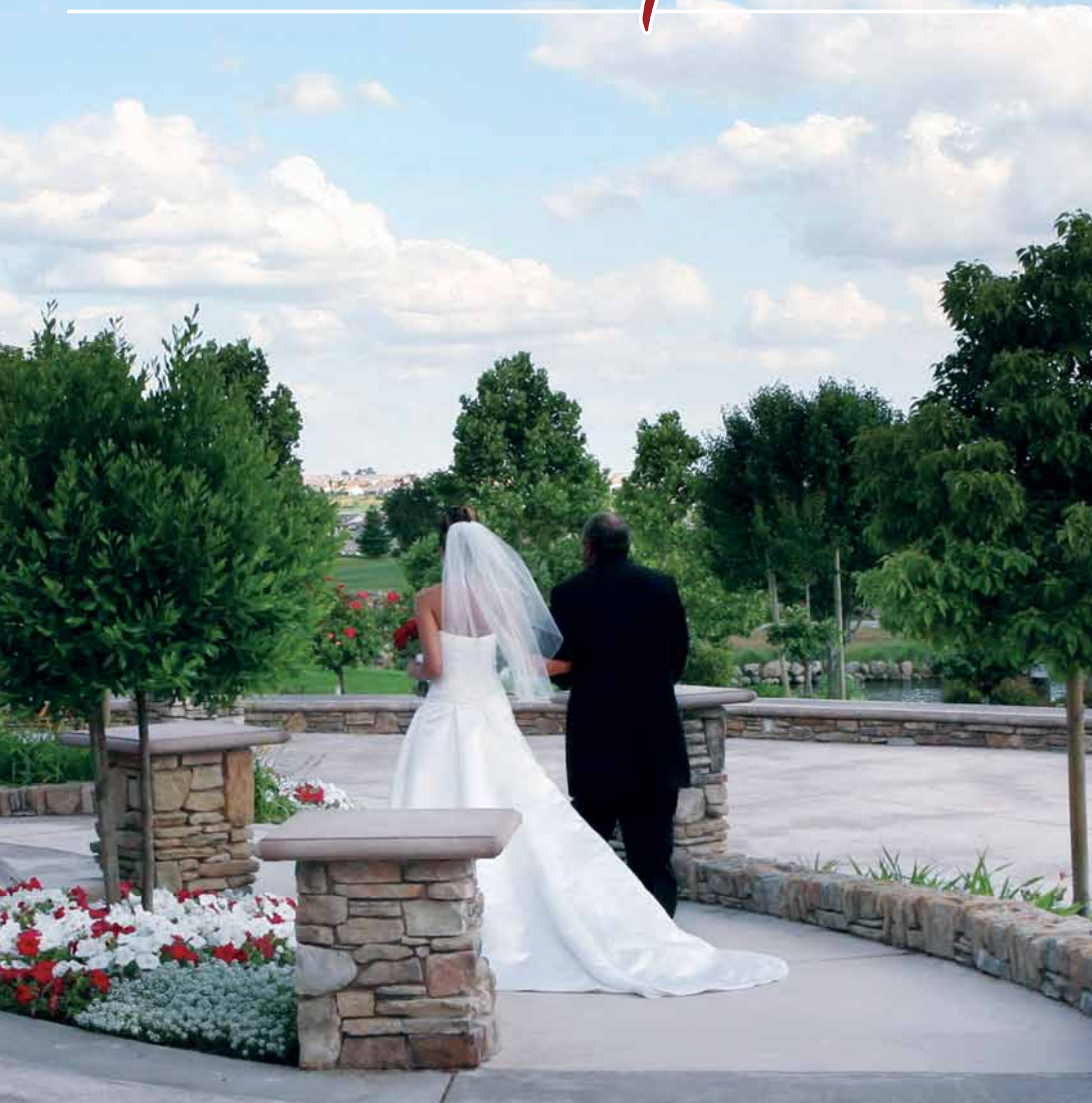




Compass



Celebrations abound in our spectacular settings... page 11

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On the cover

The terrace from Orchard Creek Lodge makes a spectacular entryway for a wedding ceremony held at the Amphitheater stage overlooking cascading waterfalls and lake. Book your party or celebration through the catering office, part of Meridians Restaurant. Photo courtesy of Chuck Roberts Photography



Moving Forward, Bases Well Covered

Board of Directors

David Conner, Director, SCLH Board of Directors

Our Board President, Peter Gilbert is back home recovering and communicating regularly with Bob Cook, Executive Director, and Gary Younger, Vice President. In accordance with HOA Bylaws Gary Younger has assumed the leadership role of our Board of Directors and we are all moving forward to perform the work of the Association in a competent and seamless fashion.

Aside from regular meetings and tasks, the Board members recently traveled to Sacramento to participate in our ongoing legal process with the builder to satisfy certain ADA and building imperfections. We are still evaluating and considering conversion of our street lighting to LED technology which will reduce energy and replacement costs.

Our talent-laden Committees are at

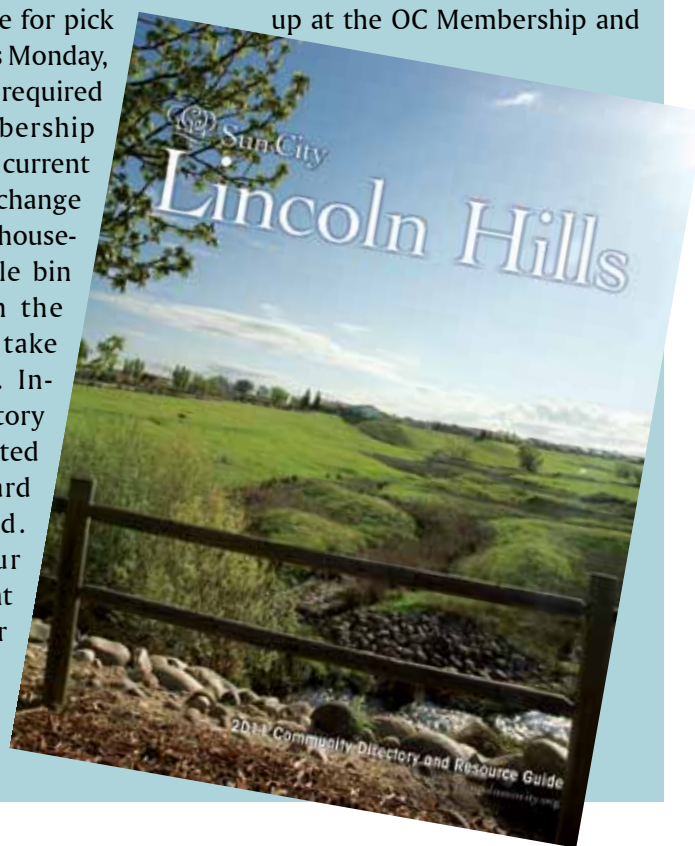
full strength and are providing invaluable information and guidance to the Board. Our committees are doing an excellent job of forecasting their personnel needs for the future and often have candidates attending meetings in advance of officially joining the group. The Finance and Properties Committees have been working very hard, and in tandem, on larger projects utilizing joint meetings and liaisons to streamline the process.

Although a bit short-handed, with help from our great committees and outstanding staff we seem to have it covered. A sincere wish from your Board of Directors is extended for yet another terrific summer and thank you all for your support and those wonderful Lincoln Hills attitudes... And, God-speed to our friend and colleague, Peter Gilbert.

Directories Ready for Pick up June 20

The much anticipated Lincoln Hills Community and Resource Directory will be available for pick up at the OC Membership and

Activities Desks Monday, June 20. You will be required to show your membership identification card or current drivers license in exchange for your one copy per household. A secure recycle bin will be available in the Lodge entryway to take your old directory. Inserted into the Directory this year, is a laminated Emergency Alert Card for each household. Please pick up your copy, and if you want to help your neighbor by picking one up for them, please bring their membership card with you.



Upcoming Association-Related Meetings & Presentations

Date • Time • Place June 15-July 28

Golf Cart Registration	Thursday, June 16, July 7 & 21, 8:00 AM, OC Lodge
Finance Committee	Thursday, June 16, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, June 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, June 23, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, June 23, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, June 27, 9:00 AM, Heights
Elections Committee	Friday, July 1, 10:00 AM, Multimedia
CCOC/Chartered Clubs/Community Orgs.	Tuesday, July 5, 9:30 AM, Oaks — cancelled
CCRC/Communications & Comm. Rels.	Tuesday, July 5, 1:30 PM, Oaks — cancelled
Compliance Committee	Wednesday, July 6, 10:30 AM, Oaks
ARC/Architectural Review Committee	Monday, July 11, 9:00 AM, Solarium
Properties Committee	Tuesday, July 12, 1:00 PM, Fine Arts
Listening Post	Wednesday, July 13, 9:00 AM, Solarium
New Residents Orientation	Tuesday, July 19, 1:00 PM, Solarium
Finance Committee	Thursday, July 21, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, July 25, 9:00 AM, Heights
Board of Directors Meeting	Thursday, July 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, July 28, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, July 28, 11:00 AM, Oaks
Lincoln Hills Community Forums:	
Erectile Dysfunction	Wednesday, June 15, 7:00 PM, Presentation Hall (KS)
Mysteries/Peruvian Nazca Lines	Monday, June 20, 10:00 AM, Front Ballroom
The Perils of Our Pills	Wednesday, July 20, 7:00 PM, Presentation Hall (KS)
Walking City of Lincoln History	Thursday, July 28, 1:00 PM, Front Ballroom

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

Connections

Lifestyle Survey Results

Jeannine Balcombe, Senior Director of Lifestyle and Communications

We have finished compiling the **Lifestyle Survey** and had 1,073 responses representing about 10% of our total population. Thank you for taking the time to complete the survey, and a special “thank you” to residents Carol & Dan Larsen for assisting staff with recording the survey responses. There are some interesting preliminary data to share that will contribute to some marketing and programming decisions now and in the future.

Not surprisingly, the Bay Area and Sacramento were the top regions identified as places people moved from, the top counties being Sacramento, Santa Clara, Contra Costa, Placer, and Alameda. Only 1% of the respondents moved to Lincoln Hills from outside of California. Washington, Illinois, Hawaii and Oregon were the most cited states moved from with Arizona, New York and Virginia

coming in close.

Sixty nine percent of the respondents have lived in Lincoln Hills over five years with 36% 8-10 years and 33% 5-7 years. Fifteen percent of the respondents have family also living in Lincoln Hills. Respondents are active with club activities with 79% reporting they belong to at least one club.

Responses to the question of the respondent’s age may be a good indicator of the age of our population in general. In the age categories 12% are ages 50-62; 33% ages 63-68; 35% ages 69-75; 17% ages 76-85; 2% ages 86-90 and just four respondents over 90 (about .4%).

In alignment with our new Wellness program and continuing Health Education Community Forums, the topics of most interest to learn about were: Health and Nutrition 59%, followed by



continued on page 82

Calendar of Events

June 15 - July 20

Date	Event	Page #
06/15	Forum: “Erectile Dysfunction/Treatable”	57*
06/16	Book Discussion: <i>Girl Dragon/Tattoo</i>	12
06/20	“The History & Nature of the Universe”	21
06/20	Genealogy, “Military Records”	27
06/20	Forum: Mysteries/Nazca Lines... Aliens	32, 82
06/20	KS at the Movies: “The Proposal”	41
06/20	“Managing & Relieving Chronic Pain”	85
06/21	“New/World of Low Speed Vehicles”	29
06/21	“Pleasure, the Antidote to Sexual Issues”	85
06/22	“A Loving Approach/Dementia Care	21
06/22	Bus Trip: Crocker Art Museum	41
06/23	“The New Home & Garden Section/Bee”	27
06/23	“Reversing Cancer Risk”	85
06/24	Friday Night Open Mic	30
06/24	-Summer Pavilion Dance	41
06/24	Bus Trip: Beale Air Force Base	57*
06/24	CPR/AED Class	85
06/25	Bus Trip: San Francisco for the Day	41
06/27	Beryl Spurling, Metal Sculpture	21
06/27	Bus Trip: RiverCats vs. Reno Aces	57*
06/28	Summer Concert: Top Shelf	42
06/29	Bus Trip: Chukchansi Resort/Yosemite	57*
07/01	4th of July Concert Air National Guard	42
07/02	Super Seniors Ice Cream Social	34
07/05	“Reversing Diabetes”	85
07/06	Bus Trip: Picasso Exhibit at deYoung	42
07/07	Bus Trip: Hornblower Cruise & Lunch	42
07/08-9	Vaudeville Troupe “Cavalcade of Stars”	43
07/09	Alliance International AMD Presentation	26
07/09	“Adult Protective Services”	26
07/12	Comedy Night at KS	43
07/12	Bus Trip: San Francisco Shopping	47
07/13	“Three Browsers; Which One For You?”	25
07/13	“Photojournalism” Carol Percy	31
07/13	Bus Trip: “The Producers”	57*
07/13	Clutter Control Clinic	85
07/15	“Customizing Your Browser Settings”	25
07/15	Bus Trip: RiverCats vs. Fresno Grizzlies	57*
07/18	KS at the Movies: “Hairspray”	47
07/18	Bus Trip: Red Hawk Casino	47
07/19	New Resident Orientation	47
07/20	Bus Trip: SF Giants vs. LA Dodgers	57*
07/20	Forum: “Perils of Pills; Help or Hurt”	82

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

Toddlers to Teens

Activities with your Grandkids!

Mixed Media Art Class

Tuesdays, August 2 & 9 from 9:00 – 11:30 AM
Orchard Creek Lodge. Instructed by Jo Brown



Improvisational fine art class for grandparents & grandchildren 12 - 16 years old. Create a family heirloom work of art using mixed media paper collage techniques combined with mementos that are meaningful to both generations.

No prior art experience required!

Sign up for this class at the Activities Desk! \$54.



Grandkids Camp

*An Afternoon for Grandparents
& their Grandchildren*

Thursday, August 11, 11:30 – 4:00 PM
OC Lodge

Share your hobbies and interests with your grandchildren and a day of arts & crafts, dance and fitness classes, fishing, gardening and more!

Ages 2-12 years old.

Registration Required at Activities Desk \$12.



Compliance Process — Part I

David Stone,
Compliance
Committee Chair

As quite a few new Owners have come into our community in the last several years, it may be time to repeat prior articles on how the compliance process works.

You may have heard exaggerated rumors about the torturous process of compliance to our governing documents. Unfortunately, there are misconceptions about the compliance process, and a full explanation is in order.

A matter is usually initiated when the Community Standards Manager (CSM) receives a report from a resident about an alleged violation of the governing documents. Examples include barking dogs, non-compliant structures, unmaintained yards, and illegally parked vehicles. The CSM may also observe a potential violation on another property when she drives by to confirm a reported violation. However, she does not patrol Lincoln Hills seeking out violations, and **never** enters a property without permission of the Owner, but observes what she can from the public street or sidewalk. Confirmation, if possible, by the CSM of an alleged violation is an important element in the process to filter out frivolous or clearly unjustified complaints.

In most cases the Owner is sent a First Violation Notice describing the violation, citing applicable governing documents, setting a date for the Owner to come into compliance, and inviting the Owner to contact the CSM with any questions. The vast majority of Owners comply within the time frame or within a reasonable time extension. For example, an extension may be granted to allow the Owner to get approval of an application submitted to the Architectural Review Committee (ARC).

If compliance is still not achieved, a Second Violation Notice is sent with

similar provisions, a new compliance date, and notice of possible fines or sanctions if the violation is not corrected. The Owner is again encouraged to bring his matter into compliance, which occurs in most situations. If compliance is reached at this point, the matter is closed and no further action is required.

Depending on the nature of the

Financial Results Tracking Well Ahead of Budget

Hank Lipschitz, Finance Committee Chair

Our Finance Committee held its regular monthly meeting May 19, accepted the Financial Statements and recommended acceptance by the Board. We are now \$170,713 better than budget as shown on the chart below. For four months to-date, revenue is \$127,414 in excess of expenses. Lower legal and delayed audit expenses resulted in the lower Administrative expense. The mild wet year resulted in lower electric, gas and water usage for Rec. Center/Maintenance. In addition, the new trash compactor has added to the favorable results. Our Landscape Department also benefited from lower electric and water bills as well as lower maintenance costs. All other departments are very close to budget. As of the end of April, we had \$3,922,000 in the Operating Fund and \$5,217,000 in the Reserve Fund.

The number of homes with past due assessments increased from 174 to 300

violation, two or three months may pass between the First Notice and the compliance period of the Second Notice. These time frames protect an Owner's rights of due process and give sufficient time to correct violations or apply for ARC approval. If compliance is still not reached, the next steps will be explained in the next *Compass*. Stay tuned!

and past due assessments increased to \$148,100 from \$83,700. While we always like to see lower figures in this area, this is part of the normal pattern for the first month of the quarter. To avoid late fees I recommend you sign up for one of the automated quarterly pay methods.



You can obtain information and forms at the Membership/Activities/Desks (O/C/K/S).

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

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

Statement of Operations YTD 4/30/2011

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$2,570,826	\$2,573,451	(\$2,625)
Administration (Expense)	(656,892)	(709,328)	52,436
Kilaga Spa	(12,486)	(9,153)	(3,333)
Fitness	(145,955)	(143,336)	(2,619)
Activities	(64,333)	(73,793)	9,460
Rec. Center/Maintenance	(731,448)	(782,184)	50,736
Landscape Maintenance	(756,019)	(826,147)	70,128
Food & Beverage	(123,760)	(120,290)	(3,470)
Capital Asset	47,481	47,481	0
Net Revenues (Expense)	\$127,414	(\$43,299)	\$170,713

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- Kilaga Springs Signature
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- Botanical Skin Resurfacing
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Wealth in Service

Bob Murdock, Charterred Clubs & Community Organizations Committee Chair

In a recent conversation, a point was made about a characteristic that prevails in all our Clubs. When a need occurs, someone steps up to fill that need:

- The need to have the Club run in an organized, smooth fashion.
- The need to show the unique face of the Club to our Community.
- The need to provide support and energy to fellow Club members.
- The need to encourage those around you to excel.
- The need to show the community the special skills and knowledge of your Club.
- The need to bring others in – to share their skills and knowledge with the Club.

So join that experience of Wealth in Service – volunteer in your Club to fill the need. You'll get the satisfaction of seeing your Club and members grow and really enjoy their time together.

What Can We Do For You?

Fitness Center News

Brandy Garcia, Director of Fitness

Did you know that our Fitness Centers employ 25 highly educated and dedicated team members? The majority are Fitness Monitors, the ones you see when you first come into the centers. We also have three Exercise Physiologists (myself, Julia Roper, and Lisa Scroggs), one Health Education Specialist (Megan Cowart) and one Physical Education Professional (Cindy Murray). So what do we do all day long? We

manage programs that are run in the centers, such as the personal and small group training, the group exercise, the fitness specialty classes, the Wellness program, and all of the special events we put on through the year. The number one reason we are here is to help you on your path to fitness and health.



Here is a list of items we want to help you with:

- Give you a warm greeting to the fitness centers - we want you to feel welcome.
- Answer questions about the strength or cardio machines.
- Answer a general fitness question (such as which machine is best for strengthening my legs?).
- Give you a recommendation on which classes, both specialty and group exercise, would be the best fit for you.
- Do body fat testing and blood pressure testing.
- Answer questions about any of our programs or special events.
- Listen to your suggestions on classes or other ideas.
- Give general nutrition information (hint: carbs are a not the enemy, too many calories is.)
- Do presentations at your group meeting.
- Teach you how to use some of the non-traditional exercise equipment.

Our tasks keep us busy, but we find them. At The Wave, you'll find Megan's and Cindy's offices in addition to mine — all are located next to the treadmills and bikes. Stop by for a chat or to ask a question!

**Wellness Days
a Success!**
See page 85

Aging is Normal

Is Aging a State of Mind?

Shirley Schultz



A lot about aging has to do with your state of mind. Remember the old adage, "mind over matter"? The aging process matters a lot to most of us. The famous developmental psychologist Erik Erikson, known for coining the term "midlife crisis," expressed special interest in what happens in late adulthood, the final stage of life. He said that the primary psychosocial task in this stage is to maintain integrity (holding on to one's sense of wholeness). Accomplishing this goal in later life leads to wisdom, including acceptance without regrets of how one has

"Winston Churchill said, 'If you're going through hell, keep going.'"

lived life and the inevitable reality of death. The alternative leads to living in despair and unhappiness.

As part of *Wellness Days* in May, the presentation by Trish Gemulla, "Am I Going Crazy or Just Getting Older?" discussed many of the common mental health issues that older adults deal with. If you live long enough, it is to be expected that you will, at one time or another, experience grief and loss, depression, anxiety, loneliness, isolation, and perhaps pain and physical limitations.

It is said the only thing certain is change. Change forces us to make transitions, and our responses to these forces determine how we move forward. For example, as

continued on page 11



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Tina Ginnetti, Manager, The Spa at Kilaga Springs

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In the Spotlight

Laura Oakley comes to us from another Aveda spa and with great experience doing facials and using the Aveda product line. Her secret to success is using Aveda

and working with a product line that will assist your skin in reaching optimum hydration, reducing fine lines and wrinkles, increasing luminosity, and not harming the body with chemically-laden products. Laura has excellent ability to analyze your skincare needs and guide you to rejuvenating results. After your initial consultation or facial she will design your at-home maintenance

program. Laura also does face and body waxing, make-up applications and lash extensions.

She works Tuesday, Friday, and Saturday. Laura's introductory special is a \$10 reduction off any one hour or longer facial, June 15 - July 15.

Club of the Month

As you may have heard, the Spa is spotlighting a Lincoln Hills club every month. If you would like us to spotlight your club, we are now open for the last quarter of the year. This involves putting your club pictures on our website, a \$5 coupon for all club members for the month, and promotion at the spa for your club. Call for more details.

Visit our website (below) for specials and to sign up for our weekly newsletter.

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Laura Oakley

Exciting Options for Summer Dining at Meridians

Jerry McCarthy, Director of Food & Beverage

Meridians is offering exciting options for your summer dining pleasure, as Chef Roderick launches his new summer menu. Look for new favorites like *Grilled Shrimp Salad, Chicken Chow Mein, Forest Mushroom Risotto, Grilled New York Steak, Pan Seared*



Tilapia, and much more! In addition, every Monday night is BBQ Night. Meridians will be grilling assorted steaks, seafood, and chicken on mesquite charcoal. Come in and watch the chef cook your dinner entrée to perfection over the mesquite grill. Buy nine BBQ entrees and the 10th is **free!**

Don't forget to take advantage of the *Nine and Dine* program that Meridians and Lincoln Hills Golf Club are featuring. For one low price of \$29 you get nine holes of golf and a buffet dinner. Go to our website, www.meridiansrestaurant.com, for all the details.

