



Compass

The Official Magazine of Sun City Lincoln Hills

September 2013

City of Lincoln Stop Sign Survey... page 2

New Exterior Paint Color System... page 9

BUDGET MEETING 1

September 10, 2013



Sun City Lincoln Hills
Community Association



National Night Out Parties... pages 22-23

Club Insert... This issue

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Board of Directors Report

Marcia VanWagner, Treasurer, SCLH Board of Directors

When it gets down to it, basketball is basketball. Larry Bird

What happened to basketball? The process followed to retire the basketball court is a good example of how residents, Committees, Staff, and Board work together to find the best solution for an issue — which may not be the most popular solution, but a reasoned response to a dilemma.

Basketball was a sports amenity when Del Webb developed this community. When the expansion of pickleball began, basketball was temporarily set aside. There was some public comment, mostly from residents who enjoyed an infrequent pick-up game. There has never been a basketball group or team as an organized function.

With the expansion of the pickleball courts, basketball would need to find a new location or be eliminated. In a 2012 Properties Committee survey (at the Basketball Hoop, and Kilaga Springs & Orchard Creek Fitness Centers), of the 19 responses, only two indicated that the resident played basketball; the remainder liked the amenity for their children or grandchildren.

The next step was to relocate the basketball court. Two possibilities emerged: behind OC Fitness Center or off the children's sandbox playground at the Sports Pavilion. Neither location was ideal from a functional or esthetic view, but possible.

In the August 2012 Strategic Advisory Committee (SAC) survey, 0.5% of the residents used the basketball court regularly and 92% never used

it! Anecdotal responses indicated sporadic use by children and grandchildren.

During the 2013 budget process, the Properties Committee recommended that basketball be included in the Capital Asset Request for 2013. There was no motion or vote on Basketball by the Finance Committee. During the budget approval by the Board, basketball was included in the 2013 budget.

Now that the pickleball expansion project is completed, what should we do with basketball? Director Jim Leonhard researched alternatives to relocating the court within our community. Within a short drive from Lincoln Hills, there are public courts at McBean Park, Glen Edwards Middle School, Carlin Coppin Elementary School, and Brigham & Hawes Park.

“With the expansion of the pickleball courts, basketball would need to find a new location or be eliminated. In a 2012 Properties Committee survey... of the 19 responses, only two indicated that the resident played basketball...”

The Board, seeking the best solution, reviewed the Properties Committee work, the Finance Committee's actions, the official surveys done by the Properties Committee and SAC, and the option of public courts nearby, and at the Board meeting on August 22, 2013, voted to rescind the relocation of basketball.

I hope you will see that many individuals, committees, and the Board have spent time making this decision. This is the way the Board works, to find the best solution for all.

I look forward to seeing you at the Ice Cream Social on October 6. See the Community Perks section on page 43 for details.



On the cover

Important budget recommendations are being made by finance committee members to our Board of Directors, standing, after department budget presentations. Final budgets will be presented September 19 — see page 13 for more information

City of Lincoln Stop Sign Survey

Residents, please participate!

CCRC Committee

Over the years, Lincoln Hills residents have expressed concerns about vehicles using neighborhood streets as “short

cuts,” at uncomfortably fast speeds, to avoid stop signs along arterial roads. Petitions to the Lincoln City Council have been filed on both sides: some to *remove* stop signs and others to *retain* them, with an apparent 50/50 split. In response, the Lincoln Streets Committee has created a
Please see “City of Lincoln” on page 5

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Recently there has been an increase in questions received by staff concerning non-resident use of our facilities. Just as a reminder, if a nonresident is participating in a club activity or drop-in play, they need to be a guest of a resident who is also participating at the same time. The only exception to this rule is if a nonresident has a guest pass for use in the Fitness Centers. Neither

staff nor residents want to be in the position of policing usage, so here are some positive steps we can all take.

During the past six months we have had about 200 homes transfer ownership. That is a lot of new homeowners and new faces in the community! We encourage everyone to introduce yourself to people new to you. If you suspect a nonresident is participating in an activity, there's no harm in casually asking if they are a resident, and a welcoming word or two to new residents will always be appreciated.

If you're uncomfortable in approaching others, you may ask a staff person to assist. Our governing documents state that staff may request proof of residency, and until one is able to, access to the facility may be denied. If we all understand the intentions of asking is to protect the Association, then the issue will not become a problem.

Please see "Connections" on page 101



Have you been on Association bus trip lately? If not, you're missing some fun times! See "Overnight Bus Trips a Big Hit" on page 7

Calendar of Events

September 15-October 20

Date	Event	Page #
09/16	"Creating Family Stories/Research" Genealogy	31
09/16	"Lincoln's Wal-Mart Neighborhood Market"	36
09/17	Community Forum: All Systems Go	10, 100
09/17	Operations/Developments Sierra Pacific Inds.	33
09/18	Community Forum: Travel Medicine	10, 100
09/18	New Resident Orientation	43
09/18	Bus Trip: Legion of Honor	58*
09/19	Book Discussion: <i>The Tennis Partner</i>	27
09/19	Jay Knauer, Air Traffic Control	38
09/20	Let's Talk About Advance Health Care Directives	89
09/20	Summer Concert Series: The Bronx Wanderers	49
09/24	Bus Trip: Taste of San Francisco	51
09/26	"Fall Gardening Pruned? Fertilized?"	30
09/26	Bus Trip: Colusa Casino, Sutter Buttes	51
09/28	Bus Trip: Giants vs. San Diego Padres	57
09/30	Concert: The Music of Frank, Bobby & Bill	47
10/01	Bus Trip: Speaker Series	58*
10/02	"Hubbel's Amazing Universe"	25
10/02	Auditions for Tap Company "Remembering Rosie"	37
10/03	Sr. Investment Officer for OppenheimerFunds	32
10/03	Bus Trip: Kendall Jackson Wine Center	58*
10/05	Bus Trip: California Capital Airshow	58*
10/06	Annual Resident Appreciation Day	43
10/06	Bus Trip: Josh Groban at Sleep Train Arena	53
10/07	KS at the Movies: "One Day"	43
10/08	Bus Trip: Fort Bragg/Skunk Train	58*
10/09	Community Forum: Affordable Care Act	10, 45, 90, 100
10/09	"Travel Plans Using Android Tablet or Phone"	29
10/09	"Astrophotography" by Don Goldman	34
10/09	Auditions for Tap Company "Remembering Rosie"	37
10/10	"Is the iPhone/iPad right for low vision seniors?"	30
10/10	Discussion about Eyes, Dr. Tang, Blue Oaks Eye Care	30
10/10	Pooches on Parade	19, 36
10/10	Oktoberfest Celebration	49
10/11	"Travel Plans/Android Tablet or Phone" continued	29
10/12	Bus Trip: Great Italian Festival, Silver Legacy	51
10/14	Dave Masche's Latest Trip to Alaska	27
10/15	Wearable Arts Fashion Show	34
10/15	New Resident Orientation	43
10/15	eWaste Recycling	43
10/16	Home, Health & Business Showcase	43
10/16-17	Auditions for January Vaudeville Show	38
10/17	Book Discussion: <i>The Queen of Water</i>	27
10/17	Concert: Shady Rill	48
10/17	Bus Trip: QuiltFest, Santa Clara	51
10/17	Community Forum: Roseville Railroad Explosion	100
10/19	Bus Trip: Santa Cruz/Roaring Camp Railroad	58*

Find these listings with yellow highlighting on the pages shown. (Indicates sold out event.)*

Upcoming Association-Related Meetings: Date, Time, Place

September 15-October 31

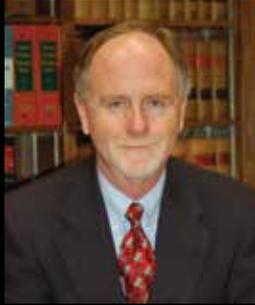
New Resident Orientation	Wednesday, September 18, 2:00 PM, Solarium
Golf Cart Registration	Thursday, September 19, 8:00 AM, OC Lodge
Joint Properties & Finance Committee Meeting ...	Thursday, September 19, 9:00 AM, Gables & Oaks
Finance Committee Meeting	Thursday, September 19, 9:00 AM, Gables & Oaks
Second Budget Meeting	Thursday, September 19, 11:00 AM, Gables & Oaks
ARC/Architectural Review Committee	Monday, September 23, 9:00 AM, Heights
Approval of Budget	Tuesday, September 24, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, September 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, September 26, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, September 26, 11:00 AM, Oaks
CCOC/Clubs & Community Organizations	Tuesday, October 1, 9:30 AM, Oaks
Compliance Committee Meeting	Wednesday, October 2, 10:30 AM, P-Hall (KS) Hall
Golf Cart Registration	Thursday, October 3 & 17, 9:00 AM, OC Lodge
Elections Committee Meeting	Friday, October 4, 10:00 AM, Fine Arts
Properties Committee Meeting	Tuesday, October 8, 1:00 PM, Fine Arts
Listening Post	Wednesday, October 9, 9:00 AM, Solarium
CCRC/Communications & Community Rel.	Friday, October 11, 9:30 AM, Oaks
ARC/Architectural Review Committee	Monday, October 14, 9:00 AM, Heights
New Resident Orientation	Tuesday, October 15, 1:00 PM, Solarium
Finance Committee Meeting	Thursday, October 17, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, October 24, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, October 24, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, October 24, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, October 28, 9:00 AM, Heights

Meetings in OC Lodge unless noted otherwise. Please confirm meeting time & room on website.

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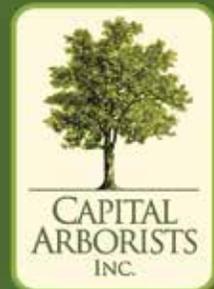


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ELECTION - ELECTION - ELECTION

Needed, A Few Good Men and Women

Elections Committee

No, this is not the Marines, it is your Elections Committee, asking you to step forward to become a candidate for the Lincoln Hills Board of Directors.

The seven-member structure of our Board requires that in alternate years we elect either three or four members to serve two-year terms. This election cycle we will be asked to elect three persons to serve as director of this Board that is so critical to maintaining of our fine lifestyle.

Our Board of Directors sets policy and approves budget and contracts. The Board helps this wonderful community to continue to run smoothly, and within a budget that offers facilities, amenities, and activities, all for very reasonable monthly dues. Candidacy to serve on our Board is by self-nomination. Any member in good standing may file to run for election. Your Elections Committee manages the process by which we inform members of candidacy and conduct the election.

Now is your opportunity to come forward to join with other concerned Lincoln Hills members in providing the leadership necessary to maintain our quality as one of the premiere active adult communities in the nation. You may file your candidacy

Election Time Line for 2014 Board of Directors

- **September 16** — Candidate filing opens
- **October 16** — Candidate filing closes, 4:00 PM
- **October 18** — Slate of candidates announced.
- **November 8** — Candidates ballot statements and member issues statements due, 4:00 PM.
- **January 14-17** — Election packets mailed to all members
- **January 15** — Candidate Forum #1, 10:00 AM, Presentation Hall (KS)
- **January 17** — Candidate Forum #2, 2:00 PM, Presentation Hall (KS)
- **January 18** — Candidate Forum #3, 6:00 PM, Presentation Hall (KS)
- **February 19** — Ballots must be received by Inspector of Election, 3:00 PM.
- **February 20** — Election ballots counted and results posted.

between September 16 and October 16. Forms are available either on our website, www.suncity-lincolnhills.org/residents > Library > Election Materials > 2014 Candidate Info Packet, or at the Membership Desk (OC).

City of Lincoln Stop Sign Survey

Continued from page 2

survey to generate data on what residents think about the stop signs along Stoneridge, Sun City, and Del Webb Boulevards.

What are the pros and cons on removal? Some residents feel that the removal of some stop signs along the arterial roads would move traffic back to the arterial

roads where they belong, freeing up traffic

on neighborhood streets and creating a safer environment. Others contend that if stop signs are removed along the arterial roads, traffic speeds could increase, creating an unsafe environment for drivers and pedestrians.

The survey is both web and paper based and runs from September 15 to 30. The web survey is at <https://www.surveymonkey.com/s/LHStopSigns>.

The paper version can be obtained at the Activities Desks (OC/KS) and will need to be returned there to the locked ballot boxes. Both versions will require you to input your Membership ID number.



Once the survey results are determined, they will

be presented at a Lincoln Streets Committee meeting for further action. Depending on the results, the committee can decide not to pursue additional action, meaning the stop signs remain the same, or they can forward the issue to the city council for future action. Should the issue move forward, funding will have to be identified, earmarked, and prioritized.

Thanks for your participation!

Announcing Openings for Committee Members and *Compass* Distribution Make a Difference!

Several standing committees of the Board of Directors are seeking volunteers. Complete information about each committee and what they do is available on the resident website under the top header *Volunteering*. For a list of committee emails, please refer to page 102 in this issue. Email the chair with any questions. Applications to serve as a volunteer committee member are available on the resident website under Library > Forms > Association Resident Forms > Committee Applications and at the OC and KS Activities Desks. Thank you for your interest.

Architectural Review Committee (ARC): Looking for an opportunity to be part of a team responsible for maintaining the architectural standards of our community? The Architectural Review Committee

Please see "Openings" on page 39

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Overnight Bus Trips a Big Hit!

Katrina Ferland gets rave reviews

Doug Brown, Resident Editor

Remember those Greyhound Bus ads? "...and leave the driving to us!" For the last year and a half, Lincoln Hills residents have been leaving the driving — and planning and booking and zillions of other arranging details — to our Association's Overnight Bus Trips staff.

Residents are spreading the word. Irene Hesson exclaims, "Loved the snow train trip! Thank you! Everything was very organized. Looking forward to the next trip." She didn't even mind when her husband Ivan paused for a Kodak moment with a couple of Reno's hot showgirls (see photo!)

Others have chimed in: "I didn't have to do anything. It was great!" "And by traveling with other residents we've made-long lasting friends." "A great way to travel without all the wear and tear of fighting traffic and driving on freeways for hours on end."

Katrina Ferland, Lifestyle Trip Coordinator, is the mastermind behind the recent surge of interest in overnight bus trips. A veteran of the travel industry herself, Katrina brings the kind of know-how and tricks of the trade that make all these delightful trips happen with no fuss, no muss, and amazingly bargain prices.

Want to see Hearst Castle? Ft. Bragg? Yosemite (minus wildfires)? Take in Reno casinos and shows? Do some wine tasting?

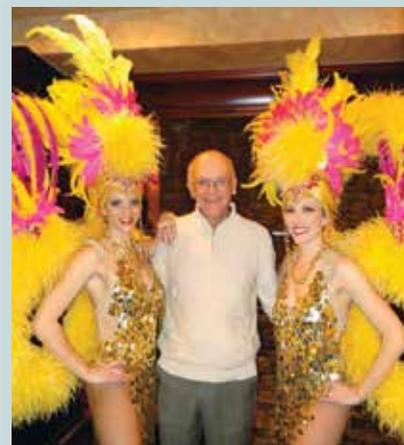
You can, thanks to Katrina's skillful organizing.

We SCLH residents love to travel. But when our inside knowledge of hot spots to visit proves to be sketchy, when our patience wears thin trying to book lodging, and when our aching backs, knees, hips, and necks rebel after two hours of driving... we're all too ready to let someone else do all this work! And why not, at unbeatable prices? A list of reliable trip insurance vendors is also available.

But wait, there's more. Pre-booking often means no waiting lines to check in to a hotel, private reserved areas in



Country Couples Group and Katrina on Snow Train trip



Ivan Hesson and showgirls



Yvonne Krause and Michael Schenck at Yosemite Valley Floor Tour Stop

restaurants, priority tickets to events, an "expert" staff member accompanying you 24/7, staff cognizance of any special physical or health needs. And yes, you'll love this: it is okay to park your car /cart in the OC parking lot while you're away!

Coming up: Palm Springs in March (see page 58 for details), perfect weather, perfect getaway. Fall highlights include: two Apple Hill trips. Winter/Holiday highlights: Snow Train trips. Check this and future *Compass* issues for more information.



Katrina with Nancy Pollard, seated, and guest Helen Lehutsky on Hearst Castle trip

Activities News & Happenings

"Kick Off" the Fall Classes, Trips, Concerts and More!

Lavina Samoy, Lifestyle Manager

The last quarter of the year is here! Our department has offerings that will keep the community busy and moving.

Classes have much to offer. With a number of new classes offered for iPhone, iPod, tablets and other technological gadgets, we have renamed the Computer category to **Technology** starting on page 76 with three class groupings. Under **General** (page 76), you will find classes for various

gadgets that use either Mac or Windows Operating Systems. The **Mac** category includes classes specific to programs using Mac computers (page 79); and **PC** (starting page 79) lists classes that use Windows, including Windows 8. Thanks to our resident instructors, our technology classes are geared to your needs and learning styles.

Please see "Kick Off" on page 9





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Lincoln Hills New Exterior Paint Color System

Bill Kress and Mark Hutchinson, Architectural Review Committee



Mark Hutchinson

The Architectural Review Committee (ARC) is pleased to announce that the new Lincoln Hills Exterior Paint Color System is now available. This system has been developed in response to many resident requests for new paint colors and a system that allows for more individual flexibility in creating your own color scheme.

The new system currently consists of 21 color palettes, each of which starts by defining the main body color for

the house. Within each color palette, you can then choose among several secondary body colors (for pop outs, trim, shingles, architectural features, etc.) and one or more darker trim-only colors. There is also a palette for front door accent colors that can be used with any color scheme. Altogether there are now hundreds of color combinations available to you. The use of these harmonious colors in each palette will enhance our homes and the Sun City Lincoln Hills community.



ARC Color Palettes

New color books are now available for review in the Orchard Creek Lodge office. Several open house meetings are scheduled to explain the new system in greater detail and assist residents in selecting a color scheme. (Refer to the "Introducing New ARC Paint Color Palettes" box to the left.)

Please contact the Community Standards Coordinator at 625-4008 or Community Standards Manager at 625-4006 for more details.

If you and your friends haven't purchased tickets for Oktoberfest Celebration (page 49) and Fall Fashion Show (page 49), gather up and register now. Tables go fast!

Preparations are underway for another spectacular New Year's Eve Celebration (page 47)! With the Roaring 20's as our theme, be ready to dance, drink and be merry!

the new tile, a handrail will be added as an additional safety measure for this hallway.

The carpeting in the hallways of Orchard Creek Lodge and the Pre-Function Area in front of the main entrance to the Ballroom is in the process of being replaced. This is the second time these carpets have been replaced, and the original design pattern has been used both times.

Please see "New Floors" on page 101



Introducing New ARC Paint Color Palettes

Come and see the new Paint Binders

ARC Open House Meetings

- Tuesday, September 17 • 10:00 AM to 12:00 PM
- Tuesday, September 24 • 2:00 to 4:00 PM
- Thursday, October 3 • 6:00 to 8:00 PM



Kick Off

Continued from page 7

We also launched new classes this month. Learn the art of **silk painting** (page 63); finish a watercolor artwork in a day at the "Winter Sunrise" workshop (page 60), and for the intermediate students, bring home exciting personalized cards at the "Card Making with a Twist" Workshop (page 63). We are also bringing back the art of **Feng Shui** (page 73), jewelry classes (starting on page 73), and instructor Ray Ashton's "Four from Hitchcock" (starting on page 74), showing four of the most thrilling movies from the director of suspense, Alfred Hitchcock.

We still have tickets for the second bus for **Josh Groban** (page 53). Also, our trip to the **Beach Blanket Babylon Holiday Show** (page 57) is now available. Beginning September 17, you may register for our extended travel: December's **Snow Train to Reno** (page 57) and a **Three-Night, Four-Day trip to Palm Springs** to watch the "Fabulous Follies" before its farewell stage performance in March (page 58).

Thanks to everyone who has supported

the Summer Amphitheater Concert Series. The **Bronx Wanderers** will perform a fitting finale to this year's series on September 20 with their wonderful vocal harmony rendering Doo Wop music (page 49). Please note that the ADA area on the top tier of the Amphitheater is reserved for patrons with mobility challenges.

Check out all the brilliant performers we have for our Ballroom concerts starting on page 47.

Have You Noticed the New Floors at Orchard Creek?

Pete Savoia, Properties Committee Chair

If you have recently visited the indoor pool at the Orchard Creek Fitness Center, you are aware that the tile surrounding the pool and spa has been replaced with a slip-resistant surface similar to that at the pool in the Kilaga Springs Fitness Center. The material used for the pool decking is a stamped concrete overlay, which provides an attractive and safe surface. In addition, the hallway leading from the pool to the locker rooms has been replaced with slip-resistant tile. Following the installation of

Wellness & Fitness News

The Benefits of Water Exercise

A great workout for all ages!

*Brandy Garcia
Director of Fitness*

Water exercise has gotten a bad name over the years: “It’s only for old people.” “It’s where pregnant women go to exercise.” “It’s not really exercising.” Times have changed due to research and need. The research is showing many benefits to exercising in the water: decreased pressure on joints, decreased heart rate, increased strength due to resistance with every movement, ability to have increased range of motion, decreased depression and anxiety, and a more positive outlook on life! Also, in conjunction with other strengthening, it can help maintain bone



health and allow you to work more intensely with a smaller increase in heart rate.

Pools are now used by many — from those going through rehab to elite athletes doing cross-training. So this is a perfect place for everyone to exercise and we offer many options for all residents here. Find your needs/wants listed below and discover which classes or workouts we offer here to benefit you.

Joint concerns (arthritis, joint rehab): Arthritis Foundation Aqua Class, Aqua Yoga, water walk on your own or do some rehab exercises in the water.

Chronic illness (heart disease, diabetes, etc.) **and irregular exerciser:** Water in Motion Platinum classes, Arthritis Foundation Aqua Class, water walking on your own.

Chronic illness and regular exerciser: Water in Motion Platinum classes, Water Works classes, water walking on your own, Master’s swim class.



Pools are now used by many — from those going through rehab to elite athletes doing cross training

General Fitness: any water class! Just gear your current level of exercise to the appropriate class level.

Athlete looking for cross-training: Master’s swim class, Water in Motion, H2O Circuit, Aqua Yoga, water walk/run on your own.

If you don’t see your need or want for exercise listed, please reach out to a staff person and we can give you some recommendations. Don’t miss the “ageless” benefits of water!

Aging Well

Health Topics:

Three for the Price of One

Shirley Schultz, Health Reporter

It is unusual for us to have three Community Forums on health topics coming up within the next 30 days. (See information about each on page 100).

All Systems on Go – Thriving Through the Ages

Back by popular demand, the first presentation addresses the aging process. Are there things we can do to influence the aging process and how it affects us? Is there a magic pill or some type of treatment or procedure that will keep its occurrence at bay? Knowledge about the process and making behavioral changes are the best tools we can have to ensure healthy aging. Those who successfully master the later part of their life gain a sense of inner peace, authenticity, and wisdom. Conversely,

those who go into the future looking in the rear-view mirror tend to live with fear, anxiety, regrets, and sometimes despair. **Dr. Shelly Garone, M.D.** will present a common-sense approach to aging. **Note: Kilaga Springs Lodge is the location on September 17.**

Travel Medicine

Should I be “shot” or not? Immunizations for staying here at home and traveling around the world is a topic that impacts all of us. If you do not avail yourself of recommended vaccinations (used interchangeably with immunizations) that help your own immune system ward off potentially dangerous bacteria and viruses, you may be endangering your own health and that of those around you. Hear the latest from **Dr. Thuy Rose Nguyen, D.O.** **on September 18.**

The Affordable Care Act (ACA) and How It Affects You

The ACA, sometimes called ObamaCare, will probably be the hottest

topic that will be discussed in our community this year. For that reason, **you will need to register in order to attend this Community Forum.** Already many seniors are seeing benefits from the ACA, which include free preventive services, lower Medicare Part B premiums, and lower-cost prescription drugs. Many of us belong to Medicare Advantage Plans, in which our health care coverage is through commercial insurance companies and HMO or PPO corporations, who receive compensation from the federal government. This is in contrast to the original Medicare where claims payments are processed through the Centers for Medicare and Medicaid Services. Medicare Advantage plan members will see changes starting in 2014 that might limit the amount these plans can spend on administrative costs. Be part of the beginning discussions about what the Affordable Care Act means for you, **on October 9.**





Lincoln Hills Writers Write One, Write All

Find writing support in your local SCLH's writers' community



Monday Night Writing Group

Bring those pages stuffed gently away in your bedside table or hiding on your computer. In a supportive small-group environment, you're invited to share your musings with the Writers Group. Our members cover the spectrum from new writers sharing their first words to experienced writers sharing the pages of their next book.

Writers Group meets the second, fourth and fifth Monday of each month at 6:30 PM in the Ceramics Room (OC).

Contacts

Jim Fulcomer – jjfulcomer@mac.com

Linda Bello-Ruiz – lmbelloruiz@yahoo.com

Leo Craton – cratonl@att.net

Authors and Writers Resource Group

Have you finished your first, second or third draft and you're ready to edit or publish your manuscript? Join the Authors and



Writers Resource Group. We'll support you on the road to publishing. Network with other SCLH writers and get information on professional editing, traditional publishing, POD (print on demand), e-publishing, and marketing.

Authors & Writers Resource Group meets the first and third Wednesday of each month at 4:00 PM in the Multipurpose Room (OC).

Let's Get Crackin'!

Jerry McCarthy

Director of Food & Beverage

Meridians Fourth Annual Crab Feed is around the corner. The entire team is looking forward to this community-wide event. Last year we sold out and had to turn away guests. Make your reservations today! Chef Roderick will be preparing all you can eat salad, pasta, bread, and fresh Dungeness crab for only \$34 plus tax and service charge. We purchased over one ton of fresh crab for last year's event. **The Crab Feed will be on Tuesday, October 22 starting at 5:00 PM.** We request reservations and pre-payment. Meridians will take care of all the necessities: great service; great food; crab crackers; bibs; warm butter; and everything else you need for a fun evening. The crab cart will always be near to make sure that you have plenty of crab. This year we will be giving awards to guests for best crab hat/costume, crab decorations, and table decoration. Let's get crackin' and have a great time!

The **comment cards** offered with each meal have been a tremendous help to the entire staff and management. Be sure to use them to recognize one of our all-star staff and/or one of your favorite dishes. Help us celebrate the success and work on

"Last year we sold out and had to turn away guests. Make your reservations today! **The Crab Feed will be on Tuesday, October 22 starting at 5:00 PM.** Chef Roderick will be preparing all you can eat salad, pasta, bread, and fresh Dungeness crab..."

the opportunities for improvement. Based on your feedback we have been continuing to focus on being more consistent. We have been working tirelessly to improve each dish we serve and improve the quality of service. We realize that consistency is the key to our ongoing success.

