



Compass

May 2012

Seven Great Performances at the Summer Amphitheater Concert Series... page 43



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On the cover

Special Events Assistant Lily McCray Ross designed this cover to showcase some of the performers for this year's Summer Amphitheater Concert Series

Photo by De Cahill

Board of Directors Report

Perspectives of a New Board Member

Gay Mackintosh, Secretary, SCLH Board of Directors

Now three months into my term on the Board, I am discovering the full meaning of “fiduciary responsibility,” that dry-as-dust phrase to which all Directors are pledged as trustees of our multi-million-dollar mutual benefit corporation.

Sun City Lincoln Hills Community Association was formed to manage our common interest development with a goal to “reflect and maintain a high pride of ownership” (CC&Rs). The business and affairs of our non-profit, mutual benefit corporation are vested in the Board, with all of us the stakeholders. Unlike government officials representing various constituencies, Directors are charged to act in the best interest of our whole community.

All this I knew before running for the Board. But discovering how “fiduciary responsibility” actually plays out in decisions large and small gives another perspective. Balancing our residents’ needs and desires with keeping dues low and ensuring future financial stability is a never-ending challenge. The buck stops with the Board.

In my years on the Properties Committee, I enjoyed helping plan projects such as the LED streetlight retrofit, pickleball courts, and Sports Bar expansion. We were immersed in the details of projects that would enhance our common assets. It’s a different perspective from the Board, which must look at the big picture projected into the future. How does a project fit in with our whole community’s best interests including long-term financial vitality?

To help us make informed decisions, the Board has just established a new Strategic Advisory Committee (SAC). It’s been five years since the first SAC’s valuable

recommendations, many of which have been implemented. The new committee is charged with developing a five-year plan to ensure that our community remains a model for success, maximizes the future usage of Association assets, and encourages public awareness of SCLH as an attractive and desirable place to live.

After interviewing many highly qualified applicants, the Board appointed nine members of the SAC:

Jim Leonhard, Chair

Agnes Valdez, Vice-Chair

Lee Guth

Jerry Harner

Michele Hutchinson (CCRC)

Harriet Kaufman (Finance Committee)

Pete Savoia (Properties Committee)

David Stone

Denny Valentine

Elise Homer will serve as CCOC liaison. Other applicants will assist the committee on Task Groups.

As a stakeholder in our community, you are invited to share your perspective on how our Association can best “reflect and maintain a high pride of ownership” into the future. Join us at our next Board meeting Thursday, May 24, at 9:00 AM in the Presentation Hall (KS).



“Balancing our residents’ needs and desires with keeping dues low and ensuring future financial stability is a never-ending challenge. The buck stops with the Board.”



California Valley Quail on Backyard Wall. Photo by Joe Phelan

Upcoming Association-Related Meetings

Date • Time • Place April 15-May 31

Golf Cart Registration	Thursdays, May 17, June 7 & 21, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, May 17, 9:00 AM, Solarium
Strategic Advisory Committee	Monday, May 21, 11:00 AM, Gables
Board of Directors Meeting	Thursday, May 24, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, May 24, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, May 25, 11:00 AM, Multipurpose
ARC/Architectural Review Committee	Tuesday, May 29, 9:00 AM, Heights
Elections Committee	Friday, June 1, 9:00 AM, Multimedia
Strategic Advisory Committee	Monday, June 4, 11:00 AM, Gables
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, June 5, 9:30 AM, Solarium
CCRC/Communications & Comm. Rels.	Tuesday, June 5, 1:30 PM, Solarium
Listening Post	Wednesday June 6, 9:00 AM, Solarium
Compliance Committee	Wednesday, June 6, 10:30 AM, Oaks
ARC/Architectural Review Committee	Monday, June 11, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, June 12, 1:00 PM, Fine Arts
Strategic Advisory Committee	Monday, June 18, 11:00 AM, Gables
Finance Committee Meeting	Thursday, June 21, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, June 25, 9:00 AM, Heights
Board of Directors Meeting	Thursday, June 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, June 28, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, June 28, 11:00 AM, Oaks

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

We have 3,000 residents registered on the Association’s Public Website, and another 2,000 registered to receive E-Bulletins. That leaves over one-half of our community who are not currently receiving updated information about Association business and special offers. **If you have questions, please contact our website support staff at 625-4071.** We are very pleased with the interest shown for online purchases of classes, events and trips through our resident website. Last month there were 759 purchases totaling \$31,732.

While electronic communication is convenient, there is no comparison to person-to-person contact and reading through your *Compass* magazine. The

“We are very pleased with the interest shown for online purchases of classes, events and trips through our resident website. Last month there were 759 purchases totaling \$31,732.”

Spring Business Showcase was a major success with 87 business’ participating. Thank you for coming out to meet and talk with our advertisers. They appreciate meeting you, and we appreciate them supporting the *Compass* and other

Association events.

Lifestyle staff is busy finalizing their spring and summer plans and we hope to see you during **Wellness Days, May 22-24**, and on one of the many overnight trips, or the **opening Summer Concert, June 15.**

Farmers’ Market begins Wednesday, May 23, 8:00 AM until 12:00 PM, at the far side of the OC Fitness Center. The Market will continue every Wednesday through at least September. To make the event more festive, Judy Hogan has contracted with several new vendors selling non food products. See you there!

As you know, Memorial Day is a day of remembrance for those who have died in our nation’s service. **Memorial services** conducted by members of the Color Guard and Honor Guard, American Legion & Auxiliary and Veterans of Foreign Wars (VFW) will take place Monday, May 28, at four different cemeteries in our area. Sheridan Cemetery, Sheridan 9:25 AM; Manzanita Cemetery, Lincoln 10:15 AM; Lincoln 1st Street Cemetery, Lincoln, 11:15 AM; Santa Clara Memorial Park 3rd Street, Lincoln 12:10 PM.

See you in the Lodge.



Calendar of Events

May 15-June 20

Date	Event	Page #
05/15	LSV/NEV Speaker Dr. Roger Espiritu	28
05/15	Comedy Night at KS	43
05/16	Final Audition for “The Lucky O’Leary’s	11
05/16	Bus Trip: Ferry to San Francisco	59*
05/16	Forum: “Happy Feet”	19, 86
05/17	Book Discussion: <i>The Fort</i>	22
05/17	Speaker: CDR Joseph Espiritu	35
05/18	Country Couples Dance	25
05/19	Bus Trip: Computer History Museum	44
05/20	Artisans in the Lodge	20
05/21	“Creating a CD or Book of Your Family History	27
05/21	Sheriff Bonner: “S.Placer County Justice Cntr.	32
05/21	KS at the Movies: “Mamma Mia”	44
05/22	Wellness: Value Investing	88
05/22	Wellness Days: “Fitness Palooza”	89
05/22	Wellness Days: “Aging 10 with Power”	89
05/23	Atty: Estate Planning/Healthcare Directives	20
05/23	Farmers’ Market Opening Day	37
05/23	Wellness Days: “Pain in My Butt”	89
05/24	Wellness Days: “Health/Prevention Screenings”	89
05/24	SCLH Annual Garden Tour	26
05/24	Wellness Days: “Charity Walk”	89
05/24	Wellness Days: “The Six Laws of Health”	89
05/28	“Techniques in Art of Felting”	20
05/29	Bus Trip: “Wicked”	59*
05/31	Rock ‘n’ Roll DJ Dance Night	44
05/31	Bus Trip: Santa Cruz Boardwalk	45*, 59*
05/31	Wellness: “The Fountain of Youth”	88
06/02-03	Readers Theater, three one-act plays	31
06/02	Bus Trip: Sonoma Historic Motorsports Festival	45
06/04	KS at the Movies: “Beach Blanket Bingo”	45
06/05	Viewing: Venus will Transit the Sun	13, 20
06/05	Bus Trip: The Cult of Beauty, Legion of Honor	45
06/06	Bus Trip: “Safari West”	60*
06/07	“The Colors of the Night Sky”	7, 20, 86
06/07	“Markets and Current Trends”	28
06/08	Bus Trip: Beale AFB	60*
06/09	Concert: Two’s Company, Vicki Lewis/Joan Ryan	45
06/10	Needle Artist Philip Bush and his Tapestries	29
06/11	Wellness: “Letting Go”	88
06/12	Bus Trip: “Wicked”	60*
06/13	“Microsoft’s Very Big Risk”	24
06/13	“Producing Spectacular Photography Prints”	30
06/14	“Summary of Eye-related Research”	26
06/14	Speaker Pali Fong: “Tai Chi Class at SCLH”	26
06/14	Forum: “History is Alive”	86
06/14	Wellness: “Simple Stress Busters”	88
06/15	Computer Clinic: “Windows 8”	24
06/15	Summer Concert: Motown Revue	43, 48
06/18	“Social Networking for Genealogists”	27
06/19	Comedy Night at KS	48
06/20	Forum: “Time is Brain”	86

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



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Sometimes Life is not a Bowl of Cherries

Bob Cook, Executive Director, SCLH Community Association

I recently saw the movie "Bully" and it set me to thinking. The huge majority of our residents are great. Over the past few years I am noticing an increase in concerns from staff about residents who become abusive to the point where they are actually afraid for their safety or are subject to degrading name calling. I accept that some folks become very upset when their wishes cannot be accommodated or expectations cannot be met for them or their companions.

The majority of confrontations fall into two categories. The first happens when a staff member explains a policy or procedure that a resident feels was meant for everyone else. For example, we had a situation recently where a resident wanted a co-resident's name removed from our membership records. Apparently they had had a falling out. I watched as our staff person explained that certain steps needed to be taken to get this done. The rationale for the requirements was clear.

Unfortunately, this particular person did not find that reasonable or convenient and became very loud, abusive and threatening then left.



The second situation happens when an individual or a group want access to a part of our facilities before or after the times they have it reserved. Often we can do this for people and with no impact on others and we are happy to do it. The problem happens when the accommodation becomes an expectation. The reward for staff being flexible when they can has, at times, resulted in verbal abuse and name calling from individuals or a group. This has happened to Maintenance and Lifestyle staff. It is even harder for them because many of these people are your neighbors.

Our senior team works hard to develop an employee culture of service and support to you, our residents. To better serve and support all of you, staff needs that flexibility. From a management point of view, there are places where we can empower staff to be creative and at other times there is less flexibility. I am asking that when you are asked to do something or provide something by staff that you comply. If you feel you were treated incorrectly or unfairly, you are encouraged to bring it to the Department Director or me.

I have learned the truth in, "You catch more flies with sugar than with vinegar."

The Answer Is ----- Yes!

Bob Murdock, Chartered Clubs & Community Organizations Committee Chair



Here are the question(s):

1) We are revising our Club By-Laws/Guidelines. When we are done and the club has voted approval, are there any additional steps to complete the revision?

The Answer is --- Yes!

Any revised Club By-Laws/Guidelines must be submitted to the CCOC for review and when accepted be passed on to the Board of Directors for approval.

2) Our club has some participation by outside guests. While our Association Handbook allows this, are there controls our Club should have in place to keep this practice fair?

The Answer is --- Yes!

Association Club activities are intended for the participation and pleasure of card holding residents. Outside guests must be sponsored by a resident and participate in the club activity with that resident. Remember, in no situation should a non-resident guest cause a resident club member to be excluded from the club activity.

3) Our Club has a lot of fun, is that allowed? *The Answer is --- Yes!!!*

Election Committee Vacancy

You love living in Lincoln Hills and you'd like to become involved in the community. Here's an opportunity to join the Elections Committee and become part of a dynamic team to help plan, organize and supervise the annual election of our Board of Directors. All talents and skills are welcome.

If you are interested, fill out the Sun City Lincoln Hills Community Association Committee Application which is available either online or at the Membership Desk (OC).

CCRC Openings

The Communications & Community Relations Committee (CCRC) has several openings because current committee members are 'terming' out. CCRC members assist and advise the Board on matters



relating to improved communications about programs and events within the Sun City Lincoln Hills Community.

If you are interested in volunteering with the technical side of communications or are interested in the very popular Community Forum series and its process, this Committee opportunity is for you. Applications are available at the Activities Desks (OC/KS) or they can be found online www.suncity-lincoln-hills.org/residents/login.html.



Activities News & Happenings

Some Great Overnight Trips Ahead

... and a note about Travel Insurance

Lavina Samoy, Lifestyle Program Manager

We are expanding our extended travel offerings to respond to residents' requests. Check out page 52 for our **Two Night Trip to Yosemite, July 24 through 26**. Based on feedback from our overnight trips to Yosemite last year, we lengthened the trip to include more time to explore this wonderful National Park. Enjoy both the Valley Floor and see the Giant Sequoias at the Mariposa Grove with free time on your own. This trip also includes a golf option to the Sierra Meadows Country Club. We are also offering a brand new **Overnight Trip to Monterey, September 4 to 5**, with details on page 55. We have a few more spaces available for our **Hot August Nights Trip to Reno, August 7 to 8**, details also on page 55.

“Something new this summer! Enjoy Music Circus’ musical presentation of Disney’s “The Little Mermaid” with your grandchildren...”

Understanding that extended travels and overnight trips can be a big financial commitment and emergencies and health issues happen, we encourage residents to procure **personal travel insurance** for their overnight and extended travels. The Activities Department does not provide refunds for any of our trips. We will have a list of State Department-recommended insurance companies offering travel coverage as well as Travelex Insurance brochures available at the Orchard Creek Business Office or at the Activities Desk at Kilaga Springs for those who are interested. Read the “Tips for Purchasing Travel Insurance” from California Insurance Commissioner Dave Jones, www.insurance.ca.gov/0400-news/0100-press-releases/2011/release073-11.cfm, for more information. The travel insurance companies are independent of the As-

sociation and the Association does not assume any liability if you decide to contract with any travel insurance company.

Something new this summer! Enjoy Music Circus’ musical presentation of Disney’s “The Little Mermaid” with your grandchildren (page 59). Each household can purchase two extra tickets for grandchildren, five years and older, and share the coach ride to and from the theater. Make this a special summer treat for the young ones. Tickets are limited, purchase now!

“Spring Fever Has Launched!”

Kimberly Parsons, Community Standards Manager

As the sun shines, so do our ideas and aspirations of beautiful landscape, fresh paint and enjoyment of the great outdoors.

If I may have a minute of your time, I’d like to bring some pointers and information to you about these topics. Ready? Launch!

Beautiful Landscape

(1) New bark is a great backdrop to those lush plantings you have in your landscape. Take a look and see if your bark has faded and is showing drip lines. You will be amazed at how great your landscape will look with fresh bark.

(2) Weeds are no fun. However, it’s best to keep them pulled and clear from your landscape and lawn. The greatest landscape will look the worst with weeds in the mix.

(3) Need to replace some plants? If you have plants that need to be replaced, take a look at our approved plant & trees’ list for a great resource of what to plant next.

(4) Trim those trees! After the rains, our trees tend to show off a bit and grow. This growth can end up in a neighbor’s yard with branches and/or roots. Check your trees to see how much they’ve been



Residents take a break for a photo op with Yosemite Falls as backdrop during last year's excursion

Don’t forget, buy your tickets to the **Summer Amphitheater Concert Series** for a *funtastic* summer! Read the exciting line-up on page 43.



growing and be proactive in maintaining them to ward off future issues.

Fresh Paint

(1) Take a look at your home and determine if your color looks washed out. If so, you have a few options:

(a) Repaint it the same color it already was. (ARC approval is not needed with this option.)

(b) Repaint it with a new color scheme from our pre-approved paint schemes. (ARC approval needed.)

(2) While it is true that certain schemes have been discontinued, we have been told by Kelly Moore that new paint schemes will be coming to us sometime in July. Stay tuned for more on that!

Enjoyment of the Great Outdoors

(1) Always keep your pets on a leash and controlled while on the leash when in Common Areas.

(2) Consider the times you are in your back yard. Are you courteous of others with noise and/or conversations? Don’t forget, it’s 9:00 AM-7:00 PM (CC&Rs section 801[h]).

I am always here to help. Next time you are in OC Lodge, stop in and introduce yourself; I’d love to meet you!

SCLH Community Forum

Thurs June 7 *** Orchard Creek Ballroom *** 7:00 PM

The Colors of the Night Sky

Ken Crawford

Ken Crawford is an internationally known astrophotographer whose images have been featured in numerous magazines, books, movies, and public displays, including NASA's "Astronomy Picture of the Day".

His presentation features a colorful tour of our universe using his award winning images.



10th Anniversary

Lincoln Hills Sports Car Group
May 2012

4 Cars Then...100 Now!
Thanks to Our Founders

Celebration Party was held at Orchard Creek – May 9th
10th Anniversary Tahoe Run – May 23rd • Duplicating the Very First Trip of 2002

10th Anniversary • Lincoln Hills Sports Car Group • May 2012

Veterans Day — an annual community celebration



Vets at Beale AFB

The purpose of the Veterans Group is to bring together resident veterans who have served for any length of time in any uniformed service of the United States or its allies during times of war or peace.

