

Compass

December 2011

Season's
Greetings

**Introducing Your
BOD Candidates ... page 5**

**Are You Eating the Right
Brain Food? ... page 17**

**Our New Year's Eve:
Something for
Everyone! ... page 15**



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On the cover

Decorating the tree at Orchard Creek Lodge. Our thanks to the many dedicated volunteers who decorated Orchard Creek and Kilaga Springs Lodges for the holidays!
Photo by De Cahill

Another Great Year...

Board of Directors Report

Gary Younger, Vice President, SCLH Board of Directors



Another year is almost in the books and we have another great year to look forward to in 2012. The past year has been a very good year for Sun City Lincoln Hills. The Maintenance Storage building was completed and the LED street lighting project will be completed soon. With the savings from all the different areas of our operation, our member dues will be reduced by \$1.00 per month for 2012. Just the savings from the LED Street Lighting project, for electricity and maintenance, is over \$100,000 dollars per year. We all need to thank our very capable staff as they continue to look for ways to reduce and control the cost of the Sun City Lincoln Hills operation. When you see Bob Cook, our Executive Director, or members of his staff, stop and say *thank you* for keeping Sun City Lincoln Hills operat-

ing and looking so well.

It is time to start looking at the candidates for the upcoming Board of Directors election. There are five candidates for the three Board positions in the 2012 election. It is very important that we have an election every year and that we vote for the candidate or candidates we want on the Board of Directors. A couple of years ago we did not have an election because there were only three candidates for the three Board positions. It is not in the best interest of our Community Association not to provide our members with a choice as to who will be on the Board of Directors. Support the candidates and send in your election ballot.

"Happy Holidays and a Happy New Year"

Board of Directors Election News



The Race Is On — We Will All Be Winners With Your Vote

Al Roten, Roving Reporter

Three of the seven positions on our Board of Directors are up for election this year. Get ready to meet the great people who have volunteered their candidacy to vie for the Homeowners' Association Board of Directors seats to be filled on February 16, 2012. An exceptional panel of five candidates has filed to compete for these three seats.

Outgoing from our Board are Peter Gilbert and Bill Kassel, who have served admirably for the past four years and must step down in accordance with our Association Bylaws. Two well qualified residents, who have been active in varied aspects of Lincoln Hills life have placed their names in candidacy: Gay Mackintosh is currently serving as chair of the Properties Committee, and Mar-

cia VanWagner has served a President of the Lincoln Hills Foundation. Gary Younger is an incumbent Director who is eligible for re-election and is running to serve a second two year term. Both Ken Silverman and Denny Valentine have previously served as Directors and, after taking appropriate leave, are ready to again serve on our behalf if elected. We thank all of these fine people for their willingness to serve on our governing board.

It will be up to us as voters to select three of this panel of five to serve for the next two years as Directors. We can do this only by getting to know these volunteers and understanding how they intend to participate in the governance process. During January there will be three forum sessions in which these

continued on page 5

Upcoming Association-Related Meetings
Date • Time • Place January 1-January 15

CCOC/Chartered Clubs/Community Orgs.	Tuesday, January 3, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, January 3, 1:30 PM, Fine Arts
Compliance Committee	Wednesday January 4, 10:30 AM, Oaks
Golf Cart Registration	Thursday, January 5, 8:00 AM, OC Lodge
Elections Committee	Friday, January 6, 9:00 AM, Multimedia
ARC/Architectural Review Committee	Monday, January 9, 9:00 AM, Heights
Candidate Forum Session	Tuesday, January 10, 10:00 AM, P-Hall (KS)
Properties Committee	Tuesday, January 10, 1:00 PM, Fine Arts
Listening Post	Wednesday, January 11, 9:00 AM, Gables/Heights
Candidate Forum Session	Saturday January 14, 10:00 AM, P-Hall (KS)

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

Connections

I Hope to See You on New Year's Eve!

Jeannine Balcombe, Senior Director of Lifestyle and Communications



The Resident Website is up and running and committee members, BOD and staff are receiving positive reviews. To date we have 1,290 residents signed up and approved on the website with an additional 264 residents pending confirmation. If you have not yet registered or confirmed, please go to our Association Resident Website located at: www.suncity-lincolnhills.org/residents. If you have any questions or issues with registration, please email: webmaster@suncity-lincolnhills.org.

On page 17 Jerry McCarthy advises you about Meridians specials to be offered via the E-Bulletin in January. If you have not yet registered to receive electronic updates, please register now so you won't miss important information,

last minute reminders and specials offered through your Association.

Just in time for the holidays, Chef Roderick compiled 35 of his most popular and most requested recipes into a 41-page recipe booklet. We printed 250 booklets and they are being sold at Meridians for \$5. The price will pay for our printing costs and any excess revenue from the sales will be donated to the Lincoln Hills Foundation.

If you are looking for the perfect gift, consider an Association Gift Card as they can be purchased in any amount and redeemed for bus trips, concerts, performances, fitness and all other classes, The Spa at Kilaga Springs and dining in Meridians, the Sports Bar, and Kilaga Springs Cafe.

If you haven't made plans for your New Year's Eve celebrations, we encourage you to attend our spectacular celebration event. See pages 14 and 15 for details, or go to our website: www.suncity-lincolnhills.org/residents, or ask staff at the Activities Desks.

Thank you for your continued support and participation in the variety of Lifestyle offerings staff develops for your enjoyment, health and longevity. We look forward to another successful year.

Wishing you Happy Holidays and I hope to see you New Year's Eve!



Check out the Compass cover for our "before shot;" then this photo, left, is how the tree and the decorators looked after they "got gussied up"

Calendar of Events

December 15-February 15

Date	Event	Page #
12/15	Holiday Community Celebration	19, 41
12/17	Bus Trip: San Francisco for the Day	49*
12/18	Bus Trip: Victorian Christmas/Nevada City	41
12/18	Bus Trip: Hometown Christmas/Three Stages	49*
12/22	Bus Trip: San Francisco Shopping	41
12/27	Bus Trip: "Rain"	49*
12/29	Bus Trip: Red Hawk Casino	41
12/31	New Year's Eve Spectacular	14, 15, 41
01/02	KS at the Movies: "Amadeus"	42
01/03	Bus Trip: Masters of Venice/de Young	42
01/04	"Meteoroids & Meteorites from the Sky"	22
01/04	Speaker: Framing / Painters Group	31
01/06-07	Cavalcade of Stars/Vaudeville Troupe	34, 42
01/10	Bus Trip: Silver Legacy/Reno	42
01/11	"Overview of Apple & Android Tablets"	26
01/11	"Taking On-stage Candid Portrait Shots"	31
01/12	Inspiring Speaker: Carolyn Casey	27
01/12	"Newest phone equipment: vision/hearing"	27
01/13	Clinic: "Tablets continued"	26
01/16	Bill Richardson: "You Make the Call"	32
01/16	Document Destruction	42
01/16	"Nine Tips to Simplify"	85
01/17	LSV/NEV "Insurance issues"	30
01/17	"Assisting Visually Impaired Skiers"	33
01/17	New Resident Orientation	42
01/17	Comedy Night at KS	42
01/17	Forum: "Personal Survival"	82
01/19	Book Discussion: "Lizzie Bright/Buck. Boy"	24
01/19	Bus Trip: Pissarro's People/Legion of Honor	43
01/23	David Burnham, "Mostly Broadway"	43
01/24	Bus Trip: "West Side Story" Broadway Sac	43
01/24	"Your Money and Your Brain"	85
01/25	Forum: "Caring for the Caregiver"	82
01/26	Bus Trip: Benecia Glass Tour & Lunch	42
01/31	Bus Trip: Horizon Casino/S. Lake Tahoe	45
01/31	KS Music Night: Patchouli Trio	45
02/08	Bus Trip: "Forbidden Broadway"	45
02/10	Valentine's Dinner/Dance	45
02/11	Bus Trip: San Francisco for the Day	45
02/12	Bus Trip: Port & Chocolate Festival	45
02/15	Forum: "My Racing Heart"	82

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



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Nick Brooks Keneta Sanchez



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Maria Herrera 782-7266 Gail Hubbard 919-5727 Donna Judah 412-9190 Louise Kuret 521-7818 Michelle Lyman 276-5700 Jill Mallory 201-3855 Paula Nelson 240-3736 Wendy Olsen 275-1502 Pat Pelton 276-8909 Tara Pinder 600-2836 Peggy Poole 765-3434



Ann Renyer 408-7008 Michael Renyer 343-6044 Bill & Jan Rexrode 408-3997 Loree Risi 716-0854 Terri Stevenson 316-4811 Rudy Svetal 580-9693 Margaret & Karl Thompson 508-0152 Doreen Traxel 698-0801 Tony Williams 521-3400 Sharon Worman 408-1555

Visit our Website at www.CBSunRidge.com for all current listings.

Board of Directors Election News

Introducing: Your Candidates for the February 2012 Board of Directors Election

In Alphabetical Order —

Gay Mackintosh



To share your vision for our community's future, call me at 408-5092 or email mackintoshbg@msn.com.

- Gay's career was in non-profit administration and facilities management.
- Chair of Properties Committee, 2009-2011
- Former Vice-chair of Food & Beverage Committee and member, Nominations and Elections Committee
- Active in Hiking/Walking Group, Line Dance, and LH Community Chorus
- Served as Del Webb Ambassador and SCHOOLS volunteer

Ken Silverman



If you wish to help in my campaign in any way please contact me at ken.silverman@gmail.com.

- In Ken's professional life he was a CEO of a corporation in Silicon Valley for over 20 years.
- Past President SCLH User Group for MAC
- Served on the CCRC during the development of the Resident Website and Public Website
- Prior four-year member of our BOD serving as VP for three years
- Current member of the Compliance Committee, Communications Committee, LH Foundation Advisory Board, Photography Club, NEV, MAC and SCOOP Groups

Denny Valentine



Feel free to contact me at 408-3407 or sdvalentine@aol.com.

- Denny ran his own governmental affairs consulting firm, retired as VP of public relations for a major utility.
- Served as a Precinct Inspector for Placer County
- Served two years on the Placer County Grand Jury – one year as Foreman
- Served as President of Lincoln Community Foundation for three years, Executive Director of Neighborhood Watch and member of 2nd Cup of Coffee steering committee
- Prior four-year member of our Board of Directors

Marcia VanWagner



mmvanwagner@gmail.com 408-0667

- Marcia retired as a Colonel, U.S. Army Nurse Corps and is a Life member of the LH Veterans Group.
- Co-founder and first Treasurer of Neighbors InDeed

Marcia VanWagner (continued)

- Past VP and President of the Lincoln Hills Foundation
- Currently the Co-chair of the Health Education Team of the Community Forum Task Force
- LH Workshop instructor and speaker: "Getting Your Stuff Together;" "Suitcase Savvy;" "It's Saudi Duty Time"

Gary Younger



gyounger2012@gmail.com

- Gary worked at Walt Disney Imagineering for 23 years and was Production Division Director for eight years.
- Co-owner of a True Value hardware and lumber business in the Granite Bay area
- Finance Committee member for four years and served as Chair for 22 months. I have an excellent working knowledge of the SCLH operation.
- Properties Committee member for 14 months. Currently serving as Board Liaison and he has a California State General Contractors License
- Current member of our Board of Directors serving as VP and held the position of Treasurer in 2010

Get to know your candidates by attending one or all of the forums:

- January 10, 10:00 AM, Presentation Hall (KS)
- January 14, 10:00 AM, Presentation Hall (KS)
- January 18, 7:00 PM, Presentation Hall (KS)

Or invite one or more of the candidates to your home for a neighborhood informational meeting.

The Race Is On

continued from page 2

candidates will make their campaign statements and answer our questions.

In addition, you and your neighbors are open to invite the candidates into your homes for neighborhood informational sessions.

Check the Candidate Introductions on this page for their personal statements, contact information, and forum schedule. Make your vote an informed one in expressing your support.

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Lincoln Hills Community 2012 Directory Process Begins

All Changes Due by February 3

Bob Cook, Executive Director, SCLH Community Association

Staff are in the process of updating our SCLHCA Community Directory and Resource Guide for 2012. Any changes to the name or telephone listings need to be received at the Membership Desk by Friday, February 3, 2012.

For those residents who rent in the community, please be advised that you can be listed in the Directory by following the requirements below.



Bertha Mendez
Membership Clerk

The **Renter Resident Directory Listing Assignment** form must be completed by the *Owner of the property*. The renting resident cannot be listed without Owner approval. The form can be requested from Bertha Mendez by the *Owner* in writing or, preferably, via email. Bertha's email address is bertha.mendez@sclhca.com. The form will be sent to the Owner for completion and then needs to be returned to Bertha.

The property needs a current lease on file that is compliant with CC&R's Section 2.06 b which, among other items requires, the lease have a minimum length of 90 days.

If you are residing in the same home with different last names, you may request individual listings in the directory by completing the **Different Last Name Directory** form.

For all other changes to your listing in the Directory, please complete the **Resident Change of Information** form.

If your information is not currently

listed in the Directory, and you want to be included in the 2012 publication, please check with membership to ensure that you checked "yes" on

Committee Evaluates Need for New Facilities

Dan Hardesty, Properties Committee Vice-Chair

As our community at Lincoln Hills evolves, our residents are finding new and exciting interests which were not thought about when our facilities were built more than 10 years ago. Pickleball is a good example of a sport which has become very popular. Just how popular is it, and what kind of facilities are appropriate for now and the future? A few years ago three courts were built and a fourth added later. Is this enough or are more needed? How much usage do the present courts have and what are the wait times? If we need more, how many and where? What about parking? How do our facilities compare with other senior communities? These are some of the questions the Board of Directors has asked the Properties Committee to answer before they will consider spending Association money.

If you have an idea or request for enhancing or improving our wonderful facilities, please come to the Properties Committee meeting at 1:00 PM the second Tuesday of each month and let us know. Or, if you have a background in architecture, construction or engineering please consider becoming a member

of our committee. your initial membership paperwork. We had several folks who had inadvertently checked no and were unhappy not to be listed.

The submission deadline for all forms to be in the 2012 Directory is Friday, February 3, 4:00 PM. We cannot guarantee inclusion of any information after that date. We anticipate the 2012 Resident Directory to arrive in late June.

of our committee.

By the time you read this, the new LED street light project should be nearly completed and we will have a better lighted community at a lower cost than before. These lights have an expected life of 17 years. Will the lights in your house burn that long without changing?



Borges Architecture's perspective sketch of remodeled Meridians Restaurant and Bar

Looking ahead, the Meridians refurbishment and remodel will be completed during January. After using the Ballroom as a restaurant for the month of January, you will return to a beautiful updated Meridians with new furniture, carpets and enhanced ambience. Enjoy!

Holiday Hours / Christmas & New Years

	Saturday, December 24	Sunday, December 25	Monday, December 26	Saturday, December 31	Sunday, January 1	Monday, January 2
Administration:	Closed	Closed	Closed	Closed	Closed	Closed
Activities Desk:	8:00 AM-1:00 PM	Closed	10:00 AM-4:00 PM	8:00 AM-1:00 PM	Closed	8:00 AM-8:00 PM
Fitness Center:	7:00 AM-3:30 PM	Closed	6:00 AM-5:30 PM	7:00 AM-3:30 PM	7:00 AM-3:30 PM	6:00 AM-5:30 PM
The Spa at KS:	9:00 AM-2:00 PM	Closed	9:00 AM-6:00 PM	9:00 AM-2:00 PM	Closed	9:00 AM-6:00 PM

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Holiday Cheer & Good Financial Results

Hank Lipschitz, Finance Committee Chair

During this holiday season we have much to be thankful for. We live in a wonderful community that is well run and financially strong. At the November 16 Finance Committee Meeting we received the October financial report from your Association staff and our results continue to be outstanding. It may seem like I am repeating myself each month but we seem to only have good news to report. What a problem! October results were \$73,561 better than budget, bringing the net for 10 months to \$453,122 ahead of Budget. Food & Beverage and The Spa at Kilaga Springs



It may seem like I am repeating myself each month but we seem to only have good news to report. What a problem!

turned a profit in the month of \$21,253 and \$865 respectively. In addition, all other departments were at or ahead of budget for the month. All the members of our Staff deserve a special recognition for their fine work making Sun City Lincoln Hills such a great place to live and keeping our expenses down.

Please note that effective January 1 your Association dues will decrease to \$104 per month and you should adjust your payments accordingly. If you have enrolled in the Association ACH payment method the amounts will be automatically adjusted.

As of October 31, we had \$4,680,468 in our Operating Fund which includes \$588,012 in restricted cash and our Reserve Fund showed a balance of \$5,523,100. Virtually all of our funds are in FDIC insured accounts or US Treasuries according to our policy.

Following our normal pattern, we had 280 homes with past due assessments totaling \$150,000, compared to

the prior month's 138 homes owing \$103,000.

As I mentioned last month, we are looking for a volunteer to fill an opening on our Finance Committee. We will be conducting interviews in January and if you have an interest in helping our community and can dedicate the time we would like to hear from you. Having a business or financial background would be ideal but we consider all candidates that feel they can contribute to maintaining the financial health of our Association. To apply, please pick up an application form from the desk at OC Lodge or download it from the website.

Statement of Operations YTD 10/31/2011

Budget vs Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$6,436,987	\$6,444,145	(\$7,158)
Administration (expense)	(1,552,464)	(1,686,504)	134,040
The Spa at Kilaga Springs	3,225	(6,594)	9,819
Fitness	(355,749)	(357,104)	1,355
Activities	(158,340)	(183,811)	25,471
Rec. Center / Maintenance	(1,947,315)	(2,061,074)	113,759
Landscape Maintenance	(2,042,183)	(2,157,340)	115,157
Food & Beverage	(42,385)	(103,064)	60,679
Capital Asset	118,703	118,703	0
Net Revenues (Expense)	\$460,479	\$7,357	\$453,122

If you have general questions or need information on the above I may be reached at finance.committee@suncity-lincolnhills.org. 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 Wednesday, January 18, at 9:00 AM.

Spring 2012 is Just Around the Corner

Bill Attwater, Architectural Review Committee Chair

The year 2011 is almost over. Were there things you thought of doing but just put off and now it's too late? Then you have time in 2012 to do those projects; but it takes some thought and planning.

The spring of 2012 is just around the corner. **Thinking of going solar?** A solar project takes more than just a few weeks or even months. You must first find the best deal. Interview different solar companies and decide if you want to buy or lease. Whoever you select will then design a system for your roof. The design must be approved by the city of Lincoln and the Sun City Lincoln Hills Architectural Review Committee (ARC). The Committee expedites your application so approval takes only two or three days. Next comes installation followed by inspections by the city of Lincoln and PG&E, our electrical supplier. It's about a four-month process. So, if you want to capture the summer sun and reduce your electric bill, my advice is to start now.

What about paint? We have an expedited process now. Come into Orchard Creek Lodge and look at the paint book, select one of 130 paint schemes for your home, drop the application in the application box and you will get an approval in several days. You need not appear before the ARC for the paint or solar applications.

Finally, landscaping is best done in the spring. We are in zone nine according to the *Sunset Garden Book*. By summer it will get very warm here. Our temperature is not like the Bay Area where many of you come from. Summer comes warm and early. Available at the ARC Kiosk (OC) is a list of recommended plants and trees that will do well in our climate.



FIRST AMENDMENT TO RESTATED BYLAWS OF SUN CITY LINCOLN HILLS COMMUNITY ASSOCIATION

RECITALS

- A. Sun City Lincoln Hills Community Association, a California nonprofit mutual benefit corporation (the "Association"), is a homeowners association organized to manage and maintain the Sun City Lincoln Hills development (the "Development") located in the County of Placer, California.
- B. The Restated Bylaws of Sun City Lincoln Hills Community Association (the "Bylaws") at Section 15.04(a) provide that the Board of Directors, upon written advice of legal counsel and after notification of Members of the Association, may approve Bylaw amendments by an affirmative vote of two-thirds (2/3) of the Directors in order to conform the Bylaws to State statutes that are amended in a manner which requires corresponding amendments of the Bylaws in order to properly reflect underlying State law.
- C. The Board of Directors, upon written advice of legal counsel and after notification of Members of the Association, has approved the following amendments by an affirmative vote of two-thirds (2/3) of the Directors since the State statutes of Civil Code Sections 1363 and 1363.05 have been amended pursuant to Senate Bill 563 in the year 2011 in a manner that requires corresponding amendments of the Bylaws in order to properly reflect underlying State law.
- D. On _____, the Board of Directors of the Association approved the following amendment to the Bylaws.

AMENDMENT

1. Section 5.04 now provides:

Notice of Members' Meetings.

(a) Requirement That Notice Be Given. Notice of all regular and special meetings of the Members shall be sent or otherwise given in writing to each Member who is in Good Standing and otherwise eligible to vote at the meeting as of the record date for notice established in accordance with Section 5.08, below. Notice shall also be posted in the Lodges or another appropriate location in the Common Area.

(b) Time Requirements for Notice. The notice of membership meetings shall be given in the manner specified in subparagraph (e) of this Section, and except in the case of special meetings of the Members called in accordance with Section 5.03(b), above, notice shall be given not less than ten (10) nor more than ninety (90) days before the date of the meeting. If notice is given by mail and the notice is not given by first-class, registered or certified mail, the notice shall be given not less than twenty (20) days (nor more than ninety (90) days) before the meeting.

(c) Minimum Requirements Regarding Content of Notice. The notice shall specify the place, date, and hour of the meeting and (i) in the case of a special meeting, the general nature of the business to be transacted, and no other business may in that case be transacted, or (ii) in the case of a regular meeting, those matters which the Board of Directors, at the time of giving the notice, intends to present for action by the Members; ~~but any proper matter may be presented at the meeting for such action so long as a quorum is present.~~

2. Section 8.01 now provides:

Place of Meetings; Meetings by Video or Conference Telephone. Regular and special meetings of the Board of Directors may be held at any place within Sun City Lincoln Hills or the County that has been designated from time to time by resolution of the Board and stated in the notice of the meeting. In the absence of such designation, regular meetings shall be held at the Association's Orchard Creek Lodge facility within Sun City Lincoln Hills. Notwithstanding the above provisions of this Section, a regular or special meeting of the Board may be held at any place consented to in writing by all the Board Members, either before or after the meeting. If consents are given, they shall be filed with the minutes of the meeting. Any meeting, regular or special, may be held by video or ~~conference telephone or similar communication equipment, so long as all Directors and Members participating in the meeting in accordance with Civil Code Section 1363.05 can hear one another, in which case all such Directors shall be deemed to be present in person at such meeting.~~ ~~teleconference in accordance with Section 8.09 herein.~~

3. Section 8.05(a) now provides:

Meetings Generally Open to Members. With the exception of executive sessions of the Board (see subparagraph (c), below) any Member of the Association may attend meetings of the Board of Directors. For purposes of the Open Meeting Act, the term "Board meeting" ~~has the meaning as set forth in Section 8.09 herein. includes any congregation of a majority of the Members of the Board at the same time and place to hear, discuss, or deliberate upon any item of business scheduled to be heard by the Board, except those matters that may be discussed in executive session. Nothing herein shall preclude the Board or its members from gathering at workshops or other gatherings at which no formal action is taken and no matters are discussed which, at the time of the workshop or gathering are scheduled for action by the Board at a later time.~~

4. Section 8.05(e) now provides:

Members' Right to Notice of Meetings. Members shall be given notice of the time and place of any Board meetings (as defined in subparagraph (a), above) other than "emergency meetings" ~~or a meeting that will be held solely in executive session,~~ at least four (4) days prior to the date of the meeting. ~~Except for an emergency meeting, members shall be given notice of the time and place of a meeting that will be held solely in executive session at least two (2) days prior to the meeting.~~ This notice may be given by posting the notice in a prominent place or places within the Common Area, by mail or delivery of the notice to each Lot within Sun City Lincoln Hills, ~~or by newsletter or similar means of communication, or with the consent of the Member, by electronic means.~~ For purposes of ~~these Bylaws this subparagraph (e),~~ an "emergency meeting" of the Board means a meeting called by the President or by any two (2) members of the Board under circumstances that could not have been reasonably foreseen which require immediate attention and possible action by the Board and which of necessity make it impracticable to provide prior notice to the Members as required by the Open Meeting Act.

