

February 2011



# Compass

The Official Magazine of Sun City Lincoln Hills



**Deadline to Vote ...  
February 15**

**Much anticipated Spring Events  
are here! ... page 3**

**Introducing Megan Cowart and a new program  
“Be Inspired, Be Engaged, Be Well” ... pages 9 & 85**

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## On the cover

The Kilaga Springs Library is a great place to browse recent books, read daily newspapers, search the internet, and enjoy being around people from our community. See the articles on page 13.

Photo by Steve Greenfield



## Another Busy Year for Your Association Board of Directors Report

Peter Gilbert, President, SCLH Board of Directors

Yes, it will be another busy year for your Association.

Your hardworking Staff, Committees and Board will continue to work toward making this an even better place to live and grow for all of us.

First let me take this opportunity to thank all of the candidates who ran for

the Board of Directors. And to those who were elected I look forward to working with you during my last year on the Board. Congratulations!

Here are some of the important issues/projects that the Association will be working on during the next few months:

- Holding an open meeting to consider what to do with the excess funds leftover from the 2010 Budget. To be scheduled sometime in March.
- Consider the concept of making an investment in LED lighting for all street and parking lot illumination. A major investment with some outstanding returns for our community if the project makes both economic and practical sense for our community.
- Establishing a Clearing House concept to consider new ideas and investments. They can be proposed by community residents, staff, committees and groups and in an open workshop forum so all can contribute to the overall decision-making process. March timeframe.
- What to do with reserve funds targeted to replace furniture, carpets and other items scheduled for Meridians.

These and many other important issues will be considered by your Association Staff, Committees and your elected Board in the next several months. Watch for notices in the *Compass*, on the Website and on the Lodge Bulletin Board for dates and times.

As always your Board wants and needs your input so that we can make the best decisions on how to spend our precious dollars and move forward. It is our desire to keep Lincoln Hills the best place to live. With your help we can make that happen.

### Attention Bocce Players

Bocce Courts 1-8 at the Sports Pavilion will be resurfaced  
February 28 – March 14 weather permitting.

Thank you for sharing the remaining four courts during this time.



**Don't Miss the Group Expo!**  
**Wednesday, March 9**  
**Orchard Creek Lodge**

There is something for everyone in Lincoln Hills with our 80 Clubs. If you've been thinking about getting involved, this is your chance.

Members of the Clubs will be available to answer all your questions and invite you to join them. See you March 9 at Orchard Creek Lodge!

**Upcoming Association-Related Meetings & Presentations**

**Date • Time • Place February 15-March 28**

Finance Committee	Wednesday, February 16, 9:00 AM, Oaks
Golf Cart Registration	Thursday, February 17, March 3, March 17 See page 47.
Board of Directors Special Meeting	Thursday, February 17, 9:00 AM, Ballroom
Annual Meeting of Members	Thursday, February 17, 2:00 PM, Ballroom
Board of Directors Organizational Mtg.	Thursday, February 17, 3:00 PM, Ballroom
Board of Directors Meeting	Wednesday, February 23, 9:00 AM, Presentation Hall (KS)
ARC/Architectural Review Committee	Monday, February 28, 9:00 AM, Heights/Gables
CCOC/Chartered Clubs/Community Orgs.	Tuesday, March 1, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, March 1, 1:30 PM, Multimedia
Compliance Committee	Wednesday, March 2, 10:30 AM, Oaks
Board of Directors Workshop	Thursday, March 3, 8:30 AM, Gables/Oaks
Elections Committee	Friday, March 4, 10:00 AM, Multimedia
Properties Committee	Tuesday, March 8, 1:00 PM, Fine Arts
Listening Post	Wednesday, March 9, 9:00 AM, Solarium
CERT/Community Emergency Response	Thursday, March 10, 10:00 AM, Heights/Gables
ARC/Architectural Review Committee	Monday, March 14, 9:00 AM, Heights/Gables
Finance Committee	Thursday, March 17, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, March 24, 9:00 AM, Ballroom
Board of Directors Special Meeting	Thursday, March 24, 10:30 AM, Oaks
ARC/Architectural Review Committee	Monday, March 28, 9:00 AM, Heights/Gables

**Lincoln Hills Community Forums**

It's Saudi Duty Time!	Tuesday, February 22, 2:00 PM, Ballroom
Fibromyalgia & Chronic Fatigue Syn.:	Wednesday, February 23, 7:00 PM, Presentation Hall (KS)
Where Did My Memory Go?	Wednesday, March 2, 7:00 PM, Presentation Hall (KS)
Fight the Bite; Mosquitoes, Ticks ...	Tuesday, March 15, 1:00 PM, Front Ballroom
Climate Science Update 2011	Thursday, March 24, 3:00 PM, Ballroom

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

**Connections**

**Be Inspired, Be Engaged, Be Well**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*



**Upcoming Events**

Our spring events are right around the corner. Don't miss the annual **Groups Expo**, held at OC Lodge on Wednesday March 9, from 10:00 AM to 4:00 PM. This event is a great place to meet friends and discover new hobbies and educational opportunities. You may also want to mark your calendar for our annual **Volunteer Symposium** on Monday, April 4. Last year over 50 nonprofit organizations offered a large variety of volunteer opportunities throughout Placer County. Look for details about the Symposium in the March *Compass*.

Friday, April 15 is our semi-annual **Home, Health and Business Fair** at OC Lodge. Please stop by between 10:00 AM and 2:00 PM to visit with our *Compass* advertisers and potential

advertisers to learn about the products and services offered and to thank them for their support of our community. The following day, Saturday, April 16, is the much anticipated semi-annual **Parking Lot Sale** at the far side of the OC Fitness Center parking lot. Bring cash for some great finds and enjoy this fun neighborly event. Spaces for the sale go quickly. Go to page 46 for details.

Responding to resident requests for more frequent **Document Shredding** days, we begin a quarterly event on Monday, February 28 from 10:00 AM to 12:00 PM, at the far side of the OC Fitness Center parking lot. See page 39 for details.

*continued on page 37*

*Calendar of Events*

**February 15 - March 22**

Date	Event	Page #
02/16	Bus Trip: Speakers Series	53*
02/17	"The Tuskegee Airmen"	21, 34
02/17	Book Discussion: The Wednesday Wars	23
02/19	Bus Trip: Stitchers West Santa Clara	39
02/21	"The History & Nature of the Universe"	21
02/21	Genealogy "Where Do I Come From?"	26
02/21	Concert: "Piano Portraits"	39
02/22	Forum: "It's Saudi Duty Time!"	80
02/23	"How Predict Who Will Dev. Alzheimers"	20
02/23	Forum: "Fibromyalgia & CFS"	19, 80
02/24	"Eating Locally Grown Food"	26
02/24	KS Music Night: Sister Swing	53*
02/25&26	Fine Arts Show	17, 21
02/26	Bus Trip: San Francisco for the Day	39
02/27	Bus Trip: Chinese New Year	53*
02/28	Encaustic Art Demonstration	21
02/28	Document Destruction	39
02/28	Process/Treatment Used to Color Stones	26
03/02&03	Players Group: "Rumors"	30, 36, 39
03/02	"The Stormy Sun"	21
03/02	Bus Trip: "Grand Night for Singing"	53*
03/02	Forum: "Where Did My Memory Go?"	19, 80
03/03	"Positives & Negatives in Bond Market"	27
03/03	Comedy Night at KS	40
03/03	Bus Trip: Speaker Series	53*
03/07	Antiques: Collectible Dolls	21
03/07	"Retrieving Genealogical Info Like a Pro"	26
03/08	Quilting Speaker/Civil War Reproductions	29
03/09	"Maintaining Windows7/Vista PC"	24
03/09	Flower Arranging with Camellias	26
03/09	Groups Expo	2, 40
03/10	"Going Blind" Documentary	20
03/10	Bus Trip: Red Hawk Casino	40
03/11	Computer Driver Education	25
03/13	Bus Trip: Russian Triumph	40
03/14	Local Birds Slide Show	23
03/15	Electric Car Prototype	28
03/15	Bus Trip: "9 to 5" the Musical	53*
03/15	Forum: "Fight the Bite"	82
03/16	Concert: Stompy Jones	41
03/16	Bus Trip: Bouquets to Art/de Young	41
03/17	Book Discussion: <i>Nine Parts of Desire</i>	23
03/21	KS at the Movies: "National Treasure"	41
03/22	Bus Trip: Stanford Shopping Center	41

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



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## **Meridian's Kitchen Party**

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Something new for 2011: Chris O'Keefe will be giving periodic updates of activities in his areas of responsibility. Below is his first installment.

Bob Cook

## An Improved Swimming Experience for Residents & More

Chris O'Keefe, Senior Director of Facilities & Maintenance

**O**n behalf of the men and women of the Facilities Team, I'd like to take a minute to provide our residents with an update of current and upcoming projects:



We have recently completed the installation of salt water chlorine generators in all of our pools and spas. We believe that this will go a long way towards improving the swimming

experience for our residents, as well as reduce our operating costs. We have also installed medium pressure UV light systems in our indoor pools which help to reduce chloramines levels, odors, and eye irritation. To date the feedback we have received from residents has been very positive.

At the Orchard Creek Lodge we have completed interior and exterior painting and we have added new carpet in the Billiards, Multimedia, and Computer Rooms.

The Catering office has undergone a nice transformation with new carpet and furniture as well.

The renovation of the rear service area for Meridians is nearly complete. The CMU wall (the concrete block wall) has been modified to accept a new gate, and a stand-alone door for staff has been added. This work will facilitate the installation of a new trash compactor which will allow us to better utilize the space we have, save money on trash removal, and improve cleanliness in the service area.

In February we will complete the final details for our 2011 grazing schedule. Biologists will be conduct-



ing Open Space surveys during the February-March timeframe in order to complete the yearly Open Space monitoring report. You may notice some of this activity on the Open Space areas. Staff will survey the firebreak areas in late February and we will put together our firebreak mowing schedules for the March-June timeframe. As we have done for the past couple of years, we

will provide an early "courtesy cut" of six-to-eight feet off the knee wall, and then follow with a full 25-foot cut in late April/early May.

The Facilities Team takes a tremendous amount of pride in how the buildings and grounds look and how they are maintained. My thanks go out to my staff for their efforts and dedication.

## New Paint Book Makes Paint Selection a Snap

Bill Attwater, Architectural Review Committee Chair

By the time you read this article, spring will be just around the corner. Our records show that spring is the time when home owners think about repainting their beautiful homes. The Architectural Review Committee (ARC) has made selecting the right paint scheme for your home even easier than before. We have a new paint book with over 130 paint schemes that make paint selection a snap. We also have a new and simplified paint checklist. And the Community Standards staff is here to help you with your decision.

You must do your part, however. In selecting a paint scheme, try to choose colors that harmonize with colors already existing on your home such as roofing and stone work.

Use at least three colors of differ-

ent values and intensity. For example, a light color would be used for the body, a middle value color for the trim and a darker color for the accent doors or shutters. The new paint scheme book does all this for you.

Finally and most importantly, always test your color on a two-foot strip area on the exterior of your home before buying gallons of paint. Colors look very different from color sample cards when they are viewed in natural sunlight or on a dark cloudy day. Also colors appear lighter on large surfaces than they do on small samples. Paint stores now sell small containers of paint for you to do a color test.



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## Good News! Another Remarkable Year in 2010

*John Snyder, Finance Committee Chair*

It is with sadness that I report that Finance Committee member Michael Drucquer passed away January 23. He had been fighting valiantly a progressive illness for years. The commitment and dedication to the Association and its financial health were vital to him. In the four years on the Committee he missed only one meeting and that due to hospitalization. His term on the Committee ended in January and he was honored at the January Board of Directors meeting. His wife Virginia accepted Michael's Association service award. Also in attendance were Virginia's sister and brother-in-law, Ellen and Claire Schloenvogr. His contribution made a difference.

The Finance Committee met January 20, and received the December 2010 financials for the Association. At its February 16 meeting, the Committee will take action on the Association's audited financials for the year ended December 31, 2010. Presented below are the unaudited results for the month and year. The final audited results will be reported in the next *Compass* and the Association will distribute this information to you,

### Be Part of the ARC Team

The Architectural Review Committee (ARC) has openings for residents with landscaping and construction experience. As an ARC member you will review applications for improvements — proposed changes to the exterior of the applicant's home, including landscape plans, requests for new construction or alterations to existing structures — and decide if the proposed projects conform to the Design Guidelines and the CC&Rs.

The ARC meets the second and fourth Monday of every month at 9:00 AM. To learn more, visit the ARC & Compliance Corner on our website, [www.lincolnsuncity.org](http://www.lincolnsuncity.org). If interested, pick up a committee application at the Membership/Activities Desk (OC) or download a copy from the website. Select "Document Library," then "Forms" to "Association Resident Forms."

its Members, soon thereafter.

Month of December results: \$172,000 worse than budget. By department, better than budget: Spa at Kilaga Springs \$1,900; Fitness \$3,600. Worse than budget: Administration \$52,800; Landscape \$50,100; Maintenance \$42,500; Activities \$28,100; Food & Beverage 4,000. Don't let this bother you as these results are the product of normal adjustments in preparation for the year-end audit.

This is where it counts. Year-to-date results: \$311,100 better than budget. Better than budget results: Landscape \$134,400; Administration \$79,200; Maintenance \$64,800; Food & Beverage



### Lighting Our Way

*Gay Mackintosh*

*Properties Committee Chair*

Did you know that our Association owns the 1,857 streetlights throughout our community? Our neighborhood streets have a total of 1,439 "acorn" style pole-top fixtures using 100W metal halide lamps and magnetic ballast. The main roadways have 418 pendant fixtures using 150W metal halide lamps and magnetic ballast.

The Properties Committee is looking at proposals to retrofit the existing lamps with energy-saving Light Emitting Diode (LED) fixtures. A 64% average reduction in energy usage and corresponding lighting cost is estimated. The Association would also realize substantial savings in annual maintenance costs. Preliminary estimates show about a six-and-a-half year payback period for the retrofit.

Committee and Board members have approved a test LED fixture on site as having very similar light levels and spread to existing lamps. An added benefit of the retrofit is focusing the light downwards for Dark Sky Compliance. We will be working with the Finance

\$49,900; and Fitness \$4,400. Worse than budget results for Activities \$19,100 and Spa at Kilaga Springs \$2,500.

The \$311,000 better than budget result for the year 2010, represents a remarkably small 2.3% variance from the Association gross budget. One should not determine from this small variance that these results are in any way automatic. The budgets are prepared at least four months before the year begins and we all know how much things change month to month. It is only with significant effort, adaptation and determination in seeking to deliver the best product or service at the best cost that these results can be attained. Be sure and tell our managers and staff how much you appreciate their efforts.

Without exception, all segments of the Association's operations are in excellent shape, and the Association continues

*continued on page 82*

Committee and the Board over the next few weeks on evaluating all aspects of the proposed project.

Pete Savoia completes his first two-year term on the Committee this month, and we are very pleased that he has accepted appointment to a second term. Among his other contributions, Pete has ably led the Pickleball task group that oversaw construction of the four courts.

Our next meeting is Tuesday, March 8, at 1:00 PM in the Fine Arts Room (OC).



*Existing pendant streetlight on main roadways (left) and "acorn" light in neighborhoods*

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## Wellness Program to Inspire You

### Fitness Center News

Brandy Garcia, Director of Fitness

#### Welcome aboard Megan!

The new face you may have seen at The Wave Fitness Center belongs to Megan Cowart. She is not shy about introducing herself and talking about her role at Lincoln Hills. For those of you who have not yet had the pleasure of meeting Megan, she comes from Porterville, CA. In high school she was an athlete in swimming and water polo. In 2006 she became certified as a personal trainer (through NASM) after working as a physical therapy aide. With her background as an athlete and personal trainer, she wanted to learn not only how to move the body, but also how to fuel it. She studied Nutrition at Sac State University and graduated with a BA in Nutrition.

While in college, Megan worked at Jackson Laboratory as the Conditioning Center Trainer. There she developed and conducted training programs on safety, ergonomics, and health issues to motivate employees to lead healthier lives. After graduation she went to

work at the YMCA as the Health and Wellness Coordinator. She oversaw the Wellness Center and instructed health education programs and group exercise classes.

Megan will be using her nutrition education and Wellness Center experience to create a remarkable Wellness Program at Lincoln Hills. She has experience creating programs for the 55+ age group and enjoys working with this population because of the diversity. She is motivated to create programs that help individuals reach a life balance of exercise, nutrition, and fun.



Megan Cowart

Wellness Program classes and workshops will be offered monthly; find those that interest you in the Wellness section located in the Lifestyle section at the rear of the *Compass*. Take a look at this month's offerings on page 85, some of the topics may intrigue you.

Megan loves to meet new people and to share her ideas, so please feel free to stop by her office at The Wave Fitness Center or call her at 625-4032.

## Health Nut of the Month

### Wayne Weir

Wayne began his adventure with wife Margie 21 years ago in the East Bay area. Prior to moving to SCLH five years ago, Wayne and Margie lived in Pinole until they retired.

Wayne has been involved in fitness for many years. He enjoys running, walking and working out at the Fitness Center where he finds inspiration from other like-minded Health Nuts he finds there. He enjoys the fact that working out keeps him in shape while feeling more energized and he still considers it a challenge to see how much he can do.



Wayne Weir

In a normal session, Wayne runs several miles on the treadmill followed by weight training and then finishes with another one- or two-mile treadmill run. His weight training includes free weights, weight machines, stretching, curls, dips, military presses — with sit-ups between each one. This reporter gets tired just watching Wayne work out. Phew!

When not in the gym, Wayne and Margie enjoy traveling to Hawaii, gardening, going to movies and mostly being with their grandkids.

## Group Exercise Class Schedule!

Purchase a Punch Card 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	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Core & Strength	Low Imp. Hi-NRG Cyc*	Core & Strength	Low Impact	Card.Dnce. Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	On The Ball • Water Wks	
9:00 AM	Low Impact	Active & Fit	Low Impact	Step It Up	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Yogafied	Cardio Dance	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works	Strictly Strength*	
10:30 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Aqua Nice & Easy	Basic Joint Efforts	Aqua Nice & Easy	sic Joint Efforts	Aqua Nice & Easy	
1:00 PM	Chair with Flair		Chair with Flair			
2:30 PM	Fall Proof*§		Fall Proof*§			
4:45 PM		Shape Up		Shape Up		
5:00 PM		Mixed Level Cycle*		Cardio Salsa*		
6:00 PM		Aqua Tone		Aqua Tone		

The WAVE Classes  
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See pages 67-71 for a complete listing of Fitness classes.

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Toni Smith

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Jerry McCarthy, Director of Food & Beverage

Meridians' new winter menu has been the talk of the town. Fresh seasonal ingredients with a balance of comfort food and trend-setting cuisine appear to be a huge success. Come in and enjoy everything from Grilled Filet Mignon & Crab Oscar to a Hot Brown.

On March 31, Chef Roderick has planned a fantastic four-course dinner to pair with the exceptional quality of Stag's Leap Wine Cellars. For just \$85 inclusive of tax and gratuity, you will be thrilled with four glasses of wine along with four courses of outstanding cuisine.

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and is the subject of the feature film “Bottle Shock.” This blind tasting demonstrated that California wines were comparable to the best French wines. From that time on, Stag's Leap Wine Cellars has continued to develop exceptional wines that offer outstanding aging potential. Their signature style has been described as “an iron fist in a velvet glove.” We will taste their next notable Cabernet Sauvignon, the Artemis 2007, which has immediately garnered a review judging it “94” in the *Wine Enthusiast*.

Only 40 spaces are available, so make your reservation early by calling 625-4040. As an extra special Wine Maker's Dinner drawing, Meridians will offer a tasting at Stag's Leap Wine Cellars in Napa. For each bottle of wine that is purchased on the night of the



Founded in 1970, Stag's Leap Wine Cellars brought international recognition to California's Napa Valley by stunning the world at the 1976 Paris Tasting, the “Judgment of Paris”

dinner, your name will be entered into the drawing for a tour (for two) of the winery, a private limousine for up to 3.5 hours, and tasting of their premier wines such as Cask 23, Fay, and more. The value of the tour, tasting, and limousine service is valued at over \$350 dollars.

Remember to make your reservations for St. Patrick's Day and Mardi Gras coming up in March. Also, it's not too early to start planning for Easter Brunch.

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## A Sense of Community

Gay Sprague

Often neighbors and friends say Sun City Lincoln Hills represents the epitome of a warm, welcoming community, like none they have experienced. I frequently find myself saying to others I have never felt such a “sense of community” in any place I’ve lived. “What is “community”? Is it legacy, time, talent, a shared



faith that our needs will be met through our commitment together?

Why did we move to Lincoln Hills? We could have moved to any number of places in or around Placer County, where housing costs are less. Were we looking for a new hobby, to make new friends, join a club or committee? In a nutshell, were we looking for the active lifestyle Del Webb promised? Perhaps we’re here for all of the above reasons and more.

### Looking Back

During the first five years, residents moved here to be involved, have an active lifestyle, contribute to and participate in the community. They helped establish committees. The Ambassadors – the original movers/shakers/dopers – assisted in helping new residents to feel welcomed. Because of them, we now have a vibrant, active group of residents and an enviable sense of identity as a community.

The second group of residents moving here during the next few years may have experienced a sense they weren’t needed so much, since much was already done. The committees were in place, events were happening, communication was abundant, sport teams and performance groups were established. Perceiving their talents could be spread beyond our immediate community, many of this group volunteered their time in local clubs, libraries, churches, and hospitals.

The next group moving here (from 2007) experienced inclusion more so than group two. Many in the first group

had run their course and were ready to step down, and of course, those in the first group were ten years older than when they arrived. Group three became involved, much like the first group.

### Moving Forward

Our Association (6800 homes and about 12,000 residents), has come full-circle. It’s been ten plus successful years since we began moving into Lincoln Hills. While we look to our Board and Management to take proper care of our community, fulfilling their charge to *maintain, protect and enhance* our Association, we all have a vested interest and duty to become involved to sustain our lifestyle and property values. It does “take a village...”. Perhaps it takes 44 villages!

As our community continues to evolve, let’s examine together what our role has been, rate ourselves thus far, and decide what role we want to play going forward:

What am I looking for? What are my interests? Have I joined a club/committee/group? Do I attend commit-



Even bluebirds find happiness at the intersection of Del Webb Blvd and Sun City Lane!

Photo by Dennis Bowcut

tee meetings? Have I been to a recent Board Meeting? (*I have been assured not only are these meetings extremely informative, they are quite civil!*)

What can I do to make a difference here going forward?”

Join me in a positive exploration of this issue, “*Sense of Community*,” in the article below and upcoming *Compass* articles.

## Our Library: A Great Place for Community

Nina Mazzo, Library Volunteer

*Editors Note: A Sense of Community can be found all around us with a simple smile or, as an example, our KS Library and Community Living Rooms. This article, along with this month’s Compass cover, captures the allure of the Library... a place to read, be around others, and engaged day or night. We look forward to sharing a book, the newspaper and a smile with you. Speaking of smiles, see the article on page 15.*

“... folks meander around the shelves and share ideas for a new book or author; if it is a cold and rainy day, the warmth of the fireplace feels just right.”

Our residents are similar to books in Kilaga Springs Library – there is quite an assortment and they have varied interests. Upon entering Kilaga Springs Lodge, you immediately notice the Library to your right. Let’s take a closer

look at this treasure in our midst.

The atmosphere is inviting, much like a living room with a fireplace and comfortable seating. As this is a leisure library, folks meander around the shelves and share ideas for a new book or author; if it is a cold and rainy day, the warmth of the fireplace feels just right.

One might encounter a resident using the low vision reader with the daily paper or a conversation might be taking place at the table about a stock tip or two from the daily *The Wall Street Journal*. Library volunteers are busy shelving

*continued on page 35*





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## Did You Miss a Moving Event?

### January BOD Meeting at Kilaga Springs

Al Roten

On Thursday, January 27, our Board of Directors (BOD) met for the first time in the Presentation Hall (KS). This was also the first BOD Meeting of 2011 and the one in which all standing committees gave their recap for 2010.

