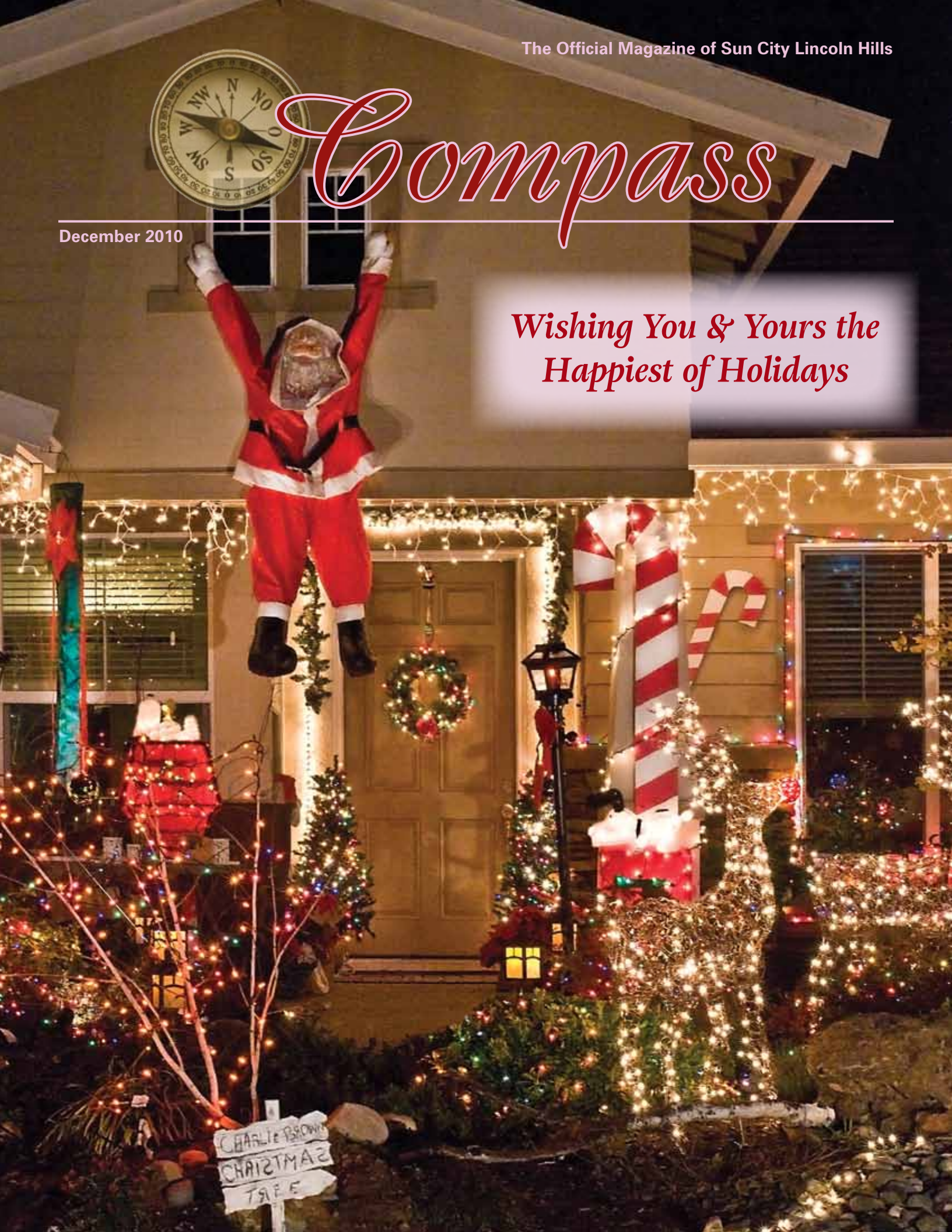




Compass

December 2010

*Wishing You & Yours the
Happiest of Holidays*



CHARLIE BROWN
CHRISTMAS
TREE

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On the cover

Holiday lights shine bright at the home of Bill & Erika Carvalho.

Photo by Patrick Vath

Reflecting on Many Positive Changes Board of Directors Report

Ken Silverman, Vice President, SCLH Board of Directors



This is not only the last issue of the *Compass* for 2010 but also my last article for the *Compass* as a member of the Board of Directors. I can't believe four years have passed and I have completed two terms as a Board member. Looking back, I see many positive changes in the way the Board interacts with staff, committees and especially residents.

The word 'transparency' comes to mind — the BOD is much more open in the way it communicates, sets policy, and initiates changes with the benefit of the residents and the community in mind.

During my tenure I have seen our governing documents revised and voted upon; updated design guidelines to ease the process; a change of Executive Director; many changes in operations for the betterment of the Association and members; a budget process that works and reflects the actual cost of doing business and all the while maintaining our Lifestyle and facilities to the highest standards.

We have spent wisely on improvements in our facilities. The extension to the Sports Bar is a great success as it is paying for itself faster than anyone anticipated. The new Pickleball courts are a great expansion to our sports facilities and it is anticipated that the new Maintenance Building will be completed by the end of the year. We are always improving our environmental footprint and looking at ways to reduce our water and electrical usage — look for additional improvements in the upcoming year.

There are so many more items I could write about but the BOD and I would like to take this time to thank all the volunteers and staff who help keep our community running and looking exceptional year round. We have said it many times but not enough — thank you!

From the Board of Directors, we wish all a great holiday season and a Happy New Year!



Above: Holiday decorating volunteers from left: Jim & Fran Farrell and Donna Bell and Clydette Mayfied. Right: J.D. & Sandy Bruce stopping by to admire the tree on their way to a holiday party



Holiday Hours of Operation by Department

| | Administration | Activities Desk | Fitness | KS Cafe | Meridians | Spa at KS |
|------------------------|-----------------|------------------|--|------------------|-----------------|-----------------|
| December 24 | 8:00 AM–1:00 PM | 8:00 AM–1:00 PM | 6:00 AM–2:30 PM | 7:00 AM–1:00 PM | 7:00 AM–2:30 PM | 9:00 AM–2:00 PM |
| December 25 | Closed | Closed | Closed | Closed | Closed | Closed |
| December 26 | Closed | 10:00 AM–4:00 PM | KS 7:00 AM–6:00 PM OC 7:00 AM–8:00 PM | 10:00 AM–3:00 PM | Regular | 9:00 AM–6:00 PM |
| ----- | --- | --- | --- | --- | --- | --- |
| December 31 | 8:00 AM–1:00 PM | 8:00 AM–1:00 PM | 6:00 AM–2:30 PM | 7:00 AM–1:00 PM | 7:00 AM–3:00 PM | 9:00 AM–2:00 PM |
| January 1, 2011 | Closed | Closed | 6:00 AM–5:30 PM | Closed | Regular | Closed |

Upcoming Association-Related Meetings & Presentations

Date • Time • Place December 15-January 31

| | |
|--------------------------------------|---|
| Golf Cart Registration | See listing in "In This Issue" on page 2 |
| Finance Committee | Thursday, December 16, 9:00 AM, Oaks |
| CCOC/Chartered Clubs/Community Orgs. | Tuesday, January 4, 9:30 AM, Oaks |
| CCRC/Communications & Comm. Rels. | Tuesday, January 4, 1:30 PM, Oaks |
| Compliance Committee | Wednesday, January 5, 10:30 AM, Oaks |
| Elections Committee | Friday, January 7, 10:00 AM, Multimedia |
| ARC/Architectural Review Committee | Monday, January 10, 9:00 AM, Heights/Gables |
| Candidate Forum | Tuesday, January 11, 10:00 AM, KS Presentation Hall |
| Properties Committee | Tuesday, January 11, 1:00 PM, Fine Arts |
| Listening Post | Wednesday, January 12, 9:00 AM, Solarium |
| Candidate Forum | Saturday, January 15, 2:00 PM, OC Ballroom |
| New Residents Orientation | Tuesday, January 18, 1:00 PM, Solarium |
| Candidate Forum | Wednesday, January 19, 7:00 PM, OC Ballroom |
| Finance Committee | Thursday, January 20, 9:00 AM, Oaks |
| ARC/Architectural Review Committee | Monday, January 24, 9:00 AM, Heights |
| Board of Directors Meeting | Thursday, January 27, 9:00 AM, Presentation Hall (KS) |
| Board of Directors Special Meeting | Thursday, January 27, 10:30 AM, Heights |
| Board of Directors Executive Session | Thursday, January 27, 11:00 AM, Heights |

Lincoln Hills Community Forums

| | |
|---------------------------------------|--|
| Should You Write A Book | Tuesday, January 18, 6:00 PM, Presentation Hall (KS) |
| All Systems Go — Thriving Though Ages | Wednesday, January 26, 7:00 PM, Presentation Hall (KS) |

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

December, a Month of Celebrations!

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Are you enjoying the beautifully decorated Christmas trees at Orchard Creek and Kilaga Springs Lodges? New residents (and prior decorating business partners) Clydette Mayfield and Donna Bell donated their time and talent and took 10 years of accumulated Association holiday decorations to create spectacular-looking trees and seating areas. They had help from fellow residents Jack Mayfield, Pam Cahill, Jan Dyer, Grace Gavis, Marlene and William Leal, Carol Mc Williams, Kay Seenberg and Bev Trapp.

The Community Living Room (OC) boasts a large village with over 50 houses and outdoor scenes. Setting up and inventorying the villages has become a labor of love by residents Jim & Fran Farrell. Please stop by and enjoy the decorations and the warmth of our fireplaces with your neighbors, family and friends.

Thank you all for sharing your time

and talents to decorate the Lodges for all of us to enjoy!

We hope you have registered for the **Association's Holiday Celebration Tuesday, December 21**. This event is for all residents. A minimal registration fee of \$5 helps staff know how many to prepare for and help defray the costs of

Please stop by and enjoy the decorations and the warmth of our fireplaces with your neighbors, family and friends.

entertainment and refreshments. The reception is between 6:00 and 8:00 PM. Another option is to participate in the **"Tour de Lights"** for \$7 (which includes the reception in its price). Three Lincoln Transit buses will transport residents and guests through the community with a 35-40 minute narrated tour given by Chris O'Keefe, Senior Director of Facilities and Maintenance, Heather Peters, Community Standards Manager or Cecelia Dirstine, Community Standards Administrative Assistant.

continued on page 11



Calendar of Events

December 15 - January 20

| Date | Event | Page # |
|----------|--|--------|
| 12/15 | KS at the Movies: "Four Christmases" | 41 |
| 12/15 | Bus Trip: Rockettes Arco Arena | 53* |
| 12/16 | Bus Trip: Reno Spirit of Christmas | 53* |
| 12/17 | Holiday Dinner Dance/Crystal Image Band | 41 |
| 12/19 | Bus Trip: Nevada City Victorian Christmas | 53* |
| 12/20 | Bus Trip: San Francisco Shopping | 41 |
| 12/21 | KS at the Movies: "Four Christmases" | 41 |
| 12/21 | Tour de Lights / Holiday Reception | 41 |
| 12/27 | Bus Trip: Red Hawk Casino | 41 |
| 12/31 | New Years Eve Extravaganza | 42 |
| 01/03-04 | Players Grp., Readers Theater Auditions | 32 |
| 01/04 | Comedy Night at KS | 42 |
| 01/05 | "Nasa's Missions to Planets, Comets, etc." | 23 |
| 01/05 | Bus Trip: "Forever Tango" | 53* |
| 01/06 | "Market Outlook/How to Setup Portfolio" | 30 |
| 01/06 | Bus Trip: "Suds" Cosmopolitan Cabaret | 42 |
| 01/07 | "Interesting Life Stories" | 23 |
| 01/07-08 | "Vaudeville Trp. "Cavalcade of Stars" | 36,43 |
| 01/10 | "Mgt. of Rice Fields / Environment & Birds" | 24 |
| 01/11 | Stitchery Artist: "Sashiko Embroidery" | 31 |
| 01/11 | Bus Trip: Speaker Series Tom Brokaw | 53* |
| 01/12 | "Africa Safari/Windows Movie Maker" | 27 |
| 01/12 | Bus Trip: Impressionism Part II/de Young | 43 |
| 01/13 | "Head, Heart & Eyes, Spectrios Institute" | 22 |
| 01/13 | "Transit for SCLH" | 22 |
| 01/14 | Bus Trip: Darren Romeo/Eldorado Reno | 43 |
| 01/14 | "Windows Live Movie Maker" | 27 |
| 01/14 | "European Dish Gardens/Terrariums" | 28 |
| 01/15 | Bus Trip: Radio Disney Passport Activity | 43 |
| 01/17 | "The History & Nature of the Universe" | 23 |
| 01/17 | "2010 Football Update: You Make the Call" | 33 |
| 01/18 | "LSV/NEV Insurance Issues" | 31 |
| 01/18 | Author Presentation : Mr. Jollytologist® | 45 |
| 01/18 | New Resident Orientation | 45 |
| 01/18 | "Should You Write a Book?" | 84 |
| 01/19 | "Use of Computer with Amateur Radio" | 22 |
| 01/19 | Bus Trip: Sac. Kings vs. Portland Trailblazers | 45 |
| 01/20 | Book Discussion, <i>The Help</i> | 25 |
| 01/20 | Bus Trip: Crocker Art Museum | 53* |

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

Contact information, hours and addresses have been expanded and are easily accessed on the inside back cover pages of your Compass.

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Your To-Do List for the Board of Directors Election

Be informed:

- Starting December 14, you can pick up Candidate Statements from the election display tables located at OC & KS entry lobbies.
- Attend one or all three of the Candidate Forums where you will meet the Candidates and have an opportunity to ask questions both in the Forum and in person. If you have questions for the Candidates you can email to; elections.committee@suncity-lincolnhills.org.
 - January 11 - Forum Session 1 Presentation Hall (KS) 10:00 AM

- January 15 - Forum Session 2 Ballroom (OC) 2:00 PM
- January 19 – Forum Session 3 Ballroom (OC) 7:00 PM

At the Forums:

- Candidates will introduce themselves and state why they want to serve on the Board of Directors.
- They will be asked questions collected from the drop boxes, emails, and those submitted on the day of each Forum.
- Each Candidate will end with a summary.
- Attendees will then have an opportunity to talk with the

Candidates informally.

- At each session, new questions will be asked.

This is your home, your life, your time to speak up for how you want the Association to be run.

To insure that your vote is counted, follow the instructions on your ballot.

- **Do Not Sign Inside Envelope.** If it is signed, it is no longer a secret ballot and is declared Invalid.
- **Outside Envelope must be signed.** It is only used to check your name off as voted.

After your name is checked off, the outside envelope is then discarded. Your secret ballot vote is now ready to be counted.



Directory Improvements & Listings for Renters

Bob Cook, SCLH Executive Director

The 2011 Resident Telephone Directory is in the works.

You may recall some of the recent improvements. We now have second names listed and the maps have been upgraded. These are two of the recent changes that have generated good feedback. Over the course of the last



few months we have discovered that not many of our residents who rent in the community know they can be listed in the Directory. There are requirements for renters to be listed.

The 2011 Resident Directory Listing Assignment Form must be completed by the Owner of the property. The renting



A form must be filled out and filed by the home owner with Bertha Mendez, above, in order for renting residents to be listed in the Resident Directory

continued on page 13

A Message from Peter Gilbert, President, BOD

Peter Gilbert, President SCLH Board of Directors

On page 5 of the November *Compass* there appears, "A Message from Your 2011 BOD Candidates." One statement indicates: "I have observed actions taken by our Board that are not always in compliance with the Davis Sterling Act and would like to stop this practice."

Wishing to investigate any rules or law the Board may have violated, I asked the candidate for specific details on these alleged violations. He cited one instance of an Emergency

Meeting that occurred on July 28, 2009, that he believed did not meet the Davis Sterling criteria for such a meeting.

Researching the record proves that the meeting and agenda were duly posted and attended by several members of the community including the candidate in question.

I share this information to clarify that only one event was erroneously questioned by this person and to place the issue raised by him into proper perspective. All the criteria stated below in the Civil Code were met by the Board regarding the meeting in question.

Emergency Board Meetings

The following is taken from the State laws that govern the manner in which an emergency meeting may be called and conducted.

An emergency meeting of the board may be called if there are circumstances that could not have been reasonably foreseen which require immediate attention and possible action by the board. Emergency meetings may be called by the president or by any two directors other than the president. Civil Code §1363.05(g).

Notice to Membership. Of necessity, boards will not be able to give four days notice prior to an emergency meeting. Even so, boards must give whatever notice can be given under the circumstances and post an agenda.



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- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery



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Let's Paint Your House

John A. Combes, Architectural Review Committee Chair

This month we will be dealing with painting your home. Since many of our homes in Sun City Lincoln Hills are approaching or are over ten years of age, the original application of paint, particularly the wood trim paint, is beginning to fade and chip. This obviously calls for a fresh coat of paint. Our residents are recognizing this as portrayed by the significant increase in applications to the ARC for house painting.

the case, the homeowner is requested to bring in a least a three-inch by five inch color swatch for each color to be used on the home. These will be matched with the colors shown in the paint scheme binders and if they are consistent with what is shown in the binders, they will be approved for use by the ARC.

So far this year, home painting applications account for 25 percent of all applications reviewed by the ARC.

paper) of your home showing the existing color scheme must be included. If the home is to be painted the same as the original colors, ARC approval is not required. Sometimes it is difficult to determine the original colors used on your home. If this is the case, and to be on the safe side, it is good to submit an application to the ARC showing the color scheme to be used even though it closely matches the original color scheme.

For more information on painting your home, go to www.lincolnsuncity.org and click on "Document Library" then "ARC & Compliance Corner" and go to the #10 October (2010) ARC Corner.

Keeping our homes in Sun City Lincoln Hills looking like new goes a long way towards maintaining the beauty and property values of our community.

Looking at the number of applications by two-month periods starting with January 2010 through the end of October 2010, we can get a picture of the number of applications and the period when house painting contractors are really busy.

| <u>Jan / Feb</u> | <u>Mar / Apr</u> | <u>May / Jun</u> | <u>Jul / Aug</u> | <u>Sep / Oct</u> | <u>Total</u> |
|------------------|------------------|------------------|------------------|------------------|--------------|
| 8 | 47 | 59 | 39 | 59 | 212 |

So far this year, home painting applications account for 25 percent of all applications reviewed by the ARC.

The approved color schemes represent the earth tone colors appropriate for the setting Sun City Lincoln Hills is located in and are consistent with the natural color palette for the region as spelled out in the General Development Plan for Sun City Lincoln Hills.

The Option A paint binder book which allows paint applicants to choose from an array of colors to come up with their own home paint scheme is being discontinued. Many applicants find it too confusing to develop the proper paint scheme for their type and style of home. Instead, the Option B binder book will be used which is made up of professional designed home paint color schemes. The colors in the Option B paint schemes were derived from nearly all the colors approved for use as shown in the Option A book. The ARC will be adding additional schemes to the paint scheme book as time goes on. The paint scheme binder book shows color palettes provided by Kelly Moore. Homeowners may want to select other brands for use on their homes. If this is

When submitting an application to the ARC for review, a color photograph (preferably printed on photographic

Extraordinary Results

John Snyder, Finance Committee Chair

The Finance Committee met November 17 and reviewed and accepted the October 2010, financials for the Association. For the month of October, overall operations were \$155,000 better than budget. For the month, better than budget results of Administration \$100,300, Food & Beverage \$43,000, Maintenance \$5,500, Landscape \$5,800, Activities \$1,400 and Fitness \$500, were offset by worse than budget results for the Spa at Kilaga Springs \$1,500.

Year-to-date operations were \$449,200 better than budget. Year-to-date better-than-budget results of Landscape \$177,800, Administration \$117,400, Maintenance \$86,800, (look at this) Food Service \$74,600, and Activities \$2,300 were offset by worse than budget results for Spa at Kilaga Springs \$8,100, and Fitness \$1,600.

Clearly this was an extraordinary

month for all segments of operations. In the limited space allowed I can only mention the most significant events. Highlighting operations was Food & Beverage with actual catering revenues exceeding budget for the month by \$72,400 and for the year by \$74,900. It has been since 2006 that actual catering revenues exceeded budget over a meaningful period of time. It is special because non-resident catering revenues, which this increase is predominately composed of, leverages the whole Food & Beverage operation so that while the restaurant revenues for the month were \$27,000 less than budget, the results of operations for the entire Food & Beverage operation were in excess of budget by \$43,000. We all should be aware that our Ban-



continued on page 11

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and Lucky 🐾*

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What's New for the New Year

Gay Mackintosh, Properties Committee Chair

Year end finds the Properties Committee wrapping up some major projects as we look towards tackling new ones for 2011. We also keep up our regular duties, working with Senior Director of Facilities Chris O'Keefe to oversee the appearance and care of all our Association's physical assets—buildings, systems, equipment, and grounds.



Foundation for Maintenance Building installed in November, ready for erection of pre-fab metal structure

Wrapping up is construction of a fourth Pickleball Court. Nearing completion is the new Maintenance Building, which will provide much-needed warehouse space for equipment and

records storage as well as an office, rest-rooms, and break room for landscape maintenance crews.

Residents and guests will soon be enjoying a state-of-the-art salt water purification system for all four swimming pools and two spas. Benefits include increased bather comfort and



Happiness is... Compliance!

David Stone,
Compliance Committee Chair

Remember that sentiment voiced by Charles Schulz – “Happiness is a warm puppy”? I think we can all agree with that. However to us folks on the Compliance Committee we can add a similar sentiment – “Happiness is a community in compliance.”



As previously noted, the residents of Lincoln Hills are realizing what a terrific place this is, and are becoming more aware and appreciative that an important factor in keeping it that way is to honor and abide by our governing documents.

This past year has seen a greater rate of compliance after notices have been sent, and violation hearings have decreased to the point where the Committee has cancelled some of its monthly meetings.

However, this wouldn't be a proper compliance article if I didn't gently remind us to keep our landscaping fresh, trimmed, and weed free, to keep our vehicles off the street overnight, to keep noise down during the night, to repaint our houses when needed, to comply with our age restrictions, to keep your treasured artifacts out of sight, and be sure to get ARC approval before starting any projects.

So as the holiday season is upon us, even if we don't get a warm puppy for Christmas, the Committee will find its happiness in *compliance*.

Have a wonderful holiday and a great New Year!

Extraordinary Results

continued from page 7

quet Sales Manager Meghan Louder, with the help of the F&B staff, pulled off a great feat in October and did it in the highest quality fashion.

Another big development was the favorable judgment and the recovery of past legal fees the Association was forced to spend in protecting the rights of Members. Believe me, it takes strong conviction to see litigation through to its completion and our Executive Director and Board members, current and past, have had the right stuff.

Connections

continued from page 3

Registration for the “Tour de Lights” include the reception and three different timeframes from which to choose your tour. See page 41 for details.

It's not too late to add your name and

grading Meridians.

We invite you to join us the second Tuesday of every month at 1:00 PM to learn more about plans for the new year.

The entire Finance Committee wishes you and yours a very happy holiday season. Rest assured the financial condition of the Association is strong.

If you have general questions or need information on the above I may be reached at finance.committee@suncity-lincolnhill.org.

The monthly and year-to-date financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, December 16, at 9:00 AM.

address to our list of homes on the tour. **Register at lights@schca.com**. The list of decorated homes will be made available at the tour and/or reception only so that you can map out your own tour of lights throughout the season.

Thank you to all who have contrib-

uted to this first time event. We hope it will be a tradition for years to come.

We are fortunate to live in this beautiful, safe community and have the myriad activities, amenities and friends to enrich our lives. Have a wonderful holiday. See you in the Lodge



Gearing Up for the New Year!

Fitness Center News
Brandy Garcia
 Director of Fitness

Don't Just Set a Goal, Make It a Reality!

SGT Bodybugg is our newest small group training program. This small group training will teach you how to balance the energy equation between calories taken in and calories burned to effectively help you reach your health and fitness goals. Not only do you receive the nutrition information and small group support but also the workouts to kick start your path to success. You will learn how to train your body effectively for maximum calorie burn and have the results to prove it. The session will include discussion, maximum calorie burn and results!

This program is designed to give the personalized workout of personal training, with the effectiveness and excitement of working with a group in a *fun*, motivational and social environment. Group Training sections will have a minimum of four and maximum of six participants to guarantee success and individualized attention for



everyone. Individual exercises will be prescribed based on personal needs and goals. Bodybugg not required for participation! We are running a New Year's promotion for this class — make sure to check for it and other important registration information on page 71.

12 Days of Fitness

Be rewarded for exercising during the most hectic time of the year! Grab one of our specially designed calendars and accomplish one of the suggested workouts to get your name entered into the drawing. Your goal is to do as many of the suggested workouts as you can during these crazy holiday times. The drawing will be for wonderful prizes, so make sure to accomplish all you can so you can increase your chances of winning! This program runs until December 30. Please see the fitness front desk for all details and to pick up your calendar.

Indoor Pool Salt Water Conversions

We will be starting our pool conversions on December 20. Kilaga Spring's indoor pool and spa will be the first to be converted. Once those have been converted, the attention will then be focused on The Wave's Indoor pool and spa. We anticipate finishing this project by January 1. We will ensure that one pool will always remain open and available to use. The conversion is expected to be a smooth one; however,

if any unexpected issues arise, we will notify residents as soon as possible.

Indoor Pool To-Do List

Please do:

- Shower before you get into the pools. This rinses shampoo, conditioner, lotions, etc., from the body and helps the filters to work less.
- Take a cool shower before you enter. This makes the temperature of the water less drastic.
- Sign your name on the white board if you are lap swimming.
- Share a lane if you are swimming and/or water walking. The open area at The Wave is designed for water walkers when classes are not in session.
- Call or look at the posted schedule for the indoor pool classes at The Wave.
- Change your shoes once you come into the pool area. Wearing your water shoes outside brings all the dirt, grime, and water run-off into the pools.
- Enjoy!!