“Come in and watch the chef cook your dinner entrée to perfection over the mesquite grill.”

While you are visiting our website you will also see special events that are coming soon. And you'll want to circle your calendar for Summer Amphitheater Concert Series 2011, Deli Night,

Is Aging a State of Mind?

continued from page 7

much as you were looking forward to retirement, most will find that retirement represents a loss of personal identity and the need to find a “new normal.” Making that transition can be emotionally trying but an all-important task to accomplish. Winston Churchill said, “If you're going through hell, keep going.” Some may benefit from mental health counseling to deal with the negative feelings. Of interest is a study which showed that optimistic people have a 50% decreased risk of early death as compared to pessimists.

What can you do to “mind your mind”? Reduce your stress level through meditation, controlled breathing, and progressive muscle relaxation. Exercise. Develop a sense of humor. Learn to do positive self-talk. Help others, and get help if you need it. Volunteer. Write down three things every night for which you are grateful. Rebrand your image of aging so that you see it as an honor and a privilege!

Crab Feed Night, and special offers and promotions. *Also, please see our ad on page 45.*

It's not too late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering in the Ballroom, Kilaga Springs Lodge, the Sports Pavilion, or your home. Call Meghan at 625-4043 to make all of the arrangements.

Did You Know?

All *Compass* magazines from our beginning until today are located in the KS Library. They provide a wealth of information about our community.



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Committee Profile

You're in Good Hands with CERT!

Dee Hynes

CERT? No, not the breath mint! It's our Community Emergency Response Team. What is an "emergency response team"? CERT is a national network of trained neighbor volunteers who assist first responders during emergencies. CERT is about readiness, people helping people, and rescue safety.

Our Association-sponsored CERT, formed in 2005, has 52 members. I'm delighted to share the story of these skilled and dedicated volunteers who have accepted a mission to help keep us safe.

What are they doing for you and the community?

- Members have performed evacuation center assistance during a wildfire, provided H1N1 clinic assistance, and offered search operation support.
- This summer, CERT members will be seen at our concerts. You'll see their green first-aid canopy and their members wearing green vests and helmets.
- CERT members would like to meet you! Look for them at this year's Neighborhood Watch National Night Out.
- Neighbors InDeed is working with CERT to prepare a presentation next year on "What to Do in an Emergency."

Lincoln Hills is the priority for our CERT members but they also assist the greater Lincoln community when called upon.

Members have quarterly meetings,



CERT members receive training in a six-person blanket lift

perform drills, and attend ongoing training provided by the Lincoln Fire Department. Training includes disaster preparedness, fire safety, disaster medical operations, light search and rescue, disaster psychology, terrorism, floods, and earthquakes.

New members receive a helmet, vest and a backpack containing items such as a flashlight, gloves, first aid supplies, goggles, water and gas wrench, tools to pry open doors and break glass, duct tape, and a day-glow stick. Members are always "at the ready." Backpacks are close at hand to grab-and-go.

As I spoke with Bill Becker, Diana Norton, Lee Guth, Bill Szabo, Dolores Bower, and Luci Hightower, it was clear



CERT members receiving instructions at a drill at the Sports Pavilion

that each has a passion for CERT. They are motivated to help one another and our community, increase their skills, and to do what they can to assist with the skills they have.



Host a National Night Out Party August 2

Mail Station Captains' Workshop Now on Our Website

Patricia Evans

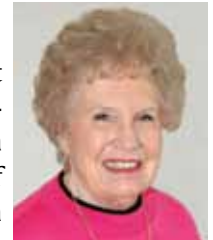
Gather your neighbors together for our fifth annual **National Night Out** party, Tuesday, August 2, dedicated to increasing safety and security through increased friendship and mutual assistance in your neighborhood. With your help, everyone will have the opportunity to celebrate our wonderful community!

Would you like to host a party? Please contact Pauline Watson to register your party at 543-8436, or frpawatson@sbcglobal.net, and to request a visit from a city official, if desired. To close the street for your party, file your request with Pauline by June 28.

Mail Station Captains and Village Coordinators. The information which was presented at our very popular Mail Station Captain's Workshops is now available on our website, www.lincoln.net/watch. You will find basic resources including duties and responsibilities,

resident contact information, computer guidelines, and a reference section of Neighborhood Watch names and dates. Just place your cursor on "Documents," and click on "Captain's Workshop."

Over 200 of our Captains and Village Coordinators have participated in the workshop classes, put together



continued on page 19



Barbara Moss explains our popular new workbook to Mail Station Captains and Village Coordinators



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Cover Story**Weddings & Receptions****Lincoln Hills Venues Attract Many**

Wayne Ford

John and Marsha recently came to Lincoln Hills to begin a new phase of their lives. But they didn't come here to live, they came to get married! Along



with hundreds of other couples before them over the last 10 years, they saw a perfect place for their wedding right here.

Nearly 100 couples each year are wed at Orchard Creek Lodge and the adjoining grounds, water features, gazebo, Secret Garden, and Angler's Cove. They first meet our Banquet Sales Manager, Meghan Louder. She introduces the couples to choices including food, entertainment, venues, and other advantages they can enjoy by choosing to tie the knot here.

When the lovebirds find the options they have here, it generally wins them over. They can plan their entire experience right in Meghan's office using our banquet facilities and staff, as well as a list of preferred vendors. The wedding cakes and food are always a big hit. Chef Roderick provides a variety of American and ethnic cuisines including Mexican, Indian, Romanian and many others.

Bridal tours in limousines showcase the facilities and Lincoln Hills community. Add to this the overall value received, with no parking fees or other nickel-and-dime nuisances, and our packages look very attractive. It is, after all, a business and it brings in a nice pot of money to help keep our Association dues down.

The fun continues after the wed-



Wedding party proceeds to the ceremony along the rose garden pathway to the Amphitheater

ding, as about 90% of couples have their receptions right at the Lodge, often in our Ballroom. With the production facilities and audio-visual equipment we can provide, the party can really get going.

Entertainment has included mariachis, Takai drummers (from west Africa), bands, singers, and of course lots of contributions from the wedding parties. Costumes and colorful clothing have spiced up many of the weddings, and for one, the arrival of the bride on a fire engine was a thrill for young

and old. It was a special request by the bride, who just happened to be a firefighter.

Weddings are a part of our Food and Beverage function, under the directorship of Jerry McCarthy. Jerry oversees the Meridians including the bar, Kilaga Café, the Sports Bar, and other food and drink operations. You can normally see Jerry's informative monthly column right here in the *Compass*, this month on page 11, telling us all about what's happening in the world of food and drink in Lincoln Hills.

Roving Reporter**A Snapshot of the Wellness Program****Have fun, get fit, and pick up some useful tips**

Lora Finnegan

What does it mean to age successfully? That's the core question behind the Sun City Lincoln Hills Wellness Program, a year-round curriculum dedicated to helping us tune up our fitness (physical, and emotional) and our knowledge of financial and medical issues.

In June, the SCLH Wellness Program continues its theme of "Be Inspired, Be Engaged, Be Well," with a Bodybugg presentation about counting exercise and calories for better health called "Want to Have Your Cake and Eat it Too?" (to which I say, who doesn't?),

and another presentation on ways to reverse cancer risk through better nutrition. Other events turn the spotlight on dream analysis. For program details, please turn to page 85.

Last month's *Wellness Days* series was a big hit. Fitness Palooza, a series of short, free offerings, showcased the variety of classes presented here in SCLH. It was a sort of exercise combo platter that proved very popular — and not just with those who are familiar faces at The Wave.

continued on page 19



Snapshots from Wellness Days, from left: TRX Class, Boot Camp, Chair Class

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Roving Reporter

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The Vaudeville Troupe's July Show is Coming Up

Doug Brown

Get out your July calendars! On stage at Kilaga Springs you'll delight in buccaneers singing and dancing to the tune of "Stouthearted Men," a Vaudeville tribute to "West Side Story," plus comedians, vocalists, and dancers. And then there are Vaudeville's own "Five Sinatras," the "Sexy Sinatrettes," and the "July Brides." Come one, come all!

The Vaudeville Troupe's "Cavalcade of Stars" will perform four shows July 8 and 9 at 2:00 and 6:00 PM. What a way to spend a summer afternoon or evening. Step right up folks, tickets are selling fast!

What is Vaudeville? From the French *Vau de Vire*, a Normandy valley from which it originated, Vaudeville enjoyed enormous popularity in the late 19th and early 20th century as a family-oriented show with a mixed-gender audience. Its "polite" entertainment was more sophisticated and professional than the rowdy, all-male, risqué saloon shows of the era.

Today, a century later, Vaudeville lives on. And in Lincoln Hills it thrives in the form of twice-yearly shows full of energy and verve. Marina Eugénios, founder, director, and producer of our own Vaudeville Troupe, is the living embodiment of this verve. She describes our Vaudeville shows as "high energy, thoroughly entertaining, audience-pleasing, fast-paced the-

Marina Eugénios, founder, producer, and director of The Vaudeville Show

atrical performances with a variety of acts."

The Vaudeville Troupe's shows have grown in popularity here in Lincoln Hills since their humble beginnings in April 2007 as a 30-minute preview show for the scheduled Reader's Theater that year. With popular demand for a return performance, Marina's creative efforts — and those of a group of loyal Vaudeville supporters — came to fruition in 2008 with the official approval of The Vaudeville Troupe as a Lincoln Hills group. The first two-hour shows were performed to full houses in Kilaga Springs in January of 2009, and the legacy continues to this day.

Roving Reporter

American Idol in Lincoln Hills!

Friday Night Open Mic

Carol R. Percy

The woman in the red jacket was curious—she stepped partway inside the entry doors of the Kilaga Springs Presentation Hall and stood there, tapping her foot. On the stage inside the hall, a band was playing "Mustang Sally" and many of the 80 people in attendance were clapping and singing along. "What's going on here, anyway," the woman asked, smiling. "Is this American Idol in Lincoln Hills?"

Close, but no cigar. The Friday Night Open Mic, a *free* event hosted bi-monthly by the SCLH Music Group, is the inspiration of Mike Percy, a music group board member and longtime musician. "I came up with the concept of the 'open mic' to give our members an opportunity both to perform for the public in an informal and supportive environment, and to network with other musicians in the area," Percy said. "We were fortunate to get the Presen-



Swashbuckling Vaudeville pirates aboard ship prepare to captivate LH audiences in July

All are welcome to try out for upcoming shows. Auditions for the January 2012 show are scheduled for October of this year (watch your *Compass* for the announcement). This is your chance to let that singer, actor, or comedian hiding within you to bust loose on stage before a supportive, applauding audience.

And, of course, come to the July Vaudeville shows for some hilarity and fun!



tation Hall and this event gives members a stepping stone between performing at monthly meetings and playing in a ballroom for hundreds of people at our annual Showcase."



Performing at Friday Night Open Mic, left, Gary Sloan and Mike Percy

The Open Mic is open to anyone with an interest in either performing or listening to live music—sorry, no karaoke. The Kilaga Springs Café is open

continued on page 35

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Read Any Good Paraprofessionals Lately?

Library News

Nina Mazzo, Library Volunteer

Bet that question got your attention! A paraprofessional is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader to reinterpret the first part. Authors use it for dramatic or humorous effect. Example: I didn't say it was your fault, I said I was blaming you. Also, why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Many thanks for the donation of several new books by popular authors: Anne Perry, whose books take place in the Victorian age and recent award winner, Louise Penny's book titled *Bury Your Dead* whose main character, Inspector Gamache, says during an intense scene "There are four sentences that lead to wisdom. I'm sorry. I was wrong. I need help. I don't know." Finally, have you noticed James Patterson has several books with co-authors? He said in a recent interview he enjoys collaborating with others as it brings new and interesting ideas to his stories. Patterson's latest book is titled *10th Anniversary* and features his women's murder club. We don't have this book on the shelves yet, but would certainly appreciate someone donating their copy.

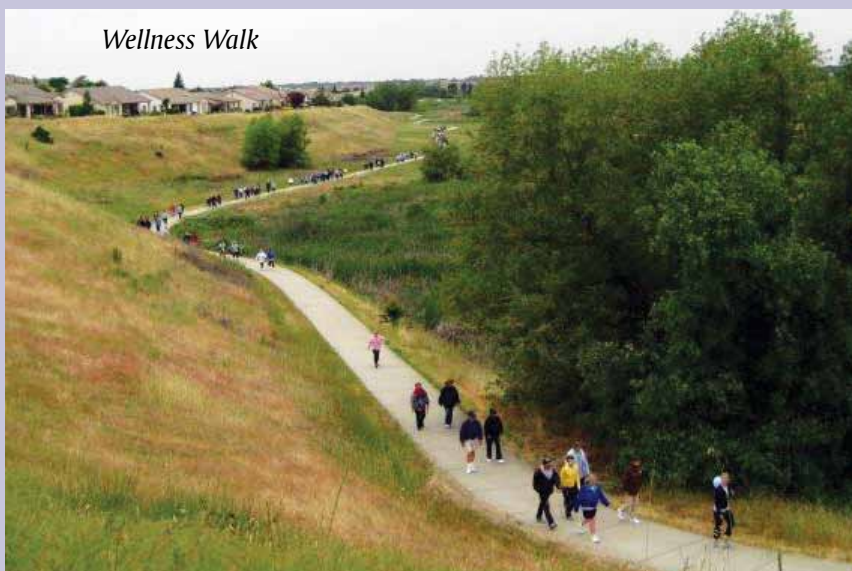
Contacts: donations—Sally Scotch (543-0792); volunteer opportunities—Sandy Maloff (408-2368); investment materials—Cleon Johnson (408-5648 and books in OC—Nina Mazzo (408-7620).



Wellness Program

continued from page 13

We saw all kinds of people turn out, from those energetic, spandex-clad types to those who take a more laid-back approach to working out. One reason: the variety of classes, from low-key Basic Chair exercise classes to the high voltage SGT Outdoor Bootcamp. At the Good Morning Stretching group, resident Claudia Bernt explained why she liked sampling several options. "I do something every day, but I'm no fitness freak, so I'm looking for the right combination of activities," she said.



Wellness Walk

SCLH residents Gay & Barry Mackintosh tried Cycling and the Outdoor Bootcamp. "We kind of got stuck in our fitness routine, so this was a chance for us to branch out." Resident Dick Proffitt dove into the Core and More class for the first time. "This is giving me a push to try something new," he said, "and I like that they have activities for people at every level."

Free health screenings, talks on nutrition and aging, and a charity walk rounded out May's Wellness calendar. Every month brings a terrific new lineup in this series; check it out.

Neighborhood Watch

continued from page 11

their binders of information, and had questions clarified. If you would like to attend one of these workshops, please call a contact below. Our directors have also participated in the workshops and

are available to assist you with this "easy steps" information.

Does your Mail Station, or a neighboring unit, need a Captain? Please consider this excellent way to make new friends and keep in contact with your neighbors!

Welcome to our New Director, Joan Brandt-Love, who brings myriad talents to our organization!

The fastest growing scam in the past year is described under Neighborhood Watch on page 29.

Commercial Presentation

(Paid Advertisement)

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

Regent Seven Seas Cruise Line

Saturday, June 25 • 2:00-3:00 PM • Solarium (OC) • Free

Presenters: Loretta Slyh and Dale Messer

Please join Loretta Slyh and Dale Messer of Travel Store for an exclusive gathering featuring Regent Seven Seas Cruises. Learn about Regent and the special amenities offered through Travel Store. A special booking incentive will be offered to attendees at this event. Don't miss out!

RSVP today: Loretta Slyh, 201-4111, or Dale Messer, 830-5514

Neighborhood Watch Contacts

- Allen Gillespie, 434-5979
allenm40@gmail.com
- Pauline Watson, 543-8436
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Club News



• Alzheimer's/Dementia • Caregivers Support Group

If you are a caregiver for or family member of someone with impaired memory, join us on the fourth Wednesday of each month at 1:00 PM, Multipurpose Room (OC). Meetings alternate between caring/sharing sessions and an invited speaker. The June 22 program will be Laura Wayman's presentation, "A Loving Approach to Dementia Care." With years of training and experience caring for dementia patients, Laura teaches techniques to caregivers facing the challenge of communicating with dementia patients, coping with their difficult behaviors and assisting them with daily activities such as eating, bathing and personal care. Her one hour training will enhance your relationship and assist you in restoring a sense of dignity and self-worth in your loved one.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9322;

Nancy Mitchell 253-9962



• Antiques Appreciation •

At our June 6 meeting, we had a guest speaker who presented us with a wonderful program on Antique/Vintage Coffee Collectibles such as coffee grinders, tins, pots, paper advertisements, etc. Following this delightful presentation, some of our members shared their "coffee collectibles" with us.

Our July 4 meeting will be our traditional semi-annual Member Show and Tell open to all and any collectibles or antique items members wish to share.

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

Contacts: Pat LePage 543-9564;

Jane Delno 543-6855

Antique Appraisals: 408-4004



• Arts Association •

June's general meeting continues the exploration

of our members' talents. In the spotlight is Beryl Spurling whose art lies in metal sculpture which he started as a hobby. Beryl found a new interest, lapidary, and soon discovered that polished rocks added a new dimension to his sculptures. At the meeting, Beryl will show materials he uses as well as the stages of his favorite tin can flower pot. All are welcome to join us on June 27 at 2:00 PM in P-Hall (KS). Also, applications for our annual Studio Tour in September will be available. This popular event allows folks to visit artists in their home studios and takes place the weekend of September 10 and 11. To join in the excitement of the Arts Association, contact Ron Clawson at cearon1@yahoo.com or 543-0065. Dues are only \$15 a year and cover the entire household.

Contacts: Bill or Cathie Szabo

434-6667, billcats1@earthlink.net

Website: LHarts.org



• Astronomy •

• Monday, June 20. Cosmology Interest Group, 7:00 PM, Fine Arts Room (OC). A DVD lecture series is being presented on "The History and Nature of the Universe." Contact Morey Lewis (408-4469) for information.

Note! There will be no regular Astronomy Group meeting in July.

• Wednesday, August 17 (third Wednesday), 7:00 PM, Planetarium Show at Sierra College. Professors Dick Marasso and Barry Rice will team up to present a planetarium show and presentation on Astrobiology.



Nina Mazza introducing Our Cosmic Neighborhood" at May's Community Forum

• Wednesday, September 7. Anthony Oreglia will present "Mooning Our Way Through The Solar System."

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, P-Hall (KS). *However, note location and date change for August.* What's

Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring your questions about astronomy during the Q & A period.

Contacts: Ron Olson 408-1435,

rolson@starstream.net;

Nina Mazza 408-7620

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Website: www.lhag.org



• Ballroom Dance •

Ballroom Dance exercises mind and body. Benefits are confidence, cooperation, communication skills and physical fitness. You'll tone nearly every muscle, help weight control, improve balance and boost brainpower.

If you think you can't dance, or it's been a long time, our 2:00-5:00 PM Tuesdays are geared for you.

The first hour covers basic moves for the dance of the month. The second is "open dancing," time to practice, with help from teachers if desired. Watching others dance is also a good way to learn.

Experienced dancers brush up the third hour when instructors teach more advanced dance of the month steps.

We enjoy getting together socially, occasionally traveling to dance locations with big bands. Twice a year we have potlucks with music to accompany dancing. Annual membership dues are \$5. That includes weekly lessons – a bargain!

Come learn the Tango in June, the Rumba in July! Multipurpose Room (KS).

Contacts: Ruth Algeri 408-4752

Brigid Donaghy 543-6003



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be June 15 and July 20. Each month we go to various

restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Tuesday, July 12, at the *Casino Buffet*. We meet in front of OC Lodge 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



• **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 May 04

- AM Winner: Oscar Alvarez
- Runner-up: Hal Berman
- PM Winner: Phil Delaney
- Runner-up: John Sefakis

Nine-Ball Singles May 10

- AM Winner: Norm Hagerty
- Runners-up: Dale Hurlbut and Doyle Coker
- PM Winner: John Sefakis
- Runners-up: Paul Krcha, Jim Pacini, Wayne Bullen and Les Birch

Eight-Ball Doubles May 18

- Winners: Bob Maske and Ted Komaki
- Runners-up: Doyle Coker and Wayne Bullen

The SCLH vs. SCR tournament was held May 13. The Shooters Traveling

Team won again. Congratulations! We are honored to keep the trophy here.

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

Challengers Billiards

Every Friday from 9:45 AM to 12:00 PM, we play seven strategic games of Eight Ball (1/15) timed at 17 minutes each. These tournaments are for mid-level to advanced players. Our partners and opponents change most games. Sign up on the last Friday of the month for the following month. Standby players frequently get to play. Come join us, it is *free & fun!*

Congratulations to recent winners —

- Seven Games: Ron Weech
- Six of Seven Games: Bill Kim, Dan Oden, Ken Klein, Chiquita Fratto

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

Couples Billiards

We meet at KS every Wednesday from 4:00-6:00 PM. We play six-seven games depending on how many players we have. Games are timed at 17 minutes.

No six-game winners this evening; however, four couples won five games. Those players were: Joe/Nicki Hobby, Ziggy Brien/Lisa Pabst, Joe Perez/Rita Baikauskas and Bob Wehner playing alone.

Week two Rita Baikauskas/Joe Perez was our only six-game winner. Al/Betty Jones won five games.

Joe/Shirley Varner was the only couple to win six games on week three. There were no five game winners. Roger Corley sank the eight ball on the break in the fifth game.

Week four winning six games was Joe/Nicki Hobby. Three couples won five games: Joe/Shirley Varner, Ron/Sherry Weech, and Roger Corley/Gail Harmon.

Week five, no six-game winners. Joe Perez/Rita Baikauskas and John Sefakis/Carlos Barrantes tied with five wins.

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

Players Billiards

We are off to a good start and we still

have a little room for some new players! For mid-level skilled players, we play six games of Eight Ball every Thursday, 2:15-4:30 PM in the Billiards Room (KS). We change partners and opponents most games. Sign up at 2:00 PM on the last Thursday of the month for the following month. We use the American Poolplayers Association Rules. Come join us!

