



Compass

The Official Magazine of Sun City Lincoln Hills

August 2015



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On the cover

Find Fresh Fruit and Vegetables, Organic Meats, Fish, Honey, Olive Oil and other products at the Wednesday Farmers Market in the Orchard Creek parking lot, 8:00 AM-12:00 PM

Board of Directors Report

How Do We Deploy Community Assets When Limited by Space and Funds?

Jim Leonhard, Vice President, SCLH Board of Directors



The July Board of Directors meeting was relocated to the Orchard Creek Ballroom from its usual Kilaga Springs Presentation Hall venue because it promised to be one of the best attended meetings in recent memory. I wish I could say it was because a majority of the audience wanted to learn more about how our Community Association is governed and see how hard our staff, Committees and other volunteers work to keep it functioning so smoothly. Alas, it was because of a contentious issue between two of our most active and popular clubs: Pickleball and Tennis.

When Del Webb designed and built Lincoln Hills, they included 11 tennis courts, but no pickleball courts because it was not a popular sport in the 1990's. By 2008, pickleball had become very popular and is now reportedly the fastest growing sport for seniors. The Board at the time approved the construction of three pickleball courts at the Sports Pavilion adjacent to the tennis courts.

Due to increasing demand and after extensive analysis and review, subsequent Boards approved the addition of three more courts and the construction of a shade structure to keep the waiting players more comfortable resulting in a first class pickleball complex, but at a considerable cost to the Association.

In May of this year, the Pickleball Club's president submitted a capital request to the Properties Committee asking for the conversion of one tennis court to four pickleball courts, a request opposed by the Tennis Club. The Properties Committee did not feel comfortable making the decision to "take an amenity from one group and give it to another," and decided to seek the Board of Directors' guidance as to if and how they should handle the capital request. This

action was in compliance with the process established by the Board previously.

Prior to the July Board meeting, residents were asked to provide comments to the Board via our Executive Director. The Board members received copies of numerous emails and a summary of how this issue has been addressed at other Del Webb communities. Members of the Board did their homework.

Fast forward to the July Board meeting. The issue was framed as, "Should the Properties Committee consider the proposal as presented?" The Pickleball Club and the Tennis Club Presidents each gave a presentation stating their interpretation of the facts and their arguments—pro and con. Other members in attendance provided input including concerns about the impact of additional pickleball courts on parking at the Pavilion and the noise level experienced by neighbors from pickleball play.

After everyone who wished to comment had an opportunity, Board President Ken Silverman then sought a motion from the Directors. No motion was forthcoming, indicating that Board members did not find a compelling reason to grant the request to convert a tennis court to four pickleball courts. The President stated that the request was denied and asked the Properties Committee not to consider this request further at this time.

While it is sad to see clubs and community members at odds, it is not surprising since we have many vibrant and active folks at SCLH. That's a good thing. But the reality is we do not have unlimited space or money to satisfy the wishes of all our members. It will continue to be a balancing act that future Boards likely will be addressing.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

One of the great pleasures I have in my position is having the opportunity to meet and interact with those of you who live in our wonderful

perceived both the joy and heartache of watching family members, friends, and neighbors



A lucky resident received this drought tolerant plant during a drawing at the very successful Yard Educational Expo August 5

deal with aging issues. Many have recovered from illness and disease, and others have died as a result.

One of the most difficult kinds of illnesses to witness is the often slow deterioration of our loved ones' memory. Alzheimer's and dementia is a cruel disease and I am continually inspired by the love and compassion many of you demonstrate in the care of your loved ones. On October 3, a fundraising event "Walk to End Alzheimer's" is taking place at the Sacramento Capitol

community. In the course of my 16 years of working here, like many of you, I have ex-

perienced both the joy and heartache of watching family members, friends, and neighbors building. When I heard about the Walk, I

Please see "Connections" on page 9

Upcoming Association-Related Meetings: Date, Time, Place

August 15-September 30

Golf Cart Registration	Thursday, August 20, September 3 & 17, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, August 20, 9:00 AM
ARC/Architectural Review Committee	Monday, August 24, 9:00 AM
Board of Directors Meeting	Thursday, August 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, August 27, 10:30 AM
Board of Directors Executive Session	Thursday, August 27, 11:00 AM
CCOC/Clubs & Community Organizations ...	Tuesday, September 1, 9:30 AM
Compliance Committee Meeting	Wednesday, September 2, 10:30 AM
Elections Committee Meeting	Friday, September 4, 10:00 AM
First Budget Meeting	Tuesday, September 8, 9:00 AM
Joint Properties/Finance Workshop/	
Capitals & Reserves	Tuesday, September 8, 11:00 AM
Properties Committee Meeting	Tuesday, September 8, 1:00 PM
Listening Post	Wednesday, September 9, 9:00 AM
ARC/Architectural Review Committee	Monday, September 14, 9:00 AM
CCRC/Communications & Commun. Rel	Monday, September 14, 11:30 AM
Second Budget Meeting	Tuesday, September 15, 9:00 AM
Joint Properties/Finance Workshop/	
Capitals & Reserves	Tuesday, September 15, 11:00 AM
Finance Committee Meeting	Thursday, September 17, 9:00 AM
Finance Committee/Budget Roll-Up	Tuesday, September 22, 9:00 AM
Board of Directors Meeting	Thursday, September 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, September 24, 10:30 AM
Board of Directors Executive Session	Thursday, September 24, 11:00 AM
ARC/Architectural Review Committee	Monday, September 28, 9:00 AM
New Resident Orientation	Tuesday, September 29, 1:00 PM

Meetings in OC Lodge unless noted otherwise.

Calendar of Events

August 15-September 30

Date	Event	Page #
08/16	Free Line Dance Party	29
08/16	Bus Trip: Giants vs. Washington Nationals	59*
08/17	Astronomy: "Atom Factories—Stellar Interiors"	23
08/17	Astronomy: "Understanding Element Abundances"	23
08/17	Genealogy "Member Sharing"	27
08/17	Speaker: Secrets of Refinishing Old Frames	30
08/17	Document Destruction	39
08/20	Book Discussion: <i>The Innocents Abroad</i>	24
08/20	Forum: An American Woman in Pakistan	34, 96
08/20	Bus Trip: Music Circus: Hair	52
08/20	Bus Trip: Phantom of the Opera	59*
08/21	Summer Concert: Gary Lewis and the Playboys	42
08/22	Sewing Workshop on Hand Appliqué	30
08/24	Growing Healthy Fruits and Veggies Despite Drought	28
08/24	Players Group: Audition for "The Christmas Gift"	31
08/24	Senior League Softball Playoffs Begin	33
08/25	Concert: The World Famous Glen Miller Orchestra®	42
08/26	Forum: "Cancer Prevention Thru Imprv. Nutrition"	17, 96
08/26	"The Role Guilt and Stress Play in Caregiving"	23
08/26	Music Group Meeting: Play Music and Socialize	30
08/26	Players Group: Audition for "The Christmas Gift"	31
08/26	Bus Trip: San Francisco Movie Tour	59*
08/27	Low Vision: "Moving Through Familiar Environments"	26
08/27	Astronomy: "How to Use Your Telescope"	23
08/28	Music Group sponsored Open Mic Night	30, 39
08/30	Bus Trip: Giants vs. St. Louis Cardinals	59*
09/02	Astronomy: "Saturn's F Ring: What Do We Know"	23
09/03	Speaker: Sr. Equity Strategist from Federated Investors	28
09/04	Summer Concert: A Neil Diamond Celebration	42
09/06	Artisans in the Lodge	30, 39
09/07	Vintage Doll Collection	23
09/07	KS at the Movies: The Second Best Exotic Marigold Hotel	39
09/08	How to Use Your Computer for Quilting	30
09/09	Computer: "Personalizing/Optimizing Settings on PC"	25
09/09	Movie: Glen Campbell's Goodbye Tour—I'll Be Me	39
09/10	Comedy/Magic: Magician and Comedian Ryan Kane	42
09/10	Bus Trip: Colusa Casino	48
09/10	Forum: Sierra Nevada Conservancy	96
09/11	Computer: More PC Optimizing with Q&A	26
09/12	Bus Trip: Sausalito Floating Homes Tour	59*
09/15	Concert: Azure Artists String Quartet	42
09/15	Bus Trip: Tour—Rosie the Riveter/WWII Park	57
09/16	Bus Trip: Pier 39/Fisherman's Wharf	57
09/17	Book Discussion: <i>The Boys in the Boat</i>	24
09/18	Summer Concert: Fleetwood Mask	44
09/19	KS Classic Movies on Saturday: Argo	39
09/21	Genealogy: "Uncovering Your War of 1812 Ancestors"	27
09/24	Bus Trip: Off to the Races	48
09/27	Astronomy: Lunar Eclipse Party	23, 39
09/27	Oakland A's vs. San Francisco Giants	57
09/30	Forum: How to Manage Nerve Pain	96

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

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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

In tribute to the late, great Herb Caen, I've decided to steal his three-dot journalistic style. It seems appropriate, considering how much goes on around here... The solar project is progressing nicely. By the time you read this, the footings for the shade cover supports will have been dug, inspected and poured, and hopefully the fencing will have been reduced as well. And as always, remember to be safe as you drive around the Orchard Creek parking lot... August is prep time for budgets, and each department is actively engaged in preparing their 2016 budget. It is also a time to look at items that will show up on the 2016 Reserve list. The Reserve Fund is for the replacement of items that (typically) are in excess of \$2000. Components can range from Ballroom chairs to low-slope roofing material, and from window coverings to paint. Every four years, our Reserve Fund is reviewed and

updated, and any new items that the Association has purchased during that time are added to the list. **Big ticket items for**



Solar Works drilling holes for footings for placement of the Solar Panels

2016 include bocce court resurfacing, picnic tables at the Sports Pavilion, wallpaper in the Orchard Creek Ballroom, and new treadmills for the Orchard Creek Fitness Center. **There will be a combined Properties and Finance Committee meeting on**

September 8, and I encourage anyone interested in the process to attend... From the "You don't know what you don't know" department, Deborah McIlvain has arranged for a **demo elliptical machine** to be placed at the Kilaga Springs Fitness Center, and so far the response from those who have tried it out has been great. For those of you who work out primarily at Orchard Creek Fitness Center, stop by Kilaga Springs Fitness Center and try the machine out, and make sure to provide staff with your feedback... Speaking of Deborah and the Fitness Department, the **September Listening Post** will feature Deborah, and she will be there to provide some insight on her department, and what they do to serve our community... The Lifestyle Department has done a great job with the concert lineup this year. **On August 21, Gary Lewis and the Playboys will be at the Amphitheater.** This should be a great event, and the atmosphere has been amazing. Make plans to come out and listen to some great music with your friends... Have a great August!

Coming Soon: Board of Directors Election

Elections Committee

Why have an Elections Committee? This committee works to set the rules and schedule for the 2016 Board of Directors campaign of our community. We disseminate this information after Board of Directors approval of any changes from previous campaigns with the goal of providing all possible candidates needed information, updates and rules so that a level platform may be in place for a fair campaign. We provide a timeline and guidelines for the election campaign. We also deal with the mechanics of the voting process, ensuring getting out the ballots and counting votes.

Who may run for the Board of Directors? Any property owner in good standing with the Homeowners Association. We encourage you to look at the skills and/or knowledge you possess that would enable you to skillfully assist managing the policies of our community.

Contrary to some opinions, the Elections Committee does not choose the candidates, but encourages all of you to consider running for a seat on the Board and invite all to apply. There will be three vacant seats with no incumbent eligible for reelection in 2016.

There will be a Candidates' Information Session at 1:00 PM, Wednesday, September 9, in the Heights Room (OC) at the rear of the Ballroom. At this meeting, current and past Directors and members of the Elections Committee will be available to discuss duties and challenges of being a Director, and rules of holding a campaign. Please plan to attend.

The application window to become a Board Candidate opens on September 14 and closes on October 14. Please consider becoming a candidate for one of three



The neighbors you see in this photograph are serving our community as members of the Elections Committee. They are, back row: Al Roten, Michael Deal, Diane Pargament; front row: Doris Petro, Carol Larsen, Larry Wilson, Nina Mazzo, and Debbie Holmes. Klara Kleman and Patty Jackson were not present for the photo

seats available in the 2016 election. If you seek further information please contact any committee member or send an email to elections.committee@sclhca.com.



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Activities News & Happenings

We Are Family

Lavina Samoy, Lifestyle Manager



August 1 marked my 16th anniversary with the Association! I am grateful for the opportunity to be working in Lincoln Hills. It has allowed me to keep a good balance between raising a family and work. My son will be a UCLA Bruin starting this fall and my daughter will be finishing Environmental Studies at Humboldt State University this next school year. I could not have done it without the support of my team and management. The Association recognizes the importance of family and encourages staff to nurture their family relationships. You have all become my second family and it is an honor to be working for this wonderful community.

We are halfway through our Summer Amphitheater Series. Our fifth concert features the one and only **Gary Lewis and the Playboys on August 21**. Gary will have everyone singing and dancing along with his hits like “This Diamond Ring,” “Every-

body Loves a Clown,” and more (page 42). **On September 4, Dean Colley pays tribute to Neil Diamond** in his show Hot August Night. Dean’s uncanny resemblance in look and voice to Neil is remarkable! And last but not the least, watch **Fleetwood Mask on September 19** pay homage to the music of one of the greatest bands of the 70’s, Fleetwood Mac. All shows start at 7:30 PM.

Watch out for the return of Duffy on **October 12, this time with his one-man show “Edgar Allan Poe (page 47).”** You will be amazed at his talent. Also back on **October 16 is the resident favorite event Oktoberfest (page 47)** featuring our regular polka band and waltz dancers, as well as the sumptuous Oktoberfest buffet from Chef Roderick.

Limited tickets are still available for the **Music Circus production of “Hair” on August 20**. The highly anticipated trip to Hollywood is postponed until next year. In the end, the timing for “The Price is Right” ended up not right. Watch for this trip in a future *Compass*.

Calling all quilters! Create a beautiful **flower garden block quilt** by enrolling in our class that starts **October 2** and runs for

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address on page 98.

- ARC/Architectural Review Committee
- CCRC/Communications & Community Relations Committee
- Finance Committee

six months. Class meets once a month and costs only \$60. Read details on page 77.

I hope you continue to have a wonderful summer with your family. They are the essence of our being!

WellFit News

Has Your Diet and Fitness Program Stalled?

Jeannette Mortensen, Fitness Supervisor and Carol Zortman, Wellness Supervisor



Come to the Fitness Centers and see what we have to offer, such as SGT (Small Group Training). Have you ever read the description for one of our SGT classes and wondered why anyone would pay that much money for an exercise class? There are many reasons for joining one of our SGT classes, but here are just five:

- **Cost:** Personal training sessions cost \$50 per hour at SCLH. You are paying a little over \$16/hour for each SGT class.
- **Motivation:** Everyone needs motivation. Getting to the gym is hard enough, let alone coming up with your own

workout and motivating yourself to do it. A good trainer is an even better motivator. Not only will the trainer be motivating you, but the members of the small group will motivate and push each other.

- **Accountability:** With small group training, the trainer wants you to show up. In fact, if you don’t show up, they are going to follow up with you. The trainers and the members within the group hold you accountable.
- **Fun:** Going into the gym by yourself is boring. Fitness shouldn’t be boring. By doing a class in a small group, fitness becomes fun and social.
- **Personal Attention:** It’s like private training, shared among three to six people. You will always get plenty of personal attention.

To see what we are talking about, try SGT–Bootcamp L2 — 935300-A9 in September for only \$70! That’s half off! You will pay for two weeks and get two weeks free.

Also discover our new program, **Restart your health in just five weeks**. Discover how good you can feel when you give your body a vacation from processing the toxin sugar! You will be fully supported as you go through a gentle yet powerful sugar detox that will remove the negative effects of sugar from your body and your life. Just some of the benefits from this program are weight loss, increased energy, restful sleep, and much more!

Restart Program starts September 8. Sign-ups will begin August 17. Cost of the program is \$99—only \$20 per class! For more information see pages 80 and 83.

See information about our WellFit Studio Open House on page 87 and in our ad on page 100.

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Architectural Review Committee: Current Activities

Mark Hutchinson, Architectural Review Committee Chair

“Everything must be made as simple as possible. But not simpler.” Albert Einstein

Design Guidelines and Checklists

The Architectural Review Committee (ARC) is currently reviewing our Governing Documents with a focus on the Design Guidelines and Checklists. This review will address any items that require clarification or possible changes due to new input and changing technologies.



A task force has been established to do the initial review and prepare recommendations to be considered by the full ARC membership. The task force has divided the Design Guidelines into manageable sections to facilitate orderly and coordinated review, discussion and cross coordination. As each section is ready for consideration by the full committee, a series of joint ARC, BOD and Owner Workshops will be scheduled to obtain additional input and comments. This additional input will be discussed by the ARC and where appropriate be included in the

proposed revised Design Guidelines.

Once the proposed revised Design Guidelines are completed, they will be forwarded to the Board of Directors for official posting and the start of the Owner comment period. We are currently working toward the end of the year as a completion date to submit to the Board.

In addition to the Workshops, residents may also provide their thoughts and comments on specific Design Guidelines by email to the Architectural Review Committee at arc@scilhca.com.

Assistance with Applications

Members of the ARC are available to meet with you at the end of our regularly scheduled meetings, to assist you by answering questions and clarifying your specific submittal requirements. Questions may also be submitted by email to arc@scilhca.com.

The ARC is looking forward to assisting you with your future projects.

Connections

Continued from page 3

instantly made a commitment to participate. Talking with our friend, resident Jeff Andersen, a longtime volunteer photographer for the Association whose wife Mia was an Alzheimer’s patient and passed away last May, we decided to organize a Sun City Lincoln Hills team and join the Walk together. Jeff went to the Alzheimer’s Support Group meeting the same day, and found support for this idea. I contacted our primary bus company, Amador Bus Lines, and they generously donated a bus for the day to take our residents to the Walk. Working with Katrina Ferland, our Bus Trip coordinator, we put together a bus trip on October 3 that includes the Walk and lunch afterwards. Please see page 47 for complete details. If you want to make a donation to our team efforts, please go to <http://bit.ly/Walk2EndAlzSAC> and donate to our Team. On September 9 at 1:00 PM we will host a free viewing of the Glen Campbell story “I’ll Be Me” in the Presentation Hall (KS). Please join us for great music and the story of this musical icon’s fight in his battle with Alzheimer’s.

October 21 will be the WellFit Department’s 12th year sponsoring a Breast Cancer 5K Fun Run. Please see page 83 for details about this event. There is much we can do to continue to age well in our community and I am honored to be among all of you in our ongoing efforts to support each other.

for Capitals and Reserves will follow the September 8 budget meeting and a further meeting following the September 15 budget meeting will determine final approval. In addition to annual contributions to the Reserve account, the expense for the approved Capital projects will become part of your 2016 dues.

“The three main budget meetings are scheduled for the Heights Room (OC) at 9:00 AM September 8, 15, and 22. If you want to see and hear first hand... you will find these meetings most valuable.”

Please see “Finance” on page 41

Budget Time is Here

Come and see for yourself

Mike Creasy, Finance Committee Chair



Yes, it’s that time of year again. The 2016 budget process is already underway. A Staff meeting was held in July

and a joint Properties/Finance Committees workshop on August 4 to discuss and price Capital expenditures for the coming year. A joint Properties/Finance workshop

Statement of Operations YTD—June 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable)	Annual Budget
	Actual	Budget	Variance	
Homeowner Assessments & Other	\$3,819,319	\$3,816,231	\$3,088	7,640,861
Administration (Expense)	(1,039,481)	(1,069,055)	29,574	(2,047,930)
The Spa at Kilaga Springs	(707)	30,880	(31,587)	67,070
Fitness	(183,564)	(202,865)	19,301	(410,250)
Activities	(26,736)	(88,105)	61,369	(173,450)
Rec. Center / Maintenance	(1,169,033)	(1,243,450)	74,417	(2,569,070)
Landscape Maintenance	(1,215,359)	(1,327,760)	112,401	(2,566,920)
Food & Beverage	(55,471)	(41,520)	(13,951)	(13,110)
Capital Asset	0	0	0	
Net Revenues (Expense)	\$128,968	(\$125,644)	\$254,612	(\$72,799)

The Spa at Kilaga Springs Outstanding Staff, Outstanding Service

Kris Holland, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

I want to personally thank my staff and Lincoln Hills residents for a very warm welcome! I am excited and honored to be here as your new Spa Manager and to bring some unique and exclusive services to our beautiful and nurturing facility.



During my first month of observation and interaction at the Spa, it has become apparent that our exceptional practitioners possess great talent, knowledge, and are providing caring service. Our Lead Esthetician, Linda Hausman, has been with the Spa since its inception 14 years ago and others for several years. Recently returning to us are Crystal Martell, Massage Therapist, and Peggy Smyth, Esthetician, who are rejoining our outstanding team.

