

The Official Magazine of Sun City Lincoln Hills



Compass

December 2012



Season's Greetings!

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On the cover

Carolers, from left, Don & Emily Moran, Lynn Sotir and John Baarts in front of our beautifully decorated hearth in Orchard Creek Lodge.
Photo by Jeannine Balcombe

Election Time

Board of Directors Report

Marty Rubins, Director, SCLH Board of Directors



A few months ago, I was given the assignment to write the Board of Directors Report for the December *Compass*. I thought I would write about the upcoming election to the Board of Directors. Wanting to get an early start, I began back in September.

Well, I had to throw out the report as we are not having an election. Not because some evil force has taken over our Association, but because of lack of interest on the part of homeowners willing to step up and serve on the Board of Directors.

This year only four residents signed up to run for four available seats. One of them, myself, has already spent five years on the Board with two more before I retire. This is the second time in the last three years that this has happened. One of the reasons I ran two years ago was to see it didn't happen again. For that election we had only five residents running for four seats.

If the trend continues where we do not have enough candidates for an election, the sitting Board, according to our governing documents and state law, will have to appoint members to the Board. That will replace elections where residents vote for

who they want to oversee and set policy for the governance of our Association.

This year the Board established a Strategic Advisory Committee to see where the Association should be headed in the next five years. This is being done by a large group of volunteers through surveys and research and other means with other associations and our staff. Their report is scheduled for presentation to the residents at the Board of Directors meeting in January.

Financially all departments are under budget through October. Because of the financial results and budgeting for 2013, we are able to keep monthly dues at the present \$104.00.

Meridians' remodel, in combination with more consistent food preparation and service, was able to come in below budget. The same is true for The Spa, which not only came in under budget, but actually turned a profit.

For the Board of Directors I would like to extend Season's Greetings and a Happy New Year to all.



Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

I hope your calendars are marked for the **Association's Annual Holiday Open House on Thursday, December 20, 2:00-4:00 PM** in the Community Living Room (OC). Enjoy the beautifully decorated Lodge along with traditional holiday vocal and piano music along with light refreshments. The Board of Directors, Committee members and Association staff will be on hand to wish you all a Happy Holiday.

Have you received an

E-bulletin recently? Each department, Activities, Fitness, Food & Beverage and The Spa at Kilaga Springs now



send a weekly notice of upcoming specials, meetings, events, and programs. If you have not received an E-bulletin this week and you think you signed up to receive them, please resubmit your request by going to: www.suncity-lincolnhills.org/residents/e-bulletin.html. It is possible



A big thank you to our Compass staff writers for volunteering their time to help make our magazine all that it is. You will find them throughout this issue wearing their Santa hats.

Upcoming Association-Related Meetings

Date • Time • Place December 15-January 31

Strategic Advisory Committee Meeting	Monday, December 17, 11:00 AM, Gables
Finance Committee Meeting	Wednesday, December 19, 9:00 AM, Oaks
Golf Cart Registration	Thursday, December 20, January 3 & 17, 8:00 AM, OC Lodge
Board of Directors Meeting	Thursday, December 20, 9:00 AM, Front Ballroom
Board of Directors Special Meeting	Thursday, December 20, 10:30 AM, Front Ballroom
Board of Directors Executive Session	Thursday, December 20, 11:00 AM, Oaks
CCRC/Communications & Comm. Rels.	Thursday, January 3, 10:00 PM, Oaks
Elections Committee Meeting	Friday, January 4, 10:00 AM, Fine Arts Room
Strategic Advisory Committee Meeting	Monday, January 7, 11:00 AM, Heights
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, January 8, 9:30 AM, Oaks
Properties Committee Meeting	Tuesday, January 8, 1:00 PM, Fine Arts Room
Listening Post	Wednesday, January 9, 9:00 AM, Solarium
Compliance Committee Meeting	Wednesday, January 9, 10:30 AM, Oaks
ARC/Architectural Review Committee	Monday, January 14, 9:00 AM, Heights
New Resident Orientation	Tuesday, January 15, 1:00 PM, Solarium
Finance Committee Meeting	Wednesday, January 17, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, January 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, January 24, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, January 24, 11:00 AM, Oaks

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

that your registration request was missed or your email was eliminated due to a computer issue. **Weekly E-bulletins are an excellent way to be reminded of important dates and opportunities.** If you prefer, you may choose the departments you want to receive E-bulletins from, although you will always receive a general weekly update from the Association every Sunday. Don't miss out.

Have you been to **downtown Lincoln** since the Bypass has been open? I attended the city of Lincoln's Holiday Parade and tree lighting ceremony, and spent the late afternoon and evening shopping at most of the downtown establishments. I was surprised and impressed with the variety and quality of merchandise, great customer service, and overall wonderful hometown feel I experienced. Parking and walking around downtown Lincoln was a whole new experience without the mad rush of cars and trucks passing through. I encourage you to venture downtown and experience our city's charm.

If you still need **gift ideas** for your friends, I recommend choosing some of the quality **SCLH logo apparel or license plate holder** and other items located in the Fitness Centers (OC/KS). Can't decide? Give an **Association Gift Card**. Our gift cards can be purchased for any amount,

used in any department, have no expiration date and can be combined with other Association Gift Cards and specials. Imagine a gift of massage, dinner at Meridians, fitness class, the Summer Concert series, bus trip or event. All that and more makes an Association Gift Card an extremely personal and versatile gift!

I wish you a happy holiday season and hope to see you at our New Year's Eve Masquerade party enjoying the evening festivities and brilliant fireworks.



Congratulations to Phil Robertson, winner of last month's "Compass Cover Photo Contest," showing off his winning photograph and gift card prize

Calendar of Events

December 15-February 28

Date	Event	Page #
12/16	Bus Trip: Victorian Holiday	52*
12/18	Concert: Franc D'Ambrosio's "Christmas in NY"	43
12/19	Bus Trip: San Francisco Shopping	52*
12/20	Bus Trip: SF Giants Ballpark Tour	56*
12/20	Holiday Community Celebration	43
12/31	LH New Year's Eve Masquerade Ball	43
01/02	"What's Up (in the Night Sky)"	21
01/03	"Long/Short Term Strategies to Reduce Risk"	28
01/03	Bus Trip: Crocker Art Museum/Norman Rockwell	56*
01/04	Players Auditions: "My Man Godfrey"	31
01/07	Genealogy: "After You Have Gotten Started"	27
01/08	Speaker: Zena Thorpe, Master Quilter	29
01/08	Bus Trip: Speaker Series — Thomas Friedman	56*
01/09	"Windows 8"	25
01/09	"The Good, Bad & Ugly / Wide-Angle Lens"	30
01/10	"How You Might Overcome Vision Loss"	26
01/10	"Resolving Disputes Through Mediation"	26
01/11	"Windows 8" continued	25
01/11-12	Vaudeville Troupe: "The Cavalcade of Stars"	11, 34, 43
01/15	e-Waste Recycling	44
01/15	New Resident Orientation	44
01/15	Bus Trip: "Sunset Boulevard"	56*
01/15	"Weight Loss 101"	85
01/16	"How to Write an Elevator Pitch/Promote Book"	35
01/17	Book Discussion: <i>Agent Garbo</i>	23
01/17	Bus Trip: California Academy of Sciences	44
01/18	Concert: "JOEL — Music of Billy Joel"	44
01/21	Forum: "2012 College Football: Make the Call!"	82
01/22	Bus Trip: Broadway Sacramento, "Rock of Ages"	45
01/22	Comedy Night at KS	45
01/22	"Falling off the Fiscal Cliff"	85
01/23	Forum: "Healthy Aging Strategies"	11, 82, 85
01/24	Bus Trip: Colusa Casino	45
01/28-29	"Getting Your Stuff Together"	85
01/30	Concert: Suzanna Smith "Great Ladies of Jazz"	44
01/31	"Increase Your Happiness" Workshop	85
02/07	Bus Trip: Off to the Races	47
02/07	Forum: 2012 Strategic Advisory Comm. Report	82
02/08	Dinner/Dance: "Romance is in the Air"	47
02/11	Bus Trip: Feather Falls Casino	47
02/11	Forum: iDevices, Apple's iPad, iPhone, iPod	82
02/15	Concert: Elvis Tribute Concert, "Chapel of Love"	47
02/16	Bus Trip: Chinese New Year Celebration	47
02/16	Bus Trip: Sacramento Autorama	47
02/19	Bus Trip: San Francisco for the Day	47
02/20	KS Music Night: "A Salute to Ray Charles"	50
02/21	Book Discussion: <i>The Tragedy of Pudd'nhead Wilson</i>	23
02/25	Comedy Night at KS	50
02/26	Bus Trip: Terracotta Warriors, SF Asian Museum	50

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



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Strategic Advisory Committee

Happy and Satisfied Residents Abound!

Jim Leonhard, Strategic Advisory Committee Chair, SAC@suncity-lincolnhills.org

As mentioned in our November update, BW Research Partnership (BWR)



presented their final survey findings to the residents at large during a well attended Community Forum on November 9. Their findings indicated that an overwhelming majority of Sun City Lincoln Hills residents are happy and content with their quality of life and more than satisfied with the management of our Association. While this probably comes as no surprise to most of us, it was comforting to have confirmation not only from the statistically-valid telephone survey, but also from the self-directed survey.

Final Report: Committee members reviewed a first draft of the report at our November 19 meeting. The Strategic Advisory Committee (SAC) will be refining and completing its final report during December in anticipation of presenting its report to the Board of Directors in January 2013, either at the Board's monthly meeting on January 24 or at a special Board meeting during the month. The final date will be announced in early January on the Association's resident website and E-bulletin.

Our final report will include:

- A vision statement for the Association;
- A compilation of both surveys' findings;
- Community demographics and a complete set of cross tabulations of the data;
- Committee reports, observations, options and proposals for numerous areas of the community such as: Facilities, Clubs, Fitness, Governance Food & Beverage, IT, Life Transitions, and Marketing;
- Appendices containing all of the

Board of Directors' Election News

Meet Your Candidates for the Board of Directors

There will be two opportunities to meet and listen to the candidates. The dates for the Candidate Forums have been changed to:

- Wednesday, January 16 — 10:00 AM Presentation Hall (KS) Candidate Forum Session #1
- Saturday, January 19 — 10:00 AM Presentation Hall (KS) Candidate Forum Session #2

Please come and meet Jim Leonhard, Martin Rubin, John Snyder and Denny Valentine.

documents and information gathered and analyzed by SAC.

Once the Board has received SAC's report, it will be available on the SCLHCA

resident website and a physical copy will be placed in the Community Living Room (OC).

Happy Holidays to all from SAC!

Committee Openings

Communications & Community Relations Committee (CCRC) — 2013

Five years ago, the Board created this standing committee comprised of seven residents. Three members are leaving March 2013 after serving two two-year terms and the CCRC is looking for replacement candidates.

The activity areas for interested residents involve technical communication and Community Forum programming.

The committee's technical communications activity involves addressing content and marketing enhancements for the new website, and investigating future audio and video needs including the website revisions. Community Forums provide informative and educational speakers/topics, encompassing resident-driven initiatives for health education, community information and how-to's, as well as cultural, historical, scientific, technological, and "hot button" areas, all with Q&A following.

If you have digital/technical, design, writing, planning and other communication and marketing skills to fit the above areas, please consider sharing your time to make this community endeavor more

successful with your contribution.

Applications are available at the Activities Desks and on the website.

Properties Committee — 2013

Interested in helping to maintain and enhance the value of the varied properties that belong to our Association? This committee regularly inspects our community's physical assets — from the Open Space to the landscaping, from the Lodges inside and out to the playground, from the restaurant to the Sports Complex. We make recommendations for improvements to ensure that all our facilities are safe, attractive and adaptable to the changing needs of our residents. Recent major projects include the Pickleball Courts, expanded Sports Bar, new Maintenance Building and the conversion to LED street lighting.

Community members interested in joining our team are invited to apply for a two-year term. An engineering background or experience with facilities management or construction is a plus. Applications can be found on the SCLHCA resident website or at the front desks (OC/KS).

Need more information? Contact Dan Hardesty at 434-1524.

Holiday Hours of Operation by Department

	Administration	Activities Desk	Fitness	KS Cafe	Meridians	The Spa at KS
Mon., December 24	8:00 AM-2:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	7:00 AM-2:30 PM	9:00 AM-2:00 PM
Tues., December 25	Closed	Closed	Closed	Closed	Closed	Closed
Mon., December 31	8:00 AM-2:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	Normal hours	New Year's Eve Event	9:00 AM-2:00 PM
Tues., January 1, 2013	Closed	Closed	6:00 AM-5:30 PM	Normal hours	Normal Hours	Closed

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Food & Toys for Needy Families Teamwork by Lions and Semper Fi

Al Roten, Roving Reporter

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

We have among us two hard-working senior groups who during the year carry out a very successful campaign to feed families in need and make Christmas a time of joy for many children. I was fortunate to meet and talk with Bob Day of the Lincoln Lions Host



Please see "Food and Toys" on page 81

Activities News & Happenings

In the Spirit of the Season, here is our Wish List:

Lavina Samoy, Lifestyle Program Manager

- Provide you with more trips, events, and classes that go beyond your expectations. We value your feedback, suggestions, and recommendations.
- A fun and memorable New Year's Eve party. In case you haven't purchased tickets, they are on sale until December 24 from the Activities Desks. See page 43 for details.
- Improved communications with residents. If you change your phone number or email, please update your contact information with Membership ASAP. We wouldn't want to miss informing you of any changes to activities you have registered for.
- Courtesy and appreciation for our volunteers. We all benefit from their contributions. Remember that they are your neighbors who give selflessly of their time to assist in providing a safe and happy experience for all.
- Patience and understanding from residents with "special needs" who attend our shows. Assisting those with special needs seating is a courtesy service we provide. For your own and the safety of others, please no pushing at the door. Everyone will be seated faster if an orderly procedure is followed.
- A successful run of all activities offered. Remember to register by the RSVP date for classes and trips. This provides your favorite activity the best chance of not being cancelled. Check out some of the new classes we are launching next year: Basics of Comedy Improvisation (page 56); additional Monday 6:00 PM Intro to Line Dance (page 67); Basics of Sewing (page 81); and Impressionism and Landscape under new instructor Marilyn Rose (page 56).
- Happy trails to one of our great art instructors, Tom Proctor, who is moving back to Concord to be near his daughters. We were fortunate to have Tom share his talent and expertise for seven years with us. Staff and students will miss him!
- Lastly, from the Activities Department team, we wish you and your family peace, love, good health and a continued zest for life.

We look forward to the pleasure of your company in the coming year. Happy Holidays!

"Do You Hear What I Hear?"

*Kimberly Parsons
Community Standards Manager*

During this time of year, we hear all kinds of beautiful carols that only this Holiday Season brings. Much like a famous carol we all know and love, I wonder, "Do You Hear What I Hear?" Let me explain.



The misunderstandings of what our Governing Documents say and do not say come from what we "hear" from one another, rather than what the documents specifically state. If ever you hear someone say you can do something, look it up to be certain before going ahead with it. Our resident website has a wonderful library of documentation on it which includes our Governing Documents. If you cannot find the answer there, just give me a call and I will be happy to answer your questions.

With the new year approaching, Community Standards will begin with our follow-up property tours on all approved paint applications. What this means is that all applications approved for 2012 will be reviewed to be certain that as the colors were approved with designations on the applications, paint has been applied according to that approval. If a property decided to stray from the approved application, those owners will be subject to non-compliance and ARC review. This is just one of many ways Community Standards works to support our Governing Documents.

I would like to thank my partner, CeCe Dirstine (Community Standards Coordinator), for another year of great work, and both the Compliance and Architectural Review Committees for all of their time and hard work. I've enjoyed my first year here and look forward to another ahead! It's a joy to work with each and every one of you.

Happy Holidays to you and yours!





SEASON'S GREETINGS!

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ONE ROOM AT A *Time*



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Fitness News

Bringing in the New Year and Unveiling

All That is New

Come celebrate with us on January 9!

Brandy Garcia, Director of Fitness

The New Year is around the corner and our improved Fitness Centers are waiting breathlessly for you to enjoy the enhancements. Here is a quick recap of what we have going on:



- December 1-January 1 OC indoor pool and spa closed for yearly maintenance. Some water group exercise classes moved to KS.
- The entire OC Fitness Center closed December 10-21 due to new locker and cardio equipment installation.
- Group exercise schedule modified through closure and holidays. See complete schedule at Fitness Centers or online.
- KS Fitness Center closed January 6-20 for new locker and cardio equipment installation. New equipment floor layout will be implemented.
- Questions on how to keep fit during these closures? Ask one of the fitness staff members, we will be happy to help.
- Time to party! Come help us celebrate the new year, our enhanced facilities, and our new approach to programming! On January 9, 8:00 AM to 3:00 PM at OC Fitness Center, we will be offering light appetizers, free group exercise classes, new equipment orientations, and our trainers will be giving free health assessments.

What Program Enhancements Mean For You

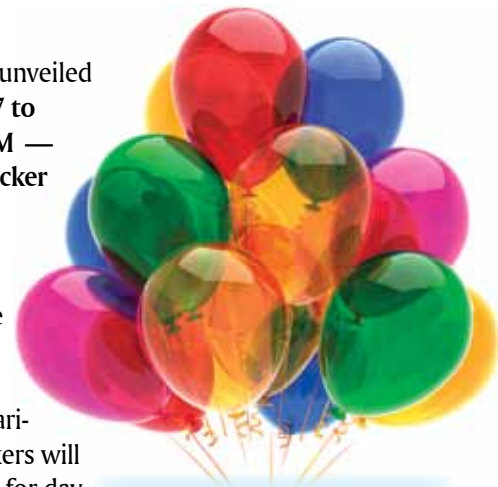
Brandy Garcia, Director of Fitness

In everyone's life there are many new beginnings. One door closes and another opens us up to opportunities that lie ahead. The coming year will hold many opportunities for our residents as we take a more holistic approach to our programming. Any class or program we offer will speak to the whole person and the value it can bring to your life. We want you to make educated decisions about which classes or programs will bring you the greatest benefit and new opportunities.

The Intensity Level of Your Class

Two main enhancements will make it easier for you to find exactly what you are looking for and to determine what other classes or programs may benefit you. All our classes that have a physical movement component to them will now be listed with a number referencing the intensity level. The number "1" will represent a low intensity class ideal for those new to exercise or that particular type of exercise, those returning to exercise after a period of time, or those with limited exercise capacity. The highest intensity level will be represented with the number "3," ideal for those individuals who want the high intensity (does not mean high impact), or those who have had plenty of experience

- New locker rooms (OC) unveiled December 22. January 7 to January 9 until 12:00 PM — put in a bid to rent a locker for the entire year. Ten lockers will be available for a year-long rental). The locker rental will be done by silent auction, highest bid wins and all proceeds go to local charities. The remaining lockers will continue to be available for day use only.
- The celebration continues at KS Fitness Center on January 30. We will again offer free group exercise classes, light appetizers, new equipment orientations, and a chance to try out our new Small Group Training classes.
- January 30: Newest addition to our training services unveiled! — Pilates Reformers.
- Monday, January 28 to Wednesday, January 30 until 12:00 PM — another silent auction for one of 10 year-long locker rentals at KS on the same basis as offered at OC (see above). See you at the party!



Come help us celebrate the new year, our enhanced facilities, and our new approach to programming!

January 9

8:00 AM-3:00 PM

OC Fitness Center

with that type of exercise. All classes will continue to be taught at their current level, but a number will now be assigned to represent its intensity level. Our hope is that residents will be more likely to try different classes and different instructors when they have a better idea of what to expect out of the class.

Like Classes and Programs Grouped Together

Our second change will be how we present our classes in the *Compass*. We will be grouping our classes and programs together under similar headings derived from dimensions of wellness. For example, any classes that work to enhance the mind and body connection will be listed under the heading of "Mind Body Connection." Other heading examples are "Money Matters," "Disease Prevention and Management," "Nutrition," and "Emotional Wellness." By grouping like classes and programs together, our desire is that you will be able to find exactly what you are looking for in addition to other alternatives.

Keeping It Simple

Another goal of our new approach is to simplify when possible. So we will be going to just two kinds of punch passes. One pass will be called a Group Exercise punch pass. This will be used

Please see "Enhancements" on page 11

The Year Looks to Wind Up Another Financial Success!

Hank Lipschitz, Finance Committee Chair

As we approach another year end there is much to be thankful for about our community. Our wonderful community has matured and grown,



we have enhanced amenities and operational improvements continue to allow us to keep our dues low. While there are some significant expenses to be paid before year end, it looks like we will end the year well ahead of budget. As announced earlier, we will be holding our monthly dues at \$104 for 2013. This is a reflection of the excellent work that our dedicated staff and volunteers do month in and month out.

October was fairly close to budget. While Administrative and Landscape Maintenance were unfavorable to budget by \$29,820 and \$18,276 respectively they are still ahead of budget for the year. Rec. Center Maintenance was favorable by \$11,802, we again showed a profit at The Spa at Kilaga Springs of \$3,515, and Food & Beverage made \$23,039. The two operations gave us a favorable variance

to budget of \$21,401. As noted in the chart below, all departments are ahead of budget year-to-date.

At the end of October the Operating Fund totaled \$6,146,269, of which \$921,288 was in the Building/Capital Enhancement Restricted Funds and \$1,640,231 were in Settlement Proceeds. The Reserve Fund balance was \$5,181,565. All funds are invested in FDIC-Insured Accounts or U.S. Treasuries. The ADA Compliance renovation of the Presentation Hall at Kilaga Springs, improvements to the Amphitheater, and re-plastering of the Orchard Creek pools will be funded by our Reserves and Settlement Proceeds funds.

As of October 31, we had 239 homes with past due assessments of \$141,200 which compares to 256 homes and \$129,200 at the end of July.

Best wishes for a happy and healthy

Statement of Operations YTD 10/31/2012

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$6,268,209	\$6,247,892	\$20,317
Administration (Expense)	(1,631,865)	(1,674,970)	43,105
The Spa at Kilaga Springs	20,803	(10,087)	30,890
Fitness	(330,411)	(350,877)	20,466
Activities	(129,795)	(168,115)	38,320
Rec. Center / Maintenance	(1,972,217)	(2,050,819)	78,602
Landscape Maintenance	(2,019,334)	(2,047,388)	28,054
Food & Beverage	60,614	(102,037)	162,651
Capital Asset	68,508	68,508	0
Net Revenues (Expense)	\$334,512	(\$87,893)	\$422,405

Holiday Season to all.