The new **Fall Menu** will be coming out at the end of September. The fresh seasonal items that are highlighted repre-

sent the best local meat, seafood, and produce that can be purchased. Chef Roderick's Fall Favorite entrée paired with Kristy's wine choice can't be beat. There are items for all tastes and budgets.

Monday Night football in the Sports Bar is going full tilt with drink specials all game long. Come in and watch the games with your friends. Please go to www.meridiansrestaurant.com for all special event details and menus.

It is time to start thinking about the **holiday season**. Call Meghan Louder in the catering department, 625-4043, to reserve your room and finalize the details of your festive holiday event. OC Lodge and Meridians can handle all of your holiday wishes. We offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work.

~Please see our ad on page 75.~





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The Spa at Kilaga Springs

Natural Products and Product Comparisons

Tina Ginnetti, Manager, The Spa at Kilaga Springs
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Skincare and cosmetics, usually the last thing to fall in the retail market and the first to increase in a strong economy, average \$170 billion dollars a year in revenue. Buzzwords like *natural, organic, sulfate-free, paraben-free, and aromatherapy* define the direction and trends of products today. In the last 50 years we have learned that our bodies were not built to metabolize certain toxic chemicals, foreign ingredients, and artificial dyes. Diseases occurring today show a body heavily laden with toxic metabolic waste. Because our bodies cannot digest or breakdown these additives, we store them in our cells. The end result is destruction of the cell, poor metabolism, and poor health.

The Spa at Kilaga Springs specifically chooses product lines to beautify you on the inside and out, and ones that are chemically free, natural, and holistic.

Rachel Pontillo, from Holistically Haute, commented at a recent trade show, "One booth that especially attracted my attention was HydroPeptide, a peptide-based professional skincare line that blends high quality natural ingredients with the latest developments in aesthetics technology."

According to Dr. Dore Gilbert of Newport Dermatology and Laser Associates, "La Bella Donna is a superior mineral makeup that is ideal for color correction and sen-

sitive and problem skin. It is also safe for post-operative coverage."

Aveda started the trend first with their hair-care line and then moved into skincare and body-care. Their use of essential oils in those treatments ignited the focus towards their healing responses.

Although many companies will label their products as clinical, it does not mean they have the same level of ingredients. Most products sold in spas and dermatology offices have pharmaceutical grade ingredients, meaning your results will be more apparent and faster. Over the counter products will work, but can only give a certain level of results.

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Getting Ready for 2014

Hank Lipschitz, Finance Committee Chair

It's September, the grandkids are back in school and we are back into full budget mode for 2014. First let's look at where we stand as of July. The month was just \$5,179 below budget bringing us to \$153,254 favorable to budget for seven months. Looking at the chart below, we can see

that we are doing well with only Landscape Maintenance and Food & Beverage missing budget, year-to-date. This shows that our management is controlling expenses while delivering the quality services we seek.

Food & Beverage missed Budget in July by \$6,062. All we need is a few more of us to visit monthly and we will be there. Landscape Maintenance finished \$21,998

below budget due to water rate increases and some extra mowing. It was nice to see The Spa at Kilaga Springs turned a profit of \$8,389 and is well ahead of budget year-to-date. All other departments are performing well.

As of July 31 the Operating Fund totaled \$5,188,526, of which \$251,262 was in Building/Capital Enhancement Fund and \$1,331,044 was in the Settlement Proceeds Fund. The Reserve Fund balance was \$4,793,030. All funds are invested in FDIC-Insured Accounts or U.S. Treasuries.

At the end of July we had 237 homes with past due assessments of \$126,500, which is almost even with the comparable month of April's 236 homes and \$123,100 past due.

Staff is already well into budgeting for 2014. The Finance and Properties Committees have held two joint workshops to review Capital requests for next year and we are reviewing the Reserve projections to ensure that we are well funded to replace
Please see "Getting Ready" on page 45



Statement of Operations YTD — 7/31/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$4,411,786	\$4,391,836	\$19,950
Administration (Expense)	(1,125,201)	(1,252,862)	127,661
The Spa at Kilaga Springs	27,136	6,735	20,401
Fitness	(198,592)	(235,295)	36,703
Activities	(128,052)	(125,000)	(3,052)
Rec. Center / Maintenance	(1,348,774)	(1,387,316)	38,542
Landscape Maintenance	(1,493,048)	(1,458,701)	(34,347)
Food & Beverage	(69,539)	(16,935)	(52,604)
Capital Asset	0	0	0
Net Revenues (Expense)	\$75,716	(\$77,538)	\$153,254

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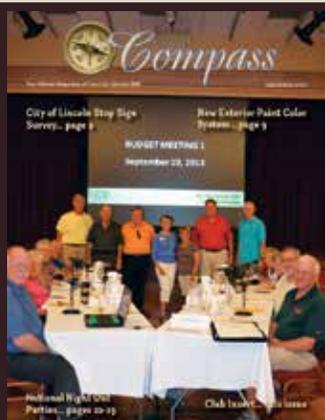
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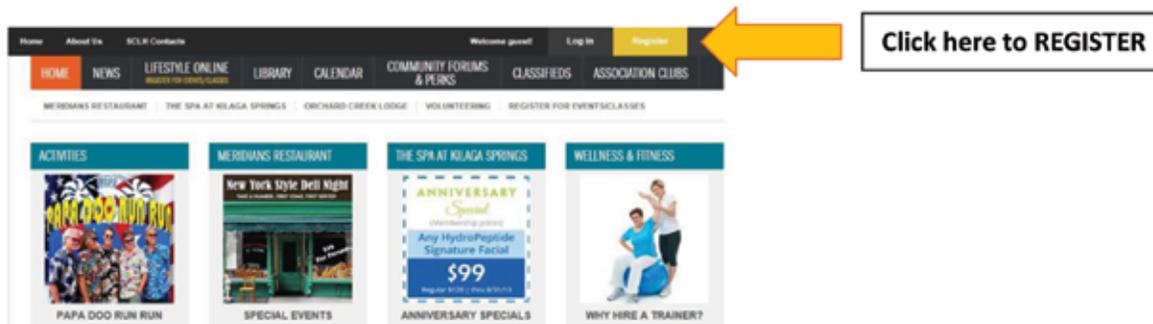




Don't miss out receiving up-to-the minute Association information. Register for the website and eNews bulletings.

RESIDENT WEBSITE REGISTRATION INSTRUCTIONS

1. Go to <http://www.suncity-lincolnhills.org/residents/>
2. Click on the **"Register"** link (yellow box) in the upper right-hand corner of the screen
3. Enter the shown Security Code, your name, email address, a password, your Member ID number (the number on your Membership ID card), and phone number
4. You will receive an email with a link to verify your email address. *Click that link to complete your registration (this verification may take up to 24 hours)*
5. Once your email address has been confirmed, you can log in to the site



"LIVING HERE" eNEWS REGISTRATION INSTRUCTIONS

Sign up for **"Living Here"** eNews to receive Association email communication.

1. Log in to the Resident website
2. Click the **"Living HERE"** box on the homepage (right-hand side, midway down page)
3. Type in your email address and click CONTINUE
4. Then check your email's IN BOX for email verification
5. Click on the confirmation link in the email
6. Check the boxes you want to subscribe to:

- SCLH COMMUNITY ASSOCIATION RESIDENT LIST (includes Community Forum announcements)
- ACTIVITIES: CLASSES, TRIPS & ENTERTAINMENT
- FOOD & BEVERAGE: *Meridians, Sports Bar & Kilaga Springs Cafe*
- THE SPA AT KILAGA SPRINGS
- WELLNESS & FITNESS

At any time you may choose to opt out from receiving a specific department's eNews and still remain on the main SCLH Community Association Resident list (which is automatically checked). If you opt out, however, from the **SCLH COMMUNITY ASSOCIATION RESIDENT LIST** you will not receive *any* eNews.



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Auburn Ravine — Bring Back the Salmon and Steelhead

Al Roten, Roving Reporter



In 1849 gold was found in Auburn Ravine. Gold camps quickly arrived and the town of Auburn grew around the ravine. Back then our area was mostly wilderness abundant with fish and wildlife. Large salmon were caught in Auburn Ravine in early 1900's, but since then several flood control dams, obstructions for power generation, and beaver dams have appeared along this waterway, blocking migration of fish to spawning grounds. About 18 miles downstream from Lincoln, the waters of Auburn Ravine flow into the Sacramento River.

For commerce, sport and overall environmental impact, salmon are vitally important to California. Many larger rivers in California have major dams that block the passage of salmon to their spawning grounds, making smaller streams like Auburn Ravine critical to spawning salmon and steelhead. Since about 1987, salmon have virtually disappeared between Auburn and downstream past Lincoln, blocked by nine dams below Lincoln.

The non-profit, 501(c) 3, organization, Save Auburn Ravine Salmon and

Steelhead (SARSAS) was formed in 2009 with the mission of returning salmon and steelhead to the entire 33 miles of Auburn Ravine waterway.

Significant progress was made in 2012 with completion of a fish ladder right here in Lincoln, which aided 273 salmon



Salmon at Hemphill Dam Auburn Ravine

to swim four miles upstream past the Lincoln gauging station to the next ob-



Hemphill Dam must be retrofitted for fish passage before salmon can reach prime spawning gravels in Auburn Ravine.

Photos by Phil Robertson

stacle, the Hemphill Dam. See the fish ladder by walking the beautiful trail in Auburn Ravine Park, just across the railroad off Ferrari Ranch Road. Efforts are now underway to overcome the Hemphill Dam obstacle by possibly building another fish ladder. Upstream is a 10-mile stretch of prime habitat for spawning salmon. Salmon, followed by Steelhead, will begin their upstream migration this fall after our first serious rains in October.

Residents Roger Bryan and Phil Robertson are active members of SARSAS who would enjoy having others join them. Roger remembers heading off to pristine streams at his father's side and says his teamwork with SARSAS is payback for those hours of childhood enjoyment. You may have similar motivation.



Roger Bryan, John Shepherd, Jim Kerbey and Phil Robertson at fish ladder. Ready to work on Ravine Clean-Up Day

September 21 is the annual Auburn Ravine Clean-Up Day. If interested in helping, call Roger Bryan at 645-6897.

SARSAS and Wildlife Heritage Foundation are sponsoring "Calling Back The Salmon Celebration" on **October 5 & 6 from 11:00 AM to 5:00 PM** at McBean Park. For more information, visit <http://callingbackthesalmoncelebration.org/>. Learn more about SARSAS at <http://sarsas.org/> where you can view some informative videos.

This is another fine way to enjoy quality time and the wonders of life in Lincoln.

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SCHOOLS — The Adventure of a Lifetime

Patricia Evans, Roving Reporter

“A person’s a person, no matter how small,” said Dr. Seuss. SCLH volunteers agree that “you get more than you give” by looking at the world through the fresh eyes of children while helping them with their school work.



SCHOOLS (Sun City Helping Our Outstanding Lincoln Schools) volunteers work with students from kindergarten through fifth

grades and at the continuation high school (Phoenix) from two to four hours a week. Eighty percent of these volunteers are not retired teachers, but they bring the richness of their life skills and inter-generational experiences. Before long volunteers and students have forged bonds of friendship and respect.

SCLH residents Sandy Frame and Cindy Moore are starting their ninth year of enriching the lives of volunteers and students through SCHOOLS. Volunteers are interviewed to maximize their interests by placing them with a compatible teacher at mutually convenient times. Special activities also need volunteers several times a year.

Volunteers tell Sandy and Cindy, “The gift of service brings unexpected rewards and satisfactions while putting meaning into my life. It is the greatest gift I can give.” A “helper high” often describes a volunteer’s



*SCHOOLS Leadership Team, from left: Thelma Ferguson, Cindy Moore, Irma Mendez, Marcia Barthel, Sandy Frame, Val Singer
Photo by Irwin Maloff*



Cecelia Tessler, a SCHOOLS volunteer who works in Mrs. Foote's kindergarten at Twelve Bridges Elementary School, and students

enthusiasm after a session with students. They know they are making a difference and they become life-long learners along with their students.

We are placing the future health of our nation in these children’s outstretched hands. “Children are the living messages we send to a time we will not see,” wrote James Whitehead, founder of the Rutherford Institute.

If you are interested in this rewarding community service please contact Cindy Moore, 408-1452, cindymoore@me.com, or Sandy Frame, 408-1453, sflincoln4fun@starstream.net.

Our Four-Legged Buddies, Uniting Our Community

Pooches on Parade • October 10

Gay Sprague, Roving Reporter

Our SCOOP-sponsored Pooches on Parade extravaganza is back on October 10! Registration begins at 9:00 AM, and the parade begins promptly at 10:00 AM. It will run from Orchard Creek Lodge, along Del Webb Blvd., and down Sun City Blvd. to Kilaga Springs Lodge. Any Lincoln Hills resident with a resident pooch is eligible to enter. You do not have to be a SCOOP member.

While not mandatory, you may enter your pooch in costumes of your choice, and parade before our panel of esteemed judges: Anthony (Tony) Johnson, Lincoln
Please see “Pooches” on page 101



Photos from the last Pooches on Parade, May 2011

Photos by Maggie McGurk Art



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install new filter, refill up to
5 qts motor oil, lubricate
chassis (if applicable)

\$21⁹⁹
Most vehicles.



See store for complete service description and details. Redeem this coupon at your participating Firestone Complete Auto Care store. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value. Offer void where prohibited.

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FREE Alignment Check
with the purchase of
2 or more tires



Not to be combined with another offer on same product and not to be used to reduce outstanding debt. No cash value. Offer good at participating Expert Tire stores. See store for full details. In-store installation required.

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A/C Performance Check
we'll check for worn hoses & seals,
test system for pressure leaks
or contamination.

\$19⁹⁹
Most vehicles.
Refrigerant extra. Certain states require added refrigerant to be removed from a leaking system.



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FREE Brake Inspection
no purchase
necessary



See store for complete service description and details. Redeem this coupon at your participating Firestone Complete Auto Care store. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value. Offer void where prohibited.

save now thru 9/30/13

Library News**Random Search Leads to Interesting Reading**

Nina Mazzo, Library Volunteer



Volunteers are occasionally asked for an author or book recommendation. We maintain the New York Bestsellers list and highlight some newer releases in the center section of the library. I find random searches enjoyable and recently discovered *The Drunken Botanist* by Amy Stewart in Miscellaneous. Read this book and you will look at your garden in a new light. A few sprigs of fresh lavender mixed with gin makes a yummy lavender martini!

Our shelves are current and interesting due to resident donations. We ask that you help by donating gently used books published after 2005. Older books can be donated directly to the Twelve Bridges library. Thank you for recent DVD/CD donations – please check the box before you drop off to be sure you have replaced the DVD/CD.

Contacts: Sandy Melnick (408-1035) oversees book donations; Cleon Johnson (408-5648) maintains investment materials section that contains resource materials for the novice or expert. These items are not to be removed from the library, but you can make a copy. Sandy Maloff (408-2368) is the volunteers' contact and Nina Mazzo (408-7620) oversees the books in the Community Living Room (OC).

Disaster Preparedness: Part Nine**Surviving a Pandemic**

Bill Beal



Pandemics are super influenzae that spread worldwide within weeks killing millions.

The good news is many seniors have one advantage over the general population; they are retired, which means they can choose when and where they go out in public. A pandemic influenza is generally spread by direct contact with the pathogen, so by staying away from public places one significantly reduces their chance of infection.

When a pandemic strikes, restaurants, gas stations, government offices and banks may close, hospitals will be inundated, and basic services such as water, electricity, natural gas and cell phones may be disrupted.

By following the emergency preparedness recommendations I provided earlier in the *Compass*, you will already be prepared to weather a pandemic. However there are additional things you can do if you receive a warning that a pandemic is imminent.

1. Keep flu shots up to date.
2. Ensure you have at least a two week supply of non-perishable food, water and pet supplies.
3. Stock a month's supply of medications.
4. Once a pandemic strikes, wear a NOSH N95 facemask and surgical gloves when out in public.
5. Frequently wash your hands with soap and water, and don't touch your eyes, nose or mouth before you wash.
6. Avoid close contact with people, especially those who are sick.
7. If you become ill, see your doctor.
8. Check the government website: www.pandemicflu.gov for information about the pandemic.

Next month we'll prepare for acts of terrorism. Until then, stay safe.

Commercial Presentations (Paid Advertisements)

This vendor presentation is open to SCLH residents & people outside the community.

Products/services presented are not sponsored or supported by SCLHCA.

DiMattia and Associates**Free Living Trust Seminar.**

Tuesday, September 24 10:00 AM Gables (OC)

Presenter: Vic DiMattia, Attorney @ Law

Free Living Trust Seminar: No Living Trust more than \$495. Speaker: Vic DiMattia, Attorney @ Law #129382. Lincoln Hills Resident. 25 years experience, thousands of trusts established. Come learn about trusts, wills, probate, joint tenancy issues and the components of a complete estate plan.

RSVP 916-253-9991 or 800-775-2698

Good Samaritan Insurance Service**Medicare & Prescription Changes**

Thursday, October 10 10:00 AM Oaks (OC)

Presenter: Tony Ayoubi

This seminar will help you better understand the changes in Medicare, Medicare Supplement choices, and Prescription plans available to help you have better coverage. You will also learn tips on how to take advantage of some guaranteed rights to lower your premiums and keep the same or better coverage.

RSVP 916-844-9008 (Ask for Tony Ayoubi)

Write Your Life Story: The Easy Way to Leave a Legacy

Saturday, October 19 1:00-4:00 PM Oaks(OC)

Presenter: The Book-in-Hand Roadshow

Cost: \$49 per person (cost includes autographed copy of

Dictionary of Publishing Terms: What Every Writer Needs to Know)

Thinking of writing your life story? Award-winning book professionals will help get that project started! *NY Times* best-selling author Jennifer Basye Sander guides your memories onto the page; Karen Phillips, Phillips Covers, reveals secrets to attention-grabbing covers; Ingrid Lundquist, Certified Special Event Professional, shares tips on energizing your book launch.

Register at: www.TheBookInHandRoadshow.com by Tuesday, October 15



Neighborhood Watch

Variety is the Spice of National Night Out

Patricia Evans

Innovation spiced the variety of celebrations for National Night Out this year. Several parties were held in restaurants where it is always cool. Other events beat the heat by having a breakfast celebration or an ice cream social. The flags and festive red, white, and blue decorations invited neighbors to potlucks, mouth-watering desserts, and cocktails.

A total of 117 Villages and/or Mail Stations enjoyed the community spirit of a National Night Out party. Yes, we are still increasing the number of participants each year, and this is our seventh successful celebration! Residents who are lucky enough to live in one of these neighborhoods tell us that knowing their neighbors increases their feeling of safety and security, as well as the camaraderie of “the good life.”

Village 31B also collected non-perishable food for children who need weekend

sustenance. Village 4 spearheaded their annual collection of backpacks and school essentials, joined by Villages 3A, 3B, and 42B.

As that old-time song tells us, “The more we get together the happier we’ll be!”

At the annual **Neighborhood Watch Safety Seminar** Gary Leonard and Lincoln PD members shared information from interviews with “the best of the best” burglars. “If you want to steal apples, go to an apple orchard,” they explained. Our remarkable low crime rate testifies that our active Neighborhood Watch is a huge deterrent to burglars choosing this “apple orchard,” according to Leonard.

Please turn to page 34 for important tips to make your home unattractive to criminals.



Village 24B/E Mailbox 5



Village 24B/E Mailboxes 6-7



Village 34A + Firemen



Village 5A/B



Village 43A/B



Village 36



Village 35A/B

“Your neighbors are your most important security.”

“Safety and Security” are Buzz Words in Neighborhood Watch

Larry Wilson, Executive Director, SCLH Neighborhood Watch

A primary part of Neighborhood Watch is having all the neighbors on the same mail station interact and get to know one another.

When we know our neighbors, we are much more likely to watch out for them. And we’ll notice if the lights aren’t on, if the paper isn’t picked up, if the garbage isn’t put out, etc.

And, when we know are neighbors, we’ll follow up on any concerns about our neighbor’s well-being!

One giant step in knowing our neighbors is National Night Out (NNO). Celebrated every August, this is a national program of Neighborhood Watch. This year’s NNO in Sun City Lincoln Hills was extraordinary — at least 67 get-togethers, involving 117 mail stations and Villages — more than in any previous year.

Congratulations!

A key to our residents’ safety and security is the roster that each Mail Box Captain maintains of their mail station residents, even including their pets. Providing information for this roster is encouraged but is optional. However, when time is critical, having a neighbor’s emergency contacts, listing people to reach if or when anyone’s safety and security is in question — has proven to be lifesaving. Talk with your Mail Box Captain and update your information as needed and get to know your neighbors. Together you are the “eyes” to notice if something isn’t right.



Village 30A Mailboxes 5-6-7



Village 30A Mailboxes 9-10-11



Village 9



Village 1A



Village 42A



SOMETIMES YOU JUST NEED A LITTLE HELP



We're Here For You!



THURSDAYS
from 8 - 9:30am
October 3rd, 10th, 17th, 24th & 31st

\$99 per Person

INCLUDES:

- Fundamentals of putting
- Chipping
- Green side bunkers and full swing



WEDNESDAYS
from 8 - 9:30am
October 2nd, 9th, 16th, 23rd & 30th

Intermediate Lessons

COUPLES AND CO-ED

TUESDAYS from 8 - 9:30am
October 1st, 8th, 15th & 22nd

FRIDAYS from 8 - 9:30am
October 18th, 25th, November 1st & 8th

\$75
per Person

PATTY SNYDER "DROP IN DAYS!"

EVERY FRIDAY from 11am - 12pm

MAKE YOUR OWN GROUP - keeps the \$25 price point
1 hour lessons for up to 6 people
Any day at any time!

\$25
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Club News



Alzheimer's/Dementia

Caregivers Support Group

Caregivers — mark your calendar for Wednesday, September 25, at 1:00 PM and plan to attend the Support Group discussion session led by Michelle Nevins, Executive Director of Del Oro Caregiver Resource Center. Benefit from the brainstorming that occurs as the group works to solve problems raised by members and find answers to areas relating to challenging behaviors, and daily care-giving issues.

New members receive a packet of materials to “get you started” on the caregiving journey. Participating in a support group can help you feel less isolated, give you a sense of control, improve your coping skills, allow you to talk openly and honestly about your feelings, reduce stress, develop an understanding of what lies ahead, and compare resources, such as doctors, and alternative options to daily care.

We meet in the Multipurpose Room (OC). We hope you will join us on September 25.

**Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9332;
Maria Stahl 409-0349**



Antiques Appreciation

The Antiques Club met on Tuesday, September 3 this month instead of our usual day. The reason was that we had a field trip to Auburn to the Bernhard Complex Museum! We all met at the Lodge Tuesday morning and caravanned up to Auburn where we had a very interesting docent-led tour of the complex. The tour was of a beautiful old house that has been completely restored to its original condition as it was in the late 1800s! It also included out buildings, one of which was an old barn that held all kinds of memorabilia from the 19th century. The field trip was enjoyed by all.

If you collect antiques and vintage “stuff” or just enjoy them, we’d love to have you join us at our regular meetings on the first Monday of every month at 10:00 AM in the Multipurpose Room (OC).

**Contacts: Jan Robinson 408-7332;
Jane Delno 543-6855
Antique Appraisals 408-4004**



Astronomy

Wednesday, October 2, 6:45 PM, KS Presentation Hall: “Hubble’s Amazing Universe” — A National Geographic video with spectacular images about the groundbreaking discoveries made by the Hubble Telescope during its 20-year history. This will be followed by an update of the latest Hubble discoveries and Hubble’s successor, the James Webb Telescope.



*Blue Canyon Star Party;
Professor Dick Marasso —
Planetarium Show at
Sierra College
August 21*

Monday, October 21: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the new DVD series, “Cosmology – The History and Nature of our Universe.” These lectures are by Professor Mark Whittle and are an excellent simple explanation of the Big Bang Theory. October meeting lectures are “Overall Cosmic Properties” and “The Stuff of the Universe.” Contact Morey Lewis (408-4469) for more information.

Meetings: Astronomy Group meetings are held at P-Hall (KS). What’s New in Astronomy/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring your questions about astronomy during the Q & A period.

**Contacts: Ron Olson 408-1435,
rolson@starstream.net;
Nina Mazzo 408-7620
ninamazzo@me.com
Website: www.lhag.org**



Ballroom Dance

Have you always wished you could dance at one of life’s special events? Well, put on those dancing shoes! Now is the time to learn! Just learning a few basic steps can allow you to enjoy and participate in the joy of Ballroom Dancing. September will be Waltz month. Come to KS on Tuesday from 2:00 to 3:00 PM for beginning group lessons. You will find patient and experienced instructors to help you begin learning the Waltz. Stay for the open dancing between 3:00 and



*Marianne &
Fred Pohl*

4:00 PM to practice, enjoy other dance styles, and socialize. Lessons for the more experienced dancer are given between 4:00 and 5:00 PM. There are also many fun club events during the year to help you continue to enjoy those new dance steps. Dues are only \$7 per year per person, lessons are included. In October, we will learn the lively East Coast Swing.

**Contacts: Ruth Algeri 408-4752;
Brigid Donaghy 543-6003**



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue’s home. The next support meeting will be October 16. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, November 13 at Casa Ramos. Meet in front of OC Lodge by 11:20 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

**Contact: Joan Logue 434-0749,
joanlogue@sbcglobal.net**



Billiards

The Shooters

- Eight-Ball Singles 1:00-4:00 PM
First Wednesday
- Nine-Ball Singles 1:00-4:00 PM
Second Tuesday
- Eight-Ball Doubles 1:00-4:00 PM
Third Wednesday
All games at KS
Tournament winners:
- Eight-Ball Singles August 07: Winner:
Bob Doney, runner-up: Phil Delaney.
- Nine-Ball Singles August 13: Winner:
Joe Ferrando, runners-up:
Carl Callaway, Bob Armour,
Doyle Corker and Phil Delaney.
- Eight-Ball Doubles August 21: Winners:
Flavio Lombella and Carl Callaway,
no runners-up.



*Bob Doney and Phil Delaney
— winners of Nine Ball Singles
August 7; Carl Callaway and
Flavio Lombella — winners of
Eight Ball Doubles August 21*

Our Traveling Team played Sun City Roseville on August 16. Roseville took the trophy away from us but it was an exciting day.

