



Compass

The Official Magazine of Sun City Lincoln Hills

November 2013

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On the cover

Blue Heron at Lincoln Hills
Angler's Cove

Photo by John Y. Cho

Coming Soon: Additional ADA Improvements

Board of Directors Report

Jim Leonhard, Director, SCLH Board of Directors



You are no doubt aware by now of the ADA (Americans with Disabilities Act) suit that was settled in our favor in 2012, allowing us to correct potential ADA violations in our parking lots, walkways, and elsewhere in Lincoln Hills. We're happy to report that those construction/renovation projects are now underway. According to Chris O'Keefe, Senior Director of Facilities and Maintenance, who oversees the projects, all the work will be done with a minimal impact (such as room closures) on residents.

Items to be Addressed

Chris provided the following overview of scheduled projects:

Accessible Paths. Modifications to existing walkways as well as signage issues are being addressed, including adding ramps to the entrance of Orchard Creek Lodge and reconfiguring non-compliant existing ramps. Detectable warning devices (truncated domes) will be added at each disabled parking area.

Restrooms. Placement of restroom accessories (towel-soap dispensers), grab bar and mirror height, and signage and water closet placement are scheduled for correction.

Craft Rooms. If existing cabinetry does not allow access to sinks/faucets, or lacks workspace at a suitable height, these will be corrected.

Sports Pavilion. Protruding objects (message boards/counter tops), parking lot, restrooms, and the vending machine are listed for correction.

Doors. Proper signage and five-pound closers have been noted, and automatic openers will be supplied for each restroom door not already equipped with such devices.

Work Completed

Many of the items noted in the original report have been corrected during the remodel of Meridians Restaurant and the Sports Bar. Accessible path issues for the walkways behind the Orchard Creek Lodge and the Sports Pavilion have been corrected. Height issues for drinking fountains at Orchard Creek Lodge and the Sports Pavilion and the barbecues at the Pavilion have been adjusted to the correct height. We have also corrected the slope in the aisles in the Kilaga Springs Lodge Presentation Hall

Planned Work Schedule

This November, the Pavilion parking lot and restrooms will undergo renovation. Interior modifications will begin at Kilaga Springs Lodge in December. Once completed, work at Orchard Creek Lodge will begin. Work in the Orchard Creek Lodge parking lot will begin in April 2014.

On behalf of the Board of Directors, I would like to thank Chris and the Association Staff under Bob Cook's guidance for the diligent attention that is being paid to ensure that all our residents can safely enjoy our beautiful Community and participate in its wide variety of activities.

Your December Association Dues Statement

Your December Association Dues statement will include the new amount due for the first quarter of 2014. If you pay your quarterly dues with your bank's bill payment service, please change the amount to the new

quarterly dues payment of \$321. If you pay by check please enclose the new amount. We will automatically change the quarterly dues payment for homeowners who use our Preauthorized Electronic Payment Service.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

The fall colors throughout Sun City Lincoln Hills are gorgeous. Thank you to the photographers who contributed their



Autumn 2013 in Lincoln Hills
Photo by John Y. Cho

magnificent photographs to the *Compass* this month — John Y. Cho, Phil Robertson, and Larry White. We are blessed to be surrounded by amazing birds, wildlife and scenery. John tells us the cover photo was not technically enhanced, they are true colors caught on camera! I hope this holiday season you will take time for a walk along some of the 27 miles of trails with your family and friends to enjoy the beauty around us. We have so much to be thankful for.

The annual **Holiday Open House and Community Celebration** will be Monday, December 16, 1:00-3:00 PM, in the Ballroom (OC). Join us to enjoy the beautifully decorated Lodge, light refreshments and holiday music and visit with your neighbors. If you plan to please see "Connections" on page 43



Calendar of Events

November 15-January 31

Date	Event	Page #
11/15	Concert: Santana Tribute with Rhythm Vandals	46
11/16	Bus Trip: San Francisco — Pier 39	51
11/18	"Cosmology: The History & Nature of Our Universe"	23
11/18	"Housekeeper/Cook at Empire Mine, circa 1905"	29
11/19	"Latest Developments re: Special NEV Insurance"	31
11/19	New Resident Orientation	43
11/19	Concert: "Music from a Charlie Brown Christmas"	46
11/19	Bus Trip: Feather Falls Casino	55*
11/20	Alzheimer's: Getting Ready for the Holidays"	23
11/20	Forum: Monsters in Closet: Anxiety/Depression	37, 92
11/21	Book Discussion: <i>The Coffee Trader</i>	25
11/21	"The History of the Sierras"	30
11/21	"The Forgotten Soldier Program"	37
11/21	Bus Trip: Off to the Races	49
11/26	Comedy Night at KS: Dan St. Paul	45
12/02	KS at the Movies: "How Grinch Stole Christmas"	43
12/04	"Stellar and Planetary Evolution"	23
12/05	Overnight: Sun City Snow Train	55*
12/08-10	LH Community Chorus: "Holiday Cheer"	26, 45
12/09	"Birds of Lincoln Hills"	24
12/11	Bus Trip: Beach Blanket Babylon	55*
12/12	Bus Trip: Beach Blanket Babylon	55*
12/15	Grandkids Santa Adventure	47
12/15	Bus Trip: Victorian Christmas	49
12/16	Holiday Open House & Community Celebration,	3, 43
12/16	Comedy Night at KS: Mark Pitta	45
12/18	Bus Trip: San Francisco Shopping	51
12/19	Concert: Motown Holiday Revue	46
12/20	Bus Trip: Cornish Christmas	49
12/21	Bus Trip: San Francisco Shopping	51
12/31	New Year's Eve Roaring 20's Celebration	4, 44
01/02	Bus Trip: Buddy—The Buddy Holly Story	51*
01/04	Bus Trip: "Forever Tango" Harris Center	49
01/06	Comedy Night at KS: Jeff Applebaum	45
01/09	Forum: So You Think You Know Football?	92
01/10-11	Vaudeville Troupe's "The Cavalcade of Stars"	36, 45
01/16	Concert: SuperHuey, Huey Lewis & News Tribute	46
01/22	Forum: Living Through Transitions	92
01/28	Concert: "Hollywood" with Franc D'Ambrosio	47
01/28	Bus Trip: Red Hawk Casino	49
01/29	Forum: Password	92

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

Upcoming Association-Related Meetings: Date, Time, Place

November 15-December 31

Golf Cart Registration	Thursday, November 21, December 5 & 19, 9:00 AM, OC Lodge
Finance Committee Meeting	Wednesday, November 20, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, November 21, 9:00 AM, KS Presentation Hall
Board of Directors Special Meeting	Thursday, November 21, 10:30 AM, Heights
Board of Directors Executive Session	Thursday, November 21, 11:00 AM, Heights
ARC/Architectural Review Committee	Monday, November 25, 9:00 AM, Heights
CCOC/Clubs & Community Organizations	Tuesday, December 3, 9:30 AM, Oaks
Compliance Committee Meeting	Wednesday, December 4, 10:30 AM, Oaks
Elections Committee Meeting	Friday, December 6, 10:00 AM, Fine Arts
ARC/Architectural Review Committee	Monday, December 9, 9:00 AM, Solarium
Properties Committee Meeting	Tuesday, December 10, 1:00 PM, Fine Arts
Listening Post	Wednesday, December 11, 9:00 AM, Solarium
CCRC/Communications & Community Rel.	Friday, December 13, 9:30 AM, Oaks
Finance Committee Meeting	Wednesday, December 18, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, December 19, 9:00 AM, KS Presentation Hall
Board of Directors Special Meeting	Thursday, December 19, 10:30 AM, Multimedia
Board of Directors Executive Session	Thursday, December 19, 11:00 AM, Multimedia

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

Holiday Hours of Operation by Department

	Administration	Activities Desk	Fitness	KS Cafe	Meridians	The Spa at KS
Thurs., November 28	Closed	Closed	6:00-11:30 AM	Normal hours	Thanksgiving Feast	Closed
Fri., November 29	Closed	10:00 AM-3:00 PM	6:00 AM-5:30 PM	Normal hours	Normal hours	Normal hours
Tues., December 24	8:00 AM-2:00 PM	8:30 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	7:00 AM-2:30 PM	9:00 AM-2:00 PM
Weds., December 25	Closed	Closed	Closed	Closed	Closed	Closed
Thurs., December 26	Normal hours	8:30 AM-4:00 PM	Normal hours	Normal hours	Normal hours	Normal hours
Tues., December 31	8:00 AM-2:00 PM	8:30 AM-1:00 PM	6:00 AM-2:30 PM	Normal hours	New Year's Eve Event	9:00 AM-2:00 PM
Weds., January 1, 2014	Closed	Closed	6:00 AM-5:30 PM	Normal hours	Normal hours	Closed

ORCHARD CREEK
LODGE

LINCOLN HILLS

NEW YEAR'S EVE

ROARING 20'S CELEBRATION

THE SECRET PASSWORD TO GET IN IS:
FURTHER INSTRUCTIONS WILL BE POSTED AT A LATER DATE.

BATH TUB GIN

TUESDAY, DECEMBER 31

Soiree Entertainment: Gibson House Murder Mystery Dinner Show,
DJ Tom in the Ballroom, Royal Society Jazz Orchestra's Don Neely Jazz Quintet
featuring Carla Normand live in the Meridians Restaurant, 20's short silent
movie screenings, prop photo booth, fireworks, and champagne toast.

TAILORED OPTION

Includes Dinner starting
at \$82 per person.

LIMITED ENTERTAINMENT OPTION

Dancing & Entertainment
9pm - 12:30am
\$40 per person.

Tickets available at Activities Desk (OC/KS) and Online.
www.suncity-lincolnhills.org/residents "Lifestyle Online"

Activities News & Happenings

Thank You! Salamat! Gracias!

Lavina Samoy, Lifestyle Manager



Voltaire once wrote, "Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well."

The month of November is the perfect time to express our gratitude. The Activities Department is thankful for a lot of things:

- * Continued support of residents to all our offerings
- * Volunteers who serve as bus hosts, class practice leaders, and ushers, to name a few
- * Maintenance staff for their expertise in preparing rooms for shows, classes, group meetings, etc.
- * Excellent groups and clubs who promote our trips and participate in our events and classes
- * And to everyone who provides us feedback so we may improve our programs, processes, and customer service. We are grateful!

Now, for a few reminders —

If your desired activity is sold out, please register on the *wait list*. It does not cost you anything. The list helps determine if we can possibly add another trip, show or class. It is also used by residents to sell their tickets in case of illness or emergency. Contact the Activities Desk if you sell (or give away) your space and provide the name of your replacement to update our records. We start loading busses 15 minutes prior to listed trip departure time.

Tickets to our New Year's Eve Roaring 20's Celebration (pages 4 and 44) are selling fast. Gather your friends and purchase a table for more fun! Check page 46 for the listing of various concerts we've lined up. Jump start your holiday cheer with **Music from a Charlie Brown Christmas Jazz Concert with The Jim Martinez Trio on November 19 (page 46)**; community favorite **LH Community Chorus Winter Concert on December 8, 9 & 10 (page 45)**; and the **Motown Holiday Revue with Top Shelf on December 19**. Create holiday memories with your grandkids during our **Grandkids Santa Adventure on December 15 (page 47)**. Page 45 lists three top caliber comedians to keep you in stitches at our monthly **Comedy Night at Kilaga Springs**.

Check out the special three-day, two-night trip to **Yosemite (page 55)**. We are staying inside the park for lodging so you can explore the magnificent valley. Note the early purchase deadline of January 31 for the trip. Try our new art instructor Michael Mikolon who will be offering **Drawing and Watercolor Painting starting in January (pages 55-56)**.

Thank you from the bottom of our hearts for making us a truly excellent community!

Board of Directors 2014 Election News

Diane Pargament

The final slate of candidates for the 2014 Sun City Lincoln Hills Community Association Board of Directors election has been announced by the Elections Committee.

Three incumbent candidates are running for three open positions. They are:

- Marcia Van Wagner
- Ken Silverman
- Gay Mackintosh

Information regarding this uncontested election and forum dates will be published in the December *Compass*, the Association Website and posted in Orchard Creek and Kilaga Springs Lodges. The Annual Membership Meeting to present the new Board to the SCLH community will be Thursday, February 20, 2014.

SCLH Stop Sign Survey Results

Ron Carelli, Clubs & Community Organizations Committee Member

From September 15 through 30, there were 1,206 valid ballots (374 paper and 886 online) cast for retention or removal of stop signs at designated intersections on Del Webb Blvd., Sun City Blvd. and Stoneridge Blvd. This is approximately 8% of SCLH's residents and shows there is strong interest in this topic.



We apologize for any inconvenience for problems on the online survey due to some improper settings. Thank you all for your participation in the survey.

"The summary results are now public and available on the city of Lincoln website. We have posted a link to the city website on our resident website under *Latest Association News*."

The paper ballots were entered and combined with the online ballots to create a summary report. The summary report plus the paper ballots were provided to the City of Lincoln Streets Committee. The summary results are now public and available on the city of Lincoln website. We have posted a link to the city website on our resident website under *Latest Association News*.

The Streets Committee reviewed the summary data at their October 28 meeting. After discussion and public input, the Streets Committee decided to use the survey summary results, a recent speed study, and the original partial Lincoln Hills traffic study to determine the next steps. The new police chief will be reviewing the intersections covered in the survey as well as other intersections for possible random enforcement action. This combined data plus any enforcement results (if any) will be reviewed at the next Streets Committee to be held on January 27, 2014 in the Lincoln City Hall. There will be additional steps, including community outreach, before there are any changes made to the stop signs.

Don M. Branner

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Cover Article

This Group is for the Birds!

Please join in the annual Christmas Bird Count

Doug Brown, Resident Editor

Some of our Lincoln Hills birders congregated near Ferrari Pond last fall and reported seeing a gallinule, gadwall, shoveler, and bushtit.

Say what? Please, watch your language, especially on that last one. Well, they were serious. And their sharp eyes spotted another 30 or so species of birds in just one

outing!

The nature-loving **Bird Group**, founded by Kent Duncan and Paul Beach, treats residents to monthly walks, field trips near Lincoln, fascinating presentations, and outstanding photography! Notice the photos here — and on our front cover.

The *Compass* caught up with a convocation of Bird Group leadership the other

day. There's no albatross around their necks — this bevy of avian aficionados crowded with enthusiasm over our local colonies of feathered friends. Paul MacGarvey revealed that "bird watching made me start *noticing* these wonderful creatures." Larry White, some of whose exquisite photographs grace this article, has a bumper sticker that says, "I brake for birds." His new shutterbug challenge is catching birds *in flight*, he added with a satisfied grin.

The birders didn't duck our questions.

of birds. Two years ago our very own Bird Group counted 80 species among over 7,000 birds. What fun!

And the exaltation continues after the counting is done. At the end of that day, there's a free pizza party sponsored by the *California Rice Grower's Association*. For that connection check out Al Roten's article on page 19.

Want to join them? Email Kathi Ridley at kathiridley@yahoo.com or call her at 253-7086 and sign up!

And come to the **December 9** meeting when people will clamor to hear Kent Duncan charm the gathered flock with photos and information about local birds!

Photos: Red-Tailed Hawk and Wood Duck by Phil Robertson; Blue Heron, Quails, and Yellow-Billed Magpie by Larry White



Quails



Red-Tailed Hawk



Yellow-Billed Magpie

When does the Bird Group meet? Every second Monday at 1:30 PM in Presentation Hall (KS) (see page 24 for details). Can anyone come? Yes, meetings are open to the public, and there are *no dues* to join! Does one have to know something about birds to join? "Absolutely not," proclaimed Co-Chair Kathi Ridley, "we welcome everyone, and you'll be in the company of a kind, helpful bunch!" Yes, they will take you under their wings and are always flush with enthusiasm in their storytelling of their birding adventures.

Most importantly, the Bird Group invites you to join them for the annual **Christmas Bird Count** on **Monday, December 30**, when small groups will muster in Lincoln Hills and *count* birds, one small facet of a comprehensive nationwide tally



Great Blue Heron doing the environment a favor by eating a Koi for dinner



Wood Duck



LIVING THROUGH TRANSITIONS

Most Sun City residents intend to live here as long as possible.

Do you have your plan in place to make that a reality?

A new program called Living Through Transitions (LTT) was designed* with your special interests in mind.

During the 10-session program, experts from many areas of aging will discuss how to age successfully. Registrants will create a plan/notebook taken from topics discussed including: finding your way in the medical maze; what to do if you find yourself suddenly single; financial planning; actions you need to take to be prepared; available resources and how to use them; answers to individual questions.

Start planning now for the eventual transition from a “normal” active lifestyle to a less active lifestyle. Registration for Living Through Transitions begins December 17 at the Wellness/Fitness Centers.

For more information about the Living Through Transitions 10-session program, plan to attend a presentation Wednesday, January 22, 2014 from 7-8:30 PM in the Ballroom (OC). Learn from residents who had plans and from those who didn't and what they learned from their experiences.

*Living Through Transitions: The Next Step program, is a one of a kind program designed in collaboration with Wellness & Fitness staff and residents with expertise in the field of health and education.

Prevent That Unwanted Holiday Gift: Weight Gain!

Richard Anderson, Fitness Specialist

On average a person will gain *five* pounds during the holidays. Don't let this be you! Beginning November 18 the Wreath of Fitness program will reward you for attending classes and coming to the Fitness Centers. This incentive program will continue 26 days until December 13. Your goal will be to collect at least 20 ornaments to attach to your Wreath. How do you collect ornaments, you ask? Simply by showing up and working out in the gym, or attending different punch-based or session-based classes. There will also be bonus ornaments that can get you extra rewards! More detailed flyers will be available November 15 in both Fitness Centers. Use this incentive program this Holiday season to keep the weight off, and get rewarded for it!

Wellness & Fitness News

Unique, Beneficial Program Makes its Debut in Lincoln Hills

Brandy Garcia, Director of Fitness

Living Through Transitions: The Next Step program is a one of a kind program that is designed to benefit every resident. After attending this 10-session program you will have created your handbook/plan on how to age successfully. Experts in all areas of aging will talk with residents to educate them on what they need to do, resources to use and where to find them, and answer individual questions. Registration for this class will begin December 17. An opening presentation on January 22 at 7:00 PM in the OC Ballroom will give you details about this program. At this presentation, learn from your fellow residents as they share their stories of what they learned by not having a plan and also from those that had a plan. For more details please contact Christine Epperson or Brandy Garcia at the OC Fitness Center.



Early Wellness & Fitness Registration Period — Beginning November 16

Have you taken advantage of our online registration process? If not, now is the time to experience the convenience! The Wellness & Fitness Department is promoting online registration offering a 24 hour early registration period beginning November 16 at 10:00 AM for fitness classes, wellness workshops, and Small Group Trainings! Limited spots are available for this promotion.

No need to wait in line on the 17th, register on the resident website: www.suncity-lincolnhills.org/residents. Remember, you must be registered and logged in to purchase online. Desk registrations will begin at the regular time of 10:00 AM on November 17. **Don't miss this early bird opportunity!**

Time to Give Thanks

Hank Lipschitz, Finance Committee Chair

It's the time of year to take a step back and look at how well our community is doing. Our Staff is doing a great job delivering the services we look for and are maintaining our facilities very well. We are blessed with a large number of dedicated volunteers that do so much to make Lincoln Hills the place it is and we remain financially strong. This is just a great place to live.

Results for the nine months of 2013 have us \$179,504 ahead of budget, with the month of September just \$679 below budget.

This month Administrative, Fitness, Food & Beverage and Activities were better than budget. Rec. Center/Maintenance for the month was \$11,863 below budget because of higher maintenance issues and landscape was \$17,009 higher than budget as a result of additional mowing and storm drain clean out.



As of the end of September the Operating Fund had a balance of \$4,611,180 with \$220,796 in the Building/Capital Enhancement Fund and \$1,325,487 in the Settlement Proceeds Fund. The Reserve Fund had a balance of \$4,878,188. Virtually all funds were in FDIC-insured accounts or Treasury Securities.

As of September 30 we had 101 homes with past due assessments totaling \$78,300. This compares to 112 homes in June and \$71,900.

I wish everyone a Happy Thanksgiving!

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

The next regularly scheduled Finance Committee meeting will be held on Wednesday, November 20, at 9:00 AM.