As a well-seasoned professional practitioner and educator myself, I know what all the practitioners will need to stay energized and will provide ongoing

advanced education and training that will keep their skills and techniques fresh and beneficial to all of our guests. With my years of study and course work not only

“I invite you to please stop by the Spa at Kilaga Springs so that I may meet you and come to know what we can provide for you now and in the future... And if you have not yet come to visit, I will give you and your guests a personal tour and give a special "rejuvenating gift" for scheduling your tour with me.”

in the United States but also in other countries, I'm excited to be able to bring new treatments, techniques, and services that will be completely exclusive and only offered at our Day Spa.

We will soon be scheduling our first VIP Spa event that will showcase our first

new service in the non-invasive, non-surgical face lift technique! We will also hold a special open house in the fall to which you and your family, friends, and relatives are cordially invited to experience the healing and beauty of our new offerings.

I invite you to please stop by the Spa at Kilaga Springs so that I may meet you and come to know what we can provide for you now and in the future. And if you have not yet come to visit, I will give you and your guests a personal tour and give a special "rejuvenating gift" for scheduling your tour with me. I can be reached directly at the Spa at 408-4071.

On behalf of our fabulous Spa team, thank you to those who continue to allow us to serve you and those whom we will be meeting for the first time. I look forward to bringing you exceptional wellness and beauty at Kilaga Springs Lodge.

~Please see our ad on page 40.~

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Meridians Serves up Late Summer Delights

Jerry McCarthy, Director of Food & Beverage,

www.facebook.com/MeridiansRestaurant, www.twitter.com/Meridians_SCLH

Our warm late summer weather will be with us for another month or so, and with it comes a bounty of fruit, vegetables, exciting late summer entrées, and thirst-quenching beverages.



As the temperature remains toasty warm, there is no better way of staying cool than Happy Hour at the pool every Thursday from 4:30 until 7:00 PM. We have fun, food, drink specials, and music to keep you cool and refreshed.

Another exhilarating activity this time of year is the Summer Amphitheater Concert Series. We start each concert day with our Meridians Breakfast Buffet at 6:00 AM, which includes scrambled eggs, breakfast potatoes, bacon, pancakes, and juice, all for only \$6. So once you place your chair

in the perfect position for the concert, reward yourself with a wonderful breakfast buffet. Top off your concert experience by

“...there is no better way of staying cool than Happy Hour at the pool every Thursday from 4:30 until 7:00 PM. We have fun, food, drink specials, and music to keep you cool and refreshed.”

dining in the Meridians or join us in the Amphitheater for food and drinks. Prior to the show we offer mesquite grilled tri-tip sandwiches, hamburgers, hot dogs. Other delights offered are fruit cups, salad, and Caesar wrap sandwiches. And of course you can always find your favorite beverage at the multiple bars located around the

perimeter. Eat, drink and be merry during the wonderful Summer Amphitheater Concert Series.

The next big special event you will want to mark on your calendar is New York Deli Night on October 7. This is the night to splurge on sliced-to-order Black Coat Pastrami, corned beef, and slow-roasted brisket. In addition, you will find matzo ball soup, potato knishes, and chopped chicken liver. To finish your meal, we will be offering hand-dipped macaroon cookies, and homemade kugel (noodle pudding). Visit our website at www.meridiansrestaurant.com for the complete menu, as well as details of all our special events.

Make sure to watch the resident eNews when we announce this year's Annual Crab Feed date coming in October! Once again, thank you for your continued support of your Meridians Restaurant.

~ Please see our ad on page 18. ~

S.C.H.O.O.L.S.

(Sun City Helping Our Outstanding Lincoln Schools)

Annual meeting: Thursday, September 10, 9:00-11:00 AM, Presentation Hall (KS)

Speaker: Scott Leaman, Superintendent of West Placer Unified School District

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Sandy Frame at 408-1453 or ssframe1963@gmail.com

Sandy Barry at 209-3247 or penneylane1944@yahoo.com



Orientation Workshop: Monday, September 14, 9:00 AM-12:30 PM, OC



Tennis Balls and Pickle Balls in the Air

Bill Attwater, Properties Committee Chair

Last year the Properties Committee asked the Pickleball Club and the Tennis Club to get together and see if there was a solution to the request by Pickleball for additional pickleball courts. Then (and now) Tennis has 11 courts and Pickleball six.

Pickleball was looking to convert one tennis court to four pickleball courts; however, the task force created by both Pickleball and Tennis came up with a recommendation that was not acceptable to the City of Lincoln. The recommendation was to put six pickleball courts where the west exit to the sports complex is located. That would mean there would only be one entrance and exit at the east end of the parking lot. The City informed staff management that they would not approve doing away with the west exit

and the task force had not dealt with the increased need for parking.

Then Pickleball, on its own, filed an application with the Properties Committee to convert one tennis court into four pickleball courts. The Properties Committee at its July 14 meeting voted unanimously to forward the application to the Board of Directors for their consideration and direction. In part, the Properties Committee stated that the application is a request to change the use of one of our community assets by taking one asset from one group and giving it to another. The Properties Committee also stated that there was no precedent for such an action and that it was a policy issue for the Board to decide. On July 23, the Board of Directors listened to both sides and other interested persons. No Board member made a motion to propose a policy, ap-

prove or disapprove the application, or take any other action. So the result is that the status quo is maintained and the number of tennis courts and pickleball courts will remain the same.

Did You Know?

Dog owners must keep their pets on a six-foot leash at all times. Not all people are comfortable around animals and they should not need to ask you to leash your dog, nor be harassed for asking that this be done. Residents have the right to enjoy neighborhood walks free from fear they will encounter dogs off leash and pet owners who think the law does not apply to them. Even if your dog is friendly and can be controlled by voice commands, the dog must have a six-foot leash attached to them with a person holding onto the leash.



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Meet Cesar Orozco

Facilities and Maintenance Manager describes behind-the-scenes processes

Doug Brown, Resident Editor

From refreshing Lodges to excellent restaurants to sparkling swimming pools, this is an impressive place we call home!

There may be times, however, that the effort, expertise, and care that lie behind the scenes to maintain our attractive amenities are taken for granted. We simply *expect* sparkling water in pools, chairs neatly arranged in the Ballroom, and vacuumed carpets.

How is all this accomplished?

By invisible midnight gnomes cleaning bathrooms, washing windows, and maintaining trails?

Facilities and Maintenance Manager, Cesar Orozco, noted that “it takes a quite a team to make it all happen—in some cases a 24/7 process.” Cesar has been working with SCLH since 1999, and assumed his current position in early 2015.

Andrew Roberts, Custodial Supervisor, has a team of ten who assure that restrooms, windows,

floors and other surfaces are freshly clean for our enjoyment. Amphitheater concerts present a special challenge for Andrew’s crew as they must frequently service restrooms to accommodate up to 2,000 people seeking relief!

Operations Supervisor Erik Rosales, oversees a team of nine, performing a variety of services, from electrical to event prep and tear down. How many SCLH staff does it take to change a light bulb? From Cesar’s managerial perspective, four:

one to purchase and inventory supplies; another to report a burned-out light bulb; another to secure the bulb with a work order; and one more to change it. Whew!

Sometimes time and efficiency are a must. When Erik’s crew sets up chairs and tables in the Ballroom and other meeting rooms, they might have a scant two hours between events to tear down and set up!



Maria, Andrew (AJ) and Maricella



Rosa refilling paper towels



Dave in the Pump Room



From left, Barulio, Cory, Michael, Cesar and Alex with the Genie Lift

For Amphitheater concerts, crews start early in the morning setting up food vending stations, stage extensions, electrical connections, and more, just to prepare for an evening event.

Our swimming pools don’t just magically stay clean and bright. Dave Watson, Maintenance Supervisor, is in charge of our in-house pool maintenance, including our new salt-water chlorination process and solar-generated water heating. Much of this is literally “beneath the surface”—the accompanying photo shows the maze of pipes, tanks, and switches that are involved.

Dave and his crew of four also oversee maintenance of the softball complex, Sports Pavilion, trails, and the water features that are so prominent at our entry points! Wow!

Cesar is, of course, the one who makes certain that his whole team is functioning at optimal efficiency. Thank you, Cesar, for your amazing behind-the-scenes work!



Cesar spots Erik changing light bulbs on the tennis courts

Facilities and Maintenance Quiz

1. How many rolls of toilet paper are used annually in Lincoln Hills?
2. How many garbage bags are disposed of every year?
3. How many chairs are set up and taken down every year in the Ballroom?
4. How many light bulbs are changed every year?
5. How many pounds of salt do we use for the pools in a year?
6. How many street lights are in Lincoln Hills (all of which SCLH maintains)?
7. How many miles of trails are in Lincoln Hills (all of which SCLH maintains)?

Answers are on page 35.

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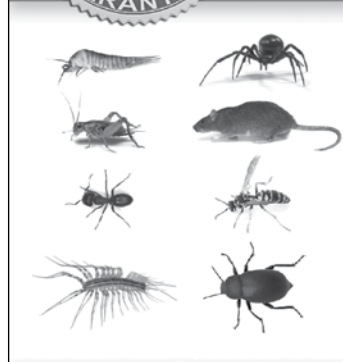


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Applying Occupational Skill Sets in Retirement

An engineer, a scientist, and a professor join hands

Nina Mazzo, Roving Reporter

A retired nuclear power engineer, clinical laboratory scientist, and professor in mathematics were poring over reams of data, spreadsheets, and documents in a conference room. Curious, I asked what they were working on so diligently. This month I would like you to meet three residents who volunteered to use their career skills on a task force created by the Board of Directors to analyze our room usage. You can read the full Room Usage Report on our resident website under Library>Facilities.



Klara Kleman emigrated from Hungary over 50 years ago when her brother Frank Kleman invited her to join him in California. She became a clinical laboratory scientist and began research in the area of sickle cell anemia through a grant from the National Institutes of Health, work that involved clinical trials. Klara has volunteered on several committees and special projects. During her down time, she is a photographer and Village Coordinator for Neighborhood Watch.

Pete Savoia was a nuclear engineer for General Electric. He explained to me that nuclear power plants must replenish uranium fuel every 18-24 months and as fuel is vital to the operation, he worked on ways to design the fuel to be more efficient and produce more energy per pound of uranium. Pete has been a volunteer on the Properties Committee. Recently he assumed the chair of the room usage task force. He enjoys exercising and playing softball.

Wally Etterbeek was a Professor of Mathematics at Sacramento State and chaired the department for 12 years. His expertise includes the use and understanding of statistics. Wally told me that he appreciates our lifestyle and enjoys the camaraderie and variety of people he meets. He met Pete Savoia while playing softball and Pete asked if he would help analyze the data for room usage. Wally quickly said yes as he knew this was a logi-



Wally Etterbeek, Klara Kleman, and Pete Savoia

cal extension of his skill set from his days of teaching and using math and statistics. Aside from playing softball, Wally uses the exercise equipment to stay in shape for the ski season.

During my conversation with these individuals, a common theme emerged: *curiosity*. Many studies on how we use our time in retirement have suggested that aside from exercise and a healthy lifestyle, we need to engage our minds and socialize. Volunteering provided Klara, Pete, and Wally the opportunity to meet new people, use their prior skills to assist our community, *and* they are having fun!

Are you interested in reinvention or rediscovery?

Aging Well

An Apple a Day Keeps the Cancer Away!

Shirley Schultz, Health Reporter

The saying, "An apple a day keeps the doctor away," applies very well to cancer prevention. Good nutrition has been shown to play a role in the prevention of many types of cancers such as colorectal cancer, endometrial cancer, kidney cancer, breast cancer, lung cancer, stomach cancer, and cancers of the mouth, larynx,



pharynx, and esophagus. The **Community Forum on August 26, "Cancer Prevention through Improved Nutrition,"** by Kaiser physician Andrew Klouecke, MD (see page 96) promises to shed light on how cancer cells grow and how your daily diet can speed up or slow down that growth.

Any consideration of the role of nutrition in cancer prevention and treatment must look at nutritional supplements, a field that is wide open for fraudulent or unsubstantiated claims because it is largely an unregulated industry. The basic criteria for determining whether to take any nutritional supplement are: **Is it safe? Is it effective?** If it is safe and effective, take it if you so choose. If it is safe but ineffective, you are wasting your money. If it is not safe but it is effective, you run the risk of causing yourself harm. If it is neither safe nor effective, and you take it anyway, you might have a death wish! It is understandable how someone who is terminally ill may choose the last option anyway.

Recall the sensationalism over Laetrile over 35 years ago when actor Steve McQueen went to Mexico to use Laetrile as an alternative treatment for his malignant mesothelioma. By 1980, the FDA had declared Laetrile illegal in the United States.

Laetrile, which is derived from apricot seeds, is rebounding now on the Internet from sources outside the United States under different names such as Amygdalin or Vitamin B17.

The American Cancer Society provides a great deal of information about many aspects of cancer prevention. Their *Guidelines on Nutrition and Physical Activity* emphasizes the following general guidelines:

- Choose foods and beverages in amounts that help achieve and maintain a healthy body weight.
- Eat five or more servings of a variety of vegetables and fruits every day.
- Choose whole grains in preference to processed or refined grains.
- Limit consumption of red meats.

Good nutrition is likely the cheapest and most practical measure for cancer prevention. Eat an apple a day!

WellFit is offering a five-week nutrition class. See pages 80 and 87 for details.

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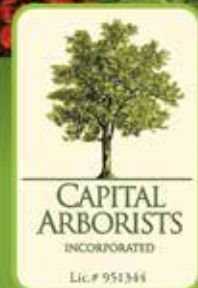
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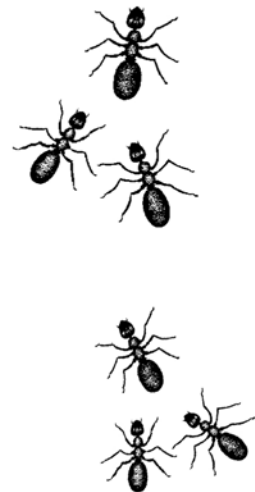


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Neighborhood Watch

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Neighborhood Watch and the Association Work Together

Patricia Evans

Remember the feeling of contentment when you walk into your home after being away for a while? Neighborhood Watch and the Association both help new residents develop a similar comfort with their new neighborhoods through the New Resident Orientation every two months. Dates are listed under "Upcoming Meetings" on page 3 of the *Compass*.



A team of Neighborhood Watch (NW) volunteers registers the attendees. While Lincoln Hills managers introduce newcomers to the Association and its governance, programs, and opportunities, the NW volunteers prepare a list for each attendee of their Neighborhood Watch Director, Village Coordinator, and Mail Box Captain. If you have not attended one of these popular orientations, you are welcome.

Did you know that *you* are the Neighborhood Watch and the Association? Every Sun City Lincoln Hills resident is automatically a member of both organizations. Neighborhood



Neighborhood Watch volunteers register newcomers at the New Resident Orientation: (clockwise from top left) Cora Peterson, David Conner, Carla LeFave, Carol Schumann; Ron Wood (Executive Director), Kathy Gire, Don Budde (Treasurer), Lezlie Chase, Larry Wilson, Elaine Small, Mary Cranston, Pat Stadky

Watch invites you to step up and be active in both!

This year, Meridians participated in National Night Out, a celebration sponsored by Neighborhood Watch. Villages unable to host private parties in their own neighborhoods had an optional Amphitheater location available.

The Association supports the Neighborhood Watch "Boris the Burglar" project by replacing the Village entrance signs as they wear out. They also coordinate with the City of Lincoln to install these replacement signs.

A big thank you to the Association for providing meeting space for our annual Spring Safety Symposium and open-to-all General Board Meetings.

For two additional projects **insuring your safety**, please turn to the Club News on page 30. Neighborhood Watch appreciates the space in the *Compass* Community Profile and Club News sections!

Contacts: Contacts: Ron Wood, 434-0378 or ron2029wood@att.net; Pauline Watson, 543-8436 or frpawatson@sbc-global.net; Neighborhood Watch Website: www.SCLHWatch.org.

Re-shelving Books

Sandy Melnick, Library Volunteer

All the Library volunteers appreciate everyone wanting to help, but we are asking you to put your returned books on the silver rolling cart at the Kilaga Springs Library. Please, do not re-shelf your books yourself as the volunteers have several procedures they must do before shelving these books. Thanks for your cooperation.

Once again we are reminding everyone that the Library accepts books copyrighted 2007 and later. The copyright is found on

the back of the title page. We are a leisure reading library—so that means we do not accept your older books, even though they might be in excellent condition. We have shelf constraints that limit the number of books that we can use.

I just read a terrific book titled *All the Light We Cannot See* by Anthony Doerr. I believe it is one of the best written books I have read in a long time. This is a novel about a blind French girl and a young German who belongs to the Hitler Youth. It is a wonderful portrayal of life during WWII and the interactions of people. A sub

story is about a missing gem and the legend of people who come in contact with it. This is a hardbound novel.

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investment materials, Glynn Widdows (408-4819) for volunteers, and Nina Mazzo (408-7620) for the Community Living Room (OC).



GET INTO THE GAME

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WOMEN

August 7th, 14th, 21st & 28th
Fridays, 8 - 9:30am

MEN & WOMEN

August 6th, 13th, 20st & 27th
Thursdays, 8 - 9:30am

INTERMEDIATE

August 5th, 12th, 19th & 26th
Wednesdays, 8:30 - 10am

CONTACT STEVE TREADWAY FOR DETAILS 916.835.1435
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MANAGED BY
BILLY CASPER GOLF





Club News



Alzheimer's/Dementia

Caregivers Support Group

If you are a caregiver for a loved one with memory issues, we encourage you to attend the August 26 meeting of our Support Group when the presentation will be: *"The Role Guilt and Stress Play in Caregiving."* Larry Dawes, MSW, Geriatric Care Manager from Eskaton Living Well at Home program will be the presenter. Larry has many years experience working with seniors as care manager and as facilitator for two caregiver support groups. He will explore the causes of the guilt feeling and will offer strategies to help relieve or prevent feelings of guilt.

The support group has gathered a wonderful collection of reading materials that members may borrow to read at home and to share with others who may wish to learn about the Alzheimer's/Dementia syndrome.

The group expresses appreciation for the support it receives from the Lincoln Hills Foundation.

Contacts: Judy Payne 434-7864; Cathy VanVelzen 409-9332; Maria Stahl 409-0349 or AI 408-3155



Antiques Appreciation

Our August 3 program was a trip to the Maidu Museum in Roseville with a one-and-a-half hour docent-led tour that was very informative. With evidence of local Indians having lived in our area, it was interesting to learn more about them.

The program on Monday, September 7 (Labor Day) will be presented by one of our new members who will share her small collection of vintage dolls, including a Pinocchio, Patsy, Shirley Temple, and Ginny doll, etc. We ask our members who have a vintage or antique doll to bring one to share for this showing of dolls. Please come and enjoy a walk down memory lane.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!



Astronomy

Monday, August 17, Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." The August lectures will be #23, "Atom Factories—Stellar Interiors," and #24, "Understanding Element Abundances."

The Telescope Interest Group (TIG) will meet on Thursday, August 27 at 6:45 PM in the Fine Arts Room (OC). A video on "How to Use Your Telescope" will be followed by demonstrations of how to set up and use different types of telescopes.

On Wednesday, September 2, Robert French from the SETI Institute will present "Saturn's F Ring: What Do We Know and How Do We Know It," P-Hall (KS), 6:45 PM.

All residents are invited to watch a total eclipse of the moon at our Lunar Eclipse Party on Sunday, September 27 behind OC Lodge starting at 7:30 PM.

Contacts: Morey Lewis 408-4469, enunor@pobox.com; Cindy Van Buren 253-7865, rvbcvb@att.net
Website: www.lhag.org



Ballroom Dance

Are you having the summer doldrums? Looking for something fun to do on a hot summer afternoon? Join the congenial Ballroom Dance Group and learn the Rumba in August and East Coast Swing in September. Our club offers group instruction by personable, patient instructors. We meet from 2:00-5:00 PM on Tuesdays in the cool Multipurpose Room (KS): 2:00-3:00 PM is devoted to beginning



Pat & Don Robinson

instruction; 3:00-4:00 PM is open dancing to a wide genre of music and styles; and from 4:00-5:00 PM, a more advanced lesson in the monthly dance is presented. It's fun, and great exercise for body and

mind. We have many dance-oriented social events during the year. For merely \$7 per year, you receive all the weekly lessons and club membership, too. Our webpage, on the SCLH website can keep you updated on all the local dance events. Dancing is "cool."

Contacts: Sal Algeri 408-4752; Chris Geist 543-0176



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 Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be September 9 and October 14. 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 lunches will be Siinos on Wednesday, August 26, and Casa Ramos on Tuesday, September 29. Meet in front of OC Lodge by 11:15 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

Co-Ed Billiards: The tournament ended in a tie for first place and winners were Dan Oden and Rita Baikauskas and Lydia King and Bob Soriano.