5. Section 8.07 now provides:

Waiver of Notice. ~~No Board Member may challenge the validity of The transaction of any meeting of the Board of Directors, however called and for lack of proper notice or wherever held, shall be as valid as though taken at a meeting duly held after regular call and notice;~~ if: (a) a quorum is present, and (b) either before or after the meeting, each of the directors not present, individually or collectively, signs a written waiver of notice, a consent to holding the meeting, or an approval of the minutes. The waiver of notice or consent need not specify the purpose of the meeting. All waivers, consents, and approvals shall be filed with the Association records or made a part of the minutes of the meeting and shall have the same force and effect as a unanimous vote of the Board. The requirements of notice of a meeting shall also be deemed to have been waived by any Director who attends the meeting without protesting the lack of proper notice either before or at the inception of the meeting.

6. Section 8.09 now provides:

Action without a Meeting.

The Board may not take action on any item of business outside of a Board meeting, and may not conduct a meeting via a series of electronic transmissions, including, but not limited to, electronic mail, except that electronic transmissions may be used as a method of conducting an emergency Board meeting if all members of the Board, individually or collectively, consent in writing to that action. Written consent to conduct an emergency Board meeting may be transmitted electronically.

An emergency Board meeting may be called by the president of the Association, or by any two members of the Board other than the president, if there are circumstances that could not have been reasonably foreseen which require immediate attention and possible action by the Board, and which of necessity make it impracticable to provide notice as required by these Bylaws.

As used in these Bylaws:

(a) "Item of business" means any action within the authority of the Board, except those actions that the Board has validly delegated to any other person or persons, managing agent, officer of the Association, or committee of the Board comprising less than a majority of the Directors.

(b) "Board meeting" means either of the following:

(i) A congregation of a majority of the members of the Board at the same time and place to hear, discuss, or deliberate upon any item of business that is within the authority of the Board.

(ii) A teleconference in which a majority of the members of the Board, in different locations, are connected by electronic means, through audio or video or both. A teleconference meeting shall be conducted in a manner that protects the rights of Members of the Association and otherwise complies with the requirements of these Bylaws. Except for a meeting that will be held solely in executive session, the notice of the teleconference meeting shall identify at least one physical location so that Members of the Association may attend and at least one member of the Board of Directors shall be present at that location. Participation by Board Members in a teleconference meeting constitutes presence at that meeting as long as all Board Members participating in the meeting are able to hear one another and Members of the Association speaking on matters before the Board. A Member of the Association shall be entitled to attend a teleconference meeting or the portion of a teleconference meeting that is open to Members of the Association, and that meeting or portion of the meeting shall be audible to the Members in a location specified in the notice of the meeting.

~~Any action required or permitted to be taken by the Board of Directors may be taken without a meeting, if all members of the Board, individually or collectively, consent in writing to that action.~~ Such action by written consent shall have the same force and effect as a unanimous vote of the Board of Directors. In accordance with Corporations Code Section 7211(b), an "interested Director" is not included in the vote determining unanimity under this Section. If the Board of Directors resolves by unanimous written consent to take action, an explanation of the action taken shall be posted at a prominent place or places within the Common Area within three (3) days after the written consents of all Board members have been obtained and announced at the next regularly scheduled Board meeting. Any written consent or consents of the Board shall be filed with the minutes of the proceedings of the Board.

CERTIFICATION

We, the undersigned, certify:

1. We are duly elected and qualified directors of Sun City Lincoln Hills Community Association.

2. This First Amendment to the Restated Bylaws of Sun City Lincoln Hills Community Association was duly approved on _____, by the Sun City Lincoln Hills Community Association Board of Directors in accordance with the procedures for amendment as set forth in Section 15.04(a) of the Restated Bylaws of Sun City Lincoln Hills Community Association.

Dated: _____ Sun City Lincoln Hills Community Association

President: _____ Secretary: _____

(print name) (print name)

(sign name) (sign name)

CHANGE TO RULES AND REGULATIONS CONCERNING PARKING SPACES RESTRICTIONS

The current language in the Rules and Regulations, page 17, as follows:

GOLF CARTS (PRIVATE) & NEVs

Golf carts and NEVs should only be parked in designated golf cart parking spaces if available and if not, when using a vehicle parking place, please leave room so that two golf carts or NEVs can park in one space.

Proposed Change:

PARKING SPACES

Golf carts and NEVs must park in designated golf cart/NEV parking spaces on Association Common Area Property, if available. If not available, such vehicles may be parked in automobile spaces so that two golf carts/NEVs can park in the one space. Golf cart/NEV designated parking spaces are for the exclusive use of such vehicles, and no other type of vehicle shall park in such spaces. Violation of these provisions will subject the vehicle owner to fines as described in Appendix A (Schedule Of Charges) to these Rules, plus any costs incurred in identifying vehicle ownership.

Changes to Appendix A:

Add under "Vehicles"

Parking Space Violations \$25.00 first offense
\$50.00 subsequent offenses

Staff should be instructed to prepare and install signs to implement these Rules.

Sun City Lincoln Hills

New Year's Eve 2012

Saturday, December 31st, 2011

Orchard Creek Lodge

Evening Packages \$65 - \$120

Best of Winemaker's Dinner

This First-Class Experience Includes Four-Courses, Each Expertly Paired and Served at 7:30 in the Cozy Atmosphere of the Solarium.

Comedy Show with Dinner

Laugh Your way into the New Year as Comedian Sean Peabody Takes Center Stage during the 7:30 Dinner in the Ballroom.

Intimate Dinner

Whether You like to Ring in the New Year with a Few or Many, this Dining Package is Sure to Suit Your Needs! Various Dining Accommodations are Available in Meridians & the Pre-Function Area for 8:00 Dinner.

Dancing in the Ballroom 9:00-12:30

Karaoke in the
Community Living Room 9:00-12:00

Mini Comedy Shows at 9:30 & 10:30

Flowing Champagne and Fireworks at
Midnight!

Register at Activities desks. See *Compass* insert for full menus.

Activities News & Happenings

Our New Year's Eve Has Something for Everyone

Lavina Samoy, Lifestyle Program Manager



I would like to take this opportunity to greet each one of you, "Ho – ho- ho and wishing you the best of the Holiday Season!"

This year has been an interesting one for most including the Activities Department. Though we have seen better years as far as resident participation in most of our events, we are proud to reflect on the wonderful events we produced this year to complement the lifestyle in Lincoln Hills, from highly-praised new acts and talent including the classical show, "Piano for the Left Hand Alone," to nationally-acclaimed performers Linda Purl and Lee Lessack.

We rolled out successful overnight trips to Yosemite and Calistoga and introduced educational trips, "learning outside the classroom," through hosted trips with some of our instructors. Genealogy computer classes continue to meet the ever-growing interest in ancestor discovery in our community. And we are proud to say that we have saved the best for last!

We are closing the year and welcoming 2012 with a bang with our **New Year's Eve Spectacular!** The celebration has something for everyone – dancing, comedy, karaoke, party favors, a champagne toast, excellent food — including a gourmet winemaker's dinner — plus an exciting fireworks show to help you greet the new year with your spirit soaring. (See information on the adjacent page.) **Tickets are still available but they're going fast** at the Activities Desks (OC/KS).

We hope you will be there to join us singing with all our hearts, "Should auld acquaintance be forgot, and never brought to mind? Should auld acquaintance be forgot, and auld lang syne?" Happy New Year everyone!



Plan Your Path!

Fitness Center News

Brandy Garcia,
Director of Fitness

January and goal setting are usually synonymous. This year the Fitness staff would like to help you discover your goals and set you down the right path in achieving your fitness or wellness ambitions. We will have sign-ups for appointment times at the fitness front desks starting January 2. Twenty-minute goal setting appointments will take place the week of January 23-27. We are looking forward to being a part of your 2012 success story!

Earn Rewards Points at the Fitness Centers

Just in case you need another reason to come to the gym... Starting January 1, residents will earn reward points every time they come to the Fitness Center! Points will be accumulated based on gym visits, personal training visits, group exercise visits, and specialty class visits. Points will also be earned with purchases either at The Wave or the Kilaga Springs Fitness Center. Details will be posted at the Fitness Centers along with top monthly earners. Use your accumulated points to pay for future purchases at either Fitness Center!

Nine Reasons to Give Yourself or a Loved One the Gift of a Facial

Tina Ginnetti, Manager, The Spa at Kilaga Springs

As baby boomers, we have a reputation for searching for the Fountain of Youth: healthier eating, more exercise, and better care of our skin. In alternative healing, the skin is often called our third kidney because it excretes 70 percent of our bodily toxins.

Consider the following important points for good skincare:

- **Hydrate:** Drink plenty of water.
- **Exfoliate:** Regularly remove the dead skin cells, which permits your skin to breathe and release toxins, thereby restoring your metabolism to a healthy state.
- **Beware:** Pay attention to what you are applying to your face and body

Do not use products that have mineral oil in them, sodium laurel sulfate, or artificial dyes and colors. Harmful chemicals store in the cells and are not processed by the liver, resulting in sluggish metabolism and disease.

Regular facials and body scrubs restore skin elasticity, produce new cells, and build your immune system to protect your health. **All of our facials and body treatments provide you with**

the following:

1. **Cleansing** – Removing product to prepare the skin for the treatment.
2. **Exfoliation** – Applying product that breaks down the glue-like layer that forms when dead skin cells are not regularly exfoliated.
3. **Peel** – Gently resurfacing for wrinkle smoothing and skin cell renewal.
4. **Mask** – Feeding nutrients to the skin, supplying anti-aging and antioxidant protection.
5. **Moisturize** – Preventing wrinkles, hydrating, and protecting collagen breakdown.
6. **Sun Block** – Preventing skin cancer and damage.
7. **Peptides** – Boosting cell communication and dermal repair, increasing elasticity, reducing wrinkles, and protecting DNA from future damage.
8. **Amino Acids** – There are 22 amino acids that are critical to life. They form proteins, which make up collagen.
9. **Matrixyl** – Increasing skin

continued on page 80



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The Dining Benefits of E-Bulletins

Jerry McCarthy, Director of Food & Beverage

Many exciting events took place in Meridians, Orchard Creek Lodge, Sports Bar, and Kilaga Springs Café in 2011. The Sports Bar had a record year. The Catering Department had one of the best years since 2006. In general, the Food & Beverage Department had one of its best years in the past five years. We exceeded budget expectations and increased the number of guests that came into all of our venues. Meridians and Kilaga Springs Café introduced new and creative ideas for your dining pleasure. We have a great team that works very hard in providing you with enjoyable dining experiences. I would like to thank my entire staff and management team for a great year. Most importantly I would like to thank all the residents and guests that support your Food & Beverage Department. Every dollar you spend with Food & Beverage helps to keep your HOA fees down.



One item to look forward to is the upgrade of Meridians in January 2012. We are planning a brand new look for Meridians. During the upgrade process, Meridians and the Sports Bar will be open for breakfast, lunch, and dinner. The hostess stand will be located in the Pre-function Area immediately outside of the Ballroom. You can expect the

We will be offering a resident-only special E-Coupon during the upgrade so keep your eyes open for specials that we will be sending out by E-Bulletin.

same great food, Super Saver Tuesdays, Prime Rib Wednesday, and music on Wednesday, Friday & Saturday nights. We will be offering a resident-only special E-Coupon during the upgrade so keep your eyes open for specials that we will be sending out by E-Bulletin. In addition, we will be announcing our

grand re-opening, new menus, and special events on a monthly basis.

As 2012 quickly approaches, the Food & Beverage Department has many exciting events planned for you. You can still anticipate fresh seasonal menus on a quarterly basis. The Winemaker's Dinners and the Farmer's Market Dinner have been huge successes and we are planning on a number of them in 2012. As always, circle special holidays on your calendar and make reservations early. Super Bowl, Valentine's Day, St. Patrick's Day, Mardi Gras, Crab Feed, Easter Brunch, Mother's Day and so many more will be here before you know it. Please sign up for E-Bulletins from the Food & Beverage Department so we can send you a reminder and provide you with details.

Once again, thank you for a great 2011 and we look forward to serving you in 2012. The entire team from the Food & Beverage Department would like to wish you and your family a festive holiday season and happy new year!

~Please see our ad on page 14.~

Minding Your Mind: Part II

Are you eating the right "brain food"?

Shirley Schultz

When the brain works well, you feel good. The chemical messengers for the "feel good" mood chemistry involving serotonin, norepinephrine, and dopamine come from the food that you eat. Good nutrition is required on a consistent basis for optimal brain health. **The holiday season is a time of**



year when many tend to feel depressed and stressed. Perhaps this would be a good time to improve your dietary intake of those items that give your brain the food it needs for the mood messengers.

Tryptophan is one of the essential amino acids that people need, and it is the precursor of serotonin. It has been used for years in the mental health field as an option for treating anxiety and insomnia. Dietary intake is usually better than pills, and it has been found that tryptophan absorption is better with a low protein, complex carbohydrate diet. Foods rich in tryptophan are pumpkin and squash seeds, seaweed, chia seeds, sesame seeds, sunflower seeds, black walnuts, flax



seeds, and tofu.

The essential amino acid tyrosine is the precursor for norepinephrine and dopamine. It also absorbs better with a low protein and complex carbohydrate diet. Rich dietary sources for tyrosine are tomatoes, edamame, eggs, almonds, oats, sunflower seeds, Spanish peanuts, pumpkin and squash seeds, and seaweed.

The brain cells that communicate with one another are called neurons, and their membranes are made up of **fatty acid molecules**. Hence, it is essential that one's diet include some fat. Good fats are monounsaturated fats such as olive oil and polyunsaturated fats. Good fats contain Omega-3, the most essential fat, and you can get this without taking a pill by eating walnuts, pecans, ground flaxseed, chia seeds, canola oil, wheat germ oil, green

continued on page 80

Left, Shirley Schultz whipping up a batch of Brain Smoothies

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"Party On!" with Neighborhood Watch

Awards to Outgoing Board Members

Patricia Evans

"All work and no play makes Jack a dull boy," according to the popular nursery rhyme. Obviously Jack was not a resident of one of our many Villages celebrating with holiday parties! 'Tis the season to bask in the warmth and camaraderie of our many friends and neighbors.



Over 850 Neighborhood Watch volunteers give the gift of community service every day to help make SCLH an exceptional place to live. The Neighborhood Watch holiday spirit lasts all year!

Four retiring board members were honored at our annual meeting. Seven-year veteran Barbara Moss has served as Mail Box Captain, Coordinator, Director, Treasurer, and chair of the Captain's Training Program with over 300 graduates. Will Small was honored as Mail Box

Captain, Director, the Boris the Burglar Street Sign Program and Village Maps.

The Outstanding Service Award was presented to five-year veteran Pauline Watson for service as National Night Out Coordinator, Mail Box Captain, Director, Secretary, and Treasurer. Outgoing Executive Director Allen Gillespie was presented with a Recognition Award for his contributions as Director and Executive Director.

Please see page 31 for a special request.



Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
- Nancy Whitaker, 408-7393
nsymmes@hotmail.com

Neighborhood Watch Website
www.lincal.net/watch



Village 41A, above, enjoyed entertainment and a prize drawing at their holiday potluck attended by over 125 residents. At the Village 4 holiday party, left, 82 residents celebrated and selected names from the Giving Tree for a gift for a child.

Celebrating Our "Sense of Community"

Holiday Happenings in Lincoln Hills

Gay Sprague, Roving Reporter



There is nothing like the holiday season to really bring home the meaning of "sense of community." The extent to which we in Lincoln Hills — as individuals, groups, and as a community — contribute to local charities, both financially and as volunteers, is mind boggling. We also take great pride in our individual home and neighborhood, as can be seen particularly during the month of December.

For a very special time of "community," you are all invited to participate in the **Annual Holiday Community Celebration** in Orchard Creek Lodge on December 15 from 3:00-5:00 PM in the Community Living Room (free to

all!). You'll have a chance to enjoy the beautiful decorations, thanks to our volunteers, and light refreshments. Staff, Board, Committee Members, and other volunteers will be on hand to help us celebrate the success of our Association's 2011 year. Also, the Lincoln Hills Brothers and Sunny Singers will perform.

The second annual **Tour de Lights** event is back this year by popular demand. Many owners decorating their homes volunteered to submit their address and Village # to the Association office, and a list was compiled to give to residents who want to enjoy the different venues. As of December 15, drop by the Activities Desk, pick up

the list of homes, and take the "tour"! (While very successful last year, buses will not be provided as the cost of doing this year was too costly. You are encouraged to golf cart/carpool with friends and neighbors. You will not be disappointed!)

During this past year, in several articles, we have emphasized our Lincoln Hills *sense of community*, which we see and live daily. From our first big step of "membership" into Sun City Lincoln Hills, our *sense of community* becomes stronger as we participate in activities and become connected with our neighbors.

May your Holidays and New Year be a joyous celebration of our collective sense of community!



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The Salt of the Earth

Helping People of Lincoln Throughout the Year

Al Rothen, Roving Reporter

Have you been to The Salt Mine? Many of your neighbors are regular contributors and helpers supporting this fine charity, the primary organization that reaches out to feed the hungry of our area. Supplemental food support throughout the year is given to families in need.

A few years ago as Lincoln began to grow, The Salt Mine assisted about 250 families with a monthly allotment of groceries. With city growth and difficult economic times, that number has grown to 1500 families who depend upon The Salt Mine for a grocery allocation designed to feed the family for a week. Each screened and qualified family may receive this food supply once each month.

During the holidays, both local Safeway and Raley's stores have participated in the helping hands by making available bags of groceries which double the buying power of our donations. If you can help, just stop at the appropriate display and add to your purchase, then The Salt Mine will pick up from the store. Many individuals, neighborhoods, and organizations of Lincoln Hills are helping by volunteering time or making donations of money, clothing and household goods, even furniture and vehicles. Of the many volunteers and contributors to

The Salt Mine it is worthy to note that years ago, when Nat & Sylvie Studin moved to Lincoln Hills, they became staunch supporters. Two years ago Nat passed on, but Sylvie has continued her tireless work with what she considers her local family.



Sylvie Studin; photo to her left is of husband Nat taking a donation to The Salt Mine

The Salt Mine has two thrift store outlets in Lincoln. The Salt Seller at 454 F Street and Salt Mine Thrift Shop at 105 Floccini Circle have an astounding array of used goods for sale. Some family needs are satisfied by passing donated items directly to them. However,



Boxing Thanksgiving dinners

these outlets are primarily a revenue source for funding the food supply.

We can help by patronizing these interesting outlets. Purchases and donations in all forms are welcome and needed all year around. Donations can be dropped off at the Salt Mine at 590 G Street Lincoln, 10:00 AM to 4:00 PM, Tuesday through Saturday. To arrange pick-ups or make donations, call, 645-3778.

The Salt Mine is a qualified 501(c) 3 charitable organization. Under the leadership of Eric Long, Director, the various outlets use about 75 volunteers in addition to a small number of paid staff. Please visit the Salt Mine website at www.TheSaltMineLincoln.com.



What's on Your "Santa, Please" List this Christmas?

Community Forum Offers Tips on Tablets

Doug Brown, Roving Reporter

Judging from the audience's response to the headline's question at the recent Community Forum, a few hundred SCLH residents will, by December 25, be proud owners of an iPad, Nook, Kindle, Xoom, Playbook, Touchpad – well, the options go on and on!

A hot commodity, especially for seniors, according to Forum presenter Ken Silverman, is the increasingly popular "tablet," that is, an electronic tablet, not your old fashioned pad of lined yellow paper. Silverman, Lincoln Hills computer guru and MUG

(Mac User Group) leader, educated a standing-room-only Orchard Creek Ballroom audience with advice on pros and cons of various models of tablets.

First of all, why would you want a tablet, anyway? Silverman, an obvious electronic addict with several computers and half a dozen tablets in his home, prefers to think "why not?" With these handy, lightweight instruments –



A display of some of the features of electronic tablets

bigger than an iPhone and smaller than a laptop – you can do tons of things: email, surf the 'net, take photos (and

continued on page 80



Eric Long, Salt Mine Director, left, and his son Brandon flank the Salt Mine's sign



Club News



• Alzheimer's/Dementia • Caregivers Support Group

There will be no meeting of the Support Group in December. The next meeting will be January 25.

Visiting friends and family at this time of year is traditional. We offer a few suggestions if you are visiting a person with Alzheimer's Disease.

- Find out when the person you are visiting is at his/her best. Schedule your visit then.
 - Be calm and quiet, avoid using a loud tone of voice.
 - Avoid talking to the person as if he or she was a child.
 - Try to establish eye contact. Give the person your name and relationship to him/her if you are not recognized.
 - Don't argue if the person seems to be confused.
 - Don't take it personally if the person does not remember you, is unkind or responds angrily. He or she may simply be responding to their own confusion
- Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9322;
Nancy Mitchell 253-9962**



• Antiques Appreciation •

At the meeting in November, two of our members put on a really entertaining program about the original farm homesteaders. Their great grandfather homesteaded land on the eastern slope of the Colorado Rockies under the Homestead Act of 1861 signed by President Abraham Lincoln after the Civil War! The items they showed us and the many interesting stories they told were a real treat for everyone! Thanks so much to those two members for such a great presentation!

On December 5 we enjoyed our annual Christmas Brunch in the Ballroom at OC Lodge. This is always a fun and festive occasion, and this year was no exception! We enjoyed a delicious brunch, wonderful entertainment by the Sunny Singers and lively conversation!

Thanks to Ann Renyer for making this year's Holiday party a very enjoyable and successful one!

Come have fun on January 2 for our annual "show and tell"!

**Contacts: Pat LePage 543-9564;
Jane Delno 543-6855;
Antique Appraisals 408-4004**



• Arts Association •

Congratulations to our 2011 officers. Details on them and other board members will be in next month's article!

A round of applause and a big thank you to outgoing board members Bill Szabo, Sandy Simon, Cathie Szabo and Richard Wong.

Give the Arts Association a try in 2012. Our meetings cover a wide range of art. Several of our meetings are interactive, giving us a chance to dabble in something new.

You don't have to be an artist to join – lovers of art are welcome. Membership is \$15 for a household. Contact Suzanne Schmidt (below) for details. Or check www.lharts.org for a form. Or, best of all, come to a meeting on the fourth Monday of the month at 2:00 PM in P-Hall (KS) and see where the fun is.

To all, the Arts Association wishes you and yours a safe and happy Holiday season.

**Contact: Kate Uppal 543-6322,
pretty_happy@yahoo.com;
Suzanne Schmidt 543-9569,
dichrogal@yahoo.com
Website: LHarts.org**



• Astronomy •

The Lincoln Hills Astronomy Group, LHAG, is a shared interest group providing residents, from beginners to experts, a forum to increase their knowledge in Astronomy and improve observational skills.