**Contacts: Jim Immel 434-2918;
Darrell Rinde 253-7602**

Challengers Billiards

The Challengers Group is for mid-level to advanced players. We play every Friday from 10:00 AM to 12:00 PM at the Billiard Room (KS). The last Friday of each month is sign-up day for the following month. New players are welcome, please sign in or just drop in as a stand-by player.

Our recent winners:

- First place — six of seven games:
Bob Soriano, Dan Oden, Bill Kim,
Joe Hobby, Ron Weech, Steve Fowler
- Second place — five of seven games:
Sandy Pavlovich, Bill Huth,
Bob Wehner, George Black,
Margie Kim, Lisa Pabst, Doyle Coker
Congratulations to all.

**Contacts: Joe Hobby 253-9633;
Rita Baikauskas 408-4687;
Dan Oden 408-2687**

Couples Billiards

We play regular eight ball every Wednesday at 4:00 PM at KS. We generally have a full house with 12 teams playing six games. When we have 13 or 14 teams, we play seven games with one or two teams sitting out each game. Sign up in advance.

On week one, we had two teams tied with five wins. Those teams were: Joe/Nicki Hobby and Ron/Sherry Weech. Five teams tied for second.

Week two again had two teams tied with five wins. They were: Joe/Nicki Hobby and Joe Perez/Rita Baikauskas. Four teams tied with four wins.

Week three had a seven-way tie of four wins. Those teams were: Joe/Shirley Varner, Al/Betty Jones, Jim/Barbara Conger, Rita Baikauskas/Chiquita Fratto, Bob Soriano/Doyle Coker, Joe/Nicki Hobby and Ron/Sherry Weech.

Week four had only one winner of five games. Joe/Shirley Varner were the proud winners that night. We also had four teams winning four games.

**Contacts: Jim Conger 434-1985;
Sherry Weech 408-1398**

Players Billiards

Come join the fun every Thursday from 2:15-4:30 PM in the Billiards Room (KS) as mid-level players enjoy six games of Eight Ball. Be sure to arrive at least 10 minutes

early to get checked in to play. Stand-by players frequently get to play as well. Monthly sign up is on the last Thursday for the following month. We play by the APA rules.

Congratulations to our recent winners—

- Six games: Bob Soriano, Joe Perez, Dan Oden.

- Five of six games: Sandy Pavlovich, Bill Huth, Dan Oden, Joe Perez, Ken Hawley, Jack Fabian, Bob Wehner, Ziggy Brien, Phil Berlenghi.
- Four of six games: Del Torres, Dennis Dreiling, Bob Bienkowski, Hugh Duberley, Ken Hawley, Chiquita Fratto, Ken Woodard, Peshu Irani, Lisa Pabst, Dan Oden, Sandy Pavlovich

**Contacts: Rita Baikauskas
408-4687; Dan Oden 408-2687**

Upstarts Billiards

*“Stripes roll here and solids roll there;
We sink balls till the table is bare.”*

Would you like to play some Billiards? Our Upstarts Billiards is for beginner-to-average players. We play Standard Eight Ball on Thursdays, 11:45 AM to 2:00 PM at the Billiards Room (KS). We'd love to have you join us, so why don't you come on down sometime? Stay cool, play pool.

- Winners six games: Edith Kesting, Phyllis Papagiannis, Joan Wendell.
- Winners five games: Phyllis Borrelli, Frank DeMasi, Richard Gsell, Gary Hoffman, Paul Lundberg, Randy Ransdell, Gary Smith.

Sign-ups are the last Thursdays, every month: 11:30 AM, KS Billiards.

**Contacts: Rita Baikauskas
408-4687; Dan Oden 408-2687**



Bird

Tuesday, September 17, our group will visit the Griffith Quarry in Penryn. This 23-acre park offers nature trails, a museum and the ruins of the first polishing mill built in California. On Monday, September 23, we go to the Lincoln Wastewater Treatment Plant, a great place to see waterfowl. Then on Saturday, October 5, we meet at Anglers Cove. This is always a popular outing with the beautiful fall weather and many birds returning to our wetlands.

At our October 14 meeting, Dave Masche will share pictures and stories of his latest trip to Alaska. The Alaskan scenery is always spectacular, but you will not want to miss his wonderful Grizzly Bear pictures that look way too close to Dave's camera! Hope to see you at 1:30 PM Monday, October 14 at P-Hall (KS).

Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

The Twelfth Annual Mad Hatters/Red Hats Bocce Tournament has been scheduled for Saturday, October 5. If you Mad Hatter ladies have not yet signed up for this fun event please contact Usha at 543-2067. Red Hat ladies interested in participating may contact Betty Soderman. We will have our tournament in the morning and then retire to the Sports Pavilion for a potluck luncheon.

We were editing our email list and reviewing past articles before deadline this month and it occurred to us that since Irene & Don Smith moved to Roseville we haven't used our handicapped accessible Bocce Court much. We'd like to extend an invitation to anyone who is wheelchair bound to come out and try Bocce if they want to.

Contacts: Paul Mac Garvey, 543-2067, pmac1411@aol.com; Bob Vincent, 543-0543



Book Group, OC

Last year we enjoyed *Cutting for Stone* by Abraham Verghese; this year we are treated to *The Tennis Partner*, the autobiographical account of the author's life as he relocates to Texas to become a staff member of a county hospital. It is there that he meets and befriends a former Australian tennis pro who is now a medical student. The story will keep you riveted as it delves into male friendship, drug addiction, and of course tennis. Please join us September 19 at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome.

Remaining Schedule:

- October 17 *The Queen of Water* by Laura Resau
 - November 21 *The Coffee Trader* by David Liss
 - December 19 Holiday Luncheon
- Contacts: Penny Pearl 409-0510; Darlis Beale 408-0269; Dale Nater 543-8755**
Website: http://lhocbookgroup.blogspot.com/
Wiki: http://ocbookgroup.pbwiki.com/



Bosom Buddies

Breast Cancer Survivors

Our August General Meeting Officer's luncheon was attended by many. Everything was done wonderfully for us by Meridians. The door prizes which were keepsake boxes were won by all the ladies at the same table.



Bosom Buddies' General Meeting Officer's luncheon; all the ladies at the same table won door prizes

Our September General Meeting was a personalized tour of our Fitness Center (OC). WOW.... We have so many people to help us to do our exercise program correctly and great equipment. I am waiting for the machine that I will lay down on and it will do all the work.

We are a group of very close friends. We would like to add you to our friendship circle. Board meetings are at Patty McCuen's home the first Thursday of each month at 10:30 AM. General meetings are the second Thursday at 1:00 PM in the Multipurpose Room. We meet at 11:30

AM for lunch beforehand at Meridians. Call Marilyn Poole for a reservation.

Contacts: Marianne Smith 408-1818
Website: www.suncity-lincolnhills.org/residents



Bowling

Looking forward to a new season As some members may know Bowlmor has joined with AMF Rocklin Lanes. There has been some changes in management, etc. however after a meeting of League Officers with manager Ken Snyder, we have been told they will try and make the transition as smooth as possible. I do not think it will impact our activity very much and I hope our turnout will be as successful as last season. *Always need bowlers.*

Contact: Joan Gates 253-9415



Bridge, Partners

Thursday Evening First & Third

Let's play Social Bridge. Bring your partner and join us. Reservations are recommended, but not required. Give us a call and we will enter you and your partner on the list or just show up and take your chance to play. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and finish at 8:30 PM. Please arrive a little early.

August 1 winners include — first: Edith Kesting and Erika Wolf who also had a high round of 2,310; second: Joe & Rose Phelan; third: Marisa Stone and Barbara Bryan; and fourth: Ann Leitze and Rosanna Jensen.

August 15 winners include — first: Marleen Harner and Basil Molony; second: Gerry & Warren Sonnenburg; third: Bob & Lorraine Minke; and fourth: Edith Kesting and Erika Wolf. David Stone and Barbara Bryan had the high round of 1,660.

Contact: Lorraine or Bob Minke 408-4009

Thursday Evening Second & Fourth

If you want to play Partners Bridge, give us a call, and we will put you and your partner on the play list, or take your chances and just show up, and you get to play if we have an even number of pairs. We start promptly at 6:00 PM in the Terra

Cotta Room (KS), and we finish at 8:30 PM. Arrive early, and sign in please.

July 25 winners — first: Joanna & Alan Haselwood; second: Bruce Fink and Dwight Curry; third: Olga Hayden and Karen Brecher; fourth: (tie) John & Diane Maranta with Jody Deeley and Jack Henricks. The high round went to Hilla & Bob Fawcett.

August 8 winners — first: Tom Rosen and Donna McCulloch; second: Diane & John Maranta; third: Edith Kesting and Erica Wolf; fourth: Kelly & Neal O'Boyle. The high round went to Olga Hayden and Karen Brecher.

Contacts: Dolores Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Duplicate

Lincoln Hills lost semiannual bragging rights to Sun City Roseville in our July 29 exchange. Roseville won two-thirds of the first and second places. Our Barbara Dorf and Judy Beck were the session's highest scorers.

Wanda & Mike Raffetto added to their Master Point record at the San Ramon "Summer Solstice" sectional.

Preceding Wednesday sessions is an intermediate bridge lesson:

- September 18: "Play of the Hand" — Doug Allan

- September 25: "What Does That Mean?" and October 9: "More About Take-Out Doubles" — Squeak Conner

Duplicate bridge sessions are played three times weekly: Wednesdays, 12:30 PM, Multipurpose Room (KS), Fridays, 5:00 PM, and Saturdays, 12:30 PM, both in the Sierra/Terra Cotta Room.

Wednesday sessions include a "199er" section restricted to those with less duplicate bridge experience, fewer than 200 Master Points; and during the Saturday session, a "299er" section is limited to players under 300 MPs.

Contacts: John White 253-9882;

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for a fun afternoon of Social

Bridge. You must make a reservation to play and please call if you need to cancel. You do not need a partner but must arrive by 12:50 PM to assure a place to play.

Winners for July 19 through August 9 are — first: Manny Loplikar, Chet Winton, Frank Lawrence and Pat Frass; second: Mary Neiman, Alan Haselwood, Mo Scarpitti and Ralph Madsen; third: Kurt Wolff, Peggy Schmidt, Rosie Peasley and Jack Hendricks; fourth: Eleanor Amar, Harry Collins, Ralph Madsen and Joe Phelan.

Reservations:

- September: Eleanor Amar 209-3505 (eleanoramar@yahoo.com)

- October: Helen Helm 408-0428 (h90elen@att.net)

Contact: Jodi Deeley 208-4086, jodi@wavecable.com



Bunco

August Bunco was a small group, probably because the third Thursday of the month snuck up on everyone or there were a lot of vacations. Even though we were small in numbers, the fun and excitement permeated the halls of the OC. If you haven't been able to make it for awhile, just join us at your next opportunity.

This is one of the clubs at SCLH that does not require an annual membership fee. A \$5 play fee is all you have to pay for the possibility of winning one of six SCLH gift certificates based on your bunco scores. We meet every third Thursday of the month at 9:00 AM in the Card Room (OC). Bring a friend or meet some new ones!

August winners: Most Buncos Corry Ostendorf; High Score Ann Stults; Most Wins Joanne Cardoza; Low Score Sandy Pavlovich; Most Losses Andie Aguirre; Traveler Sharon Chipman.

Contact: Ann Stults 543-6782



Ceramic Arts

You still have time to get in that Ceramics class you have always talked about taking. We have great classes, teachers and a good group of friendly people. Learn about having fun with clay and make that perfect bowl, cup or sculpture! You won't know until you sign up for a class!

In addition, the Ceramic Arts Group

activities include our famous Saturday and Sunday "CAG Workshops." Membership in the CAG is required after your third visit on Saturdays and or Sundays — \$12 after your third visit. What a bargain!!

CAG "Workshops" held at OC on *Saturdays*, 9:00 AM-3:00 PM and *Sundays* 12:00-4:00 PM. KS *Workshops* are *Mondays*, 1:00-4:00 PM for Earthenware and *Sundays*, 1:00-4:00 PM for Spanish Oils. *Open Studio* is available to all residents: OC *Fridays* only 1:00-5:00 PM and KS *Sundays* only, 1:00-4:00 PM. Please check bulletin boards and studio windows for changes or closures.

Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910;

KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils

Margot Bruestle 434-9575

Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



Chorus

On September 3 the Lincoln Hills Community Chorus began rehearsing for its ever-popular, mostly Christmas concert.

"Holiday Cheer" won't be performed for you until December 8-10, but it takes three months of hard work to perfect our playlist. As usual, we're preparing a splendid variety of traditional carols like "O Holy Night," Afro-Caribbean pieces like "Calypso Lullaby," popular medleys like "Christmas Bells Are Ringing," and classically inspired works like "Gloria in Excelsis Deo."

While the rest of you are enduring late summer heat unmindful of the winter holidays, we're already cooling down — in spirit if not body — with music of the solstice season. Plan to join us then for another marvelous choral celebration.

Contacts: Bill Sveglini 434-5655, sveglini@gmail.com;

Sid Frame 408-1453 sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Cloggers

With increased membership creating different levels of dancers, changes in classes are required. Class changes are:

Beginning Clogging through *Easy Fun Clogging*: A class for dancers who have never clogged before or just want clogging at an easy pace. Special attention given to balance skills; and how to adjust a step to dancer's limitations.

Easy Clogging thru *Low Intermediate Level*: This class is geared for students with clogging experience, a step up from Beginners, into a new challenging level. Someone with past clogging experience would find this class helpful getting back into clogging.

Low Intermediate Level thru *Intermediate Plus Level Clogging*: A class that satisfies the lover of clogging! Dances and steps are more challenging. Dance formations will be introduced as well a partner dancing.

"Performing" is not required, it's strictly a decision of the dancer.

Join our friendly group and play a part in preserving "Clogging" — America's Folk Dance.

Contact: Anita Tyson 543-5330



Computer

Main Meeting October 9, 6:30 PM: "Optimizing Travel Plans Using Android Tablet or Phone" by Terry Rooney. Favorite websites and Android apps include Kayak, where you can search for flights, lodging, rental cars and total vacation packages. Booking.com, Expedia and Travel Zoo have bargains and deals.



"Optimizing Travel Plans Using Android Tablet or Phone" on October 9 by Terry Rooney

Trip Advisor's website is the "go-to" spot to check local activities, restaurants, lodging. VRBO (Vacation Rental by Owner) is a convenient way to arrange for something other than a standard hotel. Yelp's good for restaurants and coffee shops, but also pharmacies, dry cleaners, etc. Zagat is the best-known restaurant review site.

Once you get to your vacation city, Android apps will help you do a walking tour.

Clinic October 11, 3:30 PM: A continuation of the Main Meeting.

Ask the Tech: October 28, 10:00 AM Informal Q & A session for any and all technical questions, Android tablets & phones too! Meetings at P-Hall (KS).

Contact: Bob Ringo
president@sclhcc.org
Website: www.sclhcc.org



Mac User

The LHMUG, is well known by its members for its hearty support, monthly seminars and helpful labs to keep us up with new technologies and creative uses of All Things Apple. The seminar leaders pack much useful information in each of the four one hour monthly meetings.

To pick up where the club meeting seminars leave off and fill the gap for more in depth learning, personal tutoring and Association-sponsored special interest classes are also available.



Andy Petro, Doug Thom and Vicki White tutoring Apple users

LHMUG instructors will be teaching three to six hour focused learning classes on: Beginning Macintosh and iMovie for the Mac; Beyond the Basic and Journals for the iPad; and Power of iCloud, to name what is up next.

Apple users, check *Compass* class listings under —Mac— for details. Classes

are limited in size and it's a good idea to register early. Visit the LHMUG website, and view "Help" tab for the list of tutors.

Contacts: Bill Smith, 359-9577,
wsmith986@gmail.com;
Website: www.lhmug.org



Cribbage

Cribbage Club plays 8:00 AM-12:00 PM Tuesdays at the Card Room (OC). A six-game mini-tournament starts at 9:00 AM. We play four-handed partner games, adding a two-handed or three-handed game when necessary or a sit-out when required by the number of players. We use a rotation system to mix players. We generally have 16 or more players so there is plenty of room for more to come and join the fun.

Contact: Bob Frank 408-7444;
Ken Von Deylen, 599-6530



Country Couples

Country Couples gives a big shout-out to DJ Gordon Hunt who announced at our August dance that in lieu of payment for services, he only requested that dancers donate to the Shriners Hospitals for Children in honor and memory of his father, who was a very active member of the Shriners. Gordon's love, respect and pride for his father was evident in his very emotional announcement. A hat was passed and \$500 was collected for this cause. The next event sponsored by Country Couples will be a Hoedown Dinner Dance on September 20 at KS from 5:00-9:00 PM. This will be a barbecue-style dinner with sliced beef, pulled pork, chicken, and many delicious side dishes. Country music will be provided by DJs Den-



DJ Gordon Hunt and Rene Pulis warming up at the August Country Couples Dance

nis & Connie McGuire. This event is open to everyone, so purchase your tickets by September 15 and enjoy a knee-slapping time with us.

Contact: Kathy or Rene Lopez
434-5617



Cyclist

Ride Safely —

Presence: Usually drivers are more aware of objects larger than bicycles. At first they may mistake cyclists for pedestrians and don't expect us to be moving so fast. Shake your head, move your arms to indicate your presence.

Clothing: Wearing bright colors so that you will be seen is smart. Bright-colored helmets and socks get more attention since they are always moving.

Ride Smart: Ride in the right lane as far to the left as possible. Even though you are closer to the traffic, it is safer. Drivers usually won't try to squeeze past you and the danger of connecting with an opening car door is reduced. Also, there is usually more debris on the far right of the roadway.

Slippery Surfaces: When the roadway is wet, painted markers and metal plates become dangerous. Keep your pedals in the three o'clock and nine o'clock position and don't brake.

Contacts: Steve Valeriot 408-5506,
jillsteval@sbcglobal.net
Website: www.LHcyclist.com



Eye Contact

Low Vision Support

Next meeting: Thursday, October 10, 1:00-3:00 PM, P-Hall (KS).

1:00 PM: "Is the iPhone/iPad Right for Low Vision Seniors?" Hadley School for the Blind is a nonprofit international education facility. Ninety tuition-free courses are available to the blind and their family. Amy Salmon will explain the benefits of this device.

2:00 PM: Dr. Kristie Tang from Blue Oaks Eye Care will talk about eyes and answer any questions.

Contacts: Barbara Smith 645-5516;
Chelsea@starstream.net
Cathy McGriff 408-0169;
Margie Campbell (a ride) 408-0713



Fibromyalgia/CFS

Chronic Fatigue Syndrome

If you are experiencing symptoms that seem to move all over your body — fatigue, muscle and joint pain, feeling "foggy," you might be suffering from Fibromyalgia and/or Chronic Fatigue Syndrome. Our support group can help you if you are diagnosed, or just wondering what is going on! We always suggest that you see a health care professional and have a meaningful conversation about your symptoms. We can help you prepare for that important appointment. We offer information through discussion and reading materials as well as support.



Fibromyalgia table at Club Expo

Our October meeting will be held October 24. Mike Riley, who is also a Fibro/CFS facilitator and frequent contributor in our group, will be presenting information on a national meeting he participated in on Chronic Fatigue and the latest issues and information. We meet from 1:00-3:00 PM, Multimedia Room (OC). Our November meeting will be the third Thursday, November 21.

Written by Sandy Barry.

Contacts: Sandy Barry 209-3247;
Jackie Wilson 253-3744;
Marjory Barlow 408-1400



Garden

What can be divided and multiplied at the same time? Many types of plants — when you dig them up and separate them! Fall is a good time for that. Share them with friends or bring them to the September 26 General Meeting, KS, 2:00-4:00 PM. We will sell them there to benefit local civic garden projects.

Green Acres Nursery Staff will speak

about Fall Gardening. What needs to be pruned? What needs to be fertilized? Revitalizing your garden with hot new plants, tools, and vegetables. They will demonstrate new "really cool" ergonomic garden hand tools.

The following site (Green Acres) will take you through a host of garden topics and very colorful reviews of plants, products, and tips! For more info check-out (www.idiggreenacres.com/index.html).

Door prizes will be provided by Home Depot.



Brown Bag Sales

Brown Bag Sales: We are offering seasonal plants, provided by our residents, at our General Meetings.

Fall is coming ...

Contact: Joyce Higgins: 408-7107
Contact: Lorraine Immel 434-2918,
limmel@ssctv.net; Virgil Dahl
408-3748, hasbeenvd41@att.net

Bonsai Group

Keep grooming and watering your Bonsai plants!

Contact: Robert Dougherty 434-8320,
rsdougherty@sbcglobal.net

Floral Design Class

Saturday, October 26, 4:00 to 6:00 PM, Ceramics Room (OC). Come and make a Halloween Jack-o-Lantern design. We will be making a symmetrical design in a



Floral Design Class: October 26, 5:00-6:00 PM, Ceramics Room (OC)

pumpkin. All material will be supplied by the instructor, Shirley Allan. Please call and make a reservation no later than October 20. Note: This will be a *Saturday* class.

Contact: Shirley Allan 408-1784



Gem and Mineral Society

Our September 30 meeting will feature a film on mining for agates, presented by Dave Polson.

California gemstones are on display at Orchard Creek Lodge in the display case.

Gem and Mineral Society meets monthly: Last Monday, 4:00 to 5:30 PM, Sierra Room (KS).

Lapidary and Jewelry Shop hours: Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Monday morning Shop Master: Dave Fisk. First Monday afternoon (12:00-2:00 PM): Ron Clawson.

We belong to the California and American Federation of Mineralogical Societies.

Lapidary and Lost Wax classes are taught in January, March, May, and October. Sign up at the Activities Desk (OC/KS).

Contact: Dave Fisk 434-0747, dave.fisk@yahoo.com (also for lab info & reservations)

Website: <http://sites.google.com/site/lincolnhillssuncitygems/home>



Genealogy

September 16, 6:30 PM at P-Hall (KS)... the place and time for our next general meeting which will feature Marian Kile. The topic: "Creating Family Stories From Research."

Our ancestors have used a variety of sources and may know where they were born, lived and died. But, how do we make this information more interesting to our descendants? Marian will show us how to begin — where to research and how to bring it all together!

Marian is a volunteer at the Sacramento Regional Family History Center. She offers a variety of presentations to genealogy groups and clubs. She also conducts monthly writing workshops at the Family History Center.

The prize drawing (members only) will be for a *Photoshop Elements 11*. Join your neighbors and become a member of the

Genealogy Club and you may win a prize!

Tomorrow night, September 16... don't miss it!

Contacts: Maureen Sausen 543-8594;

Joanne Schumacher 209-3366;

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

The Lincster/Ladies XVIII joint breast cancer tournament will be held on Wednesday, September 25. This year the event is being hosted by the Lincsters, and is being chaired by Barbara Mumma and Anita Bronner. The theme for this year's event is: Arm in Arm, Together against Breast Cancer. It will be an 8:00 AM nine-hole shotgun start on the Hills Course. Entry forms were due on September 6. Numerous drawing items have been collected from generous local businesses and individuals. Tickets for the drawing will be sold by the "Arm Length" (22 tickets equals an arm length), and will be available in advance at Lincster, XVIII, and Men's Club play days. The purpose of the drawing is to raise money for the Placer Breast Cancer Endowment.

In addition to the annual breast cancer tournament, the Lincsters also held their club championship, Harvest Fest, on September 10 and 11.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

The results of our big Captain's Cup Match Play event are in.

Our first flight winners were Joyce Hererias and Remy Raquiza.

Taking honors in the second flight were Donna Brinkerhoff and Lyn Chauvet-Thompson. Marguerite Hebert and Bonnie Hing captured first place in the third flight, and Sandra Rushing and Judy Meyer were victorious in the fourth flight.

Congratulations to all who participated in this exciting event.

Our next big tournament will be the Club Championship, held on September 26 and October 3. A wonderful dinner is planned after the final day's play to honor this year's Club Champion (low gross over the field), Low Net Winner over the field,

and flight winners.

Check our website for other events planned for the remainder of this year.

Contact: Beverly Ansbro 645-4399

Website: lhlxviii.com



Healthy Eating

Our club's mission is to share knowledge about the importance of healthy eating and how to improve our relationship with food. We are highly critical of many aspects of the "American Diet," and we like nothing better than to gather together for the good fun of sharing food-related experiences with fellow club members in our pursuit of healthier eating.



Healthy vegetables; more healthy vegetables; healthy citrus fruit

Recent club events include a Healthy Desserts Workshop in which we sampled various healthy desserts from recipes collected by members Bev Haran and Cathy Sylvia. Also, we took a critical look at another standard American dish, macaroni and cheese in this case, and came up with healthier versions. We also enjoyed a terrific guest speaker presentation on local farm products.

Our general meetings are on the fourth Monday of each month at 2:00 PM in P-Hall (KS), *guests welcome*. We have 81 paid members; 2013 fees are \$15.

Contact: Don Rickgauer 253-3984, healthy_eating_club@yahoo.com



Hiking and Walking

Walkers: A cool walk to start your Wednesdays can be a satisfying treat. Join us! Wednesday walks begin at 7:30 AM. Check the website for weekly starting locations.

Hikers: Twenty-two hikers made the drive to Stinson Beach to cool off and enjoy a challenging nine-mile hike and a delicious cookout on the deck of Jim & Denny Fisher's summer cabin overlooking the beach. What a great day, with special thanks to the Fishers for their hospitality.

The Silver Lake hike was quite scenic



Mike Hilton and Jim Fisher at Granite Lake; hiking the Presidio; the steep Ravine Trail at Stinson Beach

with views of three unique lakes. A special treat was an ice cream break two-thirds of the way through the hike while passing through a campground.

Over 40 hikers enjoyed the four-night getaway at Sequoia National Park last week. Numerous interesting venues, like Kings Canyon, Morro Rock, and the giant Sequoias made this a bucket list hiking adventure.

Check out the website for your own special hike.

**Contacts: Hiking: Dennis Ratay 543-9935, Denratay@sbcglobal.net
Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com
Website: <http://lincolnhillshikers.org/>**



Investors' Study

We are pleased to present Dr.