Congratulations to recent Winners:

- Six Games: Sylvia Gutierrez, Bob Wehner, Doyle Coker
- Five of Six Games: Chiquita Fratto, Willie Wright, Bob Rand, Frank DeMasi, Veronica Torres

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

Upstarts Billiards

The new play time for the Upstarts Billiards Group is from 11:45 AM-2:00 PM every Thursday in the Billiards Room (KS). We play five games of partners Eight Ball. Partners are drawn randomly each week. If you are a beginner or casual player and would enjoy playing pool in a relaxed setting, you will want to come by and check us out. Men and women players are welcome.

Reminder to our Group players that our Barbecue is scheduled for 5:00 PM on June 27 at the Sports Pavilion.

Congratulations to recent winners:

- Five games: Sandy Pavlovich, Dan Oden, Phyllis Borrelli
- Four of five games: Lana Carey, Dan Oden, Phyllis Borrelli, Bob Bienkowski, Doyle Coker

Contacts: Dan Oden 408-2687; Phyllis Borrelli 543-3528; 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** •

The Bird Group meets on the second Monday of each



The Shooters Traveling Team Winners of the May 13 Roseville Tournament — from top: AM winners and PM winners



month at P-Hall (KS) at 1:30 PM. Please join us for some interesting topics on a variety of birds found mostly in our area.

The Bird Group's next event will be on Friday, June 24. We will look for bird species at Foresthill Divide in Foresthill. Last year a pigmy owl was spotted on this trip. Then on Friday, July 8, the group will bird watch at Ride to Walk on Hwy 193. The July meeting will show bird blooper videos of some very entertaining birds.

Contacts: Ruth & Don Baylis,
rbaylis2@yahoo.com
Website: www.lhbirdnest.org



• **Bocce Ball, Mad Hatters** •

May saw a lot of activity on the Bocce courts. The Special Olympics were here May 15 and the Italian Club had a tournament May 21. The Special Olympics folks had to play in the rain, but that didn't stop them and everyone seemed to have fun. The Italian Club was blessed with sunshine and what looked like a large crowd. With that many Bocce players around we'd like to extend an invitation and get more people to come out and join us on Thursdays at 8:00 AM. We don't have any dues and everyone is welcome, including couples and singles, and if you don't know how to play we'll teach you. It's easy.

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



• **Book Group, OC** •

On June 16, the OC Book Group will review *The Girl with the Dragon Tattoo* (a dark Scandinavian mystery) by Stieg Larsson.

Then, for a change of pace, on July 21, the topic will be *My Stroke of Luck* by Kirk Douglas. In this touching autobiography, Douglas shares memories from his 60-year acting career and insights into how he has faced adversity.

Please join us on the third Thursday of each month in the Multipurpose Room (OC) from 1:00 to 2:30 PM. Newcomers are always welcome. Future Readings:

- 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;**
Dale Nater 543-8755,
Darlis Beale 408-0269;
Linda Derosier 543-6307
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



• **Bosom Buddies** •
Breast Cancer Survivors

May was a great month. At least 700 people participated in the Lincoln Relay for Life at Lincoln High School football field. Sixteen members of Bosom Buddies participated in the survivor's lap at 9:00 AM and carried the banner. The enthusiasm was electric. Luminaria bags to honor survivors and remember those who lost their fight were distributed at the 9:00 PM ceremony.

Our June meeting guest was Brenda Akerman from Joyful Living Services in Colfax. She talked to us about decluttering our homes. This, of course, was well-received by all.

Reminder: No meeting in July. Our next meeting will be August 11 (second Thursday) at 1:00 PM in the Multipurpose Room (OC). Please plan to attend as we will be voting on new officers for next year.

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



• **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 Zincke, and Jeanne Zincke. There certainly was no shortage of 200 games. As of this writing, more than 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, Doug Tran 179 and Horace Snowden with 177. 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

Our year ended with a banquet held at the Sports Pavilion with everyone enjoying the great meal catered by Dickie's Barbeque. It was a beautiful day made even more fantastic by our own Paul Carroll. His songs and music set the mood and many of us joined in the lyrics.

Team 24 *Lucky Strikes* with Bob & Linda Goldberg, Steve Greenfield and Marty Maisel were League Champions followed in second place by *It Is What It Is*.

Three Bucks & a Doe took Team Scratch Series, *Rack 'Em Up* held onto Team Scratch Game, Team Handicap Series went to *Jackpots* with *Three Foxes & a Hound* earning Team Handicap Game.

Congratulations go to our other first place winners: Mike Freiria, Bob Barrows, Sam Munoz, Harry Ramsden, Betsy Freiria, Cathy Riewerts, Kathy Dillon, Lucille Putnam, Randy Wilcox, Marion Munoz, Paul Lundberg and Janet Ruiter.

Hope to see you all next season!



Top: League Champions;
Other Winners

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



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

Sign up now for our annual dinner and “Tournament of Champions” to be held on July 14 in the Social Kitchen (KS). Below are May’s results.

May 5:

- First: Rose & Joe Phelan
- Second: Sasha & Tom Eason
- Third: Gloria Stroemer and Sharon Baker
- Fourth: Edith Kesting and Erica Wolf
- High round: Ken Gladden and Sharyn Alexander

May 19:

- First: Gloria Stroemer and Sharon Baker
- Second: Ben & Kay Newton
- Third: Neal & Kelly O’Boyle
- Fourth: Nancy Turrini and Lydia King who also had high round

For competitive social bridge, join us on the first & third Thursday evenings.

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

Thursday Evening
Second & Fourth

April 28 bridge scores:

- First: Mary Harrington and Edith Kesting
- Second: Ken & Chris Jacobson
- Third: Jerry & Sharon Kluball
- Fourth: Allen & Bev Blaine

May 12 bridge scores:

- Tied for first: Mary Harrington and Erika Wolfe, John & Diane Maranta
- Third: Cathy & Bob Brynjulson
- Fourth: Warren & Gerry Sonnenburg

Please join us for a fun night of bridge on the second and fourth Thursday nights. It was a lot of fun for Gerry and Warren on the 12th as they got a grand slam. Good for them. We play in the Terra Cotta Room (KS) at 6:00 PM. Call Chris & Ken Jacobson for reservations at 408-8709.

Contacts: Chris & Ken Jacobson
408-8709



• **Bridge, Duplicate** •

For SCLHDBC information and scores, log onto www.bridgewebs.com/lincolnhills, our “Bridgewebs” internet site. It contains summarized and detailed results of our duplicate sessions. The Wednesday lessons schedule:

- June 22 & 29—Opening in Third and Fourth Positions
- July 6—Interpreting Game Results
- July 13—Slam Bidding

All residents, especially newer arrivals or graduates of the Association-sponsored duplicate bridge classes, are invited to participate in Lincoln Hills duplicate bridge. The sessions are played three times weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays; 5:00 PM Fridays; and 12:30 PM Saturdays.

Our “limited game” schedule has had a revision. A recently started “299er” section on Saturdays is restricted to players with fewer than 300 Master Points. The Wednesday “49er” group continues for those with less duplicate bridge experience, fewer than 50 MPs.

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



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come and join us for an afternoon of fun and good company while playing social bridge. Check-in time is no later than 12:50 PM. You do not need a partner, but you do need to make a reservation in order to play. You can make a reservation or cancellation by calling Joan or Les Schabilion at 253-7569.

April 22 through May 13 winners:

- First: Gene Huntley, Joan Schabilion, Jim Busey, Lois Burke
- Second: Dee Williams, Peg Schmidt, Dede Ranahan, Dolores Marchand
- Third: Jim Busey, Phil Sanderson, Betty Bugee, Eleanor Amar
- Fourth: B.J. Parkinson, Beryl LeVine, Ann Jensvold, Peg Collings

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



• **Bunco** •

Everyone had a great time this past month with our new Bunco *Traveler* bear flying around the room every time three twos were rolled on the dice.

The steering committee is planning a summer potluck after Bunco play on July 21. We will check to see if the Pavilion is available, but if not, we will need a volunteer hostess. Please let one of the steering committee members know if you are interested in hosting. We all love the delicious dishes and time spent visiting with our friends.

Please join us every third Thursday of each month in the Cards Room (OC) at 9:00 AM. The entry fee is \$5 with no annual membership fee required.

Last month’s winners:

- Most Buncos – Barbara Conner
- High Score – Sudie Moreland
- Most Wins – Paulette Rhoads
- Low Score – Ruth Lantosh
- Most Losses – Marsha Pimentel
- Traveler – Claudette Rhoads

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



• **Ceramic Arts** •

Thank you to those who attended the semi-annual meeting in May. Volunteers are needed to plan the Fall Potluck in October, and for a Nominating Committee to fill Steering Committee vacancies. Interested? Call Mike Daley, 543-9449.

Note changes in CAG workshop hours: Workshops held at OC on Saturdays, 9:00 AM-3:00 PM, and Sundays, 12:00-4:00 PM; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays 1:00-4:00 PM for Spanish Oils.

“Open Studio” available to all residents: OC Fridays only, 1:00-5:00 PM, and KS Sundays only, 1:00-4:00 PM.

Access to studios is granted only when a registered monitor is present. We extend our appreciation to our volunteer monitors. Thank you all for your continuing support.

Contacts: KS Earthenware — Terry
Pisani 408-4037; KS Spanish Oils
— Margot Bruestle 434-9575; OC

Pottery — Marilyn Anhalt 408-8196 and Mike Daley 543-9449

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



• **Cloggers** •

For those who attended “California Spectacular” clogging convention, June 3-5 in Fresno, must be looking forward to the next one! Great fun!

Conventions offer cloggers a chance to dance with many top clogging instructors from all over the USA. Like, Naomi Pyle (IN), Jeff Driggs (WV), Chip Summey (NC), Barry Welch(CA) and many more.

Next workshop, Belmont, CA, August 13; pre-register by July 30 and save money — \$5 higher at the door.

To improve your clogging skills consider repeating Beginner/Technique class. A slower speed gives the dancer a chance to concentrate on the execution rather than learning the step. Athletes constantly repeat basic moves with coaches. A sure way to improve your skill plus it’s easier the second time around!

A way to know clogging... try it! Check the *Compass* classes section.

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



• **Computer** •

• **Main Meeting: July 13, 6:30 PM.** “Three New Browsers: Which One is Best For You?” by Terry Rooney. In the past two months,

all of the major browsers for the Windows operating system have released major updates. The most used browser Microsoft’s Internet Explorer, has now released IE 9, which is significantly different in many ways from its predecessors. One drawback is that IE9 requires Windows 7 or Vista. Firefox, number 2 browser in market share, has released Firefox 4, which has added many refinements to the long list of Firefox features. The third browser is now Google’s Chrome, which has gone

July 13 presentation will be by Terry Rooney



from zero to 10% market share, mainly due to its blazing speed.

• **Monthly Clinic: July 15, 3:30 PM.** “Customizing Your Browser Settings.”

• **Ask the Tech: July 25, 10:00 AM.** Informal Q & A session for any and all technical questions. All meetings at P-Hall (KS).

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



Mac User

Summertime general meeting programs will include presentations on MobileMe, Google Apps and Photography Applications. General meetings are held the fourth Tuesday of each month in P- Hall (KS). Start time is 6:30 PM with Ask the Tech followed by



President Bill Smith with apps on News and Business; Andy Petro demonstrating apps for Books and Reading;



Nina Mazzo star struck with Astronomy apps



the featured speaker at 7:00 PM.

September is our member Barbecue with a twist this year – we will have it in the OC Ballroom. Details coming soon.

Member benefits include special interest groups for Newbies and folks new to Mac. They meet twice monthly (daytime & evening). Education seminars are held twice each month (daytime & evening); topics continue the theme of the monthly general meeting in greater detail. Dues: \$15 per year. Checks payable to LHMUG, mailed to Gerry Esker.

**Contacts: Bill Smith, wsmith986@gmail.com; Bonnie Esker, gesker@att.net
Website: www.lhmug.org**



• **Country Couples** •

The Country Couples (CCs) Spring Fling Potluck Dance was held at KS on Friday, May 20. As one would expect, there was a variety of dishes to select from and a mix of DJ music to help burn them off. Thanks to all of the members who helped make this a success.



Country Couples dancers at the Spring Fling

Dennis & Georgi Dawson and Ralph & Linda Lacaze have planned a CCs dance on June 23 from 6:00-8:45 PM at KS. Tickets will be \$5/person at the door.

Now for a bit of “house cleaning:” Last month’s article included an invitation for anyone interested in seeing what CCs is all about to visit a practice or a lesson. Unfortunately the invitation contained an error in the day of the lessons. The correct lesson information is Mondays at KS, 7:00-9:00 PM. Saturday practices are held at OC, 4:00-6:00 PM. Interested residents are welcome to come and observe.

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



• **Cribbage** •

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

Come and join us. We welcome new players and have been pleased to see several the last few weeks. We’re averag-

ing 18-20 players most weeks, but still have room for more.

jerry.wilcox@gmail.com;
George Funk 543-4206,
06viper@pacbell.net



• **Cyclist** •

Lincoln Hills Cyclists ride bikes for many reasons. Here are five of the best reasons to ride. 1) **For Your Health.** Bike riding will increase your cardiovascular fitness, strength, balance, flexibility, endurance and stamina. 2) **For Your State of Mind.** Bike riding is a proven stress reliever. You will arrive at your destination happier about the world and yourself. 3) **For Your Community.**



*From top:
Refueling;
Ready to Roll;
Old Glory*

You can interact with the people around you (wave, say “hi” to a kid). You might inspire someone to ride. Of course, you create no pollution. 4) **For Convenience.** Front row parking. No traffic jams. You might actually be faster than a car on a short trip. 5) **For Your Pocketbook.** Obviously, mileage costs are nil, and, ultimately, your health cost should go down.

Get out on your bike. While all the above reasons are great and help your

community and others, ride for you. Have fun.

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



• **Dominoes** •
Mexican Train

With summer and warm weather here, it’s an excellent time to learn to play Mexican Train Dominoes. It’s a lot of fun and we have a good time.

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 being held at the 9:00 AM session. It’s a great time of fun and social interaction.

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



• **Eye Contact** •
Low Vision Support

Next meetings: July 9, P-Hall (KS), 1:00-3:00 PM.

1:00 PM: “What’s Your Story?” We will be introduced to the Alliance International — the only international organization focused exclusively on AMD. They work to provide knowledge, hope, and help to persons with the disease. They teach knowledge of treatment, rehabilitation, and promotion of AREDS for dry AMD. Their aim is to increase understanding that wet AMD as a chronic disease.

2:00 PM: “Adult Protective Services.” This program was presented recently to the Travel Group. Karen Bone, the presenter, will speak on any subject the program offers, not just abuse. The service is part of Placer County Health and Adult Human Services Department, Adult System. Following are some of the services: Placement Assistance; Meals on Wheels; Transportation; Medical/Mental Health Services; Legal Aid. Bring your questions.

If you have discussion subjects to suggest write: kbone@placer.ca.gov.

Contact: Barbara Smith 645-5516;

Cathy McGriff 408-0169;
Margie Campbell (a ride) 408-0713



• **Fishing** •

Despite the winter-like weather through most of May, we had some good fishing. A trip to Shasta found 24 happy anglers having a great time with good weather, good food, and most important, catching fish. The Fall River trip, on the other hand, found 16 anglers in terrible weather with uncooperative fish but still managing a few nice fish for those brave enough to venture out. The other big event was our annual Spring Barbecue with 80 members attending, and as suggested last month, enjoying an upgraded menu with rib eye steaks substituted for hamburgers. No one complained.



Now we are looking forward to a great summer with trips planned for Henderson Springs, Pardee and Commanche in June and our campout/fishout at Fuller Lake in July. The Donner Lake trip to a great lodge with excellent access to several good fishing areas is scheduled later in the summer.

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



“Some nice Fall River Trout”



• **Garden** •

Maple Rock Gardens Spring Tour. *Saturday, June 18, 9:00 AM: Meet at The Wave Fitness Center parking lot.* Contact Rita Grella, 408-2367, for registration, info and maps for this exquisite garden! Bring \$5 for entry, a sack lunch, and a couple of dollars for the drivers. (Water, coffee, cookies available.) [www/maplerockgardens.com](http://www.maplerockgardens.com).

• Thursday, June 23, KS, General Meeting (2:00-4:00 PM). Debbie Arrington, Home & Garden writer for *The Sacramento Bee*, is the Guest Speaker for

June. A lifelong gardener, she's now writing about gardening topics, her main focus is the newly redesigned Home & Garden section. A consulting rosarian, she serves on the Board of Directors for the Sacramento Rose Society. A native of Long Beach,

she now lives in the Pocket neighborhood of Sacramento.

• Save the date! *Thursday, August 25!* The Garden Group will host "The First Ice Cream Social" in place of our monthly meeting. More details next month.

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

• **Gem and Mineral Society** •

The informal social event held on May 30 was well attended and enjoyed by members of the Gem and Mineral Society and their guests.

Feel free to visit us on Mondays and/or Wednesdays at the Sierra Room (KS) from 8:00 AM to 12:00 PM to meet our members and see our shop machinery in action.

We invite you to visit our club's current display outside the Multipurpose Room (OC).

The next meeting of our club will be on Monday, August 29, at 4:00 PM in the Sierra Room (KS). Anyone interested is welcome and encouraged to attend.

Contact: Deanna Hanks 543-3013, dhcio@aol.com; Dave Fisk 434-0747 (lab info & reservations)
Website: <http://sites.google.com/site/lincolnhillssuncitygems/home>



• **Genealogy** •

• Monthly general meeting: June 20, 6:30-8:30 PM, P-Hall (KS). Topic will be "Military Records." Speaker: Wayne Ford. Learn how to obtain records from the different Wars and how you can find out more about your ancestors through them.



Students in the recent class for beginner Genealogists

- There will be no Computer Workshop or Ask the Pro on the first Monday in July as it falls on the 4th of July this year.
- Steering Committee Meeting: July 11, 12:30-2:30 PM, Multimedia Room (OC). Club members are welcome to attend.

Contact: BJ Ollas 543-4682; Kathleen Propersi 543-0376
Website: www.webflavors.com/lincoln



• **Golf, Ladies** •

Lincster Lady Niners

Unfortunately, those brave souls who turned out for golf on May 18 only completed a couple of holes due to yet another rain shower. The



From top: Marie Bossert being ministered to by spa esthetician Linda; Sarah Free enjoying her neck massage; shopping the trunk show

day was not a complete loss and 50 Lincsters attended the event at the Spa at Kilaga Springs. It was a wonderful experience and our ladies were treated to demonstrations ranging from hand and neck massages to facial tips, a jewelry show, and it was capped off with wine tasting and a delicious array of food. While wine tasting, our members combed the racks of clothes provided by the Lincoln Hills Golf Club. Our own Sharon Schwartz was the lucky winner of the raffle drawing for spa services valued at \$50.

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

Ladies XVIII

Larger numbers of ladies are turning out for our playdays as the weather improves. The good scores are pouring in as well. Congratulations to all our over-the-field, flight, and "eagle eye" closest-to-the-hole winners this month.

Special recognition and a big "thank you" go to our Tournament co-chairs, Bev Ansbro and Karen Thom. Each week they create interesting and fun formats for our playdays,

giving them clever names. They handle the pairings, unforeseen weather events, and cancellations with grace and aplomb. Ladies, we salute you!!

Check our column next month for information on a special September tournament. It promises to be a great time for one and all.

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



Ladies XVIII Tournament Chairs Bev Ansbro and Karen Thom

• **Golf, Men's** •

Wow guys!!! In last month's North/South battle, the team of Bob Emge and Robert McGrath led the South to victory with a dazzling net 55 and the overall win was South's 62.5 average vs the North's

62.9. What a tournament!!

In the past few weeks the *Club Championship* was contested over two days: the Gross Champ is Frank Burkhead with a fine 72-74!! The Net Champion is Steve Garavito with a stunning 68-62; the LH-MGC congratulates both for fine efforts!!

The June 9 NCGA Sr. four-ball qualifier results are in and members can check our website to see the overall winners and team scores.

On July 5, this year's President's Cup will start with players arranging their own days to play the opponent, followed by the July 14 NCGA Net Amateur Championship.

"Hit 'em straight, guys!"

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



• **Hand & Foot** •

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

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



• **Hiking and Walking** •

Walkers: *Alert!* Another reminder that during the hot weather our walks begin at 7:30 AM. Come and join us!

Hikers: Last month we enjoyed several relatively short hikes including the Auburn Canal and the New York Trail in El Dorado Hills. And our trek to our favorite Lincoln Regional Park — Hidden Falls — always produces a good turnout and a fun hike.

We have some outstanding hikes scheduled for this next month as we travel away from Lincoln to find cooler temps. Starting with a hike along the Pacific Coast shoreline above Muir Beach, we also head to Oroville and Feather



Clockwise from top left: Cascade Canal, Nevada City; viewing the Robert Louis Stevenson SP Vista; Pacific Coast Trail above Muir Beach

Falls, Castle Peak (above Donner's Pass), and finally the beautiful Rubicon Trail along the shores of Lake Tahoe and Emerald Bay. With a hike a week, there has to be a special hike just waiting for you! Check the website for the upcoming hike schedule and hike descriptions.

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



• **International Folk Dance** •

This year the International Dancers will continue meeting during the summer. We will be dancing as usual at Kilaga Springs on Tuesdays, 2:30-4:00 PM.

We invite you to add International Dancing to your weekly activities. We



Join us for an afternoon of International dancing

visit countries all over the world without the hassle of passports, luggage, visas, or airport security. Our form of dancing is great exercise and good for balance and memory. No partners necessary and there are no dues.

Our dances are similar to those of other groups except that ours are *international*. Perhaps some are from countries that are part of your background — come join us and find out.

We hope to see you Tuesdays at KS.

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



• **Investors' Study** •

Meetings, P-Hall (KS), 2:00-4:00 PM, first Thursday of the month.

- July: No meeting!
 - August 4 meeting: Our consultant Russ Abbott, will discuss the investment playbook in more depth.
 - September 1: Dr. Bob Froehlich from Hartford will discuss inflation and potential consequences.
 - Active Investor Class, Bill Ness, (OC), 3:00 PM, second Monday of every month
 - Options class, Steve Greenfield, Multimedia Room (OC), 5:00 PM, third Monday of every month
 All residents welcome.
- Contact: Douglas Hohman 434-6001,**
djhohman825@yahoo.com



• **Lavender Friends** •

A good time was had at our third annual Guy's Potluck held at the home of Phil and Rich. We had five tents spread around the pool.