Wednesday, January 4. P-Hall (KS) 6:45 PM. "M&M's from the Sky:" join Nina Mazzo as she discusses Meteoroids and Meteorites, their composition, where they are found, and impacts and collisions. Touch and feel some unique samples.



Blue Canyon Star Party in October; Prof. Chuck Pullen presenting "The Next Great End of the World" at the November Meeting

Monday, January 16. Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM.

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, P-Hall (KS). What's Up in the Night Sky/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@sbcglobal.net
Website: www.lhag.org**



• Ballroom Dance •

Stay active and fit. Ballroom Dance exercises mind and body. Research shows it wards off dementia, controls weight, lowers cholesterol/blood pressure, tones nearly every muscle and improves balance — all while having fun! If it's been a while since you danced, our Tuesday sessions, 2:00-5:00 PM, are for you. The first hour takes you through basic moves for the dance of the month. The second hour is "open dancing" for practice with help from teachers, if desired. Watching others dance is also a good way to learn. The third hour gives experienced dancers the opportunity to learn more advanced steps. We get together Tuesday afternoons and welcome new members any time. Annual dues are \$5 per member, includes all lessons at no cost, a great bargain!



Ruth & Bob
Wehner

In December we will not have Tuesday lessons. January is the Cha Cha (first four weeks), Samba lesson and Tango Styling Class the last week.

**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 January 18. 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, January 11, at *Mary's Pizza*. We meet in front of OC Lodge and leave at 11:30 AM to car pool 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 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
 - Nine-Ball Singles 10:00 AM-12:00 PM and 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 November 2 — AM Winner: Dick Perry; Runners-up: John Myres and Carlos Barrantes; PM Winner: Dale Hurlbut; Runners-up: Les Birch, Phil Delaney, Joe Hobby and Steve Brown
- Nine-Ball Singles November 8 — AM Winner: Dick Perry; Runner-up: Jim McKee, Ted Baker and Spiros Halikas; PM Winner: Joe Hobby; Runners-up: Carl Callaway and Don Araldi
- Eight-Ball Doubles November 16



The Shooters Travel Team
November 11 Tournaments,
left, AM and PM with Sun City Roseville

— Winners: Oscar Alvarez and Dale Hurlbut; Runners-up: Wayne Bullen and Ted Komaki

Congratulations to our "Shooter's Travel Team" for winning the tournament between Sun City Roseville and Sun City Lincoln Hills held Friday November 11.

**Contacts: Jim Immel 434-2918;
Sam Munoz 408-3037**

Challengers Billiards

This has been an exciting year for the Challengers Group. We tout ourselves as mid-level to advanced players so the high quality of play and competitiveness during our tournaments is evident. And yet when our players are asked to comment about what it is that keeps them involved, it is not only the challenging level of play, but also the social environment that is extolled. We have fun! We will continue that balance in 2012.

New players are welcome. We play Fridays at 10:00 AM. Our game is modified Eight Ball (1-15), random partners selected. There is no charge to join or to play with our group.

Thanks to the many volunteers who helped with our Holiday pot luck.

Congratulations to our recent winners — Seven games: Joe Hobby; Six of seven games: Dan Oden, Joe Perez, Ron Weech, Bill Kim, Ted Baker

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

Couples Billiards

Time flies when you're having fun, which is apparent when playing billiards at KS. There is much laughter and competition each week.

Wow! Week one Carlos Barrantes and Bob Wehner won all seven games. No

one else was even close. Way to go guys!

We had a four-way tie on week two. Those players winning five games were Howard Skulnick/Peshu Irani, Joe Perez/Rita Baikauskas, Dan Oden/Gail Harmon and Joe/Nicki Hobby.

The following week two teams won five games. Those players were Dale Houck/Chiquita Fratto and Peshu Irani playing solo.

The last week only Joe/Nicki Hobby won all six games for the evening. Chiquita Fratto and Dale Houck won five games.

Have a happy and safe holiday season. See you next year!

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

Players Billiards

Thinking about trying something *new* and *fun* next year? For mid-level billiards players, we meet every Thursday from 2:15-4:30 PM to play six games of Eight Ball. We sign up for January on the last Thursday of December. We play with different partners and opponents most games. It is free and we laugh a lot. Standby players frequently get to play. Come join us!

Congratulations to our recent winners — Six Games: Larry White, Joe Perez; Five of Six Games: Ziggy Brien, Joe Perez, Frank DeMasi, Roger Corley, Howard Skulnick, Larry White, Dale Houck, Ken Woodard, Jack Fabian, Dan Oden

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

Upstarts Billiards

*"What would happen if the table wasn't level?
We'd be chasing balls as if stolen by the Devil."*

Have you ever thought to try your hand at Billiards? Our Upstarts Billiards consists of beginners-to-average players who play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM at the Billiards Room (KS). We usually have

room for more players, and would make you welcome, if you can make the time!

Winners six games: Nicki Hobby, Peshu Irani, Jim McCarthy, Dan Oden; Winners five games: Ann Bienkowski, Bob Bienkowski, Margrit Blanc, Richard Gsell, Lydia King, Bob Rand

Sign-up the last Thursday every month, 11:30 AM, Billiards Room (KS).

The Billiards Groups held their annual Holiday Christmas Potluck on Monday, December 12 at KS where a good time was had by all. Maybe you'd like to join us next year!

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

Instruction Group

Learn to play pool or sharpen your games. Take advantage of the expert help second and fourth Mondays, 9:00-11:00 AM. Please sign up in advance in the Billiards Room (OC).

**Contacts: Jim Immel 434-2918;
Sam Munoz 408-3037**



• Bird •

The Bird Group meetings are on the second Monday of each month at P-Hall (KS) at 1:30 PM.

The next meeting will be held January 9. The topic will include the results of the Christmas Bird Count. This is a national bird count of different species and their numbers counted in many areas across the nation. Lincoln's CBC will be held on Wednesday, December 28.

The next Bird Group outing will be Friday, December 16. The group will travel to the Sacramento National Wildlife Refuge in Williams, CA. This is a drive-through tour of the refuge. Shore birds and hawks will be featured.

All are welcome!

**Contacts: Ruth & Don Baylis,
Lh_bird_group@yahoo.com
Website: www.lhbirdnest.org**



• Bocce Ball, Mad Hatters •

To begin, we hope you had a pleasant Thanksgiving.

The Mad Hatters are delighted to welcome Don & Irene Smith to our group. Irene is our first wheel chair player, and

it has been a very useful exercise trying to figure out how best to use our handicapped accessible court. Turns out the court is actually quite easy to use and is in very good shape. Lifting the gates on either end seems to be the biggest problem. Working the handicapped court into our 20-minute game rotation proved to be easy and we'd like to thank everyone for helping out. Irene's initial experiences have been positive and we'd like to take this opportunity to invite other wheel chair players to come out and join us.

To finish, we hope you have a merry Christmas and a happy New Year.

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



• Book Group, OC •

We at the OC Book Group wish all of you a very happy holiday and invite you to join us on Thursday, January 19 at 1:00 PM in the Multipurpose Room (OC) for our first meeting of 2012.

There are *no* membership fees and newcomers are *always* welcome. Schedule for 2012:

- January 19: *Lizzie Bright and the Buckminster Boy* by Gary Schmidt
 - February 16: *Half Broke Horses* by Jeanette Walls
 - March 15: *Unbroken* by Laura Hildenbrand
 - April 19: *Still Alice* by Lisa Genova
 - May 17: *The Fort* by Bernard Cornwell
 - June 21: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot
 - July 19: *Shanghai Girls* by Lisa See
 - August 16: *The Confession* by John Grisham
 - September 20: *The Glass Blower of Murano* by Marina Fiorato
 - October 18: *To America* by Stephen Ambrose
 - November 15: *State of Wonder* by Ann Patchett
 - December 20: Holiday Luncheon
- Contacts: Penny Pearl 409-0510;
Dale Nater 543-8755,
Darlis Beale 408-0269;**

Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



• Bosom Buddies • Breast Cancer Survivors

Merry Christmas!! The season is swinging along, and we had a marvelous party on December 8 at the home of our President, Party McCuen. The food was yummy, door prizes were fun, and each member received a special gift. Mostly it was great to spend time with good friends. Plans are being made for our January 12 meeting. As always, it will be interesting and fun. Happy, Happy New Year to all!!!

**Contacts: Marianne Smith
408-1818; Sally Lewis 434-7381**

**Websites: www.lincolnsuncity.org
www.lincolnhillsbosombuddies.org**



• Bowling • Rocklin Tuesday AM

Competition has really kicked up! Until last week, there was only one and a half games between first and second, and half games between second and third. Alley Katz, Kris Elliott, Judy Hubbard, Jeanne and Jay Zincke, pulled ahead in first place and second place is Hill Toppers, Joan & Stillman Gates, Betty & Al Jones. Dave Fisk for Men High Scratch Game 277, way to go, Dave! Pat Fisk for Women's Scratch High Game and Scratch High Series, Men's High Scratch Series, tied between Jerry Gordon and Horace Snowdon. Still looking for subs, call Joan Gates, 253-9415.

Happy Holiday to one and all.

**Contacts: Frank Schmidig
434-5972; Jerry Gordon, 408-5989;
Margaret Peyton 543-7344;
Joan Gates 253-9415;
Kathy Chapin 543-3475**



• Bridge, Partners • Thursday Evening First & Third

More and more people are coming on Thursdays and that's great because more people means more fun for everyone. But there's room for more so if you're

interested in playing some bridge with a friendly group of people, please come join us. Just give us a call and we'll put you on the list; no need to call on cancellations.

We start promptly at 6:00 PM in the Terra Cotta Room (KS) and you will be done no later than 8:30 PM. Please arrive by 5:50 PM and by all means, have a very Merry Christmas.

November 3 winners — First: James Collet and Lee Holman; Second: Ken & Chris Jacobson; Third: Sheila Ross and Ann Ulrich; Fourth: Sasha & Tom Eason. James Collet and Lew Holman also won high round.

November 17 winners — First: Chris & Ken Jacobson plus they had high round; Second: Leif and Darlene Andreasen; Third: Sue Cirerol and Nadine Buckmiller; Fourth: Linda Theodore and Janet Pinnell.

Contact: Rose or Joe Phelan
408-4066, joephelan@sbcglobal.net,
roseph@sbcglobal.net

Thursday Evening Second & Fourth

Winners October 27 — First: John & Dianne Maranta; Second Bob & Lorraine Minke; Third: Stan Mutnick and Bruce Fink; Fourth: Barbara Bryan and Jean Patterson.

Winners November 10 — First: Edith Kesting and Olga Givaodat; Second: Jean Patterson and Barbara Bryan; Third: Dee Williams and Lydia King; Fourth: Peggy & Harry Collins.

Please join us for an evening of social bridge on the second and fourth Thursday nights. We play in the Terra Cotta Room (KS) at 6:00 PM. Call Chris or Ken for reservations at 408-8709. Have a wonderful Holiday season.

Contacts: Chris & Ken Jacobson
408-8709



• Bridge, Duplicate •

Duplicate Bridge Club members — please plan to attend the annual meeting Wednesday, January 11, at 11:00 AM in P-Hall (KS). Your presence will help assure a quorum.

Lincoln Hills newer residents and

participants in the Association-sponsored bridge classes are cordially invited to join us in Lincoln Hills duplicate bridge. Sessions are played three times weekly:

- 12:30 PM Wednesdays, Multipurpose Room (KS);
- 5:00 PM Fridays & 12:30 PM Saturdays, Sierra/Terra Cotta Rooms (KS)

The Wednesday session includes a "49er" group restricted to those with less duplicate bridge experience, fewer than 50 Master Points. On Saturdays, a "299er" section is limited to players under 300 MPs.

Our 2011 membership has reached 285.

We contributed to Lincoln's Lighthouse/Safeway effort to provide Thanksgiving dinners to needy citizens.

"Well done" to the fall quarter Club Championship pairs: *Wednesday* — Kent White/Sten Akerlund; *Friday* — David Glasspiegel/Rab Puri; *Saturday* — Gloria & Wash Kostenko

Contacts: Kent White 434-1699,
akw@starstream.net;
Elise Homer 543-0650,
hit4home@starstream.net
Website: www.bridgewebs.com/lincolnhills



• Bridge, Social •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come join us for an afternoon of fun. It only costs \$1 to play. *Check-in time is 12:50 PM.* If you do not check in on time, you may not be able to play that day. You do not need a partner, but you do need to make reservations to play. You can make a reservation or if necessary, a cancellation, by calling B.J. Anderson-Acosta at 408-7115.

Winners from October 28 through November 18 were — First: Harry Collings, Ann Jensvold, Dee Williams, Randy Rasmussen; Second: Ralph Madsen, Harry Collings, Jim Busey, Eleanor Amar; Third: Carol Mayeur, Jack Henricks, Lois Burke, Ron Ross; Fourth: Phil Sanderson, Lois Burke, Jack Henricks, Beverly VanderBeets.

Contacts: Lois Burke 409-0223;
Ruth Werfel 543-6054



• Bunco •

Bunco is a great way to slow down the hectic pace while giving oneself a much needed break from the hustle bustle of the busy holiday season. Your first New Year's resolution should be to join in the fun on Thursday, January 19!

In the photo you see the outgoing and incoming Bunco steering committees (from left: Marian Skillman, Claudette



Outgoing & incoming Bunco Steering Committee members

Rhoads-Kinman, Sandy Pavlovich, Ginna Martinez, Paulette Rhoads, and Ann Stults). Thank you ladies for making our Bunco play so enjoyable in the past and our future years.

Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. Entry fee is \$5 with *no* annual membership fee. New players are always welcome.

Last month's winners: Most Bunco's Wanda Green; High Score Marsha Pimentel; Most Wins Vickie Cooper; Low Score Lottie Prather; Most Losses Marion Glidewell; Traveler Claire Frenna.

Contacts: Claudette
Rhoads-Kinman 543-6347;
Marian Skillman 396-4263



• Ceramic Arts •

We wish all residents and Members a happy, safe holiday season. We look forward to a new exciting year with lots of creative work! Please note changes in workshop/studio times due to the holidays, please check with room monitors and on doors for revised times. Most class times have been posted.

Be sure you have registered for the new SCLH website, our listing is under "Clubs" with schedules of events, meeting dates and hopefully, pictures

of some of our events and members. If there is news that you'd like to have posted, please contact Mike Daley, CAG webmaster, mdaley@wavecable.com.

CAG "Workshops" are held at OC Saturdays, 9:00-3:00 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. Check bulletin boards and studio windows for holiday times/closures.

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Margot Bruestle 434-9575; OC Pottery — Paul Alderete 408-7798 and Ed Hanson 253-3950
Website: www.lincolnsuncity.org, Groups, Ceramic Arts



• **Chorus** •

A few days ago the Lincoln Hills Community Chorus was delighted to perform our holiday concerts in OC Ballroom. We hope we put you into a celebrative and festive mood! As you make your final preparations for holiday gatherings, in the words of one of our songs, "we wish you a merry Christmas!"

Chorus members relished the fruits of our four months of rehearsals in an atmosphere of challenge and friendship. Would you like to join? For details, contact conductor Bill Sveglini or Steering Committee chair Dave Machado (see photo). Rehearsals for the spring concerts begin Tuesday, January 10, at 3:30 PM in P-Hall (KS).



Dave Machado

Meanwhile, get out your 2012 calendar and mark the dates of April 29, 30, and May 1 for the spring concert performances, theme yet to be determined.

Contacts: Bill Sveglini 434-5655, sveglini@gmail.com;
Dave Machado 645-7867, d1m1126@starstream.net
Website: www.lincolnhillschorus.org



• **Cloggers** •

December is a nostalgic time — a time to gather together for a party celebration. The cloggers had a festive Christmas Party in KS on Tuesday, December 6. Each member brought a toy for "Toy for Tots." Members enjoyed just getting together and of course "clogging." Instructors Janice Hanzel and Susi Thomas cued dances.

Barbara Sowers announced the new officers: President Anita Tyson, Vice President Connie Stephens, and Representative Wendy Iannico. They will serve a two-year term. Barbara Sowers thanked members for their support during the past two years. She then turned the meeting over to Anita Tyson.

Members, our first workshop, January 7! Sponsored by "Aftershock Cloggers." It will be close-by in Orangevale, CA. Pre-register by December 17, save \$5. For dinner, Homemade spaghetti, salad, garlic bread, and beverage for \$6. Check flyers in classroom.

From the cloggers: Merry Christmas and Happy New Year!

Contact: Barbara Sowers 408-5061, yubacabin@yahoo.com



• **Computer** •

• **Main Meeting January 11, 6:30 PM:** Len Carniato and Terry Rooney will present an overview of Apple and Android tablets, demonstrating the capabilities and limitations of each, Terry using an iPad 2 (ten-inch) and Len using a seven-inch Samsung Galaxy 7. The intent is to show these devices compared side-by-side to help you decide for yourself which one will meet your needs best.

The Apple iPad started the frenzy in tablet computing in April 2010. Samsung, Acer, Dell and ASUS fought back with a variety of models using Android operating system. The competition got even more intense in November 2011 when Amazon introduced the \$200 Kindle Fire, the door prize will be one of these wonderful tablet computers.

- Clinic January.13, 3:30 PM Tablets continued, more Q&A
- Ask the Tech January 23, 10:00 AM

Informal Q & A session for any and all technical questions, meetings at P-Hall (KS).

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



Mac User

Tuesday, January 10, is our next general meeting at P-Hall (KS). Our topic is "An Example of How Apple Products Work Together" beginning at 6:30 PM for Ask the Tech and 7:00 PM for meeting start.

Please mark your calendars: there is no meeting in December; February's general meeting will be on Tuesday, February 28 due to Valentine's Day; and general meetings in 2012 are moving from the fourth Tuesday to the second Tuesday of each month.

You can expect to receive an email for meeting reminders for both the general and special interest groups. Bonnie Esker, membership chair, says we have reached our 500th membership as we close out 2011! Dues for 2012 will continue to be \$15 per household. Please make your check payable to LHMUG and mail to Bonnie Esker.

Thank You to the many members in our group that have given their time, knowledge and expertise in 2011.

Contacts: Bill Smith, wsmith986@gmail.com;
Support Help Line: 668-0684
Website: www.lhmug.org



• **Country Couples** •

Everyone seemed to enjoy the Holiday Dinner Dance held on Sunday, December 4, at the Timber Creek Ballroom in Sun City Roseville. A big *thank you* goes out to the decorating committee (Karla Crist Penman, Linda Wilson, Janice Davisson and Ginny Nevins) for their efforts in making the unique

Holiday wreaths. Additionally, thanks

to Jim & Jeanie Keener for arranging the use of the SCR Ballroom and the buffet dinner, as well as, providing the music for the evening.

If you enjoy dancing and socializing with people, you should give CC's a try.

To observe the dances, you are welcome to contact one of the members noted below for times and locations of practices during the Holiday season.

Merry Christmas and Happy New Year to all, and keep on dancing.

Contacts: Ernie Wilson 434-6588; Tom Hargis 434-6931



• **Cribbage** •

The Cribbage Club plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00 AM in the Cards Room (OC). We mostly play four-handed partner games, adding a two-handed game or having a sit-out when required by the number of players. We use a rotation system to mix up the players rather than having a partnership stay together all morning.

We've had a pretty good turnout these last few weeks and will keep having them as the nice weather begins to disappear. Come out and join us.

Contact: Jack Poshepny 543-8463



• **Cyclist** •

We all want to be safe when we ride and we want to help others be safe, too. However, there a couple of common "helpful" practices among riders that may add to the danger of cycling. First, riders should never wave a waiting automobile by, indicating to the driver that

it is safe to pass. While the road ahead may appear to be clear, we don't know about cars coming in from drive ways or side roads, or even very fast-moving cars approaching us. Let the driver decide when he feels it is safe to pass.

Second, we have all yelled "clear" as we roll through a stop sign, in an effort to help following riders. However, not only do the issues mentioned above apply, but the rider is encouraged to run that stop sign at a higher speed, actually decreasing his safety, not to mention breaking the law.

Contacts: Steve Valeriote 408-5506, jillsteval@sbcglobal.net; Bob Burns 543-3382, sclhbob@sbcglobal.net; Ken Corcoran (925) 699-5151, kenandemilie@gmail.com Website: www.LHcyclist.com



• **Dominoes Mexican Train** •

Christmas is just around the corner and Santa will be here soon. Come spend this holiday time with us on Wednesdays. This is a great time to learn to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

Our morning and afternoon sessions of Mexican Train Dominoes continue to flourish. You are cordially invited to join one of our times: Wednesdays at 9:00 AM or 12:30 PM in the Card Room (OC). Free classes are being held at the 9:00 AM sessions. It's a great time for fun and social interaction.

Contact: Carl Sabol 408-4365; Cora A. Peterson 543-7144



• **Eye Contact Low Vision Support** •

Meeting: Thursday, January 12, P-Hall (KS).

1:00 PM: Our presentation is by activist Carolyn Casey, founding CEO of The Aisling Foundation in Ireland. She can see only up to a little more than 3'. She has managed to achieve, at age 34, three dreams she had since her teens: an elephant handler; driving a race car; and now, working for herself. She will tell us about her discovery, at age 17, that she had

been visually impaired since childhood. She asks us all to move beyond the limits we may think we have. An inspiring positive beginning to the new year.

2:00 PM Alma Ortiz, California Telephone Access Program, will demonstrate the newest free equipment available for hearing as well as vision.

Contact: Barbara Smith 645-5516; Cathy McGriff 408-0169; Margie Campbell (a ride) 408-0713



• **Fibromyalgia/CFS Chronic Fatigue Syndrome** •

Our December meeting will be a holiday reception on December 15 at 12:30 PM at the home of Sandy Barry and is a potluck "snack" event. Come and get to know us. Please RSVP to either contact number.

If you, a friend or a loved one suffer from either of these conditions, at our monthly meeting, usually on the fourth Thursday of the month, in the Multimedia Room (OC) from 1:00-3:00 PM. Our purpose is to provide positive support for residents with Fibromyalgia and/or Chronic Fatigue Syndrome. We offer information, educational material and support. We also discuss the importance of exercise and options offered here at SCLH. Join us and share your experiences as we all move through this difficult journey together. Our January meeting is on the 26th, the subject will be nutrition.

Contacts: Sandy Barry 521-2309 Jackie Wilson 253-3744



• **Fishing** •

Let's start by wishing every person reading this, member or not, a very Merry and Blessed Christmas and a Happy and Prosperous New Year. As for the club, we have just finished our annual Christmas Party held this year at the Turkey Creek Golf Course Lodge, a great venue with great food. A fine time was had by all attending. Our next major social event is the crab feed on January 21 at the Veterans Hall in downtown Lincoln. This event is open to the public, tickets go on sale December 15 and go fast, so if interested, contact Jim Hunter.

Now for a bit of fishing news, one of



Clockwise, from top left: Chillin' at Newcastle Produce; There's always one more hill; Alpine Lake, Mt. Tamalpais



Two hard-fighting salmon caught on the Sacramento River

our members had a great day on the Sacramento landing two hard fighting salmon about 42 inches long and over 37 pounds. Nice going. BTW, we are now planning next year's activities and open to new suggestions. Let's have yours.

Contact: **Wally DelaBarre 434-1712, wallydb@att.net**



Garden

Merry Christmas and Happy Holidays!

