu Fitness was developed by a senior primarily for seniors. His goal was to provide exercises that mimic Tai



In November, 10 students graduated their first level and received their Yellow Belts along with diplomas.

Chi and freestyle martial arts routines using the natural resistance of water to enhance strength, speed, flexibility, and balance. The movements are slow to moderate and can result in less stress on participants' knees and back than "land-based" exercises. You need an open mind and willingness to try something new. Classes are held in the pool once a week, Thursdays, 5 p.m. to 6 p.m. You should obtain your doctor's approval before participating, as in any other new exercises. Please call Sensei Larry Grose at (702) 270-4496 for more information.

POWER WALKERS

Every morning from 7:30 a.m. to 8:30 a.m. - join them and jump-start your morning with a power walk. They use the Leslie Sansone CDs: four or five-mile power walks. Tapes are organized into one-mile segments, so if four or five miles seems too ambitious, you can join the group for a mile or two. All are welcome any or every morning – no fees. If you have questions, you can call Cheryl Beaudry at (702) 823-5441.

DANCE CLASSES WITH THE STARZ

FREE CLASS! NO EXPERIENCE NECESSARY! JUST WEAR GOOD WORK-OUT CLOTHES, SHOES AND A SMILE!



SOLERA STARZ CARDIO CLASS

This class meets from 6 p.m. – 7 p.m. Tuesdays and Thursdays. Classes consist of simple high energy routines, stretches to increase flexibility, plus exercises to tighten and tone thighs, hips, arms, and abs. Work at your own level and have fun in class as you exercise your way to better heart and lung fitness. Questions? Call Ardena (702) 263-9770 or Lorie at (702) 487-5725.

SOLERA STARZ / DANCE AEROBICS

Come on down and join the Solera Starz for fun and exercise. They meet every Monday, Wednesday, and Friday from 8:30 a.m. to 9:30 a.m. They are here to build cardio strength and slim down bodies. The club would love to have you join them and get energized.

LINE DANCING WITH THE STARZ

Every Monday evening at 6 p.m. to 7:30 p.m., there is "Line Dancing" in the Silver Slipper Room. Come and join in on the fun!



TAI CHI CLINIC

Every Monday & Thursday at 11:15 a.m. Immediately following the Tai Chi Clinic there will be an advanced Tai Chi class at 12:15 p.m. NO CHARGE.

Today's doctors have learned that practicing Tai-Chi may reduce stress, increase internal wellness, prevent shingles & allow you to fall asleep faster.

YOGA FRIENDS

Yoga Friends meets at 10 a.m. on Tuesdays and Thursdays and uses DVD's from a vast collection for a variety of workouts. Merrilee Gaines leads the evening class at 6:30 p.m. on Wednesdays in the Silver Slipper room. She choreographs each meeting to access a different aspect of yoga, such as balance, strength, flexibility, stress relief, and reflection. It's a no cost, self-directed group that finds many benefits of practicing yoga together. All levels are welcome; everyone does their best in each pose. Drop in and join us any time you want to expand the limits of your mind and body and be around a wonderful group of like-minded positive people who want to take charge of their health.

Solera at Anthem HIGHLIGHTS

OPEN MIC WITH CRAIG KENDALL

Musician and resident Craig Kendall hosted the second monthly Open Mic event on Wednesday, November 28. Each month the attendance for this event grows larger.

Kendall played guitar, sang, and hosted the event; residents showed off their talents by singing and playing their favorite instruments. This Open Mic event is held on the fourth Wednesday of the month in the Stardust room from 5 p.m. to 7 p.m. Residents are welcome to bring their beverage of choice.



TOYS FOR TOTS

Because Every Child Deserves a Little Christmas

The Marine "Toys for Tots" program collects new, unwrapped toys during October, November, and December and distributes them to less fortunate children. The toys distributed are not only viewed as a simple gift, but also brings joy, happiness, and hope to the children in need.