Jerry Webman, a Senior Investment Officer and Chief Economist for OppenheimerFunds at our October meeting. For over 25 years, Dr. Webman has been involved in the investment and economic markets — as a researcher, a financial advisor and a portfolio manager. Prior to joining OppenheimerFunds in 1996, Dr. Webman was managing director and chief investment strategist at Prudential Mutual Funds. Dr. Webman is frequently quoted discussing his views on the economy and markets in leading media outlets including *The Wall Street Journal*, *The New York Times*, *Washington Post* and *CNBC*. The meeting will be held Thursday, October 3 at the P-Hall (KS) from 2:00 to 3:30 PM. Refreshments will be served afterwards.

The Active Investors will resume on Monday, October 14 at 3:00 PM in the OC Fine Arts Room. Active Investors contact Bill Ness, 434-6564, bilnes@att.net.

Contact: Nicki Koch, nicki.k@sbcglobal.net



Lavender Friends

Four more residents joined our group and two had a fun time at our Hawaiian potluck. Our General Business Meeting was a success with 32 members in attendance. We had another large group at Lake Natoma for our annual picnic. It was nice to have a function outside with plenty of sunshine and everyone

brought a dish to share. Couple of people rode their bikes and others played two different card games. Of course everyone's dogs had a fun time chasing each other. If you want more information about our club, check our website (below) or contact Jacquie or Richard.

**Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net;
Richard Wong 408-7549, wong-r@sbcglobal.net
Website: www.lavenderfriends.com**



Line Dance

Our semiannual line dance was a big success. Over 80 dancers were in attendance. There was a great variety from the introduction level dances to the intermediate line dances. Sandy Gardetto, Sheridan Brown, Barry Macintosh and Yvonne Krause-Schenck were the leaders in reviewing the various dances. Mike Schenck, our music man, was our DJ for the day and did a marvelous job. Now we are looking forward to our next event.



Yvonne leading a beginner dance; Sandy leading an intermediate dance

Our annual holiday potluck will be held on December 2 at KS. This event always brings all the dancers together for another fun-filled evening of line dancing.

Contacts: Yvonne Krause 408-2040, ykrause@yahoo.com; Carol Rotramel 408-1733, carold@surewest.net



LSV/NEV

Low Speed Vehicles/Neighborhood Electric Vehicles

On September 17, the LSV/NEV Group meets at P-Hall (KS), and will present Mark Luster, Community Relations Manager with Sierra Pacific Industries in Lincoln. Sierra Pacific Industries is the second largest lumber producer in the USA. Mark will share information on their operations and developments planned for the future.

August was a "quiet" month for the group, and we are expecting a good turnout for the September meeting. Bring your friend along to learn about another one of the successful Lincoln businesses.

The July 26 ice cream social was well attended, and delicious – as usual. A "big thank you" to Carol & Frank McGara for planning and implementing the social event.

Contact: Larry Yaggi 543-5344



Mah Jongg, Chinese

Summer and vacations are just about over. It may be a good time to learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you.

Chinese Mah Jongg is a game of strategy and sometimes luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us every Monday at 8:30 AM in the Card Room (OC). We hope to see you soon. If you have any questions, just call one of the contacts below.

Contacts: Dianne Vincent 543-0543; Bruce Castle 408-7476



Mah Jongg, National

By now you have been hearing your friends and neighbors talk about the popular game of National Mah Jongg. Perhaps it is on your bucket list? If you are thinking of returning to this exciting tile game or even learning how to play, now is a good time to make it a priority. No membership fees are required and no reservations are necessary. Just come to the Cards Room (OC) every Tuesday afternoon, 12:30-4:00 PM. We suggest you arrive a few minutes early as play begins promptly as the tables of four fill up. Please

remember to wear your name tag. We are available to answer questions. Feel free to give us a call.

Contacts: Marnie Isherwood 543-0219; Kris Astone 543-8998



Mixed Media Collage Arts

Mixed Media Collage is an art form that incorporates a variety of media — from collected images (magazines, book pages, cards, photos, etc.) to found objects (coins, stamps, fibers, etc.) — in addition to paints and other art tools to create art on canvas. Collecting these materials can be as much fun as making the final project. Our club



Sandra Berry demonstrates a Mixed Media Collage project

meets on the third Wednesday (September 18) of each month from 1:00-5:00 PM in the Ceramics Room (OC). Dues are \$10 per year, but you are welcome to try up to three visits prior to joining. In a supportive and open environment with lots of smiles, laughter and collegial learning, we work on our own projects. All experience levels welcome.

Contact: Frima Stewart 253-7659, frimastewart@gmail.com; Nina Mazzo 408-7620, ninamazzo@me.com



Motorcycle RoadRunners

Our riding season continues despite the unfriendly hot weather. Our most recent tour took us on the Tahoe Loop ride through the Sierras into the beautiful West Tahoe area. The smoke-filled canyons did not deter the fun of the ride! A lunch stop at Murphy's Irish Pub on Hwy 89 was most enjoyable. Led by our President/Ride Captain Dale Brinsley.

An impromptu ride to the Grass Valley area gave us a nice outing between scheduled tours. Led by Ride Captain John Marin.

Our summer BBQ/party converted into a dinner get-together at Mimi's and everyone had a good time.

If you have a road-worthy motorcycle and our activities sound interesting to you, come check us out. We meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Following the meeting members go to a local restaurant for dinner and a social get together.

Contact: Peter Boyle 408-1955, boylep18@yahoo.com
Website: www.brinz.net/roadrunners_2013/roadrunners_2013.html



Music

The rapidly expanding Ukulele Players Group continues to grow. Come join the strumming, singing jam session at OC, Wednesdays, 1:00-3:00 PM. Beginners and seasoned players are welcome. Beginner's classes are available for those planning on joining the weekly jam sessions. Contact Ron or Molly (409-0463) for information.

The Music Group's General Meeting is held on fourth Wednesdays: Fine Arts Room, OC, 6:30-8:00 PM. Drop-ins are always welcome. Bring your voices and/or instruments, sign up to perform, or just relax, enjoy the music, and socialize.

With a variety of performers, the August 23 "Open Mic Night" was another rousing success. This bi-monthly event continues to grow in popularity. The next one will be Friday, October 25, 6:00-8:30 PM, P-Hall (KS). Musicians and music lovers welcome. Performer sign-ups begin at 5:30 PM to accommodate the increasing number of those wishing to entertain. Audience participation is encouraged but no karaoke.

Contacts: Judy Skillings 253-7237, kenskillings@gmail.com; Julie Rigali 408-4579, jrigali@yahoo.com
Website: www.suncity-lincolnhills.org/residents, Groups, Music



Needle Arts

Threads of Friendship

Mark your calendars! The October Needle Arts Meeting will be held on the third Tuesday, October 15, at 1:00 PM in the OC Ballroom. The annual Wearable Arts Fashion Show will be showcased at this meeting. Creations of original garments, garments composed of recreated thrift shop items, items from hardware store finds, and fabric designed and made into garments by the artists will be featured. Accessories such as hats, bags, scarves and jewelry — all handmade by the talented wearable arts members will be shown. This very popular event is free and open to the public. The doors will open at 12:30 PM.

Most of our various subgroups meet in the Sewing Room (OC). Check the Sewing Room window for times. Please contact Membership Chair Joan Daley at 543-9449 to join and see how fiber arts thrive in our community!

Contact: Twila Miller 408-3790, itstwi@sbcglobal.net



Neighborhood Watch

Good news! Safety Seminar speaker Gary Leonard told us that SCLH had four burglary entries this year versus 24 in 2011-2012. Volunteers and alert citizens are the key to our success! Moreover, the Lincoln crime rate is about half that of either the state of California or the U. S.

What do burglars fear most? A barking dog is the number one deterrent named in Leonard's interviews with highly successful burglars. No dog? Consider putting up a fake "Beware of the Dog" sign and wiring a barking dog recording to the doorbell.

The number two deterrent is "people watching." "Always say 'hello' to strangers," said Leonard. If they are up to no good, being noticed will usually send them on their way.

Think about how you would burglarize your own home, and remedy the weak points. Remember that an alarm system still gives burglars about ten minutes before police arrive.

Contacts: Larry Wilson 408-0667, mvw6@sbcglobal.net; Pauline Watson 543-8436, frpawatson@sbcglobal.net Website: www.SCLHWatch.org



Painters

Our August membership meeting featured noted artist Howard Rees who demonstrated the painting of a watercolor landscape. His presentation was especially well received; as was the September presentation by member, Wanda Avery, who shared how we can make a book from our paintings.

Paulette Pezavento listed the upcoming meeting programs: October — Michael Mikolon, a watercolor demonstration; November — a self-portrait challenge; and December — our Christmas Luncheon.

Refer to the Day Trips section of the *Compass* for details regarding upcoming art museum bus trips: September — San Francisco and November — Stockton and Lodi.

Members and non-members are encouraged to contact Jim Brunk regarding weekly plain air outings. Come to paint or just to learn more about the outings.

Contacts: Joyce Bisbee, joybis@aol.com; Bob Porter, bob@aol.com; Jim Brunk (plein air paint-outs) 434-6317, brunk@starstream.net Website: www.lhpainters.org



Paper Arts

We continue to welcome new members to our group with Pat Johnson, Linda Lucchetti and Judy Osbourne attending our last meeting. Our membership is over 70 creative residents enjoying Paper Arts.

It was Christmas in September with projects by a new vendor, Karen Crisp from A-muse Studio. It was fun to see new products and welcome a new visitor to our group.

The projects were just part of the holiday spirit as members brought holiday greeting cards to send to our military service men and women through Operation Write Home. This organization accepts handcrafted cards from clubs and individuals across the country and sends

them throughout the world to our military. Operation Write Home has sent over two million cards since 2007. We're proud to be part of that effort.

Would you believe it is back to school time?? Also just happens to be our window theme at OC.

Contacts: Sue Manas 408-1711; Reg Fabian 645-9090



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are always happy to teach you the basics or refresh your memory.

Pedro meets in the Card Room (OC) on the first and third Fridays of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: Denise Jones 543-3317, djonesea@att.net; Doris DeRoss 253-7164, dorisdeross@gmail.com



Photography

"Fly me to the moon, and let me play among the stars" could



"Orion Nebula" and "Sulfur Moon" by Don Goldman

be Don Goldman's musical theme, and on October 9 we'll have him at the P-Hall (KS) podium to speak — not croon — about his internationally recognized Astrophotography. The nebula and solar system shots on the previous page are examples of his photographic work. These shots could also well represent the collective mind of our U.S Congress: stark, colorful, nebulous, dark-sided, no discernible evidence of intelligence. The Astronomy Group has been invited to this event, and you are too. Governor moonbeam aficionados, astral projectionists, and proponents of extraterrestrials are also welcome.

It's game-on in mid-October for the Hwy-395 Eastern Sierra field trip. Based in Bishop, they'll be slogging through whatever the fall season has to offer in color, adventure, and many close encounters of a terrestrial photographic kind. Phil Robertson and Les Thomas will be the guides-du-jour.

Author: jeffa.

**Contact: Gary Sloan 434-5445,
Gsloan33@yahoo.com
Website: SCLHphoto.com**



Pickleball

The locker at the pickleball courts have accumulated lots of



Anniversary Party

lost and found items. Please come and see if any of them belong to you. The items will be taken to the general lost and found at the Fitness Center (OC) soon.

The Sixth Anniversary Summer Party was a big hit. Great food, great music and best of all great friends!

Thanks to Glenise Cunningham, our hard-working club treasurer, we are using a less expensive but just as durable pickleball. The Pickleball Club provides all the balls to the courts to be used by members and non-members at a cost of about \$2,000 a year. Please take care of them, even with a small crack they are still playable.

Our meetings are held the second Wednesday of each month in the Ceramics Room (OC) at 2:00 PM.

**Contact: Scott Sutherland 253-3997,
swsuther@sbcglobal.net
Website: www.lhpickleball.com**



Players

The familiar words of Johnny Mercer are coming your way in the Players production of Johnny Mercer's "Mandy." Norah Prouhet's original play includes, "That Old Black Magic," "Moon River," "One for My Baby" and many more great memories in song. The show will be



Auditions for "Johnny Mercer's Mandy"

November 7, 8 and 9. Ticket sales start September 17. Reserved seats are \$18, general seating \$13. Get your tickets soon; this is a play you don't want to miss.

Our free Readers Theater dates are October 26 and 27 in the P-Hall (KS). The show will present two suspenseful stories fitting for the season. Our 2014 Playbill is picked and will bring fun and exciting plays to our stage. "The Odd Couple," "Over The River and Through The Woods" and "Sherlock Holmes and the Christmas Goose" provide abundant laughs.

The Players meet the second Monday of each month in P-Hall (KS).

**Contact: Bob Murdock 408-8511,
bamabc@sbcglobal.net
Website: www.lincolnhillsplayers.com**



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM, and Friday 1:00-4:30 PM in the Multipurpose Room (OC) or Fine Arts Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays — same times.

The Quarterly Hold 'em tournaments are open to all residents, first-come, first-served, as they usually fill up quickly with a 48-player cap. Our next 2013 tournament will be Saturday, October 19.

Any questions, or to be added to our email distribution, please contact one of the following members.

**Contacts: Mike Goldstein 543-8238;
Ginger Nickerson 253-3322;
Joe Frenna 543-8634**



RV

Although there are not any rallies scheduled for a while, that doesn't stop these RVers from partying. There was quite a turnout at Bill & Rosie Eads home on August 17. It was a potluck affair, with cocktails, but host Bill was the star with his smoked turkey.

It was a great way for the group members to get together and party. Thanks go

to the Eads for their hospitality.

Any owners of RVs – whether motor homes, trailers or fifth wheels – are welcome at meetings to learn about the RV Group. Meetings are held on the second Thursday of each month in the P-Hall (KS). Next meeting will be on October 10 at 4:00 PM. Come on down. You might want to join.

Contact: Michael Genest 209-3370

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

Skip Morton, former engineer, believes that mentoring and giving back to kids is the most important thing you can do. Skip will begin his fifth year at First Street School in an advance placement class of fourth and fifth graders. He has tutored math and literature, and taught a few lessons about life along the way. Volunteering twice a week for two hours each time has not impeded his lifestyle at SCLH. He feels appreciated, respected and supported by staff and students. “My reward for tutoring is when students have that AHA moment and amazing wonder in their eyes when they finally understand, or the student that is not motivated, has challenged me and comes up and gives me a hug. *What a high!*” Stan personally believes that teachers should be paid the same as congressmen. Thank you Stan for helping to shape the future by supporting our kids.

Contacts: Sandy Frame 408-1453,

sflincoln4fun@starstream.net

(Elementary); Cindy Moore 408-1452,

cindymoore@me.com

— 9:00 AM; Parade begins at 10:00 AM. Our DJ and vendors will be on hand, and our photographer can take pictures of you and your pet! This will be a fun morning with doggies in costumes, parading before our esteemed panel of judges, and vying to win in one of the several categories. Linda Derosier will emcee, and Judges are Anthony (Tony) Johnson, CPA, Bob Burton, Wells Fargo Financial, and Honorable Stan Nader, Lincoln Mayor. Resident dogs/owners may participate. All doggies on leashes are welcome to attend! *Free admission.*

Information: Mary – 409-9923.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

The Scrabble Group plays every Monday, at 1:00 PM, in the Card Room (OC). All residents are welcome and there are no reservations needed. We have had several new players coming already this year, some living here less than a week or two. Please drop in and play a game or two, or stay for more. Typically, we play until 3:30 or 4:00 PM, and sometimes, later.

We have had a nice turnout for the last few weeks. The newer wordsmiths have blended with our “old-timers,” and lots of laughs can be heard in the room. New friendships are blossoming.

Interestingly, many of our players can put down their names on the board, without pause, because of the meaning of their names: Barb, Candy, Jean, Joe, Sandy and Victor (with no caps).

Article submitted by Candice Koropp, Publicity.

Contact: Joan Spurling 505-5000



Second Cup of Coffee

Join us Monday, September 16 from 10:00 to 11:30 AM at the P-Hall (KS) to hear Katrina Contreras, Store Manager of the successful Lincoln Wal-Mart. She will speak on “Lincoln’s Wal-Mart Neighborhood Market.”

On Monday, October 21, we have a very unique and different program planned for residents. Candy Plaza, resident, will speak on “Into Africa... A Senior’s Peace Corps Assignment.” The meeting will be held at the P-Hall (KS) from 10:00 to 11:30 AM.

Mark your calendar to hear this interesting talk.

We are making some special plans for our November 18 meeting, and you will hear about it soon!

We welcome all residents to enjoy our informative meetings.

Contact: Wolf Oplesch 408-1788

oplesch@sbcglobal.net

Website: <http://sites.google.com/site/secondcupofcoffeegroup>



Shanghai

We cordially invite you to join us in the Card Room (OC) every Thursday at 12:00 PM to play the different, and socially pleasing, card game of Shanghai. We also offer free lessons. We also play every second and fourth Friday night. For more information, please contact one of the names below.

Contacts: Howard Beaumont

408-0395; Chuck Kaul 408-4153



Singles

Dynamic Singles

Summer in Lincoln Hills has not slowed the singles community down at all. The August 8 General Meeting was well attended and very informative in addition to being a lot of fun. Our monthly dining out was at Rubino’s and was not only well attended but a good opportunity to get to know other singles better. Try and attend our September events, I promise you a good time.

Hope to see you at our events:

September

17) Let’s Dance/Drop-in Event – Meridians

19) Dining Out – Il Fornaio, Roseville

26) Bocce Ball Tournament and Bocce Ball Fiesta – Sports Pavilion & Bocce Ball Courts. Time is to be announced. Sign-ups for the Bocce Ball Tournament are now in process. Don’t wait too long to sign up as we can only let a limited number play.

October

24) Annual Halloween Party

Contact: Linda Bacon 628-5158

Website: www.singleslincolnhills.org



SCOOP

Sun City Organization of Pooches

September 5 “Pooches on the Patio” breakfast in the Secret Garden was successful for members and their well-behaved pooches on leashes that they accompanied. Carol and her outstanding staff continue to amaze us with their excellent service!

Mark your calendar: October 10 — Pooches on Parade will be back by popular demand at the Amphitheater! Registration



Softball, Senior League

On August 15 LH added two more names to the NorCal Softball Hall of Fame.

Bob Fernandez began playing senior softball with the Lincoln Hills Coyotes and served on the LHSSL Board as Commissioner and President. He has also served as the NCSSA Board of Directors VP as well as Ranking Committee Chair. Currently, Bob is the Region I primary representative. Bob, at the present, plays for Lincoln Hills Coyotes and the Sacramento Blues 65s.



Bob Fernandez; Ed Sorensen

Ed Sorensen played for younger age groups in Sacramento before beginning senior softball with the South Placer Senior Softball Association. Ed's first love is softball, as evidenced by the various positions he has held. He has served as LHSSL President, managed teams, instructed players, and umpired. Teams on which he has played include the Lincoln Hills Coyotes, South Placer Stars, Norcal Hornets, River City Pirates, Renegades, and Gold Rush, winning many regional and national championships.

Contact: Joann Hilton 408-0346,
Jhilton777@gmail.com
Website: LHSSL.org

Coyotes

August meant mixed emotions for the Coyotes. Bob Fernandez and Ed Sorensen were inducted into the NCSSA Hall of Fame in Manteca, but the teams didn't all fare well.

The 55s were 2-3. Outstanding outfielders were Bec Cannistraci, Mike Hilton, and John Griffin, and infielders were John Gho, Hal Kastner, and Carlos Zavala. Top hitters

were Gho, JR Jackson, and Barry Sasabuchi, with homeruns by Mick Privett (2), Kastner, Cannistraci, and Griffin.

The 65s finished 2-3 in Manteca, with several "walking wounded."

The 70s won four games in Manteca before facing the Solano Enforcers 65s. In the final inning Solano pulled away to win 17-11. The offense was led by Gym Mikaelson, Ed Welch, Forrest Burkett, John Parks, and John Wible. Terrific defense by Wible, Parks, and Pete Savoia and outstanding pitching by Jim Sandin and Bill Stroh made for a great tournament.

All the teams are on to Medford.

Contact: Dave Rich,
richerino@aol.com

Website: LHSSL.org/Travel Teams



Sports Car

In order to avoid the heat, some of us journeyed up Ice House Road and into Georgetown for a little back roads scenery on July 15. We meandered back to Placerville for lunch at Steamers. Ernie & Chere Drake were our leaders.

August brought in a trip to Big Springs Gardens in the Sierras for a beautiful buffet lunch under the pines on August 17. After lunch, an optional overnight trip to the El Dorado Hotel in Reno, offered us the chance to see the musical "Grease." Mary & Dennis Olsen led this fun trip.

The last event of the month was on August 28, for a day tour to Historic Mare Island Shipyard in Vallejo. We toured the museum, Admiral's Mansion, and the chapel with its Tiffany stained windows followed by lunch. Thanks Ted & Roxanne Widing for leading.

Contact: DiAnn Rooney 543-9474,
drooney@mac.com
Website: LHsportscars.com



Square & Round Dance

Sun City Squares

The Square Dance Club New Dancers class started September 9 at 1:00 PM at KS. Sign-ups will be allowed thru September 23.

Call Chuck or Bob to sign up today!!

We are always ready to add experienced Square Dancers.

Feel free to come in and watch or join,

times listed below.

Meeting times:

- Beginner/Mainstream Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level
Mondays, 2:15-3:30 PM (KS)
- Advanced Class Mondays,
3:30-4:00 PM (KS)
- A-2 DBD Level – Thursdays,
1:00-3:00 PM (KS)

Contacts: Chuck Vickers 408-4082
pjclvickers@starstream.net;
Bob Grupp 408-1868,
Bob@GruppHomes.com



Table Tennis

On August 13, president Marc Fong conducted a table tennis board of directors meeting to discuss plans for an independent contractor to provide instruction and plans for a summer social.

Bob Grittner advises Jian Zhuang (JZ), an accomplished player, is willing to provide instruction at our Friday sessions. Bob, while working with our owner's Association, is in the process of completing a contract. The normal Friday robot "trainer" and open play will continue as usual. Instruction is expected to start in late September.

George Porzio briefed the board concerning a summer social at the Sports Pavilion on a Friday evening in late September. The club will provide hot dogs, hamburgers and water. Members will be requested to bring a dish.

On August 18, several Shalom Group members hosted by Tim & Joan Frank enjoyed table tennis. Table tennis is played at KS every Sunday afternoon, Tuesday evening and Friday morning.

Contact: Ed Rocknich 434-1958,
rocknich@yahoo.com



Tap Company

The tappers are in full swing again with the start-up of our technique classes. We have a full class of beginners, and we are developing a cadre of dancers to move up through the ranks of performance dancing.

Auditions for our 2014 show, "Remembering Rosie," are being held on October 2 and 9, from 5:00 to 8:00 PM in the Fine Arts



“Remembering Rosie” auditions October 2 & 9; Below — Beginners class



Room (OC). We will be looking for a female trio (think Andrew Sisters), tap dancers, swing dancers, hula dancers, and male and female singers and actors. Everyone will learn a simple choreographed group dance and will be asked to sing something from the show and read from the script. Scripts and music were available from the writers/directors, Peggy & Paul Schechter in early September. Contact them at 253-7492 or lyricsop@pacbell.net or paul.schechter@pacbell.net Come prepared to have a great time.

Contact: Janet Becker 543-3493, beckerjm1962@gmail.com; Natalie Grossner 209-3804, natalie_g@msn.com



Tennis

We are delighted to welcome fall and more pleasant temperatures for our matches. Tennis activity really picks up again in the fall.

Our Men's Doubles tournament is September 20 and the annual Oktoberfest tournament is October 11. Feel free to stop by the courts and watch some good tennis matches.

Men and women's intramural teams will also be starting up in September. The men's intramural was very successful last

year. The women are just getting organized now for our first season. Intramural team tennis involves multiple teams from the same club competing against each other.

To renew or join our club, please use the form found on the on the Tennis Group website <http://sclhtg.com>. Annual dues are \$12.

Social Drop-In is held Wednesday and Saturday from 8:00 to 10:00 AM and is open to all residents.

Contacts: Pat Campbell 543-0618, patacam@gmail.com; Sharon Klotz 543-6950, tennislady@yahoo.com; Website: http://sclhtg.com



Vaudeville Troupe

The Vaudeville Troupe was off to Manteca's Del Webb Woodbridge on September 11 for a two-hour performance for the Veteran's Group to raise money to build a Veteran's Memorial; over \$2,500 was raised and we were proud to participate! The sold-out event had over 180 enthusiastic audience members who were so gracious to The Troupe!



Sally Goble and Diana Julian's July Showstopper; Remember when this '57 Ford Fairlane was "crazy, man"??; Multi-talented Yvonne Krause-Schenck is welcomed as Producer for January Show!

Mark your calendars: Auditions for the January 2014 Vaudeville Show will be on October 16 in the Fine Arts Room (OC) and October 17 in the Multipurpose Room (OC), same time each night — 6:30-8:45 PM. Our Tribute in January will feature "Music of the 50s and 60s" in addition to our always extravagantly original "Old-Time Vaudeville/Variety Show"! Join us as a performer, stage manager, make-up person, or ?? You will be warmly welcomed!! Please contact Marina for any questions and we will see you at the auditions and/or in our January audience!

Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net Troupe Website: YouTube.com/user/marinaeugenios



Veterans

Lincoln Hills resident Jay Knauer, whose career in air traffic control spanned more than 50 years, will be the featured speaker at the September 19 joint meeting of the Veterans and Aviation Groups at 1:00 PM in the P-Hall (KS).

Contact: Roger Espiritu 543-0395, usn2100@sbcglobal.net; Website: lhvets.org.



Water Volleyball

Water volleyball is open to all residents of any skill level. We have open play, competitive (advanced) play, and league play. Training is also available monthly. So, come join us. It's always a lot of fun. It's a great way to meet new people, get out of the heat, and get a low stress workout.

Did you see us at the outdoor lap pool at OC last month? We had a lot of fun and so did the spectators (and players got ice cream!). You can join us any time in the indoor pool at KS. See you in the pool!

Play available (KS):

Open Play: Saturdays 9:00 AM; Mondays 5:30 PM (except third Monday)

Open/League Play (all levels): Wednesdays 6:30 PM

Advanced Play (rated players only): Mondays, Thursdays 6:30 PM.

Training: Third Mondays 5:30 PM.

Contacts: Steve Parke 543-0067,

stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net
Website: www.lincolnsuncity.org/residents



West Coast Swing

Our annual Tea Dance/Ice Cream Social is almost here! Join us on Sunday, September 29, OC Ballroom, 2:00 to 5:00 PM. RSVP to justdottie@sbcglobal.net. Members are free, non-members \$8. No sales at the door. This is always a popular event and everyone is welcome.