There is no general meeting in December. The Membership Drive will commence in January at the fourth Thursday (January 26) general meeting and/or through Chair Joan Scarper, 434-7233.

We thank the Steering Committee and all the Volunteers throughout the year who make the Garden Group Events possible. Without them we would never be able to support an array of expert speakers, tours, flower shows, demos, home garden tour, plant sale, socials, or civic, school and library projects.

We continue to need volunteers for the Flower Show (March), Plant Sale (April), Rose Show (April), and Home/Garden Tour (May) and school projects (all year), so please contact us if you can help!



Poinsettias — always a hit

Marie Salers, chair, Plant Sale (April 13, 2012) asks that you save seedlings, bulbs, surplus plants and garden items to donate at that time.

Contact Marie (408-3895) for more details. Note: New Month/New Time!

Contact: **Lorraine Immel 434-2918, limmel@ssctv.net; Judie Leimer 408-4308, judeleimer@sbcglobal.net**



Winter floral arrangement

Flower Arranging Class

New Date, New Time, New Place! The class resumes January 9, Ceramics Room (OC), 1:00-3:00 PM, \$3 registration. If you were not able to sign up at the Holiday Brunch contact Gloria.

Contact: **Gloria Stroemer 645-4699.**



Gem and Mineral Society

The Gem and Mineral Society's "Show and Tell" event held on October 31 was a huge suc-



Photos from our October event



cess as members shared their interests and talent with those in attendance as evidenced by the photos. No meeting in December. The next meeting will be on Monday, January 30, in the Sierra Room (KS) at 4:00 PM. Anyone interested in learning more about gems

and minerals is welcome and encouraged to attend. The lab continues to be open each Monday from 9:00 AM-12:00 PM.

Contact: **Dave Fisk 434-0747, dave_fisk@yahoo.com (also for lab info & reservations) Website: http://sites.google.com/site/lincolnhillssuncitygems/home**



Genealogy

Since there will be no formal meetings in December we would like to wish you all good things during the Holiday Season and all year through. The next General Meeting will be in January 2012. All monthly meetings are held on the third Monday in P-Hall (KS), 6:30-8:30 PM. We welcome anyone interested in finding their family history to attend our meetings. All levels are welcome. Dues run from January through December and are \$20 per household. At this time we are looking ahead to the Community Expo to be held in March. Don't miss this Community Happening.

Contact: **BJ Ollas 543-4682; Kathleen Propersi 543-0376 (computer workshop) Website: www.webflavors.com/lincoln**



Golf, Ladies Lincster Lady Niners

On a recent beautiful, sunny November day 16 Lady Lincsters played their hearts out to bring in net scores... all under par. We would be remiss not to mention that Karen Matus had a net 28 at the end of the day followed closely by Henrietta Fujihara and Judy Naragon with net 30s in D flight. Claren Bolton and Donna Rasch brought in net 31s in their respective flights, while Patty Alderete,



Karen Matus

Elfie Jenkins, Nancy McDonald and Shirley Varner had cool net 32s. Not to be undone, Phyllis Patrick and Jan Varin came in with a net 33 and Linda Zierman with a 34. Brenda D'Andre, Ann Diddy, Harlean Ellis and Marisue Flannigan finished their day with net 35s.

It wouldn't be fair to ignore the seven ladies who brought in net pars. They were Judi Boltz, Anita Bronner, Marcia Bush, Barbara Conger, Sherrie Cook, Pat Dangerfield and Margie Jewett.

Contact: Carol Golbranson 543-8647
Website: www.lincsters.com

Ladies XVIII

Our November 10 play day was highlighted by Linda Anselmo's exciting hole in one. It was her first, and she accomplished the feat on #11 — Orchard Course. Congratulations, Linda!

The November 17 *Turkey Shoot* was our last scheduled play day of 2011, and it saw Robyn Lock, Cheryl Wong, Lyn Chauvet-Thompson, and Carolyn Griffin win first place prizes. A great deal of food was donated by the LHLGXVIII members for the Salt Mine. Thanks to the Turkey Shoot committee: Lani Dodd, Pat McNiff, and Jan Wasson for a fun tournament.



Michelle Poirier

Pictured this month is Michelle Poirier, our Low Net Over the Field winner in the Club Championship. Nice going, Michelle!

Happy Holidays to you all!

Contact: Lani Dodd
doublebogey1@att.net
Website: lhlgxviii.com



• **Golf, Men's** •

On October 25, our famous *Monster Tournament* was contested with the following results; Flight #1 Bill Bowen and Walter Burke (64); Flight #2 Dan Kramer and Jack Drinkard (72); Flight #3 Brian Stowe and Bud Barnett (68) and Flight #4 Allen Garfein and Rod Hannula (75); congrats to all you guys!!!

On November 15, our season ending *Tournament of Champions* was held and some very fine scores turned in!! Flight #1 won by Walter Burke (64), Bill Bowen (65) and Brian Stowe (65). Flight #2 was captured by George Wuschng (64), Dan Jansen (66) and Duane Hansen (66). Flight #3 taken by Bob Keller (66), Allen Garfein (67) and Harlan Sutherland (68);

great showing of talent here!!!!

The Lincoln Hills Men's Club thanks all players for a fine 2011 and we look forward to a great 2012; we hope you all enjoy the Christmas Holidays!!!

"Hit 'em straight guys"

Contacts: Steve Brown 626-9075,
sebusaman@aol.com;
Ken Jacobson 408-8709,
jakemust@sbcglobal.net
Website: www.lhmgc.com



• **Hand & Foot** •

Hand and Foot is a fun and easy card game to learn and we are always happy to teach new players. Thursday from 8:30 AM to 12:00 PM in the Terra Cotta and Sierra Rooms (KS).

Contacts: Jim Brittain 408-5524;
Jerry Watkins 408-7899,
sandpusher@sbcglobal.net;
Denise Jones 543-3317,
djonesra@att.net; Lu Fox 408-1977,
lufoxxhollow@aol.com



• **Hiking and Walking** •

Walkers: The Walking Group invites you to join us in our walks. Walks are invigorating, healthy and the fall weather is delightful. Early morning is a great way to begin the day. Walks begin at 8:00 AM.

Hikers: The Hiking Group would like to wish everyone a Merry Christmas and

Happy New Year. Don't forget to check out the Hiking Group info on the new Resident Website.

Many residents have the impression the Hiking Group takes the winter off. This is just *not* true! We have an easy Christmas hike in the downtown Sacramento area planned just prior to Christmas. A full schedule of weekly hikes is set for January, including several in the Auburn / Lincoln area. Other hikes include a hike in Napa and the ever-challenging Mt. Diablo.

Check out the full schedule of December / January hikes where just the right hike is waiting for you.

Contacts:

Hiking: Dennis Ratay 543-9935,
Denratay@sbcglobal.net
Walking: Margie Campbell 408-0713
Website:
http://lincolnhillshikers.org/



• **Investors' Study** •

Are you confused about recent economic happenings in the world, and what to do regarding them in your investments? The Investors' Study Group is a group of residents who want to learn more about how to deal with today's volatile, ever-changing economic scene.

Our consultant, Russ Abbott, who also teaches the Financial Wellness

University classes as part of the SCLH Wellness Program, manages money professionally and brings speakers who address our concerns about aspects of the financial world. This group does not advocate specific investments. There are no sales. No one wants to know your net worth! We come to learn and receive information from people who study finance professionally. Some of us know relatively little about investing; others have been managing their own money for years. Everyone is welcome! Suggestions about future topics are also welcome. Our next meeting



Clockwise, from top left: In route to Stinson Beach; Malakoff Diggins State Park; Steep Ravine Trail on Mt. Tam

is Thursday, January 5, at 2:00 PM in P-Hall (KS).

Contact: Rachel LaForest 434-6459, laforestr@gmail.com



• **Lavender Friends** •

All the members and guests who attended our Christmas Dinner Dance at Turkey Creek had a great time. We feasted on Prime Rib and Chicken Marsala, roasted red potatoes with garlic and rosemary, grilled asparagus, green salad & spinach salad, rolls & butter, coffee, tea and soda, desserts. Our DJ played some oldies and lots good dance music. We collected lots of canned goods for the Lincoln Salt Mine. Now that this year is coming to an end, we hope you have a Merry Christmas and Happy New Year with family and friends. If you want more information on our club, check our website (below).

Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; Herman Osorio 408-8094, Hosorio2010@hotmail.com
Website: www.lavenderfriends.com



• **Line Dance** •

Another year is almost over and a big *thank you* goes out to all line dancers that made it a real success. Special thanks goes to all the students that signed up for the Introduction Class this past year. Many of them had never line danced before and have now found a great way to make new friends and have some fun dancing too.

Over 100 attended our holiday potluck and enjoyed the many delicious



Line Dance Holiday Potluck

dishes brought by our dancers. Our instructors, Audrey, Sandy and Yvonne review many of the dances that were taught throughout the year. The New Year is approaching rapidly and classes will soon be starting up again with the first starting Monday, January 2. Did you know we have 11 line dance classes from Introduction to Intermediate/Advanced? We also have a performance group called, "Out-Of-Line Dancers."

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



• **LSV/NEV** •
Low Speed Vehicles/Neighborhood Electric Vehicles

Fifty of our members celebrated the beginning of the holiday season at our Holiday Dinner Party in OC Ballroom. Our thanks to Diane Maker for making the arrangements, decorating, and getting the door prizes. We will not have a general business meeting in December, but will start back with our regular third Tuesday of the month schedule in January.

On January 17, we will have a pre-meeting coffee hour in the Social Kitchen (KS) at 9:00 AM followed by our meeting at 10:00 in P-Hall (KS) Our speaker will be Julie Domenick who will bring us the latest information on insurance issues. We will also be talking more about our road rallies for 2012. Join us for the fun and friendship in the coming year!

Contact: Buzz Rognlien 408-4540



• **Mah Jongg, Chinese** •

Christmas is just around the corner and with it comes the hustle and bustle of the holiday season. Consider joining our group and learning how to play an interesting and fun-filled game. It might even take your mind off of the holiday rush. We meet every Monday at 8:45 AM in the Cards Room (OC). If you have any questions, please call one of the helpful contact people. Merry Christmas to all.

Contacts: Rita Yankee 408-4405;

Virginia Haradon 408-5536; Ada Squires 543-3499



• **Mah Jongg, National** •

Our group meets every Tuesday in the Card Room (OC), 12:30 to 4:00 PM. This challenging tile game is a perfect activity for winter fun. We welcome all skill levels and have someone to teach newcomers. Please join us.

Contacts: Jolene Robinson 543-8162; Valerie Gee 645-6816



• **Motorcycle** •
RoadRunners

The riding season has gone and all that's left are fond memories. The mystical did not appear but in place we did a ride to Mt. Hamilton in the Silicon Valley. The curvy ride up to the mount proved a challenge but the view at the top made it all worthwhile. After a casual lunch in San Jose the group headed for home.

Christmas party celebration concluded our touring year and a good time was had by all. Thanks to Dale Brinsley and his party committee we wine and dined at Mimi's restaurant.

Elections have been completed and we have installed officers for the coming year. John Hanaway will be President, Dale Brinsley VP and head Road Captain, Peter Boyle VP of Membership, Sam Melchner Treasurer, and Secretary David Fernandes.

RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multipurpose Room (OC). Guests are always welcome.

Contact: Peter Boyle 408-1955, Boylep18@yahoo.com
Website: http://web.me.com/rettavincnt



Delta ride



• **Needle Arts** •
Threads of Friendship

Once again the Wearable Art Breakout Group presented a fabulous Fashion

Show in November. The Needle Arts Window (OC) is featuring fashions presented for your viewing pleasure.

December 13 was the Members Holiday Tea. Our next general meeting will be January 10. Fabulous speakers are scheduled for each meeting throughout the year. Plan to attend and renew your membership if not already renewed. Dues remain a bargain for the caliber of speakers and activities provided monthly.

General meetings are held at KS, 1:00 PM on the second Tuesday each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Linda Moran, 543-4401, to join us and see how fiber arts thrive in our community!

Contact: Vicki Hildebrand
408-4019, vhildebrand@att.net



• Neighborhood Watch •

If you have not heard from us during the past year, please let us hear from you by calling or emailing one of the contacts below. Remember, every SCLH resident is automatically a member of Neighborhood Watch!

In spite of our best efforts, we sometimes have “black holes” without a Mail Box Captain in some of our Villages. Our Village Coordinators are requested to temporarily fill Mail Box Captain vacancies, and these wonderful people do their best. Sometimes we need to give them a hand. Our board members are also available to assist.

Of course, we always hope to hear from residents who will assist our community through service, small or large. “Many hands make light work” and even a small effort can go a long way.

If you have a Mail Box Captain or Village Coordinator who actively contacts you, we would appreciate knowing that also!

Contacts: Larry Wilson 408-0667,
mvw6@sbcglobal.net;
Nancy Whitaker 408-7393,
nsymmes@hotmail.com
Website: www.lincal.net/watch



• Painters •

Our November meeting featured a “snow scene” art challenge and 18 members presented professional quality paintings. Each artist stood and talked about their piece and their experience in painting it. Then everyone wrote down the number on the painting of their choice and Paulette Pesavento won the blue ribbon, a new Painters Club member the second prize, and Diana Chan, the third. We all thank the presenting artists for sharing their work and their stories and for responding to questions from the floor.

Instead of a membership meeting in December, we gathered for “An Artists” Christmas Brunch in the Solarium (OC). We all enjoyed the chance to socialize in that beautiful setting.

In January only, we will meet on the first Wednesday (January 4), instead of on the first Tuesday. Our guest speaker will be Tom Jones from Sierra Framing.

Anyone interested in membership, please contact Lynn Fee.

Contact: Lynne Fee,
lynnfee@aol.com;
Diane Pargament 408-0221
Website: www.lhpainters.org



• Paper Arts •

Our December Christmas luncheon was a huge success with over 50 members attending the event at KS. We enjoyed a gift exchange game led by Jan Williams and drawing prizes went to a number of lucky winners. Some of our drawing tickets were “purchased” with food donations for the Salt Mine.

Special thanks to Sue Manas, our president, and all the people that worked to make our luncheon such a special event.

Also on display at the luncheon were samples for our January project. We’ll be making tile coasters, created with our favorite stamps. We’re finding that Paper Arts is not restricted to cards and scrapbooks – our members’ creativity has opened up the use of our stamps and tools to craft new pieces of art.

See our Christmas themed window display (OC), and enjoy the holidays!

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



• Pedro •

Pedro is a fun, slightly challenging bidding game and we are a fun group. If you have never played, or if it has been a long time, we are happy to teach you the basics or refresh your memory. We play in the Cards Room (OC) on the first and third Friday of each month at 9:00 AM and 12:00 PM. We hope to see you there.

Contacts: Denise Jones 543-3317,
djonesea@att.net; **Phyllis Hunter**
408-5843, phyllishunter3@att.net



• Photography •

Our speaker for the January 11 meeting will be Lee Basham, talking about his experiences with taking on-stage portrait shots, usually candid. Having the confidence of the actors is as much a critical asset as his relatively free access to shooting positions, but it’s still difficult to work under stage light conditions. Though Lee is also the set designer and the lighting director, the venue is designed for acting, not photography. Something’s usually missing for the best shot anyway, so it’s how you deal with it that counts.

Part of our activities include monthly member challenges to shoot for a particular results. The Show & Tell section of our January 11 meeting will feature images purposefully altered after the shot for creative effect (including those you might not want shown at your mental competence hearing), and damaged photos that have been restored.

Merry Christmas from Shiloh and the Photo Group.

Contact: Klara Kleman 408-4496,
klemanklara@sbcglobal.net
Website: SCLHphoto.com



• Pickleball •

The 25th year of the Huntsman World Senior Games in St George,



Shiloh

Utah afforded nine SCLH Pickleball players to return with *nine medals*. Even more impressive is that they competed against 420 other Pickleball players. The Huntsman annual event is the world's largest multi-sport venue for athletes 50+ years, offering 27 different sports for 10,000 athletes each October.

The SCLH winners — Gold Medal mixed doubles: Linda Brandelius and D.J. Cox; Bronze Medal mixed doubles: Sharon Klotz and Tom Gatti; Gold Medal Women's skill level 3.0: Sharon Klotz and Linda Brandelius; Silver Medal Men's skill level 3.0: Carl Lee and Roger Lopossa; Bronze Medal Men's Singles: Leonard Lyubovny.



Huntsman winners, from left, Carl, Sharon, Roger, Tom, DJ, Linda, Leonard

Come and watch the action: New competing women's only ladder league every Monday from 1:00-4:00 PM. Three mixed double ladder leagues play Tuesday, Thursday, Friday at 1:00 PM. New in January mixed Team Play 1:00 Saturday. Beginner lessons Wednesday and Saturday at 1:00 PM.



• Players •

Auditions for "The Disappearance of the Three Little Pigs" were held on November 30 and the cast will begin rehearsals soon.

The Readers Theatre also had auditions for its next production.

Two episodes from the Sherlock Holmes radio shows will be performed. The first is "The Case of the Dead Adventur-ess." Holmes is vacationing in France and has been accused of murder and must prove his innocence.

The second story, "The Adventure of the Tolling Bell," also involves a murder, this time in a small town in England. The town's bell rings whenever something important happens. Lately the bell has

been ringing too frequently for Holmes and he is determined to find out why.

Performance dates will be on Saturday, February 4 at 7:00 PM and Sunday, February 5 at 2:00 PM at P-Hall (KS).

Players meetings: Second Mondays, 4:00 PM, P-Hall (KS).

Contact: Steve Garavito 434-6725

Website: www.lincolnhillsplayers.com



• Poker •

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM and Tuesday, 5:00-8:30 PM in the Multipurpose 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 and Tuesdays — 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 tournament will be Saturday January 21.

Any questions, or to be added to our email distribution, please contact one of the contacts (below).

Contacts: Mike Goldstein 543-8238;

Ginger Nickerson 253-3322;

Steve Kriner 295-8012



• SCHOOLS Volunteers •

Sun City Helping Our Outstanding Lincoln Schools

The members of the SCHOOLS Group are busy volunteering in Lincoln Schools. Our assignments are generally weekly events but the schedules are very flexible. If a weekly assignment is not possible, we also help the schools with special events such as Book Fairs, Mother's Day Boutiques, and Holiday Gift Events.

We are still in need of volunteers! If you have even an hour a week to help out in the classroom, call us!! You don't have to be a teacher to be a member of the SCHOOLS Group, you just have to want to make a difference in the lives of the children!

We also get together socially so that

we meet and greet our fellow volunteers. Here are two dates to add to your calendars:

- February 16, SCHOOLS Potluck Dinner, 5:30 PM, KS

- June 5, Annual Schools Picnic

Call today for details on how to get started!!

Contacts: Sandy Frame 408-1453, sflincoln4fun@starstream.net

(Elementary); Eileen Marks 409-0320, emarks@aol.com;

Cindy Moore 408-1452, cindymoore@me.com;

La Rita Gruenwald, lariat@wavecable.com



• Scrabble •

Wondering who likes to play scrabble on Mondays?

We never know exactly who will drop by on any given Monday, but around eight of 15 wordsmiths come for two to four games each week. Some have played the game since childhood, others have taken it more seriously since retirement.

Recently, our group welcomed new players, Frank and Barbara. Frank is a retired traffic engineer, while Barbara is still a working nurse. Jan joined during the summer, sneaking in games amid breaks from substitute teaching.

Other long-time player's professions include education, administrative assistance, business management, and daycare. It is probably not too much of a stretch to think of former teachers as scrabble enthusiasts. But, it really matters not what one used to do, exercising the brain is the draw now.

You are welcome to join us Mondays, at 1:00 PM in the Cards Room (OC).

Contact: Candy Koropp 409-5017



• Second Cup of Coffee •

There is no December session due to the Holiday Season.

On Monday, January 16, resident Bill Richardson, our traditional kick-off speaker, will present another uniquely developed DVD and present "2011 College Football Update... You Make The Call!" Bill remains very active as replay

official in the PAC-12 Conference. He has selected several football games to highlight important official calls. He enjoys challenging the audience to make the call and learn from his experiences and passion for this great game. Q&A is continuous. Come early!

On Monday, February 20, we will have our important biennial General Membership Meeting. A new steering committee will be presented to the audience by the Election Chair, and an ensuing vote will take place. Following the vote, we will invite the audience to share their travel memories and tips; the comments will be recorded and distributed to our email roster and future handout.

In 2012, we will start our meetings at 10:00 AM. These meetings are scheduled for P-Hall (KS).

Contact: Wolf Oplesch 408-1788
oplesch@sbcglobal.net
Website: <http://sites.google.com/site/secondcupofcoffeegroup>



• **Shanghai** •

Join us in learning how to play Shanghai, a fun group card game. We are offering free lessons. We play every Thursday at 12:00 PM, and every second and fourth Friday nights at 5:45 PM. Contact one of the names listed below.

Contacts: Howard Beaumont 408-0395; Ann Holbak 408-2061



• **Ski** •

There is more than one way to get ready for ski season! To prepare the soul you will want to attend the Holiday Social to be held December 20 at the home of Chuck Frevele and Jean Benson. If you have yet to RSVP, please

contact Sylvie Roberts at 408-0344, and if you will attend, you will be assigned a potluck side dish. The entrée will be provided by the Club.

To prepare



Working out at the Fitness Center Ski Conditioning Class

the body, many members have either attended the November or December ski conditioning classes at KS, or are working out on their own based on the exercises demonstrated at our November general membership meeting by Fitness Center personnel.

Our next general membership meeting will be January 17 when Bruce Johnson, President of the Sierra Regional Ski for Light, will give us a presentation on how his organization assists blind/visually impaired youth and adults to cross-country ski.

Contacts: Mike Hilton, Sue Worrall, Chuck Frevele 258-2150, lhskiclub@gmail.com
Website: www.suncity-lincolnhills.org / Lifestyle / Clubs / Ski Club



• **Singles** •

Dynamic Singles

Singles are in the mist of the joyous winter holidays and not too far from the falling snow...

Fun time was had by all who attended the Dono Del Cielo Winery bus trip.

December Birthday Party was great at Meridians in spite of the rain!

Our November 10 General Meeting drew our biggest crowd yet of 145 members. All members that have dues paid for 2012 will attend the Pre Super Bowl Party Free!

Upcoming Singles events:

~ December ~

- 17) 11:00 AM-2:00 PM – Holiday Luncheon Buffet/Entertainment at OC Ballroom
- 29) 6:00 PM – Pre-New Years Buffet/Dance at OC Ballroom

~ January ~

- 1) Happy New Year to all
- 5) 4:30 PM – Cocktail Time
- 8) 4:30 PM – January Birthday Party Note Date Change at Meridians Sports Bar
- 12) 6:30 PM – General Meeting Note Location at KS
- 14) 9:00 AM – Second Saturday Breakfast at Meridians Sports Bar Happy Holidays!