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.

Due to the holiday schedule, the next regularly-scheduled Finance Committee meeting will be held on Wednesday, December 19, at 9:00 AM.

Enhancements

Continued from page 9

for all of our 55-minute strength, cardio, and aqua group exercise classes. These classes will continue to be priced at \$2.75 a class. We will be introducing a new pass called a Mind & Body punch pass. This will be for some of our Yoga, Piloga, and Pilates classes. These classes will be \$3.50 per class. Our goal with this punch pass is to eventually bring all our Mind & Body classes under this punch pass thus allowing residents more opportunity to try different classes. We will also be able to bring a variety of qualified and different instructors on board to offer more classes. With both of these passes you will be able to purchase any number of classes you want.

We are looking forward to seeing and supporting you in your new beginnings. Happy New Year!

Members of the Properties Committee and our Landscaping staff wish you a very Merry Christmas and a Happy Holiday



Dan Hardesty, Properties Committee Chair

The Landscaping staff pictured here, from left, Antonio Rocche, Martin Pantoja, Willie Mayberry and Manuel Maciel.

Photographs by Norm Shockley





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Preventive Maintenance

Michael K. McCloud, M.D. — A Premier Educator for an Aging Nation

Shirley Schultz, Health Reporter

How fortunate we are at Sun City Lincoln Hills to have Dr. Michael McCloud, M.D., coming to speak at a January 23 Community Forum.*



Dr. McCloud

After obtaining both his undergraduate degree as well as his M.D. degree from Ohio State University, he completed an Internship and a Residency at St. Mary's Hospital & Medical Center in San Francisco. In 1995-1996, he completed a Fellowship in Geriatric Medicine at Duke University and became board-certified in Geriatric Medicine and also in Internal Medicine. There was a time when he made house calls carrying along his old-fashioned black bag, but for a decade and a half, he has been a clinician educator on

the faculty at the UC Davis Department of Medicine.

The critical shortage of physicians and nurses who have training in the special needs of the elderly led Dr. McCloud to focus his work on role-modeling for and teaching the next generation of primary care providers the skills and sensitivity needed to treat the most vulnerable adults in our society. Besides teaching other health providers, Dr. McCloud's passion is for educating the community about preparing for aging by learning about the diseases associated with aging and how to possibly avoid them. He is famous for a program that he started through UC Davis called "Medical Science and Aging: A Mini Medical School to Prepare for Life's Second Half." More than 2500 individuals have attended this

tuition-free program since its inception in 2001. Maybe you are one of them!



Of special interest to Dr. McCloud is the post-diagnostic management of memory-impaired older adults, and he is a founding member of the medical-scientific council of the Alzheimer's Association of Northern California. He lectures nationally on issues of aging and health. The California State Senate has presented him with a commendation for innovative program development and for service to the community, and Assembly member Mariko Yamada, Chair of the California State Assembly Committee on Aging and Long-Term Care, has praised Dr. McCloud's dedication to the health care of older populations.

***Important note:** Due to the expected high interest in Dr. McCloud's presentation, it is necessary to pre-register for his presentation, "Live Well, Live Long – Healthy Aging Strategies" (see page 82 for details).



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

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

For details and other tax-cutting assistance, contact:

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



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*Wishing you the best
of health and happiness
this holiday season!
Happy New Year too!*

XOXO

*The Wong Family -
Nelson, Audri and
The Boys - Jonathan,
Christopher and Timothy
(who are now 1 year old!)*

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Happy Holidays!

An excellent 2012... and exciting events in 2013

Jerry McCarthy, Director of Food & Beverage

Many exciting events took place in Meridians, Orchard Creek Lodge, the Sports Bar, and Kilaga Springs Café during 2012. Meridians had a complete remodel. The Sports Bar had a record year. Orchard Creek Lodge Catering Department won awards as best wedding venue two years in a row.



Meridians Restaurant and Kilaga Springs Café introduced new and creative ideas for your dining pleasure. We started poolside service which brings the feeling of a cruise ship home to our residents.

"A new exciting tradition that we are starting for 2013 is New Year's Day Brunch. Please make your reservations now and start your new year in style. We will be offering a brunch from 9:00 AM-2:00 PM on Tuesday, January 1. It is only \$12.95 and includes free champagne!"

In general the Food & Beverage Department had one of its best years in the past six years. We exceeded budget expectations and increased the number of guests that came into all of our venues. We have a great team that works very hard in providing you and your guests with an enjoyable dining experience. Their hard work and attention to detail are the main reasons we ended the fiscal year in the black!

I would like to thank my entire staff and management team for a great year. Most importantly, I would also like to thank all the residents and guests for their continued support. As a department, we realize that you have choices where and when to spend your money on food and beverages. We know we have to earn your business each and every time you visit us. We will continue to change, improve, and enhance

The Spa at Kilaga Springs

New Website, New Programs, New Products Happy Holidays!

*Tina Ginnetti, Manager,
The Spa at Kilaga Springs*

Shop The Spa at Kilaga Springs! The spa has a great assortment of gifts for

your last minute shopping needs. As of this *Compass* publication date, you have 10 shopping days left! We have some fabulous gift sets from Aveda, pre-boxed, wrapped and ready to give, and don't forget our Sonoma Lavender heatable neck wraps with lavender or eucalyptus aromatherapy — a favorite of The Spa for eight years now. We also have the Skyfall Nail Collection by OPI, and much

more. **Gift cards** are always the perfect gift, and you can purchase them **online** as well as in The Spa.

Here's a sneak peak at what's new at The Spa and what we will be introducing with our expansion. Our **website**, near completion, will now be your direct line to all of The Spa's offerings. Visit us at...

www.kilagaspringsspa.com

...and be sure to sign up for the monthly newsletter for all specials, new services, etc. Remember to confirm your sign-up for it to be activated.

On the website we have a new **membership program** that enables you to commit to your wellness program with an affordable price to fit your budget.



Programs are for 12 months and give you the best price instead of waiting for specials to come around. It's an automatic payment



program through your bank account or credit card, and all information is encrypted, PCI compliant, with no live

"As of this *Compass* publication date, you have 10 shopping days left! We have some fabulous gift sets from Aveda, pre-boxed, wrapped and ready to give, and don't forget our Sonoma Lavender heatable neck wraps... a favorite of The Spa for eight years now..."

records on file at The Spa — only in the merchant account when you sign up. We offer this program for massage effective now and for facials effective January 1. Once you log onto our website, go to "My Info," it will give you step-by-step instructions to create your account, you can then "Book your Appointment" online, browse through our "Online Store," purchase your gift cards, and sign up for a membership under

"Contracts" in the Online Store. We will expand on the membership program in 2013. Memberships include 10% off any product purchases while active.

What a great way to take advantage of savings on last minute gifts from The Spa at Kilaga Springs! There's more coming up! We will be offering a Far Infrared Sauna and LED Facial and Body Treatments. As we get these new services, I will let you know their many benefits.

We continue to provide you with the best in services as "Your Health and Wellness Destination."

Happy Holidays from The Spa at Kilaga Springs Team!

~Please see our ad on page 70.~

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your dining experiences. Every dollar you spend with the Food & Beverage Department helps keep your HOA fees down.

With 2013 right around the corner, the Food & Beverage Department has many exciting events planned for you. You can

still anticipate fresh seasonal menus on a quarterly basis. Annual events such as Valentine's Day, St. Patrick's Day, Easter, Mardi Gras, Mother's Day, Crab Feed Night, and so many more will be here before you
Please see "Happy Holidays" on page 41



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Do you have a Health Savings or Flex Spending Account you need to use?

December 31st is the last day to use the funds in these accounts. Did you know that you may use them to purchase exams, eyewear, contact lenses, or even sunglasses? Happy Holidays to you!

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Neighborhood Watch

Three New Faces on Neighborhood Watch Board

Patricia Evans



“Birds of a feather flock together,” and our three new Directors are residents of the active SCLH area known affectionately as “Bird-land” (where the streets are named for birds). Dan Larsen, Don Budde, and Gus Alegado are bringing their experience and expertise to the Neighborhood Watch Board.

These three new Directors supply eight of the 850 volunteer positions needed to fill the Neighborhood Watch roster. How does this happen? In addition to being a Director, they are each retaining their original assignment as Village Coordinator or Mail Box Captain. Village Coordinators Don Budde and Gus Alegado are also remaining as Mail Box Captains.

Each new Director brings an understanding of the community as seven-year residents. Don Budde and Dan Larsen joined the over 80 percent of SCLH residents from the Bay Area, and Gus Alegado moved from nearby Fairfield.

Don, Gus, and Dan all emphasize the importance of communicating the

Neighborhood Watch safety and security Alerts promptly to all residents, as well as updating personal emergency information regularly. National Night Out is used as an opportunity to celebrate camaraderie and reaffirm social connections in the neighborhood. They are looking forward as Directors to assisting their assigned Villages in these activities.

Dan Larsen is promoting a holiday “Village of Lights” in Villages 35A and 35B where residents are encouraged to replace their outside garage lights with a holiday color for the month of December.

Please turn to page 29 for Santa’s holiday security tips.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.lincal.net/watch



Top photo — New faces on the Neighborhood Watch Board, from left: Dan Larsen, Gus Alegado, Don Budde; bottom photos: — Neighborhood Watch volunteers enjoy desserts and camaraderie at the Annual Meeting

Are You Ready for the Holidays?

Tips from Neighbors InDeed

Doug Brown, Resident Editor

‘Twas the night before Christmas a few years back, but unlike Clement Clarke



Handy Helper Jim Norman programs a thermostat for colder weather

Moore’s famous poem, creatures were stirring—brothers, sisters, moms, dads, grandparents, and kids everywhere. A magnificent feast was in preparation in the kitchen as people were hustling and bustling all through the house. Then it happened, a chain reaction of minor disasters.

First, the power went out—too many appliances on in the kitchen! Okay, that was easily fixed. But with a power surge on the return of electricity, a smoke detector started chirping. Argghh! “When did we



last change batteries, dear?” “Oh, I can’t remember. A while back, I guess.” When one kindhearted soul went up the ladder to replace the battery, the smoke alarm fell on the floor and broke, then the other smoke alarms started chirping...

You don’t want to hear the rest of the story of this *un*-merry Christmas Eve. But is everything in *your* house shipshape? Here’s a list of “winterizing” advice from Neighbors InDeed to help make your holidays happy and trouble free:

- Has your furnace been checked in the last year by a reputable company?
- Has the furnace filter been cleaned/replaced in the last six months?
- Is your thermostat now programmed for the colder winter weather?

Please see “Tips from Neighbors ...” on page 41

~ Relationships ~ ~ Sexuality ~ ~ LGBT ~
 ~ Life Stage Issues ~ ~ Depression ~
 ~ Anxiety ~ ~ Healthier Aging ~

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✓ Bucket List

Gay Sprague, *Roving Reporter*

She's Been Everywhere!!!

When Sheridan Brown retired from her position as a Reading Specialist teacher in 2002, she had visited 22 states. She decided she would spend quality time visiting and getting to know the culture of the other 28 states. Her very first trip after retiring was to see the fall colors of New England, and she never looked back.

A good friend gave Sheridan a custom-made photo album with pages noted for each of the 50 states plus slots for their recently minted quarters. She had one steadfast rule when embarking upon her journey: she had to be in a state for a few days and see something meaningful to her. Landing at the airport or just driving



through a state would not count.

She traveled by car, ship, boat, bus, train, plane, bicycle, and foot. One of Sheridan's favorite trips was to Tennessee, especially visiting Graceland (she's a huge Elvis fan!), and Nashville, where she enjoyed the Grand Ole' Opry. She was able to find relatives in Minnesota whom she had never met, and a big highlight was visiting the charming college town of Decorah, Iowa, home of the Vesterheim Museum, the largest and most comprehensive museum of a single culture (Norwegian) in the USA, and where her Norwegian Grandmother once worked as a dressmaker. Her favorite "big" city was Chicago.

On her last trip, she was on crutches going down the Ohio River on a boat on her birthday, and nonetheless had an enjoyable time. Looking back, her biggest surprise was in finding something truly great about each and every state!

Please see "Bucket List" on page 81

Announcing a 12-part series

Individual Disaster Preparedness for Lincoln Hills Residents

Bill Beal

"Be Prepared" is the Boy Scout motto. Someone asked Baden-Powell, the Scouting founder, "Be prepared for what?" He replied, "Why, for any old thing."

I know what you're thinking; we don't have floods, hurricanes or tornados in Lincoln Hills, and we're miles away from the nearest earthquake fault. There isn't "any old thing" to prepare for.

Not so! Trains derail, electricity goes out, homes burn and Mother Earth can surprise us. No one can predict what tomorrow will bring.

As a retired Marine and member of the Sun City Lincoln Hills Community Emergency Response Team (CERT), I know that disasters usually occur without warning, they are disorienting, and if you're not prepared they can quickly overwhelm you. However; if you prepare ahead of time, you'll be able to handle most disaster situations.

Topics to be covered in this series include:

- Potential disasters you need to be prepared for
- Developing an emergency action plan
- What to buy and how to store it
- Evacuation planning
- Water resources and storage
- Powerless food preparation
- Caring for neighbors
- Caring for pets
- Pandemic preparation
- Preparing for acts of terrorism
- Informative websites and resource material
- Your Lincoln Hills Community Emergency Response Team

The objective of this series is to motivate you to become better prepared to care for yourself and for others should the need arise. Remember, like a Boy Scout, we all need to "be prepared."



From left., Sheridan in Pittsburgh, PA, and Annapolis, MD



Imaginative Book Titles...

Nina Mazzo, *Library Volunteer*

Michael Levy's memoir titled *Kosher Chinese* caught my eye in our Biography section. The tagline read "An irreverent tale of an American Jew serving in the Peace Corps in rural China that reveals the absurdities, joys and pathos of a traditional society in flux." I chuckled at the scenarios the author paints as he attempts to teach English in the heartland of China and the reader also watches his personal growth as he interacts with his students, their families and the Chinese culture.

The library volunteers would like to gratefully acknowledge Mel Wood for a wonderful selection of biographies, his-

tory and politics and all recently published.

In addition, another resident has made a very large donation of movies on DVD. Please only borrow one or two at a time and return them within 10 days.

Do you have some gently used books published after 2005 or movies on DVD that you would like to donate? Call Sandy Melnick (408-1035) for donation information. If you are interested in volunteering to keep our shelves organized, call Sandy Maloff (408-2368). Cleon Johnson (408-5648) maintains our investment section.



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Reaching Out with Gifts of Music

You Rock, SCLH!

Patricia Evans, Roving Reporter

SCLH residents are magnanimous! Our previous articles described reaching out to support the Lincoln High Choir's trip to Carnegie Hall, provide uniforms for the Band, and keep the Lincoln Library open many more hours. But, there's more!

When you see a room full of smiling faces you may find SCLH musicians reaching out into the surrounding communities to make the dark days of winter brighter with their gifts of music. Why do they do it? They love the glow of enjoyment flowing between the listeners and performers!



"The music community here is incredible with its generosity of heart," agreed Carol & Mike Percy. During the holiday season Carol and Mike (The Big, Bad Mama Band) sing Christmas carols at elementary schools and retirement communities. The students add rhythm instruments and the seniors sing along.

Mike and Carol also join founder Bob Sherer's "Wasted Youth Band" to bring a festive air to the "The Feast," a monthly meal provided by four local churches for anyone who walks in off the street. And assisted living groups eagerly anticipate their Country and Rock music, sometimes including a whirl around the dance floor.

Groups performing monthly at retirement and nursing homes include Julie Rigali's "Been There, Done That Jazz Band," which also does a New Year's Eve show.

Please see "Gifts of Music" on page 35



"Wasted Youth Band" plays at "The Feast." From left: Bob Sherer, Mike Percy, Carol Percy, Dick Naragon, Paul Daher

Humor at the Holidays

Shirley Schultz

Take a lesson from St. Nicholas whose "little round belly... shook when he laughed, like a bowl full of jelly." That's the kind of laughter that will stimulate your "feel-good" brain chemicals called endorphins. Ignore any other advice about imitating St. Nick, because he was obviously overweight, covered with ashes and soot, and his pipe smoking is totally unacceptable.

Humor is the universal antidote for almost everything. One definition by Webster for *antidote* is that it is "something that

prevents or counteracts injurious effects." Although Webster's example, "Hard work is the best antidote to mischief," may not apply to the Lincoln Hills crowd (or then again it might apply), the idea of humor as the best antidote to counteracting the injurious effects of stress and depression is especially apropos during the holiday season. So sit back and practice your St. Nick laugh with some humorous thoughts from anonymous and other sources.

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. Since I can't afford one, I'm wearing my garage door opener.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter," said Mark Twain.

Orienteering If These Walls Could Talk!

Dee Hynes

Several residents have asked me about the origin of this sturdy structure in our Open Space. It sits near the Villas' walking path which begins behind our BBQ Patio at the end of



Beermann's storage

Topanga Lane (see your Community Directory and Resource Guide maps). Can you believe it's over 100 years old?

If only walls could talk! This building was used for meat storage for Elmer and Karl Beermann's livestock business which provided meat for Beermann's Meat Market in downtown Lincoln from 1909 to 1950.

For additional Lincoln history, visit our Museum Lincoln Area Archive: 640 5th St., downtown Lincoln, 645-3800.



The statistics on sanity are that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends – if they are okay, then it is you.

"You know you're getting old when you stoop to tie your shoe and wonder what else you could do while you're down there." — George Burns

Regarding holiday eating tips, Craig Wilson wrote, "Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls."

Let your mind drift back to those Burma Shave signs along the two lane roads in
Please see "Humor at the Holidays" on page 85

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Club News



Alzheimer's/Dementia

Caregivers Support Group

There will be *no meeting of the Caregiver's Support Group in December*. The next meeting will be at 1:00 PM on January 23, in the Multipurpose Room (OC).

The group was formed seven years ago with the mission to inform, educate, offer guidance and provide a source of mutual support to Lincoln Hills residents who are caregivers for loved ones with Alzheimer's/Dementia.

We carry out the mission by providing speakers who offer specific information of interest to our caregivers and through caring/sharing discussion sessions where participants and professionals suggest solutions to problems raised at the meeting. We also offer a welcome packet of information and have an extensive collection of books and DVDs available to peruse at home or to share with friends and family.

We wish all pleasant holidays.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9322;

Jean Ebenholtz 434-6852



Antiques Appreciation

Our annual Christmas brunch was a fun occasion, as usual, with beautiful Christmas decorations, fabulous entertainment and delicious food! Ann Renyer and her committee really out-did themselves this year! The tables were decorated with a holiday wreath and a lantern in the center which later were raffled off. The brunch was served by waiters and was wonderful! And the entertainment was provided by the Hills Brothers singing familiar Christmas music! All-in-all a great time was had by all!

I can't believe it's almost the first of the year again! We will be celebrating at a January meeting filled with lots of fun and conversation about the items brought by our members for "show and tell"!

If you collect or just enjoy antiques we'd love to have you join us on the first Monday of every month at 9:30 AM in the Multipurpose Room (OC).

Contacts: Jan Robinson 408-7006;

Jane Delno 543-6855;
Antique Appraisals 408-4004



Astronomy

Wednesday, January 2, P-Hall (KS) at 6:45 PM. LHAG-featured presentations will be an expanded "What's Up (in the Night Sky)" by Joel Thomas, and "Space Shuttle Spinoffs" by Nina Mazzo. Nina will share some of the technological spinoffs from the Space Shuttle Program such as firefighting and land mine removal devices.

Monday, January 21. Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. A DVD lecture series "Black Holes Explained" is the subject of the Cosmology meetings. Contact Morey Lewis (408-4469) for more information.



Ron Olson
presenting
"What's Out
There Beyond
Neptune?
The Outer
Solar System"

at the November Meeting

Astronomy Group Meetings are held at P-Hall (KS): 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 Mazzo 408-7620

ninamazzo@sbcglobal.net

Website: www.lhag.org



Ballroom Dance

Are you attending holiday or New Year's parties this season wishing you could dance? A great New Year's resolution is learning how to ballroom dance. Dancing and dining are interwoven into our social fiber. Yes, we know that it has been on your list before but now you can do something about it! With some proper instruction you could be on the dance floor having fun while feeling confident. The Ballroom Dance Group provides beginning free dance lessons for members each Tuesday from 2:00-3:00 PM. Our instructors will take you

through the basics of each dance with the goal of getting you and your partner comfortable dancing together. For students who have mastered the basics, we offer intermediate lessons from 4:00-5:00 PM.

Open dance practice is from 3:00-4:00 PM.

Join us for Fox Trot in January and for Rumba in February. There are no lessons in December.

Contacts: Ruth Algeri 408-4752;

Brigid Donaghy 543-6003



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be December 19 and January 16. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Monday, January 7, at Casa Ramos. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 434-0749,

joanlogue@sbcglobal.net



Billiards

The Shooters

- Eight-Ball Singles 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 November 7 — AM Ted Komaki; Runner-up Hal Berman; PM Les Birch; Runner-up Phil Delaney.

Nine-Ball Singles November 13 — AM Bob Doney; Runner-up Bob Maske; PM Joe Perez; Runners-up Oscar Alvarez, Phil



Halloween Party, Ruth Algeri and Millie Lelio



The Shooters at Old Town Pizza

Delaney, Ken Klein, J T Long, Ed Welch, Ted Baker, Jim Mason and Norm Hagerty.

Eight-Ball Doubles November 21 — Roy Hackman and Ed Welch; Runners-up Clyde McFadden and Wayne Bullen.

After our bi-annual meeting everyone enjoyed pizza and drinks at Old Town Pizza in Lincoln, on Friday, November 16.

The passing of Allan Peters was rather sudden and we all surely miss him.

Contacts: Jim Immel 434-2918;

Les Birch 408-1045

Challengers Billiards

It's time to celebrate and have fun! Every Friday 10:00 AM-12:00 PM, Billiards Room (KS), our mid-level to advanced skilled players enjoy playing seven games of Eight Ball (1/15). We celebrate victories and recognize first and second place winners weekly. Some weeks we have a seven-game winner, other weeks we may only have someone who wins five-and-a-half games. A half game is a result of a tie. Games are timed at 17 minutes each. There are different partners and opponents most games.