**Dues are only \$10 a year.
Call Membership Chair Jon Hodson at 543-4687 for details.**

Lincoln Hills Veterans Group

All Lincoln Hills veterans are invited to:

- Experience camaraderie with others who have served in uniform
- Attend monthly meetings with fascinating programs and speakers
- Enjoy quarterly social events
- Participate in patriotic ceremonies
- Assist fellow veterans with varied needs
- Travel to sites of military interest



Plaque at entry to OC Lodge

Make Reservations Now for Farmers' Market Luncheons & Dinners in the Secret Garden

Three Course Dinners Starting at \$12 at A Taste of Italy Every Thursday

Jerry McCarthy, Director of Food & Beverage

Meridians is just coming off a very exciting April! We celebrated one of the most successful Easter and Mother's Day Brunches ever at Sun City Lincoln Hills. Attendance continues to grow for all the special holidays. Please make sure you are signed up for the SCL-HCA E-Bulletin to receive special residents-only offers from Meridians



Restaurant. *The E-Bulletin and visiting our website is the best way to stay informed about upcoming special offers and special events.*

A *Taste of Italy* every Thursday is a very exciting evening at Meridians. Three-course dinners start at only

\$12. Buy nine Italian entrees and the tenth is free!

We have many fun and exciting events coming in the near future. Chef

"It's not to late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering in the Ballroom, at Kilaga Springs, at the Sports Pavilion, or in your home."

Roderick is hosting a winemaker's dinner featuring Stag's Leap Winery on May 30. Also in May the weekly Farmers' Market will be starting at OC Lodge. Chef Roderick will be holding three Farmers' Market dinners in the

Secret Garden and we will be adding two Farmers' Market Luncheons as well. Make your reservations now.

You will be able to get a sneak peek behind the scenes of your Meridians kitchen with the annual Kitchen Party on June 4. Summer wouldn't be complete without the July 12 **Brew Master Dinner** in which Chef Roderick is pairing five wonderful courses with five hand-selected brews from the Gordon Biersch Brewery. Check our website — www.meridiansrestaurant.com — for dates this summer. Space will be limited so make your reservations now.

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

~Please see our ad on page 12.~

Wellness News**Wellness is a Positive Approach to Living****We have all that you need right here at SCLH***Megan Cowart, Wellness Program Coordinator*

Traditionally, wellness can be defined as good health or viewed as freedom from disease. This perspective is changing. Wellness is a positive approach to living; an approach that emphasizes the whole person. It is the incorporation of the body, mind, and spirit; and the appreciation that everything you do, think, feel, and believe has an impact on your health. Sun City Lincoln Hills Wellness Program; *Be Inspired, Be Engaged, Be Well* has striven

“We have expanded our current services provided in the Wellness Center... health education classes, individual professional counseling, dietetic counseling, and health screenings.

to help you reach your wellness goals through classes, programs, and events. We are expanding our current services provided in the Wellness Center. In the past, the Wellness Center only contained a Sutter Health physical therapy clinic. Though the physical therapy services will continue, we will be offering other services during the hours it is not in use by the physical therapy clinic. These services consist of health education classes, individual professional counseling, dietetic counseling, and health screenings.

We have contracted services with Vicky Jonson, Ph.D, to provide professional counseling services and Ariana Preston, RD, to provide professional nutrition counseling. Pick up a brochure in the OC Fitness Center for contact information, bio, and services offered.

Health and prevention screenings will be offered the first Thursday of every month from 9:00-11:00 AM with one of our Certified Personal Trainers. You will have the option of one or more

testings. Examples of screenings include body fat testing, muscular imbalances, muscular and cardiovascular testing.

It is the desire of Sun City Lincoln Hills Wellness Program to promote independence and longevity in the community. By expanding our services in the Wellness Center we hope to help your journey.

See Wellness Program Highlights and Classes on pages 88-89.

Group Exercise News

New 30-minute classes coming to the Fitness Centers! These new classes are geared for those individuals who are new to fitness, only have the energy or time for 30-minute classes, and those who want some extra attention for a particular part of their body. To attend these classes you will need to purchase a 30-minute pass at either Fitness Center front desk. Classes will be on the schedule starting June 4. Ask staff or the front desk for more information on these great classes.

Pickleball Court Expansion in Area Used for Basketball*Dan Hardesty, Properties Committee Chair*

Spring has arrived, so the sheep and goats have returned to graze on our grasses and delight us with their newborn. The first spraying has been completed for the Star Thistles and an initial six-foot cut is being done of grass near houses to be followed by a more extensive cut. Repairs should be completed on the Bocce courts and entry water feature.

The majority of the committee efforts have been to work with staff and the Pickleball Club to obtain

plans and costs for an expansion of pickleball to a total of six courts. This expansion will be in the area now used for basketball. We are inviting comments from residents on whether to relocate or eliminate basketball as an amenity.

If you have an interest in any of these topics please join us at our committee meeting at 1:00 PM the second Tuesday of each month.

**Properties Committee Looking for Comments about Use of Basketball Court**

The Properties Committee has proposed replacing one pickleball court with three new courts in the area now used for basketball. This committee is looking for comments from residents concerning either relocation of the court, or possible elimination of the amenity. If you would like to see the court relocated, we would like to know how you will use it and any particular requests for the amenity.

Please send your comments no later than June 5, either by email to properties_committee@suncity-lincolnhills.org, or leave a note at the Membership Desk (OC) addressed to Dan Hardesty, Properties Committee Chair.

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Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Most of our staff build a clientele of repeat customers. For those of you who are new, I encourage you to try all of our technicians and know that you could come to any one of them and be completely satisfied. Each may have a different touch, all do many different techniques, so the result

is how you connect with each one of them.

Everyone is familiar with Swedish, Deep Tissue, Sports and Hot Stone Massage, but not everyone is familiar with all the therapeutic work we do at the spa to specifically address the needs of our clients. Freeing, Push,

“As we age, we continue to get muscular restriction due to poor posture, repetitive stress, injury. An experienced technician will know exactly where to work by feeling the muscles and in most cases with management and maintenance can correct these disharmonies.”

Myo-fascial, Lomi-Lomi, Oncology Massage, Trigger Point, Reflexology, Reiki, Accupressure.

As we age, we continue to get muscular restriction due to poor posture, repetitive stress, injury. An experienced technician will know exactly where to work by feeling the muscles and in most cases with management and maintenance can correct these disharmonies.

In our nail department, both technicians are trained to work with diabetic feet. Proper toe nail clipping and addressing calluses are instrumental in body mechanics and the way the foot moves. Keeping the feet aligned keeps the knees, hips and body aligned.

Members of our skincare department are trained to see changes in your skin like questionable moles. Doing facials and body exfoliations are the best way to keep the immune system healthy as your skin is your protection against harmful environment pollution.

The new services we have added this year are Mineral Make-up application, Permanent-Make-up, an Advanced Clinical Plant Stem Cell Facial, and we have partnered with Debruin Medical to offer those clients wishing to do injectables and botox. Those services are done at the Medical office and you receive a discounted price when you are referred through the Spa.

The Spa is *your* Spa – supporting your Spa is what enables us to continue to bring you the best in service and services.

~Please see our ad on page 47.~



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Spa at KS and Food & Beverage Going Gangbusters

Workers Comp Costs Down

Mike Creasy, Vice Chair, Finance Committee



The Association's Financial results for the quarter ending March 31 were again on the plus side. For the month we were \$68,079 positive to budget and, for the quarter, \$137,575 positive. Some expected expense in Landscape Maintenance was not incurred in March due to weather conditions, but this should catch up in the coming months, so the favorable balance is overstated by about \$33,000.

While the Spa at Kilaga Springs clocked record sales for the month and quarter, Fitness and Food & Beverage are also well ahead of last year's quarterly numbers. The Meridians upgrades, along with strong Catering activity puts Food & Beverage at \$29,357 better than budget for the quarter and \$36,000 better than this time last year.

As of March 31, we had \$5,252,955 in our Operating Fund. This includes \$395,875 in restricted funds and \$1,646,879 in the settlement account for ADA and construction defects. The Reserve Fund balance was \$5,243,139. In accordance with our policy, all funds are in FDIC-insured accounts or US Treasuries.

Updating the LED project, we have the bill and will be all paid up in April. Calculations show that we will accrue electricity savings such that the entire project will pay for itself in about eight years. After that we are in the green, so an excellent project to have embarked upon.

Homes with past due assessments numbered 108 units and \$82,272 at month end, down from 174 units and \$83,700 this quarter last year.

Our Workers' Compensation policy renewed April 1, with an experience modification of .88, down from 1.20 last yr. What this means is that we are paying 88% of the state mandated rate for our Workers' Compensation insurance, resulting from lower WC losses over a three-year average. This loss improvement means a WC premium savings of approximately \$40,000 between now and next April 1. Really, this is what happens when you pay attention to safety, and it is a reflection of all Department Managers' commitment to running an efficient organization focusing on Employee

Please see Finance Committee on page 86

Statement of Operations YTD 03/31/2012

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$1,873,931	\$1,865,862	\$8,069
Administration (expense)	(530,796)	(544,556)	13,760
Kilaga Spa	(137)	(8,628)	8,491
Fitness	(101,789)	(110,456)	8,667
Activities	(61,400)	(66,055)	4,655
Rec. Center / Maintenance	(573,373)	(580,832)	7,459
Landscape Maintenance	(512,185)	(569,303)	57,118
Food & Beverage	(102,177)	(131,533)	29,356
Capital Asset	20,552	20,552	0
Net Revenues (Expense)	\$12,626	(\$124,949)	\$137,575



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Thursday, July 25th - Dinner
Wednesday, August 16th - Lunch
Thursday, September 5th - Dinner

*Guided Tour with Chef prior to lunch at 11:30 AM

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Lunch at Noon

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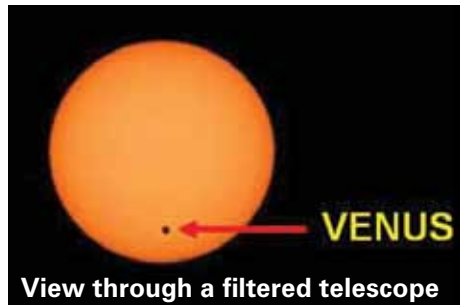


Come and See the Planet Venus Cross the Sun

June 5 • 3:00 PM to Sunset • Behind OC Lodge



On June 5, a celestial event will occur when the silhouette of the planet Venus crosses the face of the Sun as seen from the Earth. This event or transit of Venus last occurred in 2004 and will not occur again until 2117!



The Astronomy Group will host a viewing event for all residents. Several telescopes with solar filters will be available for safe viewing. During the transit, Venus will appear as a black spot that travels across the face of the Sun. Join us from 3:00 PM until dusk in the area behind OC Lodge. Presented by the Lincoln Hills Astronomy Group.



Behind OC Lodge

Venus passes between the Earth and the Sun



Neighborhood Watch

Our Four Longest-serving Village Coordinators Speak Up

Neighbors Reaching Out to Neighbors

Patricia Evans

“What is the magic elixir to create a successful Neighborhood Watch Village?” I ask our four longest-serving Coordinators. All agree that a feeling

of belonging and connection to others is highly important to their sense of community. They emphasize the importance of neighbors “reaching out” to neighbors. High praise for their Mailbox Captains is also consistent.

Donna Malone (Village 7A since 2002) and Marilyn Koregelos (Village 27 since 2003) both use exactly the same words, “We are one big family.” Newcomers are welcomed immediately, and former residents enjoy returning for social functions.

Our four senior Coordinators highlight frequent social activities as well as keeping residential emergency information up-to-date. Residents of Beverley Valero’s Village (Village 31B since 2003) combine social functions with collecting canned goods for

the Salt Mine. Her daughter-in-law, Sara Buck, is now a Mail Box Captain for 32B.

Curtis Balko (Village 7B since 2003) emphasizes safety and security because they are adjacent to the Safeway Shopping Center. Curtis credits resident alertness for having no burglaries in this vulnerable area.

Residents of these four Villages all take pride in “reaching out,” looking out for each other, being available for emergencies, or just offering a helping hand. Marilyn (Village 27) took neighbors into her home for several months while their house was being repaired from flooding.

Neighborhood Watch appreciates the effective community service these Village Coordinators have contributed!

Please turn to page 29 for more spring magic at Neighborhood Watch.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mww6@sbcglobal.net
- Nancy Whitaker, 408-7393
nsymmes@hotmail.com

Neighborhood Watch Website
www.lincal.net/watch



Our longest serving Village Coordinators exchange ideas on their success, from left, Curtis Balko, Donna Malone, Beverley Valerio (not shown, Marilyn Koregelos)

Know how the tax rules change for Senior Taxpayers



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

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

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

(916) 771-4134

1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678



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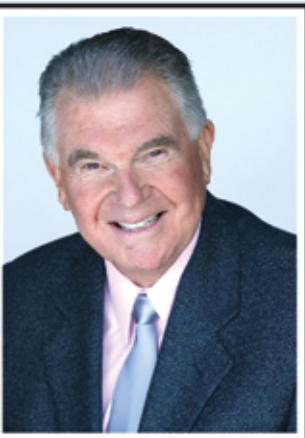
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Musical Miracles in Lincoln

Our Residents Reach Out to Lincoln High School Music

Patricia Evans

Carnegie Hall seemed like an impossible dream for a group of young singers in Lincoln. But thanks to SCLH residents and a huge team effort on many fronts, the miracle happened!

It all started when the Lincoln Hills Community Chorus (LHCC) and Director Bill Sveglini invited the Lincoln High School Choir to perform as a fund-raiser at LHCC concerts. At those concerts and over the next year, donations poured in from SCLH residents. "We were overwhelmed by this generosity and the groundswell of support changed the lives of these young people," said Choir Director Cindy Hagman.

In early 2011, with an amalgamation of SCLH talent, the Vaudeville Troupe and LHCC sponsored a benefit concert, netting \$6500 for the Choir. Vaudeville's Marina Eugenios found the students "appreciative and respectful," while LHCC's Marie Cooper felt it was "an enthusiastic, fun experience, and we all learned so much by working together." The dream trip to Carnegie Hall was within their grasp!

The cooperative spirit of reaching out continued as the LHCC sang with the High School Choir at their spring and holiday concerts, and as SCLH residents performed at an all-city fund-raiser in the High School theater.

Now, Carnegie Hall in 2013 is the present dream of the Choir. The Vaudeville Troupe has scheduled a benefit performance on May 20, at which SCLH musical residents are generously offering their talents. Tickets (\$10) are available at Lincoln High School and from Vaudeville Troupe members.

Bill Sveglini, also a professional guitarist, volunteer-taught a class of 70 high school

guitar players. Bill said, "There is no greater gift than the gift of music, and to see the 'light' go on in students when they 'get it.'"

Meanwhile, another musical miracle evolved for the Lincoln High School Band. They desperately needed uniforms, music, and instruments. The Rods and Relics, an antique car club 80% of whom are SCLH members, performed the magic to raise \$8,000 for



The Lincoln High School Marching Band steps out in snappy new uniforms

these essentials. The band, which now proudly represents Lincoln in snappy uniforms, has not only quadrupled in number but also went to Anaheim this year to record music for an animated movie!

The band has reciprocated by playing several times at the Softball Senior League Fan Appreciation Day.

Our *Compass* theme this year of "reaching out" includes residents of SCLH serving the greater community of Lincoln. In music, the arts, government, and more, the generosity of our residents is abundant!



Lincoln High School Choir at a recent competition at the Heritage Festival in Anaheim



Get Ready for Summer!

Advice from Neighbors InDeed

Doug Brown, Resident Editor

June is just around the corner, and you know what that means: warmer weather, thirsty plants, and cranking up the AC system.

Now that we're into the dry season, are your **drippers and sprayers** all in working order? How about that irrigation timer – is it now on settings that are appropriate for the dry weather ahead? Neighbors InDeed is poised to help you with these issues. Too many of our yards are overwatered this time of year for

fear plants will die, and Handy Helpers are trained to assist you in determining optimal amounts and intervals of watering, depending on what's in your yard. Give Neighbors InDeed a call at 223-2763 (Monday-Friday) for some help.

Is your **AC system** ready to keep your house comfortably cool on those hot summer afternoons ahead? You should have your AC checked annually, so if you've been putting that off, now's the time. Call a heating/air-conditioning service for a pre-summer check to make



Sidewalk runoff, left, may mean you're over-saturating your lawns and yards; Some underperforming sprinkler heads may need cleaning

sure all systems are in order. Check out advertisers in this *Compass* for some suggested businesses, or call Neighbors InDeed for a list of services that your neighbors have liked. Or if you just need
Please see Neighbors InDeed on page 19



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✓ ✓ Bucket List

Gay Sprague, Roving Reporter

Marian Kinsella checked off two items on her bucket list! In 2010 she and two girlfriends rode Segways through the



Marian with the Segway she rode through San Francisco for three hours

streets of San Francisco (hills, traffic, turns and all) for three hours. Though scary in the beginning, with a 20-minute lesson and a competent guide, Marian took off and never looked back for her three-hour, exhilarating adventure.

Visiting Niagara Falls was also a goal of Marian's as a young girl, and about 40 years later, after adding this to her bucket list, she made it to the Canadian side of the Falls. Marian said her biggest thrill of this trip was her "Maid of the Mist" boat ride up to the Falls that left her in total awe of her experience.

(Note: Many of you may know Marian, who, along with Jill Klein, heads up the Compass Distribution Volunteers, no small feat. These 184 residents distribute the Compass the 15th to the 21st of each month at both Fitness Centers and Living Rooms in our Lodges.)



The biggest thrill of Marian's trip to Niagara Falls was her "Maid of the Mist" boat ride

What have you accomplished on your Bucket List? Send a paragraph or two of details to buck-etlist@suncity-lincolnhills.org and watch for future articles!