West Coast Swing Dance practices are held on the second Friday of each month for all those students attending the West Coast Dance classes (no fee.) The next dance practice is October 11, 5:30 to 7:30 PM, Fine Arts (OC.) Also in October will be a Halloween Potluck Dance on Saturday, October 26, KS, 6:00 to 8:45 PM.

Capital Swing Dancers will be hosting their monthly dance on September 28. Beginner lessons will be from 5:30 to 6:30 with dancing until 10:30 PM.

Contact: Dottie Macken 543-6005, justdottie@sbcglobal.net



Woodcarvers

Recent Woodcarver Prize pieces and other works are showcased in this beautiful display, arranged by Woodcarver Harvey Moss, and located near the Sewing Room at OC Lodge.

The Woodcarvers Group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. Members are encouraged to share their varied approaches with others who may be



Woodcarvers display at OC Lodge

interested. Plenty of advice and large support library are available for members. The group meets every Wednesday between 1:00 and 5:00 PM in the Sierra Room (KS). Visitors are always welcome... come and "chip" in your thoughts and talent.

Contacts: John Russell 543-6091, je_russell62@hotmail.com
Website: www.SCLH Woodcarvers.blogspot.com



Writers

~See our ad on page 11.~
 The Writers Group would

like to welcome our newest members: Daboragh, Kathy, Linda L. and Dorothe. These four ladies bring their own unique writing styles to the group and we all benefit from sharing their life adventures through what they bring to read.

I was recently asked if one has to be an advanced writer to attend our meetings. The answer is "No." Our writers cover the gamut of beginners with a few words on a page; to the more advanced, who have several published books. It really doesn't matter. We meet to support each other, to offer encouragement and even some help in the writing journey. We continue to meet on the second, fourth, and fifth Mondays of each month in the Ceramics Room (OC); starting promptly at 6:30 PM. Stop in the "try us out."

Contacts: Linda Bello-Ruiz 543-7952, Imbellorui@gmail.com; Leo Craton 543-9012, cratonl@att.net

Authors & Writers Resource Group

The Authors & Writers Resource Group hosted their first multi-author book event September 14. Thanks to all who attended to support your local authors. The event was a "Great Success!" If you didn't get the chance to attend, you can still order the books. Here's the list:

- *California Boy*, Leo Craton, available on Amazon
- *Blue Eden*, Phyllis Kalbach, available on Amazon
- *The Ghost Eagle*, Quentin Grady, available on Amazon
- *Remembering Russia*, Jonas Porup, available on Amazon

- *Dottage Cheese*, Jim Fulcomer, contact Jim at jjfulcomer@mac.com
- *An American Woman in Pakistan...Memories of Mangla Dam*, Irene Aylworth Douglass, available on Amazon
- *From Tears to Triumph*, Linda Bello-Ruiz, available on the author's website www.lindabelloruiz.com and on Amazon.

The A&W Resource Group meets monthly. Please join us as we support each other on the road to writing, editing, publishing and promoting! Contact Linda Bello-Ruiz for time and location.

Contacts: Linda Bello-Ruiz 543-7952, Imbellorui@gmail.com; Leo Craton 543-9012, cratonl@att.net

Openings

Continued from page 5

(ARC) currently has openings for residents with experience in landscaping and construction. ARC members review plans for landscaping, new construction, or exterior alterations and help to decide if the project conforms to the CC&Rs and the Design Guidelines.

Communications and Community Relations Committee (CCRC) has several openings. Committee members assist and advise the Board on matters relating to communications within the Sun City Lincoln Hills community. If you are interested in the technical side of communications or in the very popular Community Forum series, then volunteer for this Committee.

Compass Distribution: Thank you to the many new volunteers who responded to our request for help distributing the *Compass* magazine. We still need additional volunteers to greet residents while handing out the *Compass* during a two-hour shift between the 15th and 21st of every month at either the OC or KS Lodge or Fitness Centers. Please sign up to assist in the Volunteer books kept at both OC and KS Activities Desks. If you have any questions, please call Marian Hoffman Kinsella at 205-8315. Your assistance, greeting residents with a smile and friendly hello is greatly appreciated.



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Bulletin Board

Please email your bulletin board articles to shelvie.smith@sclhca.com by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

Family Mental Illness Support Group

Mental Illness, Bipolar, Personality Disorder and Depression Support. If SCLH residents have immediate family members who experience serious mental illnesses such as bipolar disorder, schizoaffective disorder, schizophrenia, obsessive compulsive disorder, clinical depression, etc., join our Family Mental Illness Support Group. As we try to support our loved ones, we need support ourselves. We listen without judging and extend understanding and confidentiality. We meet on the second Friday of the month at 2:00 PM. For location or more info: Dede Rarahan, 408-4541 or dederarahan@gmail.com. If your needs personally relate to Bi-polar, Borderline-Personality Disorder, you are not alone. More info: Piper Smith, 645-7012 or Piper@starstream.net. If depression is your area of specific personal need, more info: Pam Elliott, 408-5704. SCLH residents are here to support you and your family.

Glaucoma Support Group

will meet on October 9, at 4:00 PM in the Multimedia Room (OC). All glaucoma patients and their families are welcome to attend. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Italian Club (LHIC)

"Let's take a Trip to Italy" was a big suc-

You are invited... To the following presentation:

This vendor presentation is open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

Tuesday, September 24, 10:00 AM,	Nautilus Society, Heights (OC)
Tuesday, September 24, 10:00 AM,	Living Trust Seminar, Gables (OC)
Monday, October 8, 6:30 PM,	Spinal Aid Center Presentation, Dr. Zorich, Solarium (OC)
Wednesday, October 9, 2:00 PM,	Senior Advantage Seminar, Solarium (OC)
Thursday, October 10, 9:00 AM,	Medicare and Prescription Changes, Oaks (OC)
Saturday, October 19, 1:00 PM,	The Book-In-Hand Roadshow, Oaks (OC)

cess August 14 at La Provence Restaurant in Roseville. After a delicious lunch, during a friendly competition more than 60 members tested their knowledge of the customs and everyday life in Italy in preparation for their upcoming travels. Buone vacanze! (Enjoy your vacation!) The annual general membership meeting is set for October 17 from 6:30-8:30 PM, in the Multipurpose Room (KS). President Tom Freschi will present information on the club's status. Reports will be given on membership, finances and activities, followed by an open forum. Refreshments will be served. All members are invited to attend. Are you a SCLH resident of Italian heritage? Join us in our social club established to promote Italian culture and camaraderie. More info or to join: www.lhitalianclub.org or Marie Berleghi, membership chair, 543-3731.

Lincoln Democratic Club

Phillip Ung, California Common Cause policy advocate, will be the guest speaker at the October 10 meeting of the Lincoln Democratic Club. A program on the Supreme Court's Citizens United ruling and on the Bill Moyer's video, United States of ALEC, will be presented. The meeting will begin at 6:45 PM in the P-Hall (KS). The public is also invited. Questions: June Paquette, 408-2263.

LH Foundation Community Service Project

Announcing upcoming life-saving courses sponsored by the Lincoln Hills Foundation. Cardiopulmonary Resuscitation (CPR), Automatic External Defibrillation (AED), and First Aid Training will be taught by a certified CPR instructor on Thursday, September 26, and Thursday, October 24. Classes will be held in the Heights Room (OC) from 9:00 AM-1:00 PM and are open

to all SCLH residents. Classes are limited to 20 participants, and the course fee will be supplemented by the Lincoln Hills Foundation as a community service. Applications are available at Orchard Creek Lodge or lincolnhillsfoundation.org. More info: Vern Chong, 408-0306.

Open Play

Every Sunday from 12:00-4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, dominoes and dice. "Rummikub," "Nationals," and Mah Jongg tile games are also played. This is an opportunity to meet new friends and have a fun afternoon. All SCLH residents are welcome. Tables are first-come, first-served.

Parkinson's Disease Support Group

meets each third Tuesday of the month at the Raley's Meeting Room, from 10:00-11:30 AM. Come and learn more about PD. More info: Sharon, 408-4869.

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net.

Shalom Group

The Shalom Group Board wishes its members and the community and their families L'Shana Tova: a healthy, happy, and prosperous new year. Temple Or'Rishon has invited Shalom Group members and

Continued on page 43

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Continued from page 41

the community to participate in their Rosh Hashanah and Yom Kippur services. Information has been sent out. If you did not receive information, please contact Harriet Kaufman, 878-1328. At the August 26 meeting in the P-Hall (KS) preceded by fireside conversation at 6:30 PM, our

members made presentations after the general meeting. We enjoyed Evelyn Stetcher's poetry and Dr. Robert Aron's talk on Climate Change. Our next meeting will be a Game Night on October 11. It will be held at KS. We look forward to seeing you all there. The Board is beginning to plan 2014 events and activities. Your input

is appreciated. We will schedule more Sunday Brunches and are considering a series of "Salon Conversations."

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting.

Continued on page 45

Community Perks

Certified Farmers Market and Vendor Faire Every Wednesday

Support your local farmers and join us every Wednesday at the Fitness Parking Lot from 8:00 AM to 12:00 PM. Local Certified Farmers will be selling fresh fruits and vegetables. There will also be local vendors selling various unique items. Depending on the weather and availability of crops, the plan is to hold the Farmers Market on Wednesdays until November. If you are interested in being one of our vendors for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



New Resident Orientation

Wednesday, September 18, 2:00-4:00 PM — Free
Tuesday, October 15, 1:00-3:00 PM — Free

Offered monthly through November and designed for all new homeowners to meet new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. Solarium. Light refreshments. No RSVP required.



Celebrate Living at SCLH Sunday, October 6 — Free

2:00-4:00 PM. OC Ballroom. You are invited to enjoy ice cream sundaes and delicious cookies. And it's *free!* This is the SCLHCA annual resident appreciation day and a wonderful way to meet other residents, members of the Board of Directors and committee members. While you are enjoying your yummy dessert you can listen to the music of the Jackson Steel Band or you can work off those calories by dancing. All you need to do is stop by the Activities/Membership Desk (OC) and ask for a Sunday Ice Cream Social wrist band. One color will be for no sugar added ice cream and the other the full bounty. This is a resident event only, please, pick up only two wristbands per household. If you want to join the fun, don't forget to wear your wrist band. You'll need it to get in.



KS at the Movies: "One Day"

Monday, October 7 — Free

PG-13; 108 minutes. Starring Anne Hathaway and Jim Sturgess.

Romance/Drama. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS).



e-Waste Recycling

Tuesday, October 15 — Free

9:30 AM-12:00 PM, OC Fitness Center Parking Lot. Free! Be good to our environment. To make it easier for you, Sims Recycling will be at OC Parking Lot (Fitness side) to accept your unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We offer this service twice a year. The list of all acceptable electronics for recycling is available at the Activities Desks. Just look for the big Sims Recycling truck in the parking lot!



Home, Health & Business Showcase Wednesday, October 16 — Free

Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your *Compass* advertisers and other local businesses that will showcase their products. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the *Compass* and many of our Association and club activities. For additional information, please contact Judy Olson, 625-4014.



Document Destruction Monday, October 21

10:00 AM-12:00 PM, OC Fitness Center Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files okay but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the parking lot!



Music Group sponsored "Open Mic Night"

Friday, October 25 — Free

6:00-8:30 PM in the P-Hall, (KS). Musicians and music lovers are invited to join the fun. Sign-up to perform at 5:30 PM. Audience participation is encouraged and appreciated, but no karaoke.



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Continued from page 43

If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the fall and winter months we meet at 9:00 AM. For shooting schedule hours, please contact

John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Contact: John Kightlinger, 408-3928 johnnpat@sbcglobal.net.

Travel Group www.lh-travelgroup.com

The next meeting is Thursday, September 19, 7:00 PM, KS. Guest presenter: Jay

Fehan, Collette Vacations. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler, 543-3349, sfowler@starstream.net; Linda Frazier, 434-8266, fraz1774@sbcglobal.net; Sheron Watkins, 434-9504, sheron55@att.net; Louise Kuret, 408-0554, lkuret@sbcglobal.net; Judy Peck, 543-0990, judyp@starstream.net.

In Memoriam

Jerry Dominici

Jerry was born and raised in the Bay Area and was a Supervisor for PG&E for 33 years. After retirement he and his wife Marilyn moved to Elk Grove and then to Lincoln Hills. Jerry loved living here and spent many happy hours in his yard. Besides his wife of 60 years, he will be missed by his son, Smiles, two grandchildren, four great-grandchildren and other family, friends and neighbors.

Paul Beach

Paul Elliott Beach was born in Cleveland, Ohio and grew up in Tennessee. He was a member of Beta Theta Pi at the University of Tennessee where he graduated with a degree in Chemistry. Paul worked for DuPont for 30 years. He was an avid birder and he started the Sun City Lincoln Hills Bird Group. Paul is survived by his wife Donna and a son. Donations can be made to the St. James Episcopal Church Outreach, Lincoln.

Dr. Howard Liebgold

Affectionately known as "Dr. Fear," Howard was renowned for teaching Phobia classes, writing nine books, and speaking all over the country and on TV, helping

thousands of people overcome anxiety and OCD. He graduated from UCLA, UC Medical School and did his residency at UCSF. Dr. Liebgold was the Chief of Kaiser Foundation Rehabilitation Center and Chief of Chronic Pain at Kaiser Vallejo for 43 years. He was also an athlete all his life running marathons, weightlifting, playing tennis, etc. He and his wife of 25 years, Carol, were champions in ballroom dancing and tap. He will be especially missed by his wife, four children, numerous relatives and friends.

Beryl Spurling

Born in Denver Colorado and raised in Sacramento, Beryl graduated from Sacramento High. He worked as a computer systems analyst. An avid bicyclist, he met his wife on a bike ride in 1977. During their 35 years of marriage, they enjoyed coaching soccer and baseball. A Lincoln Hills resident since late 2005, Beryl participated in lapidary, bowling and art activities. He was a metal sculptor whose pieces grace many Lincoln Hills homes. Beryl is survived by his wife, Joan, three sons, two daughters and their spouses, eight grandchildren with another one due in December.

If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue, 434-0749.

Getting Ready

Continued from page 13

our existing assets as they reach their end of life. Staff will present detailed plans for next year at our scheduled budget meetings and we will present our recommendations at the September Board of Directors meeting. As always, our goal is to keep dues as low as possible and seek ways to enhance the Sun City Lincoln Hills lifestyle. I encourage residents to attend our meetings and offer suggestions.

If you have general questions or need information on the above I may be reached at finance.committee@scilhca.com. The monthly and year-to-date financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, September 19 at 9:00 AM.

Did You Know?

SCLH residential streets are the following MPG:

Del Webb Blvd. = 35

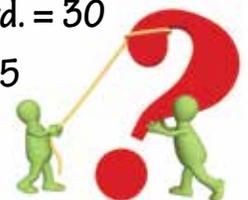
Ingram = 35

Spring Valley = 35

Stoneridge = 35

Sun City Blvd. = 30

Villages = 25





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SAVE THE DATE
NEW YEAR'S EVE
 Roaring 20's Celebration
 Tuesday, December 31 * Orchard Creek Lodge

Ring in the New Year with fun and folly in Roaring Twenties style. Guys and Dolls will enjoy dinner, music and entertainment reminiscent of *The Great Gatsby* and out of the Speakeasy. Dress as a gangster, flapper or silent screen star. The sparkle of this 1920's soiree will be fireworks and themed Speakeasy surprises for all. The Secret Password and further instructions will be posted in next month's *Compass*.

TICKETS ON SALE STARTING OCTOBER 17



Tamara Coil
 Lifestyle Entertainment Coordinator
tamara.coil@sclhca.com

Entertainment

—Club Performance—

The Players Group Presents "Johnny Mercer's Mandy"

Thursday, November 7, 2:00 PM Show — 5107-09A

Friday, November 8, 7:00 PM Show — 5107-09B

Saturday, November 9, 2:00 PM Show — 5107-09C

Saturday, November 9, 7:00 PM Show — 5107-09D

Join the Players Group in celebrating the work of famed lyricist Johnny Mercer in our production "Johnny Mercer's Mandy." Mercer was Oscar nominated 18 times for songs he wrote for movies: "Moon River," "Too Marvelous for Words," "In the Cool, Cool, Cool of the Evening" and "That Old Black Magic," plus many others will be a part of this production. Hear music from the '30's, '40's, '50's and '60's, with a cast of 35 actors, singers and dancers. A great show for the entire family, get your tickets early for best seating. Ballroom (OC). Shows at 2:00 PM and 7:00 PM. For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks, \$18. General admission \$13.



—Comedy—

Comedy Night at KS: Steve Smith

Tuesday, October 29

6:00 PM performance — 5129-08A

8:00 PM performance — 5129-08B

A resident favorite is back! Headliner Steve Smith got his

show business feet wet at the early age of nine with a movie and as a regular on local television. After moving to Los Angeles and appearing in the movies "Nightmare On Elm Street 2" and "Slaughterhouse Rock," he booked over 40 television appearances as a standup comic. He also started the critically-acclaimed improvisational group "The Bargain Basement Players" which played for three years at the Santa Monica Improv. Steve performs all over the world for companies and comedy venues. P-Hall (KS). General admission \$12.



Comedy Night at KS: Dan St. Paul

Tuesday, November 26

6:00 PM performance — 5126-09A

8:00 PM performance — 5126-09B

After a seven-year stint of headlining San Francisco clubs in the comedy duo Murphy-St. Paul, Dan launched out on his own with a solo act that landed him in the finals of the nation's toughest comedy competition, The San Francisco International Stand-Up Comedy Competition. Soon after, Dan moved to Los Angeles and appeared on several episodes of "An Evening at the Improv," plus numerous shows on *VH-1*, *MTV*, and *Comedy Central*. Since then, he has opened for such superstars as Jerry Seinfeld, Natalie Cole, Dwight Yoakum, Smokey Robinson, and Vince Gill. In a testament to the class of his act, Dan even opened for the San Francisco Symphony. P-Hall (KS). General admission early registration discounted rate September 17- October 14, \$10. After October 14, \$12.



—Concerts—

"The Music of Frank, Bobby & Bill" — A Bill A. Jones Concert

Monday, September 30 — 5130-07

Known to millions as 'Rod Remington' from his many appear-

Continued on page 48

ances on the hit Fox TV show “Glee,” A. Jones delivers a fresh and uplifting interpretation to the music of Frank Sinatra and Bobby Darin. The program will feature original arrangements with his trio and songs you love including: “I’ve Got You Under My Skin,” “The Way You Look Tonight,” “New York New York,” “Come Fly With Me” and many more. Bill recently had the honor of opening for Tony Bennett at the St. Jude Children’s Hospital 50th Anniversary Gala at The Beverly Hilton, and has toured with The Glenn Miller Orchestra. Bill sings the great standards in the tradition of Frank Sinatra, Michael Bubl  and other big names. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21. General admission \$19.**



Eric Kunze In Concert Friday, November 1 — 5101-08

Spend an evening with Broadway leading man Eric Kunze, star of “Miss Saigon,” “Les Mis rables,” “Damn Yankees” and more. A popular guest artist with Sacramento’s Music Circus, you may have seen him last summer as the role of ‘Prince Eric’ in “The Little Mermaid.” He made his Broadway debut as ‘Marius’ in “Les Miserables” (opposite Lea Salonga) and went on to star as ‘Chris’ in “Miss Saigon.” With rave reviews, he was cast as ‘Joe Hardy’ in “Damn Yankees,” starring Jerry Lewis and went on to many other leading roles such as ‘Joseph’ in “Joseph and the Amazing Technicolor Dreamcoat,” ‘Che’ in “Evita,” and ‘Tony’ in “West Side Story.” The concert program will highlight songs and ‘behind-the-curtain’ stories from his celebrated musical theatre career. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21. General admission \$19.**



Shady Rill Concert – With Patti Casey & Tom MacKenzie of former Woods Tea Company Band Thursday, October 17 — 5117-08

Do you enjoy homegrown fun and good music? Patti Casey and Tom MacKenzie are two of central Vermont’s musical gems and made up two thirds of the resident-loved group, Woods Tea Company. With the bands recent retirement, Patti and Tom teamed up to form a duo that explores everything from French Canadian dance tunes to Tin Pan Alley, to Old Time Country, and a healthy dose of originals. Patti is an award-winning songwriter and her voice will melt your heart. Tom’s banjo and voice are a perfect complement. With careers collectively spanning decades with diverse musical influences from the British Isles to deep Appalachia, the duo presents a refreshing take on traditional acoustic music with their Hammered Dulcimer, Flute, Banjo, Guitar, Keyboard, Ukulele, seated clogging, and fine humor. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$19. General admission \$17.**



“Music from a Charlie Brown Christmas” Jazz Concert with The Jim Martinez Trio Tuesday, November 19 — 5119-09

The spirit of the holiday and jazz will fill the room as Jim Martinez and his talented band pay tribute to the music of “A Charlie Brown Christmas.” From the first chords of Vince Guaraldi’s classic “Christmas Is Coming,” and favorites including “O Christmas Tree,” feel the spirit of Christmas and good ol’ Charlie Brown for a show that has received rave reviews! Starting his musical career at the age of four, Jim has shared the stage and recorded with legendary jazz trombonist Sy Zentner, Lionel Hampton and others, performed with the Sacramento Symphony and various jazz notables like Lionel Hampton and toured as a featured guest with the U.S. Air Force Jazz Band. He’s recorded a dozen albums, including a tribute to Oscar Peterson and Edvard Grieg and a series of “Jazz Praise” albums. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21. General admission early registration discounted rate September 17-October 14, \$16. After October 14, \$19.**

Reminders

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 102.

• **Two Lodges:** Orchard Creek (OC) & Kilaga Springs (KS)

• **Reservations:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.**

• **Want to sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

• **RSVP Date** ♦♦: If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. For **Classes:** RSVP date is set to determine if class has met minimum registration required by instructor or if class will be cancelled. Once met, registration remains open until class is filled.

• **Classes (Except Fitness):** Register at least seven working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.

• **Weather:** Association trips & events are held regardless of inclement weather.

• **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from

—Summer Amphitheater Concert Series—

The Bronx Wanderers Friday, September 20 — 5000-04G

Capture the magic of the '50s and '60s doo-wop and rock and roll era with exceptional vocals and musicianship that only the Bronx Wanderers can deliver. Vocals, keyboard, drums, guitar and saxophone tell you



a story with each tune. Born and raised in the Bronx, New York, it was Rock & Roll Hall of Fame legend Dion DiMucci who worked with the Wanderers lead vocalist before he decided to form a band with his two sons. This group is noted for popular tunes including "Sleep Walk," "In My Room" and a great Frankie Valli medley! For Amphitheater Guidelines, please pick up a copy at the Activities Desk (OC/KS). Doors open at 6:15 PM for a 7:00 PM concert. General admission \$17.

—Fashion Show—

"Golden Autumn Days" — A Fall Fashion Show Tuesday, October 22 — 5122-08

Falling leaves and cool autumn days will inspire a beautiful collection of fashions and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport and semi-formal occasions will be presented by some of your favorite boutique shops. Enjoy beautiful clothing, accessories and a few fun surprises during the show. Chef will present a fall menu with choice of *Eggplant Parmesan* or *Roasted Steelhead Salmon*



Farfalle Pasta with a Chocolate Truffle Cheesecake for dessert. If buying a table with friends and neighbors, please provide a com-

plete list of guests at your table and their food choice upon registration. Ballroom doors open at 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. General admission \$31. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.

—Parties—

Oktoberfest Celebration Thursday, October 10 — 5110-08

Come polka with us! Our celebration will include traditional Oktoberfest music with the Karl Lebherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, contests and dancing. Enjoy traditional German tunes as your dinner music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will mesmerize you with their elegant costumes and traditional waltz numbers performed to the music recording of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous buffet of traditional German foods and enjoy a no-host bar. Please inform the Activities Monitor upon registration if you have any dietary restrictions. Ballroom doors open at 5:30 PM; dinner served at 6:00 PM; entertainment 7:00 PM. General admission \$40.



Save the Date!
Motown Holiday Revue with Top Shelf
A Holiday-themed concert in Motown Style
December 19
Franc D'Ambrosio Hollywood Ballroom
Concert — January 28, 2014
Faith Prince Broadway Ballroom
Concert — March 14, 2014

Continued on page 51

Reminders

wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.

- **Showtime:** For Entertainment, doors open 30 minutes prior to showtime unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows. Seats located on *stage right (section A)* and *middle front (section B)*.

- **Events that Include a Meal:** Ticket sales for Entertainment that includes a

meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.

- **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

- **Departures:** All bus trips leave from OC

Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For all trips, please park beyond OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

- **Hosting a Bus Trip:** Interested in hosting the trip you are on? Please advise the Monitor when you register. We always welcome volunteers to host the trips.

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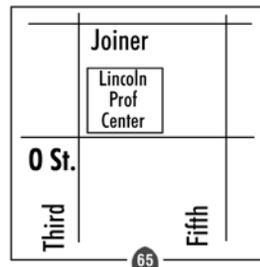


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Katrina Ferland
Lifestyle Trips Coordinator
katrina.ferland@sclhca.com

Day Trips

—Casino/Racing—

Colusa Casino

Thursday, September 26 — 1950-07

A very popular casino trip! Enjoy a great view of the world's smallest mountain range, the Sutter Buttes. Receive casino credits: New members \$30; current members \$10, Premier \$15 and Elite \$25. All residents and their guests over 50 years of age will receive additional slot and/or food credits depending on the casino promotion for September. Four-hour stay at casino. Leave OC at 10:00 AM, return ~ 5:00 PM. \$21. RSVP ♦♦ Now.



Feather Falls Casino

Tuesday, November 19 — 1950-09

A gaming opportunity without worrying about the snow! We're going to Oroville, a 90-minute drive north of Lincoln for a four-hour visit. Many gaming options available with \$12 cash back and a \$3 food coupon towards lunch on your own. Leave OC at 9:00 AM, return ~ 4:00 PM. \$18. RSVP ♦♦ by 10/15.



Off to the Races

Thursday, November 21 — 1846-09

Take a break before the holidays and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ♦♦ 10/15.



—Fair/Festival—

Great Italian Festival

Saturday, October 12 — 1822-08

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, an Italian Farmers Market, Bocce Ball and more! You'll have five hours to enjoy the festi-



val, lunch on your own, and a little gaming with \$6 in casino credits from Silver Legacy along with a \$2 food coupon. Leave OC at 9:00 AM; return ~7:00 PM. \$29. RSVP ♦♦ Now.