Occasionally, someone will have exceptional play, like when Bill Kim broke and ran the table this month! Come join the fun over the holidays!

Congratulations Winners — seven games: Ken Klein; six of seven: Doyle Coker, Lisa Pabst, Ted Baker, Howard Skulnick; five-and-a-half of seven: Ken Klein, Willie Wright, Bill Kim, Bob Soriano; five of seven: Steve Fowler, Bill Kim, Dan Oden, Sandy Pavlovich, Ted Baker, Bill Huth, Joe Hobby, Sherry Weech.

Contacts: Joe Hobby 253-9633;

Rita Baikauskas 408-4687;

Dan Oden 408-2687

Couples Billiards

It is hard to believe we are finishing out another year. Competition in the Billiards Room (KS) is still going strong, the new carpets look great and we are all having a good time.

Some evenings there are so many teams tied that space doesn't allow mentioning their names.



Couples, Upstarts, Players & Challengers Billiards Groups celebrate at their Holiday Party

The first week of the playing period Barb/Jim Conger and Nicki/Joe Hobby tied with six wins and one loss. Four teams tied with three wins.

The second week Sylvia Gutierrez/Bob Hodge won five of the six games. Six teams tied with four wins.

Week three we played seven games with Gail Harmon/Dan Oden winning six of them. Barb/Jim Conger and Chiquita Fratto/Dale Houck tied with five wins.

The fourth week Doyle Coker played alone and won five out of six games. Sandy Pavlovich/Roger Bryan and Rita Baikauskas/Joe Perez won four of the six games.

Contacts: Jim Conger 434-1985;

Sherry Weech 408-1398

Players Billiards

Even though it is the holiday season, we are still having fun every Thursday, 2:15-4:30 PM in the Billiards Room (KS). We usually have room for new players and stand-by players this time of year, so give us a try! We are for mid-level players and play six games of Eight ball. It's free fun for the holidays!

Congratulations to recent winners — Six games: Oscar Alvarez, Ed Welch; five of six games: Doyle Coker, Bill Huth, Willie Wright, Howard Skulnick, Lisa Pabst, Jennie Wright, Bob Bienkowski, Chiquita Fratto, Dan Oden, Joe Perez; four of six games: Chiquita Fratto, Ziggy Brien, Jack Fabian, Jennie Wright, Bob Bienkowski, Ed Welch, Sandy Pavlovich, Oscar Alvarez, Larry White, Veronica Torres, Howard Skulnick, Ed Welch, Willie Wright.

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

Upstarts Billiards

"There's fun to be had with a ball and a cue, *So come on down, 'cause we're lookin' for you!*"

That's an invitation that shouldn't be refused. Upstarts Billiards is a group of beginners-to-average players. We play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM at Billiards Room (KS). The more, the merrier!

Our annual holiday luncheon was held at Mimi's on November 17, where a good time was had by all in attendance.

Winners — six games: Larry Koenig, Mike Pawlowski; five games: Gary Averett, Richard Gsell, Gary Hoffman, Edith Kestling, Audrey Thrall.

Sign up on the last Thursday, each month, 11:30 AM, Billiards Room (KS).

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

Instruction Group

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

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



Bird

The Bird Group meets the second Monday of the month at 1:30 PM. The Christmas Bird Count (CBC) will take place in Lincoln on Thursday, December 27. The CBC consists of several days counting each bird species and their numbers in several areas throughout the United States, Canada and Latin America. These tally up for determining what species are growing in numbers and where a species population is declining. Sign up to help bird populations in our area.

Contacts: Ruth & Don Baylis, Lh_bird_group@yahoo.com Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

We'd like to wish everyone a Merry Christmas and Happy New Year and take this opportunity to invite you all to come play Bocce with us in the coming new year. If you are new to Lincoln Hills and have been thinking you might like to play Bocce, our group is a good place to start. We can teach you the basics and familiarize you with the rules. We play every Thursday morning. During the summer months we meet at 8:00 AM. During the winter months we meet at our current starting time of 10:00 AM. Don't be shy. Come join us.

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



Book Group, OC

We at the OC Book Group wish all of you a very happy holiday and invite you to join us on Thursday, January 17 at 1:00 PM in the Multipurpose room (OC) for our first meeting of 2013. Come participate in the lively discussion about the farmer who tricked Hitler; newcomers are *always* welcome.

Schedule for 2013:

- January 17 — *Agent Garbo* by Stephan Talty
- February 21 — *The Tragedy of Pudd'nhead Wilson* by Mark Twain
- March 21 — *Moloka'i* by Allen Brannon
- April 18 — *Dreams of Joy* by Lisa See
- May 16 — *Shadow of the Silk Road* by Colin Thubron
- June 20 — *Steve Jobs* by Walter Isaacson
- July 18 — *The Columbus Affair* by Steve Berry
- August 15 — *Gone Girl* by Gillian Flynn
- September 19 — *The Tennis Partner* by Abraham Verghese
- October 17 — *The Queen of Water* by Laura Resau
- November 21 — *The Coffee Trader* by David Liss
- December 19 — Holiday Luncheon

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



Bosom Buddies

Breast Cancer Survivors

Our spectacular Christmas luncheon on December 13 was held at Patty McCuen's beautiful home and was attended by over 26 members! The food was yummy and it was wonderful to share time with all our dear friends. A lovely Christmas remembrance gift was received by all. Be sure to attend our January 10 meeting in the Multipurpose Room (OC). We will have a practicing masseuse speak on the benefits of massage especially designed for recovering cancer survivors. She will also give a presentation on good nutrition. Don't miss it! Bosom Buddies meets on the second

Thursday of the month at 1:00 PM in the Multipurpose Room (OC). We welcome visitors so stop by and see us! *Merry Christmas and a very Happy New Year!!!*

Contacts: Marianne Smith 408-1818; Sally Lewis 434-7381 Website: www.suncity-lincolnhills.org/residents



Bowling

First Half Position Round rapidly approaching. Only one game apart! *Forget About It* — Stan Ivener, Barbara Banks, Bobbie Spiess and Barry Kendrigan — rolled ahead from third place to first by winning three games. It's anyone's call now with such a close roll off. Looking forward to the competition. Still looking for subs, call Joan.

Contacts: Frank Schmidig 434-5972; Jerry Gordon, 408-5989; Joan Gates 253-9415



Bridge, Partners

Thursday Evening First & Third

If you are interested in playing partners' bridge with a relaxed, fun group of people, please join us. Give us a call and we will put you and your partner on the list or just show up and take your chance to play. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive a little early.

November 1 winners include — first: Erika Wolfe and Mary Harrington; second: Bob & Lorraine Minke; third: Gay Gladden and Neil Wilson; fourth: Beverlee & Allan Blaine. Ann Ulrick & Kaye Andrews had a high round of 1880.

November 15 winners — first: Dolores Marchand and Carol Mayeur; second: Gay Gladden and Neil Wilson who bid and made a Grand Slam; third: Joe & Rose Phelan; fourth: Warren & Gerry Sonnenburg who also had 1290 for high round.

Contact: Lorraine or Bob Minke 408-4009, tahoebob1@sbcglobal.net

Thursday Evening Second & Fourth

The second and fourth Thursday night Bridge Group plays in the Terra Cotta Room (KS). If you would like to join us,

give Chris & Ken Jacobson a call till the end of the year, and then the first of the year until the end of March, Warren & Jerry Sonnenburg (253-3882). Winners for October 25 — first place and high round winners: Nancy Turinni and Lydia King; second: BJ Parkinson and Ginny McGuirk; third place: Rita Blanchard and Nadine Buchmiller; fourth place: Edith Kesting and Erika Wolf. Winners for November 8 — Erika Wolf and Edith Kesting; second: Rose & Joe Phelan who also won high round; third: Hal McMillan and Bruce Fink; fourth: Sue Peterson and Gay Gladden. Chris and Ken Jacobson 916-408-8709. **Contacts: Chris and Ken Jacobson 408-8709; Warren and Jerry Sonnenburg 253-3882**



Bridge, Duplicate

Duplicate Bridge Club members — please plan to attend the annual meeting Wednesday morning, January 23, in P-Hall (KS). Your presence will help assure a quorum.

Last month the SCLHDBC again contributed to the Lighthouse/Safeway effort to provide Thanksgiving dinners to needy Lincoln residents.

Newer SCLH residents and participants in the Association-sponsored bridge classes are cordially invited to join us in Lincoln Hills duplicate bridge. Open sessions are played three times weekly in the Multipurpose Room (KS):

- 12:30 PM Wednesdays;
- 5:00 PM Fridays;
- 12:30 PM Saturdays.

In addition, the Wednesday session includes a “199er” group restricted to those with less duplicate bridge experience, fewer than 200 Master Points; and on Saturdays, a “299er” section is limited to players under 300 MPs.

Contacts: Kent White 434-1699, akw@starstream.net; Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for a fun afternoon of Social

Bridge. You must make a reservation to play and please call if you need to cancel. You do not need a partner but must arrive by 12:50 PM. For reservations, call Lois Burke at 409-0223.

Winners for October 28-November 16 — first: Shirley Bry, Neil Wilson (twice) and Lois Burke; second: Lynda Slater, Dolores Marchand, Tom McKay and Phil Sanderson; third: Helen Helm, Judy Ganulin and Carol Mayeur (twice); fourth: Joan Schabilion, Bev Van Der Beets, Lois Burke and Shirley Bry. A grand slam was won by Dolores Marchand and Neil Wilson.

Contacts: Lois Burke 409-0223; Gerry Sonnenburg 253-3882



Bunco

November brought a large crowd to the Cards Room (OC) with lots of buncos and infectious laughter. The holiday season is upon us and thoughts turn to the cooler weather, holiday decorations and warm family gatherings. We wish everyone a wonderful holiday season. The annual Bunco-sponsored Christmas luncheon will be held on Thursday, December 20 at Thunder Valley Casino buffet immediately following bunco play.

We look forward to 2013 and hope to see those who have been unable to attend for awhile and anyone else who has been thinking about giving it a try. Bunco is held in the Cards Room (OC) every third Thursday at 9:00 AM. The entry fee is only \$5 and membership fees are never required.

Last month's winners: Most Buncos Barbara Conner; High Score Ann Stults; Most Wins Betty Wink; Low Score Paulette Rhoads; Most Losses Claudette Rhoads-Kinman, Traveler Vickie Cooper.

Contacts: Ginna Martinez 408-0288; Ann Stults 543-6782



Ceramic Arts

Happy Holidays to all members of the Ceramic Arts Group!!! Christmas and New Year's are just days away. Please be safe and enjoy your families and friends during this holiday season. Watch for the changing workshop schedules and if you are interested in ceramics and pottery, this is the perfect time of the year to sign up for that first class. See you all

next year!!

CAG “Workshops” are held at OC on Saturdays, 9:00-3:00 PM, and Sundays, 1:00-4:00 PM; KS workshops are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. “Open Studio” is available to all residents: OC Fridays only, 1:00-5:00 PM, and KS Sundays only, 1:00-4:00 PM. Check bulletin boards and studio windows for any holiday times/closures.

Contacts: KS Earthenware Terry Pisani 408-4037; KS Spanish Oils Margot Bruestle 434-9575; OC Pottery Paul Aldrete 408-7798; Ed Hanson 253-3950; Mike Daley 474-0910
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



Chorus

“A Choral Holiday Tapestry,” this month's concert by the Lincoln Hills Community Chorus, again revealed how high our group has risen under Bill Sveglini's direction. Hundreds of you came to enjoy and applaud our three Ballroom performances, and we thank you for your enthusiastic support.



Thank you for your support of the Lincoln Hills Community Chorus at our recent concerts

Having discovered or been reminded of how good we are, you won't want to miss our spring concert on May 5, 6, and 7. Rehearsals resume on January 8, and we welcome new members to join us then. Contact Sid Frame or Bill Sveglini in advance to express your interest and obtain further information.

Contacts: Bill Sveglini 434-5655, Sveglini@gmail.com Sid Frame 408-1453, Sflincoln4fun@starstream.net Website: www.lincolnhillschorus.org



Cloggers

The year is nearly over, time to give thought to accomplishments and those who made it happen. Anita Tyson, Connie Stephens, president and vice president, plus Wendy Iannico, representative, worked closely together and pulled in a great year! Another member, Brian Hansen, quiet but no less valuable. He is a big asset to the performance team, handling the music, making members CDs, attending every practice, teaching forgotten steps and critiquing. And, of course, instructor Janice Hanzel making classes extremely interesting with a variety of music and helping those who need it, working diligently with the performance team perfecting steps and accuracy. The performance team has improved and should feel proud of themselves. A big Thank You to all!

We hope many residents will consider joining us; more the merrier! Classes are Tuesdays 11:00 AM-1:00 PM in KS.

This is Barbara Sowers signing off for 2012; Happy Holidays! Good Wishes!

Contact: Anita Tyson 543-5330



Computer

- Main Meeting — January 9, 6:30 PM: “Windows 8”

by Milt Hull. Windows 8 is here, but not all of us are ready to jump on the bandwagon just yet. But we do have to start to understand it and how it works as it will be the new standard someday. If you replace your present computer it will be Windows 8. Milt Hull is president of the Sacramento PC Users Group and as our guest speaker will take some of the mystery out of Microsoft’s latest offering. *(Note the special date)*

- Clinic — January 11, 3:30 PM: A continuation of our main meeting, with more Q & A. (This meeting in the Social Kitchen and Multipurpose Rooms (KS))
- Ask the Tech — January 28, 10:00 AM: Informal Q & A session for any and all technical questions, includes Android phones and tablets. *This meeting is at P-Hall (KS).*

Contact: Bob Ringo

president@sclhcc.org

Website: www.sclhcc.org



Mac User

Surveys completed at the Anniversary Banquet gave Board members direction for developing the 2013 meeting and lab schedule. Added emphasis will be placed on the iDevices — the iPad/iPad mini, iPhone, and iPod — including an additional lab just for iDevices.



Henry Sandigo presenting Spotlight; Mac users enjoying the presentation. Photos by Irwin Maloff



Spotlight, the Mac’s “search engine,” was the November Newbie topic. Henry Sandigo and Vicki White demonstrated how to use this powerful tool to find anything on the Mac. Detailed information is provided on the website.

Irwin Maloff gave everyone some great ideas on “Apple gifts for the Holidays” at the November Educational Seminar; and, Bill Smith explained iCloud — what it is and why you would want to use it during November’s General Meeting. We learned about browser-based vs. application-based use of the cloud.

No December meetings are scheduled.

Please check out the LHMUG website (www.lhmug.org) regularly for more information on the new line-up and meeting times/locations in January!

Contacts: Bill Smith, 543-9957,

wsmith986@gmail.com;

Website: www.lhmug.org



Country Couples

The annual Country Couples Holiday Dinner Dance was another successful event held at Sun City Roseville with DJ Jim Keener. There was a very good

turnout of dancers, all of whom enjoyed dining and dancing all evening.

The November election for two new 2013 Steering Committee members resulted in Georgi Dawson and Rene Lopez drawing the highest vote counts. Congratulations to both of them, and thanks to all who placed their names on the ballot. Your interest in the SCLH Country Couples is appreciated

Reminder: Practice sessions continue to be held and, if interested, you need to contact Ernie Wilson for details.

Contacts: Ernie Wilson 434-6588;

Ralph Lacaze 408-2365



Cribbage

The Cribbage Club 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, adding a two-handed game or having a sit-out when required by the number of layers. We use a rotation system to mix the players rather than having a partnership stay together all morning.

Contact: Bob Frank 408-7444;

Ken Von Deylen, 599-6530



Cyclist

We are in need of a member to take over the writing of this column for the monthly *Compass*. Tom Frady has done an exceptional job of writing the monthly articles but has now accepted the bi-monthly job of writing our articles in the *Sun Senior News*. Both Diane Pargament and Geoff Capell have in the past shared the writing of our article in the *Sun Senior News* and as you know, have also both done a great job but Geoff has decided retire from his short (five-year) career in editorializing.

We will also see changes in the new year when both Bob Burns and Steve Valeriotte will term out. Don’t forget to mark your calendars for the Annual meeting on January 8. We wish the new officers good luck and feel assured that whoever they are, the newly-elected members will do a fine job.

Contacts: Steve Valeriotte 408-5506,

jillsteval@sbcglobal.net

Website: www.LHcyclist.com



Dominoes

Mexican Train

The rains have arrived and fall is here. This is a great time to learn to play Mexican Train Dominoes. It's a fun game for all ages.

We have two sessions every Wednesday. You are invited to join one or both sessions — Wednesday at 9:00 AM or 12:30 PM in the Cards Room (OC) Free classes are being held at the 9:00 AM session.

Come join us for a social time as well as friendly competition.

**Contact: Cora A. Peterson 543-7144;
Sandy Pavlovich 543-0467**



Eye Contact

Low Vision Support

Next meeting: Thursday, January 10, Sierra/Terra Cotta Room (KS), 1:00-3:00 PM.

1:00 PM: A reminder — having a disability does not mean you are disabled. Also, it is important to remember that most disabilities can be overcome by a person who is tenacious enough to find other ways to accomplish what needs to be done. This inspiring presentation will demonstrate how you might overcome vision loss. Paul Karos presented this as the opening speech at the recent *Visions 2012* session. At age eight, he was diagnosed with retinitis pigmentosa (RP). He describes how, as a young man, he was able to alter his life from deep desperation to become a top executive.

2:00 PM: Cynthia Spears, Placer Dispute Resolution Services representative, will speak about the PIDRS - PDRS, a non-profit organization that assists in resolving disputes through mediation.

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



Fishing

Tired of shopping? Time to relax, think of time with family/fishing traditions with generations starting to follow? Memories are built from the activities we take part in. See the website covering the grand prize in the fantastic \$6000 drawing at January 19's Crab Feed: <http://wildalaskacruises.com/gallery/photo-book/>. Review the 2008-2011; family-

oriented cruising/fishing including shots of four prior drawing winners.

Fishing is strong: top water trolling for trout at Berryessa/big Mackinaws from Stampede reservoir/Pyramid reports still encouraging/Delta Stripers have increased/winter run salmon continues.



From top: Perseverance; Fishing Group member Bob Laimo and family on 2009 trip to Alaska; Captain Larry Larson of Wild Alaska Cruises

The Fishing Group held our December 12 Christmas party at Turkey Creek. Tickets available for the giant January 19 Crab Feed at Veterans Hall: clam chowder and all-you-can-eat crab, \$35. Take part in our huge drawing with \$6000+ in prizes. Top prize: seven-day Alaskan fishing adventure hosted by Captain Larry Larson of Wild Alaska Sport Fishing/Cruises. A trip of a lifetime onboard "Perseverance" to lesser-fished reaches of Alaska. Preview: www.wildalaskacruises.com.

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



Garden

Timely Tips: Place frost-sensitive plants in sheltered locations. Old-style Christmas lights can protect your citrus — or use cloth/frost covers.

There will not be a December General Meeting.

Master Gardeners 2013 Calendars are available now and make wonderful gifts! They are filled with monthly garden tips for \$10 each or five for \$40. If you missed the sales at the last general meeting, please contact: Pam Effa, 227-9164, or Marie Salers, 408-3895.

Membership (2013) in the Garden Group — renewal and new — will be available next January and at the first meeting of the New Year — January 24. Dues will still be \$15 per year per residence. Contact: Bettie Anderson, 434-7106.

Thanks to Burna Jamieson and Marie Salers for their volunteer work with the Lincoln Community Gardens.



Annie Herbert promotes Brown Bag Sales for Civic Projects; Our tour

of Matsuda Bonsai Nursery

Another thanks goes to volunteers Bev Arnautou, Ruth Baylis, Pam Effa, Bruce Jamieson, Burna Jamieson, Keiko Kato, and Madelynn Mossar for the yard clean-up of the Fruitvale School Gardens.

**Contact: Lorraine Immel 434-2918,
limmel@ssctv.net; Virgil Dahl
408-3748, hasbeen41@att.net**

Bonsai Group

The Bonsai Group is a subgroup whose objective is to learn more about this form of gardening. We welcome members to

see if this is of interest to you! Tours, classes, and discussion meetings are in the planning stages now. A good site for information is www.bonsaiempire.com/what-is-bonsai.

Contact: Joyce Thomsen 434-1786



Gem and Mineral Society

No meeting in December.

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

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

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

Lapidary and Lost Wax classes are taught in January, March, May, and October. Sign up at the Activities Desks (OC/KS).

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

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



Genealogy

In 2013 we will continue with a mixture of educational meetings and popular "Help Sessions." The January 7 Computer Workshop (at 6:30 PM in the Computer Room (OC) is an example: "What to do *after* you have gotten started" led by Kathy Propersi.

The General Meeting, to be held on the third Monday, January 21, will be announced in the January publicity. Election of officers will be part of the meeting. The door prize drawing will award a special scanner — for photos and legal documents — be there before the meeting starts at 6:30 PM on January 21 at KS.

Individual help sessions are on the first and second Mondays as announced by email to the membership. Dues for 2013 may be paid at any of the above meetings, or by mailing as described on the website.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

Who played golf with Marnie Badgley in the month of October? If you did, you witnessed some pretty fantastic golf. In fact she has been selected October Golfer of the Month. Congratulations!

On October 31, the Lincsters chased the ghosts away with 17 pars. Clareen Bolton had 14 putts taking first place.



From top: Marnie Badgley; Clareen Bolton; Marilyn Britton

Phyllis Patrick, Brenda D'Andre and Nancy Dodgion tied for first for flight A; Pat Ward, first flight B; Marnie Badgley first flight C (there she is again); and Kristi Love, first flight D.

In November the Lincsters tee time changed to 1:30 PM shot gun. Afternoon play will continue through the winter months. There will be no scheduled play in the month of December.