For the past ten years all regular BOD Meetings have been held in the Ballroom of Orchard Creek Lodge. This inaugural meeting in Kilaga Springs was a resounding success. Not only was the content of this meeting special,

but the seats are comfortable, even with available writing surfaces for note taking. The smaller room and large screen made

presented charts and data easily readable. The Board was at the usual table arrangement, but right on the floor at the front of the Hall where Board Members are more accessible.

It was gratifying to see about 100 members in the attentive audience. In the future, it would be great to have the Presentation Hall filled to near capacity for our BOD Meetings. After all, this is the monthly gathering at which policy is established and the business of our Association is conducted.

As usual, early in the meeting, we heard reports by our Association Executive Director and the Board President. These are summaries of main achievements and challenges of the past month. Of note for this meeting was the presentation by President Peter Gilbert of citations for outstanding service by five members who have represented

all of us by service on various committees.

The next segment of the meeting was, as usual, devoted to reports from each of the seven standing committees: Properties, Finance, Architectural Review, Compliance, Clubs & Groups, Communications/Community Relations, and Elections. This segment was somewhat longer than usual since we were presented with a recap of the many accomplishments of 2010. The bottom line of all these reports is that Lincoln Hills is in a very healthy condition. Facilities are being updated and modified with both environmental and cost consciousness.

Our Finances are being watched over by conscientious professionals, resulting in a solid financial position with bills being paid on time, collections being closely monitored, and safe, conservative investments. Plans for members' home improvements are being approved without rancor, Compli-

tion. Facilities are being updated and modified with both environmental and cost consciousness.

Our Finances are being watched over by conscientious professionals, resulting in a solid financial position with bills being paid on time, collections being closely monitored, and safe, conservative investments. Plans for members' home improvements are being approved without rancor, Compli-

"This inaugural meeting in Kilaga Springs was a resounding success. Not only was the content of this meeting special, but the seats are comfortable, even with available writing surfaces for note taking."



The Board of Directors at the first BOD meeting at KS

ance issues are being addressed with care and concern, clubs have grown to number 80 with participation by increasing numbers of residents, and the election process for our four Board Director openings are on track. What more could we ask?

The final formal segment of the BOD Meeting is dedicated to New Business. An interesting array of proposed initiatives, facility utilization issues, rules changes, and administrative actions were presented and discussed.

As always, the BOD Meeting closed with an Open Forum time for members to talk about any Association issue which may be on their mind. The only forum comments were from attendees who thoroughly enjoyed the new venue.

Please come to future BOD Meetings in this facility.

## The Lincoln Hills Smile

Wayne Ford

For those who live here, it doesn't take very long to get spoiled by the smiles. Everywhere you go in Lincoln Hills, there is a smile waiting for you. Go for a walk, stop by a Lodge, watch the sporting events, or participate in any activity. Smiles everywhere.

The first time I saw it was when we looked at the models here. Everybody who was looking had a big smile. I remember thinking that this was a great thing, and that this was going to be a very friendly community. I was right about that. I also thought that the smiles would probably not last more than a few weeks or months. I was wrong about that.

If you don't think you are spoiled, just go somewhere else and try your smile on seniors you see. You will be, as I was, shocked. Instead of 99% smiles back, you might be lucky to get 10%. I found this out in Downtown Sacramento, Sacramento International Airport, and in other cities.

Responses from "outside" seniors can range from surprise to suspicion to hostility. Mind readers will hear thoughts such as "what are you looking at?" or "what are you selling?" or "get away from me". Makes you want to scurry back home to Lincoln Hills and soak up some smiles.

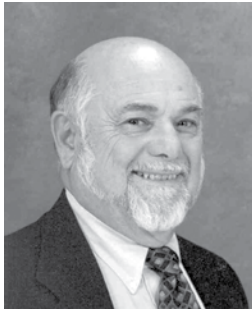


### Did You Know?

Missed a Board Meeting or not able to attend due to a schedule conflict?

Just log onto our resident website, [www.lincolnsuncity.org](http://www.lincolnsuncity.org), and watch the meeting at your leisure!





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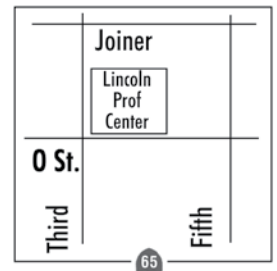


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### Committee Profile

## Space Race!

### SCLH's Many Clubs Create High Demand for Meeting Space

Dee Hynes

What do you think of when you hear the words "space race?" With the speed of light, my mind launched thoughts of Sputnik, our moon landing, and Tang.

Let's touch down in SCLH and look at our own "space race" – our Association Clubs' high demand for meeting space. Judy Hogan, our Association staff support for the Chartered Clubs and Organizations Committee (CCOC), dedicates 50% of her position to Club duties. In addition to space planning, she prepares the *Compass* Bulletin Board, maintains the Group Bulletin Board in the Orchard Creek Lodge hallway, updates the Club contact list (published

quarterly in the *Compass*) and provides guidance and support to residents starting a new Club.

Club minutes and financial records, which have been kept since our first Club was formed, are maintained by Judy. Minutes are reviewed to monitor Club Guidelines/By-laws, nomination procedures, and the election of officers. Financial records are forwarded to our Association Finance Committee for review prior to filing. All Club monies received and spent are accountable to their members and to the greater Association.

Judy is also on hand, as is Jeannine Balcombe, to meet with residents who

*"Judy receives approximately 40 daily emails/calls regarding facility issues and other Club business."*



*Judy Hogan provides staff support for the CCOC*

have concerns or questions regarding Club policies, procedures, and expenses. These concerns are fully reviewed and documented. To round out the year, Judy also conducts the annual Clubs Meeting and the annual Groups Expo, being held this year on Wednesday, March 9.

Our aforementioned "space race" is enduring. We have nearly 30 facilities within OC, KS and the Sports Plaza that are utilized seven days a week. Facilities may be reserved a year ahead of meeting dates. Table/chair arrangements and AV equipment may be requested. Judy receives approximately 40 daily emails/calls regarding facility issues and other Club business.

With 80 Clubs, space coordination can be a daunting task yet Judy's patience and organizational skills make it run smoothly. Judy uses her judgment when enforcing facility use and is accommodating and flexible with the ebb-and-flow of Club activity such as seasonal changes in attendance.

Judy is well respected by residents and staff. In fact, the Association recommended Judy for the 2010 LH Foundation "Hats Off" award. We have an advantage here as Judy is one of us, a resident. She understands us and our lifestyle.

Judy states that her door is always open for facility booking and Club support, or feel free to contact her at 625-4021 or [judy.hogan@sclhca.com](mailto:judy.hogan@sclhca.com).

### The Compass Roving Reporter

## An Eyeful of Delights

### Eighth Annual Fine Arts Show February 25 & 26

Doug Brown

Don and Nancy were already impressed with Orchard Creek Lodge – a panoramic view, excellent restaurant, and state-of-the-art Fitness Center. But something that left a lasting impression on them, in their exploratory visit to Lincoln Hills in anticipation of immi-



*Last year's Fine Arts Show*

nent retirement, was the excellence of the art displays.

"Is all this beautiful art created by residents here?" asked Don. Their hostess assured them that they were

indeed all works of art by residents. "And they're all products of various arts and crafts classes offered right here in these rooms."

"Amazing!" replied Nancy. "Maybe I could take up oil painting again? Or even ceramic arts!"

This is a conversation repeated in various forms by many a prospective Lincoln Hills resident in their first tour of our wonderful community.

Again this year, for the eighth year in a row, a fabulous array of local artwork – in this case, paintings, photography, and sculpture – will be on display at the Fine Arts Show on Friday, February 25 from 9:00 AM – 8:00 PM and Saturday, February 26, from 9:00 AM – 3:30 PM in

*continued on page 35*



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## Outwitting the Crooks!

### A Neighborhood Watch

Patricia Evans

It is true that we have recently had an unusual spate of burglaries or attempted burglaries. But residents are responding with preventative measures to nip this problem in the bud! Neighborhood Watch encourages you to not be an easy target. The best “ounce of prevention”

is to keep all doors locked at all times! Burglaries are usually crimes of



*Don't invite burglars into your home!*

opportunity, and our actions can often fend off this unwanted event. Several of these burglaries, or attempted burglaries, occurred while the residents were in their unlocked homes and one involved stealing a garage door opener from an unlocked car at KS. Another incident involved a locked car with a purse in full view on the front seat. Jewelry is a prime target, so be smart and locate a safe place for it!

“Bother us! We need your leads!” said Lincoln’s Police Chief Joe Neves, encouraging residents to call if something in the neighborhood does not look or feel right. For instance, a typical burglar might ring the doorbell to see if anyone is home, and then claim to have the wrong house number. Chief Neves assured us that all calls to the police are carefully checked out, but they will generally not report back to you unless you request it.

**If your home is burglarized, call**

*A Boris the Burglar street sign stands guard at the entrance of each of our Villages to discourage crime*



911 if the suspect might be in the area; otherwise call 645-4040. Accumulate as much evidence as possible; ask your neighbors for any helpful information.

Please turn to page 20 to learn about keeping informed through our website Alert system.

#### Neighborhood Watch Contacts:

Allen Gillespie, 434-5979, allenm40@gmail.com; Pauline Watson, 543-8436, frpawatson@sbcglobal.net. **Website:** [www.lincal.net/watch](http://www.lincal.net/watch)

## Aching All Over? Coping with Fibromyalgia and Chronic Fatigue Syndrome

Shirley Schultz

In keeping with the theme “Aging is Normal,” one must ask if pain is a normal part of aging. The answer is probably “Yes” and “No.” People who hurt all over and feel exhausted most of the time may have a difficult time finding out what is causing their symptoms and an even more difficult time obtaining relief. According to a recent report from Johns Hopkins, it is estimated that five million Americans suffer from this condition, the majority of whom are women. Fibromyalgia Syndrome (FMS), which often includes fatigue, is sometimes used synonymously with Chronic Fatigue Syndrome (CFS), but there are distinguishing features to each diagnosis. FMS is a chronic condition involving widespread pain in the muscles, liga-



ments, and tendons rather than in the joints, as is the case in arthritis. CFS is a condition of prolonged severe fatigue that is not relieved by rest and is not directly caused by other conditions.

The American College of Rheumatology has diagnostic criteria for determining if a person has Fibromyalgia. These criteria include but are by no means limited to the fact that the pain must be on both sides of the body and above and below the waist, and typically there are tender points to firm pressure in specific body areas. Many people with FMS have co-existing conditions such as depression, fatigue, headaches, irritable bowel syndrome, lupus, osteoarthritis, rheumatoid arthritis, restless leg syndrome, or post traumatic stress disorder.

While the exact cause of CFS is unknown, it is thought by some to be caused by the Epstein-Barr virus or human herpes virus-6. The Centers for Disease Control (CDC) describes CFS as a distinct disorder with specific

symptoms and physical signs based on ruling out other causes such as drug dependence, autoimmune disorders, infections, muscle or nerve diseases such as multiple sclerosis, depression, and several other conditions.

Strides have been made in understanding Fibromyalgia and Chronic Fatigue Syndrome. A wealth of information can be found on the American Fibromyalgia Association website or the National Institute of Arthritis and Musculoskeletal and Skin Diseases website. You can also learn a great deal about the causes and current treatments for FMS and CFS by attending the upcoming **Community Forum, Fibromyalgia and Chronic Fatigue Syndrome: What's New,** on February 23 (see page 80).

Another upcoming Community Forum on March 2, “**Cats, Pets, and Tom: Where Did My Memory Go?**” is a must to attend (see page 80). It will be a “memory-making” event you will not want to miss!



## Support Groups & Clubs



### • Alzheimer's/Dementia • Caregivers Support Group

Dr. John Schafer, Neurologist, from the Mercy Medical Group will be our special speaker on February 23, at 1:00 PM in the Multipurpose Room (OC). After first offering a brief introduction to Alzheimer's, he will talk about markers for the disease under the general title "How Can We Predict who Will Develop Alzheimer's Disease?"

Support groups offer an opportunity to learn about various aspects of the disease in the comfort of others who are also trying to understand Alzheimer's/Dementia. Our Lincoln Hills speaker programs alternate with meetings solely to discuss caregiver issues led by a Family Advisor from Del Oro Caregivers Resource Center. Join us the fourth Wednesday of each month. In addition, we have a wonderful selection of books and DVDs that can be borrowed and shared with family and friends.

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



### • Amateur Radio •

It's *not* your grandfather's radio anymore! Amateur Radio operators have AM, FM, digital, computerized communications with satellites, TV, internet hybrids, and much, much more.

Come and find out about a new frontier for finding friends and exploring the world. Meetings are the third Wednesday in the Multimedia Room (OC).

**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 February 16 and March 16. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, March 9 at *Red Robin*. We meet in the OC Lobby or in front and leave 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

At our January meeting, our speaker was George Gonzales, a nursing student from Sierra College and a recipient of one of our Bosom Buddies nursing scholarships. He gave a very inspirational speech and thanked Bosom Buddies for our support. Our scholarship fund is supported entirely through private donations from our membership and through our friends. It makes us all proud to know our group is supporting young people like George.

We also heard about plans for the upcoming Lincoln Relay for Life. Each year Bosom Buddies members participate in this event and we hope this year we will have our largest turnout yet. Watch for more information in coming months.

Bosom Buddies meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). If you would like to join us for lunch at Meridians, please call Marilyn Poole, 434-8902.

**Contacts: Marianne Smith  
408-1818; Sally Lewis 434-7381  
Websites: [www.lincolnsuncity.org](http://www.lincolnsuncity.org)  
[www.lincolnhillsbosombuddies.org](http://www.lincolnhillsbosombuddies.org)**



### • Eye Contact • Low Vision Support

Next meeting: March 10, 1:00-3:00 PM, Presentation Hall (KS).

1:00: *Going Blind* — a movie premier by Joe Lovett Productions. *Lovett Productions* was founded in 1989 after ten years as a producer at ABC News 20/20. Joe's own experience with vision loss from Glaucoma prompted him to

film "Going Blind," a documentary to increase awareness of low vision issues.

2:00 PM: To be announced. Possibly an orientation on visual services available from the State Department of Rehabilitation.

Exciting news: The Implantable Miniature Telescope is expected to be ready soon for market and is covered by insurance. Also, studies will begin on human stem cell, as well as gene replacement. Radiation and X-ray are the newest treatments under study.

Need a Ride? Marge Campbell, 408-0713.

**Contact: Barbara Smith 645-5516;  
Cathy McGriff 408-0169**



### • Neighborhood Watch •

With recent burglaries in SCLH, Neighborhood Watch encourages you to go to our website (below) and sign up to receive our Alerts. It's easy! Just follow the red line on the Home Page to Alerts/Info, scroll down to Add Me, and click. Repeat this process anytime you change your email address.

Some of you have Mail Box Captains or Village Coordinators who forward the Alerts to you, but there is an advantage to receiving these Alerts directly, automatically, and instantly. Mail Box Captains/Village Coordinators may take vacations, become ill, or become temporarily overwhelmed with family obligations. If you have signed up directly you will always receive our Alerts immediately.

While you are at our Website, look around at the myriad information available. To access some of our most popular sites, click on Help in the top left corner of Home Page.

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



### • Super Seniors •

After the cold months of winter, spring is in the air and it's time to come out of hibernation. Come join the Super

Seniors on Friday, March 4 at 10:00 AM in the Multipurpose Room (OC) for fun, table discussions and more. (Note the room change for March and April only!) The theme of our March meeting is "The Best Is Yet to Come." Gene LaFaunce, one of our members, will share his positive and uplifting philosophy on life, aging and looking forward.

The Chit-Chatters, a subgroup of Super Seniors, meets just to chat on Friday, March 18 (the third Friday) in the Multipurpose Room (OC) at 10:30 AM.

**Contacts: Blance Eberhardt  
434-9712;**

**Chit Chatters: Dani Van Tatenhove  
543-9194**



## Shared Interest Groups & Chartered Clubs



### • Antiques Appreciation •

On February 7 we enjoyed an entertaining program on Depression Glass— clear or colored glassware frequently distributed for free or at low cost at gas stations, movie theaters, and businesses around the time of the Great Depression (1929 to beginning of U.S. entry into WWII). There are many colors — clear (crystal), pink, yellow, pale blue, green, and amber. We were fortunate to have two knowledgeable presenters share their collections and history of this highly collectible glassware with us.

On March 7 we'll have a program on Antique/Collectible Dolls. If you have any collectible/antique dolls you'd like to share, please bring for a Member Show and Tell, following the program.

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

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



### • Arts Association •

Mark February 25 and 26 on your calendar! That weekend brings the annual Fine Arts Show to OC Ballroom. Paintings, sculpture, photography – all are well represented in this exhibition. Come to the Ballroom and enjoy the talented works of our many artists. Meet some artists and enjoy delightful piano music as you tour the show.

Ever wonder what "encaustic art" is? If so, join us on February 28 at 2:00 PM in the Presentation Hall (KS). Speaker Karen Brooks will enlighten all of us by talking and demonstrating encaustic art. She is well regarded as an artist and teacher and has her own studio in midtown Sacramento. Come join us on February 28 to find out what encaustic art is!

To join in the fun of the Arts Association, contact Ron Clawson at cearon1@yahoo.com or 543-3365. Dues are \$15 a year and covers an entire household.

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



### • Astronomy •

Monday, February 21. Cosmology Interest Group, Fine Arts Room OC (7:00 PM). A DVD lecture series is being presented on "The History and Nature of the Universe." Information: Morey Lewis (408-4469).

Wednesday, March 2 (6:45 PM), *Please note March location: Fine Arts Room (OC)*. John Combes will present "The Stormy Sun" and events caused by the Sun that have affected the way we live.

Wednesday, March 9, Ballroom. The Astronomy Group will participate in the Group Expo.

Binocular Interest Group (BIG). Rossi Lane Site. Notices (schedule) will be sent to members as viewing weather



*Don Wilson  
presenting NASA's  
"Discovery and  
New Frontiers"  
Program at the  
January Meeting*

is the main factor. Information: Nina Mazzo.

Regular Astronomy Group meetings held the first Wednesday of the month, Presentation Hall (KS) except March (see above). 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**



### • Aviation •

Tuskegee Airmen: The story of the Tuskegee Airmen will be presented at a February 17 joint meeting of the Aviation and Veterans Groups. The meeting will be held in the Presentation Hall (KS) and will commence at 1:00 PM.



*Colonel Benjamin  
O. Davis, Jr.,  
commander  
— Tuskegee  
Airmen 332nd  
Fighter Group  
with his P-47  
Thunderbolt, Sicily*

During World War II, the U.S. military was racially segregated, reflecting American society and law at the time. Most black soldiers and sailors were restricted to labor battalions and other support positions. A series of legislative moves by the US Congress in 1941 forced the Army Air Corps to form an all-black aviation combat unit, despite the War Department's reluctance. The experiment, however, showed that given equal opportunity and training, African-Americans could fly in, command and support combat units as well as anyone. The Army Air Corp's black fliers, the so-called "Tuskegee Airmen," served with distinction in combat and directly contributed to the eventual integration of the US armed services.

**Contact: Marty Maisel  
408-4803, martymf@starstream.net**



• **Ballroom Dance** •

Invites you...

Haven't danced since those school days? Come learn some new moves in a casual and supportive atmosphere. And yes, it is free. Qualified instructors teach residents a new dance every month. February will feature the graceful, timeless Waltz, easy to learn and elegant to watch. March features the saucy Cha Cha. And did I mention that it's *free*.



*Practicing the Rumba*

Beginning lessons are held each Tuesday 2:00-3:00 PM in the Multipurpose Room (KS). Between 3:00-4:00 PM we have open dancing. You can practice your new moves with instructors available to refine your skills. From 4:00-5:00 PM, we conduct intermediate lessons on the dance of the month to augment the basic steps you learned earlier. Come join us every Tuesday... it's fun and yes, it really is *free*.

**Contacts: Chris Henshaw 543-9848; Ruth Algeri 408-4752**



• **Billiards** •

**The Shooters**

- Eight-Ball Singles 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
  - Nine-Ball Singles 10:00 AM-12:00 PM and 1:00-4:00 PM Second Tuesday
  - Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
- All games at KS

Tournament Winners:

Eight Ball Singles January 5

- AM Winner: Oscar Alvarez
- Runner-up: Jim Fulton
- PM Winner: Phil Delaney
- Runners-up: Steve Brown, Tony Felice, Wayne Bullen, Joe Hobby, Ted Baker and Bob Mancini
- Nine-Ball Singles January 11 AM Winner: Dave Craig

Runner-up: Ken Klein  
 PM Winner: Gabriel Espiritu  
 Runner-up: Oscar Alvarez  
 • Eight-Ball Doubles January 19  
 Winners: Ed Ryan and Wayne Bullen  
 Runners-up: Dale Hurlbut and Andy Martel  
 Club Championship tournaments were played at KS by winners of Eight-Ball and Nine-Ball Singles winners July-Dec. 2010.



*Winners Joe Hobby, David Ell, Phil Delaney and Hal Berman*

Congratulations to:  
 Winners of January 14, Nine-Ball Singles tournament Joe Hobby and runner-up David Ell

Winners of January 21 Eight-Ball Singles tournament Phil Delaney and runner-up Hal Berman.

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

**Challengers Billiards**

Love pool? Join our average-to-advanced players every Friday from 10:00 AM to 12:00 PM for seven games of Eight Ball (1/15). The games are timed at 17 minutes each. You will play with different partners and opponents most games. Sign up on the first Friday of the month for games for the following month. Standby players frequently get to play as well. Hone your skills and have a great time! See you soon?

Congratulations to our recent monthly winners:

Six of Seven Games: Dan Oden, Ron Weech, Joe Hobby, Oscar Alvarez

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

**Couples Billiards**

*Joe Hobby ran the table two times this*

*evening!* This first week, Doyle Coker and Al Gutierrez won five games. Joe & Nicki Hobby, Al & Betty Jones, Joe & Shirley Varner, Joe Perez and Rita Baikauskas, Bob Hodge and Sylvia Gutierrez, and Doyle Coker and Al Gutierrez all tied winning four games.

On week two, Peshu Irani and Doyle Coker, Oscar Alvarez and Joe Perez, and John Sefakis and Carlos Barrantes all tied with five wins.

Week three, Joe & Nicki Hobby won all six games. John Sefakis and Carlos Barrantes won five games.

Week four, we had a two-way tie with five wins. Those players were Joe & Nicki Hobby and Ron & Sherry Weech.

The fifth week, Bob Wehner and John Sefakis won all six games. Dan Oden and Roger Doyle, Joe & Nicki Hobby, Dale Houck and Chiquita Fratto all won five games.

Good Job!

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

**Upstarts Billiards**

Did you notice the photo on the cover of the January Compass? If so you will probably recall that three residents were photographed while playing pool in the Billiards Room (KS). Each of these wonderful people regularly plays in one or more of the many billiards groups we have available for residents. The Upstarts Billiard Group is for beginner-to-average players. If you fit that profile, and want to join in, stop by the Billiards Room (KS) any Thursday from 1:00-3:00 PM and check us out. And yes, the woman on the *Compass* cover is one of many ladies who play with our Group.

Congratulations to our recent winners:

Six games: Jennie Wright, Willie Wright, Bob Wehner, Hugh Duberley

Five of Six games: Hugh Duberley, Dan Oden, Peshu Irani, Carlos Barrantes, Chiquita Fratto

**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 second and fourth Mondays, 9:00-11:00 AM. Please sign up in advance in the Billiards Room (OC).

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



### • Bird •

It was a busy time for bird watching in the cold winter weather with the migration of many bird species. Lincoln is blessed to be in the great pacific migration fly way.

Join us at the next Bird Group meeting on March 14 at the Presentation Hall (KS) at 1:30 PM. This meeting will present a slide show of local birds by members of the Bird and Photography clubs. We meet on the second Monday of each month.

A field trip to Cosumnes River Preserve in Galt will be held on February 25. We will look for species of ducks, shore birds, hawks, geese and a variety of sparrows and other small birds.

March 11 the Bird Group plans to visit Bobelaine Refuge where many hawks are seen nesting that time of year. Should be a great trip.

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

**Website: www.lhbirdnest.org**



### • Bocce Ball, Mad Hatters •

The Mad Hatters are currently playing Bocce on Thursdays at 1:00 PM, and our current contact information is below, We meet at the Bocce Courts in the Sports Plaza right in front of the entrance off Del Webb Blvd. at Sun Park Lane. We do switch to play at 8:00 AM the first Thursday in May. A reminder will be posted before then.

