



Every month, the Las Sendas Community Association hosts impactful social and fitness activities [to connect you with your neighbors](#).

Below you'll find a calendar of [events, weekly activities, and group fitness classes](#). Dates and times are subject to change.

[ONLINE COMMUNITY CALENDAR](#)

## JULY 4 SCHEDULE

The Trailhead office will be closed on Thursday, July 4, in observance the holiday.

The Spa + Fitness Center will be open from 7 am - 1 pm.



### FIREWORKS REMINDER

All types of fireworks are prohibited in Las Sendas, including Arizona Permissible Fireworks that are allowed in other parts of the state. This rule was adopted to help protect our homes and landscaping by reducing the fire risk in our community.

To help capture fireworks usage, an off-duty police officer will be patrolling on July 4 in addition to our security team. The officer will have the authority to issue citations, which will carry fines. Additionally, Las Sendas violation letters will carry fines of \$250.

If you witness fireworks launched into the air within our community, please call 480-644-2211. If you witness non-aerial fireworks, please call Patrol at 480-220-1794 or [file a complaint on our website](#) (log-in required).”

## JULY 2024 EVENTS

### HOT DOGS & CRAFTS

WEDNESDAY, JULY 3

11:30 am - 1:30 pm @ The Trailhead

We're having a fun event to celebrate Independence Day with hot dogs and patriotic crafts. Be sure to sign up soon since spots are limited. See you there!



REGISTER

### NEW HOMEOWNER ORIENTATION

TUESDAY, JULY 9

5:30 - 6:30 PM @ The Trailhead

Meet your new neighbors and learn about the beautiful community you live in.

The first 30 minutes will be [mingling over light appetizers and soft drinks followed by a short presentation from your management team](#). We look forward to meeting you!



ORIENTATION REGISTRATION

### BINGO

FRIDAY, JULY 12

5:30 - 8:30 pm @ The Trailhead  
Banquet Rooms

Join us for a night of BINGO fun! Come meet your neighbors, mingle and be ready to have a blast! Doors

open for happy hour at 5:30 pm,  
game play begins at 6 pm.

Registration is required for all  
attendees and space is limited. Sorry  
no registration refunds.

The event is sponsored by [Leading  
Edge Senior Care.](#)



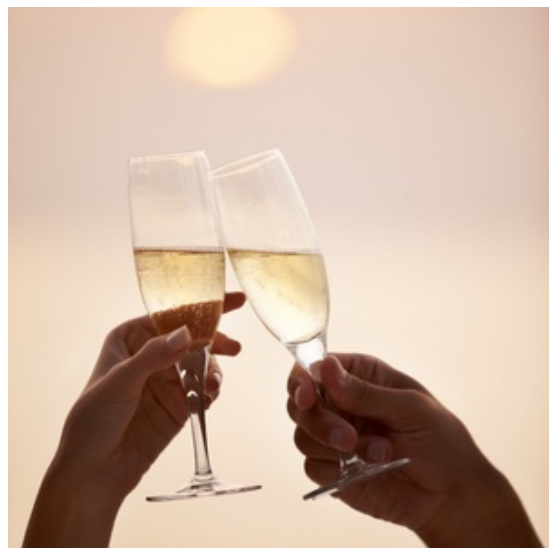
REGISTER

## STOCK YOUR CELLAR EVENT

FRIDAY, JULY 20

2 - 4 PM @ The Vistas Pavilion at  
Las Sendas

Sample and purchase fine wines at  
the first **Stock Your Cellar Event**.  
Wine Club Members get early access  
from 12 - 2 pm. Orders placed during  
the tasting will be available for pickup  
later.



RESERVATIONS

## Childcare & Babysitter Training Plus First Aid, CPR/AED

TUESDAY, JULY 23

9:30 am - 2:30 pm @ The Trailhead  
Banquet Rooms

This one day course gives students  
the knowledge and skills to  
confidently care for infants and  
school-aged children. Participants  
will learn how to respond to  
emergencies and illness with first aid,



rescue breathing, CPR and other appropriate care, along with the basics of babysitting. Students will receive a Babysitters Certification Card and CPR/AED certification card good for 2 years. Students will receive class supplies: CPR/First Aid Kit, workbook, babysitter bag, hands-on manikin practice, interactive learning and more!

**REGISTER**

**SPECIAL NEEDS  
PLANNING WORKSHOP  
TUESDAY, JULY 23  
6-8 pm @ The Trailhead Banquet  
Rooms**

Residents, friends, and family are invited to an opportunity to attend a special needs planning workshop presented by Bart Stevens. This FREE educational workshop will cover subjects such as: Special Needs Trusts, Wills, Family Trusts, Guardianship, Trustees, Social Security, Medicaid, Medicare, Financial/Budget Planning ABLE Accounts, the Letter of Intent, and more.



**REGISTER**

**FUN VOLUNTEER OPPORTUNITIES!**

We need volunteers for our events. This may consist of helping with check-ins, set-ups, teardowns or answering questions for the community at our signature events. For more information, contact our Lifestyle Coordinator, Christine Hatch at [chatch@mylassendas.org](mailto:chatch@mylassendas.org) or 480-357-8780.