Statement of Operations YTD — 9/30/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$5,667,896	\$5,642,521	\$25,375
Administration (Expense)	(1,452,395)	(1,603,023)	150,628
The Spa at Kilaga Springs	40,385	18,560	21,825
Fitness	(259,171)	(304,057)	44,886
Activities	(158,076)	(161,565)	3,489
Rec. Center / Maintenance	(1,777,546)	(1,824,416)	46,870
Landscape Maintenance	(1,945,288)	(1,886,256)	(59,032)
Food & Beverage	(67,799)	(13,262)	(54,537)
Capital Asset	0	0	0
Net Revenues (Expense)	\$48,006	(\$131,498)	\$179,504

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The Fine Art of Complaining

David Stone, Compliance Committee Chair

In our ordinary, everyday lives, complaining comes naturally. There are no rules or preferred methods of expressing our displeasure – we simply let go and let those in earshot know what’s bothering us. We



can be loud, profane, irrational, fussy, or just plain rude!

In Lincoln Hills we do have a more formal and suggested way of making complaints. If you see something that bothers you about the condition of a property or

a resident’s behavior, you are encouraged to report it to the Association if no less formal resolution seems possible. The “first responder” for complaints is the Community Standards Manager, Cece Dirstine. The best way of getting her attention for your concern is to **put it in writing!** And the preferred vehicle is to fill out a complaint form available at either Lodge desk or on the Association website. It is a simple form and serves to get the ball rolling as to investigating your complaint.

Be as specific as possible giving location, dates observed, other witnesses, and a description of the possible violation of our governing documents. A photo would give additional help in investigating the issue.

We understand that there may be a concern about you providing your name and contact information. If the violation involves the condition of property that staff and the Compliance Committee can view for themselves, your identity is less important. However, if the complaint involves conduct that is sporadic such as barking dogs, roaming cats, excessive noise, or abusive conduct by a resident, we cannot investigate without your assistance. Similarly, if the resident charged with the bad conduct is brought before the committee, we cannot necessarily find non-compliance if you are not present to provide an eyewitness account of the incident.

So, carry on with your spontaneous complaining to your spouse, friends and children if you must, but please practice the fine art of complaining **Lincoln Hills Style** when lodging a complaint with the Association.

Delivering Holiday Season Joy Teamwork by Lions and Semper Fi

Al Roten, Roving Reporter

This time of year we see the large collection boxes in our Lodges and around town inviting us to deposit staple food items or unwrapped toys. One might think that these are mysteriously left behind by Santa’s elves! Not quite!

We have among us two hard-working senior groups who during the year carry

out a very successful campaign to feed families in need and make Christmas a time of joy for many who otherwise have little hope for the season. Bob Collins of the Lincoln Lions Host Club and Frank Neves of the Semper Fi Association, are leaders of the two groups that work in conjunction with The Salt Mine
Please see “Season Joy” on page 92



Left, Bob Collins and Chris Knutson, residents, picking up donations, Lions Host Club



Right, Resident John Johnson, Semper Fi Association

Preparing for Increased Water Rates

Part Two: What Can We Do to Reduce Water Usage?

Pete Savoia, Properties Committee Chair

Last month’s article identified the sources of water used in our community: potable water from the city of Lincoln and reclaimed water for irrigation from Billy Casper Golf. This article will focus on options for the Association to save potable water.

Potable water accounts for 68% of water usage in our Association buildings and grounds and provides the largest opportunity for cost savings. Here are locations using potable water and options for conservation under consideration by the Properties Committee.

Bathrooms

- convert all faucets to touch-less by year-end
- phase in high-efficiency flush valves (20% savings)
- start a test program for waterless urinals at Sports Pavilion in December (20,000 gal/yr savings per unit)

Restaurants and Fitness Centers

- we will conduct an energy audit with PG&E in February to identify new

equipment with improved utilization of both water and energy



Neighborhood Parks

- the moisture content in the soil and air in these parks is monitored to determine the optimal irrigation schedule
- because lawns require more water than shrubs and ground cover, turf reduction is very effective for conserving water when it can be done without a negative impact on aesthetics or utility, and a long

Please see “Water Rates” on page 92



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Jerry McCarthy, Director of Food & Beverage

Don't be late making your reservations at Meridians for a wonderful feast for family and friends on **Thanksgiving Day**, November 28 from 12:00 to 4:00 PM. Reservations are limited and we don't want you to miss out. Adults are \$29.95 and children 7-12 are \$12.50 (plus tax & service charge). Everyone under six years of age or over 90 years old is *free!* Come and enjoy the slow roasted free range turkey & carved filet mignon, stuffing, seasonal vegetables, soup station, and so much more. Always leave room for one of Chef Roderick's wonderful desserts. All non-alcoholic beverages are included at no additional charge. The entire Thanksgiving Feast menu is available at the hostess stand or at www.meridiansrestaurant.com.

It's not too late to finalize your details for the holiday season. Call Sales Manager Meghan Louder at 625-4043 to reserve your room and finalize all the details

of your successful holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work.

The Meridians "Ye Old Pie Shoppe" will be open before you know it. To order warm, out-of-the-oven pies please call 625-4040. We will be offering pumpkin, apple, and pecan pies. All pies are only \$7.75. They make a perfect gift when visiting with family or friends. The Culinary team is baking pies everyday starting November 20 until December 30. Order yours today!

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

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

~Please see our ad on page 67.~



Call 625-4040 to order warm, out-of-the-oven pies from Meridians' "Ye Old Pie Shoppe"

The Spa at Kilaga Springs

Holiday Specials at The Spa

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Gratitude should be our first and last words for every day. As we approach the official day to celebrate, don't forget to take a look around and count your many blessings whether they are challenges or rewards.



It is also time to gear up for holiday shopping and we are here to make this "S-T-R-E-S-S-F-R-E-E" because that's what our Day Spa is all about. We will have Santa's Gift Shop set up starting November 18.

Gift Cards

Gift Cards can be purchased online through our website, www.kilagaspringsspa.com, over the phone, or at the Spa. Make sure to tell your loved ones how much you appreciate getting those gift cards. Any gift card redeemed in the month of January 2014 will get a \$10 coupon toward their next service.

Memberships

If you didn't come in for our Open House on November 6, now is the time to purchase your Membership program for either massages or facials. This is your daily discounted monthly fee. No need to wait for specials. It also gives you a free Sauna treatment on the day of your service and 10% off any product purchase any time.

Boutique Items

Our aromatherapy neck wraps are always a #1 seller for us, Eucalyptus or Lavender, used hot or cold for neck and shoulder pain and stress.

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We offer soaps, lotions, body scrubs, shampoos, conditioners, styling products, skincare, make-up, nail products, and essential oils. **Create your own gift basket and we will wrap it and have it ready for pick-up!**

Holiday Appointments

Many residents will have guests arriving to celebrate the holidays. Now is the time to book those appointments, as they tend to fill up fast. Come in with your guests and have a little stress-reducing time in between shopping and traveling. Relax in our Soothing Infrared Sauna, or enjoy a treatment in our Mediterranean Style Atrium "Sanctuary," where you can experience the beauty of nature and relax to the sound of the waterfall.

Happy Thanksgiving from the team at The Spa!

~Please see our ad on page 70.~

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Aging Well

Shedding Light on ANTs and Other Depression Issues

Shirley Schultz, Health Reporter



Do you have ANTs? No, not those six-legged pests in your kitchen! ANTs are *Automatic Negative Thoughts*, and most of us have an infestation at one time or another or on an ongoing basis. These cynical, gloomy, negative, fatalistic thoughts lead to anxiety and depression and can severely limit one's ability to enjoy life. Daniel Amen, MD, in association with the American Holistic Health Association, has written a self-help article called "ANT Therapy: How to Develop Your Own Internal Anteatrater to Eradicate Automatic Negative Thoughts." The conclusion of his article states, "Whenever you notice an ANT entering your mind, train yourself to recognize it and write it down. When you write down automatic negative thoughts, ...you begin to take away their power and gain control over your moods."

Depression, as defined by the Anxiety and Depression Association of America, is a condition in which a person feels sad, hopeless, discouraged, unmotivated, or uninterested in life in general. *Anxiety disorder* is an inner turmoil manifested by nervousness, irritability, and problems with concentrating and sleeping. Although the two conditions are different, they often go together.

Light therapy is just one treatment tool for depression as well as helping people with sleep problems. There are now several companies selling light boxes. Anyone considering buying one of these boxes should avoid possible exposure of their eyes to excessive glare and dangerous UV frequencies or infrared illumination by making sure that the light box is professionally manufactured and not put together at home. Most therapeutic units can deliver about 10,000 lux when used at a distance of one foot.

The two monsters, anxiety and depression, are real – in contrast with the imaginary monsters in the closet of our

Please see "Shedding Light" on page 37

Year-End Charitable Giving

Lincoln Hills Foundation:
An opportunity to give backJerry Johnson, President
Lincoln Hills Foundation

As 2013 draws to a close (six more weeks!), have you considered services "close to home" for your year-end charitable giving? A chance to help fellow seniors here in the Lincoln area through local agencies? A way that you can bring welcome relief in restoring funding for some agencies that have been hurt by recent budget cutbacks?

The Lincoln Hills Foundation — whose mission is to promote and fund innovative solutions that enable senior residents of our community to continue to enjoy their independent lifestyles — gives you that opportunity!

Here's some of what the Foundation has done over the last 12 years: It has provided grants to support Meals on Wheels, Super Seniors, Alzheimer's Caregivers' Support Group, Bereavement Group, Del Oro caregivers' respite support, Friends of the Lincoln Library, Neighborhood Watch, and Neighbors InDeed.

To financially support these efforts, the Foundation relies on fund-raising through monthly **bingo games** and the sale of **dining and shopping discount coupons**. But it also relies on generous



Over the last 12 years, the Foundation has provided grants to support many organizations including Meals on Wheels

donations from Lincoln Hills residents and businesses in Lincoln.

How can you help? Consider some options:

- For many of you over 70.5, your required minimum distribution (RMD) is due before year-end. Have you considered the Foundation as a "qualified charitable distribution"? Under current tax laws (set to expire December 31, 2013), an otherwise taxable distribution (up to \$100,000) paid directly to a qualified charity is *excluded* from your gross income. What a great way to "give back"!
- Honor your loved ones through memorial gifts.
- Name the Foundation as a beneficiary in your estate planning (that is, write *Please see "LH Foundation" on page 43*

Winterizing Tips from Neighbors InDeed

Doug Brown, Resident Editor

Winter's colder weather and rain are coming. Neighbors InDeed would like to remind you of several winterizing tasks that you can either perform yourself — or call a Handy Helper (223-2763) for assistance.

Furnace Check. Contact a reputable Heating and Air service for an annual assessment of your furnace safety and efficiency. Carbon monoxide leaks are especially important to detect early. Also, did you know you can call PG&E for a *free* furnace check?

Reprogram Thermostats. It's time to

set your thermostat to winter settings. You'll save \$\$ by programming lower temperatures while you're sleeping. Having trouble with your thermostat? Call for a Handy Helper.



Irrigation timers. At the very least, you should be watering *less* now—evaporation is not as much of an issue in the cooler weather. And if the rains are coming in regularly, there's no need to water *at all*. Some timers are equipped with a "water budget" setting that could be useful. Remember, we need to save water more than ever now with water rates going up.

Please see "Neighbors InDeed" on page 21

The Wilder Side of California Rice

Al Roten, Roving Reporter

We live on the border of rice country, but do we stop to think about what goes on there? Most people eating rice think of a side dish and not much more. Truth is there is a lot to learn and appreciate when it comes to the world's most popular grain. There's a "wilder" side to rice country, as local fields provide food and a resting place for millions of birds.



Ninety-seven percent of California rice is grown in the Sacramento Valley, with a nearly ideal combination of Mediterranean climate, clay soils and, high quality water. Californians have grown rice for more than a century. This year's crop is expected to produce nearly five billion pounds of rice; half will be enjoyed in the USA, with the balance to be exported worldwide. The estimated annual value of California Rice is \$1.8 billion, providing 25,000 jobs.

What may be more surprising is the green nature of rice farming. The impetus for this environmental boon occurred in the 1990s, when

most growers switched from burning harvested fields to flooding them and incorporating rice straw into the soil. This fundamental change in rice growing has attracted an amazing array of wildlife. Sacramento Valley rice fields, which provide nearly 60 percent of the food consumed each winter by millions of migrating birds, are home to nearly 230 wildlife species.



Snow Geese

A great success story from rice fields involves the White-faced Ibis. This prehistoric looking bird had low population numbers. Currently ibis are one of the most frequently seen birds in rice fields. Other interesting wild birds are Great Blue Herons, Long-billed Curlews, and a variety of egrets. Look for Bald Eagles hunting for ducks, and hawks and falcons hunting terrified shorebirds.

Birds are in rice country year-round, but fall and winter are the best seasons for



Great Egrets

large concentrations of wildlife. Treat yourself and your family to a spectacle of nature this winter (November through February) by visiting flooded rice fields 15-20 minutes drive west of Lincoln. Take snacks, binoculars, and camera and drive roads such as West Wise, Waltz, Brewer, Nicolas, Marcum, and Moore. Rice farms are private property and can get quite muddy so if you stop to watch birds please stay on the roads and view from a safe distance.

You may also view wildlife right at home by going to www.CalRice.org, and roaming that website.

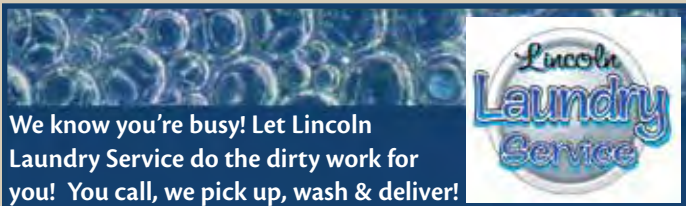
Photos at local rice fields by Phil Robertson



Tundra Swan



White Faced Ibis



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Disaster Preparedness: Part 11

Coping Without Power and Water

Bill Beal

After an emergency, we may experience a loss of running water and electricity for several days. Preparing for such an event is not difficult.



Review the 2013 Disaster Preparedness articles in the *Compass*, especially the May article: Water, More Precious than Gold, and the June 2013 article: Powerless Food Preparations. (See www.suncity-lincolnhills.org/compass.html.)

Now let's discuss sanitation, heating, cooling and light.

Sanitation without running water isn't challenging, simply convert your toilet into a waterless waste collection system.

Double up five-gallon plastic garbage bags and using duct tape, secure them inside the toilet under the seat. Add kitty litter or an enzyme that decomposes and deodorizes the waste. Each night seal the bag and place it in the garage for proper disposal. Keep hands clean with a waterless hand sanitizer and for bathing purchase no-rinse bathing wipes.

For illumination, use 100-hour liquid paraffin candles. They're safe, smokeless and odorless. Also store a flashlight powered by D-Cell batteries, one LED bulb camp lantern, and spare batteries for each.

Cell phones can be recharged using an automotive cell phone charger available at big box stores. Just plug it into your car's cigarette lighter adapter.

Stay cool by using a battery powered handheld misting fan also available at big box stores, and be sure to store extra batteries for it. Stay warm by wrapping yourself in a heavy blanket and don't forget

to cover your head with a knit ski cap.

See www.beprepared.com for Liquid Paraffin Candles, item # CL-C700, and enzyme packets, item # ZK-X100.

Next month I'll conclude this series by providing you with a list of emergency preparedness resources. Until then, stay safe.

Neighbors InDeed

Continued from page 17

ing up over the next few years. Again, a Handy Helper can assist you.

Garage Door Openers. Time for your annual clean & lube? A Handy Helper could save you big trouble one of these frosty mornings when your garage door opener decides to "freeze up."

Another Neighbors InDeed **Handy Helper Forum** is scheduled February 11, 2:00 PM in OC Ballroom to give you practical tips on home maintenance. Watch the Community Forum page in your *Compass* for reminders.



Neighborhood Watch

"Oh Where, Oh Where Has My Little Dog Gone?"

Neighborhood Watch to the Rescue!

Patricia Evans

Judy Skellinger had just moved to SCLH when her 16-year-old Basenji dog, Senji, disappeared. The devastation Judy experienced from the loss of this four-legged friend moved SCOOP members Pearl Chang and Mary Shelton to contact Neighborhood Watch about expanding their email system to include lost pet alerts.



Many residents find their dog both a wonderful companion and a help in protecting their homes. As Gary Leonard noted at our recent Safety Seminar, "highly successful burglars tell us that a barking dog is the number one deterrent to home crimes." But occasionally they may leave their guard post, wander into the neighborhood, and become lost.

If you are a SCLH resident who has lost a pet, you can contact Pearl at 408-7102, Mary at 409-9923, or Ann Brown at 337-0773. The SCOOP website, www.sclh-scoop.com, also provides these contacts under the "Lost and Found" tab. SCOOP will have the information distributed through the Neighborhood Watch email system. Neighborhood Watch cannot accept this information directly.

If you find a lost pet, you can also contact Pearl, Mary, or Ann. Out of the lost dogs reported to SCOOP last year, two were not found. The SCOOP goal is to have 100% recovery!



Senji

Time is of the essence when a pet may be wandering into the open areas around our Villages.



SCOOP members Pearl Chang with Joey (left), and Mary Shelton with Bentley and PJ, collaborate with Neighborhood Watch to establish lost pet alerts —

Photo by John Y. Cho

As resident Al Witten explained it, "This is a 'dog-gone' good alert program worth barking about."

For information about "what's hot" with the latest scams besieging SCLH, please turn to page 32.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
- Pauline Watson, 543-8436
frpawatson@sbcglobal.net

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



Club News



Alzheimer's/Dementia

Caregivers Support Group

"Getting Ready for the Holidays" will be the focus for our discussion meeting on Wednesday, November 20, Multimedia Room (OC). This meeting is the third Wednesday rather than the usual fourth Wednesday to accommodate the Thanksgiving Holiday. Led by Denise Davis of the Alzheimer's Association, we will learn to navigate the holidays so that both you and your loved one have a pleasant time with family and friends. Some patients get confused if there is too much activity so you may want to arrange for a quiet area for your loved one to receive visitors. If you have been the chef in chief, this may be the year to ask for assistance. These and other concerns will be addressed with suggestions offered by Denise and members of the group.

Relevant books and DVDs are available to borrow.

There is no meeting in December.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332;

Maria Stahl 409-0349



Antiques Appreciation

We've had so many wonderful programs at the Antiques Club meetings this year, I can't begin to tell you how blessed we've been! The November meeting was outstanding as usual with a presentation by one of our members of her collection of Carnival Glass. Thanks to all the members who have stepped up during the year to show us their collections! And I hope everyone had a chance to see our



*Antiques Appreciation Club
Halloween Window*

window in October all about antique Halloween paraphernalia. Take a walk down the hall at Orchard Creek Lodge to the Multipurpose Room to see our beautiful Antiques Club Window each month!

The Christmas Brunch is coming up in place of the December meeting so be sure to sign up with Ann Renyer as soon as possible!

Please join us the first Monday of every month at 10:00 AM beginning 2014 in the Gables and Heights Rooms (OC).

Contacts: Jan Robinson 408-7332;

Jane Delno 543-6855

Antique Appraisals 408-4004



Astronomy

Monday, November 18: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the new DVD series "Cosmology – The History and Nature of our Universe." These lectures by Professor Mark Whittle are an excellent simple explanation of the Big Bang Theory. This month's lecture will be "The Sweep of Cosmic History." This will be followed by Don Wilson who will discuss if the universe can be made from nothing; a net zero energy change. Contact Morey Lewis at eunmor@pobox.com or 408-4469 for more information.



*Anthony Oreglia
presenting an
update to "Hubble's
Amazing Universe"
video at our
October Meeting*

Wednesday, December 4, 6:45 PM, P-Hall (KS): "Stellar and Planetary Evolution — from the Ground Up." Join John Neil to learn how astronomers determine the way stars and planets evolve through the use of geochemistry.

What's New in Astronomy/Activities/ Q&A: 6:45 PM, program at 7:15 PM. Bring your astronomy questions during the Q & A period.

Astronomy Group meetings are held at P-Hall (KS).

**Contacts: Ron Olson 408-1435,
rolson@starstream.net;**

Nina Mazzo 408-7620

ninamazzo@me.com

Website: www.lhag.org



Ballroom Dance

Make your Holidays extra spicy! Come to Kilaga Springs Lodge for Cha Cha lessons in November on Tuesdays. Beginning lessons are from 2:00 to 3:00 PM, open dancing from 3:00 to 4:00 PM, intermediate lessons are from 4:00 to 5:00 PM. In December, we will take a break from weekly lessons to enjoy the season and use all those dance moves you learned during the year. Our group's Christmas Potluck Party will be held Tuesday, December 3 from 5:00 to 9:00 PM at Kilaga Springs Lodge. There will be good food, dancing, socializing, and lots of fun! Save the date and join us.