Contact: Marty Joseph 543-0803
Website: www.lincolnhillssingles.org



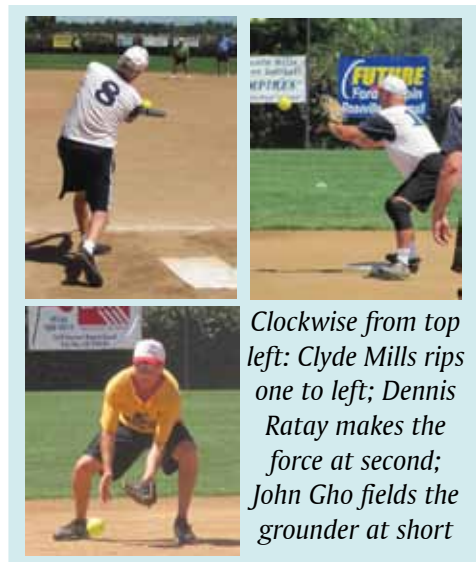
• **Softball, Senior League** •

The players in the Senior Softball League wish everyone a Merry Christmas and a Happy New Year! Watch this space in the January & February issues of the *Compass* for information on Spring Training activities. Make it a priority to get fit and ready for the Summer Recreation League that will start in late March. The bulletin board at the Field will have updates about softball activities as does the website, www.lhssl.com.

Contact: Mike Hilton 408-0346, Mhilton14@aol.com
Website: LHSSL.org

Coyotes

60s Black: Pleasanton was the last tournament for the Black, but it was



Clockwise from top left: Clyde Mills rips one to left; Dennis Ratay makes the force at second; John Gho fields the grounder at short

filled with tough teams and they finished with a 1-5 record. Ed Lazarek and J.R. Jackson were the top hitters. For 2011 the team compiled a 47-26 record. In 2012 there will be a 60s, 65s, and 70s teams.

Coyote Winter Ball: From October 6 through March 29, the Coyotes All Stars compete against five other teams in northern California in Thursday double-headers. Each team has top tournament players and man teams from Folsom, Fair Oaks, Suisun, and Sacramento. The Coyotes, as of this writing, are 7-3-2 and are averaging over 22 runs per game and are comprised of 60s Blues, 60s Blacks, and 70s.

Coyote Program: Coming up is the Coyote annual breakfast and the January 2012 banquet. Also in the works is a Coyote Thursday league this summer.

Contact: Bob Hunter,
bluespritzer@yahoo.com



• **Sports Car** •

It is fun reflecting on the wonderful trips we had this year. We had 15 rolling events. These included local single-day trips such as Sacramento River Delta, Big Springs Garden and a very fun treasure hunt to Tahoe. We had overnight stays in Pacific Grove, Aptos, Clear Lake, Sonora and Mendocino.

Additionally, we had nine social events including Kentucky Derby and Oktoberfest parties that club members put a lot of work into with great success. Our end of year finale was a dancing party in OC Ballroom and our annual Christmas wrapping for needy children.

Thanks to Chuck Schmidt who led

The club is very grateful to Frank Reina who served four years as President and Michelle and Don Parent who served two years as Treasurer.

Meeting times:

- Mainstream/Plus Instruction Mondays, 2:30-4:00 PM (KS)
- Full Plus Level Mondays, 1:15-2:30 PM (KS)
- A-2 DBD Level Thursdays, 1:00-3:00 PM (KS)
- Round Dancing Fridays, 2:00-4:00 PM (KS)
- Round Dance Practice Saturdays, 7:00-8:30 PM (OC)

Contacts: Chuck Vickers 408-4082,
pjclvickers@starstream.net;
Frank Reina 543-3132,
papafrank@yahoo.com



• **Table Tennis** •

The Table Tennis Group would like to extend its best wishes for a Happy Holiday Season to everyone, and may the New Year bring you the very best of health and happiness.

Our sessions

are Tuesdays, 6:00-9:00 PM; Fridays, 8:00-11:00 AM; Sundays 12:30-5:00 PM.

Contact: Howard Parker 408-4655
Joe De Souza 543-4868

• **Tap Company** •

I hope everyone is enjoying their break. Don't forget to keep practicing those performance dances. Just be sure to save some time for Christmas shopping.

The Tap Holiday Brunch was a huge success and everyone enjoyed their time with Alyson and friends. It's always good to see new tappers and the old alumni.

If you've been thinking about getting back to tap or starting tap lessons, be sure to sign up for the new session starting the first week in January. You know you owe it to yourselves to work off that turkey, dressing and gravy. It's such an easy way to exercise and have fun at the

same time. It sure beats the stationary bike and the treadmill.

We truly hope you all have a wonderful holiday season and wish you all a merry Christmas, happy Hanukkah, and a healthy and prosperous New Year.

Contacts: Becky Sprong 408-1389,
beckysprong@sbcglobal.net;
Muriel Menig 434-2634,
murielmenig@att.net



• **Tennis** •

Well it's here, the last month of 2011 and my last article for the *Compass*. New LHTG Board members have been elected and are ready to step in and take over their new duties. Thanks to all who offered to volunteer for these positions because without you there would be no club.

Dues for 2012 are being collected in December and January. Twelve dollars per person is all you pay for a year's worth of fun tennis and social events. To join or to find out where to send your dues and new board members, see our website at www.sclhtg.com.

December finalized all club activities for this year ending with the Men's and Women's Christmas luncheons. A new events schedule will be posted in January. Until then, remember there is still drop-in tennis every Wednesday and Saturday from 9:00-11:00 AM on courts 5, 6, 7 for all residents.

Contacts: Carl Braganza 408-2898,
cfbraganza@gmail.com; Christy Link 543-6504, aclink@aol.com
Website: www.sclhtg.com



• **Vaudeville Troupe** •

Buy your tickets today for the best live performance in town!! OC and KS Activity Desks: \$10. This ever-popular, "outrageously entertaining" Vaudeville Troupe will be performing January 6/7 on the P-Hall (KS) "Cabaret-style" stage to present their old-time Vaudeville Show "The Cavalcade of Stars."

This high-energy, non-stop action extravaganza encompasses all genres of entertainment: hilarious never-before seen Vaudeville comedy skits, Vaude-



Large Big Springs Garden Group

our rolling events, and Sunny Simons and Edy Ternullo, co-chairs of our social committee. Thanks go to DiAnn Rooney, our outgoing president. Our new president will be Joe Hobby. The dates for next year's Pacific Grove trip will be April 17-19.

Contact: Pat Heesch 408-1500,
pheesch@aol.com
Website: LHsportscars.com



• **Square & Round Dance** •
Sun City Squares

At the last general meeting, the club elected the following officers for the 2012-2013 years: Chuck Vickers President; Bob Grupp Vice President; Don Gremaux Treasurer; Elaine Small Secretary. Also serving in non elected positions are: Phyllis Vickers social chairman, Carol Reina round dance coordinator, and Joyce Hodge historian.



Vaudevillians having fun at rehearsal!!

ville Ponies, talented vocalists, creative novelty numbers, exotic, sexy dancers, stand-up comedians, to stunning classical opera. Included is a Musical Tribute to "South Pacific" featuring the memorable songs from that 1949 Broadway Show.

The Vaudeville Show is performed in style at P-Hall (KS) where every comfortable seat has a great view! Shows sell out fast! Get your tickets now!

Friday, January 6, 2:00 & 6:00 PM

Saturday, January 7, 2:00 & 6:00 PM

For more information contact Marina Eugenios, Director/Producer (see below).

Contact: Marina Eugenios 408-3654,
marinaeug@sbcglobal.net

Troupe Website: YouTube.com/
user/marinaeugenios



• Veterans •

A standing-room-only crowd of more than 400 residents and guests enjoyed the Veterans Group's annual Veterans Day celebration in the Ballroom (OC) on November 11.

A wreath was placed next to the veterans' memorial plaque outside the main entrance to the lodge prior to the ceremony.



Patriotic choral music by Twelve Bridges Elementary School choir and the recitation of the poem I am America by cowboy poet Larry Maurice highlighted Veterans Day ceremony (Photos by Dick Schultz)



The program featured the posting of the colors by the National Sojourners in Continental Army uniform, patriotic music by the Roseville Community Concert Band and the Lincoln Hills Community Chorus, vocal selections by the Twelve Bridges Elementary School Choir and a reading by cowboy poet Larry Maurice.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on January 1 and 16, New Year's Day and Martin Luther King, Jr. Day, respectively.

Contact: Rich Williams 543-4887,
rgwdew@att.net

Website: lhvets.org.



• Water Volleyball •

Water volleyball is open to all residents of any skill level. You can try it out without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play. One league just ended, but there will be another one after the holidays. Our annual Christmas Banquet was on December 9 with catered food, entertainment, and a short business meeting with elections of officers.

During the upcoming busy holiday season, make sure to take time to play. Join us in the pool for some good clean fun, get a good low-stress workout, and meet new people. See you in the pool! Play available (KS):

- Open Play: Saturdays 9:00 AM; second, fourth (fifth) Mondays 5:30 PM.
- Open/League Play: (all levels): Wednesdays, Thursdays 6:45 PM.
- Advanced Play (rated players only): Mondays 6:45 PM.
- Training: First/third Mondays 5:30 PM.

Contacts: Jim Puthuff 543-0067,
jputhuff@softcom.net;

Jerry DiGiacomo 408-7072,
itsmrd@sbcglobal.net

Website: www.lincolnsuncity.org



• West Coast Swing Dance •

Our Annual Holiday Dinner Dance & Dessert Buffet was a great success with festivities and fun for everyone.

This Saturday, December 17, for our

Club Night Out, we will be joining the Capital Swing Dancers at their holiday party. Fair Oaks Park & Recreation Auditorium, 6:30-10:30 PM.

We will be on a holiday break from the Friday evening West Coast Swing Dance practices during the months of December and January. We have a full schedule of events already scheduled for 2012 including Friday evening dance practices beginning February 10 and the Annual Swing Dance Convention in Sacramento on Presidents Day weekend. Look for details in the next *Compass*.

If you would like a schedule of our club events for 2012, please contact Dottie.

On behalf of the SCLH West Coast Swing Dance Club, we wish all of you Happy Holidays.

Contacts: Dottie Macken 543-6005,
justdottie@sbcglobal.net;
Eldon Davisson 408-8542,
ejdav1@sbcglobal.net



• Writers •

The Writers Group continues to showcase the talents of our members. October was an excellent month as five SCLH poets were winners in the "Voices of Lincoln Poetry Contest," including one Writers Group member, Harmony Byron, who had three poems place.

On Halloween, we held our first "Spook-a-thon" — writings dealing with strange and mysterious events. The range of presentations was surprising, proving our scribes can take on varied challenges. SCLH is full of talented people with stories to tell. We encourage all potential literary artists to join us in shared creativity.

Put those unwritten stories down on paper and bring them in. Our amateur editors give no rejection slips, only encouragement. We meet on the second, fourth and fifth Monday each month at 6:30 PM in the Ceramics Room (OC). Please note that we will *not* meet on December 26.

Contact: Jim Fulcomer 543-9201;
jjfulcomer@mac.com; **Alan Lowe,**
slolowe@starstream.net

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Bulletin Board

Please email your bulletin board articles to judy.hogan@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.

Citizens-On-Patrol (COPs)

The Lincoln Police Department will be hosting an orientation meeting for its COPs Program. Participants will be introduced to the various volunteer opportunities: Patrol, Front Office, Neighborhood Watch, Bike Patrol, Traffic/Parking Unit, and the School Safety Program for Elementary Schools in Lincoln. Program open to Lincoln residents 18 years old or older. Orientation: Tuesday, January 17. Two sessions available: 1:30 PM/7:00 PM, 60-90 minutes long, both at Lincoln's City Hall, 5th & "F" Street, First Floor meeting room. More info: Rich Ragan at 916-645-4081.

Glaucoma Support Meeting

We meet the second Wednesday every month at OC; please come/join us. More info: Bonnie Dale, 543-2133.

Lincoln Hills Italian Club (LHIC)

The holidays are upon us and the LHIC is already in full swing celebrating with gusto! To Italians in particular, this season is one we look forward to for sharing our traditions of great food and cherished memories. Our November "Turkey Bingo" event was a fabulous beginning to this celebratory season. Breaking past attendance records, this fun-filled event continues to be a club favorite. Much gratitude to Carmela Carniato and her team for a wonderful job putting this big day together for all of us. Check our website: www.lhitalianclub.com for all social event details and read il Bollettino—our Club newsletter. If you or your partner is of Italian descent contact Membership Chair Rose Cesarz, 434-5301. Salute!

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 residents are welcome. Tables are first-come, first-served.

Racquetball Group

We play Mondays & Thursdays at California Family Fitness Club (781-2323), Roseville. Membership to the club required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number

You are invited... To the following presentations held in OC Lodge
These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.
January 4 • 10:00 AM Nautilus Society, Heights Room (OC)

of players, we play cutthroat, doubles and/or singles. Ladies welcome. See you on the court!! Contact: Armando Mayorga, 408-4711. amoon38@sbcglobal.net.

Shalom Group

About 20 walkers enjoyed a hike November 17 led by Hal Berman through part of the Ingram Slough Preserve. The next day, the same number led by Gloria Kemna went to the McClellan Field's Air Museum. The Hanukkah Party Tuesday, December 27, at OC Ballroom is the big event coming up. We will meet at 5:30 PM for dinner: chicken, latkes, salad and dessert. The tariff for this is \$15; \$12 for children 12 & under. You can bring your own Menorah... you will need eight candles. Nuts, dreidels, and Hanukkah gelt not required but acceptable. Should be a lot of fun. More info: Joan Reiss. January 23: general meeting at KS. Check calendar, www.shalomsg.org, for updates. Questions to group: contactshalomgroup@gmail.com; membership info: Natalie Flynn.

Shooting Group

Our purpose is to make friends among residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Winter months we meet at 9:00 AM. Contact Michael Pargament for shooting schedule hours. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Each month we gather at a member's home for hors d'oeuvres and drinks, to enjoy each other's company and meet spouses. Interested in joining? Contact John Kightlinger at 408-3928 or Michael Pargament, 408-0221, jdpar@inreach.com.

The Travel Group www.lhtravelgroup.com

The Travel Group meeting is Thursday, January 19, 7:00 PM, KS. Speaker Jay Fehan Collette Vacations. The Holiday Party replaces December meeting. Trips with openings: Reno Snow Train (Feb 2012), Hawaii Cruise (Apr 2012), South Africa (Apr 2012), Philly-DC-Williamsburg-Baltimore (May 2012), New Orleans-Memphis-Nashville (May 2012), No. Europe Cruise (Aug 2012), Alaska Cruise (Aug 2012), Turkey Tour (Sep 2012), Sicily (Oct 2012), Palm Springs New Years (Dec 2012), Vietnam Cambodia/ Mekong River

Cruise (Jan 2013), So. America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Prague-Paris w/Nuremburg-Luxemburg River Cruise (Jun 2013); Paris-Barcelona w/river cruise thru Provence (Jun 2013). Friends/family may join on trips. Membership to Travel Group not required to attend meetings please join us for an interesting & informative evening in a travelogue-like format. Committee member contacts: Karen Foley 645-5411, klfandedf@starstream.net; Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, Sheron5@sbcglobal.net; Louise Kuret 408-0554, lkuret@sbcglobal.net.

In Memoriam

Patricia Miller

Pat has been living here with her mother Ruth Stowell while she battled Breast Cancer. Pat was a widow and has been receiving support from the Bosom Buddies and her Church. She is dearly missed by her mother, two children and three grandchildren.

Trevor Kevin Gutierrez

Trevor was born in Glendale, California, in 1950. He worked for the State for 28 years and retired with disability. He has been living with his dear mother, Sylvia for six years. Trevor is known for his sunny personality and great sense of humor! Besides his mother, he will be missed by his three children and many, many friends.

Judith Stevenson-Victor

Jude worked as a Speech Therapist for children with special needs. She was a gifted poet, dog lover, and committed member of Temple Or Rishon. She was active in the Lincoln Poet's Club and Lincoln Writer's Group. She leaves her beloved husband, Arnold, five stepchildren, three grandchildren, her sister, and many other relatives and friends.

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.



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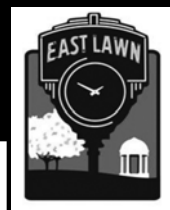
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Date Change! Victorian Christmas Sunday, December 18 — 1862-10

Lots of Walking, uneven crowded streets, wear comfortable shoes, dress warmly in layers. A favorite with our residents. Nevada City's landmark historic district is transformed back in time to capture the romance of an old-fashioned holiday. Holiday celebrants fill the streets sampling outdoor fare of friendly hawkers and vendors with food and goods offered by downtown restaurants and specialty shops. Christmas melodies, costumed characters and the glow of gas streetlights remind visitors of another time and place. Dinner on your own. Leave OC at 12:30 PM, return ~ 7:30 PM. \$23. RSVP ♦♦ Now.



San Francisco Shopping

Thursday, December 22 — 1841-10

Lots of Walking! Last chance for last minute holiday shopping! See San Francisco at its finest with Union Square stores decorated for the

Holiday Community Celebration • Thursday, December 15 — Free

Appreciate the beautifully-decorated OC Lodge, visit with neighbors and enjoy light refreshments during a Holiday Community Celebration from 3:00-5:00 PM in the Community Living Room (OC). Staff, Board, Committee members and other volunteers will be on hand to share in the joy of the season and celebrate work well done in 2011. Enjoy music by the Lincoln Hills Brothers and Sunny Singers. Staff will compile a list of decorated homes and make the list available to residents during this Holiday Community Celebration. *Unfortunately renting buses to tour us around the neighborhoods like last year is too costly, so we encourage you to carpool with friends and neighbors to see the lights in the community.*



holidays. Join in the holiday hustle and bustle without having to worry about driving and parking. Receive your Macy's 10% discount card for the day as you board the bus. For your convenience, our coach will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$34. RSVP ♦♦ Now.



Red Hawk Casino

Thursday, December 29 — 1940-10

Ready to get away for the day? Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our passengers \$15 free play money. Be sure to bring your personal identification to receive your Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ Now. Same trip is scheduled on February 29, details on page 49.



Lincoln Hills New Year's Eve Spectacular Saturday, December 31, Orchard Creek Lodge Solarium Winemaker's Dinner — 5031-10WM Ballroom Comedy Dinner Show — Sold Out Meridians — 5031-10MER Pre-Function — 5031-10PF

New Year's Eve 2012 will be "Spectacular!" at Lincoln Hills with new party options for you and your guests. Customize your celebration with food, music and laughs before the clock strikes midnight. For wine lovers, experience the "Best of Winemaker's Dinner" with a four-course meal and an exceptional pairing of wines from Chef Roderick in the Solarium. Headliner Sean Peabody will have you laughing during the one-hour Comedy Dinner Show in the Ballroom. For those who would like to have an intimate dinner with close friends, select your favorite entrée and seating in either the Pre-Function Area or Meridians. After dinner, everyone will enjoy dancing with DJ Greg of Music to Go, karaoke in the Community Living Room and 30-minute comedy stunts in the Sports Bar. Champagne will flow before the clock strikes midnight as you watch the night

sky light up with a magnificent Amphitheater fireworks display to ring in the New Year. Guests may choose their tables during registration. Resident must provide all the names and entree selections as well as seating location for their party. Tickets for the Best of Winemaker's Dinner and Comedy Dinner show are exclusively available at KS; Tables at Pre-function and Meridians will be on sale only at OC. Tickets required for entry. No refunds. Menus available at the Activities Desks. For Winemaker's Dinner and Comedy Dinner Show guests, doors open 7:00 PM, dinner 7:30 PM. For Meridians and Pre-Function guests, doors open 7:30 PM, dinner served 8:00 PM. Dancing 9:00 PM-12:30 AM, Karaoke 9:00-12:00 AM, Mini-Comedy Shows at 9:30 PM and 10:30 PM, Fireworks display at midnight. Tailored dinner options start at \$65 per person. Join friends and family for a night like no other!



**Kilaga Springs — At the Movies!
“Amadeus”**

Monday, January 2 — Free



PG; 160 minutes. “Amadeus” stars F. Murray Abraham, Tom Hulce and Elizabeth Berridge. Biography/Drama. Show 1:30 PM. P-Hall (KS). Free.

Masters of Venice at de Young Museum

Tuesday, January 3 — 1762-11

Renaissance Painters of Passion and Power is a worldwide exclusive presentation of 50 paintings by 16th century Venetian painters Titian, Giorgione, Veronese, Tintoretto, Mantegna and more, all on loan from Kunsthistorisches Museum in Vienna. Featured



are outstanding examples of the work of these artists — collected by archdukes and emperors of the Habsburg family — among the most celebrated holdings in the Museum’s collections. Together these paintings represent the range of Venetian accomplishment in Renaissance-era painting. Bring your own lunch or enjoy lunch at the museum café. Price includes audio headset for use at the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$63. RSVP ♦♦ Now.

The Vaudeville Troupe’s “The Cavalcade of Stars”

Friday, January 6

2:00 PM Show — 5006-11A

Friday, January 6

6:00 PM Show — 5006-11B

Saturday, January 7

2:00 PM Show — 5007-11A

Saturday, January 7

6:00 PM Show — 5007-11B

Lincoln Hill’s popular and “outrageously entertaining” Vaudeville Troupe returns to the Presentation Hall (KS) “Cabaret-style” stage to



present their old-time Vaudeville Show, “The Cavalcade of Stars.” This high-energy, non-stop action extravaganza encompasses all entertainment genres from hilarious never-before seen Vaudeville comedy skits and Vaudeville Ponies to talented vocalists and creative novelty numbers. The program includes a stunning tribute to “South Pacific,” including “Bali Hai,” “A Cockeyed Optimist,” “Ain’t Nothin’ Like a Dame,” and more. The Vaudeville Show is outrageous fun with a Troupe of performers that engage and interact with the audience.

Four shows only that always draw sell-out crowds. Arrive early as seating is first-come, first-served for all shows. P-Hall (KS) Shows at 2:00 PM and 6:00 PM. \$10.

Reno – Silver Legacy

Tuesday, January 10 — 1775-11

Take in beautiful views of wonderful snow-capped mountains as your coach takes you to Reno. Enjoy a trip to the Silver Legacy for a day of sight-seeing, gaming, lunching, people watching and excitement. Receive a \$10 cash back and a \$5 food coupon for the day. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$27. RSVP ♦♦ by 12/19.



Just Added! Document Destruction Monday, January 16

10:00 AM-12:00 PM, OC Fitness Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paperclips 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!



New Resident Orientation Tuesday, January 17

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REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 86.

TWO FACILITIES: Orchard Creek Lodge (OC) & Kilaga Springs (KS)

RESERVATIONS: Reservations are required for all activities unless otherwise noted. Resident I.D. is required for registration. *If an activity/class is cancelled, a refund will be given. No other refunds will be given.*

WANT TO SELL? Please contact the Activities Desk (OC/KS) if unable to attend an event, trip or class.

WEATHER: Association trips and events

are held regardless of inclement weather.

RSVP DATE ♦♦: If a RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After that RSVP date, for **Trips:** Residents may purchase as many spaces as they wish, no limit. For **Events:** Residents may purchase additional tickets and registration is open to the public. If no RSVP date is listed, residents may purchase an unlimited number of tickets. For **Classes:** RSVP date is set in order 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 five 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.

FITNESS CLASSES: Register for fitness classes at either Fitness Center.

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. 1:00-3:00 PM, Solarium. Light refreshments. Free. No RSVP ♦♦ required.



Comedy Night at Kilaga Springs Tuesday, January 17

6:00 PM performance — 5017-11A
8:00 PM performance — 5017-11B

Headliner Del Van Dyke is the winner of the Sacramento, Spokane and Alameda County Comedy Competitions, as well as Reno Harrah's *Search for the Stars* Competition. For over 20 years he has performed in comedy clubs, casinos and for troops overseas. Del has appeared on *Showtime*, *A&E* and *Comedy Central*. Show opener is Mike Betancourt. P-Hall (KS). \$10.