Veterans Group

On the Front Line and Reaching Out
Shirley Schultz

There is no boot camp, no standing in line, and no rank. Residents of SCLH have already earned the right to join the Veterans Group if they served in the military or if they are the spouse of someone who served in the military. The comradeship is evident amongst the members whether they are retired or former military or spouse.



Veterans of WWII, Korea, Vietnam, perhaps Granada or Panama, and Desert Storm are represented. Veterans of Iraq and Afghanistan may soon be joining. An analysis done several years ago revealed the membership by service: 32% Navy, 27% Air Force, 29% Army, 9% Marines, 2% Coast Guard, and 1% Merchant Marine. About a fourth of the members have elected to pay for a "life membership."

The SCLH Veterans Group was founded in 2001 by a small cadre of dedicated veterans who drew up the bylaws and defined the mission. The history of this special group portrays

an impressive list of activities and accomplishments as well as outreach projects of all kinds. At one meeting, a military steel helmet was passed around to collect money in support of the Sacramento Stand Down for unemployed and homeless veterans. Over \$400 was donated!

An analysis done several years ago revealed the [Veterans Group] membership by service: 32% Navy, 27% Air Force, 29% Army, 9% Marines, 2% Coast Guard, and 1% Merchant Marine.

Monthly meetings have featured outstanding presentations too numerous to mention here but advertised monthly in *The Bulletin*, the Veterans Group newsletter, as well as in the *Compass*. Large and small groups have traveled to functions and places such as Travis AFB and Beale AFB air shows, opening ceremony of the Sacramento Valley National VA Cemetery, and the opening ceremony of the VA Medical Center at Mather.

The national Veterans History

Project of the Library of Congress awarded charter status to the LH Veterans Group due to the dedication of Bob Stackhouse and Doug Cooper. You can record your own military history for the Library of Congress by contacting one of them. The Veterans Group has begun its



Bob Stackhouse and the award from the Library of Congress

own Help-A-Veteran (HAV) program, which aims to assist veterans regarding VA benefits and other needs. The community as a whole is served by flag sales and proper disposal of worn out flags.

Thanks to the Veterans Group, the community enjoys an impressive Veterans Day program. Veterans Group social events are popular: dessert and ice cream socials, Flag Day BBQ, and an annual holiday luncheon.

Calling all Lincoln Hills veterans... join the group! See the group's ad on page 8.

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Preventive Maintenance

Putting Your Best Foot Forward: Happy Feet

Shirley Schultz

“Hey, you, up there! Give us some respect, and take good care of us! We are your feet, and we do our best to keep you upright and moving. If you don’t think we deserve your attention as much as the other parts of your body, then just wait until your arches ache or you get a pain in your heel so you can’t walk.”



This conversation with your feet draws attention to the importance of good foot care and for seeking treatment if problems develop. Podiatrist, Amy Duckworth, DPM, will focus on the causes, diagnosis, treatment, and prevention of common foot problems at the Community Forum on May 16 (see page 86).

Have you ever felt like you are standing on a pebble in your shoe or a fold in your sock? Do you have burning in the ball of your foot that may radiate to your toes? You may have a **Morton’s neuroma**, which can become so severe that the pain will interfere with your ability to walk. Although the exact cause of these neuromas is not known, it appears that some factors may increase your risk: wearing high heels or shoes that are tight or ill-fitting, high impact repetitive sports such as jogging or running, or foot deformities such as bunions or flatfeet.

Flatfoot (*Pes Planus*) occurs when the arch of the foot is lowered and may cause pain and dysfunction. There are orthotics and braces available for managing various stages of flatfoot. One company that sells comfort shoes and orthotics is *FootSmart.com*.

Bunion is caused by the big toe deviating toward the little toe and causing a bump or painful bursitis over the joint at

the base of the big toe. The second toe often develops a **hammertoe** or overlaps the big toe. A common cause of bunions is wearing shoes that fit too tightly, or it may be an inherited condition or from other causes. Bunions and hammertoes often require surgery.

Corns and calluses, plantar warts, toenail fungus, ingrown toenails, and plantar fasciitis (pain from inflammation in the deep fascia on the bottom of the foot) may be something you will want to hear about. You and your feet will be happy if you attend this podiatry presentation.

Library News

Mining for Murder in Sacramento...

Nina Mazzo, Library Volunteer

“There’s gold in them thar hills and a lot of skeletons, too.” Recently, Sacramento hosted a Mystery Writers convention and as a bibliophile, it was book heaven.

Local authors James Rollins and John Lescroart live in Davis and they along with Jacqueline Winspear were the guests of honor. Their interviews were fascinating as they shared their methods for creating characters and the background studies they pursue so the reader truly becomes immersed in a scene and plot. You will find their books in our fiction section.

In our nonfiction section take a look at *If Walls Could Talk* by Lucy Worsley.

This book is a unique look and light chronicle of British private life since the Middle Ages. The premise is that each

object in your home has its own story to tell.

Thank you to resident author Allan Kiisk for an autographed copy of his latest work titled *Simpel-Fonetik Dictionary* (an international version of writing in English) and it can be found in the reference section. This method is simply say it like it sounds.

Library volunteers would like to remind you that we would appreciate it if you would not take a large number of books at one time and also, please return books within a couple of weeks.

Contacts: phone Sandy Melnick (408-1035) for donations; call Sandy Maloff (408-2368) to volunteer in our library; Cleon Johnson (408-5648) maintains the investment materials.



Neighbors InDeed

continued from page 13



Neighbors InDeed volunteers check tire pressure at Drive-Thru Clinic.

help resetting your thermostat, a Handy Helper will respond within 24 hours!

Neighbors InDeed just completed their third annual **Golf Cart/NEV Clinic** at the Sports Pavilion – were you among the 51 residents who made use of this free service to check your tires, battery, lights, brakes, seat belts and more (see photo)? Technicians from Electrick Motorsports in Rocklin (see advertisement in this *Compass*) were there to offer

expert advice. If you didn’t stop by, avoid getting stuck in the noonday sun a long way from home by making sure your electric vehicles are all tuned up for the summer.

Any other home maintenance needs? Or do you need some medical equipment (cane, walker, wheelchair, ramp)? Call Neighbors InDeed at 223-2763, your all-volunteer service, for prompt attention, and bring on our beautiful Lincoln summer!



Club News



• Alzheimer's/Dementia • Caregivers Support Group

May 23, 1:00 PM, Multipurpose Room (OC). Speaker: Attorney Greg Beyer. Some of the topics to be covered: Competency and Estate Planning, Health Care Directives, Physician Orders for Life-Sustaining Treatment (POLST) and Successor Trustee issues.

These issues bubbled up at our March support meeting and we are pleased that Greg Beyer will be able to address them in May. We alternate monthly meetings with presentations that are informative and useful for our caregiver members with Caring/Sharing sessions led by our Family Advisor Elizabeth Rawson from del Oro Caregiver Resource Center.

For more information about our programs and resources available to members please contact Judy, Cathy or Jean.

**Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9322;
Jean Ebenholtz 434-6852**



• Antiques Appreciation •

The May meeting was a huge success with lots of people participating! We all wore an antique or old apron, and brought our oldest cookbook and favorite recipe for show and tell. Some of the aprons reminded us of ones we remember seeing on our mothers or grandmothers! There were a wide variety of cookbooks and many delicious recipes that in most cases were old favorites.

In June we're going on a field trip to the Lincoln Archives Museum in Beraman Plaza for a short presentation and tour to learn about the history of Lincoln. We'll meet at OC Lodge at 9:30 for a short meeting, and then drive over to the museum. This should be interesting and fun for all!

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



• Arts Association •

The LH Art Association has two special events scheduled for May. On Sunday, May 20 the annual Artisans in the Lodge will be held at Orchard Creek from 9:00 AM-3:00 PM. This is an opportunity for the community to meet local artisans and purchase original creations by painters, fabric artists, jewelers and other art media. There will also be an opportunity drawing of the collective collage painted by LHAA members, with proceeds going to the Lincoln Hills Foundation.

The general meeting at 2:00 PM on Monday, May 28, in P-Hall (KS) features Sharon Mansfield from The Tin Thimble in Loomis. She will discuss techniques in the art of felting and show some of her lovely creations. Well-known Sacramento artist Greg Kondos, whose work is exhibited at the Crocker Museum, will be featured at the June 25 meeting, so mark your calendar now and invite a friend!

**Contact: Beryl Spurling 477-9149,
bsspurling@yahoo.com
Website: www.suncity-lincolnhills.org/residents/clubs/art**



• Astronomy •

Mondays, May 21 and June 18. Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM. Contact Morey Lewis (408-4469) for more information.

Tuesday, June 5. Behind OC Lodge 3:00 to 8:30 PM. Venus will transit the sun. Equipment will be provided to view the event. *Caution:* Never look directly at the sun with your eyes or a telescope without adequate eye protection such as a solar filter.

Thursday, June 7. SCLH Forum at OC Lodge Ballroom at 7:00 PM. "The Colors of the Night Sky." Ken Crawford will share his world famous Astrophotography pictures. This will replace the June LHAG general meeting.

Wednesday, July 4. No LHAG Meeting

**Contacts: Jan Robinson 408-7006;
Jane Delno 543-6855;
Antique Appraisals 408-4004**



Setting Up for the 2012 Club Expo; David Wood presenting "Exoplanets Update" at the April Meeting

this month.

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, 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 •

If you think you can't dance, or it's been a very long time, don't worry. Our ballroom dance sessions on Tuesdays, 2:00-5:00 PM, are geared for you. The first hour takes you through the basic moves for the dance, the second open hour gives time to practice, the third hour teaches more advanced steps.

Ballroom Dance exercises the mind as well as the body. You'll tone nearly every muscle in your body, improve balance and boost brainpower.

We enjoy getting together socially, traveling to other dance locations with big bands. Twice a year we have potluck dinners with music to accompany dancing. Our annual membership dues is only \$5. That includes weekly lessons — it's the best bargain you can find. Come join us in the multipurpose room at KS during May to learn



Dancers Jim & Joan Luckey

the EC Swing! During June we'll be doing the classic Fox Trot.

**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 May 16 and June 20. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Tuesday, June 5 at *Original Pete's*. 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 9:00-12:00 and 1:00-4:00 First Wednesday
- Nine-Ball Singles 10:00-12:00 and 1:00-4:00 Second Tuesday
- Eight-Ball Doubles 1:00-4:00 Third Wednesday

All games at KS

Tournament Winners:

- Eight Ball Singles April 4 — AM Winner: Ted Komaki; Runners-up: Oscar Alvarez and Hal Berman; PM Winner: Phil Delaney; Runner-up: Joe Hobby

- Nine-Ball Singles April 10 — AM Winner: Hal Berman; Runner-up: Ed Welch; PM Winner: Joe Hobby; Runner-up: Dale Hurlbut

- Eight-Ball Doubles April 18 — Winners: Norm Hagerty and Oscar Alvarez; Runners-up: Scotty Story and Oscar Alvarez

Billiard players from both Lodges (KS and OC) decided to compete against each other so it was a new and exciting event held on April 13 (Friday) with OC ending as winners.

Congratulations! We are all looking forward to the next tournament.

Congratulations to CV and Bessie Orr (the contributors to the *Compass*) on their 60th anniversary held April 26.

**Contacts: Jim Immel 434-2918;
Les Birch 408-1045**

Challengers Billiards

Every Friday from 9:45 AM –12:00 PM, you can find us in the Billiards Room (KS).

We play seven games of partner eight ball (1-15). New players are welcome.

When you read this article, we have had our annual BBQ at the Sports Pavilion, with fun, food and friendship which was enjoyed by everyone.

Our recent winners : First place: Seven games: Ed Welch; Six games: Del Torres, Joe Hobby, Joe Perez, Bill Kim, Ron Weech, Oscar Alvarez. Second place: Five and a half games: Joe Heruty; Five games: Dan Oden, Chiquita Fratto, Frank Mahoney, Willie Wright.

Congratulations to all.

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

Couples Billiards

There were many second place players. Due to lack of space their names couldn't be reported here.

Week one six teams won four games. Those couples were: Joe/Shirley Varner, Bob Hodge/Sylvia Gutierrez, Margrit Blanc/Edith Kesting, Del/Veronica Torres, Roger Bryan/Gail Harmon and Ron/Sherry Weech. Five teams tied for second.

Four teams tied with five wins this week. Those players were, Joe/Shirley Varner, Joe/Nicki Hobby, Joe Perez/Rita Baikauskas, and Dan Oden/Gail Harmon. Two teams tied for second.

Next was another four-way tie with five wins. Those players were Joe/Shirley Varner, Bob/Shyrl Dougherty, Joe/Nicki Hobby, and Dale Houck/Chiquita Fratto. Two teams tied for second.

Ron/Sherry Weech won six games this week. Winning five games were Dale Houck/Chiquita Fratto and Dan Oden/Gail Harmon.

And the last week two teams won five games. Those players were Howard Skulnick/Peshu Irani and Ron/Sherry Weech. Four teams tied for second.

Good job everyone!

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

Players Billiards

It has been a great first year for our group! Congratulations to our players who won six games in one tournament during the year. They are: Del Torres, Dan Oden, Sylvia Gutierrez, Rita Baikauskas, Willie Wright, Dale Houck, Joe Perez, Jim Frederick, Bob Wehner, Doyle Coker, Peshu Irani, Ken Hawley, Howard Skulnick, Ken Woodard, Ed Welch, Frank DeMasi, Gail Harmon, Bob Bienkowski. Every Thursday from 2:15-4:30 PM, we play six games of Eight Ball in the Billiards Room (KS). Advance sign-up for the following month occurs on the last Thursday of the month. The sign-up binder is always on the fireplace. Stand-by players frequently get to play. It's free and fun! Congratulations to our recent winners



Some of the Players Group six-game winners

— Six games: Dan Oden, Frank DeMasi, Sylvia Gutierrez, Oscar Alvarez; Five of six games: Willie Wright, Bob Bienkowski, Jennie Wright, Ziggy Brien, Dale Houck, Sandy Pavlovich, Dan Oden, Ken Hawley, Del Torres.

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

Upstarts Billiards

"Some think in colors, and others in numbers,

When we sink our balls, it's a Mother of Wonders!"

Calling all billiards players (and wannabes) Upstarts Billiards is for beginners and average players; we play standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM at Billiards Room (KS). Why don't you drop by, and see if you'd like to join us?



Some of the Upstarts Group six-game winners

All Billiards Groups held our annual BBQ May 14 at the Sports Pavilion; good eats, good company!

Winners five games: Gary Averett, Bob Bienkowski, Richard Gsell, Jim McCarthy, Bob Rand, Bianca Reckling; winners six games: Dennis Dreiling stands apart from the crowd!

Sign-ups are the last Thursday of 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 the expert help second and fourth Mondays, 9:00-11:00 AM. Please sign up in advance in the Billiards Room (OC).

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



• **Bird** •

The Bird Group is a neighborhood club interested in learning about the types and names of birds in our area. The group meets once a month on the second Monday at P-Hall (KS) at 1:30 PM. A speaker or bird-related film will be presented. Whether you want to learn about local birds or are an experienced

birder, please feel free to join us.

On May 18, Carol Perry will lead a trip to Turkey Creek Golf Course. We will be allowed on the grounds under the condition of having lunch there. I can attest that the grounds are full of bird species and the food is very good.

On June 8 the group will meet at the OC Fitness Center at 8:00 AM to travel to Loomis Horse Park. This is a fun local trip.

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



• **Bocce Ball, Mad Hatters** •

You know it's almost summer when the outdoor pool opens and the blue canopies go up at the Bocce Courts. One huge advantage to starting Bocce at 8:00 AM in the summer is the availability of more parking. The parking lot at the Sports Plaza isn't usually full at eight so it's easier to get a spot. There is also parking available down the hill by the Softball Field in case you didn't know it. That's a short walk through the Tennis Courts to get to the Bocce Courts. One



Spring Bocce

downside to spring play is the fuzz that comes off the seed pods from the trees around the courts. It actually makes the courts play slower. In any case the rainy weather is behind us so you have no excuse not to come out and join the Mad Hatters on Thursday mornings, and get your mad hats and shirts out.

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



• **Book Group, OC** •

For you history buffs, on May 17 we will discuss *The Fort* by Bernard

Cornwell, a novel with a different take on the Revolutionary War.

On June 21 we feature *The Immortal Life of Henrietta Lacks* by Rebecca Skloot, the story of a poor African American cancer patient in the late 1940's. Doctors treating her made a fascinating discovery — they cultured some of her cancer cells, but unlike all previous such experiments, hers divided and did not die thus becoming immortal!



Henrietta Lacks

We meet the third Thursday of each month from 1:00 to 2:30 PM in the Multipurpose Room (OC); newcomers are always welcome.

Remaining 2012 Schedule:

- July 19: *Shanghai Girls* by Lisa See
- August 16: *The Confession* by John Grisham
- September 20: *The Glass Blower of Murano* by Marina Fiorato
- October 18: *To America* by Stephen Ambrose

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



• **Bosom Buddies** •

Breast Cancer Survivors

Our May meeting was held at Pottery World on May 10. A beautiful flower arrangement demonstration was given before we enjoyed our scrumptious luncheon.

Many members will be participating in the Lincoln Relay for Life, sponsored by the American Cancer Society, on May 19 & 20 at Lincoln High School. This walk is for all cancer survivors as well as their families and friends.

Look for a great event at our next meeting in June. Happy Summer!