*Karen &
Wayne
Hardage*

Not a member yet? You are welcome at the Christmas Party with your \$7 per person annual membership. Your annual dues include weekly group lessons by our experienced instructors! Join us for lessons and our many dance events during the year. You will have a great time!

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 meetings will be November 20 and December 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 Monday, December 9 at *Original Pete's*. Meet in front of OC Lodge by 11:20 AM to carpool to the restaurant. For more information or to put a Memoriam in the

Compass, contact Joan.

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



Billiards

The Shooters

- Eight-Ball Singles 1:00-4:00 PM
First Wednesday
- Nine-Ball Singles 1:00-4:00 PM
Second Tuesday
- Eight-Ball Doubles 1:00-4:00 PM
Third Wednesday
All games at KS
Tournament winners:
Tournament Winners 2013
- Eight-Ball Singles October 2 —
Winner: Phil Delaney; Runners-up:
Ed Ryan and Joe Ferrando.
- Nine-Ball Singles October 8 —
Winner: Dave Manwaring; Runner-up:
Phil Delaney.
- Eight-Ball Doubles October 16 —
Winners: Joe Ferrando and
Steve Brown

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

Challengers Billiards

The Challengers Group is for mid-level to advanced players. You can find us at the Billiards Room (KS) every Friday, 10:00 AM to 12:00 PM. The last Friday of the month is sign-up day for the following month.

New players are always welcome.

Last month we were short of players, if you are thinking of joining us, just drop by. Chances are you will be able to play. Hope to see you there.

Last month's winners:

- First place: seven games of seven games: Bill Kim; six games: Margie Kim; five games: Doyle Coker, Dan Oden.
- Second place: five of seven games: Joe Perez, Lyle Moore, Joe Hobby, George Smith, Bill Huth; four and a half games: Sandy Pavlovich.

Congratulations to all.

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

Couples Billiards

This first week of billiards at KS had only one winner of six games: Peshu Irani

playing alone. The Roger Corley/Sandy Pavlovich team tied with Jim/Barbara Conger for five wins.

On week two we had only one team with five wins: Bob Hodge/Sylvia Gutierrez. Five teams tied with four wins.

Week three had two teams tied with five wins: Peshu Irani/David Manwaring and Bob Soriano/Doyle Coker. Four teams tied with four wins.

Week four had only one six game winner: Joe/Shirley Varner. Jim/Barbara Conger was the only team to win five games.

On the fifth and last night we had two teams with five wins: Dan Oden/Gail Harmon and Jim/Barbara Conger. Two teams had four wins: Joe Perez/Rita Baikauskas and Bob Soriano/Doyle Coker.

Congratulations to all the winners.

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

Players Billiards

On Thursdays from 2:15-4:30 PM in the Billiards Room (KS), our group of mid-level players compete in seven games of Eight Ball timed at 17 minutes each game. We play by APA rules and have a sign-up binder on the fireplace. Advance sign-up occurs on the last Thursday of the month for the following month. Standby players frequently get to play. Come join us!

Congratulations to our recent winners:

Seven of seven games: Dan Oden, Rita Baikauskas, Phil Berlenghi; six games: Ernie Recabaren, Bob Bienkowski, Bob Soriano; five games: Peshu Irani, Dan Oden, Bob Wehner, Ken Woodard, Howard Skulnick, Ziggy Brien, Lisa Pabst.

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

Upstarts Billiards

"Practice is the name of the game; Practice if you want to see your name in the *Compass*, our own claim to fame!"

Want to play some Billiards? Lots of fun; meet new people... Upstarts Billiards is for beginners-to-average players. We play Standard Eight Ball on Thursdays, between 11:45 AM and 2:00 PM at the Billiards Room (KS). We welcome new players. So come on down; let's get your name in the *Compass*, shall we?

Winners — five games: Gary Averett, Phyllis Borrelli, Ahmed Juanba, Edith Kesting, Randy Ransdell, Hart Sissingh; four games: Stephen Baron, Margrit Blanc, Frank DeMasi, Nicki Hobby, Gary Nielsen, Josie Ortega, Phyllis Papagiannis, Gary Smith, Carol Vasconcellos, Joan Wendell.

Sign-ups are last Thursdays, every month at 11:30 AM, Billiards Room (KS).

**Contacts: Rita Baikauskas
408-4687; Phyllis Borrelli 543-3528;
Dan Oden 408-2687**



Bird

On Thursday, November 21, our group will visit Gray Lodge Wildlife Area. Located on the Pacific Flyway in Butte County this wetlands area attracts a large number of waterfowl. The many flocks of ducks and geese make this a wonderful outing.

Then on December 9 we have our last meeting of the year. Kent Duncan, one of the founding members of the Bird Group, will present a program on "Birds of Lincoln Hills." Kent's knowledge along with his beautiful pictures will make this a very informative meeting and a great opportunity to ask about the birds you've seen at your feeders or in our wetland areas.

December is always a busy month, so mark your calendar now and come join us for the Christmas Bird Count on Monday, December 30. See you there!

See the Bird Group article on page 7.

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



Bocce Ball, Mad Hatters

The Mad Hatters have switched their Thursday morning Bocce sessions to 10:00 AM for the winter season. If you showed up at the courts at 8:00 AM last week and we weren't there, that's why. We still have people showing up in shorts in the morning but we'd like to recommend that you start dressing in layers as the season progresses because it will get colder. You might even want to try and find your gloves.

We held our annual Mad hatters/Red



2013 Red Hats; "2013 Mad Hatters

hats Bocce Tournament on October 5. The Red Hats put up a surprisingly good showing with a score of 222 to our 283. Their practice paid off with some very strong team performances. Thanks to Betty Soderman and Donna Malone again for their help with the tourney.

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



Book Group, OC

The setting is the world's first commodities exchange, Amsterdam, 1659. We follow the struggle of Miguel Lienzo, a Portuguese Jew, who has suddenly lost everything and finds himself faced with abject poverty or the decision to forgo integrity and seek monetary gain as a new commodity called "coffee" is introduced. Please join us November 21 at 1:00 PM in the Multipurpose Room (OC) where we will discuss *The Coffee Trader* by David Liss.

We will also be voting for next year's books at this meeting; don't forget to make your reservation for the Holiday Luncheon on December 19. Information on both is on the Wiki.

Contacts: Penny Pearl 409-0510;

Darlis Beale 408-0269;

Dale Nater 543-8755

Website: <http://lhocbookgroup.blogspot.com/>

Wiki: <http://ocbookgroup.pbwiki.com/>

Bosom Buddies

Breast Cancer Survivors

These pictures are from our October 10 meeting. October is "Breast

Cancer Awareness Month." It was a wonderful meeting with Larry Schurr and Janet Roberts of Neighbors InDeed.



Neighbors InDeed Group photo; Neighbors InDeed Larry Schurr, Patty McCuen and Janet Roberts

Our November 14 meeting was incredible. Our guest speaker was Dr. Shelly Garone, Medical Director of Palliative Care and Chief of Quality at Kaiser Permanente. Her interests center around helping patients and their families live well when a loved one has a chronic illness. We learned: what's normal when we age, how we can do it gracefully and how to make appropriate plans for the future.

We have our December 5 core meeting at Patty McCuen's home 10:30 AM. Our December 12 general meeting will be there at 11:30 AM for our Christmas party. Come one and come all.

If you are a breast cancer survivor, first diagnosed or in treatment, please come to a meeting and enjoy yourself.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bowling

Going into first position round, competition is heating up!

First place — High Hopes, Don & Terry Jones and John & Diane Bensi. Pin Strikers, Kathy Chapin, Barbara Kurmas, Betty Curtis and Steve Kriner. Second place — coming up fast!

We are happy to have several new

residents in our league. As always we are looking for subs. Come on down, we are a friendly bunch! Contact League Secretary or join us on Tuesday at 9:30 AM.

Contact: Joan Gates 253-9415



Bridge, Partners

Thursday Evening First & Third

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

October 4 winners include — First: Bruce Fink and Stanley Mutnick; second: Joanna & Alan Haselwood; third: Nancy Turrini and Lydia King; and fourth: Dolores Marchand and Carol Mayeur. Erika Wolf and Edith Kesting had the high round of 1,290.

October 17 (12 tables) winners include — First: Neal & Kelly O'Boyle, second: Ben & Kay Newton, Third: Darlene & Leif Andersen, and Fourth: Dolores & Carol Mayeur. Judy Barkhurst & Mary Bailey had the high round of 1,940.

Contact: Lorraine or Bob Minke 408-4009

Thursday Evening Second & Fourth

If you want to play partners bridge, give us a call, and we will put you and your partner on the play list, or take your chances and just show up, and you get to play if we have an even number of pairs. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM. Arrive early, and sign in please.

September 26 winners — First: Erika Wolf and Edith Kesting who also had the high round; second: Kay & Ben Newton; third: Nadine Buchmiller and Reta Blanchard; fourth: Chet Winton and Ralph Madsen. October 10 winners — First: Edith Kesting and Erica Wolf; second: Joyce & Dick Lund who also had the high round; third: Kay & Ben Newton; fourth: Gail Ramsden and Jean Beckwith.

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



Bridge, Duplicate

All bridge playing residents of Lincoln Hills are welcome to participate in our SCLHDBC sessions.

— Duplicate Bridge Orientation. Call Dede Ranahan, 408-4511.

Chair Barbara Wheeler and her committee are planning our Wednesday December 11 SCLHDBC Holiday Dinner.

Tom & Carol Ross are the 2013 summer Club Champions for Wednesday and Saturday, with Jeannine & George Wuschig winning the Friday Championship.

Dick Proffitt and Steve Upadhye added to their Master Point trove at the Carson-Tahoe Fall Sectional.

Duplicate bridge sessions are played: Wednesdays at 12:30 PM in the Multi-purpose Room (KS), and 5:00 PM Fridays, Sierra Room (KS) and 12:30 PM Saturdays in the Sierra/Terra Cotta Rooms (KS).

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

Contacts: John White 253-9882;

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play. Please call if you need to cancel. You do not need a partner but must arrive by 12:45 PM to assure a place to play.

Winners, September 20 thru October 18 — First: Mary Nieman, Marge Phillips, Margi Holtze, Bev Blaine and Ralph Madson. Second: Pat Fraas, Jacqueline Short, Lois Burke, Harry Collings and Marge Phillips. Third: Lois Burke, Neil Wilson, Pat Fraas, Jodi Deeley and Bev Blaine. Fourth: Phil Sanderson, Wayne Phillips, Peggy Schmidt, Lynda Sader and Judy Ganulin.

Congratulations to Bev Blaine and Marie Holland who, on October 13, bid and made 7 NT, doubled!

Reservations: November – Jim Busey 408-0671; December – Helen Helm 408-0428 (h89elen@att.net)

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



Bunco

We had a smaller group this month. I think it was because we are having such great fall weather so everyone is out and about.

We made some decisions for our December Holiday Party. It will be after Bunco December 19 at Thunder Valley. We will have our gift exchange after the Bunco game and before leaving for Thunder Valley. Bring a \$15 gift to participate in the exchange. We are also collecting items for the SPCA. We will accept new or old items that can be used to sell in the thrift store or be used in the pet cages.

Winners this month — Most Buncos Sara Keisius; High Score Sandy Pavlovich; Most Wins Marsha Pimentel; Low Score Joanne Cardoza; Most Losses Cory O.; Traveler Claudette Kinman.

See you at our November Bunco. New players always welcome.

We meet every third Thursday at 9:00 AM in the Cards Room (OC).

Contact: Ann Stults 543-6782



Ceramic Arts

Family, turkey, dressing, pumpkin pie... aromas are in the air. With holidays fast approaching, now is the time to enroll in that Ceramics class. We have great teachers, classes, and friendly people. Expand your “creative” side. With short months for classes in November and December, it is a perfect time to sign up and feel the clay! Join us!

The Ceramic Arts Group activities include our famous Saturday/Sunday “CAG Workshops.” CAG Membership is required after your third visit on Saturdays and or Sundays — \$12 after your third visit. What a bargain!!

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

Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



Chorus

“Holiday Cheer,” our mostly Christmas concert celebrating Hanukkah too, is fast approaching.

Led by Sid Frame, our Steering Committee chair, and Bill Sveglini, our conductor, the Lincoln Hills Community Chorus has prepared a splendid selection of choral music for your enjoyment. If you’ve attended our most recent holiday concerts, you know you’re in for a treat. If you haven’t, plan to be impressed when 125 of your fellow residents perform like professionals under Bill’s direction.



Bill Sveglini and Sid Frame

This annual event always sells out, so act quickly for your choice of our December 8 matinee or our December 9 or 10 evening performances. For times and tickets see page 45, or visit the Association website.

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

Sid Frame 408-1453 sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Cloggers

Several members enjoyed their first workshop in Santa Rosa, Saturday, October 19. Although it was overwhelming, they were out on the floor doing their best and enjoying the challenge. We hope this is the beginning of many workshops to come.

President Anita Tyson is getting our group set up with the new rules of HOA Shared Interest Group. We may have to change or add new rules to comply. A big task!

Also, she is making plans for our Christ-

mas party. Any member willing to help should let her know right away.

Mark your 2014 calendar, April 25-27, the 31st Annual Convention; held in DoubleTree Hotel, Modesto, CA. Hotel and workshops under one roof! All Pre-registration *must* be received by March 22, 2014. Details in class.

Don't miss out by thinking, "I can't" do it; instead think, "I can." Join the clogging class!

Contact: Anita Tyson 543-5330



Computer

There will be no formal meetings or clinics for the Lincoln Hills Computer Club in the month of December. However, our Walk-In-Workshop will be open and staffed by a few volunteers to aid with limited last minute issues. Merry Christmas and Happy New Year from us to you. See you in January!

Walk-In-Workshop: December 17, 1:00-3:00 PM in the Computer Room (OC). Our more experienced computer members will provide assistance to any of our club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

Contact: Bob Ringo
president@sclhcc.org

Website: www.sclhcc.org



Mac User

Apple users find themselves embracing change of new developments. In the last month or so, the focus has been installing and learning about new operating systems, iOS7 for devices and Mavericks for the Mac computer.

Andy Petro and Ken Silverman have led seminars highlighting the new features. Bob Bowman, an Apple employee, returned as a guest speaker to the November General Meeting and introduced the features of the new Mac operating system — Mavericks.

The LHMUG support team will continue to help with questions about what, when and how to install the new systems on your device.

After a robust roll-out of monthly educational meetings, the LHMUG team



Andy Petro and Ken Silverman introduce new operating systems

will pause with no scheduled meetings for the remainder of the year. Check the club website for a list of informational handouts that details most of the seminars presented this past year.

It's time to think about renewing your LHMUG membership for 2014!

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

Country Couples



By popular demand, Country Couples were invited to entertain at the annual luncheon provided by the SCLH Foundation honoring the "Super Seniors" (residents who are 80 and over). The Seniors, who thoroughly enjoyed our demonstration last year, requested that we be their exclusive entertainment this year. Eagerly volunteering to demonstrate nine of our most popular dances were Barbara & Steve Greenfield, Reese & Lorraine Bohne, Marsha & Larry Brigleb, Steve & Carol Silvia, Rene Pulis and Bob Gall, Ern & Tom



Country Couples entertain the Super Seniors

Hargis, Dennis & Georgi Dawson, Irene & Ivan Hesson, René & Kathy Lopez, Marv & Margo Zamba and Frances & Jack Swanson. The Seniors enthusiastically cheered the dancers at this November 9 affair.

Preparations are being finalized for the CC Holiday Dance to be held at the OC Ballroom on December 3. Mark your calendars and plan to kick off the Holiday Season with a fun-filled Country Dinner Dance.

Contact: Kathy or Rene Lopez
434-5617



Cribbage

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

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



Cyclist

While we were riding the other day I was thinking about how lucky we Lincoln Hills Cyclists are to have such a diverse area to ride in. When we do the same ride all the time, it tends to become boring and eventually we end up putting our bikes away in the corner of our garage.

A good riding program requires variation in not only the physical element but also the psychological aspect. We have so many routes with the ability to add miles, elevation gain and scenery. Just riding the same route in reverse changes the dynamics of the ride. With the various subgroups we have within our Cyclist Group, we have the ability to challenge ourselves every time we go out for a ride. Riding with a different group once in a while also gives us the opportunity to socialize with different people.

Give it a try.

Contacts: Steve Valeriote 408-5506,
jillsteval@gmail.com
Website: www.LHcyclist.com



Dominoes Mexican Train

News flash: We have been advised that as of November 1, the time allotted for Dominoes will be on Wednesdays, 9:00 AM to 12:30 PM. The morning and afternoon sessions have been combined, and the afternoon session discontinued.

Come to learn and play an interesting game and stay for the friendship. We have a teaching table available.

Maybe if you are the one to get a very high or very low score your name will be in the next *Compass*.

Any questions please contact:

**Contacts: Cora Peterson 543-7144;
Sandy Pavlovich 543-0467**



Eye Contact Low Vision Support

Eye Contact Low Vision Support Group does not hold a video presentation in December. Group members are invited to a luncheon on December 7. Watch for your invitation!

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



Fibromyalgia/CFS Chronic Fatigue Syndrome

If you are experiencing symptoms of chronic joint and muscle pain that seem to move around your body as well as fatigue and symptoms of irritable bowel syndrome, and if you feel "foggy" much of the time, you might be living with Fibromyalgia and/or Chronic Fatigue. You may feel like you are the only one, or that you are going slightly crazy. You are not alone! Our support group will help you sort through your symptoms, help you choose a healthcare professional who can guide you through the maze of symptoms and reassure you. We offer information, a lending library and emotional support.

We usually meet on the fourth Thursday of the month in the Multimedia Room (OC) at 1:00 PM. Our November meeting will be on the third Thursday due to the Thanksgiving holiday. There will be no December meeting.

Written by Sandy Barry.

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



Fishing

The year 2013 has been a year of many contrasts for LHFG members. Unseasonal weather patterns threw normal fishing schedules for a real loop. We had big kokanee early in the season out of Berryessa and never did get big fish out of New Melones. Salmon were plentiful and early outside the Golden Gate and many king salmon are running in the Sacramento and Feather Rivers. Pyramid Lake scored with huge Lahontan cutthroat trout.

Coming up yet this fall is the Annual Holiday Dinner on December 9 at Turkey Creek featuring prime rib, a chicken/pasta dish and plenty of fine salads and desert. Limit is 150. The cost is just \$25 for members and spouses and \$35 for guests. Following in January we have our annual LHFG Crab Feed at the Lincoln Vets Hall. Mark your calendar for January 18. We are limited to 190 seats. Don't miss out on the "best clam chowder of the year"!

**Contacts: Jerry Messier 434-6917,
jmessier@starstream.net**



Garden

Happy Thanksgiving!

There are no General Meetings in November and December.

The annual Holiday Brunch for members is Friday, December 13 from 10:00 AM-12:00 PM at the OC Ballroom this year. Tickets are available (\$15) by contacting Judie Leimer at 408-4308 or JudeLeimer@icloud.com to arrange for pickup. Come and enjoy the buffet, cash bar, entertainment, door prizes and most of all, camaraderie!

- The 2014 Membership Drive (new and renewal) will commence on January 1.
- There will not be a Plant Sale in 2014, so all the items you propagate can be used at the monthly Brown Bag Sale before the General Meetings. We rely on our members to donate seedlings, divided bulbs, garden books, containers, etc.

- There will not be a Flower Show in 2014 (unless we get volunteers to chair that event).

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

Bonsai Group

A "delightful and informative" field trip was enjoyed at the Lotus Bonsai Nursery in Placerville! We were led through many areas of bonsai plants where a variety of topics were covered — planting, training, pruning, propagating, and maintaining. And of course, we didn't come back empty-handed as many found a treasure or two to make their own!



*Lotus
Bonsai
Nursery
Field
Trip*

The Bonsai Group is a subgroup of the Garden Group. We welcome anyone who has an interest in Bonsai!

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

Floral Design Class

December 16, Monday, 4:00 to 6:00 PM, Ceramics Room (OC). We will be making



*December
Floral
Arrangement*

a Holiday symmetrical design using one candle. All material will be supplied by the instructor, Shirley Allan. Please call Shirley and make a reservation prior to the day of class and no later than December 10. This will be a Monday class.

Contact: Shirley Allan 408-1784



Gem and Mineral Society

Our October 29 meeting featured Jim Hutchings, giving a presentation on the Anahi Mine in Bolivia, the source of fabulous Ametrine.

At the September meeting the current slate of officers agreed to stay on for 2014, and were so elected.