Holiday Hours

- December 24: 6:00 AM – 2:30 PM
- December 25: Closed
- December 26: 6:00 AM - 5:30 PM
- December 31: 6:00 AM - 2:30 PM
- January 1: 7:00 AM - 8:00 PM (OC)
7:00 AM - 6:00 PM (KS)

Fitness Class Schedule!

Register at the Fitness Desk

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--------------------|-----------------------------|----------------------|-----------------------------|-------------------------|--|
| 7:25 AM | Stretch Express | | Stretch Express | | Stretch Express | |
| 7:30 AM | Water Works | | Water Works | | Water Works | |
| 8:00 AM | Low Impact | Circuit & Abs | Low Imp. Ind Cycling | Hi-NRG Cycle | Low Impact | Card.Spc. Hi-NRG Cyc |
| 8:30 AM | Yoga I • Water Wks | Low Impact | Water Works | Circuit & Abs | On The Ball • Water Wks | |
| 9:00 AM | Low Impact | Cardio Step & Sculpt | Low Impact | Low Impact | Low Impact | Yoga I Fusion |
| 9:30 AM | Circuit | Strict. Strngth • Water Wks | Circuit | Cardio Step & Sculpt | Circuit | |
| 10:00 AM | Cardio Dance | Yogafied | Cardio Dance | Strict. Strngth • Water Wks | Cardio Dance | Strictly Strength |
| 10:30 AM | Strictly Strength | Pilates • Water Works | Everybody Can | Yogafied | Cardio Dance | |
| 10:30 AM | Joint Efforts | | Everybody Can | Pilates • Water Works | Fit Fun 101 | |
| 11:00 AM | Everybody Can | | Piloga | | Joint Efforts | Strictly Strength |
| 11:30 AM | Joint Efforts | Basic Joint Efforts | Joint Efforts | Basic Joint Efforts | Piloga | |
| 11:30 AM | Aqua Nice & Easy | | Aqua Nice & Easy | | Joint Efforts | |
| 12:00 PM | Piloga | | | | Aqua Nice & Easy | |
| 1:00 PM | | | Open Spin Hour § | | | <div style="border: 1px solid black; padding: 5px;"> The WAVE Classes Indoor Pool WAVE Classes at KS • No Charge § </div> |
| 2:30 PM | Fall Proof § | | Fall Proof § | | | |
| 4:45 PM | | Shape Up | | Shape Up | | |
| 5:00 PM | H2O Circuit | | H2O Circuit | | | |
| 5:20 PM | | Break It Up • | | | | |
| 6:00 PM | | Aqua Tone | | Aqua Tone | | |

Group Exercise News

- **Change!** **Joints Efforts** on Monday, Wednesday, and Friday at 11:00 AM (indoor pool at The Wave) will be moving to 10:30 AM and 11:30 AM.
- **New!** **Aqua Nice & Easy** will be added on Mondays, Wednesdays, and Fridays at 11:30 AM. This is an aquatic exercise class designed especially for the active adult. It emphasizes cardio endurance, toning, and balance. Come join the fun and enjoy upbeat music you can really move to!
- **Free Class on December 29.** The Wave Aerobics Room at 1:00 PM. Come try out a brand new class at The Wave. **Chair with Flair.** Have fun, move to the music! This class combines seated and standing exercises. Participants are encouraged to work at their own level. Use of hand weights, bands, and small balls

are offered for resistance. This class focus is on cardio endurance, muscular strength, flexibility and balance. Come join the fun!

- **Cancelled!** All aqua/water classes will be cancelled the week of December 27 through 31. This is due to the pool conversions and annual maintenance. Classes will resume on January 3.

Health Nut of the Month



Rick
Turpin

Before retiring to SCLH, Rick and Claudette lived in South San Francisco where he was a lithographer for over 45 years. During their 48 years together they have enjoyed raising five children and watching five grandchildren grow.

Rick says he exercises to maintain muscle tone, flexibility and strong bones which help him stay fit and healthy, but we think he also enjoys the friendships he has nurtured through the Fitness Center. He began running in the 60's and swimming in the 80's and now enjoys biking 100 miles, swimming 100 laps, doing 15 miles on the cross trainer, four-to-six hours on the weight machines and playing water volleyball *each week*.

When he is not working his tail off in the Fitness Center, Rick enjoys camping, motorcycles and bicycling with his family and friends.

Rick's motivation is simple. As he says, "I feel the secret to life is a good attitude, healthy eating, regular exercise and spending time with the Lord each day."

Thanks Rick, for being a vital part of the Fitness Center family here at SCLH.

Directory Improvements

continued from page 5

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

The property needs a current lease on file that is compliant with CC & R's

"The deadline to be in the Directory or to make changes is February 1."

Section 2.06 b which, among other items, requires the lease have a minimum length of 90 days.

The deadline to be in the Directory is February 1. We cannot guarantee inclusion of any information after that date. This also is a reminder to those already listed to update their information, if needed, before February 1. We anticipate the 2011 Directory to arrive in late May and a great deal of work must be done between February and May.

Hooked! Intriguing First Lines...

Nina Mazzo, Library Volunteer

"Two men lay dead on a battlefield and one said "Hey!" Peter Lovesey.

Wow! That's a great first line. Sometimes, we the reader will read a book based on a unique title or unusual first line. This month my finds from Kilaga Springs Library are: *The Pig Did It* by Joseph Caldwell and *The Various Flavors of Coffee* by Anthony Capella.

Both are in the fiction section. Joseph Caldwell's dialogue is laugh out loud funny, then you add quirky characters with a macabre sense of humor and all taking place in the brooding Irish landscape. Oh yes, the pig is integral to the plot. Capella's book was a recommendation and as a coffee lover, I was intrigued with the title. It is fun to read a book that weaves in some interesting tidbits about coffee's history as the author tells his story set in England in the late 1800's. For example, "Twisty" is a coffee with characteristics that are dubious as to its reliability. The author sprinkles

quotes from the Coffee Cupper's Handbook, a book developed to somehow codify the many taste sensations from coffee varieties.

We have several folks to thank this month for their donations. Too many to list by name but they help us keep our library current with gently used books and audio books on CD. In addition, we received four novels by local author E.R. Wytrykus. Author Belia Marina provided an autographed copy of a nonfiction memoir titled *A Gift Not Wasted*. Do you have some books to donate? Simply call Sally Scotch (543-0792) for donation criteria.

Other contacts: Sandy Maloff (408-2368) for volunteers; Cleon Johnson (408-5648) maintains the investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).

"If you're a corpse, you should get your name in the paper." First line from *Down to the Wire* by David Rosenfelt.



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Look For Details In January's Compass Magazine



Looking Forward To What's Right Around the Corner Sign Up For E-Bulletins and Don' Miss Out

Jerry McCarthy, Director of Food & Beverage

I would like to thank you for your participation in the many exciting events that took place in Meridians, Orchard Creek Lodge, the Sports Bar, and Kilaga Springs Café in 2010. The Sports Bar had a record year, even being closed for three months for remodeling. The Catering Department had one of the best years since 2006. Meridians and the Kilaga Springs Café introduced new and creative ideas for your dining pleasure. Meridians just had the most successful Thanksgiving Feast ever! And here's the best part — every dollar you spend with Food & Beverage helps keep your HOA fees down.

I would also like to thank my entire

staff and management team for our great year. We have a stellar team that works very hard to provide you with enjoyable dining experiences.

As 2011 quickly approaches, the Food & Beverage Department has many great events planned. You can continue to anticipate fresh seasonal menus on a quarterly basis. The Wine Maker's Dinners have been a huge success and we are planning on a number of them in 2011. As always, circle special holidays on your calendar and make reservations early. Super Bowl, Valentine's Day, St. Patrick's Day, Crab Feeds, Easter Brunch and so many more will be here before you know it.

Sign up for E-Bulletins from the Food & Beverage Department. We offered a resident only special E-Coupon of buy one dinner entrée and get the second *free*, for the first time ever. The response was overwhelming. We will continue to send E-Coupons to our resident only. In addition, we announce new menus, holiday events, and other special events monthly. Sign up now and don't miss out.

Once again, thank you for a great 2010 and we look forward to serving you in 2011. The entire Food & Beverage team wish you and your family a festive holiday season and Happy New Year.



How the Concept of "Spa" Impacts Aging

Tina Ginnetti, Spa Manager

Holidays and a Happy New Year!

Shop the Spa at Kilaga Springs for all your holiday needs, gifts starting at \$3.50, stocking stuffers, Gift Cards for all services. Nothing says love better than a massage, facial or manicure-pedicure from The Spa at Kilaga Springs. Bring us your list for all your hostess gifts, your barista, your teachers, your loved ones, your hairdresser...

Recently, I attended the International Spa Convention. ISPA is the largest spa organization in the world and there were over 2000 attendees from all over the world.

It was a great opportunity for me to get my feet back on the ground and be reminded of what the concept of "Spa" really is.

The speakers there were well known in the industry and successful business people.

Their primary message was about the importance of taking care of our bodies. Spa — **Wellness** — is about eating the right foods, organic or even

growing your own if you can — exercising, keeping your body in top physical shape so that it can carry you forward into your golden years, tending to the spirit of your soul for emotional strength and balance, **and getting massages, and other spa services** to create the Mind-Body-Spirit homeostasis. Without our health we have nothing.

More and more we are seeing a return to methods of years ago in farming, natural products, reduction in chemicals in our foods, cleaning agents, gardening products. Fast foods are losing the battle that has caused our nation to have an obesity crisis. Schools are filling their vending machines with healthy snacks for our kids. People are seeking more downtime. Statistics say the biggest thing people are looking for is more time... for family, for stress management, for fun.

Stress is at the top of the list for disease and death. Be it physical, emotional or mental, it creates a barrier to our health. Spa services increase circulation, detoxify, release stress

hormones, prevent injury and relax the body.

And, yes, I also learned what others are doing out there to survive in business, new trends and products to make our spa even better! Stay tuned for the top 20 in January.

The number one spa nationwide receiving the Silver Sage Award for 2010 – AVEDA.

I would like to thank my staff for their dedication and support this year.

- Front Desk – Pam Foster, Peggy Carr and Linda Weigel
- Massage team – Cheryl Baugh, Lydia Conley, Toni Smith, Angie Rymer, Crystal Schuring
- Skincare team – Linda Hausman, Carey McKinney, Shawna Rymer
- Nail team – Vanessa Callison, Chris Mastin, Jennifer Ngo-Henry.

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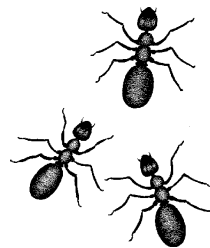
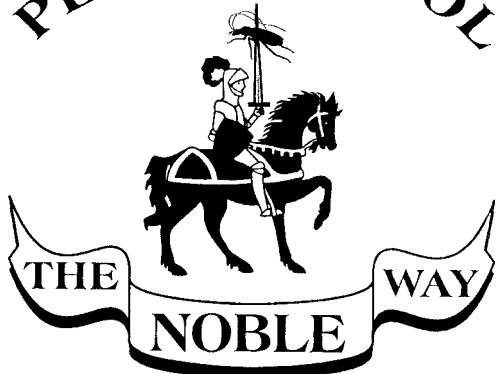
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The Gift That Keeps on Giving

Neighborhood Watch

Patricia Evans



Once upon a time, did you hunt through your drawer to find the very biggest stocking to hang up on Christmas Eve? Mine was thigh-high of brown cotton which I attached to the back of a chair with a huge safety pin.

With passing time comes wisdom, and we know now that the warmth and comfort we feel from living in our **safe, secure SCLH neighborhood of friends** is a far greater gift than those of our former passing fancies. Neighborhood Watch provides the framework to make it easy to enjoy being a good neighbor. In our hearts we know it is true — the more we give of ourselves, the richer

Neighborhood Watch Contacts

- Allen Gillespie, 434-5979
allenm40@ymail.com
- Pauline Watson, 543-8436
frpawatson@sbcglobal.net

Neighborhood Watch Website
www.lincal.net/watch

our lives become. We encourage you to call a neighbor, chat at the mailbox, or have someone in for coffee. Give the gift of time and being an attentive listener.

Some of our Neighborhood Watch Villages have also reached out into our community to assist others. For example:

Mail Box Units 1 and 2 in Village 24C will be collecting gifts to be distributed to a family assisted by Roseville Home Start. This organization transitions homeless families into permanent housing.

Village 4 will be providing gifts for school children again this year, assisted by **Village 3B**. They will also allocate their annual \$1,500 donation. Last year's gift was divided among PAL, SCLH Foundation, and the Salt Mine. See photo.

Village 41A's Ladies Night Out collected 1,985 cans of food as well as money for the Salt Mine during the year. See photo.

Please turn to page 22 for additional holiday thoughts.



Diane Kroll (left) and Claire Luke, Co-chairs from Villages 4 and 3B, select names of school children from their Giving Tree



Residents from Village 41C enjoyed their annual Holiday Party, in addition to making their yearly contributions to the Salt Mine

Conversation with the Salt Mine

Helping Others throughout the Year

Al Roten

During this time of year when we reach out to help make other's



Thanksgiving and Christmas more comfortable and pleasant, many of our residents are helping support the work of the

Salt Mine located right here in Lincoln. I had the privilege of visiting the Salt Mine and talking with Eric Long, Director and Minister of that organization. A primary message I received in our talk is that the need to help others is not just a one season event. Yes, there

is special emphasis on Thanksgiving and Christmas dinners, but hunger is a constant throughout the year. For many



The Salt Mine Gift Shop

years, as Lincoln grew and the economy was thriving, the Salt Mine supplied an allotment of groceries monthly to about 250 families. Then, in 2008, that need grew to 500; in 2009, to 800; now in 2010, the need has grown so that the Salt Mine is providing about 1250 families with a grocery allocation designed to feed the family for one week. Each screened and qualified family may receive this food supply once each month.

During the holidays, both Raley's and Safeway have been making available purchase of bags of groceries that double the buying power of our donations.

In addition, food drives have been conducted by several of our

continued on page 19

Don M. Branner

Estate Planning & Elder Law Attorney



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Committee Profile

Check out the CCOC! The What?

The Clubs & Community Organization Committee

Dee Hynes

The CCOC, not to be confused with the CCRC, CERT, VIP or IOU, is the Clubs and Community Organization Committee.

This "user friendly" Committee facilitates the establishment of our Association Clubs, helps them to run smoothly and often assists in the resolution of Club conflicts or concerns.

You may have heard the terms Shared Interest, Service or Support Groups, Charter Clubs or Clubs. All Association organizations are now named "Clubs." Ah, much easier.

"The CCOC distributes a Club Information and Guidelines Handbook which enables us to easily organize a Club within the Association framework and then concentrate on having fun!"

We currently have over 75 Clubs. Some are quite large with approximate memberships of 460 (Travel), 350 (Pickleball), 340 (Tennis), 320 (LSV) and 285 (Needle Arts).

Even with the large number and diversity of our Clubs, we have room for more but speaking for myself, I don't know how to start a club. That's where the CCOC comes in.

During my conversation with Bob Murdock, CCOC Chair, he explained that the Committee provides a smooth pathway for us to create and maintain our Clubs.

The CCOC distributes a Club Information and Guidelines Handbook which enables us to easily organize a Club within the Association framework and then concentrate on having fun! This year the Committee revised the handbook, reducing it from 59 pages to seven. Thank you, CCOC!

The Handbook includes information

such as the process for starting a Club, an application checklist, guidelines (i.e., guest policy, contractual relationships, legal matters, safety rules, sales policies and insurance coverage) and financial reporting details.

As Bob and his Committee members, Michele Hutchinson, Klara Kleman, Rene' Lopez, Vice-Chair, Ted Neeley, Phyllis Vickers and Lee Wright, review Club applications, they confirm that a new Club will be open to all of us and will not duplicate an existing Club.

Come watch the CCOC in action.



CCOC Committee, clockwise from back left: Ted Neeley, Bob Murdock (Chair), Rene' Lopez, Lee Wright, Phyllis Vickers, Klara Kleman, and Michele Hutchinson

You are invited to the meetings which are held the first Tuesday of the month at 9:30 AM in OC Lodge. Bob Murdock encourages us to make comments during the Open Forum of their Committee meetings. They do want to hear from us.

The Salt Mine

continued from page 17

neighborhoods and local organizations such as Kiwanis, Lions, and Rotary. On a regular basis, both our local supermarkets donate day olds and dated food products. Purchasing power of monetary donations is multiplied since the Salt Mine can buy at below wholesale prices from the Placer Food Bank.

To get involved in the works of the Salt Mine, gifts of food, money, clothing, furniture and even vehicles may be donated. As always, donation of money is the most flexible source of help for the many services of this fine local charity. Donations can be dropped off at the Salt Mine 590 G Street Lincoln, 10:00 AM to 12:00 Noon, Tuesday through Friday. The Salt Mine uses about 25 volunteers in addition to a small paid staff. Currently there is need for a skilled volunteer who can do grant writing. For more information call, 645-0160.

The Salt Seller at 454 F Street and

Salt Mine Thrift Shop at 105 Floccini Circle has an astounding array of used goods for sale. Some family needs are satisfied by passing of donated items directly to them. However, these outlets are primarily a revenue source for funding the ability to supply food to families in need. We can help by visiting these interesting outlets—it is like having a perpetual garage sale at our disposal.

The Salt Mine was originated by Glen & Linda Vance more than 25 years ago as an offshoot of Vine Life Ministries, and is a qualified 501(c) 3 charitable organization. Daily management responsibility has been turned over to Eric Long, who as a Lincoln High School student was a member of a family which received help more than 20 years ago.

Please visit the Salt Mine website at www.TheSaltMineLincoln.com. See what is happening, to arrange pickups, or make donations. We are most fortunate to have this fine charity here serving to fill local needs.



Eric Long, Director and Minister of the Salt Mine

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Doug Brown

"...And all the men and women merely players," according to Jaques, in Shakespeare's *As You Like It*. But right here in Lincoln Hills, they're not merely players! Not in the packed house at Kilaga Springs for **Readers Theater**, players that kept Halloween audiences on the edge of their seats for two half-hour playlets.

The **Players Group**, well known for its main stage performances in Orchard Creek Ballroom, also stages thrice-yearly Readers Theater performances — which is just what it says it is. Costumed performers read their parts, reminiscent of the old radio episodes of "The Shadow," "The Inner Sanctum," and others, complete with delightful sound effects, thanks to the tech crew. Wonderful! And Readers Theater performances are *free!*

In "The Thought," directed by Norah Prouhet, Marlow, a nightclub "mentalist" (Kevin Smith) receives visions of a murder during a performance. Jane Thorton (Sandy Greer) is subsequently frightened by her husband Jack's (Alan Lowe) insistence on spending the weekend in a lonely cabin deep in the

forest... and Jack has a gun!

Next, Leiningen (Bob Murdock) musters all the defenses he can, in "Leiningen vs. the Ants," against billions of the rampaging insects about to destroy his home and family. In this spellbinder, directed by Ron Morris, Leiningen and his workers, with the help of the local Commissioner (Jim Walker), risk life and limb to stave off the inevitable.

The Players Group has been entertaining Lincoln Hills audiences since its 2002 debut, a composite radio show featuring Fibber McGee and Molly, Jack Benny, Edgar Bergen, Lum and Abner, and Fred Allen. Well, maybe not *in person*, but the actors were convincing! Since then, Lincoln Hills audiences have been treated to dozens of impressive stage shows and dramas featuring an array of the remarkable talent of our SCLH residents.

The Group's 111 members include "seasoned" actors and actresses as well as those new to thespian pursuits. Players President Ron Morris welcomes you to attend monthly meetings (every

"Costumed performers read their parts, reminiscent of the old radio episodes of 'The Shadow' 'The Inner Sanctum,' and others, complete with delightful sound effects, thanks to the tech crew. Wonderful! And Readers Theater performances are free!"



Kevin Smith, the Mentalist in the first Readers theater play "The Thought," is bewitched by costumed audience participant Mary Brown after the performance

second Monday at 4:00 PM), whether or not you aspire to stage acting. For every performance there are the indispensable stage handlers, set designers, publicity coordinators, sound and light crew, and more.

Last month, Players treated us to a delightful musical show, "Christmas Magic," directed by Dolly Schumacher James, and in August an intriguing mystery, "Who Dunit?," starring Fred Ekman. Coming up in March 2011 will be Neil Simon's hilarious farce, "Rumors," directed by Judith Jesness.

Don't miss other marvelous upcoming performances — consult your *Compass* for dates. It's wonderful local entertainment for bargain prices! And why not check out the Players Group at their next meeting on January 10 at 4:00 PM in Kilaga Springs. "Break a leg!"



Bob Murdock (left) as Leiningen and Jim Walker as the Commissioner, plus their plantation workers (far right) battle billions of ants in the Readers Theater performance of "Leiningen vs. the Ants"

Did You Know?

Our Elections Committee has scheduled several Forum Sessions in January to introduce residents to candidates running for our Board of Directors. Be an informed voter and attend a session or all three, scheduled in January. See the dates on page 5.





Support Groups & Clubs



• Alzheimer's/Dementia • Caregivers Support Group

There will no meeting in December. The next meeting will be January 26 at 1:00 PM.

The Caregivers Support Group was created to inform, educate, offer guidance and provide mutual support to residents who are caregivers for a loved one with Alzheimer's/Dementia syndrome.

We accomplish our mission with a variety of speakers on topics relating to Dementia including: Legal issues to consider; how to manage behavior; Veteran's benefits and Medicare. These presentations are alternated with sharing/caring sessions led by our Family Advisor from Del Oro Resource Center. Here participants share concerns, suggest solutions to problems raised and generally support each other, with professional input offered.

We have a fine collection of books, DVDs and brochures available for members to borrow.

Thanks to The Lincoln Hills Foundation for their financial support of our Group.

**Contacts: Judy Payne 434-7864;
Cathy 409-9322;
Nancy 253-9962**



• Amateur Radio •

The January 19 meeting will feature a presentation of the use of your computer with amateur radio. This is an excellent opportunity to expand both areas of interest. Learn how a PC under Windows can also use other operating systems.

The meeting will be at 7:00 PM in the Multimedia Room (OC). Bring your ideas for the New Year.

**Contacts: Bill Salisbury 434-8501;
Doug Thom 409-0757**



• 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 third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be December 15 and January 19. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Tuesday, January 11 at *Meridians*. We meet in the restaurant at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



• Bosom Buddies • Breast Cancer Survivors

Bosom Buddies have had an event-filled year. Our speakers on lymphodema, nutrition and progress in cancer research were informative. Our open house gave us a chance to meet new people interested in our organization. The luncheons at *Meridians* for our birthday ladies each month, the installation luncheon at *Awful Annie's* and our Christmas luncheon at *Pottery World* gave us time to get to know each other better. We participated in the Lincoln Relay for Life. But most important of all we supported those in our membership and outside our community who were in treatment or in need of help.

If you are a survivor, in treatment or newly diagnosed, Bosom Buddies invites you to join us. We wish you happy healthful holidays and hope to see you at our meetings in the coming year. We meet the second Thursday each month at 1:00 PM in the Multipurpose Room (OC).

**Contacts: Marianne Smith
408-1818; Sally Lewis 434-7381
Websites: www.lincolnsuncity.org
www.lincolnhillsbosombuddies.org**



• Eye Contact • Low Vision Support

Next meeting: January 13, 1:00-3:00 PM, Presentation Hall (KS)
1:00 PM: Head, Heart and Eyes.

Tracy Williams, OD, Executive Director, Spectrios Institute for Low Vision. It is a teaching and research institution that provides low vision care; teaches understanding of the eye condition; provides procedures for betterment of sight; clarifies feasible changes to improve present eyesight; and provides help to overcome anger, frustration, and hopelessness.

2:00 PM: Transit for SCLH. Debbie Yank, Interim Superintendent of Transit, city of Lincoln will speak about recent changes in transit. I have asked for a copy of the 2010-2011 transit budget; the number of fixed-route and Dial-a-Ride busses on the road including schedules and routes as well as the number of drivers and back-up busses for both.

**Contact: Barbara Smith 645-5516,
Chelsea@starstream.net;
Cathy McGriff 408-0169**



• Neighborhood Watch •

"It's the thought that counts," as the old saying goes, but even more important are our actions. Neighborhood Watch encourages you to reach out to your neighbors during this holiday season, for they are our most important security.

It takes some effort to be a friend, but every pearl has its price. The pearl of a safe, secure, friendly community is worth it! Surprise a neighbor by sharing a treat. Say "Thank you" to someone who is not expecting it. The more we give the more we receive in return. Our neighborhoods will be stronger, safer, and more resilient as a result of our becoming better friends with our neighbors.

We wish you the gift of a safe neighborhood with warm and friendly neighbors who have your welfare at heart. We wish you the gift of a concerned community which comes together to promote the best interests of all.

**Allen Gillespie 434-5979,
allenm40@ymail.com
Pauline Watson 543-8436,
frpawatson@sbcglobal.net;
Website: www.lincal.net/watch**



• Super Seniors •

Start off the new year by enjoying some interesting life stories to be presented by Super Seniors members: Jim Finnegan, Richard Di Fiori, and Janis Hubis will share some unique stories about a hobby, an interesting experience such as meeting Jacques Cousteau, or something about what life was like before retirement. You may want to share something yourself! The second part of the meeting will be game time with Carolyn Rogers teaching the game of Mexican Train Dominoes. This will be a fun way to get to know the people at your table. "Come on down" for the meeting on Friday, January 7, from 10:00-11:30 AM in The Gables (OC). If questions, contact facilitator, Shirley Schultz, 645-7539.

The next meeting of the informal Chit Chat group will be Friday, December 17 in the Multipurpose Room (OC).

Contact: Dani Van Tatenhove
543-9194



Shared Interest Groups & Chartered Clubs



• Antiques Appreciation •

On December 6, we held our annual fun-filled Holiday Brunch in OC Ballroom. This event was well attended and enjoyed by all. Festive Snowman centerpieces found on each table were raffled off. Some members also brought snowmen and related memorabilia from their personal collections and entertained us with enjoyable stories about their acquisition. We were very fortunate to have the very talented LH male vocal octet—The Hills Brothers—sing festive holiday songs. Our members generously contributed gifts for the annual Toys For Tots drive.