A big "Thank You" goes to Marilyn Britton and her committee for such a festive holiday luncheon. Many came to celebrate the holidays and welcome the new Lincster Board Members.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

The golfing year is winding down. On October 25 we had our *In the Pink Tournament* held with the Lincster's It was a fun day; lunch followed. Over the field winners: Reta Blanchard/Chris Biswell 77 points. Winners — first flight (first) Rosie Warren/Donna Rasch 78 points, (second) Chris Jacobson/Barbara Murray 81 points. Second flight (first) Susan Peterson/Bev Arnautou 79 points, (second) Can-

dy Koropp/Patty Alderete 79 points. Third flight (first) Joyce Hulst/Shirley Varner 82 points, (second) Bonnie Hing/Sherrie Cook 85 points. Fourth flight (first) Grace O'Leary/Pat Ward 87 points, (second) Gisela Zander/Angie Roy 87 points. There were 52 teams. Donations were given to help with Breast Cancer research. Turkey Shoot, November 8: We had three flights: Winners — Pumpkin flight: Bedford/Peterson; Yam flight: Reinhardt/McCoy; Cranberry flight: Fitzpatrick/VanderLinden.
Contact: Chris Jacobson Jakemust@sbcglobal.net
Website: lhlxviii.com



Hand & Foot

Hand & Foot is a fun and easy-to-learn card game and we are always happy to teach new players. We meet Thursdays. 8:30 AM to 12:00 PM, Terra Cotta and Sierra Rooms (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: Wednesday walks begin at 8:00 AM. Bundle up and begin your day with a refreshing walk. Check the website for weekly starting locations.

Hikers: 12 hikers recently journeyed to the Pt. Reyes National Seashore for a club-long 14.4 mile hike. While a trifle tiring, hikers were treated to outstanding views of the Pacific shoreline.

As the weather cools we are hiking closer to home. Upcoming December hikes are planned for Auburn and Penryn. The Mountain Quarry Railroad hike is an interesting trek to the former Auburn Dam site, follows the railroad bed where 18 trestles used to stand, and concludes at the historic No-Hands Bridge. It is rated "moderate."

The updated calendar of hikes is on the website with a focus on closer and easier hikes. I'm sure just the right hike is waiting for you!

Merry Christmas and a Blessed New Year to all our walkers and hikers.



From top: Falls at Jenkinson Lake; Pt. Reyes seashore; lunch break at Pt. Reyes shore

Contacts:

Hiking: Dennis Ratay 543-9935,
Denratay@sbcglobal.net

Walking: Glynn Widdows 408-4819,
glynwiddows@gmail.com

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



Investors' Study

Thursday, January 3, from 2:00-3:30 PM in P-Hall (KS), the Investor Study Group will lead off what promises to be a great six months of speakers. At our first meeting, Thomas Baker, Director of Alternative Investments for Blackrock Investments, will talk about using long / short strategies to reduce risk or volatility in a portfolio. These strategies have been used for several years by institutions to control risk and now are available to the general public. The group provides a great opportunity for all residents to come and just learn about the world of investments.

Refreshments are served afterwards and all residents are welcome. Membership dues are only \$15 per household for the year.

The Active Investor Study Group will meet Monday, January 14, at 3:00 PM in the Multimedia Room (OC). Contact William Ness, 434-6564, bilnes@att.net.

Contact: Doug Hohman, 295-2446
djhohman825@yahoo.com



Lavender Friends

Our clothing drive for Peace for Families was a great success with 35 bags of clothing, shoes and accessories for their clients and resale store. Our Christmas Dinner dance at Turkey Creek Golf Club along with our DJ had everyone enjoying themselves. The Lavender Friends Club held a Celebration of Life for Herman Osorio, our Vice President who was taken from us suddenly. He was also our parliamentarian, bringing his well-worn book of Roberts' Rules of Order to our meetings, which he used to ensure we were using the correct procedures during our meetings. He made such a big impact working on PFLAG Scholarship Selection Committee that they wanted him to join their Executive Board. His many friends appreciated his wit, keen intelligence, and intense interest in progressive politics. If you want more information about our club, check our website or contact Jacquie or Richard.

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



Line Dance

Nine dedicated line dancers and their instructor traveled to the Vegas Dance Explosion, the premier international line dance event. For five days — and nights — they studied with renowned choreographers that emphasized expressive styling while learning new dances to various types of music. All had a great time!

Once again our holiday potluck was a huge success with approximately 100 dancers in attendance. Line dances were done at all levels and everyone enjoyed the evening.



Vegas Dance Explosion from left, top: Terry Schultze, Katie Christiansen, Sheridan Brown, Helen Varley, Marsha Jacobs, Cheryl Ramon; bottom, Janet Burns, Audrey Fish, Helen Rains, Karen Jolliff

All the instructors are looking forward to starting the new year with a bang. We especially look forward to the "Newbee's." These are the people who have never danced before or have not danced in years. The introduction class would be the place to start. As always, there is a class for everyone no matter what level you are, just check the *Compass*.

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



LSV/NEV

Low Speed Vehicles/Neighborhood Electric Vehicles

Our November meeting started with a nice welcome by the new president, Larry Yaggi. Helpful information was given by Louis and Scott from the Lincoln Fire Department. They urged each household to have an ABC fire extinguisher which is very effective in case of a LSV or any type of fire. From the Fitness Center, Debra and Christine encouraged everyone to keep in shape by demonstrating various exercises. Katrina, from the Activities Department, talked about upcoming trips.

Our December 4 meeting was the Christmas Dinner at OC Ballroom where Carol McGara and her helpers provided a lovely evening. Harpist Dr. Beverly Wesner-Hoehn provided dinner music and a fun program, ending with "Silent Night." Santa was there checking on who has been naughty or nice. On January 15, we will start with a coffee at 9:00 AM which will be followed

by our meeting in P-Hall at 10:00 AM.
Contact: Larry Yaggi 543-5344;
Gerry Lammerding 408-0999



Mah Jongg, Chinese

Christmas is just around the corner and with it has come the hustle and bustle of the holiday season. Why not consider joining our group and learn how to play an interesting and fun-filled game. It might even take your mind off of the last minute holiday rush. We meet every Monday at 8:45 AM in the Cards Room (OC). If you have any questions, please call one of the helpful contact people. Merry Christmas and Happy Holidays to all.

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



Mah Jongg, National

National Mah Jongg is played every Tuesday from 12:30 to 4:00 PM in the Cards Room (OC). *Please note that we will not be open for play on Tuesday, December 25.* This fascinating tile game is for everyone, so why not treat yourself to a delightful, relaxing afternoon with your SCLH friends and neighbors. You have not played before? We have a beginner's table so let us know when you come in the door and we will be happy to introduce you to National Mah Jongg. It may take three or four trips to the beginner's table before you move to the next level but we guarantee you will become addicted to the game once you learn how to play. Some of you may enjoy going to the following website that posts comments from fans of National Mah Jongg: www.facebook.com/mahjfan.

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



Motorcycle RoadRunners

Our annual Christmas party was held at Mimi's in Lincoln. With a great turnout, hosted by Patrick Chaves, the club had a very nice celebration to finish the busy year. Our new officers were installed and planning for the new riding season begins.

David Fernandes, as our vice president and head Road Captain, will begin sched-

uling the rides for the coming touring season. The rides typically are single day outings with a group lunch prior to heading home. Impromptu rides are filtered in on non-scheduled Saturdays. An occasional multi-day tour is usually proposed during the year.

Residents who have a road-worthy motorcycle and who enjoy back-road touring are encouraged to check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multipurpose Room (OC). Following the meeting, members go to a local restaurant for dinner and a social get together.

Contact: Peter Boyle 408-1955,
Boylep18@yahoo.com
Website: http://web.me.com/rettavincen/roadrunners_2012/roadrunners_2012.html



Music

The popular, final "Open Mic Night" for 2012 was held October 26 at KS and will resume in February. Details will follow in the January *Compass*.

The Lincoln Hills Ukulele Players meet Wednesdays at OC, strumming and singing a variety of music. If you've ever had a desire to play the ukulele, come experience the relaxed, supportive atmosphere. Newcomers are welcome and encouraged. In January, Ron Peck will offer an excellent, free class for beginners. Call Ron or Molly at 409-0463 for information.

The Music Group Holiday Party was held Friday, November 16 in the Placer Room (KS). A potluck dinner and lively entertainment were enjoyed by enthusiastic attendees.

The Music Group meets every fourth Wednesday in the Fine Arts Room (OC), 6:30-8:00 PM. Drop-ins are welcome. Bring your voices and/or instruments, sign up to perform, or just enjoy the music and socialize.

Contacts: Judy Skillings 253-7237,
kenskillings@gmail.com;
Julie Rigali 408-4579,
jjrigali@yahoo.com
Website: www.suncity-lincolnhills.org/residents_Groups_Music



Needle Arts

Threads of Friendship

The annual December Tea was again a wonderful event held at Timbers Restaurant in Sun City Roseville. Thank you to the committee members who worked so hard to bring this special event to members.

Our January 8 meeting will again bring another nationally-renowned speaker to Kilaga Springs, Zena Thorpe. Zena is a member of the Master Quilters Guild, she has won numerous awards in international competitions including Houston Quilt Festival, AQS Paducah, World Quilt. Plan to come and hear her inspiring story as well as view her beautiful quilts.

General meetings are held at KS, 1:00 PM, the second Tuesday each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room window for times. Please contact Membership Chair Anne Garry, 543-7151, to join and see how fiber arts thrive in our community!

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



Neighborhood Watch

Santa Claus is coming to town, and the bad guys hope you will leave your packages visible in your car while you do additional shopping. They will also thank you for leaving your purse on the seat when you dash in for a brief stop. And it would be appreciated if, in your hurry and scurry, you forget to lock your car.

In the stress of the season, burglars realize that you are more apt to rush out "for a few minutes" without locking your doors and windows. A high percentage of SCLH burglars have been welcomed this way. And if you have never found the time to put rods in your windows and sliding glass door to limit the opening to four inches, it will make their job easier.

Neighborhood Watch wishes you a warm and wonderful holiday season with friends and family, but without any uninvited "guests!"

Contacts: Larry Wilson 408-0667,
mvw6@sbcglobal.net;
Pauline Watson 543-8436,
frpawatson@sbcglobal.net
Website: www.lincal.net/watch



Painters

Our Artists' Table Luncheon in the Solarium (OC), which replaced our December membership meeting, was very much enjoyed by a large number of club members. Entry forms for participation in our Fine Arts Show, which will be held February 22 through 24, were distributed. At our January 8 membership meeting, plans for the show will be reviewed and registration for participating in the show will be on Tuesday, January 14, with paintings being received on Friday, February 22.

The Painters Club thanks outgoing board members, Diane Pargament, President; Joyce Bisbee, Secretary; and Liz Shelton, Treasurer, who guided us through our first two years as a formal Lincoln Hills Club.

At our November membership meeting, the 2013-2014 slate of officers and board members were approved. They are: President, Joyce Bisbee; Vice President, Paulette Pesavento; Secretary, Norma Potts; and Treasurer, Liz Shelton. The membership appreciates their offer to serve in 2013.

Contacts: Lynne Fee,
lynnfee@aol.com; **Diane Pargament**
408-0221, dkpara@starstream.net;
Website: www.lhpainters.org



Paper Arts

Our Christmas luncheon was a great success! Our thanks to all who volunteered their time and talent to make this a lovely event. The Christmas tree centerpieces were adorned with our handmade ornaments; the food was delicious; the games and drawings were lots of fun and everyone's donations of food and toys for local families were more than generous. This was a wonderful way to cap off a fun and productive year.

We're collecting the fronts of old Christmas cards to be donated to the Shriners' Hospital. The children use these donations to make new cards and crafts which are sold to raise funds for the hospital. So save all your card fronts and bring them to the January meeting.

Start thinking now about your project for January's Card Swap — a new way to share ideas and learn from each other.

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



Pedro

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

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

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



Photography

Excepting the gala breakfast party a few days ago, the LHPC



*From top:
Shopper's overload;
Dandy greeters;
Jillian Jive.
By
Jeffa*

is continuing its seasonal slumber through December. We will begin with a bang on January 9 with a presentation by fine art photographer Truman Holtzclaw. His presentation: "The Good, Bad & Ugly of creating images using a wide-angle lens."

Our group is now focused on picturing the theater of entertainment now that the withering theater of the absurd we know as election time is temporarily behind us. We can find seasoned actors and ingenues alike to shoot with local Community Theater groups, like this budding actress from Rocklin. But other opportunities exist. Black Friday on Union Square in San Francisco is another prime resource of street theater characters — these two dandy greeters, for example, or the theater of commerce with a quintessential shopper retrieving her goodies and candy credit cards. Merry Christmas until someone gets the jolly bills.

Contact: Gary Sloan 434-5445,
Gsloan33@yahoo.com
Website: SCLHphoto.com



Pickleball

Every October, St. George, Utah becomes a playground for seniors. The Huntsman World Senior Games are open to any person over the age of 50 to participate in athletic events such as sand volleyball, track and field, ping pong, pickleball and even square dancing to name a few. Ten thousand people gathered for two weeks this year to play in the games. Lincoln Hills had six participants in the pickleball games: DJ Cox, Mike Hilton, Richard Norman, Chris Berney, Doug Hinchey and Sharon Klotz. Some of our players even brought home medals! The following medals were awarded:

Gold: Men's Doubles Division B — DJ and Mike; Silver — Men's Doubles 3.5 Skill Level — DJ and Mike; Silver — Women's Singles — Sharon.

The games for next year are scheduled for October 7-19, 2013.

Merry Christmas and Happy Holidays from the Pickleball Club!

Contact: Jerry Zimowske 408-1319
jzimowske@ssctv.net
Website: www.lhpickleball.com



Players

The next production is Readers Theater's "My Man Godfrey" — a romantic comedy set in the 1930's depicting the hilarious outcome of a high society scavenger hunt. Performances are on Saturday, February 9, at 7:00 PM and Sunday, February 10 at 2:00 PM. Performances will be held in the renovated P-Hall (KS).

Auditions will be Friday, January 4, from 6:00-9:00 PM in the Fine Arts Room (OC). This cast includes four male and four female roles. Contact Jeannine Newcum at jrnewcum@att.net for more information.

On March 6 and 7, the production will be "Sex Please We're Sixty," a comedy. Set on the Atlantic coast at a bed and breakfast inn, three women visitors find themselves plotting to neutralize the local lothario. Premium seating in OC Ballroom will be available for this show so mark your calendars.

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

Contact: Bob Murdock 408-8511, bamabc@sbcglobal.net

Website: www.lincolnhillsplayers.com



Poker

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

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

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 2013 tournaments will be Saturdays, January 12, April 6, July 20 and October 19.

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

Contacts: Mike Goldstein 543-8238;

Ginger Nickerson 253-3322;

Joe Frenna 543-8634



Rummikub

The Rummikub Group meets every Tuesday from 12:30-4:00 PM in the Multipurpose Room (OC). Anyone is welcome to join in, whether you are a beginner or a seasoned player! We are a relaxed group of fun ladies and gents, who enjoy playing and socializing. From time to time, we will meet on other days or evenings to play in smaller groups. If you think you might be interested, feel free to drop by. Thank you to all of the "regulars" who come every week, and we are looking forward to meeting newcomers in the future! If you have any questions, please contact:

Contact: Amy Kee 543-7167,

amybkee@yahoo.com;

Xky Dixon 408-4240



RV

The group's annual Holiday Party will be December 16 in OC Ballroom, ending a very active year of trips and get-togethers. Les & Sandy Levi and their committee have put together a fun evening for the RVers and music for dining and dancing will be provided by the Becca and Chuck duo. Members are bringing toys to be distributed to Lincoln's needy children by Lincoln fire fighters. The Christmas gifts should make many children happy.

Next meeting for the group will be January 3 at 4:00 PM at P-Hall (KS).

Contact: Bob Zielinski 408-1852

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

As we approach the end of the year, the SCHOOLS Group is busy planning activities for the new year. In January the Leadership team will meet and plan the SCHOOLS annual Potluck Social. Be on the lookout for an email with date and time.

We are always looking for new members! You don't have to be a teacher to join our organization, you just have to want to make a difference in the lives of our Lincoln children. Contact us and we will provide you with the needed paperwork and information.

We are also on the lookout for a writer

who would be able to take over the job of writing these articles. My husband and I are moving south for both professional and personal reasons. If you are interested, contact any of the members listed below. Happy Holidays to all of you.

Contacts: Sandy Frame 408-1453, sflincoln4fun@starstream.net (Elementary); Eileen Marks 409-0320, emarks@aol.com; Cindy Moore 408-1452, cindymoore@me.com; La Rita Gruenwald, lariat@wavecable.com



SCOOP

Sun City Organization of Pooches

Scoop's Steering Committee co-leaders are: Joan Spurling and Mary Shelton; they will serve for the following year. Deidre Ryan is now heading up Membership. We are very fortunate to have these very talented ladies in these leadership roles.

Our 2012 Fund-raiser held at our Annual Holiday Party on December 14 at Kilaga Springs was a resounding success! All proceeds went to One More Dog Rescue (OMDR). We owe a big "thank you" to our committee and all the members who turned out to support this annual event. More details will follow next month.

SCOOP events for 2013 are in the planning stages and dates and details will follow soon to our membership. If you wish to become a member, dues are \$12 annually, per household, and you can get a membership application from our website, or see any member for assistance.

Happy holidays!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

All residents are welcome to play with our Scrabble Group,



which meets each Monday at 1:00 PM, in the Cards Room (OC). We allow dictionary usage and cheat sheets, so what could be easier and more fun. Come over and find six to ten others willing to match wits.

Our club will be celebrating the winter holidays with a potluck dinner during December at a member's house yet to be named. Emails will provide the details.

Contact: Candy Koropp 409-0607



Second Cup of Coffee

The Second Cup of Coffee Group will not be holding a December meeting. December is a quiet month while we celebrate the holiday season.

But, we start 2013 with the outstanding and entertaining speaker Bill Richardson, on "Football Update-2012. You Make the Call." Bill is the PAC 12 College Football Replay Official and he relates many personal experiences in this fascinating work.

Be at the OC Front Ballroom on Monday, January 21, at 10:00 AM The program is being co-sponsored with the Community Forum. See details on page 82. Share the laughs and excitement as he recalls his experiences.

Contact: Wolf Oplesch 408-1788

oplesch@sbcglobal.net

Website: <http://sites.google.com/site/secondcupofcoffee>



Shanghai

Join us and learn how to play Shanghai, a fun group card game. We offer free lessons. We play every Thursday at 12:00 PM and every second & fourth Fridays at 5:45 PM. Contact one of the names listed below.

Contacts: Howard Beaumont

408-0395; Ann Holbak 408-2061

Singles

Dynamic Singles

This is the season to be jolly and share our holiday celebrations with family and friends as we prepare to enter into the coming year of 2013.

On December 8 we had our Christmas Party Buffet Luncheon including entertainment. Once again our Singles Group enjoyed their day.

Upcoming Singles Events:

December

- 20) 4:30 PM – Table for Eight at Ruth's Chris, Roseville (Darline 434-6472)
- 27) 5:00-9:00 PM – Pre-New Year's Party & Dance at Kilaga Springs, Cost \$15 (Carol 408-3061)

January

- 03) 4:30 PM – Cocktail Time, location TBD (Carol 408-3061)
- 06) 4:30 PM – January Birthday Celebration, Meridians Sport Bar (Anita 408-2444/Eileen 434-6383)
- 10) 6:30 PM – General Meeting/Re-Gift Sale (Linda 628-5158)
- 12) 9:00 AM – Second Saturday Breakfast, Meridians Sports Bar (Gail 543-8587)

Have you paid your dues for 2013 yet? Send your money in now to Donna McDonald to get into the Pre-Super Bowl Party *free*.

Happy holidays to all!!!

Contact: Linda Bacon 628-5158

Website: www.lincolnhillssingles.org



Ski

Our annual Holiday Social will be on December 18, at the home of Chuck Frevele and Jean Benson. The Club will provide appetizers and sweets. RSVPs are due to Sylvie Roberts, 408-0344, by December 16. Please call her after 5:00 PM.



"Marisa Stone Shows Off Her Balance"; "Building Up Those Quads"

The next general membership meeting will be January 15 in the Fine Arts Room (OC), beginning at 4:00 PM. Be sure to arrive on time as we will be viewing an unusually fascinating DVD. In the late 1930s and into the 40s, a family made home movies of their excursions to the Badger Pass ski area in Yosemite. After he grew up, one of the children in the movies turned them into a documentary which he narrates. It is an amusing and nostalgic look at the early days of skiing on the West Coast (you will enjoy the amateur slalom race scenes!).

Contacts: Mike Hilton,

Sue Worrall and Bob Vincent

258-2150, lhskiclub@gmail.com

Website: www.lhskigroup.org



Softball, Senior League

The League again demonstrated a tremendous outpouring of generosity and caring for those less fortunate within our military.



Volunteers collecting toys included, from left: Vonda Carlson, Arnie Schwartz, Bec Cannistraci, John Moran, Jim Stocker, Joe Bellah, Rowan Carlson and Ed Welch

On November 14, Jim Stocker spearheaded our annual toy drive. We collected toys and delivered them to Beale AFB for wrapping. So far this year we have collected 23 large yard plastic bags full of toys, games, sports equipment, etc. (over 550 items total) plus \$725 in cash, checks, and Wal-mart gift cards, which will buy even more toys. Wow!

A special thanks to Bob & Sue Olin and the Lincoln Hills Lions Club and to the volunteers and auxiliary of CHP in Auburn/Newcastle, with whom we partnered again this year.

The field was closed for three weeks for maintenance, so we played games the two weeks after Thanksgiving to finish our fall season. Now we are off until April, when our next spring season begins.

Happy Holidays to all!!

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

Coyotes

The Pleasanton tournament at the end of October has both the Coyote 55s and 65s ending their seasons. The 65s came away with a 1-4 record, while the 55s finished 3-2 against tough 50s and 55s teams. Tom Westlake pitched all five games and came through in the clutch to hit a game-winning shot to knock in two rbis. Joe Bellah muscled up and hit two bombs over the fence. Two other new players on the team, Mick Privett and Hal Kastner also provided great offense and defense.

The Coyote All-Stars team now has a league leading 5-1 record in the Northern California All-Star Thursday travel league. Terrific pitching by Nick Eterovich, Carlos Zavala, and Kenny Fedder, and tremendous hitting up and down the lineup has propelled the team to a 21 runs per game onslaught. Weather permitting the team will be playing through March.

Contact: Bob Hunter,
bluespritzer@yahoo.com



Sports Car

Our Christmas Dinner Party took place on December 6 at Catta Verdera Country Club. This was a first-class event and a great way to end the year.

This year we had 14 rolling events and nine social events. We went to a variety of destinations including Pacific Grove, Bodega Bay, Grass Valley, Lassen, Susanville and Lake Tahoe. We went to the ocean coast, the mountains, a dude ranch, a safari and the Delta.

We celebrated the club's tenth anniversary in May with a special Anniversary Dinner and a trip to Lake Tahoe that was attended by more



Outgoing president Joe Hobby; incoming president Dave Steinkraus and Linda

than 50 cars.