Since the beginning of this year, Duane Spurling has been very busy creating new abstract paintings. He first became interested in painting when he arrived from Kansas in 1946 and started school at Arcade Elementary where Mrs. Burke, his art teacher, spread out all that white paper on those big tables and let the kids go at it with water-mixed paint from tin cans. He was enchanted since they didn't have anything like that in Kansas. His website is www.galleryduanespurling.com. Another talent of his is landscaping. He started at Capital Nursery in Sacramento where he worked as a landscape trainee under renowned landscape architect Waldo Scott. That resulted in an education that has allowed him to find employment in this field.

Contacts: Jacquie Hilton 543-9349,
jacquiehilton@starstream.net;

Herman Osorio 408-8094,
Hosorio2010@hotmail.com
Website: www.lavenderfriends.com



• **Line Dance** •

We currently have 11 line dance classes ranging from introduction level where dancers are taught the basics thru the intermediate/advanced level, and don't forget our performance group. That's quite a few dancers!



Scooter Lee Seminar

Two hundred forty dancers attended the recent Scooter Lee Seminar. Of those, 58 were from our community. They came from northern California, Oregon, Nevada, the Bay Area and Sacramento. Dancers also came from all our surrounding cities, Rocklin, Roseville, Citrus Heights, Carmichael, Marysville and Yuba City. Scooter's seminars are directed toward the beginner and there were a lot of our beginners that attended. We all had a great time and learned several new dances.

Our performance group has been busy practicing for the upcoming Vaudeville show Friday and Saturday, July 8 and 9. Tickets are only \$10 and it's a great variety show. See page 43 for details.

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



• **LSV/NEV** •

Low Speed Vehicles/Neighborhood Electric Vehicles

A great time was had by all who attended the barbecue / potluck / road rally. We give a big thank you to Harry & Diane Maker who planned the rally and to our chef team John Hodson and Frank McGara. If you missed this one, watch for our spring rally.

On June 21, we are excited to offer John Stanfield as our speaker. As a graduate student at Stanford, John was involved in creating a prototype of a new electric vehicle. As President of Weng Motors, he will be able to fill us in on what is new in the world of Low Speed Vehicles.

Our meetings are on the third Tuesday of each month (no meeting in August) at P-Hall (KS) at 10:00 AM. We hope to see you on June 21.

Contact: Buzz Rognlien 408-4540



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is played with tiles that have different symbols on them. It is an interesting game of logic but mostly luck. Come see what it is all about. We play every Monday at 8:45 AM in the Card Room (OC) and have lots of fun. If you have any questions, please call Rita, Virginia or Ada. See you there.

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



• **Mah Jongg, National** •

Our Group meets in the Card Room (OC) every Tuesday from 12:30 to 4:00 PM. We have a great time playing this wonderful tile game. We welcome all skill levels and have a great instructor to teach beginners. You'll love this game and will be warmly welcomed.

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



• **Motorcycle RoadRunners** •

The back country roads to Grass Valley led the RoadRunners on their annual Mother's Day luncheon and ride. The large group of celebrators, some of whom road to the destination in an SUV, enjoyed the socializing and tasty lunch. Road Captain Sam Melchner did a great job planning this event.

The second ride of the month was also led by Sam. Unfortunately, illness interrupted plans and only a couple of riders made the scenic trip to Sebas-

topol. The following morning, when a planned tour of the famous Sturgeon's Sawmill was to take place, several club members arrived to join the tour! Everyone agreed that it was an enjoyable trip.



Larry & Kathi Ridley on Sturgeon's Mill ride

If you have a road-worthy motorcycle and our activities sound interesting, come and check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multipurpose 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** •

The Friday Night Open Mic held on April 29, hosted over 80 people who enjoyed performances by talented local musicians. The Kilaga Springs Café remained open for the event, offering non-alcoholic drinks, beer, wine and a light dinner menu. The next Friday Night Open Mic will be held on June 24, 6:30-8:30 PM in P-Hall (KS). Watch for our flyers announcing the event.



Drummer Charles Murray; Gary's guitar

The SCLH Music Group's monthly meetings are held every fourth Wednesday of the month (except in November and December), in the Fine Arts Room (OC). Meeting times are 6:30 PM until about 8:00 PM, but drop-ins are welcome anytime. Bring your instruments and perform, or just come enjoy the music and socialization.

Contacts: Carol Percy, 543-1365,
crpercy444@gmail.com;

Julie Rigali, 408-4579,
jjrigali@yahoo.com.
Website: www.lincolnsuncity.org,
Groups, Music.



• **Needle Arts** •
Threads of Friendship

The June meeting speaker was Judy Mathieson, a noted quilt artist and certified National Quilt association judge. She also held a six-hour workshop on the Mariners compass quilt for Needle Arts members.

Sally Collins, an award winning quilt maker, teacher and author, is our July speaker. She loves the challenge of combining design, color, and intricate piecing in a traditional style. She is most recognized for her quality workmanship, attention to detail and teaching expertise

Please join us at Kilaga Springs on Tuesday, July 12, at 1:00 PM for what promises to be a very inspiring talk.

Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Linda Moran, 543-4401, to join us and see how fiber arts thrive in our community!

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



• **Neighborhood Watch** •

Recently Neighborhood Watch posted an Alert on our website warning that one of our residents had been scammed by a telephone call from an imposter claiming to be a relative who was in desperate need of money. Lincoln Hills is a neighborhood of parent and grandparent residents scammers might consider vulnerable.

Some thieves also claim they are bank employees, credit card personnel, or a government agency employee, for example. They use email, phone calls, text messages, and Facebook messages to persuade people to send money or divulge personal information such as a Social Security number or an account number.

According to *Consumer Reports*, the fastest growing scam in the past year

has been imposter fraud, with 60,000 people reporting they were affected, up from only five cases in 2008. A pound of prevention is worth a pound of cure! Professional scammers often establish their credibility by gaining your confidence.

Contacts: Allen Gillespie 434-5979,
allenmgillespie@gmail.com
Pauline Watson 543-8436,
frpawatson@sbcglobal.net;
Website: www.lincal.net/watch



• **Painters** •

At our May Membership Meeting we were treated to an exceptional learning experience when member Jim Brunk shared his knowledge of and experience with plein air painting. In June, we had an art challenge. Our program planners, Bonnie Dunlap and Paulette Pesevento, are actively looking into future meeting topics and activities, as well as investigating off-campus shows and trips. Others are investigating venues for our members to show their work.

At all regular club meetings, a critique time is scheduled and members are encouraged to bring and share their two-dimensional artwork.

Our next meeting is July 5, at 2:00 PM (OC) when Doug Howard, manager of Utrecht Art Supplies in Sacramento, will talk about their merchandise and his assistant, Danial Mundy, will do a landscape oil demonstration. Interested guests are welcome!

Contact: Lynne Fee,
lynnefee@aol.com;
Diane Pargament 408-0221



• **Paper Arts** •

It's time for men to be lauded. Check the window, prepared by Claudette Kinman and Paulette for cards to use for any man you want to honor. Everyone needs a pat on the back so send a special card to a man this month.

Mina Bahan presented the project at the June meeting along with her team of table leaders. She guided the members through a journal, which will be very handy and treasured, and a card. After the meeting, the group went

to the home of Becky Leo for a salad potluck and a sale of new and gently used stamps and stamping items. What a treasure trove of items. "Just what I need," was heard all afternoon.

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



• **Pedro** •

It's a good time to learn a fun, slightly challenging bidding card game with a fun group. If you have never played Pedro before or haven't played in a long time we will be happy to teach you the basics or refresh your memory.

We play in the Card Room (OC) on the first & third Friday of every month from 9:00 AM to 12:00 PM.

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



• **Photography** •

Eyewitnesses reported a bloodless coup at the last general meeting of the Photography Group, resulting in the unanimous election of its new officers: Treasurer DeAtley Cahill; Secretary Vicki White; Vice-President David Kaufman; President Klara Kleman. There was some speculation about painful manipulation or even outright Machiavellian-level chicanery before the vote, but the election went smoothly and the new dictatorship



Gibson Ranch Civil War Days: "Too loud" and "Cannon fire" by jeffa

will have its collective nose put to the grindstone starting July 1. Congratulations to you all, and thank you for stepping up.

“Photojournalism” will be Carol Percy’s presentation at the July 13 General meeting. With her past experience and current dabbling in *Compass* coverage, she’ll give us some insight on how a story and the ‘story in the picture’ coalesce.

Coming shoots include The Renaissance Fair, Maple Rock Gardens, Sutter’s Fort, and parades of all sorts to dazzle and delight us.

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



• **Pickleball** •

At the Pickleball courts April 27, the Detonators took on the Rabble Rousers and the Detonators prevailed. Tournament director Sue Jonas used a new format for the first Club tournament of the season. After teams were set up, team managers Loretta Halpin and Don Rickgauer of the



Pickleball participants in the Pickleball Club’s April Tournament;

Tournament Director Sue Jonas beside the April Tournament score tally board

Detonators, and Marta Holm and Sue Jonas of the Rabble Rousers, alternated in offering three mixed teams for play. The opposing managers then made strategic decisions as to the best matches to pit against each of these three teams. Each player played four matches, and all points scored by each team were tallied to determine the tournament winner. Savvy team management that brought out the best play in everybody and careful record keeping kept the rather intricate concept exciting and smooth running. In the end it was Detonators, 418 points, and Rabble Rousers, 400. Article by Jim Westby.

Contact: Jerry Zimowske 408-1319,
jzimowske@ssctv.net
Website: LHpickleball.blogspot.com



• **Players** •

The Players August production has been changed. Dolly Schumacher-James will be unable to direct the “The Disappearance of the Three Little Pigs” as planned. Instead, we will present a production of several popular Radio Shows. Sandy Klagge will be the producer. Additional details will be available later as directors, cast and crew are selected. Production dates of August 3, 4, 5, 6 at P-Hall (KS) remain unchanged.

The October Readers Theater Halloween production is also taking shape. Bill McCarrel will direct and Carol Houser will produce.

Contact: Ron Morris 434-6534
Website: www.lincolnhillsplayers.com



• **Poker** •

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM and Tuesday, 5:00-8:30 PM in the Multipurpose Room (OC). Games are played using scrip, 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, July 16 and October 15, 1:00-5:00 PM.

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



• **RV** •

Mark your calendars for the first RV Summerfest potluck gathering to be held in the Sports Pavilion on

Wednesday, July 13, 4:00-8:00 PM. *Please note change of date.* Food, games, socializing for members past and present. A no-host bar will be provided. *Note that we are inviting past members.* Please RSVP to Sarah Free, 645-5380 or rwfree@aol.com.

Summer and Fall Rallies:

- June 23-27: NASCAR Infinion Raceway, Marin County
- August 14-19: Porto Bodega RV Park, Bodega Bay
- September 30-October 3: 49er Village, Plymouth. Wagon Masters Ron & Donna Rasch, Ralph & Mary D’Agostini have planned dinners at Colina de Oro, Pizza Factory; golf at Castle Oaks. At the monthly RV meetings, Ralph has given us an insider’s view of the many attractions in the Amador area... Besides the annual Big Wine Crush.

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



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

Many volunteers attended the SCHOOLS Appreciation Picnic at the Sports Pavilion on June 7. It was nice to celebrate another very successful year in the schools of WPUSD. What an inspirational generational Win-Win experience for kids and adults. Thank you for supporting and motivating students in our community. We will have a long summer recess as WPUSD will not be having summer school due to financial conditions. The Leadership Team and committees are planning for the 2011/12 school year. They will be collecting data from our volunteers, developing a calendar, and recruiting new members for next September. Be sure and mark your calendars for our Annual Meeting on Monday, September 12, 9:00-11:30 AM (KS) and our Orientation Workshop on Thursday, September 22 (OC). Have a great summer!

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
Organization of Pooches

Pooches on Parade: The sixth annual Pooches on Parade (POP) was held at the Amphitheater May 5. Our four-legged friends, spectators and 35 pooch entrants enjoyed the beautiful morning. Pooches were judged by small and



Shadow accompanied by Terri Rafferty; Samantha Anne & Maggie Mae accompanied by Gay Sprague,

Chloe accompanied by Jill Mallory. Photographer – Maggie McGurk

medium/large category.

Linda Derosier, back by popular request, emceed and kept pooches/handlers moving along. Daryl Robin, our favorite DJ, kept the doggie lyrics “pumping.” Maggie McGurk, Art Photography, was official photographer.

Robert “Bob” Burton, VP Investments, Wells Fargo, Christine Taylor, State Farm, and Tony Johnson, CPA, (three of Lincoln’s finest) judged pooches meticulously and impartially.

The POP Committee — Chair Jacquie Lemke, Dianne George, Linda Derosier, Gay Sprague, Marilyn Ruiz, Terri Rafferty, Shirley Mohler and Jill Mallory — outdid themselves planning and soliciting vendors and great prizes.

A special thank you to the Association for use of the facilities and to Judy Hogan in particular for going above and beyond her call of duty! *Article by Gay Sprague.*

Contact: scoop@scih.com
Website: www.scih-scoop.com



• **Scrabble** •

If you like crossword puzzles, then scrabble may pique your interest. The trick is making the most of your tiles by hooking them onto an existing word, especially when high value tiles are used to spell two or more words (see example).



Placing FUN under E makes two words and counts for 11 and possibly more

Come join the camaraderie on Mondays at 1:00 PM in the Card Room (OC). Between eight and a dozen word builders usually show up on game day. The more the merrier. Try to use all of the tiles and get a *Bingo* and a sweet prize. Players of all abilities are welcome. Even late arrivals find a game.

The group would like to thank Darlis Beale, who tirelessly served as the Club’s guiding light for four years, and also contributed articles to the *Compass*. The gavel was passed to Joan Spurling in May.

Contact: Candy Koropp 409-5017



• **Second Cup of Coffee** •

On Monday, June 20, the Community Forum and 2nd Cup of Coffee’s Stan Silva will re-introduce Tom Fisher, local entrepreneur, consultant and Sierra College educator. The selected topic, “Mysteries of the Peruvian Nazca Lines... Space Alien Connection?” will be visually highlighted in our front OC Ballroom. These newly discovered geometric forms will be highlighted during an interactive dialog, addressing theories as to their function, technology, and creators. 10:00 AM is start time — be early.

There will be no July session.

On Monday, August 15, resident Marcia van Wagner will present “Getting Your Stuff Organized.” The importance of an organized estate is critical. A visual slide-show, the discussion of a “legacy ledger” and a handout will address the all important finding those vital docu-

ments. Q&A follows. This meeting starts at 9:00 AM, P-Hall (KS).

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



• **Singles** •

Dynamic Singles

Just join the Singles Club and the Action Starts *fast!*

June 14 was Flag Day, June 15 is Compass Day, every day is Singles Day!

Quelle Temps Parfait!

With over 240 members, our brand new Board of Directors is set to guide the Dynamic Singles into still *better* times!



Singles Club Board Elect for 2011-2012, from left: Membership Dennis Doane; Treasurer Vi Henry; President Marty Joseph; Secretary Kathy Shaddox; VP Linda Bacon

If you join now, look what’s happening right away:

- June 21: Let’s Dance, Meridians, 7:00 PM
- June 22: Table for Eight, Monkey Cat in Auburn (Marilyn 434-6898)
- June 23: Bocce Ball Tournament, Bocce Courts (Dennis 408-2423)
- June 23 - Hawaiian Luau, Board of Directors, Inauguration Party, Sports Pavilion, 6:00 PM, Great Food/Music/Dancing
- June 25: RiverCats Game, \$19, leave at 5:00 PM (Mike 543-0035)
- July 7: Cocktails, Lincoln Old Town Plaza, 4:30 PM (Carol 408-3061)
- July 14: General Meeting, OC Ballroom, 6:00 PM
And it just keeps on keepin’ on!
Check out our website (below) or call Sarah, 543-0035

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



• **Softball, Senior League** •

Rain has caused a few softball games to be cancelled but most of the 33 games scheduled will be played. There have been some very entertaining come-from-behind victories... and losses.

It's all good fun, even the umpires and scorekeepers have a great time. The 14 teams are very close in talent. At this



Clockwise from top left: Jim Datzman blops it to left; Paul Krow rips it to right; Tony Machado delivers

writing, Paul McClellan's Golden State Collision team has a two-game lead in the standings. Check the website below or the bulletin board at the Field for the latest standings. There will be a two-week break the first two weeks of July, games resume July 18.

Sunday morning practice continues, 9:30-11:30 AM.

Whenever there's a game going on, stop and watch awhile, you will be entertained!

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

Coyotes

The Coyote 60s Blue won their first tournament in Yuba City in April, then went 0-5 in Lodi. The 60s Black won their second straight tournament in Lodi, averaging 21 runs per game with outstanding hitting by Carlos Zavala, Ed Lazarek,



**LINCOLN HILLS COYOTES
8TH ANNUAL INVITATIONAL
SOFTBALL TOURNAMENT**
When: June 18 & 19
Where: Del Webb Field
Teams: 70+
Food, fun & prizes
Games start at 8:00 AM
There is nothing like a day
at the old ballpark

J.R. Jackson, John Griffin, D.J.Cox, Bec Cannistraci, and John Gho. The 70s came away with second place in Lodi with Rich Huskey, John Wible, and Bob Napoli leading the way. The 70s then played in Folsom, winning the tournament with a 4-1 record. Gym Mikaelson led the offense (.875 ba, 13 rbi, 2 hrs). Other home runs were hit by John Parks (4), Pete Savoia (2), Bob Hunter (2), and Jim Sandin (1). Next up for the 70s and 60s Black is Rock 'N Reno, which is a major tournament with over 200 teams entered. Sierra League records as of this writing: 60s Black 6-4 and the 70s 7-5.

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



• **Sports Car** •

We had a large group for the May 9 day trip to the California Automobile Museum. They had a special showing of Italian cars.

On May 14, we gathered at KS for a Kentucky Derby Party. Again, great fun socializing and dancing.

On May 18, we went to Preston Castle in Ione. Preston Castle was built in the late 1800's as a correctional institute for minors. Currently a foundation is trying to raise money to restore the castle, although clearly this will take a lot of money.



*From left:
Our President
DiAnn Rooney:
Preston Castle;
Rolls Royce
classic*



Other trips in May were to Thunder Hill raceway on May 26 and a trip through Aptos and Salinas on June 7-8. This trip to Thunder Hill included demo rides in track race cars.

The club continues to grow adding two to three new households each month. It seems that sports cars and local travel are popular activities for residents.

Meetings: 6:30 PM, first Mondays, P-Hall (KS).

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



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

The beginner's class has finished learning all the required calls and are now practicing them every week. They will join the full Plus Dancers in late August to make way for the new class that will start on September 5 at 2:30 PM. Join us and learn the Official American Folk Dance. All residents are invited, but it is preferred that you bring a dance partner with you (male or female) as square dancing is a couples dance.

Look for a flyer in the July *Compass* for information about a new class.

Meeting Times

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,
papafrank@yahoo.com**



• **Super Seniors** •

Fudge Track, Vanilla Bean, and Butter Pecan! These are some of the Super Seniors' favorite ice cream flavors available at our annual Ice Cream Social, to be held on Saturday, July 2, 12:00-2:00 PM, (KS). What a way to celebrate our nation's birthday — a few days early!

Besides ice cream (and cake!), we will be treated to the music of professional entertainer Joey Chisesi, whose keyboard melodies will include both patriotic and big-band-era tunes. Door prizes are also part of the fun!

Reservations are required, so please call Mary Popp or Jan Hubis (numbers below) by Monday, June 27. Remember — there will be no regular Friday meeting July 1. It all happens on Saturday, July 2, at KS!

The Chit-Chat subgroup will meet on Friday, July 15, at 10:30 AM in the Multipurpose Room (OC). Call Dani for more information.

Contacts: Mary Popp 645-7853;

Jan Hubis 543-3452

Chit Chatters: Dani Van Tatenhove 543-9194



• **Table Tennis** •

Table Tennis is a sport that can be enjoyed by people of all ages. While we don't normally have young 'uns at our play sessions, except when accompanied maybe by gramps, we have had and presently do have some members who are in their mid-80s and early 90s.

So come on out and enjoy not only the camaraderie, but the great workout that can be had when we meet on Tuesdays, 6:00-9:00 PM; Fridays 8:00-11:00 AM; and Sundays, 12:30-5:00 PM.

Contact: Howard Parker 408-4655

Joe De Souza 543-4868



• **Tap Company** •

Whew!! The Tap Company Board has been extremely busy, nominations for the steering committee are underway as well as selecting new reps for the upcoming year. If you have a desire to be a rep for your class, please let your current rep know of your interest.

In addition, plans are taking place for the June 24 spring luncheon. Be sure to attend as the slate of new officers will be disclosed as well as information regarding the Talent Show director/directors for 2012.

Contacts: Celeste Morris 253-7272,

celestemorris@att.net;

Linda Wilson 645-3777,

Wilsons1123@sbcglobal.net



• **Tennis** •

Two new tennis events

have been added this year. Coming this summer will be a fun night-time social league (LITT). Additionally, a women's interclub tennis program with Lake Wildwood has started a trial program where each club takes turns hosting a three-team match and lunch afterwards.

USTA leagues are very prominent in our organization. Six teams are working towards the playoffs this season and three teams have already registered for the new season in June.

LHTG now has 308 members and is still growing. Social events, tournaments and a year-end dinner dance fill our calendar every year. If you are interested in joining our club, check out our website for membership information (below).

All residents may participate in drop-in tennis on Wednesdays and Saturdays, 8:00-10:00 AM. All levels welcome and no membership required to play.

Contacts: John Flaherty 434-6184,

johnpflaherty@gmail.com;

Christy Link 543-6504,

aclink@aol.com

Website: www.sclhtg.com



• **Vaudeville Troupe** •

Buy your tickets for the July 8-9 Show!!! We have a fantastic array of talented individuals who will be taking the KS P-Hall stage for



Hills Brothers will perform in July Show; "Class Act" will perform in July with a Charleston Number; Pirates Dennis Beldon, Kathy Otagiri, Marina Eugenio and Doug Hinchey

our popular and lively Show. Allow yourself to be delightfully entertained by the ever-popular Five Sinatras, exotic and flamboyant dancers, an exciting illusionist, stand-up comedians, our stunning West Side Story Tribute, the sexy Sinatrettes, truly talented vocalists, hilarious novelty numbers, a bevy of beautiful Brides, Singing Pirates (AAaaarggggh!!) and many other surprises you won't want to miss!!