Pissarro's People at Legion of Honor

Thursday, January 19 — 1841-11

This exhibition offers a ground-breaking perspective on Camille Pissarro (1830-1903), the painter and print-maker best known for his large body of landscapes and urban views. This exhibit brings together more than 100 oil paintings and works on paper from public and private collections

around the world. He died a Danish citizen in Paris. Enjoy a coffee break, lunch or afternoon tea on your own



at the Legion of Honor Cafe and Garden Terrace overlooking the Pacific Ocean or you may bring your own lunch. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$56 includes audio headset for use in the museum. RSVP ♦♦ by 12/30.

"Mostly Broadway" with Award-Winning Broadway Star David Burnham

Monday, January 23 — 5023-11

The critically-acclaimed New York Broadway Star you couldn't stop talking about is back! Award-winning singer and actor, David Burnham, has starred in the mega-hit "Wicked," "The Light in the Piazza," "Joseph and the Amazing Technicolor Dreamcoat," and "Les Miserables." In "Mostly Broadway," he delights the audience with tales of the Great White Way and the millions of lights on theater marquees and billboard advertisements that illuminate Times Square and beyond! Experience David's astounding vocals and original works, as he presents songs



from his new CD produced with television and film composer Mark Vogel, who will accompany him on the piano. Ballroom (OC) 7:00 PM. \$16.

Broadway Sacramento: West Side Story

Tuesday, January 24 — 4563-05C

Watch the one of the greatest love stories of all time "West Side Story" with unforgettable musical scores such as "Somewhere" and "Tonight." Leave OC at 6:45 PM, return ~ 11:30 PM. See page 49 for details. \$78. RSVP ♦♦ Now.



Benicia Glass Tour and Lunch Thursday, January 26 — 1763-11

Join us for our second exciting and educational tour of Benicia Glass Factory in charming downtown Benicia. Begin with a private glassblowing demonstration at world-famous Nourot Glass Studio that specializes in Venetian-style techniques brought from Italy. You'll have time to shop for fine art gifts — exquisite vases, bowls, glasses and paper weights before lunch at the historic Union Hotel for lunch. Gabriel, chef-owner of the hotel's restaurant, will prepare a delicious meal, your choice of *Ravioli*, *Fettuccine with Filet Mignon Nuggets* or *Penne Pasta with Chicken*



REMINDERS

SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheel chair 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 the OC Fitness Center (The Wave) unless noted otherwise. The bus will drop off there on return to Lincoln Hills.

SOLD OUT EVENTS: Are shown at the end of the Special Events listings.

HOSTING A BUS TRIP: Every bus trip has at least one person (*the Host*) representing the Association on board. The Host's responsibility is making sure the bus leaves and returns with the same number of people which includes counting people several times during

the day when there are multiple stops. The Host passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver.

SCENTS: Please refrain from wearing perfume, cologne, and scented bath & body products when attending concerts, bus trips, classes, and using the fitness facilities. Many have allergies exacerbated by scents. Thank you.

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Breast, Cheesecake with Raspberry or Chocolate Sauce and coffee, tea or soft drink. After lunch, stretch your legs and wander through quaint antique stores, art galleries and shops. Tour, meal, tax and tip are included. Leave OC at 8:00 AM, return ~ 5:00 PM. \$61. RSVP ♦♦ by 1/3.

New Destination! Horizon Casino at South Shore Lake Tahoe

Tuesday, January 31 — 1800-11

Walking distance from Harvey's, Harrah's and MontBleu, this new destination for us has an exciting arcade, an eight-plex movie theatre and dining options: The Town Square Buffet, Four Seasons Coffee Shop and Starbucks. Trip includes a six-hour stay and the scenic ride to and from Lincoln. Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. RSVP ♦♦ by 1/6.



destination for us has an exciting arcade, an eight-plex movie theatre and dining options: The Town Square Buffet, Four Seasons Coffee Shop and Starbucks. Trip includes a six-hour stay and the scenic ride to and from Lincoln. Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. RSVP ♦♦ by 1/6.

Kilaga Springs Music Night Presents Patchouli Trio

Tuesday, January 31 — 5031-11

Music Night brings back the Patchouli Trio to play the songs you love to sing along to. After years of playing in "The Cast Musical Band," the



Trio decided to follow their passion and go acoustic. Their specialty is old and new folk music with vocals, guitars and bass, with featured electric guitar and drums prerecorded by Terry. The program includes The Beatles' "In My Life," Aretha Franklin's "Chain Of Fools," the Jeff Healy Band's "Angel Eyes," Simon and Garfunkel's "Mrs. Robinson," and many more. Expect excellent harmonies from lead vocals Sana Christian and Terry Allwein who will be adding new repertoire from last year's Ballroom performance. Concert 7:00 PM. P-Hall (KS). \$12.

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"Forbidden Broadway" at Cosmopolitan Cabaret

Wednesday, February 8 — 1794-12

Cosmopolitan Cabaret's 2012 season opener is a wonderful musical comedy. Get ready to laugh all evening as you sing along to your favorite show tunes – reinvented – in this comedy

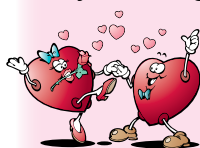


that parodies Broadway's biggest hits like *Wicked*, *Hello Dolly!* and *Les Miserables*. Arrive in time for dinner on your own. Located close to the Crest Theater, the area boasts many restaurants - Cosmo Café, Esquire Grill, Crest Café, Pyramid Ale. Leave OC at 4:00 PM, show is at 7:00 PM, return ~ 10:00 PM. \$51. RSVP ♦♦ by 1/17.

Valentine's Dinner Dance

Friday, February 10 — 5011-12

Romance will fill the air as you dance the night away to the sweet sounds of the Metro Swing Band. The 14-piece band received rave reviews last year for their smooth and upbeat renditions of traditional big band music, Glen Miller, Harry James and fun selections like "New York New York." They will bring fond memories as you



They will bring fond memories as you dance freestyle, fox trot, cha-cha, rumba or swing to popular their romantic ballads, classic standards and light rock on this special occasion. To complement the evening, Chef Roderick will prepare these tantalizing plated dinner choices: *Osso Buco with Butternut Squash Cassoulet or Roasted Salmon Fillet with French Lentil, Leeks and Andouille Sausage Tagine*. No-host bar available throughout the evening. For a complete menu visit the Activities Desk. OC Ballroom doors open at 5:30 PM, dinner served at 6:00 PM, dancing from 7:00-10:00 PM. Early registration discounted rate December 17- January 14, \$43. After January 14, \$46.

San Francisco for the Day

Saturday, February 11 — 1842-12

Enjoy the beautiful City by the Bay without the worries of traffic and parking. Relax in the comfort of our



motor coach as you go over the Bay Bridge into San Francisco. This is your day to do as

you wish. Shop, have a nice lunch or people watch on the Wharf. The stop this trip is Westfield Shopping Center downtown. Arrive around 10:30 AM and depart SF at 6:00 PM. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ by 1/25.

Port and Chocolate Festival – Clarksburg

Sunday, February 12 — 1811-12

You won't want to miss this trip to the Old Sugar Mill Winery in Clarksburg. The Port and Chocolate Lovers' Festival is a fun place for a Pre-Valentine's Day celebration. The charming farm town of Clarksburg is located close to downtown with the Sacra-



mento River to the east and beautiful vineyards to the west. Participating in this event will be eight wineries with emphasis on port wine. There are plans to offer barrel samplings and educational sessions about the mysteries of port wine. A light "Bistro Menu" will be available for purchase on your own. Price includes entrance fee and souvenir wine glass. Leave the Lodge at 10:30 AM, return ~ 5:00 PM. \$43. RSVP ♦♦ by 1/25.

"Benise – Nights of Fire!" at the Eldorado Hotel in Reno

Thursday, February 16 — 1771-12

Emmy award-winning Nights of Fire is a hot and spicy journey of music and dance that brings the audience on an unprecedented and spectacular adventure through Spanish Nouveau Fla-

menco, Cuban Salsa, Brazilian Samba, Argentinean Tango, Indian Bollywood, Parisian Waltz, exotic African Drumming and more. Featuring renowned Spanish Guitar musician Roni Benise, an amazing world class band of musi-



cians, lavishly decorated stage and elaborately choreographed dancers, be prepared to celebrate love, music and life in a show that appeals to all ages, cultures and musical backgrounds. Arrive with plenty of time for gaming and a buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$80 (includes buffet dinner and show). RSVP ♦♦ by 1/24.

Jeri... Live! — A Cabaret-style Broadway Show with International Star Jeri Sager

Friday, February 17 — 5017-12

Based in New York with performances all over the globe, Jeri Sager is a singing phenomenon and world-class performer who musically and visually



has been compared to a mix of Liza Minnelli, Julie Andrews, Mary Martin and Barbra Streisand. The program

includes “All That Jazz,” “Somewhere Over The Rainbow” and other selections from the great American songbook. Jeri enjoyed critical acclaim for her portrayal of Fantine in “Les Miserables” and Eva Peron in “Evita.” Her funny & insightful banter is only outdone by her glorious voice and stage presence that will take you from laughter to tears. Ballroom (OC) 7:00 PM. Early registration discounted rate December 17-January 14, \$14. After January 14, \$17.

Chinese New Year

Sunday, February 19 — 1920-11

Come celebrate Chinese New Year with popular step-on guide, Jerry Moorman who will lead an enchanting tour of San Francisco’s Chinatown. Chinatown

is one of the oldest and most colorful neighborhoods of San Francisco. Learn how the Chinese have influenced the development of California. After a wonderful Chinese family-style lunch at Louie’s, take a short walking tour



with Jerry. We end the day with a special drama performance of “Professor Ming’s Mansion.” This play follows the life of a prominent physician whose compassion and generosity to the poor seem to inspire all around him. But what schemes are being plotted behind those walls? Presented in English and Cantonese, this play is filled with music, song, dance and action. Leave OC at 8:30 AM, return ~ 7:00 PM. \$72, includes lunch and performance. RSVP ♦♦ by 2/1.

Comedy Night at Kilaga Springs

Tuesday, February 21

6:00 PM performance — 5021-12A

8:00 PM performance — 5021-12B

Headliner Todd Paul performs at thousands of comedy venues around the country including the Improv, Laughs Unlimited and The Comedy Stop in Las Vegas, Nevada and Atlantic City. When he



is not in a comedy club,

he headlines events for corporations such as Ford Motor Corp., IBM, MGM Grand Hotel, and many more. Show opener Ellis Rodriguez. P-Hall (KS). Early registration discounted rate December 17- January 14, \$8. After January 14, \$10.



Pacific Orchid Exposition – San Francisco

Friday, February 24 — 1751-12

Attention all gardeners and orchid lovers! Attend the largest and most prestigious orchid show in the country at Fort Mason Center in San Francisco. The show boasts over 150,000 orchids



in every color, shape and size. There will be docent tours, potting demonstrations, lectures and opportunity to purchase many orchid varieties.

Enjoy live music, photo opportunities in front of a miniature Golden Gate Bridge adorned with exotic orchids and several food options for lunch on your own during your visit. Leave LH 8:00 AM, depart Fort Mason at 2:30 PM, and arrive LH ~ 5:00 PM. \$43. RSVP ♦♦ by 1/31.

Stitches West at Santa Clara Convention Center

Saturday, February 25 — 1781-12

Knitters and stitchers – this is your trip! Experience the annual Stitches West event at the Santa Clara Convention Center . You’ll find ideas



that are just crazy enough to inspire but not too crazy to knit. The bus

will arrive around 10:30 AM for plenty of time to visit the Market, filled with anything and everything pertaining to stitching and knitting. There will be classes available and opportunities for lunching on your own at the Convention Center. Depart the Convention Center at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$52. RSVP ♦♦ by 1/20.

Red Carpet Oscars Party

Sunday, February 26 — 5026-12

Walk the Red Carpet just like the stars! Join friends and neighbors for the biggest movie event of the year at the Sun City Lincoln Hills Oscar Party. Dress the part in your glamorous red



carpet attire to make our best dressed list and compete to win movie tickets and other prizes if you can accurately select the most winners in each major category. Each couple or group will receive a professional red carpet 5x7” photo as a keepsake souvenir. Enjoy a three-course dinner while watching

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the televised pre-show festivities and 84th Academy Awards on the largest three-screen venue in Lincoln — the OC Ballroom. Dinner selections for the evening include choice of: *Seared Sea Bass with Tropical Crab Chowder* or *Chicken Kiev with Mushroom and Brie*. And the Oscar goes to... don't miss the winners for Best Picture, Best Actress and more. Pick up entry forms at Activities Desk starting February 1. Forms will be collected at the door prior to dinner service. Red Carpet photos will be taken by a professional photographer and available for pick-up from will call at OC Lodge March 6-9. Complete menu available at Activities Desk. No-host bar 4:30 PM, dinner 5:00 PM. Early registration discounted rate December 17- January 14, \$35. After January 14, \$38.

Rigoletto by Giuseppe Verdi at Sacramento Opera

Sunday, February 26 — 4600-11

A court jester procures women for the amusement of the Duke of Mantua, but he carefully guards his daughter, Gilda, from the evils of the world. She falls prey to the charismatic Duke, however, and nothing can fully prepare us for the horror *Rigoletto* discovers while exacting his revenge on the Duke. One of the most frequently performed operatic works in the international repertory. We have obtained orchestra tickets for the 2:00 PM performance. Leave OC at 12:30 PM, return ~ 6:30 PM. \$91. RSVP ◆◆ by 2/3.



Red Hawk Casino

Wednesday, February 29 — 1940-12

Are you ready for a getaway day? Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a nonsmoking extensive buffet and offers our passengers \$15 free play money. Be sure to bring your personal identification to receive your

Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ◆◆ by 2/17.

Broadway Sacramento 2011-2012

This year's Broadway Sacramento season offers five exciting shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, polish and



professionalism of Broadway are all here. All performances 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, except where noted.

- **West Side Story • Tuesday, January 24, 2012 — 4563-05C**

More than 50 years ago, one musical changed theater forever. It's back mesmerizing audiences again and soars as the greatest love story of all time, as powerful, poignant and timely as ever. The score includes such favorites as "Tonight," "I Feel Pretty," and "Somewhere." RSVP ◆◆ Now

- **Mamma Mia! • Tuesday, March 13, 2012 — 1790-06**

Mamma Mia!, the ultimate feel-good show, has audiences coming back again to relive the thrill. Have the time of your life at this smash hit musical that combines ABBA's greatest hits, including "Dancing Queen" and "The Winner Takes it All," with an enchanting tale of love, laughter and friendship. RSVP ◆◆ by 2/24.



- **Million Dollar Quartet Tuesday, April 17, 2012 — Sold Out!**

- **Wicked • Tuesday, May 29, 2012 — Sold Out!**

- **Additional Date and Price Wicked • Tuesday, June 12, 2012 — 4563-05E1**

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One — born with emerald green skin — is smart,

fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good



Witch makes for a wonderful musical. On Broadway and around the world, Wicked has worked magic on critics and audiences alike. \$101. RSVP ◆◆ by 4/1/2012.

Baseball • RiverCats Baseball Games Now On Sale

We have five opportunities this season to watch RiverCats play at the beautiful Raley Field in Sacramento.



Same as last season, seats are located in Senate Box (in the bowl area directly behind home plate.) All selected games begin at 7:05 PM.

Leave the Lodge at 5:30 PM, return ~ 11:00 PM. RSVP ◆◆ by ____.

- **RiverCats vs. Tacoma Rainiers Monday, April 16, 2012 — 6273-12A \$39.**
- **RiverCats vs. Iowa Cubs Monday, May 14, 2012 — 6273-12B \$39.**
- **RiverCats vs. Fresno Grizzlies Friday, June 22, 2012 — 6273-12C \$41.**
- **RiverCats vs. Tucson Padres Friday, July 20, 2012 — 6273-12D \$41.**
- **RiverCats vs. Memphis Redbirds Friday, August 3, 2012 — 6273-12E \$41.**

Sold Out Trips/Events Thru January 20

Trip/Event • Date • Departure Time

- December 17 – San Francisco for the Day – 8:00 AM
- December 18 – Hometown Christmas – Three Stages in Folsom – 12:30 PM
- December 27 – Rain, Beatles Tribute – Sacramento Community Theatre – 6:45 PM

Art Classes

—Drawing—

Contour Drawing and Other Lines Wednesday,

January 4-25 — 1013-11A

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Do you want to draw anything quickly and successfully? Discover contour drawing and express form, mass, weight, space and distance effortlessly. Expand your drawing technique through exercises and a variety of themes. Explore many types of lines available: organizational, expressive, structural, curving, intuitive, intellectual, empathic, calligraphic, spatial, free-spirited, rhythmic, etc. All levels welcome. Supply list provided. RSVP ♦♦ by 12/28.

Live Clothed Model Drawing Wednesdays,

January 4 - 25 — 1013-11B

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). This class replaces "Portrait Drawing from the Model" with minimal changes to the class. Draw directly from a real human being. Study the human figure with short and long poses. Observe the interactions of light and shade. Work with rhythm and movement. Develop your visual ability to see and judge proportions. Simplify what you are seeing and express human nature in its many aspects. Model fee for four sessions: \$12-22 (depending on the number of participants). Model will be present during all four sessions. Check supply list on your receipt. **New students:** email instructor at clmichelet@earthlink.net, for more information or questions. **Note:** If interested in becoming a model for class, contact the instructor. RSVP ♦♦ by 12/28.



Ornamental Letter

Saturday, January 14 — 1013-11C

9:30 AM-3:30 PM (OC). Instructor:

Claire Michelet. \$39. Discover the beautiful art of decorative motifs and ornamental lettering. Create a special project: a large ornamental initial letter, with colors of your choice. Learn to compose your letter and use watercolor, colored inks, or acrylic paint with a touch of gold if you like. All levels welcome! Supply list provided. RSVP ♦♦ by 1/7.

Floral and Botanical Drawing Wednesdays,

February 1-22 — 1015-12

9:30 AM to 12:00 PM. Instructor: Claire Michelet. \$60. Spring is full of vibrant colors and amazing creations. Observe and capture the beauty of daffodils, hyacinths, and other flowers as you create timeless drawings in class. All levels welcome! Bring your color pencils, watercolor and inks. A supply list will be given upon registration. RSVP ♦♦ by 1/25.

—Oils, Pastels & Acrylics—

Impressionism and Landscape Painting with Oils and Acrylic

January 4-February 1 — 1031-11

9:00-11:30 AM (OC). Artist and resident Tom Proctor. \$65 (five sessions).



Choose Oil or Acrylic. Complete original paintings based on own or instructor's photos. Analyze ("read") paintings by well-known artists. Understand what makes an ideal composition. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ♦♦ by 12/26.

Painting Pastels and Oils with Joan Mondays, January 2-30 — 1050-11

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Open to both pastel and oil painters. Under Joan's guidance, learn the art of

pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class



divided based on student's art medium. **New students:** Ask for supply at registration. RSVP by ♦♦ 12/26.

Watercolor Batik Painting Demo with Anthony Rogone

Wednesday, February 8 — 1110-11

1:00-3:00 PM (OC). Free. Watch local artist Anthony Rogone demonstrate the ancient art of Batik, a watercolor painting technique adapted from what is traditionally done on silk with dyes and wax. Anthony will show the infinite possibilities of this art form using Japanese rice paper, watercolor paints, paraffin and beeswax. Depending on resident interest and participation shown at this demo, we hope to announce future classes of this unique art form. RSVP ♦♦ by 2/1.

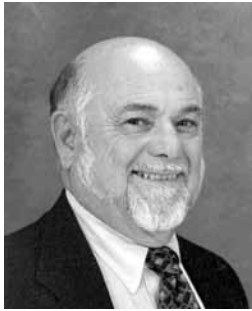
—Mixed Media—

Mixed Media Collage • Thursdays, January 12-26 — 1140-11

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and improvisational fine art class will show you how to



turn "found objects" and recyclables such as magazine pages, wrapping paper, beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake in creating this artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists. **New students:** Ask



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 with the purchase of 2 or more tires



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for a supply list at registration. Questions? Call Jo at 543-1357. RSVP ♦♦ by 1/5.

Bridge Classes

Beginning Bridge with Gayle Tuesdays, January 17-

March 20 — 1510-11A

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$60 (10 sessions). This class is an introductory course for people who have never played Bridge but



think they might like to learn it.

Bridge is considered by many to be the most challenging card game in the world. Have you ever held a handful of diamonds? Do you have a heart? Would you like to have two black suits? How about a dummy for a partner? Sign up and check it out. You may discover a new passion that gives your brain a workout! RSVP ♦♦ 1/10.

Bridge Plus with Laurie Thursdays, January 19 - March 22 — 1510-11B

12:30-2:30 PM (KS). Instructor: Laurie Vath. \$60 (10 sessions.) Previously called Beginning Bridge Plus, this class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This is the same syllabus as the class previously taught by Gayle. This ten-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more to help you enjoy the wonderful, challenging game of bridge. RSVP ♦♦ 1/12.

Ceramics Classes

—Lladro—

Spanish Oil Painting • Wednesdays January 4-February 1 — 2061-11

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). This is a beginning and continuing class

on how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend five consecutive classes in order to complete first-time instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 12/28.

Lladro Workshop • Wednesdays, January — 2064-01

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time. Workshop is not for beginners and will 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.” Moderator is responsible for “firing” and assuring everyone follows guidelines and safety procedures. 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 with Jim • Tuesdays

January 3-31 — 2012-11A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). An introductory class



for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching

art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 12/26.

Advanced Ceramics • Tuesdays January 3-31 — 2012-11B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 12/26.

Beginning Hand Building Potter’s Wheel Techniques with Terry Thursdays,

January 5-26 — 2011-11

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions).

Open to all skill levels. This class will introduce hand building techniques and working on the potter’s wheel for those interested. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Frequent demonstrations are given introducing new and exciting projects. *New students: Ask for supply list when you register.* RSVP ♦♦ by 12/29.



Computer Classes (PC & Mac)

iPad Class

Sunday, January 8 — 2523-11

1:00-4:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad than you ever thought possible. Learn all about

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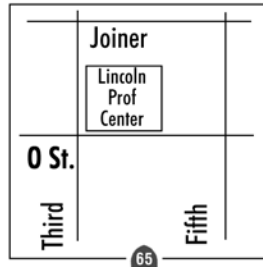
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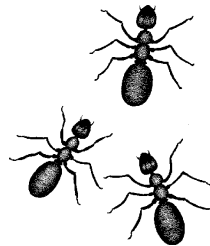
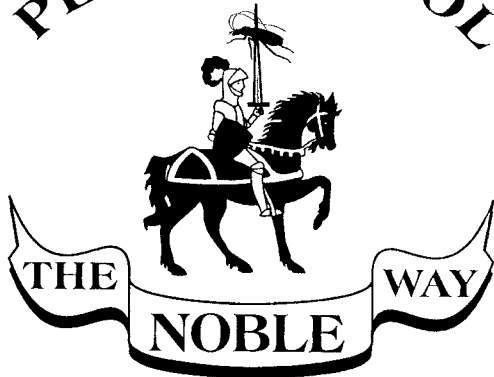


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iOS5 (the operating system for this device) settings, like Air Play and Air Print. This class will demonstrate the many settings and applications on the large screen in the P-Hall. Both PC and Mac users will benefit from learn-



ing system settings and syncing your information; how to get all that 'stuff' into the unit and discover additional tools and reference areas. Learn to

make folders on your device. Bring your iPad; we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. \$5 Class material fee payable to instructor at the class. RSVP ♦♦ by 12/26.