We are sad that our long-time Board Member and good friend Pat Heesch died in November. Pat was very active in our club. We will miss her.

Thanks to Joe Hobby, the outgoing Board and our active members. Dave Steinkraus will be our president in the New Year.

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



Square & Round Dance

Sun City Squares

The Square Dance Club Halloween Party was a lot of fun!



Photos from our Halloween Party



We are always ready to add experienced Square Dancers. Feel free to come in and watch or join, times listed below. Call Chuck or Bob to sign up today!!!

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

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



Tap Company

Well... all auditions have taken place and the 2013 Tap Company Show, "Presenting Simply Broadway," is coming together! The dancers are perfecting their steps! Costumes have been ordered! The vocalists and actors are working on their songs and lines! So, be sure to put the show dates of April 11, 12, and 13 on your calendar. This will be a Tap Company Show like you've never seen before! There will be intrigue, drama, romance, twists, turns, and a stage full of "Broadway"! You're not going to want to miss this one! We'll be enjoying our December hiatus; and, will be seriously back on the dance floor in January to burn off some of those cookies and egg nog! Join the camaraderie as we shuffle ball change, ball change!

The Beginning Tap Class will start in January. Come give it a try. Look for details in the *Compass* class section.

Contact: Becky Sprong 408-1389
beckyspring@sbcglobal.net
Janet Becker 543-3493,
beckerjm1962@yahoo.com



Table Tennis

This is a reminder that there will be no dates available for play for the month of December.

Our Group would like to extend the best of Holiday Wishes to all the residents of our wonderful community and also wishes for a prosperous and happy New Year.

Contacts: Marc Fong 408-1826;
Joe De Souza 543-4868



Tennis

As of December 14, the new board was installed and assumes their duties on January 1 for the next tennis year. The budget is balanced. All events occurred without incident at a blend of competitive as well as social tournaments. For me, the highlight of the year was the fantastic turnout for the Joe Camahort Memorial Event, the uplifting testimoni-

als from family and friends, and the high level of entertainment provided by many of our members at the post buffet talent show. Also, the change of venue for the Fall Dinner-Dance to OC Ballroom was well received and enjoyed by all.

The outgoing BOD consisting of Carl Braganza, Jean Cartier, Sallie Jordan, and Roger Clapp — thank you for your cooperation and participation throughout the year. Your new LHTG 2013 board: President Sharon Klotz; Social Pam Geernaert; Finance Jack Buffington; Communications Pat Campbell; and Tournaments Greg Burke. Long live the Queen!

Contacts:

Pat Campbell patacam@gmail.com;
Sharon Klotz tennislady@yahoo.com



Vaudeville Troupe

Tickets to our January 11-12 Vaudeville Show are now on sale at the Activity Desks (OC/KS).

Don't miss our high-energy, fast paced, always *original* Vaudeville Show: "The Cavalcade of Stars," this performance featuring "A Musical Tribute to the Movies. See our ad on page 11.

Step back in time with our performers and experience memorable songs from past and present and journey to "the good ol' days" of the Movies!!

Sit back in the comfort of our "Cabaret-style" Theater at P-Hall (KS) and enjoy our Show!! Don't forget we also have our



Don't miss our January Show!

always popular "one-of-a kind-around-these-here-parts" old-time Variety/Vaudeville Show on the same bill for an afternoon or evening of fun, nostalgia and high-spirited performances. We love our audience participation and sing-alongs, comedy acts, and more surprises to round out our Big Show! Get your tickets today!! Only \$12 — we always sell out!!

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



Veterans

More than 300 residents and guests enjoyed the Veterans Group's annual Veterans Day celebration in the Ballroom (OC) on November 11. A wreath was placed next to the veterans' memorial plaque outside the main entrance to the OC Lodge. Since the installation of the Veterans memorial monument in 2006, the Veterans Group has placed a wreath every year in honor of those resident veterans who have passed away. The ceremony featured the posting of the colors by the National Sojourners in Continental Army uniform and members of Lincoln Boy Scout Troop 160, patriotic music by the Roseville Community Concert Band and readings by students from Twelve Bridges Middle School.



The Veterans Group wreath placed on Veterans Day in honor of those resident veterans who have passed away
Photo by Doug Cooper

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on January 1 and 21, New Year's Day and Martin Luther King, Jr. Day, respectively.

Contacts: Joey Chisesi 408-1705,

joeycathie@sbcglobal.net;
Website: Ihvets.org.



Water Volleyball

Water volleyball is open to all residents of any skill level. You can try it out three times without joining. Training is also available (see below). We have open play and competitive (advanced) play.

We had our annual holiday get-together on December 1 at OC Ballroom. Again, Meridians came through and served an excellent buffet. In addition, we had some fellow Water Volleyball Club members provide us with entertainment and we announced our new steering committee members.

Play available in the KS pool:

- Open Play: Saturdays, 9:00 AM; first, second, fourth, (fifth) Mondays, 5:30 PM.
- Open/League Play (all levels): Wednesdays, 6:45 PM
- Advanced Play (rated players only): Mondays, 6:45 PM; Thursdays 6:45 PM
- Training: Third Monday, 5:30 PM.

Contacts: Jim Puthuff 543-0067,
jputhuff@softcom.net; Carol Cope 408-5596,
cande@aol.com
www.suncity-lincolnhills.org/residents



West Coast Swing Dance

On behalf of SCLH's West Coast Swing Dance Club, we all join in wishing you and your families a wonderful holiday season and a healthy and peaceful New Year.

If you would like a copy of our Club's 2013 Calendar of Events, please contact us.

Merry Christmas & Happy New Year!

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



Woodcarvers

Woodcarvers Open House January 16 — You've seen our work on display at OC Lodge and thought, 'these folks are really talented... I could never do that.' When I joined the group in 2006, the only things I had carved were turkeys and hams! Because of the many talented carvers and their willingness to help novices get started, this writer not only learned

how to carve but, has won a number of competition ribbons.

You too can take a knife to something other than meat! Join the Woodcarvers January 16 in the Sierra Room (KS) between 1:00 and 5:00 PM to see our work, talk to members, and maybe win a free membership. We'd love to have you "chip in."

The Woodcarvers are dedicated to all forms of carving. An extensive library along with considerable kibitzing is always available for novices.

Remember, Woodcarvers never die... they just keep chipping away!



Writers

Let the Writers Group be the springboard to your desire for personal expression and fulfillment. Don't let the art of writing expire with just cards of Holiday Greeting or sympathy. Perhaps you have not really felt the challenge to write since the telephone replaced letters, but we can change that. Everybody has a story, their

own or that of somebody close. Don't let those words linger in your "pending" file — write them down! First timers are welcome as we share our manuscripts or idle thoughts. Make a New Year's resolution to write. You are welcome to sit in with our resident Hemingways and Dickensons. Set your DVRs to record and join us for literary fun. We meet on the second and fourth Mondays each month at 6:30 PM in the Ceramics Room (OC).

Contact: Jim Fulcomer 543-9201; jfulcomer@mac.com

Authors & Writers Resource Group

The members of the Authors and Writers Resource Group vary from traditionally-published authors such as member Jeri Chase Ferris, pictured to the right with her horse, to self-published and work-in-progress writers. All are welcome as we learn more about the writing, editing and publishing process.

Our November 7 meeting featured a pre-

sentation by Gerry Ward of the Sacramento Library's I-Street Press. He explained their "espresso machine" which can take a formatted manuscript and produce a finished book — as you wait.

The December meeting focused on the member's writing journey, identifying "stuck places" and available resources

Join us on Wednesday, January 16, at 4:00 PM in the Multipurpose Room (OC) as we learn how to write an "elevator pitch" promoting your manuscript or book in a 30-second commercial.

Contacts: Linda Bello-Ruiz 543-7952, lbelloRuiz@yahoo.com; Leo Craton craton1@att.net



Jeri Ferris and her horse Pamyat

Gifts of Music

Continued from page 19

"The residents tap their toes and sing along to music of the 30's and 40's" said Julie. "The Entertainers" bring an hour of show tunes and old-time favorites. "Some in the audience are 'house-bound' and it is such a pleasure to see them enjoying our music," said accompanist Gary Haight.

A "spark plug" behind much of the SCLH music is Paul Daher who plays in three bands, including "The Sunshine Boys," who traditionally present a special Veteran's Day program.



Music magic fills the Kaiser Hospital lobby once a month when Cherilyn Duncan and Donna Jenkins play piano duets of familiar music while visitors listen, whistle, or sing along.

Here are some of the popular SCLH music groups who bring their gifts of music to the surrounding areas. The Lincoln Highway Band historically plays for many worthy causes, including the Ride to Walk Boots and Scoots BBQ, and the Century 21 Elect Annual Cancer Society Benefit. The Hills Brothers and the Sunny Singers (LH Chorus members) also entertain in nearby communities. And the Vaudeville Troupe brought their popular show to the Lincoln Bypass Celebration.

You rock, SCLH!



and Paul Daher on piano; Julie Rigali is leader and vocalist for the group; Cherilyn Duncan, left, and Donna Jenkins, Lincoln Highway Band



Photos, clockwise from top left: Barbara Bermadez, vocalist with The Entertainers; the "Been There, Done That Jazz Band" entertaining at Eskaton. Members include Bob Maske on trumpet and fluegel horn; Frank Propersi on clarinet and saxophone; Charles Murray on drums; Jerry Hopponen on guitar



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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.

Croquet

You may have noticed a few people playing croquet on the "Volleyball Court" near the Sports Plaza. A few months ago we asked the Association to see if they could shorten the grass in that area to make it suitable for backyard Croquet. The experiment with shorter grass seems to have worked and we now have handcrafted croquet mallets to play with making our croquet sessions quite fun. If you would like to join us we are currently playing Tuesdays at 8:30 AM. If we can generate enough interest we may start a formal group. The Association has croquet sets available in the sports equipment locker at the Sports Plaza. Ask for a key at the OC Fitness Center front desk. More info: Paul Mac Garvey at 543-2067, pmac1411@aol.com.

The Lincoln Democratic Club

is pleased to have as its January speaker, Mr. William Duncan, President of Sierra College. The meeting will be held Thursday, January 10, at the Social Kitchen (KS) with sign-in beginning at 6:45 PM. All interested residents are invited to attend. Sierra College has played a key role in our area for over 75 years — come hear what its future might hold. Info on the Lincoln Democratic Club: junepaquette@yahoo.com.

Glaucoma Support Meeting

We meet the second Wednesday of every month, 4:00-5:30 PM in the Multipurpose Room (OC). Please come and join us. More info: Bonnie Dale, 543-2133.

Italian Group

"It's the most wonderful time of the year." Everyone knows that means Christmas time is here again! The members of your LHIC Board of Directors wish each and every one a truly blessed and joyous Christmas. This year we celebrated with a Gala Christmas Luncheon and Gift Exchange at Il Fornaio, Roseville, Thursday, December 13. In addition to wonderful ambiance, service and excellent menu, we had

You are invited... To the following presentations:

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

Wednesday, January 16 6:00 PM, Pain Management, Dr. Willis, Oaks

a small gift exchange to add to the fun of the day! See our website: www.lhitalianclub.org for photos of members at our recent events! SCLH residents of Italian heritage, or whose spouse/significant other are of Italian heritage, can join our club. More info: www.lhitalianclub.org or Membership Chair Marie Berlenghi, 543-3731.

Lincoln Museum Needs You

The Lincoln Area Archives Museum needs volunteers to accomplish tasks from filing and dusting, to welcoming, research and presentation. This is a wonderful way to learn more of the colorful history of our Lincoln home. The museum is open 9:00 AM to 12:30 PM Monday-Wednesday and 9:00 AM to 4:00 PM. Thursday-Friday. Volunteer time is flexible. Come, be an expert in some facet of our heritage and enrich your life. More info: Shirley Russell, 645-3800, or lincolncamuseum@gmail.com

The Multiple Sclerosis Group

meets monthly on the first Tuesday at 1:00 PM in the Terra Cotta Room (KS). We usually have a discussion topic or a speaker dealing with some aspect of Multiple Sclerosis. More info: Marilyn Sharp, 434-6898.

Open Play

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

Racquetball Group

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

The Right Foods Movement

All residents are welcome at our meetings as we get closer to becoming an official Association-sponsored club. If your New Year's resolutions include a healthier lifestyle, this could be the club for you. We provide our members with examples of sensible and intelligent eating, which is the cornerstone of a healthier lifestyle. We encourage small food-related gatherings we call "workshops" among our members as a means to this end — and frankly for the pure enjoyment we get from sharing food-related ideas and experiences with other like-minded folks. You could call us "foodies" and be pretty close to the mark. The interest level in our club continues to grow each month. More info and for the January meeting date: Don Rickgauer, 253-3984.

Shalom

Our new Executive Council consists of Harriet Kaufman, Sandy Klein, and Karen Ofsink, Judi Schane Membership VP, Sharon Kretmar Treasurer, Leslie Hanover Recording Secretary and Iming Aaron Corresponding Secretary. November was a busy time for some of our theatrical members. Ken Reiss had the lead in the rousing production of "Yankee Doodle Dandy." Barbara Greenfield, Sandy Klein, and Frances Swanson each had several roles to play on stage. Barbara & Steve G. also worked on photography, posters, and the effective video montages. The only thing on the calendar at the moment is the Hanukkah Party, which will go from 5:30 to 8:30 PM at KS, on Thursday, December 17. The next general meeting will be in January. Check the Shalom calendar at shalomsg.org to get notice of an event that becomes scheduled (or deleted) after this column goes to press.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in

Continued on page 41

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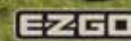


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Continued from page 37

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

The Travel Group www.lh-travelgroup.com

The next meeting is Thursday, January 17, 7:00 PM, KS. Guest presenter: Jay Fehan, Collette Vacations. (The Travel Group Members Holiday Party, December 19, replaces the December meeting.) You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler — 543-3349 or sfowler@starstream.net; Linda Frazier — 434-8266 or fraz1774@sbcglobal.net; Sheron Watkins — 434-9504 or sheron55@att.net; Louise Kuret — 408-0554 or lkuret@sbcglobal.net; Karen Foley — 645-5411 or klfandedf@starstream.net.

Tips from Neighbors InDeed

Continued from page 15

- Have your smoke alarm batteries been changed in the last year?
- Is your carbon monoxide detector properly functioning?
- Has your garage door been cleaned and lubed in the last year?
- Has your roof been checked for loose or broken tiles in the last three-to-five years?

Neighbors InDeed's Handy Helpers, all trained SCLH volunteers, are poised to assist you with most of these preventive maintenance jobs (all except the first and last items on the list). A call to 223-2763 is all it takes, and within 24 hours someone will contact you to set up a service call. And it's free! Oh, sure, Neighbors InDeed will accept your modest donations to keep things running smoothly, but Neighbors InDeed is all about "neighbors helping neighbors." Check out the flyer in this *Compass*.

In Memoriam

Paul Chapman

Married for 62 years, Paul and Betty raised their family in Morgan Hill, California. Paul was an Acoustical Contractor and retired in 1985. They took many cruises and enjoyed traveling the United States in their RV. Paul also loved flying and owned three airplanes in his lifetime. He is especially missed by his wife, three children, eight grandchildren and 18 grandchildren.

Ray Monks, Sr.

Born and raised in Louisville, Kentucky, Ray moved to Los Angeles at 17. During a career that spanned 50 years, he worked his way to the top and owned his own aerospace company. After moving here he enjoyed golf, happy hour and pool. He leaves his two children, their spouses, two grandchildren and his former wife. A memorial was held at the San Fernando Mission.

Doris O'Neill

Doris grew up in Pennsylvania, and then spent more than 60 years in northern California. She was a high school teacher

and counselor in Vallejo and then taught at Vallejo Junior College, now Solano Community College in Fairfield. Until she was 80 years old, Doris was an avid Black Diamond Snow Skier. She loved the outdoors and the Sierra Nevada Mountains. At Lincoln Hills she enjoyed water aerobics and neighborhood Bunco groups. She is survived by Jim, her loving husband of 39 years, two children and three grandchildren.

Herbert Zeiss

After growing up in St. Louis, Missouri, Herb joined the Coast Guard and was stationed on Long Island, New York, where he met his future wife, Elizabeth. They settled in San Jose, California where they raised five children. Herb retired from Stauffer Chemical and they moved to Clearlake. After losing his wife, he moved here to be closer to family. Herb is survived by three children, 12 grandchildren, 12 great-grandchildren and three great-great grandchildren. He is truly missed by family and friends.



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

Thank you to Joan Logue for her leadership of the Bereavement Group and for writing this column since its inception.

By the way, did you know you can get a variety of medical equipment on loan from Neighbors InDeed? And a list of local businesses that have served your Lincoln Hills friends and neighbors well? Give Neighbors InDeed a call at 223-2763.

Happy (trouble-free) holidays to all from Neighbors InDeed!



Happy Holidays!

Continued from page 13

know it. A new exciting tradition that we are starting for 2013 is New Year's Day Brunch. Please make your reservations now and start your new year in style. We will be offering a brunch from 9:00 AM-2:00 PM on Tuesday, January 1. It is only \$12.95 and includes free champagne!

Once again, thank you for a great 2012 and we look forward to serving you many times throughout the new year. The entire team from the Food & Beverage Department wish you and your family a festive holiday season and happy new year!

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The Vaudeville Troupe's "The Cavalcade of Stars"

Lincoln Hills New Year's Eve Masquerade Ball

Monday, December 31

Orchard Creek Lodge

Ballroom — 5031-13BR

Meridians — 5031-13MER

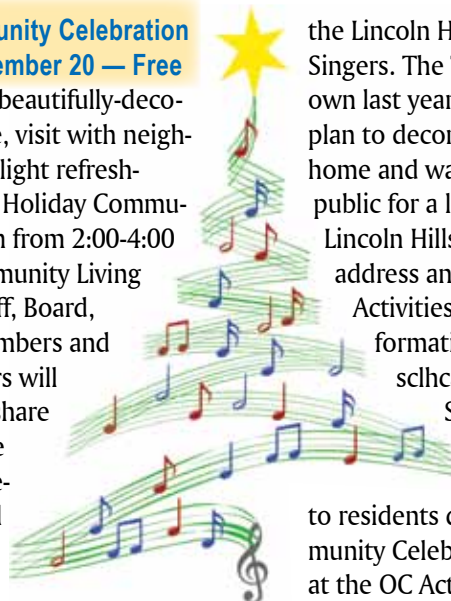
Pre-Function — 5031-13PF

Solarium Wine Pairing — 5031-13SOL

Enter a world of enchantment, dancing and entertainment at the New Year's Eve Masquerade Ball! Ring in 2013 with a customized party experience including magical entertainment, an expanded menu with five delectable dinner entrées and the best dance music in town with the Freestyle Band and DJ Tom. Select your favorite party room location, pick an entrée and enjoy the breathtaking Amphitheater fireworks and free-flowing champagne to toast the New

Holiday Community Celebration Thursday, December 20 — Free

Appreciate the beautifully-decorated OC Lodge, visit with neighbors and enjoy light refreshments during a Holiday Community Celebration from 2:00-4:00 PM in the Community Living Room (OC). Staff, Board, Committee members and other volunteers will be on hand to share in the joy of the season and celebrate work well done in 2012. Enjoy music by



the Lincoln Hills Brothers and Sunny Singers. The Tour de Lights – on your own last year was very popular. If you plan to decorate the outside of your home and want to make your address public for a listing on lights within Lincoln Hills, please submit your address and Village number to our Activities Desks or email the information to Melinda.Rogers@schca.com by December 13. Staff will compile a list of decorated homes and make the list available to residents during this Holiday Community Celebration. It will be available at the OC Activities Desk after the party.

Friday, January 11

2:00 PM Show — 5111-11A

Friday, January 11

6:00 PM Show — 5111-11B

Saturday, January 12

2:00 PM Show — 5111-11C

Saturday, January 12

6:00 PM Show — 5111-11D

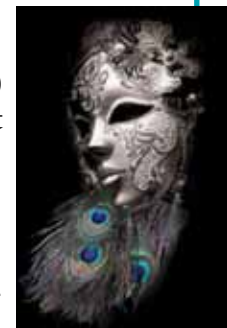
Lincoln Hill's popular and "outrageously entertaining" Vaudeville Troupe returns

to the Presentation Hall (KS) "Cabaret-style" stage to present their old-time Vaudeville Show, "The Cavalcade of Stars." This high-energy, non-stop action



Year. New for this year, wine lovers can select the Solarium Menu offering a three-course dinner with wine pairing of McManis Pinot Grigio, Kendall-Jackson "Vintner's Reserve" Chardonnay and Godiva Chocolate Liqueur with Coffee. Experience the decadent elegance of masked strolling entertainers and illusions. After dinner, choose between live music in the Ballroom or DJ dancing in Meridians and interactive enchantment in the Community Living Room. Experience the whimsy of themed photography, a silhouette artist, magic and much more throughout the night. Guests may select their tables during registration on first-come, first served basis. If you are purchasing a table for your group, provide seating location and guest names with their entrée selections at time of

registration. Tickets required for entry. No refunds. Complete menus available at the Activities Desks and Online. Ballroom and Solarium Guests, doors open 7:00 PM, dinner 7:30 PM. Meridians and Pre-Function Guests, doors open 7:30 PM, dinner served 8:00 PM. Dancing and entertainment 9:00 PM-12:30 AM, fireworks display at midnight. Tickets start at \$74 per person and will be available until December 24. Formal dress and masks are optional, and we encourage you to join in the fun of masquerade in your own style. Party fee includes a professional 5"x7" Masquerade Ball photo keepsake for each guest.



extravaganza features “A Musical Tribute to The Movies” that you will not want to miss. Take a step back in time to the haunting Anastasia, be drawn to tears with “Bring Him Home” from Les Miserables, and enjoy a real comedic twist to “Baby, It’s Cold Outside” from Neptune’s Daughter. The musical program will include tunes from “Carousel,” “Exodus,” “From Russia with Love,” “My Fair Lady,” “The Sound of Music,” and many more popular tunes. Let yourself go on a journey of movies as you reminisce about “the good ol’ days.” Vaudeville’s Troupe of performers is known for their creative energy and outrageous fun as they engage and interact with the audience. Four shows only that always draw sell-out crowds. Arrive early as seating is first-come, first-served for all shows. P-Hall (KS). Shows at 2:00 PM and 6:00 PM. \$12.

e-Waste Recycling
Tuesday, January 15 — Free

9:30 AM-12:00 PM. OC Fitness Parking Lot. Free! Be good to our environment. To make it easier for you, Sims Recycling will be at OC Parking Lot (Fitness side) to accept unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We will offer this service twice a year. The list of acceptable electronics for recycling will be available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!