An exceptional thanks to all the generous Solera residents who donated more than 125 gifts to the Toys for Tots program last holiday season.



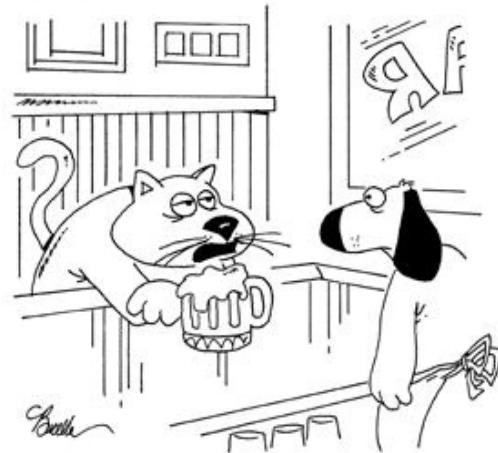
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"You shake, rattle and roll, twist and shout, and you're tossing and turning all night? It's either menopause or too much oldies radio."

©Marty Bucella

www.martybucella.com



"Nine lives is great, but the inheritance tax is what kills you."

seniorINTEREST

STOPPING UNWANTED PHONE CALLS AND TEXT MESSAGES

FEDERAL TRADE COMMISSION CONSUMER INFORMATION



Alvaro Puig
Consumer Education Specialist, FTC

Unwanted phone calls or random text messages seem to come at all hours. They bug you at work, interrupt your dinner, or wake you up when you're sound asleep. I think we can all agree they're a real nuisance. Did you know they could also be a scam?

If your phone number is one of the more than 217 million numbers on the "Do Not Call Registry," you've taken action to stop most unwanted sales calls. The law allows political calls, calls from charitable organizations, informational calls, calls about debts you owe, and phone surveys, as well as calls from companies you've done business with or gave permission to call.

If you get an unwanted sales call or a "robocall" - a recorded message that's pitching a product or service— it's probably a scam. The unscrupulous businesses behind these calls use autodialers to make thousands of calls a minute and don't bother to check if the numbers are on the Do Not Call Registry. Don't press buttons to request to speak to someone or be taken off the call list. You'll just end up get-



ting more unwanted calls. Hang up and report it to the Federal Trade Commission at www.complaints.donotcall.gov or 1-888-382-1222.

If you're getting repeated calls from the same number, you might want to ask your service provider to block the number; for calls from different numbers, ask if they offer a service to block unwanted calls. You can also buy a call blocking device. Getting calls on your mobile phone? There's an app for that. Actually, there's more than one. Look in your mobile app store or marketplace.

What about those random text messages? It's illegal for a company to send you a text message if it doesn't have your permission, barring a few exceptions. If you get a random text message from a number you don't recognize that says you won something or asks you to confirm some personal information, don't text back or click on links. Report it to your provider at 7726 (SPAM) and to the FTC at ftc.gov/complaint or 1-888-382-1222.

