LA SOLANA TOWN CRIER

All the good news that's fit to print

From the President's Desk:

Aging is not about getting older, it's about how we live

Aging is something that happens to all of us, yet how we approach it can make a tremendous difference in the quality of our lives.

Aging is a journey, not an ending. We should not define ourselves by our age, our physical limitations, or even all the wrinkles we have worked so hard to get. The goal is not necessarily to live longer, it is to maintain our health, get through the health challenges. It is to have strong social connections, keep our bodies as strong as possible with exercise, a healthy diet, and a curious, open mind. We, of course, are never perfect with any of the above.

We are so fortunate to live in an amazing community that offers us all the things we need to follow our aging journey in the best possible way.

La Solana and The Grand provide so many opportunities to learn new things to exercise at any level, to attend nutrition classes, join social clubs, to attend numerous social events, and to make friends with others who are on this aging journey (Con't page 2)

Welcome Donna Thomas



Let's have a grand La Solana welcome to Donna Thomas, a new full time resident. Donna jumped right in volunteering. She served breakfast at our October brunch and is planning an amazing afternoon for our spectacular Veterans Day celebration.

Donna comes to us from Vancouver, Washington. Donna is a mother, grandmother, and, if you can believe it, a great grandmother! Before retirement Donna was the general manager of an independent living retirement residence. She loves seniors—being one, living around, volunteering with.

Donna hasn't left family behind because they have been visiting with her regularly since her move and several are planning to move to the Grand in the future.

Donna assures us that the Grand is unique in the variety of activities, the lower cost of everything, the friendliness, and the lovely weather.

When Donna calls asking you to volunteer, be on the social committee, plan an event with her— say yes!

(Pres message continued)

I, for one, am grateful to be on this journey with each of you. I'm grateful for the community I live in that provides so many opportunities to enjoy this time in my life.

Jan Smith,
President, La Solana







Enjoying Halloween Brunch in the Club House Oct 28, 2026

(Top right) Merle Thompson and Liz Loney

(Center)Diane Greene and Frank Mathes

(Bottom right) Kathy Mandsager and Sally Zarada

Standing room only at this very full social event. Lots of great food, good company, and only steps from home.

You go La Solana!

Library News

FREE BOOK EVENT

The La Solana Library volunteers are holding another Free Book Day
Thursday, Nov 19, 2026
10 AM - 2 PM
In the Library

Stop by and see if there's anything that you just can't live without!

Olivia Reynolds, Library Chair.

News from The Grand

- Veterans Day activities begin with the **annual Surprise Firemen's breakfast.** This free breakfast begins at 7 AM, Wed. Nov 11, and continues until 11 AM. This event is held every year to honor our Veterans, and to raise money for Children of need within the City of Surprise. Eat all the pancakes you can hold but remember to donate generously. The Aisles of Smiles hosts dozens of gift baskets. Auction bidding opens at 7 AM with winners announced at close of brunch. You don't have to be present to get your basket if you are the highest bidder. This is a worth cause with all proceeds going to charity. Location: Sonoran Plaza, 7 AM to 11 AM, Wednesday Nov 11, 2026
- **Honor Flight.** Did you know that if you served in WW II, the Korean War, or during the Vietnam War, you are eligible to enjoy the Honor Flight program to Washington DC. Honor Flight recipients have a special guided program in Washington DC viewing all of our war memorials. Flight, accommodations for three night, all meals and sightseeing are free of charge to the veteran. Each veteran, as needed, is accompanied by an Honor Guard volunteer. Several of our Grand residents have been honored and more are welcomed to apply. Check out Honor Flight Arizona at https://honorflightaz.org/ armedforces support group.org
- Stay connected. Social connections are critical as we age. Sun Health is presenting a free one hour class on building connections and overcoming social isolation. Friday, January 15, 1:30-2:30 PM at the Cimarron Center in the Gila Room. Registration required, SunHealthWellness.org/classes:
- Holiday decorations. Reminder—your lights can go up Thanksgiving weekend and must be removed no later than January 8. No lights or sound should disturb your neighbors. (At La Solana, we welcome your balcony lights and decorations. Let's celebrate!
- Thank goodness, all political signs have to be removed by November 19!