Shooters Eight-Ball Singles; winners were first place Phil Delaney and second place Ted Komaki.

Monday 3:00 PM tournament was a tie. In the playoff, AJ Jhanda won first place and Dan Oden won second place.



Shooters Eight-Ball Singles winners—first place, Phil Delaney, left, and second, Ted Komaki; The Monday Tournament: First place, AJ Jhanda, left, second, Dan

Contact: Tom Thornton (530) 622-9656,
tomhthornton@gmail.com



Bird

After the August break I always look forward to September and the upcoming birding activities. The first is an outing on September 4 to Miners Ravine in Roseville. This is a leisurely walk through woods and grassland. Ash-throated Flycatchers, Towhees, White-breasted Nuthatch and Nuttall's Woodpeckers were spotted last year.



A young Green Heron; a Virginia Rail; Summer at Ferrari Pond
(photo by Larry White)

Then September 14 we are very excited to have the Wildlife Heritage Foundation speak at our monthly meeting. Members have submitted questions for the speakers so this program is planned just for our Lincoln Hills Bird Group! Do join us in the P-Hall (KS) at 1:30 PM.

September 16 is the annual Potluck Dinner from 4:00 to 7:00 PM at the Sports Pavilion. This will be a fun time so mark your calendar and watch for additional details.

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



Bocce Ball, Mad Hatters

If you were wondering where the Horseshoes for use on the Horseshoe Pits are, they are stored in the Bocce Lock-

er by the Bocce Courts at the Sports Plaza. If you're wondering where the Horseshoe Pits are, they're hidden behind the Bocce Courts. We mention this because it's time, again, to explain to people how to gain access to the Association Bocce equipment. The Association Bocce Balls (and Horseshoes) are stored in the Bocce Locker, which is the locked stone structure between the front and back courts. To get the key to the Bocce Locker you need to take your SCLH ID card to the Orchard Creek Fitness Center desk and ask for a Bocce key. They will take your card and have you sign out a key. When you have finished playing Bocce and returned the balls to the locker, you return the key to the Fitness Center.

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



Book, OC

Thinking of traveling to Europe and the Holy land? Here is a wonderful travelogue to consult. Published in 1869, *The Innocents Abroad* by Mark Twain, albeit outdated, will amuse and entertain you even if you aren't planning to leave home. Revised from a series of travel letters written to a San Francisco newspaper, it remained the best-selling of Twain's work throughout his life.

Come join us on Thursday, August 20 from 1:00-2:30 PM in the Multipurpose Room (OC) for the discussion.

Newcomers are always welcome.

Remainder of 2015:

- September 17—*The Boys in the Boat* by Daniel James Brown
- October 15—*Sycamore Row* by John Grisham
- November 19—*Maisie Dobbs* (any book in the series) by Jacqueline Winspear
- December 17—Holiday Luncheon

Contacts: Darlis Beale 408-0269;
Penny Pearl 409-0510; Dale Nater 543-8755
Website: <http://LHocbookgroup.blogspot.com/>
Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

"How are you today?," "Is this a good day for you?," "How do you feel today?," "When is your next chemo ap-

pointment?" Are you tired of these questions? Then come join us at our Board meeting which is the first Thursday of each month at Patty McCuen's home. Or, come to our general meeting which is the second Thursday of each month at the Multipurpose Room (OC). If you want to have lunch with ladies before the general meeting, call Marilyn Poole for your reservation. We are a very open, warm-hearted and loving group. Please at least give us one visit. You will leave each meeting after a time of laughing, a time of being silly and definitely with a smile on your face. We are waiting for you. Please call for more information.

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



Bridge, Duplicate

The Nominating Committee is accepting names of candidates to fill six positions on the Board of Directors for 2016. Please submit names of people willing to serve the club to Bob Elliott by mid-September.

The All-Western Regional Tournament will be held in Santa Clara during September 1-7. The Sacramento Sectional will be played in Orangevale September 11-13. Tournament details are on the ACBL website: www.acbl.org/tournaments.

Our games are played at Kilaga Springs Lodge Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM and Saturdays at 12:30 PM (includes a 299er section). Bridge lessons are presented at 11:45 AM prior to the game on Wednesdays. Game fees: \$2 for members and non-members (first three visits), and \$5 for invited guests. Call Lynne White (253-9882), Squeak Connors (645-9085), or Barbara Dorf (434-8234) if you need a partner.

Additional information: club website, (below), or call club president, Sharon Neff.
Contact: Sharon Neff 543-8897
Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28. We must

be seated by 5:50 PM; we must finish by 8:30 PM.

June 25 winners—First: Stan Mutnick/Harry Collings with a bridge trifecta, high round of 2280, grand slam, and night's high total; second: Ralph Madsen/Chet Winton; third: Gay Gladden/Sue Petersen; fourth: Kay/Ben Newton.

July 2 winners—First: Carol Mayeur/Dolores Marchand with night's high round of 1320; second: Pat Mullins/Barbara Bryan; third: Bev/Allan Blaine; fourth: Bruce Fink/Stan Mutnick.

July 9 winners—First: Rosanna Jensen/Lynda Sader; second: Kay/Ben Newton with night's high round of 2220; third: Kelly/Neal O'Boyle; fourth: Dolores Marchand/Carol Mayeur.

July 16 winners—First: Stan Mutnick/Bruce Fink with night's high round of 2210; second: Maxine Cook/Ann Leitze; third: Marlene Harner/Basil Molony; fourth: Dolores Marchand/Carol Mayeur.

Contacts: First/Third Thursday:

Kay/Ben Newton 408-1819

Second/Fourth Thursday: Dolores Marchand 408-0147/ Carol Mayeur 408-4022

Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). No partner needed but reservations required! We have a single's rotation. You can choose a partner for the first round then we rotate. You are welcome to drop in but we can't assure you a place to play; however, if you arrive between 12:30 to 12:45 PM and have made a reservation, you will be seated to play.



Save the Date: Social Bridge Club Annual Dinner, Friday, October 23, 4:30 PM, KS

Winners—June and July—First place: Linda Scott (twice!), Dan Cronin, and Joe Phelan; second: Bob Belknap, Chet Winton, Carol Mayeur, and Bob Fawcett; third: Jean Richards, Lois Burke, Donna Moore, and John Woodbury; fourth: Margy Austin, Jyoti Sitwala, Lee Willson, and Linda Scott.

Reservations for August: Linda Scott, 253-9893 or Lcscottaz@gmail.com.

Reservations for September and October: Jim Busey, 408-0671, or Ralph Madsen, 408-7670 or ralphjane2@gmail.com.

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



Bunco

In July, the Bunco Group welcomed two new players Karen Harlander and Kathy Owens. If you happened by the Card Room (OC) you would have heard the cheering and laughter as sisters Paulette and Claudette were dethroning players at the head table all in fun! We also had a bit of confusion with Bunco out the gate three games in a row. Did everyone get a turn? Who rolls next? Never a dull moment!

Bunco is a non-membership club with a \$5 'pay to play' cost and held in the Card Room (OC) at 9:00 AM the third Thursday of the month. Please consider joining us for a morning of laughter, fun and friendship!

July Winners: Most Buncos Sara Klesius; Most Wins Dee Hahn; Most Losses Paulette Rhoads; Traveler Janet DeWitt.

Next Bunco is Thursday, August 20.

Contact: Kathy Sasabuchi 209-3089, ksasabu@icloud.com



Ceramic Arts

There's still time to get out of the heat and take that Ceramics class. Learn about all of the aspects of clay and creating art or functional pieces. We have great teachers and a friendly group of people. Stop by the Ceramics Rooms and take a tour.

Ceramic Arts Group activities include our Saturday and Sunday "CAG Workshops." Membership in the CAG is required after your third visit on Saturdays and or Sundays and we only charge the 2001 price of \$12.

CAG "Workshops" are held at OC Saturdays, 9:00 AM to 3:00 PM, and Sundays 12:00 to 4:00 PM. KS "Workshops" are Mondays, 1:00 to 4:00 PM for Earthenware and Sundays, 1:00 to 4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC on Fridays only 12:00 to 5:00 PM and KS Sundays only, 1:00 to 4:00 PM.

Please check bulletin boards for changes or closures.

Contacts: OC Pottery: Janet Roberts 543-6015; Membership: Mike Daley 474-0910; KS Earthenware: Marty Berntsen 408-2110; KS Spanish Oils: Margot Bruestle 434-9575 Website: www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts



Chorus

Having rested our voices over the summer, the Lincoln Hills Community Chorus will reassemble September 1 in the P-Hall (KS) to receive music and begin rehearsing for our mostly Christmas concert on December 13-15.



Lincoln Hills Community Chorus

This is the time for more sopranos, altos, tenors, and basses to join us. You'll be expected to attend sectional and full rehearsals most Tuesday afternoons thereafter until concert time. To obtain further information and express your interest, check our website and get in touch with Sid or Bill.

Contacts: Bill Sveglini 899-8383, sveglini@gmail.com; Sid Frame 408-1453, sflincoln4fun@starstream.net Website: www.lincolnhillschorus.org



Computer

Main Meeting: September 9, 6:30 PM—"Personalizing and Optimizing Settings on Your PC" by Bob Ringo. In Windows 7, 8.1, and 10 there are lots of ways to make your computer more personal and fun. Bob will offer sug-



*Bob Ringo
September 9
"Personalizing
and Optimizing
Settings on
Your PC"*

gestions on how to make you feel comfortable when you are using your PC. Bob will show you how to optimize your keyboard, mouse, printer, and monitor. Change your screen resolution so pictures look their best and change the size of text on your screen so that it is easier to read. At the end of the presentation you will know how to personalize the Windows environment to behave in a manner that is optimized to your individual needs.

Clinic September 11, 3:30 PM—More Optimizing with Q & A.

Ask the Tech: September 25, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

**Contact: Karl Schoenstein, president@schcc.org
Website: www.schcc.org**



Mac User

Every year, the Mac Users Group throws a party. What started as a picnic in the Sports Pavilion, has now progressed to a catered sit-down dinner in the Ballroom (OC). This year's event, with an Italian theme, is scheduled for Tuesday, September 8 at 5:00 PM. Tickets, for MUG members, are \$25 each; non-members \$35. Tickets may be purchased by check to Bonnie Esker or at any of our seminars. We expect to have two very authentic Italian roving entertainers for your listening pleasure, and there will be drawings for some excellent Apple prizes. The buffet will be Cuccina Italiano.

Now, do the math: Our dues are \$15 per household per year; the additional cost for two non-member dinners would total \$20. Wouldn't it be better to become a member with all the extras membership brings?



2014 Luau

**Contact: Henry Sandigo (415) 716-0666, hsandigo@gmail.com;
Website: www.lhmug.org**



Country Couples

What could be better on a beautiful Sunday summer afternoon than enjoying an Ice Cream Sundae (choosing from eight flavors and as many toppings), and dancing to country music with 70 of your friends? That is how many of us spent the afternoon of July 12 at the Sierra Pines Lodge in Sun City Roseville. Jim Keener DJ'd the event while Dennis &



Table decoration; Rosanne Bogue and Lorraine Bohne; Dennis Dawson leading a walk-through

Georgi Dawson, the new dance practice leaders, did a wonderful job of conducting "walk-throughs" or step-refreshers for the dancers before the music started. Our wonderful decorating committee surprised us again with a creative centerpiece consisting of soda glasses containing "paper scoops" of strawberry and vanilla ice cream, with pastel-colored taffy candies sprinkling the aqua tablecloths.

We will be doing it all again, same time, same place, on Sunday, August 23 but with delicious appetizers and desserts to enjoy. Best polish your dancing boots and save that date!

Contact: Kathy Lopez 434-5617; Margo Zamba 662-1628



Cribbage

Come join the fun at Orchard Creek Lodge on Tuesday mornings with a friendly group of Cribbage players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

New players are always welcome!
Contacts: Larry O'Donnell 406-672-6493; Ken VonDeylen 599-6530



Cyclist

Checked your brakes lately? They are one of the most important parts on our bikes. If you cannot see the slots cut into the pad, they should be replaced.

Listen to your brakes on a downhill. If there is a squealing or chattering then they may have foreign objects imbedded in the face of the pad or they may be glazed over. Remove the pad and remove the imbedded material. Before reinstalling the pad, rough up the face with a piece of emery cloth. When reinstalling your pads, remember that they are directional and there will usually be an indicating arrow. The forward portion of the pad makes contact with your wheel first so place a thin piece of cardboard (business card) under the rear of the pad before tightening. The pad should make contact with the flat area of the wheel and not contact the tire when the brakes are applied.

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



Eye Contact

Low Vision Support Group

Living Skills Workshop: Thursday, August 27, 10:30 AM, Multimedia Room (OC): "Moving through Familiar Environments When Everything's the Same but You"

with Facilitator, Patricia Locke. Time is also allotted to discuss personal experiences with vision loss.

General Meeting: Thursday, September 10, 2:00 PM, P-Hall (KS): "Coping with Vision Loss" will be the topic for our general meeting. Patricia Locke will speak on coping with the many daily challenges of living with vision loss.

General meetings are held at 2:00 PM the second Thursday of the month in the P-Hall (KS). Living skills workshops are held on the fourth Thursday of the month at 10:30 AM in the Multimedia Room (OC).

Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

Contacts: Cathy McGriff 408-0169



Fishing

July's meeting was interesting. A local fisherman who lives in Lincoln and owns a fishing lodge in Alaska, presented to our club the reason why we should go to his lodge and enjoy the benefits of fishing in Alaska. You missed a great presentation. Randy Schuller, a new member won a free trip, now how's that for luck!

We hope to have other interesting speakers in the future, and I hope you can help us find a few to tell us about their opportunities for us. Give me a call and tell me who.

No experience at fishing? I'm sure we can find someone to teach you what you need to know. Let me know if you need help.



It rained at Fall River... so stay inside; Angus with a beauty of a Rainbow...; Now, that's some catching!

Our club meets the second Monday of the month, 7:00 PM, P-Hall (KS). Contact Jerry 434-6917 or to join, email Henry Sandigo, hsandigo@icloud.com.

Contact: Henry Sandigo 415-716-0666



Garden

Ice Cream Social: This social replaces the General Meeting for August. Thursday, August 27 at the Sports Pavilion from 2:00-4:00 PM. Catered by Meridians. Ice-Cream Sundaes, Cookies, Ice-Tea and Water. Members only. Please sign-in and wear your name tag.



Ice Cream Social; Summer Theme Hat Contest

to your hat and/or garden figurines, etc! Even if you don't want to participate in a contest, please wear a "summer hat" and enjoy the fun!

Categories and prizes for: Most Outrageous, Most Creative, Best Theme Adherence. Live entertainment with Don Maeder and his Guitar. Brown Bag Sale. Master Gardeners' Table—get answers to your gardening problems!

Drawing and prizes. Contact: Joyce Higgins, 408-7107.

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

All members will receive a door prize ticket and an extra one if you enter the hat contest! This year's theme is "Summer Delights!" Anything goes as far as adding live or artificial plants, flowers, veggies to



Genealogy

Our next general meeting is August 17 at the P-Hall (KS) at 6:30 PM. "Member Sharing" is the topic and several members will share their ideas, tips, findings, technology aids and discoveries that have helped them find their ancestors. The prize drawing for the August 17 general meeting is a 24" monitor!

Mark your calendar for September 21—the next Genealogy Club general meeting. The guest speaker is well known, and a frequent guest speaker, Kathryn Marshall. The topic is "Uncovering Your War of 1812 Ancestors." Kathryn has a PhD from University of California at Berkeley, where she taught for many years and she is currently the Director of the Lodi California Family History Center. The prize drawing? A digital camera!

Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641; Website: lincolnhillsgenealogy.com



Golf, Ladies

Ladies XVIII

Organizing over 140 golfing ladies can be a bit like herding cats! Feral cats at that.

The weekly tournament chairs are the ones who take the sign-ups, organize the flights of play and create the kind of game to be played each week.

On Thursday mornings, typically 40 to 64 women show up to play. The tournament chair organizes the sign-ups, the game and the scoring. She

greet everyone as they arrive so last minute changes can be made. We all play and then that same person takes the score cards, figures out who won. Each player contributes \$3 to the "sweeps" which are then distributed to about one-third on the field. It is a highly detailed task that takes a great deal of time. Rita Drinkard, Karen Thom and Pat McNiff shared the duties this year.



Edda Ashe, Captain, and Rita Drinkard, Tournament

Contact Donna Sosko for membership information, 434-5247.

Contact: Susan Petersen
suncitysusanpetersen@gmail.com
Website: lhlxviii.com

Lincoln Hills Lincsters

During the month of July, the Lincster WNHGA group (Women’s Nine Hole Golf Association) took third place in the area’s team play. This competition was played over several months, and included rounds at North Ridge Country Club, Lincoln Hills Golf Club, Lake of the Pines, and Rancho Murieta. In addition to team play, WNHGA, which is open to all Lincster members, has numerous other events such as rules seminars, invitational tournaments at other clubs, open days, practice rounds and ‘in house’ competitions, such as The Avengers and ECCI or Eclectic Tournament. The Lincoln Hill’s WNHGA group is captained by Alyce Stanwood.

The second Captain’s Scramble of the year was held on July 29. The Club Championship will be held on September 15 and 16, and the annual Breast Cancer Tournament will be held on October 28. Carole Cain was the June Golfer of the Month.
Contact: Susan Pharis; firefly7554@aol.com



Farmers Market scenes

Villa Restaurant in Rocklin to enjoy an eight-course Chinese meal.

Join us as we learn about the importance and the joy of healthy eating. Monthly meetings are the fourth Monday at 2:00 PM in the P-Hall (KS).

The August 24 meeting’s guest speaker is local produce farmer Gordon Paulsen, speaking on growing healthy fruit and vegetables despite the drought. Guests welcome.

Contact: Don R. Rickgauer 253-3984,
ScLh13HealthyEating@gmail.com

Golf, Men’s



The club had a great year and everyone who participated enjoyed the tournaments and events. Membership is an ongoing activity and we would like to invite any new residents to join.

The President’s Cup has a winner, Steve Brown outlasted Bruce Lyau to become the 2015 match play champion.

Contacts: Rodger Oswald,
rodgeroswald@gmail.com

Healthy Eating



Our July Guest Speaker was Allison L. Van Eenennaam, PhD in Animal Genomics and Biotechnology, UC Davis. We learned how widely GMOs (Genetically Modified Organisms) are used in agriculture and that GMO’s will almost certainly figure prominently in our future worldwide food supply. We now better understand the issues involved in the current de-

bate about GMO’s.

Club members enjoyed outings in July to the India Oven Restaurant in Lincoln to learn about ordering Indian food in restaurants and to China



Hiking and Walking

Enjoyment of hiking and exploring new places and trails is ongoing, thanks to the time and energy of hike leaders and officers! We are very grateful for them!! Looking ahead at some new experiences—the fall getaway is scheduled for August 31 to September 3 and the destination is in the beautiful Graeagle/Lakes Basin Area. Check out the details on the hiking website. There are a few spaces still available. Thanks go to Stephanie & Phil Huntingdale for organizing this getaway. For 2016, Denny & Jim Fisher have planned a getaway at Point Reyes for April 25 to 28. See the website for details. Gay Mackintosh will be leading a unique experience on August 27, a Moon Walk!!

Walkers are continuing to meet at the early time of 7:30 AM. Their start time will change the beginning of September to 8:00 AM.



A fascinating tree-ring date exhibit on

Sacramento State walk; ready to start hike/walk from Fort Baker to Ferry Building in San Francisco, a stunning view of Golden Gate Bridge in the background from Fort Baker

Contacts: Hiking: Denny Fisher
434-5526, dfisher049@gmail.com;
Walking: Louis Bobrowsky 434-5932,
louisbobrowsky@yahoo.com
Website: <http://lincolnhillshikers.org/>



Investors’ Study

Our September meeting brings us into the fall activities as well as plans for our Holiday Party planned for December 3. Mark your calendars to ensure you plan on attending. We had a great time last year and plan on another memorable evening this year.

Our September speaker is Ms. Linda Duessel, Sr. Equity Strategist at Federated Investors with over 30 years experience. Ms. Duessel will share her expertise in equity strategy and provide a stimulating presentation as so many of our speakers do. Plan on coming to the Investor Study Group meeting at 2:30 PM on September 3 the P-Hall (KS). Join us for refreshments afterwards and a chance to talk with our speaker. John Noon, 645-5600

The Active Investors subgroup meets on the second Monday of each month at 3:00 PM. All members are welcome. Bill Ness, 434-6564

Contact: John Noon 645-5600
themoons@att.net



Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual, Transgender Community and those in friendship in Sun City Lincoln Hills.