Our first meeting in 2011 will be held on January 3 and will be a Member Show and Tell.

If you collect or just appreciate antiques, please join us on the first Monday of each month at 9:30 AM, Multipurpose Room (OC).

Our best wishes to all for a Happy Holiday Season.

Contacts: Pat Le Page 543-9564;
Jane Delno 543-6855;
Antique Appraisal Contact:
408-4004



• Arts Association •

December offers a quiet month for members of the Arts Association to catch their breath and get ready for the New Year.

The New Year will bring a new look and inspiration to the Arts Association. Many members of the Board will be leaving the Board. A heartfelt thank you goes to Diane Barkey, Joyce Bisbee, Jim Brunk, Bonnie Dunlap, Lynne Fee, Larry Paparelli, Paulette Pesavento and Gordon Powers.

There are still some vacancies available on the 2011 Board – no experience necessary – just willingness to help the Arts Association become even better. Contact Bill Szabo at billcats1@earthlink.net or 434-6667 to discuss being on the 2011 Board.

It's time to renew your membership. Or join for the first time. Dues are \$15 per household. Membership forms are on our website – www.lharts.org. Bring completed forms to our January meeting or mail them to Ron Clawson.

Contacts: Bill or Cathie Szabo
434-6667, billcats1@earthlink.net
Website: LHarts.org



• Astronomy •

Wednesday, November 10, LHAG provided a star party and talk at Twelve Bridges School for about 75 students and parents.



Astronomy Group's Nick Poppelreiter, International Space Station Talk at November meeting

Saturday November 13. Joel Thomas and Tom Eason gave a talk to the SCLH

Nurses Group followed by a sky viewing session that evening.

Cosmology Interest Group. There is no meeting in December. Next meeting Monday, January 17, 7:00 PM, Fine Arts Room (OC). A DVD lecture series is being presented on "The History and Nature of the Universe." Contact Morey Lewis (408-4469) for information.

Wednesday, January 5 (KS). Don Wilson will talk about NASA's missions to minor planets, comets, asteroids, and the Kuiper Belt objects.

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, Presentation Hall (KS). What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring us your questions about astronomy during the Q & A period.

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



• Ballroom Dance •

Home for the Holidays: Happy Holidays from all of us at the Ballroom Dance Group. There are no lessons this month to give our instructors a seasonal respite. But make a resolution to join us in January to learn the Rumba. We are planning for a great year of popular dances taught by well qualified people. With a new dance every month, you can count on learning something you can enjoy doing on the dance floor.

Beginning lessons are held Tuesdays in the Multipurpose Room (KS) from 2:00-3:00 PM, followed by an hour of open dancing and practice with instructor assistance. We step it up a bit from 4:00-5:00 PM by adding some intermediate steps to the dance of the month. All for free.

Contact: David Hathaway 408-0228



• Billiards •

The Shooters

- Eight-Ball Singles 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
- Nine-Ball Singles 10:00 AM-

12:00 PM and 1:00-4:00 PM Second Tuesday

- Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
All games at KS



Billiards, Shooters, from top: AM Winners of Sun City Roseville vs Lincoln's Shooters Traveling Team; PM Winners Roseville vs Lincoln

Tournament Winners:

Eight Ball Singles November 3:

- AM Winner: Roy Hackman
- Runner-up: Ken Klein
- PM Winner: Phil Delaney
- Runners-up: Les Birch, Jim Lawrence and Dale Hurlbut

Nine-Ball Singles November 9:

- AM Winner: Ted Baker
- Runners-up: Jim McKee and Bob Armour
- PM Winner: Don Volker
- Runner-up: Bob Doney

Eight-Ball Doubles November 17

- PM Winners: Flavio Lombella and Dale Hurlbut
- Runners-up: Phil Delaney and John Sefakis
Clyde McFadden and Scotty Story
Don Araldi and Bob Maske
Tony Petruzzella and Bob Armour

Congratulations to our traveling team for bringing home the Trophy after winning the Roseville vs. Lincoln's The Shooters November 12 at Sun City Roseville.

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

Challengers Billiards

Check out the Billiards Room (KS) on

Fridays from 10:00 AM-12:00 PM. You will find it full of average-to-advanced players competing in seven games of Eight Ball (1/15) with each game timed at 17 minutes. This is a very strategic but fun game. There is an advanced sign-up binder always on the fireplace. Stand-by players frequently get to play especially during the Holidays. Best of all it is free! Sign up, show up and sharpen up your billiard skills!

Congratulations to our recent monthly winners:

- Seven Games: George Black, Joe Hobby
- Six of Seven Games: Margie Kim, Oscar Alvarez, Howard Skulnick, Doyle Coker

**Contacts: Rita Baikauskas 408-4687,
Dan Oden 408-2687,
Sherry Weech 408-1398**

Couples Billiards

Happy Holidays!

Week one Nicki & Joe Hobby were our only six game winners. Jim & Barb Conger were the only five game winners.

Week two we had a tie between Joe & Shirley Varner and John Sefakis and Carlos Barrantes winning five games, losing one.

Week three was a very competitive evening. We had four teams winning five games and losing one. Those players were: Joe & Nicki Hobby, Jim & Barb Conger, Joe Perez and Rita Baikauskas, and Ron & Sherry Weech.

This week we had a three-way tie winning five games and losing one. Those players were: Bob Hodge and Sylvia Gutierrez, Joe Perez and Rita Baikauskas, and Joe & Nicki Hobby.

The last week Doyle Coker and Sylvia Gutierrez were the only six game winners. Tied with five wins were Jim & Barb Conger and Ron & Sherry Weech. Good job everyone!

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

Upstarts Billiards

This has been an exciting year for our Billiards Group. Participation con-

tinues to increase as more residents try their hand at billiards and discover the challenges of the game and the fun we have as a Group. We look forward to an even better 2011. We welcome beginner-to-average players. The Upstarts Group plays each Thursday at KS from 1:00-3:00 PM.

Special thanks to our Group leaders, Rita Baikauskas and Dan Oden who volunteer their time and energy to make our Group a success.

Congratulations to our recent winners:

- Six games: Larry White
- Five of Six games: Jim Frederick, Carlos Barrantes, Willie Wright, Jennie Wright, Dale Houck, Larry White, Peshu Irani, Loretta Manley, Rita Baikauskas, Del Torres

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

Instruction Group

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

Contact: Jim Immel 434-2918



Bird

The weather is perfect for winter birding, cold and crisp, with some sunshine, so get out and enjoy the best birding season of the year!

The Bird Group meets monthly at 1:30 PM at Presentation Hall (KS). The next meeting is January 10. Our speaker will be Paul Buttner, Manager of Environmental Affairs, California Rice Commission, with a program about management of the rice fields to protect the environment and birds in the rice fields. This will be an interesting and unusual program, so don't miss it.

The Christmas Bird Count is scheduled for December 28. Don't be frightened of the weather, come out and help us count! We always have a good time and are contributing to the welfare of the birds in our community by putting

them “on the map.”

The next field trip is the Sand Hill Crane trip to Staten Island and Lodi on January 7.

Contacts: Ruth & Don Baylis,
rbaylis2@yahoo.com

Website: www.lhbirdnest.org



• Bocce Ball, Mad Hatters •

If you're reading this on December 15 then you only have nine days left to get that last minute Christmas gift. Looking around the web (Google “bocce measuring devices”) led to a few ideas related to Bocce, but the one we like the most is the extendable measuring device, very much like an old automobile antenna. They collapse to about



Bocce Ball: Mad Hatters ladies before Red Hats tournament

six inches in length and extend to about three feet. There are also string-based measuring devices that come with calipers for measuring the close ones, and a scoring mechanism for when you're not at the Bocce courts. We discovered a couple of devices designed to pick balls up without bending over but weren't sure how effective they would be. Since we have many players with back problems we will continue to investigate these and report back to you. Finish shopping early so you can join us Thursday.

Contacts: Glen Stanphill, 408-8885;
Paul Mac Garvey, 543-2067,
pmac1411@aol.com



• Book Group, OC •

We at the OC Book Group wish everyone a happy holiday and invite you to join us Thursday, January 20, 1:00 PM, Multipurpose Room (OC) for our first 2011 meeting.

Schedule for 2011:

- January 20: *The Help* by Kathryn Stockett
 - February 17: *The Wednesday Wars* by Gary Schmidt
 - March 17: *Nine Parts of Desire* by Geraldine Brooks
 - April 21: *Sunday at Tiffany's* by James Patterson
 - May 19: *Undaunted Courage* by Stephen E. Ambrose and Barrett Whitener
 - June 16: *The Girl with the Dragon Tattoo* by Stieg Larsson
 - July 21: *My Stroke of Luck* by Kirk Douglas
 - August 18: *Island Under the Sea* by Isabel Allende
 - September 15: *Hotel on the Corner of Bitter and Sweet* by Jamie Ford
 - October 20: *Cutting for Stone* by Abraham Verghese
 - November 17: *The Glass Castle* by J. Wall
 - December 15: Holiday Luncheon
- Contacts: Penny Pearl 409-0510;**
Darlis Beale 408-0269; Dale Nater 543-8755; Linda Derosier 543-6307
Website: <http://lhocbookgroup.blogspot.com/Wiki>;
<http://ocbookgroup.pbwiki.com/>



• Bowling • **Rocklin Tuesday AM**

Tuesday, November 16 was a day for high rollers at AMF Lanes in Rocklin. George Newman and John Moniz shot a 212. Barry Kendrigan and Tom Naylor bowled a 213. Bill Bjorge shot a 224 and Frank Schmedig shot a 217 and a 231. Jerry Gordon is leading with a 202, 212 and a 238. Looks like Jerry is trying hard to beat his own high series of 712. Other high series go to Horace Snowden with 618, and Doug Tran with 596. For the ladies, Pat Fisk has high game at 195, Feli Kimball with 190 and Betty Jones with 189.

Congratulations to all bowlers on their accomplishments.

Contact: Betty Curtis 543-6866

Strikes Thursday PM Bowling

We hope that each and every one of

you enjoyed Thanksgiving — the time of year to reflect, give thanks and appreciate the good things in our lives.

The lanes were good to a number of bowlers at the end of November and we had some great bowling. Terry Stockdale had the highest score, 246. Bob Barrows rolled a 232, Paul Krcha 225, Jim Immell 223, Rex Miller 222, Dave Borden a 213 and a 205, Rich Connell 210, Roy Hackman a 204 and a 215, Mel Reitman 203, Jerry Gordon 203, Paul Carroll 201 and Mike Freiria 200.

For the most part, the ladies are waiting until December to “shine” with the exception of Marion Munoz who rolled a 517 series and Jean Hackman who had a nice 180 game. Great bowling ladies!

Contacts: Cathy Riewerts 408-5709,
cleer50@yahoo.com;
Terri Krcha 543-6111,
paulandterri@sbcglobal.net



• Bridge, Partners • **Thursday Evening,** **First & Third**

We invite all intermediate and above bridge players to our bi-weekly Thursday evening games. We are now using a simplified *Chicago* scoring system to make it easier to score. Please invite your friends to come and play a friendly but competitive game of bridge. For questions, sign-ups and cancellations, call Ken Gladden, 409-0804. Here are the results of last month's competition: Winners for November 4:

- First: Allen & Bev Allen
- Second: Marisa Stone and Nancy Turrini who also had high round
- Third: Ken Gladden and Robbie Duggan
- Fourth: Erica Wolf and Edith Kesting

Winners for November 18:

- First: Ann Ulrich and Lydia King
- Second: Shelagh & Jim Henderson
- Third: Nadine Buckmiller and Sue Cirerol who also had high round
- Fourth: Stan Mutnick and Bruce Fink

Contact: Ken Gladden 409-0804,
KenGladden@hotmail.com

**Thursday Evening
Second & Fourth**

Winners for November 11:

- First: Bob & Cathy Brynjulson
- Second: Erika Wolf and Edith Kesting
- Third: Dolores Marchand and Stanley Mutnick
- Fourth: Bob & Lorraine Minke

We play at 6:00 PM in the Terra Cotta Room (KS) Come join us

Contacts: December 15-31: Chris or Ken Jacobson 408-8709

January 1-March 31: Warren & Gerry Sonnenburg, 253-3882.



• **Bridge, Duplicate** •

How better to spend the holidays than playing bridge with friendly people. We have games on Wednesday at 12:30 PM, Friday at 5 PM, and Saturday at 12:30 PM. All games played KS. Because of the holiday season we may not be able to play on Wednesdays as often as normal in December due to conflicts with other events. If you're interested in playing you can contact Elise or Sandra to see if we're having a game that Wednesday.

We are however having our holiday dinner party on December 16. In addition to the delicious meal there will be music, a chance for good fellowship and, of course, holiday libations.

Twenty-one Club members earned master points in the Yuba City sectional led by Lynne & John White, Judy Serrano and Joe Blackford. In addition, Carol Ross just received her gold life master with 2500 points.

Contacts: Elise Homer 543-0650, hit4home@starstream.net; Sandra Brumley 434-6016, sandycat@starstream.net
Website: www.sclhbridge.com



• **Bridge, Social** •

Our leadership is changing effective January 1. Your new officers will be announced at one of the December meetings and the information will be repeated in the January *Compass*.

We play every Friday afternoon from 1:00 to 4:00 PM in the Terra Cotta Room

(KS). Check-in time is no later than 12:50 PM. You do need a reservation to play but you do not need a partner. *You can make a reservation or cancellation by calling Dee Williams at 408-5582.*

Winners from October 29 through November 19 were:

- First place: Karen Lopasso, Dolores Marchand, Judith Jesness, Neil Wilson
 - Second place: Rich McGough, Bob Jensvold, Gene Huntley, Ann Jensvold and Gene Huntley (tie)
 - Third place: Judith Jesness, Jim Haugaard, Vivian Frederick
 - Fourth place: Tom Quay, Judith Jesness (twice), Jim Haugaard
- Contact: Dee Williams 408-5582, djohn32@sbcglobal.net**



• **Bunco** •

Your Bunco Steering Committee members hope you have enjoyed playing Bunco this past year. We look forward to another year of fun and excitement. Your chance to win a gift certificate is always a possibility. Committee member Marian Skillman finally won and it was the grand prize. She was beginning to think it was unlucky to be the gift card procurement person.

If you would like to join in the fun, you can find us on the third Thursday each month in the Cards Room (OC) at 9:00 AM. There is a \$5 entrance fee but never an annual membership fee.

We wish all of our members a wonderful holiday season and a Happy New Year.

Last month's winners:

- Most Buncos – Marian Skillman
 - High Score – Donna Bishop
 - Most Wins – Ann Stults
 - Low Score – Linda Ray
 - Most Losses – Phyllis Papagiannis
 - Traveler – Barbara Conner
- Contacts: Claudette Rhoads-Kinman 543-6347; Marian Skillman 396-4263**



• **Ceramic Arts** •

Annual dues are only \$12 for January 1-December 31, 2011. Complete the membership form

emailed to you or obtain one from your studio monitor. Questions, call Mike Daley 543-9449.

CAG "Workshop" times for members are held at OC on Saturdays, 9:00 AM-4:00 PM, and Sundays, 10:00 AM-4:00 PM; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays 1:00-4:00 PM for Spanish Oils. Non members are required to join the CAG after their third visit for a nominal fee of \$12 per year.

"Open Studio" times available to all residents (CAG membership not required) are: OC Fridays only, 1:00-5:00 PM, and KS Sundays only, 1:00-4:00 PM.

All workshops and open sessions are monitored at both studios. Access will not be granted without a monitor present and keys will be given only to registered monitors. *No exceptions.*

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Marty Berntsen 408-2110; OC Pottery — Marilyn Anhalt 408-8196 and Mike Daley 543-9449

Website: www.lincolnsuncity.org, Groups, Ceramic Arts



• **Cloggers** •

The Cloggers are finishing the year and looking ahead to 2011. This year has been successful with accomplishments and building membership. We've been fortunate in having a renowned clogging teacher, Janice Hanzel, join on, teaching Beginner's and Clog I. She has plans for next year you won't want to miss. New members are encouraged to give clogging a try. Dr. Mehmet Oz, author of *You Staying Young* recommends dancing as a top exercise mentally and physically.

During the year, the "Performance Team" danced to Dolly Pardon, "Marry Me" in the Talent Show and performed in Dolly's "Christmas Magic." Their



Cloggers Group performance from the "Christmas Magic" Show

dances were under the direction of Susi Thomas. Susi also teaches Clog II.

The Christmas Party, December 1, will be shared with clogging friends from Sun City Roseville Cloggers.

A special way to end a good year. Party planned by Anita Tyson, ZettaLee Noga and Connie Stephens.

"Kickoff New Year Clogging!"

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



• Computer •

• Main Meeting January 12, 6:30 PM, "Africa Safari by Windows Live Movie Maker 2011."

This is a special presentation movie of Len's recent Africa Safari trip produced with the latest version of Windows Movie Maker. The DVD is about 45 minutes with full HD video, including music, narration, captions, titles &



January 12 Computer Group's Len will present a movie produced with Windows Movie Maker of his recent African Safari

credits all created using 'free' Microsoft Windows Movie Maker. At the end of the presentation Len will explain the creative details behind the making of this movie.

• Clinic: January 14, 3:30 PM, Len will create a movie "live" using photos and videos with lots of time for your Q&A. With Windows Live Movie Maker, you can turn photos & videos into polished movies add special effects, transitions, sound, and captions. Also learn how to share your movies.

• Ask the Tech: January 24, 10:00 AM, informal Q & A session for any and all technical questions. All meetings at Presentation Hall (KS).

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



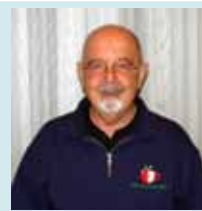
Mac User

There will not be a general meeting this month. Mark your calendar for Tuesday, January 24 in the Pre-

sentation Hall (KS) when Ken Silverman will demonstrate Apple TV.

Bonnie Esker, Membership, is accepting dues for 2011. Make your check payable to LHMUG for \$15 per household and mail to her. Let her know if you have any changes to your email address, as this is our primary means of communication.

Many, many thanks to outgoing officers, President Irwin Maloff and Vice President Dave Perkins. Irwin increased our members' awareness of changing technology through many facets of our Group, especially with the focused special interest groups and socials that



Irwin Maloff, outgoing MAC Group President; members enjoying a shared app social. Photos courtesy of Bob Gentry



combined education with fun! Dave has been a familiar and welcome face to those new to the Mac computer.

Contact: Bill Smith: wsmith986@gmail.com Website: www.lhmug.org



• Country Couples •

Congratulations to the two new members of the 2011 Country Couples (CC's) Steering Committee, Sharon Kenney and Arlene Lawrence. Thanks go to both of them for volunteering for the two empty spots and to all of the members who responded to the email voting.

Additionally you should mark your calendars for the January 14 Sun City Roseville dance and the following 2011 CC's dances at KS, all are 5:30-8:30 PM: February 4; May 13; September 16; and December 16.

Merry Christmas and Happy Holidays

to everyone, and remember to think of our military during your holiday celebrations.

Let's make 2011 another successful year by supporting the CC's events.

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



• Cribbage •

The Cribbage Group plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00 AM in the Cards Room (OC). We are a friendly group, always willing to welcome new players.

Attendance has been up and down but we always have enough players for a good time. Join us for a session and see.

We'll be electing new members for the Steering Committee very soon. I'll be leaving the Committee to allow new members to participate, although I'll continue to help whenever possible and will continue to write these articles. Let us know if you'd like to participate in running the Club.

If you have items you'd like to see in this monthly article, please let me know (remember that the article is written about a month before the *Compass* is published).

Contact: Jerry Wilcox 543-3117, jerry.wilcox@gmail.com; Jack Poshepny 543-8463



• Cyclist •

There's more to being a Ride Leader than just showing up and saying, "Let's ride to Trailhead." A route must be planned, taking into consideration the abilities of the riders in the group. Some leaders email the route the night before, complete with cue sheets, maps and elevations. Once on the road, ensuring everyone makes that last tricky turn, the pace is right and rest stops are timely is a challenge.

Ride Leaders are always looking for new routes to keep the rides interesting and they need to know about construction or other hazards. Watching the weather is mandatory. Should there be

an accident, Ride Leaders carry first aid kits and would take charge if outside help is needed.



Cyclists Group, from left: Climbing; Cruising Virginia-town; Re-Grouping at Garden Bar



Ride Leaders meet frequently to discuss safety issues, problems with riders, complaints and how to improve rides. Take time to say "Thanks" to your Ride Leader tomorrow.

Contacts: Steve Valeriote 408-5506, jillsteval@sbcglobal.net; Bob Burns 543-3382, sclhbob@sbcglobal.net; Gary Steer 434- 6860, gardon504@sbcglobal.net Website: www.LHCyclist.com



• **Dominoes** •
Mexican Train

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

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

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



• **Fishing** •

We are well into the Holidays so to begin, let's wish all a Merry Christmas and Happy, Prosperous New Year and oh

yes, Good Fishing. Mentioning fishing, in November one member visited Union Valley Reservoir with good results and a three-boat trip to Eagle Lake did very well. The low water levels in the lake required careful boat launching and navigation in the shallows. But rising early to go out in a beautiful sunrise and catch fish like these make the effort worthwhile.



Fishing Group: Two nice Eagle Lake trout; sunrise on the lake



Our annual Christmas Party earlier this month was a big success serving the "traditional" menu from Lincoln Chinese (the big hit was the Kung Pao Shrimp that disappeared as fast as it could be put out). Our next big event is the 10th annual Crab Fest on February 18. This is a great event, general ticket sales begin January 1. The available 200 seats sell out fast, so be ready.

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



• **Folk Dancing** •

Tuesday, December 14, the Folk Dance Group held its annual Holiday party. We always look forward to this time of year and



Folk Dancing Group: Great food & gift table

our party with music, dancing, festive food, and, most of all, the company of good friends.

Our new format continues with a group of easy dances to begin our two hours of dancing. Once all our dancers are familiar with that group of dances, another will be selected. Folk Dancing really becomes a lot of fun when music is played and there is instant recognition of the accompanying steps.

Come join us and participate in dances from around the world. There are no dues; just sign our enrollment sheet and dance!

Our best wishes to all for a happy holiday season and a great new year—joyeux Noël et bonne année!

Contacts: Lois Eckhoff, 434-8643, Ingrid Lapin, 543-3012. Website: http://schlfolkdance.tripod.com



• **Garden** •

Merry Christmas and Happy Holidays!

There is no meeting in December. The *Membership Drive 2011* continues through the end of January. Join now so you don't miss all of the great information you get from being a member of the Garden Group. Contact: Joan Scarper 434-7233.

Marie Salers will chair the Plant Sale in March. She is asking members to start saving seedlings from their yards, bulbs they may be dividing, or plants and garden items they no longer want that can be used for the sale. Please give them TLC until then! Contact Marie: 408-3895, for more information.

The Annual Home Garden Tour will be May 26 chaired by Fran White. She needs volunteers from the Garden Group for a planning committee. Contact Fran: 408-4628 if you can help!

Contact: Lorraine Immel 434-2918, limmel@sctv.net

Flower Arranging

The Flower Arranging Class resumes January 14, 1:00-3:00 PM, OC, \$3 registration. The theme will be European dish gardens and/or terrariums. Needs: dish or fish bowl, assorted plants, suc-



Garden Group: Zella Taylor creating a floral centerpiece; succulent arrangement class January 14

culents, small amount of potting soil, and moss.

Contact: Gloria Stroemer: 645-4699.



• Gem and Mineral Society •

We will not have a meeting in December.

The new officers of the Gem Club will be taking over in January. By the time this article is printed, the election of new officers will be complete. The proposed officers are as follows: Deanna Hanks (President), Maria Glover (VP), John Neil (Treasurer), Jim Luckey (Secretary) and Ron Clawson (Field Trip Director).

The members of the Gem Club voted to hold the Gem Club meetings quarterly and not monthly. The next meeting of the Gem Club will be published in the *Compass*.

Our Club sponsors the *Lapidary and Jewelry Shop*. Hours: Mondays 8:00 AM to 12:00 PM and Wednesdays 8:00 AM to 12:00 PM. The charge is \$5 per each two hours spent in the lab. All funds go to equipment and supplies.

Our Club is a member of the CFMS and the NorCal Field Trip Cooperative.

Contact: Doug Hohman 434-6001;

Dave Fisk 434-0747 (lab reservations)

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



• Genealogy •

There will not be a General Meeting or classes during the month of December.

The Steering Committee met on December 13. Attending these meetings is a great opportunity to become more involved in the Genealogy Club and actively assist in leading our Club with new ideas and suggestions for future

educational and/or General Meeting topics. All Club members are welcome to attend Steering Committee meetings on the second Monday of each month.

The following Club officers and volunteer positions need to be filled by January 2011:

Leader #1-- Replacement Needed

Leader #2 -- Replacement Needed

Photographer: Open

Special Projects Coordinator: Open

Events Coordinator: Open

Trip Coordinator: Open

Election and installation of new Club officers will be held in January 2011. Annual Membership 2011 (renewals and new) are due in January 2011.

Merry Christmas and Happy New Year!

Contact: Marilyn Morgan 408-5753

Website:

www.webflavors.com/lincoln



• Golf, Ladies •

Lincster Lady Niners

The Lincsters enjoyed their "Home at Home" tourney November 4. Susan Pease, chair, did a masterful job organizing the event.

The Maids of Mulligans defeated the Loch Ness Lassies in the match play (Ryder Cup) format. Sherry Weech received "closest to the pin." A salad/soup buffet in the Solarium with door prizes and foursome prizes followed play. Thanks to Ive Laske and Pat Ward for their help. Scorecard wizard Pat, printed the scorecards with "pops" on them! Lincsters are still talking about what a great time they had!