WEEKLYactivities

Aquasize	Monday - Friday (no Wednesday) 9:30 a.m.	
Bridge Club	Tuesday & Friday 12:30 p.m.	
Crafts & Stitches	Tuesday, 8 a.m.	
Drop -in Groups		
3-13 Cards	Monday 6:30 p.m.	
Bead Weaving	Thursday 1 p.m.	
Bocce Ball	Wednesday 7 p.m.	
Needleworks	Thursday 9 a.m. & Friday 10 a.m.	
Euchre	Monday 1 p.m.	
Fine Arts		
Color Pencil	Tuesday 1 p.m.	
Watercolor	Thursday 10:30 a.m.	
Glass & Paperworks		
Mosaics	Wednesday 9:30 a.m.	
Open Projects	Wednesday 1 p.m.	
Paperworks Class	Monday 1 p.m.	
Stained Glass	Monday 9:30 a.m.	
Mah Jongg		
American	Monday 6 p.m. & Tuesday 1 p.m.	
Asian	Wednesday & Friday 12 p.m.	
Hand and Foot	Thursday 12:15 p.m. & Saturday 12 p.m.	
Mexican Train	Thursday 6:30 p.m.	
Party Bridge	Tuesday & Thursday 12:30 p.m.	
Pickleball Club	Monday through Saturday 7 a.m. and 2 p.m.	
Poker Club	Monday 12 p.m. & Wednesday 6 p.m.	
Texas Hold-em Tournaments	Thursday 6 p.m.	
Photography Group	January 15, 6:30 p.m.	
Physical Fitness Classes		
Instructor Holly Jeria		
Cardio & Strength Training - All Levels	Tuesday & Thursday 8:30 a.m.	
Intense Small Group Training	Tuesdays, Wednesdays and Thursdays 7:30 a.m.	
Mat Pilates	Tuesday & Thursday 12:30 p.m.	
Mizu Fitness	Thursday 5 p.m.	
Power Walkers	Daily 7:30 a.m.	
Tai Chi	Monday & Thursday 11:15 a.m.	
Yoga Friends	Wednesday 6:30 p.m., Tuesday & Thursday 10 a.m.	
Solera Starz		
Cardio	Tuesday & Thursday 6 p.m.	
Dance Aerobics	Monday, Wednesday & Friday 8:30 a.m.	
Line Dancing	Monday 6 p.m.	
Spanish Group	The first three Tuesdays of the month, 9 a.m.	
Tennis Club	Monday through Friday, 7 a.m. Saturday, Social Play 7 a.m.	

Make the Right Choice for Your Best Possible Recovery

When it comes to rehabilitation after a stroke, illness or injury, HealthSouth Rehabilitation Hospitals hold a clear advantage over skilled nursing facilities.

What Sets Us Apart

HealthSouth Rehabilitation Hospitals offer distinct advantages in the level of care and services over skilled nursing facilities. Once you compare placement options, we feel confident you will choose HealthSouth. For example, all of the following are required

at HealthSouth Rehabilitation Hospitals – and not at the average skilled nursing facilities:

- Frequent visits by a rehabilitation physician*
- Multidisciplinary, collaborative team approach
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- State-of-the-art therapy gyms and rehabilitation technology

For a no-cost home assessment for you or your loved one, please choose the hospital of your choice.



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clubs & groups

CLUBS

Attention All Solera At Anthem Chartered Clubs

The deadline for articles to be placed in the Solera Star for the following month is **noon on the first day of each month**. No article will be taken after that date. All submissions will be reviewed and edited to fulfill publication standards and conformity. All articles are to be emailed to the Social Activities Director as an attachment. Thank you for your cooperation. A Solera Club and Group directory can be obtained at the monitor's desk.

AMERICAN MAH JONGG CLUB

If you would like to learn a fun and challenging game, the club is looking for new players. If you have played before please come up and join the club. If you are a new player and want to learn the game, the club will set up a time to teach you.

American Mah Jongg is a rummy-like game played with tiles instead of cards and uses jokers. In 1937 the National Mah Jongg league was formed and had over 350,000 members worldwide. American Mah Jongg uses a card issued by the league to form the hands of the game. Each year the league changes the cards to add more excitement to the game. The club plays Monday from 5:30 p.m. to 8:45 p.m. and Tuesday from 1 p.m. to 4:30 p.m. If you would like to learn to play or have questions, please call Rosalie at (702)897-4965.

ASIAN MAH JONGG CLUB

Welcome, 2019! A Happy & Healthy New Year to all!

Do you want to learn a new game this year? Asian Mah Jongg is an ancient game played using tiles. It stimulates your mind and is a lot of fun. If you already know how to play Asian Mah Jongg, contact the club to schedule to play on Wednesday and Friday afternoons 12 p.m. to 4 p.m. All are welcome - beginners, experienced, men & women; all are welcome to join.