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



### • Book Group, OC •

In a world of clueless parents, classroom bullies, and sneaky teachers, Holling Hoodhood, enters the seventh grade. You are in-

vited to come discuss *The Wednesday Wars* by Gary Schmidt on February 17 at 1:00 PM in the Multipurpose Room (OC). Enjoy reliving that year through the eyes of a teenage boy in this warm, insightful, and humorous novel.

Future Readings:

- 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 Beneath 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

The Alley Katz Team #11 hung onto their lead and was the winner of the first half of our league. Congratulations to Kris Elliot, Judy Hubbard, Jay & Jeanne Zincke. There certainly was no shortage of 200 games. As of this writing, more that 17 200-plus games have been rolled. Horace Snowden maintains high scratch with his 275. Jerry Gordon with 266 keeps a keen eye on things and Doug Tran rounds out the group with 256. For the ladies, Jeanne Zincke holds the high scratch game honor with a 218 game. Pat fisk and Audrey Devitt share the second place with each rolling a 207. The men's individual high averages are: Jerry Gordon at 190.37, Doug

Tran 179.30 and Horace Snowden with 177.57. For the ladies, Betty Tucker takes the lead with 147.74, Pat Fisk with 147.51 and Bobbie Spies with 146.15.

**Contacts: Betty Curtis 543-6866; Margaret Peyton 543-7344; Joan Gates 253-9415; Kathy Chapin 543-3475**

## Strikes Thursday PM

The winning team of the first half of our season was Team 12, Margo & Marv Zamba and Terri & Paul Krcha. If there is a different winner for the second half, there will be a roll off at the end of the season.

The following three individuals deserve recognition for rolling a difficult to achieve clean game. Janet Ruiter with a 187, Paul Lundberg a 200 and Allan Guttman with a 220. Great bowling!

Rich Bronson, who recently joined our league, rolled a 202, Joe Ferando had a 210 and Ron Wynes had a 213 and 225. Other impressive scores include Randy Wilcox with a 247, Mike Freiria a 225 and Jim Immel with a 212.

The ladies had some good games as well. Judy Naragon bowled a 196, Betty Keysor a 191 and Dolores Snowden a 190.

Good luck to all in the second half!  
**Contacts: Cathy Riewerts 408-5709, cleer50@yahoo.com; Terri Krcha 543-6111, paulandterri@sbcglobal.net**



### • Bridge, Partners •

#### Thursday Evening Second & Fourth

- Winners for December 23:
- First: Ken & Chris Jacobson
  - Second: Warren & Gerry Sonnenburg
  - Third: Joe & Rose Phelan
- Winners for January 13:
- First: Ben & Kay Newton
  - Second: Bob & Cathy Brynjulson
  - Third: Allen & Bev Blaine
  - Fourth: Sue Machle and Dede Ranahan

Please continue to contact Warren & Gerry Sonnenburg (below). We play in the Terra Cotta Room (KS) at 6:00 PM.

Please come and join us.

**Contacts: Warren & Gerry  
Sonnenburg, 253-3882**



• **Bridge, Duplicate** •

The Duplicate Bridge Club officers for 2011 are: President Kent White; Vice President Barbara Loweree; Secretary Peter Marsh; Treasurer Jim McElfresh; Board Members Sandy Brumley, Judy Beck, Elise Homer, Bob Schroeder, Barbara Wheeler, Steve Postle, and Ben Squires.

Our Club hosted the 2011 winter semi-annual exchange with the Sun City Roseville Duplicate Bridge Club on January 26, in OC Ballroom. Breakfast preceded the bridge competition.

A “well done” to the SCLHDBC autumn Club Champions: Wednesday — Tony Trigg and Jack Uppal; Friday — Squeak Conner and Julius Kerenyi; and Saturday — Muriel & John Menig.

Please watch for notices of Wednesday lessons. The lesson schedule is currently being developed by Steve Postle and his education committee.

All residents are welcome to participate in our sessions three times weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays; 5:00 PM Fridays; 12:30 PM Saturdays.

**Contacts: Kent White 434-1699,  
akw@starstream.net;  
Elise Homer 543-0650,  
hit4home @startstream.net  
Website: www.sclhbridge.com**



• **Bridge, Social** •

We play every Friday 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 not need a partner to play but you do need to make a reservation. *You can make a reservation or cancellation by calling B.J. Anderson-Acosta at 408-7115.*

Winners from January 7-21 were:

- First Place: Jim Haugaard, Judith Jesness, Lois Burke
- Second Place: Bev Dwyer, B.J. Anderson-Acosta, Gerry Sonnenburg
- Third Place: Ralph Madsen,

Febe Harrington, Eleanor Amar

• Fourth Place: Phil Sanderson, Neil Wilson, Rosanna Jensen

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



• **Bunco** •

What a great start to 2011! January attendance was fantastic and the play was especially fast moving. If you haven't played in a while... no problem... it will come back to you very quickly. Bring a friend or meet new friends.

Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. The entry fee is only \$5 with no annual membership fee ever required. The odds of winning are very high considering the low number of players vying for gift certificates and it's not unusual for a first-time attendee to win.

Last month's winners:

- Most Buncos – Ann Stults
- High Score – Claire Frenna
- Most Wins – Shirley Mohler
- Low Score – Linda Ray
- Most Losses – Sandy Pavlovich
- Traveler – Sharon Chipman

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



• **Ceramic Arts** •

Annual dues 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 CAG 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.

“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** •

Today's health advice is, “Watch what you eat and exercise from head to feet.” Clogging provides exercise head to feet. No partner is needed. Members sharing clogging make it fun. You are welcome as a visitor any Tuesday 11:00 AM-12:00 PM (Clogging with Janice) and 12:00 to 1:00 PM to view Beginners' class. These classes are made up of recent cloggers so you can gauge the learning curve.

Members, don't overlook the Northern California Cloggers Association. Annual membership is \$25; you will receive discounts at workshops, conventions, shows, and a newsletter including Clogging events all over California. Check with your Barbara Sowers (below) or your teachers.

February 11-13 NCCA Convention, in Modesto, Ca. had a good turnout. The instructors were fantastic. The next event is March 12, “March Madness,” in Danville, CA. Check for flyers in class!

You need us... We need you. Clog For Health.

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



• **Computer** •

• “Maintaining Windows 7/Vista Computer for Top Performance” by Terry Rooney. Monthly meeting March 9, 6:30 PM. Your computer needs periodic maintenance. Unfortunately many computer users do not do this work and computer performance can suffer. There are now multiple tools built into Windows you can use, or which you can schedule to run regularly. This talk focuses on maintenance tasks, i.e., deleting temporary files, checking the integrity of the file system, and defragmenting your hard





Terry  
Rooney  
and Bob  
Ringo

drive. All of these tasks can be done automatically.

- **Clinic: March 11, 3:30 PM: "Driver Education" by Bob Ringo.** Using an outdated device driver can prevent your hardware device from working correctly. Bob will show you how to find missing/outdated drivers and download the latest driver for your hardware device.

- **Ask the Tech: March 28, 10:00 AM.** Informal Q&A session for any and all technical questions. All meetings at Presentation Hall (KS).

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



### Mac User

Sadly, our friend, Jim Haugaard, has passed away. We will all miss Jim and his giving heart. He was a strong leader in Lincoln Hills groups, not the least of which was the Macintosh User Group. A big contribution of his was to create and staff the MUG user hotline. Jim was a fine individual, excellent

teacher, and a helpful friend willing to give a hand, kind word, and a smile.

Join us Tuesday, February 22 for our monthly general meeting. Andy Petro will be speaking on "iLife 11". Ask the tech is 6:30 PM and the speaker will begin at 7:00 PM, Presentation Hall (KS). Please bring your Member Photo I. D. for check in.

Thank you if you have paid your 2011 dues. If you have not, please bring a check for \$15 payable to LHMUG at the next meeting or mail to Bonnie Esker.

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



Jim  
Haugaard



### • 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 always welcome new players and are happy to see you come out and play.

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

We need new members for the Steering Committee (very little work) as well as volunteers to help with opening and closing on Tuesday mornings. If you are interested in participating, please contact one of us. If we don't get some help, especially on Tuesday mornings, we may have to reduce the frequency of play or (gasp) even suspend the group. Both Jack and I are being "termed out" although we'll both be willing to help.

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



### • Cyclist •

If one of your cycling goals is to ride a century but you aren't sure you want to sign up for one of those big rides with thousands of participants, LH Cyclists may have just what you need. April 20 will be the *Second Annual Virgin Century*. It will cover a flat route, at a very relaxed pace, with plenty of no-host rest stops (including lunch), all designed for riders looking to ride their first century.

In 2010, there were six "virgins" who completed the entire 100 miles,



Millertown  
Road; the  
coffee is  
worth  
the ride

accompanied by over a dozen more experienced riders. The ride began and ended at Kilaga Springs Lodge, where the atmosphere was festive and congratulatory, with friends and family members present to mark the occasion.

Check Google "training for a century" or ask a Club member for tips. Start training today. It's really not that hard. Look for more announcements from the Club.

**Contacts: Steve Valeriotte**  
**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

Spring is just around the corner and warmer weather is coming. 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 •

Fishing reports from members have been scarce this past month or so, probably due to cold weather and many lakes and rivers running high and muddy resulting from heavy rain and snow in December and January. With warming temperatures now, we will likely see continued high water from runoff. However, that will settle down and we look forward to a good season ahead.

In anticipation of that, we are well into planning the fishing activities for this year. We already have trips planned to Comanche, Pardee, Collins, and Shasta Lakes plus trips to Fall

River and other streams with timing depending somewhat on water flows. It must be mentioned that these monthly scheduled Club trips are not the only opportunities to join in a fishing trip. Our members are always heading for one of the many excellent fishing spots available from this area and welcome company. So join us and let's go fishing



• **Garden** •

The General Meeting this month (February 24, KS, 2:00-4:00 PM) will feature a panel of three speakers. The first two, Jocelyn Maddux and Karen Killebrew, from Nature Media



PlacerGROWN

Network, are representing *PlacerGROWN*, an organization who assists Placer County agricultural producers and provides educational information to the community. They will speak about eating locally grown food and will bring some seasonal

food samples, handouts, and items for door prizes.

Bryan Kaminsky, owner of the Natural Trading Company, is the third speaker and recipient of the *PlacerGROWN* 2010 Farmer of the Year! He has an innovative approach to farming, and along with his success at marketing a diverse variety of products, has won acclaim not only from his customers and fellow producers, but from Placer County's Board of Supervisors.

Please save any plants, bulbs, garden books and yard décor for the plant sale in March. Contact Marie Salers, 408-3895, for more information.

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net)**

**Flower Arrangers Group**

Wednesday, March 9, OC, 9:30-11:30 AM. (Note that the Group now meets on the second Wednesday of each month and at an earlier time!) Registration will be available at the February General Meeting, or contact Gloria Stroemer, 645-4699. Marie Boddy will be the presenter and will do a demo with



Marie Boddy will do a demo with camellias March 9

camellias. When you register, you will be given the type of container, flowers and filler to bring.

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



• **Gem and Mineral Society** •

Are you interested in jewelry and its creation? Then you should enjoy our February 28 program. Our presenter, Mel Huth from the California Institute of Jewelry Training, will be speaking on the process and treatment used to color stones.

Gem Club meetings are quarterly at 4:00 PM in the Sierra Room (KS), and will be on February 28, May 30, August 29 and November 28. The Club is a member of the CFMS and the NorCal Field Trip Cooperative.

We sponsor the Lapidary/Jewelry shop. Hours: Mondays 8:00 AM to 12:00 PM, 12:00-4:00 PM by appointment, Wednesdays 8:00 AM to 12:00 PM. There's a \$5 fee for two hours. Funds go toward equipment and supplies.

Interested persons are invited to attend meetings and are welcome to join our Club.

**Contact: Deanna Hanks 543-3013, [dhcio@aol.com](mailto:dhcio@aol.com);**

**Dave Fisk 434-0747 (lab info & reservations)**

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



• **Genealogy** •

New club officers include First Leader BJ Ollas, Second Leader Kathy Propersi, Recording Secretary Donna Gretier, and Treasurer John Travis.

General Meeting: On Monday February 21, from 6:30 to 8:30 PM at Presentation Hall (KS). Topic: "Where Do I Come From?" Join this fun and informative meeting. Visitors and new members are welcome. Yearly membership

fees are due now: \$15 per household.

Computer Workshop: Monday, March 7, from 6:30 to 8:30 PM in the Computer Room (OC). Topic: "Retrieving Genealogical Information like a Pro." Instructor: Bob Ringo. Individual coaching will be made available at the Multimedia Room (OC) next door. The Club library opens at 1:30 PM for members to borrow or return reference books and magazines.



Genealogy Club officers Kathy Propersi, BJ Ollas and John Travis

March 9: SCLH Expo at OC.

Steering Committee Meeting: On Monday March 14 at 12:30 PM in the Multimedia Room (OC). Club members are welcome.

**Contact: BJ Ollas 543-4682**

**Website:**

**[www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



• **Golf, Ladies** •

**Lincster Lady Niners**

Dates for this year's three major tournaments have been set. They are:

- Bring a Friend: May 4
- Club Championship: September 21-22
- Breast Cancer Tournament: October 12



New Lincster Joan Frame and her husband moved here four years ago from Maine; Captain Carol Golbranson and Linda Salmon after a cold round of golf

You won't want to miss these fun-filled tournaments so mark your calendars now.

Good news about Go Away Girls

(GAG). You can now sign up to play with GAG thru the Lincster website. It looks great and makes it even easier to be a part of this group that plays on the first and third Mondays. If you are not a member, contact Lena Ingraham for information.

**Contact: Carol Golbranson 543-8647**

**Website: [www.lincsters.com](http://www.lincsters.com)**

### Ladies XVIII

Our 2011 golf season has just begun, and we're looking forward to all the fun and exciting events Captain Joyce Herrerias and her board have planned for us.

On January 6, Carol Perry blew away the field with 44 points in a Stableford format. Robyn Locke, Dee Arts, Cheryl Wong, and Janet Pinnell won their respective flights in the same event.

Rain sent us home early on January 13, but on the 20th, Captain Joyce Herrerias and her team of Joyce Hulst, Donna McDonald, and Sylvia Feldman were the over-the-field winners in a one-best-ball of the foursome format.

Ladies, come and join us for golf, fun, and camaraderie in 2011!

**Contact: Lani Dodd**

**[doublebogey1@att.net](mailto:doublebogey1@att.net)**

**Website: [lhlxviii.com](http://lhlxviii.com)**



### • Golf, Men's •

LHMGC started the year out with our January Sloshfest tourney. We were greeted with cold weather but no rain. Even with the wet course, our average playing time was just over four and a half hours. We had 104 players in five flights competing with five winners in each flight. Congratulations to the winners of each flight, their net scores were: Les Hanson 67, Jason Hong 66, Joe Mcleod 66, Charles Frevele 64, Alan Garfein 67. Closest to the pin winners were: Hole 5 Dennis Meddles 7'3", Hole 7 Roy Jordan 10'6", Hole 12 Dan Kramer 4'1", and Hole 16 Doug Koskela 3'9". On February 1 we had our NCGA four-ball qualifier and just for fun tournament with two two-man teams going to the Regional Qualifier. Results are posted

on the bulletin board outside the Golf Shop. Next tournament, March 8, format is ABCD.

**Contacts: Ken Jacobson**

**408-8709, [jakemust@sbcglobal.net](mailto:jakemust@sbcglobal.net);**

**Gene Andrews 408-4560,**

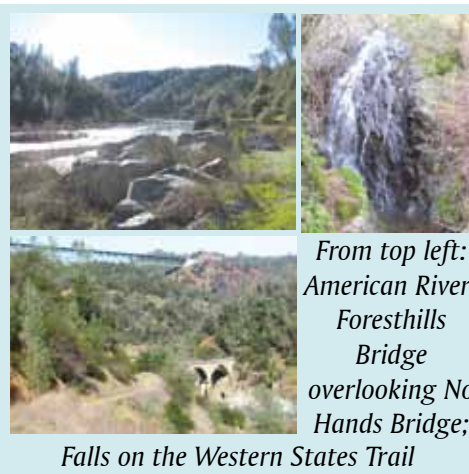
**[eandgolf@sbcglobal.net](mailto:eandgolf@sbcglobal.net)**

**Website: [www.lhmgc.com](http://www.lhmgc.com)**



### • Hiking and Walking •

Walkers: Need motivation to get out for a walk? The Walking Group invites you to head out on Wednesday mornings for a leisurely walk and a "feel good" time. The pathway to getting motivated is to start *now*.



From top left:  
American River;  
Foresthills  
Bridge  
overlooking No  
Hands Bridge;  
Falls on the Western States Trail

Hikers: We will be participating in the Group Expo on March 9. Mark your calendar and come by our table to learn about the variety of planned hikes and how you can begin to participate. We typically schedule a hike a week. Certainly there is one just for you. We target all skill and endurance levels.

The highlight of our January hikes was a trail that skirted the American River following the railroad bed of the defunct Mountain Quarry Railroad that hauled limestone from Cool to Auburn in the early 1900s via the No-Hands Bridge. Most interesting!

Be sure to check the website for the upcoming hike schedule.

**Contacts: Hiking:**

**Dennis Ratay 543-9935,**

**[Denratay@sbcglobal.net](mailto:Denratay@sbcglobal.net)**

**Walking: Margie Campbell 408-0713**

**Website:**

**<http://lincolnhillshikers.org/>**



### • International Folk Dance •

We invite you to add International Folk Dancing to your weekly activities. We meet in the Social Kitchen (KS) Tuesdays from 2:00 to 4:00 PM. We visit countries such as Bulgaria, Turkey, Romania, Israel, France, Russia, Greece and Scotland via dance without the hassle of passports, visas, suitcases, security scans or long airplane trips.



A circle dance

Our style of dancing is great low impact exercise and is also great for balance and memory. The dancing we do is similar to other forms, but with an *international* flavor. Singles and partners are always welcome; we pair up for partner dances as it is done all over the world so everyone can join in.

We have parties for special holidays like Christmas, and occasionally meet for lunch at some international restaurant. There are no monthly or yearly dues. Please join us for great dancing!

**Contacts: Lois Eckhoff, 434-8643;**

**Ingrid Lapin, 543-3012**

**Website: <http://schlhfolkdance.tripod.com>**



### • Investors' Study •

Presentation Hall (KS) 2:00-4:00 PM, first Thursday:

- March 3, Tim Anderson, Chief Fixed Income Officer, Riverfront Investments, "The positive and negatives in the bond market in 2011." Tim's investment career spans over 20 years, he is a frequent guest on CNBC. He has a BS of Finance from DePaul University and an MBA from the University of Chicago.
- April 7, Wm. R. Hackney, CIO in equity portfolio management with Atlanta Capital Management, a subsidiary of



*Investors Study Group; Jan Lucas presents Jack Crump with his plaque for 10 years of leading the Investors Group*

Eaton Vance, will give his thoughts on the equity markets. He has a BA from the University of N. Carolina and a MBA from the Citadel. He is a retired Colonel from the Marine Corps and a CFA.

- Active Investor Class, Bill Ness (OC) 3:00 PM, second Monday, March 14.
  - February 21 Options, Steve Greenfield, Multimedia Room (OC), 5:00 PM.
- All residents welcome.  
**Contact: Douglas Hohman**  
**434-6001,**  
**djhohman825@yahoo.com**



• **Lavender Friends** •

The Lavender Friends Club is a social organization serving Lesbians, Gays, Transgendered and those in friendship who live in SCLH. With all the holiday activities over, it's now time to reflect on the past and how we will move forward in 2011. At our general business meeting in January we presented Sue and Elaine our two outgoing Board Members with Certificates of Appreciation for their dedication to our organization this past year. We encourage their continued guidance as lay members of our Club. On the bright side, we welcomed new Executive Board members, Robyn as Treasurer and Yvonne as Secretary. We need volunteers to host our monthly coffees, breakfasts and potlucks. For those of you who want to host a potluck, you can always reserve the Social

Kitchen (KS). The Club will help you with \$50 to cover food or supplies.

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



• **Line Dance** •

In addition to our new steering committee, we have established a new performance group called, "Out-of-Line Dancers." The dancers did a wonderful job performing in the Vaudeville Show and also recently performed for the Super Seniors. The performance group is open to all line dancers, however, it is recommended that the dancer have a minimum of a Line Dance II background.



*From left: Marilyn Railsback, Judy Carlson, Pat Howle, Yvonne Krause, Jennifer Lauchner, Terry Schultze, Chere Andre*

The Introduction to Line Dance class has met with great success over the past six months. This is a class that has basic steps and dances for someone who has never line danced before. The class is always full and a lot of the dancers have already moved up to the next line dance level. Instructors Audrey and Yvonne alternate sessions. See pages 61-62 for all of the line dance classes.

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



• **LSV/NEV** •

**Low Speed Vehicles/  
 Neighborhood Electric Vehicles**

I hope you are planning to join us today to hear Karen Bone from the Placer County Health and Human

Services Department give a presentation on issues that may face us as we grow older.

In March, we have scheduled a return visit from John Stanfield, the Stanford alumnus who has built a prototype of the electric car that he hopes to put into production. When John and his business partner joined former Mayor Tom Cosgrove in speaking to our Group, we were all left wanting to hear more! This will be our chance. Please join us for our regular meeting on Tuesday, March 15 at 10:00 AM in the Presentation Hall (KS.)

Our suggested trip to the Port and Chocolate Festival was a sold out success — watch the *Compass* for future adventures!

**Contact: Buzz Rognien,**  
**408-4540**

**Website: Lincolnhillslsv.com**



• **Mah Jongg, Chinese** •

A belated Gung Hey Fat Choy to all of our Chinese friends. People born in the Year of the Rabbit are articulate, talented, and ambitious. They are virtuous, reserved and have excellent taste. Rabbit people are admired, trusted and often financially lucky. They are fond of gossip but are tactful and generally kind. Rabbit people seldom lose their temper. They are clever at business and being conscientious, and never back out of a contract. They would make good gamblers for they have the uncanny gift of choosing the right thing. However, they seldom gamble, as they are conservative and wise. They are most compatible with those born in the years of the Sheep, Pig and Dog. Mah Jongg is normally a gambling game, however, we play just for fun. Come join us every Monday at 8:45 AM in the Cards Room (OC).

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



• **Mah Jongg, National** •

The National Mah Jongg Group meets in the Card Room (OC) every Tuesday, 12:30 to 4:00 PM. Please

join us for a good time playing this ancient game of strategy and skill. This Chinese game became hugely popular in Britain, America, and India in the 19th century and many of us remember our parents playing.

We welcome all skill levels and teach new players. I'm sure our few men players would like to see more men join us. There are no dues.

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



### • Motorcycle RoadRunners •

With the weather clear and somewhat warm, an impromptu ride was proposed. The call went out through email for adventurous individuals to participate in the first ride of the New Year! A group of intrepid riders arrived at the local Standard Station for gas-up and staging. Plans were laid out and the ride commenced, a tour of Brownsville via scenic back roads and an enjoyable lunch. Returning through Penn Valley and its picturesque country roads by Beale AFB, the ride covered 175 miles. The riding season has started!



*Riders setting out on first impromptu ride*

Allowing good weather, our formal rides will commence in March. We will have trips planned for the second Saturday of each month. Occasional impromptu rides add interest on the off weekends.

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

"Ride safe, ride with friends!"

**Contact: Peter Boyle 408-1955,  
Boylep18@yahoo.com**

### Website:

<http://web.me.com/rettavincent>



### • Music •

Flash!! We have great news! The Group now presents *free* music "Friday Night Open Mike" at Presentation Hall (KS) February 25 and April 29 from 6:30 to 8:30 PM. Open to all residents to perform and/or just attend. Bring your own instruments, amps, and voices. The room will have four boom mikes, piano, on-stage guitar amp and mixing board. Walk-in sign-ups can perform five to ten minutes depending on number of performers. Come, strut your stuff, have a great time, and mingle with our regular cast. All are welcome!

Our regular meetings are held in the Fine Arts Room (OC) every fourth Wednesday at 6:30 PM. An annual \$5 membership includes our social events, and walk-ins are invited. Monthly meetings enjoy group and individual performances. Bring your instrument if you have one.