Our November 10 meeting welcomed back Nancy Dodgion after a long absence. Sean Silver, general manager, introduced new Head Pro, Marcus Patteson. Sean will be meeting with our officers to make plans for the upcoming year.

The Holiday luncheon was held in the Ballroom on December 8. Everyone had a wonderful time. Check Lincster website for details. Yearly awards were presented.

Contact: Linda Lowe 543-5932

Website: www.lincsters.com



Lady Niners: A couple of Santa's elves at work on Christmas luncheon decorations

Ladies XVIII

Our year is winding down, and great scores are still rolling in. On November 4, Judy Habecker and Rita Drinkard / Flight One, and Marilyn Chappell and Donna Brinkerhoff / Flight Two, took top prizes in a Best Ball of the Two-some event.

On Veteran's Day, Carol Perry beat the field with 45 points in a Stableford tournament. Way to go, Carol!

Our Club honored our own veteran on November 11, Darlene Dyer. Darlene joined the Navy WAVES in 1942, took Yeoman and Radio/Radar training, and served three years. Thank you, Darlene and all our veterans, for your service.



Golf Ladies XVIII: Darlene Dyer, our own veteran

Michelle Poirier and Norma Milligan chaired our Turkey Shoot November 18. Jane Steffes, Lois Adams, Diane Galten, and Ofra Unger scored a first place victory with a score of 121. Thanks, Michelle and Norma, for another great tournament.

Check this column next month for details about our lovely holiday luncheon, held on December 2.

Contact: Lani Dodd

doublebogey1@att.net

Website: lhlxviii.com



• Golf, Men's •

The finale for 2010 was the Tournament of Champions! Dave Tennant is the overall winner with a fine net 64; Walter Burke took Flight One with a great 66 and Ron

Manas controlled Flight Three with a super 65!!

Notice to LHMGC members; sign up prior to December 21 and save \$10 — so get your applications in pronto; the Golf Shop has the necessary forms!! Remember, you can also sign up for the CVS league (\$60) which allows play at 10 private courses through the year!!

We all like to have a good pace of play and the tournament chair reminds us that four-and-a-half hours is the norm and please keep up with the group in front!!

We are happy that our 2011 Tournament schedule has been reviewed and approved!!

“Hit ‘em straight Guys”

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



• **Hiking and Walking** •

Walkers: As weather changes for the winter season, start time for our walks remains the same — 8:00 AM. Rain cancels the walk. Dress appropriately for the cold and bring your water.

Hikers: As the year winds down we look back at a very successful hiking



Hiking Group, from top left: David Wood snacks along Chico Creek; hiking under Foresthill’s bridge; hiking Yahi trail in Bidwell Park in Chico

year. Highlights include getaways on the Monterey Peninsula (the Pinnacles and Point Lobos) and Lassen National Park. Over 35 hikes were conducted, from the peaks at Castle, the summits at Thunder and Little Bald Mountains, the shores at Lands End in San Francisco and Lake Tahoe, the rivers of the American, the Yuba and the Feather, and even the Mines at Black Diamond.

Monique Wood out-hiked us all, participating in over 80% of the hikes.

Check the website for the full slate of first quarter hikes.

A very Merry Christmas to all! We look forward to seeing you on the trails in 2011!

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



• **Investors’ Study** •

January 10 Active Investor class, Bill Ness, facilitator, Multimedia (OC) 3:00 PM.

January 17 Options, Steve Greenfield, facilitator, Multimedia Room (OC) 5:00 PM.

2010 and 2011 meetings, Presentation Hall (KS) 2:00 to 4:00 PM.



Investors Group: Richard Jones, Marylou Dentinger, and Jack Crump discuss November election results with election chair Dottie Erickson

December 30, 6:00-9:00 PM Investor’s Party Time!!! Dinner, dancing, prizes, and a free drink. KS. For tickets, call Doug Hohman, 434-6011, Lorene Russi, 408-1928, or Marylou Dentinger, 408-4146! We’ll celebrate Jack Crump’s 10 years of developing, nurturing, hand-holding and creating an educa-

tional tool for investing here in Lincoln Hills. Let’s join Jack and thank him for all of his time and effort!

January 6, Happy New Year: Russell Abbott, our Program Consultant, will start the year off with his outlook on the markets and how to set up your portfolio to take advantage of the year.

All residents are welcome
Contact: Douglas Hohman
434-6001,
djhohman825@yahoo.com



• **Lavender Friends** •

The Lavender Friends Club is a social organization serving Lesbians, Gays, Bisexuals, Transgendered and those in friendship who live in SCLH.

A great time was had by the volunteers for the December 4 KVIE sweep phone bank. We’d like to thank the Holiday Committee who organized the Fifth Annual Holiday Party at Turkey Creek Golf Club. A great time was had by all, and our DJ Jammin Joe kept everyone dancing till midnight. Thanks to our members and guests, we had a four-car caravan to take all the canned goods we collected to the “Salt Mine.” We wish everyone a Merry Christmas and A Happy Holiday. May the New Year bring Joy, Peace and Happiness to all.

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



• **Line Dance** •

The first Monday in December saw over 100 line dancers enjoying a potluck dinner followed by dancing. What a great start to the holiday season! We had a wonderful time and are looking forward to resuming dancing in 2011. Audrey, Sandy, and Yvonne are our instructors and one of them is just the perfect instructor for you. If you need a New Year’s resolution, make it line dancing. There are classes on Monday, Wednesday and Thursday and practices on

Saturday and Sunday. Don't let another year go by without dancing. Hope to see you in 2011.

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



• **LSV/NEV** •

**Low Speed Vehicles/
 Neighborhood Electric Vehicles**

Have you noticed that the NEV lane on Twelve Bridges has been extended to go up and over the hill? If you use this lane, be very careful as the traffic on Twelve Bridges moves quite rapidly.

Our November meeting with Mayor Tom Cosgrove was very informative. He also brought two Stanford graduate students who have made a prototype of a new NEV. They are looking to manufacture them by 2012. We will be hearing more from these gentlemen next year!

We had over 50 attend our fantastic holiday dinner. Thank you to Diane Maker for all her hard work.

Join us for our January coffee hour and meeting on Tuesday, January 18. Coffee time begins at 9:00 AM followed by the meeting at 10:00 AM in the Presentation Hall (KS). Insurance issues will be the topic presented by Julie Domenick.

We have also suggested an Association trip on February 12 to have lunch on the Delta followed by attending the Port and Chocolate Festival. Sign up early!

Contact: Bev or Buzz
Rognien, 408-4540
Website: Lincolnhillslsv.com



• **Mah Jongg, Chinese** •

Come and try this fascinating and ancient game of tiles. You will learn all the ways to win this game and you might even get addicted to it. We play every Monday from 8:45 AM to 12:00 PM in the Card Room (OC). Beginners are welcome. Feel free to call one of our contacts for more information. Happy Holidays to one and all.

Contacts: Rita Yankee 408-4405;
Virginia Haradon 408-5536;
Ada Squires 543-3499



• **Mah Jongg, National** •

Our Group plays in the Card Room (OC) each Tuesday from 12:30 to 4:00 PM. We welcome all skill levels and have an excellent instructor to teach beginners. The players are friendly and helpful and there are no dues to join the Group. This ancient tile game is more fun than you can imagine. Take a break from the stresses of the Holidays and come play Mah Jongg. You can't go wrong and we look forward to seeing you!

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



• **Motorcycle** •

The Club's annual holiday dinner at Cattleman's Restaurant in Rocklin was a resounding success with lots of good fellowship and great food. A highlight



Motorcycle Group's Sam Melchner, installed officers at the holiday dinner

of the evening was when Sam Melchner installed and congratulated the new officers for 2011:

President – John Hanaway
 VP Head Road Captain – Dale Brinsley
 VP Membership – Peter Boyle
 Secretary – Sue Thompson
 Treasurer – Sam Melchner

A special thank you goes to Loretta Brinsley for maintaining our website, to Chris Beasley for organizing our social events and to yours truly for acting as Historian. Many thanks also to John Milbauer who will act as Historian next year and begin writing these articles.

Regular monthly meetings will resume in January and our official riding season will commence in March. Happy Holidays to all!

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



• **Music** •

This is party time and the Music Group enjoyed their annual catered Christmas party at Kilaga Springs. A good time was had by all and they celebrated a very enjoyable year. Things are moving along great and we are already making plans for 2011. The ever active Lincoln Highway has just acquired a new member, Terry Crouson, who brings an impressive resume with his talent. He will be a great asset. Good luck.

New talent is always welcome so stop in and meet this friendly cast. Our regular meetings are held in the Fine Arts Room (OC) every fourth Wednesday at 6:30 PM except November and December. An annual \$5 membership includes our social events and walk-ins are invited. Monthly meetings kick off with group and individual performances. Bring your instrument if you have one.

For information regarding our future events, visit the Music Group on the SCLH residents' Website (below).

Contacts: Charles Murray 408-1486,
KZ2B@sbcglobal.net; Julie Rigali
408-4579, jjrigali@yahoo.com
Website: www.lincolnsuncity.org,
Groups, Music



• **Needle Arts** •

Threads of Friendship

Our annual, exquisite December Holiday Tea was even more beautiful this year!

January 11 (1:00 PM, KS), we welcome Jan Lois-Kershner, acclaimed stitchery artist specializing in landscape interpretation and Sashiko embroidery. Contact Membership Chair Linda Moran, 543-4401, to join us and see how fiber arts thrive here!

Subgroups, most Sewing Room (OC):

- Appliqué: Fourth Friday, 1:00-4:00 PM
- Beading: First/third Fridays, 1:00-4:00 PM; Multipurpose Room (OC)

- Community Service: Thursdays, 9:00 AM-12:00 PM
 - Cross Stitch: Second/third Wednesdays, 9:00 AM-12:00 PM
 - Hardanger: Tuesdays, 3:30 PM (fee for class)
 - Knitting/Crocheting: First/third/fifth Wednesdays, 9:00 AM-12:00 PM
Second/fourth Thursdays, 1:00-4:00 PM
 - Machine Embroidery: Fourth Wednesday, 9:00 AM-12:00 PM
 - Needlepoint: Fridays, 9:00 AM-12:00 PM
 - Rug Braiding: First/third/fifth Mondays, 1:00-4:00 PM
 - Sewing/Quilting: Mondays, 6:00-9:00 PM; Tuesdays, 9:00 AM-12:00 PM
 - UFO (Unfinished Objects): Second Friday, 1:00-4:00 PM
 - Wearable Art: Third Wednesday 1:00-3:00 PM; Fourth Wednesday, 1:00-4:00 PM
- Contact: Joan Eastman 543-7172, jeast595@sbcglobal.net**



• **Paper Arts** •

The December display window is all about our favorite winter Holidays of Christmas, Hanukkah and Kwanza. How great to be blended together into Happy Holidays. Come see the likenesses and differences.

Save your Christmas cards! Cut the front off so it can be used for children to make into new cards.

Our December party and gift exchange at KS was so much fun!! The food was delicious and plentiful; the gifts were fine and items we all wanted for our crafting. The paper cakes that we made at the last meeting were unusual, beautiful and each piece had a special surprise inside! Of course, each Group member took home a piece of paper cake.

Paper Arts meets the first Thursday of the month at 9:00 AM in the Fine Arts Room (OC).

Contacts: Diane Jackson 645-5554; Barbara Bolenbaugh 434-6581



• **Photography** •

Does anyone wonder why we take photographs, briefly glance at them, and then store them away in dark boxes, drawers and folders forever? Part of the reason is probably due to that seductive “collector” gene most of us have inherited. We all collect stuff — often times too much — including pictures. George Carlin once quipped, “now that I have all my stuff together, I can’t pick it up!”

But photographic stuff is different. Pictures are glimpses back in time — regifting, if you will — and the pleasure they bring can be in the taking as well as the viewing. Sometimes it’s about events or celebrations, but in this case it’s an image of a quiet December dawn here in Lincoln Hills you may have



Photography Group: “December Morning,” by jeffa

missed. Nature’s morning gift that the Photography Group re-gifts to you. Merry Christmas.

Contact: Jeff Andersen 434-6009, jeff.andersen@sbcglobal.net, Website: SCLHphoto.com



• **Pickleball** •

Pickleball has been showing up in some unusual places recently. First, with the popularity of theme cruises, a Pickleball cruise seemed inevitable, and now we’ve had it. On an Holland America South America cruise this April, the sport court on the upper deck of the ship, taped with Pickleball lines, was used nearly every day by players who described playing while passing Copacabana Beach and Cape Horn glaciers as “a dream come true.” In May, 2011, Holland America will have another Pickleball cruise, this

time New York to Bermuda. Check online for information by searching for “Pickleball cruise.”

Second, prison has also become a Pickleball venue. Ambassadors from the US Pickleball Association have introduced Pickleball at prisons with success and report that inmates unwilling to participate in other recreational activities are playing. At some prisons it is popular both with the correctional officers and the inmates. Article by Jim Westby.

Contact: Linda Brandelius 434-6610, linda1042@att.net

Website: LHpickleball.blogspot.com



• **Players** •

The Players will be holding auditions 6:00-9:00 PM, January 3, Multipurpose Room (OC), and January 4, Multimedia Room (OC) for their February Readers Theater production of “The Ugliest Woman Alive” and “The Plotters.” Alan Lowe will direct these two plays that deal with people willing to do anything to escape their present situation. However, the grass is not always greener on the other side of the fence. We will be casting six men and five women. Production dates are February 5 and 6. Come join the fun.

The Players March production of “Rumors” by Neil Simon and directed by Judith Jesness has been cast and rehearsals will begin shortly. Production dates are March 2 and 3 in OC Ballroom. You won’t want to miss this tale of communication, miscommunication, truths, untruths and, of course, rumors.

Contact: Ron Morris 434-6534



• **Poker** •

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

For Texas Hold ‘em players, there is

a separate table available on Mondays and Tuesdays at the same times.

The Quarterly Hold 'em tournaments are open to all residents, first-come, first-served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday January 15.

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

Contacts: Mike Goldstein 543-8238;
Lois Clausen 408-2426;
Steve Kriner 549-9874



• RV •

The 2011 officers were installed by outgoing President Dick Howard at the annual Holiday Dinner held in OC Ballroom on December 11: President, Bob Zielinski; Vice President, Diane Rey; Secretary, Blance Eberhardt; Treasurer, B.J. Acosta. The first business meeting of the new year will be Thursday, January 13, 4:00 PM in the Presentation Hall (KS).



RV Group: Plymouth Rally, from left: Ben & Mary Lou Sliker; Line Dance Instructor Yvonne Krause; Donna & Dennis Malone

2011 Rallies:

- March 19-21, Bakersfield RV Resort
- March 22-27, Emerald Desert RV Resort, Palm Desert
- March 28-April 1, Flying Flags Resort, Buellton
- April 24-28, Durango RV Park, Red Bluff
- June 23-27, Infineon Raceway
- August 14-18, Porto Bodega RV Park, Bodega Bay
- September 30-October 3, 49er Village, Plymouth

Contact: Bob Zielinski 408-1852
Website: www.lhrvg.com



• SCHOOLS Volunteers • Sun City Helping Our Outstanding Lincoln Schools

The holidays have us thinking about gifts and giving, an attitude of gratitude, contributions to our favorite charities, and community involvement.

Have you ever considered a "Feel-Good Gift" for yourself? We are very certain you will be pleased if you commit to SCHOOLS in 2011.

At this time, we still have requests from teachers for volunteers. There is no greater gift than to have a positive effect in a student's life. Please contact one of the following:

Contacts:

Sandy Frame 408-1453 or
sflincoln4fun@starstream.net
Elementary: Eileen Marks 409-0320,
emarks@aol.com; Cindy Moore
408-1452, cindysmoore@me.com
High School: Rita Gruenwald
larita@wavecable.com



• SCOP • Sun City Organization Of Pooches

Members — are you ready to *Party?* Monday, December 20, 6:00 PM, doors open for our Holiday Party and Potluck! Attendance is free! Call Helen Harvell to confirm your reservation and Potluck contribution.

Enjoy Great Food, Music, Entertainment and a Live Auction with Great Items for Bidding! Bring your check-book, we have Golf for Four at Catta Verdera, a \$350 Dog Training Package from Blair Diamond, \$50 Dining Packages for La Provence and other fine restaurants, a Golf Lesson from SCLH Pro Steve Treadway, Veterinary Care Packages from Rocklin Ranch Veterinary (Stanford Ranch) and the Sterling Pointe Veterinary and much more.

Auction proceeds benefit "A Chance for Bliss," a local animal sanctuary and tax deductible treasure. Come join the fun!

At SCOP you can build friendships with other dog lovers. Meetings are at 3:00 PM the third Thursday of the month in the Fine Arts Room (OC).



Dr. James Young, DVM, gave SCOP members an informative PowerPoint presentation on how to administer First Aid to pets, increasing their

chance for survival until we can get them to an Emergency Clinic for the professional care they need

Article by Dianne George.

Contact: scoop@sclh.com

Website: www.sclh-scoop.com



• Scrabble •

The Scrabble Club would like to thank Dottie for hosting our Christmas/Chanukah party this year. We have two parties per year and it is always nice to have our spouses/significant others join us for an evening of good conversation.

We play during the holiday season so if you would like to bring your family up for a game, we would love to have you join us. Our boards on turntables have wells to hold the tiles so they are nice to play on. We also have score sheets and dictionaries to use. We can accommodate six games of four players. (Maybe your family group could play "holiday rules" and do double points for Christmas/Chanukah words.)

Please celebrate the holidays with happiness and our best wishes for wonderful New Year.

Join us Mondays in the Cards Room (OC) at 1:00 PM.

Contact: Darlis C. Beale 408-0269



• Second Cup of Coffee •

Happy Holidays! There is no December meeting.

On Monday, January 17, resident Bill Richardson will be our traditional kick-off speaker. His video and sound bytes presenting "2010 Football Update: And You Make the Call" is a blockbuster program! Bill continues to be an active PAC10 replay official. He knows the rules, loves the game, and presents those big plays, challenging the attendees to make the call! Q&A is continuous. Come



Second Cup of Coffee: Bill Richardson will present "2010 Football Update: And You Make the Call" on January 17

early. Presentation Hall (KS) starting 9:00 AM.

On Monday, February 21, we will meet in the Social Kitchen (KS) at 9:00 AM and "Remember those Roundtable Discussions." SNORE alumni will moderate this event. Free coffee will also be available! If you can't remember, themes will be presented for a table discussion, and a leader will enjoy sharing a summary with the Group.

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



• Singers •

The Singers had a very successful "Beautiful December" Concert on December 12, 13, and 14 under the direction of Bill Sveglini and accompanied by John Hersch. The women were dressed in festive black sequined capes with red corsages; the men in red shirts with black sequined ties.

Three small groups of singers, the Sunny Singers, the Harmonaires, and the Hills Brothers, performed. The Lincoln High School Select Choir was invited to participate for the second year. A Sing-Along and a Music Quiz was presented following intermission.

Rehearsals will resume on January 11 at 3:30 PM in the Presentation Hall (KS) for the Spring Concerts in May. Contact Bill Sveglini if you are interested in singing with the Group.

Contact: Bill Sveglini 434-5655 Website: www.lincolnsuncity.org; Groups: Singers



• Singles •

It's December 15! Have you made your Resolutions? If not, here are suggestions

from the SCLH Singles :

1. Resolved, join the other 246 Singles. Dues are only \$15 per year!
2. Resolved, join us December 21, and Dance to DJ Tom at Meridians at 7:00 PM
3. Resolved, join us Christmas Day in spending time with Family & Friends
4. Resolved, join us December 29, for Pre-New Year's Eve Party! For only \$10, you get Lasagna Dinner, Music and Dancing, and gemutlichkeit. This spectacular at KS will start at 6:00 PM!
5. Resolved, join us January 13 for our General Meeting & Social, OC Ballroom, drinks at 6:00 PM, meeting at 6:30 PM. Meet new friends !
6. Resolved, join us January 27 for Pre-Super Bowl Party, at KS at 12:00 PM. Predictions, games, libations, snacks, new friends!
7. Resolved, get involved with the Ongoing Singles Sports !

Contact: Sarah Lambrose 543-0035 Website: www.lincolnhillssingles.org



• Ski •

We have fitness staff members Julia Wells and Brandy Garcia to thank for their "skier fitness" presentation at our October meeting.



Ski Club: Skiers Work the Quads at our October meeting

We have changed our regular monthly meeting dates to the third Tuesday, but note that in December we will be holding a wine and cheese social on Thursday, December 16 at Mike and Sharon Murray's home. Ken Brooks of REI will be our guest and he will show

us the latest and greatest in gear and clothing. There will be no regular meeting in December but we will resume with the new Tuesday schedule on January 18 at 4:00 PM in the Fine Arts Room (OC).

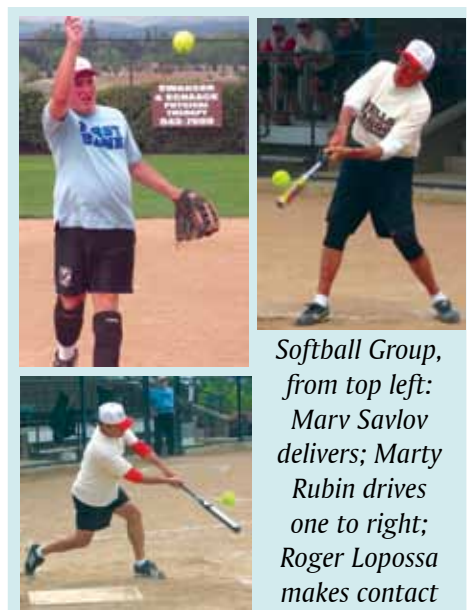
Members should make note of our new email address lhskiclub@gmail.com and our exclusive Club phone number, 258 2150. These will be used to communicate Club news and for car pooling. Check the new Club website (address below) for details.

Contacts: Bill Smith 543-9957, wsmith986@gmail.com; Audrey Morse 408-0968; Mike Connolly 408-3650; Mike Hilton, 408-0346; all at lhskiclub@gmail.com Website: www.lhskigroup.org



• Softball, Senior League •

The Winter League was in action until mid-December. Winter softball is about fun, playing different positions, getting exercise, and enjoying the camaraderie of your teammates. There are batting and fielding practices every Sunday morning at Del Webb Field from 10:00 AM-12:00 PM. These will last as long as weather



Softball Group, from top left: Marv Savlov delivers; Marty Rubin drives one to right; Roger Lopossa makes contact

permits. If you are new to Lincoln Hills or have had a hankering to relive the magic of softball, come on out and try it, again, or for the first time.

The League is open to men and women of all skill levels. Everybody has fun and we don't take ourselves too seriously. Watch for more information here about Summer League softball. Opening Day is tentatively scheduled for the first week of April.

The Board, players, umpires, and scorekeepers of the Lincoln Hills Senior Softball League wish everyone a Happy Holiday Season!

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

Coyotes

The 60s Black played their last tournament of 2010 in Pleasanton in October and came away with a perfect 5-0 record winning the trophy against very tough competition. Tom Westlake pitched all five games, John Moran led the hitting, and home runs were hit by J.R. Jackson, John Griffin, Bec Cannistraci, and D.J. Cox (2). Defensively, 12 double plays were turned, John Gho made a leaping catch, and Cannistraci, Ed Lazarek, Griffin, and Roger Cain all made great plays. The Thursday Sierra League winter league started in November. The Coyote team, which is a combination of players from all the teams, is 4-2 as of this writing: beat the Sacramento Falcons, 31-4 & 22-8; beat Folsom, 17-7 & 11-9; lost to the Fair Oaks Saints, 7-21 & 11-21 despite fantastic hitting by Carlos Zavala (.900 and three homers). Still to play are both teams from Suisun, Placerville, and Penn Valley.

**Contact: Bob Hunter,
bluespritzer@yahoo.com**



• Sports Car •

The 2010 road trips are behind us and Holiday celebrations are ongoing. The fabulous annual Christmas party at Buonarroti's was a great success. The festive gathering was also the last meeting of this year with the installation of our new officers. Our new President is DiAnn Rooney. The Vice President and Membership Chair is Pat Heesch. Vic Kremesec remains

Treasurer. The incoming Secretary is Tom Breckon. We wish the board great success in the new year.



Sports Car Group banner flown at Club Barbecue with President Ron Goleno and Arnie Sondergard

This year has seen significant growth in Club membership and participation. We have outgrown our old meeting facilities and have now taken up residence in the Presentation Hall (KS). We will continue to meet on the first Monday of the month at 6:30 PM. The use of electronic media has been a special benefit to our meetings in the Hall, Thanks to Terry Rooney for his expertise on the equipment.

For a review of our fun-filled year, please check out our website (below).

The Sports Car Group meets on the first Monday of each month at 6:30 PM. The meetings will be held in the Presentation Hall (KS).

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



• Square & Round Dance •

Sun City Squares

This year was a very successful one for the Square Dance Club. We had a great beginner's class that is now progressing into plus dancing. Our Halloween party was a lot of fun as can be seen in the pictures.



Square Dance Club Halloween Party!

Meeting Times:

- Mainstream/Plus Instruction Mondays, 2:30-4:00 PM (KS)
 - Full Plus Level Mondays, 1:15-2:30 PM (KS)
 - A-2 DBD Level Thursdays, 1:00-3:00 PM (KS)
 - Round Dancing Fridays, 2:00-4:00 PM (KS)
 - Round Dance Practice Saturdays, 7:00 -8:30 PM (OC)
- Contacts: Chuck Vickers 408-4082,
pjclvickers@starstream.net;
Frank Reina 543-3132,
papafrankr@yahoo.com**



• Table Tennis •

In life as well as Table Tennis, the first thing to learn to do is "Get a Grip." Once one makes that choice, they can move forward and progress.

There are two basic grips to holding the paddle, the shake-hands or conventional grip, just as the name implies. Using this grip, both sides of the paddle are used; one for the forehand, the other for the backhand.