New Resident Orientation
Tuesday, January 15

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



California Academy of Sciences
Thursday, January 17 — 1843-11

Don’t miss *Earthquake*, a major new exhibit and planetarium show exploring the seismic science that has shaped Earth’s evolution and continues to impact our lives today. It’s as if the new Academy brings the whole universe under one roof — an aquarium, a planetarium,



a natural history museum and more!

Located in San Francisco’s Golden Gate Park, the 412,000 square foot structure is not only physically impressive, but it just may be the greenest museum on the planet, with a 2½ acre living roof, an expansive solar canopy, an extensive water reclamation system, and walls insulated with recycled blue jeans. Your admission includes access to all museum and aquarium exhibits, including

the rainforest, planetarium, and living roof. This popular Bay Area attraction includes a wide range of daily programs and activities, including dive shows, penguin feedings, swamp talks and more. Some museum highlights include the deepest coral reef exhibit in the world, climb into the canopy of the four-story tropical rainforest, a towering T-Rex skeleton, a colony of African penguins, and a new exhibit on earthquakes. Bring a bag lunch, or enjoy lunch on your own at one of the two restaurants within the facility, The Academy Café, served cafeteria style, and the Moss Room for more elegant dining (reservations recommended for the Moss Room). More information online at www.calacademy.org. Leave OC at 8:00 AM; return ~ 6:00 PM. \$66. RSVP ♦♦ Now.

“JOEL” — A Concert Tribute to the Music of Billy Joel
Friday, January 18 — 5118-11

Fresh off of the national tour of Billy Joel’s Tony Award-Winning rock musical “Movin’ Out,” Piano Man Kyle Martin and a group of professional musicians



are regarded as the best Billy Joel Tribute band on the West Coast. “JOEL” performs Billy Joel’s timeless repertoire as well as original musical works in true rock and roll fashion. Kyle is described as a gifted performer with a voice that is

REMINDERS

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

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

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

WANT TO SELL? Please contact the Activities Desk (OC/KS) if unable to attend an event, trip or class.

WEATHER: Association trips & events are held regardless of inclement weather.

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

Once met, registration remains open until class is filled.

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

FITNESS CLASSES: Register for fitness classes at either Fitness Center.

SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable experience.

strong, agile and distinctly spectacular. This group of musicians are blazing hot and will have everyone singing along. Ballroom (OC) 7:00 PM. Premium reserved seating available for those who wish to enjoy the convenience of reserved front-section Ballroom seating. During registration, please advise monitor if you wish to have premium reserved section seating with preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available space will be provided. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks (OC/KS) \$18.** General admission \$16.

Broadway Sacramento Rock of Ages

Tuesday, January 22 — 4563-06B

Set in LA's famous Sunset Strip in 1987, "Rock of Ages" tells the story of Drew, a boy from South Detroit, and Sherrie a small-town girl, both in LA to chase their dreams of making it big and falling in love. "Rock of Ages" takes you back to the times of big bands with big egos playing big guitar solos and sporting even bigger hair! Enjoy this Broadway hit at the Sacramento Community Center in orchestra seating. Bring guests as a holiday gift!! Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. RSVP ◆◆ Now.



Comedy Night at KS

Tuesday, January 22

6:00 PM performance — 5121-11A

8:00 PM performance — 5121-11B

Steve Mittleman is one of the best comedians on the West Coast, touring since 1980 and appearing on shows including The Tonight Show with Carson and Leno. He has also appeared on Letterman, Showtime, HBO and many others. Steve has worked with many well known comedians including Seinfeld, Ray Romano and Drew Carey. His clean comedy show will keep you laughing for the entire hour. P-Hall (KS). \$12.



Colusa Casino

Thursday, January 24 — 1950-11

We've scheduled a nice day trip with some special casino credit offers available to you at Colusa Casino! If you sign up as a new member, receive a \$30



slot credit; current members get \$10, Premier \$15 and Elite \$25. All residents and their guests over 50 will receive an additional \$10 slot credit and \$7 off the lunch buffet. Leave OC 10:00 AM, return ~ 4:00 PM. \$21. RSVP ◆◆ Now.

Just Added! "The Great Ladies of Jazz" — A Suzanna Smith Concert

Wednesday, January 30 — 5130-12

Ella Fitzgerald, Peggy Lee and Sarah Vaughn are a few of the lady luminaries



in the world of jazz music being honored by The Suzanna Smith Trio. Suzanna is known for her golden tone, innate sense of swing and irresistible charm as she invites the audience into these women's lives, experiencing not

only their music, but also their fashion style, attitude and personal struggles. Suzanna has and continues to perform at some of the Bay Area's popular jazz joints including Zingari Ristorante in San Francisco's Hotel Donatello, The Razz Room, The Ritz-Carlton in Half Moon Bay and Second Saturday Salon Series in Oakland. Suzanna studies with renowned jazz vocalist Kitty Margolis and has studied at The Jazzschool with vocalists Madeline Eastman, Laurie Antonioli, among others. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks (OC/KS), \$17.** General admission early registration discounted rate December 17-January 14, \$12. After January 14, \$15.

REMINDERS

rience. For special accommodations, please inform the monitor during registration. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair bound passengers to the best of our abilities. **DEPARTURES:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

PARKING: For all trips, please park be-

yond the OC Fitness Center (The Wave) unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return to LH.

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

HOSTING A BUS TRIP: Interested in hosting the trip you are on? Please advise the monitor when you register. We always welcome volunteers to host the trips.

PREMIUM RESERVED SECTION SEATING: No need to wait in line before a show. Limited premium seats available for all Ballroom shows. Seats are located on

stage right and middle front sections. On sale only at the Activities Desks (OC/KS). **EVENTS THAT INCLUDE A MEAL:** Ticket sales for special events that include a meal will close three business days prior to event date or upon sellout. All other special events are open for sale until show date unless sold out.

SCENTS: When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.



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 with the purchase of 2 or more tires

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Not to be combined with another offer on same product and not to be used to reduce outstanding debt. No cash value. Offer good at participating Expert Tire stores. See store for full details. In-store installation required.

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

save now thru 3/31/13

Off to the Races

Thursday, February 7 — 1845-12

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the comfort and



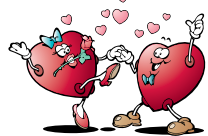
luxury of the Turf Club with an elaborate buffet while watching the races. Dress code: Collared shirts and dress

slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM – 3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ♦♦ by 1/15.

“Romance is In the Air” — A Pre-Valentine Dinner Dance

Friday, February 8 — 5108-12

Romance will fill the air as you dance the night away to the sweet sounds of the West Fifth Avenue Band. This



five-piece band has been performing together since 1992 as one of Sacramento's premier dance bands offering classic standards,

Latin, light rock and popular romantic ballads. To complement the evening's romantic flavor, Chef Roderick will prepare these tantalizing plated dinner choices: *Roasted Salmon Filet or Grilled Top Sirloin*. A no-host bar will be available throughout the evening. For a complete menu, visit the Activities Desks. OC Ballroom doors open at 5:00 PM, dinner served at 5:30 PM, dancing from 6:30-9:30 PM. General admission early registration discounted rate December 17-January 14, \$43. After January 14, \$46.

Feather Falls Casino-

Monday, February 11 — 1920-12



A gaming opportunity without worrying about the snow! We're going to Oroville,

an hour drive north of Lincoln for a four-hour visit. Many gaming options available with \$12 cash back and a \$3 food coupon towards lunch on your own. Leave OC 9:00 AM, return ~ 3:00 PM. \$18. RSVP ♦♦ by 1/15.

“Chapel of Love” — A Post-Valentine's Elvis Tribute Concert

Friday, February 15 — 5115-12

You “Can't Stop Falling in Love” with the talent, charisma and kindness of “The King” and the epic performances he left behind. Celebrate love and friendship



with a Valentine's concert presenting a spectacular tribute to the King of Rock 'n' Roll, Elvis Presley. Internation-

ally acclaimed Mark Anthony performs a program of love hits and chart toppers of the 1970's including: “Love Me Tender,” “Jailhouse Rock,” and “Don't Be Cruel” among others. Mark looks, moves, talks, sings and most importantly, feels like Elvis. He was the recipient of the very first “Spirit of Elvis Award” presented by Elvis Presley Enterprises at the 2011 Ultimate Elvis Tribute Artist Competition and has won or placed in the top five for the past five years. Mark wows crowds with this can't miss stage show about the only performer inducted into three separate music 'Halls of Fame' and earning the title “The King.” Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available for purchase only at OC Lodge, \$20.** General admission early registration discounted rate December 17- January 14, \$15. After January 14, \$18.

Chinese New Year Celebration-

Saturday, February 16 — 1901-12

Welcome in the Year of the Snake during the 16th Annual Chinese New Year Celebration. Organized and presented by The Chinese



New Year Culture Association at the Scottish Rite Temple in Sacramento, this is the largest and most important annual Chinese festival in the Capitol region of California. The celebration includes a traditional dragon dance, martial arts, music, cultural dance performances, and fun activities and exhibits. Local business and organization vendors along with Chinese food restaurants are available to tempt your palate. Lunch on your own. Leave OC 11:15 AM, return ~ 4:00 PM. \$23 (includes admission). RSVP ♦♦ by 1/15.

Sacramento Autorama

Saturday, February 16 — 1911-12

On its 63rd year, the Sacramento Autorama is “The Kustom Capital of the World” and boasts being home to one of longest running indoor car shows in



the world and the premiere custom car show on the West Coast. Over 500 show vehicles will compete for awards inside the Cal Expo buildings. There will be an additional 500 vehicles for the Autorama Drive-In parked in the Building A lot for viewing. The 2013 show theme is “Aloha!” so look for the “Woody Wagons” with the surfboards and feel the island vibes! Lunch on your own. Leave OC 9:15 AM, return ~ 5:00 PM. \$35 (includes admission). RSVP ♦♦ by 1/15.

San Francisco for the Day

Tuesday, February 19 — 1844-12

Time to get your spring wardrobe ready! Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping,



lunching and people watching without driving and traffic. To make your shopping more com-

fortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages

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At least one resident must be 55 years of age or better, a limited number of residents may be younger and no one under 19 years of age. Some residents may be younger than 55. Community Association fees required. Complete offering terms for the homeowner's association is in an offering plan available from sponsor. Void where prohibited. Prices reflect base prices and are subject to change without notice. Lot premiums may apply. Details available upon request.



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from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:00 AM, return ~ 7:00 PM. \$35. RSVP ♦♦ by 1/15.

**KS Music Night Presents
“A Salute to Ray Charles” with Top Shelf’s Johnny T • Wednesday, February 20 — 5120-12**

Amazing music will fill the air when we bring back Johnny T of the popular *Top Shelf* Motown Revue for his solo show honoring the great Ray Charles. Johnny and his talented trio of backup musicians will celebrate many of Charles' hit songs in the true style of the artist including “Georgia On My Mind,” “Hit The Road Jack,” “I Got A Woman” and “I Can’t Stop Loving You.” With a legacy of hit songs, awards, and legions of devoted fans, Ray Charles was a pioneer of soul music, integrating R&B, gospel, pop and country, and is considered to be one of the greatest artists of all time. Johnny T. is a founding member of the *Top Shelf* band that has impressed residents with their high energy, interactive soul-stirring performances in our Ballroom and Amphitheater. P-Hall (KS) 7:00 PM. General admission early registration discounted rate December 17-January 14, \$12. After January 14, \$15.



**Comedy Night at KS
Monday, February 25
6:00 PM performance — 5125-12A
8:00 PM performance — 5125-12B**

For nearly 30 years, Stephen B has been making audiences laugh in comedy clubs, corporate venues and in churches of all denominations. His high energy and animated delivery celebrates observations on life and society. The hilarious combination of rants, raves and stories during his last performance at Lincoln Hills has many residents asking us to bring him back! Stephen has opened for headlining musical acts such as Julio Iglesias, Manhattan Transfer and Michael among others. P-Hall (KS).



General admission early registration discounted rate December 17- January 14, \$10. After January 14, \$12.

**Terra Cotta Warriors —
SF Asian Museum
Tuesday, February 26 — Sold Out**

Discover why the Terracotta Warriors are the eighth wonder of the world without travelling to China. The only West Coast venue for this exhibition, the Asian Art Museum in San Francisco presents some of the Terracotta army’s finest generals, cavalrymen and archers



in *China’s Terracotta Warriors: The First Emperor’s Legacy*. This exhibition tells the story of China’s first emperor whose relentless pursuit of power and immortality led to the creation of a

vast tomb complex ~ a terracotta army to guard the emperor in his reign over the afterworld. In the museum’s permanent galleries, view more than 2000 extraordinary works that include monumental South Asian stone sculptures, Chinese jades, vibrant Korean paintings, mystical Tibetan thangkas, serene Cambodian Buddhas, richly-decorated Islamic manuscripts, and subtle Japanese ceramics including *Batik: Spectacular Textiles of Java*. Admission includes a self-guided multimedia tour of highlights of the museum’s collection available at the Information Desk. Lunch is on your own at Café Asia in the Museum or at a nearby restaurant. Depart 8:00 AM, return ~ 6:00 PM. \$55.

**Beach Blanket Babylon
Sunday, March 3 — 1791-11**

Highly requested! Beach Blanket Babylon, a zany musical spoof of pop culture in San Francisco at Club Fugazi is known for its extravagant costumes and outrageously huge hats. Even if you have seen the performance before, the show continually evolves its hilarious parodies of



popular icons, updating spoofs and adding new characters and songs throughout the year. Seats are not individually reserved, we have the whole center balcony section reserved for our group with open seating. Please advise if you require accessible seating at time of registration — seats available in front cabaret. Ninety-minute performance starts at 2:00 PM. This show is all-ages and no alcohol will be served. Enjoy an early dinner on your own after the show in the North Beach area, many restaurants within walking distance of the theater. Restaurant list will be provided as you board the bus. Depart OC at 10:45 AM, return ~ 7:45 PM. \$94. RSVP ♦♦ Now.

**Marine Mammal Center — Sausalito
Wednesday, March 13 — 1761-12**

The Marine Mammal Center’s mission is to expand knowledge about marine mammals — their health and that of their ocean environment — and to inspire their global conservation. Their core work is the rescue and rehabilitation of sick and injured marine mammals, supported by state-of-the-art animal care and research facilities. We will enjoy a “private,” one-hour guided tour of the state-of-the-art facility with its unique outdoor animal rehabilitation hospital, answering questions and sharing current patients’ stories. View seal and sea lion patients and learn how the hospital functions with hands-on experiences with rescue equipment and touching pelts. We will start the day in Sausalito with a ranger-led tour of The Bay Model, a three-dimensional hydraulic model of the San Francisco and Delta areas. Observe how tides, currents and river inflows from the Pacific Ocean to Sacramento and Stockton as simulated in the one-and-a-half acre facility. Enjoy lunch and shopping on your own in Sausalito before heading over to the Marine Mammal Center. *There will be lots of walking on both tours and some wet uneven pavement. Parts of Marine Mammal Center*





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tour are outside. Please wear appropriate footwear and bring a jacket. Leave OC 7:45 AM, return ~ 5:45 PM. \$56. RSVP ◆◆ by 1/15.

Andre Rieu — And The Waltz Goes On Tour

Friday, March 15 — 4591-12 & 4591-12A

Violin master André Rieu, one of the best-selling live acts in the world, is returning to the US with a brand new show. Watch Rieu perform at Sleep Train Arena (Previously Power Balance Pavilion). Named after his successful



album, the tour will feature famous Viennese operettas to film scores, spirituals to musicals,

and folk songs to marches with Rieu conducting his 60-piece Johann Strauss Orchestra and playing his 1732 Stradivarius violin. Performing more than the beautiful waltzes, this concert is a perfect mix of thrilling, romantic, festive and emotional melodies combined with surprises, balloons, beautiful soloists and of course Rieu's great sense of humor. Seating available at two price levels: Lower level section 123 (rear) \$74 and lower level section 108 (front left) \$106. Depart OC at 6:45 PM ~ return 11:30 PM. RSVP ◆◆ by 1/15.

Overnight!

Monterey Whale Watching • Wednesday, March 20 through Thursday, March 21 — 1970-12 & 1970-12A

Celebrate the first day of spring on a trip to Monterey for whale watching! We'll be staying at the Hotel Pacific in Monterey's historic old town, walking



distance to Fisherman's Wharf and the beach. First stop is Fisherman's Wharf for

lunch on your own. Then enjoy whale watching in the bay. For those who choose not to join the whale watching activity, enjoy free time on your own with an option to experience Cannery Row, visit the Monterey Historic Park or

rest at the hotel for a walk on the beach. On Thursday, start with a complimentary hotel breakfast followed by free time at Cannery Row for shopping, dining or a visit to the Monterey Bay Aquarium. End our day with a hosted lunch at Bubba Gump Shrimp Co. See menu choices at the Activities Desks or online. Please advise of any dietary issues in advance. We stop at Casa De Fruta on the way home. A signed liability waiver is required for each participant. Fee includes luggage handling and bus driver gratuity. Depart 7:30 AM, and return ~ 6:30 PM.

1970-12 (Whale Watching package)

\$235 per person double occupancy, \$303 single

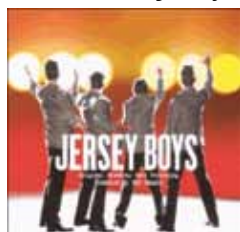
1970-12A (Without Whale Watching)—

\$186 per person double, \$255 single

"Jersey Boys" at Curran Theater

Wednesday, March 27 — 4552-12

How did four blue-collar kids become one of the greatest successes in pop music history? Find out at the runaway smash-hit, "Jersey Boys." Winner of the



Best Musical Award on Broadway, in London and Australia, this blockbuster phenomenon takes you up the charts,

and behind the music of Frankie Valli and The Four Seasons. Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame with songs "Sherry," "Big Girls Don't Cry," and many more. Don't miss the international sensation that's a Broadway triumph and continues to break records in cities across America bringing countless audiences to their feet. We'll be enjoying a matinee show in orchestra and mezzanine seating. Feel free to bring a bag lunch on the trip down. Following the performance, the coach will drop you at Union Square (Post & Powell) for dinner on your own. Purchase early, last date to purchase is January 28. Depart 10:30 AM, return ~ 10:30 PM. \$105. RSVP ◆◆ 1/15.

Broadway Sacramento 2012-2013

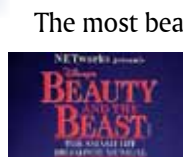
Broadway Sacramento is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation, polish and professionalism of Broadway are all here. All performances at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$76 each except where noted.

• **Rock of Ages • Tuesday, January 22 — 4563-06B**



Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. RSVP ◆◆ Now. See details on page 45.

• **Beauty and the Beasts • Tuesday, March 12 — 4563-06C**



The most beautiful love story ever told is a musical for all generations. Disney's eye-popping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. RSVP ◆◆

Now.

• **Billy Elliot Tuesday, April 9 — Sold out**

• **Les Miserables • Tuesday, June 4 — 4563-06E**



Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schönberg's legendary musical, "Les Miserables," with glorious new staging and dazzlingly

re-imagined scenery inspired by the paintings of Victor Hugo. This new production has been acclaimed by critics, fans and new audiences and is breaking box office records wherever it goes. \$80. RSVP ◆◆ Now.

Sold Out Trips/Events Thru January 20

Trip/Event • Date • Departure Time

- Victorian Holiday, December 16, 12:30 PM
- San Francisco Shopping December 19, 8:00 AM

Continued on page 56

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Continued from page 52

- SF Giants Ballpark Tour, December 20, 9:15 AM
- Crocker Museum, January 3, 9:00 AM
- Speaker Series, January 8, 6:45 PM
- Nunset Boulevard, January 15, 5:30 PM

Acting

New! The Basics of Comedy Improvisation

Friday, February 1-22 — 4011-12

10:00 AM - 12:00 PM. (KS) Presentation Hall. Instructor: Paul Burk. \$60 (four sessions). Class focuses on the basics of comedic improvisation. Students learn



about agreement (yes, and!), active listening, using the environment, storytell-

ing techniques, understanding stage space, and making fellow improvisers look good. Try something different, and walk out of each class with a smile on your face and new friends beside you. Improvisation will change your life!

About the Instructor: Mr. Burk is the owner of the Blacktop comedy in Roseville, and has spent the last ten years learning improv. He has studied in Chicago, Los Angeles, and San Francisco. RSVP ♦♦ by 1/16.

Art Classes

— Oils, Pastels & Acrylics —

New! Impressionism and Landscape Painting with Oils and Acrylics •

Wednesdays • January 2-30 — 1033-12

9:00-11:30 AM (OC). Instructor: Artist/resident Marilyn Rose. \$65 (five sessions). For artists of all skill levels.

Students receive expert guidance in creating original landscape paintings in oil or acrylic based on photographs of their choice. Class demonstrations,



masterwork examples and individual instruction will be used to help students understand the various elements of landscape painting and implement them in capturing their unique vision on canvas. Study will include design, visual pathways, value structure, color harmony and painless perspective. First-time students will be contacted by Marilyn to set up a meeting in the week before the first session to discuss the supply list and some important elements of the class, as well as the student's objective. Student may contact instructor at 409-0397. Supply list will be provided during the meeting. *About the Instructor:* Selected by revered LH art instructor Tom Proctor to carry on with his class, Marilyn has been teaching art for over five years with hundreds of her paintings in private collections nationwide and abroad. Her continuing education includes classes and workshops in landscape, portraiture and still life. She has participated in several plein air painting events and juried national, statewide and local exhibits. Her work can be seen at Elliott Fouts Gallery in Sacramento and on her website www.artistmarilyn-rose.com. RSVP ♦♦ by 12/26.

Floral and Still Life in Oils

Thursdays, January 10-31 — 1041-12

1:00-4:00 PM (OC). Instructor: Artist/resident Jan Saia. \$65 (four sessions). Students will learn to identify "form" and "values" and how to apply that knowledge in their paintings. Other principles in creating art will be discussed and applied. Several floral and still life "vignettes" will be set up for the students to choose from and to paint. *About the Instructor:* Jan has been painting professionally for over 20 years, selling her work both nationally and internationally. RSVP ♦♦ by 1/3.