Android Tablet Class

Friday, February 10 — 2531-12

9:00 – 11:30 AM (OC). Instructor: Len Carniato. \$30. **Prerequisite:** Be an Android Tablet owner [bring to class]. Google's Android is the best alternative to iPad



when it comes to Tablet computers. Unlike Apple's closed system of hardware and software, the open-source nature of Android makes it inviting for many hardware manu-

facturers to produce an Android-based device. Come to this seminar, bring your Tablet, connect to our free and fast Wi-Fi, and discover how to customize your Tablet to perform "your way". We'll go thru many of the settings that let your Tablet do amazing things, plus how to sync mail, calendar, data and much more. On the large screen, you'll be able to see and preview the "Apps" we'll be discussing. RSVP ♦♦ by 1/3.

LinkedIn

Thursday, February 2 & 9 — 2532-12

1:00-3:00 PM (OC). Instructor: Roy Salisbury. \$30 (two sessions). In this hands-on workshop, learn to build your presence on LinkedIn and create your profile. LinkedIn is both a professional and social networking site. You can build con-



nections and find groups that share your interests. Learn to set personal custom settings and more. During the class you will build your LinkedIn site. Basic internet knowledge and computer skills recommended. RSVP ♦♦ by 1/26.

—Microsoft 2007—

Excel Basics

Mondays & Wednesdays,

January 9-18 — 2640-11

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). It's the first of the year and you know what that means! Time to get your "stuff" together for 2011 Taxes.



Class introduces the basics of Microsoft Excel, everything from entering data into a spreadsheet to simple formulas and basic arithmetic functions..

With this knowledge you can begin to organize your tax information as well as many other financial papers such as Budgets whether personal or for a group. Class will review Excel 2007 and go over the differences you need to know for 2011. We will also practice formatting the Excel spreadsheet to make it easier to read and understand. Class will use simple things like add, subtract, multiply, divide, average and sum. RSVP ♦♦ by 1/2.

Excel — Beyond Basics

Mondays & Wednesdays

January 30 – February 8 — 2640-12

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). **Prerequisite:** Knowledge of basic Excel or Excel experience. This class will review Excel basics and move forward and provide the student with experience using formulas and functions. Among the functions covered will be Statistical functions, IF function (conditional statements and formatting), VLOOKUP and the Sort Command. Formatting, graphing, and the concept of Relative versus Absolute Addresses will be covered. Exercises will be provided

giving the student experience working with large spreadsheets and combining data from different spreadsheets into a summary report. RSVP ♦♦ by 1/23.

Genealogy

Genealogy is the fastest growing hobby in North America. Classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives. Each session will include two hours of



lecture and one hour of student-monitored exercise with the instructor available for

questions and answers. Please bring a flash drive to class with you so you can take home any work accomplished during class. **Prerequisites:** You should possess basic computer skills and feel comfortable using an Internet browser before enrolling in these classes. For the GEDCOM class you should also feel comfortable using one of the popular family history programs.

GEDCOM – Exchanging Data Between Family History Programs

Friday, January 6 — 2690-11A

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. GEDCOM, an acronym for



Genealogical Data COMmunication, is a specification to provide a flexible, uniform format for exchanging computerized genealogical data. The

purpose of a GEDCOM file is to foster the development of a wide range of inter-operable software products to assist genealogists, historians, and researchers. Most popular genealogy family history programs support importing from and/or exporting to the GEDCOM format. Learn to import and export information between the three most popular family history programs — Family Tree Maker, Legacy Family Tree, and RootsMagic. RSVP ♦♦ by 12/30.

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Getting More out of Ancestry.com
Friday, January 13 — Sold out
Or Friday, February 10 — 2690-12A
 1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. Millions of genealogists use Ancestry.com each day to search for ancestors. Most of them simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Sound like you? While Ancestry.com may not have your ancestors listed in its databases, it does provide powerful search options that are often overlooked. Learn to become an Ancestry.com power searcher by using easy search tips and techniques you will learn in this class. RSVP ◆◆ by 1/6 or 2/3.

Searching Like a Pro
Friday, January 20 — Sold Out
Or Friday, February 17 — 2690-12B
 1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. 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 family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet for family surnames and information about the lives of their ancestors. In this class, you will learn to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class, tips and tricks presented will be applicable to anyone searching the Internet. RSVP ◆◆ by 1/13 or 2/10.

Getting Started with RootsMagic
Friday, February 24 — 2690-12C
 1:00- 4:00 PM (OC) Instructor: Bob Ringo \$10. **Prerequisite:** Basic computer skills. RootsMagic is a genealogy database program that provides a place to enter information about one's family history. RootsMagic is an easy program for beginners to learn and use and it is one of the most

powerful genealogy programs on the market. RSVP ◆◆ by 2/7.

—Digital Photography—

Digital Photography
Monday, Wednesday, Friday
January 9, 11, 13 — 2620-11

9:00-11:30 AM (OC). Instructor: Roy Salisbury. \$45 (three sessions). Tired of not knowing how to use your digital camera? Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, and what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. \$2 handout fee payable to instructor. *About the instructor:* Roy has been an adjunct instructor at many local schools and American River College for the past 12 years teaching computer and digital photography. He came highly recommended by residents. RSVP ◆◆ by 1/2.



Photoshop Elements 9 – Level I
Monday, Wednesday & Friday
January 23, 25 & 27 — 2522-11

10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury \$45 (Three sessions). The number one consumer photo editing software, Photoshop. Learn hands-on how to improve and be creative with your photos. Repair or restore photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 10.0 owners. After class, students may access PC lab to work on photo projects. **Prerequisite:** Basic computer knowledge recommended. \$2 handout fee payable to instructor. RSVP ◆◆ by 1/16.



Picasa
Thursday, Friday & Saturday
January 19, 20 & 21 — 2570-11
 9:00-10:30 AM (OC). Instructor: Len Carniato. \$60 (three sessions). Photo editing using your computer is the rage these days and modern Digital Cameras make it easy to take great shots. Getting those photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be daunting. Learn how to use Picasa, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Comfortable using your home PC and know basic skills such as Email, Internet, Copy and Paste. RSVP ◆◆ by 1/12.

Picasa – Refresher Class
Monday, February 6 — 2570-12

1:00-3:30 PM (OC). Instructor Len Carniato. \$30. This 2½ hour lab is for those who have already taken "Picasa 101" and need some additional help and review. This is also for those who are attempting or having trouble with certain tasks and just can't figure it out. The agenda will review Basics, Advanced, Web Albums, Sharing, and also allow time for answers to your specific questions. **Prerequisite:** "Picasa 101." RSVP ◆◆ by 1/30 .

Dance

For a smooth transition between all 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 and Easy Clogging
Tuesdays, January 3-31 — 3571-11A
 11:00 AM-12:00 PM (KS). Instructor:

Janice Hanzel \$25 (five sessions). This class is meant for dancers who have never clogged before and those “returning to clogging” who want to refresh their beginning skills. Class introduces and moves through the eight basic traditional clogging movements: Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel. Learn fun clogging dances with basic steps like Push Off, Triple, Rock Back, Triple Kick, Basic , and Turn to name a few. Bluegrass to Big Band to Contemporary Pop will help round out music choices. Join Janice, a certified clogging instructor with over 30 years of teaching experience of American Folk Dance. No special shoes required; flat-soled shoes recommended. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we’ll have lots of fun. RSVP ♦♦ by 12/27.



Fun and Intermediate Clogging Tuesdays, January 3-31 — 3571-11B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. The next step beyond Beginner/Easy Intermediate Clogging, class introduces new dances taught at local and national workshops and more steps to stimulate and bring your dancing skills to a new level. Music from Bluegrass to Lady GaGa and more. Come learn and or review Samantha, High Horse, Layover, Scotty, and lots more – way too many to list. If you’ve been away for a while, now’s the time to get back into clogging. Join the fun and exercise those extra holiday pounds away. We’ll be learning dances from the National Clog Dancing List as well as popular dances from NCCA. RSVP ♦♦ by 12/27.

Performance and Technique Clogging • Tuesdays, January 3-31 — 3571-11C

1:00-2:00 PM (KS). Instructor: Janice Hanzel \$25 (five sessions). **Prerequisite:** Instructor approval. Students are encouraged but not required to take Fun and Intermediate Clogging. Janice brings her many years of expertise working with teams and groups. Performance routines will be created, fine tuned, and figures and movements added to enhance some of the dances taught in the Fun/Intermediate Class. Other routines will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian style dancing involving some partner and team work will be part of the skills taught. Fine tune clogging skills during technique portion of class. Technique lessons are incorporated in each session to keep you dancing safely and hone feet movement so sounds are clean and clear. RSVP ♦♦ by 12/27.

—Country Couples Western Dance—

Country Couples Western Dance — Beginner Level 1 & 2

Mondays, January 2-23 — 3531-11A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western dancing is done to many



types of music, Country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. In addition, we do freestyle dances like Two Step, Country Waltz, and Cha Cha. Instruction will be at a slower pace for beginners and those wanting a review of previously taught dances. If you don’t have a partner, many of the dances could be done as an individual. Dances being taught in January: Cowboy Cha Cha, Continental Cowboy & Renegade. RSVP ♦♦ by 12/27.

Country Couples Western Dance — Intermediate Level 3 & 4

Mondays, January 2-23 — 3531-11B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). This class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances being taught in January: Mexican Wind, Caribbean Cadence, Shadow and Waltz turns. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 12/27.

—Dancing with Dolly—

Choreographer-Director Dolly James, joins our exceptional list of dance instructors. Her dance classes were previously offered through the Fitness Department Class curriculum, schedule and class location will remain the same.

Ballet • Thursday, January 5 – 26 — 3920-12C

6:00-7:00 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. \$35 (four sessions). For some reason when the word ballet is used, many women are intimidated. Ballet is the fundamental training for every type of dance: Jazz, Ballroom, Musical Theater, Tap, Country Line Dance, Folk Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength. It’s not about dancing for the stage, or on pointe; it develops posture, core strength, grace, footwork, timing. It’s the best all-round fun exercise conditioning program! RSVP ♦♦ by 12/29.

Jazz/Musical Theatre Wednesdays,

January 4 - 25 — 3920-12B

4:15-5:15 PM Aerobics Room (The Wave). Instructor: Dolly Schumacher. \$35 (four sessions). Exercises and

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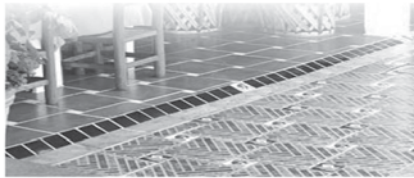
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technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater and lyrical styles. Something new in every class. Come watch a class and see how much fun dance can be!. RSVP ♦♦ by 12/28.

**Performance Dance with Dolly,
Friday, January 6 - 27 — 3920-12A**

2:30-4:00 PM Aerobics Room (The Wave). Instructor: Dolly Schumacher.



\$49 (four sessions). For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography.

Routines are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 12/30.

—Line Dance—

**Time Change! Intro to Line Dance
Thursdays, January 5-
February 23 — 3605-11A**

4:30-5:30 PM except January 12 and February 23, 1:30-2:30 PM. (KS). Instructor: Yvonne Krause. \$48 (eight sessions). This class meant for real



beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to

line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 12/29.

**Line Dance I/Beginner with Audrey
Thursdays, January 5-
February 23 — 3603-11A**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). Class is not for newbies in the dance. Class reviews fundamentals of line dancing, including basic steps such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, you should start with Intro to Line Dance (above). RSVP ♦♦ by 12/29.

**Line Dance II — Beginner-
Intermediate with Audrey
Mondays,**

January 9-February 20 — 3603-11B

5:15-6:15 PM except February 20, 4:45-5:45 PM (KS). Instructor: Audrey Fish. \$35 (seven sessions.) **Prerequisite:** Completion of Line Dance I/ Beginning Line Dance. This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 12/26.

**Line Dance III • Intermediate with
Audrey • Thursdays,**

January 5-February 23 — 3603-11C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ♦♦ by 12/29.

**Line Dance IV/Advanced with
Audrey • Mondays,**

January 9-February 20 — 3603-11D

3:45-4:45 PM (OC). Instructor: Audrey Fish. \$35 (seven sessions). Dances

in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 12/26.

**Line Dance Beginner Plus with
Sandy • Tuesday,
January 3-24 — 3705-11A**

9:00-10:00 AM (OC). Instructor: Sandy Garetto. \$24 (four sessions). **Prereq-**



uisite: Must have completed at least six months of Beginner Line Dance I. Class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter

and half turns, many more. Students are expected to understand and execute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 12/27.

**Line Dance II
Beginner-Intermediate with Sandy
Wednesdays,**

January 4-18 — 3705-11B

9:00-10:00 AM (KS). Instructor: Sandy Garetto. \$18 (three sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning/intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 12/28.

**Line Dance III with Sandy
Wednesdays,**

January 4-18 — 3705-11C

10:00-11:00 AM (KS). Instructor:

Sandy Gardetto. \$18 (three sessions). Steps at this level 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 re-starts, many more.



At this level, there is no limit on the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 12/28.

Line Dance I/Beginner with Yvonne Mondays,

January 2-February 27 — 3605-11B (No class on February 20.) 9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). As with the other beginner classes, this class will teach the basic fundamental steps of line dance. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ by 12/26.

Line Dance Beginner Plus with Yvonne • Mondays,

January 2-February 27 — 3605-11C (No class February 20.) 6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from line dance I into line dance II. The dances become a bit more challenging but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting providing exercise for mind and body at the same time. RSVP ♦♦ by 12/26

Line Dance II/Beginner-Intermediate with Yvonne Thursdays, January 5-February 23 — 3605-11D 9:00-10:00 AM (KS). Instructor:

Yvonne Krause. \$48 (eight sessions). What our settlers started back in the 1800's has spread throughout the world. In addition to the great choreographers in the USA, there are thousands of line dances coming into the country from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ by 12/29.



—Tap Dance—

Tap Classes with Alyson

Enjoy tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join 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. Students, Beginners to Advanced, may choose from several technique classes. Choose any of the classes below that fit your schedule and comfort level. Performance classes are taught from October to March and begin again, each as a continuation, the following October. Students enrolled in Performance class are encouraged but not required to enroll in a Technique class. Performance students who choose to enroll in Technique class in concurrent sessions will receive a 50% discount on Technique class. ***Note: as previously mentioned in the September *Compass*, "those enrolled in both performance and technique classes for months of October and November in 2011, will not have to pay for technique class in January". Students who are only enrolled in Technique class will pay the regular fee of \$40. Please note the codes be-

low for the difference prices. Please remember, to take advantage of the \$20 Technique class, you must also enroll in a Performance class at the same time.

Advanced Performance

Mondays, January 2

February 20 — 3555-11A

10:00-11:00 AM (KS). \$56 (eight sessions). This class is by Instructor invitation only. RSVP ♦♦ by 12/26.

Technique Class

Mondays, January 2 -

February 20 — 3555-11B (\$40)

— 3555-11B1 (\$20)

11:00 AM-12:00 PM (KS). Eight sessions. RSVP ♦♦ by 12/26.

Technique Class

Mondays, January 2-

February 20 — 3555-11C (\$40)

— 3555-11C1 (\$20)

12:00-1:00 PM (KS). Eight sessions. Class is only for advanced students approved by instructor. RSVP ♦♦ by 12/26.

Beginning Tap

Tuesdays, January 3-

February 21 — 3555-11D

9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to the basic steps and terminology of tap dance. This is the perfect time to discover the joy of tapping. 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. Or, if you are not feeling comfortable, you can remain in the beginning class until you choose to move on. *Minimum of 10 students required for the class.* RSVP ♦♦ by 12/27.

Technique Class

Tuesdays, January 3-

February 21 — 3555-11E (\$40)

— 3555-11E1 (\$20)

10:00-11:00 AM (KS). Eight sessions. RSVP ♦♦ by 12/27.



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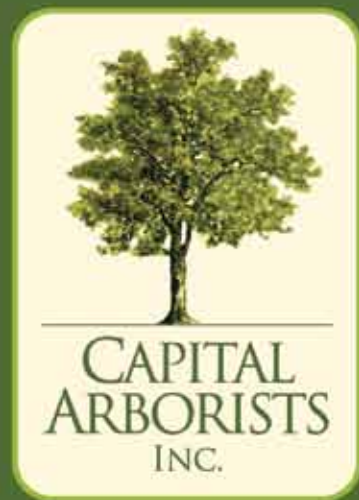


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Technique Class**Thursdays, January 5-****February 23 — 3555-11F (\$40)****— 3555-11F1 (\$20)**

11:00-12:00 PM (KS). Eight sessions.

RSVP ♦♦ by 12/29.

Performance**Thursdays, January 5-****February 23 — 3555-11G**

10:00 AM-11:00 AM (KS). \$56 (eight sessions). For continuing students

only. New performance class will

start in September. RSVP ♦♦ by

12/29.

Performance**Thursdays, January 5-****February 23 — 3555-11H**

12:00-1:00 PM (KS). \$56 (eight ses-



sions). For continuing students only.

New performance class will start in

September. RSVP ♦♦ by 12/29.

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ing, teaching, and choreographing

dance for many years. Not a perform-

ing group, it is designed for people

who love to dance and kick up their

heels!

Mondays, January 2 -**February 20 — 3551-11A**

4:45-5:45 PM (KS). Instructor: Judy

Young. \$48 (eight sessions). RSVP ♦♦

by 12/26.

Fridays, January 6 -**February 24 — 3551-11B**

1:00-2:00 PM (KS). Instructor: Judy

Young. \$48 (eight sessions). RSVP ♦♦

by 1/2.

**—West Coast Swing—
(California's State Dance)****Beginning West Coast Swing****Levels I & II • Wednesdays****February 8-29 — 3513-12A**

8:00-9:00 PM (KS). Instructor: Dot-

tie Lovato-Macken. \$24

(four sessions). 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. Students must complete at

least three sessions of Beginning class

in order to advance to next level. Join

this fun and social class. RSVP ♦♦ by

1/31.

**Intermediate West Coast Swing****Levels I & II • Wednesdays,****February 8-29 — 3513-12B**

6:00-7:00 PM (KS). Instructor: Dottie

Lovato-Macken. \$18 (four sessions).

Prerequisite: Must have completed

West Coast Swing Beginning levels

one and two. RSVP ♦♦ by 1/31.

Advanced West Coast Swing**Wednesdays,****February 8 - 29 — 3513-12C**

7:00-8:00 PM (KS). Instructor: Dottie

Lovato-Macken. \$24 (four sessions).

Prerequisite: Must have completed

West Coast Swing Intermediate I and

II. RSVP ♦♦ by 1/31.

Driver Training**AARP Driver Safety Program****Monday, January 16 & Tuesday,****January 17 — 6055-11**

8:30 AM-1:00 PM (OC). AARP mem-

ber (\$22) for two-day session; AARP

non-member (\$24); Instructor: Roger

Kane. Resident must present current

AARP membership card upon registra-

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covers how to adjust your driving to accommodate normal age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required

for a Certificate of Completion. Bring a valid driver's license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class.

AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost

covers a \$10 Association administra-

tive fee and AARP fees. RSVP ♦♦ by

1/2.

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SGT — Bodybugg • Tuesdays &**Thursdays, January 10-****February 2 — 835000-A1**

3:30 PM-4:30 PM, Aerobics Room

(OC). Instructor: Lisa S. Smith. Don't

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between calories taken in and calories

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SGT – X-Train (cycle/row/TRX) Mondays & Fridays, January 20-February 17 — 835000-X1

11:30-12:30 PM, Aerobics Room (KS). Instructor: Brandy Garcia. Don't miss this opportunity to enhance your fitness with cross training! Increase your strength and decrease your body fat with X-Train. This class will incorporate the TRX bodyweight suspension trainer to increase your strength, stamina, and energy. You will also learn to row and ride a spin bike with ease, efficiency, and have fun! Entry level to advanced participants are welcome. First class will be a technique and equipment settings class. Then the fun begins for eight straight classes. **Four week session \$135.** Register/Fitness Centers.

SGT — Bootcamp • Mondays & Wednesdays, January 16-February 8 — 835000-B1

5:00-6:00 PM, Aerobics Room (KS). Instructor: Shawna Buschmann. 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 that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135.** Register/Fitness Centers.

SGT-TRX Interval Training Mondays & Wednesdays, January 25-February 22 — 835000-T1

(No class February 20.) 2:30-3:30 PM Aerobics Room (KS). 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 build power, strength, flexibility, balance, mobility, and prevent 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! **Four week session \$135.** Register/Fitness Centers.

SGT – “Fun”ctional Fitness Tuesdays & Thursdays, January 10-February 2 — 835000-F1

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled small group strength training is great for beginners or anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. **Four week session \$135.** Register/Fitness Centers.

SGT – Aligned & Defined Pilates Mat Training Mondays & Fridays

January 9-February 3 — 835000-P1
7:00-8:00 AM, Aerobics Room (KS). Instructor: Paula Ainsleigh. Transform the way your body looks, feels

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works	Hi-NRG Cycle*	Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Step It Up	Low Imp. Hi-NRG Cyc*	Step It Up	Low Impact	Low Impact Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Cyc&Strength•Water Wks	
9:00 AM	Low Impact	Core & Strength	Low Impact	Core & Strength	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth• Water Wks	Circuit*	Strict. Strngth• Water Wks	Circuit*	
10:00 AM	Cardio Dance&Sculpt	Yogafied	Cardio Salsa	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates• Water Works	Everybody Can*	Pilates• Water Works		
10:30 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Splash Dance	Basic Joint Efforts	Step/Sculpt• Splash Dan.	Basic Joint Efforts	Splash Dance	
12:45 PM	Arthritis Found. Aqua		Arthritis Found. Aqua			
1:00 PM	Chair with Flair		Chair with Flair		Basic Chair	The WAVE Classes Indoor Pool WAVE Classes at KS• No Charge \$
2:15 PM	Fall Proof\$		Fall Proof\$			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM		H2O Circuit		Cardio Salsa• H2O Circuit		
5:30 PM	Dance Fit					
6:00 PM		Aqua Tone		Aqua Tone		

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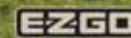


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**SGT-Yoga Basics and Beyond
Wednesdays & Fridays,
January 4- 27 — 835000-Y1**

1:00-2:00 PM, Aerobics Room (KS). Instructor: Wendy Devore, RYT certified yoga instructor. This one-hour small group yoga class will focus on establishing a basic understanding of essential yoga poses, alignment, strength, flexibility, and modifications. All levels welcome, especially the newer yogi who wants more attention to detail and injury prevention. **Four week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

**Waves! Beginning Circuit Class
Tuesdays & Thursdays,
January 26-February 16 — 83000-12**
2:00-3:00 PM except first class,
2:30-3:30 PM, to review basics of
warming up for circuit, and weight

machine adjustments. Weight Room floor (The Wave). Instructor: Megan Cowart. This 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. This class is for the beginner exerciser, or participants looking for assistance with a regular weight machine workout in a group setting. **Four week session, seven classes \$35.** Register/Fitness Centers.

**Reach for the Top/Stretch & Tone!
Mondays, 12:00-1:00 PM,
January 9-30 — 805000-12
Tuesdays, 11:30 AM-12:30 PM,
January 10-31 — 801000-12
Thursdays, 11:30 AM-12:30 PM,
January 5-26 — 80300-12**

Aerobics Room (The Wave). Instructor: Lin Hunter. This class combines stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your energy level up, help you become



stronger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent

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arthritis and keep your mobility. Lin is a former licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Make-up days are allowed. **Four-week session, one day/week \$30.** Register/Fitness Desks.