On June 27 Lavender Friends met to celebrate the Supreme Court decision to honor same sex marriages throughout the United States. This decision made sure all of the 1,138 benefits, rights, and protections provided on the basis of marital status in Federal law were available in all 50 states

Upcoming club events include Glow Bowling on August 26. Reservations are being taken for the "Fall Celebration" Dinner/Dance on October 2. Check our website (below) for more information.

Contacts: *Jacquie Hilton 543-9349, jacquiehilton@starstream.net; John 408-2576, Sheila 408-2802*
Website: www.lavenderfriends.com



Line Dance

Besides being a member of the Line Dance Group and one of the three instructors at Lincoln Hills, Yvonne Krause has also choreographed over 70 dances which have been performed all over the world. She began choreographing dances 10 years ago when she moved to Lincoln Hills, and you can find many of her dances on YouTube, performed both by Yvonne herself and others. Her dances are mostly beginner and improver levels, a few favorites being *That's My Number, Too Much, Green Eyes, and Little Kreedom*. Yvonne says, "It's all about

the music!" when explaining how she chooses her dances.

Our next free line dance party is in the OC Ballroom on Sunday, August 16 from 1:00-4:00

PM. Our instructors will be there to lead us in all levels of line dancing from the Intro level up through Level 3. Wear your



Yvonne Krause-Schneck

LHLD tee shirt and come join the fun!

Contacts: *Sheridan Brown 408-5674, shrdnbrwn@yahoo.com; Carol Rotramel 408-1733, caroled1974@gmail.com*



LSV/NEV

Our club had nine NEV's, all decorated in a patriotic theme, in the Lincoln July 4 parade. It was the best parade yet, and you missed a lot of fun if you were not driving with us!!!



President Dan Gilliam leads 4th of July Parade

It was our display of support for our city, and gratitude for our special country's 239th birth-

day celebration.

On August 29 we will hold a catered BBQ for members and their friends. Instead of the regular membership meeting, we have organized this social event held at the Sports Pavilion, with Bingo following the BBQ. Food served at 12:00 PM. Only \$15 per person. Menu: Ball Tip Roast, Skinless Boneless Chicken Breast, Green Salad, Roasted Red Potatoes, Ciabatta Bread, sodas and bottled water. Call Lillian for reservations, 408-2184. Deadline for reservations August 25. Don't miss this special event for you.

Contact: *Dan Gilliam, President 209-3946*



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM; and arrival time is 5-10 minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is decided at the table where you play.

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. We will welcome the opportunity to teach you. Even if you already know how to play this game, we

will welcome your attendance.

If you have any questions, please call one of the contacts, below.

Contacts: *Bruce Castle 846-1500; Marsha Ross 253-9551*



Mah Jongg, National

Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is being played from 12:30-4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends. If you don't know how to play, contact Fran Rivera at 434-7061. She always has room for one more in the free classes she conducts in her home. Hope to see you next week.

Contacts: *Carol Vasconcellos, 209-3457; Judy Rosenthal 408-857-1353; Fran Rivera, 434-7061*



Mixed Media Collage Arts

Wondering what kind of art we create? Our club is composed of folks with a variety of art interests—photography, acrylic painting, fiber arts and those who enjoy the emphasis we place on repurposed items. Using a canvas or other surface, we use acrylic paints, unique papers, recycled materials and dimensional elements. No limits on what your imagination can produce. Dues are \$10 per year and you are welcome to attend up to three meetings prior to joining. We meet on the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). All levels of experience are welcome and we share products, techniques and ideas. Found objects take on new meaning in our hands! Laughter often fills the room as we work on individual projects and enjoy the process of creativity.

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



Motorcycle

RoadRunners

Our ten year anniversary as a club here at Lincoln Hills has just occurred and to celebrate the occasion we had a dinner party. All the original members and past members still available were



*Motorcycle Club Celebrants at
10th Anniversary Dinner*

invited. We had a great turnout and the club originators were honored. Thanks to Dale Brinsley, our original President, Doug Sterne, our current President, and to Dave Ramm, our original VP/Head Road Captain. A special thanks to Patti Sterne and her crew of Millie Eslinger and Sandra Milbauer for putting on a grand affair.

The monthly ride took us to Lake Almanor with lunch in Chester. Twelve riders participated. Great weather and scenic touring was enjoyed by all. Thanks to Doug Sterne for putting together an enjoyable ride.

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

"Ride Safe—Ride With Friends."

**Contact: Patrick Chaves 408-1223,
patmcspeed@gmail.com**



Music

On Wednesday, August 26, the Sun City Lincoln Hills (SCLH) Music Group will hold a monthly music meeting from 6:30- 8:30 PM to play music and socialize, Fine Arts Room (OC). SCLH residents and their guests are welcome.

The next Friday Night Open Mic is scheduled for Friday, August 28 from 6:00-8:30 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. Begun in 2010 as a forum to showcase SCLH Music Group performers, the bi-monthly Open Mic routinely attracts more than 15 acts and an audience of 80 to 100. The event is open to SCLH performing musicians, their guests and audience members. No karaoke is permitted.

The SCLH Ukulele Jam Group, held Wednesdays from 1:00-3:00 PM (OC), is open to anyone with an interest in playing the instrument. Contact group leader Ron Peck (409-0463) for information.

**Contacts: Carol Percy 543-1365,
crpercy444@gmail.com, Julie Rigali,
408-4579, jjrigali@yahoo.com**
Website: www.suncity-lincolnhills.org/residents, Association Clubs, Music



Needle Arts

Threads of Friendship

July meeting was a hit! Our very own Betty Kisbey entertained us with a display of several items she has made which included a large quilt as well as many smaller items with different houses depicting a variety of scenes. It was fun listening to how she became involved with quilting, and how she wrote and published her own book with patterns and pictures



Betty Kisby's creations

to share with others. On August 22 Betty will conduct a workshop on hand appliqué in the Sewing Room (OC).

No meeting in August. Many will be going to Tahoe for a retreat. There are still a few openings if you want to sit by that beautiful lake from August 23 to 28, and have all your meals prepared. Just call Rebecca Hoetger at 409-2442.

On September 8, we have Electric Quilts in the Sewing Room (OC). You will be shown how to use your computer for quilting. What an age we live in.

**Contact: Carol Matthews 543-7863,
carolm1929@gmail.com**
Website: www.sclhna.com



Neighborhood Watch

The more homes displaying a Boris the Burglar sticker, the more thieves will be discouraged! Imagine all of our 6,783 homes being guarded by Boris!

The Association has approved one static-cling, 4x6" inch sticker per residence for your front door or window. However, if you are on an Open Space you may post a second Boris the Burglar sticker on that side. Boris stickers can also guard your autos and golf carts.

To purchase these stickers for \$1, each, contact Don Budde at donlinc35a@yahoo.com or 543-0674.

Remember the 9x11" yellow and red placards for your front window in case of an area-wide disaster? The yellow side says "We Are OK" and the red side says "Alert Help Now." If you do not have this placard, you may request one at the Activities Desks. Expect the unexpected! This is a joint project of CERT, the Association, and Neighborhood Watch.

**Contacts: Ron Wood 434-0378,
ron2029wood@att.net; Pauline Watson
543-8436, frpawatson@sbcglobal.net**
Website: www.SCLHWatch.org



Painters

The next Painters Club meeting will be on August 17 and you should join us! Our guest speaker will be Kelly Peterson, who will share her secrets of refinishing old frames—what painter couldn't use that information? Those frames stacking up in your garage could see new life! With our new door prize opportunity you could also go home with new art supplies. And plan ahead to September when we will hear from one of our own members who draws truly beautiful pictures. Remember that the club also has a great library of DVDs and books to check out—covering oil painting, watercolor, and acrylics.

Our annual "Artisans in the Lodge" event is scheduled for Sunday, September 6, from 9:00 AM to 3:00 PM. There will be a wide selection of artisans presenting their work, everything from paintings to origami! Come and see the variety!

Contacts: Joyce Bisbee, 672-7252, joybis@aol.com

Jack Cook, 408-7305, lj4cook@aol.com;
 Jim Brunk (plein air), 434-6317,
 brunk@starstream.net
 Website: www.lhpainters.org



Paper Arts

Our project leader this month was Dottie Macken. Dottie offers classes through the Activities Department so we learn new techniques and styles from Dottie's creations. Our project leader next month will be Gail Blask.

Elections for next year's officers were held and Shirley Rainman will be leading our club as our new President. She will be joined by Pat DeChristofaro as Treasurer and additional members will be volunteering for open positions as we approach the end of the year. Sue Manas, our President for the past several years, has created a strong organization that will set the stage for a smooth transition for Shirley in 2016.

A reminder to members that our meeting place has changed. We still meet on the first Thursday of the month at 9:00 AM but we now meet in the Terra Cotta Room (KS).

See you September 3 at 9:00 AM at KS!
Contacts: Sue Manas 408-1711;
Reg Fabian 645-9090



Pedro

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

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

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

Photography

Last month an approximate 80/20 rule number of hiker/stroller/adventurer photographers went to the Tahoe area Sierras to capture wildflowers and other worthy images. Apparently the "What's in Your Back Yard?" project (now on exhibit at Simple Pleasures) didn't gain enough inspirational



"Popping Poppies" by jeffa

traction beyond woeful depression over the brown back yard lawns. In any event, those who went were properly inspired and enjoyed the cooler weather, lovely scenery, and scintillating company...

Speaking of balloons, which we weren't, there may be another trek to Reno in September for the Balloon Races. While not quite the extravaganza of the Albuquerque Fiesta, it's a really fun event to witness and picture. Finally, thank you—really, thank you!—to Brad Senn (President), Truman Holtzclaw (Vice-President/Program Chair), Mike Epling (Secretary), and Dale Petersen (Treasurer/Membership) for stepping up to lead our merry band for the next year. Huzzah!

Wordsmith: jeffa.

Contact: Brad Senn (530) 409-2499,
bradleysenn@sbcglobal.net
Website: SCLHphoto.com



Pickleball

Umpqua Bank recently hosted an ice cream social (yum!) for over 100 picklers at our courts to celebrate John Mastor's 85th birthday. He's one of our club's founders and still playing strong! Happy birthday, John! Thanks, Umpqua!

Richard Norman, with Mike Hilton's assistance, is offering instruction to competitive 3.5 level players on first and third Mondays each month, 6:30-8:00 PM. The first 16 players to sign-up at the courts at 9:00 AM the morning of each session can participate.

Coming soon... our Wells Fargo Advisors Tournament for mixed doubles teams, September 9-11.

All ladder play is suspended during August.

A reminder to our growing club of 450+ members: contact Andrea, amad53@sbcglobal.net for instruction on using our club's ball machine, "Simon," and for shirt/jacket orders.

Our next monthly meeting is September



John with founding members Bill MacCullough and Marty Rubin; John Mastor receives birthday congratulations from Umpqua Bank staff; all smiles for Thursday evening B Ladder play

9, 2:00 PM in the Ceramics Room (OC) and open to all club members.

Contact: Marty Rubin 408-3494,
marty629@gmail.com
Website: www.lhpickleball.com



Players

OK, who really did it? We won't tell. Our actors treated us to a short play, "Who Shot the Don," written by Lilly LaPira from the Italian Club. It was great fun and we thank all who were involved in bringing it to our July meeting.

Auditions! The Players will be holding auditions for our heartwarming Christmas musical, "The Christmas Gift" to be performed this November. Auditions will be held from 5:30 to 8:00 PM Monday, August 24 in the Fine Arts Room (OC) and Wednesday, August 26, in the Multipurpose Room (OC).

Scripts and Song Titles are available from Director, Dolly James at 408-0136 or dancrdolly@yahoo.com

Dolly James is looking for vocalists, actors, actresses, ensemble and dancers. If you don't want to be in the limelight but would rather work backstage, we have a job for you.

Being a part of this show will be a heart-warming experience!

Contact: Barbara Greenfield

408-5017, barbieg1@sbcglobal.net

Website: www.lincolnhillplayers.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 Fridays 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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

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

Contacts: Paul Marcorelle 925-658-2404;

Lynne Barsky 253-3730

RV

The five-day rally at Seven Feathers in Canyonville, Oregon got off to a disastrous start July 8 for wagon masters Bob & Sharlene Zielinski. Near their destination, while driving down the highway, their pick-up truck broke a drive shaft causing sparks that started a fire under the truck. Fire fighters were called but by the time everything was under control, the truck was damaged so much they had to buy a new pick-up in Grant's Pass. It caused them to miss that rally and the following five-day rally at Crown Villa in Bend. Assistant wagon masters Ralph & Martha Chatoian and Bill & Lynda Fagan took over for the Zielinskis and by all reports everybody had a good time, but Bob and Sharlene were surely missed.

The RV Group meets monthly on the second Thursday, 4:00 PM, in the Social Kitchen (KS).

Contact: Rosie Eads 408-0129

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

"Each of my three (volunteers) have been very helpful. I can't express how much the volunteers have helped my students with one-on-one time." Our wonderful teachers deeply appreciate you all. Ann Richards said, "Teaching was, and remains, the hardest and yet the most rewarding work I have ever done."

Our Annual Meeting is September 10, 9:00-10:30 AM, P-Hall (KS). We hope to see all of our current volunteers as well as any of you who are interested in becoming a volunteer. We will meet our school principals and hear from Superintendent of Schools, Scott Leaman.

Don't forget to RSVP for the "New Volunteer Orientation Workshop"—September 14, 9:00 AM-12:30 PM at Orchard Creek Lodge (includes lunch).

School begins in just a few days, on August 19, and we're all looking forward to a year filled with excited students and rewarding experiences. Remember: You make a difference!

Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com; Sandy Barry 209-3247, penneylane1944@yahoo.com

SCOOP

Sun City Organization of Pooches



SCOOP hosted its "Ice Cream Social" July 22 at the Sports Pavilion, on a cool, breezy, delightful summer evening. SCOOP members, friends, and their four-legged, well-behaved pooches on leashes, attended and enjoyed ice cream (humans only) with many different toppings to choose from. It was a lovely, social evening for all who attended.

Our August 4 Speaker at Orchard Creek Lodge was Christie Stephenson with Loomis Basin Veterinary Clinic, who specializes in emergency/critical care and surgery. Christie received a BS in Business Management from CSU Sacramento in 1991 and spent a number of years working in retail and distribution. Having always had a passion for animals, she went back to school in 2006 and got an AA as a Veterinary Technician. Later,

seeing a need to improve patient recovery after surgery, Christie enrolled in the University of Tennessee's Canine Physical Rehabilitation program and became certified in 2014.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Hi Scrabblers! We often complain that certain words playable in Scrabble are "ridiculous" or "outlandish." Many are archaic or obscure and do not resemble the English language as we know it. Some call the language of Scrabble "Scrabblish." Scrabblish consists of a large array of words which exist outside of most English speakers' vocabulary. This is both frustrating and fascinating!! So go ahead, embrace words such as: teiid (a tropical American lizard), xyst (a roofed area where athletes trained in ancient Greece), cwm, kvas, ecu and fremd. I will let you have the fun of finding the other definitions!!

Come join your friends and neighbors for Scrabble play. We get together Mondays at 1:00 PM in the Card Room (OC). Keep Scrabble weird!! Let's Scrabble!

Contact: Anne McMaster 409-5408

Singles

Dynamic Singles



We had the best time at our rendition of National Night Out with an American Celebration. We ate Apple Pie, Ice Cream and played Bingo! Can't get more American than that!

August 20 is Dining Out at Claim Jumper, Roseville. Call 434-6472 and Darlene will set a place for you.

On the morning of August 27, we will converge on the Bocce Ball court for our annual Tournament. Dennis makes up the



An American Celebration—Apple Pie, Ice Cream and Bingo!

teams. Call 408-2423. That evening we will fete the winners with prizes at the Awards Banquet at the Sports Pavilion. Catering will be by Dave's Dawgs. Umm, can't wait!

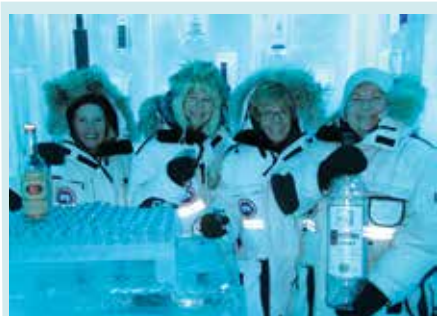
Cocktail time will be on September 3, followed on the sixth by September Birthday Celebration. After the September 10 General Meeting, we will play Bunco. Lastly, is the Second Saturday Breakfast in the Sports Bar on September 12.

Details on the Dynamic Singles Flyer or on the Resident Website.

**Contact: Judie Leimer 408-4308,
j.leimer@icloud.com**

Ski

It may seem a bit early to think about snow skiing, but it's never too early to plan for a party! The annual pre-season potluck party is scheduled for Thursday, September 17, starting at 5:00 PM, at the home of Ric Havens and Vicki Bohan. Come have a good time with old and new friends, and share ski plans for the coming season. Details will be sent to club members.



*Sandy, Valerie, Dawna
and Marilyn in Ice Bar*

And speaking of ski plans, we are in the middle of finalizing the details for a two-night, three-day ski trip to Kirkwood in January, as well as our annual ski getaway trip, which for this season will be in Breckenridge, Colorado, for seven days beginning at the end of February. Members have received all the material on these trips, but if any of you non-members would like to join in the fun, contact the club for membership and trip information.

**Contacts: Bill Smith or Mike Hilton 258-2150,
lhskiclub@gmail.com**



Softball, Senior League

With one month of summer softball remaining, Rebarb Time has a slim lead over Wells Fargo Advisors. Atherton Wealth Advisors and Umpqua Bank are nipping at the leader's heels. The July 4 City of Lincoln game saw the youngsters from Lincoln spanked by the wily veterans from LHSSL. The two All-Star games were close contests with the fans enjoying the superb weather.

The league playoffs will begin August 24 with games scheduled for 24, 26, 28, 31 and the championship game on September 2. Teams are fairly matched and upsets likely in the coming weeks as teams jockey for position in the upcoming playoff bracket. The newly installed fans make the viewing stands much more comfortable and it will be even better when the proposed sun screens are installed. Should be some great games. Come on out and cheer on your favorite team/players. Checkout LHSSL.org for all your softball questions.

**Contact: George Sylvia 295-1957,
geocath7@yahoo.com
Website: LHSSL.org**

Coyotes

The Coyote 60s, 70s, and 75s traveled to Ripon July 18-19 and played for the first time at the new Mistlin Sports Complex. Against far superior teams, the 75's tied the Raptors record but finished second in the head-to-head tie breaker. The offense was led by John Parks with a 1.250 slugging, two hrs, dbl, triple, and 11 rbi. Jerry Lambert led with .769 batting average. The 70's tied for second in a strong bracket with a 3-2 record. The 60's had their best showing of the year, placing first with a superlative defensive effort coupled with timely hitting by Joe Bellah and John Gho. Sabia, Maynard and Bellah led the defense. All of the teams are rounding into shape for the Tournament of Champions in Manteca this weekend.

**Contact: Bec Cannistraci 408-4679
beccannistraci@sbcglobal.net
Website: LHSSL.org**



Sports Car

Our Mother Lode Tour was interesting and became challenging. The tour meandered through the Sierras to Reno and then to Virginia City. Virginia City is built on the side of a mountain at 6000 foot elevation. One of our group was overcome by elevation and hiking and ended up overnight in the hospital to recover.

A thunderstorm caused a shattered departure as we went to the Bunny Ranch Brothel. The Hooker Booker divided us into male and female groups so more questions would be asked. The men get hesitant for some reason. The hostesses answered all of our questions with ease and confidence. We learned their work is very lucrative and enjoyable. None of our group was greeted by their first name. We had dinner in Genoa which is one of the oldest towns in the west. Fun had by everyone. Tour leaders were Bud VanCott and Rob Phillips.

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



Square & Round Dance

Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- Mainstream Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level with Round Dancing
between tips
Mondays, 2:15-3:30 PM (KS)
Scott & Erin Byars, caller and cuer
- Advanced Class Mondays,
3:30-4:00 PM (KS)
- A-2 DBD Level—Thursdays,
1:00-3:00 PM (KS)

Call Louis or Gail to join today!!

**Contacts: Louis Bobrowsky 434-5932
louisbobrowsky@yahoo.com;
Gail Holmes 253-9048
gailholmes@sbcglobal.net**



Table Tennis

For anyone interested in trying table tennis, we've had a great offer from Tim Frank (member and mentor of the

Table Tennis Group): “If you can hit the ball over the net and move quickly out of the way (we play doubles which makes it good exercise) and no problem picking up dropped balls,” Tim is offering free lessons.

Friday at 8:00 AM is a good time to try out ping pong, there is an automatic ball machine set to practice in 15 minute increments. Tim also offers lessons on Tuesday nights and Sunday afternoons. Contact him at 408-2765 or timcfrank@gmail.com.