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

Gem and Mineral Society meets monthly: Last Monday, 4:00 to 5:30 PM, Sierra Room (KS). The next meeting will be in January 2014.

Lapidary and Jewelry Shop hours: Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Shop Master: Dave Fisk

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

Lapidary classes will be taught during the lab.

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

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

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

Our annual fund-raising tournament for breast cancer research was a great success. "Arm in Arm, Together Against Breast Cancer" was the theme, and drawing tickets were sold by the arm's length. During the soup and salad luncheon in the Ballroom, a check for \$5,000 was presented to Teri Munger, one of the founders of Placer Breast Cancer Endowment. Congratulations to the Lincsters, XVIII Ladies, and the Tuesday Men's Club for their hard work and contributions!



A winning team!; looking over the drawing prizes

At the October general meeting, the Lincsters elected the following slate of officers:

- Captain: Carol Golbranson
- Co-Captain: Darlynn Giorgi
- Tournament Chair: Marie Bossert
- Secretary: Cindy Atkinson
- Treasurer: Barbara Conger

The Lincsters' next big event will be their Christmas luncheon on December 12.

Information as to time and place may be found on their website (below). Captain: Carol Golbranson.

Written by Barbara Mumma and Sue Pharis.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

Rosie Warren defended her 2012 Club Championship with two-day overall gross score of 168. Our second Low Gross

runner-up was Candy Koropp with a 183, and new member Yeong Ja Hur was the Low Net Champion. Other flight winners were Susan Petersen, Blanchard, Sanderson, Arts, Requiza, Drinkard, Biswell, Chauvet-Thompson, Carr, Pinnell, Dennis, and Ward. Kudos to Judy Dong and Lani Dodd for chairing the annual Club Championship.

The first Sunheim Cup between Sun City Roseville and Lincoln Hills was held October 16 and 17. The ladies who participated had a great time, but it ended in a tie with Lincoln Hills keeping the cup for six months and then Sun City Roseville displaying the cup for six months.

Catte Verdera won the Par Points League competition; however, our Lincoln Hills ladies held on to second place edging out Auburn Valley and Sierra View. Thanks to Marguerite Hebert for chairing.

Contact: Beverly Ansbro 645-4399

Website: lhlqxiviii.com



Hand & Foot

The Hand & Foot Group will play at Orchard Creek Lodge in the Card Room. Meet new people and play a fun card game. We are playing the first, second, and fourth Thursdays of every month from 8:30 AM to 12:00 PM. This is a new time and a new location for us. We welcome anyone to join our group.

Contact: Peter Ianello 543-6681



Healthy Eating

What! Foraging for wild edible plants right here in Lincoln Hills? Heather Pier, a well-known local forager took us on a short walk near Kilaga Springs Lodge to identify several edible plants and describe to us their uses as food. She also pointed out some toxic plants and the dangers of foraging without trained and experienced foragers.

Our club's mission is to share knowledge and experiences about the importance of healthy eating. Nothing pleases us more than sharing our own food experiences, especially the good ones but even some of the bad ones, with others.

October's "recipe makeover" challenge was to improve the healthfulness of everyone's favorite dish, chili, with no serious



Genealogy

The November 18 Genealogy Club general membership meeting will be held at P-Hall (KS), 6:30 PM. The featured speaker will be *Karen Krenovsky* and her topic will be "Katie Moriarity: Housekeeper/Cook at the Empire Mine, circa 1905." Karen Krenovsky is a Lincoln Hills resident and her presentation will be unusual, entertaining and interesting. Karen is a member of the Players Group and a docent at Lincoln Area Archives Museum.

Not only will Karen's presentation be an interesting "journey" into local history, but the prize for members will be a wireless All-in-One printer... after the meeting and the drawing, members are invited to move across the hall to the Social Kitchen for a social... and, *pie!* Now what could be better than that?

The November general membership meeting concludes meetings for 2013. There will be no meeting in December so please have an enjoyable holiday season.

Contacts: Maureen Sausen 543-8594; Joanne Schumacher 209-3366;



Foraging in Lincoln Hills, Olive Oil and Balsamic Vinegar Tasting, Grain Salads Club Workshop

loss of taste, texture, aroma or flavors.

Our general meetings are on the fourth Monday of each month at 2:00 PM in P-Hall (KS), *guests welcome!* We have 87 paid members; annual fees are \$15.

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



Hiking and Walking

Special notice: Please join us for our Annual Meeting, which will be held on Thursday, November 21 from 4:15 to 6:00 PM at the P-Hall (KS).

We have a special speaker to complement a brief business meeting. Our guest speaker is Richard Hilton, Professor of Geology at Sierra College. Professor Hilton will present an interesting program on the history of the Sierras and how they were sculpted over time to give us the mountain range and its inherent beauty we enjoy on our hikes today. He will also talk about some of the specific destinations we enjoy hiking to. Please mark your calendar!

Walkers: A cool walk every Wednesday



Porter Fire Outlook on Little Bald Mountain; in route to the Loch Leven Lakes; High Loch Leven Lake

can be a great start to the day. Join us! Wednesday walks begin at 8:00 AM. Check the website for weekly starting locations.

Hikers: The website has been updated to include our recently updated hiking plan.

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



Investors' Study

The Investor Study Group will hold its holiday party again this year at the Turkey Creek Golf Club Lodge. The date



Russ Abbott with Dr. Jerry Webman from Oppenheimer Funds

and time are Thursday, December 5 at 5:00 PM. Pierre Rogers from Prudential, one of our group's favorite speakers, will join us again this year to discuss how the world economy may be changing in the next few years. But of course our main intent is to have a good time, enjoy great food and drink, and toast to another interesting but positive year in 2013.

Tickets are \$20 for members and \$25 for nonmembers, and must be purchased by November 26 at the latest to give Turkey Creek a head count for the food. Please join us! All residents are welcome.

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



Lavender Friends

Now that the summer season is over, we had a large turnout for our monthly breakfast gathering the other day at Awful Annie's. We are looking forward to the Sixth Annual Christmas Dinner & Dance at Turkey Creek Golf Club next month. As usual, 100 members and guests enjoying the food, disco dancing to our DJ, Jammin Jo selection, or to special requests. We will also be donating two turkey dinners to Stand Up Placer for the holidays. We will have a clothing drive for their Thrift Store in Auburn. If you are interested, and in need, the PFLAG of Greater Placer County holds its meeting on the second Monday of the month at 7:00 PM in Conference Room A at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA. If you want more information about our club, check our website or contact Jacquie Hilton or Richard Wong:

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



Line Dance

I can't believe it's almost Christmas. Where did the time go? Our annual holiday potluck is right around the corner and will be on Monday, December 2 this year at Kilaga Springs Lodge from 5:00-9:00 PM. It is sure to be a sellout. We will be doing dances that we have learned throughout the year at all



From left,
Marsha
Hathaway,
Eileen
Crisp,
Donna



Pola and Dixie
Luther;
Nakako Crump
and Mike
Schenck
enjoying dinner

levels. All instructors will be there to run through the dances. Tickets are available. Just ask your instructor.

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



LSV/NEV

Low Speed Vehicles/Neighborhood Electric Vehicles

The LSV/NEV Group invites you to attend their November 19 meeting, at 10:00 AM at the P-Hall (KS). The program features Julie Domenick of Allstate Insurance. Julie has spoken to our group each year, updating us on any current changes/additions to insurance for NEV's. Be on hand to get the latest developments regarding the special NEV insurance being offered for NEV owners through Allstate Insurance. This information may assist you in realizing a lower cost for your NEV vehicle.

Plans are underway for the annual Christmas Party dinner at the OC Ballroom on Thursday, December 5, from 6:00 to 9:00 PM. Details of the party will be announced at the November meeting and reservations should be made early.

Contact: *Larry Yaggi 543-5344*



Mah Jongg, Chinese

Fall is here. It may be a good time to learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you.

Chinese Mah Jongg is a game of strategy and sometimes luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please

plan to join us every Monday at 8:30 AM in the Card Room (OC). We hope to see you soon. If you have any questions, just call one of the contacts below.

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



Mah Jongg, National

National Mah Jongg is played every Tuesday from 12:30 to 4:00 PM in the Card Room (OC). This fascinating tile game is for everyone, so why not treat yourself to a delightful, relaxing afternoon with your SCLH friends and neighbors.

You have not played before? We have a beginners table so let us know when you come in the door and we will be happy to introduce you to National Mah Jongg. It may take three or four trips to the beginners table before you move to the next level but we guarantee you will become addicted to the game once you learn how to play. Some of you may enjoy taking a look at the Fans of the National Mah Jongg League website, www.facebook.com/mahjfan.

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



Mixed Media Collage Arts

"Earth without Art is just Eh" – this witty saying found on a T-shirt is relatable to those who enjoy the process of creating art on a canvas through mixed media collage. You can transfer an image and tell a story or experiment with layering paints and papers. We incorporate collected images (maps, unique papers, photos, etc.) and found objects (stamps, leaves, fiber and fabric, etc.) onto a canvas with multiple layers of acrylic paints. We meet the third Wednesday (November 20 and December 18) from 1:00-5:00 PM in the Ceramics Room (OC). All experience levels welcome. Dues are \$10 per year, but you are welcome to try up to three visits prior to joining.



Kathy
Griffin
demonstrating
how to
make
paper-
cloth

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



Motorcycle

RoadRunners

Getting into the Halloween spirit, the RoadRunners gathered for a cemetery ride, visiting the local graveyards in Lincoln, Rocklin and Newcastle. We learned the history of the burial grounds at each location and interesting information about some of those interred there. The



RoadRunners' Halloween Outing

memorial to Civil War vets at the Newcastle Cemetery was impressive. Keeping in the Halloween spirit, upon reaching our luncheon destination, members held a costume contest to see who was the scariest person there! We owe this fun and ghoulish outing to our Road Captain John Marin.

The RoadRunners Group is considering the possibility of allowing Trike-style motorcycles into the club. If you have a Trike and are interested in club activities, you are invited to attend a meeting and express your views.

RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Following the meeting members go to a local restaurant for dinner and a social get-together. There will be no November or December meetings due to Holidays and social events.

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



Music

Calling All Ukulele Enthusiasts: Come join the fun at the weekly jam sessions of the L.H. Ukulele Players.

Wednesdays, 1:00-3:00 PM, Orchard Creek Lodge where everything from Hawaiian melodies to old classics to the blues can be heard. Beginners are always welcome and classes are available for those planning to join the weekly sessions. This is an enthusiastic and friendly group. Contact Ron or Molly (409-0463) for more information.

The Music Group's Holiday Party (for members only) will be held November 15, 5:00 PM, in the Placer Room (KS). It will feature a gourmet potluck dinner and raucous yet tasteful entertainment. Hope to see you there.

Sadly, the ever-popular "Open Mic Night" for 2013 has come and gone but will happily resume on February 28, 2014. Mark your calendar now for that enjoyable event where musicians and music lovers mingle in a friendly, supportive atmosphere.

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



Needle Arts

Threads of Friendship

Lincoln Hills Needle Arts will be having their annual Holiday Tea on Wednesday, December 11, at 12:00 PM at the OC Ballroom. Reservations can be made by contacting Kris Volker at 380-2488. The cost is \$10 for members and \$20 for guests. Reservations and payment must be made by December 2.

The January general meeting will be held in the P-Hall (KS), 1:00 PM, on January 14. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room window for times. Please contact Membership Chair Joan Daley at 543-9449 to join and see how fiber arts thrive in our community!

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



Neighborhood Watch

What's hot and what's not. Reports to our Alerts center reveal some frequent scams SCLH residents are receiving.

Emails that look 99% like they come from real banks or credit card companies are popular. They may request account in-

formation needed to "verify your identity," or "reactivate your account" as the result of "suspicious activity from an unknown location." Call your financial institution directly!

One of our residents sent \$15,000 responding to an email that they won a "multi-million dollar sweepstakes," only to be asked for another \$65,000 before notifying the police.

A telephone scam from "Medicare" requests information needed to send a new card. And, "Grandma, I need money for an emergency" is alive and well. Asking "What is your name," usually terminates the conversation.

Consumer advocates advise seniors to be alert for scams based on the Affordable Care Act (ObamaCare). Medicare is *not* part of this new insurance!

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



Painters

We are happy Bonnie Dunlap has recovered from her health issues and is back with all of her expertise and encouraging ways. We thank Paulette Pesavento for shouldering the program job without her and for carrying the job of President for Joyce Bisbee for the past month and a half.

At our October meeting we were provided an excellent watercolor demonstration by artist and teacher, Michael Mikalon, who will be teaching both a watercolor and a drawing class here, beginning in January. His artwork and teaching are exceptional and SCLH is very fortunate to have found him.

For Show & Tell, five club members — Jim Brunk, Bob Porter, Diane Pargament, Rude Frank, and Marilyn Rose — showed recent paintings, sharing some of their efforts and challenges.

Several Painters Club members have been active, recently, in two Art League of Lincoln shows and in the KVIE Art Auction.

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



Paper Arts

Our November meeting was "beginning to look a lot like Christmas" as we made centerpiece decorations for our upcoming Christmas Luncheon. Each year our members come up with new ideas to make the event festive and creative. Our thanks to Mina Bahan, Jan Marquez, Mary Massey, Linda Luccheti, Dotti Olsen, Claudette Kinman, and President, Sue Manas, for leading the design of our Christmas centerpiece decorations as well as coordinating plans for our luncheon. The event is scheduled for December 5 at Kilaga Springs Lodge.

Last month, Eric Long of the Salt Mine, spoke to us about the organization's needs. In addition to contributions of food, they are currently raising funds for a desperately needed new roof. Our group



Christmas Luncheon Committee — Linda, Mina, Sue, Claudette, Dottie and, foreground, Jan and Mary

contributes food each month and will be bringing toys and food to our Christmas luncheon for delivery to the Salt Mine.

This month's window at Orchard Creek Lodge features a Thanksgiving theme.

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



Pedro

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

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

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

Photography

Since Thanksgiving events preclude the Round Table and Print SIGs in November, the only meeting remaining for this year will be the Christmas Breakfast on December 11. Traditionally hosted by the likes of McClintock & Schmutz, Yolanda's Miss, and La Provence de Snoot, the gastro-nomic experience is unparalleled in Western Placer County. Non-member admission for this event, space permitting, is \$75, but will be waived for anyone presenting a receipt from one of the above eateries...

There is a possibility of a night shoot of the 12th Annual Lighted Boat Parade in Sacramento pending approval by Mother Nature and the Capital City Yacht Club.



"Lundry Lake" by Jeff Hanner;
"Petroglyphs" by Marilyn Thomas

The LHPG shooters will be amiably led by Les Thomas, who also led the Eastern Sierras field trip in mid-October with Phil Robertson. Attached are two of the images captured on the Sierras trip by Jeff Hanner and Marylyn Thomas. See you at the holiday feast.

Author: jeffa.

Contact: Gary Sloan 434-5445,

Gsloan33@yahoo.com

Website: SCLHphoto.com

Pickleball

Many of our Lincoln Hills pickleball players participated in the St. George Huntsman Senior Games during October. This writer unfortunately was not there to witness all the spectacular wins from our players. This is only a partial list of some of the winners: Richard Norman, Mike Hilton, Marilyn Duncan and Bec Cannistraci won a *gold* medal, Sharon Klotz, Andrea Mayorga and Vera Reynolds were also medal winners. Craig & Lynn Fraser and Jim & Cindy Pulliam also won medals playing in a

Henderson, Nevada tournament. *Congratulations* to all the players representing our great community.

The D Ladder is up and running again thanks to Katie Bloom who volunteered to be captain. Ladder captains spend a lot of time organizing this fun competition. The D Ladder plays on Wednesday at 1:00 PM. Interested in joining? Check out our website.

The Christmas party will be held on Wednesday, December 4.

Contact: Scott Sutherland 253-3997,

swsuther@sbcglobal.net

Website: www.lhpickleball.com

Players

First of all, thank you to all those who attended our Halloween Readers Theater production and the main stage show, "Johnny Mercer's Mandy." Both were excellent productions and we appreciate your support.

We are already planning for next year and auditions have been announced for the March 5 and 6 production of Neil Simon's "The Odd Couple." Auditions will be on Monday, December 16 and Tuesday, December 17 from 6:00-9:00 PM in the Multipurpose Room (OC). One of Neil Simon's best plays, it will be directed by Judith Jesness. For script information please contact her at jjetjesness@gmail.com.

We are always looking for new players whether you are an actor or prefer to work behind the scenes. For more information, either come to a meeting or contact the member listed below.

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

Contact: Bob Murdock 408-8511,

bamabc@sbcglobal.net

Website: www.lincolnhillsplayers.com

Poker



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

For Texas Hold 'em players, there is

a separate table available on Mondays, Tuesdays and Fridays — same times.

The Quarterly Hold 'em tournaments are open to all residents, first-come, first-served, as they usually fill up quickly with a 48-player cap. Tournaments for 2014 will be in next issue.

Winners from October 19: Eighth place — Lou Zulaica; seventh — John Bane; sixth — Henry Williams; fifth — Terri Solano; fourth — Jim Bloedorn; third — Gloria Hodson; second — Ray White; first — John Vass — congratulations!

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

Contacts: Mike Goldstein 543-8238;

Ginger Nickerson 253-3322;

Joe Frenna 543-8634

Rummikub



If you are looking for a fast action game where the outcome is undecided until the last play and with a never-ending variety of strategies and play situations, you'll love this game. Newcomers are welcome. We meet every Wednesday at 1:00 PM in the Card Room (OC). Love to have you come and join us.

Contact: Joan Cosme 622-5560

RV



Members are looking forward to a fun-filled time at their annual Holiday Party scheduled for December 13 in the Orchard Creek Ballroom.

It will be the group's last event of the year and expectations are for great food, good companionship and a lot of dancing to recorded music. As in past years, the RVers will bring unwrapped toys to be picked up by members of the Lincoln Fire Department and distributed to needy children. Marilyn Koregelos and Dan & Barbara Hardesty are in charge of the arrangements.

All those with motor coaches, fifth wheels or trailers are invited to attend the group's meetings to learn what the group offers. The meetings are held on the second Thursday of each month, 4:00 PM, at P-Hall (KS).

Contact: Michael Genest 209-3370

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

Twenty ladies are supporting literacy at Sheridan Elementary in Sheridan by reading books to kindergartners and first graders. We go the first and third Friday to read aloud to very enthusiastic students. Their teacher is excited for the extra help as reading aloud helps children acquire early language skills and word sound awareness, stimulates cognitive skills and builds motivation for learning, curiosity and memory. The ladies are having as much fun as the kids.

There are still teachers that want SCLHS volunteers. If you have an hour or two to spend time in the classroom, contact us. You do not have to be a retired teacher, just have a desire to give back and be with kids. Travel during the school year is no problem, we all do it. Make a difference, join SCHOOLS!

Contacts: Sandy Frame 408-1453, sflincoln4fun@starstream.net (Elementary); Cindy Moore 408-1452, cindymoore@me.com



SCOOP

Sun City Organization of Pooches

Pooches on Parade 2013 went off without a hitch on October 10, at 10:00 AM at the OC Amphitheater! Thirty doggie entrants, and handlers displayed varied costumes and vivid imaginations. The winners are:

“Best In Show” – “Grizzly”, a two-plus pound Yorkshire Terrier, with Shirley Mohler, as a monkey and monkey grinder.

“Small Dog Category” – Rex, Cavalier King Charles, a Green Bay Packer Cheesehead, won first place; Feebee, on a Harley with “biker” Diane Rice, placed second; “Sugar,” Bischadoodle, with Art Fluter, placed third.

“Medium/Large Category” – Lily, miniature Poodle, with Jacquie Lemke, won first; Julian, Afghan, with Michael Tobias, and “Bubba,” great white Pyrenees, with Edith Kesting, tied for second; “Sugar,” great white Pyrenees, with Georgia Webber, won third.

Linda Derosier, emcee, and Daryl Robin, DJ, were fabulous, keeping all “on

track” and entertaining our audience.

Thank you to our judges and volunteers who helped make this event a success!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

One of the best things about the Scrabble Group is the social nature of the participants. Not only do they want to compete for a piece of candy earned with a bingo, but friendships are forged over the weeks and months. New residents seem to find a home with us.

We welcome anyone who wants to play, no matter your ability. Those who stick with it, usually improve by watching the others form words unknown by all. It makes for good brain exercise and everyone comes away with at least one new word each Monday.

Join us for this social experience on Mondays, at 1:00 PM, in the Card Room (OC). We provide everything needed: dictionaries, clue sheets, and the game boards. No reservations are needed and it is free.