The other basic style is the penholder grip where only one side of the paddle is used. This style provides a stronger forehand stroke but can leave its user vulnerable on the backhand side. The really good players can also slam the ball with the backhand stroke while the less-skilled player uses the backhand as a blocking return.

In conclusion, this sport supports the adage "Different Strokes for Different Folks."

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

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



• Tap Company •

It was a great celebration at the Christmas Luncheon in the Ballroom: Wonderful entertainment, a festive atmosphere, and recognition of tappers that participated in the very first Talent Show. Nine others were recognized having danced in ev-

ery Talent Show since the beginning. A special award and gift card was given to Betty Soderman for her outstanding ability over the years to provide us with excellent luncheons, cast parties and those wonderful cakes she and her husband create.

Lots of Tap Company accomplishments this year, logo design, tap guidelines, mirrors for performance groups and many wonderful tappers making it worthwhile. The board will enjoy the remainder of this season and relax until 2011. We wish you the best and look forward to next year.

Behind the scenes there are many exciting things taking place for the 10th anniversary Talent Show. Mark April 7, 8 and 9 on your calendar now!

Contacts: Celeste Morris 253-7272, celestemorris@att.net;
Linda Wilson 645-3777,
Wilsonsl123@sbcglobal.net



• **Tennis** •

Five LHTG teams are competing during the fall USTA season. Two teams are participating in the USTA NorCal's pilot 70+ league and three are playing in the USTA senior league. Registration is now open for the Adult Mixed Doubles league.

Our tournaments have been completed for 2010 and planning for 2011 dates is in progress.

Our annual Dinner Dance at the Blue Goose was very successful this year with 115 tennis players attending. The dinner was terrific followed by dancing to our favorite oldies.

If you would like to join the Group, please send \$12 (checks payable to LHTG) to Elliot Korenthal).

Social drop-in tennis for all residents is held 9:00-11:00 AM on Wednesday and Saturday. Please check the Events Calendar on our website for more information about our activities.

Contacts: Jack Williams 408-8947, j3jwill@gmail.com;
Pat Campbell 543-0618,
patacam@gmail.com;
Website: www.sclhtg.com



• **Travel Group** •

There is no Travel Group meeting in December. The next meeting is Thursday, January 20, 7:00 PM, KS. Guest speaker is Ms. Ilene Ferguson, Alamo Travel & Tours.

The following trips have openings: Palm Springs New Years (Dec 2010); Costa Rica (Jan 2011), Australia/New Zealand (Feb 2011), Reno Snow Train (Feb 2011); Crystal Northwest Cruise (Apr 2011); Canyon Country, Arizona/Utah (Apr 2011); Celebrity Alaska Cruise (May 2011); Yosemite (May 2011); Russia River Cruise (Jul 2011); Canadian Rockies (Sep 2011); Italian Lakes Tour/



Travel Group at Hungarian Horse Farm, Imperial Cities Tour

Greek Isles Cruise (Sep 2011); Mid Atlantic Tour: Philly-Baltimore-Williamsburg-D.C. (Apr 2012). See our website for details on all trips.

You do not have to be a member to attend our meetings so please join us for an interesting, informative evening.

Contacts: Teena Fowler 543-3349;
Karen Foley 645-5411; Linda Frazier 434-8266; Sheron Watkins 434-9504



• **Vaudeville Troupe** •

Mark your calendars for these important Vaudeville Troupe dates:

On sale now — tickets for our Show, "The Cavalcade of Stars." Our performances sell out fast!!! Purchase tickets Activity Desks (OC/KS), \$8.

• January 7-8 : 2:00 PM and 6:00 PM performances of our Fabulously Extravagant "The Cavalcade of Stars" Vaudeville Show. Performed in the comfort of Presentation Hall (KS) where it's "Vaudeville/Cabaret at its Finest"!!



Vaudeville Troupe: Talented and high-energy Troupe members practice for January 7-8 Shows; Come see our exciting tribute to "Fiddler on the Roof" in the January Show

- January 15: Lincoln's Got Talent: Troupe members will be performing in this great show. Buy tickets at Lincoln High School Box Office. Two shows: 2:00 PM and 7:00 PM.
- January 29: Matinee at 2:00 PM — Members of the Vaudeville Troupe will be performing some of their favorite acts at OC Ballroom for the Lincoln High School Fundraiser: "Choir to Carnegie." Also participating in this worthy, once-in-a-lifetime opportunity: SCLH Singers and Lincoln High School Choir. Contact Marina to purchase tickets for this fantastic Show/Fundraiser, \$10.
Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net
Troupe Website: YouTube.com/user/marinaeugenios



• **Veterans** •

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



The Veterans Group in 2006 dedicated a Veterans' Memorial Plaque by the main OC Lodge entrance.

Each year on Veterans Day, a wreath is placed next to the plaque in honor of all Lincoln Hills residents who have served in the armed forces. Photo by Bob Stackhouse

A wreath was placed next to the Veterans' Memorial Plaque outside the main entrance to OC Lodge.

The ceremony featured the posting of the colors by the National Sojourners in Continental Army uniform, patriotic music by the Roseville Community Concert Band and the Lincoln Hills Singers, and a special tribute to today's veterans—those serving in support of the war in Southwest Asia.

A memorial table near the entrance honored Mickey Haggard, founding President of the Group, for his exceptional contributions to Veterans and the Lincoln community.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on January 1 and 17, New Year's Day and Martin Luther King, Jr. Day, respectively.

Contact: Jon Hodson 543-4687,
jonhhodson@gmail.com
Website: lhvets.org.



• Water Volleyball •

Come join us in the pool. Water volleyball is open to all residents and any skill level. You can try it out without joining. Training is available at 5:30 PM on the first and third Mondays of each month. We have open play, competitive (advanced) play, and league play. We just finished a Wednesday night league, but will be starting up a new league after the holidays. Our annual Christmas party on the 12th was festive and fun, great food and we announced our new officers.

The pool is being converted to salt water starting on December 20. Read about the conversion on page 12. Come try us out, have some fun, meet new people, and get some non-strenuous exercise at the same time.

Play is available at KS on:

- Open Play: Saturdays at 9:00 AM and second, fourth, (& fifth) Mondays at 5:30 PM
- Open or League Play (all levels): Wednesdays & Thursdays at 6:45 PM

- Advanced Play (rated players only): Mondays at 6:45 PM
- Training: First and third Mondays at 5:30 PM

Contacts: Gary Haight 408-3658,
gary@sapros.com;
Darryl Hornsby 543-3804,
clayhornsby@sbcglobal.net
Website: www.lincolnsuncity.org



• West Coast Swing Dance •

The holidays will soon be history and we have already planned a new year packed with fun-filled activities. First, our West Coast Swing practice sessions will resume on the second and third Fridays of each month beginning on January 14 and 28, 5:30-7:30, Fine Arts (OC). This is your chance to practice and on-the-spot help is available. We encourage all levels from beginners to experienced dancers.

You are invited to attend our next Club Dance on Saturday, February 5 (KS). There will be a WCS lesson at 6:00 PM with dancing from 6:45-8:45 PM.

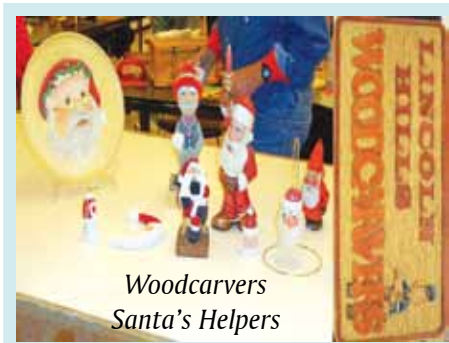
We continue to add new members and we encourage all levels from beginners to experienced dancers to enjoy a "smooth" dance that is very versatile and fun and can be danced to a wide variety of music from contemporary to rock and country.

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



• Woodcarvers •

It's that time of the year when all the chips are down for Santa... when the Lincoln Hills Woodcarvers turn their attention to all sorts of



Woodcarvers
Santa's Helpers

Christmas ornaments and gifts for friends.

This Shared Interest Group meets every Wednesday between 1:00 and 5:00 PM in the Sierra Room (KS). We are dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. The Lincoln Hills Woodcarvers also focus on developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and a large support library are also available for members.

Visitors are always welcome. Stop by, look around and chat a bit. Remember, Woodcarvers never die... they just keep chipping away!

Happy Holidays and the best to all in the New Year.

Contact: John LePage 543-9564
Website: www.SCLHwoodcarvers.blogspot.com



• Writers •

The Writer's Group took a break from its string of publishing successes when it failed to showcase a best-selling author last month. The spirit and enthusiasm for their craft remains, however.

The continuing stories of mystery, adventure and recollection roll out, as do the poems and informative articles. Several of our members presented their books for sale during the November Crafts Fair and the resulting sales were gratifying. Each month, it seems, new members appear to read their creations to the Group. If there are still some closeted authors out there, please don't be shy, stop in and join us — to share or just listen. We meet the second and fourth Mondays of each month at 6:30 PM in the Ceramics Room (OC).

Contacts: Alan Lowe,
slolowe@starstream.net;
Jim Fulcomer 543-9201,
jfulcomer@mac.com

Bulletin Board

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

The **Chess Club** is accepting new members. If you have played chess before or want to learn how to play the royal game, now is the time to do it. Beginners and other Club members are welcome. Please contact Leo Chaiko at 409-9122 or email him at leocarol@att.net. We play every Wednesday in the Community Living Room (OC) 1:30-4:30 PM. The Card Room (OC) is open every Sunday 12:00-4:00 PM for Open Play, including chess.

All interested are cordially invited to attend the Tuesday, January 4, **Multiple Sclerosis Meeting**, 1:00 PM, Raley's Sterling Point Conference Room. Contact Jerry Watkins, 408-7899, for details.

The **Painters Club** is in the process of seeking final approval from the CCOC and the Board of Directors. Watch your email for further information. Our next meeting will be Monday, January 10, 2:00 PM in the Ceramics Room, OC. Once we are approved, we will announce the

Did You Know?

The Community Forum Task Force under the guidance of CCRC has provided over 20 educational/cultural and or health-related seminars/events this year for your enjoyment and this is only the first year! Look at the new Speakers Interest Form on our website at www.lincolnsuncity.org and let your interests be known!



You are invited... to the following presentations held in OC Lodge — The following are vendor presentations open to SCLH residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

- Dec. 19 • 10:00 AM, Birchfield Jewelers: Oaks (OC)
- Dec. 20 • 10:00 AM - 5:00 PM, Cash for Jewels: Solarium (OC)
- Dec. 22 • 2:00 PM, Kaiser Permanente – Open Enrollment: Heights (OC)
- Dec. 22 • 6:30 PM, Eliminating Back & Neck Pain — Dr. Leamon: Oaks (OC)
- Jan. 10&11 • 9:00 AM - 3:00 PM, PGS Gold Buyers: Oaks (OC)
- Jan. 11 • 6:00 PM, Spinal Aid Presentation — Dr. Zorich: Oaks (OC)
- Jan. 12 • 10:00 AM, Nautilus Society: Oaks (OC)

time and place of our regular monthly meetings. Our proactive membership meetings will feature show and tell, critiques, speakers, ongoing art challenges, and more! Join us to see what we're all about. We are looking for a new logo! Get those creative juices going and see what you can come up with. Not on the email list? Contact Lynne Fee: lynnefee@aol.com.

There will not be a December meeting of the **Peripheral Neuropathy Support Group**. For information about the group or the condition, please contact Jim Fulcomer at 543-9201.

Racquetball Group: We play on Mondays and Thursdays at California Family Fitness Club (781-2323). Membership to the club is required.

We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Shalom Group: The Board of Directors, elected at the October General Meeting, is Co-Presidents Marty Maisel and Ken Reiss; VP-Programming/Committees; Judy Schane, VP-Membership; Natalie Flynn, Recording Secretary; Lisa Clawson; and Corresponding Secretary, Judy Zolotar. After the election we enjoyed an Ice Cream Social. Ken Reiss (new Co-President), is an ex-Borscht Belt singer. He entertained us with a selection of songs going back to the 50's. The new board was presented

The Vaudeville Troupe

is proud to present

"The Cavalcade of Stars"

January 7: 2:00 PM & 6:00 PM • January 8: 2:00 PM & 6:00 PM

Come enjoy a "Show Extraordinaire" in the fabulous "Cabaret-style" Theater at Kilaga Springs.



The Vaudeville Troupe's Shows are known for creativity, high-paced energy, "can't get enough" entertainment and audience interaction with the performers!

Purchase your tickets now at the OC & KS Activity Desks \$8

Contact: Founder/Director Marina Eugenio, 408-3654 or marinaeug@sbcglobal.net



at the November meeting. The Group's accomplishments from the past two years were detailed and discussion occurred concerning future plans, in particular the ratio of informational vs. social meetings. There are no meetings in December. Membership information may be obtained from Natalie Flynn, Membership VP, at 434-5470. Use contactshalomgroup@gmail.com to communicate questions and inquiries to the group or board. Please use our website (www.shalomsg.org) for pictures, calendars, and general information.

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. Fall and winter months we meet at 9:00 AM. For shooting schedule hours, please contact Michael Pargament. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Each month we also gather at a member's home for hors d' oeuvres and drinks — a great opportunity to enjoy each others company and meet the member's spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get together. Contact: Michael Pargament 408-0221, jdparg@inreach.com.



In Memoriam



"Irish" Al Bossert

Al moved here in 2000 with his wife, Marie. He was one of the original umpires and also scorekeeper for the softball league. Al made many friends during the 10 years he lived here and always had a joke to share and a smile on his face. Besides his wife, Al leaves two sons and a brother.

Mickey Haggard

Mickey arrived here from Santa Rosa in 1999 with his wife Pat. The first thing he noticed was that Lincoln needed a larger library. He was the catalyst in obtaining a grant to build the Twelve Bridges Library. Mickey was also President of the Veteran's Group and active in the Second Cup of Coffee. Mickey served in the Navy and Army and retired as a Colonel. Mickey leaves his dear wife of 54 years, three children and four grandchildren. He will also be missed by many, many friends.

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

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Golf Cart Inspections at Orchard Creek Lodge



Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday at 8:00 AM. Free bicycle registration available same days 7:00-9:00 AM.

**Golf Cart Registration (City/Lincoln)
8:00 AM at Orchard Creek Lodge
Thursday, December 16
Thursday, January 6
Thursday, January 20**



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Special Events & Bus Trips

Kilaga Springs — At the Movies! "Four Christmases"

Wednesday, December 15

PG; 88 minutes. "Four Christmases" starring Reese Witherspoon, Vince Vaughn, Robert Duvall and Sissy Spacek. A comedy romance. Doors open 1:00 PM for a 1:30 PM show, Presentation Hall (KS). Free.



Holiday Dinner Dance with The Crystal Image Band

Friday, December 17 — 5084-10

Celebrate the holidays with friends and loved ones while you enjoy a wonderful plated dinner and dancing with the award-winning five-piece band, The Crystal Image Band. They will play your favorite dance tunes— ballroom standards, blues, country, classic rock and



some great oldies for you to tango, cha-cha, swing, two-step, or simply show off your own dance steps. The band has been featured on *VH1*, *ABC TV*, *The Nashville Network* and *A&E Network*. Your dinner entrée choices are: *Braised Lamb Shank* or *Fillet of Sea Bass*. If you are buying a table with friends and neighbors, please have a complete list of guests at your table as well as their food choice upon registration. Complete menu at the Activities Desk. No-host bar at 5:30 PM, dinner at 6:00 PM, dancing from 7:00-10:00 PM. \$38. Buy now, limited seats available!

San Francisco Shopping in Union Square

Monday, December 20 — 1840-10

Lots of Walking! Last chance for last minute holiday shopping! See San Francisco at its finest with Union Square stores decorated for the holidays. Join in the holiday hustle and bustle without having to worry about driving and parking. Get



your Macy's 11% discount card for the day as you board the bus. To make your shopping more comfortable and fun, our coach will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ Now.

Tour de Lights & Community Holiday Reception

Tuesday, December 21

Bus Tour & Reception

Package — 5900-11A

Holiday Carolers

Reception — 5900-11B

Join friends and neighbors for a wonderful community celebration showcasing the many joyfully-lighted homes in Lincoln Hills and a holiday reception in the Ballroom. Tour de Lights will include a bus tour around the community to see homes and



neighborhoods that share in the spirit of the holidays with beautifully decorated

homes. Before or after your bus tour the Ballroom will be a cheerful gathering place as the Merrie Olde Christmas Carolers lead the community in holiday song as you enjoy some simple refreshments. Bus Tours at 5:00 PM, 6:00 PM and 7:00 PM, holiday reception and carolers 6:00-8:00 PM. Limited tickets for each bus tour so sign up early. Bus Tour & Reception Package \$7. Holiday Reception Only \$5. Open to friends and family including children. Same price applies to residents and their guests, including children.

Red Hawk Casino

Monday, December 27 — 1941-10

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. The Casino has six restaurants including a non-smoking extensive buffet and offers our passengers a Reward Card

containing \$15 in slot play or a \$20 certificate for match play (blackjack, etc.). Be sure to bring your identification with you to in order to receive your Reward Card. Enjoy an exciting day gaming and eating in the beautiful foothills near Placerville. Leave the Lodge at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ Now.



**Bus #2 Cirque Dreams Holiday at Community Theatre
Wednesday, December 29**

A jaw-dropping winter wonderland! This original new musical extravaganza is filled with spectacle, imagination and whimsical dreams. Ornaments come to life as costumed characters perform astonishingly celebrating the season. ... cast of acrobats, ... singers, dancers and musicians fill this Cirque Dream on stage, in the air and dangling from a 24' tall magical tree. This tribute to the holiday season for all ages has over 100 dazzling costumes, an original musical score and holiday favorites. Leave the Lodge at 6:30 PM, return ~11:30 PM. \$67.

CANCELLED

**Lincoln Hills New Year's Eve Extravaganza
Friday, December 31
Orchard Creek Lodge
Ballroom — Sold Out
Meridians — 5081-10MER
Solarium — 5081-10SOL
Pre-Function — 5081-10PRE**

Ring in 2011 with fireworks! Enjoy a personalized party experience for you and your guests at Orchard Creek Lodge. We invite you to celebrate New Year's Eve with two Ballroom dance floors, DJ Greg spinning your favorite dance music through the decades, a karaoke party in the Community Living Room and an array of delectable food options created by Chef Roderick with various price-

points. Champagne will flow from 11:30 PM-12:00 AM for all guests. Resident must provide all the names and entree selections as well as seating location for their party. Table location will be determined based on purchase date and time. Tickets required for entry. No refunds. Full menu available at the Activities Desk. Doors open at 7:30 PM, dinner served promptly at 8:00 PM, dancing 9:00 PM-12:30 AM, karaoke 9:00 PM-12:00 AM. Tailored dinner options start at \$55 per person. It will be a New Year's Eve Extravaganza you don't want to miss!



**Comedy Night at Kilaga Springs
Tuesday, January 4**

**6:00 PM performance — 5050-11A
8:00 PM performance — 5050-11B**
Headliner Del Van Dyke is the winner of several major comedy competitions and has headlined across the U.S. Del has appeared on network and cable television, performed with musical acts including the Pointer

Sisters and the Neville Brothers, and has entertained our armed forces serving overseas. Show opener Ryan Wingfield has traveled to more than 30 states and three countries with appearances on NBC's "Last Comic Standing" and the mocumentary "Super High Me." Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; and doors open at 7:30 PM for an 8:00 PM performance. \$9. Now open to Guests! Comedy night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) on the day of the show.



**"Suds" at Cosmopolitan Cabaret
Thursday, January 6 — 1793-11**

This is our last bus to see "Suds," the rocking '60s musical soap opera, loaded with good clean fun, energy and some of the '60's greatest pop hits. This delightful story is about a young woman and her guardian angels who come to teach her about finding true love in, of all places, a Laundromat. Included in over 50 favorite songs are "Where the Boys Are," "These Boots Are Made for Walkin'," "Respect," "I Feel Good" and "Do You Want to Know a Secret." Showtime is 8:00 PM. We will arrive in time for dinner



REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE #5: See page 86.
TWO FACILITIES: Orchard Creek Lodge (OC) & Kilaga Springs (KS)
RESERVATIONS: Reservations are required for all activities unless otherwise noted. If an activity/class is cancelled, a refund will be given. No other refunds will be given.
WANT TO SELL? Please contact Activities Desk if unable to attend an event or class.
WEATHER: Association trips and events

are held regardless of inclement weather. ♦♦ Until RSVP date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for Trips: Residents may purchase as many spaces as they wish, no limit. For Events: Residents may purchase additional tickets and registration is open to the public. For Classes: RSVP date is set in order to determine if class has met minimum registration required by instructor or if class will be cancelled. Once met, registration

remains open until class is filled.
CLASSES (EXCEPT FITNESS): Register at least five working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
FITNESS CLASSES: Register for fitness classes at either Fitness Center.
SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable ex-

on your own. Located close to the Crest Theatre, the area boasts many restaurants – Cosmo Cafe, Esquire Grill, Crest Cafe, and more. Leave the Lodge at 4:45 PM, return ~ 11:00 PM \$51. RSVP ◆◆ Now.

The Vaudeville Troupe's "The Cavalcade of Stars"

Friday, January 7

2:00 PM Show — 5132-11A

6:00 PM Show — 5132-11B

Saturday, January 8

2:00 PM Show — 5132-11C

6:00 PM Show — 5132-11D

The ever-popular Vaudeville Troupe will be back on the Presentation Hall (KS) "Cabaret-style" stage once again. This old-time Vaudeville Show, "The Cavalcade of Stars," encompasses all genres of entertainment from stand-up comics to classical opera! The Troupe will mesmerize and thoroughly entertain you and your family with extraordinary talent. This show



is known for its creative energy, fast-paced acts, outrageous fun

and a troupe of performers that interact and engage the audience. Four shows only that always draw sell-out crowds. If you have a group of people attending that would like to sit together, plan to arrive early as seating is first-come, first-served. Presentation Hall (KS) doors open at 1:30 PM for the 2:00

PM shows; doors open at 5:30 PM for the 6:00 PM shows. \$8. Now Open to Guests!

Impressionism Part II at deYoung Museum

Wednesday, January 12 — 1761-11

Limited space left. This will be our final bus trip to San Francisco to view the works of legendary impressionist artists from the permanent collection of the Musee d'Orsay in Paris. This is the second of two exhibitions; the first was held, and offered to residents, earlier this year. This unique opportunity is made possible as the



Musee d'Orsay undergoes a partial closure for

refurbishment in anticipation of its 25th Anniversary in 2011. The deYoung is the only museum in the world to host both exhibitions and include works of nearly 40 artists including Monet, Manet, Renoir, Cezanne, Degas, Gauguin, Pissarro, van Gogh and Seurat. Bring your own lunch or enjoy lunch on your own at the Museum café. Price includes audio headset for use in the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$57. RSVP ◆◆ Now.

Darren Romeo at Eldorado in Reno

Thursday, January 13, 2011 — 1772-11

This trip should be a fun way to

spend a wintery January day. The ride over the mountains will be beautiful with snow on the ground and trees and you can let the driver worry about driving and chains. The protégé of magicians of the Century Siegfried



& Roy is returning to the Eldorado Showroom by popular demand. Darren Romeo, "The Voice of Magic," combines an extraordinary singing voice with dazzling illusions for a one-of-a-kind magical performance that audiences are raving about. Don't miss this exciting day! You should arrive in Reno with plenty of time for gaming and a buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$77 (buffet included). RSVP ◆◆ Now.

Radio Disney Passport Activity

Saturday, January 15

Toddler 2-4 yrs. old — 5400-11A

Kids 5-7 yrs. old — 5400-11B

Kids 8-12 yrs. old — 5400-11C

It's a "Grand" time to make memories with your grandchildren as you spend a magical morning together in the OC Ballroom. Radio Disney will host interactive games, activities, cool music and prizes galore! Compete in on-stage team challenges against other grandparent/grandchild teams and



REMINDERS

perience. Special needs patrons will be seated first. For special accommodations, please inform the monitor while registering. On bus trips we accommodate wheel chair bound passengers to the best of our abilities.

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

PARKING: For all trips, please park be-

yond the OC Fitness Center (The Wave). The bus will drop off there on return to Lincoln Hills.

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

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

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

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



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play group audience activities such as Disney Bingo. The Disney Road Crew will perform fun dances for you to popular songs including “We Can’t Back Down” by the Cast of Camp Rock Two, “Dynamite” by Taio Cruz and “Burning Up” by Jonas Brothers. Each child will receive a “passport” to travel to interactive stations with their grandparents, offering crafts and activities like cookie decorating. Get passport stamps at each station and turn in a completed travel passport to win a special Radio Disney goodie bag with fun surprises inside. **Important:** *Each child must be accompanied by an adult for all activities.* All children need to be pre-registered, wristbands required for all activities and space is limited. Ballroom doors open at 9:45 AM; activities and games 10:00 AM-12:00 PM. Toddler to 12-years-old. \$10 per child. RSVP ◆◆ by 12/29.

“Mr. Jollytologist®” — A Book Author Presentation
Tuesday, January 18 — 5300-11

Allen Klein, MA, CSP* (aka “Mr. Jollytologist®”) is an award-winning professional keynote speaker and bestselling author who shows audiences worldwide how humor can help them deal with everyday trials and tribulations as well as triumphing over tragedy. This month’s book presentation on *The Healing Power of Humor* will demonstrate and show proven documentation on the therapeutic benefits of humor. With laughter, lecture and playful exercises, participants will learn tools and techniques to enhance their life, why humor can give a new perspective, and how to laugh at not-so-funny things. Allen is the 2009 recipient of the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. Includes opportunity for Q&A and book signing. Presentation Hall (KS) doors open at 1:30 PM for the 2:00 AM presentation. \$6. Now Open to Guests!