The SCLH Table Tennis Group plays three times a week: Play is on Sundays 12:30 to 4:30 PM, Tuesdays 6:00 to 9:00 PM and Fridays 8:00 to 11:00 AM (and you can arrive at any time within those hours).

Contact: Ginger Nickerson 253-3322, gingerlee22@gmail.com



Tap Company

Tap classes are back in full swing and everyone is rehearsing for Alyson’s “Boogie Ride Dance” project, to be performed in conjunction with Sun City Roseville tappers and adult students at Alyson’s Folsom studio. This project is to show the world there is no age limit when it comes to being a tapper. Expect to see this on U-Tube very soon.

We’re also busy working on the 2016 Tap Company Show (March 31, April 1 and 2, 2016) entitled “Hot Vegas Nights.” The script is being reviewed by Ellie Hokenga, our director, and should be ready in a few weeks. Auditions are scheduled November 2 and 5 and we encourage everyone to come try out. Participating in the show will be one of the best experiences you will ever have. More information to follow.

Contact: Celeste Martella 253-7272, celeste7272@att.net; Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com



Tennis

The Mixed Doubles Championship



Patti Kingston, first Janet McDuff/Les Van Pelt; 7.0 Flight: consolation Sue Favela/Peter Schor; first Pietrina Magna/Bob Owen; (not pictured) second Sally & Bob Sanguinet; 8.0 Flight: Kathy & Dave Machol; first Linda Burke/Jerry Dong

Tournament was held on June 25 (see photos with results). Not pictured is the 6.5 Flight—first place: Charles Hooper and Sharon Klotz; second place: David & Linda Mateer.

The very popular nighttime Intramural Team Tennis is approaching. Flyer with information will be posted on the bulletin board and on our website (see below). Play starts in early September every week for six weeks. Don’t have to sign-up with a partner—play consists of one set of MD, MXD and WD. This event is one of the best ways to meet other player of different levels.

Still to come later in the year: Oktoberfest MXD Fun Tournament—October 24. Men’s & Women’s Singles Tournament—November 6 and 7.

Social Events

- Fall Dinner/Dance — November 10
- Women’s Holiday Luncheon — December 3
- Men’s Holiday Luncheon — December 3

Contacts: Linda Burke, 209-3463, scteam10s@aol.com or Greg Burke, 316-3054, burkegbp@aol.com
Website: <http://sclhtg.com>



Vaudeville Troupe

The Vaudeville Troupe enjoyed performing for sell-out audiences July 10 and July 11. We would like to thank you, the audience, for your continued support! Our Dean Martin Tribute, the Mitch Miller audience sing-along, and our lovely dancers were some of the highlights of the show. The comedians, vocalists, and specialty acts, made it an evening to remember.

The cast party was held on July 17. Members and their guests shared a fun night of



Vaudeville Troupe and guests at Cast Party

delicious food and rousing karaoke.

We are looking forward to entertaining you once again in January. If you are interested in joining our great troupe, get your act together and be on the lookout for our upcoming auditions. Remember, There’s No Business Like Show Business!

Contact: Yvonne Krause-Schenck 408-2040, ykrause@yahoo.com



Veterans

Irene Aylworth Douglass, an American woman who relocated with her family to West Pakistan in the 1960s, will be the speaker at a joint meeting with the Community Forum in the Ballroom (OC) at 1:00 PM on August 20. While her husband worked to construct the Mangla Dam—the



On July 11, Vets Group members prepared a truckload of flags for disposal and conducted a ceremony for their proper retirement (photo by Bill Lewis)

world’s largest compacted earth dam—she adapted to life in Pakistan. Despite the clash of cultures, Irene was overwhelmed

Tennis photos from left, 6.0 Flight: second Pam Flaherty/ Tom Hargis, consolation Bob Belknap/

by the warmth, friendship, and hospitality of the individuals she encountered.

Proper disposal of unserviceable American flags has long been a service provided by the Veterans Group to the Lincoln Hills community. Residents place old flags in the group's disposal box in Orchard Creek Lodge at the rate of 400 per year—more than one a day.

Contact: Jack Everett 409-0650,
jack.everett@att.net



Water Volleyball

Interested in a reprieve from the triple digits? What a better way than to join us in the pool? We have a great group of players and new members are welcome.

Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. There are now up to seven sessions available for play on five days a week (see the full schedule below). Try it out three times for free. Annual membership is a nominal fee. We hope to see you in the pool.

Play available (KS):

Open play (all levels): Saturdays 8:50 AM; Mondays and Wednesdays 5:20 PM; Tuesdays 6:20 PM.

Advanced play (rated players only): Mondays, Wednesdays at 6:45 PM, Thursdays 6:20 PM.

Interested? You may contact Jim Puthuff.

Contact: Jim Puthuff 768-3936,
sclhwatervolleyball@aol.com,
jputhuff@softcom.net

Website: www.lhwatervolleyball.com,
www.suncity-lincolnhills.org



West Coast Swing

West Coast Swing Dance Instruction: Second Friday of each month. Next scheduled lesson is September 11.

Location: Fine Arts Room (OC). 5:30-6:30 PM Intermediate/Advanced West Coast Swing, Beginners: 6:45-7:30 PM.

Club Members Free, and Guests \$4.

Annual Tea and Ice Cream Social: Sunday, September 27, Ballroom (OC), 2:00-5:00 PM. Music: West Coast Swing and Ballroom Mix. Club members free,

and guests \$5. Advanced Ticket Sales: RSVP by September 15.

Contacts: Dottie Macken 543-6005,
justdottie@sbcglobal.net; Bob Roman
543-6618, BobRoman@starstream.net
Paula Stollmeyer 434-7352,
pstollmeyer@sbcglobal.net



Woodcarvers

The Lincoln Hills Woodcarvers are dedicated to advancing all forms of woodcarving. Members carve everything from caricatures, to birds, fishes, and tons of holiday ornaments. The membership's skills range from novice to



Lincoln Hills Woodcarvers

Master Carver. This writer, for example, never carved more than a turkey before joining the group seven years ago. The guidance and encouragement of the more experienced carvers, access to a great library, and an available Starter Tool Kit make this a wonderful environment to learn this ancient art form.

Woodcarvers meet between 1:00 and 5:00 PM each Wednesday at the Sierra Room (KS). Come in and join this great group of folks and maybe you too will soon be carving more than your Thanksgiving turkey!

Contact: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Sheer egoism. Aesthetic enthusiasm. Historical impulse. Political purpose. These were the four basic motives outlined by English writer George Orwell in his 1946 essay, "Why I Write."

Maybe you share one or more of these incentives. Maybe you have varying reasons of your own. Why not leave the hot August nights behind and explore your cool writing abilities, whether they are in poetry, prose, fiction or non-fiction.

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room at (OC). Bring 14-16 copies of your work to share (maximum 1,500 words.) We read aloud our writing and then are critiqued by our peers. All SCLH writers or those striving to be writers are welcome.

Contacts: Bev Brannon

bevbrn49@aol.com; Jim Fulcomer
jjfulcomer@mac.com;
Linda Lucchetti linnluu@aol.com

Answers to the Facilities and Maintenance Quiz

The quiz is located on page 13.

- | | |
|--------------------------------|------------------------------------|
| 1) 5,616 rolls of toilet paper | 5) 26,000 pounds of salt (13 tons) |
| 2) 13,600 garbage bags | 6) 2,500 street lights |
| 3) 380,001 chairs | 7) 11.5 miles (18 trails) |
| 4) 1,560 light bulbs | |



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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.

Bowling Group

Lincoln Hills Thursday PM Bowling League at Strikes Unlimited has some openings for our fall-winter season beginning in September. We are a fairly large senior mixed league (about 28 teams) and bowl Thursdays, beginning at 1:00 PM. Our bowlers range from novices to recently returned old hands to high rollers. No matter your level of skill, you'll find your place in our league. If you're looking for regular physical activity and new friends, please contact our Secretary, Linda Zierman at 408-2397 or lzierman@sbcglobal.net as soon as possible.

Cloggers

Want to be cool? It's time to join the real cool Cloggers! Clogging is not only "cool" (fashionable, the in thing, the place to be, etc.), it's healthy for our bodies and our brains as we dance away calories and gain balance. At the same time, we relax to great music and make great friends. Be sure you're signed up for the September 26 Tommyknockers' Clogging Jamboree in Grass Valley. Go to www.ncca-inc.com for all the details. You will be stunned at what those cloggers can do! Come join us and be a clogger yourself. Contact: Anita Tyson, 543-5330.

College Football

Love College Football? Join us for fun for our second year cheering together! The college football season is a mere 45 days away! We are an informal group that gets together in homes, Meridians Sports Bar or other fun venues as suggested. If you enjoy watching college football and the camaraderie that goes with it, please join us. We have Bears, The Cardinal, Sooners, Longhorns, Irish, Trojans and even a Boilermaker just to name a few, so regardless of what team you root for we have fun. More info: Mike Dawson, 209-

You are invited to attend...

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

Monday, August 17 • 10:00 AM Nautilus Society Oaks (OC)

3683 or mikedawson1959@yahoo.com.

Glaucoma Support Group

The Glaucoma Support Group will meet on September 9, at 4:00 PM in the Multipurpose Room (OC). The program for the day will be an Educational Presentation of Medicare Supplemental Plans by Julie Guth. If you plan to attend, please contact Bonnie Dale at 543-2133 or Bjdale@aol.com.

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group starts on September 15 through December 8. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church. Contact Margaret Dobbs through the church office, 645-9620, or LincCa.GS@gmail.com.

LH Foundation Bingo

The Lincoln Hills Foundation August activities: Bingo on Wednesday, August 19 in the Ballroom (OC) with lunch in the Secret Garden at 11:30 AM; Bingo starts at 1:00 PM. Call Ed at 408-1480 to reserve tables of six or more. Visit lincolnhillsfoundation.org for pop-up promotion.

LH Foundation CPR/AED Training

CPR/AED training for residents by a certified instructor at a reduced rate of \$10 or \$20 depending on certification. Thursday, August 27, 9:00-11:30 AM at OC Lodge. Application and registration information: Joan Logue, 434-0749.

LH Italian Club (LHIC)

On Saturday, August 22, from 12:00 to 2:30

PM, join us for a fun afternoon playing La Tombola, the Italian version of Bingo, held in the Multipurpose Room (KS). Enjoy a Box Lunch with friends and play for prizes! This is a Members Only Event. More info: Karen Zimmerman, 253-7418. Have you heard about the very active Lincoln Hills Italian Club? We are a social club established to promote the Italian culture and camaraderie. For information or to join, go to the website www.lhitalianclub.org or contact Virginia Halstenrud, 543-3293.

LH Parkinson's Disease Support Group

Nancy Kretz, President of the Nor-Cal Parkinson's Foundation, will be our speaker on August 18. Nancy will share just how the foundation can help with managing this disease. Come join our Lincoln Parkinson's group meeting at the Raley's Conference Room in Lincoln. We meet on the Third Tuesday of each month from 10:00-11:30 AM. More info: Brenda Cathey, 253-7537.

LH Travel Group www.lh-travelgroup.com

We meet the third Thursday of the month, 7:00 PM in the P-Hall (KS). Everyone is welcome. Collette representative Jay Fehan is our speaker August 20. His presentation covers the following trips: Heritage of America; Southern Charm, Amsterdam Tulip Cruise, Northern New England. Committee members will discuss other trips being offered. See our website for details. Committee members are all Lincoln Hills residents. We are not travel agents. 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, judyvolk@outlook.com.

LH Videography Group

The third meeting of the LH Videography
Continued on page 39

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Continued from page 37

Group will be held on August 18 at 9:00 AM in the Multipurpose Room (OC). This is a new group dedicated to videography. We are now in the process of finalizing our application to the CCOC for club status as well as determining study areas and activities that we would like to pursue. We do intend to include in our presentations, all devices and software that capture and/or manipulate video. If you are interested

in becoming a member, please attend this third meeting, or contact Jeff Hanner at jeffhanner8@gmail.com or 769-2871.

Lincoln Caregiver Support Group

The Lincoln Caregiver Support Group will be hosting Diane Houlton, a Gerontologist and life care specialist with Aging Plan-it. We meet at the Lincoln Library on Twelve Bridges from 9:00-11:00 AM, August 20. Come join us if you are caring for a

loved one and would like some support. We meet on the third Thursday of each month. (Entrance through back door.) More info: Brenda Cathey, 253-7537.

Lincoln Democratic Club

The Lincoln Democratic Club will meet Thursday, August 20 at 6:45 PM in the Placer Room (KS). The program will feature a speaker from Common Cause and the topic will be Voting and Elections.

Continued on page 41

~ Community Perks ~

Lincoln Hills Certified Farmers Market and Vendor Fair Every Wednesday

Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on the weather and availability of crops, the Farmers Market will be offered until November. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@slhca.com to reserve your space.



Document Destruction Monday, August 17

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



Music Group Sponsored "Open Mic Night" Friday, August 28 — Free

6:00-8:00 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. Open to SCLH musicians and their guests. Singers must be accompanied by a musician. No karaoke or back-tracking. Non-performing audience members are welcome.



Artisans in the Lodge Sunday, September 6 — Free

Our annual "Artisans in the Lodge" event is scheduled for Sunday, 9:00 AM to 3:00 PM, OC. There will be a wide selection of resident artisans presenting their work at our annual Artisans in the Lodge event, everything from paintings to origami! Come and see the variety!



KS at the Movies: The Second Best Exotic Marigold Hotel Monday, September 7 — Free

1:30 PM, P-Hall (KS). Rated PG, 122 minutes, Comedy/Drama. Starring Judy Dench, Maggie Smith, Bill Nighy, and Dev Patel. As the Best Exotic Marigold Hotel has only a single remaining vacancy—posing a rooming predicament for two fresh arrivals—Sonny pursues his expansionist dream of opening a second hotel.



Glen Campbell's Goodbye Tour—I'll Be Me Wednesday, September 9 — Free

1:00 PM, P-Hall (KS). The inspirational movie of Glen Campbell's life and career as a great American icon. It portrays him and his family living with Glen's Alzheimer's disease and his "Goodbye Tour" which turned into an emotional and triumphant 151-show nationwide tour. See event, SCLH joins Sacramento Walk to End Alzheimer's on page 47.



New! KS Classic Movies on Saturday: Argo Saturday, September 19 — Free

1:30 PM, P-Hall (KS). Rated R, 120 minutes, Drama/History/Thriller. Starring Ben Affleck, Bryan Cranston, Alan Arkin, John Goodman, and Victor Garber. Acting under the cover of a Hollywood producer scouting a location for a science fiction film, a CIA agent launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1980.



Lunar Eclipse Sunday, September 27 — Free

The LH Astronomy Group invites you to join us for an eclipse party! Telescopes and binoculars will be setup to view this unique event. There will also be an opportunity to see the planet Saturn as well as other night sky objects. The eclipse will begin after sunset; telescopes will be ready for viewing at 7:30 PM. We will continue to watch the eclipse until it ends, around 10:00 PM.



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Continued from page 39

The topic is a key issue for Common Cause in their goal to ensure that elections are free, fair, and accessible to all citizens. Come and hear what efforts are being made to promote voter participation and turn out. The meeting is open to all interested residents. Questions: Martha Hanley, 310-351-5112.

Multiple Sclerosis Group

The Multiple Sclerosis Group will meet Tuesday, September 1 (the Tuesday *before* Labor Day) at 1:00 PM in the Terra Cotta Room (KS). We'll discuss our adventures over the summer. Also, we'll discuss plans for meetings and events for the next year. Questions: Marilyn Sharp, 434-6898. Submitted by Jeri Di Fiore, 408-7565

Open Play Games

Interested in playing card, tile and board games? Opportunities are now available for Open Play at both Lodges. Come to the

Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All residents of SCLH are welcome. Tables are first-come, first-served.

Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other!! Paul Gardner, 434-8400 or paulbear7@gmail.com.

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 or 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 summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Residents interested in trap or skeet shooting can contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

Finance

Continued from page 9

The three main budget meetings are scheduled for the Heights Room (OC) at 9:00 AM September 8, 15, and 22. If you want to see and hear first hand the discussions on forecasts of revenue and expenditures for 2016 by the various departments, and how they relate to your monthly dues, you will find these meetings most valuable. Mark your calendars, and we hope to see you there.

Association financial results for the

month of June were excellent, producing \$80,378 of revenue in excess of expense which, against a budget of negative \$30,946, left us \$111,324 better than forecast. All departments did well for the month, and our new Spa Manager, Kris Holland, will soon have the Spa firing on all cylinders.

For the first half of the year we are in excellent shape, with revenue better than expense by \$128,968 or \$254,616 favorable to budget. The operating cash balance was \$2,015,568 and reserves fund stood

at \$6,849,711. Both the number of homes with past due assessments and the total amount overdue is at an all time low, so thanks to those residents who are diligent in getting their dues in on time or who use the ACH automated payment system.

As mentioned last month and on page 7 in this *Compass*, we will have an opening on the Finance Committee at year end. If you have an interest and would like more information about what the position entails, please email finance.committee@schca.com.

In Memoriam

Beverly Amsbro

Beverly was born in Seattle, but spent most of her life in Northern California, moving from Moraga to Lincoln in 2000. She was active in two golf groups and served as tournament chair for several years. Bev also was an avid bridge player and reader who loved history and was proud of her patriotism. She traveled the world supporting the US Olympic Ice Skating Team. Bev is survived by her three daughters, eight

grandchildren and many others who will miss her dearly. But she is especially missed by her beautiful dog, Cubbie.

Mary Swanson

"Here kitty, kitty" could often be heard coming from Mary Swanson as she tried to rescue stray cats so they could have a better life. Although born in Sacramento and raised in Sutter Creek, she found her home in Lincoln, where she worked tirelessly trying to help "kitties" after moving

from the Bay Area where she retired from teaching 14 years ago. A devoted Wife to Tom, Mother to Tommy and Nichola and Friend to all. Those who knew Mary, felt her love, warmth and spunkiness that would always bring about a laugh. She will truly be missed.

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.



Deborah Meyer
Lifestyle Entertainment Coordinator
deborah.meyer@sclhca.com

Entertainment

—Comedy/Magic—

Magician and Comedian Ryan Kane Thursday, September 10

6:00 PM performance — 5310-07A

8:00 PM performance — 5310-07B

Join us for an evening of magic and comedy with the award-winning magician from San Francisco, Ryan Kane! Ryan is known for his charm and commanding energy onstage. He began learning magic in 1995 when he was six years old and would spend his childhood grasping the fundamentals of this sophisticated and complex craft. In his early teens, Ryan began using his magic and bright personality to gather audiences on the streets of Old Sacramento. The results of these challenging early performances are evident today in his quick wit and charm. In 2012, Ryan took first place in the San Francisco Stage Magic Competition. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). Reserved seating, \$14.



—Concerts—

Summer Amphitheater Concert Series:

Gary Lewis and the Playboys, Live!

Friday, August 21 — 5015-4F

Live in person! The one and only *Gary Lewis and The Playboys* will mesmerize you and take you down memory lane. With eight Gold Singles, 17 Top 40 hits, four Gold Albums, 45 million records sold worldwide, and beating Elvis Presley and Frank Sinatra in 1965 as "Cashbox Magazine's Male Vocalist of the Year," Gary Lewis will have everyone in the audience singing along to his hits. Where were you when "This Diamond Ring," "Count Me In," or "Save Your Heart for Me" hit the charts? Relive those wonderful memories and get ready to have fun! Doors 6:30 PM; show 7:30 PM. General admission, \$30.



A Legend Lives On!

The World Famous Glenn Miller Orchestra®

Tuesday, August 25 — 5325-06

The World Famous Glenn Miller Orchestra® is the most popular and sought after Big Band in the world today, both for concerts and swing dance engagements. With its unique jazz sound, the Glenn Miller Orchestra is considered to be

one of the greatest bands of all time. The present Glenn Miller Orchestra was formed in 1956 and has been touring consistently ever since. The 18-member ensemble continues to play many of the original arrangements from the civilian band and the Army Air Force Band libraries, as well as more modern selections arranged in the Glenn Miller style and sound. Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, Sold Out. General admission, \$21.



Summer Amphitheater Concert Series: Hot August Night: A Neil Diamond Celebration Featuring Dean Colley

Friday, September 4 — 5015-4G

If you like Neil Diamond, you cannot afford to miss Dean Colley's entertaining show, *Hot August Night!* Dean Colley's incredible resemblance in sight and unique voice capture Diamond's fierce passion and energy. The concert will feature your favorite Diamond classics such as "Sweet Caroline," "Song Sung Blue," "Shilo," "Kentucky Woman," "I Am I Said" and songs from Neil Diamond's August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe and Asia to enthusiastic audiences. Doors 6:30 PM; show 7:30 PM. General admission, \$20.



Single Tickets Now on Sale!