Submitted by: Candice Koropp, Publicity.

Contact: Joan Spurling 505-5000



Second Cup of Coffee

The November 18 meeting of the Second Cup of Coffee Group at the P-Hall (KS) at 10:00 AM is our ‘farewell’ meeting. This is based on the steering committee’s decision to disband the group due to the lack of volunteers to fill the open and required management team positions. The special program features many of the original SNORE members, Mr. Football/Recall-Ref. Bill Richardson, and Jack Fabian with his “Old People Are Funny” anecdotes.

It will be a step ‘back in time’ to hear from these resident volunteers and how they contributed to make the Second Cup of Coffee a vital part of the Lincoln Hills Lifestyle.

The first 75 people arriving that morning will be treated to a complimentary cup of coffee served at 9:30 AM, followed by the meeting at 10:00 AM. Please join us for ‘Auld Lang Syne.’

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



Shanghai

We cordially invite you to join us in playing Shanghai, a very fun group card game. We play from 12:30-4:30 PM every Thursday in the Card Room (OC). We also play every second and fourth Friday nights from 5:45-8:45 PM. For more information, contact one of the contacts below.

Contacts: Howard Beaumont 408-0395; Chuck Kaul 408-4153



Singles

Dynamic Singles

Our Halloween party was fabulous, well attended with terrific costumes. Now we look forward to Thanksgiving and New Years. Our November 14 general meeting was a lot of fun because after the meeting we played turkey bingo.

Tuesday, November 19 is the usual Let’s Dance / Drop-In Event at Meridians along with our other monthly get-togethers. The December birthday celebration is on the first Sunday of the month at Meridians Sports Bar. Come and let us buy you a birthday drink. Our membership drive starts on December 1 so please mail in your dues or bring them with you on December 14 when we celebrate the holidays with a wonderful luncheon. Then we end the year with our Pre-New Year’s Eve party on December 27. Happy Thanksgiving to one and all.

Contact: Linda Bacon 628-5158
Website: www.singleslincolnhills.org



Ski

Our October 23 pre-season potluck party was the largest ever, with over 60 in attendance, at the home of Karen & Jerry Johnson. We had a rousing good time, with lots of new faces; all are looking forward to fun in the snow!

The annual getaway trip, set for March 9-15, 2014, in Mammoth Lakes, already has 18 members and guests signed up (including five non-skiers) Beautiful accom-

modations have been secured next to the lifts. There is still time to join us; we have much information about nearby lodging. You could tailor your trip to overlap with all or any part of our planned stay. Contact us for further information.

Our next general membership meeting is scheduled for 4:00 PM, November 19, in the Fine Arts Room (OC). We will use this time to provide details of this winter's club events. All residents are welcome to attend.

**Contacts: Mike Hilton, Sue Worrall,
Bob Vincent 258-2150,
lshskiclub@gmail.com**

Kastner, two by John Griffin, and one by Barry Maynard and Bec Cannistraci; and a great comeback in game three. Down six, they blasted six doubles and two singles, with Griffin knocking in the winning run.

Their bracket losses were against higher-ranked teams. Offensive leaders were JR Jackson and Maynard. Great defensive plays included Bellah's backhand-catch-and-glove-toss for an out at second and over-their-head catches by Cannistraci, Mike Hilton, and Griffin.

Injuries included Bellah (Achilles), Barry Sasabuchi and Steve Lambert (back) and Carlos Zavala (knee).

Their final tournament was October 26-27 in Pleasanton.

**Contact: Dave Rich, richerino@aol.com
Website: LHSSL.org/Travel Teams**



Sports Car

The club elected its new president, Edy Ternullo, at the November 4 meeting. The remaining members of the Board are continuing for another term. Thanks to our outgoing president, Dave Steinkraus, for his leadership this year.

We had a nice turnout for our Harvest Moon dinner at Buonarroti's. Our Christmas party will be at Catta Verdera on December 12, with a live band and in the same beautiful room as last year.



Lunch at Greystone

On November 13 the ladies of the club got together for cocktails at La Provence.

Dave & Linda Steinkraus arranged a trip for us to Saint Helena for lunch at the Culinary Institute. The trip was popular and was repeated on two days, October 16 and again October 17, with the Olsens and Hoffmans leading the second day. The route took us past Lake Berryessa with plenty of time to enjoy the fall scenery on the way.

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



Square & Round Dance

Sun City Squares

The Square Dance Club Holiday Party is scheduled for December 9 at 1:00 PM (KS). All levels Basic/Mainstream/Plus with Advanced Level last 30 minutes.

Call ... Chuck or Bob to sign up today!!

We are always ready to add experienced Square Dancers.

Feel free to come in and watch or join, times listed below. Meeting times:

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

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



Table Tennis

The October *Compass* contained an excellent article titled "Nimble in Their Nineties." This article highlighted several folks in their nineties who exercise regularly and maintain fitness. Although the article does not mention Table Tennis, this sport is an excellent path to maintain fitness. In addition, it is simply a fun game. One can improve hand/eye coordination, balance and overall fitness.

Excellent examples are four players who range in age from 80 to 86. These four in no particular order as to age are John Myres, Allen Garfein, Elliott Holden and Allan Kiisk. These gentlemen compete every week on the advanced play tables. Their enthusiasm and competitiveness are great examples for all players.

The annual Christmas party is tentatively scheduled for December 11 at Mimi's in Lincoln.

Table tennis is played at Kilaga Springs Lodge every Sunday afternoon, Tuesday evenings and Friday mornings.

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



Softball, Senior League

The new Softball Board has been elected. Joining returning members Mike Caporale, Joann Hilton, Vince Del Pozzo, and Dave Rich, are Bruce Briggs, Karl Wenzler, and Mike Hazelhofer. Positions for each have not been decided, but it will be a strong Board.

Our quest for an artificial-turf infield to make it safer for our players and extend their playing time ran into the budgetary woes this year. We will present our proposal again in 2014, but until the Association Board gets a handle on the overall budget, the prospects are not encouraging. And yet we remain hopeful.

Fall Ball is in full swing, with seven teams competing on Mondays, Wednesdays, and Fridays. The Coyotes will resume Sierra League, playing a double-header on Thursdays against teams from all over Northern California. If you want a great time with the grandkids, or even just by yourselves, come watch some terrific softball.

**Contact: Joann Hilton 408-0346,
jhilton777@gmail.com
Website: LHSSL.org**

Coyotes

The Coyotes 55s met with frustration in The Huntsman Games in St. George, Utah. In the "seeding" round they were 3-0. Their strong play and success put them into a bracket against tough, major/aaa teams. They went 0-2 and out.

Highlights in the seeding games, where they scored 77 runs, included three homeruns each by Joe Bellah and Hal



Tap Company

As I write this, the weather is beautiful and it is hard to believe that Christmas will soon be here. The Tap Company will have their annual Holiday lunch on December 4, at 12:00 PM in the Ballroom (OC). The cost is \$22.60. You may pay your class rep, Muriel Menig or Wendy Iannico.



Auditions; Our Coaches

Auditions for our annual show are over and everyone is hard at work learning their routines. This is a good time to acknowledge our dedicated coaches, Carol Rose, LaDonna Cumiford and Joyce Curry. They cheerfully and without complaint give us their time and effort every week. We don't always reciprocate in the same manner, but in the end we truly appreciate what they do for us.

The Tap Company will be starting a new beginner class in January. So come join us and burn some calories and improve your stamina in this fun-filled activity.

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



Tennis

Our annual Oktoberfest tournament was held on October 11. This is a fun



Oktoberfest Tournament Players and Spectators; Lunch; Prize Presentation

tournament where players are partnered with a different player for each match. The T-shirts were donated by Swanson Schaack Physical Therapy for the players in all 72 matches. Everyone had a great time. Lunch was served: brats, potato salad and sauerkraut. The annual Dinner Dance was November 7.

The Christmas Luncheons are on December 5.

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

Please note: Social Drop-In time is changing for the winter months. Sessions will now be held on Wednesdays and Saturdays from 9:00 to 11:00 AM. Open to all residents of Lincoln Hills.

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



Vaudeville Troupe

SCL's "outrageously entertaining" Vaudeville Troupe returns for their sixth year on January 10-11, 2014, to the "Cabaret-style" stage of Presentation Hall (KS) to present their Old-Time Vaudeville/Variety Show, known

as "The Cavalcade of Stars." This high-energy, non-stop action extravaganza provides performances that are original, fast-paced, and never fail to dazzle!! Enjoy hilarious comedy skits, fabulous vocalists, talented musicians and fantastic dancers; there are always surprises in these shows so get ready for some genuine theatrical entertainment! The Tribute features: "Music of the 50s and 60s"...including a "Mini-Tribute to Elvis." You will not want to miss this show! You



Vaudeville's Tribute: "Music of the 50s and 60s" featuring a fantastic "Mini-Tribute" to Elvis! Don't miss it!

will recognize many numbers from the "Good-Old Days" of Malt Shops, Juke Boxes and Hot-Rods.

Shows on January 10 and January 11 — 2:00 PM and 6:00 PM both days — always a sell-out! Purchase tickets at Activity Desks starting November 17... don't wait too long as there is assigned seating. Tickets only \$12.

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



Veterans

Donna Arz, founder and executive director of the Forgotten Soldier Program, will be the featured speaker at the November 21 meeting at 1:00 PM in the P-Hall (KS).

A 501(c) 3 non-profit organization, the Forgotten Soldier Program has provided integrative health care services to veterans free of charge since 2004.

In 2012, it provided approximately 1,600 services to veterans and their families. It participates in a monthly outreach program at the Veterans Center on Howe Avenue in Sacramento and the Women's Center at the Mather VA Hospital.

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



Water Volleyball

Big news: We now have over 100 members, so we have been allotted extra playing time. Wednesdays will begin at 5:30 PM instead of 6:30 PM. There will now be two sessions, open play at 5:30 PM and advanced players at 6:45 PM.

Our annual Christmas party is Saturday, December 7, at 6:00 PM. Sign-ups have begun, so don't miss out. There will be lots of good food and entertainment. We hope to see you there.

Come join us in the pool at Kilaga Springs Lodge any time. Water volleyball is open to all residents of any skill level. We have open play as well as competitive (advanced) play. Training is also available monthly. See you in the pool!

Play available (KS):

Open Play (all levels): Saturdays 9:00 AM; Mondays, Wednesdays 5:30 PM.

Advanced Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:30 PM.

Training: Third Mondays 5:30 PM.

**Contacts: Steve Parke 543-0067,
stevenparke@att.net; Jerry
DiGiacomo 521-1904, itsmrd@
sbcglobal.net**

**Website: www.lincolnsuncity.org/
residents**



West Coast Swing

Join us for our Annual Holiday Dinner Dance on Saturday, December 7, (KS) — advanced sales only, seating limited. Music will be provided by Dottie, with a great mix of WCS, Ballroom, Latin & Country music. For ticket information, please contact Dottie.

Our Annual Halloween Potluck Dance was a huge success, and attended by over 70 members and guests dancing the evening away. The energy level was high, and the dance floor was never empty. This may have been due to the great dance music, camaraderie with fellow dancers, and mouth-watering dishes and desserts.

Capital Swing Dancers' dance and workshop in Fair Oaks, Saturday, November 16. More information at www.capitalswingdancers.org.

West Coast Swing Dance practices are held on the second Friday of each month for all students attending the West Coast Dance classes (no fee.) The next dance practice is December 13, 5:30 to 7:30 PM, Fine Arts Room (OC).

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



Writers

The SCLH Writers Group met on October 24 to share Halloween stories written by our members. A good time was had by all.

The Writers Group is comprised of SCLH residents who meet to share their writing in a small, supportive environment. Our writing covers all genres including: poetry, prose, fiction, non-fiction, autobiography

Shedding Light

Continued from page 17

childhood. Our society's general lack of acceptance of mental health problems tends to make us hide our anxiety and depression in the "closets" of our minds so that we do not talk about it and do not deal with it in constructive healthful ways that lead to happiness. Our quality of life can be markedly affected by depression

and memoir. There are no fees to join and no membership criteria as long as you are a resident of SCLH.

Bring 10-12 copies of your musings to share (maximum 1,500 words). We meet on the second, fourth and fifth Mondays of each month in the Ceramics Room (OC) at 6:30 PM.

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

Authors & Writers Resource Group

Books make wonderful Christmas gifts! Our Authors and Writers have been busy planning book events. Four of our authors (Phyllis Kalbach, *Blue Eden*; Judie Panneton, *Children of Immigrants*; Andy Petro, *Remembering the Light*; and Linda Bello-Ruiz, *From Tears to Triumph*) are holding a Book Signing Event at Sun City Roseville November 19, Cedar Room at Timber Creek Lodge, 2:00 PM. You're invited.

Eight authors will participate in a Meet the Author Event at Lincoln Hills December 7, 2:00-4:00 PM, Multipurpose Room (OC): Irene Douglas, Jonas Porup, Owen Holt, Quentin Grady, Leo Craton, Phyllis Kalbach, Andy Petro, and Linda Bello-Ruiz. If you missed our last SCLH event, this is your chance to support your neighbors; and it's just in time for Christmas shopping.

The Authors & Writers Resource Group meets monthly. Contact Linda or Leo Craton for date, time and place. No membership dues and all SCLH residents are welcome.

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

and anxiety. You will want to learn how to deal with these conditions by attending the **November 20 presentation, "The Monsters in the Closet: Anxiety and Depression"** (see page 92). Dr. Kaufman's sense of humor in addressing this serious topic is sure to lift your spirits and provide you valuable insight.

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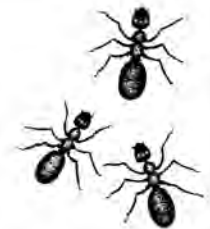
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Bulletin Board

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

Democratic Club, Lincoln

The club's holiday party will be held December 16, Kilaga Springs Lodge. Check <http://democraticclublincolnca.org>, our website, for more details. Questions: June Paquette, 408-2263.

Glaucoma Support Group

will meet on December 11 for our Annual Holiday Luncheon. More info: Bonnie Dale, 543-2133. Our Support Group meetings will begin in January. We meet the second Wednesday of each month at 4:00 PM at Orchard Creek Lodge.

Italian Club (LHIC)

At the Annual General Meeting in October, the club launched its membership drive entitled "Membership Matters." President Tom Freschi and Vice-President Christine Cirrone outlined the program whose goal is to attract and enlist new members in order to enhance the club's vitality. Current members can be part of this exciting campaign which includes incentives for recruiting new members. Look for updates in the weeks ahead. It's already time for the holidays! The LHIC will celebrate its "Festa di Natale" on Sunday, December 1 in the Timber Creek Ballroom, Sun City Roseville. No-host bar

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

Monday, November 18 • 1:30 PM: Health Net Seminar, Heights & Gables (OC)
Thursday, November 21 • 10:00 AM: Senior Advantage Seminar, Solarium (OC)

from 5:00-6:00 PM, dinner at 6:00 PM and dancing until 9:30 PM. Contact Lilly LaPira at 434-8843 or gllapira@gmail.com. Don't miss this holiday celebration. Are you a SCLH resident of Italian heritage? Join us for fun and friendship. More info: www.lhitalianclub.org or contact Marie Berlinghi, membership chair, at 543-3731.

Open Play

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

Parkinson's Disease Support Group, LH

The LHPDSG meets every third Tuesday, 10:00 AM in the Lincoln Raley's Conference Room and every Friday, 2:00-3:00 PM in the Aerobics Room, KS Fitness Center, for an exercise class (\$4/class). A diverse group with one thing in common, we are all dealing with varied stages of Parkinson's Disease, be it the afflicted individual or caretaker. Newcomers welcome. More info: Sharon, 408-4869. Our speaker today was Helene Ferreira, Assistive Technology Resource Specialist for the Placer Independent Resource Services, (PIRS, (530) 885-6100, ext. 28). Her presentation touched on the "tools for living," available to those with disabilities. These tools/gadgets enable one to control their alternatives for independent living. MS Ferreira demonstrated several small items, i.e., door widening hinges, button hooking aid, soft drink tab lift and catalogs containing products for independent living. Bottom line, products/services are abundantly available to those in need to enhance independent living in their respective communities.

Racquetball Group

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

Shooting Group

Our purpose is to make friends among the 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 people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the fall and winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Contact: John Kightlinger at 408-3928 or johnnpat@sbcglobal.net.

Travel Group, LH www.travelgroup.com

The next meeting is Thursday, November 21, 7:00 PM, Kilaga Springs Lodge. Guest presenter: Grand Circle Tours Representative, Joan Thornton. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler – 543-3349, sfowler@starstream.net; Linda Frazier – 434-8266, fraz1774@sbcglobal.net; Sheron Watkins – 434-9504, sheron55@att.net; Louise Kuret – 408-0554, lkuret@sbcglobal.net; Judy Peck – 543-0990, judy@starstream.net.

Continued on page 43

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Community Perks

Certified Farmers Market and Vendor Faire

Support your local farmers, join us every Wednesday at the Fitness Parking Lot, 8:00 AM to 12:00 PM. Local Certified Farmers will be selling fresh fruits & vegetables. There will also be local vendors selling various unique items. Depending on weather and availability of crops, the plan is to hold the Farmers Market on Wednesdays until November 20.



KS at the Movies: "Dr. Seuss' How the Grinch Stole Christmas"

Monday, December 2 — Free

PG. 105 minutes. Comedy/Family/Fantasy. Big budget remake of the classic cartoon directed by Ron Howard starring Jim Carrey as the Grinch and Taylor Momsen as Cindy Lou Who. Doors open 1:00 PM for a 1:30 PM screening. Grandchildren welcome for this special holiday movie



New Resident Orientation

Tuesday, November 19, 10:00 AM-12:00 PM — Free

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



Annual Holiday Open House & Community Celebration

Monday, December 16 — Free

1:00-3:00 PM, OC Ballroom. Join us to enjoy the beautifully decorated Lodge, light refreshments and holiday music and visit with your neighbors. A listing of decorated homes, "Lights within Lincoln Hills," will be available at the Open House. See information in Connections, page 3 and below.



LH Foundation

Continued from page 17

- the Foundation into your will).
- The Foundation has other **charitable bequest options** that can provide tax benefits to individuals while at the same time benefiting the many seniors in need in and around Lincoln.

How can you pursue this opportunity? For information on charitable giving, donation forms, and instructions, visit our website: www.lincolnhillsfoundation.org. And you're more

than welcome to call the Foundation's Treasurer, Bob Free, at 916-645-5380, and ask for details.

We thank you in advance for helping the Foundation! Our mission is especially urgent at this time of year when the needs of seniors are always more acute.



Connections

Continued from page 3

decorate the outside of your home and want to make your address public for a listing on "lights within Lincoln Hills," please submit your address and Village number to our Activities Desks or email it to Christy.Condell@sclhca.com by December 10. Staff will make the list available to residents during this Open House and on our resident website.

Enjoy the Season and I look forward to seeing you in the Lodge.

In Memoriam

Alberta Marie Perfect

Born in Chicago, Illinois, Alberta graduated from Austin High School in 1952. She was happily married to her childhood sweetheart, John, for 61 years. John and Alberta resided in Illinois for 44 years. Alberta worked as an insurance account specialist for 16 years. They moved here 12 years ago to be near their family. Alberta is survived by her husband John, son and daughter-in-law and three grandchildren. She had many

friends wherever she lived and she loved to be in her kitchen cooking for everyone. Her generous nature and loving spirit will be missed by many.

Elizabeth "Betty" Summers

Betty grew up in Sacramento where she attended school. She worked for a law firm there for many years and moved to Lincoln Hills with her husband, Robbie, on September 11, 2001. Betty was a gifted artist and had several showings. She and

Robbie enjoyed playing pool, bocce ball, spending time at their Tahoe home, and going to Spring Training in Arizona for many years. Besides Robbie, Betty leaves a daughter and a son, their spouses, and three dear granddaughters. Betty will be missed by family, friends, and neighbors.

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.

LINCOLN  HILLS

NEW YEAR'S EVE

ROARING 20'S CELEBRATION

TUESDAY, DECEMBER 31 AT ORCHARD CREEK LODGE

Ballroom — 5031-14B | Meridians — 5031-14M | Pre-Function — 5031-10P
Solarium — 5031-14S | Entertainment Only — 5031-14E

Ring in the New Year with fun and folly by going back in time to the Roaring Twenties. Guys and Dolls will enjoy a customized party experience including swanky music and entertainment. Reminiscent of *The Great Gatsby* and straight from the Speakeasy, select your favorite party room location.