The club will have classes for beginners at the community center, on Saturday, January 12, 19, & 26. The classes are held from 10 a.m. to noon. Hope to see you there. If you have any questions, please contact Vickie at (702) 489-7922.

BRIDGE CLUB

Are you a Bridge player? Haven't played in years or would like to learn? The Solera Bridge Club invites you to join the festivities every Tuesday and Friday from 12:30 p.m. to 3:30 p.m. Contact Shirley Miller at (702) 260-8818 or shirleyjmiller@gmail.com for more information.

BUNCO CLUB

Bunco is a game played the second Tuesday of each month at 6:30 p.m. It's a friendly group of women, but if any men wish to play, the club would be happy to have you join them. There is no special skill needed to play the game. The club welcomes new residents who have moved into the community. It costs \$5 for the night, but you can win triple the amount. It continues throughout the year, and it is a fun night for all!

If you have any questions, please call Gerri Van Der Meer at (973) 479-9690 or Sue Levine at (702) 837-3496.

COMPUTER CLUB

The computer room is open seven days a week from 9 a.m. - noon unless otherwise stated. The room is staffed with volunteer monitors, so check the calendar in the window for specific details. The club welcomes new members and invites non-club members of the community to visit twice before making the decision to join. Classes are offered pertinent to the needs of the members. For a nominal fee, the club has technicians who will come to your home and fix your computer.

Services are only offered to club members.

The monitor on duty will forward your request to the technicians. Call Barbara at (702) 207-1425 with questions or leave a message with the monitor on duty.

EUCHRE CLUB

Euchre is a new club at Solera at Anthem. Euchre is an offshoot of Juckerspiel, a game that became widely popular throughout Europe during the Napoleonic era. In the 1800s, it became one of the most popular card games in America and Australia.

Euchre (and its variations) is the reason why the modern card decks were first packaged with jokers, a card originally designed to act as the right and left "bowers" (high trumps). Although later eclipsed by Bridge (as with so many other games of this type), Euchre is still well known in America and it is an excellent social game.

Euchre is played on Mondays from 1 p.m. to 4 p.m. For more information, contact Gregg Schiffbauer at (702) 379-1399 or maggreg@aol.com.

FINE ARTS CLUB

The Solera Fine Arts Club would like to encourage you to check out the Fine Arts classes. Everyone is welcome to join, and you do not need to be an experienced artist. Each class has students at different levels of experience, from beginners to seasoned artists.

WATERCOLOR CLASS

The Watercolor Class meets Thursday from 10:30 a.m. - 1:30 p.m. in the Paris Room. They have no instructor at this time, so some experience is necessary. If you enjoy painting with fellow painters, sharing your experience, please check the class out. For more information, or to arrange a visit, please contact Judy Blankenship at (702) 457-0550.

continued on page 24

CLUBS & GROUPS CONTINUED

Watercolor Class continued from page 23

COLORED PENCIL CLASS

The Colored Pencil Class meets on Tuesdays from 1 p.m. to 4:30 p.m. in the Paris Room. Come and see for yourselves. For more information, or to arrange a visit, please contact Sunnie Pearson at (702) 906-1121. Do yourself a favor and DO IT!

The Fine Arts Club would like to thank everyone who attended this year's show and for voting for your favorite artwork. The club realizes that voting was difficult this year due to the limitation of prize categories and plans to increase the number next year.

The club thanks Photographer Betsy Keane who volunteered her time, and all the volunteers who made this year's show a success. All of the artists enjoyed interacting with the attendees and answering questions about their work. The club invites those residents interested in joining their classes to contact Judy Blankenship at (702) 457-0550 for information. Who knows, you may be a display artist at next year's annual show.

If you have any questions, please contact Suzanne Bowyer at suzybowyer@gmail.com.

GLASS & PAPER WORKS CLUB

The club welcomes new members. They offer:

Stained Glass Class: Mondays at 9:30 a.m. to 12:30 p.m.

Paper Works/ Card Making: Mondays at 1 p.m. to 4 p.m.