KS Music Night Presents

The Fall Classical Series

Azure Artists String Quartet

Tuesday, September 15 — 5315-07A

Baroque Masters

Thursday, November 12 — 5315-07B

Sacramento Opera Chorus

Tuesday, December 8 — 5315-07C

We are pleased once again to present some of the finest classical musicians in the Sacramento area in a three concert series performed at the P-Hall, (KS). First in the series is **The Azure Artist String Quartet** directed by Coco Cocozzella, a group of acoustic musicians who play both classical and contemporary music. This accomplished group consists of two violins, one viola, and one cello. Their program will consist of a variety of music from Mozart to Hedwig's Theme from Harry Potter. November 12 offers a performance by the **Baroque Masters**, a group consisting of harpsichordist Faythe Vollrath, cellist Tim Stanley, violinist Naomi Rogers-Hefley, and flutist Cathie Apple. They have performed at various venues including the Berkeley and Boston Early Music Festivals. They will

Continued on page 44





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 Three hours of intensive therapy daily	 Required	 Not Required
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present a program of works by Baroque masters such as Telemann and Bach. Closing the series on December 8, will be **The Sacramento Opera Christmas Carolers**, the official Chorus of the Sacramento Philharmonic. They recently had the honor of being the chorus for Andrea Bocelli during his June concert at Sleep Train Arena. This talented group of opera singers will present a program that ranges from sacred to funny and everything in between, including holiday favorites like “White Christmas” and “Silent Night.” Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS). **Reserved seating, \$15.**

**Summer Amphitheater Concert Series:
Fleetwood Mask:
The Ultimate Tribute to Fleetwood Mac
Friday, September 18 — 5015-4H**

Fleetwood Mask band, formed out of a mutual love and respect for *Fleetwood Mac*’s music and story, comes from the Bay Area with decades of professional music and theatrical experience combined. Mick Fleetwood, founder of *Fleetwood Mac* gives the band his personal endorsement because of the passion and style found in their live performances. The group authentically recreates the *Fleetwood Mac* concert experience,



covering music that spans from the mid 60’s to the band’s latest releases, as well as Stevie Nicks’ solo smash hits. Fans go wild when they hear “Landslide,” “Say You Love Me,” “Songbird,” “Gypsy” and more. Get ready to be blown away, asking for more, as we wrap up our summer series. Doors 6:30 PM; show 7:30 PM. General admission, \$18.

**The Carolyn Martin Country Swing Trio
Friday, October 9 — 5309-08**

Carolyn Martin, a 2011 inductee into the Texas Western Swing Hall of Fame, will bring her unique sound to the Ballroom (OC). You may remember Carolyn when she played guitar and sang back-up for Jason Petty’s Hank Williams tribute. Western Swing has been described as “Big Band jazz, with fiddle and steel instead of trumpets and saxes.” Carolyn Martin’s music draws inspiration not only from the legendary swing groups of the past, but also from the big band era, Broadway musicals, and from the best of today’s composers. From European concert halls to intimate venues at home in Nashville, fans have come to know Carolyn as a vocalist with a unique sense of musical style, a charismatic stage presence and a voice that exudes passion and experience—the soulful elegance that is the very essence of music. Vince Gill says, “Carolyn Martin is a great swing singer.” 7:00 PM. Ballroom (OC). **Premium**



Continued on page 47

Summer Amphitheater Concert Series Guidelines

ADA: Designated paved area is located in the Amphitheater’s center top tier. Patrons with wheelchairs have priority access. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.

Admission: Wristbands must be worn during concert. **Online buyers can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance.** *Show package buyers can pick up their complete set of wristbands and Series T-Shirt in advance from the Orchard Creek Activities Desk—receipt required for redemption. Lost tickets/wristbands will not be replaced.*

Admittance: Doors open at 6:30 PM.

Chairs/Seating: Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **between 5:00 AM and 5:00 PM** on the day of the event. Amphitheater will close at 5:00 PM on the day of the event and re-open at 6:30 PM. **Chairs placed prior to 5:00 AM, or exceeding height maximum will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at left of stage.

Concert Changes: If there are any changes, notifications will be sent out via eNews.

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on Amphitheater’s bottom tier.

Entertainers: Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances.

Food & Beverage: No-host bar and concessions available starting one hour before concert begins.

Not Allowed: High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, E-cigarettes, pets.

OC Fitness Center/Pool: Closes at 6:30 PM.

Parking: We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.

Permitted: Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed bottles.

Show Cancellation: **All sales are final.** In the case of unexpected “Acts of God,” “Force Majeure,” local authority-related, or any other unforeseen situations that prevent the event from safely being held, **no refunds or exchanges will be issued.**

Ticket Pricing: Located in individual articles in Entertainment section. No child pricing.



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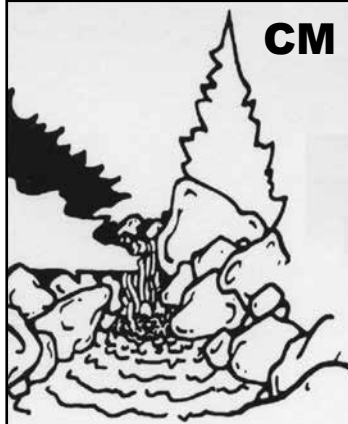
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Reserved Section Seating, \$19. General admission discounted rate, \$15. After September 14, \$17.

**Silent Movie with the Roseville Community Concert Band
Thursday, October 29 — 5329-08**

Welcome to our second annual Silent Movie Night featuring the 1920 horror film version of “Dr. Jekyll and Mr. Hyde”



(just in time for Halloween) starring John Barrymore! Silent movies, whose era lasted from film’s beginning to the late 1920’s, were shown in theaters with live musical accompaniment. We are recreating this experience with the Roseville Community Concert Band performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under the age of seven). Cookies, popcorn and drinks will be available for purchase in the Pre-function Area at the start and at intermission. Enjoy a “Movie Dinner Special” at Meridians prior to the show. Movie patrons will receive a 20% discount, day of the show only (ticket required). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$11.** General admission, \$8.

—Dinner Show—

**Oktoberfest Celebration
Friday, October 16 – 5316-08**

Come polka with us! Our Oktoberfest tradition continues with Oktoberfest music from the Karl Leberz Band, Just Imagine Dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, and dancing. Enjoy traditional German tunes

during dinner and audience dancing later in the evening. After dinner, the Just Imagine Dancers will entertain you with their elegant costumes and traditional waltz numbers. Feast on a sumptuous buffet of traditional German foods. A complete menu is available at the Activities Desks. Enjoy a no-host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. **Reserved table seating discounted rate, \$38.** After September 14, \$40.



—Show—

**Edgar Allan Poe with Duffy Hudson
Monday, October 12 — 5312-08**

Broadway and film veteran Duffy Hudson brings his talent and fascination for Edgar Allan Poe to life in this unique one-man play. “The Shadow of the Raven” begins as Edgar Allan Poe rises from the scene of his mysterious death and continues as he pieces together the events of his life. Using a combination of biographical information and the dramatic interpretation of Poe’s literature, “Annabel Lee,” “The Raven” and “The Tell Tale Heart,” Hudson provides a unique, in-depth theatrical experience of the life and works of one of America’s best-known and enigmatic personalities. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved seating discount rate, \$10.** After September 14, \$12.



Day Trips & Extended Travel



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

Day Trips

**Sun City Lincoln Hills Community Joins the
Sacramento Walk to End Alzheimer’s
Saturday, October 3 — 1924-08**

Support the Walk to End Alzheimer’s disease. A bus, donated by Amador Stage Lines, will take walkers to downtown Sacramento to participate in this annual event. Our goal is to raise at least \$5,000. You can participate in several ways: Join us on the walk and pledge to raise at least \$100; sponsor your friend and neighbor by making a donation to their pledge and walk; go online to:



<http://act.alz.org/> and select our team, Sun City Lincoln Hills Community Association to make your donation. Leave the Lodge at 8:00 AM for the ceremony at 9:15 AM and walk that begins at 10:00 AM. Choose between a one- or three-mile walk, depending on your ability. All funds raised through Walk to End Alzheimer’s further the care, support and research efforts of the Alzheimer’s Association, a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law. Walk is a rain or shine event. In the case of severe weather, we will cancel. We will have lunch together on our way home at the Spaghetti Factory in downtown Sacramento. Register now for the free bus ride, pledge information, and pay for your lunch at Spaghetti Factory, \$20 (includes lunch, tax & tip, and bus driver gratuity.) We hope you will join us in support of someone with Alzheimer’s or dementia; someone who has lost a loved one to the disease; someone who is currently supporting or caring for someone with Alzheimer’s; or anyone who supports the cause and vision of a world without Al-

Continued on page 48

zheimer's. Leave OC 8:00 AM, return ~ 3:00 PM. \$20.

Save the date for Wednesday, September 9 at 1:00 PM in the Presentation Hall (KS) for a free showing of I'll Be Me, the inspirational story of Glen Campbell's life and career as a great American icon. It portrays him and his family living with Glen's Alzheimer's disease and his "Goodbye Tour" which turned into an emotional and triumphant 151-show nationwide tour.

—Casino/Races—

Colusa Casino

Thursday, September 10 — 1950-06

Enjoy a drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet. There may be additional promotions in September. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



Off to the Races

Thursday, September 24 — 1846-06

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, sumptuous 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. Sample buffet menu available at Activities Desks. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.



Jackson Rancheria

Tuesday, October 6 — 1951-08

By popular request we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits or \$25 table game coupon. Spend four hours at the recently remodeled and expanded casino. Enjoy a nice fall drive in the Amador foothills! Casino promotions subject to change. Leave OC 9:00 AM, return ~ 5:00 PM. \$23



—Festivals—

QuiltFest

Thursday, October 15 — 1730-07

Open to all residents! Join the Needle Arts Group for a trip down to The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display

Continued on page 52

Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

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

- **Weather:** Association trips and 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 wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.

- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

- **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 in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

- **Event Ticket for Trips:** Are handed to guests when boarding.

- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.

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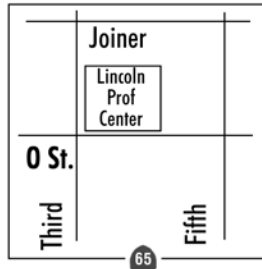
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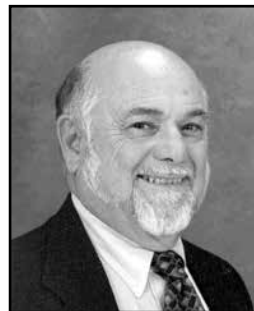


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—Food/Wine—

Best in the West—Rib Cook-off
Thursday, September 3 — 1821-06

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at



Victorian Square in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$38.

Apple Hill
Tuesday, October 13 — 1812-08
Or Wednesday, October 28 — 1824-08

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, a produce and goodies store, and Halloween surprises! The Pie House Restaurant will reserve an area for our group at 11:00 AM to enjoy lunch, a *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill with stops at Larsen's Apple Barn and Boa Vista Orchards. The fall colors and countryside scenery will make this a day to remember. We even get a snack of an Apple Fritter and bottle of water, for the ride home. Leave OC 8:30 AM, return ~ 5:30 PM. \$62.



—Performances—

Hair
A Music Circus Production
Thursday, August 20 — 4562-07

Trip is open to residents and guests immediately! The last

show of the Music Circus summer season, watch the musical that helped define a generation and introduced rock 'n' roll to Broadway. Set against a backdrop of the Vietnam era, a group of late 1960s youth join a social revolution and "Let the Sun Shine In." It takes place in a turbulent era in America's history. It includes draft-age youth rebelling against society and, specifically, the Vietnam War; simulated drug use; brief nudity; profanity; questioning of religion; blatant sexual positioning; refusal of authority; racial stereotypes and slurs of the era; exploration of sexual orientation and identity. Show is held at the air-conditioned Wells Fargo Pavilion in Sacramento performed in a "Theatre in the Round." Leave OC at 6:15 PM, show 7:30 PM, return ~ 11:00 PM. \$93.



Riverdance 20th Anniversary World Tour
Golden Gate Theater-San Francisco
Wednesday, November 4 — 4580-08

The international Irish dance phenomenon is back by popular demand in *Riverdance—The 20th Anniversary World*



Tour. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM matinee show. Leave OC at 10:45 AM, return 9:45 PM. \$104.

If/Then
Orpheum Theater, San Francisco
Wednesday, November 18 — 4551-08

Tony Award-winner and Broadway superstar Idina Menzel ("Wicked," "Rent," "Frozen," "Glee") is reprising her critically-acclaimed performance in *If/Then* on national tour. *If/Then* is a contemporary Broadway musical about living in New York today—and all the possibilities of tomorrow. With unforgettable songs and a deeply moving story, this original new musical simultaneously follows one woman's two possible life paths, painting a deeply moving portrait of the lives we lead, as well as the lives we might have led. For more info about the show: www.ifthenmusical.com/about. Orchestra/Loge seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM matinee show. Leave OC at 10:45 AM, return 9:45 PM. \$138.



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Continued on page 55



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performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$93 each, except Book of Mormon \$127.



“Elf” The Musical

Tuesday, November 10 — 4561-06A

Elf is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa’s bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy’s enormous size and poor toy-making abilities cause him to face the truth. With Santa’s permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic is sure to make everyone embrace their inner Elf. \$93.



Pippin

Tuesday, December 29 — 4531-06B

Pippin is Broadway’s high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of Wicked, Pippin will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards® including Best Musical Revival. Hailed as “an eye-popping, jaw-dropping extravaganza,” it’s unlike anything Broadway has ever seen! Come experience Pippin, one young man’s journey to be extraordinary. This captivating new production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Pippin is noted for many Broadway standards including “Corner of the Sky,” “Magic To Do,” “Glory,” “No Time at All,” “Morning Glow,” and “Love Song.” Join us for a magical, unforgettable new Pippin. \$93.



The Little Mermaid

Tuesday, February 2, 2016 — 4561-06C

Disney storytelling at its best! Music by the team from Disney’s Beauty and the Beast, including “Part of Your World” and “Under the Sea.” Unsatisfied with her life at sea, young mermaid Ariel longs to experience the human world above. The classic love story captivates audiences of all ages. \$93.



Additional date added! Book of Mormon

Wednesday, March 16, 2016 — 4561-08

Don’t miss one of the most talked about Broadway shows in the last few years. The Book of Mormon is an edgy and outra-

geous satire musical which takes shots at everything from organized religion to consumerism, the state of the economy and the musical theatre genre itself. The show tells the story of two young Mormon missionaries who are sent to a small town in Uganda. They are shocked at the cultural differences, as a War Lord threatens the local villages and controls the area by fear. Both missionaries attempt to share the scriptures with the local people, although only one of them knows it well enough. Famine, poverty and disease threaten the town, and the duo must battle their own beliefs in order to succeed and make a change. They learn about themselves, the true meaning of friendship and what religion ultimately means to them. Get your tickets to the hottest show in town! *Contains adult themes and explicit language, and is provocative with no boundaries.* \$127.



Newsies

Tuesday, April 12, 2016 — 4561-06E

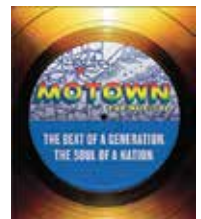
They delivered the papers, until they made the headlines... Direct from Broadway comes Newsies, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards® for Best Score and Best Choreography, Newsies has audiences and critics alike calling it “A musical worth singing about!” (*New York Times*). Filled with one heart-pounding number after another, it’s a high-energy explosion of song and dance you just don’t want to miss. Based on true events, Newsies tells the captivating story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. It’s a rousing tale about fighting for what’s right... and staying true to who you are. \$93.



Motown the Musical

Tuesday, May 24, 2016 — Sold Out

It began as one man’s story... became everyone’s music... and is now Broadway’s musical. Motown The Musical is the true American dream story of Motown founder Berry Gordy’s journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. Featuring classic songs such as “My Girl” and “Ain’t No Mountain High Enough,” experience the story behind the music in the record-breaking smash hit Motown the Musical!



—Sports—

Oakland A’s Battle of the Bay

We’ve obtained field level seats on the first base side to see cross town rivals San Francisco Giants! Ample time to enjoy pre-game festivities and some ballpark munchies and



Continued on page 57

**HOT AUGUST NIGHT:
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settle in for some great baseball! Game time 1:05 PM. Depart OC at 9:45 AM, Return ~ 6:45 PM.

- **Oakland A's vs. San Francisco Giants • \$92**
Sunday, September 27 — 6320-01D
Seats located Field Level Section 106.

River Cats

The River Cats are now affiliated with San Francisco Giants as their AAA farm team with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? We have one River Cats game left to enjoy at the beautiful Raley Field in West Sacramento. Senate Box seating, section 111 or 110. All games depart at 5:45 PM ~ return 11:30 PM. \$50.

- **River Cats vs. Reno Aces (Arizona Diamondbacks)**
Tuesday, September 1 — 6271-03D



—Tours/Leisure—

Rosie the Riveter WWII Home Front National Historic Park

Tuesday, September 15 — 1762-06

Explore and honor the efforts and sacrifices of American civilians on the World War II home front. Find out how they lived, worked and got along. Many faces, many stories, many truths weave a complex tapestry of myths and realities from this time of opportunity and loss. An unusual urban national park, the Rosie the Riveter/WWII Home Front National Historical Park is located on the waterfront in Richmond, CA. It is the flagship national park for telling stories of the home front efforts across the United States. We'll enjoy the visitor's center and movies, along with a ranger-led private bus tour around the park sites. Lunch included at Assemble Restaurant adjacent to the visitor's center with choice of *Turkey BLT*, *Vegetarian Sandwich of the day* or *Cobb Salad*. Includes coffee, iced tea or a soda (alcohol purchases on own). Complete menu at Activities Desk. Lunch choice to be given at time of registration. Leave OC at 8:00 AM, return ~ 5:45 PM. \$69.



San Francisco — Pier 39/Fisherman's Wharf

Wednesday, September 16 — 1844-07

Enjoy a special excursion to Pier 39 and Fisherman's Wharf. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have a nice meal, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 9:00 AM, return ~ 8:00 PM, \$37.



California Capital Airshow

Sunday, October 4 — 1930-07

Don't miss your chance to see two of North America's Elite Military Jet Demonstration Teams in one place! See the USAF

Thunderbirds in their signature formation flying and the Royal Canadian Air Force Snowbirds in thrilling and graceful action! The California Capital Airshow is celebrating their 10th anniversary as



Sacramento's premier airshow held at Mather Field in Rancho Cordova. They've brought back the large chalet tent with an included buffet and soft beverages this year that includes seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIPs entrance and up front bus drop off and parking along with private restrooms for chalet guests only. Docents and airshow staff will be available for assistance and questions. Enjoy aircraft displays and speak to pilots, crewmembers and see crazy aerobatics. Skip the traffic and parking hassles and join us for this spectacular airshow. Buffet menu available at Activities Desks or online. Leave OC at 8:30 AM, return ~ 5:30 PM. \$112.

Additional bus added!

Fleet Week Hornblower Luncheon Cruise

Sunday, October 11 — 1831-07



Fleet Week is back! We've reserved space with Hornblower Cruises for your enjoyment of the festivities.

Streets are crowded so we've opted for the cruise only. You'll be in awe as the Navy Blue Angels soar right above you on the bay along with several other air teams! Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat Gourmet Buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it can get cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat and we'll give plenty of time after returning to the dock to get to the bus for departure. There will be a rest stop on way home. Leave OC at 10:00 AM, return ~ 8:30 PM. \$152.



Ferry to San Francisco — Union Square

Tuesday, October 27 — 1842-08

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



San Francisco Ferry Building with Katrina, your Trip Coordinator. Enjoy Farmer's Market Day at the Ferry Building and two hours of shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping/

Continued on page 59

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—Overnight & Extended Travel—

Eldorado Overnight—Cirque Show!
Tuesday, September 22 to
Wednesday, September 23 — 1971-06A or B

“Saltoriya,” which means “feel-good sensations” in Italian, is a new theatrical cirque show comprising awe-inspiring acclaimed performers, acrobats, daredevil stunts and comedy in an exhilarating, uplifting experience. This show pushes the envelope with entertainment of the highest caliber in the perfect melding of circus and theater, brought to life by an original musical score and surrealistic characters. We are arriving early enough to offer two dining options for this overnight trip, the sumptuous buffet or the award-winning Roxy Restaurant with your choice of *House Filet*



Mignon, Cedar Planked Salmon, Sticky Lemon Chicken or “The” Pork Chop, and includes a first course and dessert. Choose food option at time of seating. Complete menu at Activities Desks. Breakfast at the buffet is included the next morning before a mid-morning departure back to LH. Leave OC at 11:30 AM, Tuesday, September 22, return Wednesday, September 23 ~ 1:15 PM. A signed liability waiver is required for each participant. Price options per person based on dinner choice:

Buffet \$142 double occupancy/\$172 single — 1971-06A
Or Roxy \$162 double occupancy/ \$192 single — 1971-06B

Sold Out Trips thru September 20

Trip • Date • Departure Time

- **Giants vs. Washington Nationals**
Sunday, August 16 — 9:00 AM
- **Phantom of the Opera**
Thursday, August 20—10:45 AM
- **SF Movie Tour**
Wednesday, August 26—7:30 AM
- **Giants vs. St. Louis Cardinals**
Sunday, August 30 — 9:15 AM
- **Sausalito Floating Homes Tour**
Saturday, September 12 — 8:00 AM

Activities Department Classes



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

Art

—Drawing—

Beginner Drawing

Thursdays, September 3-24 — 132215-08

10:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on land-



scape and figures. Supply list available at the Activities Desks and online.