Pick an entrée from our expanded six-choice menu and enjoy free-flowing champagne at midnight. Toast the New Year as a dazzling Amphitheater fireworks display lights the night sky.

The sparkle and shine of this 1920's soiree will come alive after dinner when everyone will experience DJ Tom in the Ballroom, the Royal Society Jazz Orchestra ensemble live in the Meridians Restaurant, 20's silent movie and theme shorts screening in the Community Living Room and flash images in the prop photo booth. If you choose to dine in the Ballroom, Bootleg Boulevard opens a door to intrigue and crime with the Gibson House Murder Mystery Dinner Show. Guests seated for dinner in the Pre-Function, Meridians and Solarium will be serenaded by the Royal Society Jazz Orchestra's Don Neely Jazz Quintet featuring Carla Normand. No matter where you are seated, watch your every step down Roaring Roadway as you may run into Flappers from Buggy's Jazz Club or a group of Gangsters heading to Machine Gun Alley.

Come as you are, or join in the 20's theme and dress as a gangster, flapper or silent screen star.

The Secret Password to get into the Speakeasy is "Bathtub Gin" and further instructions will be posted at a later date.

New this year, for those who do not want to have dinner, join the soiree from 9:00 PM-12:30 AM to enjoy the entertainment and fireworks with our Entertainment Only ticket for \$40. Reserved seating not available with Entertainment Only tickets. Tailored dinner options start at only \$82 per person.

- Ballroom and Solarium Guests, doors open 6:45 PM, show 7:00 PM, dinner 7:30 PM.
- Meridians and Pre-Function Guests doors open 7:30 PM, dinner served 8:00 PM.
- Dancing and Entertainment 9:00 PM-12:30 AM, Fireworks Display at midnight.
- Guests may select their tables during registration on first-come, first-served basis. If you are purchasing a table for your group, provide seating location with their entrée selections at time of registration.
- Tickets required for entry. No refunds or exchanges.
- Guests that purchase online can pick up their tickets between December 28-30 at Orchard Creek Lodge.
- Complete menus available at the Activities Desks with pricing and dinner selections.



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

Entertainment

—Club Performance—

The Lincoln Hills Community Chorus Winter Concert – “Holiday Cheer”

Sunday, December 8, 2:00 PM Show — 5108-10A

Monday, December 9, 7:00 PM Show — 5108-10B

Tuesday, December 10, 7:00 PM Show — 5108-10C

Soon it will be the holidays, so plan on buying your tickets for the Lincoln Hills Community Chorus concert! Come and enjoy old favorites such as “O Holy Night” and “There’s No Place Like Home for the Holidays.” You will also be delighted by the “African Alleluia,” “Ose Shalom” (Hanukkah) and “Calypso Lullaby.” The chorus members love to sing for you and appreciate your support. Ballroom (OC). Shows at 2:00 PM and 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks, \$18.** General admission \$13.



Vaudeville Troupe – “The Cavalcade of Stars”

Friday, January 10, 2:00 PM Show — 5210-11A

Friday, January 10, 6:00 PM Show — 5210-11B

Saturday, January 11, 2:00 PM Show — 5210-11C

Saturday, January 11, 6:00 PM Show — 5210-11D

Lincoln Hill’s popular and “outrageously entertaining” Vaudeville Troupe returns for their sixth year of entertaining audiences at the “Cabaret-style” stage of Presentation Hall (KS). Presenting their old-time Vaudeville/Variety Show, known as “The Cavalcade of Stars,” this high-energy, non-stop action extravaganza provides performances that are wildly original, fast-paced and never fail to dazzle guests. Sit back in the comfort of the Presentation Hall and be entertained with hilarious comedy skits, fabulous vocalists, talented musicians and fantastic dancers. The Vaudeville Troupe engage and interact with the audience, so prepare for fun surprises and some genuine theatrical entertainment! The Troupe will proudly feature a Tribute: “Music of the 50s and 60s”... including a “Mini-Tribute to Elvis”... You will not want to miss this show! Everyone will certainly recognize many numbers about the “Good-Old Days” of Malt Shops and Hot-Rods. Four shows only that always draw sell-out crowds. Assigned seating by row and seat number is



available in P-Hall so there is no need to wait in line on the day of the show. P-Hall (KS). Shows at 2:00 PM and 6:00 PM. General admission \$12.

—Comedy—

Comedy Night at KS: Dan St. Paul

Tuesday, November 26

6:00 PM performance — 5126-09A

8:00 PM performance — 5126-09B

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



Comedy Night at KS: Mark Pitta

Monday, December 16

6:00 PM performance — 5116-10A

8:00 PM performance — 5116-10B

Mark Pitta is a national headliner coming from the fervent San Francisco comedy scene of the 1980s. After moving to Los Angeles, Mark’s career flourished, fulfilling his dream of appearing on *The Tonight Show* with Johnny Carson and Jay Leno. Mark has made guest appearances on *Mad About You* and *Third Rock From the Sun*. For *Comedy Central* Mark has appeared on *Premium Blend*, *The A-List*, *Dr. Katz* and *Make Me Laugh*. A favorite on the comedy club circuit, Mark has also opened for Chris Issak, Paul Anka, Kenny Rogers, Olivia Newton John, Smokey Robinson, and Rick Springfield. P-Hall (KS). General admission \$12.



Comedy Night at KS: Jeff Applebaum

Monday, January 6

6:00 PM performance — 5206-11A

8:00 PM performance — 5206-11B

Jeff Applebaum’s comedy examines his particular life experiences, which include being the only white kid on his Little League team in Queens, having a Chinese wife who orders from take-out menus in fluent Mandarin, and raising a teen son who calls himself “Jewnese,” because he says it sounds better than “Chine-ish.” Jeff recently made his national U.S. TV debut on CBS as a comedian on the “Late Late Show with Craig Ferguson.” Over the past 20 years he has also appeared on “Comedy.TV,” Byron Allen’s nationally syndicated Entertainment Studios program, “ABC-TV,” and opened for and



Continued on page 46

performed with comic legends Robert Klein, Richard Lewis, Robin Williams, Kevin Pollak, Jake Johannsen, and more. Jeff is also credited and appears in the blockbuster film "The Pursuit of Happyness," starring Will Smith. P-Hall (KS). General admission early registration discounted rate November 17-December 14, \$10. After December 14, \$12.

—Concerts—

Tonight! Santana Tribute with the Rhythm Vandals

Friday, November 15 — 5115-10

Experience a fiery tribute to the timeless music of Carlos Santana, a musician that helped shape the sound of rock and Latin since the late 60's. From searing guitar solos, to an amazing horn sections and rhythmic beat of the congas and drums, this set list plays like a greatest hits CD. Playing for over 10 years, the Rhythm Vandals have opened for Eddie Money, WAR and Tower of Power. Their explosive performance in our Amphitheater during the 2011 Summer Concert Series created a huge resident following! Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating, \$21.** General admission \$18.



"Music from a Charlie Brown Christmas" Jazz Concert with The Jim Martinez Trio

Tuesday, November 19 — 5119-09

The spirit of the holiday and jazz will fill the room as Jim Martinez and his talented band pay tribute to the music of "A Charlie Brown Christmas." From the first chords of Vince Guaraldi's classic "Christmas Is Coming," and favorites including "O Christmas Tree," feel the spirit of Christmas and good ol' Charlie Brown for a show that has received rave reviews! Starting his musical career at the age of four, Jim has shared the stage and recorded



with legendary jazz trombonist Sy Zentner, Lionel Hampton and others, performed with the Sacramento Symphony and various jazz notables like Lionel Hampton and toured as a featured guest with the U.S. Air Force Jazz Band. He's recorded a dozen albums, including a tribute to Oscar Peterson and Edvard Grieg and a series of "Jazz Praise" albums. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21.** General admission \$19.

"Motown Holiday Revue" — A Holiday-themed Concert Motown Style with Top Shelf

Thursday, December 19 — 5119-10

Take a hit-filled musical journey through the sounds of Motown with a holiday flare. Resident favorite, Top Shelf, presents a special program featuring Motown versions of holiday classics and songs from Stevie Wonder, The Temptations, The Four Tops, Smokey Robinson... and many more! From the early days of Motown to the '80s, Top Shelf's wonderful harmonies and unique live performance will dazzle you. The band has performed nationally and internationally since 1991, from San Francisco to Europe, becoming a Bay Area musical and entertainment cornerstone. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21.** General admission \$18.



SuperHuey Concert

Thursday, January 16 — 5216-11

The heart of rock 'n' roll is still beating! Huey Lewis and the News have carried the banner as the quintessential American rock band, endearing them to millions of fans and earning them the right to mark their place in pop music history. With a nearly unbroken string of hit songs, their music became the sound track for a generation. During



—Reminders—

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 94.

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

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

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

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

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

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

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

the 1980's and early 1990's they scored a total of 19 top-ten singles across the Billboard Hot 100, Adult Contemporary, and Mainstream Rock charts. SuperHuey is the ultimate Huey Lewis tribute experience with an eight-piece band that has exploded across the United States thrilling audiences of all ages at fairs, festivals, arenas, sporting events and showrooms. Their super high-energy faithful renditions of feel-good music will take you back in time with: "The Power of Love," "Heart of Rock 'n' Roll," "Hip to be Square" and "Workin' for a Livin'." Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$22.** General admission early registration discounted rate November 17-December 14, \$16. After December 14, \$19.

"Hollywood" with Franc D' Ambrosio – A Broadway Concert

Tuesday, January 28 — 5228-11

We bring back Broadway's longest running "Phantom," Franc D' Ambrosio, with his Broadway show "Hollywood," featuring music from the 50's and 60's silver screen. Best known for his portrayal in Andrew Lloyd Webber's Tony Award-winning Musical, "The Phantom Of The Opera," he was awarded the distinction as the "World's Longest Running Phantom" which he has retained for over a decade. Discovered by Francis Ford Coppola as Anthony Corleone in Godfather III, Franc was accepted by legendary tenor, Luciano Pavarotti, to study with him at his home in Italy. A varied and noteworthy career began with multiple nominations from highly respectable award-giving bodies. Franc tours extensively throughout the United States, Europe and South America and comes back after his amazing holiday show in 2012 to wow you with the tunes of Hollywood. Featured at famed Rrazz Room in San Francisco, don't miss this amazing performer. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$23.** General admission early registration discounted rate November 17-December 14, \$17. After December 14, \$20.



—Grandkids Activities—

Grandkids Santa Adventure

Sunday, December 15 — 5010-10A

Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at "Santa Adventure." Your grandchildren will be greeted by Santa's Elves and enjoy puppet tricks, a holiday sing-along, dancing and interactive activity stations offering treats, prizes and fun! Start the morning off by taking photos of the grandkids with Santa, decorating a holiday treat, and hearing Santa and Mrs. Claus read the story of "Alfie," where each grandchild will get to help decorate the tree. New activities for those that attended last year! Last year's event sold out, limited space available so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation.* Lunch will not be provided as part of this ticketed event. Ballroom (OC) 10:00 AM. Doors open at 9:45 AM; activities and games 10:00 AM-1:00 PM. Toddler to 12-years-old. General admission \$12.



Save the Date!

Drew Harrison's Lennon Tribute, P-Hall
February 6, 2014
Faith Prince Broadway Concert, Ballroom
March 24, 2014

Continued on page 49

Reminders

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

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

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

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

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

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

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

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

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

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

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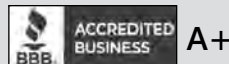
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Day Trips

—Casino/Racing—

Off to the Races

Thursday, November 21 — 1846-09

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



Red Hawk Casino

Tuesday, January 28 — 1942-11

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 guests a \$15 gaming credit or \$20 in match play. Be sure to bring your personal identification to receive your Rewards Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ◆◆ by 12/15.



—Fair/Festival—

Victorian Christmas

Sunday, December 15 — 1857-10A

The enticing aromas of roasted chestnuts and hearty holiday foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled to overflowing with authentic Christmas treasures. Now on its 36th year, enjoy our annual visit to the historic and picturesque downtown Nevada City, a quaint, Gold Rush town nestled in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. It's a perfect way to get your holiday spirits up! Depart OC 12:30 PM, return ~ 7:30 PM. \$23. RSVP ◆◆ Now.



Cornish Christmas

Friday, December 20 — 1861-10A

Recapture the spirit of Christmas past amid the charming surroundings of historic downtown Grass Valley during the annual

Cornish Christmas Celebration. Started in 1967 as a way to preserve Grass Valley's Cornish heritage and holiday traditions, Cornish Christmas remains a very popular event. The streets are filled with the sights and sounds of an old-fashioned Christmas; carolers, jugglers, musicians, the Grass Valley Cornish Carol Choir, Tommyknocker Cloggers and of course, Santa Claus. Handmade arts & crafts from artists throughout California are on display. Delicious food and drinks available from restaurants and specialty food vendors. This evening trip will tickle all your senses. Depart OC 4:30 PM, return ~ 10:30 PM. \$22. RSVP ◆◆ Now.



Chinese New Year — San Francisco

Sunday, February 16 — 1921-11

Come celebrate the Year of the Horse in San Francisco's Chinatown. Enjoy a Chinese family-style lunch at The Garden Restaurant followed by a short walk to the largest Buddhist church in America, Buddha's Universal Church, for a performance of "A Tangled Web We Weave." Set in ancient China in Professor Ming's mansion, enjoy humorous wit in bilingual prose and song, graceful dance and an elaborate traditional Chinese wedding! The Chinatown Community Street Fair will also be in full-swing, you'll be given free-time to peruse. Be aware streets will be crowded. Depart OC 9:00 AM, return ~ 8:00 PM. \$63. RSVP ◆◆ by 12/14.



—Museums—

Crocker Art Museum

Tuesday, February 25 — 1760-11

Join us for a docent-led tour of the museum which includes Sam Francis' Five Decades of Abstract Expressionism from California Collections and the first museum exhibit of California artist Jules Tavernier, the artist's entire paintings and works on paper. Other Crocker exhibitions include Warren MacKenzie Ceramics and Crocker's permanent collection of more than 15,000 works of art.

Lunch on your own at Crocker Cafe. Limited to 40 people. Depart OC 10:00 AM, return ~4:00 PM. \$34. RSVP ◆◆ by 12/15.



—Performances—

Forever Tango

Saturday, January 4 — 4620-10

"Forever Tango" at the Harris Center for the Arts in Folsom

Continued on page 51



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(formerly Three Stages) features 14 world-class tango dancers, one vocalist and an 11-piece orchestra, in a show that celebrates the passionate music and dance of Argentina. The dances are performed to original and traditional music. "The tango is a feeling that you dance," says Luis Bravo the show director. It's passionate, melancholic, tender, and violent at the same time. You dance it with somebody — but it is so internal, you dance it by yourself. The tango may be Argentina's best known export! Leave OC at 12:30 PM, return ~ 5:30 PM. \$83. RSVP ◆◆ Now. Deadline for purchase, November 17.



Swan Lake — The Moscow Festival Ballet Company Wednesday, February 5 — 4610-11

Founded in 1989 by legendary principal dancer of the Bolshoi Ballet, Sergei Radchenko, the Moscow Festival Ballet Company brings together the highest classical elements of the great Bolshoi and Kirov Ballet within the framework of Russian classic ballet. Leading dancers from across Russia have forged under Radchenko's direction an exciting new company staging new productions of timeless classics including Tchaikovsky's Swan Lake, based on Russian folk tales. Join us for a matinee performance with orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 12:30 PM, return ~5:30 PM. \$73. RSVP ◆◆ by 12/15.



Broadway Sacramento 2013-2014

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

• Buddy — The Buddy Holly Story

Thursday, January 2 — Sold out!

• Second bus added! Flashdance the Musical

Tuesday, February 4, 2014 — 4530-10

The pop culture phenomenon of "Flashdance" is now live on stage. With electrifying dance as its core, it's the story of a steel mill welder by day and bar dancer by night with dreams of becoming a professional performer. Based on the 1983 film, the musical contains well-known 80s hits and follows the story of a steel mill welder by day and bar dancer by night who aspires to be accepted to a prestigious ballet academy. *(The show contains mature content, including sexy costumes and choreography, and strong language.)*



• Blue Man Group

Tuesday, March 11, 2014 — 4530-06D

Blue Man Group will thrill Sacramento with its high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music, and technology. Three blue-painted men create music, art and hilarity in unusual ways in this unique, long-running show. Mostly visuals, music and action, rather than words or a plot. If you've never seen Blue Man Group, it's a must-see. If you're already a fan, you won't want to miss it. \$78.



• Sister Act

Tuesday, April 8, 2014 — 4530-06E

Broadway's feel-amazing musical comedy smash, the story of a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in a convent. Music by eight-time Oscar® winner Alan Menken and based on the 1992 film. \$78.



• Wicked!

Tuesday, June 3, 2014 — Sold out!

—Shopping—

San Francisco — Pier 39

Saturday, November 16 — 1844-09

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



San Francisco Shopping

Wednesday, December 18 — 1840-10A

Or Saturday, December 21 — 1840-10B

Get in some last minute shopping before Christmas! Don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:00 AM, return ~ 8:00 PM. \$36. RSVP ◆◆ Now.



Continued on page 55

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Yosemite — Stay in the Park

Three days, Two nights! Tuesday, September 9 to Thursday, September 11, 2014 — 1972-11

Join Katrina, your Trip Coordinator, and experience the grandeur and beauty of Yosemite with a two-night, three-day stay in the park! We'll be staying at Yosemite Lodge at the Falls located in the heart of the park ideal for exploring the valley. There will be a stop in Mariposa on the way in for lunch on your own and some free time to explore many historical sites and unique stores. On the first night, enjoy an included welcome Italian Buffet Dinner, and an evening ranger talk at the Lodge amphitheater. Second day is a free day for exploring on your own the many amazing sights and sounds the park offers. Yosemite Valley has a wide range of walking and hiking possibilities, easy to very strenuous. Take a Grand, Glacier or Valley Floor Tour, rent a bike, go mule or horseback riding, ranger nature walks & talks, Yosemite Art Center workshops, fishing, and much more! All meals except



for welcome dinner are on your own with many dining options at the park or enjoy that special meal at the Ahwahnee Hotel and maybe even a historic tour of the property. On our way home, we will stop at historic Groveland for lunch on your own. Check out the infamous Iron Door Saloon, said to be California's oldest continuously-operating saloon. There are scheduled rest stops included in this trip. For more park information, www.yosemitepark.com/plan-your-visit.aspx. There is neither air conditioning nor elevators in the hotel, so please advise at sign-up if you need a downstairs or ADA room as they are very limited. We will be in the lodge rooms which have either a balcony or patio and a refrigerator. Leave OC at 8:00 AM, Tuesday, September 9, return LH Thursday, September 11 ~ 6:00 PM. *A signed liability waiver is required for each participant.* \$532 per person double occupancy. \$840 single. RSVP ♦♦ by 12/1. *Due to vendor deadlines, this trip must meet a minimum of 37 sign-ups by January 31 by 12:00 PM or trip will be canceled.*



Sold Out Trips thru December 20

Trip • Date • Departure Time

- Feather Falls Casino — Tuesday, November 19, 9:00 AM
- Sun City Snow Train — Thursday, December 5, 10:30 AM
- Beach Blanket Babylon Wednesday, December 11, 2:00 PM
- Beach Blanket Babylon Thursday, December 12, 2:00 PM

Activities Department Classes



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

Art

—Drawing—

New! Beginner Drawing

Thursdays, January 9-30 — 132214-11

9:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor Michael Mikolon. The artistic journey all starts with the basics of drawing. In this beginner class, we will focus on materials and techniques as well as developing your sense of design. Drawing is about observing. Learn how to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measuring and proportions, use of line and shadow and developing good daily drawing habits. This will all help build your drawing foundation and make it stronger. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction pro-

vided by the teacher. Artist Michael Mikolon is an accomplished Artist and Owner of 12th & S Art in downtown Sacramento teaching and running figure drawing sessions. He lives in California as a full time artist with a focus on landscape and figure. Request supply list at registration. RSVP ♦♦ by 1/2.

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry

Mondays, December 2-30 — 105110-11

9:00-11:30 AM (OC). \$65 (five sessions). Instructor: Barry Jamison. Let out that creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. **New students:** Ask for supply list at registration. *About the instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP ♦♦ by 11/25.