Mosaics: Wednesdays at 9:30 a.m. to 12:30 p.m. – Contact Samara Liddle at (702) 655-6655.

Open Projects Class: Wednesdays at 1 p.m. to 4 p.m. Bring any project you wish; there are no instructors.

For more information, contact Rita at (702) 436-1331.

HAND & FOOT CLUB

Join the club on Thursdays at 12:15 p.m. and Saturdays at 12 p.m. for a friendly game of Hand and Foot, a version of Canasta.

All are welcome. If you have never played, a lesson can be arranged for either Monday or Tuesday mornings at 9 a.m.

Birthdays are celebrated with your choice of cake and a birthday card on the second Thursday of the month.

Questions? Please call or text Barbara Breuer at (702) 326-1265, Joan Nettles at (702) 595-4013 or Gail Pariser at (702) 489-9018. The club looks forward to your joining their fun group.

PARTY BRIDGE CLUB

Party Bridge is a new club at Solera at Anthem. Since the 1930's, Bridge has been one of the most popular card games in the world. Party Bridge is different from Contract Bridge in the way the game is scored. It allows play of three-handed Bridge when needed. Enjoy a fun-filled afternoon on Tuesdays and Thursdays from 12:30 p.m. to 4 p.m. Contact Kathleen Karstensson at (702) 524-3648 or kkarstensson@gmail.com for more information.

PICKLEBALL CLUB

The Pickleball Club held their final 2018 meeting December 1 and elected their new Board. Lanny Grubb is the new president; Marla Walls is Vice President, Phyllis Grubb is Secretary and Betty Hein Treasurer. Congratulations!

Join the club on the Pickleball courts and enjoy the fastest growing senior sport in the country. They play Monday through Saturday, 7 a.m. to 10 a.m. Residents are encouraged to try out the game. You can play three times before needing to join the club. The club supplies the equipment and training for you. It is a great opportunity to build new friendships and have fun getting exercise. If you are interested, call President Lanny Grubb at (702) 449-9950.

POKER CLUB

The club hopes everyone had a wonderful holiday and they wish you all a very Happy & Healthy New Year.

The Poker Club continues to enjoy their many weekly poker games. They meet several days & times as shown below. New members are always welcome. Come on down and join in the fun with your neighbors. The annual membership dues are \$10. For any other information or, if you are interested in poker lessons, contact Ellen at (702) 451-7842.

Weekly Schedule:

Monday:

12 p.m.–4 p.m. \$40 buy-ins Casino Poker

Wednesday:

6 p.m.–8:45 p.m. \$40 buy-ins Casino Poker

Thursday:

6 p.m. –8:45 p.m. \$25 or \$10 buy-in.. No Limit Texas Hold-em

JANUARY NEWS:

Congratulations to our Tournament Winners:



Jim Hukvari
No Limit Texas Hold-em



Judith LaMont
Limit Texas Hold-em

Upcoming Tournaments for January:

Jan. 12, 2019 - No Limit Texas Hold-em

Jan. 19, 2019- Limit Texas Hold-em

Please sign up for the Saturday Tournaments at the monitor's desk. Tournaments start at 9:30 a.m.

Shuffle Up & Deal!

CLUBS & GROUPS CONTINUED

ROMEO'S SOLERA MEN'S CLUB

The Romeo's Club (Men's Club) will be enjoying breakfast at Village Pub on the first Saturday of each month at 9 a.m. The Pub is located at 10900 Eastern Ave. If you enjoy visiting with other men from Solera and enjoying a good breakfast, you are welcome to join them. All Solera men are welcome. For information contact Allen Blonder (702) 395-6878.

SOLERA LADIES CLUB

Happy New Year! Please welcome the Solera Ladies Club new President, Janice Awe and new Secretary, Soni Oreste.