For future information 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](http://www.lincolnsuncity.org),  
Groups, Music**



### • Needle Arts •

#### Threads of Friendship

Rami Kim was our featured speaker for February. Rami also gave a workshop on her folded fabric techniques.

Our speaker for March 8 is Don Beld. Don began quilting in the early 1990's after retiring as a hospital administrator. He specializes in researching and creating Civil War reproduction quilts in the time-honored fashion of hand piecing and hand quilting. Civil War reproductions are modern fabric prints reflecting the look of the mid-19<sup>th</sup> century worked into quilt blocks and styles of the period. Don is also founder of the Home of the Brave quilt project for

quilts that are made and distributed to wounded soldiers.

Please contact Membership Chair Linda Moran, 543-4401, to join us and see how fiber arts thrive in our community! Meeting times of our subgroups, most of which meet in the Sewing Room (OC), are posted in the Needle Arts window or are available at each meeting.

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



### • Paper Arts •

The Window is so creative! The cards are three-dimensional and made with hand punches or by using any of the machines or dies that members have. Sounds simple and straight forward but the art they have produced is anything but. This is a must see!

Members completed two cards at the meeting. Diane Jackson and Pam Haun, with the help of table leaders, led the group in decorating one card with a lovely pleated paper dress. The second card was a transparency window that made it a magical surprise. Beautiful!

Many members brought cards suitable to send to those in the Military. We have received thank you messages from many who enjoyed the cards as well as the enclosed messages.

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 •

One part of many a photographer's quest is a requirement to travel far and wide for uncommon shots. Fortunately, several exotic shooting venues have been right here in Placer County for the last two months with Tibetan Monks laboring intently to create sand Mandalas. The exquisitely detailed piece pictured here will demand extreme concentration by a team of Monks, take days to complete, and then will be cer-



Union Square Trueheart;  
Mandala Maker

emoniously dispersed in acknowledgment of the transience of all things.

Conversely, and in celebration of what we hope are intransigent roles Cupid will play in our personal mandalas, this heart –

left in San Francisco – is for you. Happy Valentine's Day.

**Contact: Jeff Andersen 434-6009,  
jeff.andersen@sbcglobal.net**

**Website: SCLHphoto.com**



• **Pickleball** •

What's a ladder league? Its objective is simple: to get people of similar ability playing together for better competition and more fun. The ladder also motivates players who want to improve their skill with the possibility of climbing higher.

Each week ladder members play three games with the three players closest to them on the ladder. Ladder position is determined by the percentage of possible points over the past ten matches. There's no penalty for missing a match, and extra high or low scores are buffered by restricting ladder movement to 25% of ladder size.

If regular weekly play, competitive games, intensity, and fun appeal to you, sign up for the club's ladder league online.

To learn more about Pickleball, one-hour orientation sessions are scheduled Wednesdays and Saturdays, 1:00 PM. Equipment is provided, and an hour of open play with others in the orientation follows. Article by Jim Westby.

**Contact: Jerry Zimowske 408-1319,  
jzimowske@ssctv.net**

**Website: LHpickleball.blogspot.com**



• **Players** •

Remember to get your tickets for the Players March show "Rumors" by Neil Simon. If you like comedy, this is Simon at his best. The play centers around the ten-year anniversary celebration of an influential New York couple. Unfortunately, when the guests begin to arrive, they find that the host has shot himself and his wife is missing. The ensuing attempts to explain what has happened and to cover up the scandal will provide you with laughs that will last all of 2011.



Cast of "Rumors" on stage at LHS

Production dates are March 2 and 3 in the OC Ballroom. Several additional performances at Lincoln High School (LHS) have been scheduled as well. All proceeds from these performances will be donated to LHS to benefit school programs and projects. Come, let us entertain you.

**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 — 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, April 16.

January 15 tournament winners:

- Eighth: Allen Blaine
- Seventh: Rula Griffin
- Sixth: George Wuschnig

- Fifth: Dave Jansen
- Fourth: Patti Croft
- Third: Lou Zulaica
- Second: Case Lambregtse
- First: Bob Nelson

Congratulations to all the players and winners.

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 295-8012**



• **SCHOOLS Volunteers** •  
**Sun City Helping Our  
Outstanding Lincoln Schools**

Do you ever wonder what you can do to make a difference in our community? The gift of volunteering with students in our Lincoln schools may well be the best gift of all. Your service, time, interest and commitment with our youth is a gift that students won't forget. Your service will bring unexpected rewards and put meaning into your life. Jeanette Barker volunteers in a first grade classroom at Creekside Oaks. "I really like the excitement of working with kids and it makes me feel so good when they look forward to my time with them. I also cherish the friendship and mutual respect I have established with the teacher."

For more information, please visit the SCHOOLS display at the Groups Expo Wednesday, March 9 at OC from 10:00 AM-4:00 PM. Currently, teachers have requested more volunteers for Kindergarten through grade five.

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



• **SCOOP** •  
**Sun City Organiza-  
tion Of Pooches**

*SCOOP members make a  
difference in the lives of local pets in need:*

Our Holiday Party Live Auction raised \$1760 for "A Chance for Bliss," a local animal sanctuary. In addition, we donated \$1000 to the Placer County Animal Services Center in Auburn and \$500 to the Roseville SPCA! SCOOP members have *big hearts!*

Prior to our January meeting, the Steering Committee answered questions and addressed members' concerns. Then we welcomed Dr. Bikram



Party Co-Chair Jacquie Lemke & Jilly and Dianne George & Chip present \$1760 to "A Chance for Bliss" David



Bartley; Bikram Basra, DVM and Shirley Mahler SCOOP Co-Leader

Basra from Rocklin Ranch Veterinary and a Lincoln resident. He gave a talk on caring for our aging dogs. He addressed preventive care and alerted us to behaviors that might indicate a problem. Rocklin Ranch, formerly the Stanford Ranch Veterinary Clinic is open seven days a week and does not charge extra for same day appointments.

Our meetings are the third Thursday of the month, 3:00 PM, Fine Arts Room (OC). Join us.

**Contact: Dianne Ochoa George 253-7278**

**Website: [www.sclh-scoop.com](http://www.sclh-scoop.com)**



• **Scrabble** •

Scrabble has joined the current millennium! There is an official Scrabble website and Scrabble has a Facebook page Got a Kindle?? You can even purchase Scrabble to play on your Kindle. There is a Scrabble Online in three Dimension. It's like play-

ing on a Rubik's Cube. There is a new Scrabble Flash that is individual cubes that you arrange. It is a digital device and I hear that it is lots of fun. These are probably great ways to connect with your kids and grandkids and help them learn the joys of playing.

However, if you are "old school," retro, "stuck in the '60's," out to pasture, or just like to play "in the real world," come join us on Mondays in the Cards Room (OC) at 1:00 PM each and every week.

**Contact: Darlis C. Beale 408-0269**



• **Second Cup of Coffee** •

On Monday, February 21, our Group will step back and "Remember: Roundtable Discussions." Selected SNORE (senior non-official retired executives) alumni will moderate. We will meet in Social Kitchen/Multipurpose Room (KS) at 9:00 AM; free coffee will be provided. At each available roundtable, a mentor will lead a discussion generated by the attendees on selected themes, summarized and presented to the Group. This dialog and together-time fosters neighborliness!

On Monday, March 21, Mark Dentinger as moderator will introduce the "Rogers Family Coffee-Roasting Company" of Lincoln. Our Group wants to reach out to our City and be more informed of this "coffee-story." Rogers supplies Costco with SF Bay Coffee. Q&A and future facility tour sign-ups will be fun! Usual Q&A.

The Monday April 18 program is being confirmed.

All other meetings will take place at Presentation Hall (KS) starting at 9:00 AM.

**Contact: Wolf Oplesch 408-1788, [oplesch@sbcglobal.net](mailto:oplesch@sbcglobal.net) Website: <http://sites.google.com/site/secondcupofcoffeegroup>**



• **Singers** •

The Singers are practicing the music for the spring concerts scheduled for a matinee on May 1 and evening performances on May 2 and 3. The music includes show

tunes, classics, and patriotic songs. "Ain't Misbehavin'" and "As Time Goes By" are familiar favorites; "Love has Always Been Our Song" and "Riversong" are new.

Our new practice time is 2:30-5:00 PM in Presentation Hall (KS). Due to facility use conflicts, a few changes to location of practice are scheduled.

Dues of \$15 for each performance season are being collected. New members will pay a nominal fee for costume items.

**Contact: Bill Sveglini 434-5655**  
**Website: [www.lincolnsuncity.org](http://www.lincolnsuncity.org);**  
**Groups: Singers**



• **Singles** •

**Dynamic Singles**

For 2011, your Dynamic Singles Club is off and *running!* And, we're also playing Pickleball twice a week, including giving lessons! And we *hike* twice a month. And it's *Bocce Ball* once a week, and *riding bikes* . . . and playing *golf* every Friday. And *tennis* on Mondays!



From top: Pickleball, from left, Mike Hazelhoffer, Natalie Bradford, Cal Meissen, Rene Pulis; Bocce, from left, Dennis Beldon, Angelo Molloni, Judy Monteleone, Jim Raber; Hiking in SCLH

Then there are the *dances*, the *dining out*, the *cocktails*, and then the *Birthday Celebrations!*

You just missed the giant Pre-Super-Bowl Party at KS. Guess who won the

games and the you-pick-em game? And our General Meeting was February 10 at OC — but you are welcome at the meeting March 10 — again at OC, at 6:00 PM.

Like to play cards? February 24, at OC, is our Texas Hold'em Tournament, *and* you can also play Poker and Blackjack!

See more on our website (below).

**Contact: Sarah Lambrose 543-0035**

**Website:**

**www.lincolnhillssingles.org**



• **Ski** •

Ski Club members mourn the sudden passing of Jim Haugaard and express sympathy to his wife Jean and family. Jim was a past Club President and the Haugaards were always a welcome addition to our Club trips.



*Club President Bill Smith & Friends at Sugar Bowl*

The Ski Club is having a banner year. We have experienced record turnouts for our parties, meetings and use of our car pool system for getting to and from the slopes. Thanks to record snowfall in December, Club members have been able to get some close to “spring-like” runs in.

At our January meeting, we received an update on Sugar Bowl resort operations from Brent Boblitt, Mountain Sports Learning Center Manager. Brent mentioned that pass-holders can receive a free group lesson by going to the meeting area of the Mountain Sports Learning Center at 10:15 AM or 1:15 PM. If you need clarification, contact Brent at (530) 426-6770 or email [bboblitt@sugarbowl.com](mailto:bboblitt@sugarbowl.com).

**Contacts: Bill Smith; Audrey Morse; Mike Connolly; Mike Hilton; 258-2150, [lhskiclub@gmail.com](mailto:lhskiclub@gmail.com)**  
**Website: [www.lhskigroup.org](http://www.lhskigroup.org)**



• **Softball, Senior League** •

Getting in shape for spring! As our Field (of Dreams) dries, get to the gym, do arm exercises, walk & jog. The Lincoln Hills Senior Softball League will have its draft of players



*From top: Bruce Briggs; Doug Hinchey; Bob Kelly*



March 7. Hurry, applications for players need to be submitted to Mike Hilton by February 15. As weather permits, there will be Sunday practices from 10:00 AM-12:00 PM. Everybody is welcome! Come out, throw, field and bat a few balls. It's a lot of fun! Opening Day is scheduled for Saturday, April 2, rain date April 9. Games will be on Mondays & Wednesdays through the end of August. Volunteers al-

ways welcome.

**Contact: Mike Hilton 408-0346,**

**Mhilton14@aol.com**

**Website: [LHSSL.org](http://LHSSL.org)**

**Coyotes**

Vince & Betty Del Pozzo were the honored guests at the January 24 Coyote banquet held in OC Ballroom. Vince was recognized for all his work with the Coyote program over the years, being both liaison at times and also umpiring many of the Coyote home games. Vince and Betty, his bride of almost 57 years, moved to Lincoln Hills in 2002 and Vince has been active in both Coyotes and the LHSSL board. They were presented with gift certificates for La Provence restaurant and greeted with a standing ovation from the crowd of over 100 people. This year's festivities

were again superbly put together by John Gho and presided over by Coyote Chair J.R. Jackson.



*Vince & Betty Del Pozzo*

Next up for the Coyotes, besides each team's 2011 tournament schedule, is the annual Coyote Round Robin (March 19) and the eighth annual Coyote Invitational (June 18/19), this year hosted by the 70s.

**Contact: Bob Hunter, [bluespritzer@yahoo.com](mailto:bluespritzer@yahoo.com)**



• **Sports Car** •

The Sports Car Group is off to a fast start for 2011. The Board has met and the Social and Rolling Trip Committees are at work on activities for the year.

Social activities this year will include a Ladies Tea, St. Pat's Luncheon, Feats



*Seven Gables Inn in Pacific Grove*

of Clay Gala, Teams of Clay with creative competition, a Kentucky Derby Party, pizza and bocce ball, lake BBQ, Chili Cook-off, October Fest, Christmas Dinner and bowling.

Rolling tours coming up soon will include a Delta trip in March, Daffodil Hill and Ironstone Winery in Murphys, a trip to the California Auto Museum in Sacramento, and an extended overnight trip to the beautiful Seven Gables Inn in Pacific Grove. Additional rolling tours for the year were discussed at the meeting on February 7.

Dues for the year are now due, \$20 per household.

Meetings: 6:30 PM, first Mondays, Presentation Hall (KS)

**Contact: Pat Heesch 408-1500, [phesch@aol.com](mailto:phesch@aol.com)**

**Website: [LHsportscars.com](http://LHsportscars.com)**





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

Everybody is back square dancing and round dancing for the New Year. The times for each level of dancing are shown.

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** •

The Table Tennis Group held its annual meeting on January 18 to elect its new Board for the upcoming year. The following members have graciously volunteered to serve: President Howard Parker; Treasurer Doug Hohman; Email Coordinator Gary Haight; Play Manager Ron Greeno; Assistant Play Manager Jerry Cress; and yours truly, Editor Joe De Souza.

As the New Year unfolds, we would again like to extend our invitation to all residents who have been thinking of playing, but through personal schedules have not as yet had the time to join us in one of our play sessions: Sundays 12:30-5:00 PM; Tuesdays 6:00-9:00 PM; Fridays 8:00-11:00 AM, (KS).

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



• **Tap Company** •

Rehearsals are gearing up as we have less than nine weeks before the amazing 10<sup>th</sup> Anniversary Talent Show. The program will highlight the themes of our past shows that pleased audiences through the years. We will step down memory lane and enjoy the songs of Broadway, Hollywood, Rock 'n Roll, Disney and so



*One of the Tap Company Performance Groups for the Talent Show*

much more along with new and exciting entertainment. So make sure your calendar is marked for April 7, 8 or 9. Tickets will be available on February 17.

Would you believe some of our Lincoln Hills tappers will be participating with other tappers from Roseville and Folsom in an upcoming exhibition half time show for the Kings Basketball team at Arco Arena (soon to be Power Balance Pavilion) on April 11? Alyson Meador will be leading the group. Stay tuned for more information regarding this upcoming event.

**Contacts: Celeste Morris 253-7272,**  
**celestemorris@att.net;**  
**Linda Wilson 645-3777,**  
**Wilson1123@sbcglobal.net**



• **Tennis** •

Lincoln Hills has the most determined tennis players ever. If you don't believe it, come out on a rainy day and watch us try to get in a game or two in-between the raindrops.

If you love tennis like we do and you are new to Lincoln Hills, come out and join us on Wednesdays and Saturdays from 9:00 to 11:00 AM for some drop-in tennis. Just sign-up for play at the courts and join the fun. You don't even need a partner. All residents and level of play are welcome.

If you desire more competitive and social tennis activities, join our Lincoln Hills Tennis Group. Just send \$12 (checks payable to LHTG) to Donna Bunyard. We have year-long tournaments, social events and USTA play.

Check out our 2011 schedule of events on our website (below) for more information.

**Contacts: John Flaherty 434-6184,**  
**johnpflaherty@gmail.com;**  
**Christy Link 543-6504,**  
**aclink@aol.com**  
**Website: www.sclhtg.com**



• **Travel Group** •

The next meeting is Thursday, February 17, 7:00 PM, KS. Guest speaker is Mr. Jay Fehan of Collette Vacations.

The following trips have openings:

Crystal Northwest Cruise (Apr 2011); Canyon Country, Arizona/Utah (Apr 2011); Celebrity Alaska Cruise (May



*Travel Group on Branson MO Holiday Tour*

2011); Yosemite (May 2011); Russia River Cruise (Jul 2011); Canadian Rockies (Sep 2011); New York City Holiday (Dec 2011); Hawaiian Islands Cruise (Apr 2012); Mid Atlantic Tour: Philly-Baltimore-Williamsburg-D.C. (Late 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 and informative evening.

**Contacts: Teena Fowler 543-3349;**  
**Karen Foley 645-5411; Linda Frazier 434-8266; Sheron Watkins 434-9504**  
**www.lhtravelgroup.com**



• **Vaudeville Troupe** •

"Congratulations," "Performances Extraordinaire," "What a Great Benefit Show," "Fantastic High School Choir and Performers," "High Energy." These are just a few of the wonderful comments heard after a tremendously successful January 29 "Choir to Carnegie"



From top left: "Sex Bombs" and "Tom Jones" (from left): Celeste Morris, Rich Bermudez, Carolyn Farrar, Jennifer Lauchner; Dennis Belson serenades "Mrs. Brown," (Jim Hogan); "Bond Girl" Marina Eugenios, "Goldfinger"

Benefit performed in OC Ballroom for a packed house of 450 generous benefactors. Thank you all who helped out and came to watch! Over \$4500 was raised!!

The Vaudeville Troupe's Founder, Marina Eugenios, had the honor of being the Mistress of Ceremonies and many members of the Vaudeville Troupe performed some of their favorite acts along with high school performers who were learning the "ropes" of Vaudeville!

Vaudeville Dates to Remember:

- March 9: Group Expo at OC 10:00 AM – 4:00 PM
- Late April (tbd): Vaudeville Auditions for July 8-9 Shows

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



• **Veterans** •

The first organization of African-American military aviators in the United States armed forces — the Tuskegee Airmen — will be the subject of the February 17 joint meeting of the Veterans and Aviation Groups at 1:00 PM in the Presentation Hall (KS).

At the outbreak of World War II, the American military was racially segregated. Despite rampant discrimination, the Tuskegee Airmen trained and flew with distinction. Their 332nd Fighter Group was the only operational fighter unit of black aviators in the war. The group

was first sent overseas as part of Operation Torch. It then saw action in Sicily and Italy before being deployed to fly cover for long-range bomber missions in Europe, where it was exceptionally successful.



The North American P-51 Mustang, with a distinctive red tail, was the aircraft by which the Tuskegee Airmen became widely known

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on February 21, Presidents' Day.

**Contact: Rich Williams 543-4887, rgwdew@att.net**  
**Website: lhvets.org.**



• **Water Volleyball** •

Water volleyball's open to all residents, any skill level. You can try it without joining. Training available (see below). There's open play, competitive (advanced) play, and league play. A new league's starting soon. We're enjoying the salt water conversion — no more burning eyes or chlorine scented skin.

Congratulations new steering committee officers: Chair Jim Puthuff, Secretary Jerry DiGiacomo, Treasurer Tom Gatti, new members Bob Gorts, Dan Oden, Paul Schechter, Jerry Speno, and returning members Elaine Kalani and Jerry Skaggs.

Come join us in the pool and get your exercise without worrying about weather. It's always a lot of fun, a good workout, and a great way to meet new people.

- Play available (KS):
- Open Play: Saturdays 9:00 AM Second, fourth, (& fifth) Mondays 5:30 PM
- Open/League Play (all levels): Wednesdays/Thursdays 6:45 PM
- Advanced Play (rated players only): Mondays 6:45 PM

- Training: First/third Mondays 5:30 PM
- Contacts: Jim Puthuff 543-0067, jputhuff@softcom.net;**
- Jerry DiGiacomo 408-7072, itsmrd@sbcglobal.net**
- Website: www.lincolnsuncity.org**



• **West Coast Swing Dance** •

Our Valentine Dance started the year off with a festive and fun-filled time with great music and dancing. Our next dance will take place on Friday, April 8, (KS).

West Coast Swing practice sessions resumed in January and are continuing on the second and third Fridays of each month. The next sessions will be on February 25 and March 11, 5:30-7:30 PM, Fine Arts Room (OC). This is your chance to practice



Eldon & Janice Davisson at one of our Friday evening practices

and take advantage of on-the-spot help. 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. Existing members are encouraged to renew for 2011.

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



• **Writers** •

Our Group is saddened by the passing of one of our favorite members, Harry Cornwall. Harry usually read a chapter from one of his three autobiographical novels and would draw us into his past. An engineer, inventor, poet, and songwriter, he could recount every detail along the way. He gave many of us the inspiration to tell our stories, unafraid to recount the trivial and the triumphant. The members of the Writers Group, whether writing stories, poems, or articles, enjoy draw-

ing on the wisdom of our scribes. We encourage residents to share their talent and stories with us. We meet on the second, fourth and fifth Monday each month, 6:30 PM, Ceramics Room (OC).

Drop in to listen or share your creation with us. If you do, please bring at least six copies for sharing and comments. For more information, please contact Alan or Jim.

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

## KS Library

*continued from page 13*

books or processing new ones and are happy to help you. Recently they developed a binder with suggested authors within a certain genre.

The adjacent living room is a great place to spend time alone with a cup of coffee from the Café and a book or magazine. You will enjoy hearing the chuckles of friends visiting or watching the many folks who are coming to the Lodge for one of the activities taking place.

Our Library is managed by a Steering Committee composed of: Sandy Maloff, Sally Scotch, Cleon Johnson, Bobbi Swenson, Karin Kiisk, Sandy Melnick, Adrian Felice, Glynn and Gerry Widows and Nina Mazzo along with many volunteers who maintain the Library. Efforts are made to keep the Library



*Comfortable seating awaits in the Living Room area at Kilaga Springs*

current with newer books and a variety of subject areas. All books are donated from residents and books are borrowed on the honor system. Donation criteria are based on publication date (after 2003) and gently used condition. Sally Scotch (543-0792) is our contact for donations. Want to help us maintain the library by volunteering? Call Sandy Maloff (408-2368). Investment materials are maintained by Cleon Johnson (408-5648).

## An Eyeful of Delights

*continued from page 15*

the Orchard Creek Ballroom. Admission is free. Live music will be featured.

The Fine Arts Show was originally developed by art teacher Tina Grant to inspire student artists to display their works of art. It has since expanded to include professional artists along with student artists, all from Lincoln Hills.

The inaugural show in 2004 was organized by members of the Fine Arts Show Committee. Under the leadership of Joyce Bisbee, Diane Barkey, Judy Hovis, Joanne Logan and eight committee members, the show was a rousing success, which prompted further annual presentations. The number of artists participating has grown from 56 to around 70 artists.

Each year the Committee has chosen a "Best In Show," which becomes the following year's "Signature Art." This year's piece is the bronze sculpture, "Lady," by Lee Porter.

The visual arts have been called "the conscious utterance of thought" (Ralph Waldo Emerson), "life upon a larger scale" (Elizabeth Barrett Brown-

Orchard Creek has a smaller reading area along with a low vision reader. This reading area is all fiction and alphabetized by author.

The author Martin Tucker wrote – "A good book is the best of friends, the same today and forever." Our Library and reading areas provide an area to discover a new author, catch up on the latest news, review stock and bond information, find an audio book for a road trip, or simply relax.



*One of the paintings you will see at this year's Show: "May Morning" by Marilyn M. Rose*

ing), and "silent prayer." No matter the interpretation, in the words of committee member Loraine Markey, an "eyeful of delights" will be on display at the Fine Arts Show and Sale!

*The Signature Artwork for this year's show: Brass Sculpture "Lady" by Lee Porter; photograph by Rhonda Campbell*



## Bulletin Board

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

### Italian Club

Join us February 20 for the 1950 Italian Sock Hop complete with spaghetti dinner and dance contest. DJ Jim Keener will play 50's Italian greats: Jersey Boys, Frankie Avalon, Dean Martin, Frank Sinatra, Frankie Valli, more. There'll be poodle skirts, blue jeans and other favorite 50's apparel. March 19, the Club will host a Wine Tasting event at Turkey Creek Golf Club with wines from seven local vintners. There will be appetizers, prizes, music, and even an Italian travelogue. As we move into spring, we'll be hosting a golf tournament and day of Bocce and BBQ. For more information on our club or events, check [www.ihalianclub.com](http://www.ihalianclub.com), or contact Membership Chair Rose Cesarz, 434-5301. Single members can always invite a guest to attend our events. Ciao!