Landscape Art Workshop by Greg Kondos • Friday-Sunday, January 18-20 — 1040-11

9:30 AM-4:30 PM (OC). Instructor: Greg Kondos. \$155 (three sessions). For intermediate to advanced students only. Join one of California's most prominent art-

ists and one of the most respected landscape painters in the nation: Gregory Kondos, in a rare three-day workshop here in Lincoln Hills. Limited to 18 students, the class will consist of a morning of introduction and lecture on the first day by Mr. Kondos and his rendering of a local landscape using charcoal on canvas in the afternoon with students. The next two days will have the students



working on one-to-three images of their choice with guidance and advice from instructor.

Students must provide their own choice of media (oils, Acrylics, watercolor or charcoal) and canvases during all three days of workshop. Class takes an hour break for lunch. *About the Instructor:* Kondos has been an art professor for 30 years with the Sacramento City College Art Gallery named after him, a multi-awarded national and international artist with popular works including Yosemite, Sacramento River Delta, France and islands of Greece. RSVP ♦♦ by 1/11.

— Drawing —

Multi-Media Drawing

Wednesdays, January 9-30 — 1011-12

9:30 AM-12:00 PM. (OC) Instructor: Claire Michelet. \$64 (four sessions). Do you love to draw and learn new techniques? From beginners to the experienced, this class will put fun into your drawing! Get your favorite media ready and experiment and play as you move from one creative exercise to the next, from theme to theme and from figuration and abstraction to imagination. Whatever your preference, pencil, ink, pastels and more, this class will improve your skills. The first part of class will be dedicated to fun and stimulating exercises. The second part focuses on your personal project. Supply list will be provided upon registration. RSVP ♦♦ by 1/2.

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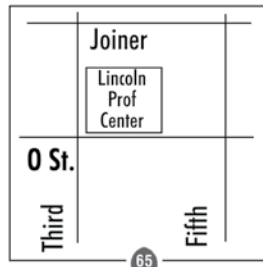


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— **Mixed Media** —**Mixed Media Collage • Mondays,
January 7-28 — 1140-12A**

12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$74 (four sessions). This lively and improvisational fine art class turns “found objects” and recyclables such as magazine pages, wrapping paper, beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake in creating this artwork. Class is easy, fun offering a fresh, new fine art technique. Open to beginning and continuing mixed media artists. **New students:** Call Jo at 543-1357 for supply list. RSVP ♦♦ by 12/31.



media collage art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your favorite colors, textures and images combined with acrylic paint and beautiful

Bridge**Bridge Plus with Laurie • Thursdays
January 10-February 28 — 1510-11**

10:00-12:00 (KS). \$60 (eight sessions). Instructor: Laurie Vath. This class is for players who want to improve their knowledge, ability and enjoyment of bridge. The class covers basics of modern Standard American Bridge including conventions, with emphasis on partnership communication. There will be some play in each class as time permits. Students should have completed Beginning Bridge or have commensurate experience. RSVP ♦♦ by 1/3.



bridge. The class covers basics of

Ceramics— **Lladro** —**Spanish Oil Painting****Wednesdays, January 2-30 — 2063-12**

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

paint porcelain figurines. **Prerequisite:** Beginning students required to attend five consecutive classes in order to complete first-time instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 12/26.

**Lladro Workshop • Wednesdays,
December — 2064-01L****January — 2065-01**

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

— **Pottery** —**Beginning/Intermediate Ceramics
with Jim****Tuesdays, January 8-29 — 2012-12A**

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



class for residents who have never worked with clay and 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 1/1.

**Advanced Ceramics • Tuesdays,
January 8-29 — 2012-12B**

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 1/1.

**Ceramics — All Levels • Thursdays
January 3-31 — 2011-12**

1:00-4:00 PM (OC). Instructor: Terry Acocomando. \$67 (five sessions). Open to all skill levels. Class teaches hand-building techniques and working on the potter’s wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any project they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list from the Activities monitor when you register. RSVP ♦♦ by 12/27.

**Computer Classes — Mac****iPad and iPad Mini****Saturday, January 26 — 2571-12**

1:00-4:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of — and into



— your iPad or iPad Mini than you ever thought possible. Learn all about iOS6 (the operating system for this device) settings, like Air Play and Internet. This class will demonstrate the many iPad settings and applications on the large screen in P-Hall (KS). Both PC and Mac

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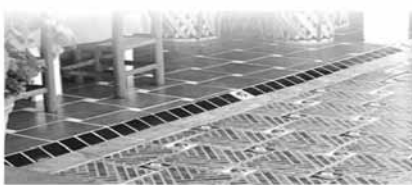
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users can benefit from learning system settings and syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. Class size is limited so sign up early. RSVP ♦♦ by 1/19.

Introduction to iPhoto 11 (Version 9) Friday & Saturday, January 11&12 — 2570-11

9:00 AM-12:00 PM (OC). Instructor: Andy Petro. \$60 (two sessions). \$5 for handouts collected by instructor. Class covers how to get your pictures from a digital camera, email, CD and SD card into iPhoto; printing; sending your photos and creating slide shows, calendars, cards and ‘table top’ books. Discover how to keep track of your photos and edit them. Take out ‘red-eye’ automatically and much more. The class will also include why and how to set preferences, understanding different importing and exporting techniques. Use the ‘Faces and places’ in iPhoto. Room for nine students using the lab’s iMacs and three for personal laptop owners. Those bringing their laptop must have iPhoto ’11 (version 9) and Mountain Lion (Version 10.8.2) installed. Please contact instructor at 253-9130 prior to registration to ensure that your software will work properly for the class. RSVP ♦♦ by 1/4.

Computer Classes — PC

Tips & Tricks for Beginning PC Users Tuesday, January 8 — 2540-11A

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$15. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are



all essential Windows techniques that everyone assumes you know, but you don’t. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 1/1.

More Tips & Tricks for Beginning PC Users • Thursday, January 10 — 2540-11B

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$15. In this class you will learn over 50 additional PC tips and tricks that weren’t covered in the first session of “Tips & Tricks for Beginning PC Users.” You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 1/3.



Excel Basic • Mondays & Wednesdays, January 7-16 — 2651-11

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). It’s the first of the year and you know what that means — time to get your “stuff” together for taxes! This class will introduce you to the basics of Microsoft Excel. With this knowledge, you can begin to organize your tax information as well as many other financial papers such as budgets whether personal or for a group. Learn how to use Excel — from entering data into an Excel spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting the Excel spreadsheet to make it easier



to read and understand. Don’t let the word “arithmetic” scare you. This class will use simple things like add, subtract, multiply, divide, average and sum. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 12/31.

Beyond Excel Basics • Monday & Wednesday, January 28, 30, February 4, 6 — 2651-12

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Want to do more with Excel, learn how to link spreadsheets, ask questions, work more with formulas and functions in addition to lots of practice? Then this is the class for you. Exercises will be provided giving the student experience working with large spreadsheets and combining data from different sources into a summary report. This class will provide individuals with more Excel experience. Among the functions covered will be statistical functions, IF function, VLOOKUP and the Sort Command), formatting, graphing, and the concept of Relative versus Absolute Addresses. The last topic covered will be Macro building. RSVP ♦♦ by 1/21.

— Genealogy —

Family Search Made Easy Thursday, January 24 — 2690-11

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. New FamilySearch is an online system that allows you to search for your ancestors from the world’s largest genealogical database. Once you find a new ancestor, you can retrieve information about this ancestor directly into a family history program like RootsMagic. Learn how to use RootsMagic to easily search the FamilySearch Family Tree and to share data and collaborate with others using this tremendous online resource. You will learn how RootsMagic can make



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

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Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City/Lincoln)
 8:00 AM at Orchard Creek Lodge
 Thursday, December 20
 Thursday, January 3
 Thursday, January 17

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

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— Photo —

Digital Photography
Monday, Tuesday, Thursday,
January 7, 8 & 10 — 2570-12A
5:30-8:00 PM (OC). Instructor: Roy



Salisbury. \$49 (three sessions). Are you tired of not knowing how to use your digital camera? Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, as well as what all those icons do on your cameras. Handout fee (\$3) payable to instructor. Roy is an adjunct instructor at many local schools and American River College for the past 14 years and came highly recommended by residents. RSVP ♦♦ by 1/1.

Picasa • Monday, Tuesday, Wednesday,
January 28-30 — 2552-12

1:00-3:00 PM (OC). Instructor: Len Carniato. \$60 (three sessions). Holidays mean family gatherings and family gatherings mean photos! Modern digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Picasa is a free and intuitive program designed for the “amateur” digital photographer that can be installed in any computer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. **Prerequisite:** Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ by 1/21.

Photoshop Elements 9 — Level 1
Tuesdays, February 5-19 — 2570-12B

5:30 -8:00 PM (OC). Instructor: Roy Salisbury. \$49 (three sessions). Photoshop is the number one consumer photo editing software. 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 5.0 to 11.0 owners. After class, students may access PC lab to work on their photo projects. **Prerequisite:** Basic computer knowledge recommended. Handout fee (\$3) payable to instructor. RSVP ♦♦ 1/29.



Photoshop is the number one consumer photo editing software. 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 5.0 to 11.0 owners. After class, students may access PC lab to work on their photo projects. **Prerequisite:** Basic computer knowledge recommended. Handout fee (\$3) payable to instructor. RSVP ♦♦ 1/29.

Cooking

Cooking with Chef Roderick
Root Vegetable Specials
Tuesday, January 8 — 4012-12

9:00-11:00 AM. (KS). Instructor: Chef Roderick Williams. \$15. Winter is root vegetable time! Chef will showcase different ways to work with root vegetables. Experience the flavors of different root vegetables in dishes like soup, ragouts and side dishes. Students will receive the recipes and taste Chef’s wonderful creations. Space is limited, sign up early. RSVP ♦♦ by 1/1.



vegetable time! Chef will showcase different ways to work with root vegetables. Experience the flavors of different root vegetables in dishes like soup, ragouts and side dishes. Students will receive the recipes and taste Chef’s wonderful creations. Space is limited, sign up early. RSVP ♦♦ by 1/1.

Crafts

— Card Making —

Intro to Card Making 101 • Tuesdays,
January 8-29 — 3170-12A

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$32 (four sessions). Have you ever wanted to make a card but you weren’t sure how to get started? This beginners class will be a fun three hours of learning how to make greeting cards along with a cute box.



Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 1/1.

Card Making — Level 2 • Fridays,
January 4-25 — 3170-12B

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$38 (four sessions).



Prerequisite: Completion of Intro to Card Making 101, or instructor’s approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided. RSVP ♦♦ by 12/28.

Dance

All Dance classes take a hiatus in December. For a smooth transition between all classes, dance instruction will finish five minutes prior to advertise ending time. Please clear the room ASAP for the next class. Thank you.

— Clogging —

Step Review through Intermediate
Clogging • Tuesdays,
January 8-29 — 3572-11A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions.). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We’ll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 1/1.



Performance and Technique Clogging
Tuesdays, January 8-29 — 3572-11B

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are

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strongly encouraged to take *Step Review through Intermediate Level Clogging*. Janice brings her many years of expertise working with dancers of all levels and all ages. Challenge yourself with some higher level clogging. Review of steps from some of the Intermediate Level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 1/1.

— Country Couples Western Dance —

Country Couples Western Dance — Beginner Level 1 & 2 • Mondays, January 7-28 — 3532-11A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western dancing is done to many types of



music, country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. Dances for this session will be “Circle dance sidekick, redneck stomp and circle dance midnight waltz.” If you don’t have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 12/31.

Country Couples Western Dance — Intermediate Level 3 & 4 • Mondays, January 7-28 — 3532-11B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more complex with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances for this session will be “circle dance talk to yo mamma; circle dance Joe’s diner; circle dance another

song; and review of circle dance Caribbean cadence.” RSVP ♦♦ by 12/31.

— Hula —

Beginning Hula

Thursdays, January 10-31 — 3901-11A
12:00-1:00 PM (KS). Instructor: Pam Akina. \$32 (four sessions). Learn the beautiful art form of Hula from the Hawaiian Islands. This class is for new or less



and ami, you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 1/3.

experienced hula students.

Using the basic steps kaholo, ka`o, hela,

and ami, you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 1/3.

Intermediate/Advanced Hula

Thursdays, January 10-31 — 3901-11B

1:15-2:15 PM (KS). Instructor: Pam Akina. \$32 (four sessions). Continue your study of Hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval. Email Pamahoa@hulapono.com or call 521-0474 to request approval. RSVP ♦♦ by 1/3.

— Jazz —

Jazz Technique

Saturdays, January 5-26 — 3930-11A

Or Tuesdays, January 8-29 — 3930-11B

Saturdays 3:00-4:00 PM, Aerobics Room (OC), Tuesdays 1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Have fun learning different styles of jazz dancing emphasizing proper tech-

nique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. The first class will be used by instructor to evaluate student skill level for future class programming. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 12/29 or 1/1.

— Line Dance —

Intro to Line Dance

Thursdays, January 3-31 — 3704-11

4:30-5:30 PM (KS), Instructor: Yvonne Krause. \$30 (five sessions). The first step to learning line dancing. **This class is for real beginners introducing**



basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne for a fun class that will prepare

you to advance to more challenging line dance classes in the future. *Not* for experienced students. *Students who have completed the class at least three times should register for the next line dance level or higher to allow space and comfortable learning experience for beginning learners.* RSVP ♦♦ by 12/27.

New Class! Intro to Line Dance

Mondays, January 7-28 — 3704-12

6:00-7:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). Due to high demand, we have added another schedule. The first step to learning line dancing. This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. **Repeat students should not register for this class.** RSVP ♦♦ by 12/31.

Line Dance I Beginner with Audrey

Thursdays, January 3-31 — 3601-11A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$30 (five sessions). Class is not for newbies to the dance. Class reviews fundamentals of line dance, including basic steps such as grapevine, jazz box, shuffle quarter and half turns at a slow tempo. If you haven’t line danced be-

fore you should start with Intro to Line Dance. RSVP ♦♦ by 12/27.

Line Dance II Beginner Intermediate with Audrey • Mondays, January 7-28 — 3601-11 B

5:00-6:00 PM (KS). Instructor: Audrey Fish. \$24 (four 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 12/31.

Line Dance III Intermediate with Audrey Thursdays, January 3-31 — 3601-11C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$30 (five sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. 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 12/27.

Line Dance I Beginner with Sandy Tuesdays, January 8-29 — 3706-11A

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$24 (four sessions). Line Dance I Beginner is a step above the Introduction to Line Dance Class. This



class will teach you basic line dance steps such as grapevine, coasters, sailors, triple steps, kick ball changes, twinkles, pivot quarters and half turns, quarter Monterey turns, jazz boxes, lock steps, rumba boxes and many more. Dances are taught to all different tempos of music, not just western. You must have a basic understanding of line dance terminology, which you will have received in the Introduction class. You don't need a

partner to enjoy the fun and exercise of line dancing. RSVP ♦♦ by 1/1.

Line Dance II Beginner-Intermediate with Sandy Wednesdays, January 2-30 — 3706-11B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five 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 12/26.

Line Dance III with Sandy Wednesdays, January 2-30 — 3706-11C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five 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 to the number of turns but caution is applied 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 12/26.

Line Dance I Beginner with Yvonne Mondays, January 7-28 — 3602-11A

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). This class is a step up from the Introduction to Line Dance Class. If you have never danced before, it is highly recommended, but not necessary, to have taken at least one to three of the Introduction sessions in order to be familiar with basic line dance terminol-

ogy. Although this is a beginner class, it is taught at a faster pace than the introduction level. RSVP ♦♦ by 12/31.

Line Dance Beginner Plus with Yvonne Mondays, January 7-28 — 3602-11B

6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). For



those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from Line Dance I into Line Dance II. The dances are a bit more challenging but, at the same time, incorporate what has been learned at the beginner levels making dances fun, exciting and provides exercise for mind and body. RSVP ♦♦ by 12/31.

Line Dance II/Beginner-Intermediate with Yvonne Thursdays, January 3-31 — 3602-11C

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$30 (five sessions). This class is taught at a faster pace than the beginner class and introduces more difficult combinations of steps, turns, syncopation and much more. The class is not for beginners and students at this level should know line dance terminology. RSVP ♦♦ by 12/28.

— Tap Dance —

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ed rate *** for one Technique class.

Performance Class • Mondays, January 7- 28 — 3557-11A

10:00-11:00 AM (KS). \$32 (four sessions)
A preparatory performance class for
2013 Talent Show, no new students will
be accepted. RSVP uu by 12/31.

Advanced Technique Class • Mondays, January 7-28 — 3557-11B (\$20)

*** 3557-11B1 (\$10)

11:00 AM-12:00 PM (KS). Four sessions.
Class is geared more for tappers with
advanced skill level but class is open for
all who want a more challenging routine
and dance steps. RSVP ◆◆ by 12/31.

Advanced Performance • Mondays, January 7-28 — 3557-11C

12:00-1:00 PM (KS). \$32 (four sessions).
A preparatory performance class for
2013 Talent Show, no new students will
be accepted. RSVP ◆◆ by 12/31.

Beginning Tap • Tuesdays, January 8-29 — 3557-11D

9:00-10:00 AM (KS). \$20 (four sessions).
This is the perfect time to discover the
joy of tapping. Class introduces students
to the basic steps and terminology of tap
dance. This class begins every January
and runs as a beginning class through
November at which time individuals
will move into one of the four already
existing tech classes. Minimum of 10
students required for the class. RSVP ◆◆
by 1/1.

Technique Class • Tuesdays, January 8-29 — 3557-11E (\$20)

*** 3557-11E1 (\$10)

10:00-11:00 AM (KS). Four sessions. RSVP
◆◆ by 1/1.

Technique Class • Thursdays, January 3-31 — 3557-11F (\$25)

*** 3557-11F1 (\$13)

11:00 AM-12:00 PM (KS). Five sessions.
RSVP ◆◆ by 12/27.

Performance • Thursdays, January 3-31 — 3557-11G

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

A preparatory performance class for
2013 Talent Show, no new students will
be accepted. RSVP ◆◆ by 12/27.

Performance • Thursdays, January 3-31 — 3557-11H

12:00-1:00 PM (KS). \$40 (five sessions). A
preparatory performance class for 2013
Talent Show, no new students will be
accepted. RSVP ◆◆ by 12/27.

Tap for Fun with Judy

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

Mondays, January 7-28 — 3581-11A

4:45-5:45 PM (KS). Instructor: Judy
Young. \$24 (four sessions). From warm-
up to wrap-up, this class is a high energy,
fast tapping experience with challenging
tap dynamics. Come join the fun. RSVP
◆◆ by 12/31.

Fridays, January 4-25 — 3581-11B

1:00-2:00 PM (KS). Instructor: Judy
Young. \$24 (four sessions), Dust off your
tap shoes, or buy your first pair. Basic
steps and combos create dances with
flair. Join us for fun and exercise, too. A
toe-tapping time, this class is all new.
RSVP ◆◆ by 12/28.

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

*West Coast Swing classes will take a hiatus
until January. Classes will
resume in February.*

Driver Training

AARP Driver Safety Refresher Training Program • Saturday,

January 12 — 6055-11

9:00 AM-1:30 PM including two short
breaks (OC). Instructor: Paul Jessen.



AARP members \$22; Non-
members \$24. Fee includes a
\$10 Association administrative
fee. This half-day refresher
course is available to past at-

tendees of the eight-hour AARP Driver
Safety Training. Geared to the "over
50" driver, it covers how to adjust our
driving to age-related changes in our
bodies, as well as common sense ways
to drive more safely. Course instruction
uses videos, lively interactive discussions
and provides workbooks for a balanced
review of safe driving. As with the full
course, there are no tests to pass. You
must register and pay in advance at
the Activities Desks. Present your AARP
membership card at registration *and*
bring to the class in order to receive the
discounted rate. Bring a valid driver's
license to class in order to receive a
Certificate of Completion (required by
many insurance companies to qualify for
premium discounts). This course does
not replace Traffic School for violations,
nor is it specifically geared to help you
pass the DMV driver's test. Class space is
limited. RSVP ◆◆ by 1/5.

Fitness

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

**Fitness class levels are based on
a scale of 1-3. Level 1 is designed
for the beginner and 3 for the
advanced exerciser.**

— Small Group Training —

Small group training can be a great op-
tion when you want to enjoy more per-
sonalized attention, but spend less than
working directly with a personal trainer.
Small group trainings are offered in a



variety of formats and they
provide much more focused
attention to the participant's
goals than traditional large
classes. If you have a goal in mind, and
enjoy having someone there to ensure
that you are doing the exercises cor-
rectly, small group training is a great
option for you! Sessions will have a
minimum of four and maximum of six
participants, and are held twice a week
for four weeks.

Look in your January Compass, for new dates and times for all of your favorite Small Group Training classes coming in February.

New! SGT — Pilates Reformer classes coming soon!

All kinds of exercises can be done on the reformer to promote core strength, muscular strength, flexibility, balance and much more!. Reformer training can help increase bone density for people with Osteoporosis. It can also benefit people with arthritis, Parkinson's and Multiple Sclerosis because it increases joint range of motion, muscular and core strength.

Coming Soon! SGT — Balance and BOSU®

Mondays & Fridays, 11:30 AM-12:30 PM, Aerobic Room (KS). Instructor: Eve Joseph. Redefine and explore your body's balance systems using the BOSU® Balance Trainer and walk away with a whole new perspective on balance. More than just your ability to stand on one leg, balance signifies both the starting and ending point of human movement, and this class will show you how to train complementary aspects of balance to improve proprioception, strength and flexibility.

— Weights & Stretches —

Arthritis Class L1 • Tuesdays and Thursdays, January 8-31 — 801000-12

11:00-11:30 AM, Aerobics Room (OC). Instructor: Lin Hunter. \$25 (four sessions). This class is great for those with Arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. RSVP ♦♦ by 1/1.

Arthritis Class L2 • Tuesdays and Thursdays, January 8-31 — 80300-12

11:45 AM-12:30 PM, Aerobics Room (OC). Instructor: Lin Hunter. \$35 (four

sessions). This class is great for those with arthritis and other rheumatic diseases. Strong muscles help keep weak joints stable and protect them against further damage. This class adds muscle strengthening and balance to the Arthritis Class L1. RSVP ♦♦ by 1/1.