On Tuesday, January 22, the club will be having their first Solera Ladies Club meeting of 2019 at 5 p.m. in the Paris Room. This meeting is a very important and the club will be collecting dues for the year and going over the 2019 calendar. Members are asked to bring their beverages and treats made by member Glori Sprigs will be available.

If you like to have fun and love to meet new friends, come to join a host of friendly ladies who are active members of the Solera Ladies Club. The club has a different fun activity each month. If you have any questions, please contact the club President, Janice Awe at (408) 206-1148.

SOLERA SINGLES CLUB

Happy New Year to everyone! The club is planning some fun events for the rest of the year. Watch your e-mails and Solera Star for more details.

The Solera Singles Club is a group of women who get together monthly for theater outings, bingo, movies, and dinners. Men are welcome to join the ladies. If you have any questions about the club, please call President Barbara at (702) 436-2987.



Solera Tennis Club

TENNIS CLUB

President, Ken Moser hopes to be back playing Tennis in three to four months after his surgery. He hopes that all had nice holidays and he looks forward to a great new year with some new things for the club to enjoy.

Hi, to all Solera tennis players and residents that want to learn how to play; the club would like to invite beginners, as well as experts, to join the club. They have a good time and enjoy getting together to play tennis at Solera.

The Solera Anthem Senior Tennis Club will continue its drop in social play on Saturdays at 7:30 a.m. to 10 a.m. They play every day, except Sunday at 7 a.m. You are welcome to drop in and play; they will provide you with balls and rackets.

The Tennis Club is always looking for ideas to increase the use of the Solera tennis courts. There is a suggestion box in the club-house or email President Ken Moser at Chefmoser1@aol.com. Better yet, show up at the courts and share your ideas on Saturday mornings.

For more information on how to join our club or about tennis activities, please call Ken, at (702) 401-7823. There is no fee to join the club. You can also get a list of seniors who play social tennis during the day or evenings.

GROUPS

BEAD WEAVING

If you are interested in bead weaving on a weekly basis, please contact Gloria at (702) 270-3346 for more information. The group meets on Thursday afternoon from 1 p.m. to 4 p.m.

BILLIARDS

Every Tuesday night from 6 p.m. to 9 p.m. "Get cued up behind the Eight Ball." Come and join in the fun.

BOCCE BALL

Can a person exercise and have fun at the same time? It is possible when you join the Bocce group at Solera. Bocce is played every Wednesday evening at 7 p.m. at the Bocce Courts. Even if you aren't familiar with the game, it is very easy to learn. Contact Jim at (702) 897-6257. All residents are welcome to join in the fun.

BOWLING

The Bowling Group meets at the bowling alley on the upper level of the South Point Casino. They meet every Monday at 1 p.m. Senior bowling costs are \$2.25 per game, and the shoe rental is \$3.75. The group has permanently been assigned lanes one through four.

CRAFTS & STITCHES

Join the Crafts & Stitches group on Tuesday in the Encore Lounge from 9 a.m. -12 p.m. The group works on all types of needlework and share creative ideas. Bring your coloring books, colored pencils, paints, arts or any craft you enjoy.

On Saturday from 1:30 p.m. to 5:30 p.m., the group brings their sewing machines to the Paris Room. They paint, draw, color, pencil art, and quilt items for the home, along with needlework. For information, call Maureen at (702) 281-8728.

DEALERS CHOICE POKER

The game is a variation style of poker where you, the dealer, select the game that you want to play. The group meets on Monday and Thursday from 12 p.m. to 3 p.m. with \$10 buy-ins. They also meet on Wednesday at 6 p.m. to 8:45 p.m. with \$20 buy-ins. For more information contact Stuart at (702) 273-7760.

NEEDLEWORK

Dump those post-holiday blues! Join the Needlework Group for fun therapy while keeping busy doing handheld needlework projects.

The Needlework Group meets on Thursdays in the Encore Lounge from 9 a.m. until noon. There they work on knitting, crocheting, embroidery, cross-stitch, and applique projects; the group always welcome new ideas. On Fridays, the group brings our portable sewing machines and work in the Paris room. They meet from 10 a.m. until 3:30 pm with a break for a brown bag lunch.