Purchase tickets at Activity Desks (OC/ KS). Performances are in the comfort of P- Hall (KS), "Vaudeville's Cabaret-Style Theater."

Vaudeville Show dates/times: July 8 & 9: 2:00 PM and 6:00 PM, tickets only \$10. Don't miss out on the fun!!! Bring your family and friends for the most entertaining, exciting, and high-energy show in town. This is a "must see" show!!!

Contact: Marina Eugenio 408-3654,

marinaeug@sbcglobal.net

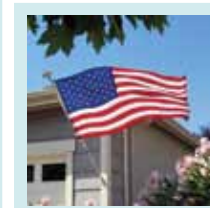
Troupe Website: YouTube.com/

user/marinaeugenios



• **Veterans** •

The Veterans Group sells high-quality nylon American flags to replace those that have become faded or tattered. On the 15th of each month, new outdoor flags are available for sale, 8:00 AM-4:00 PM in the OC Lodge lobby next to the *Compass* distribution table.



Replacement American flags are available from the Veterans Group on the 15th of each month in the OC lobby

The cost, including tax, is \$20 per flag. New flags may also be purchased before and after the club's 1:00 PM general membership meetings in P-Hall (KS) the third Thursday of the month.

Unserviceable flags may be turned in to the Veterans Group for proper disposal. A box for unserviceable flags is kept in the Business Office next to the Activities Desk (OC).

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors

on July 4, Independence Day.

Contact: Rich Williams 543-4887,

rgwdew@att.net

Website: lhvets.org.



• Water Volleyball •

Water volleyball is open to all residents of any skill level.

You can try it out without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play.

Come join us in the pool and get your exercise without worrying about the weather. It's always a lot of fun, it's a good low-stress workout, and it is a great way to meet new people as well. See you in the pool!

Play available (KS):

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

Contacts: Jim Puthuff 543-0067,

jputhuff@softcom.net;

Jerry DiGiacomo 408-7072,

itsmrd@sbcglobal.net

Website: www.lincolnsuncity.org



• West Coast Swing Dance •

May and early June were packed with activities. Our June 4 dance was among the best yet! It included West Coast Swing, Ballroom, Latin, and Country music. The next evening, many of us had cocktails and dinner before "Dancing Under the Stars" on the patio of Timbers Restaurant at Sun City Roseville.

Our May 19 workshop had a record turnout and taught moves in West Coast



Intermediate West Coast Swing Class

Swing and Nightclub Two-Step.

Practice sessions on the second and fourth Fridays continue to be wildly popular. Here's your chance to practice West Coast Swing dancing with a teacher always on site. The next practice sessions are June 24 and July 8 from 5:30-7:30 PM, Fine Arts (OC).

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

Contacts: Dottie Macken 543-6005,

justdottie@sbcglobal.net;

Eldon Davisson 408-8542,

ejdav1@sbcglobal.net



• Woodcarvers •

Lincoln Hills Woodcarvers win five First Place and two Second Place ribbons at the Capital Woodcarvers Association Show in Sacramento.

Expert Carver Don Percell won First Place in the Turning with Carving category.

Advanced Carvers Dan Batliner and Harvey Moss won First and Second Place respectively in the Schooled or Mentored category.

Novice Carvers, John LePage claimed two First Place Ribbons in the Novice Santa and Wood Crafting with Carving categories; Jeff Wickun won First Place in the Mixed category; and Joe Propersi finished second in the painted Relief Category

The group is dedicated to sharing and advancing the techniques of all forms of woodcarving. They meet from 1:00 to 5:00 PM, Wednesdays in the Sierra Room (KS). Come in, listen to some bragging, look at our library and our projects, and maybe think about joining.

Contacts: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



• Writers •

The dire warnings predicted for the end of the world on May 21, seemed to have little effect on our

band of scribes. Nobody seemed eager to prepare his epitaph, but preferred to concentrate on whatever project engaged them. One of our members announced that her recounting of her early-life story was near completion. We collectively felt that it would make a great screenplay and movie. Another member announced the printing of his third book of poetry. Every meeting brings forth new and enjoyable memoirs, poems and tales of mystery and adventure.

If you have a hidden or reluctant muse, then come by and share your creations. First-timers are always welcome to just listen and get a feel of what we are about. We meet the second and fourth Monday of each month at 6:30 PM in the Ceramics Room (OC).

Contacts: Alan Lowe,

slolowe@starstream.net;

Jim Fulcomer 543-9201,

jjfulcomer@mac.com

American Idol in Lincoln Hills!

continued from page 17

for the event, offering non-alcoholic drinks, beer, wine and a light dinner menu. The next Friday Night Open Mic will be held on June 24 from 6:30-8:30 PM in the Kilaga Springs Presentation Hall. Sign-ups for performers begin at 6:15 PM.

SCLH music group president, Gary Sloan, a co-founder of Friday Night Open Mic, said the event was an excellent opportunity for new performers. "If somebody would have told me five years ago that I would be singing and playing guitar on a stage in front of people I would have told them they were full of it," Sloan said.

For more information about the Friday Night Open Mic or the SCLH Music Group, contact Carol Percy, 543-1365, crpercy444@gmail.com or Julie Rigali, 408-4579, jjrigali@yahoo.com. Website: www.lincolnsuncity.org, Groups, Music.

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- 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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Bulletin Board

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

Lincoln Hills Holiday Arts & Craft Fair

2011 Vendor Registration: Wednesday, July 27, 5:30-6:30 PM, OC Ballroom. Tables available, \$78 per table. Vendor must be residents. Questions: LHArtCraftFair@aol.com. Annual Holiday Craft Fair will be held on November 11 & 12.

Fibromyalgia/Chronic Fatigue Syndrome

Do you or your loved one suffer from Fibromyalgia or Chronic Fatigue Syndrome? Join us in the Multimedia Room (OC) Tuesday, June 21, 3:00-4:30 PM to discuss starting our very own support group for information, education, and positive support. Questions? Contact Marcia VanWagner at 408-0667 or mmvanwagner@gmail.com.

The Lincoln Hills Foundation

2011-2012 Dine Around Shop Around Lincoln (DASAL) coupon packets will be available for purchase at OC Lodge Friday, June 17, 8:00 AM-12:00 PM. The packets include over 100 coupons for restaurants and other merchants, all in Lincoln. They are good through July 31, 2012 and are only \$20 a packet. Or, send \$20 to Lincoln Hills Foundation, Box 220, Lincoln, CA 95648, and we will deliver a packet to your door. Visit www.LincolnHillsFoundation.org for more information.

Glaucoma Support Group

July 13, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday every month, please join us. More info: Bonnie Dale, 543-2133.

Italian Club

Our successful April Golf Tournament had eight teams competing in the Shotgun and Nine-Hole Scramble. A new year starts in July, we welcome our new 2011-2012 Board at our annual Inaugural Dinner Dance Sunday, July 10 at OC. Plans are underway for a summertime event in August. September looks like a Sacramento River Cruise; October brings the annual Italian Festival in Reno. To learn more about our Club: www.lhitalianclub.com, all events are posted. More info: Membership Chair, Rose Cesarz, 434-5301. If you are of Italian heritage and like to have fun, this club is for you. Ciao!

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.

June 20 • 10:00 AM	Solarecity Electric, Oaks Room <i>Compass advertiser, see page 36</i>
June 28 • 10:00 AM	Nautilus Society, Heights Room
June 29 • 6:00-8:00 PM	Optimal Health and Anti-Aging Solutions, Oaks Room
June 29 • 6:30 PM	Eliminating Back & Neck Pain, Dr. Leamon
June 30 • 9:30 AM	All About Eyes, Dr. Wilmarth Oaks Room <i>Compass advertiser, see page 14</i>
July 11 • 4:00 PM	Two Presentations from UC Davis Heart & Vascular Disease, "What You Need to Know," Dr. Laird *Imaging & Treatment of Back Pain," Dr. Dublin
July 12 • 10:00 AM	"Maximizing Your Retirement Income," Golden Horizon Financial, Oaks Room
July 12 • 6:00 PM	Spinal Aid Presentation, Dr. Zorich

Neighbors InDeed

Reminds you that with our decade-old aging homes, it's very important to lube and clean your garage door openers once a year to prolong the life of various moving parts. Call Neighbors InDeed at 223-2763 and a Handy Helper can do that for you. A major safety issue — thanks to Neighborhood Watch for this reminder — is the garage door's main spring. These have broken in a number of our houses, making it extremely difficult to lift the door manually. If the spring breaks while the door is opening, it can come crashing down, so never drive (or walk) under your garage door while it's opening. To replace a broken spring, or to diagnose its vitality, contact a garage door company; check under "Home Improvements" on page 87 for listings.

New Group Forming

If you own a scooter and want to join us in forming a new scooter group named the "Sun City Scooter Group" contact David Whorf, 543-2125. "It's a hoot to scoot." We plan a very low key touring program to explore the local neighborhood. There are plenty of wonderful back roads to explore. Future meetings to be announced.

Open Play

Every Sunday, 12:00-4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, dominoes, or dice. This is an opportunity to meet new friends & have a fun afternoon. All residents are welcome. Tables are first-come, first-served.

Portuguese Social Club

We have a brand new club in town! It's dedicated to having fun with fellow Portuguese members and their guests. Every other month the Club gets together for a social activity — Potlucks, Portuguese Fiestas, etc. There are no annual dues. You only pay for the events you attend. The Club's purpose is to promote the Portuguese culture, acquaint its members with other Portuguese residents, meet new friends and enjoy social activities. More info: Doreen Traxel, 543-4965; Mary Luciano 543-9094. Call today, you won't want to miss our August Event!

Racquetball Group

We play Mondays and Thursdays at California Family Fitness Club in Roseville (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 on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net.

Lincoln Hills Republican Club

Invites you and your friends to attend their annual BBQ meeting at the Sports Pavilion Wednesday, July 20, at 5:30 PM. We will be serving hot dogs, hamburgers all provided with condiments, chips and soft drinks. For those with letters A to M, please bring a dessert; letters N to Z, please bring an appetizer. This fund-raiser is \$15 per person. More info: Tom Webb 408-0400. Send your reservation and check to Tom.

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During a visit to Dr. Wong's office, my wife had a fainting spell. He checked her blood pressure and found it dangerously low. He wanted to call an ambulance but she refused. When I arrived he advised me to take her directly to the emergency room. When her BP was stabilized and after remaining overnight for observation, she was released.

Thank you Dr. Wong. We are very grateful for all the service you and your staff provide. — Jim and Kishi McKee, Sun City Lincoln Hills



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Lincoln Hills Foundation Bingo

Special! Early evening Bingo

Dinner available from Meridians 4:00-5:00 PM*

Wednesday, June 22 • OC Ballroom

Doors Open 4:00 PM for food purchase and dining

Bingo Games begin at 5:30 PM

\$20 for 12 games, 12 sheets with six cards each. Up to \$1350 prize money.

Pop-ups four for \$1; daubers \$1 each; cold bottled water available. No food or alcohol allowed. No one under 18 admitted. Group of 10? Reserve your own table!

Karen Foley: email klfandedf@starstream.net

www.lincolnhillsfoundation.org



*Food will be available in the Secret Garden, 4:00-5:00 PM. The following food choices provided by Meridians: BBQ hamburgers with chips; BBQ hot dogs with chips (and chili if desired); Caesar Chicken Wraps with chips, half sandwiches (turkey, ham or roast beef); potato salad; macaroni salad; fruit cups; chips; cookies; bottled water; canned soda; and ice cream. All items are reasonably priced from \$1 to \$4.50 per item. Please join us for an early dinner in the Ballroom and then 12 games of bingo.

continued from page 37

Shalom

The Summer bowling league started recently at the Rocklin Lanes with eight teams. Megan Cowart, Wellness Program Coordinator at The Wave, spoke at the May Men's club meeting about what it takes to maintain a healthy lifestyle. The group will meet in July at Al Klein's home. Give Al or Gerry Gordon a buzz to check it out. At our regular meeting June 27 at KS, guest speaker Dr. Shelly Garone of Kaiser Permanente will give a presentation on what we can expect in our bodies as we age. There will be a Havdalah BBQ August 20; look for an email with details. Please browse your emails and the calendar on www.shalomsg.org for updates as schedule changes do occur. Use contactshalomgroup@gmail.com to communicate questions to the group. Membership info: Natalie Flynn, at 434-5470.

Sequoia High School Reunion

Save the date: September 17. Sequoia High reunion BBQ, formerly the Foothills picnic. This year we are holding it at the Sports Pavilion. Invitations to be mailed later. Contacts: Jane 408-0565; Norma 645-917; Jackie 434-6070. Hope to see you there.

Shooting Group

Our purpose is to make friends among residents interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays

and Thursdays for Skeet and Five Stand. Spring and summer months we meet at 8:00 AM. For shooting schedule hours, please contact Michael Pargament Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Each month we also gather at a member's home for hors d'oeuvres and drinks, a great opportunity to enjoy each other's company and meet the member's spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get-together, or Michael Pargament 408-0221 jdparag@inreach.com.

Travel Group

The next meeting is Thursday, July 21, 7:00 PM, KS. Mr. Jay Fehan of Collette Vacations is guest speaker. (The BBQ on June 1 replaces the regular June meeting.) The following trips this year have openings: Russia River Cruise (Jul); Canadian Rockies (Sep); New York City (Dec); Rose Parade (Dec). Trips in 2012: Reno Snow Train (Feb or Mar); Hawaii Cruise (Apr); Philadelphia/D.C./Williamsburg/Baltimore (May); New Orleans/Memphis/Nashville (May); Northern Europe Repositioning Cruise (Sep); Turkey (Sep). See our website (www.lhtravelgroup.com) for details on all our trips. You do not have to be a member to attend our meetings so please join us for an interesting evening of showcasing our trips with information and visuals in a travelogue-like format. Contacts: Karen Foley 645-5411; Teena Fowler 543-3349; Linda Frazier 434-8266; Louise Kuret 408-0554; Sheron Watkins 434-9504.

In Memoriam

John (Jack) Bruner

Jack and Pat, married for 43 years, moved here in 2000 from Rossmoor in the Bay Area. He graduated from UC Berkeley and served as a 2nd Lt. in the Army. Jack spent his career as Manager of Industrial Engineering for Safeway Stores. His hobbies were tennis and golf, which he played until he was 85. He enjoyed our Fitness Center and also was a member of Rotary. Jack is survived by his dear wife, three children and two grandsons.

William E. (Bill) Domer

Bill passed away after a long battle with cancer. He was born in Missouri and graduated from high school in Pasadena. He attended USF and then went on to USF Law School. A veteran of the USAF, and retired from the San Francisco Police Department, he went on to own and operate North American Freight Handlers until he retired last year. Bill and his wife Carolyn were married on Valentine's Day in 1964. Besides his wife, he is survived by three children, his brother, and four grandchildren.

Leroy T. (Lee) Lawrence

After growing up in Richmond, CA, Lee joined the U.S. Marine Corps and after his military service obtained his bachelor's degree from CSU Hayward and Master's from Chapman. His career was with the Placer County Probation Office for 27 years. Lee loved bowling, traveling, dancing and entertaining. He also loved to cook Italian dishes and his famous crab pizza. He will be forever missed by his wife, Lily, his two sons, five grandchildren and two siblings.

Sue Reed

Our community lost a wonderful volunteer recently. Sue Reed volunteered to hand out the *Compass*, she was active in Neighborhood Watch and was a friend of Fieldhaven Feline Rescue. She also worked as an assistant in a pre-school in Sacramento. Sue was born in Washington State, but lived in Lafayette, CA, before moving here with her husband, Dave. She was loved by her Echo Lane neighbors, and is also survived by her husband, son, and brother.

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

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Special Events & Bus Trips

Kilaga Springs — At the Movies! "The Proposal"

Monday, June 20 — Free



PG; 108 minutes. "The Proposal" stars Sandra Bullock, Ryan Reynolds and Betty White. Comedy/Romance. Show 11:00 AM. P-Hall (KS). Free.

Crocker Art Museum

Wednesday, June 22 — 1760-04

The Museum, newly-remodeled and expanded, 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 for an 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 café does not allow outside food. Leave the Lodge at 9:30 AM, return ~ 5:30 PM. \$33. RSVP ♦♦ Now.

Summer Pavilion Dance

Friday, June 24 — 5250-04A

Guest DJ: DJ Tom. Summer nights

Appetizers & Sweet Treats Bake-Off Contestant Call

Bake, frost or sprinkle! We are mixing up a bake-off event for the baker in all of you! If you would like to be a contestant in the bake-off, we are accepting entries in two categories: appetizers and treats. The entertaining appetizer category will include casual appetizer or snack foods that you may serve at a family or holiday gathering. The sweet treats category



is any kind of dessert. The Bake-off event will take place on Friday, November 4, in the OC Ballroom at 2:00 PM. Bake-off

mean dancing outdoors! Join friends and neighbors for our first outdoor dance of the year with DJ Tom at the Sports Pavilion. Whether you like rock, country, oldies or something



in-between, DJ Tom will have all your favorites and play audience requests throughout the evening. The large dance space will be set-up for all genres of dancing or you can sit and socialize with friends as you enjoy the no-host bar. For singles, couples and groups. Pavilion check-in 6:45 PM, dancing 7:00-10:00 PM. \$11. Now open to guests.

contestants will supply one entry in the appetizer or treats category and copy of recipe. No box mixes or frozen pastries. Contestant guidelines and application available at Activities Desks (OC/KS). Fill out and return to Tamara Coil, Events Coordinator, tamara.coil@schca.com by August 1. Bake-off will be judged in a blind taste test by a committee of representatives. Winners will be announced in both categories during the event.



San Francisco for the Day

Saturday, June 25 — 1840-04

Shop, have lunch and/or dinner, visit a



museum, Chinatown or anywhere else you like. We do this trip the fourth Saturday of each month. This trip drops you off at Union Square. These day trips are yours to do as you wish. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$45. RSVP ♦♦ Now.

Call for Fashion Show Committee Members

The Activities Department is looking for residents who are interested in fashion or have an eye for detail to form a Fashion Show Committee to assist the SCLH Events & Volunteer Coordinator in the planning of upcoming shows. Even if you have not been involved in Fashion Shows in the past, there are a variety of roles we are looking to fill. Interested parties can pick up an application at the Activities Desk (OC) and return it by July 10.

Roles include:

- show planning,
- logistics,
- model selection,
- backstage manager,
- theme development,
- décor design,
- program development,
- and
- more.

We are also looking for volunteers

to assist with:

- setup,
- tickets, and
- models.

For questions, please contact Tamara Coil, Events Coordinator at tamara.coil@schca.com or 625-4019.



**Amphitheater Summer Concert Series:
Motown Revue with Top Shelf featuring La Chic
Tuesday, June 28
Concert Only — 5202-4BCON
Dinner & Concert Package — 5202-4BPKG**



Top Shelf will take you on a toe-tapping, finger-snapping narrated journey from the early days of Motown to the '80s. La Chic are featured singers with Top Shelf to provide songs of Stevie Wonder, the Temptations, the Four Tops, Smokey Robinson, Diana Ross, more. Doors open at 6:45 PM for a 7:30 PM concert. Concert only \$13; Dinner & Concert Package \$45. See Amphitheater Guidelines on the following page. Friends, family and guests are welcome!

hour cruise takes you down river past the Tower Bridge and up river past the rail bridge. These bridges will open for your ship to pass through. During the cruise, enjoy the buffet lunch which includes *roasted chicken, vegetarian pasta, vegetable, rice pilaf, green and shrimp salads, fruit and rolls*. Dessert, coffee or tea is included. The ship has three levels for great sightseeing. Steps required for upper levels. Ship has elevator access for main deck. After the cruise, discover Old Sacramento for shopping, etc. Board the bus for LH at 4:30 PM. Leave OC at 11:00 AM, return ~ 6:00 PM. \$83. RSVP ♦♦ Now.



**Picasso Exhibit at deYoung Museum
Wednesday, July 6 — 1760-05**

The deYoung hosts an extraordinary exhibition of more than 100 masterpieces by Spanish artist Pablo Picasso from the permanent collection at



Paris' Musee National Picasso. The exhibit, made possible by the museum's temporary closure due to renovation, comprises paintings, sculptures, drawings, and prints drawn from every phase of the artist's career. Bring your own lunch or enjoy lunch at the museum cafe. Price includes audio headset for use at the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$59. RSVP ♦♦ Now.

**Hornblower Cruise and Lunch
Thursday, July 7 — 1830-05**

Viewing Sacramento from the River is different and special! Board the Empress Hornblower at Old Sacramento and enjoy the scenery as this two-

**Air National Guard 4th of July Concert
Friday, July 1
Concert Only — 5202-4CCON
Dinner & Concert Package — 5202-4CPKG**

The Air National Guard Band of the West Coast from Moffett Federal Airfield, CA presents a patriotic program to celebrate Independence Day. The concert and jazz band will perform under the direction of *Captain Vu Nguyen*, as one of the Air National Guard's premier bands. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only *Free*; Dinner & Concert Package \$33. See Amphitheater Guidelines on the following page. Friends, family and guests welcome!



REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 2.
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-

The Vaudeville Troupe's "The Cavalcade of Stars"

Friday, July 8

2:00 PM Show — 5133-5A

6:00 PM Show — 5133-5B

Saturday, July 9

2:00 PM Show — 5133-5C

6:00 PM Show — 5133-5D

Lincoln Hills' popular and "outrageously entertaining" Vaudeville Troupe is returning to the Presenta-



tion Hall's "Cabaret-style" stage to present their old-time Vaudeville Show, "The Cavalcade of Stars." This high-energy and non-stop action extravaganza encompasses all genres of entertainment from illusionists, stand-up comedians, vocalists, novelty numbers and July Brides in full wedding regalia. See performances including a motley crew of swarthy, handsome pirates, a stunning classical opera, and a musical/dance tribute to "West Side Story." This show is known for its creative energy, fast-paced acts, outrageous fun and a troupe of performers that engage and interact with the audience. (See the article on page 17.) Four shows only that always draw sell-out crowds. P-Hall (KS) doors open 30 minutes prior to listed show time. \$10. Now open to guests.