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



• Bowling •

Season 2011-2012 has ended!

Champs: All Spares — Arlene Smith/Marilyn Dunger/Betty Heavingham (and George Gibbons)

Runner Ups: Ally Katz — Kris Elliott/Judy Hubbard/Jeanne Zincke/Jay Zincke

Team Scratch Hi Game: Rock & Bowl — Davis Payton/Margaret Payton/Horrace Snowden/Dolores Snowden

Team Handicap Hi Game: Lucky Strikes — Elaine Yamaski/Dottie Duffney/Eleanor Jones/Dave Quirarte

Team Hi Scratch Series: Oh Well — Pat Fisk/Dave Fisk/Reba Schwilk/Donna Pola

Team Hi Handicap Series: Hill Toppers — Stillman Gates/Joan Gates/Al Jones/Betty Jones

Women Scratch Game: Rita Wilks; Women Handicap Game: Reba Schwilk;

Women Scratch Series: Joan Gates; Women Handicap Series: Eleanor Jones;

Men Scratch Game: Dave Fisk; Men Handicap Game: Davis Payton; Men Scratch Series: Jerry Gordon; Men Handicap Series: George Newman; Men High Average: Horrace Snowden; Women High Average: Pat Fisk; Men Most Improved: Jon Amsbaugh; Women Most Improved: Gail Ramsden.

New Officers 2012-2013: President Frank Schmidig; Vice Pres Jerry Gordon; Secretary Joan Gates; Treasurer Betty Heavingham.

Contacts: Frank Schmidig 434-5972; Jerry Gordon, 408-5989; Margaret Peyton 543-7344; Joan Gates 253-9415; Kathy Chapin 543-3475



• Bridge, Partners • Thursday Evening First & Third

If you're interested in playing partners' bridge with a relaxed, fun group of people,

please come join us. If you give us a call we'll put you on the list – or just show up and take your 50/50 chances.

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.

The April 5 winners were: First: Sasha & Tom Eason; Second: Judy Olson and Carol Nakao; Third: Barbara Bryan and Paddy Martin; Fourth: Rose & Joe Phelan; Linda Theodone and Janet Pinnel had high round.

The April 19 winners were: First: Sasha & Tom Eason; Second: Harry Collings and Stan Mutnick; Third: Sue Cireral and Nadine Buckmiller; Fourth: Shirley Bry and Helen Helm; Ken & Chris Jacobson won high round. Our 15 tables of bridge this night is a record.

Contact: Rose or Joe Phelan 408-4066, joephelan@sbcglobal.net, roseph@sbcglobal.net

Thursday Evening Second & Fourth

Results from the fourth Thursday Night Bridge Group that meets in the Terra Cotta Room (KS) at 6:00 PM. March 22 results — First place: Ben & Kay Newton, Second place: Gay Gladten and Sue Peterson, Third & Fourth place tie: Bev Dwyer and Carol Mayeur and Paul & Johann Kiesel. April 12 results — First place Ann Ulrich and Judy Barkhurst, Second & Third place tie Bob & Lorraine Minke, Warren & Gerry Sonnenburg, Fourth place Carol Mayeur and Bev Dwyer. Come and join us for a fun night of Bridge.

Contacts: Chris & Ken Jacobson 408-8709



• Bridge, Duplicate •

The pairs winning the Club Championships for the winter quarter were: Wednesday, Laurie Vath and Doug Allan; Friday, Denise Morgan and Tony Trigg; and Saturday, Alice Brown and Jim McElfresh.

“Ace of Clubs” and “Mini-McKenney” awards are for consistently superior performance in local and regional duplicate bridge play. Tom & Carol Ross finished first and second in 2011 Mini-McKenney competition for the Sacramento region. Area SCLHDBC Ace of Clubs first placers for 2011 included Laurie Vath, Piper Smith-Fein, Vince Marek and Dick Mensing.

On Wednesday, March 14, Section B had two 70%+ scores. Kent White and Sten Akerlund scored 70.83 playing North-South; while, in East-West, Tom & Carol Ross had 70.19.

All residents are welcome to join in our duplicate bridge sessions. They are played three times weekly in the Multi-purpose Room (KS):

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

Contacts: Kent White 434-1699, akw@starstream.net; Elise Homer 543-0650, hit4home@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 an afternoon of Social Bridge. You must make reservations to play and please call if you need to cancel the reservation. You do not need a partner. You can make reservations by calling Peg Schmidt at 409-0883 or 899-0981 or call Lee Holman at 221-0682 or 409-0883.

Winners for March 23-April 20 were — First: Carol Mayeur (twice), Rosanna Jensen, Harry Collings (twice); Second: Peggy Collings, Shirley Bry, B.J. Parkinson, Lois Burke, Febe Harrington; Third: Harry Collings, Bev Blaine, Febe Harrington, Bev Dwyer, Dee Williams;



Above — League Champs, back row, Dave Fisk / Jerry Gordon / Outgoing Treasurer Kathy Chapin / Joan Gates / Horrace Snowden; front row, Frank Schmidig / Pat Fisk / Della Sharief (Humorous Award); Lower photo

All Spares — Arlene Smith, absent Betty Heavingham and Marilyn Dunger

Fourth: Bev Dwyer, B.J. Anderson, Jane Nichols, Ralph Madsen, Rita McPeake.

Contacts: Lois Burke 409-0223; Beryl LeVine 434-6638



• **Bunco** •

Based on the laughter and noise coming from the Cards Room, Bunco was enjoyed by all. After a brief discussion the consensus was to hold our spring/summer potluck on Thursday, June 20 following the day's play. Potluck dish sign-ups will be taken at the May game and an email will be sent out to the entire membership. Don't miss it! It's always a treat to visit with each other over great food. Beverages and paper products will be provided.

Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. The entry fee is only \$5 and membership fees are not required. Come join your fellow SCLHers for fun, laughter and the potential to win a SCLH gift card.

Last month's winners: Most Buncos Wanda Green; High Score Barbara Lynch; Most Wins Bev Fedder; Low Score Paulette Rhoads; Most Losses Pam Curtis; Traveler Sharon Chipman.

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



• **Ceramic Arts** •

Don't forget *Artisans in the Lodge* Sunday, May 20. Come out to the OC hallways and support all of the wonderful artists – the show is going to be even better this year.

We currently have 64 paid members in Pottery, Earthenware and Spanish Oils. If you are interested, please contact the appropriate rep below. Sent your dues yet? Membership Chair Ed Hanson has asked that dues be paid by mail and include any changes to your info, email, phone number, etc.

CAG "Workshops" are held at OC on *Saturdays*, 9:00 AM-3:00 PM, and *Sundays*, 12:00-4:00 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 on *Fridays only* 12:00-5:00

PM and KS *Sundays only*, 1:00-4:00 PM. Please check bulletin boards and studio windows for changes/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** •

We hope everyone enjoyed the "Notes from Notables" at the spring concert of the Lincoln Hills Community Chorus. Thanks for your support.

The Chorus will take a break now for the summer, but we'll be back again in early September to begin rehearsals for our Christmas concert.

More information on the Chorus is available on our website (below).

Interested in joining? Contact one of the following:

Contacts: Bill Sveglini 434-5655, Sveglini@gmail.com; Dave Machado 645-7867, dlm1126@starstream.net
Website: www.lincolnhillschorus.org



• **Cloggers** •

If you missed the three-day NCCA Convention in Modesto, good news, next year, 2013, will be in the same place, DoubleTree Hotel. The date will be April 5-7, mark your calendars.

Special guest instructor, Morgan Hudson, from Kentucky will be there to share his love of clogging.

Barry Welch had to cancel "California Spectacular" workshop, scheduled for May 18-19. We're hoping it will be in the future.

The Vaudeville Troupe has scheduled a great performance on May 20 at 2:00 PM in the Lincoln High School Theater. A donation of \$10 dollars each will go to Lincoln High School Choir. Indeed a worthy cause, try and give your support.

Joining in will be the Lincoln Hills Performance Team clogging to Black Eyed Peas song, "The Time (Dirty Bit)".

Give clogging a try! Classes are every Tuesday morning. Classes are described on page 66 in the section on classes.

Contact: Anita Tyson 543-5330, sheandme@starstream.net



• **Computer** •

Main Meeting June 13, 6:30 PM Windows 8—Microsoft's Very Big Risk by Terry Rooney.

Microsoft has spent the past two years developing Windows 8, which will for the first time run on both desktop computers and tablet devices. This attempt to be "all things to all people" is a very risky move. But this is perhaps Microsoft's best hope for competing with tablets running the Android operating system and with Apple's iPad. Microsoft has almost no presence in the tablet market. The Windows user interface features large "live tiles" which are icons you use to start a program but which also contain information, like weather, within the tile. Come and see the future.



Terry Rooney

Clinic June 15, 3:30 PM more Q & A demonstrations of Windows 8,

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

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



Mac User

Apple Mail is the Educational Seminar topic — 7:00 PM, May 24 and the "Ins/Outs of Safari" on June 14 and 28.

"What's Different in iPad3," our iDevice subject June 3, 7:00 PM.

Safari is the General Meeting topic, 7:00 PM, June 12.

Preview will be demonstrated at the Newbie meetings June 7, 9:30 AM and June 20, 7:00 PM.

All meetings are in P-Hall (KS).

Bill Smith and Bob King demonstrated at April's General Meeting ways to use

Siri – as a “toy” and in practical situations.

Andy Petro led April’s Safari Hands-on Workshop. Everyone got to customize their toolbar, add tabs, set up articles, add folders to their Bookmark Bar and more.



Andy Petro demonstrating Safari at the Hands-On Workshop.
Photo by Irwin Maloff

Our 10th Anniversary October celebration is shaping up. Seating is limited so sign up when you see the announcement.

Check the website for details on upcoming meetings. Subscribe to the Calendar for current details on meetings/ seminars.

Contacts: Bill Smith,
wsmith986@gmail.com;
Support Help Line: 668-0684
Website: www.lhmug.org



• Country Couples •

Dance, dance, dance, that is what the CCs were up to in March and April. Both of the “third Sunday” OC dances were sold out and the dance floor was full for virtually every song. The Keeners also sponsored dances at Sun City Roseville for both months. Additionally, there is a group of wandering couples that attended dances at other venues such as Pony Express and Downright Country.

CCs’ membership continues to grow and there are several new members attending practice sessions lead by Linda & Ernie Wilson on Thursday evenings. They are held at the Multipurpose Room (OC). Be sure to mark your calendars for the next CCs’ dance at KS on May 18.

You are welcome to contact one of the members noted below for times

and locations of lessons and practices if you would like to see the style of our dances.

Contacts: Ernie Wilson 434-6588;
Ralph Lacaze 408-2365



• Cribbage •

The Cribbage Club plays 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 players. We use a rotation system to mix the players rather than having a partnership stay together all morning.

We continue to have good turnouts for our weekly session and everyone is having a good time playing. *However, we still haven’t had any volunteers to help set up for play, guide the session’s play, and clean up afterwards. None of these are difficult tasks nor are they time-consumers. We can work out a schedule and rotate duties if that is the desired approach. To expect the same few people to do this week after week is just not reasonable, nor it is fair. Think about it, please.*

Contact: Jack Poshepny 543-8463



• Cyclist •

On April 18, 27 riders left the KS parking lot on their bicycles, carrying a couple of water bottles, a spare tube and their Medicare cards. This was the Third Annual “Your First Century” and for four of those riders it was. Rolling green hills on the way to Camp Far West Lake, walnut trees just greening up in Wheatland and flat-topped fruit trees along the levee. A donut, Oreos, bananas. A sandwich at 72 miles. Near-perfect weather. There were also pot holes, rough roads, broken glass in the bike lanes and two flat tires. One skinned knee. Passing by a high school that was just letting out, the teens barely looked up from their smart phones as the riders went by. But at a grammar school, the kids waved and gave an enthusiastic, “Hi!”

Fifty-five?; sixty-five; eighty? You’re



From top: Camp Far West Lake; Ready for rain; Single file on the century

never too old for a century ride. Bucket list? Scratch #11.

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



• Dominoes • Mexican Train

Most of the spring yardwork is completed. This is a great time to start something new. I was thinking of suggesting it’s time to learn to play Mexican Train Dominoes. Playing is a lot of fun and we have a good time.

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

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



• **Eye Contact** •
Low Vision Support

Next meeting: June 14:

1:00 PM Summary of Research 2012. A wrap-up of news-making eye-related research and development during the past 12 months. Dan Roberts, Director of International MD Support Group will lead the presentation, Low Vision is the topic, not AMD.

2:00 PM Pali Fong will talk to us about her Tai Chi class here at SCLH. Tai chi is the series of gentle movements that reduce stress and have other health benefits. Learn about the origin, history of tai chi, and discover the health benefits of its gentle movements. She will have some of her students perform the 24 slow, rhythmic, meditative movements.

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



• **Fibromyalgia/CFS** •
Chronic Fatigue Syndrome

If you (or a friend or loved one), suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, May 24 in the Multimedia Room (OC). Teri Frank will offer a presentation on "Adrenal Fatigue." Feeling tired, seemingly for no reason? Having trouble getting up in the mornings? Craving coffee, cola and energy drinks, salty or sweet snacks? Feeling rundown and/or stressed all the time? Join us for this presentation and a round-table discussion to follow. Our purpose is to provide positive support for residents with Fibromyalgia and/or Chronic Fatigue Syndrome. We offer information, emotional support, exercise options and suggestions for your mental and physical well-being. We meet the fourth Thursday of each month from 1:00-3:00 PM.

Contacts: Sandy Barry 521-2309;
Jackie Wilson 253-3744;
Marjory Barlow 408-1400



• **Fishing** •

May is here, the weather has warmed and so has the fishing after the big rains in April. Excursions in the past month included Henderson Springs with the usual catch and release of big trout, Pardee Reservoir (slow fishing but great lunch), Collins Lake where 18 anglers caught fish to three pounds, the Shasta Houseboat outing where 24 anglers experienced good fishing and a great time. We also had a great presentation by Big Al of Big Al's Guide Service at our April Meeting. Al guides on northern California lakes and rivers for trout, salmon and kokanee with great success. If interested, call 354-0806 for a reservation. You won't be sorry.

Upcoming events include four days at Heidelmann Lodge on Donner Lake June 18-20, Caples Lake on July 19, Fuller Lake on July 30, and our spring BBQ on May 21. Lots of fun stuff happening, why not join us?

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



• **Garden** •

Twelve Bridges School needs volunteers to help the first graders plant strawberry plants on May 21. Contact Marie Salers, 408-3895.

May 24, Thursday, SCLH Annual Garden Tour (10:00 AM-2:00 PM). We invite the community to attend this free event. The Garden Group sponsors it each year through the generosity of homeowners who are willing to share their yards. Drive through OC Lodge entrance portico between 10:00 AM-12:00 PM and pick-up a flyer with a map, addresses, and descriptions — \$3 per map. There is no need to park and get out as volunteers will be there to hand you a copy. (Please bring exactly \$3 per map, if possible.) Each yard will display a sign denoting its involvement. Out of respect for the homeowners, please stay within the designated walk areas and be sure to end the tour by 2:00 PM. There will be 12 yards to view this year! Contact: Fran White 408-4628.

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



SCLH Annual Garden Tour

Flower Arranging Class

Second Monday, some months. Dates, time and place will be announced several months before the event.

Contact: Gloria Stroemer: 645-4699.



• **Gem and Mineral Society** •

The April meeting was a lunch and field trip to the CIJT Jewelry School in Carmichael.

We meet the last Monday at 4:00 PM. The May meeting will be a short business meeting only. In June, Jim Hutchings, President of the Roseville Rock Rollers, will give a presentation on opals.

Member of California and American Federation of Mineralogical Societies. Dues: not required.

Our club sponsors the Lapidary and Jewelry Shop. Hours: Mondays 8:00 AM to 12:00 PM. First Monday also 12:00 to 2:00 PM. The charge is \$5 per each two hours spent in the lab. Funds go to refresh equipment and supplies.

Contact: Dave Fisk 434-0747,
dave.fisk@yahoo.com (also for lab
info & reservations)
Website: [http://sites.google.com/](http://sites.google.com/site/lincolnhillssuncitygems/home)
[site/lincolnhillssuncitygems/home](http://sites.google.com/site/lincolnhillssuncitygems/home)



• Genealogy •

Our General Meeting on Monday, May 21, will feature Bert Donlon giving a detailed account of his experiences in "Creating a CD or a Book of Your Family History." Will be of great interest covering the advantages of each. At 6:30 PM in P-Hall (KS).

After the formal meeting, members will move to the Sierra Room (KS) for a mini-social get-together.

The popular "Help Sessions" continue for our members. They are announced at the General Meeting and via email from our Membership Chair.

At the General Meeting on June 18, in P-Hall (KS), we have a special speaker, Loenzo Cuesta, covering the use of "Social Networking for Genealogists" — blogs, wiki, Facebook, etc. Should be a hot topic.

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



• Golf, Ladies • Lincster Lady Niners

WNHGA update: Congratulations to both Marisue Flannigan and Alyce Stanwood. *February Charm Girl* was awarded to Marisue Flannigan. She had a net of 39 on the Orchard course on February 22. *March Charm Girl* was Alyce Stanwood. Alyce has been close so many times and is now officially a "Charm Girl"! On March 21, her net was 39. WNHGA Team Play event is scheduled for May 15, 2012. Pictures and report to follow next month.