One of their present members is a professional quilt design person, but beginners are also members of the group. They help each other and share a lot of laughs while finally completing those projects they never thought they would or could.

Both days have an open door policy, arrive and leave as you please. For more information, contact Maryann Bianco at (702) 453-2884.

PHOTOGRAPHY

PLANNING FOR AN EXCITING NEW YEAR!

The Photography Group will enjoy sharing photos of the 2018 Holiday Season at the January 15 meeting at 6:30 p.m. in the MGM room. Plans for field trips for the year will also be discussed.

The group welcomes anyone interested in visiting one of Southern Nevada's beautiful sites every other month. A variety of cameras or cell phones aren't necessary, but do provide memories of the field trip. For additional information call Lea Mills (702) 373-1815.

RUMMIKUB

Join the fun with this lively tile game. It doesn't matter if you've never played before, the club is happy to teach you this easy-to-learn game. For more information contact Richard at (702) 205-3884. There are no special skills needed and it is a fun game to play.

SCRABBLE

Would you like to exercise your brain and have some fun at the same time? The Scrabble group has a solution for you! Come and play Scrabble every Tuesday at 6:30 p.m. in the Encore lounge. It is a great way to socialize, increase your vocabulary, and improve your spelling. This is a very relaxed group. If you are interested, please contact Juanita at (702) 897-6257.

SPANISH

¡Saludos! The Spanish group welcomes beginners through those who want to improve their Spanish speaking skills. The classes are free and they meet on the first three Tuesdays of each month at 9 a.m. Have fun and learn unas palabras en español. For more information contact la profesora Milly at (702) 896-1116. ¡Bienvenidos a todos!



"Resting" by Robert Adams

Solera at Anthem HIGHLIGHTS

CHANUKAH

The first night of Chanukah was celebrated at Solera with the traditional candle lighting ceremony. Everyone brought sweet desserts to share in the celebration. The extra desserts were brought to Solera's Fire Station 99 who appreciated the treats.



OH, WHAT A NIGHT!

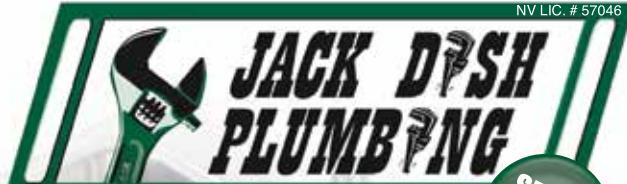
On Thursday, November 8 a group of Solera ladies went to Summerlin Library to celebrate all the hits of those boys from Jersey. The group enjoyed an

outstanding production of a musical tribute to Frankie Valli & the Four Seasons.



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The Strip is located, used to be
called the Arrowhead Highway,
and then, the Sunset Strip.

seniorINTEREST

10 FOODS TO HELP SENIORS FIGHT DEPRESSION

In addition to contributing factors like social isolation, a loss of independence, or a lack of mobility, did you know diet can play an important role in senior depression? While medicine can be beneficial to depression sufferers, so can pharma-free actions like meditating, spending time outdoors or modifying daily diets to incorporate more foods that give your body (and mind) a boost. Don't miss these 10 smart suggestions:

1. Oatmeal

Starting out your morning with fiber is like handing your digestive system a mop and letting it clean your insides out. As a result, you will feel much less sluggish and ready to face the day. Try a bowl of oatmeal, or some whole grain cereals if you prefer.

2. Greek Yogurt

Known as the gut-brain axis, studies have shown a correlation between gastrointestinal flora and the central nervous system, ultimately proving that probiotics fight against depression. With that in mind, there is no food richer in these healthy bacteria than full-fat Greek yogurt, boasting more calcium and protein than your low-fat standard yogurt alternatives.