**RECREATION IN LAS SENDAS**

**Karate  
(kids)**

**LEARN MORE**



**Mesa Aquatics Club  
(all ages)**

**LEARN MORE**



**Tennis Lessons  
(all ages)**

**LEARN MORE**



**Soccer Shots  
(kids)**

**LEARN MORE**

**Summer Camp  
(kids)**

**LEARN MORE**



**Pickleball Lessons  
(all ages)**

**LEARN MORE**



## WEEKLY CLUBS

These events are happening **every week in Las Sendas**. Don't miss out!



### AMERICAN MAH JONG - Canceled July 4 THURSDAYS

Noon - 4 pm @ the Trailhead

Join us for **American Mah Jong!** We will supply what you need. All you have to do is show up!

For more information, please email [Michele Sipress](mailto:Michele.Sipress) or text 630-835-4670. If you text, please be sure to include your name!



### BRIDGE CLUB MONDAYS

1 - 4 pm @ Trailhead

Learn how to play this trick-taking card game and compete with a partner every Monday. Please contact [Elaine](mailto:Elaine) at [480-518-0023](tel:480-518-0023) for more info.



### RUN♦BIKE♦TRI CLUB MONDAYS & FRIDAYS

5 am @ Hava Java

Las Sendas Run/Bike/Tri Group was founded in 2001 by Beverly Crupi, to allow runners, cyclists and triathletes of all levels to train together in a supportive and motivating environment.

## JULY CLUBS

### BOOK CLUB



## TUESDAY, JULY 9

6 - 8 pm @ Trailhead

Get to know your neighbors, read interesting books, and enjoy lively conversation. New members are always welcome. For more information please contact [Janet Bartelt](#).



## QUILTERS CLUB

MONDAY, JULY 15

5:15 - 7:30 pm @ Trailhead

Show off your quilting skills and meet new neighbors and friends. Please contact [Penny](#) for more information.



## RETIREES CLUB LUNCH & GAMES - Canceled for July

The Las Sendas Retirees Club has a membership of approximately 90 residents who are active adults of retirement age. Please contact [Jeanine Simpkins](#) for additional information.

## JULY COMMITTEE MEETINGS

In addition to regularly scheduled meetings, the following committees will meet at these times in July:

Landscape Committee Meeting @ The Trailhead Conference Room - Tues, July 2, 10-11:30 am

Security & Safety Committee Meeting @ The Trailhead Conference Room - Tues, July 2, 4-5 pm

Finance Committee Meeting @ The Trailhead Conference Room - Tues, July 9, 3-4:30 pm

View all other committee meetings on the full calendar below.

[VIEW FULL CALENDAR](#)

## THERE'S MORE AT THE FITNESS CENTER

JULY SPA SPECIALS  
Starting at \$99



### **Introductory Massage**

\$99 (for new clients only)

### **Aesthetics**

Purelift Microcurrent Facial  
(No Downtime) \$199 Reg \$250

Ultimate Beauty Cocktail Facial  
\$135 Reg \$155

**MORE INFORMATION**

**GROUP FITNESS SCHEDULE**

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# BEAT THE HEAT



**2**  
**MONTH**  
**MEMBERSHIP**  
**\$69**

## GROUP FITNESS INCLUDED

YOGA | BARRE | PILATES | STRENGTH  
BALANCE | MOBILITY | CORE + MORE!



**480-832-6900**  
lsfitspa.com

## LOOKING FOR EVEN MORE?

We're always adding clubs, classes, committee meetings, and more events to our [online community calendar](#).

[ONLINE COMMUNITY CALENDAR](#)

You can also stay up-to-date by connecting with the Las Sendas Community Association on [Facebook](#), [Instagram](#), or [via text](#).

[TEXT US](#)

[INSTAGRAM](#)

[FACEBOOK](#)

# TALK WITH THE TEAM

**Christal Bromley** | Executive Director

**Sharon Haas** | Community Manager

**Gina Gluvna** | Spa + Fitness Director

**Calee Burch** | Community Standards  
Manager

**Rob McKaig** | Director of Security

**Dustin Melgaard** | Maintenance Director

**Michael Fenzel** | Lifestyle Director

**Melody Birkett** | Communications  
Manager

**Kimberly Kelley** | Design Review  
Coordinator

**Christine Hatch** | Lifestyle Coordinator

**Maureen Trask** | Front Desk Associate

**Community Office** | (480) 357-8780

**Spa + Fitness Center** | (480) 832-6900

**Security** | (480) 220-1794

**Mesa Police Non-Emergency Line** | (480) 644-2211

ASSOCIATION WEBSITE

SPA + FITNESS WEBSITE

## Trailhead Office

7900 E. Eagle Crest Dr.

Mesa, AZ 85207

480-357-8780

*M-F, 8:30 am - 4:30 pm*

*Las Sendas is proudly managed by:*



Las Sendas Community Association | 7900 East Eagle Crest Drive | Mesa, AZ 85207 US

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