### Lincoln Multiple Sclerosis Group

...meets on the first Tuesday of each month in Raley's Sterling Point Conference Room at 1:00 PM. All interested are welcome to attend this informal gathering to learn, share and meet the nicest people! Questions: Jerry Watkins, 408-7899.

### Neighbors InDeed

Offering free services to residents, Neighbors InDeed reminds you that your garage door opener needs to be cleaned and lubricated once a year. In the winter, a frosty morning can sometimes "freeze up" a garage door opener that has not been regularly maintained. You can do this yourself or call Neighbors InDeed, 223-2763, and ask for a Handy Helper to come over and do it for you. Handy Helpers are ready to help you with a number of other routine household maintenance issues – smoke alarm battery changes, furnace filter cleaning, thermostat programming, and more. And if you need to borrow medical equipment, (i.e., a walker or a wheelchair), on a temporary basis, call Neighbors InDeed.

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

<b>February 15 • 10:00 AM</b>	Solarecity Electric, Oaks Room (OC) <i>Compass advertiser, see page 38</i>
<b>February 18 • 12:00-4:00 PM</b>	Holland America / Travel Store Agency Presentation Aboard New Explorer Coach in the Parking Lot (OC)
<b>February 22 • 10:00 AM</b>	Non Surgical Solutions to Relieving Your Pain/Advanced Spinal Rehabilitation/ Physical Therapy, Oaks Room (OC)
<b>February 22 • 1:00 PM</b>	Hearing Loss or maybe Just Ear Wax, McDonald Hearing, Oaks (OC) <i>(see box below)</i>
<b>February 23 • 10:00 AM</b>	New Beginnings, Oaks Room
<b>February 23 • 6:00</b>	Dr. Toft, Oaks (OC)
<b>March 8 • 9:30 AM</b>	Get Skin Fit & Sculpted for Spring, Oaks (OC)
<b>March 8 • 6:00 PM</b>	Spinal Aid, Dr Zorich, Oaks
<b>March 9 • 10:00 AM-4:00 PM</b>	Groups Expo (OC)

### Open Play

...every Sunday 12:00-4:30 PM in the Cards Room (OC). Bring cards, board games, dominoes, or dice. An opportunity to meet new friends & have a fun afternoon. All residents welcome. Tables first come, first served.

### Painters Group

By the time you read this, we will know if we have been approved as an official LH Club. Members who have signed up to receive emails will have the news along with the time and place of the next meeting. If you have not received an email, please contact Lynne Fee. The steering committee has started planning upcoming meetings and has exciting ideas. Our proactive membership meetings will feature show & tell, critiques, speakers, ongoing art challenges, more! Join us to see what we're all about. We are looking for a new logo! Get those creative juices flowing. Not on the email list? Contact Lynne Fee: [lynnefee@aol.com](mailto:lynnefee@aol.com).

### Raquetball 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 cutthroat, doubles and/or singles. Ladies welcome. See you there!! Contact: Armando Mayorga 408-4711 or [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

### Retired Law Enforcement Officers

Placer County Sheriff Ed Bonner will be the guest speaker at the Retired Law Enforcement Officers' Group's Quarterly Breakfast. He will discuss a variety of topics including Placer County crime trends, Roseville's new Criminal Justice Center & Jail, effects of the recession on the Sheriff's Office. There will be a Q&A immediately following. Friday, February 18, 9:00-11:00 AM Mimi's Café. Active and retired Law Enforcement attendees and their spouses should plan on arriving around 8:45 AM so you can get your coffee and visit with brother officers and friends of Law Enforcement. Breakfast will be off of the menu and you will receive your own check. Please call Craig Shuey, 408-5966, to confirm a reservation.

### Shalom

Ladies if you read this on Tuesday morning (the 15th), there is time to go to the Woman's Club meeting at Oracle. This is the start of alternating Mondays and Tuesdays for the meeting. (Next month meeting: Monday, March 14.) This month's General Meeting has been replaced by "Getting to Know You" social at KS on Thursday, the 17th. Coffee and dessert provided... the conversation is up to you. I hope that you let someone on the committee (Sheila Reitman, Nina Mazzo, or Gloria Kemma) know you are coming. There is a bowling event on Friday, February 18. While it is later than

### Commercial Presentation

(Paid Advertisement)

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

**Hearing Loss or Maybe Just Ear Wax**      **Presenter: McDonald Hearing Aid Center**  
**Tuesday, February 22 • 1:00 PM • Oaks (OC) • Free**

Do you hear but have trouble understanding? Maybe it's just earwax. McDonald Hearing Aid Center will be in the Oaks Conference room on February 22 at 1:00 p.m. – 2:30 p.m. A licensed hearing aid specialist will talk about hearing loss/treatments, check for earwax, or see if there is a need for additional testing. All in attendance will receive a FREE pack of batteries. RSVP by February 21 to (800) 731-0344.

**Mark Your Calendar!**  
**Lincoln Hills Tap Company**  
**2011 TALENT SHOW**  
April 7th & 8 - 7 p.m.  
April 9th - 1 p.m. & 7 p.m.  
Orchard Creek Lodge • Ballroom  
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Ten Years of Talent!  
**See our insert in this "Compass"**

the final sign-up date, there may be a cancellation. Call Al Malkin for more information. Membership info: Membership VP Natalie Flynn, 434-5470. Use contactshalomgroup@gmail.com for group or board questions and inquiries. Please use our website (www.shalomsg.org) for pictures, calendars, and general information.

### Shooting Group

Our purpose is to make friends among residents who are interested in shooting. If you used to shoot but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays, Thursdays for Skeet and Five Stand. Winter months we meet at 9:00 A.M. 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 other's company and meet the members' 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 or jdparg@inreach.com.

### The Players Group presents "Rumors" March 2: 7:00 PM

March 3: 2:00 PM & 7:00 PM  
More information on page 39.



## In Memoriam

### Marshall Chazen

A lifelong educator and friend to people with challenges, Marshall has a long list of achievements. Among other things, he was a teacher, youth agency director, a TV and radio host, writer, lecturer, pilot, musician. He was a Doctor of Education and used his experience and knowledge to make a difference in our community as well. Here Marshall was especially known for helping with the Eye Contact Group and the Diabetes Group. He leaves his wife of 52 years, Joyce, three sons, four grandchildren, many other relatives and friends.

### Jim Haugaard

A lifelong teacher, Jim passed away unexpectedly in his sleep. He was born in San Francisco, got his credentials from San Jose State and served in the Army for four years. He was a math teacher and then became a publisher of educational materials. Jim was well-known as a mentor in the Mac Users Group, belonged to the Ski Group, Country Couples, Elks and SIRS. He is dearly missed by his wife of 53 years, Jean, their two children and four grandchildren.

### Carol Lavender

Twice widowed, Carol moved here and became involved in many

things: Lincoln Hills Singers, Singles, Vaudeville Group and she worked on the 10<sup>th</sup> Anniversary Celebration. She was also involved with the Lincoln United Methodist Church, PEO, Eastern Star and the Lincoln Chamber of Commerce. Music was a large part of her life. Carol is survived by her sister, three sons, two stepchildren, six grandchildren, and eight great-grandchildren. She is also missed by many other relatives and friends.

### Fred Reis

Coming here from Fremont, CA and Eastern Washington, Fred Reis settled into a retirement of golf and woodworking. He also was a member of the Penryn Masonic Lodge and the Lincoln United Methodist Church. Fred leaves his wife, Joy, two sons, three stepchildren, nine grandchildren and two great grandchildren.

### David Rooney

Born in London, England, David was 98 years old and married for 69 years. He served in the British Army before coming to America where he worked for the State Justice Department as a criminal analyst. He leaves his wonderful wife, Ursula, one son, two grandchildren, and three great-grandchildren.

*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.*

## Connections

*continued from page 3*

### In This Issue

Staff have several new initiatives we will be sharing with you in the coming months. Among the first is the introduction of Megan Cowart as our Wellness Program Coordinator. Our mission is *Be inspired, Be engaged and Be well*. Brandy Garcia introduces Megan on page 9 and on page 85 Megan outlines some new programs that will move you towards our mission. We

welcome Megan to our Lifestyle team, and we welcome your input.

The *Compass* magazine and all its contributors, identified on the bottom of page 87 continue to receive many well deserved compliments. This issue you should notice more succinct articles thanks in part to our new resident editor, Doug Brown. Also new this month on page 13 is an article by Gay Sprague introducing a "Sense of Community" which identifies nuances that make Sun City Lincoln Hills stand out

among other communities. We invited Kilaga Springs Library volunteer, Nina Mazzo to submit an article about our KS Library and Orchard Creek Community Living Room as places to begin our focus on community. That article is also on page 13.

We hope you enjoy reading though the *Compass* and we look forward to seeing you at one of our many events, trips, classes, presentations or committee meetings.

See you in the Lodge!

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## Know how the tax rules change for Senior Taxpayers



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

- A higher standard deduction at age 65
- A 15% tax credit at age 65 (income limitations)
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact —

Carolyn J. Riolo  
Certified Public Accountant  
(916) 771-4134



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**Gem Stone Cutting Classes** 71-73

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- Fused Glass — Stained Glass

**Jewelry Class** 73-75

- Beading
- Precious Metal Clay (PMC)

**Music Classes** 75-77

- Keyboard — Music History
- Voice

**Sewing Classes** 77-79

- Creative Hardanger — Knitting

**Travel** 79

- Language — Visual Tour

**Wardrobe Planning** 79-80

**Writing** 80

**Community Forums** 80-82

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## Special Events & Bus Trips

### Stitchers 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 for



this annual event. You'll find ideas 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 everything pertaining to stitching and knitting. There are classes and opportunities for lunch on your own at the Convention Center. We will depart the Convention Center at 4:30 PM. Leave the Lodge at 8:00

AM, return ~ 7:00 PM. \$42. RSVP

◆◆ Now.

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

**Monday, February 21 — 5052-12**

William Wellborn began his musical studies at the age of 12, traveling to 20 states and six countries with appearances at the American Liszt Society, the New Orleans Institute for the Performing Arts and the Chopin chez George Sand festival de piano in France. This classical recital program will include music by Schumann, Chopin and Liszt. William has appeared as a soloist with



the Sudeten Philharmonic in Poland and gives lectures and master classes for organizations around the world including the Conservatory of Paris. A faculty member of the San Francisco Conservatory since 1989, Wellborn teaches advanced students from around the world each summer at the Franz Liszt Summer Piano Academy in Hungary. Ballroom doors open at 6:30 PM for 7:00 PM performance. \$12. Now Open to Guests!

### San Francisco for the Day

**Saturday, February 26 — 1840-12**

Shop, have lunch and/or dinner, visit

Pier 39 a museum, or Chinatown. Residents suggested we offer a bus trip to San Francisco the fourth Saturday of each month. This first trip drops you and picks you up at Union



Square; future trips may have other San Francisco drop off/pick up spots. These day trips are yours to do as you wish. We will offer them as long as there is interest and participation. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$41. RSVP ◆◆ Now.

### Just Added! Document Destruction Monday, February 28

10:00 AM-12:00 PM, OC Fitness Parking Lot. Cintas offers state-of-the-art shredding trucks and will be on site to provide



the service. Paperclips and staples on files okay but no plastics and cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the Parking Lot!

### "Rumors"— LH Players Production

• **Wednesday, March 2, 7:00 PM**

**Show Only — 5031-1ASH**

**Meridians Dinner & Show**

**Package — 5031-1ADN**

• **Thursday, March 3, 2:00 PM**

**Show Only — 5031-1BSH**

**Meridians Lunch & Show**

**Package — 5031-1BLN**

• **Thursday, March 3, 7:00 PM**

**Show Only — 5031-1CSH**

**Meridians Dinner & Show**

**Package — 5031-1CDN**

What should you do if you arrive at a party to celebrate a significant ten-



year anniversary and find the host is unavailable and allegedly shot and his wife is missing? When four prominent New York couples arrive at the celebration, they try to assess the situation and come up with plausible explanations for what happened. Unfortunately, explanations drift away from facts and move into the arena of indiscretions, reputations and relationships of each couple. The ensuing attempts at cover-up make for side-splitting comedy. This is author Neil Simon at his best. Directed by Judith Jesness, this may be the funniest show you will see in 2011. For those who wish to dine at Meridians before the concert and enjoy reserved front section Ballroom seating, we offer limited show package tickets. Please visit the Activities Desk for the special show menu and provide a meal choice when you register. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Ballroom doors open 30 minutes before show time. Show only \$12; Lunch or dinner package \$40. RSVP ♦♦ Now.

**Comedy Night at Kilaga Springs  
Tuesday, March 8**

**6:00 PM performance — 5050-01A**  
**8:00 PM performance — 5050-01B**  
Headliner Stephen B has 27 years of comedy experience and is one of the funniest, most polished comedians you will ever see! Stephen's upbeat, fast-paced and clean show has been



the opening for hundreds of musical acts including Kansas and Michael Bolton, as well as major corporations such as Intel and IBM.

Show opener G. King has opened for top comedians including Charlie Murphy, Tony Roberts and Damon Wayans Jr. A native of Vallejo, CA, he



has performed at comedy clubs all over the West Coast captivating audiences with his views on life. Presentation Hall (KS) doors open 30 minutes prior to show time.

\$9. RSVP ♦♦ Now. Patrons enjoy discount from KS Café. See details in your receipt.

**Just Added! Groups Expo  
Wednesday March 9**

10:00 AM-4:00 PM. OC Lodge. Interested in learning more about the 80 different Groups and Clubs in our Association? Come to the Groups Expo to hear involved residents talk about their Group/Club objectives and activities



and share displays and demonstrations. This is a great opportunity to join those who live the Lincoln Hills lifestyle. Get involved, support your community Group's efforts, visit with friends and meet your neighbors all

while finding another interest to explore. Stop by OC Lodge between 10:00 AM and 4:00 PM. Questions? Call Judy Hogan at 625-4021.

**Red Hawk Casino  
Thursday, March 10 — 1940-01**

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. This casino has six restaurants including



a non-smoking extensive buffet and offers our passengers a Reward Card containing \$15 for slot

play or a \$20 certificate for match play (blackjack, etc.). Identification required 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 ♦♦ by 2/18.

**Russian Triumph, Mondavi  
Theatre**

**Sunday, March 13 — 1821-01**

The Auburn Symphony returns to the Mondavi Center in Davis with wonderful classical music in this



beautiful venue complete with marvelous acoustics. Magical colors of Debussy (Prelude to

the Afternoon of a Faun) to heroic brilliance of Liszt (Piano Concerto No. 2 in A Major – Soloist: Richard Cionco) are followed by the vast range of Shostakovich's epic 5<sup>th</sup> Sym-

----- REMINDERS -----

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

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

**RESERVATIONS:** Reservations are required for all activities unless otherwise noted. *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-



phony. An event not to be missed! Performance is at 3:00 PM. Leave the Lodge at 1:30 PM, return ~ 6:00 PM. \$64. RSVP ◆◆ Now.

**Stompy Jones Jumpin' Rhythm Concert**  
**Wednesday, March 16**  
**Show Only — 5040-1SHO**  
**Appetizer & Show Package — 5040-01PKG**

Stompy Jones is a San Francisco based sextet renowned for jumpin' rhythm, wailing improvisations and an explosive stage show. Their unique sound is described as a romp-



ing, joyous, and an overwhelming style of jazz that came to be known as Rock and

Roll! Formed in 1998 at San Francisco's Hi Ball Lounge, this jump band recreated the jaunty blues sound of Louis Jordan and the Tympany Five. For a lounge feel, guests will be seated at tables of ten where you can enjoy the no-host bar throughout the show. If you would like to have a light snack during the concert we are offering the Appetizer & Show Package which includes a *combo plate of chicken quesadillas and potato skins*. Purchase early if you would like to reserve an entire table. The band's unique sound stems from stand-up bass, drums, piano, trumpet, saxo-

phone and vocals. OC Ballroom doors open at 6:30 PM, concert at 7:00 PM. Show-only tickets \$13. Show Package \$25. RSVP ◆◆ Now.

**Bouquets to Art at deYoung Museum**  
**Wednesday, March 16 — 1761-01**

**Lots of Walking!** The 27<sup>th</sup> annual Bouquets to Art exhibition returns to the deYoung Museum featuring floral displays complementing the Museum's permanent collection. The deYoung houses one of the finest col-



lections of American paintings in the country as well as oceanic and African art, sculpture, ceramics, textiles, and more. Admission good for all exhibits. Audio self-guided tours available for a fee. Bring your own lunch or visit the Museum cafe for lunch on your own. Leave the Lodge at 8:30 AM, depart the Museum at 3:30 PM, and back ~ 6:00 PM. \$51. RSVP ◆◆ by 2/16.

**Just Added! Kilaga Springs — At the Movies! "National Treasure"**  
**Monday, March 21**

PG; 131 minutes. "National Treasure" stars Nicolas Cage, Jon Voight and Christopher Plummer. Action adventure. Some violence and profanity. Presentation Hall (KS) doors open 1:00 PM, show 1:30 PM. Free.



**Stanford Shopping Center**  
**Tuesday, March 22 — 1780-01**

In response to your requests, visit this beautiful uncovered shopping center for shopping, browsing and lunch—on your own. Enjoy beautiful



grounds, upscale shopping, and lovely places for lunch, both served and counter or-

dered. Visit their website at [www.stanfordshop.com](http://www.stanfordshop.com) for store/restaurant directory. Coach will depart Stanford Shopping Center at 3:00 PM. Leave the Lodge at 8:00 AM, return ~ 6:00 PM. \$39. RSVP ◆◆ by 3/7.

**Flower & Garden Show at San Mateo Event Center**  
**Thursday, March 24 — 1840-01**

**Lots of walking!** See what's new, get fresh ideas for spring and learn how to create a garden that is beautiful and healthy for the environment. Meet professional gardeners and nursery owners to answer questions and



help solve garden and landscape problems. There will be a wide selection of specialty shops featuring unique flowers, plants, etc. Food available at the Show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Leave the

REMINDE RS

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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**916-782-2111**



Lodge at 9:00 AM, return ~ 7:00 PM.  
\$56. RSVP ◆◆ by 3/7.

### "Disco Fever" Dancing n' Desserts Friday, March 25 — 5011-01

Boogie back to the 70's at our 'Disco Fever' Dance and Dessert event. Remember *Saturday Night Fever*, mirror balls and Studio 54? Dance the night away to iconic tunes from the Bee



Gees, Blondie, Donna Summer and more with a live band—The Groove Thang

Band. This seven-piece band has been called the best "get off your seat and dance" entertainment cover band in northern CA. Come dressed in your 70's best with a flashy leisure suit, platform shoes, afro wigs and shiny hot pants. Join in with guest participation activities and best dressed contest. Start the night with a fabulous dessert trio plate created by Chef Roderick. Complete menu available at the Activities Desk. Don't miss this crazy bash from the past... Bell bottoms optional! No-host bar at 5:30 PM when Ballroom doors open, dessert at 6:00 PM, dancing from 7:00-10:00 PM. \$22. RSVP ◆◆ Now.

### San Francisco for the Day Saturday, March 26 — 1842-01

Shop, have lunch and/or dinner, visit Pier 39, a museum, or Chinatown. Residents suggested we offer a bus trip to San Francisco the fourth Saturday of each month. Drop off destination is Westfield Shopping Center on Market Street.



These day trips are yours to do as you wish. We will offer them as long as there is interest and participation. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ◆◆ by 3/14.

### Just Added! "To Tell A Life" with Jackie Pels — Book Presentation Tuesday, March 29 — 5300-02

Jackie Pels, author and publisher,

graduated from high school in Alaska in 1953 and from the School of Journalism at UC Berkeley 30 years and six children later. Working as an editor at the *San Francisco Chronicle* in 1990, Jackie formed Hardscratch Press and became publisher for her 82-year-old stepfather as he began writing about his adventurous life in Norway and Alaska. With 20+ books published, Jackie will read and discuss favorite passages from *Any Tonnage*,



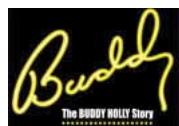
*Any Ocean* and award-winning personal recollections of "real people's history." Highlights include: a remarkable Alaskan

ferry captain, post-World War II letters from a hospital in Japan, bootleggers and bridge-builders. Jackie's recent book, *Family After All: Alaska's Jesse Lee Home*, documents the lighthearted and tragic life of Native children in a small Alaska town where she was born. The presentation will include several songs that help demonstrate how "to tell a life." An opportunity for Q&A and book signing. Jackie will donate half of book sale proceeds to PALS (Placer County Adult Literacy Service). Presentation Hall (KS) doors open at 6:30 PM, presentation 7:00 PM. \$6. RSVP by ◆◆ 3/1.

### Buddy Holly Show at The Eldorado in Reno

Tuesday, March 29 — 1771-01

Another opportunity to enjoy the great music recorded by Buddy Holly who died in a plane crash at age 22 in



1959. This performance tells the story of the three years in which he became the world's top

recording artist. Hear over 20 of Buddy Holly's greatest hits including "Peggy Sue," "That'll Be The Day," "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 8:00 PM performance. Leave the Lodge at 12:30 PM, return ~ 11:30 PM. \$77 (buffet included). RSVP ◆◆ by 3/1.

### "Casino Night" at Orchard Creek Friday, April 1 — 5057-02

Blackjack, poker, craps or roulette, what is your game? Pick your favorite gaming option and compete with friends and neighbors as our Ballroom transforms into a casino atmosphere for the night. Whether playing



or cheering on others, everyone will enjoy casino gaming night with tables run by professional dealers. This year offers more sit-down

tables, more dealers and a no-host bar in the Ballroom with lounge-style seating. Ballroom doors open at 6:30 PM, casino gaming 7:00-10:00 PM. \$20. Each ticket includes \$500 in casino chips; prizes awarded at the end of the evening. Additional chips available for purchase on-site. RSVP by ◆◆ 3/1.

### Ferry to San Francisco Shopping Wednesday, April 6 — 1842-02

**Lots of walking!** Ferry across the Bay from Vallejo to the historic San Francisco Ferry Building where you will have approximately one and a half



hours of shopping/ or lunch on your own. Then, our motor coach will

pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping and/or lunch on your own. Get your Macy's Union Square 11% discount card as you board the bus. Leave the Lodge at 8:00 AM, return ~ 7:30 PM. \$43. RSVP ◆◆ by 3/21.

### Lincoln Hills Tap Company Talent Show "10"

Thursday, April 7

7:00 PM Show — 5132-02A

Friday, April 8

7:00 PM Show — 5132-02B

Saturday, April 9

1:00 PM Show — 5132-02C

7:00 PM Show — 5132-02D

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### Saturday Drop-in Lessons

One hour of instruction on the range  
with a class size of up to 6 people.  
Call the Golf Shop to reserve your spot.

\$20 per person

### Short Game Clinic

Lower your score from a better short  
game. Spend 3 hours on the green.  
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Monday, March 21st

Class size: 10 • \$45 per person.

### ½ Hour Lessons (Patty Snyder)

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Adults \$50 or \$175 for series of 4

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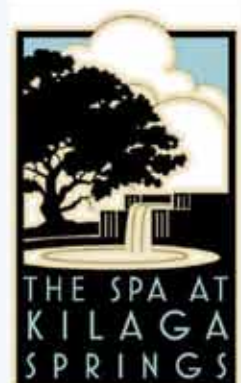


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ing history of fun memories — our 10<sup>th</sup> annual not-to-be-missed fast-paced Talent Show. This wonderful anniversary show will revisit the themes of the past 10 years with new songs, fabulous costumes and new staging. Step down memory lane and enjoy songs of Broadway, Hollywood, Rock n' Roll, Disney and so much more. Because of technical advances and dedicated, hardworking singers and dancers, the show has become better each year. Get your tickets early, this show will sell out quickly. OC Ballroom doors open 30 minutes prior to show time. \$12. RSVP ◆◆ by 3/1.