3. Pumpkin Seeds

Both melatonin (the sleep hormone) and serotonin (the "happy" neurotransmitter) are synthesized from the essential amino acid called tryptophan. This means that the quality of your slumber and your mood are dependent on it. Many foods feature decent levels of tryptophan (including eggs and asparagus) but none of them rival pumpkin seeds which are also a fantastic source of omega-3 fatty acids.

4. Spinach

Along with B12, a folic acid deficiency has been linked to depression. Unfortunately, folate can be rather difficult to locate using your diet alone, hence why many smart seniors prefer to rely on multivitamins to get all of their nutrients. In the meantime, you can consume a decent dose of this elusive nourishment via spinach and other general leafy greens, as well as asparagus and citrus fruits.

5. Tomatoes

The connection between brain inflammation and depression is well-documented, and this is where the antioxidant called lycopene comes in. Tomato products are packed full with this anti-inflammatory substance, to the point that various studies have proven this diet choice to relieve many of the depressive symptoms. Other lycopene-rich foods include guava and watermelon.

6. Egg Yolk

Vitamin D is famously the sunshine vitamin, which has been increasingly connected to seasonal affective disorder. Thankfully, one can absorb a little bit of this nutrient from their food too, fittingly from the sunshine yolk center of the egg. The white of an egg is also loaded with protein, so crack them open and enjoy their happiness along with other vitamin D products such as mushrooms.

7. Assorted Nuts

An intake of magnesium is consistently shown to be highly valuable for those who suffer from depression, and yet nobody fully understands why. However, when looking at its health properties in regards to a greater muscle flexibility, calcium absorption, and blood pressure regulation, these overall improvements do make some sense. To get more magnesium from your diet, snack on assorted nuts (almonds, cashews, peanuts, and Brazil) as well as tofu and avocados.

8. Chili Peppers

Vitamin C may be the popular choice for those looking for an immune boost, but there have been studies which connect this vitamin deficiency with depressive-like behavior in mice. Luckily, sources of vitamin C are easy to find, from kale to oranges to broccoli, but chili peppers also come with the added advantage of a burning your mouth, which is an ideal depression distraction if there ever was one!

9. Tea

Instead of feeding your anxiety with stimulants like coffee or soda, swap them out for healthier tea alternatives. Green tea is often appreciated as a soothing, relaxing drink filled with antioxidants and nutrients, while chamomile has been linked to an easier night's sleep. If you suffer from a sweet tooth, replace all sugars with moderate amounts of honey to avoid the blood sugar crash.

10. Dark Chocolate

Finally, here is some great news: cocoa polyphenols have been linked to stress reduction, along with various mental, cardiovascular, and energy-related improvements. What's more, it's a friendly message to your taste buds that you love them after all. With this in mind, always stick to the darker variations of chocolate for a more powerful cocoa bite, and do not overdo it! If you are worried about your lack of self-control, you can get a similar antioxidant fix from berries (such as blueberries and strawberries), nuts (such as pecan and walnuts), or artichokes.

Source: Seniordirectory.com

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2547 Stardust Valley Dr.	1596	\$319,900
2489 Comet Cloud Ct.	1596	\$324,990
2537 Jade Sky St.	1596	\$329,500
2431 Erastus Dr.	1596	\$329,900
2593 Corvus St.	1596	\$338,500
2410 Jada Dr.	1596	\$349,950
2336 Cordelia St.	1596	\$360,000
2537 Darda St.	1768	\$334,999
2337 Minolta Ct.	1768	\$364,900

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2444 Gamma Ray Pl.	1142	\$285,000
2439 Andromeda Ave.	1248	\$289,999
2369 Peaceful Moon St.	1248	\$274,800
2563 Moonlight Valley Ave.	1596	\$329,900
2516 Cosmic Dust St.	1596	\$314,900
2420 Cosmic Ray Pl.	1596	\$350,000
2421 Hamonah Dr.	1768	\$339,000
2506 Starlight Valley St.	1768	\$310,000
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