—Dance/Fitness Centers—

Hot Hula • Tuesdays

January 3-24 — 814000-12

6:00-7:00 PM, Aerobics Room (The Wave). Instructor: Maria Fe Cornejo. **Hot Hula fitness®** is a fun, new and exciting dance workout. It provides a “total body workout” in 60 minutes. **Hot Hula fitness®** isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, **Hot Hula fitness®** incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy **Hot Hula fitness®**. **Four-week session \$40.** Register/Fitness Desks.

Balletone • Tuesdays,

January 10-31 — 700000-12

4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session \$35.** Register/Fitness Desks.

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Exercise • Mondays,

January 9-30 — 760100-12

Wednesdays,

January 4-25 — 760000-12

Mondays PM and Wednesday AM,

January 4-30 — 760200-12

Monday 5:35-6:30 PM, Wednesdays

9:35-10:30 AM, Indoor Pool (The

Wave). Instructor: Andrea Salerno.

Maximize the benefits of water with



the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/

interval class combines exercises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week.** Register/Fitness Desks.

—Walking—

Beginning Nordic Walking,

Wednesdays

Will resume in May and June 2012.

New! Walk With Ease — Arthritis

Foundation • Mondays/

Wednesdays/Fridays, January 9-

February 17 — 752000-12

1:00-2:00 PM, Fitness Center Lobby

(The Wave). Instructor: Chris Richter.

The Arthritis Foundation's *Walk With Ease* program is based on research and tested programs in exercise science, behavior change, and arthritis management. This program offers support, information, and tools to help you make walking a regular part of your life. By using the *Walk With*

Ease workbook and going to the classes, you'll learn how to manage pain and handle any challenges to your exercise plan. You'll also get the support and tools you need to help set and reach your goals. **Six-week session, \$45 (includes the workbook).** Register/Fitness Desks.

—Tennis—

Tennis Lessons, Sundays

Will resume in March 2012

—Mind, Body, Spirit—

Extra Gentle Yoga (chair)

Tuesdays,

January 3-31 — 710000-12

(No class January 24.) 12:45-1:45 PM,

Aerobics Room (The Wave). Instruc-

tor: Julie Boone. Julie has been shar-

ing her love of Yoga with residents since 2000. This extra gentle class is



an hour long and is adaptable to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is

used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session \$39.** Register/Fitness Desks.

Gentle Hatha Yoga • Tuesdays,

January 3-31 — 710100-12

(No class January 24.) 2:00-3:30 PM,

Aerobics Room (The Wave). Instruc-

tor: Julie Boone. This class is offered

in the Gentle Hatha Yoga Ananda

Style. Having taught at The Wave

since 2000, Julie offers an all-level

class that is challenging yet "do-

able." For long-term students as well

as yoga newcomers. Julie's motto is

"Yoga is not supposed to hurt!" She

offers a four-week series focusing on

gentle yoga basics including warm-

ups, standing and floor poses, inver-

sions, pranayama (breathing exercis-

es), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not "easy;" strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Four-week session \$39.** Register/Fitness Desks.

Evening Yoga (Hatha-Traditional

Yoga) • Tuesdays,

January 3-31 — 711000-12

6:30-7:45 PM, Aerobics Room (KS).

Instructor: Susan Hayes. The season is

changing, and so should your fitness

regime! Yoga has been proven to in-

crease energy, flexibility, balance, and

strength — all while reducing stress.

As the days get shorter and the nights



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absolute beginners to aspiring yogis.

If you've never tried yoga before, this

is the class for you! **Five-week session**

\$50. Register/Fitness Desks.

Evening Yoga and Meditation

Thursdays, January 5-

February 2 — 711100-12

6:00-7:15 PM, Aerobics Room (KS).

Instructor: Susan Hayes. This is a

relaxed, early evening yoga class

consisting of restful and healing yoga

postures done in the "yin" and "re-

storative" styles, followed by deep

relaxation and optional meditation.

Each student receives individual at-

tention. Limit: 13 students. **Five-week**

session \$50. Register/Fitness Desks.

Tai Chi • Tuesdays,

January 10-31 — 730100-12

Saturdays, January 14-

February 4 — 730200-12

Tuesdays 1:30-2:30 PM, Aerobics

Room (KS); Saturdays 10:00-11:00 AM,

Aerobics Room (The Wave). Instruc-

tor: Peli Fong. Tai Chi is one of the

original internal self-defense arts that



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New! Spring Forest Qigong (SFQ) Level One A • Thursday,

January 5-26 — 745000-12

2:15-3:30 PM, Aerobics Room (KS). Instructor: Elizabeth Wescott. SFQ is a simple, effective method for helping you heal physical, emotional pain and enhance the quality of your life and the lives of others. Anyone, regardless of ability, age or beliefs, can practice the techniques of SFQ to become healthier and happier. In addition to the gentle exercises and meditation we'll get into philosophy and theory of SFQ. **Four-week session \$40, one-time material fee paid to instructor \$30 covers A, B, and C.** Register/Fitness Desks.

Gem Stone Cutting

Intro to Gem Cutting • Mondays, January 2-23 — 3082-11A

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$20 (four sessions). Supply fee \$15 payable to instructor. Limit: six students. This "hands-on" class provides instruction on safety and operation of lapidary equipment and methods and materi-



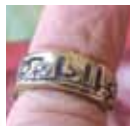
als for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. Questions contact Dave Fisk, 434-0747. RSVP ♦♦ by 12/26.

Lost Wax Jewelry Casting

Mondays,

January 2-23 — 3082-11B

1:00-3:00 PM (class weeks one, two, & four); 8:00-9:00 AM and 12:00-3:00 PM (week three January 16) (KS). Instructor: Dave Fisk. \$80 (four sessions). Materials fee \$20 payable to instructor first day of class. Learn



basic techniques of millennia-old craft. Create wax model of desired jewelry or object, invest the model in 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 class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions: Dave Fisk, 434-0747. RSVP ♦♦ by 12/26.

Jewelry Fabrication

Mondays, January 2-23 — 3161-11

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$75 (four sessions). Learn the basic techniques of metal jewelry sawing and soldering, and more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshop for a nominal fee to use equipment. No makeup classes. Maximum six students. Materials fee of \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). About the Instructor: First introduced to custom jewelry mountings (silver and gold) at a local evening school

class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the LA County Fair, at lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 12/26.

Glass Art

—Fused Glass—

Fusing Glass Workshops • Mondays

December — 3102-01L

January — 3103-01A

4:00-6:30 PM except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$12 each day. Items limited to a six-inch square kiln space. Fusing enthusiasts: Bring glass and fusing projects and work on your designs. Students will share workshop time with stained glass enthusiasts. Sierra Room (KS). Pay at Activities Desk each day you attend the workshop.

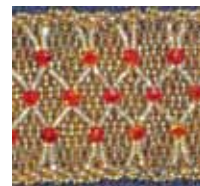


—Jewelry—

Reduced Price! Netted Bracelet

Tuesdays, January 10-24 — 3012-11

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30 (three sessions). A base of beads peeks through a delicate net highlighted by pearl or crystal accents on this eye-catching bracelet. A dressy accessory but



it can go casual depending upon the beads chosen. Check out the samples in OC and KS to see this beautiful bracelet in person. Bracelet is relatively easy to construct but students must be comfortable working with smaller beads. If you have questions about the project or your ability to construct it, contact Cathie at billcats1@earthlink.net or 434-6667. Be sure you get the materials list during enrollment. RSVP ♦♦ by 1/3.

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13346

Wrap Bracelet**Tuesday, February 7 — 3012-12**

9:00 AM-12:00 PM. Instructor: Cathie Szabo \$20. It's the latest and greatest! And a lot of fun to make! It's a wrap bracelet that is so easy to make and to wear. At last – a real “one size fits all.” The bracelet uses suede or leather “ties” and beads of your choice to make the bracelet that's become a favorite among celebrities. Bracelet is perfect for all levels of beaders – from someone who's looking for a “first project” to the experienced beader who's looking for a project to use up some of her beads! Class is just one day – students may not finish the project in class but will have all the techniques to complete on their own. Come join the fun and walk away with a unique bracelet. Contact Cathie Szabo at billcats1@earthlink.net or 434-6667 if you have any questions. Be sure to get the materials list during enrollment. RSVP ♦♦ 1/31.

–Stained Glass–**Beginning Stained Glass – Copper Foil****Tuesday, January 3-17 — 3091-11**

1:00-4:00 PM (KS). \$60 (three sessions). Instructor: Bill Sutherland.



Class fee plus \$10 for basic kit payable to instructor. Students will be instructed in pattern construction and orientation, glass cutting and grinding, panel construction, soldering and finishing. Attention will be given to starting point, came cutting and joint construction, glass “fit,” patina and hanging system. Students will complete a two-dimensional glass panel in class. Students must wear closed toe shoes, no sandals allowed. RSVP ♦♦ by 12/27.

Stained Glass Workshops • Mondays, December — 3102-01L
January — 3102-01A

4:00-6:30 PM except last Monday of

the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day. Workshop is for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. If you have experience working with glass but have not had instruction, inform monitor prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Music**– Guitar –****Guitar I – Beginning Guitar Continuation****Fridays, January 20-****March 9 — 4262-11A**

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). This class is a continuation class and not for new students. 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 will be happy to advise you on the purchase of a guitar if you need help in selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 12/30.

Guitar II — Intermediate**Thursdays, January 5 –****February 23 — 4262-11B**

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). This class continues the course of study in Guitar I. Course of 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. Students will learn proper vocal techniques of posture, breathing, warm-ups and sight singing and the technique of using Moveable-DO. The class promises to be a lot of fun. *New students:* Ask for supply list when registering. RSVP ♦♦ by 1/5.

Guitar III – Advanced**Thursdays, January 5-****February 23 — 4262-11C**

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$70 (eight sessions).

Prerequisite: Students must have 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 will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 10/7.

–History–**Jazz 3 • Wednesdays,****January 25-February 15 — 4272-12**

4:15-5:45 PM (KS). Instructor: Ray



Ashton \$25 (four sessions). In the next leg of our Jazz journey, we will continue with the great Swing Era and then travel to Kansas City and discover a new and exciting Jazz.

We will remember WWII and hear how Swing Music became America's Soundtrack to fight the war. So, come along with us as we continue our American Musical Journey through the history of America's Art form – Jazz. RSVP ♦♦ by 1/18.

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—Keyboard—

Play In a Day Keyboard Class

Tuesday, January 3 — 4270-11A

10:00 AM-12:00 PM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always



wanted to play the piano keyboard? If so, this is

the class for you! The music experts of Music Exchange bring their wonderful “Play In a Day” music program to our community. Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it’s possible to play a keyboard instrument. This fun class teaches students to read music, play chords and familiarize themselves with the keyboard. At the end of the two-hour class, students will learn to play “Canon in D,” “Ode to Joy” and a few other songs arranged for beginners. Class provides each student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 12/27 or 1/31.

Play In a Day Keyboard Continuation Class

Tuesdays,

January 10-24 — 4270-11B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions).

Prerequisite: Must have completed Play In a Day Keyboard Class. From the successful Play In A Day Keyboard class, this three-week class covers all topics needed to play the piano, keyboard or organ. Learn music terminology, read notes, count and play all of the major and minor chords. Also learn the basic setup of all keyboard brands. The one-and-a-half hour class provides lecture and

hands-on. Keyboards provided. Class fee includes basic music book and handouts. RSVP ♦♦ by 1/3.

—Voice—

Beginners Singers Vocal Boot Camp • Wednesday,

January 18-March 7 — 6132-11

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). 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. You do not need to be a member of the LH Community Chorus to enroll in this class. This is a beginners’ class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ♦♦ by 1/11.

Singers Vocal Boot Camp Continuation • Fridays,

January 20-March 9 — 6132-11B

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions).

Prerequisite: Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot camp. We will 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 1/13.

Travel

Provinces of France, a Visual Tour

Saturday, January 21 — 6161-12A

2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Whether you’ve only traveled to France in your dreams or are a return visitor who can’t get enough of it, this visual tour of France has something for you. Join us for a

real Tour of France and visit each Province and Region. This two-hour slide presentation will be followed by an hour of Q & A. Watch for future presentations: ‘Paris,’ ‘Provence/Côte d’Azur’ and ‘Versailles & Other Castles of Ile de France.’ RSVP ♦♦ by 1/14.



Paris, a Visual Tour

Saturday, January 28 — 6161-12B

2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Have you been to Paris or would you like to go? Join



us to visit delightful Parisian places and discover unfamiliar sites, learn about its history, its geographical setting and its *arrondissements*. This

two-hour slide presentation will be followed by an hour Q & A. Watch for future presentations: ‘Provence/Côte d’Azur’ and ‘Versailles & Other Castles of Ile de France.’ RSVP ♦♦ by 1/21.

Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.

Bernina Serger Certification

Monday, January 9 — 4059-11A

Or February 6 — 4059-12A

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

Bernina Sewing Machine Certification

Monday, January 9 — 4059-11A1

Or February 6 — 4059-12B

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring



your own scissors to class. RSVP ◆◆ by 1/2 or 2/1.

Janome Sewing Machine Certification

Monday, January 9 — 4059-11A2

Or February 6 — 4059-12C

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ◆◆ by 1/2 or 2/1.

—Knitting—

Intermediate Knitting

Mondays, January 9-30 — 4071-11

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions). **Prerequisite:** Must know how to Knit, Purl and Cast On. Class is for anyone who knows how to knit but would

like help reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring knitting



and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve

your knitting skills. *About the Instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for yarn companies and writes articles and knitting designs for major knitting magazines and written nine books on Knitting and Crochet and two books on Quilting. Class is limited to 10 so sign up early. RSVP ◆◆ by 1/2 or 1/31.

Your “Santa Please” List

continued from page 21

store and organize them), play games, watch movies, and – oh yes, almost forgot – read books!

Points to consider in helping Santa to bring you just the right tablet: battery life; number of apps (applications); size of screen; ease of use; technical support; and cost. What about storage capacity? “No problem. Even the smallest iPad has 16 gigabytes of memory, more than enough to do everything ordinary mortals want to do,” averred Silverman.



Silverman attracts a host of post-lecture questions from participants

Is there a downside to tablets? We were reminded you can’t put a 10” tablet into a purse or pocket! And

using wireless devices in public Wi-Fi areas creates the possibility of someone hacking your password. Solution: Don’t use your password in public areas.

“And how about viruses?” asked a participant. A non-issue with Apple’s self-contained system in the iPad, especially compared to non-Apple products using “Android” operating systems. To which audience member Terry Rooney, VP of SCLH Computer Club, quipped, “There are more ‘bad apples’ in the Android basket than in the Apple basket.” [Groans from the audience.]

We all went away with brains full of practical advice. And as soon as we can sort out the pros and cons of all the options, we’ll be ready to email our wish list to Santa Claus. I hear he has his own tablet these days – how else would he keep track of all those Christmas Eve deliveries?

Nine Reasons

continued from page 15

thickness with this Retinol alternative; it exhibits no side effects or irritation.

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Minding Your Mind

continued from page 15

soybeans, avocado, sweet red peppers, and fresh blueberries.

This article will not allow a full description of a brain-healthy diet, but the Wellness Program’s series of classes called “Beauti-



Ingredients for a Brain Smoothie

ful Minds” gave us an excellent recipe for brain health, which will be shared here. It is green in color, and it *really* does taste good!

Brain Power Smoothie

from the “Beautiful Minds” class

- 2 organic kale leaves (could also use about 5 dandelion leaves)
- ½ to 1 bunch of Italian Parsley (to neutralize the kale or dandelion bitterness)
- 1 frozen banana
- 3 frozen strawberries (preferably organic)
- 3 cups 100% pineapple juice (not from concentrate)

Place frozen strawberries and banana in blender, and then add all the greens and then the pineapple juice. Blend on high for about two minutes or until leaves are ground to a pulp. Enjoy this drink every day!

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Personal Survival: A Berlin Teenager's Story during and Post World War II

Tuesday, January 17 - Free

10:00-11:30 AM Ceramics Room (OC), The Community Forum is expanding topics to include personal memories! Resident Margit Lawrence endured war-time experiences as a young girl in Germany including family "secrets," allied bombings and a cruel Russian occupation. In 1947, Margit's family settled in Guatemala to start a new life. Her adult journey continued as an airline attendant based in New Orleans. Years later, with a few dollars and a bus ticket to San Francisco, Margit and her mother established another home, with work, marriage, and raising two daughters. Margit's



family and friends have encouraged her to share "survival memories" in public presentations. Q&A follows.

Caring For the Caregiver: Difficulties, Challenges, and Realities of Becoming a Caregiver
Wednesday, January 25 — Free

7:00-8:30 PM, P-Hall (KS). Are you the primary caregiver for your spouse, parent, or adult child? Dr. Irina Korman will lead a frank discussion on the difficulties, challenges, and realities including the physical, emotional, and financial issues that accompany the caregiving role. Dr. Korman will help us learn how to take care of ourselves,



how to find resources, and help us remain healthy as we continue to take care of our loved ones. Dr. Korman practices Internal Medicine at Kaiser Permanente, Lincoln. Q&A follows.

My Racing Heart
Wednesday, February 15 — Free

7:00-8:30 PM. P-Hall (KS). Shortness of breath? Racing heart? Palpitations? Fatigue? These are just some of the symptoms related to atrial fibrillation that Dr. Jonathan Hemphill, MD, Cardiologist at Mercy San Juan Medical Center, will discuss. A-Fib is a common condition in which the heart beats irregularly. Learn how you can reduce your risk for A-Fib and the latest treatment options.

Community Forums, Date, Time, Location

- Personal Survival Tuesday, January 17, 10:00 AM, Multimedia (OC)
- Caring for the Caregiver, Wednesday, January 25, 7:00 PM, P-Hall (KS)
- My Racing Heart, Wednesday, February 15, 7:00 PM, P-Hall (KS)
- Smartphones, Wednesday, February 22, 3:00 PM, P-Hall (KS)
- JFK & PT109 Eyewitness Acct., Thursday, March 8, 2:00 PM, Fr. Ballrm. (OC)
- Prostate Health, Wednesday, March 21, 7:00 PM, P-Hall (KS)

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Golf Cart Registration (City/Lincoln) 8:00 AM at OC Lodge
Thursdays, January 5 & 19

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Meditation**Tuesdays, January 10-31 — 879000-12**

11:00 AM-12:00 PM Fine Arts (OC). Instructor:

Vick Johnson. Join Dr. Vicky Johnson, PhD, clinical psychologist, for an introduction to meditating for health, peace and joy.




Experience meditative states and the power of your mind to relieve pain, reduce stress and most of all “center yourself.” Experiment with your breathing and focus to learn more about yourself and your possibilities. These sessions will include experi-

ence with the latest technology and assistance in matching meditation methods to your particular purpose. You are invited to use these four one-hour classes to begin or further your journey toward your personal goals. **\$40. Register/Fitness Centers or Activities Desks.**


Brain Discovery 101 — A pilot memory improvement and brain health program**Thursdays, January 12-February 2 — 875000-12**

1:00-2:00 PM Multimedia Room (OC) except February 2 in Fine Arts Room (OC). Memory Academy trained instructors



Lisa Scroggs and Megan Cowart will lead you through an interactive program that is sure to improve your overall brain health. It will give you the tools to help protect you from memory decay, increase and improve your memory, and sharpen concentration. Everything you do affects your brain and daily life skills. Come learn about the physiology of the brain and aging, brain agility and memory exercises, building a better brain through

Check out the Fitness Center's new classes: *Walk with Ease* on page 73 and *Spring Forest Qigong* on page 75!

Good “Reads” for the Season...**Library News***Nina Mazzo, Library Volunteer*


Humbug is a word often used to refer to something that is preposterous. Charles Dickens' novel *A Christmas Carol* uses the word to mean nonsense. The author Harry Oliver has written a short and fun book titled *Flying by the Seat of Your Pants*. This book explores the origins of many everyday expressions. You will find it in the Miscellaneous section. By the way, Mr. Oliver tells us that the origin of Humbug referred to a bug that made a loud humming noise and became a metaphor for something that makes a lot of noise but is rather insignificant.

In the Fiction section you will find *Murder for Christmas*

nutrition, and exercising for brain health. Four-week session. Cost is \$25. Register/Fitness Centers or Activities Desks.


Be

Inspired ~ Engaged ~ Well

Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

Nine Tips to Simplify**Monday, January 16 — 877600-12**


11:00 AM-12:00 PM Heights (OC). Instructor: Lee Mahla, CRTS.



What are some of your biggest challenges with getting and staying organized? What does being organized mean to you? Professional organizer Lee Mahla will share nine tips which you can apply to any situation to simplify, clear clutter, and better use your space and time. Gain a better understanding of the process of organizing and learn to create workable systems for your home or office. Simple basic organizing skills can help you get and stay organized once and for all. **\$10. Register/Fitness Centers or Activities Desks.**

Financial Wellness**Your Money and Your Brain: Thinking, Feeling, Greed, and Prediction • Tuesday, January 24 — 870000-12**

10:30 AM-12:00 PM P-Hall (KS). Instructor: Russ Abbott.



The first of three classes devoted to a book by Jason Zweig. We will take three chapters at a time and explore his findings on how you think about money and ways this thinking affects other parts of your life. Attending all three is not mandatory as each will be specific to three chapters only. **\$5. Register/Fitness Centers or Activities Desks.**

edited by Thomas Godfrey. Pickup a cup of coffee or hot chocolate in the Kilaga Springs Café, sit by the warm fireplace and read 26 tales of “seasonal malice and yuletide malfeasance” written by a variety of authors from Woody Allen to Charles Dickens to Ellery Queen.

As folks travel this holiday season, we notice our Audio Books on CD are quite popular; we would appreciate you returning them in a reasonable timeframe and if you receive some as gifts, please consider donating them when done.

For visiting grandchildren, we have several books and videos for them to enjoy during their visit.

Contacts — donations: Sandy Melnick, call (408-1035) if you have several books to donate; volunteers: Sandy Maloff (408-2368); investment materials Cleon Johnson (408-5648); the Community Living Room (OC): Nina Mazzo (408-7620).



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Program
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Kilaga Springs: 1167 Sun City Blvd.

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www.lincolnsuncity.org

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408-4290

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Wellness

Wellness Program Coordinator • Megan Cowart

625-4032 megan.cowart@schca.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 Office

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — The Wave 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

American Private Security

24 hour Dispatch 1-800-983-1932

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

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Retractable Window Awnings On Sunrooms

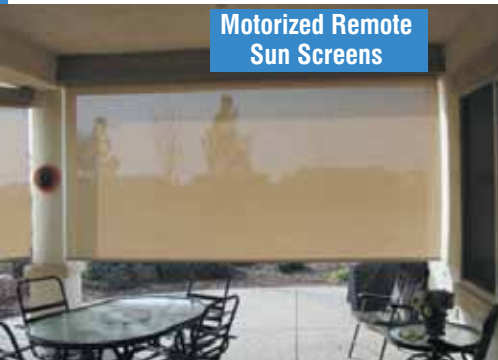
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

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With shade screens at a 6% openness, you won't feel boxed in and your plants will love the diffused light.

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Sollette sun screens allow afternoon entertaining without you and your guests having to retreat indoors because of bright, hot summer sun.

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