QuiltFest

Thursday, October 17 — 1785-08

In cooperation with the Needle Arts Group, for Quilters/Crafters. This is your day to feast your eyes on everything involving needle arts. The Pacific International Quilt Festival held at the Santa Clara Convention Center offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Lunch on your own. For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:30 AM, return ~ 7:30 PM. Rest stop scheduled both directions of trip. \$62 (includes admission). RSVP ♦♦ Now.



—Food and Wine—

Taste of San Francisco

Tuesday, September 24 — 1842-07

Join our San Francisco step-on guide Gary Holloway and trip coordinator Katrina as we go back for another "Taste of San Francisco" tour. Be prepared to have your senses tantalized. We'll start at Fisherman's Wharf for a shrimp or crab cocktail with a short history walk and a visit to Boudin Bakery. Then off to Bocce Cafe in Little Italy for Italian appetizers with wine available for purchase. Will you be ready for Chinese dim sum at Canton Restaurant and then the fabulous finish at Ghirardelli Square with an ice cream sundae? There will be free time available for anyone who would like to join the guide for a short walk to the world famous Buena Vista Café for Irish coffee (on your own). We'll handle the driving and parking, you partake and enjoy! *Association reserves the right to change itinerary in case of unforeseen circumstances.* Leave OC at 8:00 AM, return ~ 8:00 PM. \$99. RSVP ♦♦ Now.



Apple Hill

Wednesday, October 23 — 1810-08

Or Tuesday, October 29 — 1812-08

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, produce & goodies store, and Halloween surprises! The Pie House Restaurant will



Continued on page 53

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reserve an area for our group at 11:30 AM to enjoy lunch consisting of a *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available upon request.) After lunch, enjoy a guided bus tour with a running commentary on the history of Apple Hill. We will wind down with a stop at Larsen's Apple Barn and Bill's Apples/Felicia's Dolls. Arrive back at High Hill in time for a hay ride through the apple orchards and surrounding areas of High Hill Ranch. We even get a snack of an Apple Fritter and apple juice for the ride home. Depart 9:00 AM, return ~ 6:00 PM. \$53 includes as described. Two date choices Wednesday, October 23 or Tuesday, October 29. RSVP ◆◆ Now.



—Museums—

San Francisco Exploratorium Thursday, November 7 — 1843-08

Experience the bigger and newly relocated Exploratorium on Pier 15/17 near the Ferry Building! The San Francisco Exploratorium is a 21st century learning laboratory, an eye-opening, always-changing, playful place to explore and tinker. For more than 40 years, they've built creative, thought-provoking exhibits, tools, programs, and experiences of science, art, and human perception that ignite curiosity, encourage exploration, and lead to profound learning. They believe that being playful and having fun is an important part of the process for people of all ages and is fully accessible with wheelchairs available for loan. There are two restaurants/cafes available for lunch on your own. Leave OC at 8:00 AM; return ~ 6:00 PM. \$53 includes admission. RSVP ◆◆ Now.



Haggin Museum/Knowlton Gallery Thursday, November 14 — 1751-08

In cooperation with the Painter's Group, we take a fall trip to the Haggin Museum, an art and history museum located in Stockton's Victory Park that has been referred to by *Sunset* magazine as "one of the undersung gems of California." On display in the museum's fine art galleries are paintings by renowned 19th and early 20th century American and European artists, and also a collection of more than 50 original works by J.C. Leyendecker – arguably the nation's most popular and successful commercial artist of the first four decades of the 20th century. We've arranged a one-hour private tour before the museum opens, then we'll be off to Lodi to visit the Knowlton Gallery. The Knowlton Gallery showcases the works of many of the finest contemporary representational artists who live and work in Northern California. There are several other art galleries in the downtown area to visit, including the



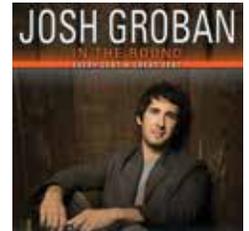
Lodi Community Art Center. Lunch on your own in downtown Lodi. Leave OC at 8:00 AM; return ~ 4:00 PM. \$30. RSVP ◆◆ Now.

—Performances—

Second Bus Added!

Josh Groban "In the Round" at Sleep Train Arena Sunday, October 6 — 4591-07A, 4591-07B, 4591-07C, 4591-07D

With one of the most outstanding and instantly recognizable voices in music, singer, songwriter, and actor Josh Groban has entertained fans across the globe. The "In the Round" tour will give fans a one-of-a-kind concert experience. Placed in the middle of the floor, this 360 degree stage allows Josh to interact with fans on all sides of the venue as he sings classic songs that span his illustrious 12-year career. The "In the Round" tour builds on the concept of Groban's 2011 "Straight to You" world tour, bringing the intimate feel of a theater experience to an arena setting. We've obtained lower level seating in two price levels at Sleep Train Arena (formerly Arco Arena). Limited accessible seating available.



Section 123 middle to upper rows \$86 — 4591-07C

Section 123 lower rows \$116 — 4591-07D

Depart OC at 6:30 PM, return ~ 11:30 PM. RSVP ◆◆ Now.

Broadway Sacramento 2013-2014

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the capital region with the glitz, glamour, excitement, polish and professionalism of Broadway. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$78 each. RSVP ◆◆ Now.

• Priscilla Queen of the Desert

Tuesday, November 5

First Bus — Sold out!

Second Bus Added! — 4530-09A



• Buddy — The Buddy Holly Story

Thursday, January 2 — Sold out!

• Flashdance the Musical

Tuesday, February 4, 2014 — Sold out!

• Blue Man Group

Tuesday, March 11, 2014 — 4530-06D

Blue Man Group will thrill Sacramento with its high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music, and technology. Three blue-painted men create music, art



Continued on page 57



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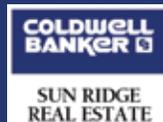
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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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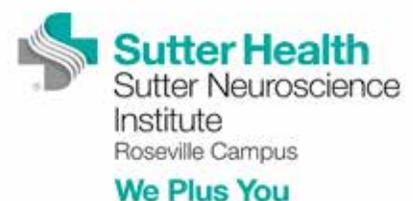
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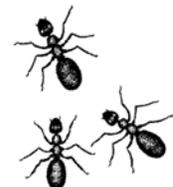
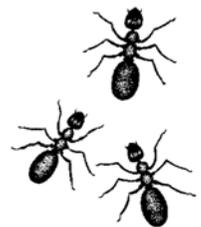
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and hilarity in unusual ways in this unique and long-running show. The show uses mostly visuals, music and action, rather than words or a plot. If you've never seen Blue Man Group, it's a must-see. If you're already a fan, you won't want to miss it.

• Sister Act

Tuesday, April 8, 2014 — 4530-06E

Broadway's feel-amazing musical comedy smash, the story of a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in a convent. Music by eight-time Oscar® winner Alan Menken and based on the 1992 film.



• Wicked!

Tuesday, June 3, 2014 — 4530-06F

Back by popular demand! When it was here last, this cultural phenomenon broke box office records and sold out in record time. Winner of 35 major awards, including a Grammy and three Tony Awards.



Two Dates! Beach Blanket Babylon Holiday Edition

Wednesday, December 11 — 1791-09A

Or Thursday, December 12 — 1791-09B

Not too early to plan your holiday theater trips! Come see the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. We have the whole section reserved for our group with open seating. *Please advise if you require accessible seating upon purchase. There are stairs to where our seating is located and no elevators.* Two trips being offered:



- Wednesday, December 11 — Departs at 2:00 PM for 5:00 PM show for all ages, no alcohol is served. *Dinner on your own after the show. Return ~ 11:00 PM. \$94.

- Thursday, December 12 — Departs at 2:00 PM for 8:00 PM show exclusive to adult audience, alcohol is served. *Dinner on your own before the show. Return ~ midnight. \$94.

**Reservations highly recommended for dinner, restaurant list is available at time of registration. RSVP ♦♦ by 10/1. Vendor deadlines require purchase by 12:00 PM, October 15.*

—Shopping—

Ferry to San Francisco Shopping

Tuesday, October 22 — 1842-08

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building on

Farmer's Market Day for two hours of shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping/time on your own. Get your Macy's Union Square 10% discount card as you board the bus. For more information on Ferry Building see www.ferrybuildingmarketplace.com/. Leave OC at 8:00 AM, return ~ 8:00 PM. \$46. RSVP ♦♦ Now.



San Francisco — Pier 39

Saturday, November 16 — 1844-09

We're going back to Pier 39 in San Francisco for a fall Saturday excursion. Check out the sea lions and street performers. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM, \$36. RSVP ♦♦ by 10/15.



—Sports & Outdoor Activities—

San Francisco Giants

One last game for you to see the Giants in action. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave the Lodge at 10:00 AM, return ~ 7:00 PM. RSVP ♦♦ Now.

• Giants vs. San Diego Padres

Saturday, September 28 — 6360-01E

Seats located in Lower Box Section 135. \$86



Overnight & Extended Travel

Sun City Snow Train to Reno

Wednesday, December 4

to Thursday, December 5 — 1971-09

Enjoy the breathtaking scenery from our reserved rail car via Amtrak on a relaxing snow trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. Trip package includes:

- Motor coach transportation to and from train stations
- Complete hassle-free luggage service for entire trip
- Reserved rail car for our group to Reno
- Non-smoking room at Eldorado Hotel & Casino
- Dinner buffet & gratuity at Eldorado Hotel & Casino
- Reserved seat ticket to Eldorado Showroom's "Ice Fantasy" featuring champion figure skaters, aerialists and acrobats.
- Breakfast/brunch buffet (gratuity not included)
- Return trip by motor coach



Continued on page 58

- All gratuities for bell service and bus driver

Leave OC at 10:30 AM, Wednesday, December 4, return to LH Thursday, December 5 ~ 1:30 PM. *On Wednesday, bring a bag lunch to eat on the way to Reno or purchase on board train. A signed liability waiver is required for each participant.* \$184 per person double occupancy. \$213 single. RSVP ♦♦ by 10/15.
FYI: Sun City Snow Train trips for January and February will go on sale October 17.

Palm Springs — Four days, Three nights!
Tuesday, March 18 to Friday, March 21, 2014 — 1970-09

We are heading to see the famous “Fabulous Palm Springs Follies” before they take their final bow! Escorted by Katrina, your Lifestyle Trip Coordinator. Watch headliner Darlene Love and variety act Frank Olivier from “America’s Got Talent” close the final season. Trip Package includes:



- Reserved seat ticket on main floor at “The Fabulous Palm Springs Follies”
- Three-night stay at The Saguaro-a Joie de Vivre Hotel, an all non-smoking property with special amenities including: complimentary Wi-Fi, luxurious robes, free yoga, bike rentals, downtown shuttle, pool bar and Jacuzzi. Hotel offers Iron Chef Jose Garces’ two restaurants Tinto & El Jefe.
- Welcome dinner at hotel in a private banquet room plus daily breakfast
- Lunch at the Kaiser Grille in downtown Palm Springs
- Palm Springs Aerial Tramway and sunset dinner on top of Mount San Jacinto



- Step-on guide tour of celebrity homes in Palm Springs
 - Palm Springs VillageFest street faire and free admission to Palm Springs Art museum
 - Stop at Borax Museum & Mine on way home
 - Buffet lunch at Domingo’s Mexican Restaurant (*first place the space shuttle astronauts go to eat after landing at Edwards AFB*)
 - Dinner at Split Pea Anderson’s, Santa Nella
 - Box lunch from Meridians
 - All gratuities included for nine meals, bell service, step-on guide, and bus driver
- \$99 optional golf outing with breakfast & lunch buffet and two drink coupons at Tahquitz Creek Golf on the “Resort Course” (rated “*One of the Best Places to Play*” for golf resorts by *Golf Digest*). There will be rest stops, a movie and games on trip! Leave OC at 7:00 AM, Tuesday, March 18, return Friday, March 21 ~ 9:00 PM. *A signed liability waiver is required for each participant.* \$733 per person double occupancy. \$1,012 single. *Pick up detailed trip itinerary, menus and trip insurance providers list from the US State Department at Activities Desk or view online.* RSVP ♦♦ by 10/15.

Sold Out Trips thru October 20

Trip • Date • Departure Time

- Legion of Honor — Wednesday, September 18, 8:30 AM
- Speaker Series — Tuesday, October 1, 6:45 PM
- Kendall Jackson Wine Center — Thursday, October 3, 8:00 AM
- California Capital Airshow — Saturday, October 5, 8:30 AM
- Fort Bragg/Skunk Train — Tuesday, October 8, 8:30 AM
- Santa Cruz/Roaring Camp Railroad Overnight — Saturday, October 19, 8:30 AM

Activities Department Classes



Betty Maxie
Lifestyle Class Coordinator
betty.maxie@schca.com

Art

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry
Mondays, October 7-28 — 105110-09

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out that creative soul! Learn pastelling and oil painting with Barry Jamison. From start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. **New students:** Ask

for supply list at registration. *About the instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP ♦♦ by 9/30.

Impressionistic Landscape Painting with Oils or Acrylics
Wednesdays, October 2-23

AM Class — 113110-09
PM Class — 113210-09

Morning class 9:00-11:30 AM; or afternoon class 1:30-4:00 PM, (OC). \$52 (four sessions). Instructor: Artist/resident Marilyn Rose. AM and PM classes are not interchangeable. Classes



Continued on page 60

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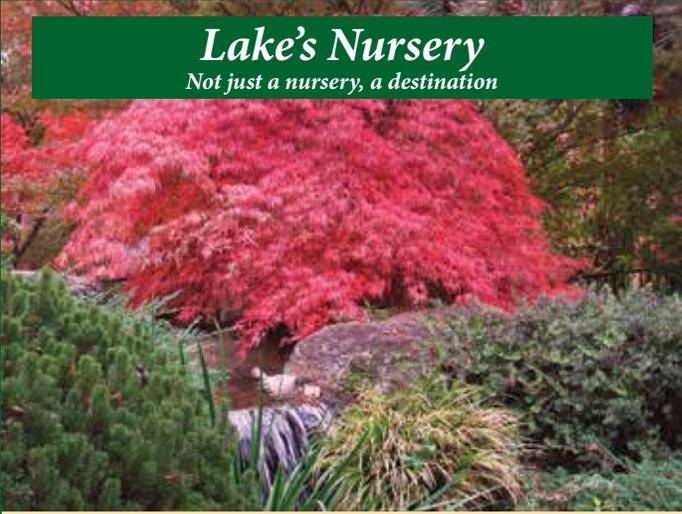


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Watercolor Workshop: "Winter Sunrise"
Thursday, November 7 — 123110-09

1:00-4:00 PM (OC) \$50. Instructor: David Lobenberg. Learn to paint this dramatic image with a very simple step-by-step layering technique during the three-hour workshop. We will paint on a quarter sheet of watercolor paper (11x15") and use a few warm and cool colors. This workshop is perfect for beginner to more advanced watercolor painters, and the final painting can be reproduced and made into personalized greeting cards! Pick up materials list at the Activities Desk or online. RSVP ♦♦ by 10/31.



Ceramics

—Lladro—

Spanish Oil Painting
Wednesdays, October 2-30 — 206110-09

1:00-4:00 PM (KS). \$48 (five sessions). Instructor: Barbara Bartling. This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 9/25.

Lladro Workshop
Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. Drop-in sessions for Lladro hobbyists who can work independently. Workshop is not for beginners and does not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Fee includes firing and use of moderator's supplies including



brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

—Pottery—

Beginning/Intermediate Ceramics
Tuesdays, October 1-29 — 212110-09

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Mike Daley. An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Mike Daley will be substituting for Jim Alvis. He will carry on the class program of basic hand-building and teach wheel throwing techniques. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP ♦♦ by 9/24.



Advanced Ceramics
Tuesdays, October 1-29 — 212210-09

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Mike Daley. For self-motivated students/artists with established ceramic skills. Mike's experience and continuing education in Ceramics Arts from workshops nationwide provides him the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 9/24.

Ceramics — All Levels
Thursdays, October 3-31 — 221110-09

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any project they choose. Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list when you register. RSVP ♦♦ by 9/26.



Ceramics Vacation Drop-In Session
Tuesdays — CERD1

Thursdays — CERD2
 Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Mike Daley; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Mike or

Continued on page 63

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All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desk. Registration for drop-in sessions is only available within the hour prior to class start.

Computer

See "Technology" classes on pages 76-83.

Crafts

—Card Making—

New! Card Making with a Twist
Sunday, September 22 — 317310-09
Or Sunday, October 20 — 317311-09

9:00 AM-12:00 PM (KS). \$20. Instructor Dottie Macken. The third Sunday of each month, Dottie will be offering a special "Card Making/Paper Crafts" Workshop. If you have some experience, with card making this is the workshop for you. All supplies and tools will be provided by instructor. Projects and cards will vary - they will be sure to delight your card making fancy. Class size is limited, so sign up early. **Prerequisite Skill Level:** Must have previous card making experience. *Class is not for beginners.* RSVP ♦♦ by 9/15.

Intro to Card Making 101
Tuesdays, October 8-29 — 317110-09

9:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a card but you weren't sure how to get started? This beginner's class will be a fun three hours of learning how to make greeting cards along with a cute box. Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 10/1.



Card Making Level 2
Mondays, October 7-28 — 317210-09
Or Fridays, October 4-25 — 317220-09

9:00 AM-12:00 PM Mondays (KS), Fridays (KS) 8:45- 11:45 AM. \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101, or instructor's approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies provided. RSVP ♦♦ by 9/30 or 9/27.



—Felting—

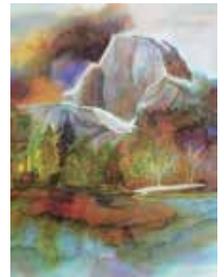
Nuno Felting — Beginner and Advanced Classes
Thursday & Friday, September 26 & 27 — 304010-08

2:00-5:00 PM (OC). \$43 (two sessions). \$12 supply fee payable to instructor. Instructor: Laura Healey. This two-day workshop will allow beginners and advanced students to work together. The beginner student will learn layout, types of materials for Nuno felting, as well as the no roll dryer method. The advanced students will learn new techniques to include: mosaic patterns, fringe, holes and windows. We will also learn how to use pre-felts. Every student will leave with a completed scarf. RSVP ♦♦ by 9/19.

—Silk Painting—

New! Painting on Silk
Tuesday, November 5 — 122210-09

1:00-5:00 PM (KS). \$55 plus \$20 supply fee payable to instructor. Instructor/Artist, Ann Ragland Bowns. Ann will guide you through the completion of a hand-painted 11"x 60" flat crepe silk scarf of your own design. The design and color possibilities are endless. All supplies are furnished. Students are encouraged to bring an apron and rubber gloves (although the dye is harmless). Learn two methods of painting: resist to enclose shapes from background and use of line building to create a different shape. Blending and mixing intermediate colors is part of the process and use of salt for a textural pattern will also be shown. See project samples at OC display window. To ensure scarf's washability and permanency of the dye, Ann will steam-set the students' work and return to the students by mail. Ann Ragland Bowns is a well-known, multi-awarded local artist whose works may be seen at the High Hand Gallery, Loomis, and the Crocker Art Gallery Gift Shop, Sacramento. A member of the Sacramento art community since 1959, she has been teaching and conducting art workshops for over 40 years. Her work has been featured in *Sunset Magazine* and published in *The Best of Silk Painting*. RSVP ♦♦ by 10/29.



Dance

For a smooth transition between classes, dance instruction will finish five minutes prior to advertised ending time. Please clear the room ASAP for the next class. Thank you.

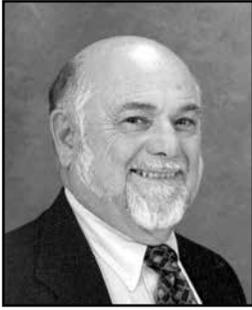
—Clogging—

Beginning Clogging
Tuesdays, October 1-29 — 332110-09

10:00-11:00 AM (KS). \$25 (five sessions). Instructor: Janice Hanzel. No new students will be accepted until 2014. Class continues to move



Continued on page 65



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Step Review through Intermediate Clogging

Tuesdays, October 1-29 — 332210-09

11:00 AM-12:00 PM (KS). \$25 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 9/24.

Performance and Intermediate Plus Clogging

Tuesdays, October 1-29 — 332310-09

12:00-1:00 PM (KS). \$25 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take "Step Review through Intermediate Level Clogging." Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 9/24.

—Country Western Dance—

Country Couples Western Dance Beginner Level One & Two

Mondays, October 7-28 — 344210-09

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 9/30.



Country Couples Western Dance Intermediate Level Three & Four

Mondays, October 7-28 — 344410-09

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie

Keener. **Prerequisite:** Must have taken Beginner level Country Couples for at least six months. After you've completed your Country Couples Beginner class, join us for a fun filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Classes are taught at a pace consistent with difficulty and length of dance. The dance for this session will be "Love Worth Waiting Four." RSVP ♦♦ by 9/30.

Beginner Country Two Step

Thursdays, October 3-31 — 345110-09

6:00-7:00 PM (KS). Instructor: Jim Sekelsky. \$20 (four sessions, no class October 10). Two-step is a popular dance performed to Country Western music. The country and western two-step is a dance that requires a repeated step sequence to a four beats per bar country tune. The two-step dance consists of two quick steps followed by two slow steps, or vice-versa. You can dance the two-step to either up-tempo or slow country and western music. Jim will cover the basic moves for the two-step. As a beginner, you may want to start with slower music until you master the dance sequence, and then try out your two-step with a faster beat. Note that this is *partner dancing*. RSVP ♦♦ by 9/26.

—Dancing with Dolly—

Dancing with Dolly Jazz/Musical Theater

Wednesday, October 2-30 — 353551-09

3:45-4:45 PM, (OC Fitness). \$40 (five sessions). Instructor: Dolly Schumacher James. Master teacher Dolly Schumacher James has returned to teach her popular dance classes, designed especially for our residents. Ms. James is a renowned choreographer whose students have starred in Musical Theater on Broadway and around the world. Her dances have earned International awards, with students appearing on "So You Think You Can Dance" TV series, and Gregory Hines "Tap" and "Dancin'" promotions. This fun-filled class is a unique combination of classic jazz movement, novelty dance, and the countless variety of musical theater styles. Using music from the 20's up to today's popular tunes, students will increase their musicality, rhythm, body awareness, strength and flexibility. No prior experience necessary! Be prepared to have fun in this exciting dance class where each week there's something new! RSVP ♦♦ by 9/25.



Ballet/Lyrical

Thursdays, October 3-31 — 353561-09

5:00-6:00 PM, (OC Fitness). \$40 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly

Continued on page 67

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Performance Dance

Friday, October 4-25 — 353571-09

2:30-4:00 PM, (OC Fitness). \$49 (four sessions). Instructor: Dolly Schumacher James. This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher’s approval only. RSVP ♦♦ by 9/27.

—Hula—

Beginning Hula

Thursdays, October 3-31 — 390110-09

12:00-1:00 PM (KS). \$40 (five sessions). Instructor: Pam Akina. For new or less experienced hula students. Learn the beautiful art form of hula from the Hawaiian Islands using the basic steps *kaholo, ka`o, hela,* and *ami,* you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 9/26.



Intermediate/Advanced Hula

Thursdays, October 3-31 — 390210-09

1:15-2:15 PM (KS). \$40 (five sessions). Instructor: Pam Akina. Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval **required** for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 9/26.

—Jazz—

Jazz Class for the Beginner

Thursdays, October 3-31 — 353010-09

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This dance class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old. Turned profes-



sional at 18-years-old. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno NV, Nashville TN, Branson, MO, Tokyo Disneyland, TV and video. Come join me! You’ll leave with a smile on your face and a love of jazz dancing in your heart. RSVP ♦♦ by 9/28.

Jazz Technique 1

Saturday October 5-26 — 353120-09

3:00-4:00 PM (OC). \$32 (four sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 9/28.

Jazz Technique 2

Tuesdays, October 1-29 — 353110-09

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginner to professional levels. She has danced professionally across the U.S. and Canada. Performed in USO shows in Europe, her favorite was performing on the USS Nimitz. You will laugh — smile while dancing to fun music that makes you move like nobody is watching. Come join me! We dance to live and live to dance. RSVP ♦♦ by 9/24.

—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. Although students register on a month-to-month basis, Intro Classes will be offered as an eight-week session. Every month, a new eight-week Intro class will start, either on Thursday at 4:30 PM with Yvonne or Monday at 6:00 PM with Audrey. Class listing indicates which session is open to new students.

- **Mondays, October 7-28 — 360010-09**

6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. This is the beginning of an eight-week session. This class is open to new students. RSVP ♦♦ by 9/30.



Continued on page 68

- **Thursdays, October 3-31 — 370010-09**
4:30-5:30 PM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. This is a continuation of an eight-week session. This class is closed to new students. RSVP ♦♦ by 9/26.

Line Dance I Beginner

Class reviews fundamentals of line dance, including basic steps such as *Grapevine*, *Jazz Box*, *Shuffle Quarter* and *Half Turns* at a slow tempo. Not for newbies, students must be familiar with line dance terminology.

- **Mondays, October 7-28 — 370110-09**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 9/30.
- **Mondays, October 7-28 — 370120-09**
6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Note:** Class was formerly called “Beginners Plus with Yvonne” and continues to be a transition class between beginner and beginner/intermediate. RSVP ♦♦ by 9/30.
- **Thursdays, October 3-31 — 360110-09**
2:30-3:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 9/26.
- **Fridays, October 4-25 — 380110-09**
12:00-1:00 PM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 9/27.

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include *Full Turns*, *Three Quarter Turns*, *Sailor Steps*, *Syncopated Vines*, etc.

- **Mondays, October 7-28 — 360210-09**
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 9/30.
- **Wednesdays, October 2-30 — 380210-09**
9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 9/25.
- **Thursdays, October 3-31 — 370210-09**
9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 9/26.

Line Dance III — Intermediate

Steps could include: *Combination Turns*, i.e., *Half Pivot* followed immediately by a *Quarter Pivot*; *Full Turns*; *Cross and Unwind*; *Three-Quarter Turn Step Combination*; *Weaves with Syncopation*; *Tags and Restarts*, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, October 2-30 — 380310-09**
10:00-11:00 AM (KS). \$30 (five sessions). Instructor: Sandy

Gardetto. RSVP ♦♦ by 9/25.