Amphitheater Guidelines

- **Chairs:** Residents may set up their chair anytime on the day of the event, but sprinklers may go off any time before 7:00 AM. First-come, first-served. Limited folding chairs for rent available for pick up in the Amphitheater 30 minutes before advertised doors open time. Pay for chair rental during registration.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed plastic bottles.
- **Not Allowed:** No chairs that exceed shoulder height, cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, animals (except guide dogs or service animals).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins. Dinner & Concert package available as an option.
- **Seating:** Seating is first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert**. Any chairs found the day before the event will be removed and stacked on the upper terrace. SCLHCA is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. **Lawn seating** for blankets will be in the grassy area at the left of the stage.
- **Smoking:** No smoking during the concert.
- **Ticket Pricing:** Public ticket price will be \$4 more than resident ticket price as listed on each event. Resident must present Resident Card at time of purchase to receive resident rate.
- **Tickets: Wristbands** must be worn during the concert.
- **Parking:** We have a limited amount of parking at Orchard Creek. Please car-pool or walk. The parking area in front of the Del Webb offices is available after 5:00 PM. Street parking is only permissible wherever permit signs are posted.

Comedy Night at Kilaga Springs Tuesday, July 12

6:00 PM performance — 5054-5A

8:00 PM performance — 5054-5B

Headliner Albert Valejo performs regularly at *Punchline, Improv, Comedy Store* and others. Opening for countless performers like Tower of Power and Rick Springfield, Albert touches



on life as one of five children growing up in the East Bay. Opener will be Tony

Castle. P-Hall (KS). Doors open 30 minutes prior to show time. \$9. Now open to guests. Patrons enjoy KS Café discount.



REMINDERS

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

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

PARKING: For all trips, please park be-

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

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

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

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

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

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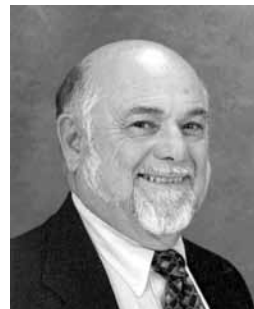
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San Francisco Shopping
Tuesday, July 12 — 1840-05

Lots of walking! Escape the heat! Don't worry about driving, the bridge, or parking! Shop, browse and/or people watch in San Francisco receiving a Macy's 10% discount card for the day as you board the bus. Leave OC at 8:30 AM, return ~ 7:00 PM. \$35. Same trip details as 5/23 trip on page 41. RSVP ◆◆ by 6/24.



Just Added! Kilaga Springs — At the Movies! "Hairspray"
Monday, July 18 — Free

PG; 117 minutes. "Hairspray" stars John Travolta, Queen Latifah and Christopher Walken. Comedy musical. Show 1:30 PM. P-Hall (KS). Free.

Red Hawk Casino
Monday, July 18 — 1941-05

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our passengers a \$25 Reward Card for slot play or a \$20 certificate for match play (Blackjack, etc.). Be sure to bring your personal identification to receive your Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ◆◆ by 7/1.



New Resident Orientation
Tuesday, July 19

Offered quarterly and designed for all new homeowners, meet new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. 1:00-3:00 PM, Solarium. Light refreshments. Free. No RSVP ◆◆ required.



Defending the Caveman at Cosmopolitan Cabaret
Thursday, July 21 — 1794-05

The Cosmopolitan Cabaret at 10th and

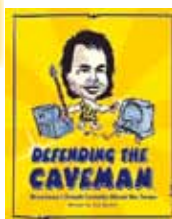
Santana Tribute with the Rhythm Vandals
Tuesday, July 26

Concert Only — 5202-4DCON
Dinner & Concert Package — 5202-4DPKG

The Rhythm Vandals present a fiery tribute to the timeless music of Carlos Santana, a musician who helped shape the sound of rock and Latin since the late 60's. From searing guitar solos, to amazing horn sections and the rhythmic beat of congas and drums, this set list plays like a greatest hits CD. Playing for over 10 years, the Rhythm Vandals have opened for Eddie Money, WAR and Tower of Power. Doors open at 6:45 PM for a 7:30 PM concert. Concert Only \$14; Dinner & Concert Package \$47. See Amphitheater Guidelines on page 43. Friends, family and guests welcome!



K Streets in downtown Sacramento seats 200 people in upscale yet casual space allowing a more intimate theater experience. Join our group to see and hear the talented Paul Peroni perform in the longest running one-man show on Broadway. With hilarious insight on contemporary feminism, masculine sensitivity and the erogenous zones, "Defending the Caveman" makes us laugh at ourselves and find humor in all the ways men and woman fight, laugh and love. Showtime is at 7:00 PM. Arrive in time for dinner on your own. Located close to the Crest Theater, the area boasts many restaurants — Cosmo Café, Esquire Grill, Crest Cafe and more. Leave OC at 4:00 PM, return ~ 10:00 PM. \$50. RSVP ◆◆ Now.



Polynesian Revue Show
Friday, July 22 — 5040-05

Aloha! We're bringing you the island breeze with a Hawaiian Show in our beautiful Amphitheater featuring live music, dancing and festivities. Grab your Hawaiian clothes and enjoy authentic island entertainment with the award-winning Spirit of Polynesia. A live two-piece band will fill the air with an array of conch shells, Tahitian



& Tongan drums, nose flutes and more, as you watch performers in beautiful costumes present Hawaiian, New Zealand, Samoan and Tahitian dances. Tickets are \$18 and include a keepsake lei and choice of a special Hawaiian drink: *Blue Hawaiian*, *Pina Colada* or *Mai Tai*. OC Amphitheater opens at 6:00 PM with live music; show starts 7:00 PM show. Chairs provided for show. Now open to guests.

San Francisco for the Day
Saturday, July 23 — 1841-05

Here's another convenient opportunity to experience San Francisco as you wish! We do this trip the fourth Saturday of each month. This trip



drops you off at Westfield Shopping Center on Market Street. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ◆◆ by 7/1.

State Fair
Monday, July 25 — 1931-05

"Our State Fair is a great State Fair," words from the Oscar & Hammerstein musical, certainly describe our annual California State Fair. Join us for the day celebrating our state at Cal Expo – strolling through the exhibits, eating at any number of food concessions, visiting the livestock



Amador County Wine Tasting and Lunch

Thursday, August 4 — 1810-06

Join us for a day of wine tasting in the beautiful Amador Valley, home to some of California's world famous wines. We'll enjoy a delicious buffet lunch (included) at the Jackson Rancheria and then spend the afternoon touring three award-winning wineries, including Drytown Cellars, Shenandoah Vineyards, and Sobon Estate. Visit a wine museum, gift shops and beautiful estate grounds. Leave OC at 9:00 AM, return ~ 6:30 PM. \$58. RSVP ♦♦ by 7/15.



areas, checking out the Carnival midway, relaxing under a big shade tree – more things to do and see than you can imagine. Leave OC at 11:00 AM, return ~ 6:00 PM. \$39 (includes Fair entrance fee). RSVP ♦♦ by 7/1.

Strauss Festival

Thursday, July 28 — 1821-05

Back for our ninth year, this evening trip to the Elk Grove Strauss Festival is popular with our residents. The show features elegantly costumed dancers and professional symphony musicians with this year's theme: Springtime in Vienna. In keeping with the tradition of the original Strauss Festival in Vienna, organizers of the production offer this show free of charge. However, due to the high cost of the production, we have included a \$5 donation per person in the price of our tickets. Donations will be sent to the organizers after the performance. Food and drink vendors are open during the festivities or you may bring your own picnic dinner. The setting is a grassy knoll at the edge of a lake; please bring lawn chairs or blankets for grass non-reserved seating. Evenings can be chilly. Wear comfortable shoes and be prepared to walk some distance from the bus parking lot to the venue. Leave OC at 5:30 PM, return ~ 11:00 PM. \$27. RSVP ♦♦ by 7/8.



outdoor summer night dancing with DJ Daryl and hear all your favorites throughout the evening. Whether you like rock, country, oldies or something in-between, the large dance space will be set-up for all genres of dancing and audience requests.



Enjoy the no-host bar and socialize with friends. For singles, couples and groups. Pavilion check-in 6:45 PM, dancing 7:00-10:00 PM. \$11. Now open to guests.

Document Destruction

Monday, August 1

10:00 AM-12:00 PM, OC Fitness Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paperclips and staples on files okay but no plastics and cardboard. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the Parking Lot!



"Old Time Radio Shows" — A Lincoln Hills Players Production

Wednesday, August 3,

7:00 PM — 5133-06A

Thursday, August 4

7:00 PM Show — 5133-06B

Friday, August 5

2:00 PM — 5133-06C

7:00 PM — 5133-06D

Saturday, August 6,

2:00 PM — 5133-06E

7:00 PM — 5133-06F

Be a part of the audience as the Lincoln Hills Players re-create some of your favorite radio shows. On August

3 & 4 (7:00 PM shows) and August 5 (2:00 PM show), watch "Baby Snooks and Daddy," "The Bickerson's," "The Jack Benny Show," and the very first episode of "The Lone Ranger" plus "A Five Minute Mystery," "The Jack Benny Show," "Our Miss Brooks" and "Burns and Allen." Return on August 5 (7:00 PM show) and August 6 (2:00 or 7:00 PM shows) for another episode of "The Jack Benny Show," "The Lone Ranger," and "Our Miss Brooks" as well as "The Romance of Helen Trent" and "My Favorite Husband." And of course, what would Old Time Radio be without a



Quiz Show? Maybe someone will win "The \$64,000 Question." Could you ask for anything more? Tune-in for this can't miss show. P-Hall (KS) doors open 30 minutes prior to show time. \$10. RSVP ♦♦ by 6/29.

California Academy of Science

Monday, August 8 — 1843-06

We're offering another opportunity to visit the California Academy of Science in Golden Gate Park. This facility opened in September 2008 and houses, under one living roof, the Morrison Planetarium, the Steinhart Aquarium and the Natural History Museum. Exhibits are continually changing



and evolving and guarantee an interesting, informative day. Bring your own lunch or have lunch on your own; the Academy has two restaurants within the facility – the Academy Café, cafeteria style dining, and the Moss Room for more elegant dining. The website www.calacademy.org offers menus and prices for both. Leave OC at 8:00 AM, return ~ 6:30 PM. \$59. RSVP ♦♦ by 7/15.

Comedy Night at Kilaga Springs

Summer Special!

Tuesday, August 9

6:00 PM performance — 5053-06A

8:00 PM performance — 5053-06B

Headliner Mike Pace has been fea-



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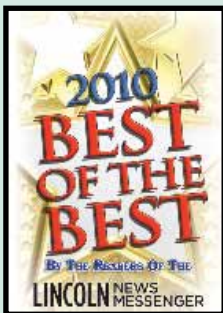
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tured on “Curb Your Enthusiasm,” HBO specials and “Very Funny Live” on TBS. He has opened for superstars Jerry Seinfeld, Chris Rock and B.B. King. Show opener will be Myles Weber. P-Hall (KS) doors open 30 minutes prior to show time. A **special summer price of only \$7** for 6:00 PM show; regular \$9 for 8:00 PM show. RSVP



◆◆ by 6/29.

Evening Community Social Dance Monday, August 22 — 5020-06

Calling all dancers to a night of great music, drinks and friends. The Evening Community Social Dance provides singles and couples with a low-price event dedicated to three hours



of dancing to a variety of music: freestyle, ballroom, west coast swing and line-dancing.

The *Nutones* is a wonderfully diverse musical quartet accompanied by excellent vocals. Enjoy a no-host bar throughout the evening. Dancing in the Ballroom 6:30-9:30 PM. \$10. RSVP ◆◆ by 6/29.



Grandkids Camp – An Afternoon For Grandparents and Their Grandkids • Thursday, August 11

Toddler 2-4 yrs. old — 5400-06A

Kids 5-7 yrs. old — 5400-06B

Kids 8-12 yrs. old — 5400-06C

Do you have grandchildren in the area or visiting this summer? Grandkids Camp will provide the perfect opportunity to share your interests, hobbies and SCLH community life with them. Your grandkids will have a fun-filled camp-style afternoon of arts & crafts, fitness and dance classes and entertainment for ages 2-12 years old.

Your favorite Fishing, Gardening, Belly Dance and Fitness classes are back! And we have added new classes to this year's program including: “Feel the Rhythm” interactive dance class presented by our Tap Company to educate kids on various dance styles and beats; and “Music & Sing,” a singing and rhythm lesson with Bill Sveglini.

Classes are arranged by age group throughout the afternoon and when you are not in classes, the Ballroom will have a variety of ongoing entertainment and other fun surprises! A simple kiddy snack will be provided.

A Camp Schedule and Guidelines Sheet will be provided along with your receipt during registration. Pre-registration for event and classes is required. **Toddler to 12 years only please.** All activities will be held at OC Lodge. Pre-Function Area check-in at 11:00 AM; Ballroom activities and entertainment 11:30 AM; classes 12:00-4:00 PM. \$12 per child. **Important:** *Each child requires a wristband and ticket and must be accompanied by an adult for all activities.* RSVP ◆◆ by 7/5.

Registration for classes will take place in the OC Pre-Function Area on Tuesday, July 5, 9:00 AM-12:00 PM and 2:00-4:00 PM. Classes filled on a first-come, first-served basis until each is at maximum capacity. There will be two classes for each age group offered during most time slots to help ensure children get to participate in most classes. If you cannot attend the event registration, please contact Tamara Coil, Events Coordinator, tamara.coil@sclhca.com or 625-4019.

The Grascals • Thursday, August 18 Concert Only — 5202-4ECON Dinner & Concert Package — 5202-4EPKG

2010 SPBGMA Bluegrass Band of the Year, *The Grascals*, will make a return performance to our stage based on overwhelming resident request! The band's innovative and upbeat bluegrass sound has become a winning hallmark on the Nashville scene. The band has played at The *Grand Ole Opry*, *Radio City Music Hall* and *Ryman Auditorium* to list a few. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$17; Dinner & Concert Package \$50. See Amphitheater Guidelines on page 43. Friends, family and guests are welcome!



“Hairspray” at the Eldorado, Reno Thursday, August 25 — 1772-06

The Eldorado is offering this hilarious Tony award-winning Broadway musical-comedy. Be ready for exciting music and a glitzy, colorful production about a Baltimore teen who finds love and fame. An engaging rags-to-riches tale set in the 1960s, the show is sure to entertain with period costumes and music. Arrive with plenty of time for gaming and a delicious buffet dinner (included) prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~10:30 PM. \$81. RSVP ◆◆ by 7/25.



San Francisco for the Day Saturday, August 27 — 1842-06



Here's another convenient opportunity to experience San Francisco as you wish! We do this trip the fourth Saturday of each month. This trip drops you off at Pier 39 on the Embarcadero. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ◆◆ by 8/5.

**“Chai Heroines” with Monique Saigal — Book Presentation
Monday, August 29 — 5300-06**

Monique Saigal, a Professor of French at Pomona College, will join us to present her book *Reclaiming The Past* about Women in the French Resistance – the stories of 18 (*chai* in Hebrew) women who are little known but all fought during WWII in different ways. As a child Holocaust survivor, taken in and raised by a Catholic family in 1942, Saigal recounts the clandestine activities performed by courageous women including her grandmother, who saved her by sending her off in a train. Hear firsthand about count-



**Fleet Week Hornblower Luncheon Cruise
Saturday, October 8 — 1831-06**

Time for the trip everyone looks forward to! We reserved space with Hornblower Cruises for your enjoyment of Fleet Week festivities. Streets are crowded so we’ve opted for the cruise only. Watch the Blue Angels soar! The US Navy and Marine Corps flight team, the Blue Angels, have been inspiring and dazzling audiences since 1946. Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat Gourmet Buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, relax in the sun and enjoy the best views of the Blue Angels’ show. Be sure to dress in layers and bring a jacket as it gets cold on the Bay. Sample menu available at the Activities Desk. One city block walk to the boat. Leave OC at 10:30 AM, return ~ 7:00 PM. \$124. RSVP ♦♦ by 9/1.



less interviews in France, Switzerland and California to discover secrets of

the young women in the Resistance and the author’s personal tragedy and growth. Book signing to follow presentation. P-Hall (KS) doors open at 1:30 PM, presentation 2:00 PM. \$6. RSVP by ♦♦ 6/29.



2011 Music Circus Series

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

- **The Producers • Wednesday, July 13 — Sold Out!**
- **Oliver • Wednesday, July 20 — 4531-02B**



This musical adaptation of the Charles Dickens novel tells the story of an orphan in London’s underground of pickpockets and ruffians who dared to ask for more, Its Tony-winning score features favorites “Food, Glorious Food” and “Consider Yourself (at Home).” RSVP ♦♦ by 7/5.

- **Anything Goes • Wednesday, July 27 — Sold Out!**
- **Camelot • Wednesday, August 3 — Sold Out!**
- **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 “My Cup Runneth Over.” RSVP ♦♦ by 8/1.

- **Second Bus | Different Price Miss Saigon
Wednesday, August 24 — 4531-02G2**



A tale of love during tumultuous times from the creators of “Les Miserables,” Alain Boublil and Claude-Michel Schonberg, this 1991 Broadway musical and international hit ran for 4,000+ performances. \$70. RSVP ♦♦ by 8/8.

**Kilaga Springs Music Night
Presents Keith Williams Sextet
Tuesday, August 30 — 5050-06**

The regular attraction at the Power’s Jazz Club will fill the air during our monthly Music Night when we present the Keith Williams Jazz Sextet. Originally from England, Keith has toured extensively throughout Wales and the United



Kingdom and has performed for His Royal Highness and the Prince of Wales. He has been featured at Caesars Palace in Las Vegas, the Frank Sinatra Celebrity Showroom and on Carnival Cruise Lines from 1990-1994. Program includes standards of the Great American Songbook to more contemporary tunes you love to sing along with or just enjoy. The sextet features keyboard, drums, stand up bass, saxophone and guitar. One show only. 7:00 PM performance in P-Hall (KS). \$12. RSVP ♦♦ by 6/29.

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\$450 Gold Seating (six speakers) — 4621-05

\$355 Silver Seating (six speakers) — 4622-05

\$265 Bronze Seating (six speakers) — 4623-05

• **David McCullough — A • Tuesday, October 11**

David McCullough is a two-time winner of both the National Book Award and Pulitzer Prize. In 2006, he received the Presidential Medal of Freedom. His widely-read biography, *John Adams*, was turned into a critically-acclaimed mini-series on HBO in 2008. On May 26, he published *The Greater Journey: Americans in Paris*, a story of American artists and scientists who studied in Paris and how their experiences changed America.



• **David Gergen — B • Tuesday, November 29**

David Gergen is a senior political analyst for CNN and has served as an adviser to four U.S. presidents. He is a professor of public service at the Harvard Kennedy School and director of its Center for Public Leadership. In 2000, he published the bestselling book, *Eyewitness to Power: The Essence of Leadership, Nixon to Clinton*. He is also a member of the Washington D.C. Bar and the Council on Foreign Relations and holds 19 honorary degrees.



• **Condoleezza Rice — C • Wednesday, January 11, 2012**

Condoleezza Rice served as Secretary of State, as well as National Security Advisor, under President Bush. Dr. Rice pioneered a policy of Transformational Diplomacy with a focus on the Middle East. She is involved in humanitarian pursuits and has authored several books. She is a professor of Political Economy in the Graduate School of Business, the Thomas and Barbara Stephenson Senior Fellow on Public Policy (Hoover Institution) and Professor of Political Science at Stanford University.



• **Richard Roeper — D • Wednesday, February 1, 2012**

For eight years, Richard Roeper was the co-host of the nationally syndicated “Ebert & Roeper” program. Roeper currently reviews movies for the Chicago *Sun-Times*, ReelzChannel, and on his site, www.richardroeper.com. As writer for the *Sun-Times*, Roeper has won numerous honors including the National Headliner Award as the best colum-



nist in the country. He has written eight books, on topics ranging from Hollywood flops to gambling in American to urban legends.

• **Peter Greenberg — E • Thursday, March 1, 2012**

Peter Greenberg is America’s most recognized, honored and respected front-line travel news journalist. He is a travel editor for CBS News and appears on *The Early Show*. He is an Emmy Award-winning investigative reporter and producer and was named one of the most influential people in travel by *Travel Weekly*. He also hosts a nationally-syndicated radio show that is broadcast each week from a different remote location around the world.



**Lisa Ling — F
Tuesday, April 3, 2012**

Sacramento native Lisa Ling is the field correspondent for the *Oprah Winfrey Show* and former contributor to ABC News’ *Nightline* and *National Geographic’s Explorer*. Ling got her start in journalism at age 21 when she covered the civil war in Afghanistan for Channel One News. She later became a co-host of ABC Daytime’s Emmy-winning show, *The View*. This year, she will have her own series on the Oprah Winfrey Network called *Inside with Lisa Ling*.



Broadway Sacramento 2011-2012

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



• **Shrek the Musical**

Tuesday, September 27 — 4563-05A

In a faraway kingdom turned upside down, things get ugly when an unseemly ogre – not a handsome prince – shows up to rescue a feisty princess. Throw in a donkey who won’t shut up, a villain with a *short* temper, a cookie with an attitude and you’ve got the kind of mess that calls for a real hero. Luckily, there’s one on hand, his name is Shrek. RSVP ♦♦ by 8/15.



• **Rain, a Tribute to the Beatles**

Tuesday, December 27 — 4563-05B

Together longer than the Beatles, Rain has mastered every song, gesture and nuance of the legendary foursome, delivering a totally live, note-for-note performance in this multimedia concert that’s as infectious as it is transporting. From the early hits to later classics (“I Want to Hold Your Hand,” “Hard Day’s Night,” “Hey Jude” and more), this tribute will take



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• **West Side Story**

Tuesday, January 24, 2012 — 4563-05C

More than 50 years ago, one musical changed theater forever. It's back mesmerizing audiences again and soars as the greatest love story of all time, as powerful, poignant and timely as ever. The score includes such favorites as "Tonight," "I Feel Pretty," and "Somewhere". RSVP ♦♦ by 12/16.



• **Just Added! Mamma Mia!**

Tuesday, March 13, 2012 — 1790-06



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

♦♦ by 2/24/12.

• **Million Dollar Quartet**

Tuesday, April 17, 2012 — 4563-05D

This hit musical is inspired by the true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered together in Memphis for one of the greatest jam sessions of all time. Million Dollar



Quartet brings that legendary night to life with an irresistible tale of broken promises, secrets, betrayal and celebrations featuring timeless hits. Don't miss your chance to be a fly on the wall of fame. RSVP ♦♦ by 3/1/12.