The Lincsters General Meeting was held on April 11. New by-laws were approved. Excellent presentations were provided by Steve Treadway on "Golf Tips" and Linda Salmon on "The Handicap System." Thank You!

Please welcome new Lincster member, Joyce Kozuki, formerly of Roseville. Elfie Jenkins is Joyce's golfing big sister.



Clockwise from top: Joyce Kozuki and Elfie Jenkins; Linda Salmon; Marisue Flannigan

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

Ladies XVIII

The big event of the year is coming up, The Ladies Invitational with an Olympic theme, June 21. There are openings for this event if you haven't signed up yet; call Mary Holland 408-0052 or Sylvia Feldman 543-3403. On our website is a entry form. On March 29, stroke play was the name of the game. First flight low gross was Candy Koropp winner with 82. Second flight low gross winner was Kathy Botelho with a 88. Third flight low gross winner was Marti Fitzpatrick with a 95, and fourth flight low gross winner was Carol Perry with a 103. On April 5 we had a Spring Cleaning day with a low net over the field a 54 for Lois Adams.

Contact: Chris Jacobson
Jakemust@sbcglobal.net
Website: lhlgxviii.com



• Golf, Men's •

Our club website www.lhmgc.com has been rebuilt following the attack that took it down a couple of months ago. The new site is more secure and allows easy printing from each document by clicking on the Print icon on the upper right side of the page.

April 10 was the NCGA Regional Zone Qualifier and Just for Fun Four Ball Team Competition. We had a very full field for

this tournament, 48 for the NCGA Zone Qualifier and 84 for the Just for Fun. The winner of the NCGA Regional Zone Qualifier was Team #12 (Dennis Cumi-ford, Doug Swanson, Mercer Tyson and George Wuschig). They will be off to the next round (Regional Zone Championships) to be played July 16-17 at Quail Lodge GC and Poppy Hills GC. Our next tournament was the North/South which we held last week on May 8. Result will be posted in the June *Compass* article.

Contacts: Dave Jensen,
jansendw@sbcglobal.net; Gene
Andrews, eandgolf@sbcglobal.net
Website: www.lhmgc.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 Thursday from 8:30 AM to 12:00 PM in the 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: The Walking Group invites you to join in our weekly Wednesday walks. Early morning walks are a great way to begin the day. Walks begin at 8:00 AM. Check the website for weekly starting locations.

Hikers: Two terrific hikes to Table Mountain in Oroville and Black Diamond Mines in Antioch were just completed. Check out the spectacular scenery captured in the pictures.

The Hiking Group just concluded a five-day getaway to Monterey, which included hikes to the Pinnacles, Pt. Lobos, Big Sur and a tour of the Big Sur Light Station. The week was thoroughly enjoyed by all.

We have some interesting hikes coming up as we begin to move into the Sierras with the warmer weather. Hikes include the Foresthill Divide Loop and Poorman Creek.

Check out the schedule of hikes and the detailed descriptions on our website where just the right hike is waiting for you.



Scenic view at Black Diamond Mines



Manzanita along the Black Diamond Mine trail



Table Mountain

Contacts:

Hiking: Dennis Ratay 543-9935,

Denratay@sbcglobal.net

Walking: Glynn Widdows 408-4819,

Gwiddows@sbcglobal.net

Website:

http://lincolnhillshikers.org/



• **Investors' Study** •

The markets are in flux. The first quarter was up big... however, a pullback has started in April. If you are concerned about your portfolio or just want to hear some up-to-date market information, please join us for the monthly meeting of the Investor Study Group on Thursday, June 7, 2:00 to 3:30 PM in P-Hall (KS). Our consultant, Russ Abbott, will update us on the markets and current trends. Our guest speaker will be a representative from Pimco Funds,



Social hour after meeting; Speaker Gary Peace at April meeting

one of the most recognized investment companies in the world. Refreshments will be served afterwards.

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



• **Lavender Friends** •

Our first Lavender Hearts Café Italiano – A Progressive Dinner was sold out. Everyone enjoyed appetizers, dinner and wine at the three different homes. We had another successful attendance at our monthly breakfast. Want to thank Jack Uppal the candidate running for United States Congress in California's Fourth District for being our guest speaker at Phil and Rich's potluck. Members asked several questions and we were pleased with his honest answer. We also learned more on his views and what actions he intends to implement if elected to Congress.

Don't forget that the PFLAG of Greater Placer County holds its meetings on the second Monday of the month at 7:00 PM in Conference Room A at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn. If you want more information on our LGBT club, check our website (below).

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



• **Line Dance** •

Seems like yesterday we were bringing in the New Year and new dancers. A lot of the "Newbies" have already moved up from the introduction class into the

higher-level classes. Sometimes there is a bit of confusion as to what class to enroll in. Listed below are our 11 line dance classes in order of their levels. Our three instructors are, Audrey Fish, Sandy Gardetto and Yvonne Krause-Schenck.

- Introduction to Line Dance, Thursdays, 4:30-5:30 PM
 - Beginner Line Dance (LD I), Monday, 9:00-10:00 AM, Yvonne
 - Beginner Line Dance (LD I), Thursday, 2:30-3:30 PM, Audrey
 - Beginner Plus (LD+), Monday, 6:00-7:00 PM, Yvonne
 - Beginner Plus (LD+) Tuesday, 9:00-10:00 AM, Sandy
 - Beginner/Intermediate (LD II), Monday, 4:15-5:15 PM, Audrey
 - Beginner/Intermediate (LD II), Wednesday, 9:00-10:00 AM, Sandy
 - Beginner/Intermediate (LD III), Wednesday, 10:00-11:00 AM, Sandy
 - Beginner/Intermediate (LD II), Thursday, 9:00-10:00 AM, Yvonne
 - Beginner/Intermediate (LD III), Thursday, 3:30-4:30 PM, Audrey
 - Intermediate/Advance (LD IV), Monday, 4:00-5:00 PM, Audrey
- Contacts: Yvonne Krause 408-2040,**
ykrause@yahoo.com;
Carol Rotramel 408-1733,
caroled@surewest.net



• **LSV/NEV** •

Low Speed Vehicles/Neighborhood Electric Vehicles

Alert! The spring social event that we have all been looking forward to is going to be postponed due to a scheduling conflict at the Sports Pavilion. Our Barbecue potluck and games day is now scheduled for Sunday, June 3, from 12:00 to 4:00 PM. The charge for the barbecue is \$3 per person, or bring a friend and the cost for two is \$5! We will have lots of fun and prizes too!

Our May meeting will feature our own member, Dr. Roger Espiritu. We will hear the inspiring story of how he and his wife have made a difference in our world. Please join us on Tuesday, May 15 at 10:00 AM at the P-Hall (KS) for our general meeting.

Contact: Buzz Rognlien 408-4540



• Mah Jongg, Chinese •

Chinese Mah Jongg is a game of tiles that is similar to playing rummy. We welcome anyone who would like to learn this fascinating game. Come join the fun every Monday at 8:30 AM in the Cards Room (OC).

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



• Mah Jongg, National •

We often hear people say that they remember seeing their grandparents play the game of National Mah Jongg. It is said that “the resurgent popularity of mah jongg marks in part, our yearning to return to this sort of stylish, close-knit community.” People today are making mah jongg an integral part of their social agendas and we hear about the weekly games held at a different player’s house each week. National Mah Jongg offers camaraderie and social bonding, bringing people together and connecting us both to the present and to a past that spans generations. Come join us every Tuesday from 12:30 to 4:00 PM. Just the other day, we had six new players and opened a second beginner’s table. We play this delightful tile game in the Cards Room (OC) with plenty of tables for all levels of play. If you have questions, call one of the contacts below.

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



• Motorcycle RoadRunners •

Our planned riding season is here and we have organized rides scheduled for the second Saturday of each month. So far this year we have driven the Garden Highway, toured the Delta to Rio Vista and rode the scenic byways to Lake Berreysa.

Some social activities include short rides. Our Mother’s Day get-together is an example. We pick a restaurant and ride our bikes there. A chase vehicle usually follows for those who prefer to ride on four wheels.

Although our season has started, it’s

not too late to join us on our adventures. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multi-purpose Room (OC). Guests are always welcome.



RoadRunners out enjoying great weather!

“Ride safe, ride with friends!”

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

Website: http://web.me.com/rettavincen/roadrunners_2012/roadrunners_2012.html



• Music •

The General Music Group monthly get-together meets every fourth Wednesday in the Fine Arts Room (OC). Meeting times are from 6:30 PM until about 8:00 PM, but drop-ins are welcome. Bring your voices and instruments and sign up to perform, or just come enjoy the music and socialization.

The next free Music Group sponsored “Friday Night Open Mic” will be held on June 29 from 6:30-8:30 PM in P-Hall (KS). Sign-ups begin at 6:15 PM. All musicians and music appreciators are welcome — sorry no karaoke.

Want to learn a new instrument in a supportive environment? Join the SC Ukulele Ohana group on Wednesdays at OC. They play everything from Hawaiian classics to Beatles in a relaxed, supportive atmosphere. For more information, call Ron Peck at 409-0463.

**Contacts: Carol Percy 543-1365,
crpercy444@gmail.com; Julie Rigali
408-4579, jjrigali@yahoo.com**



Jay Stryker

Website: [www.suncity-lincolnhills.org/residents, Groups, Music](http://www.suncity-lincolnhills.org/residents_Groups_Music)



• Needle Arts Threads of Friendship •

We celebrated spring with our wonderful spring luncheon and silent auction. Bidding was fierce for over 150 items that were donated by members for the auction. Thank you to Timberlake Lodge for hosting as it allowed all members who wished to attend.

June 10 will allow us to become acquainted with another wonderful needle artist. Philip Bush is an artiste extraordinaire who works in original needlepoint. Among his displays will be his prize-winning large tapestry, *Fairy Tales*, which he plans to donate to Children’s Hospital, UCDMC in Sacramento.

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, vlhildebrand@att.net**



• Neighborhood Watch •

Warm spring weather has a special magic in our active Neighborhood Watch Villages. We see our neighbors out for walks, gardening, or at the mail box and renew our camaraderie.

Neighborhood Watch neighbors have a special relationship. Whether they spend time together or only see each other occasionally, they look out for each other. Neighbors share the information needed to handle medical or house emergencies in their area. “I have your back” is another way to put it.

Many of our most successful Neighborhood Watch Villages also have a strong social structure. Neighbors gather to greet new residents or celebrate National Night Out. Some have a monthly lunch, poker party, or play Bunco. A friendly neighborhood has a

warm and comfortable ambience. It's a lot more fun, too!

We invite you to call one of the contacts below for more information on enriching your neighborhood!

Contacts: Larry Wilson 408-0667, mvw6@sbcglobal.net;
Nancy Whitaker 408-7393, nsymmes@hotmail.com
Website: www.lincal.net/watch



• **Painters** •

Thanks to the efforts of Program Chairs Bonnie Dunlap and Paulette Pesevento, we continue to have exciting and informative presentations at our monthly membership meetings. In April we learned from and were entertained by our own affable Fred Eckman who discussed and took questions on outdoor art, using acrylics on masonite, while his student Karen demonstrated. Thanks, Fred, for an enjoyable and educational experience.

In May, club member Terry Banderas instructed/demonstrated watercolor/pen and ink art.

Members are reminded of the "Artists Table" luncheon June 26 and the Animals Art Challenge in July.

Members are also reminded to donate a painting for our 50/50 Show, June 22 at KS. Proceeds will be used to provide workshops, demos, and guest speakers for club members, with a portion of the proceeds being donated to the American Cancer Society in memory of members lost to cancer in the past year.

Contact: Lynne Fee
lynnefee@aol.com;
Diane Pargament 408-0221, dkpara@starstream.net;
Jacque Hilton,
jacquiehilton@starstream.net
Website: www.lhpainters.org



• **Paper Arts** •

Our club's participation in the March Group Expo resulted in much interest and many inquiries into our club. That interest turned into visitors and new members attending our April Demo Day. We had an overflow crowd, all enjoying this fun, informative day!

In preparation for next month's "Garage Sale," members should start taking stock of those items they haven't used in years, forgot how to use, and wonder why they bought them in the first place. Becky Leo will be hosting a Garage Sale luncheon after our June meeting. With all the money you'll make selling those unused items, you can buy more "stuff" to take home.



From top: Sue Manas and Char Sly preparing Group Expo display; Members trying out new techniques at Demo Day; Demo Day display catches interest of members

This month's project leaders were Lori Lucchetti and Jackie Fong. Thanks to them and their table captains, we created three lovely cards. And speaking of this month, stop by the display case (OC) to see our May flowers and Mother's Day cards.

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** •

May 21 will mark the return of the Photography Group's display at Simple Pleasures Restaurant in Lincoln; this time for a four-month gig. This promises to be another wonderfully eclectic exhibition of photographic styles by SCLH talent.



Dawn's Pathway to Sunrise by jeffa

The June 13 General Meeting will bring well-known fine art and landscape photographer Allen Adler to the presentation stage. A resident, Allen's work — often large-format prints — is carefully crafted to reveal total detail and exquisite color. His talk will be on producing spectacular and ginormous prints with ordinary kitchen equipment.

Also on the agenda will be the election of officers for the coming July-June service year. The proposed slate of officers will be Gary Sloan, Carole Haskell, Vicki White, and Geni Langdon. If elected (as in if the sun arises), they will be provided with body armor and nodding sticks for their forthcoming joyously interminable terms.

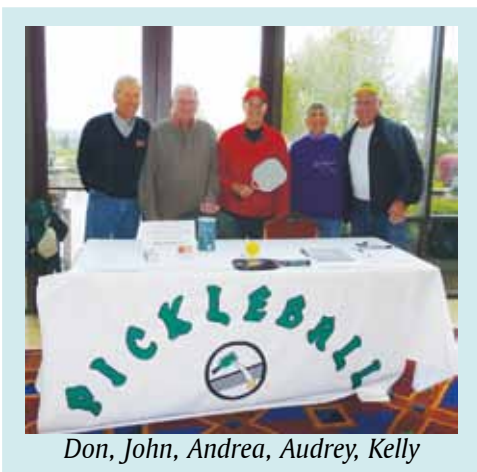
Contact: Klara Kleman 408-4496,
klemanklara@sbcglobal.net
Website: SCLHphoto.com



• **Pickleball** •

With the beautiful weather we have had, Ladder play has been very busy. At the top of the A Mixed Ladder is Andrea Mayorga; B Mixed Ladder – Chuck Viviano; C Mixed Ladder – Bonnie Robbins; and Women’s Ladder – Andrea Mayorga. Ladder play will change to an earlier time starting June 1. The Women’s Ladder will be postponed until September; it is too difficult for 60 women to play before the heat becomes unbearable. Hopefully, this problem will be solved next year with two new courts.

The Clubs Expo drew a lot of residents interested in playing pickleball. Members of the club were on hand to explain the game and equipment. There



Don, John, Andrea, Audrey, Kelly

was a drawing to give away four club memberships. The winners were: Ron Peck, Celeste Morris, Maggie McGurk and Anna Brennan. We look forward to seeing you all on the courts.

Article by Sherry Mosby.

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



• **Players** •

On Saturday, June 2, at 7:00 PM and Sunday, June 3, at 2:00 PM, Readers Theater will present a showcase of three one-act plays in P-Hall (KS); “The Proposal” a comedy by Anton Chekov, a drama, “The Broken Coin,” and a radio show, an episode of Father

Knows Best, “The Housekeeper.”

Making their debuts as Director are Bob Murdock and Jeannine Newcum. Also directing is Paul Gardner. Rudy La-Porta and Bob Zimmerman will be making their debuts as Assistant Directors.



The Directors for the June Readers Theater, from left, Bob Murdock, Paul Gardner, Jeannine Newcum

Rounding out the production team and making their debuts, are Corrine Ehlers and Shirley Lincoln as Co-Producers. Celeste Morris will be providing sound effects.

The final audition date for “The Lucky O’Leary’s” is Wednesday, May 16. It will be held in the Fine Arts Room (OC), from 6:00-9:00 PM.

Performance dates are August 1 and 2. Players meetings: Second Mondays, 4:00 PM, P-Hall (KS).

Contact: Steve Garavito 434-6725
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 Mondays, Tuesdays, and Fridays — same times.

The Quarterly Hold ‘em tournaments are open to all residents, first come-served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday, July 21.

Winners of the April 21 tournament: Eighth Mike Goldstein; Seventh Ed Aubin; Sixth Gloria Hodson; Fifth Judy

Schmidt; Fourth Jim Benney; Third Scott Jensen; Second Frank Correia;

First place winner Jim Bloedorn (second time), Congrats!

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;
Steve Kriner 295-8012



• **RV** •

It will be a great chance to renew old acquaintances when the RV Group holds its annual Summerfest June 30 from 4:30 to 7:30 PM at the Pavilion. The group is inviting all past and present members to get together for a potluck.

Event organizer Sarah Free wants all attendees to wear name tags and bring their own table service. A \$5 fee will be collected to cover incidentals, and there will be a no-host bar. For further information, contact Sarah at 645-5380 or rwwfree@aol.com after May 22.

First rally of the year was held May 3-6 at the Almond Tree RV Park in Chico where members toured the Bidwell Mansion and Sierra Nevada Brewery, enjoyed a catered Mexican meal and played some golf. Some 22 rigs participated. Wagon masters were Dick & Judy Naragon, assisted by Larry & Joan Flood and Dennis & Carolann Meddles.