—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, September 2-30

9:00-11:30 AM Class — 113115-08

Or 1:30-4:00 PM Class — 113215-08

AM and PM sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Marilyn Rose.

Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



Continued on page 62

Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

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Painting Pastels and Oils with Barry Mondays, September 7-28 — 105115-08

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks and online. Or on instructor's website. www.pastelpainter.com.



—Watercolor—

Beginning Watercolor Painting Thursdays, September 3-24 — 132115-08

1:00-4:00 PM (OC). \$60 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into 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 master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.



Bridge

Bridge — Competitive Bridge Intermediate Level Thursdays, August 20-October 8 — 164115-06

10:00 AM-12:00 PM (KS). \$75 (eight sessions). Instructor: Laurie Vath. **Prerequisite:** Proficiency in the principles taught in the Bridge Plus class. This class will focus on the competitive aspects of the game. It will include competitive bidding and strategy such as balancing, sacrificing, and leads. The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, September 2-30 — 206115-08

1:00-4:00 PM (KS). \$50 (five sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning and continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.



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. Held in conjunction with the ongoing Lladro class, workshop is not for beginners and does not provide moderator instruction. 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, September 1-29 — 212115-08

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes.



Advanced Ceramics

Tuesdays, September 1-29 — 212215-08

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Self-motivated students/artists with established ceramic skills work on assigned projects under instructor's guidance and critique. Assignments, projects, and technique demonstrations will be given by the instructor. *About the instructor:* Jim's Ceramics Arts expertise is continuously crafted through continuing education in nation-wide workshops providing Jim with tools



Continued on page 64




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Ceramics — All Levels

Thursdays, September 3-24 — 221115-08

1:00-4:00 PM (OC). \$54 (four 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 goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

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

Intro to Card Making — Beginners

Wednesdays, September 9-23 — 317115-08

9:00 AM-12:00 PM (KS). \$29 (three sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started?



Then this class is for you! This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class

size is limited; sign up early to reserve your space. All supplies will be provided.

Card Making Level 2—Intermediate

Tuesdays, September 8-22 — 317215-08

9:00 AM-12:00 PM (KS). \$29 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level 3 — Intermediate-Advanced

Mondays, September 14-28 — 317415-08

Or Fridays, September 11-25 — 317315-08

9:00 AM-12:00 PM (KS). \$29 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or has instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines and much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided.



Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, it is a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.

Beginning Clogging

Tuesdays, September 1-29 — 332115-08

10:00-11:00 AM (KS). \$35 (five sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. New fall class begins September 1. Bring your friends, bring your enthusiasm. I look forward to meeting you all. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, September 1-29 — 332215-08

11:00 AM-12:00 PM (KS). \$35 (five sessions). Instructor: Jan-

Continued on page 66

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ice 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.

Intermediate Plus Clogging

Tuesdays, September 1-29 — 332315-08

12:00-1:00 PM (KS). \$35 (five 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 in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events.

—Country Western Dance—

Country Couples Western Dance Beginner Level One & Two

Mondays, September 14-28 — 344215-08

7:00-8:00 PM (KS). \$15 (three 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. Instruction will be at a slower pace for beginners.

Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, September 14-28 — 344415-08

8:00-9:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of 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. Dances to be taught: "Mexican Wind and Sleeping Child."



Country Line Dancing

Fridays, September 4-25 — 346115-08

3:00-4:00 PM (KS). \$15 (three sessions; no class September 18). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—

Ballet/Lyrical

Thursdays, September 3-24 — 353515-08

5:00-6:30 PM (OC Fitness). \$50 (four 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 and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!



Performance Dance—Intermediate to Advanced Level Fridays, September 4-25 — 354515-08

2:00-3:30 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater in preparation for the Fall Musical and Holiday Shows.



—Hula—

Hula

Thursdays, September 10-24 — 390215-08

1:15-2:15 PM (KS). \$24 (three sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



—Jazz—

Jazz Class for the Beginner

Thursdays, September 3-24 — 353015-08

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. 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. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe,

Continued on page 69

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Jazz Technique 2

Tuesdays, September 1-29 — 353115-08

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.



—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule an 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. We will run an eight-week session on a trial basis. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



Intro to Line Dance

- **Mondays, September 14-October 26 — 360015-08**
4:00-5:00 PM (KS). \$42 (seven sessions).
Instructor: Audrey Fish.
- **Thursdays, September 3-October 29 — 370015-08**
9:00-10:00 AM (KS). \$54 (nine sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I Beginner

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

- **Mondays, September 14-28 — 370115-08**
9:00-10:00 AM (KS). \$18 (three sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, September 10-24 — 360115-08**
2:30-3:30 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish.
- **Fridays, September 11-25 — 380115-08**
12:00-1:00 PM (KS). \$21 (three sessions).
Instructor: Sandy Gardetto

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line

Dance. 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, September 14-28 — 360215-08**
5:00-6:00 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish.
- **Wednesdays, September 16-30 — 380215-08**
9:00-10:00 AM (KS). \$21 (three sessions).
Instructor: Sandy Gardetto.

Line Dance III — Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. 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, September 16-30 — 380315-08**
10:00-11:00 AM (KS). \$21 (three sessions).
Instructor: Sandy Gardetto.
- **Thursdays, September 10-24 — 360315-08**
3:30-4:30 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, September 3-24 — 370415-08

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento. Audrey’s Master’s 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.



Continued on page 70

• **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. Sandy teaches in workshops in California and Hawaii.

• **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. 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—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



Beginning Tap

Thursdays, September 3-24 — 410115-08

11:00 AM- 12:00 PM (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. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

Technique Classes

Mondays, September 14-28 — 410515-08

10:00-11:00 AM (KS). \$24 (three sessions).

Tuesdays, September 1-29 — 410215-08

10:00-11:00 AM (KS). \$40 (five sessions).

Thursdays, September 3-24 — 410815-08

10:00-11:00 AM. (KS) \$32 (four sessions).

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, September 14 — GLASS

4:30-6:30 PM, Sierra Room (KS). \$15. Moderator: Jordan

Gorell. Prerequisite: For experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Mondays, September 14-28 — 494115-08

1:00-4:00 PM (KS). \$42 (three sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has been working with stained glass for 25 years including 14 years working and teaching at Citrus Heights Stained Glass in Roseville.



Jewelry

—Beading—

Statement Multi-Strand Necklace

Tuesdays, September 8 & 15 — 513115-07

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. Can jewelry make a statement? You bet! And with this necklace, you get to choose the kind of statement—big and bold or small and subtle. It's in the choice of beads—color and size provide the “words,” you put them together for your very own statement! Go colorful, go neutral; guaranteed to be one of a kind. This project is easy enough for beginners; experienced beaders will find this a way to use up their stash. Sign up early, get the materials list—most of the beads are from a local craft store so you can keep any eye out for sales plus use your senior discount!



Art Deco Bracelet

Tuesday, October 13 — 513215-08

9:00 AM-12:00 PM (KS). \$15. Instructor: Cathie Szabo. The 30's Art Deco style translates into an eye-catching bracelet. Two-hole rulla beads team up with elongated crystals to form a stylish pattern. So simple and sophisticated, yet simple to make—maybe a potential gift idea? The bracelet is so easy and fast to make; students should finish the bracelet in class. Beginners will find this bracelet a great introduction to beading; experienced beaders will have a new way to use a different type of bead. Check out



Continued on page 73

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—Silverware Jewelry—

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Ring

Mondays, September 14 & 21 — 542115-08

9:00 AM-12:00 PM (KS). \$52 (two sessions).

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How Much Money Do You Need to Have in Your Retirement Account?

Tuesday, August 25 — 870000-09

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Register: Fitness/Activities Desk or online.

Getting Your Stuff Together: Organizing Your Estate

Tuesday and Wednesday, September 1&2 — 863000-09

9:00 AM-12:00 PM, Oaks & Gables (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the 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



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Let's Talk About Advance Health Care Directives

Wednesday, September 9 — 863100-09

9:00 AM-12:00 PM, Oaks and Gables (OC). \$30. 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/Activities Desk or online.



Choosing an Investment Partner

Tuesday, September 22 — 870000-1S

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. What do you do if your spouse who was handling the family finances is no longer with us or able to do so? What if you are by yourself and you no longer want this responsibility? Who do you choose to take over and what qualifications should they have? Come learn how to choose an Investment Partner, we will analyze options such as friends, family, or an outside third person. Russ Abbott. Register: Fitness/Activities Desk or online.

Movie

Movies with Ray Ashton: “Judy Garland”

Wednesdays, September 16 October 7 — 521415-08

1:00-4:00 PM (KS). \$ 30 (four sessions). Instructor: Ray Ashton. She was the greatest movie musical star! Judy Garland captured our hearts and gave us many of film's finest musical moments. Nearly 46 years after her passing she still dominates any discussion of movie musicals. Over four weeks we will take a look at her life and watch four of Judy's classic films: “The Wizard of Oz” (1939), “Meet Me in St. Louis” (1944), “A Star is Born” (1954), and the fourth to be chosen by the students. Join us as we take a wonderful musical journey.



Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval. Instructor moves the students to the next level based on skills evaluation. Beginning Level (1A) class will be offered in January.

Guitar 1B—Continuing Beginner Level

Mondays, September 14-28 — 535715-08

8:00-10:00 AM (OC). \$26 (three sessions). Instructor: Bill Sveg-
Continued on page 75

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lini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1A (offered each January), or instructor approval: Bill, 899-8383. 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. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed.



Guitar 2A—Continuing Beginner Level Wednesdays, September 2-30 — 535115-08

8:00-10:00 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1B or Instructor's approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

Guitar 2B—Continuing Beginner Level Wednesdays, September 2-30 — 535215-08

10:15 AM-12:15 PM (KS). \$60 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2A or Instructor's approval. Class expands on lessons of Guitar 2A.

Guitar 3—Intermediate

Thursdays, September 3-24 — 535315-08

8:00-10:00 AM (OC). \$48 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor's approval. Studies include reading music in the second, fifth, and seventh positions, learning moveable chords and chord patterns, strumming and advanced finger-picking and use of guitar pick.

Guitar 4—Advanced

Thursdays, September 3-24 — 535415-08

10:00 AM-12:00 PM (OC). \$48 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets.

—Voice—

Singer Vocal Boot Camp Continuation Fridays, September 4-25 — 536215-08

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Learn and improve on



reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.

Personal Improvement

—Driver Training—

Two-day class: AARP Driver Safety Training Tuesday & Wednesday, August 11 & 12 — 481015-06

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training, is geared to the "over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to the class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited.



The Sudoku Series

Tuesday, August 25 — 870000-08

Tuesday, September 22 — 870000-10

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned. The instructor will teach his own personal "Box Rule of Two" system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass. Register: Fitness/Activities Desk or online.



Sewing

—Certification—

Bernina Serger Certification

Monday, September 14 — 591115-08

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

Bernina Sewing Machine Certification

Monday, September 14 — 592115-08

2:30-3:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Continued on page 77

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Monday, September 14 — 593115-08

3:30-4:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

—Quilting—

Block of the Month Class

This is a six-month hand appliqué class to make 12 flower quilt blocks. This original pattern is designed by Betty Kisbey. Each month a pattern will be provided for two of the 12 flower blocks in the quilt. At the last session of class in March, written instructions will be given for putting the quilt together along with instructions for borders and alternate blocks. If there is enough interest, a finishing class may be offered for an additional fee.



Flower Garden© Block of the Month Class.

Mondays (see below) — 594115-08

October 12, November 9, December 14, January 11, February 8, March 14, 10:00 -11:00 AM (OC) \$60. (six sessions) \$6. Supply fee payable to instructor. Instructor: Betty Kisbey. **Prerequisite:** Students must have knowledge and be familiar with hand appliqué techniques. This is a once-a-month hand appliqué class that will run for six months to make 12 flower quilt blocks. The pattern provided to students is an original design by the instructor. Each month, new patterns will be given to the participants. A demonstration on how to make the blocks as well as proper use of tools and techniques will be shown at the start of each session. Students are expected to sew the patterns outside class time and bring the completed block the following month and show to instructor. After the demonstration, students will have the opportunity to consult with instructor and ask questions regarding their block. The class will only cover the 12 flower blocks in the quilt. At the last session of the class in March, written instructions on putting the quilt together along with borders and alternate blocks will be given to each student. If there is enough interest, a separate finishing class may be offered. Other Quilt Block classes maybe offered in the future. **Note:** *The patterns may be made by machine appliqué; however, no instruction will be given on machine appliqué. Lesson will not include sewing during class time. Students must bring their own fabric and supplies to class.*

Technology

—General—

Getting Most Out of Gmail

Monday, September 21 — 285315-08

9:30 AM-12:00 PM (OC). \$18. Instructor: Bob Ringo. Gmail,

also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device—desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class.

Organizing Your Windows Information Files & Folders

Wednesday, September 23 — 283115-08

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$18.

Prerequisite: Basic computer skills. The average PC user collects many types of information—music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun!



Tips and Tricks for Beginning PC Users

Monday, September 28 — 282115-08

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo.

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



More Tips and Tricks for Beginning PC Users

Tuesday, September 29 — 282215-08

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this

Continued on page 78

class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.

—Genealogy—

Cloud Storage and Your Genealogy Data

Friday, September 25 — 284115-08

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$18. Using the “Cloud” for storing and backing up your genealogy data is a must these days for the modern genealogist.



“Cloud” storage is off-site storage using the Internet. There are many safe, free, and easy-to-use Cloud storage sites such as Google Drive, OneDrive, Dropbox, and Evernote. If your computer dies and you accidentally delete or lose a genealogy file, you can easily restore the lost data from your cloud storage. If you have more than one computer, cloud storage is a good way to sync your genealogy data between all of your computers.

—SmartPhones and Tablets—

Introduction to SmartPhones

Tuesday, August 25 — 256215-07

Or Monday October 26 — 256215-08

August 25, 9:00 AM-12:00 PM. October 26, 1:00-4:00, (OC). \$40 Instructor: Len Carniato.

Prerequisite: Gmail account. If you just bought an Android SmartPhone from Verizon, AT&T, T-Mobile, etc., (or a tablet) you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great Smart-Phone start.



Android Intermediate

Wednesday, August 26 — 255315-07

Or Tuesday, October 27 — 255315-08

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Google's Android is outstanding on SmartPhones and Table Computers. Come to this seminar, connect to our Wi-Fi and discover how to customize your device and make it perform your way. We will go thru key device settings that let you do amazing things. We'll review Navigation, Accounts, Battery management, etc. We'll explore useful accessories, widgets, email, calendar, photos, music, maps, and apps in detail. On our large screen, you'll be able to easily see everything we discuss and recommend, then proceed to customize your own device. If you've had your SmartPhone for a while, this class for you.

Android Advanced

Thursday, August 27 — 255215-07

Or Wednesday, October 28 — 255215-08

August 27 1:00-4:00 PM. October 28, 9:00 AM-12:00 PM. (OC). \$40. Instructor: Len Carniato. **Pre-**

requisite: Ready to go beyond the basics. Your Android device is made to take advantage of “the cloud,” and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective Android Phone or Tablet might meet all your needs.



iPad Basic

Saturday, November 21 — 264215-08

9:00 AM-12:00 PM (KS). \$30. Instructor: Ken Silverman. **Supply fee:** \$5 payable to instructor. Get more out of—and into—your iPad2

or greater iPad, Mini than you ever thought possible. Learn all about the latest iOS9, like Air Play and Internet. How to get you photos off your device and saved. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. **Bring your iPad**—we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate.



—Social Media—

Facebook 101

Saturdays, August 22 & 29 — 272115-07

Or Saturday, September 19 & 26 — 272115-08

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. **Prerequisite:** Must

have personal working email. 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.



Continued on page 81

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- **Tuesday, August 18 — 700100-A7**
2:00-3:00 PM, Fitness Floor (OC)
- **Friday, September 11 — 700100-O1**
4:00-5:00 PM, Fitness Floor (OC)
- **Wednesday, September 16 — 700100-O2**
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, September 24 — 700100-O3**
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, August 26 — 700100-KD**
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, September 9 — 700100-KA**
10:00-11:00 AM, Fitness Floor (KS)
- **Tuesday, September 29 — 700100-KB**
2:00-3:00 PM, Fitness Floor (KS)

New! Category headlines are now listed in alphabetical order

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1-L2

Tuesdays, September 1-29 — 801000-9A

Wednesdays, September 2-30 — 801000-9B

Thursdays, September 3-24 — 801000-9C

Fridays, September 4-25 — 801000-9D

Tuesdays & Thursdays 11:00 AM-12:00 PM,

Wednesdays and Fridays 12:00-1:00 PM,

Aerobics Room (OC). \$35 Thursdays & Fridays (four sessions) \$43.75 Tuesdays & Wednesdays (five sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength.



Cardiac Pulmonary Exercise Program (CPEP 1)

Monday, September 7-28 — 880000-09

3:00-4:15 PM, Aerobics Room (OC). \$40 (four sessions). Instructor: Annamarie Estevez. This class is designed for those with Cardiac Pulmonary Disease including post-rehab as well as those with a diagnosis of Cardiac Pulmonary Issues. Exercise is one of the best activities for Cardiac Pulmonary Disease, it can assist in reduction of body weight and the reduction of blood pressure. It reduces LDL cholesterol (bad cholesterol) and Increases HDL (good cholesterol) This class is designed as a circuit type cardio and strength class. Each class will include an exercise portions as well as an education portion. Topics will range from exercise safety to nutrition. Register: Front Desks or online.

Diabetes Exercise Program (DEP 1)

Wednesday, September 9-30 — 878000-09

3:00-4:15 PM, Aerobics Room (OC). \$40 (four sessions). Instructor: Annamarie. This class is especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels even hours after you've stopped exercising. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class. Register: Front Desks or online.



New! Do Those Hand Sanitizers Really Work?

Protecting Yourself during the Flu Season

Tuesday, September 29 — 850000-01

9:00-11:00 AM, Fine Arts (OC). \$28. Instructor: Victoria Florentine RRT, Respiratory

Care Practitioner. This class is open to anyone who wishes to stay well during the flu season. Older adults, people with chronic illnesses, and those with compromised immune systems are especially vulnerable to colds, the flu, and pneumonia. Learn about why there is a flu "season," the definition of a "flu virus," why older adults are more vulnerable than younger adults, how to tell the difference between the "common cold"



Continued on page 83

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and the flu, the most important steps you can take to prevent colds and the flu, the truth about flu and pneumonia vaccines, and steps to take if you should get sick. Learn the facts from an expert in cardiopulmonary care! There will be a question and answer session at the end of the 75-minute presentation. *This class is the first in a series of monthly classes on cardiopulmonary health and wellness.* Register: Fitness front desks or online.

Events

Activities happening around Sun City Lincoln Hills designed to keep you in touch with the larger community outside our fitness centers.

Grand Opening! The WellFit Studio Thursday, August 27

12:00-2:30 PM. You are invited to our new WellFit Studio at the Orchard Creek Fitness Center. Join us for *free* 15-minute Pilates classes, private training samples, snacks and light refreshments. Come meet our Pilates Reformer trainers. Bowenwork sampling will be ongoing during the open house. Take advantage of our opening day specials:

- Purchase a Pilates membership today and get 4 reformer classes for free
- Three Private Sessions for \$90 (40% discount) good for September

Couch to 5k Training

Wednesday, September 9-October 14 — 820919-TR

8:30-9:30 AM, KS Fitness Center entrance \$45 (six sessions, includes race registration, T-shirt and bracelet).

Instructor Milly Nunez. Have you ever wanted to become a runner? Now's your chance to go from the couch to running a 5k in a matter of weeks! Participants will embark on a guided training schedule with the coaching of experienced runner Milly Nunez. We will start off slow with a combination of walking and running along with strength and stretching. We will be discussing race day nutrition and many winning strategies. In six weeks you'll prepare mentally and physically to successfully complete your 5K race. Our training will culminate at the Breast Cancer Awareness run on Wednesday, October 21 here at Lincoln Hills. Register Fitness Desks only.