— Mind & Body Connection —

Extra Gentle Yoga L1

Tuesdays, January 8-29 — 710000-12
12:45-1:45 PM, Aerobics Room (OC).

Instructor: Julie Boone. \$44 (four sessions). Julie's popular yoga classes are gentle and adaptable to meet the needs of any student. Julie's motto is "Yoga is not supposed to hurt!" Julie will help students modify



postures to find a level of stretch that is comfortable. If you have not tried yoga before, this is the class for you. Expect breathing exercises, standing poses, floor poses, and a brief guided relaxation. This class does not offer meditation instruction. Limit: 20 participants. Register: Fitness Centers/online. RSVP ♦♦ by 1/1.

Gentle Hatha Yoga "Plus" L2

Tuesdays, January 8-29 — 710100-12
Thursdays, January 10-31 — 710120-12
2:00-3:30 PM, Aerobics Room (OC).

Instructor: Julie Boone. \$44 (four sessions). This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, and pranayama (breathing exercises). The "plus" is more time in deep relaxation, and additional instruction in meditation. While a physically-gentle class, it is not "easy." Strength, flexibility, and balance will be developed. All levels of experience are welcome. Register: Fitness Centers/online. RSVP ♦♦ by 1/1.

Coming Soon! Yoga for Osteoporosis L1 • Fridays, February 1-22 — Register in January

5:30-6:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). Exercise cannot replace bone

that's already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps us to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice balancing and deep relaxation.

Piloga L2

Mondays, Wednesdays & Fridays

11:00 AM-12:00 PM, Aerobics Room (OC). Instructor: Lola Lundquist. Sign up today: \$3.50 per class, purchase a Mind & Body punch pass. Piloga blends



Pilates and yoga. Lola welcomes residents seeking to *strengthen their core* — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve *balance and flexibility*. To deepen your *relaxation and help relieve stress*, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Make-up classes are allowed. If you miss the sign-up deadline you may sign up during the first week of each month; you must, however, pay the full price for the month. This is a four-week session; purchase a Monday or Wednesday or Friday class or a combination of days as listed below. Note: instructor will be on medical leave in January — a substitute instructor will teach this month only.) Questions? Please contact Lola at 434-1390. Register: Fitness Centers/online. RSVP ♦♦ by 12/28.

Coming Soon! Saturday Meditation L1 Saturdays, February 2-23 — Register in January

11:45 AM-1:15 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). Have you always wanted to meditate? Has your doctor (or best friend) told you that you need to meditate? Have you tried to meditate, and thought that you failed? This four-week meditation class is for you! We will discuss the reasons for and effects of meditation,

the various ways to meditate, and simple techniques to help you "get there."

Evening Hatha Yoga L2 • Tuesdays, February 5-26 — Register in January

6:30-7:45 PM. Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions; no classes on Tuesdays in January due to renovations). The New Year has started, so resolve to take an early evening yoga class that will give you increased energy and improve your flexibility, balance, and strength, all while reducing stress. Everyone is welcome to this fun-filled, informative class.



Evening Yoga and Meditation Thursdays, February 7-28 — Register in January

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). The holidays can be stressful. This early evening yoga class consists 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, so enrollment is limited.

Yoga Flow L2 • Tuesdays & Thursdays

10:00-11:00 AM, Aerobics Room (OC). Instructor: Karen Kaffka. \$3.50 per class, purchase a Mind & Body punch pass. Designed using the relaxing and powerful techniques of Yoga to tone, strengthen, improve balance, and increased flexibility. These exercises can reduce the risk of injury and help with chronic pain.

Yoga Basics L1 • Saturdays

9:00-10:00 AM, Aerobics Room (OC). Instructor: Karen Kaffka. \$3.50 per class, purchase a Mind & Body punch pass. Come learn the fundamentals of Yoga. This class is designed for those with just a little Yoga experience. Improve balance and muscular strength. The small stability ball will be introduced to emphasize stabilization of the core

New! Piloga Flow L2 • Tuesdays

10:30-11:30 AM (KS). Instructor: Joanie Martin. \$3.50 per class, purchase a Mind & Body punch pass. Piloga Flow is an unique non-impact class which combines Pilates and Yoga. Designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhhh!

Pilates Fit L2 • Thursdays,

10:30-11:30 AM (KS). Instructor: Domine Trosky. \$3.50 per class, purchase a Mind & Body punch pass. The ultimate mind body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with pilates fit. Based on original pilates exercises. You will feel the benefits after your first workout and keep them for a lifetime.

Tai Chi Beginning L1 • Tuesdays, February 5-26 — Register in January Saturdays, January 5-26 — 730200-12

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. \$40 (four sessions; no classes on Tuesdays in January due to renovations). Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about



harmony of spirit and mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. Register: Fitness Centers/online. RSVP ♦♦ by 12/29.

Tai Chi Intermediate L2 • Tuesdays, February 5-26 — Register in January

2:45-3:45 PM, Aerobics Room (KS). Instructor: Peli Fong. \$40 (four sessions); no class in January due to renovations. This class is designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and



work toward a greater understanding of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Register: Fitness Centers/online. RSVP ♦♦ by 1/29.

— Aqua Classes —

Arthritis Foundation Aqua Class L1 Mondays, Wednesdays, Fridays

January 2-31 — 813212-12
11:30 AM-12:15 PM (OC). Instructors: Cathy Keller and Judy Barnett. \$2.75 per class; purchase up to 13 classes. This

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class is specially designed for people with arthritis, we will put our joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter you can't miss with this class! Register: Fitness Centers/online. RSVP ♦♦ by 12/31.

Aqua Yoga L1

Mondays, January 7-28 — 832001-12

12:30-1:30 PM (OC). Instructor Joanie Martin. \$32 (four sessions). Imagine weighing 80 percent less than your scale indicates! Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion, develop strength and static balance, while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of the mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Centers/online. RSVP ♦♦ by 12/31.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open



to experienced persons (after orientation) or those who have completed the *Intro to Gem Cutting*, *Lost Wax Casting* or *Jewelry Fabrication* classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrica-

tion equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

Intro to Gem Cutting • Mondays, January 7-28 — 3082-12

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil. \$30 (four sessions). Supply fee \$15 payable to instructor. Class limited to six students for optimum learning. This “hands-on” class provides instruction on safety and operation of lapidary equipment, and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP ♦♦ by 12/31.

Lost Wax Jewelry Casting • Monday, January 7-28 — 3130-12

Class week one, two and four — 9:00 AM-12:00 PM; *week three* — 8:00-9:00 AM, 2:00-4:00 PM. (KS). Instructor: Dave Fisk (four sessions). \$75 class fee, plus materials fee of \$20 payable to instructor at first class. Learn the basic techniques



of this millennia old craft. Create wax model of desired jewelry or object, invest the model in a

plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Maximum of six students. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP ♦♦ by 12/31.

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, January 7 — 3103-02A

4:00-6:30 PM, Sierra Room (KS). Mod-

erator: Jordan Gorell. \$12. Workshop is held once a month; *for experienced students only*. A moderator is present



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

Jewelry

Wire Flower Pendant

Tuesday, January 8 — 3013-11

9:00 AM-12:00 PM. (KS). Instructor: Cathie Szabo. \$20 (one session). Great for beginners and experienced beaders! Create your own one-of-a-kind pendant! Gather together those “treasures” hiding at home or hit a bead store for inspiration. Beads of all types (including glass pearls) are twisted with wire into artistic shapes. Add other colors or accent



pieces for a personal touch. Attach the pendant to leather, ribbon, chain or C-lon threads and you're ready to

go! Technique is super easy — if you can twist a “twist-tie,” you can do this! Students can complete one or more pendants during class. For experienced beaders with lots of beads, cost is minimal — about \$5. For folks wanting to buy everything — figure about \$25. Pick up a materials list during registration. Cathie will be sharing some of her beads for free during class. Check out the samples in the Lodges for inspiration. If you have questions about materials or your ability to handle this project, contact Cathie at billcats1@earthlink.net or 434-6667. Make sure you get the materials list and best places to shop when you register. RSVP ♦♦ by 1/1.

Crystal Spiral Necklace

Tuesdays, January 22 & 29 — 3013-12

9:00 AM-12:00 PM (KS). Instructor:

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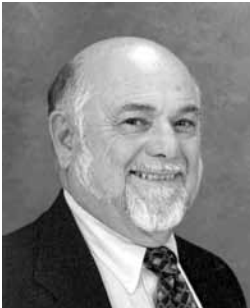
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Cathie Szabo. \$25 (two sessions). Add some sparkle to your wardrobe with this necklace! The necklace highlights Chinese crystals for that all-important shimmer and shine. Add some small cube beads or pearls and a selection of seed beads and you have a necklace to remember. Get inspired by the samples in the Lodges. Project requires a bit of skill in handling smaller beads and some patience — the pattern used is a repetition — once learned, just repeat it!



Depending upon what beaders may have in their stash, cost can go from about \$10 to \$25 and up. If you have any questions about this project or your ability to handle it, contact Cathie at billcats1@earthlink.net or 434-6667. RSVP ♦♦ by 1/15.

Music

— Guitar —

Guitar I — Beginner Level
Wednesdays, January 2-30 — 4262-11A
 8:00-10:00 AM (KS). Instructor: Bill



Sveglini. \$44 (five sessions). Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger

picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 12/22.

New Day, Time, Location!

Guitar II — Guitar Intro Continuation
Wednesday, January 2-30 — 4262-11B
 10:15-12:15 AM (KS). Instructor: Bill Sveglini. \$44 (five sessions). Class will continue to cover note reading. Chords,

strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill 899-8383. RSVP ♦♦ by 12/22.

Guitar III — Intermediate, Thursdays
January 3-31 — 4262-11C

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$44 (five sessions). This class continues the course of study in Guitar II. Course of study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. The class promises to be a lot of fun. RSVP ♦♦ by 12/27.



Guitar IV — Advanced
Thursdays, January 3-31 — 4262-11D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$44 (five sessions). **Prerequisite:** Students must have instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 12/27.

— History —

The History of Rock and Roll
Part 3 • Wednesdays,
January 23- February 13 — 4272-12

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). We continue our



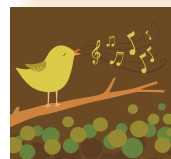
journey through the history of the most popular music of our times: Rock and Roll. In this session we will meet Mr. Zimmerman from Minnesota whose influence will change everything in the Rock and Roll world. We will discover

the evolution of Folk into Folk-Rock and the impact on lyrics that gave voice to the Protest Movement of the 1960's. We will also travel to the Motor-City and find the power of America's most popular music — Motown! So, hop on board as we take a "Soul Train" to the History of Rock and Roll Part 3. RSVP ♦♦ by 1/16.

— Voice —

New Day, Time, Location!
Beginners Singers Vocal Boot Camp
Friday, January 4-25 — 6132-11A

9:30-11:30 AM except for January 18 — 9:00-11:00 AM (OC). Instructor: Bill Sveglini. \$35 (four sessions). Have you



wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be

able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginners class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ♦♦ by 12/27.

New Day, Time, Location!
Singer Vocal Boot Camp Continuation
Fridays, January 4-25 — 6132-11B

11:30 AM-1:30 PM except for January 18 — 11:00 AM-1:00 PM (OC). Instructor: Bill Sveglini. \$35 (four 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. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 12/27.

Sewing

Bernina Serger Certification
Monday, January 14 — 4056-12A
 1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15 All supplies provided. Class limit three. RSVP ♦♦ by 1/7.

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Bernina Sewing Machine Certification • Monday, January 14 — 4056-12B

2:30-3:30 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 1/7.

Janome Sewing Machine Certification • Monday, January 14 — 4056-12C

3:30-4:30 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 1/7.

New! Basics of Sewing by Sylvia Feldman • Mondays

January 14 & 21 — 4070-12
10:00 AM-12:00 PM (OC). Instructor: Sylvia Feldman. \$60 (two sessions). Class covers from mending to quilting and fun projects. Learn how to sew a button on quickly, hem a pair of pants, sew a side seam, and make a pillow, pillow case or any craft item. You will also learn how to sew a 1/4" seam, over-lock raw material and measure and square up fabric. You will learn how to cut fabric precisely for any

project. Repair a zipper or replace it the easy way. Read a pattern and much more. We will sew a set of pillowcases in class and a simple tote bag. Supply sheet provided at time of registration. Questions? Please call 543-3403. RSVP ♦♦ 1/7.



Bucket List

Continued from) 17

Here in SCLH, Sheridan is part of a Gourmet Dinner Club and belongs to a Classic Book Club that has read more than 100 classics. Sheridan began line dancing in 1992 and says this is her very favorite activity. She is a line dance practice teacher and dances five days per week at SCLH.

What's have you checked off your Bucket List?

You don't have to have climbed Mt. Everest to submit an article to this column, though that would certainly be noteworthy. Perhaps you created your family tree, learned a foreign language, swam with the dolphins, went dog sledding, or skydiving? Maybe you have visited the Grand Canyon,

gone river rafting, or made a big difference in someone's life.

Please send a paragraph or two of details about what you've crossed off your bucket list to gaysprague@att.net so we can keep the great variety of bucket list accomplishments coming to you monthly!

Food and Toys

Continued from page 7

Club and Frank Neves of the Semper Fi Association, the two groups that work in conjunction with The Salt Mine and local schools to identify and fill family and senior needs of the season.

Christmas food boxes and toys will be distributed to about 450 local families. For more than 20 years, the Lincoln Lions Club

has been working with The Salt Mine on the Christmas Food Program. Plans made by the 30-member club begin early each year with fund-raising through spring and fall benefit Crab Feeds. Later, the school district and senior support organizations identify those who are in need of help. Between the second week of November and mid-December, food collection boxes are placed in our Lodges, at schools, and elsewhere throughout Lincoln. Club members collect deposits as boxes are filled with non-perishable food items. When the time comes for distribution, items like vegetables, hams and turkeys are added to complete food boxes.

The Toys for Tots program has been ongoing since 1947. The Semper Fi Association became a part of Toys for Tots locally in 2005. The local unit of about 40 members covers much of south Placer County with 100 toy collection boxes (about 30 in Lincoln) — at various businesses, the Chambers of Commerce and government buildings. Collection boxes go out on November 1. There are 12 collection routes for picking up toys. Over



*Resident John Johnson,
Semper Fi Association*



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

8,000 toys are expected to be collected locally. Many national, regional and local donors contribute to Toys for Tots, including Toys R Us.

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



2012 College Football Review—You Make the Call! • Monday, January 21 — Free

10:00 AM-12:00 PM, Front Ballroom (OC). Resident Bill Richardson is ready to kick-off the Second Cup of Coffee

2013 programming, co-sponsored by the Communications & Community Relations (CCRC) and the Community Forum Committees. Bill's continued active play in the PAC12 Football official review booth as well as his passion and understanding of this sport make this program a crowd-pleaser. Requiring a larger venue with CCRC, Bill has developed another unique DVD highlighting unusual/top football plays as he prompts the audience to participate in "making the call" heightening the fun! Q&A is continuous.

Live Well, Live Long – Healthy Aging Strategies

Wednesday, January 23 – 820600-12 Free, but registration required due



to popular demand. Registration receipt is required at the entrance. 7:00 -8:30 PM, Ballroom (OC). Michael K. McCloud, M.D., Professor, UC Davis School of Medicine and Duke University-trained geriatrician is a clinician-educator

whose focus is on optimal wellness after age 50. His presentation will set the stage for our health Community Forums' theme for 2013: "Aging Well." He lectures nationally about his great passion for educating the community to prepare for aging, and to help them learn about the diseases associated with aging. Dr. McCloud is well known for his acclaimed program, "Aging and Medical Science: A Mini Medical School to Prepare for Life's Second Half." This program mixes humor with intensive examination of medical issues facing the older population and strategies for ensuring a life free of disability and chronic illness. *Registration available Online or at Fitness/Activities Desks.*

2012 Strategic Advisory Committee (SAC) Report Summary

Thursday, February 7 — Free

1:30-3:30 PM, Ballroom (OC). In cooperation with the Communications & Community Relations (CCRC) and Community Forum Committees, the SAC is pleased to present the 2012 Strategic Framework Summary recently received by the Board.



An executive summary handout will be made available; website users will have access to the complete report at a later date. In the context of the overall Strategic Framework, the report will include updates to the original 2007 report and current community demographics. Q&A will follow. This session will be recorded for website users.

iDevices

Apple's iPad, iPhone and iPod Touch Monday, February 11 — Free

2:00-3:30 PM, Front Ballroom (OC). What are they, how do they differ, what would work best for me. Ken Silverman will explain and answer your questions about these iDevices. The iPad comes in two sizes, two colors, and many memory configurations. Do you need a smart phone or will an iPod Touch fit your needs? There will be time for Q & A.



Community Forums, Date, Time, Location

- 2012 College Football Review Monday, January 21, 10:00 AM Front Ballroom (OC)
- Healthy Aging Strategies, Michael McCloud MD, Wednesday, January 23, 7:00 PM Ballroom (OC)
- 2012 Strategic Plan Summary/SAC, Thursday, February 7, 1:30 PM, Ballroom (OC)
- iDevices: Apple's iPads, iPhone and iPod Touch, Monday, February 11, 2:00 PM Front Ballroom (OC)
- Margit's Courageous Freedom Passage — Margit Lawrence February 18, 3:00 PM, P-Hall (KS)
- Mind Your Mind, John Schafer, MD., Wednesday, February 20, 7:00 PM, Front Ballroom, (OC)
- Android Tablets, March 12, 2:00 PM, Front Ballroom (OC)
- Andy's First Death — Andy Petro, April 4, 10:00 AM, P-Hall (KS)

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Expressive Movement Therapy**Thursdays, January 10-31 — 879100-12**

12:45-1:45 PM, Group Exercise Room (OC). Instructor: Julie Boone. \$44 (four sessions). The goal of this group is to learn to feel the body and its role in managing stress and trauma. We want to increase awareness of the wisdom of the body and



what it informs us about our emotional states. Participants will become more conscious of patterns, behavior and thinking that cause distress. We will explore themes of belonging/separateness, personal

boundaries and assertiveness. Guided rhythmic moving, individually and as a group, with music and without, will allow physical and emotional transformation, shedding, and shifts. This change can translate into uncovering an integrated, more authentic sense of self. Julie intends this class to be fun and “do-able.” Commitment to attendance for all four classes is preferred. Participants should be able to stand and walk for up to an hour. No prior experience is required. While aspects of dance and yoga are included, there are no postures or moves to “learn.” Please wear comfortable layers you can move in. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 1/3.

Weight Loss 101: Learn Secrets to Achieving a Stronger and Leaner You! • Tuesday, January 15 — 860000-12

11:00 AM-12:00 PM, Oaks Room (OC). Instructors: Dani Conway & Audrey Gould RD. \$5. A new year, a new you!! It's never too late! You'll find out how to strengthen and speed up your metabolism while achieving your ideal weight/body fat. You'll also receive the tools to understand nutrition so you can spend less time stressing over food choices in order to have more time for fun and a more fulfilling lifestyle. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 1/8.

**Falling Off the Fiscal Cliff****Tuesday, January 22 — 870000-12**

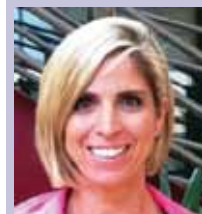
10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. Arguably a new term that is becoming a potential household word is the fiscal cliff. Taxes will probably be going up and spending cuts will most likely follow. Come to the class to learn im-

**Humor at the Holidays***Continued from page 19*

the 30's and 40's. *Don't Lose Your Head ... To Gain a Minute ... You Need Your Head ... Your Brains Are In It ...* Burma Shave. Wisdom comes with age, but sometimes age comes alone.

Today's mighty oak is just yesterday's nut that held its ground.

portant statistics and how this might affect you, your Social Security, Medicare, year-end tax bill. You might be pleasantly surprised by the information. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 1/15.



Christine Epperson
Wellness Program
Coordinator

Live Well, Live Long – Healthy Aging Strategies • Wednesday, January 23 — 820600-12

Free. See page 82 for details. Registration receipt is required at the entrance.

Getting Your Stuff Together: Organizing Your Estate • Monday & Tuesday, January 28 & 29 — 863000-12

9:00 AM-12:00 PM, Oaks and Gables Room (OC). Instructor: Marcia VanWagner. \$30 for both sessions + \$25 material fee paid to instructor on first day of class (two sessions). *The unexpected happens unexpectedly.* Are you organized and



ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate *planning* is making decisions about accumulating, preserving, and distributing your “stuff.” Estate *organizing* is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 1/21.

Increase Your Happiness Workshop**Thursday, January 31 — 863200-12**

1:00-3:00 PM, Oaks Room (OC). Instructor: Carol Karkazis, MFT Intern. \$5. What makes people happy? This workshop includes some of the latest research on happiness and life satisfaction. Participants will be able to learn the core traits of happy people and assess themselves in those areas. Practical tips and realistic suggestions on how to boost your mood are also presented. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 1/24.



The Four Stages of Life:

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- (2) You don't believe in Santa Claus;
- (3) You are Santa Claus;
- (4) You look like Santa Claus.

Enjoy a humor-filled holiday season!

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Sunday 8:00 AM-4:00 PM

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Monday-Friday 8:00 AM-4:00 PM
Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM
Sat./Sun. — OC 7:00 AM-8:00 PM
Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM
Sunday 8:00 AM-4:00 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM
Lunch 11:30-3:00 PM
Dinner 5:00-8:00 PM
Dinner Friday & Saturday 5:00-9:00 PM
Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM
Saturday 9:00 AM-5:00 PM

General Numbers

Curator Security, Inc.
916-771-7185

Golf Shop

General Manager, LH Golf Club
Sean Silva 543-9200, ext. 4
ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

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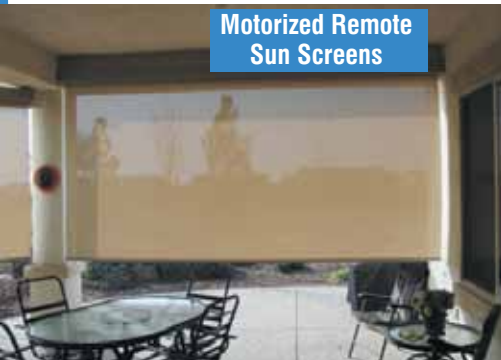
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