**Harveys/Harrahs in Lake Tahoe  
Tuesday, April 12 — 1801-02**

Spring in the mountains should be beautiful as our bus travels to South Shore Lake Tahoe. You will have plenty of time at Harveys/Harrahs for gaming, eating and sight-seeing. You must present your Player's Card upon registration at the Activities Desk. If you do not have one, be prepared to give your birth date, then receive your Player's Card at Harveys upon arrival. If you forget your Player's Card the day of the trip, you will have to stand in line for another one. They track our gaming to determine our future package. Enjoy \$10 back (reward card) and \$5 food credit. Leave the Lodge at 8:00 AM, return ~ 7:30 PM. \$31. RSVP ◆◆ by 4/1.



**Comedy Night at Kilaga Springs  
Tuesday, April 12  
6:00 PM performance — 5052-02A  
8:00 PM performance — 5052-02B**

Headliner Dennis Gaxiola has gained notoriety from his appearances with Jamie Foxx on *Comedy Central*, *The Latino Kings of Comedy Tour* with Paul Rodriguez



and *BET's Comic View*. When Dennis is not opening on *ShowTime at the Apollo* or for Cedric The Entertainer, he is a minister at youth conventions, marriage seminars and church services. Show opener Erik Clark travels throughout northern California and has performed with A-list comedians such as Dave Chappelle and DL Hughley. Winner of the 2004 Sacramento Black Comedy Competition, Erik also entertains our troops overseas. 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 ◆◆ 3/1.



**Crocker Museum  
Wednesday, April 13 — 1761-02**

Climb aboard our bus headed for 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. Arrive at the Museum for a 11:00 AM docent-led tour with plenty of time to also view the exhibits on your own. The Museum Café offers hot food options to order and "grab and go" selections for lunch on your own. If you choose to bring your own lunch, you have the option of eating at the Crocker Park across the street. The cafe does not allow outside food. Leave the Lodge at 9:30 AM, return ~ 5:30 PM. \$33. RSVP ◆◆ by 4/1.



**Olmec — Colossal Masterworks  
of Ancient Mexico at de Young  
Museum**

**Thursday, April 14 — 1762-02**  
America's oldest civilization and Mesoamerica's "mother culture" (B.C.1200-400), the people known today as Olmec are famous for colossal heads carved from giant boulders. This exhibition of 150 objects



includes massive heads and thrones, small-scale vessels, figures and masks, many of which have not traveled before. The heads remain among ancient America's most awe-inspiring masterpieces. 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 8:30 AM, return ~ 5:30 PM. \$61. RSVP ◆◆ by 4/1.

**Home Health & Business Showcase  
Friday, April 15**

Stop by OC Ballroom between 10:00 AM and 2:00 PM to learn about latest



products & services and meet your *Compass* advertisers and other local businesses. Be sure to thank them for supporting the *Compass* and many of our Association and Club activities. Additional info: Judy Olson, 625-4014.

**Semi-Annual Parking Lot Sale  
Saturday April 16 – 5120-02**

Join us for a fun morning, 7:30 AM-12:00 PM, to shop or sell at our semi-annual Parking Lot Sale in the lot facing OC Fitness Center. The sale is for residents selling their unwanted household items. Spaces are \$25 each with a limit of two spaces. A six foot table & two chairs will be provided per space. The event will be advertised in local newspapers & *The Sacramento Bee*. Donuts and coffee will be on sale. Spaces go fast, reserve now. Vendors must abide by the guidelines they receive when signing up. RSVP ◆◆ by 4/2.



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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 Lincoln Police at OC Lodge the first & 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  
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**Firestone COMPLETE AUTO CARE**

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

**save now thru 4/30/11**

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**save now thru 4/30/11**



### Jukebox Saturday Night Saturday, April 16 — 5022-02

Guest DJ: Greg Dills of 'Music To Go' Enjoy your Saturday evening dancing with friends and neighbors at our popular Jukebox Saturday Night at Kilaga Springs with DJ Greg of 'Music To Go'! As before, everyone who attends has a chance to get his or her song played. Much like putting a quarter in the Jukebox, each guest can make a single song selection which the DJ will play in the first half of the event. A printed play list is available for you to browse dance favorites. In a single evening we have had rock 'n roll, salsa, ballroom, swing, country, disco, polka, line dance, stroll, rockabilly, the never-omitted "YMCA." A no-host bar is available when KS doors open at 6:45 PM; dancing 7:00-10:00 PM. \$10. RSVP ◆◆ by 3/1.



### Capitol Corridor to Pier 39 in San Francisco

**Thursday, April 21 — 1844-02**  
Seeking adventurous, fun-loving residents for a train trip adventure! Our trip begins here at the Lodge, where we board our coach for the Roseville Train Station to catch Train No. 529 heading for the Bay Area. After a couple of stops, we arrive at Emeryville and leave our train to board an Amtrak bus headed for San Francisco. After a few more stops we arrive at Pier 39 around 10:00 AM. Enjoy time on your own to have lunch/shop/sight-see prior to catching the return bus. Bus leaves Pier 39 promptly at 4:00 PM for Emeryville in time to catch Train 540 heading for Sacramento. Upon arrival at the Sacramento train station, we board the Amtrak bus to Roseville where our coach to LH awaits. Sounds fun, doesn't it? Food is available on the train or bring your own snacks. Trip limited to 40 people



and due to homeland security rules, no roster changes after April 10. Leave the Lodge at 6:30 AM, return ~ 8:00 PM. \$83. RSVP ◆◆ by 4/1.

### Annual Spring "Egg Hunt"

**Saturday, April 23**  
**Toddler 1-4 yrs. Old — 5400-02A**  
**Kids 5-6 yrs. Old — 5400-02B**  
**Kids 7-8 yrs. Old — 5400-02C**

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. A creative balloon maker will twist and create crowns, flowers, airplanes, bunnies and more! Fun egg hunt prizes await your grandchildren during this event. Hunt begins sharply at 10:30 AM. Don't forget your cameras for great Bunny photo opportunities! Bags for egg hunting provided. Sign up your grandchildren, **toddler to eight years only please** at the Activities Desk. Event will be cancelled if we do not have enough interest by RSVP date or if it rains. Wristbands required to participate in all activities. \$3 per child. Limited space. RSVP ◆◆ by 4/8 to ensure we have enough eggs for all age groups.



### San Francisco for the Day Saturday, April 23 — 1845-02

Shop, perhaps have lunch and/or dinner, visit a museum, Chinatown or anywhere else you like. Residents suggested we offer a bus trip to San Francisco the fourth Saturday of each month. This trip drops you off at Pier 39, future trips may drop you elsewhere. These day trips are yours to do as you wish. We will offer them as long as there is interest and participation. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ◆◆ by 4/11.



### Illuminaire at Eldorado in Reno Tuesday, April 26 — 1771-02

The Eldorado is offering this original futuristic, multimedia show with the latest in high-end technology. Surreal costumes, props and sets mixed with



fantastic choreography, characters and scenes. Stage lighting, projections, lasers and pyrotechnics are just some of the special effects. Arrive with plenty of time for gaming and a nice buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$84 (buffet included). RSVP ◆◆ by 4/1.

### Ruth Bancroft Gardens in Walnut Creek

**Thursday, April 28 — 1750-02**  
**Lots of walking! Gravel paths!** The Ruth Bancroft Garden occupies land once part of a 400-acre fruit farm that produced walnuts and Bartlett pears in the Ygnacio Valley. The Garden is now owned as a non-profit organization ensuring it



will be preserved in the spirit of its founder. Although interested in many plant groups, Ruth's long-standing passion has been growing succulents. For more information, go to [www.ruthbancroftgarden.org](http://www.ruthbancroftgarden.org). Upon arrival, there will be a one to one and half hour docent-led tour of the gardens. Additional time will be available to tour the garden on your own – there will be plants for sale if interested. We will then have lunch at Rocco's Ristorante. Lunch will be buffet style and will include *Pasta and Sauce choices, Green and Caesar Salad, Garlic Bread, Cannoli, and non-alcoholic beverage*. For planning purposes, be prepared to give monitor your pasta and sauce preference. Leave the

Lodge at 8:30 AM, return ~ 5:30 PM. \$56 which includes admittance and lunch. Leave the Lodge at 8:30 AM, return ~ 5:30 PM. RSVP ◆◆ by 4/11.

**The Mills Brothers in San Francisco**  
**Saturday, April 30 — 1790-02**

The eloquent music of the Mills Brothers has adoring audiences worldwide. Their magic continues today under the leadership of John Mills, son, grandson and nephew of the original group's members. John Mills had performed with his father,



Donald Mills – the last surviving original – since 1982, and now brings to stage the newest generation of the Mills Brothers.

The new duo includes the beautiful voice of the talented Elmer Hopper, who spent 21 years with the Platters. Performance at The Razzz Room in the Nikko Hotel Union Square. Arrive at Westfield Shopping Center on Market Street in time for lunch/shopping on your own, then off to Nikko Hotel in time for 3:00 PM performance. Leave the Lodge at 9:00 AM, return ~ 7:30 PM. \$86. RSVP ◆◆ by 4/11.

**Chorus at Three Stages Theatre in Folsom**

**Friday, May 20 — 1791-02**

The Sierra Community Chorus is thrilled to be a featured arts organization in the opening season of Three Stages at Folsom Lake College, the newest performing arts venue in the capital region.



This \$50-million dollar state-of-the-art facility will dazzle audiences with its beauty and technical perfection.

See this highly acclaimed vocal group perform best-known and loved music from award-winning movies and Broadway shows. Hear tunes from Lerner & Loewe classics, MGM movies, "Phantom of the Opera," "Les Misera-

bles," "Wicked," more! Reserved Premium seats for 8:00 PM performance. Early purchase encouraged. Leave the Lodge at 7:00 PM, return ~ 11:30 PM. \$50. RSVP ◆◆ by 4/1.

**Mary Poppins**

**Tuesday, June 7, 2011 — 4562-05E**

This is the last show of the Broadway Sacramento Series available for purchase. 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 "Supercalifragilisticexpialidocious." Reserved orchestra seating for 8:00 PM performance. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. \$82. RSVP ◆◆ by 5/1.

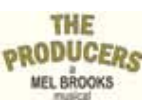
**2011 Music Circus Series**

This year's Music Circus summer season at the air conditioned Wells Fargo Pavilion in Sacramento has lined up a wonderful mix of Broadway blockbusters and five musical theatre classics never before done at the Wells Fargo Pavilion. All shows will be done "Theatre in the Round." Please note new performance time of 7:30 PM. \$65 each show. Leave the Lodge at 6:00 PM, return ~ 10:30 PM.

**The Producers**

**Wednesday, July 13 — 4531-02A**

Winner of a record breaking 12 Tony Awards, this outrageous musical follows the adventures of a down-on-his-luck producer and his beleaguered accountant as they attempt to bilk investors by staging the worst Broadway show ever, only to find themselves with a hit on their hands. RSVP ◆◆ by 6/27.



**Oliver**

**Wednesday, July 20 — 4531-02B**

This dramatic musical adaptation of the Charles Dickens novel tells the

story of an orphan who dared to ask for more, and finds himself in



London's underworld of pickpockets and ruffians. A touching adventure, its Tony-winning score fea-

tures the loved "Food, Glorious Food" and "Consider Yourself (at Home)."

RSVP ◆◆ by 7/5.

**Anything Goes**

**Wednesday, July 27 — 4531-02C**

A British nobleman, a sheltered heiress, a Wall Street stockbroker, a bombastic nightclub singer – and "Public Enemy 13" – take to the high seas in



a madcap musical comedy classic. This showcase for Cole Porter's timeless tunes ("You're the Top," "I Get a Kick Out of You" and "It's De-Lovely") also features legendary tap-dance sequences. RSVP ◆◆ by 7/11.

**Camelot**

**Wednesday, August 3 — 4531-02D**

Arthur, Guinevere, Lancelot and Merlin are the key players in this musical of intrigue, idealism, magic and England's most fabled love triangle. RSVP ◆◆ by 7/18.



**Annie Get Your Gun**

**Wednesday, August 10 — 4531-02E**

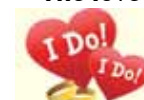
Sharpshooter Annie Oakley joins Buffalo Bill's Wild West Show and tries to win the love of chauvinist Frank Butler without changing who she is. Features Irving Berlin songs "Anything You Can Do, I Can Do Better," "There's No Business Like Show Business." RSVP ◆◆ by 7/25.



**I do! I do!**

**Wednesday, August 17 — 4531-02F**

The love life of one couple over 50 years from wedding night jitters to children to mid-life crises is the focus of this production. This 1966 musical from Harvey Schmidt and Tom Jones is a tuneful treat featuring the pop



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standard “My Cup Runneth Over.”  
RSVP ♦♦ by 8/1.

### Miss Saigon

**Wednesday, August 24 — 4531-02G**

From the creators of “Les Miserables,”  
 Alain Boublil and Claude-Michel Schonberg, this 1991 Broadway musical and international hit ran for 4,000+ performances with its tale of love during tumultuous times, a testament to the human spirit. RSVP ♦♦ by 8/8.

### Sacramento RiverCats (Raley Field, Sacramento)

We have four opportunities this season to watch RiverCats play. Same as last season, all RiverCats games' seats are in Senate Box (in the bowl area directly behind home plate). All selected games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ by 2/21.



### RiverCats vs Oklahoma City RedHawks

**Thursday, May 19 — 6270-01A**  
\$38.

**RiverCats vs Reno Aces**  
**Monday, June 27 — 6270-01B**  
\$38.

**RiverCats vs Fresno Grizzlies**  
**Friday, July 15 — 6270-01C**  
\$40.

**RiverCats vs Albuquerque Isotopes**  
**Tuesday, August 16 — 6270-01D**  
\$38.

### San Francisco Giants (AT&T Park)

The Giants had a wonderful season last year and plan a repeat this year. Anticipating much interest in their games, we offer three opportunities to see them in action. Dates chosen based on teams and afternoon start times allowing us to return home by ~ 6:30-7:00 PM. No cans, glass bottles, alcohol, large bags (over 16x16x8") or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.



### Giants vs. Colorado Rockies

**Sunday, June 5 — 6260-02A**  
1:05 PM game. Leave Lodge at 10:00 AM, return ~ 7:00 PM. \$74. Lower Box Section 132. RSVP ♦♦ by 5/20.

**Giants vs. Los Angeles Dodgers**  
**Wednesday, July 20 — 6260-02B**  
12:45 PM game. Leave the Lodge at 9:30 AM, return ~ 6:30 PM. \$94. Lower Box Section 104/107. RSVP ♦♦ by 6/20.

**Giants vs. Chicago Cubs**  
**Wednesday, August 31**  
Section 104/107; \$94 — **6260-02C1**  
Section 132; \$79 — **6260-02C2**  
Both sections are Lower Box.  
12:45 PM game. Leave the Lodge at 9:30 AM, return ~ 6:30 PM.  
RSVP ♦♦ by 8/1.

## Sold Out Trips/Events thru March 20

### Trip/Event · Date · Departure Time

- Speaker Series – February 16 – 6:30 PM
- Kilaga Springs Music Night — Sister Swing, February 24 – 6:30 PM
- Chinese New Year – February 27 – 8:30 AM
- Grand Night for Singing — Cosmopolitan Cabaret — March 2 – 3:45 PM
- Speaker Series – March 3 – 6:30 PM
- “9 to 5: The Musical – March 15 – 6:30 PM

## Art Classes

### —Drawing—

### Portrait Drawing from the Model

**Wednesdays,**  
**March 2-23 — 1014-02**  
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 doing 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. Check supply list on your receipt. **New students:** email instructor at [clmichelet@earthlink.net](mailto:clmichelet@earthlink.net) for information or questions. RSVP ♦♦ by 2/23.

### Drawing Class – Flowers

**Wednesdays,**  
**March 2-23 — 1011-02**  
9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Spring is all about the vibrant joy of nature. Capture the beauty of daffodils, hyacinths and other flowers as you create timeless drawings in class. Bring your color pencils, inks or watercolor and a potted flower plant for this fun experience. All levels welcome! See supply list on receipt. Questions? Email instructor: [clmichelet@earthlink.net](mailto:clmichelet@earthlink.net). RSVP ♦♦ by 2/23.

### —Oils, Pastels & Acrylics—

### Oil Painting with Frank Ordaz — Portraits

**Fridays, March 4-25 — 1016-02**  
9:00 AM-12:00 PM. (OC). Instructor: Renowned Portrait Artist Frank Ordaz. \$130. A class on portrait painting for the Intermediate and Advanced art student. Students will be taught the value/plane approach to capturing a likeness as well as an in-depth analysis of facial anatomy as it applies to capturing character. Don't miss this opportunity to study with a real pro! Frank's casual entertaining teaching style makes learning fun. Frank will also demonstrate for the students who attend. See his work at [Ordazart.com](http://Ordazart.com) for samples portraits. Questions? Email: [Frank@frankordaz.com](mailto:Frank@frankordaz.com). RSVP ♦♦ by 2/21.

### Impressionism and Landscape Painting with Oils and Acrylic

**Wednesdays, March 16-April 13 — 1031-02**  
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 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 with a master's degree in art from Colorado State College. RSVP by ♦♦ 3/9.

### Painting Pastels and Oils with Joan Mondays,

March 14-April 11 — 1052-02A

Or Tuesdays, March 15 –  
April 12 — 1052-02B

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 from the Activities Desk during registration. RSVP ♦♦ by 3/7 or 3/8.

### —Mixed Media Collage—

Mixed Media Collage • Thursdays,  
March 10-31 — 1140-01

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$72 (four 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 into mixed media collage art and unique 3-D paper assemblages, 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 provided. There is no possibility for a mistake in creating this artwork — it is easy, fun and will open your eyes to a fresh, new art. Class is open to beginning and continuing mixed media artists. A supply list provided upon registration. Questions? Please call Jo at 543-1357. RSVP ♦♦ by 3/3.

### Ceramics Classes

#### —Earthenware—

Dynamic Designs with Piping

Sunday, March 20 — 1103-01A

Firing Fee — 1103-01B

8:30 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. Class \$52, additional firing fee: \$7. David Hoff returns to teach two



projects featuring piping and painting. Piping is raised stand-up design work that does not flatten out during glaze

firing. Moorcroft Potteries are well known for this style of work. Learn to make and use a piping material with Slip and French Dimension. Class will cover decorating pieces in Concepts, Clear Glaze and firing. Students will finish two Duncan Bisque pieces. All



supplies available for purchase from instructor including special piping bottle (\$4.75) & bisques. All color and miscellaneous

supplies are included in class fee, patterns and paper work will be included as well. RSVP ♦♦ by 3/6.

### —Lladro—

Spanish Oil Painting

Wednesdays, March 16-

April 13 — 2061-02

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. Pre-



requisite: 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 3/9.

Lladro Workshop • Wednesdays,

February — 2063-01B

March — 2063-01C

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. Workshop is for Lladro hobbyists who can work on their own and are going on vacation and cannot attend a class full-time. Workshop is *not* for beginners and will not provide instruction from moderator. 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 follows guidelines and safety procedures. Workshop includes firing and use of moderator's supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop. Space limited; sign up early!

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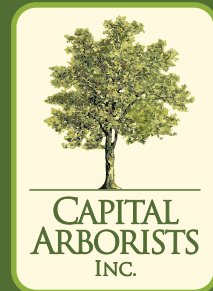


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## —Pottery—

### Beginning/Intermediate Ceramics with Jim • Tuesdays, March 1-29 — 2013-02A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop 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. 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 2/22.



### Advanced Ceramics • Tuesdays, March 1-29 — 2013-02B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$67 (five 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 techniques and projects. RSVP ◆◆ by 2/22.

### Beginning Hand Building Potter's Wheel Techniques with Terry • Thursdays, March 3-31 — 2015-02

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$67 (five sessions). Terry's beginning Ceramics class will allow you to work at your own pace receiving individual instruction to achieve your 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 ma-



terials to class for a fun and successful experience. For new students, please ask for supply list when you register. RSVP ◆◆ by 2/24.

## Computer Classes (PC & Mac)

### iPad Class –

#### Saturday, February 19 — 2660-01

9:00 AM-12:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad then you thought possible. Learn about iOS4 (the operating system for this device) settings, like Air Play and Air Print. Class demonstrates the many settings and applications on the large screen in the Presentation Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information. Discover additional tools and reference areas. Learn to make folders. Bring your iPad– free WiFi allows you to use the Internet and check out applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP ◆◆ Now.



## Computer Classes (PC)

### —Operating System—

#### Intro to PC: Beginner's Guide to Computers • Thursday, Thursdays, February 24 & March 3 — 2540-01

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 combination of lecture and hands-on. \$2 handout fee is due



at class payable to instructor. RSVP ◆◆ by 2/14.

### Computer 2/Guide to Internet Tuesday & Thursday

#### March 15 & 17 — 2541-02

9:00 -11:30 AM (OC). Instructor: Cami Cordell. \$34 (two sessions). Intermediate level. Ask questions, experiment and review computer terms. Students will learn Windows 7 navigation features, file management, and customizing. Class also explores the Internet, use a browser to locate websites and search for information. Optional: Bring a USB drive to save your work. \$2 handout fee is due at class payable to instructor. RSVP ◆◆ by 3/8.

## —Microsoft 2007—

### Word Phase Two

#### Mondays & Wednesdays,

#### February 21-March 2 — 2651-01

9:00-11:00 AM (OC). Instructor: Angela Blas \$48. Class provides the student with additional practice with Word 2007. Explore advanced features of word, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels, tables. As always, Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. Join us for a fun class. Prerequisite: lots of practice with Microsoft Word or Word Phase One or Word Basics. RSVP ◆◆ Now.



### Practical Excel

#### Mondays & Wednesdays,

#### March 14-23 — 2670-02

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48. Class focuses on using Excel to organize lists — from our address book to our club duties and lists of “stuff” we keep. This feature makes it easy and best of all you can use these lists in Mail Merge applications for labels, name tags, letters etc. This is a great class to follow the Excel basics class! RSVP ◆◆ by 3/7.

## —Social Networking—

### The World of Facebook Monday & Wednesday March 7 & 9 — 2693-02A

9:00 AM -12:00 PM (OC). Instructor: Cami Cordell. \$36 (two sessions). This three-hour class will provide two hours of lecture and one-hour lab each session. **Prerequisite:** Must have an email account. Want to reconnect with long lost friends but don't know how? Facebook is a fun way to search and reconnect with friends, old school chums, and family. A way to stay up-to-date with life stories and photos. Learn how to sign up, set up a profile, post first comments. Create an event, post a picture, invite friends to your Facebook site, more. Class is a combination of lecture and practical application. Students are provided one-on-one coaching with instruction tailored to skill level of each student on the last hour of the class. With the constant changes in Facebook, everyone is considered a beginner. \$2 fee for handouts payable to instructor. RSVP ◆◆ by 2/28.



### Facebook Lab

**Friday, March 18 — 2693-02B**  
9:00-11:00 AM (OC). Instructor: Cami Cordell. \$13. Two-hours of lab help. Students can take this course *after* completing The World of Facebook class. Residents will be able to log in and ask questions. RSVP ◆◆ by 3/7.

## —Digital Photography—

**Downloading and Resizing Digital Photos • Tuesdays,  
February 22 & March 1 — 2622-01**  
9:00-11:30 AM (OC). Instructor: Roy Salisbury. Class is full.

**Photoshop Elements 9 – Level I  
Tuesdays,  
March 22 & 29 — 2522-02**  
9:30-11:30 AM (OC). Instructor: Roy Salisbury \$30. The #1 consumer

photo editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 9.0 owners.



After class, students may access PC lab to work on photo projects. **Prerequisite:** Basic computer knowledge recommended. \$2 hand-out fee payable to instructor. RSVP ◆◆ by 3/15.

## Crafts

### —Mosaic—

**Mosaic 101:  
Beginners Mosaic Class  
Stepping Stone Stained Glass  
Tuesday, February 22 — 3093-01**  
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. Join this fun class and discover the art of glass 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. Though design pattern is provided, each project is unique based on the choice of colors and cuts of glass used by student. For those who have taken this class before, you may bring your own pattern that fits a 7½" x 7½" size stepping stone. Pattern should be on printer paper enlarged to desired size. This easy, fast and friendly project can be duplicated at home after the class. Men and women encouraged to join. All materials needed are covered by the materials

fee. If you have a nipper, please bring to class. RSVP ◆◆ Now.