Allen Klein, MA, CSP* (aka “Mr. Jollytologist®”) is an award-winning professional keynote speaker and bestselling author who shows audiences worldwide how humor can help them deal with everyday trials and tribulations as well as triumphing over tragedy. This month’s book presentation on *The Healing Power of Humor* will demonstrate and show proven documentation on the therapeutic benefits of humor. With laughter, lecture and playful exercises, participants will learn tools and techniques to enhance their life, why humor can give a new perspective, and how to laugh at not-so-funny things. Allen is the 2009 recipient of the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. Includes opportunity for Q&A and book signing. Presentation Hall (KS) doors open at 1:30 PM for the 2:00 AM presentation. \$6. Now Open to Guests!

Just Added! New Resident Orientation

Tuesday, January 18

Offered quarterly and designed for all new homeowners, we will introduce you to new residents and the Community Association management staff. Orientation provides valuable information about your



Association committees, lifestyle programming, and groups. Join us from 1:00-3:00 PM in the Solarium. Light refreshments will be served. Free. No RSVP ◆◆ required.

Basketball • Sacramento Kings vs. Portland Trailblazers

Wednesday, January 19 — 6310-10

The Sacramento Kings will appreciate our support as they battle the Portland Trailblazers this winter at Arco Arena. We have obtained seats in Sections 202 and 203, mid-court, Upper Level. This is your chance to join the stadium frenzy and experience a fun evening of exciting basketball with our local favorite team.



Arrive at Arco Arena in Sacramento in time to enjoy pregame activities and purchase from the various stadium food vendors, if desired. There may be an opportunity for picture taking on the court after the game so bring your camera! Leave the Lodge at 5:00 PM, return ~ 11:15 PM. \$67. RSVP ◆◆ Now.

Kilaga Springs Music Night Presents the Valerie V Quintet
Friday, January 21 — 5053-11

Start the New Year off with some wonderful jazz music by the Valerie V Quintet. The program “Swinging Sultry Standards” will include popular tunes from the Great American Songbook. Valerie V is known for her style and grace on stage as she performs with an amazing group of musicians. Valerie V on vocals, Chet Chawalik on

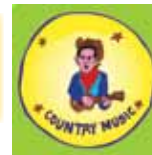


piano, Scott Stringer on sax, Nahum Zdybel on guitar and Mat Marucci on drums. This group has shared the stage with musicians including Tom Braxton, Mary Stallings and Doug Webb. Presentation Hall (KS) doors open at 6:30 PM, concert 7:00 PM. \$11. Now open to Guests!

Country DJ Dance

Saturday, January 22 — 5022-11

Kilaga Springs is going country! Join friends and neighbors for a Saturday evening Country DJ Dance and dessert in cooperation with the Country Couples Dance Group. Enjoy country and rockabilly music all night long for singles and couples. Popular cover songs from artists you know and love will get you on the dance floor to



line dance, swing, two-step and more. DJ Dennis and Connie will have a playlist with something for everyone, or make a special song request during the evening. Take a break from dancing and visit the cake and coffee table for a light dessert. A no-host bar will be available when doors open at 6:45 PM with dancing 7:00-10:00 PM. \$15. Now open to Guests!

Just Added! Kilaga Springs — At the Movies! “Notting Hill”
Monday, January 24

PG; 124 minutes. “Notting Hill” stars Julia Roberts and Hugh Grant. A timeless comedy romance. Some nudity and sexual content. Presentation Hall (KS) doors open 1:00 PM for a 1:30 PM show. Free.



California Academy of Science
Tuesday, January 25 — 1843-11

We have arranged another trip to San Francisco’s Golden Gate Park to spend the day at the California Academy of Sciences. This facility opened in September 2008 and houses, under one living roof, the Morrison Planetarium, the Steinhart Aquarium and the Natural History Museum. Exhibits are con-

tinually changing and guarantee an interesting and informative day. Bring your own lunch or have lunch on your



own; the Academy has two restaurants within the facility – the Academy Café, cafeteria style casual dining, and the

Moss Room for more elegant dining. The Website www.calacademy.org offers menus and prices for both. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$56. RSVP ♦♦ by 1/10.

Disney Museum in San Francisco Thursday, January 27 — 1764-11

For the young at heart, discover the beginnings of Mickey Mouse as we visit the Walt Disney Family Museum in San Francisco at the Presidio. Exhibits include rare film clips, concept art, scripts, musical scores, and cameras that Disney and his staff used in creating characters and films. There



are also drawings Disney made in his youth and cartoons from Laugh-O-gram films, Disney's

first company. See the unique “Snow White” Academy Award, a full-size Oscar and several miniature castings. Bring lunch/snacks on the bus if you wish. No outside food inside the Museum. We will spend about two-and-a-half hours at the Museum before heading to the Westfield Shopping Mall on Market Street for lunch/shopping on your own. Bus will leave San Francisco at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$53. RSVP ♦♦ by 12/27.

“A Night of Illusion” with Aedryan Methys

Thursday, January 27 — 5051-11 Magic and illusion will fill Presentation Hall (KS) as we present Aedryan's one-man cabaret show. Experience a theatrical night of illusion with outrageous audience participation, comedy magic and unique illusions with music and hypnotic elements. With his lov-

able charm, witty character and comical antics, Aedryan leaves his audiences spellbound and takes them on



a ride full of mystery and wonder, with fun surprises. Sleight of hand magic, mentalism, mind-reading and interactive magic

will take place right in the hands of guests. One hour show. Presentation Hall (KS) doors open at 6:30 PM for 7:00 PM performance. \$13. Now open to Guests!

Silver Legacy in Reno Monday, January 31 — 1770-11

Today we are again heading over the mountains to visit Reno's Silver Legacy Hotel & Casino for a day of sightseeing, lunching, people-watching, and excitement. The ride is beautiful and you will enjoy spending \$10 cash back and a \$5 food coupon. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$24. RSVP ♦♦ by 1/21.



Tom Rigney and the Flambeau Monday, January 31

Show Only — 5052-11SHO
Meridians Dinner & Show Package — 5052-11DIN Tom Rigney is sure to bring the house down with his fiery performance in the Ballroom with his band Flambeau. Fiery Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and heartbreakingly beautiful ballads and waltzes will have you



on your feet and singing along. Tom gives life to his violin with his original compositions as well as some of his favorite musical numbers. Caroline on the keyboards will amaze you yet again with her fast fingers. For those who wish to have dinner at Meridians before the concert including the convenience of reserved front section Ballroom seating, we offer limited show package tickets

with an *entree choice of Braised Beef & Sausage Ragout or Roasted Chicken Penne Pasta*. Please visit the Activities Desk for the special menu and provide a meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. The band has been highly celebrated and enjoyed at the Sacramento Jazz Jubilee. Ballroom doors open at 6:30 PM, concert begins 7:00 PM. Show-only tickets \$13. Show Package \$41. Now Open to Guests!

Comedy Night at Kilaga Springs Tuesday, February 1

6:00 PM performance — 5051-12A
8:00 PM performance — 5051-12B Headliner Chas Elstner has been a stand-up comic for over 24 years with appearances on *VH-1's Standup Spotlight*, *Entertainment Tonight*, *Showtime Comedy Allstars IV* and more. He has opened for many recording artists including Gloria Estefan & The Miami Sound Machine and was a featured clown in the Ringling Bros., Barnum &



Bailey Circus. Show opener Michael Capozzola is a San Francisco-based comedian who has contributed to *Mad Magazine*, *The New York Times* and *National Lampoon*. When he is not traveling to perform at comedy clubs and universities, Michael produces



and hosts the Cartoon Art Museum's annual “Comics for Comix” comedy fundraiser. Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; doors open 7:30 PM for an 8:00 PM performance. \$9. RSVP ♦♦ by 12/29. Comedy Night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) the day of the show.

The Buddy Holly Story at the Eldorado in Reno

Thursday, February 3 — 1770-12 On February 3, 1959, the man who

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changed the face of popular music tragically died in a plane crash at age 22. This performance at Reno's Eldorado tells the story of the three years in which he became the world's top recording artist. The show features over 20 of Buddy Holly's greatest hits including "Peggy Sue," "That'll Be The



Day," "Maybe Baby," "La Bamba," and the Big Bopper's "Chantilly Lace." Arrive in Reno

with plenty of time for gaming and a buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$77 (buffet included). RSVP ◆◆ by 1/14.

Crocker Art Museum

Tuesday, February 8 — 1760-12

View the newly-remodeled and expanded Crocker Art Museum. The Museum exhibits the 1860's and 70's artwork collection of Edward & Margaret Crocker as well as art purchased by the Museum since it was given to the city of Sacramento in 1885. You will arrive at the Museum in time for a 11:00 AM docent led tour and will have plenty of time to view the exhibits on your own. The Museum Cafe offers hot food options to order and several "grab and go" selections for lunch on your own. If you choose to bring your own lunch, you have the option of lunching



at the Crocker Park across the street. The cafe does not allow outside food. Leave the Lodge at 9:30 AM, return ~ 4:30 PM \$32. RSVP ◆◆ by 1/19.

Romeo & Juliet at Sacramento Ballet

Thursday, February 10 — 4620-12

The Sacramento Ballet was founded in 1954 and is highly regarded as a cultural asset to the community and consistently receives outstanding reviews for its artistic quality. Tonight, see the powerful and passionate story of the world's greatest love story burns with incandescent brilliance.

Dazzling pageantry, sumptuous scenery, luxurious costumes, magnificent dancing and glorious music join in compelling drama and searing emotion. We have reserved Orchestra seating for the 7:30 PM performance at the Sacramento Community Theatre.

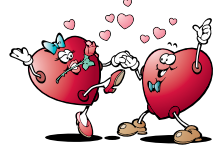


Leave the Lodge at 6:00 PM, return ~ 11:00 PM. \$82. RSVP ◆◆ by 1/7.

Romance Is In The Air - "A Pre-Valentine's Dinner Dance"

Friday, February 11 — 5050-12A

Romance will fill the air as you dance the night away to the sweet sounds of your favorite love songs. Enjoy upbeat rhythms that will warm your heart and inspire the dancer in you. Whether you like to freestyle, fox trot, cha-cha, rumba or swing, our featured band will bring to life fond memories as you dance to popular romantic ballads, classic standards and light rock on this special occasion. To complement the evening's romantic



flavor, Chef Roderick will prepare these tantalizing plated dinner choices: *Pan Seared Snapper OR Fennel Crusted Pork Tenderloin*. Both entrees will include a *Pear, Mache & Endive Salad with Crumbled Goat Cheese and Chocolate Pot de Crème for dessert*. A no-host bar will be available throughout the evening. For a complete menu please visit the Activities Desk. Entrée selection required at the time of purchase. OC Ballroom doors open at 5:30 PM, dinner served at 6:00 PM, dancing from 7:00-10:00 PM. \$45. RSVP ◆◆ by 12/29.

Ryde Hotel for Lunch & Port and Chocolate

Saturday, February 12 — 1810-12

Don't miss this trip suggested by the NEV/LSV Group. Our first stop is the Ryde Hotel on the river below Walnut Grove for lunch. The Ryde Hotel was built in 1927 and has had many his-

torical uses including serving as a riverboat way station, rumored to be a bordello, a speakeasy and more. The Hotel has recently undergone a major renovation and now has an ambiance that is both unique and casually elegant. You will learn more about the Hotel during your visit and have an



opportunity to see some of the rooms. Give the monitor your choice for lunch: *Chicken*

Caesar Salad OR Vegetarian Lasagna.

Lunch includes a non-alcoholic beverage. After lunch, our bus will visit Old Sugar Mill Winery in Clarksburg to attend the Port and Chocolate Lovers Festival. You will receive your own glass to take home, wine tastings, live music and chocolate tastings. Leave the Lodge at 10:00 AM, return ~ 5:00 PM. \$67. RSVP ◆◆ by 1/26.

Valentine's Day Concert — "Rodgers & Hammerstein... With Hart Cabaret Tribute"

Monday, February 14 — 5050-12B

Celebrate love and friendship with a Valentine's concert program honoring the works and partnerships of three great Broadway and American Classic Songbook composers. From "The Sound of Music" and "The King & I," to "Pal Joey" and "Babes In Arms"... these songs are timeless.



Performed by two of theater's brightest upcoming stars and musical director Joan Cifarelli at the piano, Chelsea Nenni and Zachary Franczak bring the humor and joy of these

brilliant minds to center stage, in an award-winning musical revue that is all about the songs. The program features selections including "Do-Re-Mi," "Isn't It Romantic,"



"My Funny Valentine," and many more favorites. Oscar Hammerstein and Lorenz Hart had Richard Rodgers in common, but what they all undeniably

shared is 'Heart.' Celebrate the love you share with family and friends with these amazing performers. A no-host bar will be available when Ballroom doors open at 6:30 PM for a 7:00 PM performance. \$18. RSVP ◆◆ by 12/29.

Stitches West at Santa Clara Convention Center

Saturday, February 19 — 1780-12

Knitters and stitchers — this is your trip! Today our bus takes us to the Santa Clara Convention Center in Santa Clara for the annual Stitches West event. You'll find ideas that are just crazy enough to inspire and not too crazy to knit. The bus will arrive around 10:30 AM for plenty of time to visit the Market, filled with anything and everything pertaining to stitching and knitting. There will be classes available and opportunities for lunching on your own at the Convention Center. What a great opportunity to find what you have been looking for. We will depart the Convention Center at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$42. RSVP ◆◆ by 1/14.



"Piano Portraits" – A Classical Piano Concert with William Wellborn

Friday, February 21 — 5052-12

William Wellborn began his musical studies at the age of 12 taking him to 20 states and six countries for concert performances. This classical recital program will include music by Mozart, Chopin and Liszt. William has appeared at the American Liszt Society, the New Orleans Institute for the Performing Arts and the Chopin chez George Sand festival de piano in La Chatre, France.



This past summer, he had the honor of presenting an all-Liszt program on Liszt's piano at the Liszt Museum in Weimar, Germany. In addition to per-

formances with several Texas orchestras, Mr. Wellborn has also appeared as soloist with the Sudeten Philharmonic in Poland. He has given lectures and master classes for various organizations around the world such as the Music Teachers Association of California, the Chicago Music Teachers, the Royal Conservatory of Music in Toronto and the Conservatory of Paris among others. A faculty member of the San Francisco Conservatory since 1989, Wellborn also teaches advanced students from around the world each summer at the Franz Liszt Summer Piano Academy in Sopron, Hungary. Ballroom doors open at 6:30 PM for a 7:00 PM performance. \$12. RSVP ◆◆ by 12/29.

Avenue Q at the Orpheum Theatre in San Francisco

Wednesday, February 23 — 1790-12

"Avenue Q" is the smash-hit Broadway musical about real life in New York City as told in a smart, risqué and entertaining way by a cast of people and puppets. A hilarious



show full of heart and hummable tunes, "Avenue Q" is about trying to make it in NYC with big dreams and a tiny bank account. This is an adult Muppet show that is savvy, sassy and very funny! Our coach will drop you off at Union Square for dinner on your own and then transport you to the Orpheum Theatre. Leave the Lodge at 2:00 PM, dinner at Union Square from 4:30- 7:30 PM and then on to the Theatre for the 8:00 PM show. Orchestra Seating. Return ~ 12:30 AM. \$100. RSVP ◆◆ by 1/19.

Kilaga Springs Music Night Presents Sister Swing

Thursday, February 24 — 5053-12

Do you enjoy music from the 30s and 40s pure Andrews Sisters style? Don't miss Music Night as we bring back Sister Swing, an exciting trio of singers which has captured the sound

of the 1930s and 1940s girl groups, and brought it to the 21st century. Influenced by three-part harmonies of



groups like the Andrews Sisters and the Boswell Sisters, Leigh Hannah, Valerie Marston and Paula Chafey-Merrill bring a new

sound to an old style. This trio has performed since 1996 with groups and events including singing for Bob Hope. An evening with Sister Swing will take you back in time to an era of glamour, romance and innocence. Presentation Hall (KS) doors open at 6:30 PM, concert 7:00 PM. \$11. RSVP ◆◆ by 12/29.

Magic Flute at Sacramento Opera

Friday, February 25 — 1910-12

Filled with delightful music and characters, Mozart's final masterpiece is



a playful, yet profound look at our search for love, wisdom and virtue in this magical fairy tale opera. This is a Sacramento Opera production at the Sacramento Community Theatre and we have reserved orchestra seating for the 8:00 PM performance. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. \$81. RSVP ◆◆ by 2/1.

San Francisco for the Day

Saturday, February 26 — 1840-12

Shop, perhaps have lunch and/or dinner, visit Pier 39 or a museum, or visit Chinatown. Residents have suggested that we offer a bus trip to San Francisco the fourth Saturday of each month. This first trip will drop you off and pick you up at Union Square but future trips may have other San Francisco drop off/pick up destinations.



These day trips are yours to do as you wish. We will continue to offer them as long as there is



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interest and participation. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$41. RSVP ♦♦ by 2/14.

Chinese New Year

Sunday, February 27 — 1921-12

Crowded Streets! This traditional trip to celebrate Chinese New Year in San Francisco has been very popular with our residents. Step-on guide Jerry Moorman will lead us on an interesting tour of Chinatown, one



of the oldest and most colorful neighborhoods of San Francisco. You will have time for shopping on your own before and after lunch. After a

wonderful Chinese family-style lunch at one of the well-known Chinatown restaurants, you will have the opportunity to take a short walking tour with Jerry. We end the day with a special Musical Spectacular, "The Crafty Matchmaker," at the largest Buddhist church in America, Buddha's Universal Church. Set in the time of ancient China, this is a true story of a greedy, conniving matchmaker which unfolds into a tragic triangle of love and resentment. Presented in a mixture of Cantonese and English, this production is filled with drama, action and humor. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$64 (includes lunch & show). RSVP ♦♦ by 2/11.

Broadway Sacramento

2010-2011

Broadway Sacramento is the largest performing arts event in the Capital Region. All performances are at the Community Center Theatre, 8:00 PM. Reserved Orchestra seating. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. Please see the two remaining available shows below for day, date and price of performance.

Young Frankenstein

Tuesday, April 19, 2011 — 4562-05D

The classic Mel Brooks movie is alive ... and it's headed here! This wickedly inspired re-imagining of the Fran-

kenstein legend follows young Dr. Frankenstein as he attempts to create a monster but not without hilarious complications. Don't miss the sen-



sational cast delivering your favorite moments from the classic film, plus brand-new show-stopping numbers such as "Transylvania Mania," and "He Vas My Boyfriend." The brains behind the laughter is Tony winner Mel Brooks who wrote the music and lyrics and co-wrote the book along with his record-breaking team from The Producers. \$67. RSVP ♦♦ by 2/15.

Mary Poppins

Tuesday, June 7, 2011 — 4562-05E

The world's most famous nanny arrives in Sacramento! This Tony award-



winning production is everything you'd hope for in a Broadway musical. Produced by Disney and Cameron Mackintosh, the show includes such wonderful songs as "Chim Chim Cher-ee," "A Spoonful of Sugar," and, of course, "Supercalifragilisticexpialidocious." The *New York Daily News* hails "Mary Poppins" as "a roof-raising, toe-tapping, high-flying extravaganza!" \$82. RSVP ♦♦ by 5/1.

Sold Out Trips/Events thru January 20

Trip/Event · Date · Departure Time

- Rockettes at Arco Arena Bus #1 – December 15 – 2:30 PM
- Rockettes at Arco Arena Bus #2 – December 15 – 2:30 PM
- Rockettes at Arco Arena Bus #3 – December 15 – 5:30 PM
- Spirit of Christmas at Eldorado Reno Bus #1 – December 16 – 11:30 AM
- Spirit of Christmas at Eldorado Reno Bus #2 - December 16 - 11:30 AM
- Victorian Christmas Nevada City – December 19 – 12:30 PM
- Forever Tango San Francisco – January 5 – 11:00 AM

- Speaker Series Tom Brokaw at Sacramento Community Theatre – January 11 – 6:30 PM
- Crocker Art Museum – January 20 – 9:30 AM

Art Classes

—Drawing—

Portrait Drawing from the Model Wednesdays,

January 5-26 — 1014-12

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn to sketch and draw portraits from



a live model. Train your eyes and go to the essential of an expression or a movement by do-

ing quick sketches. Practice lines, values, shading, and volumes while drawing longer poses. Model fee: \$12-20 (depending on the number of participants). Model will be present during all four sessions. A supply list will be given upon registration. New students: email instructor at clmichelet@earthlink.net, for more information or questions. RSVP ♦♦ by 12/29.

Drawing Class – Still Life

Wednesdays,

January 5-26 — 1010-12A

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Join Claire as you sketch, set and compose a still life. Practice forming good shapes, using lines, creating volume and depth and handling backgrounds. One-on-one help is provided as you develop your work. Choose from the medium of your choice: pencils, colored pencils, charcoal, chalks and ink to dry pastels. All levels welcome. Supply list furnished upon registration. RSVP ♦♦ by 12/29.

Beginning Drawing Workshop

Saturday, February 5 — 1010-12B

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$39. Have you ever wanted to learn how to draw? This

workshop is for you! Expect fun visual exercises and many visual and technical short cuts as you get initiated into the drawing process. One-on-one help in the afternoon as you develop your work. Use the following drawing mediums: pencils, charcoal, and chalks. A supply list will be given upon registration. Class will take a 30-minute break at 12:00 PM for lunch. This workshop was highly received in other schools. RSVP ♦♦ by 1/31.

—Oils, Pastels & Acrylics—

Impressionism and Landscape Painting with Oils and Acrylic Wednesday, January 5-February 2 — 1031-12

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$65 (five sessions,). Choose between Oil and Acrylic as a medium. Complete original paintings based on students' photographs or from instructor's large photo selection. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Included will be a suggested supply list, palette layout of color and the Munsell Color Theory. New students will learn to analyze or "read" paintings by well-known artists. Strong emphasis is placed on understanding an ideal composition using elements of art structure. A variety of art books and magazines from Tom's library are available for study during class or check out. Continuing students encouraged to enroll. *About the instructor:* Tom was an art instructor for 35 years and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College in Greeley. RSVP ♦♦ 12/29.

Painting Pastels and Oils with Joan Mondays, January 3-31 — 1051-12A1 Or Tuesdays, January 4 – February 1 — 1051-12A2

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Class is open to both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students, please ask for supply list when registering. RSVP ♦♦ by 12/27 or 12/28.

Oil Painting with Frank Ordaz: Intermediate to Advanced Fridays, January 7-28 — 1016-12

9:00 AM - 12:00 PM (OC). Instructor: Frank Ordaz. \$130 (four sessions). Bring your painting to new heights! Oil artist Frank Ordaz will share his expertise in a limited class for intermediate-to-advanced artists. Frank's class will focus on understanding light in a fun and engaging manner. Explore how light affects color.



Still life and landscape painting will be used to understand "indoor" versus "outdoor" light. Learn to understand and create unified and dynamic paintings with a central focus. Frank

will demonstrate color mixing and becoming familiar with painting tools and getting the most out of them as well as getting color and perspective to work for you. Frank will demo at all meetings and answer questions of process as well as tell jokes. Frank's class this time will focus on adding the figure in your landscape. Make sure you receive a copy of the supply list when you register. *About the instructor:* Frank Ordaz is an accomplished and award-winning artist and illustrator. He has six illustrated published books and was chosen as featured artist for the 2006 White House Easter Egg Roll. For more of his work, please check www.ordazart.com or see Frank at work in his Gallery in Auburn. RSVP ♦♦ by 12/31.

—Mixed Media Collage—

Mixed Media Collage • Thursdays, January 13 - 27 — 1140-11

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and improvisational fine art workshop will show you how to turn recyclables such as magazine pages, wrapping paper and interesting beads and trinkets you have saved for years into mixed media collage art



and unique, 3-D paper assemblages, all suitable for framing. This free-spirited collage art uses your favorite colors, textures and images in paper or fabric scraps plus

small objects in the creation of brand new art. One-on-one guidance will be provided. There is no possibility for mistake in creating this artwork — it is easy, fun and will open your eyes to a fresh, new art using many materials you already have. Class is open to beginning and continuing mixed media artists. A supply list provided upon registration. By the end of the class, students will finish two frame-worthy pieces of Fine Art. If you have any questions about the class, please call Jo at 543-1357. RSVP ♦♦ by 1/3.

—Watercolor—

Watercolor Demonstration Monday, January 3 — 1110-12A

1:00-2:00 PM (OC). Free. Wondering if the art of watercolor painting is for you? Join us for an afternoon demonstration in the art of watercolor



and meet our wonderful watercolor instructor Anthony Rogone, also an instructor at Sun City Roseville. Anthony graduated from Carnegie Mellon University with a

degree in Graphic Design. He continued to paint during his long career as a special education teacher, showing paintings in many galleries and exhi-

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bitions. He has received many awards for his evocative watercolors, oil and acrylic paintings. Anthony will show you his techniques, skills and style of teaching and answer questions during the hour-long demonstration. Seats are limited, please register early. If you enjoy the demo, please register for his regular watercolor class that starts January 10. See detailed article below.

New day and time! Watercolor Painting • Mondays,

January 10-31 — 1110-12B

12-3:00 PM (OC). Instructor: Anthony Rogone. \$70 (four sessions). Find the “wow” in your watercolor paintings



— all skill levels welcome. Learn to mix and mingle paint and water to create dazzling effects. Wet-into-wet, layering transparent glazes and negative painting are some of the included techniques. Combining collage

with your painting will enhance your work. Beginner or seasoned pro, this class is for you. Check supply list on your receipt. RSVP ♦♦ by 1/3.

Bridge Classes

Competitive Bridge (Intermediate Level) • Thursdays January 27-March 10 — 1520-11

10:00-12:00 (OC). Instructor: Laurie Vath. \$45. Class is full.

Beginning Bridge with Gayle Tuesdays, January 25 - March 29 — 1510-12A

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$50 (10 sessions.) This course is for people who have never played Bridge, considered by many to be the most exciting and challenging card game in the world, but think they may be interested in learning it. Sign up and check it out. You may discover a new passion that gives your brain a workout! RSVP ♦♦ 1/18.