Continued on page 56

Impressionistic Landscape Painting with Oils or Acrylics

Wednesdays, December 4-18

AM Class — 113110-11

PM Class — 113210-11



Morning class 9:00-11:30 AM; or afternoon class 1:30-4:00 PM, (OC). \$39 (three sessions). Instructor: artist/resident Marilyn Rose. AM and PM classes are not interchangeable. Classes are for all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class demonstrations, masterwork examples and individual instruction will be used to help students understand various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. **First-time students may contact instructor at 409-0397 with any questions.** Please ask for supply list at Activities Desks upon enrollment. Marilyn has 20 years experience with plein air and studio landscape painting. For more information, visit her website at www.artistmarilynrose.com. RSVP ♦♦ by 11/27.

—Watercolor—

New! Beginner Watercolor Painting

Thursdays, January 9-30 — 132114-11

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting techniques as well as developing your sense of color: looking into the basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss the master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos will be performed weekly showing how to use the medium first hand with one-on-one instruction provided by the teacher during the class. Artist Michael Mikolon is an accomplished Watercolorist and owner of 12th & S Art in downtown Sacramento. Request supply list at registration. RSVP ♦♦ by 1/2.

Bridge

Bridge – Play of the Hand with Laurie

Thursday, January 9-February 27 — 162114-11

10:00 AM-12:00 PM (KS). \$75 (eight sessions). Instructor: Laurie Vath. Now that you've learned the fundamentals of bidding, it's time to address the fundamentals of card play. Course includes planning the play, developing tricks through promotion and length, managing entries and much more. Classes will include lec-



ture, exercises and as much play as time permits. RSVP ♦♦ by 1/2.

Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, December 4-18 — 206110-11

1:00-4:00 PM (KS). \$29 (three sessions). Instructor: Barbara Bartling. This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 11/27.



Lladro Workshop

Wednesdays — Ladd3

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

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, December 3-17 — 212110-11

1:00-4:00 PM (OC). \$41 (three sessions). Instructor: Mike Daley. An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Mike Daley will be substituting for Jim Alvis. He will carry on the class program of basic hand-building and teach wheel throwing techniques. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP ♦♦ by 11/26.

Advanced Ceramics

Tuesdays, December 3-17 — 212210-11

9:00 AM-12:30 PM (OC). \$41 (three sessions). Instructor: Mike Daley. For self-motivated students/artists with established ceramic skills. Mike's experience and continuing education in Ceramics Arts from workshops



Continued on page 60

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nationwide provides him the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 11/26.

Ceramics — All Levels

Thursdays, December 5-19 — 221110-11

1:00-4:00 PM (OC). \$41 (three sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own



pace receiving individual instruction to achieve their goals on any project they choose. Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list when you register. RSVP ♦♦ by 11/28.

Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Mike Daley; Thursday Moder-

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ator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Mike or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

Crafts

—Card Making—

No classes in December and January.

—Origami—

Celebration for the Christmas Holiday Mondays, November 18-December 9 — 152110-10

1:00-3:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions). Origami is a Japanese word for folding colorful paper. It is an ancient Japanese craft handed down from generations. It prospered during the peaceful Tokugawa Era and has been revived these years to bring peace and leisure to those who create them. In this class, instructor will provide detailed instructions on how to fold Christmas unit gift boxes, cards/bookmark, poinsettia, and more (see display window for sample projects). She will also show you interesting uses and wonderful possibilities for your Origami projects. Instructor will demonstrate and provide instructions on making basic fold to beginners who are expected to practice at home for skill improvement. Bring 6x6," 8x8," and 12x12" Origami paper, pencil, ruler, glue, and scissors to class. Origami will surely capture your imagination! RSVP ♦♦ by 11/11.



—Handmade Silk Paper —

Handmade Silk Paper

Wednesday, December 11 — 305010-10

9:00-11:00 AM (OC). \$25 plus \$12 supplies fee. Instructor: Laura Healey. In this inspiring and informative class, attendees will discover the beauty of silk paper. Silk paper can be made into original bowls, book covers, multimedia textile pieces boxes and lamp shades, each one a unique work of art. Textures and colors can be combined and beads, leaves and seeds can be added. All projects are made from various types of silk

and other natural fibers. Those who have tried felt making will learn techniques to incorporate paper into felt pieces. Each attendee will make either a bowl or a vessel and also learn plenty of ideas for this fascinating medium. RSVP ♦♦ by 12/4.

Dance

All Dance classes will be on a hiatus in December, most classes will resume in January.

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

—Clogging—

Beginning Clogging

Tuesdays, January 7-28 — 332114-11

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. No new students accepted until Spring 2014. Class continues to move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level clogging steps. Special attention to balance skills is part of the lessons. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 12/31.



Easy to Intermediate Clogging

Tuesdays, January 7-28 — 332214-11

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 12/31.

Intermediate Plus Clogging

Tuesdays, January 7-28 — 332314-11

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP ♦♦ by 12/31.

—Country Western Dance—

Beginner Country Two Step

Thursdays, January 2-30 — 345114-11

6:00-7:00 PM (KS). \$25 (five sessions). Instructor: Jim Sekelsky. Two-step is a popular dance performed to Country Western music. The country and western two-step is a dance that re-

Continued on page 63

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quires a repeated step sequence. The two-step dance consists of two quick steps followed by two slow steps, or vice-versa. You can dance the two-step to either up-tempo or slow country and western music. Jim will cover the basic moves for the two-step. As a beginner, you may want to start with slower music until you master the dance sequence, and then try out your two-step with a faster beat. Note that this is *partner dancing*. RSVP ♦♦ by 12/26.

Country Couples Western Dance

Beginner Level One & Two

Mondays, January 6-27 — 344214-11

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 12/30.

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, January 6-27 — 344414-11

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Classes taught will be a circle cha cha, babykakes and Joe's diner. Get ready for our Holiday party and brush up on all RSVP ♦♦ by 12/30.



—Dancing with Dolly—

Ballet/Lyrical

Thursdays, January 2-30 — 353564-11

5:00-6:30 PM, (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, coordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP ♦♦ by 12/26.



Performance Dance

Fridays, January 3-31 — 353574-11

2:30-4:00 PM, (OC Fitness). \$60 (five sessions). Instructor: Dolly

Schumacher James. This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 12/27.

—Hula—

Hula

Thursdays, January 9-30 — 390214-11

1:15-2:15 PM (KS). \$32 (four sessions).

Instructor: Pam Akina. Continue your study of hula in this ongoing class for intermediate and advanced dancers.

Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval required for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 1/2.



—Jazz—

Jazz Class for the Beginner

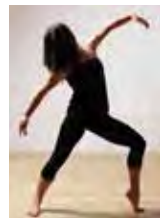
Thursdays, January 2-30 — 353014-11

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18-years-old. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join me! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP ♦♦ by 12/26.

Jazz Technique 1

Saturdays, January 4-25 — 353124-11

3:00-4:00 PM (OC). \$32 (four sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 12/28.



Jazz Technique 2

Tuesdays, January 7-28 — 353114-11

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginner to profes-

Continued on page 65

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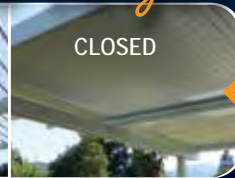
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sional levels. She has danced professionally across the U.S. and Canada. Performed in USO shows in Europe, her favorite was performing on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Come join us! We dance to live and live to dance. RSVP ♦♦ by 12/31.

—Line Dance—

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

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.

- **Mondays, January 6-27 — 360014-11**
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/30.
- **Thursdays, January 2-30 — 370014-11**
4:30-5:30 PM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 12/26.



Line Dance I Beginner

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

- **Mondays, January 6-27 — 370114-11**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 12/30
- **Mondays, January 6-27 — 370124-11**
6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Note:** Class was formerly called “Beginners Plus with Yvonne” and continues to be a transition class between beginner and beginner/intermediate. RSVP ♦♦ by 12/30.
- **Thursdays, January 2-30 — 360114-11**
2:30-3:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/26.
- **Fridays, January 3-31 — 380114-11**
12:00-1:00 PM (KS). \$30 (five sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 12/27.

Line Dance II — Beginner / Intermediate

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

Sailor Steps, *Syncopated Vines*, etc.

- **Mondays, January 6-27 — 360214-11**
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/30.
- **Wednesdays, January 8-29 — 380214-11**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 1/1.
- **Thursdays, January 2-30 — 370214-11**
9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 12/31.

Line Dance III — Intermediate

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

- **Wednesdays, January 8-29 — 380314-11**
10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 1/1.
- **Thursdays, January 2-30 — 360314-11**
3:30-4:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/26.

Line Dance Instructors

- **Audrey Fish**

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



- **Sandy Gardetto**

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



Continued on page 66

• **Yvonne Krause**

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



—Tap Dance—

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.



• **Beginning Tap**

Tuesdays, January 7-28 — 410114-11

9:00-10:00 AM (KS). \$32 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ♦♦ by 12/31.



• **Advanced Performance**

Mondays, January 6-27 — 410714-11

12:00-1:00 PM (KS). \$32 (four sessions). RSVP ♦♦ by 12/30.

• **Performance Classes**

Mondays, January 6-27 — 410614-11

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 12/30.

• **Thursdays, January 9-30 — 410624-11**

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 1/1.

• **Thursdays, January 9-30 — 410634-11**

12:00-1:00 PM (KS) \$32 (four sessions). RSVP ♦♦ by 1/1.

Technique Classes

• **Advanced Technique Class**

Mondays, January 6-27 — 410514-11

11:00 AM-12:00 PM (KS) \$32 (four sessions). Class is

geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP ♦♦ by 12/30.

• **Technique Classes**

Tuesdays, January 7-28 — 410524-11

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 12/31.

Thursdays, January 9-30 — 410534-11

11:00 AM-12:00 PM (KS). \$32 (four sessions). RSVP ♦♦ by 1/2.

Tap for Fun with Judy

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



• **Mondays, January 6-27 — 420114-11**

4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 12/30.

• **Fridays, January 3-31 — 420124-11**

1:00-2:00 PM (KS). \$30 (five sessions). Instructor: Judy Young. Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP ♦♦ by 12/27.

—West Coast Swing—

West Coast Swing will be on hiatus until February.

Gem Stone Cutting

Gem and Jewelry Open Workshop

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



Glass Art


Fusing Glass and Stained Glass Workshop

Monday, December 2 — GLASS

4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell.

Continued on page 69



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Jewelry

Easy-Peasy Spiral Necklace

Tuesday, January 7 — 513714-11

9:00 AM-12:00 PM (KS). \$20. Instructor: Cathie Szabo. Perfect for beginners! Here's an easy way to try bead weaving and end up with a beautiful necklace. Just one simple stitch unlocks the mystery of the spiral! If you can sew, you can make this necklace. Choose pearls, crystals or even seed bead drops for the accent. Experienced beaders — here's a way to use up that stash! Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Easy-Peasy Spiral Necklace as well as the photo of the necklace. RSVP ♦♦ by 12/31.

Ribbon of Beads Necklace

Tuesdays, January 14-28 — 513724-11

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Cathie Szabo. A real showstopper, but easy to do! Invest some time and you'll end up with a spectacular necklace. Check the display cases in the Lodges for a sample of this super look! Simple peyote stitch forms the "ribbon" that's the base of the necklace. Tie the ribbon into a loose knot and add an eye-catching focal if you like. Sprinkle accents of pearls, crystals or polished glass beads. Easy to do, spectacular result. Students should be comfortable working with smaller beads. A bit of homework will be required between classes. Be sure you get the proper materials list when you register - look for the name and code # for Ribbon of Beads Necklace as well as the photo of the necklace. RSVP ♦♦ by 1/7.

Movies

Holiday Movie Series

Wednesdays, December 4-18 — 521110-10

11:00 AM-2:00 PM (KS). \$20 (three sessions). Instructor: Ray Ashton. Let's get into the holiday spirit with three of our most beloved classic Christmas stories. Together we will journey to discover: *A Christmas Carol* (December 4) — take a look at Dickens' own book and watch scenes from five different movies to tell this great story. *A Christmas Story* (December 11) — based on students' request, look at

the back story of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart, and a time before television in Jean Shepherd's favorite Christmas tale. And last, *It's a Wonderful Life* (December 18) — learn the story behind the making of Frank Capra's Classic starring Jimmy Stewart and Donna Reed ... "what could have been" had our hero not been born. Find out how this wonderful movie came to be. RSVP ♦♦ by 11/27.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, December 4-18 — 535110-11

8:00-10:00 AM (KS). \$26 (three sessions). Instructor: Bill Sveglini. **No new student will be accepted until January.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 11/26.



Guitar 2B — Guitar Intro Continuation

Wednesdays, December 4-18 — 535210-11

10:15 AM-12:15 PM (KS). \$26 (three sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 11/26.

Guitar III — Intermediate

Thursdays, December 5-26 — 535310-11

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 11/28.

Continued on page 71



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Guitar IV — Advanced**Thursdays, December 5-26 — 535410-11**

10:00 AM-12:00 PM (OC). Bill Sveglini. \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP ◆◆ by 11/28.

—Voice—**Beginner Singers Vocal Boot Camp****Fridays, December 6-27 — 536110-11**

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. **This session is closed to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP ◆◆ by 11/29.

**Singer Vocal Boot Camp Continuation****Fridays, December 6-27 — 536210-11**

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 11/29.

Sewing**Bernina Serger Certification****Monday, December 9 — 591110-11**

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided. Class limit: three. RSVP ◆◆ by 12/2.

Bernina Sewing Machine Certification**Monday, December 9 — 592110-11**

2:30-3:30 PM (OC). \$13 (class cost includes sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP ◆◆ by 12/2.

Janome Sewing Machine Certification**Monday, December 9 — 593110-11**

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP ◆◆ by 12/2.

**Technology****—General—****Android 101 Smart Phone and Tablet****Tuesday, December 10 — 255110-11**

9:00-12:00 PM (OC). \$40. Instructor: Len Carniato. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" Account. RSVP ◆◆ by 12/3.

**Google Drive and Docs****Thursday, January 9 — 286214-11**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. You can keep your files safe and secure in the cloud with Google Drive and create impressive documents with Google Docs. Best of all they are both free — no need to buy pricey Microsoft Office or Word. In this class, learn to save your files to the cloud and access them from any place in the world with an Internet connection. Despite the fact it's online, learn to create documents that look just as good as they would if created with a desktop application like Microsoft Word. Since everyone has his own way of working, you will learn to tweak Google Docs' settings to make sure it fits in with your personal way of working. Once you have made the perfect document, learn to use Google Templates so that you don't waste time recreating similar documents. RSVP ◆◆ by 1/2.

**YouTube****Friday, January 17 — 286314-11**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. All of a sudden Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full length movies. YouTube is no longer about kids say-

*Continued on page 72*

ing and doing crazy things — you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site. It's incredibly easy to make simple video edits using the new YouTube Editor to improve your videos. RSVP ♦♦ by 1/10.

—Social Media—

Facebook 101

Saturdays, December 14 & 21 — 272110-10

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ♦♦ by 12/7.



—PC—

Windows 8 Training and Tips Monday, Tuesday and Wednesday, January 13, 14, 15 — 295114-11

2:00-4:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8 is a powerful new operating system that can access thousands of useful, interesting and fun application (apps). It offers the same robust desktop experience as Windows 7 computers. If you have difficulty understanding Windows 8 redesigned start features from your new computer, take this class. Class includes tips on how to personalize Windows 8 device to make it easy and organized; navigate between its start screen functionality (similar to a tablet) and its desktop functionality (like Windows 7) and set up your login account to keep your Windows 8 PC synced with your other devices. Rita will show you where to find all the features that you're familiar with in Windows XP or Windows 7 — and how to do the same thing in Windows 8. The class utilizes mouse/keyboard data entry. To receive optimum experience, bring your own Windows 8 laptop if you have one. Handout will be included to reinforce the class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP ♦♦ by 1/6.



—Genealogy—

Getting Started with Family Tree Maker 2014

Tuesday, January 7 — 285114-11

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo \$15. If you find that your children and grandchildren are making inquiries about their family history, it's time for you to create and publish what you know about your family history before it is lost forever. Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. Even adding movies and pictures is a snap. After Bob Ringo's presentation you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree. RSVP ♦♦ by 12/31.



—Microsoft Office—

Greeting Cards

Mondays & Wednesdays, December 9-18 — 292410-10

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. Class will use Microsoft Word's Templates to create cards and other fun things and you will also work with Hallmark Studio Cards. RSVP ♦♦ by 12/2.

Excel Basics

Mondays & Wednesdays, January 6-15 — 292314-11

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. It's the first of the year and you know what that means! Yes time to get your "stuff" together for taxes. Class will introduce you to the basics of Microsoft Excel. With this knowledge, you can begin to organize your tax information as well as many other financial documents such as budgets whether personal or for a group. You will learn various Excel capabilities — from entering data into a spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting the excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple things like add, subtract, multiply, divide, average and sum. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 12/30.



Continued on page 74



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Wellness & Fitness

Register for these classes at the Fitness Centers starting November 17 at 10:00 AM or online November 16 at 10:00 AM.

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

—Disease Prevention & Management—

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

Disease Prevention & Management Punch Card Classes

Arthritis Foundation Aqua Class L1

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

Arthritis Foundation Land Class L1-L2

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

The Art of Moving L1

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

Arthritis Class L1-L2

Wednesdays, December 4-18 — 805000-11

Fridays, December 6-27 — 801000-11

Wednesdays 12:10-12:55 PM, Fridays 12:00-12:45 PM, Aerobics Room (OC). Wednesdays \$21 (three sessions), Friday \$28 (four sessions). Instructor: Lin Hunter. This class is great for those with arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near-normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP ♦♦ by 11/27.



Arthritis Class L2

Tuesdays, December 3-24 — 803000-11

Thursdays, December 5-19 — 803100-11

11:15 AM-12:15 PM, Aerobics Room (OC). Tuesday \$30 (four sessions). Thursday \$22.50 (three sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. This class is an extension of L1 with an additional 15 minutes of cardio and strength. Register: Fitness Desks or online. RSVP ♦♦ by 11/26.

—Group Exercise—

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

—Lessons—

Masters Swim Class

Mondays & Wednesdays

Class will resume February 2014. 12:00-1:00 PM, Indoor Pool (KS). Cost: \$75 (eight sessions) plus optional one-time US Masters Registration of \$48 paid to instructor. Instructor: Joan Marenger. All levels are welcome!

—Mind & Body Connection—

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

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Thursday November 21 — 820703-10

2:15-3:30 PM, Aerobics Room (KS). \$30: Instructor Sherry Remez. Learn an amazing, medically and scientifically proven

Continued on page 77

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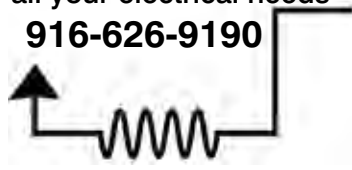
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Mind & Body Punch Card Classes

Pilates Fit L2

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

Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Lola Lundquist. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Piloga Flow L2

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

Qigong (“chee-gong”) L1

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

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

Mind Training for Sleep L1

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

Beginning Yoga L1

Mondays, 1:30-2:30 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Susan Hayes. Come see what the “buzz” is all about! Yoga starting from scratch, for the uninitiated — although all aspiring yogis are invited to attend, this is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



Rise and Shine Yoga L2

Saturdays, 7:00-8:00 AM, Aerobic Room (KS). \$3.50 per class. Instructor: Ashley Freeman. Get up and get energized with a slow flow style of hatha yoga that will lengthen and strengthen muscles throughout your entire body — flowing sequences and static holds that include standing and seated postures. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Yoga Basics L1

Saturdays, 9:00-10:00 AM. Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Come learn the fundamentals of yoga. This class is designed for those with just a little yoga experience. Improve balance and muscular strength. The small stability ball will be introduced to emphasize stabilization of the core. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Yoga Flow L2

Tuesdays & Thursdays, 10:00-11:00 AM, Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Designed using the relaxing and powerful techniques of yoga to tone, strengthen, improve balance, and increase flexibility. These exercises can reduce risk of injury and help with chronic pain. Purchase a

Continued on page 79



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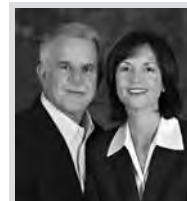
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Aqua Yoga L1

Mondays, December 2-30 — 832001-11

12:30-1:30 PM, Indoor Pool (OC). \$40 (five sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 11/25

Evening Hatha Yoga L2

Tuesdays, December 3&10 — 711000-11

6:00-7:15 PM, Aerobics Room (KS). \$22 (two sessions) Instructor: Susan Hayes. **Avoid holiday stress and weight gain** with this early evening yoga class that will give you increased energy, improve your flexibility, balance, and strength, all while reducing stress? Everyone is welcome to this fun-filled, informative class, although it is L2 so it's challenging! Register: Fitness Desks or online. RSVP ♦♦ by 11/26.