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



• **SCHOOLS Volunteers** •

Sun City Helping Our Outstanding Lincoln Schools

Spring break has flown by and we are happily back in the classroom helping out the teachers and students of our local schools. Time marches on and June 8 is the last day of school. Our Annual Schools Potluck dinner was a wonderful event. Our next event is the SCHOOLS end of year picnic. We still need volunteers. You can either be a regular classroom volunteer or you can help out with special projects such as Holiday Sales, Mothers Day Boutiques or Book Fairs. Both types of positions offer our volunteers a great deal of flexibility

when it comes to scheduling, and they are lots of fun! If you are new to the community, getting involved with our group is a wonderful way to make new friends! Call or email us if you want to help out!

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

Our April 19 SCOOP speaker was Dr. Flournoy, graduate of Davis Veterinary School. Her presentation centered on advance emergency preparedness for pets – know your Vet’s phone number, poison control number, and have a back-up plan if your Vet isn’t 24/7. She stressed the importance of filling an ER kit with peroxide, aspirin, thermometer, stethoscope, pads to stop bleeding,



From left, Judy Bond and Terri Rafferty. The April Spotlight was on Judy for all her years of good work with SCOOP – Thank you, Judy!!

etc. She recommended a nine-second rectal/digital thermometer that should be inserted all the way.

Perhaps her best advice to us was to know our dog’s “normal”: Take the dog’s temperature/heart rate when he/she is perfectly healthy (100-101 is normal and 104 or 96 would mean ER immediately); check his/her heart rate and gums. The edge of gums should be bright pink, as well as the tongue and inside lip.

Not only was Dr. Flournoy informative, she presented from a wealth of

knowledge, experience, and humor. Our near capacity audience wasn’t disappointed!

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



• **Scrabble** •

The Scrabble Group always welcomes new players. We meet each Monday, from 1:00 to 4:00 PM, in the Cards Room (OC). Please feel free to drop in, even for one game.

The word of the month is *aioli*, a garlic mayo. It is a good way to get rid of all those vowels that can take over a rack.

Those in the winners’ column include Barb, Rita and Stan, with multiple bingos. Bingos represent using all seven tiles and are worth an extra 50 points. Luck certainly plays a major role in achieving this feat. Part of it is drawing the right tiles, but having a place to “play” them is critical. Also, multiple game winners include: Anne, Barb, Candy, Darlis, Gloria, Judy, Rita, and Stan, during the last month.

The members are planning our summer potluck in late June, preceded by a tournament, with prizes. Now is the time to hone your game. Membership comes by merely showing up to play. More details will come in the next issue.

Contact: Candy Koropp 409-5017



• **Second Cup of Coffee** •

On Monday, May 21 at 10:00 AM, the Second Cup of Coffee Group will present Sheriff Ed Bonner speaking on “South Placer County Justice Center” at the P-Hall (KS). All residents and their neighbors are invited to attend to hear the latest information on the developments at the Justice Center. Q&A will follow.

Don’t miss any of the upcoming programs being planned. Mark your calendar for June 18 for the “Gladding McBean Story” – more about one of our Lincoln businesses. The programs are entertaining, educational and provocative.

Become a regular guest at our meetings – third Monday of each month, 10:00 AM at P-Hall (KS). See you there!

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



• **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



• **Ski** •

Another ski season has come to a close, and we ushered it out with a wonderful party at the home of Jerry & Karen Johnson.



“Post-Season Party at Johnson’s”

The club leadership team is busy planning next season’s events. If you have any suggestions about a between-season outing this summer, especially in the mountains, please contact us. Last summer’s dinner at Lake Mary, Sugar Bowl, was especially entertaining, and is likely to be repeated.

Also, we will be providing some advance planning information for next year’s getaway trip, which is expected to be in Aspen/Snowmass, Colorado, during the last week of February, 2013. We will be encouraging participants to book their accommodations early to get the most desirable locations.

Contacts: Mike Hilton, Sue Worrall, Chuck Frevele; 258-2150, suncity-lincolnhills.org/residents; Clubs; Ski Club



• **Singles** •
Dynamic Singles

Mothers' Day was another fun day for all our ladies who have children and grandchildren.

Upcoming Singles Events:
 May

- 15) 7:00 PM – Lets Dance at the Meridians
 17) 4:30 PM – Table for Eight at P.F. Chang's, Roseville, (RSVP Darline 434-6472)
 24) 6:30 PM – Ice Cream Social and Bingo at OC Ballroom, Meridians \$4

June

- 03) 4:30 PM – June Birthday Celebration, Sports Bar at Meridians
 07) 4:30 PM - Cocktail Time TBD
 09) 9:00 AM – Second Saturday Breakfast, Sports Bar at Meridians
 14) 6:30 PM – General Meeting/ In & Out Western Dinner Dance at Kilaga Springs \$15

Our Weekly Sport Activities:

- Mondays at 2:00 PM – Tennis, Sports Park (Dennis 408-2423)
- Wednesdays at 2:00 PM – Bocce Ball, Sports Park (Dennis 408- 2423)
- Fridays– Golf, 18 holes (Jerry 543-8776)
- Hiking – First Tuesday & third Wednesday, KS (Richard 408-5376)

Please join us at our listed events.

Article by Kathy Shaddox.

**Contact: Marty Joseph 543-0803,
 Linda Bacon 628-5158**

Website: www.lincolnhillssingles.org



• **Softball, Senior League** •

Despite a rainy outset, Summer League has begun. Every Monday and Wednesday six games will take place, and we now feature a special Thursday League with members of our various travel teams competing.

Also, *Bob Hunter* was recently elected to the Northern California Senior Softball Hall of Fame. Induction ceremonies will be during the Hall of Fame tournament in August in Manteca.

Bob started playing senior softball in 1997 with the Walnut Creakers and the

Hard Travelin' travel team. He played with the Auburn Senior Softball team until moving to Lincoln Hills in 2005, where he joined the Coyote 65s until the 70s were formed in 2008.

Bob has managed that team since 2008 and served as the Coyote's secretary for three years and publicity director since 2008. He has played for 10 local travel teams and averaged over 200 games a year for the past five years.

Congratulations Bob!!

Contact: Mike Hilton 408-0346,

Mhilton14@aol.com

Website: LHSSL.org

Coyotes

Rain cancelled all the tournaments in March and the first two weeks of April. The final doubleheader of the Thursday All-Star winter league was played and the Coyotes won both games to end the season with a 28-7-3 record. The first two weeks of the Coyote Summer League were also rained out, so the season had to wait until April 19 to start. The Grays won over the Greens and the Maroons beat the Blues. Next up for the 60s are tournaments in Lodi, Elk Grove,



**LINCOLN HILLS COYOTES
 9TH ANNUAL INVITATIONAL**

SOFTBALL TOURNAMENT

WHEN: June 30 & July 1

WHERE: DEL WEBB FIELD

TEAMS: 65's

Food, fun & prizes

Games start at 8:00 AM

**There is nothing like a day
 at the old ballpark**

Ninth Annual Invitational

and Reno. The 65s will play in Folsom, Redding, Elk Grove, and Reno, while the 70s will be in Folsom, Lodi, Elk Grove, and Reno. The ninth annual Coyote Invitational will be June 30 and July 1 at Del Webb Field hosted by the 65s. Great softball, prizes, music, and food for all.

Be sure and come and watch superior softball games.

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



• **Sports Car** •

We had a delightful trip to Pacific Grove in April. Twenty-three cars traveled across the Golden Gate Bridge and down scenic Highway 1 and were greeted with the most beautiful weather possible at Monterey Bay. Whale watching was exciting, with good looks at humpbacks and lots of dolphins.



*Dolphins in Monterey Bay;
 Monterey Wharf*

We celebrate our 10th year anniversary this month. The club started with two neighbors and has grown to over 100 cars. On May 9 we had some fun at the 500 Race and Dinner event at OC. Members "started their engines" and raced remote cars around an indoor race track. We watched videos of selected races and had a wonderful time cheering our favorite car to win.

Our next event will be on May 23. This event already includes over 50 cars driving to Tahoe to board the Dixie II Paddleboat where we'll have lunch and cruise to Emerald Bay.

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



• Square & Round Dance • Sun City Squares

Newer Dancers have completed all the Mainstream calls. We are planning on starting a new class *this fall* starting *September 10*. Now is the time to checkout the club, drop by on a Monday after 1:00 P.M. Sign up for the next class. Call Chuck or Bob to sign up today!!

We are always ready to add experienced Square Dancers or Round Dancers. Feel free to come in and watch or join, times listed below:

- Mainstream/Full Plus Level
Mondays, 1:15 PM-3:15 PM (KS)
- A1/A2 Levels
Mondays, 3:15-4:00 PM (KS)
- A-2 DBD Level
Thursdays, 1:00-3:00 PM (KS)
- Round Dancing
Fridays, 2:00-4:00 PM (KS)
- Round Dance Practice
Saturdays, 7:00-8:30 PM (OC)

Contacts: Chuck Vickers 408-4082,

pjclvickers@starstream.net;

Bob Grupp 408-1868,

Bob@GruppHomes.com



• Table Tennis •

After much discussion at one of our board meetings and various exchanges of emails, we thought this would be a good time to bring up a few pointers on the correct way to impart the serve.

First and foremost, the ITTF rule states that the ball must be thrown up at least 16 cm (6.3 inches) after leaving the palm of the free hand vertically upwards, without imparting spin, before it is struck.

For all you serious players who want to improve and possibly play in sanctioned tournaments in the future, it would behoove you to learn this rule.

Play sessions: Sunday, 12:30-5:00 PM; Tuesday, 6:00-9:00 PM; Friday 8:00-11:00 AM.

Contacts: Marc Fong 408-1826

Joe De Souza 543-4868



• Tap Company •

The Spring Tap Technique Classes have started in addition to a new Beginning Tap Class. If you've been off the dance floor for a time, come back and join your tap-mates. It's as fun as ever and don't forget that dance is such a great way to exercise! The annual Tap Company Spring Luncheon is coming up and will be held on Friday, June 22 at 12:30 PM, Social Kitch-



Cast and Crew of the 2012 Tap Company Talent Show

en (KS). Elections for the Tap Company Board will be held during the luncheon in addition to announcing the particulars of the annual 2013 Tap Company Show! Once again the Tap Company has been asked to participate in the LH Association-sponsored "Grandkids Camp" to be held on Thursday, August 9. Our dancers will be performing and also teaching the kids simple dances. This is always a great event for both grandparents and grandkids. Look for the registration information in the *Compass*.

Contact: Becky Sprong 408-1389

beckyspring@sbcglobal.net

Janet Becker 543-3493, becker

jm1962@yahoo.com



• Tennis •

The Men's and Women's Doubles Tournament and dinner were a great success. The tournament produced a competitive spirit and promoted new friendships. The blind draw was well received. Competition was well balanced, only a few points separating groups. For results see our website.

The Sutter Health Mixed Doubles Tournament is on 18 May. A full field

is signed up and ready to do battle for big prizes (donated by Sutter) and lots of glory. That evening at OC Ballroom will be a catered awards banquet with music and dancing available to all LHTG members and guests.

LITT will be drawing to a close, and playoffs are scheduled for May 16. The league is composed of six teams with 12 players on each team, skill levels balanced for parity.

The Tom Isaac Clinics were very popular and well attended. A second round may be arranged in the fall.

Info for the Tennis Group (Forms for New Membership or Request for Board Action, Bylaws, Rules & Regs, Events Schedule, Photos, President's Newsletter, etc.) is at www.sclhtg.com.

**Contacts: Roger Clapp
434-6687, rwclapp@**

hotmail.com; Carl Braganza

408-2898, cfbraganza@gmail.com

Website: www.sclhtg.com



• Vaudeville Troupe •

The Vaudeville Troupe Benefit Show: May 20, 2:00-4:00 PM, Lincoln High School (LHS) in the LHS Theater. Enjoy a Vaudeville Show with 100% of ticket sales going to LHS Choir for their 2013 Carnegie Hall trip and performance. \$10 donation.

June 29/30 — Vaudeville Troupe Show, "The Cavalcade of Stars." Don't miss our tribute to our armed services: Songs, dances, Vaudeville's USO Stage-Door Canteens of the 1940s and the 1960s, complete with Canteen Hostesses, swing dancers, 40s crooners and The Andrews Sisters! In our 60s Canteen, enjoy the songs like "White Rabbit" and "Soldier Boy" ... *Step back in time with us!!*

Veterans: Please wear your uniform or your cap so we may pay tribute to you. Get ready for a one-of-a-kind, uplifting, high-energy and heart-warming Vaudeville Show! Always "Entertainment Extraordinaire!!" Performed at P-Hall (KS) where every seat is a great



Vaudevillians get ready for May 20 Lincoln High School Benefit;



Remember this icon from WWII? Vaudeville pays tribute to Armed Services in June Show

one! Tickets on sale now at Activities Desks (OC/KS), \$10.

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



• Veterans •

U.S. Navy Commander Joseph P. Espiritu will be the featured speaker at the May 17 meeting at 1:00 PM in P-Hall (KS). He will describe the assistance and relief operations conducted by the U.S. military following the March 2011 earthquake and tsunami in Northern Japan.



CDR Joseph Espiritu directed U.S. military assistance following the earthquake and tsunami in Japan

A helicopter pilot, Espiritu has operated H-60F/H Seahawks from the aircraft carriers USS *Kitty Hawk* and USS *George Washington* and has led detachments on cruisers, destroyers, and frigates. Most recently, he served on the headquarters staff of U.S. Forces, Japan. He has accumulated over 2700 flight hours in seven different fixed- and rotary-wing military and civilian aircraft.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on May 28, Memorial Day, and June 14, Flag Day.

Contact: Joey Chisesi, 408-1705, joeycathie@sbcglobal.net,
Website: lhvets.org.



• Water Volleyball •

Water volleyball is open to all residents of any skill level. You can try it out without joining. Training is also available (see below). We have open play, competitive play for rated players, and league play.

Water volleyball is a great way to safely exercise and increase your flexibility while enjoying good camaraderie and fun. You will be warmly welcomed when you join us in the pool!

Play available in the KS pool:

- Open Play: Saturdays 9:00-10:30 AM; first, second, fourth, (fifth) Mondays 5:30-6:40 PM, and Wednesdays 6:45-8:05 PM
- Competitive Play (rated players only): Mondays & Thursdays 6:45-8:05 PM.
- Note: Player ratings were completed in April for competitive play.
- Training: third Mondays, 5:30-6:40 PM.
- Occasional League Play (all levels): Wednesdays or Thursdays, 6:45-8:05 PM.

Contacts: Jim Puthuff 543-0067, jputhuff@softcom.net;
Jim Leonhard 550-7075, jhleonhard@gmail.com
www.suncity-lincolnhills.org/residents



• West Coast Swing Dance •

West Coast Swing (WCS) Dance Club's upcoming events: June 8, 5:30 to 7:30 PM, Fine Arts (OC) Friday evening "dance practice" for those students attending the West Coast Swing dance classes. Here's an opportunity to practice your West Coast Swing to two hours of WCS dance music with your instructor onsite.

Club's Nite Out: Capital Swing Danc-

er's monthly dance, Saturday, June 16, Fair Oaks Park and Recreation Auditorium, Fair Oaks (5:30 to 10:30 PM). Club members, remember to show your SCLH WCS Dance Club's membership card.

Our next Club dance will be held on Friday, July 20, 5:30-9:00 PM, (KS). WCS lesson prior to dance.

Club's Annual Tea Dance & Ice Cream Social, Sunday, September 30, from 2:00-5:00 PM, (OC Ballroom). Everyone welcome (RSVP only), more information to follow.

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



• Writers •

April proved to be a watershed month for our writers. Both National Poetry Month and National Library month, our writers seized that opportunity and rose to the challenge. Three of our local poets co-hosted the Poets of Lincoln Sunday "Open Mic" session. Jeanie Robinson, Lisa Augustine and Jim Fulcomer read some of their favorites. At the annual Northern California Writers Conference in Roseville, Jeri Chase Ferris displayed galleys of her latest book about Noah Webster. The art and craft of writing is our passion and each new month provides an inspiration for those with an inner muse to answer. If you want to share your gift, then why not join our merry band of scribes?

We meet twice a month in the Ceramics Room (OC) at 6:30 PM. The second and fourth Monday each month, holidays excepted.

Contact: Jim Fulcomer 543-9201; jfulcomer@mac.com;
Bruce Robinson, Bruce8177@att.net

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Golf Cart Inspections at Orchard Creek Lodge



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

**Golf Cart Registration (City/Lincoln) 8:00 AM at Orchard Creek Lodge
Thursdays, May 17, June 7 & 21**



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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.

Attn: All Club Leaders & Travel Planners

To eliminate confusion and possible congestion in the OC Lobby, group/club organized trips originating from OC Lodge must gather their attendees and load their bus from the OC Fitness Center side. The Community Living Room area (OC) is the gathering and bus loading location for Association trips only. Association trip buses load close to the portico entrance to the Lodge. Please be sure your group or club membership is aware of these trip arrangements.