Bridge Plus with Gayle Thursdays, January 27-March 31 — 1510-12B

12:30-2:30 PM (KS). Instructor: Gayle Koedel. \$50 (10 sessions.) Previously called Beginning Bridge Plus, this class is for players who want to



improve their knowledge, ability and enjoyment of

Bridge. This ten-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge. RSVP ♦♦ 1/20.

Ceramics Classes

—Pottery—

Beginning/Intermediate Ceramics with Jim • Tuesdays, January 4-25 — 2013-12A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have never worked with clay and continu-



ing students who want to further develop their skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in this medium.

Learn basic hand-building and wheel-throwing techniques with individual attention from Jim to accomplish your goals. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list will be provided after the first meeting for future classes. RSVP ♦♦ by 12/29.

Advanced Ceramics • Tuesdays, January 4-25 — 2013-12B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). This course is for self motivated students/artists with established ceramic skills. There will be assignments and demonstrations given by the instructor as

well as individual guidance in order to further refine students' techniques and projects. RSVP ♦♦ by 12/29.

Beginning Hand Building Potter's Wheel Techniques with Terry • Thursdays, January 6-27 — 2014-12

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). Have you ever wanted to work in clay but did not know where to start? Terry's beginning Ceramics class will allow



you to work at your own pace receiving individual instruction to achieve your personal goals. She brings 34 years experience teaching Ceramic

and Drawing and Painting to help you work independently on any project you choose. Terry gives frequent demonstrations introducing you to new and exciting projects. Bring tools and materials to class for a fun and successful experience. For new students, please ask for supply list when you register. RSVP ♦♦ by 12/31.

—Lladro—

Spanish Oil Painting • Wednesdays, January 5-February 2 — 2060-12

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

Prerequisite: Beginning students required to attend five *consecutive* classes in order to complete first-time instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25



each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at least two weeks before class start to place figurine order for class. Please call Barbara at 645-7263. RSVP ♦♦ by 12/29.

**Lladro Workshop • Wednesdays,
December — 2062-01L
January — 2062-01M**

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. This workshop is for Lladro hobbyists who are going on vacation so cannot attend a class full-time and those who can work on their own. Workshop is *not* for beginners and will not provide instruction from moderator. The workshop is held in conjunction with



the ongoing Lladro class. Workshop sessions can be paid as you come but must be paid before starting the session.

No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator responsible for “firing” and making sure everyone is following guidelines and safety procedures. Workshop includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., are available for purchase from instructor during workshop. Space limited; sign up early!

Computer Classes (PC)

Please continue to give us feedback on the PC class you would be interested in taking by registering in our PC Interest List at the Activities Desk.

—Operating System—

**Intro to PC: Beginner’s Guide to Computers • Tuesday & Thursday,
January 18 & 20 — 2540-11**

9:00 -11:00 AM (OC). Instructor: Cami Cordell. \$30 (two sessions). Beginners — ask questions, experiment,



learn what things are called and how they work. For brand new computer users who want to learn the very basics: how to use the mouse, when to click and

double-click, how to copy and paste, save and print documents; how to find, move, copy, or delete files; and how to create folders. We will work on keyboarding skills as well. Class is taught in a combination of lecture and hands-on format. \$2 handout fee is due at class payable to instructor. RSVP ♦♦ by 1/11.

— Email —

**Email Basics • Tuesday & Thursday,
January 25 & 27 — 2581-12**

9:00-11:00 AM (OC). Instructor: Cami Cordell. \$30. **Prerequisite:** Familiarity with computer plus Internet and Windows experience recommended. Today’s world almost requires everyone to communicate with email not only for business but to keep in touch with family and friends anywhere! Class will teach students how to open a gmail account or enhance their skills



with their own email provider using Outlook Express. Learn basic knowledge of composing, sending, receiving and forwarding emails. We will work on attaching photos and documents to your email. Learn to make your email interesting by using different options such as font, font size, color, adding background and inserting your own signature. Organize emails by adding folders and creating an address book for contacts. Instructor will cover junk emails and how to block them. Class will be a combination of instruction and hands-on experience. Additional \$2 payable to instructor for hand-outs. RSVP ♦♦ by 1/18.

—Microsoft 2007—

**Excel Basics
Mondays & Wednesdays,
January 10-January 19 — 2641-11**

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48. It’s the first of the year and time to get your “stuff” together for 2011 taxes. Class introduces you

to the basics of Microsoft Excel so you can begin to organize tax information and other financial papers such as budgets whether personal or for a group. During class, you will be introduced to Excel 2007. Learn to use Excel – from entering data into a spreadsheet to creating simple formulas and using basic arithmetic functions. Practice formatting the spreadsheet to make it easier to read and understand. Don’t let the word “arithmetic” scare you. This class will use simple things like add, subtract, multiply, divide, average and sum — see not too scary. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 1/17.

**Word Phase One
Mondays & Wednesdays,
January 31-February 9 — 2651-12**

9:00-11:00 AM (OC). Instructor: Angela Blas \$48. This class provides you with some of the basic features of Microsoft Word 2007. Now that you know how to enter data and do simple editing it’s time to learn the “good stuff.” If you have been using Word, this class will introduce



you to new shortcuts, and tips. We will cover auto correct, the format paintbrush, the show hide mark, the smart tag; copying and moving text; switching between documents; formatting techniques and especially paragraph formatting, line spacing, bullets, alignments and indents, borders and shading. Begin to explore inserting symbols, special characters, and text boxes. RSVP ♦♦ by 1/24.

—Social Networking—

**The World of Facebook
Monday & Wednesday,
January 10 & 12 — 2694-11**

12:00 -2:00 PM (OC). Instructor: Cami Cordell. \$26 (two sessions). **Prerequisite:** Student must have an email account. Want to reconnect

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your Facebook site and others. Class is taught with a combination of lecture and practical application. Students are provided one-on-one coaching with instruction tailored to skill level of each student. With the constant changes and updates in Facebook, everyone is considered a beginner. \$2 fee for handouts payable to instructor. *About the Instructor:* An educator for over 15 years, Cami has extensive experience in elementary education and adult instruction developing and implementing various curricula. RSVP ◆◆ by 1/3.

— Computer Classes (Mac) —

Your Mac and Digital Photography Saturdays,

January 8 & 15 — 2520-11

1:00-3:30 PM (OC). Instructor: Irwin Maloff. \$50. **Prerequisites:** Having a Macintosh and a digital camera. Our class will cover basic camera functions and the settings that will give you optimum results in various situations. Students will take pictures and learn how to import them into their Mac. Students will use iPhoto and learn how to organize photos, do basic editing, and share photos using email. Class size is limited so sign up early. RSVP ◆◆ 12/31.



Beginning Macintosh • Saturdays, January 15 & 22 — 2514-11

9:00 AM-12:00 PM (OC). Instructor: Jim Haugaard. \$60. No experience necessary! This is a two-day hands-on

workshop, six hours, for anyone who wishes to learn how to use the Macintosh computer. We will cover all areas of the Desktop including the Dock, Menus, Keyboard and the different functions of the Mouse. Beginning word processing will be covered using Text Edit, an Apple application. Use our own desktop iMacs or bring your own laptop. RSVP ◆◆ by 1/10.



Beginning Pages (Mac Word Processor) • Saturday & Sunday, February 5 & 6 — 2512-12

1:00-4:00 PM (OC). Instructor: Ken Silverman. \$60. **Prerequisite:** Basic Macintosh knowledge required. This is a two-day hands-on workshop with six total hours. Pages is the Macintosh word processor and page layout program. Learn to create basic word processor documents, use templates and text tools, add graphics and pictures, what the Inspector is and how it works. Exporting functions will be shown so that others without Pages can read your documents. This is a beginning class for word processing and will not go into depth on page layout. RSVP ◆◆ by 1/31.



Crafts

—Mosaic—

Mosaic 201: Advanced Beginners Mosaic Class — Mosaic Tray Tuesdays,

January 4 & 11 — 3093-11B

1:00-5:00 PM on January 4 and 1:00-2:00 PM on January 11. (KS). Instructor: Bill Sutherland. Class fee: \$30. **Prerequisite:** Must have taken beginning mosaic class with Bill. This two-day class with a total of five hours will provide more challenges to your mosaic skills. Create a wonderful and functional art tray. Three patterns to choose from and, as always, your choice of colors and how you cut your glass will provide

the unique flare and self expression to each work. The first day of class you will work on your design, cutting the glass and gluing the pieces on the tray. The second week, everyone will learn how to mix the grout and apply it on the project to finish the work.

Tray will be ready and dry in at least two days. Class size is limited to 10. Additional \$30 supply fee will be payable to instructor on first day of class. Materials fee covers the tray, glass



pieces, glue and grout plus printed instructions. Students must bring own nippers to class. If you have a cutting glass tool, please bring to class. See project sample in OC display window. RSVP ◆◆ by 12/28.

Mosaic 101:

Beginners Mosaic Class Stepping Stone Stained Glass

Tuesday, January 25 — 3093-11A

1:00-4:00 PM. (KS). Instructor: Bill Sutherland. Class fee: \$18. Materials fee: \$20 (with nipper) or \$5 (without nipper) payable to instructor on day of class. Make your garden dazzle with our Stepping Stone Stained Glass Mosaic project! Join this fun class and discover the art of glass mosaic. This beginning mosaic class will teach students how to create a stepping stone with stained glass as pattern medium in a concrete setting. Resident Bill Sutherland, who has 30



years of glass work experience both in stained glass and fused glass art, will lead students in making an eight-inch square stepping stone with a beautiful pattern that will be a great addition to your garden or as a gift to friends. Though design pattern is provided, each project will be unique based on the choice of colors and cuts of glasses used by student. For those who have taken this class before, you may bring your own pattern that fits a 7 1/2" x 7 1/2" size stepping stone.

Pattern should be on printer paper enlarged to desired size. Join us in this easy, fast and friendly project that you can duplicate at home after the class. Men and women are encouraged to join. Class size is limited to 10. All materials needed for the class are covered by the materials fee and include nippers, stained glass pattern, glass, concrete, mold and step-by-step directions. If you have a nipper, please bring to class. See project sample in OC display window. RSVP ◆◆ by 1/18.

Dance

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

—Ballroom Dance—

Beginning Ballroom – Rumba Saturdays,

January 8-29 — 3518-12A

10:00 -11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions) Rumba! The Dance of Love!



Come join us and learn this beautiful Latin dance, the dance of love. This dance is easy and the music is captivating. In this class we will learn the basic steps of

Rumba as well as leading and following skills for the steps we are working on. If you have never learned Rumba, this class is for you! RSVP ◆◆ by 1/3.

Intermediate Ballroom — Salsa Saturdays,

January 8-29 — 3518-12B

11:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions) Salsa... Hot! Latin! Fun! In this intermediate class we will be working on upper level moves of the Salsa. We will be doing turns, style, & technique, as we learn to lead and follow this wonderful Latin dance. It is a fast-

paced, energetic dance. RSVP ◆◆ by 1/3.

—Clogging—

Clogging with Janice • Tuesdays, January 4-25 — 3571-12A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions).

Prerequisite: Instructor's approval and/or previous clogging experience.



Must be proficient in the Beginning Clogging steps. This fun class will stimulate your dancing skills.

Continue with more steps

and dances. This is an ongoing class. We have so much fun in class. Join fellow cloggers and dance the hour away. Dr. Oz would be proud! RSVP ◆◆ 12/28.

Beginning Clogging • Tuesdays, January 4-25 — 3571-12B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Kick start the New Year with the fun dance called Clogging. You have seen it on "America's Got Talent." It's been demonstrated that it helps reduce dementia levels and stimulates the brain. Get your body moving and learn America's Folk Dance. Beginning Clogging class is open to new students. Returning students can hone their skills. Janice is a certified clogging instructor with 30 years of teaching experience nationwide and internationally. Clogging is an American Folk Dance with deep roots in the many dances of the world most notably Irish, Scottish, German, African, Indigenous Peoples of America. It is not as hard as you think and we give you low impact clogging. No special shoes required; flat-soled shoes are recommended, or "tennis" shoes. Bring your enthusiasm, a bottle of water, a towel to mop your brow, a friend, and we'll have lots of fun. RSVP ◆◆ by 12/28.

Clogging with Susi

Instructor: Susan Thomas. Join this fun

form of exercise and dance, clogging from Gaelic "clog" meaning "time." Clogging is "time dancing," your heels are the timekeeper. Come experience the smooth transition from Clogging I to Clogging II where you will continue to learn new dances and new steps at the intermediate level.

Clogging II • Tuesdays, January 4-February 22 — 3572-12A

12:00-1:00 PM (KS). Instructor: Susie Thomas. \$40 (eight sessions). **Prerequisite:** Completion of Clogging I/ Beginning Clogging or instructor's approval. RSVP ◆◆ by 12/28.

Clogging Performance • Tuesdays, January 4-February 22 — 3572-12B

1:00-2:00 PM (KS). Instructor: Susie Thomas. \$40 (eight sessions). **Prerequisite:** Completion of three sessions of Clogging II or instructor's approval. Learn intricate choreography and formation. Note: Students registered for the Performance class are not required to perform at events. RSVP ◆◆ by 12/28.

—Hula Dance—

Hula Continuation • Thursdays, January 6-27 — 3901-12

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$32 (four sessions). A continuing, not beginning class.



Naomi Kalama is a well-known instructor and performer who teaches Hula, dance of

the Islands. Enjoy a fun, relaxing class while experiencing soothing sounds of Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ◆◆ by 12/30.

—Line Dance—

Intro to Line Dance • Thursdays, January 6 – February 3 — 3602-12

4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$25 (five sessions). This new class meant for real beginners is



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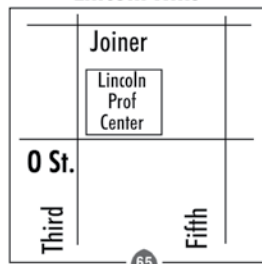
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designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance



I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Yvonne for a fun class

that will prepare you to advance to more challenging line dance classes in the future. RSVP ◆◆ by 12/30.

Line Dance I/Beginner with Audrey Thursdays, January 6- February 24 — 3601-12A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This beginner class will teach you the fundamentals of line dancing, including the basic steps, such as the grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, we recommend taking Intro to Line Dance first. RSVP ◆◆ by 12/30.

New Time! Line Dance II/Beginner-Intermediate with Audrey Mondays, January 3- February 21 — 3601-12B

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, sometimes done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge, or if you've had previous dancing experience and catch on easily. RSVP ◆◆ by 12/27.

Line Dance III/Intermediate with Audrey • Thursdays, January 6-February 24 — 3601-12C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This level of line dance is offered to those who want a bit more of a challenge than

the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." It will be a lot of fun, and great exercise. RSVP ◆◆ by 12/30.

New Time! Line Dance IV/ Advanced with Audrey • Mondays, January 3-February 21 — 3601-12D

3:45-4:45 PM (OC). Instructor: Audrey Fish. \$40 (eight sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ◆◆ by 12/27.

Line Dance Beginner Plus with Sandy • Wednesdays,

January 5-26 — 3604-12A

8:00-9:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. This class is a step up from the Beginner



I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coast-

er step, pivot quarter and half turns and many more. Students are expected to understand and execute basic line dance terminologies as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, so join in on all the fun while exercising. RSVP ◆◆ by 12/29.

Line Dance II Beginner-Intermediate with Sandy Wednesdays, January 5-26 — 3604-12B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months.

The suggested prerequisite for this class is Line Dance I for at least six months. Understanding the basic terminology of line dance steps is a requirement before enrolling in this class. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ◆◆ by 12/29.



Line Dance III with Sandy Wednesday,

January 5-26 — 3604-12C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). Steps or Step Combinations within this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts and many more. Within this level, there is no limitation on the number of turns but caution is requested not to exceed what the dancer is capable of achieving both comfortably and safely. The class, though complex, will be fun, pushing students' skills to a higher level. RSVP ◆◆ by 12/29.

Line Dance I/Beginner with Yvonne Mondays, January 3- February 21 — 3606-12A

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). In the mid-1800's, settlers arrived in the US with new dance steps for non-partner dancing. They shuffled their feet, clicked their heels, wore fancy clothes and line dancing was born. As with other beginner classes, this class teaches fundamental steps of line dance, including grape-

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vine, jazz box shuffle, quarter and half turns at a slow temp. If you haven't line danced before, we recommend taking Intro to Line Dance first. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ◆◆ by 12/28.



Line Dance Beginner Plus with Yvonne • Mondays, January 3-February 21 — 3606-12B

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). For those who have had beginner line dance, this class is a step up from that level, teaching more steps and combinations. This is a transition class from Line Dance I into Line Dance II. Dances become a bit more challenging but will also incorporate what has been learned at the beginner levels, making the dances fun and exciting. You don't need a partner, it's a great way to keep in shape, the music is fun and it's good exercise for your mind and body. RSVP ◆◆ by 12/28

Line Dance II/Beginner-Intermediate with Yvonne Thursdays,

January 6-February 3 — 3606-12C
9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$25 (five sessions). What our settlers started back in the 1800's has spread throughout the world. In addition to the great choreographers in the USA, there are thousands of line dances coming into the country from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ◆◆ by 12/31.

New format! Country Couples Line Dancing — Intermediate Continuing • Mondays, January 3-24 — 3531-12B

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$16 per person for

1 hour, four sessions or \$32 for two hours, four sessions. To meet the varying lifestyles of our residents, we now offer hourly or two-hour sessions for the class. For \$16, students may choose to attend weekly hourly class or two sessions for two hours each and for those who are really into the dance, enjoy two hour class every week for \$32! This class is geared for couples who have taken the class



before and are ready for more challenging routines. Intermediate level includes waltz, cha cha, swing, two-step, and circle dances that are more complicated and require greater skills than the beginner class. Music is a combination of country and types that fit the dances. Class format: 45 minutes of instruction and 15 minutes of practice with assistance from instructor and lead students for each hourly segment of class. Different dance lessons are taught every hour. List of dance lesson schedule available from instructor on the first day of class. RSVP ◆◆ by 12/27.

Country Couples Line Dancing — Beginners • Fifth Monday, January 31 — 3531-12A

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$8 per person. All couples who enjoy dancing: Join Jim and Jeanie for this fun instructional evening! They have been dancing and teaching country couples dancing for 20+ years. This beginning class includes popular country circle dances. Classes are designed to teach basic two-step dance, waltz, swing, and cha cha and basic circle dances at the social dance level. Wear casual with loose fitting clothing to class. Music is a mix of country and other types to fit the dance steps. *This class is strictly for beginners and will be scaled down to basics and taught in slow pace.* This class will equip students with skills required to transition to hourly intermediate classes. RSVP ◆◆ by 1/24.

—Tap Dance—

Tap Classes with Alyson!

Enjoy Tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout Northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students, Beginners to Ad-



vanced, may choose from several technique classes. Performance classes, except for the Advance Performance class, will take a hiatus until September. All performance students must be enrolled in a Technique class. Choose any of the classes below that fit your schedule and comfort level.

Technique Class

Mondays, January 3 –

February 21 — 3555-12A

10:00–11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 12/24.

Technique Class

Mondays, January 3 -

February 21 — 3555-12B

11:00 AM-12:00 PM (KS). \$40 (eight sessions). RSVP ◆◆ by 12/24.

Advance Performance

Mondays, January 3-

February 21 — 3555-12C




12:00-1:00 PM (KS). \$50 (eight sessions). Class is only for advanced students approved by instructor. RSVP ◆◆ by 12/24.

Beginning Tap • Tuesdays,

January 4-February 22 — 3555-12D



9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to the basic steps and terminology of tap dance. This class begins every

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January and runs as a beginning class through November at which time you will move into one of the four already existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do feel comfortable. Register now if you are interested in trying Tap Dance! *Minimum of 10 students required for the class.* RSVP ◆◆ by 12/24.

Technique Class

Tuesdays, January 4-

February 22 — 3555-12E

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 12/24.

Technique Class

Thursdays, January 6-

February 24 — 3555-12F

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 12/30.

Performance

Thursdays, January 6-

February 24 — 3555-12G

11:00 AM-12:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 12/30.

Performance

Thursdays, January 6-

February 24 — 3555-12H

12:00 -1:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 12/30.

Performance • Fridays,

January 7-

February 25 — 3555-12I

12:00-1:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 12/31.

Tap for Fun with Judy!

Join us on Monday or Friday afternoon to enjoy a good workout while having fun. Judy has been dancing, teaching, and choreo-

graphing dance for many years. This is not a performing group, it is designed for people who love to dance and kick up their heels. If you have an hour or two, put on your tap shoes, feel the music beat and prepare to tap!

Mondays, January 3-

February 21 — 3582-12A

4:45-5:45 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 12/24.

Fridays, January 7-

February 25 — 3582-12B

1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 12/24.

—West Coast Swing— (California's State Dance)

Beginning West Coast Swing

Levels I & II • Wednesday,

January 5-26 — 3512-12A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks).



Learn the basics of West Coast Swing, California's State Dance from veteran West Coast Swing dance instructor, Dottie. Dottie will teach you the basics of this great dance and will show you how it can be applied to various types and styles of music. You need to complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ◆◆ by 12/29 .

Intermediate West Coast Swing

Levels I & II • Wednesdays,

January 5-26 — 3512-12B

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks). **Prerequisite:** Must have completed West Coast Swing Beginning levels one and two. RSVP ◆◆ by 12/29.

Advanced West Coast Swing

Wednesdays,

January 5-26 — 3512-12C

7:00-8:00 PM (KS). \$24 (four weeks). **Prerequisite:** Must have completed West Coast Swing Intermediate I and II. RSVP ◆◆ by 12/29.

Driver Training

AARP Driver Safety Course

Wednesday & Thursday,

January 5 & 6 — 6056-12A

Or Wednesday & Thursday,

February 2 & 3 — 6056-12B

8:30 AM-1:00 PM (OC). AARP Member (\$22) for two-day session; AARP Non-Member (\$24). Instructor: Roger Kane. Resident must present a current AARP Membership Card when you register and pay at the Activities Desk to receive the discounted class fee. In cooperation with AARP, the Association brings back the convenience of offering a Driver Safety Course in our community. This eight hour course is for persons 50 or over. Persons



over the age of 50 are eligible for a discount on their auto insurance. You should check with your provider to determine the amount. The course covers normal age-related physical changes in vision, hearing, reaction time, and how to adjust your driving to accommodate these changes. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver license, your AARP Membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Limited spaces, register early. Class cost covers a \$10 Association administrative fee and AARP fees. Minimum of 20 students required for class. RSVP ◆◆ by 12/29 or 1/25.

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Fitness

Register for these classes at the Fitness Centers starting December 17 at 10:00 AM.

—Small Group Training—

SGT- Bodybugg

Section A • Mondays & Fridays, January 7-31 — 835000-A

11:30 AM-12:30 PM (KS). Instructor: Brandy Garcia.

Section B • Tuesdays & Thursdays, January 4 – 27 — 835000-B

3:45-4:45 PM (The Wave). Instructor: Lisa Scroggs.

Section C • Mondays & Wednesdays,

January 3-26 — 835000-C

2:00-3:00 PM (The Wave). Instructor: Julia Wells. Don't just set a goal, make

it a reality!!! This small group training will teach you how to balance the energy equation between

calories taken in, and calories burned to effectively help you reach your health and fitness goals. Not only do you receive the nutrition information, and small group support, but the workouts to kick start your path to success. You will learn how to train your body effectively for maximum calorie burn, and have the results to prove it. Session will include discussion, maximal calorie burn and results! Bodybugg not required! ***New Years Promotion: Bodybugg Small Group Training, nutrition tracking software, plus Bodybugg device for \$279. For existing bodybugg clients, or for residents who wish to participate without the use of the bodybugg, small group training is \$135.



—Circuits, Weights, Stretches—

W.O.W. — Working Out with

Weights • Tuesdays,

January 18-

February 22 — 750500-12

11:30 AM-12:30 PM. Weight Room (KS). Join this six-week in-depth, informational strength training pro-

gram that will take you from basic to advanced training techniques. Led by instructor/Personal Trainer Jill Boan, we begin with a total body machine program focusing on proper settings and correct form and progress into



free weights and cables. Learn how, when & why you need to change your weights, the best sets, reps and exercises for your body type. You

will run away with written programs to carry you through the rest of your life! Limit six people. Change your life. **Six weeks. \$75.** Register at the Fitness Centers.

New time and location! Reach for the Top/Stretch & Tone!

Tuesdays,

January 4-25 — 801000-12

Thursdays,

January 6-27 — 803000-12

Tuesdays & Thursdays,

January 4-27 — 802000-12

11:30 AM-12:30 PM. Aerobics Room (The Wave). This class is designed and presented by Lin Hunter, is a combination of stretching, range of motion



exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All of this is done to fun music to get your energy level up, help you become stron-

ger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep you more mobile. Lin is

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a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! **Four-week session, one day/week— \$30. Four-week session two days/week - \$55.** Register at the Fitness Centers.

Balletone • Tuesdays,

January 11-1 — 700000-12

4:00-5:00 PM. Aerobics Room (KS).

Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet inspired dance movements and the flow of yoga? A fun flowing cardio class that is perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increases cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week series - \$35.** Register at the Fitness Centers

—Tennis Lessons—

Beginners Tennis • Tuesdays

January 11-March 1 — 790300-12

1:00-2:00 PM. Tennis Courts #10 & #11. Instructor: Bob Halpin. This class will work on forehands, backhands, serves, and the basic rules of



tennis. Class size is limited to 6 students and a minimum of 4. **Eight week session - \$80.** Register at the Fitness Centers. If you

would like to take Private individual or private group lessons (with your own arranged group), call Bob Halpin at 742-2697.