• **Wicked • Tuesday, May 29, 2012 — 4563-05E**

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One – born with emerald green skin – is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for a wonderful musical. On Broadway and around the world, Wicked has worked magic on critics and audiences alike. RSVP ♦♦ by 4/6/12.



**Sold Out Trips/Events
thru July 20**

Trip/Event · Date · Departure Time

- Beale AFB – June 24, 10:00 AM
- Rivercats vs Reno Aces – Raley Field – June 27, 5:30 PM
- Chukchansi Resort/Yosemite – June 29, 8:00 AM
- The Producers – Wells Fargo Pavilion – July 13, 6:00 PM
- Rivercats vs Fresno Grizzlies – Raley Field – July 15, 5:30 PM
- SF Giants vs LA Dodgers – AT&T Park – July 20, 9:30 AM

Art Classes

–Drawing–

Landscape Drawing

Wednesdays, July 27-August 17 — 1076-06

9:30-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Have you always wanted to sketch and draw landscapes? Come explore different types of landscapes, learn how to select and compose them, and how to create depth, light and atmosphere. All



levels welcome! A supply list will be provided upon registration where you select a medium of your choice. RSVP ♦♦ by 7/20.

Portrait Drawing from the Model

Wednesdays, July 27- August 17 — 1014-06

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$45 (four sessions). Learn to sketch and draw portraits from a live



model. Train your eyes and go to the essential of an expression or 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. **New students:** email instructor at clmichelet@earthlink.net for information or questions. RSVP ♦♦ by 7/20.

Soft Pastel Workshop

Saturday, July 30 — 1015-06

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$60. Explore the expressive quality of soft pastels, learn various techniques, practice fundamentals of color harmony while you renew your inspiration with this powerful medium. Individual attention provided. A supply list will be given upon registration. RSVP ♦♦ by 7/23.

–Oils, Pastels & Acrylics–

Painting Pastels and Oils with Joan

Mondays, July 11-August 8 — 1052-06

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 ♦♦ 7/4.

Impressionism and Landscape Painting with Oils and Acrylic • Wednesdays, June 29-July 27 — 1031-06

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$65 (five sessions). Choose Oil or Acrylic. Com-

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understanding an ideal composition using art structure elements.

Continuing students encouraged to enroll. *About the instructor:* Tom was an art instructor for 35 years in Walnut Creek School District and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College. RSVP ♦♦ by 6/22.

Mixed Media Collage

Thursdays, July 14- 28 — 1140-06A

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and



Summer Special! Making Memories with your Grandchild Using Mixed Media Art

Tuesdays, August 2 & 9 — 1140-06B

9:00-11:30 AM OC. Instructor: Jo Brown. \$54. A call to all grandparents! Come create special memories with your grandchild! This lively and improvisational fine art class especially designed for grandparents with grandchildren 12-16 years old will assist you in creating a family heirloom work of art using mixed media paper collage techniques combined with mementos that are meaningful to both generations. Recyclables such as wrapping papers,

old cards and memorabilia, broken jewelry and trinkets, fabric scraps, collage papers, small photos and personal treasures are combined in creating artistic assemblages on canvas, suitable for framing, that represent the special bond between generations. The free spirited collage process requires no previous art experience, and if you are already artistically inclined you will learn additional ways of layering paints and paper using colors, patterns and textures. One-on-one guidance and inspiration provided! There is no possibility for mistake in this artwork! The process is easy, fun and will encourage bonding between you and your grandchild. A supply list is available upon registration. Call Jo with any questions at 543-1357. **Prerequisite:** One grandchild per grandparent. Grandchild must be 12-6 years to participate. Class size is limited. RSVP ♦♦ by 7/26.

Oil Painting with Frank Ordaz

Fridays, July 8-29 — 1016-05

9:00 AM-12:00 PM (OC). Instructor: Renowned Portrait Artist Frank Ordaz. \$130 (four sessions). Award-winning painter Frank Ordaz is offering another portrait class that will turbo charge your painting experience. Learn to see values clearly and the planes of the face. Study the work of John Singer Sargent and his timeless successful techniques in portrait painting. For the intermediate to advanced painter in oils. Learn the Flemish approach and the Alla Prima Technique. Frank's teaching style combines entertainment and knowledge for a fun learning experience. See his work at Ordazart.com for sample portraits. Questions? Email: Frank@frankordaz.com. RSVP ♦♦ by 7/1.



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 is provided upon registration. Questions? Call Jo at 543-1357. RSVP ♦♦ by 7/7.

Bridge Classes

Beginning Bridge with Gayle

Tuesdays, August 9-

October 11 — 1511-06A

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$50 (10 sessions). This course is for people who have *never* played Bridge but think they may be interested in learning to play the most exciting and challenging card game in the world. Sign up and check it out. You may discover a new passion that gives your brain a workout! RSVP ♦♦ by 8/2.

Bridge Plus with Gayle

Thursdays, August 11-

October 13 — 1511-06B

12:30-2:30 PM (KS). Instructor: Gayle Koedel. \$50 (10 sessions). This class is designed for players who want to improve their knowledge, ability and enjoyment of Bridge. Course covers the basics of modern Standard American Bridge bidding, including some conventions with emphasis on partnership communication, and as much play as time permits. RSVP ♦♦ by 8/4.



Ceramics Classes

Airbrushing Workshop

Monday, July 11 — 1104-06A

Firing Fee — 1104-06B

8:30 AM-4:30 PM with an hour lunch

break (KS). Instructor: David Hoff. Class \$52, additional firing fee \$7. Back again for all you airbrush enthusiasts! This is an open workshop on Greenware. Students may bring their choice of items. Class is for all levels and teaches blending, shading, cross-shading and reverse-shade on



ceramics. Students will finish three pieces within the day. Many love this class and repeat it often, bringing different pieces each time. We complete a plain piece, animal or two or a bird. A great

way to spend a summer's day. Class fee includes airbrush usage, color, paperwork, and instruction from an airbrushing expert. Class starts at 9:00 AM with a 45-minute lunch break. Questions: contact davidhoffceramics@gmail.com or (559) 456-4726. Please make sure you receive a supply list when you register. RSVP ♦♦ by 7/4.

—Lladro—

Spanish Oil Painting Wednesdays,

August 3-31 — 2061-06

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



Prerequisite: Beginning students required to attend five *consecutive* classes in order to complete first-time

instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 7/27.

Lladro Workshop • Wednesdays, July — 2063-01G

August — 2063-01H

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time, Workshop is *not* for beginners and will not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for “firing” and assuring everyone follows guidelines and safety procedures. Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop. Space limited; sign up early!

—Pottery—

Beginning/Intermediate Ceramics with Jim • Tuesdays,

July 5-26 — 2013-06A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have



never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 6/28.

Advanced Ceramics • Tuesdays, July 5-26 — 2013-06B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). For self-motivated students/artists with established ceramic skills. Assignments and

demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 6/28.

Beginning Hand Building Potter’s Wheel Techniques

with Terry • Thursdays,

July 7-28 — 2015-06

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). This class will introduce you to using the



potter’s wheel and hand-building with clay. Work at your own pace receiving individual instruction to achieve your goals.

Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Terry gives frequent demonstrations introducing you to new and exciting projects. Bring tools and materials to class for a fun and successful experience. **New students:** please ask for supply list when you register. RSVP ♦♦ by 6/30.

Computer Classes (PC & Mac)

—Microsoft 2007—

Word Phase 1

Mondays & Wednesdays,

June 20-29 — 2651-05

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). This class provides you with some basic features of Microsoft Word 2007.



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If you have been using Word, this class will introduce you to new shortcuts and tips. We will cover auto correct, the format paintbrush, the show/hide mark, the smart tag; copying and moving text; switching between more than one document; formatting techniques, especially paragraph formatting, line spacing, bullets, alignments and indents, bor-



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ders and shading. Begin to explore inserting symbols, special characters, and text boxes. RSVP ◆◆ Now.

—Social Networking—

The World of Facebook

Monday & Wednesday

June 20 & 22 — 2540-05

1:00–4:00 PM (OC). Instructor: Cami Cordell. \$36 (two sessions). This three-hour class will provide two hours of lecture and a one-hour lab each session. **Prerequisite:** Must have 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 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 class. With the constant changes in Facebook, everyone is considered a beginner. \$2 fee for handouts payable to instructor. RSVP ◆◆ Now.

Facebook Lab

Friday, June 24 — 2693-05B

1:00-3:00 PM (OC). Instructor: Cami Cordell. \$13, two hours of lab help. Students can take this course *after* they have completed The World of Facebook class. Residents will be able to log in and ask questions. RSVP ◆◆ by 6/17.

—Digital Photography—

Windows Movie Maker

Tuesday, Thursday & Friday

June 21-24 — 2570-05

9:00-10:30 AM. Instructor: Len Carnia-

to. \$45 (three sessions) plus \$5 material fee to instructor. With Windows Movie Maker, [included with Vista and Win7], you can turn your photos and videos into polished movies. In this three-part Lecture/Lab class, learn and have plenty of time to practice how to: organize and select the photos and videos you want to use in your movie; add special effects, text, transitions, narrative, music, and captions to help tell your story; share with friends and family using the web, a computer, mobile device, or burn a DVD that will play on any TV. Bring your photos to class and leave with your own DVD. RSVP ◆◆ by 6/14.

Picasa 101

Wednesday, Thursday & Friday

July 6, 7 & 8 — 2523-06A

Or Monday, Tuesday & Wednesday

August 1, 2, & 3 — 2523-06B

9:00-10:30 AM (OC). Instructor: Len Carniato. \$50 (three sessions). Photo editing using your computer



is the rage today and modern digital cameras make it easy to take great shots. Getting photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be daunting. Learn how to use Picasa in class, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Comfortable using your home PC and know basic skills such as email, Internet, drag, copy and paste. Open a "g-mail" account before starting class. RSVP ◆◆ by 6/29 or 7/25.

Photoshop Elements I

Monday, Wednesday, Friday

July 11, 13, & 15 — 2521-06

10:00 AM-12:30 PM (OC). Instructor:

Roy Salisbury. \$45 (three sessions). The #1 consumer photo editing software. You will learn hands-on how to improve and be creative with your photos. Repair or restore your 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 their photo projects. **Prerequisite:** Basic computer knowledge recommended. \$2 handout fee payable to instructor. RSVP ◆◆ by 7/4.



Computer Classes (Mac)

Beginning Pages (Mac Word

Processor) • Saturday, July 16 & Sunday, July 17 — 2512-06

12:00-3:00 PM (OC). Instructor: Ken Silverman. \$60 (two sessions). Basic Macintosh knowledge required. This is a two-day hands-on workshop. Pages is the Macintosh word processor and page layout program. Learn to create basic word processing documents, use templates and text tools, add graphics and pictures; understand "the inspector" and how it works. Exporting functions will be shown so that others without Pages can read your documents. **Note:** This is a beginning class for word processing and will not go into depth on page layout. RSVP ◆◆ by 7/9.

Cooking

Cooking with Chef Roderick Homemade Pasta!

Tuesday, August 9 — 4014-06

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. We're going Italian!



Chef's class this month will show you how to make different flavors of pasta including herb and saffron. He will demonstrate how to make a homemade Ravioli/Tortellini dish plus a delectable

Fettuccini/Angel Hair dish. To go with the dish, Chef will show how to make Brown Butter Sage sauce with cherry tomatoes and Creamy Pesto. Recipe copies are provided to students during class. RSVP ♦♦ by 8/2.

Crafts

One Stroke™ Basics

Sunday, July 24 — 1040-06

1:00-4:30 PM (OC). Instructor: Carol Sveglini. \$25. Back to the basics of the One Stroke technique. We will review the One Stroke Rose and learn



new flowers and leaves. We are starting at the beginning of One Stroke, all levels welcome. No specific project will be covered, students will focus

on perfecting the technique. Instructor will bring a variety of surfaces (\$1 to \$7) available for purchase but not required. If you would like to take something home, we will paint on Bristol Paper. RSVP ♦♦ 7/17.

Origami • Mondays,

July 11-August 1 — 3040-06

1:00-4:00 PM (OC). Instructor: Kathy Vanderwerff.



\$32 (four sessions). Origami is the art of paper folding dating back

over 10 centuries. A fun and educational activity you can easily teach your children and grandchildren and have fun doing. Instructor will teach simple gift idea, kusudama (flower), cards, and more using regular origami and Washi paper (made using fibers from the bark of the gampi tree) 6x6," 8x8" and larger. Bring glue, ruler, pencil, and scissors. RSVP ♦♦ by 7/4.

—Mosaic—

Stepping Stone Glass

Tuesday, July 12 — 3093-05A

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. Discover the art of glass mosaic and make your garden dazzle with this Glass Mosaic project! This fun beginning mosaic class will teach students how to create a stepping stone with stained glass as pattern medium in a concrete setting. Resident Bill Sutherland, who has

30 years of glass work experience both in stained glass and fused glass art, will lead students in making an eight-inch square stepping stone with a beautiful pattern that will be a great addition to your garden or as a gift to friends. Though design pattern is provided, each project will be unique based on the choice of colors and cuts of glasses used by student. For those who have taken this class before, you may bring your own pattern that fits a 7½x7½" size stepping stone. Pattern should be on printer paper enlarged to desired size. Join us in this easy, fast and friendly project that you can duplicate at home after the class. Men and women are encouraged to join. Class size limited to 10. All materials needed for class are covered by the materials fee and include nippers, stained glass pattern, glass, concrete, mold and step-by-step directions. If you have a nipper, please bring to class. See project sample in OC display window. Each class creates different project designs. RSVP ♦♦ by 7/5.

New! Summer Workshop — Waltz Routine

Thursdays, July 7-28 — 3520-06C

11:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). This class is for those who are not available on the weekend to enjoy and learn ballroom dancing. Class will teach a complete waltz dance routine with combination moves that are beautifully choreographed over the course of the four-week class. The routine can be danced to any waltz song. This will be a beginning to intermediate level class with something for both skill levels. RSVP ♦♦ by 6/30.



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 — Tango

Saturdays, July 9-30 — 3520-06A

10:00-11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). Tango for two anyone? The Tango is a dance of pursuit. The leader will teach you to move with a staccato style that is associated with the Tango, rose and all! Whether you are a beginner or want to brush up on the basics, join us in learning the American Tango footwork and style. RSVP ♦♦ by 7/2.

Intermediate Ballroom — Bolero

Saturdays, July 9-30 — 3520-06B

11:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). More of the Bolero! More romance, style, technique, moves & fun. We will be working on intermediate level moves in this class. You will need to know the basic moves to join this class. RSVP ♦♦ by 7/2.

—Clogging—

Clogging with Janice • Tuesdays,

July 5-26 — 3572-06A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor's approval

and/or previous clogging experience. Must be proficient in Beginning Clogging steps. This fun class will stimulate your dancing skills. More steps and dances, an ongoing class. Join fellow cloggers and dance the hour away. RSVP ♦♦ by 6/28.

Beginning Clogging/Technique Class • Tuesdays, July 5-26 — 3572-06B

12:00-1:00 PM (KS). Instructor: Janice

Hanzel. \$20 (four sessions). You have seen it on “America’s Got Talent.” It helps reduce dementia and stimulates the brain. Beginning Clogging class is open to new students. Learn to clog with your hands if you think you can’t do it standing up! Returning students can hone their skills during technique time. Janice is a certified clogging instructor with 30 years of teaching



experience. 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 6/28.

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**Clogging II • Tuesdays,
June 28-August 30 — 3573-05A**

(No class July 12 & August 9.) 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 6/21.

**Clogging Performance • Tuesdays,
June 28-August 30 — 3573-05B**

(No class July 12 & August 9.) 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 6/21.

–Hula Dance–**Beginning Hula • Thursdays,
July 7-28 — 3901-06A**

12:15-1:15 PM (KS). Instructor: Auntie Naomi Kalama. \$40 (four sessions). No prior experience necessary. Naomi



Kalama is a well-known instructor and performer. She will teach basic hula, the dance of the Islands. Join us for a

fun and relaxing class while enjoying the easy sounds of the Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ♦♦ by 6/30.

**Hula Continuation • Thursdays,
July 7-28 — 3901-06B**

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama \$40 (four sessions). Continue to polish your graceful hula moves. Class is for students who have finishes at least two sessions of Beginning Hula. RSVP ♦♦ by 6/30.

–Line Dance–**Intro to Line Dance • Thursdays,
July 28-September 15 — 3703-06**

4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$35 (seven sessions, no class September 8). This new class meant for real beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you’re new to line dance, or have



tried Line Dance I and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 7/21.

**Line Dance I/Beginner with Audrey
Thursdays, July 14-
September 1 — 3602-06C**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This class reviews fundamentals of line dancing, including basic steps such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven’t line danced before, we recommend taking Intro to Line Dance first (above). This class is *not* for newbies in the dance. RSVP ♦♦ by 7/7.

**Beginner Line Dance Summer Workshop with Sandy
Fridays, July 1-29 — 3701-04D2**

12:00-1:00 PM (KS). Instructor: Sandy Gardetto. \$25 (five sessions). **Prerequisite:** Must have completed Introduction to Line Dance class. Class is a step up from the Introduction to Line Dance class, designed to improve your line dancing skills. Continue to learn basic line dance steps, such as vines, triple steps, coaster steps, pivot turns, lock steps and jazz boxes plus many more combination steps. Workshop runs through August, students required to enroll monthly for the class. RSVP ♦♦ by 6/24.

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

July 11-August 29 — 3602-06B
5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions.) **Prerequisite:** Completion of Line Dance I/ Beginning Line Dance. This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you’ve had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 7/5.

**Line Dance III • Intermediate with
Audrey • Thursdays,
July 14 – September 1 — 3602-06D**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don’t let this scare you! The dances will have enough basic steps to keep the dancer “above water.” A lot of fun, and great exercise. RSVP ♦♦ by 7/7.

**Line Dance IV/Advanced with
Audrey • Mondays,
July 11 – August 29 — 3602-06A**

3:45-4:45 PM (OC). Instructor: Audrey Fish. \$40 (eight sessions).





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Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 7/5.

Line Dance Beginner Plus with Sandy • Wednesdays, July 13-August 17 — 3701-06A

8:00-9:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six 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, many more. Students are expected to understand and execute basic line dance steps as in-

structors 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 the fun while exercising. RSVP ♦♦ by 7/6.

Line Dance II Beginner-Intermediate with Sandy Wednesdays, July 13-August 17 — 3701-06B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 7/6.

Line Dance III with Sandy Wednesday, July 13-August 17 — 3701-06C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind



three-quarter turn step combination; weaves with syncopation; tags and restarts, many

more. At this level, there is no limit on the number of turns but caution is requested not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 7/6.

Line Dance I/Beginner with Yvonne Mondays, July 11-August 22 — 3704-06A

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$35 (seven sessions). This class teaches and reviews fundamental line dance steps including grapevine, jazz box shuffle, quarter and half turns at a slow temp. It's a great way to make new friends while enjoying the benefits of dance and exercise. If you haven't line danced before, we recommend taking Intro to Line Dance first. This class is *not* for newbies in the dance. RSVP ♦♦ by 7/5.

Line Dance Beginner Plus with Yvonne • Mondays, July 11 - August 22 — 3704-06B

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$35 (seven sessions). For those who have had beginning line dance, this class is a step up from that level, teaching more steps and combinations. This is a transition class from Line Dance I into Line Dance II. Dances become a bit more challenging but will also incorporate what has been learned at the beginner levels, making the dances fun and exciting. You don't need a partner, it's a great way

to keep in shape, the music is fun and it's good exercise for your mind and body. RSVP ♦♦ by 7/5.

Line Dance II/Beginner-Intermediate with Yvonne Thursdays, July 28-September 15 — 3704-06C

(No class September 8.) 9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$35 (seven sessions). What our settlers started in the 1800's has spread throughout the world. In addition to great choreographers in the USA, there are thousands of line dances coming from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ by 7/21.

Country Couples Line Dancing — Intermediate Continuing Mondays, July 11-25 — 3530-06

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 Activities Desks. Enroll only in classes you want to learn. Class size limited so pre-registration is important.

This class is for continuing students 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 combination 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@schca.com. RSVP ♦♦ by 7/4.



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MetLife

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—Tap Dance—

Tap Classes with Alyson!

Enjoy tap lessons from one of the area's best instructors! If you have tapped before or have 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. Regular technique classes will resume in August and will be announced in next month's *Compass*.



Summer Technique Session

Mondays, June 27 –

July 25 — 3554-05

(No class July 4.) 11:00 AM – 12:30 PM (KS). \$30 (four sessions). RSVP ♦♦ by 6/20.

Tap for Fun with Judy!

Join us and 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!

Mondays, June 20-

August 15 — 3551-05A

(No class July 4.) 4:45-5:45 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ♦♦ Now.

Fridays, July 1-

August 19 — 3551-05B

1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ♦♦ by 6/24.

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

Beginning West Coast Swing

Levels I & II • Wednesday,

July 6-27 — 3510-06A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions). Learn the basics of this great dance

from veteran WCS instructor Dottie and how it can be applied to various types and styles of music.



Prerequisite: Complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ♦♦ by 7/1.

Intermediate West Coast Swing

Levels I & II • Wednesdays,

July 6-27 — 3510-06B

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions).

Prerequisite: Must have completed West Coast Swing Beginning levels one and two. RSVP ♦♦ by 7/1.

Advanced West Coast Swing

Wednesdays,

July 6-27 — 3510-06C

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

Prerequisite: Must have completed West Coast Swing Intermediate I and II. RSVP ♦♦ by 7/1.

Driver Training

AARP Driver Safety Course

Wednesday, June 29 &

Thursday, June 30 — Sold out

AARP Driver Safety Course

Tuesday, July 5 & Wednesday,

July 6 — Rescheduled into

June 29 & 30 class

Students have been contacted and transferred to the June class.

AARP Driver Safety Course

Monday August 1 & Tuesday,

August 2 — 6056-06B

8:30 AM-1:00 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 Desks to receive



the discounted class fee. In cooperation with AARP, the Association brings back the convenience of attending

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's license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Limited spaces, register early. Class cost covers a \$10 Association administrative fee and AARP fees. Minimum of 20 students required for class. RSVP ♦♦ by 7/25.

Fitness

Register for these classes at the Fitness Centers starting June 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 and maximum of six participants to guarantee success and individualized attention for everyone.