- **Thursdays, October 3-31 — 360310-09**
3:30-4:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 9/26.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. She has an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance, both from California State University, Sacramento. For her Masters’ thesis study, “The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55,” Audrey used our residents as subjects and her study showed a significant improvement in balance after completing an eight-week line dancing intervention. She also works as a Personal Trainer and Fitness Instructor at Sun City Roseville. She thinks she has the best job in the world for it allows her to teach, inspire, and enrich the lives of seniors and provide both physical and mental exercise daily.



- **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. At the age of eight, Sandy started dance instruction in Tap, Jazz, Ballet, and Ballroom including Baton Twirling. She was a competitive roller skater since age 16, receiving the highest award in Artist Roller Skating. She competed for 10 years, in the Regional and the National Roller Skating Championships, and won a national placement medal in Masters Dance among others. She transferred her dedication to Line Dancing when she moved to Sun City Roseville in 1997. Sandy teaches in workshops in California and Hawaii, and has taken groups of line dancers on cruises.



- **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90’s. Born to musical parents, Yvonne gets her inspiration for choreography when she hears a great song whether it’s an old classic, a country song or any song that has a good beat. Her feet start moving and the wheels start turning as she imagines the dance coming together. She loves to teach and finds joy in seeing her students’ progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap Dance—

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Continued on page 71



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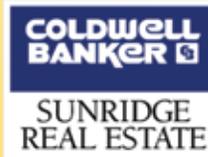


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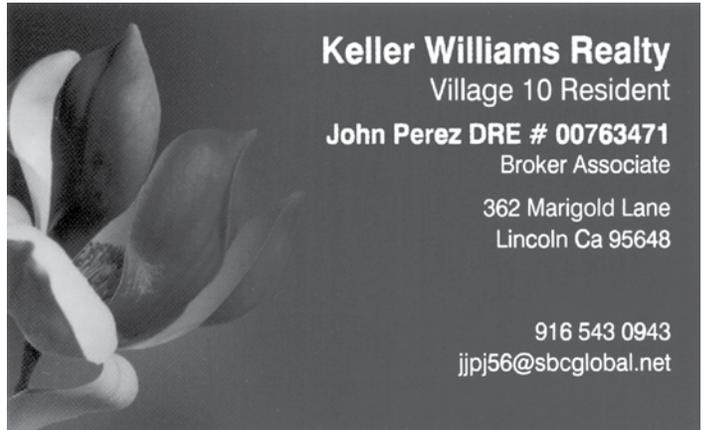
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us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000.



- **Beginning Tap • Tuesdays, October 1-29 — 410110-09**
9:00-10:00 AM (KS). \$32 (five sessions). Special discount price this month only. This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ◆◆ by 9/24.
- **Advanced Performance Mondays, October 7-28 — 410710-09**
12:00-1:00 PM (KS). \$32 (four sessions). RSVP ◆◆ by 9/30.
- **Performance Mondays, October 7-28 — 410610-09**
10:00-11:00 AM (KS). \$32 (four sessions). RSVP ◆◆ by 9/30.
- **Performance • Thursdays, October 3-31 — 410620-09**
10:00-11:00 AM (KS). \$40 (five sessions). RSVP ◆◆ by 9/26.
- **Performance • Thursday October 3-31 — 410630-09**
12:00-1:00 PM (KS) \$40 (five sessions). RSVP ◆◆ by 9/26.



Technique Classes

- **Advanced Technique Class Mondays, October 7-28 — 410510-09**
11:00 AM-12:00 PM (KS) \$20 (four sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP ◆◆ by 9/30.
- **Technique Class Tuesdays, October 1-29 — 410520-09**
10:00-11:00 AM (KS). \$25 (five sessions). RSVP ◆◆ by 9/24.
- **Technique Class Thursdays, October 3-31 — 410530-09**
11:00 AM-12:00 PM (KS). \$25 (five sessions). RSVP ◆◆ by 9/26.

Tap for Fun with Judy

Judy's tap classes are meant for fun and students will not be having any stage performances. Judy was raised in a dancing family. Her mentor was her mother who had many studios in New York. She has been dancing, teaching and choreographing for many years.



- **Mondays, October 7-28 — 420110-09**
4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ◆◆ by 9/30.
- **Fridays, October 4-25 — 420120-09**
1:00-2:00 PM (KS). \$24 (four sessions). Instructor: Judy Young. Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP ◆◆ by 9/27.

—West Coast Swing—

Class description of each class has been updated. Please read each class description before enrolling. Questions? Please contact Dottie at 543-6005.

Introduction to West Coast Swing

Wednesdays, October 9-30 — 318110-09

8:00-9:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP ◆◆ by 10/2.

Intermediate I and II West Coast Swing

Wednesdays, October 9-30 — 318210-09

7:00-8:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must have completed at least three sessions of the four-week classes of the "Introduction to West Coast Swing," or have instructor's approval. RSVP ◆◆ by 10/2.



Intermediate/Advanced West Coast Swing

Wednesdays, October 9-30 — 318310-09

6:00-7:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variations of West Coast Swing and have attended both the "Introduction" and "Intermediate I and II Levels of West Coast Swing," and/or have instructor's approval. RSVP ◆◆ by 10/2.

Driver Training

AARP Driver Safety Training

Monday & Tuesday, October 7&8 — 481010-09

9:00 AM-1:30 PM (OC). AARP members — \$22; Non-members — \$24. Fee includes a \$10 Association administrative fee. Instructor: Jim Thompsen. AARP Driver Safety Training, is geared to the "over 50" driver, and covers how to adjust our driving to age-related changes in our bodies, as well as common



Continued on page 73

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Feng Shui

New! Love your Space Friday, September 20 — 581110-08

9:30 AM -12:00 PM (OC). \$40. Instructor: Jan Reed, Using the principles of Feng Shui, understand how energy (chi) flows and the effects that furniture placement, color choice and removing clutter have on your environment. Learn how to bring about wanted changes in your life using these principles. Practical take-home materials are included. RSVP ♦♦ Now.



Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the "Intro to Gem Cutting," "Lost Wax Casting" or "Jewelry Fabrication" classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.



Intro to Gem Cutting

Mondays, October 7-28 — 493110-08

1:00-3:00 PM (KS). \$30 (four sessions). Supply fee \$15 payable to instructor. Instructors: Dave Fisk and John Neil. Class limited to six students for optimum learning. This "hands-on" class provides instruction on safety and operation of lapidary equipment, and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP ♦♦ by 9/30.

Lost Wax Jewelry Casting

Monday, October 7-28 — 493210-08

Class week one, two and four — 9:00 AM-12:00 PM; week

three — 8:00-9:00 AM, 1:00-3:00 PM. (KS). \$75 class fee, plus \$20 materials fee payable to instructor at first class. Instructor: Dave Fisk (four sessions). Learn the basic techniques of this millennia old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Six-student maximum. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP ♦♦ by 9/30.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, October 7 — GLASS

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12. Workshop is held once a month; *for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods.* Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



—Jewelry—

Symmetrical Spiral Necklace

Tuesdays, September 24 & October 8 — 513410-08

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Check it out — this spiral necklace is totally symmetrical. A simple "trick of the trade" forms the central chevron that balances the necklace's "arms." How dressy or how casual you make the necklace is up to you — design can use crystals, pearls or even larger size seed beads. Please note: classes are one week apart to allow students enough time to complete half the necklace. Check the samples in the Lodges for ideas of how dressy or casual this design can be. Be sure you get the proper materials list when you register — look for the name and code # for Symmetrical Spiral as well as the photo of the necklace. RSVP ♦♦ by 9/17.



Bugle Boy Bracelet/Necklace

Tuesdays, October 15 & 22 — 513510-09

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Do you like to fiddle with your jewelry? Love bugle beads? Then this project is for you. "Sliders" of bugle beads slip up and down this bracelet or necklace. Such fun — it's worry beads for



Continued on page 74

beaders! The same basic instructions can be used to create a bracelet or a necklace – it's your choice. Check the samples in the Lodges for ideas of how this design looks as a bracelet or a necklace. Be sure you get the proper materials list when you register — look for the name and code # for the class. RSVP ♦♦ by 10/8.

Knotty Necklace

Tuesday, October 29 — 513610-09

9:00 AM-12:00 PM (KS). \$20. Instructor: Cathie Szabo. Gift idea alert! Here's a simple and quick necklace that's made for gifting. This class is perfect for anyone – if you can make a knot you can make this necklace. Some beads, some cord, a clasp and a bit of time turns into a necklace that can go casual or dressy. After this class, use this design and your imagination to make gifts for those hard-to-please folks. Check the samples in the lodges for ideas of how dressy or casual this design can be. Be sure you get the proper materials list when you register - look for the name and code # for Knotty Necklace as well as the photo of the necklace. RSVP ♦♦ by 10/22.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, October 2-30 — 535110-09

8:00-10:00 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **No new student will be accepted until January 2014.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 9/25.



Guitar 2B — Guitar Intro Continuation

Wednesday, October 2-30 — 535210-09

10:15 AM-12:15 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 9/25.

Guitar III — Intermediate

Thursdays, October 3-31 — 535310-09

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 9/26.

Guitar IV — Advanced

Thursdays, October 3-31 — 535410-09

10:00 AM-12:00 PM (OC). Bill Sveglini. \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 9/26.

—Voice—

Beginner Singers Vocal Boot Camp

Friday, October 4-25 — 536110-09

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. **This session is closed to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP ♦♦ by 9/27.



Singer Vocal Boot Camp Continuation

Fridays, October 4-25 — 536210-09

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 9/27.

Movies

Four from Hitchcock

Wednesdays, October 9-30 — 521110-09

11:00 AM-2:00 PM (KS). \$25 (four sessions). Instructor: Ray

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Super Searching with Google Search

Thursday September 26 — 288210-08

Or Friday October 25 — 288210-09

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo.

In the fall of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching. RSVP ♦♦ by 9/19 or 10/18.



Sewing

Bernina Serger Certification

Monday, October 14 — 591110-09

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP ♦♦ by 10/7.

Bernina Sewing Machine Certification

Monday, October 14 — 592110-09

2:30-3:30 PM (OC). \$13 (class cost sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP ♦♦ by 10/7.



Janome Sewing Machine Certification

Monday, October 14 — 593110-09

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP ♦♦ by 10/7.

Technology

—General—

iPad — Beyond the Basic

Saturday, September 28 — 264110-08

10:00 AM-1:00 PM (KS). \$30 plus \$5 class material fee payable to instructor. Instructors: Andy Petro and Ken Silverman. If you know how your iPad basically operates and want to learn advanced techniques to make your iPad more effective and enjoyable, then this class is for you. Learn how to personalize and improve the controls and security on your iPad. The class will demonstrate interesting ways to make it easier to use your iPad and its apps. You will also be shown how to modify and improve apps like Mail, Notifications, and iPhoto. Bring your iPad to class so you can follow along with the instructors and participate in the demonstrations on your own device. **Prerequisites:** Basic operating knowledge of your iPad. Bring iPad mini or iPad 2 or later with iOS 6.1 or later. If you have any specific questions about the prerequisites or class call Andy Petro at 474-1544. RSVP ♦♦ by 9/21.



iPhoto on the iPad — Journals

Monday & Tuesday, October 7 & 8 — 264110-09

9:30-11:30 AM (KS). \$40 (two sessions). \$5 class material fee payable to instructor. Instructor:

Andy Petro. **Prerequisites:** iPad mini or iPad 2 or later, iOS 6.1 or later, “iPhoto” app from App Store (\$4.99). For Journals, iCloud is required. If you know the basics of iPhoto on your iPad and want to learn iPhoto journaling techniques, then this class is for you. Learn to apply many iPad/iPhoto editing tools to photos taken with your iPad or digital camera. Create beautiful (storytelling) photo journals and make them available on iCloud with easy access to anyone you choose. Class will demonstrate some exciting editing techniques available through free/inexpensive apps available from the App Store, for journals with interesting photo effects. Bring your iPad and it will be downloaded with the photo examples used in class so you can participate in the demonstrations on your own device. Day One: Learn to select and edit photos to be included in a journal and create, edit, enhance, save the journal on iCloud, and send an email with the journal link. (After class homework is to create a journal from your pictures on your iPad and email it to instructor.) Day Two: Review all of the techniques used in the journals. Bring your iPad already loaded with iPhoto. Questions? Call Andy Petro (916) 474-1544. RSVP ♦♦ by 9/30.



Getting the Most Out of Gmail

Monday, October 21 — 285310-09

1:00-3:30 PM (OC). \$15. Instructor: Bob Ringo.

Gmail, also known as Google Mail, is probably the best free email service in the world. Many users rely on Gmail as their primary email address. If you don’t have a Gmail account, it is time to get one. Gmail is always available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading



Continued on page 79

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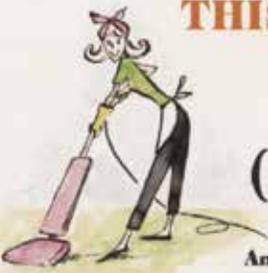
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How to Create a Video with Still Photos and Videos using iMovie

Tuesday & Wednesday, October 22-23 — 232010-08

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Vicki White. Class will cover iMovie 11. Learn how to import videos and photos into iMovie so they can be incorporated into a first class production. We will learn to take those important photos and videos like birthdays and weddings and incorporate them into a great keepsake — a movie all will enjoy for years to come. We will choose a theme for our movie and learn to improve the video segments as necessary and trim the clips to eliminate unwanted footage. Enhance our production by adding sound, titles, transitions, and other special effects. Day one: Focus on importing videos and photos into iMovie, movie theme selection, adding video segments and photos; video editing to improve quality and length. Day two: Focus on enhancing video with audio, titles, and special effects and publishing our video to Facebook, YouTube or Vimeo, if desired. Questions? Contact Vicki White at 408-2148. RSVP ♦♦ by 10/15.



New! Unlocking the Power of Apple iCloud Monday & Wednesday, October 28 & 30 — 231020-08

9:00-11:00 AM (OC). \$40 (two sessions). \$5 class material fee payable to instructor. Instructor: Bill Smith. In 2011, Apple introduced iCloud. iCloud allows users of any Apple device to automatically synchronize their information with their Apple devices — Macintosh, iPhone, iPad, and iPod Touch. Your information is always up-to-date when and where you want it. This includes contacts, calendar, books, music, photos, bookmarks, documents, messages, more). iCloud provides automatic backups for iPhone, iPad, and iPod Touch. It has a powerful locator feature for your devices and friends. **Day one:** Focus on the basic functionality, options, and setup for your devices. Please bring them to class (except your desktop). You will have homework to go through setup procedures for your devices, selecting preferences, and testing basic operations. **Day two:** After you have your iCloud account and choices setup, focus on effective use of iCloud, reviewing security, and problems you may be experiencing. Day two will be more hands-on to help you become proficient using iCloud's many features. **Prerequisites:** Two or more Apple Devices (iPhone, iPad, iPod Touch, Macintosh), Apple iCloud Account, iOS6 on



your iDevices and Mountain Lion on your Macintosh. Questions? Call Bill Smith, 802-9957. RSVP ♦♦ by 10/21.

—Social Media—

Facebook 101

Saturdays, October 12 & 19 — 272110-09

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ♦♦ by 10/5.



—Mac—

Introduction To iPhoto 11 on the Mac

Monday & Thursday, November 4 & 7 — 262210-09

9:00-11:00 AM (OC). \$40 (two sessions). \$5 class material payable to instructor. Instructor: Andy Petro. Learn to get your pictures from a digital camera, email, a CD or a SD card into iPhoto 11, Version 9 on your Mac; get them out for printing; make 'table top' books; and send your photos to others. Learn to create a photo slideshow you can email or put on a DVD and to make calendars and cards. Discover how to keep track of your photos, edit, remove 'redeye' automatically and much more. The class will also include how and why to set preferences, understanding different importing and exporting techniques. Also learn to use the 'Faces and Places' in iPhoto. Room for 10 students using the lab's iMacs — if you have your own laptop there is connection space for two, but you must have *iPhoto '11 (Version 9)* installed on your laptop. If you are bringing your laptop, please contact Andy so he can load the example photos on your laptop before class. Questions? Call Andy Petro at 474-1544. RSVP ♦♦ by 10/28.



—PC—

Windows 8 Training and Tips Monday, Tuesday and Wednesday, October 28-30 — 295110-09

2:00-4:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8 is a powerful new operating system that can access thousands of useful,



Continued on page 81

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interesting and fun application (apps). It offers the same robust desktop experience as Windows 7 computers. If you have difficulty understanding Windows 8 redesigned start features from your new computer, then take this class. Class includes tips on how to personalize your Windows 8 device to make it easy and organized specifically for you. Learn to navigate between its start screen functionality (similar to a tablet) and its Desktop functionality (like Windows 7) and set up your login account to keep your Windows 8 PC synced with your other devices. Rita will show you where to find all the features that you're familiar with in Windows XP or Windows 7 — and how to do the same thing in Windows 8. The class utilizes mouse/keyboard data entry. To receive optimum experience, bring your own Windows 8 laptop if you have one. Handout will be included to reinforce the class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP ♦♦ by 10/21.

Tips & Tricks for Beginning PC Users

Tuesday, November 5 — 282110-09

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 10/29.



More Tips & Tricks for Beginning PC Users

Friday, November 8 — 282210-09

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 11/1.

—Microsoft Office—

Word Phase Two

**New Dates: Mondays & Wednesdays,
September 30-October 09 — 292110-08**

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class will provide the student with additional practice with Word 2-7. We will explore the advanced features of Word, such as integrating text and graphics, using smart art, styles, section bread, creat-



ing flyers, brochures, special labels, tables. These are some of the topics we will cover, and as always the instructor will provide tips and shortcuts to do some tasks that previously seemed daunting. **Prerequisite:** Lots of practice with Microsoft Word, or Word Phase one or Word Basics. RSVP ♦♦ by 9/16.

Practical Excel or Excel as a Database

Mondays & Wednesdays, October 14-23 — 292310-09

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. We all have to keep information about things, our collections, party planning, club membership lists, and address book. This is a very specific class that focuses on one feature of Excel — how to create a table of data, such as a party invitation list, an address book, an inventory list, medical bills/information, etc., and anything you want to keep information about. Using Excel provides a great way of doing this and when combined with Word for mail merge, it is wonderful. RSVP ♦♦ 10/7.

Mail Merge

Monday & Wednesday, November 4-13 — 292410-09

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class is designed to provide the student with the ability to execute Microsoft Words' mail merge. We will use it to create labels, form letters, club documents etc. Great tool for combining your address book (maybe the one created in practical Excel) with labels to print the mailing labels for your holiday letters and cards. RSVP ♦♦ 10/28.

—Photo—

Picasa

Tuesday, Wednesday, Thursday, October 1-3 — 256110-08

1:00-3:00 PM (OC). \$60 (three sessions). Instructor: Len Carniato. Get your vacation, birthday, anniversary, and event photos organized! Modern digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Learn how to use Picasa, a free and intuitive program designed for the "amateur" digital photographer. This class will make photo organizing, editing, and sharing much easier. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ 9/24.



How to Use a Digital Camera

Monday, October 28, November 4 & 18 — 262110-09

1:00-3:30 PM (OC). \$45 (three sessions). Instructor: Roy Salisbury. Are you tired of not knowing how to use your digital

Continued on page 83

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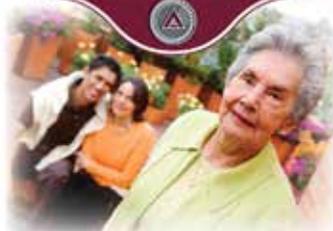
Golf Cart Registration (City of Lincoln) at OC Lodge
Thursday, September 19 at 8:00 AM and October 3 & 24 at 9:00 AM

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office (next to the Activities Desk (OC). Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday.

Please note time change starting in October.

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camera? Take this class! It covers the basics of the digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, photo sizing, as well as what all those icons do on your camera. We'll discuss useful hints for taking "Gorgeous Photos." Learn



to download your photos to the computer, resize photos for e-mailing to your family or posting to the internet. Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. Handouts will be provided. RSVP ♦♦ by 10/21.

Wellness & Fitness Classes

Wellness & Fitness

Register for these classes at the Fitness Centers or online starting September 17 at 10:00 AM.

Classes incorporating physical movement are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

—Disease Prevention & Management—

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.

New 12-week program!

Move Well Today Diabetes Exercise Program

Mondays & Wednesdays

September 23-December 18 — 878000-08

3:00-4:15 PM, Aerobics Room (OC). Twelve-week program, including orientation and assessment \$260. Did you know diabetes is one of the most expensive conditions to treat? Direct medical costs related to it average \$116 billion per year! The Move Well Today program is modeled after the 12-week Diabetes Exercise and Education Program (DEEP) that was developed and implemented by Partners Health Plan of Arizona in collaboration with the Tucson Medical Center. This program is an outcome-based intervention program for Diabetes prevention and self management. Move Well Today is suitable for individuals who are at risk for type 2 diabetes, are pre-diabetic, or who have a clinical diagnosis of type 2 diabetes. For more information please call Christine Epperson, Wellness Coordinator at 625-4032. Register: Fitness Desks or online. RSVP ♦♦ by 9/16.

Disease Prevention & Management Punch Card Classes

Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays. 11:30 AM-12:15 PM (OC). \$4 per class. Instructors: Cathy Keller and Tami Fields. This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter, you can't miss with this class! Purchase a Disease Prevention

& Management Punch Pass at the Fitness Desks or renew (add more classes) online.

Arthritis Foundation Land Class L1-L2

Tuesdays and Thursdays. 3:35-4:20 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion, endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. This instructor has been specializing in senior fitness and arthritis programs for 13 years. Come prepared to improve your body, balance, and have fun! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

The Art of Moving L1

Fridays. 2:00-3:00 PM, Aerobics Room (KS). \$4 per class. Instructor: Renee Neal. This is an adaptive movement course, designed to provide basic functional movement ability as the result of injury or disease. It is also for caretakers or participants with a future concern for needing these skills. Included will be stretching and strengthening movements relative to the required skills, as well as balance and body awareness training to help prevent falls and injuries. Skills are tailored to the individual's needs. Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

Workshop on Pain Management and Anxiety

Monday, October 21 — 872154-09

1:00-2:30 PM. Fine Arts Room (OC). Instructor: Virginia Wyman, Nurse Practitioner. How can anxiety increase pain? Defining anxiety helps understand its role in the presence of pain. This class will explore non pharmaceutical tools used to help diminish anxiety and pain. \$10. Register: Fitness Desks or online. RSVP ♦♦ by 10/14.

Arthritis Class L1-L2

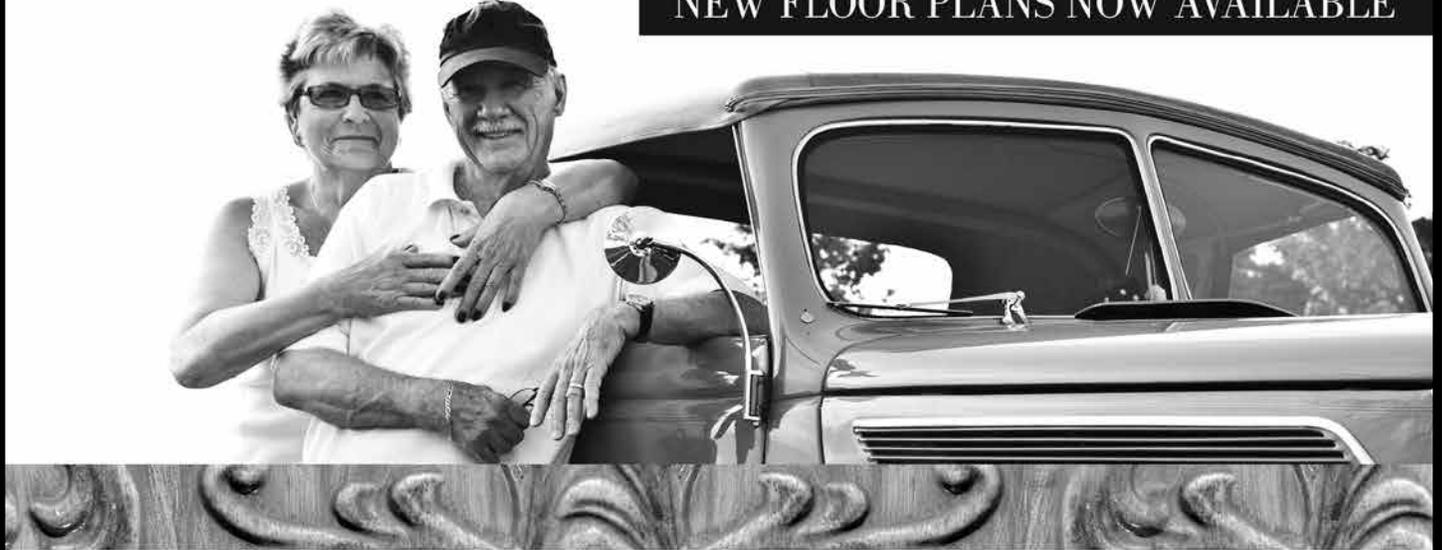
Wednesdays, October 2-30 — 805000-09

Fridays, October 4-25 — 801000-09

Wednesdays 12:10-12:55 PM, Fridays 12:00-12:45 PM, Aerobics

Continued on page 86

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Room (OC). Wednesdays \$35 (five sessions), Friday \$28 (four sessions). Instructor: Lin Hunter. This class is great for those with arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near-normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP ♦♦ by 9/25.



Arthritis Class L2

Tuesdays, October 1-29 — 803000-09

Thursdays, October 3-31 — 803100-09

11:15 AM-12:15 PM, Aerobics Room (OC). \$37.50 (five sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. This class is an extension of L1 with an additional 15 minutes of cardio and strength. Register: Fitness Desks or online. RSVP ♦♦ by 9/24.

—Group Exercise—

A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers. Purchase a Group Exercise Punch Pass for these classes. \$2.75 per class.

—Lessons—

Masters Swim Class

Mondays & Wednesdays, October 2-28 — 780200-09

12:00-1:00 PM, Indoor Pool (KS). Cost: \$75 (eight sessions) plus optional one-time US Masters Registration of \$48 paid to instructor. Instructor: Joan Marenger. Masters Swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. Masters Swimming is a great way for everyone to get in strength training and cardio exercise while having fun learning the proper biomechanics of all swim strokes: Freestyle, Breaststroke, Backstroke and Butterfly. All levels are welcome! Register: Fitness Desks or online. RSVP ♦♦ by 10/25.