Breast Cancer 5k Fun Run

Wednesday, October 21 — 820919-BR

8:30 AM, KS Fitness Center. (\$25) includes t-shirt and bracelet. \$10.00 of registration goes to Placer County Endowment additional donation opportunities are available. Come join us for a fun 5k run to benefit Breast Cancer. A 5k is just over three miles. This is not a competitive race and all levels are welcome. Training is available with registration, see 5k training below. Register at Fitness Desks only.



Opportunity to win a Quilt!

We will have a drawing for an opportunity to win a Quilt that was donated by our Community Service Group. All proceeds go to Placer County Breast Cancer Endowment Fund. Tickets may be purchased at OC and KS Fitness Centers.

Lessons

Programs that provide learning the mental, physical and emotional side of outdoor activities.

Cardio Tennis

Tuesdays, September 1-29 — 790401-09

8:00-9:00 AM, Court #11. \$35 (four sessions).

Instructor: Eldon Wilson. This is a fun class that combines the best features of the sport of tennis ground strokes, volleys and more along with music while delivering an aerobic workout within the boundaries of the students in the class. Register: Fitness Desks or online.



New! Beginner Clinic

Thursday, September 3 — 790400-13

11:30-12:30 PM, Court #11. \$15 (one session). Instructor: Eldon Wilson. *Beginner:* Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end. Register: Fitness Desk or online

Ground Strokes Clinic

Saturday, September 12

2.5-3.0 players 11:00 AM-12:00 PM — 790400-11

3.5-4.0 players 12:00-1:00 PM — 790400-A1

Court #11. \$15 (one session). Instructor: Eldon Wilson.

Ground strokes: A ground stroke can be hit with topspin or under spin and is hit mostly from the baseline. You will go through footwork, balance, upper body stroke as well as the lower body and positioning to the shot. Each player has their own style, clinics are designed to enhance your style not change it. Register: Fitness Desks or online.

Service Clinic

Saturday, September 26

2.5-3.0 players 11:00 AM-12:00 PM — 790400-12

3.5-4.0 players 12:00-1:00 PM — 790400-A2

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is. Register: Fitness Desks or online.

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Pro Tennis Lessons

Sundays, August 23-September 27

Beginner 8:00-8:50 AM — 790700-05

Intermediate 9:00-9:50 AM — 790600-05

Advanced 10:00-10:50 AM — 790500-05

Courts #10/11. \$75 (six sessions).

Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online.



Nordixx Pole Walking

Thursday & Friday, September 24 & 25 — 750000-09

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities, by walking 30 minutes at least three times a week that gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine? If so, come & learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session. Register: Fitness Desks or online.



Martial Arts & Mindful Movement

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.

Healing with Chi (“chee-gong”) L1

Thursday, September 3-24 — 820706-09

1:00-2:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Sherry Remez. If you’re ready to relax mind and body and learn scientifically verified techniques and ancient secrets for enjoying life to the fullest, this is the class for you. You are invited to Healing with Chi (“chee”/energy) the ongoing class with-a-smile, where you gain mindfulness, increase life energy, release stress and pain for greater longevity with the feeling of well-being. Enjoy being guided by 30-year holistic healing practitioner, Sherry Remez. Sessions are based on her book *Energy Healing—Your Heart, Mind & Hands*. Appropriate for any age or fitness level.

Self-Defense and Martial Arts

Tuesdays, September 1-29 — 815000-09

6:00-7:30 PM, Aerobics Room (OC). \$60 (five sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills for needed varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



Tai Chi L1

Tuesdays, September 1-29 — 730100-09

Saturdays, September 5-26 — 730100-9A

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC), \$43.75 Tuesdays (five sessions); \$35 Saturdays (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together.

Tai Chi Intermediate L2

Saturdays, September 5-26 — 730300-09

10:00-11:00 AM, Aerobics Room (OC). \$35 (four 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.



Tai Chi Advanced L3

Tuesdays, September 1-29 — 730400-09

2:45-3:45 PM, Aerobics Room (KS). \$43.75 (five sessions). In-

Continued on page 87



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structor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

Money Matters

This section is moving to Activities Classes in the future, see page 73.

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

How Much Money Do You Need to Have in Your Retirement Account?

Tuesday, August 25 — See Activities Classes page 73

Getting Your Stuff Together: Organizing Your Estate

Tuesday and Wednesday, September 1&2 — See Activities Classes page 73

Let's Talk About Advance Health Care Directives

Tuesday, September 9 — See Activities Classes page 73

Choosing an Investment Partner

Tuesday, September 22 — See Activities Classes page 73

—Nutrition—

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.

New! Re-Start Your Health in just five weeks

Tuesday, September 8-October 6 — 860000-AA

1:00-2:30 PM, Multipurpose Room (OC). \$99 (five sessions). Instructor: Audrey Gould RD, NTP. Restart is a five-week program with a three-week sugar detox built right in. The program focuses on how to use *real food* to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processing the toxin sugar. Register: Activities /Fitness Desks or online.

Pilates Reformer

Prerequisite: All Pilates Reformer classes require completion of The Introductory Reformer Session L1.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month during the third week of the previous

month. Additional classes may be added as a member. Non-members select classes (after members) on the fourth week of the month on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package**
\$80 per month
- **Eight-class membership package**
\$135 per month
- **Add-on classes for member**
\$17 per class
- **Drop in classes for non-member**
\$25 per class
- **Introductory session**
\$30 for both member and non-member

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in Reformer Membership, speak with staff at OC or KS Fitness Desks. These packages are not available online. A temporary month-long suspension of membership is available for those enrolled in the eight-class package.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A8

Fitness Floor (KS). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.



SGT— Reformer Basics L1

This class allows you to precisely 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 reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT— Reformer Basics +

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT — Reformer Intermediate L2

This class builds on Reformer Basics L1, adding more complex variations and longer sets. New exercises will be introduced

Continued on page 88

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 Basics L1 if appropriate.

SGT —Athletic Reformer L2

Are you looking for an opportunity to strengthen and stretch in between rounds of golf, tennis or softball? This is your class. You will use the reformer to strengthen the core as well as stretch common tight areas that occur from these types of activities.

Pre-Reformer for Special Population—Personal Training

\$50 one session (one-hour long). The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations. Personal Training and Buddy Training available. To be referred to appropriate class, please contact Carol Zortman at 625-4032.

Personal Growth

This section is moving to Personal Improvement in Activities Classes in the future. See page 75. Programs that provide learning and development in areas of life that are unique to each individual.

The Sudoku Series

Tuesday, September 22 — See Activities classes page 75

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.

SGT—TRX Express L1

Mondays & Wednesdays,

August 26-September 28 — 835210-A9

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class September 7 & 9). Instructor: Julia Roper.

Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.

SGT—TRX Express L2

Tuesday & Thursdays, August 25-September 24 — 835211-A9

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class September 8 & 10). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1

workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT—TRX Interval Training L3

Mondays & Wednesdays,

August 26-September 28 — 835800-A9

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 7 & 9). 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!



SGT—Fit 101 L1

Tuesdays & Thursdays, September 1-24 — 835500-A9

1:00-2:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey.

Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays,

August 25-September 17 — 835600-A9

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin.

Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. 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 SGT 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.



Special Offer! SGT—Bootcamp L2**Tuesdays & Thursdays,****September 1-24 — 835300-A9**

6:15-7:15 AM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Mike Yamamoto. For a limited time only, try this bootcamp class for half off! Whether you are a bootcamp veteran or new to SGT come and see what working out in a small group can do for you. A variety of equipment will be used to challenge and change you.

**SGT—Morning Burst Bootcamp L2****Mondays & Wednesdays,****August 31-September 28 — 835300-B9**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Milly Nuñez. Rise and shine to enjoy a challenging and fun SGT. A total body approach will be used to develop and build balance, coordination, and strength in your entire body. You'll use your own body weight and various pieces of equipment including TRX, Bosu, and more!

**New! SGT—Morning TRX Bootcamp L2****Fridays, September 4-25 — 835200-A9**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. Need to add another day to your current routine? This small group training will make use of the TRX to improve power, strength, flexibility, balance, and mobility just for starters! Other pieces of equipment may be used in this total body workout.

**SGT—Bootcamp L3****Mondays & Wednesdays,****August 26-September 23 — 835400-A9**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 7). Instructor: Mike Yamamoto. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.

SGT—Healthy Back L1**Mondays and Wednesdays,****August 31-September 28 — 835700-A9**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 7). 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. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT—Healthy Back L2/L3**Mondays and Wednesdays,****August 31-September 28 — 835701-A9**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 7). Instructor: Kathryn Shambre. This class will progress from the exercises and principles taught in Healthy Back L1. We will focus on core strength, posture and balance. This class will challenge you by progressing from corrective flexibility and advancing to circuit training workouts that challenge every part of your body. We will use steps, stability balls, hand weights, tubing and TRX straps for workouts. Please bring water and a towel.

SGT—Balance & Fall Prevention L1/L2**Mondays & Wednesdays,****August 31-September 28 — 835710-A9**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class September 7). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

WellFit Services

Services available to assist you in furthering your health and wellness.

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. It's a new concept in natural healthcare that gets results. Bowen addresses core issues, not just symptoms. Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica and knee problems. In essence, the practitioner helps your body heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised health. Certified Bowen Therapist Natilee Riordan has always been passionate about people and about fitness, however it wasn't until an injury became a roadblock in her own pursuit of wellness that she realized she wanted to help people free themselves of pain and restore quality to their lives. Her goal is to assist others in reaching their fitness and overall wellness goals. *"The reason I exercise is for the quality of life I enjoy."*—Kenneth Cooper. For more information about Bowenwork or for an appointment, please contact Natilee Riordan at Bowenwork@scilca.com or 625-4034.



Training Services

• **One-on-One Training:** One client and one trainer. For more information regarding personal trainers and their rates and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

• **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.

Punch Pass Class Descriptions

Please see the colored grids on the following pages for days and times. Purchase a Punch Pass for these classes. Classes 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. Each class is \$3.50.

• **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

• **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This

practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

• **Aqua Yoga L1:** 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.

• **Arthritis Foundation Aqua Class L1:** 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 good music, friendly people and laughter, you can't miss with this class!

• **Arthritis Foundation Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent





11 Day Scandinavia & Russia June 16, 2016

<p>PORTS OF CALL:</p> <ul style="list-style-type: none"> * DENMARK * GERMANY * ESTONIA * RUSSIA (2 Days) * FINLAND * LATVIA * SWEDEN 	<p>Sailing June 16, 2016 from Copenhagen, Denmark</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">Interior</td> <td style="text-align: center;">Ocean View</td> <td style="text-align: center;">Balcony</td> </tr> <tr> <td style="text-align: center;">fares from</td> <td style="text-align: center;">fares from</td> <td style="text-align: center;">fares from</td> </tr> <tr> <td style="text-align: center;">\$2,999</td> <td style="text-align: center;">\$3,499</td> <td style="text-align: center;">\$4,299</td> </tr> </table> <p><i>INCLUDES ROUND TRIP AIRFARE FROM SFO</i></p> <p><i>Add \$199 for Sacramento Airfare</i></p> <p>Book by 08/31/15 and receive \$50 per stateroom ship-board credit from CLUB CRUISE in addition to any perks that Royal Caribbean is offering.</p>	Interior	Ocean View	Balcony	fares from	fares from	fares from	\$2,999	\$3,499	\$4,299
Interior	Ocean View	Balcony								
fares from	fares from	fares from								
\$2,999	\$3,499	\$4,299								

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arthritis. This class uses range of motion and 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. Come prepared to improve your body, balance and to have fun!

- **Athletic Stretch L1-L2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Barre L2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.
- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.
- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!
- **Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!
- **Diabetes Exercise Program (DEP2) L1:** Diabetes Exercise Program 2 is a class designed especially for those with diabetes who have completed either the Diabetes Exercise Program 1 or another education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.
- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no "fancy dance" moves. Light hand weights,

and other strength training "toys" will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

- **Hatha Yoga L2:** Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.
- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!
- **iRest—Meditation for Yoga:** This class is a guided meditation. It's a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.
- **Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!
- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!
- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!
- **Piloga L2:** Piloga blends Pilates and yoga. For 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.
- **Piloga Flow L2:** 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.
- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-

Continued on page 92

based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

- **Relaxing Yoga and Meditation L1:** This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience.
- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.
- **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!
- **Sticks & More L2:** This class makes use of drumsticks in a fun and

innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.
- **Wai Dan Gong:** Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kun 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.
- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!
- **Water Works L3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua

Pilates Reformer Class Schedule Compass September 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KS	KS	KS	KS	KS	KS
7:00						
7:30	Ref Intermediate L2 - Kirsti		Athletic Reformer L1 - Marilyn		Ref Intermediate L2 -	
8:30	Athletic Reformer L1 - Sarah	Ref Intermediate L2 Deborah/Janine		Ref Basics L1 - Gretchen	Ref Basics L1 - Sarah	
9:30	Ref Basics L1 - Sarah	Ref Basics L1 - Janine	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Ref Intermediate	Ref Basics L1 - Julie
10:30	Ref Basics L1 - Valerie		Ref Basics L1 - Valerie	Ref Intermediate L2 - Julie		
11:30	Basics Plus L2 - Valerie	Ref Intermediate L2 - Julie	Ref Intermediate L2 - Valerie		Ref Basics + L1-L2 Valerie	
12:30						
4:30						
5:00				Ref Basics L1		
5:30	Ref Basics L1 + L1-L2 - Marilyn			+ L1-L2 - Lori		
All classes are subject to change without notice.						
All classes are 55 minutes unless otherwise noted.						

fitness class member.

• **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

• **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

• **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

• **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights,

sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

• **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence, the teacher brings her own style.

• **Yoga Strength L2:** This is not your ordinary yoga class. This class combines your traditional yoga poses with the strengthening power of weights. Whether you are a hard core yogi or a group fitness junkie, this class has something you will enjoy! Increase your flexibility, balance, and strength in one amazing class.

• **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

• **Zumba Gold L1/L2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact

OC Aqua Wellfit Class Schedule September 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Jeannette		Water Works L2/3- Jeannette		Water Works L2/3- Annamarie		
8:30					Aqua Fitness L2 Annamarie		
9:30		Water Works L2/3 -Deanne	Core n More L3-Annette	Water Works L3 -Deanne			
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 -Deanne	H2O Bootcamp L3- Annamarie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marilyn		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Annette		Aqua Pilates L1-Marilyn		Aqua Pilates L1- Marilyn		
2:00 4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Outside H2O Bootcamp L3	Water Works L2/3-	Outside H2O Bootcamp L3	Aqua Pilates L1 Marilyn			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule September 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	OC	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Athletic Stretch L1-3 - 7:15-8:00am Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Summer	Core & Strength L2- Julia	Yin Yoga L1-3 - Marilyn	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	Yoga Strength L3- Jeri	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Lin	Piloga L2 -Lola	Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1 Julie	iRest Meditaton and Yoga (12:15 - 1:15) - Iram	Arthritis L1/2 -Lin	Yoga Stretch L1-Julie	Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Julie	SGT- Fit 101 (1:00-2:00) meet at lobby in fitness center	Chair with Flair L1- Julie	SGT- Fit 101 (1:00-2:00) L1- Marilyn	Basic Chair L1 -Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn	L1- Marilyn Chair Yoga L1 (1:30-2:30) Ashley	SGT- Balance & Fall Prevention L1- Kathryn		Activities	SCLH Booking	Yoga Flow L2- Ashley
3:00	3:00-4:15pm Diabetes 1 - Annamarie	Diabetes (DEP 2) L1 Annamarie	Diabetes 1- Annamarie 3:00-4:15pm	Diabetes(DEP 2) L1 Annamarie			
4:00							
5:00	Zumba L3 - Summer		Zumba Gold L2 - Joanie	Activities			
6:00	Yoga for Osteo L1- Susan	6:00-7:30 Self Defense - Paul					
7:00							
			Group Exercise Classes (punch pass) \$3.50				
							Wellness Classes (session based)
							Small Group Training (session based)

All classes are subject to change without notice.

All classes are 55 minutes, unless otherwise noted.

KS WellFit Class Schedule , September 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS	KS 6:15am SGT - Bootcamp L2 - Mike	KS	KS 6:15am SGT - Bootcamp L2 - Mike	KS	KS	KS
7:00	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TRX Bootcamp L2 - Kathryn	8:00am HI NRG Cycle L3-Paige	
7:30							
8:00							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3- Deanne	Low Impact L3- Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Lin	Cardio Strength L3- Annamarie	Strictly Strength L2- Lin	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	Classical Mat Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Cycle & Strength L2-Gretchen	20/20/20 - Dominie	Everybody Can L2- Lin	Yoga L2- Susan	
11:30	SGT - Healthy Back L1- Kathryn	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Healthy Back L1- Kathryn	12:00pm SGT - Functional Fit L2 - Deanne	WaiDan Gong - Joan		
12:30	SGT Healthy Back L2- Kathryn		SGT Healthy Back L2- Kathryn				
1:30	Yoga Basics L1- Susan	Tai Chi L1 - Peil	1:00pm Qigong L1 - Sherry	Relaxing Yoga & Meditation L1 -Susan	SCLH Booking		
2:30	SGT - TRX Interval L2- Julia	(2:45-3:45) Tai Chi L3 - Peil	SGT - TRX Interval L2- Julia				
3:30	SGT-TRX Express L1- Julia		SGT-TRX Exp. L1 - Julia				
4:00		Yoga for Osteo L1 - Susan		Yoga for Osteo L1 - Susan			
5:00							
5:30	SGT - Bootcamp L3- Mike		SGT - Bootcamp L3- Mike				
6:00		SGT -TRX Exp. L2-Julia		SGT-TRX Exp. L2- Julia			
7:00							
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							



An American Woman in Pakistan
Thursday, August 20 — Free

1:00 PM, Ballroom (OC). Join Irene Aylworth Douglass as she shares fascinating experiences about life during the 1960s in West Pakistan where she lived with her husband and two young sons. While Irene's husband worked on the Mangla Dam, she navigated the Lahore markets, and searched in vain for Christmas gifts in this Muslim country. Irene will talk about daily life, her adventures riding with the West Pakistan Rangers, visiting tribal area and Swat Valley, and dealing with a society of male dominance. You will learn more about the culture, warmth and hospitality of her hosts, the food, and the history of the Indus Valley and its conquerors. After the event, copies of Irene's memoir, *An American Woman in Pakistan... Memories of Mangla Dam* will be available for sale.



Cancer Prevention through Improved Nutrition
Wednesday, August 26 — Free

7:00 PM, Ballroom (OC). Is there anything we can do to help prevent cancer? Join us as Dr. Andrew Klonecke, MD discusses the mechanisms and factors involved in the creation and spread of cancer cells. Once armed with an understanding of this pathophysiology, we will look at how what we eat can speed up or decrease the creation of cancer cells, their growth and their spread throughout the body.



Sierra Nevada Conservancy
Thursday, September 10 — Free

2:00 PM, Ballroom (OC). We are living through a time of unprecedented drought that is affecting our area's environmental, economic and social well-being. These are the issues that the Sierra Nevada Conservancy, a State of California agency, was created to address. Jim Branham, the Executive Officer of the Conservancy and a resident of Lincoln Hills, will present and discuss the activities and responsibilities of this Conservancy in this Community Forum. You are invited to attend this forum and learn of the steps being taken to help Northern California weather this natural disaster.



How to Manage Nerve Pain
Wednesday, September 30 — Free

7:00-8:30 PM, Ballroom (OC). Many people experience different types of pain, both emotional and physical. One type of physical pain may be caused by "nerve pain" and can present significant challenges to one's quality of life. This presentation will focus on treating pain stemming from damaged nerves, and specifically damage to nerves that occur in post herpetic neuralgia (PHN). Herpes Zoster, also known as shingles, can lead to post herpetic neuralgia in 9-14% of patients. Fifty percent of post herpetic neuralgia cases occur in patients over 60 years old. It is a very painful condition that can last months to years after skin lesions heal. Join us for an informative and interesting discussion with Dr. Samir Sheth, MD, Director of Neuromodulation at UC Davis Health System.



Community Forums, Date, Time, Location

- American Woman in Pakistan... Irene Douglass & Veterans Club
Thursday, August 20, 1:00 PM, Ballroom (OC)
- Cancer Prevention Through Improved Nutrition
Wednesday, August 26, 7:00 PM, Ballroom (OC)
- Sierra Nevada Conservancy
Thursday, September 10, 2:00 PM, Ballroom (OC)

- How to Manage Nerve Pain
Wednesday, September 30, 7:00 PM, Ballroom (OC)
- Online Safety for Silver Surfers
Tuesday, October 27, 2:00 PM, Ballroom (OC)
- It Takes My Breath Away
Wednesday, October 28, 7:00 PM, Ballroom (OC)



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www.suncity-lincolnhills.org

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408-4290

Spa Manager

Kris Holland 408-4071 kris.holland@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

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

September 7: Closed for Administration Holiday

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 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

bgeppert@billycaspergolf.com

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

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