## —Origami—

### The Simple Art of Japanese Papercrafts

**Mondays, March 7-28 — 3041-01**  
2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$32. After the introduction of papermaking in Japan from China in the sixth century AD, paper-making-papercrafts-origami underwent a rapid change in technique and raw materials used, creating unique Japanese paper, or Washi (special traditional Japanese paper). Learn the difference between original paper and Washi to create gifts and other ideas in step-by-step oriental style. Use ordinary origami paper, craft paper and Washi to create a Samurai helmet, lunch box, tea plate, a plate of cherry blossoms, more. Students must bring Origami papers (6x6", 8x8" & 12x12"), pencil, ruler, glue stick and scissors to class. Beginners welcome! Check display window (OC) for project samples. RSVP ◆◆ by 2/28.



went a rapid change in technique and raw materials used, creating unique Japanese paper, or

Washi (special traditional Japanese paper). Learn the difference between original paper and Washi to create gifts and other ideas in step-by-step oriental style. Use ordinary origami paper, craft paper and Washi to create a Samurai helmet, lunch box, tea plate, a plate of cherry blossoms, more. Students must bring Origami papers (6x6", 8x8" & 12x12"), pencil, ruler, glue stick and scissors to class. Beginners welcome! Check display window (OC) for project samples. RSVP ◆◆ by 2/28.

## 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 – East Coast  
Swing (six count)  
Saturdays, March 5-26 — 3519-02A**  
10:00 -11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). East Coast Swing six count) is characterized by slower paced music with triple step footwork. It's fun and easy to learn! We will work on beginning level moves with leading and following skills for this great

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dance. A great start with this beginning class. RSVP ◆◆ by 2/28.

### Intermediate Ballroom — Night Club Two Step Routine Saturdays,

**March 5-26 — 3519-02B**

11:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). *More Night Club Two Step Routine!* More moves, technique, style. We will continue where last month's class left off. We will work to improve dancing skills in this wonderful dance. Students will need to know beginning moves of the choreography. (Questions? Call the Fontaines at 773-2535.) Join us! RSVP ◆◆ 2/28.



### —Clogging—

#### Clogging with Janice • Tuesdays, March 1-29 — 3571-02A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five 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, an ongoing class. Join fellow cloggers and dance the hour away. Dr. Oz would be proud! RSVP ◆◆ 2/22.



#### Beginning Clogging • Tuesdays, March 1-29 — 3571-02B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). You have seen it on "America's Got Talent." It helps reduce dementia levels and stimulates the brain. 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 roots in many dances — 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 recommended, or "tennis" shoes. Bring enthusiasm, a bottle of water, a towel to mop your brow, a friend, and we'll have lots of fun. RSVP ◆◆ by 2/22.

#### 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 steps at the intermediate level.

#### Clogging II • Tuesdays, March 1-April 19 — 3573-01A

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 2/22.

#### Clogging Performance • Tuesdays, March 1-April 19 — 3573-01B

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 2/22.

### —Hula Dance—

#### Hula Continuation • Thursdays, March 3-31 — 3901-02

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$40 (five 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 sooth-

ing sounds of Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ◆◆ by 2/24.

### —Line Dance—

#### Line Dance I/Beginner with Audrey Thursdays, March 3-April 21 — 3700-01A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This beginner class will teach you fundamentals of line dancing, including basic steps, such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, we recommend taking Intro to Line Dance first. RSVP ◆◆ by 2/24.

#### Line Dance II/Beginner-Intermediate with Audrey • Mondays, February 28-April 18 — 3700-01B

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 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 2/21.



#### Line Dance III/Intermediate with Audrey • Thursdays, March 3-April 21 — 3700-01C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This level is offered for those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces intermediate and some advanced line dances. Don't let this scare you! The dances have enough basic steps to keep the danc-

er “above water.” A lot of fun, and great exercise. RSVP ◆◆ by 2/24.

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

**February 28-April 18 — 3700-01D**  
3:45-4:45 PM (OC). Instructor: Audrey Fish. \$40 (eight sessions). Dances taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances (i.e., other styles of dance — hip hop, body rolls, arm movements, phrased dances, restarts, more technical steps and rhythms. RSVP ◆◆ by 2/21.

### Line Dance Beginner Plus with Sandy • Wednesdays,

**March 23-April 6 — 3701-02A**  
8:00–9:00 AM (KS). Instructor: Sandy Gardetto. \$15 (three 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, coaster 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 3/16.

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

**March 23-April 6 — 3701-02B**  
9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$15 (three sessions).



**Prerequisite:** Line Dance I or Beginner Plus for at least six months. Understanding the basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include

full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ◆◆ by 3/16.

### Line Dance III with Sandy Wednesday,

**March 23-April 6 — 3701-02C**  
10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$15 (three sessions). Steps 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, 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 both comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ◆◆ by 3/16.

### Line Dance I/Beginner with Yvonne Mondays, March 7-April 25 — 3703-01A

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 line dance fundamentals including grapevine, 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. A great way to make new friends while enjoying the benefits of dance and exercise. RSVP ◆◆ by 2/28.

### Line Dance Beginner Plus with Yvonne • Mondays, March 7-April 25 — 3703-01B

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. 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 2/28



### Line Dance II/Beginner-Intermediate with Yvonne Thursdays,

**April 7-May 26 — 3703-02**  
9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). What our settlers started back in the 1800's has spread. In addition to the great US choreographers, 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 steps. RSVP ◆◆ by 3/31.

### Country Couples Line Dancing — Intermediate Continuing Mondays, March 7-28 — 3531-02

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$4 per person for one hour or \$8 for two hours per session. To meet the varying lifestyles of our residents, we now offer hourly



or two-hour sessions for the class. Schedule of type of dance to be taught for the month is available for review at the Activities Desks. Enroll only in classes you want to learn. Class size limited so pre-registration is important. This class is for continuing students who 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 combi-



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nation 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. To receive schedule of dance classes, email [diane.kemper@sclhca.com](mailto:diane.kemper@sclhca.com). RSVP ◆◆ by 2/28.

### —Tap Dance—

#### Tap Classes with Alyson!

Enjoy Tap lessons from one of the area's best instructors! If you have tapped before or wanted to try, join us! Instructor Alyson Meador has been teaching tap for 30 years and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love of tap with our community since 2000. Students, beginners to advanced, 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, February 28 – April 18 — 3554-01A**

10:00–11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/21.

#### Technique Class

**Mondays, February 28 - April 18 — 3554-01B**

11:00 AM-12:00 PM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/21.

#### Advance Performance

**Mondays, February 28- April 18 — 3554-01C**

12:00-1:00 PM (KS). \$50 (eight sessions). Class is only for advanced students approved by instructor. RSVP ◆◆ by 2/21.

#### Beginning Tap • Tuesdays, March 1-April 19 — 3554-01D

9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time you will move into one of the four existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do. Register now if interested in trying tap! *Minimum of 10 students required for the class.* RSVP ◆◆ by 2/22.

#### Technique Class • Tuesdays, March 1-April 19 — 3554-01E

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/22.

#### Technique Class • Thursdays, March 3-April 21 — 3554-01F

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/24.

#### Updated Dates/Price!

#### Performance • Thursdays, March 3-April 7 — 3554-01G

11:00 AM-12:00 PM (KS). \$38 (six sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 2/24.

#### Updated Dates/Price!

#### Performance • Thursdays, March 3-April 7 — 3554-01H

12:00 -1:00 PM (KS). \$38 (six sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 2/24.

#### Updated Dates/Price!

#### Performance • Fridays, March 4-April 8 — 3554-01I

12:00-1:00 PM (KS). \$38 (six sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 2/22.

#### Tap for Fun with Judy!

Join us on Monday or Friday after-

noon to enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. 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, February 28- April 18 — 3551-01A

4:45-5:45 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 2/21.

#### Fridays, March 4- April 22 — 3551-01B

1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 2/25.

### —West Coast Swing— (California's State Dance)

#### Beginning West Coast Swing Levels I & II • Wednesday, March 9-30 — 3512-02A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks).



Learn the basics of this great dance from veteran WCS instructor Dottie and how it can be applied to various types and styles of music. **Prerequisite:** Complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ◆◆ by 3/2.

#### Intermediate West Coast Swing Levels I & II • Wednesdays, March 9-30 — 3512-02B

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 3/2.

#### Advanced West Coast Swing Wednesdays, March 9-30 — 3512-02C

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks).

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**Prerequisite:** Must have completed West Coast Swing Intermediate I and II. RSVP ♦♦ by 3/2.

## Driver Training

### AARP Driver Safety Course Monday & Tuesday, March 7 & 8 — 6055-01

1:00-5:30 PM (OC). AARP Member (\$22) for two-day session; AARP Non-Member (\$24). Instructor: Roger Kane. Resident must present 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 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course covers how to adjust your driving to accommodate normal age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver 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 2/28.

## Fitness

*Register for these classes at the Fitness Centers starting February 17, 10:00 AM*

### —Small Group Training—

This program is designed to give the personalized workout of personal

training with the effectiveness and excitement of working with a group. Small group training sessions will have a minimum of four participants, and maximum



of six participants to guarantee success and individualized attention to everyone.

### SGT — Bodybugg Mondays & Fridays, March 11-April 4 — 835000-E

11:30 AM-12:30 PM, Aerobics Room (KS). Instructor: Brandy Garcia. 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. You receive nutrition information and small group support, and also the workouts to kick start your success. Learn how to train your body for maximum calorie burn, and have results to prove it. Session includes discussion, maximal calorie burn and results! Bodybugg not required! 2011 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. \$135. Register/Fitness Centers.

### SGT — "Fun"ctional Fitness Tuesdays & Thursdays, March, 3-29 — 835000-F2

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled Small Group Strength Training great for beginners or anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all

levels are welcome. **Four week session \$135.** Register/Fitness Centers.

### SGT — Bootcamp Mondays & Wednesdays, March 7-30 — 835000-BC

5:00-6:00 PM, Aerobics Room (KS). Instructor: Shawn Buschmann. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back to basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135.** Register/Fitness Centers.

### —Circuits, Weights, Stretches—

### W.O.W. — Working Out with Weights • Tuesdays, March 3-April 5 — 750500-02

11:30 AM-12:30 PM, Weight Room (KS). Instructor: Jill Boan. Join this six-week in-depth, informational strength training program that will take you from basic to advanced training techniques. 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 week session - \$75.** Register/Fitness Centers.



### Reach for the Top/Stretch & Tone! Mondays, March 7-28 — 805000-02

12:00-1:00 PM  
Tuesdays, March 8-29 — 801000-02  
11:30 AM-12:30 PM  
Thursdays, March 10-31 — 80300-02  
11:30 AM-12:30 PM

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**Thursdays, March 10-31 — 80400-02**

12:30-1:30 PM, Aerobics Room (The Wave). Instructor: Lin Hunter. This class is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get



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

prevent arthritis and keep you more mobile. Lin is a licensed nurse and AF-FA-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.** Register/Fitness Centers.

**Balletone • Tuesdays, March 8-29 — 70000-02**

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 session \$35.** Register/Fitness Centers.

**—Tennis Lessons—****Friend Tennis • Mondays, March 7-April 11 — 790300-02**

1:00-1:45 PM, Tennis Courts #10/11. Instructor: Bob Halpin. Open to any group of friends with similar abilities who want to advance their game together. Class size limited to six and

a minimum of four. **Six week session \$60.** Register/Fitness Centers.

**Intermediate Tennis (Level 2.5) Sundays,**

**March 6-April 4 — 90301-02**  
11:00-11:45 AM, Tennis Courts #10-11. Instructor: Bob Halpin. This class is for players that 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 six students and a minimum of four. **Six week session \$60.** Register/Fitness Centers.

**Intermediate Tennis (Level 3.0) Sundays,**

**March 6-April 4 — 790302-02**  
11:00-11:45 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, overhands, 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 six students and a minimum of four. **Six week session \$60.** Register/Fitness Centers.

**Pro Tennis Lessons Sundays, March 13-April 17 Beginners**

**8:00-9:00 AM — 790700-02**

**Intermediate**

**9:00-10:00 AM — 790600-02**

**Advanced**

**10:00-11:00 AM — 790500-02**

Tennis Courts #10/11. Instructor: Mike Gardetto. Mike Gardetto is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. **Six-week session \$65.**

**—Pickleball Lessons—****Beginners Pickleball Sundays, March 6- April 4 — 790100-02**

1:00-2:00 PM, Court #4. Instructor: Bob Halpin. 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 limited to four. **Six week session \$48.** Register/Fitness Centers.

**Beginners Pickleball • Mondays, March 7-April 11 — 790102-02**

3:00-4:00 PM, Court #4. Instructor: Bob Halpin. 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 limited to four. **Six week session \$48.** Register/Fitness Centers.

**Intermediate Pickleball • Tuesdays, March 8-April 12 — 790101-02**

3:00-4:00 PM. Court #4. Instructor: Bob Halpin. Class aimed at the average Pickleball player that may need to work on techniques and needs to work on the dink and advanced strategy that uses the dink. Class size limited to four. **Six week session \$48.** Register/Fitness Centers.

**— Qigong —****Qigong • Thursdays, March 10-April 3 — 745000-02**

3:30-4:30 PM, Aerobics Room (KS). Instructor: Peter Petersen. Qigong (pronounced chi-gung) has been around for 5000 years and originated in China. This class is gentle and easy to learn and can be practiced by anyone, at any age or fitness level. Using simple gentle body movements, it becomes the art of energy management and can balance and unblock stagnate energy. Physical benefits include help-

ing 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/Fitness Centers.

### —Dance/Fitness Centers—

#### Belly Dance

**Mondays, March 2-23 — 770200-02**

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 that 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. **Four week session \$36.** Register/Fitness Centers.

#### Greek Line Dance

**Fridays, March 4-25 — 770100-02**

4:45-6:00 PM, Aerobics Room (The Wave). Instructor: Anna Woods. Learn fun, easy dance steps that move beautifully to Mediterranean music. Also an awesome workout! These dances can be done at parties, another way to have fun with friends and get great exercise. Anna's 15 years teaching Mediterranean dances is an added plus. Gentlemen welcome as well. Anna allows you to try one class for free! Limit: five participants. **Four-week session \$36.** Register/Fitness Centers.

#### Performance Dance with Dolly

**Fridays, March 4-25 — 771200-02**

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/Fitness Centers.

#### Jazz/Musical Theatre

**Wednesdays,**

**March 2-23 — 770300-02**

4:15-5:15 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater & lyrical styles. Something new in every class. Come watch a class and see how much fun dance can be! **Four-week session \$32.** Register/Fitness Centers.

#### Creative Dance • Wednesdays,

**March 2-23 — 770400-02**

5:30-6:30 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. This class explores the 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/Fitness Centers.

### —In the Pool—

#### Core-N-More Suspended Aquatic

**Wednesdays,**

**February 23-March 16 — 760000-02**

9:35-10:30 AM

**Wednesdays & Thursdays, February**

**24-March 17 — 7601000-02**

4:00-5:00 PM, Indoor Pool (Wave).

Instructor: Andrea. This class maximizes the benefits of water with the assistance of a Buoyancy Belt. Exer-

cises 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, 844-8824. **Four-week session \$30 one day/week or \$50 two day/week.** Register/Fitness Centers.

#### Aqua Zumba™

**Mondays, March 7-28 — 813000-02**

4:00-4:50 PM, Indoor Pool (Wave). 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 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, 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.™" **Four week session \$40.** Register/Fitness Centers.

### —Nordic Walking—

#### Nordic Walking for Beginners

**Wednesdays,**

**March 2-23 — 750000-02**

1:00-2:00 PM, Aerobics Room (KS). Instructor: LH resident Mike Barkhurst.

Train with the best, Mike is a part of 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/Fitness Centers.

### —Yoga—

#### Gentle Hatha Yoga

**Tuesdays, March 8-29 — 710100-02**  
**Thursdays,**  
**March 10-31 — 710200-02**

2:00-3:30 PM, Aerobics Room (KS). Instructor: Julie Boone. This class is offered in the Gentle Hatha Yoga Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging yet “doable.” For long-term students as well as yoga newcomers. Julie’s motto is “Yoga is not supposed to hurt!” She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (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/Fitness Centers.

#### Chair Yoga

**Tuesdays, March 8-29 — 710000-02**  
12:25-1:45 PM, Aerobics Room (KS)  
Instructor: Julie Boone. 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/Fitness Centers.

#### Evening Yoga (Hatha-Traditional Yoga)

**Tuesdays, March 1-22 — 711000-02**  
6:35-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. 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! **Three-week session \$30.** Register/Fitness Centers.



#### Evening Yoga and Meditation

**Thursdays,**  
**March 3-24 — 711100-02**  
6:00-7:10 PM, Aerobics Room (KS). Instructor: Susan Hayes. 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. Limit: 10 students. **Three-week session \$30.** Register/Fitness Centers.

## Gem Stone Cutting

### Gem and Jewelry Open Workshop

Most Mondays and Wednesdays, the Lapidary Shop, Casting Shop and Fabrication Shop are open from 8:00 AM-12:00 PM (shared space) Sierra



Room, (KS). These workshops are open to experienced persons (after orienta-

tion) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance Fee \$5 per two-hour session. Sign in and pay upon arrival. Questions: Dave Fisk, 434-0747.

### Lower Price! Intro to Gem Cutting

**Mondays, March 7-28 — 3082-01**  
10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$20. Supply fee \$15 payable to instructor. Limit: six students. This “hands-on” class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. Four class sessions per course. Questions: instructor Dave Fisk, 434-0747. RSVP ♦♦ by 2/28.

### Lost Wax Jewelry Casting

**Mondays, March 7-28 — 3132-01**  
12:00-3:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 12:00-3:00 PM for week three (March 21) (KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor first day of class. Learn basic techniques of millennia-old craft. Create wax model of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the metal with

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a centrifuge, and finish the casting using jeweler's buff and other tools. Upon class completion, students may attend Gem and Jewelry Open



Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions: instructor Dave Fisk, 434-0747. RSVP ♦♦ by 2/28.

### Jewelry Fabrication, Mondays, March 7-28 — 3161-01

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo \$60. Materials fee - \$10 payable to instructor at first class. Learn the basic techniques of fine jewelry construction, then wear your accomplishment. It's easier than you might think. Class requires addi-



tional small amount of metal purchase, (silver or gold) available in class. Class size limited to six students. No make up classes. Students

may continue to access the open workshop equipment upon completion of class for a nominal fee. About the Instructor: Chuck has been creating custom jewelry mountings for the past 50 plus years. His work has been displayed at the Los Angeles County Fair and numerous lapidary club shows. RSVP ♦♦ by 2/28.

## Glass Art

### —Fused Glass—

#### Beginning & Continuing Jewelry and Other Small Treasures •

#### Tuesdays, March 15-22 — 3098-02

5:00-8:00 PM (KS) Instructor: Kate Uppal. \$60 (three sessions). For beginning and continuing students. Make beautiful dichroic glass jewelry — makes jewelry unforgettable! Beginning students will use both regular and dichroic glass to learn fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln

forming. Learn finishing techniques and proper methods for applying findings to complete designs. Continuing students will explore new techniques, improve on some of the basics and perhaps invent a new piece or two. All students will be given individual attention. Take an opportunity to create several pieces including: pendants, earrings, bracelets, more. Sign up early, class size is limited. Beginning students pay \$40



supply fee to instructor on first day of class which includes glass, bails, earring findings, copper inclusions, stringer and other materials. Continuing students may bring their own 90 COE glass and supplies to class or purchase it from the instructor.

All students bring paper, pencils and tweezers; optional: camera. *About the instructor:* Kate Uppal has been working and exploring different forms of fused glass and precious metal clay artwork for five years. She has studied under leading experts in glass fusing as well as dichroic jewelry and glass frit artwork. RSVP ♦♦ by 3/1.

#### Fusing Glass Workshops

#### February — 3102-01B

#### March — 3102-01C

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. \$12 each day. Items will be limited to a 6'x6' kiln



space. Fusing enthusiasts: Bring your glass and fusing projects 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

#### February — 3101-01B

#### March — 3101-01C

4:00-6:30 PM on Mondays except for

last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day. Due to nature and expense of working with glass and equipment, workshop is for experienced students only. A moderator will be in attendance to supervise safe use of 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 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.

#### Beginning Stained Glass

#### Tuesday, March 1-15 — 3091-01A

#### Basic Kit — 3091-01AB

1:00-4:00 PM (KS) \$45 Instructor: Bill Sutherland. Class fee plus \$10 for basic kit payable at time of registration. Learn the beautiful skill of stained glass artistry. This three-week class is designed to instruct the art and safety of cutting glass for art projects. Learn how to take a concept through to completion. Class includes cutting the pattern, layout and design, glass cutting and soldering techniques. Even if you have experience with stained glass, you must take this class to be certified to use Association equipment. A fun and creative class. Attendance at the first day of class is required since it covers essential information. RSVP ♦♦ 2/22.

## Jewelry

### —Beading—

#### "Slinky" Bangle

#### Tuesdays, March 1 & 8 — 3013-01

9:00 AM – 12:00 PM (KS). Instructor: Cathie Szabo. \$30. **Great for beginners and experienced beaders!** What fun – a wavy, wavy bangle that looks like our childhood favorite Slinky. So simple, you'll find yourself making

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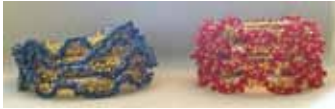
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more than one. No worries about the right fit – the wire fits itself to you. The secret to the waves? Different size seed beads and a bit of tension! Go for contrasting colors or go subtle with shades in the same color family. Check out the samples in the display window for ideas. Be sure to get your



materials list when you sign up. Questions:

Cathie at billcats1@earthlink.net or 434-6667. RSVP ◆◆ by 2/22.

### Freeform Peyote Bracelet or Necklace

**Thursday, March 17 & 24 — 3011-02**

3:00-5:30 PM (KS). Instructor: Donnette Thomas. \$30. This technique is easy, requires some beading experience or if you think you can do it, you probably can. Your choices of color and bead shapes will determine the success of your first piece of jewelry. Not recommended as a first project; check out the window display at the Terra Cotta Room (KS) and see what you think. Check supply list on your receipt. Questions: Donnette at 425-3666. RSVP ◆◆ by 3/11.

### “Beading 101” – Basics of Beading Tuesday, April 5 — 3012-02

9:00 AM - 12:00 PM (KS). Instructor: Cathie Szabo. \$20. \$10 Materials fee due to instructor first day of class. **Ideal for beginners or a good refresher for more experienced bead-ers.** Want to create your own unique jewelry, repair that favorite necklace, or pick up a new hobby? Spend a few hours and go home with two bracelets and a pair of earrings. Learn basics of bead stringing – color and composition, how to fasten clasps and more. Instructor will provide kits with all materials needed to create all three projects. You’ll need a few basic items from home and some imagination. Cathie will share tips and techniques she’s learned over the years. Check the display windows at OC and KS for samples of the jewelry

you’ll create. Be sure to get the list of “Basics to Bring” when you register. Questions: Cathie at billcats1@earthlink.net or 434-6667.

### –Precious Metal Clay (PMC)–

#### PMC featuring The Dynasty Stamp Collection

**Tuesday, March 29 — 3161-02**

10:00 AM-5:00 PM (KS) Instructor: Jewelry artist, Patrik Kusek. \$51. Ever since the Dynasty Stamp collection was introduced, it has become a true benchmark in quality texture plates for metal clay. In this workshop, you’ll get unprecedented access to the entire Dynasty Stamp texture collection while learning basics of metal clay: layering and adding textures, proper construction techniques, stone setting, torch firing (an affordable method that you can do at home), and finishing techniques including



the using liver of sulfur to create a beautiful patina. In the morning, the instructor will guide you through one of several projects that emphasize how to work with metal clay and utilize proper construction techniques. In the afternoon, you’ll choose your own project or from other projects to make. More experienced students will be encouraged to design their own projects with advice from the instructor. This class is perfect for beginners and intermediate students. Instructor will have basic PMC kits for students to use in class. \$40 materials fee includes one package of PMC+, CZ Gemstone, handouts and consumables, payable to instructor. RSVP ◆◆ by 3/22.