Lincoln Hills Foundation Bingo

Hey! Let's try something different in May!! A nice early dinner buffet served in the Secret Garden, from 4:00-5:00 PM followed by Bingo!! Food items will include burgers, hotdogs, sandwiches, salads, drinks and more, each item from \$1-\$5.50. Bingo at 6:00 PM. An opportunity to have an evening out with friends and family for a good meal and lots of fun. Come join the Lincoln Hills Foundation for a chance to win big bucks and prizes. Tuesday, May 15, cost \$20 for 12 games, 12 cards with six cards each. Up to \$1,350 in prize money, Pop-ups four for \$1, Daubers \$1 each, bottled water available, No food or alcohol allowed, No one under 18 admitted. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984. Visit the website at www.lincolnhillsfoundation.org. We are Seniors Helping Seniors.

Bocce Ball Summer Evening Mini-League

We are looking for 48 friendly, competitively-spirited bocce ball players, to play five consecutive Friday nights. Mini-league format, teams of four players (mixed blind draw). Goal: 12 teams. Play

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.

Friday, May 18 • 10:00 AM-5:00 PM, Porcello Estate Buyers, Solarium
 Monday, May 21 • 10:00 AM, Cash 4 Jewels, Heights
 Tuesday, May 22 • 9:00 AM, Vision Workshop, Oaks, \$20
Weds., May 23 • 8:00 AM, Opening Day, Farmers' Market, Fitness Pkg. Lot
Weds., May 30 • 8:00 AM-12:00 PM, Farmers' Market, Fitness Parking Lot
 Thursday, May 31 • 10:30 AM, Medicare Changes and Prescription Drugs, Oaks
Please see our ad on pages 4 & 86.

Weds., June 6 • 8:00 AM-12:00 PM, Farmers' Market, Fitness Parking Lot
 Weds., June 6 • 10:00 AM, Nautilus Society, Heights
 Tuesday, June 12 • 6:00 PM Spinal Aid Presentation, Dr Zorich, Oaks
Please see our insert in this month's Compass.

starts Friday, June 15, sign-in at the Courts at 6:30 PM; play at 7:00 PM. Two games, 12 points each, will be played. Friday night dates: June 22 & 29, July 6 & 13. If we have more than 48 interested players, we will have a drawing for the 48 places and those remaining will make up a substitute list. If you can't play all five nights, arrange for a sub from the list. Event organized by resident Brenda Spencer, former President of the Sun City Roseville Bocce Club. To sign up, please send email to ozfactors@att.net.

Chit-Chatters

The Chit-Chatters are a group of older SCLH residents and members of the Greatest Generation. They meet for coffee and conversation on the third Friday at KS Café (or in the KS Living Room area if the Café is filled). In thinking of the Chit-Chatters, I'm reminded of the theme song from the TV Show "Cheers" which says Cheers is a place where everybody knows your name." Chit-Chatters is a good example of that — a comfortable place to be and may be just what you might enjoy if you're looking to "get off your rocker" and broaden your horizons. The next meeting will be May 18 at 10:30 AM. Come and meet some new friends or renew old acquaintances. More info: Marsha Hathaway 408-0228.

Glaucoma Support Meeting

Multipurpose Room (OC). We meet the second Wednesday of every month, 4:00-5:30 PM. Please come and join us. More info: Bonnie Dale, 543-213

Holiday Craft Fair, 2012 Lincoln Hills

Save the dates: Holiday Craft Fair, Saturday, November 10, one day only. Vendor Registration, Wednesday, July 25, 5:30-6:30 PM, OC. Questions? LHArtCraftFair@aol.com.

Italian Club

On June 21, the Italian Club takes you "Out to the Ball Game." Enjoy the RiverCats vs. Fresno Grizzlies. Turn off the TV and get out of the house! Our bus leaves OC at 5:30 PM. Take a leisurely ride to Raley Field (no worries about driving, finding/paying for parking or buying tickets!) You'll sit in the Party Deck on the First Base side. Game starts 7:00 PM. The bus is limited to 57 seats. Sign up by June 15, \$65 per member or take advantage of the Early Bird Special and pay only \$50 (members only) if you sign up by June 11. Round-trip bus ride, game ticket, one non-alcoholic drink, and Chuck Wagon Buffet (Hot Dogs, Burgers, Corn, Watermelon, Peanuts, and Cookies all included). Check the Club website — www.litalianclub.org — for details and sign-up form — or call event coordinator Diana Balda, 408-3883.

The Multiple Sclerosis Group

Meets monthly on the first Tuesday at 1:00 PM in the Terra Cotta Room (KS). We usually have a topic of discussion 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
Continued on page 40



Certified Farmers Market at SCLH!

Every Wednesday starting May 23 thru September
 8:00 AM-12:00 PM

Fitness Center Parking Lot at Orchard Creek Lodge

- Local Certified Farmers selling fresh fruits & vegetables
- Local Vendors selling non perishable products
- **Available for rent:** space to sell handmade arts, crafts, jewelry and other hobby-related items (woodworking, paper art, etc.). Business vendor spaces also available.*
- **Wanted:** Musicians to play during the Farmers Market. This is an opportunity to advertise your group and sell your CDs.*

*Contact Judy Hogan for more information: 625-4021 or judy.hogan@sclhca.com

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5:30 - 7 p.m.

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Larry Bowen, M.D., Urogynecologist



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Continued from page 37

games, dominoes and dice. "Rummikub""Nationals" and Mah Jongg tile games are also played. This is an opportunity to meet new friends & 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 in Roseville (781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net.

Republican Club, Lincoln Hills

Jim McCauley, Placer County Clerk-Recorder-Registrar, will be the guest speaker at the May 23 meeting of the Lincoln Hills Republican Club from 6:30-8:30 PM, P-Hall (KS). The Annual Summer Barbecue will be July 18, 3:30-6:30 PM at the Pavilion. Please check our website: republicanclubslh.org. "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free." Ronald Reagan

Shalom Group

Spring is here, and with it... Baseball with the River-Cats on May 25. Is access to the stadium improved? We will find out. The ticket cut-off date was May 11. Call Bob Hyman for any spares and carpool information. June is a busy month. The Men's Club meets at 10:00 AM on June 10 at Al Malkin's. Reserve your spot with Al or Jerry Gordon. On the 14th, the Woman's Club meets at 11:00 AM at Oracle. Bowling starts at Strikes on June 13. Sign-up with Hank Lipschitz to be a regular or a sub. Finally... the annual picnic at the Sports Pavilion starts at 12:00 PM on the 24th. Be sure to reserve your spot. Use the Shalom calendar to keep up on date changes and the occasional addition. Questions to the group: contactshalomgroup@gmail.com. Membership info: Natalie Flynn.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or

reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Spring and summer months we meet at 8:00 AM. For scheduled hours, please contact John Kightlinger. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Each month we gather at a member's home for hors d'oeuvres and drinks — a great opportunity to enjoy each other's company and meet the members' spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net for details of our next get together.

The Travel Group

Our website has changed to www.lh-travelgroup.com. The next meeting is Thursday, May 17, 7:00 PM, KS. Guest speaker: Joan Thornton, Grand Circle

Tours. Available trips: Northern Europe Cruise (Aug 2012), Alaska Cruise (Aug 2012), Italy (Sep 2012), Albuquerque Balloon Fiesta (Oct 2012), New England Colors (Oct 2012), New Year's San Diego (Dec, 2012), (Jan 2013), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013); Amsterdam to Vienna River Cruise (Sep 2013); Montreal-Quebec-Ottawa-Niagara Falls-Toronto (Sep 2013). Friends and family may join our trips. You don't have to be a member to attend our meetings. Committee Member Contacts: Teena Fowler, 543-3349sfowler@starstream.net; Linda Frazier, 434-8266fraz1774@sbcglobal.net; Sheron Watkins, 434-9504Sheron5@sbcglobal.net; Louise Kuret, 408-0554lkuret@sbcglobal.net; Karen Foley — medical leave.

In Memoriam

Lew Munday

Born on the East Coast, Lew served as a Navy Pilot in WWII and also in the Navy Reserves. He retired from the 7 Up Company. Lew was an active member of St. Peter & Paul's Parrish, their Men's Club, was an Usher and Reader at Mass. He enjoyed playing golf with his Sunrise Golfers twice a week, walking the 18 holes. He was an active member of S.I.R.S. and SCLH's Singles, where he met his significant other, Norma. He loved to dance with everyone and was a wonderful, kind man. He leaves three children, five grandchildren and five great-grandchildren.

Loretta Fay Manley

Loretta was born in San Jose, California, and she attended Sequoia High School in Redwood City where she met her high school sweetheart Larry in 1958. They were married for 53 wonderful years. Loretta's passions were family, swimming, tennis, bowling, pool, and events with her "Well-Seasoned Chicks"! She lovingly cared for many children over the years including her own grandchildren, which brought her much joy. Loretta is survived by

her devoted husband, Larry, three children and one great-grandchild.

Thelma Leland

A native Californian, Thelma was born in 1912. A resident since 2004, she was active in Super Seniors and a neighborhood Bunco Group. She is survived by her daughter, Cheryl Wong. Thelma enjoyed homemaking, sewing and gardening. She was also active in Eastern Star for many years. Thelma will be missed by all who knew her.

Eileen & Grenville Jones

Eileen and Grenville Jones passed away March 31 and April 19 respectively. Eileen was 95 years old and Gren was 102 years old. They were married 77 years and moved to Lincoln Hills in 2000 to be closer to family. Eileen was a 50+ year member of PEO and joined the Red Hat Society in Lincoln. Gren enjoyed poker, bridge, golf, and snow skied until age 90. Survivors include sons Gary Jones, John Jones and wife Dianna, daughter Kathy Owens and husband Bob, six grandchildren, and 11 great-grandchildren.

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



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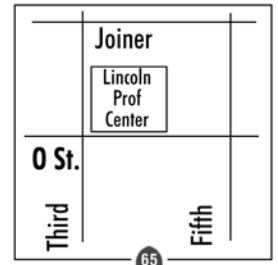


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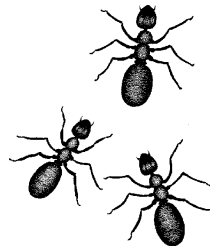
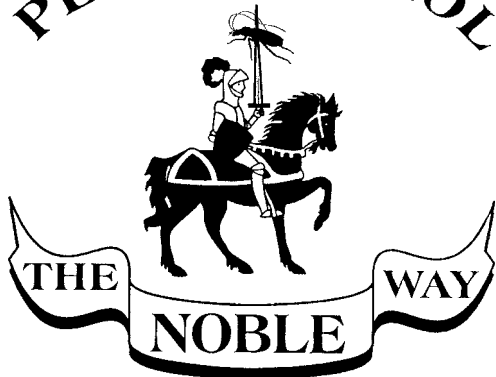
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Summer Brings Big Stars to Sun City Lincoln Hills! Summer Amphitheater 2012 Concert Series

Mark your calendars for the 12th Annual Summer Concert Series at Sun City Lincoln Hills with big name stars and nostalgic music that will have you dancing and singing along. Each 2012 concert will take you on a musical journey back in time... and to help spark those fond memories of days past, we will announce a specialty theme food and drink item that can be purchased at the grab 'n' go and no-host bar stations in the Amphitheater once doors open. Refer to individual articles in special events section for prices and menu items. The Summer Concert Series is open to family, friends and the public with unlimited ticket purchase at the Activities Desks and online. Please see Amphitheater Guidelines on page 44 for rules and ticket information. The exciting Amphitheater Summer Concert line up:

Motown Revue with Top Shelf Friday, June 15 — 5100-4A

Top Shelf will take you on a toe-tapping journey from the early days of



Motown to the '80s. Guest singers join Top Shelf to provide songs of the Temptations, the Four Tops, Smokey Robinson, Diana Ross, more. Concert 7:00 PM. \$18.

"Adbacadabra" — The Ultimate ABBA Tribute Tuesday, June 26 — 5100-4B

If you love the hugely popular live musical production/movie of "Mamma Mia" and the 70's music of ABBA, the songs "S.O.S.," "Super Trooper" and "Dancing Queen" are among 20 of the group's greatest hits that will be performed with full ABBA fashion and flair. Concert 7:00 PM. \$21.



"Hotel California" The Original Eagles Tribute Thursday, July 19 — 5100-4C

Hotel California pays tribute to one



of the most successful American rock bands of the 1970's, the Eagles. The

great harmonies of their Grammy-winning hits will include "Lynin Eyes," "Witchy Woman," "Desperado," "Life In The Fast Lane," and many more. Concert 7:30 PM. \$19.

"Da Island Way" — Polynesian Revue Show with Fire Dancer Friday, July 27 — 5100-4D

Aloha! Feel the island breeze with a music and dance Polynesian Revue



show from Tahiti and Hawaii. Experience "Da Island Way" with ten dancers in

authentic costumes, a live band with five musicians and one amazing fire dancer. Concert 7:30 PM. \$16.

Frankie Avalon — America's Original "Teen Idol" Tuesday, August 14 — 5100-4E

Relive the 50's and 60's with America's original "Teen Idol" Frankie Avalon as he lights up the stage with songs from three generations of music, television and motion pictures. Frankie rose to fame singing "Beauty School Dropout" and "Teen Angel" in *Grease*. Concert 7:30 PM. \$28.



California Cowboys Friday, September 7 — 5100-4F

Have a boot scootin' good time with one of California's most successful country-western bands, the California

Cowboys. Grab your jeans and cowboy hat for a band that has appeared on concert billings with Alabama, Merle Haggard, Willie Nelson, Alan Jackson, and more. Concert 7:30 PM. \$17.



Stompy Jones Friday, September 28 — 5100-4G

Stompy Jones is a San Francisco-based sextet renowned for jumpin' rhythm, wailing improvisations and an explosive stage show. The golden age of rhythm and blues will be recreated as this jump band plays the jaunty blues sound of Louis Jordan and the Tympany Five. Concert 7:30 PM. \$18.



Comedy Night at Kilaga Springs Tuesday, May 15

6:00 PM performance — 5015-03A
8:00 PM performance — 5015-03B

Headliner Steve Smith got his show business feet wet at the early age of nine with a movie and as a regular on local television. After moving to Los Angeles and appearing in the movies "Nightmare On Elm Street 2" and



"Slaughterhouse Rock," he booked over 40 television appearances as a stand-up comic. He also started the critically-acclaimed improvisational group "The Bargain Basement Players"

which played for three years at the Santa Monica Improv. Steve performs all over the world for companies and comedy venues and recently had a starring role in the movie "Nice Guys." Show opener Shane Murphy. P-Hall (KS). \$10.



Amphitheater Guidelines

- **Chairs:** Residents may set up their chair anytime on the day of the event, but please be aware that sprinklers may go off any time before 7:00 AM. First-come, first-served.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.
- **Not Allowed:** No chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins.
- **Seating:** Seating is first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert**. SCLHCA is not responsible for loss of chairs/blankets left unat-

tended. Please put your name on your chairs. **Lawn seating** for blankets will be in the grassy area at the left of the stage.

- **Ticket Pricing:** Series Package price available only until June 15. Early registration discounted price available until May 14. Standard ticket rate starts May 15. Tickets are non-refundable.
- **Tickets:** **Wristbands** must be worn during the concert. Online buyers must print and bring the eTicket that was emailed to them for wristband exchange two hours prior to concert in the lobby. One eTicket = one wristband.
- **Parking:** We have a limited amount of parking at OC. Please carpool or walk. The parking area in front of the Del Webb offices is available after 5:00 PM. Street parking is only permissible wherever permit signs are posted.

lowed by lunch at the Museum Café. Give the Monitor your choice of sandwich options: *Roast Turkey and Cheese with Avocado*; *Black Forest Ham with Swiss*; *Roast Beef*; or *Vegetarian*. Lunch includes chips, soft drink and a cookie. Following lunch, you will have the opportunity to witness a demonstration of the Babbage machine. Depart OC at 8:00 AM, departure from the Museum at 3:30 PM and return to LH ~ 6:00 PM. \$86 which includes lunch. RSVP ♦♦ Now.

Kilaga Springs — At the Movies! "Mamma Mia" • Monday, May 21

PG; 108 minutes. To get you in the mood for our June 26 Summer Amphitheater Concert Series performance with Adbacabra: The Ultimate Abba Tribute, we are bringing back "Mamma Mia" starring Meryl Streep, Pierce Brosnan and Amanda Seyfried. Comedy/Musical/Romance. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.



Computer History Museum — Mountain View

Saturday, May 19 — 1751-03

Today's trip visits the heart of the Silicon Valley and offers a variety of exhibitions at the Computer History Museum. In addition to the landmark 25,000 square foot exhibition *Revolution: the first 2000 Years of Computing*, visitors can see *Mastering the Game: A History of Computer Chess*, the PDP-1, where visitors can play one of the ear-

liest video games, Spacewar!, and the *Babbage Difference Engine #2*, a Victorian-era computer with 8,000 parts



weighing five tons and measuring 11 feet in length. Arrive at the Museum for an 11:00 AM docent-led tour, fol-

Rock 'n' Roll DJ Dance Night Thursday, May 31 — 5031-04

Featuring Video DJ Ron West. Rock the night away with upbeat and danceable music! DJ Ron West will play all your favorite rock 'n' roll tunes complete with lights, music videos and over 60 thousand of the most popular song titles. Get together with friends, family or neighbors for a ded-

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 90.

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

RESERVATIONS: Reservations are required for all activities unless otherwise noted. Resident 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 and events are held regardless of inclement weather.

RSVP DATE ♦♦: If a RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After that 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 in order to determine if class has

met minimum registration required by instructor or if class will be cancelled. Once met, registration remains open until class is filled.