SGT — Aligned & Defined Pilates

Mat Training

Mondays & Fridays,

July 11-August 5 — 835000-P1

7:00-8:00 AM Aerobics Room (KS). Instructor: Paula Ainsleigh. Join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners and transform the way your body looks, feels and performs.. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance,

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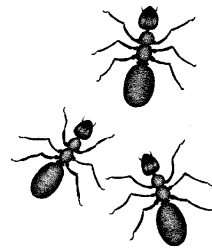
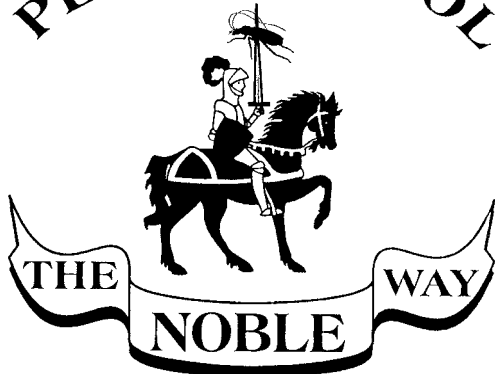
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muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format and include exercises on the Pilates Reformer. Enrich the quality of your life with a fit and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Desks.

SGT — Hydro Training

Mondays & Wednesdays,

July 11-August 3 — 835000-HT

4:30-5:30 PM Indoor Pool (OC). Instructor: Lisa Himes. Because of the properties of water, aquatic exercise is comfortable, safe, and a healthy form of exercise. Aquatic exercise provides a wonderful type of fitness program because not only does it lessen gravity's downward pull on the body, reducing stress on muscles and joints, but the hydrostatic pressure and buoyancy prevent the heart rate from elevating as much as it would on land, so a person can exercise harder in water than on land without overdoing. Also, water provides resistance in all directions and lends itself to slower, smoother movements. "No longer a teenager and not yet a centenarian" ... come join this water training experience that is designed to target cardiovascular fitness, endurance, strength and flexibility while using water resistance to tone and define. Come challenge your body and improve your quality of life through hydro exercise. **Four week session \$135.** Register/Fitness Desks.

SGT — "Fun"ctional Fitness

Tuesdays & Thursdays,

June 30-July 28 — 835000-F6

(No class July 5.) 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 Desks.

SGT — Bootcamp

Mondays & Wednesdays,

July 11-August 3 — 835000-B5

5:00-6:00 PM Aerobics Room (KS). *Instructor:* Shawna Buschmann. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who 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 Desks.

SGT-TRX Interval Training

Mondays & Wednesdays,

July 11-August 3 — 835000-T4

2:30-3:30 PM Aerobics Room (KS).



Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength,

flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart-pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four week session \$135.** Register/Fitness Desks.

SGT — Bodybugg

Mondays & Fridays,

June 27-July 25 — 835000-I

(No class July 4.) 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 ef-



fectively help you reach your health and fitness goals. Receive nutrition information, small group support, and workouts to kick start your success. Learn 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, **Four week session \$135.** Register/Fitness Desks.

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W.O.W. — Working Out with

Weights • Tuesdays,

September 13-

October 18 — 750500-06

11:35 AM-12:30 PM Weight Room (KS). *Instructor:* Jill Boan. Want the most out of your workout? Join



this six-week in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learning



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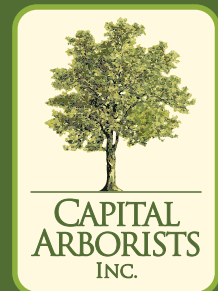


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Reach for the Top/Stretch & Tone!
Mondays, July 11-25 — 805000-06
12:00-1:00 PM

Tuesdays, July 5-26 — 801000-06
11:30 AM-12:30 PM

Thursdays, June 7- 28 — 80300-06
11:30 AM-12:30 PM

Thursdays, June 7-28 — 80400-06
12:30-1:30 PM

(No class July 4th, make up day TBA)
 Aerobics Room (The Wave). Instruc-



tor: 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 your mobility. Lin is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Four-week session, one day/week \$30. Register/Fitness Desks.

Balletone • Tuesdays,
July 12-26 — 700000-06

4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Three-week session \$26.25.** Register/Fitness Desks.

—Tennis Lessons—

Wild West Tennis Camp by Steve Vaughan

Tuesday, Wednesday, Thursday
July 12, 13, 14 — 790200-06

July 12, 3:00-6:00 PM. July 13, 8:00-11:00 AM & 3:30-6:00 PM. July 14, 8:00-11:30 AM. Tennis Courts. Instruc-



tor: Steve Vaughan. Wild West Tennis Camps are 12 hours over three days and include a Wild West welcome party, fun drills, game play situations, and supervised match play. Minimum of 12 and maximum of 24 players. Cost is \$299. Register/Fitness Desks.

Pro Tennis Lessons
Sundays, August 14-September 18
Beginners

8:00-9:00 AM — 790700-06

Intermediate

9:00-10:00 AM — 790600-06

Advanced

10:00-11:00 AM — 790500-06

Tennis Courts #10/11. Instructor: Mike Gardetto. Mike 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

Group Exercise Class Schedule!

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works		Water Works	
8:00 AM	Low Impact	Core & Strength	Low Imp. Hi-NRG Cyc*	Mixed Level Cycle*	Low Impact	Card.Dnce. Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Core & Strength	Yoga I • Water Wks	
9:00 AM	Low Impact	Active & Fit	Low Impact	Low Impact*	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Step It Up	Circuit*	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Strict. Strngth* Water Wks	Cardio Dance	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Yogafied	Cardio Dance	
10:30 AM	Joint Efforts		Everybody Can*	Pilates* Water Works	Strictly Strength*	
11:00 AM	Everybody Can		Joint Efforts		Joint Efforts	
11:30 AM	Aqua Nice & Easy	Basic Joint Efforts	Piloga	Basic Joint Efforts	Piloga	Strictly Strength*
12:45 PM	Arthritis Found. Aqua		Aqua Nice & Easy		Aqua Nice & Easy	
1:00 PM	Chair with Flair		Arthritis Found. Aqua			
2:15 PM	Fall Proof\$		Chair with Flair		Basic Chair	
4:30 PM		H2O Circuit	Fall Proof\$			
4:45 PM		Shape Up		H2O Circuit		
5:00 PM		Mixed Level Cycle*		Shape Up		
6:00 PM		Aqua Tone		Cardio Salsa*		
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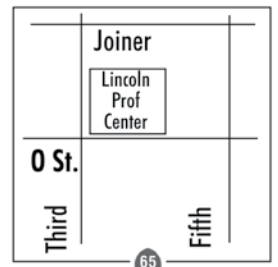


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also covered. Six-week session \$70. Register/Fitness Desks.

—Dance/Fitness Centers—

Zumba • Monday, August 1-22 — 810000-06

3:45-4:45 PM Aerobics Room (KS). Instructor: Nicole Robinson. A cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and easy to do! Integrating Zumba into every day, you can achieve long-term benefits while experiencing an absolute blast in one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. Four-week session \$32. Register/Fitness Desks.



Belly Dance

Mondays, July 11-25 — 770200-06

4:00-5:00 PM Aerobics Room (The Wave). Instructor: Anna Woods. Get a great core workout to fabulous rhythms and beautiful music. Strengthen abdominal muscles, legs, back and more. 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 teaching experience. There will be a \$15 charge on the first day of class for hip belt. Anna welcomes you to try one class for free! Three-week session \$27. Register/Fitness Desks.

—In the Pool—

Core-N-More Suspended Aquatic Exercise

Wednesdays, June 15-

July 6 — 760000-06

Thursdays, June 16-

July 7 — 760100-06

Wednesdays AM & Thursdays PM,

June 15-July 7 — 760200-06

Wednesdays, July 13-

August 3 — 760000-07

Thursdays, July 14-

August 4 — 760000-7

Wednesdays AM & Thursday PM,

July 13-August 4 — 760200-07

Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM Indoor Pool (The Wave). Instructor Andrea. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercises are performed without touching the pool bottom, eliminating impact and increasing resistance. This high calorie burning,



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

—Nordic Walking—

Nordic Walking for Beginners

Wednesdays,

July 6-27 — ~~cancelled~~

9:00-10:00 AM outside back patio at The Wave. Instructor: Mike Barkhurst. Train with the best, Mike is a part of the American Nordic Walking Association and holds three personal trainer certifications in the U.S. 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. 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 Desks.

—Yoga—

Extra Gentle Yoga (chair)

Tuesdays, June 7, 21, 28 and July 12, 19, 26 — 710000-06

12:45-1:45 PM Aerobics Room (The Wave). Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is



adaptable to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. Six-week session \$59. Register/Fitness Desks.

Gentle Hatha Yoga

Tuesdays, June 7, 21, 28 and July 12, 19, 26 — 710100-06

2:00-3:30 PM Aerobics Room (The Wave). 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 “do-able.” For long-term students as well as yoga newcomers, Julie’s motto is “Yoga is not supposed to hurt!” She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing ex-

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ercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not “easy;” strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Six-week session \$59.** Register/Fitness Desks.

Evening Yoga (Hatha-Traditional Yoga)

Tuesdays, July 5-26 — 711000-06

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

Instructor: Susan Hayes. An enjoyable evening yoga class to keep you in shape, at a relaxed pace. Yoga has



been proven to increase energy, flexibility, balance, and strength — all while reducing stress.

The weather is warm outside, and cool inside;

so, get your body moving! Everyone welcome — from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Four-week session \$40.** Register/Fitness Desks.

Evening Yoga and Meditation

Thursdays, July 7-28 — 711100-06

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

Instructor: Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and optional meditation. Each student receives individual attention. Limit: 10 students. **Four-week session \$40.** Register/Fitness Desks.

Gem Stone Cutting

Classes will take a hiatus during summer.

Glass Art

—Fused Glass—

Fusing Glass Workshops •

Mondays, June — 3102-01F

July — 3102-01G

4:00-6:30 PM except for the last Mon-

day of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$12 each day. Items will be limited to a six-foot square 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. Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

Fused Glass: Garden Stake

Tuesdays,

August 16 & 23 — 3099-06

1:00-3:30 PM. Instructor: Bill Sutherland. \$30 (two sessions). Materials fee: \$50 payable to instructor at first class. Students will be guided in the construction of an 8-1/2” glass circle which will then be fused and installed into a wrought iron garden stake. Pattern will be chosen by student; glass will be cut and ground to shape, than arranged for pattern to be fused. After fuse has cooled, project will be installed in the stake and be ready to find its way home to owner’s yard. RSVP ♦♦ by 8/9.

—Stained Glass—

Stained Glass w/Copper Foil

Tuesdays, June 21, 28 &

July 5 — 3093-05B

1:00-4:00 PM. Instructor: Bill Sutherland. \$45 (three sessions). Class fee plus \$15 for basic kit payable to instructor. Students will be taught



stained glass using copper foil — pattern cutting, glass cutting, project assembly and soldering, glass

orientation and project framing. Students will work on an 8”x10” stained glass project ready for display. No previous experience required, but should have fairly strong wrists. Students must wear closed-toed shoes to class as we will be working with glass. RSVP ♦♦ by 6/14.

Stained Glass Workshops •

Mondays, June — 3102-01F

July — 3102-01G

4:00-6:30 PM 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.

Music

Guitar I — Continuation • Fridays,

June 24-August 12 — 4261-05A

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. Covers basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a

good foundation to move on to the higher classes. Questions: Bill, 434-5655. RSVP ♦♦ by 6/17.

Guitar II — Intermediate •

Thursdays,

June 23-August 11 — 4261-05B

8:00-10:00 AM (OC). Instructor: Bill

Sveglini. \$65 (eight sessions). Class continues Guitar I course of study and includes: reading music in the first position; learning basic chords and chord patterns; strumming and basic finger-picking and use of guitar pick. It provides basics of music knowledge (notes, rests, measures, bar lines,

etc.). Learn to play many old favorite songs in varied styles and sing while you play. RSVP ♦♦ by 6/16.

Guitar III — Advanced Thursdays,

June 23-August 11 — 4261-05C
10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions).

Prerequisite: Students must have instructor's approval to enroll. 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 introduce varied types of ensemble playing — duets, trios, and quartets. RSVP ♦♦ by 6/16.

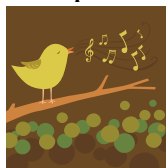


—Voice—

Singers Vocal Boot Camp Continuation • Fridays, June 24-August 26 — 6133-05

(No class July 8 or August 5.) 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. Continue to learn and improve on reading and following sheet music. Study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 6/17.

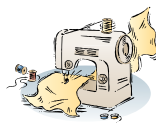


Sewing

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 Sewing Machine Certification

Monday, July 11 — 4057-12G
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 6/6.



Bernina Serger Certification

Monday, July 11 — 4056-12F
1:30-2:30 PM (OC). Instructor: Sylvia

—Creative Hardanger—

Norwegian Embroidery "Creative Hardanger" for Beginners • Tuesdays, July 5-26 — 4022-12G

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions). Want to acquire a new and easy



hobby? Join us in the Sewing Room as resident instructor Ana Bertha shows you techniques in this beautiful Norwegian embroidery form. First hour provides general embroidery instruction. Remaining class time is geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small kit \$12.50, large \$20. RSVP ♦♦ by 6/28.

Norwegian Embroidery "Creative Hardanger" Workshop Every Tuesday — 4022-12G

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop is 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.

Feldman. \$15. All supplies will be provided. Class limited to three students. RSVP ♦♦ by 6/6.



Erectile Dysfunction— Common and Treatable Wednesday, June 15 — Free

7:00-8:30 PM. P-Hall (KS). Urologist, Carolina Alwayay, MD of the Sutter Medical Group will present causes, diagnosis, and treatment options for the common disorder Erectile Dysfunction (ED) or impotence. Dr. Alwayay treats a broad range of urological disorders of the male and female and has particular interest and experience in robot-assisted surgery using the da-Vinci Surgery System.



Mysteries of the Peruvian Nazca Lines... from Space Aliens? Monday, June 20 — Free

10:00 AM-12:00 PM, Front Ballroom (OC). Tom Fisher, entrepreneur and Sierra College educator, will be introduced by the Second Cup of Coffee in this presentation. What "alien theories" exist when viewing these 1300-year-old \ geometric and bioform stone shapes discovered by air not before the 1920's?



The presentation themes will focus on: who was responsible for their construction; how were they constructed (its technology); why were they made—for what purpose; and what was the role of aliens—if any? Using the Apple Keynote Software projected on our large Ballroom

central screen, the color visuals will focus on relevant pottery and artist's drawings and on-site photographic investigations digging-up answers to this world renowned mystery. Because healthy discussion and interaction is meaningful, what do you think? Entertaining Q&A expected!

The Perils of Pills: Helping or Hurting? How Do I Know?

Wednesday, July 20 — Free

7:00-8:30 PM Ballroom (OC). How many prescription drugs do you take every day? What about over-the-counter drugs like Tylenol, vitamins, calcium, herbs? Two Clinical Pharmacists who are faculty at UCSF School of Pharmacy, Timothy Cutler, Pharm.D, UC Davis Medical Center, and Adel Lawal, Pharm.D, Mercy Medical Group, will present a panel



discussion about medications targeting an older adult audience. The presentation will feature common medications, including complementary and alternative medicines that may pose higher risk to older adults.

They will describe the differences between an adverse drug event, a drug interaction, and a drug allergy, and they will list the common side effects that medications can cause. The consequences of medication non-compliance will be addressed along with suggested ways to improve adherence to medications. Take advantage of this free practical advice.

Walking Tour of Historic Lincoln

Thursday, July 28, — Free

1:00-3:00 PM, Front Ballroom(OC). Shirley Russell, Lincoln Area Archives Museum Volunteer Director, along with Wayne Early and Jean Cross, associates, are pleased to premier their new PowerPoint slide show for Lincoln Hills. The city of Lincoln has just completed 100 years, and with the pending 2012 bypass completion, our downtown area promises to be a greater destination! As mature adults, who better understands "what the past means." Invite a friend or family to join you! Q&A, always represents more fun!



Did You Know?

Have you ever been confused about those "punch card" classes versus the fitness classes with a fee for a series of classes — Yoga or Zumba, for example, advertised as a four week session for a flat rate? The "punch card" class option is where you can purchase a group of 10 or 20 classes (or one if you just want to try a single class to see if you like it) at one time and attend classes as you wish. The charge is added to your membership card and it does not have an expiration date. The list of classes available using the "punch card" option is shown on a grid entitled, "Group Exercise Class Schedule" on one of the pages in the Fitness Class section of your monthly *Compass*. The "punch card" concept (the name comes from the old days when an actual punch card was used) is a nice feature because you don't have to worry about missing a class — your credit remains until you use it!



Connections

continued from page 3

Computers 52%, Home Maintenance 48%, Cooking 42%, and Music 38%. Look for more of these topics in the future!

In the coming months staff will provide more specific plans related to data gleaned from your responses to this survey. Next month look for information about new overnight trips.

The last several months we ran an ad

for Gary's Refinishing and unfortunately listed an incorrect telephone number. Gary's correct number is 759-8950, which can be seen in his ad in this issue on page 61. We sure do appreciate all of our advertisers, and encourage you to contact them when you need a product or service, and thank them for supporting your *Compass* magazine and Association.

The sun is finally shining and tem-

peratures are warming up. We look forward to seeing you at the outdoor summer concerts in the OC Amphitheater. For your safety, additional lighting has been placed around the area. If carrying a chair is too cumbersome, you can rent one in advance at the Activities Desk for \$3. Looking for something fun to do with your visiting grandchildren? Check out page 4 for the Toddlers to Teens event. See you in the Lodge!

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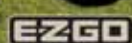
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Managing and Relieving Chronic Pain**Monday, June 20 — 874000-05**

2:00-3:00 PM, P-Hall (KS). The lecture will cover speaker Robert Miller's struggle with chronic pain and the effective treatment he received at Stanford University Pain Management Center; the scope of chronic pain on the American population; staggering health care costs related to chronic pain; distinctions between acute and chronic pain; pain management; the effectiveness of multidisciplinary pain clinics and the treatment modalities for chronic pain from conventional and alternative medicine. \$5. Register at Fitness or Activities Desks.

**Am I Enjoying It? Pleasure, the Antidote to Sexual Issues****Tuesday, June 21 — 873000-05**

7:00-8:30 PM, P-Hall (KS). Sex doesn't have to go away as we get older, but it will change form. And Viagra isn't always the answer. Dr. Carol Ellison, a Roseville psychologist specializing in issues of sexuality and intimacy and author of *Women's Sexualities. Generations of Women Share Intimate Secrets of Sexual Self-Acceptance*, will give you 10 tips for shifting the focus from performance to pleasure. \$5. Register at Fitness or Activities Desks.

**Reversing Cancer Risk****Thursday, June 23 — 860000-05**

11:00-12:30 PM, Gables/Heights Rooms. One third (!) of cancers could be prevented with healthy nutrition and lifestyle changes. Dr. Carol Jong will help you discover foods that fight cancer, understand phytochemicals, and comprehend why the National Cancer Institute has named cabbage as one of the greatest anti-cancer foods. You'll understand whether supplements are friend or foe, and glean information on fighting cancer with every bite. \$5. Register at Fitness or Activities Desks.

**CPR/AED Class • Friday June 24 — 840001-06**

9:00 AM-11:00 AM, Multimedia Room (OC). Instructor Mike Roper. While you cannot predict when an emergency will occur, you can be prepared! A CPR/AED certification course will give you the skills and knowledge you need to respond to a life threatening situation with confidence. Class



includes hands-on instruction in Adult Cardiopulmonary Resuscitation (CPR), choking, and use of an Automatic External Defibrillator (AED). Participants will receive a CPR booklet, wallet guide, and certification card from medic first aid, valid for two years. \$50. Register at Fitness Centers.

Reversing Diabetes Tuesday, July 5 — 860000-06

10:00-11:00 AM, P-Hall (KS). Now regarded as a *global pandemic*, type 2 diabetes is a contemporary plague will affect one in three people by 2050. Sometimes referred to as "diabesity" because of its association with overweight/obesity, it can also be influenced by gender and ethnicity. Harness the power of preventive eating, PowerFoods, nutraceuticals and botanical healers and beat the odds. Instructor Dr. Carol Jong. \$5. Register at Fitness or Activities Desks.



Be

Inspired ~ Engaged ~ Well

Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

Clutter Control Clinic, Wednesday, July 13 — 877600-06

10:00-11:30 AM, Gables/Heights Rooms

Professional Organizing Consultant Sandy Bright operates on a whole-life approach to organizing, time-management and coaching. A native of New York City, Bright has been straightening things out for somebody somewhere for over 30 years including eight years managing Nordstrom's regional mail order department. Her mission: Organize those in need with love, compassion and understanding in a non-judgmental caring way which creates a sense of well-being, peace and serenity. A member of the National Association of Professional Organizers, Bright has conducted corporate and government workshops and been advisor to the *San Jose Mercury News*, *The Palo Alto Weekly*, and others. Are you frustrated with mounds of paper in your home? Can you get into your garage? Being organized is a skill, it can be learned. It's



like driving a car. This class is designed to take the stress out of organizing. Learn: how to clear out closets, the Ten Tools of Clutter Control, what to do with those piles of paper all over the house, pay bills in a timely manner, how to set up a simple and easy filing system, how to get ready for next year's tax season now and eliminate the anxiety that goes with the preparation. Being organized will have a dramatic impact on your life. \$20. Register at Fitness or Activities Desks.

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

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Public Website:

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tim.mulligan@schca.com

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jeannine.balcombe@schca.com

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625-4031 brandy.garcia@schca.com

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Special Events Coordinator

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Membership

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625-4000 bertha.mendez@schca.com

Spa at Kilaga Springs

408-4013x6

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

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

Saturday 9:00 AM-5:00 PM

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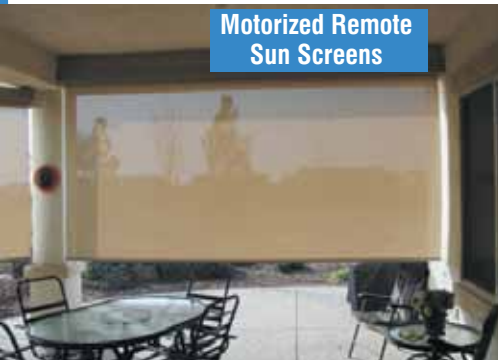
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