Evening Yoga and Meditation L1

Thursdays, December 5 & 12 — 711100-11

6:00-7:30 PM, Aerobics Room (KS). \$22 (two sessions) Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and a brief meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ♦♦ by 11/28.

Extra Gentle Yoga L1

Tuesdays, November 5-December 17 — 710000-10

12:45-1:45 PM, Aerobics Room (OC). \$66 (six sessions, no class the week of Thanksgiving, November 26-28). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. We use a chair for about half of the class. The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 11/17.

Traditional Hatha Yoga L2

Tuesdays, November 5 - December 17 — 710100-10

Thursdays, November 7 - December 19 — 710120-10

2:00-3:30 PM, Aerobics Room (OC). \$66 (six sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 11/17



Tai Chi L1

Tuesdays, December 3, 10, & 17 — 730100-11

Saturdays, December 7, 14, 21 — 730200-11

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Tuesdays \$30 (three sessions); Saturday \$30 (three sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and chi gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and chi gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP ♦♦ by 11/26.

Tai Chi Intermediate L2

Tuesdays, December 3, 10, & 17 — 730300-11

2:45-3:45 PM, Aerobics Room (KS). \$30 (three sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP ♦♦ by 11/26



Yoga for Osteoporosis L1

New! Mondays, December 2, 9 & 16th — 711200-11

Fridays, December 6&13 — 710200-11

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Monday \$33 (three sessions). Friday \$22 (two session). Instructor: Susan Hayes. Exercise cannot

Continued on page 80

replace bone that has already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice deep breathing and deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 11/25.

—Money Matters—

Classes that encourage a healthy state of well-being while preparing financially for the future.

Getting Your Stuff Together: Organizing Your Estate Monday and Tuesday, November 18 & 19 — 863000-10

9:00 AM-12:00 PM, Oaks (OC). \$30

for both sessions, + \$25 material fee paid to instructor on first day of class. Instructor: Marcia

VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your “stuff.” Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 11/17.



How to Spot Bad Investment Advice

Tuesday, November 26 — 870000-10

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Fortunately and unfortunately, there is no shortage of investment advice available to individual investors. Local and national media, investment self-help books and periodicals, as well as investment firm’s sales literature are abundant and willing to give you advice on how to invest. Come to this class to learn how to decipher which advice is most effective and current and which can help you out in retirement. Register: Fitness/Activities Desk or online. RSVP ♦♦ by 11/19.

Let’s Talk About Advance Health Care Directives

Tuesday, December 3 — 863100-10

9:00 AM-12:00 PM, Fine Arts Room (OC).

\$10. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a

future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a



POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 11/26.

—Personal Growth—

Programs that provide learning and development in areas of life that are unique to each individual.

How Would You Like to Learn Real World Practical Self-Defense and Martial Arts?

Tuesdays, December 3-31 — 815000-11

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions, no class December 24). Instructor: Paul Rossi.

Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness Desks or online. RSVP ♦♦ by 11/26.



—Training Services—

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One-on-One Training: One client and one trainer.

Two-on-One Training: Two clients and one trainer.

Small Group Training: Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

Please note: Starting January 2014 you will only be allowed to register for one month at a time.



SGT — TRX Express L1

Mondays & Wednesdays,

December 2-23 — 835210-AN

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Curious about small group training? This class teaches the basic

moves of the TRX with a sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe / effective workout. Register: Fitness Desk or online. RSVP ♦♦ by 11/25.



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Coming Soon! SGT TRX Express L2

Tuesday & Thursdays, January 7-30

Registration opens December 17. 5:30-6:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor Julia Roper. This is 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body. Register: Fitness Desk or online.

SGT — Bootcamp L2

Tuesdays & Thursdays, January 7-30

Registration opens December 17. 6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions,). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online.



SGT — Bootcamp L3

Mondays & Wednesdays, January 6-29

Registration opens December 17. 5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez

Tuesdays & Thursdays, January 7-30

Registration opens December 17. 4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions,). Instructor: Richie Anderson. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics ap-

proach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. Register: Fitness Desks or online.

SGT — Circuit Express L1

Mondays & Wednesdays,

November 20-December 18 — 835200-AN

5:00-5:30 PM, Fitness Floor (OC). \$70 (eight sessions, no class November 27). Instructor : Julia Roper. Class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout every week the class will progress with a few new exercises to include balance, core and cardio stations. Register: Fitness Desks or online. RSVP ♦♦ by 11/13.

SGT — First Steps to Fitness L1

Mondays & Wednesdays,

November 20-December 16 — 835500-AN

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why "First Steps to Fitness" is a perfect place to start. This class will provide you the opportuni-

Continued on page 85

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ty to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility, and more. Register: Fitness Desks or online. RSVP ♦♦ 11/13.

Coming Soon! SGT — Fit 101 Express L1 Mondays & Wednesdays, January 6-29

Registration opens December 17. 12:30-1:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class is 30-minutes long and will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility, and more. Register: Fitness Desks or online.

SGT — “Fun”ctional Fitness L2 Tuesdays & Thursdays, January 7-30

Registration opens December 17. 12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions.). Instructor: Deanne Griffin. A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online.

SGT — Healthy Back L1 Tuesdays & Thursdays, December 3-31 — 835700-AN

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions.). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. **Starting In January, class time and day will move to Monday & Wednesday 11:30-12:30 PM.** All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 11/26.

SGT — Healthy Back L2. Mondays & Wednesdays, November 18-December 11 — 835701-AN

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as

Healthy Back L1. Register: Fitness Desk or online. RSVP ♦♦ by 11/11.

New! SGT — Ski Conditioning L2 Mondays & Wednesdays, November 20-December 18 — 835900-AN

6:00-7:00 PM, Aerobics Room (KS). \$135 (eight sessions, no class November 27). Instructor: Julia Roper. This is the only session being offered this year, don't wait to sign up! This class has been designed specifically for skiers looking to get in shape for a more enjoyable, injury free season. Training will consist of strength exercises specific to muscle groups that are based on the mountain, as well as cardio specific exercises that mimic the movement patterns of skiing. Open to all levels of skiers. Register Fitness Desk or online. RSVP ♦♦ by 11/18.

SGT — Swimming 101 L1

Monday & Wednesday, Class will resume February 2014 1:15-2:15 PM, KS Indoor Pool. \$135 (eight session). Instructor: Joan Marenger. Anyone who wants to revisit the basics of swimming can jump in. This group lesson targets techniques of all four strokes, breath control and simple biomechanics of the strokes (arm stroke, body roll, and kicks). There is no intimidation here, just comfort conditioning and fun. Register: Fitness Desks or online.

SGT — TRX Interval Training L2 Mondays & Wednesdays, January 6-31 — 835800-AN

Registration opens December 17. 2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online.

Pilates Reformer Section

SGT — Introductory Reformer Session L1 Continuous Dates — 835110-AN

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Weber. This session is a prerequisite for Pilates Reformer L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations / goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you



Continued on page 87

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may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.

SGT — Level 1 Pilates Reformer L1

Mondays & Wednesdays, December 4-30 — 835120-CN

2:00-3:00 PM, Fitness Floor (KS). \$135 (eight sessions, no class December 25, make-up class TBA). Instructor: Joanie Martin.

Tuesdays & Thursdays,

November 14-December 17— 835120-EN

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions, no class November 28 & December 12). Instructor: Domine Trosky. The reformer provides finely-tuned exercise resistance that allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. Utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. Limit three participants per class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on this page.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

Coming Soon! SGT —The Basics L1

Mondays & Fridays, January 6-February 3

Registration opens December 17. 7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions; no class January 10). Instructor: Paula Ainsleigh.

Tuesday & Fridays, January 7-31

Registration opens December 17. 8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor Robert Sanchez. This is your Level 1 reformer class, this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT —Introductory Reformer session L1 on page 85).

SGT — Level 2 Pilates Reformer L2

Mondays & Wednesdays,

November 25-December 18 — 835130-CN

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This class builds on L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

Coming Soon! SGT —Intermediate L2

Registration opens December 17.

Monday & Wednesday, January 6-29

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor Domine Trosky.

Tuesday & Thursday, January 7-30

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor Joanie Martin.

Tuesday & Thursday, January 7-30

3:30-4:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor Robert Sanchez. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

Coming Soon! SGT — Total Body Reformer L3

Tuesday & Thursday, January 7-30

Registration opens December 17. 10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor Eve Webber. This advanced reformer level 3 class is for seasoned Pilates participants, who have mastered both the Basics L1 and Intermediate L2 workouts.

This class will challenge strength and endurance. Please note: For safety purposes, participants must be given instructor approval before attending the advanced class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.



Coming Soon! SGT — Fit for Golf L2

Monday & Wednesday, January 6-29

Registration opens December 17. 3:30-4:30 PM, Fitness Floor (KS). \$135 (eight sessions), Instructor Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Annika Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

New! SGT—Boot Camp Reformer L3

Mondays & Wednesdays,

November 25-December 18 — 835140-AN

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the L2 Reformer

November

Continued on page 89

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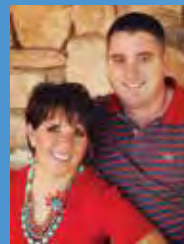


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adding more intense exercises, in addition to use of intervals adding in TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class. **Please note new class times starting in January, 11:30-12:30 PM.** (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 85.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**SGT— Special Populations Reformer L1
Mondays & Wednesdays, January 6-29**

Registration opens December 17. 9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 85.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**Coming Soon! SGT —Special Populations Reformer L2
Tuesdays & Thursdays, January 7-30**

Registration opens December 17. 4:30-5:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class is the next step up from Special Populations level 1, This class is for more experienced people who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to Level 1. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 85.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

—Wellness Services—

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.



Emotional Counseling

Carol Karkazis, MA: 672-8533.

Estate/Financial Planning

Russ Abbott, Wealth Advisor: 797-7760.

OC Aqua WellFit Class Schedule December 2013

Time	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
7:30	Water Works L3 - Deanne		Water Works L3- Annamarie		Water Works L3- Roman		
8:00							
8:30					Water Works L3- Roman		
9:00							
9:30		Water Works L3 - Deanne	Core n More L3- Kathryn	Water Works L3 - Deanne			
10:00							
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	Splash Dance L2- Tami	Water Works L3 - Deanne			
11:00							
11:30	AF Aqua L1- Cathy		AF Aqua L1- Tami		AF Aqua L1- Cathy		
12:00							
12:30	Aqua Yoga L1- Jasmin						
1:00							
1:30							
2:00							
2:30	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
3:00							
3:30							
4:00							
4:30							
5:00		Water Works L3- Roman		Water Works L3- Roman			
5:30							
6:00							

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)
Disease P & M (punch card) \$4.00
Group Exercise (punch card) \$2.75

OC WellFit Class Schedule December 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	OC	OC	OC	OC	OC	OC	OC
7:00							
7:15							
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1- Jeri		Stretch Exp. L1- Jeri		
8:00	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3- Jeri	Low Impact L3- Jeri	
8:30	Zumba L3 - Domine	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	Step & Sculpt L2- Jeri	Yoga Basics L1- Karen	
9:00	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Karen	Ball and More L2 - Domine	Yoga Flow L2- Karen	Cardio Dance & Sculpt L3- Domine	Tai Chi L1- Peli	
10:00	Piloga L2 - Lola	Arthritis L2 (11:15-12:15) - Lin	Piloga L2 - Lola		Piloga L2- Lola		
11:00	Basic Low Impact L1 - Kathryn	Extra Gentle Yoga L1 (12:45-1:45)-Julie	Arthritis L1/2 (12:10-12:55)-Lin	Arthritis L2 (11:15-12:15)- Lin	Arthritis L1/2 - Lin		
12:00	Chair with Flair L1 - Cindy	Traditional Hatha Yoga L2 -Julie	Chair with Flair L1- Cindy	Extra Gentle Yoga L1 (12:45-1:45)-Julie	Basic Chair L1- Lola		
12:30	Balance Exp L1 - Cindy	AF Land L1-L2 Cathy	Balance Exp L1- Cindy	Traditional Hatha Yoga L2 -Julie		Act. Class (beg jazz)	
12:45		Meditation L1 - Susan		AF Land L1-L2 Cathy		Act. Class (jazz)	
1:00	MoveWell Today- Christine/Cathy	Self Defense -Paul	MoveWell Today- Christine/Cathy	Act. Dance Class			
1:30	Zumba L3 - Andi		Zumba L3- Andi	Act. Dance Class			
1:45	Yoga for Osteo L1- Susan		Mind Training for Sleep L1 -Iram	Act. Dance Class			
2:00							
2:30							
3:00							
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7:45							
8:00							

Group Exercise Classes (punch pass) \$2.75
 Disease P & M (punch pass) \$4.00
 Mind & Body Classes (punch pass) \$3.50

KS WellFit Class Schedule December 2013

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS
6:15														
7:00														
7:15														
7:30														
8:00														
8:30	Everybody Can L2 - Lin													
9:00	Circuit L3 - Ronan													
9:30														
10:00														
10:30	Strictly Strength L2 - Ronan													
11:00														
11:30	SGT - Art of Strength L2 - Nick													
11:45														
12:00														
12:30	SGT - First Steps L1 - Robert													
12:45														
1:00														
1:30														
1:45	Begin Yoga L1 - Suson													
2:00														
2:30	SGT - TRX Interval L2 - Julia													
3:00														
3:30	SGT-Beg. TRX L1 - Julia													
4:00														
4:30	SGT Healthy Back L2 - Kathryn													
5:00	SGT - Bootcamp L3 - Robert													
5:30														
6:00	SGT-SMI Condit. L2 - Julia													
6:30														
7:00														
7:30														
7:45														
8:00														

Group Exercise Classes (punch pass) \$2.75
 Disease P & M (Punch Pass) \$4.00
 Mind & Body Classes (punch pass) \$3.50



The Monsters in the Closet: Anxiety and Depression

Wednesday, November 20 — Free

7:00-8:30 PM, Ballroom (OC). Benjamin Kaufman, MD, Board Certified Psychiatrist, will talk about depression and anxiety as inherent components in a normal life and how these mental issues impact us. Although often considered as toxic, these “monsters” can also lead us to create growth opportunities that enable us to experience joy and satisfaction in our lives. As the holidays trigger in us expectations and hopes for renewed purpose, learn how to do this in a healthy way by attending Dr. Kaufman’s interactive and informative presentation.



So You Think You Know Football?

Thursday, January 9, 2014 — Free

10:00 AM-12:00 PM, Ballroom (OC). Resident Bill Richardson spends 10 months of every year preparing for his PAC-12 and NFL football season. He attends clinics and meetings, takes rules exams, reviews countless hours of videos, holds weekly conference calls, and conducts instructional seminars for officiating associations throughout the country. Then the season finally starts, but the learning still continues. Many residents have attended “You Make the Call” sessions that began several seasons ago with a small group of Second Coffee Cuppers in the Sports Pavilion that has grown to capacity crowds in the OC Ballroom. So Bill must have all the answers, right? Not a chance, he says! Come *again* to see how this game we so love is still evolving, even on a week-to-week basis. Q&A continuous! Video recorded for website.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • The Monsters in the Closet: Anxiety and Depression Wednesday, November 20, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Password Wednesday, January 29, 2014, 2:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • So You Think You Know Football? Thursday, January 9, 2014, 10:00 AM, Ballroom (OC) 	<ul style="list-style-type: none"> • More Maintenance Update, Handi-Helpers/Neighbors InDeed Tuesday, February 11, 2:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Living Through Transitions Wednesday, January 22, 2014, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Fountain of Youth: Secrets for a Long and Happy Life Wednesday, February 26, 7:00 PM, Ballroom (OC)

Holiday Joy

Continued from page 11

and local schools to identify and fill family and senior needs of the season. You can help in these fine efforts by joining either of these organizations or contributing food, toys, or money to them.

Christmas food boxes and toys will be distributed to more than 500 local families. For many years, the Lincoln Lions Club has been working with The Salt Mine on the Christmas Food Program. Between November 11 and December 16, food collection boxes are in our Lodges and elsewhere throughout Lincoln. Club members collect deposits as boxes are filled with non-perishable food items. Please bring items to the Lodges for these collection boxes.

The Toys for Tots program has been ongoing for more than 60 years. The Semper Fi Association became a part of Toys for Tots locally in 2005. The local unit has over 100 toy collection boxes (about 30 in Lincoln), at various places throughout southern Placer County. Collection boxes go out on November 1. Over 10,000 toys are expected to be collected locally.

Semper Fi and Lions manage storage of collected groceries and toys. Then, a week before Christmas is distribution day, when food and toys to match family needs are handed out with enjoyment, thanks, and many smiles.

Each of us can take part in this wonderful effort by helping to fill the food and toy collection boxes in our Lodges.

Water Rate

Continued from page 11

term look at this option is being considered

- rotary lawn sprayers promise up to 30% savings, and are currently being tested in our community

Water Features at Entrances and Lodges

- elastomeric coating to reduce leakage has been effective at the small pond at the south entrance, and will be applied at the north entry; however this option is not suitable for the water features at the Lodges
- auto-fill valves deteriorate and can stick in the fill position, so replacements with improved designs are being researched
- pump run times have been reduced from twelve to nine hours to reduce evaporation as well as energy

Because the current rates and future rate increases for potable water are higher than for reclaimed water, it is reasonable to ask whether it’s possible to connect the neighborhood parks and water features to reclaimed water. Unfortunately, it is not feasible because the connection points are not sufficiently close, with the possible exception of Kilaga Springs Lodge. This location is being looked at, but has pressure issues that may prevent the conversion.

In December, Part Three in this series will cover the options to reduce usage of reclaimed water.

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OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

•Administration•

Executive Director

Robert Cook 625-4060 robert.cook@slhca.com

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

jeannine.balcombe@slhca.com

Sr. Director, Facilities & Maintenance

Chris O'Keefe 645-4500 chris.okeefe@slhca.com

Accounting

Director of Finance

Bruce Baldwin 625-4013 bruce.baldwin@slhca.com

Advertising & Promotions

Advertising & Promotions Manager

Ben Baker 625-4057

ben.baker@slhca.com

Community Standards

Community Standards Manager

Cece Dirstine 625-4006 cecilia.dirstine@slhca.com

Membership

Membership Clerk

Bertha Mendez 625-4000 bertha.mendez@slhca.com

Room Booking

Room Booking Coordinator

Shelvie Smith 625-4021 shelvie.smith@slhca.com

•Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

Activities

Lifestyle Manager

Lavina Samoy 625-4073 lavina.samoy@slhca.com

Lifestyle Assistant Manager

Lily Ross 408-4609 lily.ross@slhca.com

Lifestyle Class Coordinator

Betty Maxie 408-7859 betty.maxie@slhca.com

Lifestyle Entertainment Coordinator

Tamara Coil 408-4310 tamara.coil@slhca.com

Lifestyle Trip Coordinator Katrina Ferland

625-4002 katrina.ferland@slhca.com

Clubs

Administrative & Club Support

Christy Condell 625-4003 christy.condell@slhca.com

Compass

Editor • Jeannine Balcombe

625-4020 jeannine.balcombe@slhca.com

Compass Advertising Coordinator

Judy Olson 625-4014 judy.olson@slhca.com

Compass Bulletin Board

Shelvie Smith 625-4021 shelvie.smith@slhca.com

Club Article Editor

Wendy Slater 786-5955 wslater@surewest.net

Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

Director of Fitness

Brandy Garcia 625-4031 brandy.garcia@slhca.com

Assistant Director of Fitness

Lisa S. Smith 258-8289 lisa.smith@slhca.com

•Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 jerry.mccarthy@slhca.com

Catering

Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@slhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti tina.ginnetti@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 8:00 AM-4:00 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

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(916) 771-7185

Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

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Pulte Homes Customer Care

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Associate Editor/Club Article Editor: Wendy Slater wslater@surrewest.net **Resident Editor:** Doug Brown **Advertising:** Judy Olson 625-4014

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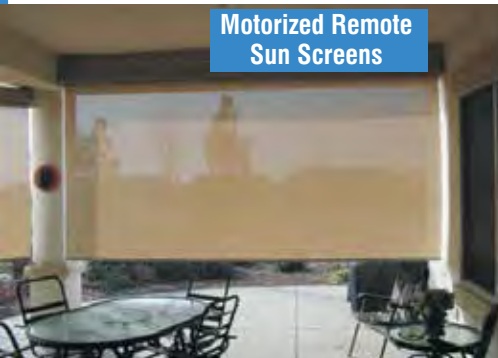
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