- **New community manager** to replace Paul Heying who is retiring (again). Jennifer Thomasson comes to us from Trilogy at Vistancia where she was community manager, (We've already met and have many shared stories.) When you want to get to a CAM member, but they are difficult to reach, try Jennifer. Her office is very receptive to hear from residents. jennifer.Thomasson@livegrandaz.com
- **The Grand budget.** Yes, there is a HOA raise coming, but it is under 2%. We had a 1.5 million dollar surplus last year which is going into the reserve fund. Want to know more about the upcoming budget proposal? Open meeting Tuesday, 9 AM, Sagebrush room and Nov 13 in the Mediterranean Room (watch for news of the day for exact time). Significant changes proposed in payment of annual HOA fees. Check out the Resident Engagement Forum on Nov 17. Again, check the News of the Day for exact times and locations. Many meetings available on Zoom so you can watch and comment from the comfort of your condo or from the La Solana clubhouse.
- **TheGrand 30th Anniversary** commemorative magazine is available for distribution. Free of charge, there's some great photos and stories (I am in the neighborhood rep photo—see if you can find me). Pick it up all around Grand or in the Club House. Be proud. The Grand is unique—just ask Donna Thomas, she shopped around.
- **Another Board member resigned**. Doug Brady turned in his resignation, for personal reasons, not due to dissension in the Board. Before rumors start flying why 3 members resigned this year, do consider that the positions are voluntary, that health issues come up frequently, that family members are also aging and need more assistance. Let's thank Doug for his service to the Grand and welcome the new appointee—whoever he/she will be.
- **New restaurant coming**: Maple & Rye will become Haymakers. Same ownership, different style and menu. Renovations expected to take about 2-3 weeks in late November. (Surprise Permits are an increasing problem so who knows.) You can check out the menu online. The Haymaker brand is expected to bring in more outsiders who may decide to buy, spend their money here, etc. The more the restaurant earns, the more Grand earns so everyone can win.
- **Helping Hands - Sun City West Foundation** Having guests and need a roll out bed? Want to borrow a wheel chair to help you through a rough patch? Grandkids arriving and you need a crib? All of these and more are available, free of charge, through the Helping Hands program. Right across the street, off RH Johnson, M-F 8AM - Noon. Lots of great items that are in excellent condition and available to you.
- **Surprise Resource Center** - I can't say enough nice things about the resource center. So much available from daily lunches to a gym and classes. Annual membership $5, $12 with the exercise program. What a deal! 12641 W Sante Fe Drive, Surprise **https://surpriseaz.gov/surprise-resource-center**
- **Vista Arts and Surprise Arts** —So much happening. The City of Surprise hosts a "First Fridays event (free) on Civic Center Drive the first Friday of every month, 6-9 PM. Vendors, Art, music, culinary competition. I use to go to Phoenix for the First Friday event on Roosevelt Ave. Now, I can attend close to home. I love it here—La Solana, The Grand, The City of Surprise. If you have grandkids coming this holiday season remember that The Grand has extended pool hours for kids. Just opened the Trampoline Park (where Big Lots used to be) for the youngsters to use up some of their energy. The fishing club will meet you by the lake near Angelas to take your grandkids fishing. The Club brings fishing poles, bait, and an instructor (infoscgfishing122@gmail.com.

That's it folks! See you next month.

The **Town Crier** is only as good and as interesting as the news and photos **you** contribute. Without your news reporting, and photos with names, there isn't much of a Town Crier. Thank you to all who contributed to this edition. Keep those photos and articles coming. La Solana is the premier residence at The Grand. Proud to be part of the journey. adriennekirschner314@gmail.com/623-466-9068