Pro Tennis Lessons

Sundays, September 22-October 27

Beginner 8:00 AM — 790700-08

Intermediate 9:00 AM — 790600-08

Advanced 10:00 AM — 790500-08

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis les-



sons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online. RSVP ♦♦ by 9/15.

—Mind & Body Connection—

Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors.

Mind & Body Punch Card Classes

Pilates Fit L2

Thursdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Domine Trosky. The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates fit. Based on original Pilates exercises. You will feel the benefits after your first workout and keep them for a lifetime. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Lola Lundquist. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates.

This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



Piloga Flow L2

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Joanie Martin. Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ah-hhh! Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Qigong (“chee-gong”) L1

Thursdays, 1:00-2:00 PM or 2:30-3:30 PM. Aerobics Room (KS). \$3.50 per class. Instructor: Sherry Remez. Enjoy profound relaxation and rejuvenation doing slow, easy, gentle movement and visualization meditations. Standing or seated. Perfect for

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all levels of fitness. Results of regular practice are medically documented: stress relief, increased immune response, more mental clarity and emotional stability, and longevity as you 'Go with the flow' of your life. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

New! Mind Training for Sleep

Wednesdays, 6:00-7:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. The program is offered by trained instructors and backed by a board certified sleep specialist physician. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

New! Beginning Yoga L1

Mondays, 1:30-2:30 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Susan Hayes. Come see what the "buzz" is all about! Yoga starting from scratch, for the uninitiated — although all aspiring yogis are invited to attend, this is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Rise and Shine Yoga L2

Saturdays, 7:00-8:00 AM, Aerobic Room (KS). \$3.50 per class. Instructor: Ashley Freeman. Get up and get energized with a slow flow style of hatha yoga that will lengthen and strengthen muscles throughout your entire body — flowing sequences and static holds that include standing and seated postures. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Yoga Basics L1

Saturdays, 9:00-10:00 AM. Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Come learn the fundamentals of yoga. This class is designed for those with just a little yoga experience. Improve balance and muscular strength. The small stability ball will be introduced to emphasize stabilization of the core. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Yoga Flow L2

Tuesdays & Thursdays, 10:00-11:00 AM, Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Designed using the relaxing and powerful techniques of yoga to tone, strengthen, improve balance, and increase flexibility. These exercises can reduce risk of injury and help with chronic pain. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Aqua Yoga L1

Mondays, October 7-28 — 832001-09

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 9/29.

Evening Hatha Yoga L2

Tuesdays, October 1-29 — 711000-09

6:00-7:15 PM, Aerobics Room (KS). \$55 (five sessions) Instructor: Susan Hayes. Have you always wanted to try an early evening yoga class that will give you increased energy, improve your flexibility, balance, and strength, all while reducing stress? Everyone is welcome to this fun-filled, informative class, although it is L2 so it's challenging! Register: Fitness Desks or online. RSVP ♦♦ by 9/24.



Evening Yoga and Meditation L1

Thursdays, October 3-31 — 711100-09

6:00-7:30 PM, Aerobics Room (KS). \$55 (five session) Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and a brief meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ♦♦ by 9/26.

New Time! Meditation L1

Tuesdays, October 8-29 — 712400-09

4:30-5:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$50 (five sessions). Have you always wanted to meditate? Has your doctor (or best friend) told you that you need to meditate? Have you tried to meditate, and thought that you failed? This four-week meditation class is for you! We will discuss the reasons for and effects of meditation, the various ways to meditate, and simple techniques to help you "get there." Register: Fitness Centers/online. RSVP ♦♦ by 9/24.

Extra Gentle Yoga L1

Tuesdays, October 1-22 — 710000-09

Thursdays, October 3-24 — 710012-09

12:45-1:45 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. We use a chair for about half of the class. The chair is used for

some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 9/24.

Traditional Hatha Yoga L2

Tuesdays, October 1-22 — 710100-09

Thursdays, October 3-24 — 710120-09

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 9/24.



Tai Chi L1

Tuesdays, October 1-29 — 730100-09

Saturdays, October 5-26 — 730200-09

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Tuesdays \$50 (five sessions); Saturday \$40 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and chi gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and chi gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP ♦♦ by 9/24.



Tai Chi Intermediate L2

Tuesdays, October 1-29 — 730300-09

2:45-3:45 PM, Aerobics Room (KS). \$50 (five sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more

advanced levels. Register: Fitness Desks or online. RSVP ♦♦ by 9/24.

Yoga for Osteoporosis L1

New! Mondays, October 7-28 — 711200-09

Fridays, October 4-25 — 710200-09

Monday 6:00-7:15 PM, Aerobics Room (OC). Friday 5:30-6:45 PM, Aerobics Room (KS). Monday \$44 (four sessions). Friday \$44 (four session). Instructor: Susan Hayes. Exercise cannot replace bone that has already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice weight training, balancing and deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 9/30.

—Money Matters—

Classes that encourage a healthy state of well-being while preparing financially for the future.

Let's Talk About Advance Health Care Directives

Friday, September 20 — 863100-07

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ Now.



Why Most Investors Hate Risk and How to Determine Your Level

Tuesday, September 24 — 870000-08

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Let's face it, most of us dislike risk. We tolerate it because we can't make large investment returns on cash or CDs so we need to invest in other things like stocks and bonds. Why is it we dislike risk and how do we find the right amount to assume in our investments to make ends meet in retirement? Come learn how to determine your own personal risk level and more importantly, how to cope with it. Register: Fitness/Activities Desk or online. RSVP ♦♦ Now.



Getting Your Stuff Together: Organizing Your Estate

Thursday and Friday, October 3 & 4 — 863000-08

9:00 AM-12:00 PM, Oaks (OC). \$30 for both sessions, + \$25 material fee paid to instructor on first day of class. Instructor:

Continued on page 90

Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 9/26.



The Affordable Care Act and How It Affects You

Wednesday, October 9 — 820600-08

Free, but registration required due to popular demand. Registration receipt is required at the entrance. 7:00-8:30 PM, Ballroom (OC). The Affordable Care Act (also known as Obamacare), was enacted in 2010 and brings a number of benefits to all Americans, including people over 50. Some of those benefits are in place now while others phase in over the next few years. The Insurance Exchange begins coverage of Americans in January, 2014. Come and hear Assembly member Dr. Richard Pan, Chair, Assembly Committee on Health, and Julie Bates, Associate State Director for AARP in California, discuss the impact of the Affordable Care Act on people over 50. There will be a question and answer period at the end of the presentation. Registration available online or at Fitness/Activities Desks.



—Nutrition—

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.

Why is Nutrition So Confusing?

Monday, September 23 — 860000-08

9:00-11:00 AM, Multipurpose Room (OC). \$25. Instructor: Renne Charleston, RD will educate you on this topic. Why is nutrition so confusing? Which is best — paleo or vegetarian? What is the best diet to lose weight? What supplements should I take? Low fat used to be the buzzword, but now it's all low carb. Don't use sugar and then don't use artificial sweeteners. It's enough to make you crazy! Let's discuss the issues around research, nutrition advice, advertising and how to make good decisions about what you eat. Join a two-hour participatory class with Renne Charleston. Register: Fitness Desks or online. RSVP ♦♦ by 9/16.



—Personal Growth—

Programs that provide learning and development in areas of life that are unique to each individual.

September — A Time To Remember, A Time To Prepare Wednesday, September 25 — 815001-08

6:30-8:00 PM, P-Hall (KS). \$10. Instructor: Erik Angle, Emergency Preparedness Coordinator. During an emergency, police, fire and rescue may not always be able to reach you quickly due to demand from an emergency. The most important step you can take is being able to take care of yourself and those in your care for three days; the more people who are prepared, the quicker the community will recover. Erik will talk about the unexpected emergencies that can happen in communities just like ours. He will walk you through how to create an emergency plan and an emergency kit in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days. Prepare today to be safe tomorrow. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 9/18.



How Would You Like to Learn Real World Practical Self-Defense and Martial Arts? Tuesdays, October 1-29 — 815000-08

6:00-7:30 PM, Aerobics Room (OC). \$60 (five sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness Desks or online. RSVP ♦♦ by 9/24.



How to Play Sudoku

Tuesday, October 29 — 870000-09

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott Since the early 2000's, America has been provided daily Sudoku puzzles in local newspapers. Long a source of challenge given to students in Asia to develop logic skills, you can now learn an easy, effective way to master some of the hardest Sudoku puzzles down to the easiest. Come learn how a system developed by our own Russ Abbott who has tackled and solved the most extreme Sudoku puzzles in the world. Register: Fitness/Activities Desk or online. RSVP ♦♦ by 10/22.



Continued on page 95

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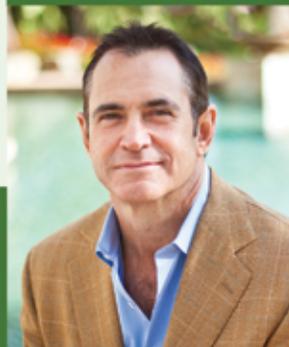
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—Training Services—

All trainers are independent contractors.

For a complete listing and contact information please check the Fitness Centers or website under Fitness.

One-on-One Training: One client and one trainer.

Two-on-One Training: Two clients and one trainer.

Small Group Training: Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

SGT — Beginner TRX Express L1

Mondays & Wednesdays, October 2-28 — 835210-A9

October 30-November 25 — 835210-AO

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Curious about small group training? This class teaches the basic moves of the TRX with a sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe / effective workout. Register: Fitness Desk or online. RSVP ♦♦ by 9/25 or 10/23.

**SGT — Bootcamp L2**

Tuesdays & Thursdays,

September 26-October 22 — 835300-A9

October 24-November 19 — 835300-AO

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP ♦♦ by 9/19 or 10/17.

SGT — Bootcamp L3

Mondays & Wednesdays,

October 23-November 18 — 835400-AO

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez

New! Tuesdays & Thursdays, October 8-31 — 835400-BO

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Nick Gagnon. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class, no worries, you can make it up in the other session offered. Talk with the instructor for more details! Register: Fitness Desks or online. RSVP ♦♦ by 10/1 or 10/16.

**It's Back! SGT—Circuit Express L1**

Mondays & Wednesdays, October 7-30 — 835200-AO

5:00-5:30 PM, Fitness Floor (OC). \$70 (eight sessions). Instructor : Julia Roper. Class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout every week the class will progress with a few new exercises to include balance, core and cardio stations. Register: Fitness Desks or online. RSVP ♦♦ by 9/30.

SGT — First Steps to Fitness L1

Mondays & Wednesdays,

September 25-October 21 — 835500-A9

October 23-November 18 — 835500-AO

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why "First Steps to Fitness" is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility, and more. Register: Fitness Desks or online. RSVP ♦♦ by 9/18 or 10/15.

SGT — "Fun"ctional Fitness L2

Tuesdays & Thursdays, October 1-24 — 835600-A9

October 29-November 21—835600-AO

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 5). Instructor: Deanne Griffin. A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ♦♦ by 9/24 or 10/22.

SGT — Healthy Back L1

Tuesdays & Thursdays, October 3-29 — 835700-A9

October 31-November 26 — 835700-AO

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 9/26 or 10/24.

Continued on page 96

SGT — Healthy Back L2.**Mondays & Wednesdays,****September 23-October 16 — 835701-A9****October 21-November 13 — 835701-AO**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1. Register: Fitness Desk or online. RSVP ♦♦ by 9/16 or 10/14.

SGT — TRX Interval Training L2**Mondays & Wednesdays,****October 30-November 25 — 835800-AO**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ♦♦ by 10/23.

SGT — Introductory Reformer Session L1**Continuous Dates — 835110-A9**

Fitness Floor (KS). \$30 (one session).

Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. This session is a prerequisite for Pilates Reformer



L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations / goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.

SGT — Level 1 Pilates Reformer L1**Mondays & Fridays, October 14-November 8 — 835120-A9****Mondays & Fridays, November 11-December 9 — 835120-AO**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions; no class November 29). Instructor: Paula Ainsleigh.

Mondays & Wednesdays,**October 9-November 4 — 835120-C9****November 6-December 2 — 835120-CO**

2:00-3:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Joanie Martin.

Mondays & Wednesdays,**October 28-November 20 — 835120-DO**

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

Tuesdays & Thursdays,**September 19-October 15 — 835120-E9****October 17-November 12 — 835120-EO**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky.

Tuesdays & Thursdays,**October 29-November 21 — 835120-FO**

2:00-3:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

Tuesdays & Saturdays, November 2-26 — 835120-HO

8:30-9:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. The reformer provides finely-tuned exercise resistance that allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. Limit three participants per class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

SGT — Level 2 Pilates Reformer L2**Tuesdays & Thursdays,****October 17-November 14 — 835130-AO**

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions; no class October 31). Instructor: Eve Webber.

Mondays & Thursdays,**October 31-November 25 — 835130-BO**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber.

Mondays & Wednesdays,**September 30-October 23 — 835130-C9****October 28-November 20 — 835130-CO**

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This class builds on L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

New! SGT— Bootcamp Reformer L3**Mondays & Wednesdays,****October 28-November 20 — 835140-AO**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the L2 Reformer adding more intense exercises, in addition to use of intervals

adding in TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class.. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

SGT— Special Populations Reformer L1

Mondays & Wednesdays,

October 28-November 20 — 835160-AO

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions)

Tuesdays & Thursdays,

October 17-November 14 — 835160-BO

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions).

Tuesdays & Thursdays,

October 17-November 14 — 835160-CO

5:00-6:00 PM, Fitness Floor (KS). \$135 (eight sessions; no class October 31). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal

Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by 8/17 or 9/18.

—Wellness Services—

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

Emotional Counseling

Carol Karkazis, MA: 672-8533.

Estate/Financial Planning

Russ Abbott, Wealth Advisor: 797-7760.

OC Aqua WellFit Class Schedule October 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L3 - Deanne		Water Works L3- Joanie		Water Works L3- Roman		
8:00							
8:30	 Platinum L2 Annamarie		Water Works L3- Joanie		Water Works L3- Roman		
9:00							
9:30		Water Works L3 - Deanne	Core n More L3- Kathryn	Water Works L3 - Deanne			
10:00							
10:30	Splash Dance L2- Roman	Water Works L3 - Deanne	Splash Dance L2- Tami	Water Works L3 - Deanne	 Platinum L2 Lisa		
11:00							
11:30	AF Aqua L1- Cathy		AF Aqua L1- Tami		AF Aqua L1- Cathy		
12:00							
12:30	Aqua Yoga L1- Joanie						
1:00							
1:30							
2:00							
2:30	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
3:00							
3:30							
4:00							
4:30							
5:00	 Platinum L2 David	Water Works L3- Roman		Water Works L3- Roman			
5:30							
6:00							

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)
Disease P & M (punch card) \$4.00
Group Exercise (punch card) \$2.75

OC WellFit Class Schedule October 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	OC	OC	OC	OC	OC	OC	OC
7:00							
7:15							
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1- Jeri		Stretch Exp. L1-Jeri		
8:00	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3- Jeri	Low Impact L3- Jeri	
8:30	Zumba L3 - Domine	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	Step & Sculpt L2-Jeri	Yoga Basics L1-Karen	
9:00	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Karen	Ball and More L2 - Domine	Yoga Flow L2- Karen	Cardio Dance & Sculpt L3-Domine	Tai Chi L1-Peli	
9:30	Piloga L2 - Lola	Arthritis L2 (11:15-12:15)- Lin	Piloga L2 -Lola	Arthritis L2 (11:15-12:15)- Lin	Piloga L2-Lola		
1:00	Basic Low Impact L1 - Kathryn	Extra Gentle Yoga L1 (12:45-1:45)-Julie	Arthritis L1/2 12:10-12:55-Lin	Extra Gentle Yoga L1 (12:45-1:45)-Julie	Arthritis L1/2 -Lin		
1:30	Chair with Flair L1 - Cindy	Traditional Hatha Yoga L2 -Julie	Chair with Flair L1- Cindy	Traditional Hatha Yoga L2 -Julie	Basic Chair L1-Lola		
1:45	Balance Exp L1 - Cindy	AF Land L1-L2 Cathy	Balance Exp L1-Cindy	AF Land L1-L2 - Cathy		Act. Class (beg jazz)	
2:00	MoveWell Today- Christine/Cathy	Meditation L1 - Susan	MoveWell Today- Christine/Cathy	Act Class	Future Act. Dance	Act. Class (jazz)	
2:30	Zumba L3 - Andi	Self Defense-Paul	Zumba L3-Andi				
3:00	Osteo Yoga L1- Susan		Mind Training for Sleep -Iram	Act. Class			
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
7:45							
8:00							

Wellness Classes (session based)

Small Group Training (session based)

Group Exercise Classes (punch pass) \$2.75

Disease P & M (punch pass) \$4.00

Mind & Body Classes (punch pass) \$3.50

KS WellFit Class Schedule October 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS SGT - Bootcamp L2 - Robert	KS	KS	KS			
7:00							
7:15							
7:30							
8:00							
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7:45							
8:00							

For class details please refer to the Wellness & Fitness section

Group Exercise Classes (punch pass) \$2.75
 Disease P & M (Punch Pass) \$4.00
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)
 Small Group Training (session based)



All Systems Go — Thriving Through the Ages Tuesday, September 17 — Free

7:00-8:30 PM, P-Hall (KS). What's normal as we age? Forgetting our keys, hearing loss, sore joints? What should we expect? When should we become concerned? Learn what's common, what to expect in our bodies as we age, and how we can age gracefully. We will also discuss how to make appropriate plans for the future, such as Advance Care Directives. Dr. Shelley Garone is the Medical Director of Palliative Care and the Chief of Quality at Kaiser Permanente in the North Sacramento Valley area. Dr. Garone's interests center around helping patients and their families live well. There will be a Q & A period at the end of the presentation.



Travel Medicine

Wednesday, September 18 — Free

7:00-8:30 PM, Ballroom (OC). Sun City Lincoln Hills residents frequently travel in the United States and all over the globe. Attend this forum to learn about travel medicine and staying healthy while "on the road." This Community Forum is about immunizations for here and around the world and will be presented by Dr. Thuy Rose Nguyen, D.O. of UC Davis Medical Group. Thuy Rose Nguyen, D.O. specializes in Family and Community Medicine at UC Davis Medical Group, Rocklin. Dr. Nguyen's interests include preventative care, the management of chronic conditions, international medicine and travel medicine. There will be time for Q&A at the end of the presentation.



The Affordable Care Act and How It Affects You Wednesday, October 9 — 820600-08

Free, but registration required due to popular demand. Registration receipt is required at the entrance. 7:00-8:30 PM, Ballroom (OC). The Affordable Care Act (also known as Obamacare), was enacted in 2010 and brings a number of benefits to all Americans, including people over 50. Some of those benefits are in place now while others phase in over the next few years. The Insurance Exchange begins coverage of Americans in January, 2014. Come and hear Assembly member Dr. Richard Pan, Chair, Assembly Committee on Health, and Julie Bates, Associate State Director for AARP in California, discuss the impact of the Affordable Care Act on people over 50. There will be a Q & A period at the end of the presentation. *Registration available online or at Fitness/Activities Desks.*



The 1973 Roseville Railroad Explosion

Thursday, October 17 — Free

9:30-11:00 AM, P-Hall (KS). Retired Southern Pacific railroad conductor Walt Wilson will present this story with slides and eye-witness accounts. On April 28, 1973, a 103-freight train headed to a Naval Bay Station from Nevada was stationed in the Roseville Antelope yard, with 23 cars carrying 7000 ammunition bombs. Around 8:00 AM, explosions thundered, pummeling smoke into the air, destroying many buildings, mangling rail sections, and leaving huge craters. Sound waves travelled many miles, shattering most windows within three miles of the incident. Thousands of spectators gathered along the roads to view this event. Around 50 people were hurt, but no fatalities occurred. What did one learn? Session will be video-recorded. Q&A will be informative.



Belching and Burning: GERD and Other Upper GI Disorders Wednesday, October 23 — Free

7:00-8:30 PM, Ballroom, (OC). Ronald Hsu, M.D., Sutter independent Gastroenterologist, will discuss aspects of the most common upper gastrointestinal disorders including gastroesophageal reflux disease (GERD), ulcers, and Barrett's esophagus (abnormal tissue in the esophagus from chronic GERD). He will clarify if and when belching is something to seek treatment for as well as what is the cause and recommended treatment for upper GI burning. Dr. Hsu is experienced with a new procedure called the BARRX procedure which can minimize one's risk of developing esophageal cancer. Q&A at the end of the presentation.



Roadmap to Medicare, 2013-2014

Thursday, October 31 — Free

3:00-5:00 PM, Ballroom (OC). Margaret Reilly, Health Insurance Counseling and Advocacy Program Director (HICAP), and Marilyn McCullough, Lincoln resident and HICAP volunteer, will present an overview of Medicare. They will discuss things to consider when selecting a Medicare Supplemental Plan, and when it might be beneficial to change Supplement plans. They will also review how Medicare is impacted by the Affordable Care Act (ACA), and discuss how to preserve Medicare by preventing Medicare Fraud. There will be ample time for questions. Please join us for this timely presentation as we enter Medicare's Annual Election Period. Q&A to follow presentation.



Notice: More Handy Helpers' Update presentation originally slated for November 13 and previously announced in the August issue of the *Compass* is postponed until early 2014. Watch for details in a future *Compass*.

Community Forums, Date, Time, Location

- | | |
|---|---|
| • All Systems Go — Thriving Through the Ages
Tuesday, September 17, 7:00 PM, P-Hall (KS) | • Belching and Burning: GERD & other Upper GI Disorders
Wednesday, October 23, 7:00 PM, Ballroom (OC) |
| • Travel Medicine
Wednesday, September 18, 7:00 PM, Ballroom (OC) | • Roadmap to Medicare, 2013-2014
Thursday, October 31, 3:00 PM, Ballroom (OC) |
| • The Affordable Care Act and How It Affects You
Wednesday, October 9, 7:00 PM, Ballroom (OC) | • The Monsters in the Closet: Anxiety and Depression
Wednesday, November 20, 7:00 PM, Ballroom (OC) |
| • The 1973 Roseville's Railroad Explosion
Thursday, October 17, 9:30 AM, P-Hall (KS) | • Watch for more Community Forums in next month's <i>Compass</i> |

Connections

Continued from page 3

Another reminder: Please wear your name badge when participating in activities. This helps all of us recognize each other by name and identify you as a resident. New residents (renters, too), if you have not yet obtained your member ID and name badge at the Membership Desk, please do. And for everyone, it's important to carry your membership ID with you in order to participate in activities.

For newcomers, we offer monthly New Resident Orientations to introduce new residents to staff, Association governance, and how to fully participate in our community. If you have yet to attend, we welcome you. We thank our active Neighborhood Watch coordinators and captains who reach out and connect new residents to the new neighbors.

Part of what makes Sun City Lincoln Hills so wonderful is the friendly connections we make by participating in our Lifestyle activities, classes, events and clubs, or meeting at Meridians or Kilaga Springs Café for a drink or a meal. Thank you for your stewardship. See you in the Lodge.

Pooches

Continued from page 19

CPA; Bob Burton, Wells Fargo Financial in Lincoln; and Lincoln Mayor Stan Nader. Our favorite emcee and DJ Linda Derosier will return, promising to keep things lively while providing details of our four-legged entrants, their handlers, and playing our favorite doggie songs (like, "Who let the Dogs Out"?)

Several vendors will be present, providing information regarding our pooches' health, happiness, and well-being. A photographer will also be on hand to capture that "special"

New Floors

Continued from page 9

Replacement of the carpets located near the lobby at the main entrance to Orchard Creek Lodge is being done for the first time, and has created a unique challenge. These areas include the Community Living Room and the two smaller seating areas in the lobby. The carpet in these locations is a hand-woven wool carpet with a unique design that was custom-made for Orchard Creek Lodge. Because the New Zealand mill that fabricated these carpets is no longer in business, it was necessary for Chris O'Keefe, Senior Director of Facilities and Maintenance, to find a vendor who could match them. He provided photos, dimensions, and specifications for the original to our carpet representative, who ultimately located a mill that was able to recreate them using the same hand-crafted method.

If you want to keep informed about the improvements being made to our facilities, you are welcome to attend Properties Committee meetings on the second Tuesday of each month at 1:00 PM in the Fine Arts Room (OC). Our next meeting will be on October 8.

moment of you and your doggie.

Come early for the parade and bring your chair, neighbor/friends, dog, and expect to have a great, fun-filled morning!

Remember, in the now famous words of Lincoln Hills resident Bob Remensperger:

*Most folks who live here are on a budget,
And some months it's hard to re-coop,
But we all could be rolling in money,
If we only could sell what we scoop.
Woof! Woof!*



Don's Lawn Aerating & Sprinkler Repair

Help Your Lawn Breathe

(530) 477-8553
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PC & Mac Resources

Terry Rooney
Lincoln Hills Resident
Microsoft Business Partner

- Mac and Windows computer installations and upgrades
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware
- Assistance with iPods, Tivo, other entertainment systems

Phone: 916-543-9474
Email: tarooney@gmail.com
2425 Swainson Lane, Lincoln, CA 95648

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

•Administration•

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Sr. Director, Facilities & Maintenance

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Membership Clerk

Bertha Mendez 625-4000 bertha.mendez@slhca.com

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Room Booking Coordinator

Shelvie Smith 625-4021 shelvie.smith@slhca.com

•Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

Activities

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Lifestyle Assistant Manager

Lily Ross 408-4609 lily.ross@slhca.com

Lifestyle Class Coordinator

Betty Maxie 408-7859 betty.maxie@slhca.com

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Lifestyle Trip Coordinator Katrina Ferland

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Assistant Director of Fitness

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•Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 jerry.mccarthy@slhca.com

Catering

Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@slhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti tina.ginnetti@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 8:00 AM-4:00 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

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September 2013



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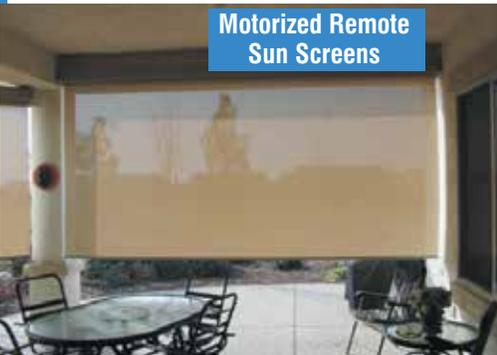
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