### Music

#### Guitar I - Continuation • Fridays, March 4-April 22 — 4261-01A

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Must have completed at

least one session of Guitar I with Bill. Class is for the person that has not played before or hasn’t played guitar for many years. Covers 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 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. Questions: Bill at 434-5655. RSVP ◆◆ by 2/25.



#### Guitar II — Intermediate • Thursdays, -

**March 3-April 21 — 4261-01B**

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). Class continues the course of study in Guitar I and will include: reading music in the first position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. It also provides 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. RSVP ◆◆ by 2/23.

#### Guitar III – Advanced Thursdays,

**March 3-April 21 — 4261-01C**

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. Class is a continuation of concepts taught at the intermediate level with the goal of becoming a skilled guitarist.

We continue to study finger picking for various styles of music and introduces varied types of ensemble playing — duets, trios, and quartets. RSVP ◆◆ by 2/23.

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## —Keyboard—

### Play In a Day Keyboard Class Tuesday, March 1 — 4270-02A

10:00 AM-12:00 PM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard? If so, this is the class for you! The music experts of Music Exchange 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 limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ◆◆ by 2/22.

### Play In a Day, Keyboard Continuation Class

Tuesday, March 8-22 — 4270-02B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). **Prerequisite:** Must have completed Play In a Day Keyboard Class. From the successful Play In A Day Keyboard class, this three-week class 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 setup of all brands of keyboards. The one-and-a-half hour class will provide lecture

and hands on activities. Keyboards provided. Class fee includes basic music book and handouts. RSVP ◆◆ by 3/1.

## —Music History—

### History of Movie Musicals Part 4: Disney Animated Musicals — The Renaissance Thursdays, March 10-31 — 4271-01

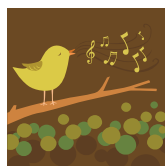
10:00 AM-12:00 PM Presentation Hall (KS). Instructor: Ray Ashton. \$20 (four sessions). Our history of movie musicals continues with Part 4 of Disney's Animated Movie Musicals. We pick up after the death of Walt Disney and a very dark period at Disney Animation. We will discover how a group of young animators and a leadership rooted in the theater changed everything. We will meet the little Mermaid who restarted it all, the great composers and lyricists who inspired us, and the first animated film nominated for a Best Picture Oscar. Journey to the New World, the African Savannah, the Arabian Desert, the Bells of Notre Dame, and the streets of New Orleans and New York. Meet great heroes, wonderful music, and a group of inspiring heroines never before experienced in the history of the movies. Sign up early as class fills up fast. RSVP ◆◆ by 2/24.



## —Voice—

### Singers Vocal Boot Camp Continuation • Fridays, March 4- April 22 — 6132-01

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music.



This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recogni-

tion in treble and bass clefs. RSVP ◆◆ by 2/25.

## Sewing

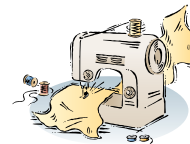
*Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.*

### Bernina 440 Quilting Certification Monday, February 28 — 4058-12C

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 features and enhancements the machine has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence 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 2/21.

### Bernina Sewing Machine Certification • Monday, March 14 — 4057-12

3:00-4:00 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ◆◆ by 3/7.



### Bernina Serger Certification Monday, March 14 — 4056-12C

1:30-2:30 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies will be provided during class. Class limited to three students. RSVP ◆◆ by 3/7.

## —Creative Hardanger—

Norwegian Embroidery "Creative Hardanger" for Beginners  
Tuesdays, March 1-22 — 4022-12C  
3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions).

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### New! Norwegian Embroidery "Creative Hardanger" Workshop Every Tuesday — 4022-12C

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop are for students who have taken the class in the past and require minimal instructor assistance. Class held in conjunction with Creative Hardanger for Beginners. Instructor will be present to answer questions and provide guidance for successful completion of your project. Enjoy the camaraderie and fun atmosphere at the workshop with friends who share your interest in the hobby. Students attending workshop must register and pay at the Activities Desk prior to start of workshop. Questions? Call Ana Bertha at 408-2670.

## —Knitting—

### Beginning Knitting • Wednesdays, March 2-23 — 4071-02A

1:00-3:00 PM (OC). Instructor: Nancie Wiseman. \$40 (four sessions). This class is for the real beginning knitter. If you have knitted long ago, need a refresher, or want to learn how to knit, come to this class and learn the joy and relaxation of this timeless craft. Learn the basics and begin to understand the skill as Nancie teaches you to cast on, knit, purl and bind off. Even if you already have some basic knitting skills you will pick up tips and techniques from this class. See Intermediate Knitting for information on Nancie. Students must bring

a size 7 or 8 straight or circular knitting needle (if you know how to use it) and worsted weight yarn in a light color to class. RSVP ◆◆ by 2/23.

### Intermediate Knitting • Mondays, March 7-28 — 4071-02B

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 knows how to knit but would like help reading instructions,



checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knit-

ting. Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. *About the instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for several yarn companies as well as writes articles and knitting designs for the major knitting magazines. Nancie has written nine books on Knitting and Crochet and two books on Quilting. RSVP ◆◆ by 2/28.

## Travel

## —Language—

### 101 French for the Traveler Saturdays, March 5- April 9 — 6091-01A

4:30-6:30 PM.(OC) Instructor: Claire Michelet.\$90. Learn pronunciation, structure and special rhythm of the French language. Acquire phrases and essential vocabulary for travelers. Carry on simple conversations in French after completing the class. This a great class to take if you plan to tour France. Material fee: \$15, covering a small text book and audio tape. RSVP ◆◆ by 2/28.



## —Visual Tour Presentation—

### Provinces of France, a Visual Tour Sunday, February 27 — 6091-01B

1:00-4:00 PM (KS). Instructor: Claire Michelet. \$20. Whether you've only traveled to France in your dreams or in reality, this visual tour of France has something for you. Join us for this Tour of France and visit each Province and Region of this beautiful country. This two-hour slide presentation will be followed by an hour of Q & A. RSVP ◆◆ Now.

### Paris, a Visual Tour Sunday, March 6 — 6091-01C

1:00-4:00 PM.(KS) Instructor: Claire Michelet. \$20. Have you been to Paris or would you like to go? Join us to visit delightful places, discover unfamiliar sites and learn its history, geographical settings and *arrondissements*. This two-hour slide presentation will be followed by an hour Q & A. RSVP ◆◆ by 2/28.



### Versailles & Surrounding Castles, a Visual Tour

Sunday, March 27 — 6091-02  
1:00-4:00 PM. (KS) Instructor: Claire Michelet. \$20. Visit the fabulous Versailles Castle, its extended gardens including the Domaine of Marie-Antoinette, and also Vaux-le-Vicomte, Fontainebleau and other famous castles of Ile-de-France, the region surrounding Paris, and learn about their fascinating history. This two-hour slide presentation will be followed by an hour of Q & A. RSVP ◆◆ by 3/21.

## Wardrobe Planning

### I Have Nothing to Wear! Tuesdays, March 1, 8 & 29 and Wednesday, March 30 — 6161-01

9:30-11:30 AM on Tuesdays; 9:00 AM-12:00 PM on Wednesday. (KS). Instructor: Marcia VanWagner. Do you have a closet full of clothes but nothing to wear? Has your lifestyle

changed so your clothes do not work anymore? Having problems putting outfits together? This four-session series will inspire you to shop your closet for the right clothes for the right occasion. Students are encouraged to enroll for the whole series but may also register on a per session basis. Session 1 (March 1): Discover Your Style; Session 2 (March 8): Accessorize; Session 3 (March 29): Build a Wardrobe; Session 4 (March 30): Hands On... Put It All Together. Bring 8-12 wardrobe pieces and accessories for the fourth session and get hands-on assistance! Fun class with lots of handouts! \$35 for the full series or \$10 per session. RSVP ♦♦ by 2/14.



### Suitcase Savvy

**Tuesday, April 5 — 6160-02**

9:00 AM-12:00 PM. (KPH). Instructor: Marcia Van Wagner, world traveler! \$15. Do you travel with too much luggage and too many shoes but never the “right” outfit? Do the airline regulations have you confused? Can you really travel with only a carry-on? Men and women: Learn about the

categories of clothes and how to use your itinerary to plan a travel wardrobe from your closet whether your trip is one week or one month. Learn how to

pack efficiently with unique packing aids in the smallest and fewest bags. RSVP ♦♦ by 3/22.



## Writing

**New! Set the Poet Free – A Workshop in Poetry Writing Mondays, March 21-**

**April 11 — 3190-02**

9:00-11:30 AM (OC). Instructor: Harmony Byron. \$48. The wild surf, pulsating like a great heart. Sky growling with thunder. The trembling cry of a mourning dove... Awaken to poetry, and set free the poet inside you! Welcome award-winning writer and

seasoned writing professor, resident Harmony Byron, in a new class that will cover a variety of poetic forms and techniques, symbolism and subtext, blending the unique and universal, and more. Explore different ways to set your observations of life to the music of language. Whatever moves you deserves a poem! Come, create your personal poetry. **About the Instructor:** Harmony has taught writing classes for 25 years at universities including UCLA and Cal State U, and for Osher Lifelong Learning Institute. RSVP ♦♦ by 3/14.



**It's Saudi Duty Time! • Tuesday, February 22 — Free**

2:00-4:00 PM, Ballroom (OC). In 1990, Colonel Marcia VanWagner was the Chief Nurse of the 50<sup>th</sup> General Hospital, a US Army Reserve Unit in Seattle, WA. She had a full-time civilian job as a Pediatric Nurse Practitioner in Portland, Oregon. Life was good and predictable. Then Saddam Hussein invaded Kuwait and her life changed in an instant. In this presentation, Colonel Van Wagner will describe



her experiences as a female officer in a command position and war situation in a foreign country and culture: Saudi Arabia during the First Gulf War. Overnight, her unit was expected to leave behind families, civilian job responsibilities, put on their Army uniforms and go to war. Colonel VanWagner will address: **Integrating a US Army Hospital into the Muslim Host Nation Facility:** How the Saudi Arabian culture and Muslim religion impacted the US Army mis-

sion of providing medical care to coalition forces and **Living a War:** Daily life in a Combat Zone.

**Fibromyalgia and Chronic Fatigue Syndrome: What's New? •**

**Wednesday, February 23 — Free**

7:00 PM, Presentation Hall (KS). Sutter Independent Physician Anu Bhat, MD will present information on common Rheumatological diseases and their symptoms. Dr. Bhat will discuss coping with conditions such as Fibromyalgia and Chronic Disease Syndrome. Fibromyalgia is a chronic condition that includes widespread pain in muscles, ligaments and tendons, along with fatigue. Learn about treatments that include medication and self-care to minimize the symptoms and improve general health and well-being. Chronic fatigue syndrome (CFS) is a complicated disorder with symptoms of extreme



fatigue that can get worse with physical or mental activity and does not improve with rest. While causes of CFS are still unknown, doctors and researchers agree that this chronic condition should be taken seriously. Learn about the combination of treatments that can help relieve CFS symptoms. Dr. Bhat is Board Certified in Internal Medicine and concluded a Fellowship in Rheumatology at University of California at Davis.

**Cats, Pets, and Tom; Where Did My Memory Go?**

**Wednesday, March 2 — Free**

7:00-8:30 PM, Presentation Hall (KS). Joan Brubaker, M.Ed, Psy, MA, Cognitive Psychologist, has a passion for answering the question: “What’s driving the behavior?” Her current interest has focused on memory loss. She will



translate recent neuropsychological research of memory which has combined CAT Scans, PET Scans, and Tests of Memory (TOM), into practical information. She will highlight



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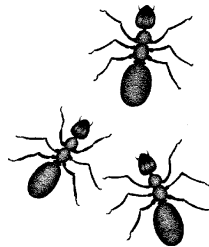
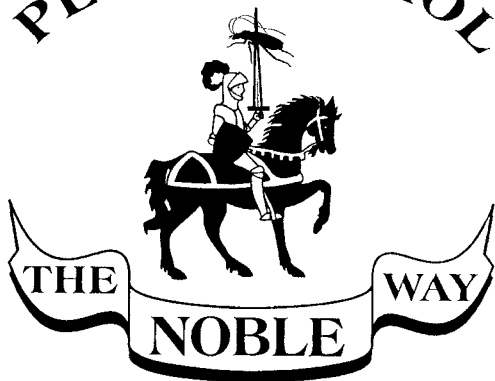
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memory changes in normal aging, the kinds of memory affected or unaffected by normal aging, and the difference between normal aging memory changes and those that are not. She will engage us in specific techniques to monitor and improve our memory. There will be time for questions.

**Fight The Bite — Know Your 3D's For Mosquitoes, Ticks & Yellow Jackets • Tuesday, March 15 — Free**

1:00-3:00 PM, Front Ballroom (OC). Joel Buettner, General Manager of the Placer Mosquito and Vector Control District, will explain their expanded services available from a new Roseville facility. Since 2001, their mission has been to reduce mosquito and vector populations, promote



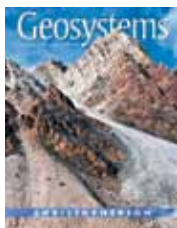
awareness of vectors and vector-borne diseases, and decrease health risks to Placer County residents. Those 3D's — Drain, Defend and District are

their discussion points. Questions will be answered and published handouts provided.

**Climate Science Update 2011 Thursday, March 24 — Free**

3:00-5:00 PM, OC Ballroom. Author and teacher, Robert Christopherson, highlights the latest global climate change science from the pages of his latest edition of *Geosystems*, Eighth Edition, published February 2011. This is the leading physical geography text at colleges and universities in

the U.S. and Canada, with additional adoptions in 38 countries; first published in 1992. Robert and his nature photographer wife, Bobbé, completed



11 scientific expeditions to the Arctic and Antarctic regions since 2003. They returned May 2, 2010, from an Atlantic odyssey, going from Antarctica on an expedition north across the Atlantic Ocean to Cape Verde Islands off the coast of Africa, all to gather material for Christopherson's physical geography textbooks. Come and share his illustrated presentation and receive a handout with the basics and documentation. Robert has spoken to hundreds of academic, government, civic, and private groups. The Christophersons have lived in Lincoln Hills for 11 years.

**How Skin Changes with Age Tuesday, April 5 — Free**

7:00-8:30 PM. Presentation Hall (KS). Jesse Kramer, MD, Dermatologist with the Mercy Medical Group at Mercy San Juan Medical Center will discuss skin changes that occur with aging, the



most unwanted of which are wrinkles and sagging. Skin disorders are so common among older people that it is often difficult to tell normal changes from those related to a disorder. Many diseases such as diabetes, liver disease, heart disease, and arteriosclerosis can cause skin disorders. Dr. Kramer will also discuss how stress,

reactions to medications, obesity, and nutritional deficiencies can cause changes to your skin.

**Lighthouse to Help Lincoln Hills Thursday, April 14**

1:00-3:00 PM, OC Front Ballroom. Know someone struggling emotionally with aging issues? The Lighthouse Counseling Services in Lincoln provides counseling and resource help to anyone residing in the area who is in need. There has been a tremendous increase in Lincoln Hills residents seeking their help, as many are experiencing



life changes that require emotional support, learning new life skills and/or obtaining new resources. In

the 2011 calendar year, Lighthouse will work closely with the Lincoln Hills Wellness Coordinator to help integrate our services into the needs of the community. Register/Fitness Desks.

**Finance Committee**

*continued from page 7*  
ues to be in a strong financial position.

If you have any questions, I may be reached at [finance.committee@suncity-lincolnhill.org](mailto:finance.committee@suncity-lincolnhill.org). The financial statements are available on the Association's website under Document Library/Financial.

This will be my last report, watch for Finance Chair Hank Lipschitz's article next month. The next regularly scheduled Finance Committee meeting will be held on Wednesday February 16, at 9:00 AM.

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Please RSVP to John Hays by Monday, February 14

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Lincoln Hills Wellness Program, **Be Inspired, Be Engaged, Be Well**, is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

### Dream Analysis Workshop

Wednesdays,

March 30-April 20 — 872000-02

1:00-3:30 PM, Multipurpose Room (OC). Instructor: Harmony Byron, M.S., M.Ed. Come unravel your dreams and unearth your own hidden wisdom by learning to decode the mysterious language of your Dreaming Mind. It can be fun, it can be exciting, it's an entertaining pathway to personal growth and the expansion of consciousness. Learn about dreamwork throughout history and cultures around the world, different types of dreams, sensory images and symbolism, and why *not* to rely on "dream dictionaries." The Wisdom-keeper, who speaks to you every night in your dreams, awaits. \$48 per person for all four sessions. Register/Fitness Desks.



### AARP Driver Safety Course

Monday & Tuesday, March 7 & 8

See information on page 67.

### Financial Wellness University

We are pleased to welcome Russ Abbott to our Wellness program. Russ will lead eight sessions designed to help residents understand, interpret, and utilize the world of finance so it can add to your overall wellness and enrich your lives. The course is divided into eight monthly topics, each with two sessions. The first will provide a broad overview geared towards the resident who wants an overall knowledge of the monthly subject matter. The second session is geared towards the resident who wants to take a more detailed look at the various financial concepts surrounding that same subject matter. Residents are free to take both monthly sessions and should not worry about missing a month as each topic is independent of the other.

Russ has taught financial classes for decades and has worked in the financial services industry for over 20 years. He has a BA in Economics from UCLA and a MBA in Finance from Pepperdine.

Some of the topics to be covered include: Understanding Risk, The Psychology of Money, Finance as a second Language (FSL), A Little Bit of Economics, Why You Need to Plan; Dealing with Personal Financial Stress; Dealing with Headline Financial Stress; Do-it-Yourself or Seek Advice; How to Get Financially Educated. **Student Requirements:** Come to learn and ask questions, this is meant to be an interactive course to generate discussion amongst the students. It is always suggested to



bring a pen and even a calculator, although this is not required. Handouts will be provided. Register/Fitness Desks.

### Understanding Risk

- **Overview of Risk**

Monday, March 7 — 870000-02

11:00 AM-12:00 PM, Presentation Hall (KS). Risk is very personal and important to assess as well as monitor. Do you make investment decisions you later regret? Learn how risk management affects you, especially with respect to investments. Free!

- **Hands-on Session**

Tuesday, March 22 — 871000-02

The detailed hands-on session will be held Thursday, March 22, 10:30 AM-12:00 PM in the Presentation Hall (KS). In this class you will complete a risk test, review your asset allocation, explore bonds vs. stocks vs. alternatives, and mutual funds and ETFs vs. individual securities. Cost is \$5. Register/Fitness Desks.



### Brain Health

Thursdays, March 17-April 7 — 875000-02

1:00-2:00 PM, Gables/Heights Rooms; the last class will be held in the Group Exercise Room (KS). Instructor: Dr. Carol Jong, Ph.D, RD and Lisa Scroggs, Exercise Physiologist. This four-class series will improve your brain health, can protect you from dementias, increase your memory, and sharpen concentration. Everything you do affects your brain and everyday life skills. Come learn about the physiology of the brain and aging, brain agility and memory exercises, building a better brain through nutrition, and exercising for brain health. \$20 for four-week session. Register/Fitness Desks.



### Want to Have Your Cake and Eat It Too?

Thursday, March 3

10:00 AM, Presentation Hall (KS). Now you can. Come learn how to balance your energy equation. This *free* talk will review the ins and outs of the Bodybugg Program: how easy it is to get it set up and put into practice. You will learn how to have that lasagna, wine or cake and still manage to reach your goal. Goals can range from gaining weight, losing weight, maintaining weight, or changing eating habits. All can be done on this program. This presentation is free so hurry in and learn about how to have it all.



## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

**Kilaga Springs: 1167 Sun City Blvd.**

KS Main Phone: (916) 408-4013

Directory assisted to specific areas

**Website for residents:**

[www.lincolnsuncity.org](http://www.lincolnsuncity.org)

**Public Website:**

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

### Accounting

**Controller** • Tim Mulligan 625-4013

[tim.mulligan@slchca.com](mailto:tim.mulligan@slchca.com)

### Administration

**Executive Director** • Robert Cook

625-4060 [robert.cook@slchca.com](mailto:robert.cook@slchca.com)

**Sr. Director, Lifestyle & Communications**

Jeannine Balcombe 625-4020

[jeannine.balcombe@slchca.com](mailto:jeannine.balcombe@slchca.com)

**Sr. Director, Facilities & Maintenance**

Christopher O'Keefe 645-4500

[christopher.okeefe@slchca.com](mailto:christopher.okeefe@slchca.com)

### Community Standards

**Community Standards Manager**

Heather Peters 625-4006

[heather.peters@slchca.com](mailto:heather.peters@slchca.com)

### Compass

**Editor** • Jeannine Balcombe 625-4020

[jeannine.balcombe@slchca.com](mailto:jeannine.balcombe@slchca.com)

**Advertising Coordinator** • Judy Olson 625-4014

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**Club Coordinator & Bulletin Board**

Judy Hogan 625-4021 [judy.hogan@slchca.com](mailto:judy.hogan@slchca.com)

**Club Editor** • Wendy Slater

786-5955 [wslater@surewest.net](mailto:wslater@surewest.net)

### Fitness

**OC Fitness Center 625-4030**

**KS Fitness Center 408-4013x7**

**Director of Fitness**, Brandy Garcia

625-4031 [brandy.garcia@slchca.com](mailto:brandy.garcia@slchca.com)

**Asst. Director of Fitness**, Lisa Scroggs

408-4013x120 [lisa.scroggs@slchca.com](mailto:lisa.scroggs@slchca.com)

### Food & Beverage

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**Director of F&B** • Jerry McCarthy

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### Lifestyle

**Activities Desks**

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**Kilaga Springs 408-4013x4**

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625-4002 [kay.kerenyi@slchca.com](mailto:kay.kerenyi@slchca.com)

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**Lifestyle Program Manager & Class Contact**

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**Spa Manager** • Tina Ginnetti

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## 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 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

### Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

### Spa at Kilaga Springs

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[David.Conner@suncity-lincolnhills.org](mailto:David.Conner@suncity-lincolnhills.org)

**Bill Kassel, Director**

[Bill.Kassel@suncity-lincolnhills.org](mailto:Bill.Kassel@suncity-lincolnhills.org)

**Denny Valentine, Director**

[Denny.Valentine@suncity-lincolnhills.org](mailto:Denny.Valentine@suncity-lincolnhills.org)

## Committee Chairs

**Architectural Review Committee**

[arc@suncity-lincolnhills.org](mailto:arc@suncity-lincolnhills.org)

**Chartered Clubs & Community Organizations**

[ccoc@suncity-lincolnhills.org](mailto:ccoc@suncity-lincolnhills.org)

**Communications & Community**

**Relations Committee**

[ccrc@suncity-lincolnhills.org](mailto:ccrc@suncity-lincolnhills.org)

**Compliance Committee**

[compliance.committee@suncity-lincolnhills.org](mailto:compliance.committee@suncity-lincolnhills.org)

**Elections Committee**

[elections.committee@suncity-lincolnhills.org](mailto:elections.committee@suncity-lincolnhills.org)

**Community Emergency Response Team**

[cert@suncity-lincolnhills.org](mailto:cert@suncity-lincolnhills.org)

**Finance Committee**

[finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org)

**Properties Committee**

[properties.committee@suncity-lincolnhills.org](mailto:properties.committee@suncity-lincolnhills.org)

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Associate Editor/Group Article Editor: Wendy Slater [wslater@surewest.net](mailto:wslater@surewest.net)

Advertising: Judy Olson **625-4014** Resident Editor: Doug Brown

Resident Writers: Doug Brown, Pat Evans, Wayne Ford, Michele Hutchinson, Dee Hynes, Joan Logue, Al Roten, Steve Russo, Shirley Schultz, Gay Sprague

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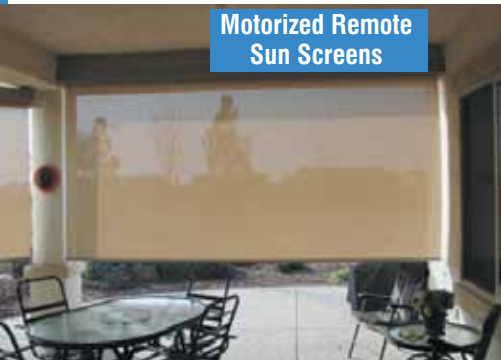
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