Intermediate Tennis (Level 2.5)

Sundays, January 16-

February 20 — 790301-12

10:00-11:00 AM. Tennis Courts #10 & #11. Instructor: Bob Halpin. This class is for players that



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are or should be rated at 2.5. This class will spend time practicing all strokes and game playing with strategy. Class size is limited to 6 students and a minimum of 4. **Six week session - \$60.** Register at the Fitness Centers. If you are interested in doing private individual or private group lessons (with you own arranged group), please contact Bob Halpin at 742-2697.

Intermediate Tennis (Level 3.0) • Sundays, January 15- February 19 — 790302-12

9:00-10:00 AM. Tennis Courts #10 & #11. Instructor: Bob Halpin. This class is for players that are or should be rated at 3.0. This class will spend some time in most classes on lobs, overheads, and strategy although all strokes will be practiced. There will be more game play than in Intermediate 2.5 and more emphasis on strategy. Class size is limited to 6 students and a minimum of 4. **Six week session - \$60.** Register at the Fitness Centers. If you are interested in doing private individual or private group lessons (with you own arranged group), please contact Bob Halpin at 742-2697.

—Pickleball Lessons—

Beginners Pickleball • Sundays January 15-

February 19 — 790100-12

1:00-2:00 PM. Pickleball court #4. Instructor: Bob Halpin. This is for players that have already taken the Pickleball Group's free introductory Pickleball lesson, but are not yet competitive with other Pickleball players. Class size is limited to 4 students. **Six week session - \$48.** Register at the Fitness Centers. If you are interested in doing private individual or private group lessons (with you own arranged group), please contact Bob Halpin at 742-2697.

Intermediate Pickleball Sundays, January 15- February 20 — 790101-12

2:00-3:00 PM. Pickleball court #4. Instructor: Bob Halpin. This class is aimed at the average Pickleball player that may need some work on



techniques and needs to work on the dink and the advanced strategy that uses the dink. Class size

is limited to 4 students. **Six week session - \$48.** Register at the Fitness Centers. If you are interested in doing private individual or private group lessons (with you own arranged group), please contact Bob Halpin at 742-2697.

—Qigong—

New location! Qigong • Thursdays, December 30 –

January 27 — 745000-12

3:30-4:30 PM Aerobics Room (KS). Instructor: Peter Petersen. Qigong (pronounced chi-gung) has been around for more than 5000 years and originated in China. This class is gentle and easy to learn, meaning it can be practiced by anyone, at any age or fitness level. Using simple gentle movements from the body, it becomes the art of energy management and can balance and unblock stagnate energy. The physical benefits include helping to eliminate chronic pain, increased strength, flexibility stamina, range of motion of limbs, as well as bolstering a vital immune system. Negative emotions and memories are also allowed to be released from the mind, which reduces stress in the practitioner and allows one be more present in their everyday lives. **Four-week session — \$40.** Register at the Fitness Centers.

—Dance/Fitness Centers—

Zumba • Mondays, January 10-February 28 — 810000-12

(No class 1/17 or 2/21.) 3:45-4:45

PM Aerobics Room (KS). Instructor: Nicole Robinson. Zumba is a cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and easy to do! Integrating Zumba into every day, you can achieve long-term benefits while experiencing an absolute blast in one exhilarating class of



calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. **Six week session \$48 - register for each class at the Fitness Centers.**

Belly Dance • Mondays, January 3-31 — 770200-12

4:00-5:15 PM. Aerobics Room (The Wave). Instructor: Anna Woods. Come enjoy belly dancing and get a great core workout to fabulous rhythms and beautiful music. Through this dance, strengthen abdominal muscles, legs, back and more. The good news is, famous and graceful belly dancers come in all shapes and sizes. Wear comfortable clothing, exercise pants or tights. Anna has 15 years of stage performance and instructing. There will be a \$15 charge on the first day of class for hip belt. Anna welcomes you to try one class for free! Limit: five participants. **Five-week session — \$45.** Register at the Fitness Centers.

Greek Line Dance • Fridays, January 7-28 — 770100-12

4:45-6:00 PM Aerobics Room (The Wave). Instructor: Anna Woods. Join us and learn fun, easy dance steps that move beautifully to Mediterranean music. It's also an awesome workout! These dances can be done at parties, just another way to have fun with friends and get great exer-

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cise at the same time. Anna's experience of 15 years teaching Mediterranean dances is an added plus. Classes welcome gentlemen as well. Anna welcomes you to try one class for free! Limit: five participants. **Four-week session — \$36.** Register at the Fitness Centers.

Performance Dance with Dolly
Fridays, January 7-28 — 771200-12

2:30-4:30 PM. Aerobics Room (The Wave) Instructor: Dolly Schumacher. For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite: By audition or teacher's approval only.** Two-hour classes. **Four-week session — \$46.** Register at the Fitness Centers.

Dance for Life with Dolly
Jazz/Musical Theatre, Wednesdays,
January 5-26 — 770300-12

4:15-5:15 PM Aerobics Room (The Wave). Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. It's a blast of fun! Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater & lyrical styles. Something new in every class, feel your spirit soar! Come watch a class and see how much fun dance can be! **Four-week session - \$32.** Register at the Fitness Centers.

Dance for Life with Dolly
Creative Dance — Wednesdays,
January 5-26 — 770400-12

5:30-6:30 PM Aerobics Room (The Wave) This class explores the very fundamentals of all dance through ballet technique and creative expression. Increase your body awareness, balance, strength and grace through this beautiful dance. **Four-week session - \$32.** Register at the Fitness Centers.

—In the Pool—

Core-N-More Suspended Aquatic
Exercise with Andrea

Wednesdays, December 22-

January 19 — 760000-12

Thursdays, December 23-

January 20 — 760100-12

Wednesdays & Thursdays,
December 22-

January 20 — 760200-12

(No classes December 29 or 30.)
Wednesday classes 9:35-10:30 AM;
Thursday classes 4:00-5:00 PM. Indoor Pool (The Wave). This class maximizes the benefits of water with the assistance of a Buoyancy Belt. Exercises are performed without touching pool bottom, eliminating impact and increasing resistance. Class combines exercises that will improve core strength, tone and strengthen major muscles,



offer aerobic challenges and improve balance and flexibility. The belt allows participant to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free trial class or with any questions at 844-8824. **Four-week session — \$30.** Register at the Fitness Centers.

Aqua Zumba • Mondays,
January 10-31 — 813000- 12

4:00-4:50 PM (The Wave indoor pool).
Instructor: Christy Barry.

Aqua Zumba™ is Latin fitness dance in the water. This is a fun and energetic way to dance salsa, meringue, cumbia and hip hop to the catchy Latin music that makes Zumba™ so popular. If the pounding and twisting of land Zumba™ classes is too much for your knees and hips *or* you just want a high energy workout, then Aqua Zumba™ is perfect for you! The gentle environment of the water makes movement and transitions smooth and easy for the body to handle. *But* don't let that fool you! Because of resistance, you will burn major calories. "Ditch the workout and join the Pool Party™"

—Nordic Walking—

Nordic Walking for Beginners
Wednesdays, January 12-
February 2 — 750000-12

1:00-2:00 PM. Aerobics Room (KS). Instructor: LH resident Mike Barkhurst, Nordic Walking Instructor with the American Nordic Walking Association, holds three personal trainer certifications in health and fitness. Walking with Nordic Walking poles allows you to gain stability and balance while



walking and lessens stress on all your joints up to 40% as compared to normal or power walking.

The class is split into four one-hour sessions. The first is held inside where you will be given instruction on various types and kinds of Nordic Walking poles available for purchase. The next three sessions are conducted outside at OC. You will be taught the techniques of Nordic Walking. There is very little hiking done in the classes; it is left for you to do on your own as you get full use of a pair of Nordic poles for the four weeks. **Four-week session — \$50.** Register at the Fitness Centers.

—Yoga—

Gentle Hatha Yoga with Julie
Boone • Tuesdays,

January 4 - 25 — 710100-12

Or Thursdays,

January 6 - 27 — 710200-12

2:00-3:30 PM. Aerobics Room (The Wave). Julie Boone continues to provide a gentle Hatha Yoga class in the Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging while still being "do-able." She is happy to connect with long-term students as well as yoga newcomers. Her motto is "Yoga is not supposed to hurt!" She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama

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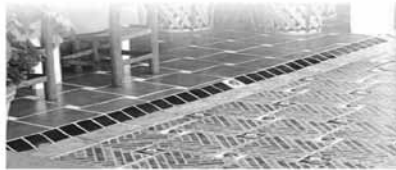
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(breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable.



While a physically gentle class, it is not “easy;” strength, flexibility, and balance will be developed. Class is suitable for beginners and the continuing student.

Limit: 20 participants. **Four-week session -- \$49** Register at the Fitness Centers.

New! Chair Yoga with Julie Boone Tuesdays, January 4-25 – 710000-11

(12:45-1:45 PM) Aerobics Room (The Wave). Just in time to accommodate your New Year’s resolutions! Julie has been sharing her love of Yoga with the residents of SCLHCA since 2000. This extra gentle class is only an hour long and is adaptable to meet the needs of any student. The practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Limit: 20 participants. **Four-week session - \$49.** Register at the Fitness Centers.

Evening Yoga with Susan Hayes Hatha (Traditional) Yoga Tuesdays, January 11-February 1 — 711000-12

6:35-7:45 PM Aerobics Room (KS). A fun evening yoga class designed to keep you in shape, at a relaxed pace. Yoga has been proven to increase energy, flexibility, balance, and strength – all while reducing stress. As the seasons change, so should our exercise routines (or lack thereof). Everyone is welcome - from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Four-week series - \$40.** Register at the Fitness Centers.

Evening Yoga and Meditation with Susan Hayes • Thursdays, January 13-February 3 — 711100-12

6:00-7:10 PM Aerobics Room (KS).

This is a relaxed evening yoga class consisting of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep



relaxation and optional meditation. Each student receives individual attention, and for this reason, class enrollment is limited to 10 students.

Come join us! **Four-week series - \$40.** Register at the Fitness Centers.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop is open from 8:00 AM-12:00 PM. The Lapidary Shop and the Casting Shop share the space from 12:00-4:00 PM. (KS). These workshops are open to experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax



Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society will oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax equipment. Maintenance fee \$5 per two-hour session. Pay Shop Master upon arrival. Questions? Call Dave Fisk, 434-0747.

Intro to Gem Cutting Mondays,

January 10 - 31 — 3081-11

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$30. Supply fee \$15 payable to instructor. Class is limited to six students for optimum learning. This “hands-on” class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. The photo is of Laguna agates

— Cabochons. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ♦♦ by 1/3.

Lost Wax Jewelry Casting Mondays,

January 10 - 31 — 3130-11

9:00 AM-12:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 1:00-3:00 PM for week three (January 24) (KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor on first day of class. Learn the basic techniques of this millennia-old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler’s buff and other tools.



Upon completion of the class, students may attend Gem and Jewelry

Open Workshops for a nominal fee to use casting equipment. No makeup classes. Maximum of six students. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ♦♦ by 1/3.

Jewelry Fabrication, Mondays, January 3-24 — 3161-11 (photo)

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$60. Learn the basic techniques of metal jewelry sawing and soldering, and more advanced techniques as time permits.



Create a bezel setting for a cabochon gemstone and finish using jeweler’s buff and other tools. Upon completion

of the class, students may attend Gem and Jewelry Open Workshop for a nominal fee to use equipment. No makeup classes. Maximum six students. Materials fee of \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry



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mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the Los Angeles County Fair, at lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ◆◆ by 12/24.

Glass Art

—Fused Glass—

Fused Glass - Beyond the Basics, Tuesdays –

January 25-February 8 — 3098-12

9:00 AM-12:00 PM (KS). Instructor: Kate Uppal. \$60 (three sessions).

We'll take what you've learned in the beginning fused glass class and make your jewelry even more amazing. You'll be creating unique pieces that will thrill you every time you wear one. We'll start by working with fabulous glass decals.

You'll learn how to incorporate their delicate designs into your jewelry. We'll explore the different kinds of high and low fired decals: enamel,

22 karat gold, and dichroic slides. We may also be able to try the new sepia and full color decals as well. You'll also learn how to create dazzling patterns in dichroic glass by etching your design onto the dichroic glass and removing its delicate layers. We'll use a variety of techniques to create your masterpieces – stickers, mas-tic, tape, stencils and even a sharpie pen. By the end of this three-week class you will have created a variety of extraordinary pendants. Materials fee \$40 payable to the instructor on first day of class; it includes dichroic glass, fusible glass, stencils, resist, decals, Dicro Slides, cream etch, and bails. Students bring their own craft knife, tweezers, paper and pencils; optional: paper punches and camera. RSVP ◆◆ by 1/18.



Fusing Glass Workshops

December — 3101-01L

January — 3101-01M

4:00-6:30 PM on Mondays except for the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$10 each day.

Beginning January, workshop fee will be limited to a maximum of five items to be fired (see guidelines on size of items). Fusing enthusiasts now have



a workshop where they can work on their projects. Bring your glass and fusing projects to the workshop and work on your designs. Students will be sharing workshop time with stained glass enthusiasts in the Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

—Stained Glass—

Stained Glass Workshops

December — 3101-01L

January — 3101-01M

4:00-6:30 PM on Mondays except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$10 each day. Due to nature and expense of working with



glass and equipment, this workshop is for experienced students only. A moderator will be in attendance to supervise students to safely use equipment but will not teach new methods. If you have experience working with glass but have not had instruction, please inform the monitor prior to enrolling in the workshop to obtain clearance for equipment use. Stained Glass class will be offered next year. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Jewelry

—Beading—

Twisted Branch Necklace Tuesdays, January 11 – February 1 — 3010-11

9:00 AM – 12:00 PM (KS). Instructor: Cathie Szabo. \$45 (four sessions).

Project is good for anyone who can work with small beads. A spectacular



way to start off the New Year! Different shades of beads twist around a necklace, highlighted by everyone's favorite – sparkly crystals. This

is definitely a statement piece! The necklace looks difficult to make, but can be mastered by anyone with a little patience. The twist is “built-in” – as you construct the hidden core, the necklace forms the graceful twist. Ladders of seed beads and crystals wind around the core. The finishing touch – “seed bead and crystal branches” that cover the hidden magnetic clasp. Choose complementary colors or go monochromatic with shades of one color family – either way, you'll love adding this necklace to your accessory wardrobe. Check the samples in the Lodges for a close look. Be sure to get the materials list when you register. Questions about this project or wonder if you have the skill for it, contact Cathie Szabo at billcats1@earthlink.net or 434-6667. RSVP ◆◆ by 1/4.

Wire Cuff Bracelet

Thursday, February 17 — 3010-12

3:00-5:30 PM. (KS). Instructor: Donnette Thomas. \$20 (one day class).

Start looking for your beads now.

Pick a variety of beads with varying sizes, large and small. You can also use buttons for this bracelet. Instructor will provide wire and you can choose between copper or silver (included in class fee). This is a repeat class that was highly liked by students in the past. It is easy and rewarding



and bracelet design varies depending on your choice of beads or buttons. So even if you've done this before, come and join this fun class. Be sure to get supplies list when you register! RSVP ♦♦ by 2/10.

—Precious Metal Clay (PMC)—

Using Bezel Cups to Set Stones with PMC

Tuesday, January 18 — 3162-11
10:00 AM-5:00 PM (KS). Instructor: Jewelry artist, Patrik Kusek. Class fee: \$51. In this day-long session, learn to set stones in PMC using bezel cups. Bezel cups are great for setting all types of cabochons, especially stones that are not fireable. They offer an easy to use, professional looking option to stone setting. Class project will be a bracelet using the Aegean stamp collection or texture of your choice with PMC using bezel cups to add elegant stones to your designs. Learn to select the right bezel cups for the right stone; to prepare bezel cups for use with metal clay;



to alter the bezel cups to enhance your designs; troubleshooting tips if your cabochon is not cut properly; proper firing temperatures; plus lots of other tips for setting stones using bezel cups. Learn to size, assemble and finish your bracelet. Leave with a bracelet ready to be assembled. Please bring at least five cabochons (6mm. in size) to set in the bracelet. Class is appropriate for beginner and intermediate level students. You will receive handouts and resources and skills necessary to make fine silver jewelry from start to finish at home! Students have an option to purchase a \$43 Standard Kit which includes PMC, bezel cups (which are real silver) and consumables or a \$60 Deluxe Kit which includes everything in the standard kit *plus* everything else they need to assemble the bracelet: jump-rings, gemstones, toggles. RSVP ♦♦ by 1/3.

Music

Guitar I - Continuation • Fridays, January 7-February 25 — 4261-12A

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Must have competed at least one session of Guitar I with Bill. This class is designed for the person that has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help in selecting one. Questions? Please call Bill at 434-5655. RSVP ♦♦ by 12/31.



Guitar II — Intermediate • Thursdays, -

January 6-February 24 — 4261-12B

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). This class continues the course of study in Guitar I. Course of study will include: reading music in the first position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge (notes, rests, measures, bar lines, etc.). Learn and play many old favorite songs in varied styles as well as sing while you play. The class promises to be a lot of fun. RSVP ♦♦ by 12/30.



Guitar III – Advanced Thursdays,

January 6-February 24 — 4261-12C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Students must have

instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 12/30.

—Keyboard—

Play In a Day Keyboard Class

Tuesday, January 4 — 4270-12A

10:00 AM-12:00 PM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard but never had the chance? If so, then this is the class for you! The music experts of Music exchange are bringing their wonderful "Play In a Day" music program to our community. Play in a Day is a two-hour keyboard class



designed for the beginner who wants to see if it's possible to play a keyboard instrument. This fun class will teach students how to read music, learn to play chords and familiarize themselves with the keyboard. At the end of the two-hour class, students will learn to play Canon in D, Ode to Joy and several other songs arranged for beginners. Class will provide the practice keyboards, workbook, a beginner music book and a CD with the musical background used on the class for each student. Class size is limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 12/29.

Play In a Day, Keyboard Continuation Class

Tuesday, January 11-25 — 4270-12B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three ses-

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sions). **Prerequisite:** Must have completed Play In a Day Keyboard Class. The fun continues! From the successful Play In A Day Keyboard class, this three-week class will cover all the topics needed to play the piano, keyboard or organ. You will learn music terminology, read notes, count and play all of the major and minor chords. You will also learn the basic set up of all brands of keyboards. The one-and-a-half hour class will provide both lecture and hands on activities. Keyboards are provided. Class fee includes basic Music book and handouts. RSVP ◆◆ by 12/28.

—Music History—

History of Movie Musicals The Disney Way, Part III Thursdays,

February 3-24 — 4271-12

10:00 AM-12:00 PM Presentation Hall (KS). Instructor: Ray Ashton. \$20 (four sessions). Our journey through the History of Movie Musicals continues with the films of Walt Disney and the Disney Studio. Part III takes us to the very beginning when a young animator and



true visionary, Walt Disney, defied the odds and created what will become the template of an art form that still flourishes today ... The Animated Movie Musical. We will visit the

early work, the creation of the Mouse that changed everything, the first and some say the greatest Animated Movie Feature Films in history. We will spend time looking into the Disney philosophy, the inventions, and the talented people who made it all happen. Part 3 will take us from the early part of the 20th century to the 1960's and one of the most beloved films of all time ... **Mary Poppins**. Sign up quickly as class fills up fast. RSVP ◆◆ 1/26.

—Voice—

Singers Vocal Boot Camp Continuation • Fridays, January 14 February 25 — 6131-12

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$56 (seven sessions).



Prerequisite: Completion of first Vocal Boot Camp or have studied music.. This is a continuation class of Vocal Boot camp. We will continue

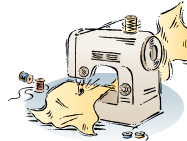
to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 1/7.

Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.

Bernina 440 Quilting Certification Monday, January 3 — 4058-12A Or January 17 — 4058-12B

4:00-5:00 PM (OC). Instructor: Sylvia Feldman. \$50. Learn comprehensive free-motion stippling for quilting with



fabric mover using our new Bernina 440 Quilting machine. There will be instructions on the use and care of the

machine with all the features and enhancements the machine has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence and ease to use the machine. Class fee covers all materials needed for the training including batting materials, thread, fabric and step-by-step instructions. RSVP ◆◆ by 12/27 or 1/10.

Bernina Serger Certification Monday, January 10 — 4056-12

1:30-2:30 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies will be provided during class. Class limited to

three students. RSVP ◆◆ by 1/3.

Bernina Sewing Machine Certification

Monday, January 10 — 4057-12

3:00-4:00 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins & needles. Please bring your own scissors to the class. RSVP ◆◆ by 1/3.

—Creative Hardanger—

Norwegian Embroidery “Creative Hardanger” –

Tuesdays, January 4-25 — 4022-12

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions). Want to acquire a new and easy hob-



by? Join us in the Sewing Room as resident instructor Ana Bertha shows you the techniques in this beautiful embroidery form from

Norway. First hour provides students with general embroidery instruction. Remaining class time is geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small kit \$12.50, large \$20. RSVP ◆◆ by 12/28.

—Knitting—

Intermediate Knitting • Mondays, January 3-24 — 4070-12

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions).

Prerequisite: Must know how to Knit, Purl and Cast On.



This class is for anyone who already knows how to knit but would like to improve their knitting

with help on ideas such as reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring the knitting you are working on plus the pattern or the supplies to start a new project and Nancie will help you finish your knitted projects while you

improve your knitting skills. Knit, Purl and Cast On. *About the instructor:* A 1992 International Design competition winner, Nancie not only designs but writes patterns for several yarn companies as well as writes articles and knitting designs for all of the major knitting magazines. Nancie has written nine books on Knitting and Crochet and two books on Quilting. RSVP ♦♦ by 12/24.

Writing

How to Tell Your Story to Your Kids and Grandkids Mondays, February 7-28 — 6181-12

9:00 - 11:00 AM. (KS). Instructor: Fred Ekman. \$48 (four sessions). Have you ever thought of sharing some of your childhood memories, teenage years and beyond, with your kids and grandkids, but aren't sure how to get started? This workshop will help you recall childhood words and phrases. The use of photos will help you remember special moments. Explore ways of telling your story without putting your readers to sleep, by writing in voice. In this workshop, we will capture 60 plus years in 15 year increments. Finally, we'll discuss examples of printing and binding options. Your finished auto-bio should make a great legacy to your family! Bring your laptop, or paper and pencil, and relive your past. For more information, or if you have questions about the class, contact Fred Ekman at fred@fredekman.com or 709-2496.



Special Presentations

"Should You Write A Book?" Tuesday, January 18 — Free

6:00-7:30 PM, Presentation Hall (KS). Joey Chisesi, an octogenarian SCLH resident, is an entertainer as well as an author.

At this session, he will discuss the effort and challenges in writing his current novel "A Dollar's Worth". He knows that an author's work entails many steps: the concept, the story/content and possible research, its style, and then



to the editor/publisher, and finally to the market-place. Joey's interest for book writing started with college newspaper stories, to editor for the Veterans Post's "Smoke Signals", expanded to broad interviews, and also productions for radio and TV spots. As a music conservatory graduate, he had stints as a piano player for Emie May Orchestra and Bob Meek Quintet. He is also a WWII Navy veteran.

All Systems Go — Thriving Through the Ages Wednesday, January 26 — Free

7:00-8:30 PM, Presentation Hall (KS). What's normal as we age? Forgetting our keys, hearing loss, sore joints? What should we expect? When should we become concerned?



Learn what's common, what to expect in our bodies as we age, and how we can age gracefully. Dr. Shelley Garone is the Medical Director of Palliative Care and the Chief of Quality at Kaiser Permanente in the North Sacramento Valley area. Her clinical interests center around helping patients and their families live well. She specializes in caring for people who live with chronic and progressive illnesses. She works to ensure that patients live as well as possible and are fully informed about the disease process and available treatment options allowing them to make decisions about their health care.

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Tuesday, February 8 — Free

1:00 to 3:00 PM, OC Front Ballroom. You don't need to hire a handyman for everything! Larry Schurr and Herman Tijs-



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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Directory assisted to specific areas

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www.lincolnsuncity.org

Public Website:

www.suncity-lincolnhills.org

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Club Editor • Wendy Slater

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KS Fitness Center 408-4013x7

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625-4031 brandy.garcia@slhca.com

Asst. Director of Fitness, Lisa Scroggs

408-4013x120 lisa.scroggs@slhca.com

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Director of F&B • Jerry McCarthy

625-4049 jerry.mccarthy@slhca.com

Food & Beverage / Catering

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625-4043 meghan.louder@slhca.com

Lifestyle

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013x4

Bus Trip Coordinator • Kay Kerenyi

625-4002 kay.kerenyi@slhca.com

Club & Room Booking Coordinator

Judy Hogan 625-4021 judy.hogan@slhca.com

Lifestyle Program Manager & Class Contact

Lavina Samoy 408-4013x103

lavina.samoy@slhca.com

Special Events Coordinator

Tamara Coil 408-4013x105 tamara.coil@slhca.com

Membership

Membership Clerk • Bertha Mendez

625-4000 bertha.mendez@slhca.com

Spa at Kilaga Springs

408-4013x6

Spa Manager • Tina Ginnetti

408-4013x116 tina.ginnetti@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

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

Sunday 8:00 AM - 5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Office

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 7:00 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 7:00 AM-5:30 PM

Sunday 8:00 AM-3:00 PM

Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

General Numbers

American Private Security

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Golf Shop

General Manager, LH Golf Club

Shawn Silva 543-9200

ssilva@lincolnhillsgolfclub.com

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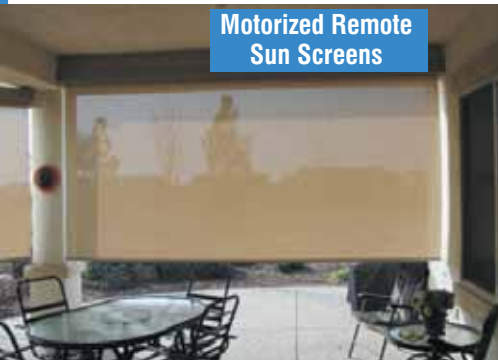
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