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

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



icated night of dancing! DJ Ron is one of the most booked DJ's in the Sacramento area,

so don't miss out on this fun event. Multipurpose Room (KS). Dancing and no-host bar 7:00-10:00 PM. \$10.

Santa Cruz Boardwalk with Jerry Moorman

Thursday, May 31 — **Sold out**

Our first trip to Santa Cruz beach boardwalk is sold out but we're planning another one soon! Rise and shine with resident favorite step-on-guide, Jerry Moorman, who will keep you entertained the drive with facts and trivia of things and places along the way to Santa Cruz. There will be a short restroom break during the ride. Please feel free to bring a



snack with you on the bus. Jerry will provide historical facts and trivia about the Boardwalk and will lead

you on a visit to a unique lighthouse on the beach. There will be opportunities for lunch on your own on the Pier and some time for a leisurely stroll on the Boardwalk if you wish. Residents native to the Bay Area can undoubtedly remember visiting the Boardwalk in your younger days. Be sure to wear comfortable shoes and bring a light

jacket as the weather can be cool by the water. Leave OC at 7:30 AM, return ~ 7:00 PM. \$56.

New Trip! Sonoma Historic Motorsports Festival Saturday, June 2 — 1761-04

Join your Lifestyle Trip Coordinator Katrina Ferland and experience a celebration of historic and vintage sports cars and witness the excitement of



classic car racing. Classic cars include Alfa-Romero, Ferrari, Jaguar, Morgan, Bugatti, Lotus,

Porsche, McLaren, Corvette and many more! You will enjoy access to the paddock area to get an up-close look at the race cars and view the various car displays throughout the raceway. Admittance includes fine food and wine samplings at the Wine Country Pavilion and a souvenir program. Many lunch options on your own. **Lots of walking**, wear comfortable shoes and bring a hat and sunscreen. Leave OC~ 8:00 AM, return~ 6:30 PM. \$70. RSVP ♦♦ by 5/17.

Just Added! Kilaga Springs at the Movies! "Beach Blanket Bingo" Monday, June 4

PG; 98 minutes. To get you in the mood for our August 14 Summer Amphitheater Concert Series per-



formance with Frankie Avalon, enjoy "Beach Blanket Bingo" starring Frankie Avalon and Annette Funicello. Comedy/Musical. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.

The Cult of Beauty at Legion of Honor Tuesday, June 5 — 1764-04

The only U.S. Venue for this exhibition! Join us for a trip back to the late 1800's Victorian Avant-Garde, showcasing the finest paintings, furniture and decorative arts of the Aesthetic



movement. Artists include Whistler, Rossetti and Burne-Jones, designs by Godwin, Morris and Dresser.

Trace the evolution of this movement and its broad impact on fashion and the middle-class home. Bring your own lunch or enjoy a coffee break, lunch or afternoon tea on your own at the Legion of Honor Café and Garden Terrace overlooking the Pacific Ocean. Leave OC 8:00 AM, return ~ 5:30 PM. \$63 includes audio headset for your use in the museum. RSVP ♦♦ by 5/21.

"Two's Company" — A Concert Performance Featuring Vicki Lewis & Joan Ryan

Saturday, June 9 — 5009-03

Two stars of Broadway and television

REMINDERS

SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. 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 beyond the OC Fitness Center (The Wave) unless noted otherwise. The bus will drop passengers off in that location on return to Lincoln Hills.

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

HOSTING A BUS TRIP: Every bus trip has at least one person (*the Host*) representing the Association on board. The Host's responsibility is making sure the bus leaves and returns with the same number of people which in-

cludes counting people several times during the day when there are multiple stops. The Host passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver. **SCENTS:** Please refrain from wearing perfume, cologne, and scented bath & body products when attending concerts, bus trips, classes, and using the fitness facilities. Many have allergies exacerbated by scents. Thank you.

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Andrews, Judy Garland, Liza Minnelli, and more. You may recognize Vicki from the hit NBC series "Newsradio"

and "Three Sisters." In addition to her successful television roles on "Murphy Brown," "Grace Under Fire" and "Seinfeld" to name a few, her list of Broadway roles is just as impressive with "Chicago," "Damn Yankees," "Snoopy," "Wind In the Willows" opposite Nathan Lane, "An Evening with The Pops" at Carnegie Hall and most recently as Fanny Brice in "Funny Girl." Joan Ryan's voice can be heard on the new "Glee" inspired television show "Smash."



Her on-stage credits include "Footloose," "Little Shop Of Horrors," "Joseph And The Amazing Technicolor Dreamcoat" and "Suds." Joan also starred in the

hit series, "Saved By The Bell" and "The Young and The Restless." Her voice has been declared a national treasure by critics. Together Vicki and Joan are a mesmerizing star duo that cannot be missed! The program will include songs from classics such as "Funny Girl," "Little Shop of Horrors," "Chicago," "Peter Pan," "Spamalot," "Gypsy," "The King and I," "Anything Goes" and more! Ballroom (OC) 7:00 PM Concert. \$19.

Amphitheater Summer Concert Series: Motown Revue with Top Shelf

Friday, June 15 — 5100-4A

Top Shelf will take you on a toe-tapping, finger-snapping narrated journey from the early days of Motown to the '80s. Guest singers will perform with Top Shelf to provide songs of Stevie Wonder, the Temptations, the Four Tops, Smokey Robinson, Diana Ross, and more. Don't miss the most

requested group from 2011 to bring back for an Amphitheater concert! Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: A Motownphilly



Cheese Steak Sandwich and a Sweet Tea or Hard Lemonade. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:15 PM; Concert 7:00 PM. \$18. See concert details and Amphitheater Guidelines on page 44. Friends, family and guests are welcome!

Comedy Night at Kilaga Springs Tuesday, June 19

6:00 PM performance — 5019-04A

8:00 PM performance — 5019-04B



Headliner Karen Rontowski's network debut on "The Late Show with David Letterman" and the great reviews on "Comedy Central" and "Comics Unleashed," have earned her headlining spots all over the world. She has opened for Bob Hope, Ray Charles, and the Monkees. When she is not delivering her stand-up show in comedy clubs, she performs overseas for the troops.



Show opener is Phil Johnson. P-Hall (KS). \$10.

Overnight Trip: Fort Bragg/ Skunk Train • Wednesday, June 20 to Thursday, June 21 — 1971-04

Cool off in the redwoods on the first day of summer! Join us in the luxury of our motor coach as we head around Clear Lake and through the coastal redwoods for a visit to Fort

Bragg and a ride on the Skunk Train. We will stay at the Emerald Dolphin Inn (no elevator). Lunch on your own at the Boatyard Center across the street which offers a variety of food options. After lunch, walk along



Glass Beach and then head downtown for exploration and dinner on your

own. On Thursday, enjoy the hotel's complimentary continental breakfast of pastries, hot & cold cereal, juice, coffee, & tea. After checkout, board a covered or open observation car on the World-Famous Skunk Train for a leisurely trip through the redwoods, with a stop for a BBQ Buffet lunch



(included) and on to Willits, where we will meet our bus for the return trip home. There will be a buffet dinner stop (included) at Colusa Casino. If you sign up for their rewards card, you will receive a \$20 gaming credit. We anticipate about a two-hour stay at the casino. **Lots of walking.** Wear comfortable shoes and bring a warm sweater or jacket. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM June 20, return ~ 9:00 PM June 21. No online sales. Purchase at Activities Desks (OC/KS) only. \$239 per person double occupancy. \$298 single. RSVP ♦♦ by 5/17.

Amphitheater Summer Concert Series: Adbacadabra: The Ultimate Abba Tribute

Tuesday, June 26 — 5100-4B

If you love the hugely popular live musical production/movie of "Mamma



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Peggy Carr | FRONT DESK RECEPTIONIST

With the spa since the doors opened; always a friendly face and an expert in booking your appointments.



Linda Wiegel | FRONT DESK RECEPTIONIST

Linda has been with the spa for two years and shares in the responsibilities of greeting our guests and bookings appointments.



Linda Housman | LEAD ESTHETICIAN

Linda has been at Kilaga Spa for 10 years now and specializes in sensitive, Rosecea, and anti-aging skincare management. Linda's facial experience will leave you de-stressed; bringing out that glowing skin.



Laura Oakley | ESTHETICIAN/MAKE UP ARTIST

An expert skincare consultant and facialist; Laura has been with the Spa for two years and is instrumental in bringing in our new make-up line and is ready for all event make-up; bridal, prom & special occasions.



Sandi Perchal | ESTHETICIAN

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Cheryl Baugh | MASSAGE THERAPIST

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Crystal Martel | MASSAGE THERAPIST

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Bonnie Schoefer | MASSAGE THERAPIST

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Vanessa Callison | NAIL TECHNICIAN

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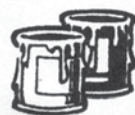
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Mia" and the 70's music of ABBA, take a musical journey as the songs "S.O.S.," "Super Trooper" and "Dancing Queen" get you out of your seat and dancing. Adbacadabra: The Ultimate Abba Tribute performs 20 of the group's greatest hits in full ABBA fashion and flair. Experience the authentic music and costumes. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: Swedish Meatballs over Basmati Rice, Kettlecorn, and a Sangria. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:15 PM; Concert 7:00 PM. \$21. See concert details and Amphitheater Guidelines on page 44. Friends, family and guests are welcome!

The Vaudeville Troupe's "The Cavalcade of Stars"

Friday, June 29

2:00 PM Show — 5029-04A

Friday, June 29

6:00 PM Show — 5029-04B

Saturday, June 30

2:00 PM Show — 5029-04C

Saturday, June 30

6:00 PM Show — 5029-04D

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 extravaganza



will be performing "An Armed Services Tribute" complete with Vaudeville's own

USO Stage Door Canteens from the 1940's and the 1960's. Honor our veterans in uniform, sing-along to famous songs and tap your feet to some of the most memorable tunes from those eras. The program will encompass fast-paced acts of all enter-

tainment genres including hilarious comedy skits, talented vocalists, creative novelty numbers and stunning classical opera. 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. \$10.

Roseville Community Concert Band — Happy Birthday USA! Wednesday, July 4 — 5004-05

By resident request we bring back one of the best local volunteer symphonic concert bands of the greater Roseville and South Placer community. The RCCB was established in 2000 by Bill Hastings, a retired military band director.



This group will provide just the right combination of enjoyable and patriotic music to celebrate the 4th of July with friends and family. The afternoon concert offers wonderful music selections and will be completed before dark so you can view the city of Lincoln's fabulous firework display with your family. Ballroom (OC); Concert 2:00 PM. Early registration discounted rate May 17 – June 14, \$5. After June 14, \$7.

Document Destruction Monday, July 9

10:00 AM-12:00 PM, OC Fitness Center Parking Lot.



Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files okay but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the Parking Lot!

Comedy Night at Kilaga Springs Tuesday, July 10

6:00 PM performance — 5010-05A

8:00 PM performance — 5010-05B

Headliner Keith Nelson has been doing comedy all over the world for 20



years, with appearances on *Entertainment Tonight*, *Evening at the IMPROVV* and *Comedy Express on FOX*. Keith was recently featured in 2011's *Who's*

Who. Show opener is Cheryl "The Soccer Mom," who provides a non-typical mom-humor to the stage.

Cheryl has performed at some of



the top comedy clubs in the country including: *The Improv*, *Cobbs*, *Acme Minneapolis*, *The Ice House*, and *The Punchline*. She was also a regional finalist on *Nick-at-Nite's*

"Search for the Funniest Mom in America" performing at the Laugh Factory in Hollywood with host Roseanne Barr. P-Hall (KS). \$ Early registration discounted rate May 17 – June 14, \$8. After June 14, \$10.

Second bus! Reno Silver Legacy Thursday, July 12 — 1770-05

Last bus sold out! Enjoy a getaway to Reno for a day at the Silver Legacy Hotel & Casino and get \$10 cash back



& \$5 food credit. Try your luck at the slots or check out the kayakers and rafters at the Truckee River Whitewater Park

located in the heart of Reno's bustling downtown hotel-casino and booming arts district. Nice scenic trip up the hill. Leave OC 8:00 AM, return~ 6:30 PM. \$31. RSVP ♦♦ by 7/1.

California State Fair

Monday, July 16 — 1730-05

What deep-fried treats will the State



Fair have in store for us this year? The livestock pavilion is always entertaining,

always with the county displays. Need

something unusual? Check out the commercial buildings and see what the hawkers have to offer. There's always the Carnival for those who need a thrill. Leave OC 10:00 AM, Return ~ 6:00 PM. \$35 includes Fair entry fee. RSVP ♦♦ by 7/1

**New Resident Orientation
Tuesday, July 17**

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.



**Wakamatsu Silk Farm in Gold Hill
with Jerry Moorman**

Wednesday, July 18 — Cancelled

First trip sold out quickly! The Wakamatsu Silk Farm was established near Coloma prior to the California Gold Rush. Jerry Moorman, our step on guide, will **Cancelled** ush history along the **Cancelled** will receive a docent-led tour of the Farm. The docents will engage you with the rich history and little known facts about



the times prior to the Gold Rush and information regarding the Tea and Silk Worm facilities. This farm was

settled by a group of samurai-class men and women — who lost during the Japanese civil war — and is the location of the first Japanese settlement in North America. The grounds, ranch house and cemetery have been restored beautifully. Be among the first to see and experience this new venue. For historical information about this site, go to www.placerlandtrust.org/goldhillranch.aspx. Following your visit to the Silk Farm, the coach will take you to Placerville for lunch on your own with a short time for exploration. Leave OC at

8:00 AM, return ~ 5:00 PM. \$48.

**"Hotel California"
The Original Eagles Tribute
Thursday, July 19 — 5100-4C**

Hotel California pays tribute to one of the most successful American rock bands of the 1970's, the Eagles. The great harmonies of their Grammy-winning hits will include "Lyin Eyes," "Witchy Woman," "Desperado," "Life



In The Fast Lane," and many more. They've shared the stage with the Doobie Brothers, Lynyrd Skynyrd, Styx, REO Speedwagon, Gretchen Wilson and many more International Artists. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: Barbecue Beef Brisket Sandwich and a Beer Garden featuring a variety of beers. Food and drink items available for individual purchase, not part of ticket price. Concert 7:30 PM. \$19. See concert details and Amphitheater Guidelines on page 44. Friends, family and guests are welcome!

**Military Vehicle Foundation, Tank
Museum Portola Valley, Saturday,
July 21 — 1760-05**

The Military Vehicle Technology Foundation oversees one of the largest and most significant collections of historical military vehicles in the world. They acquire, restore, and interpret the historical significance of 20th and 21st century military vehicles. Domestic and foreign combat vehicles such as tanks, armored cars, self-propelled artillery,



and other technically-interesting mobile platforms are the focus of the collection. They maintain an extensive technical library that describes many vehicles down to the part level. Aside from the vehicles, there are towed artillery, anti-tank and anti-aircraft guns, military support equipment and accessories. Meridian's Deli Sandwich with a choice of Turkey, Ham, or Vegetarian, chips, cookie and a water bottle is included. Leave OC at 8:00 AM, return ~ 6:00 PM. \$69. RSVP ♦♦ by 7/3.

**Two Nights Yosemite! Chukchansi
Resort & Casino**

**Tuesday July 24, Wednesday July 25, Thursday July 26 — 1771-05
With Golf Option — 1771-05A**

Enjoy a full day in Yosemite on this two-night trip. Arrive at Chukchansi Resort and Casino in time for lunch (no host) and an afternoon



on your own for gaming, or enjoy the pool or spa for pampering. For golfers, we are offering a golf option to the Sierra Meadows Country Club for twilight golf for an additional fee of \$50, includes roundtrip transportation to the course, golf cart rental and 18 holes of golf. Each person must be



in possession of a valid driver's license/ID card and sign up for Player's Club upon arrival.

Upon receipt of Players Card, you are eligible for four \$5 food coupons (\$20) and \$20 slot play credit. The food coupons can be used towards any meals. After no-host breakfast on Wednesday, we head to the Mariposa Grove of the Giant Sequoias for a one-hour tram tour and some gift shop time. We'll then depart for lunch (included) at the Yosemite Lodge Food Court. After lunch, it's on to

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the two-hour Valley Floor Tram Tour. Please enjoy your free time and dinner on your own in the park until 7:30 PM when we leave for our return to Chukchansi. There will be a 10:00 AM departure after no-host breakfast Thursday, then on to the quaint and historic town of Murphy's for a two-and-a-half hour stop of lunch on your own, wine tasting and shopping. Lots of walking and we will be at high altitudes. A signed liability waiver is required for each participant. Leave OC at 8:00 AM July 24, return ~ 6:00 PM July 26. No online sales. Purchase at Activities Desks (OC/KS) only. \$305 per person double occupancy. \$409 single. \$50 additional for Golf option. RSVP ♦♦ by 6/8.

**Baseball in Reno —
RiverCats on the Road
Sunday, July 29 — 6270-05**

RiverCats on the road! Date change and lower price for Baseball in Reno. We have infield tickets above the visitor's dugout under the overhang with game time at 1:05 PM. Enjoy a nice afternoon at the ballpark watching



our Sacramento RiverCats take on the Reno Aces at their home field. Leave OC at

10:00 AM, return ~ 6:00 PM. \$50. RSVP ♦♦ by 7/1.

**"Da Island Way" — Polynesian
Revue Show with Fire Dancer
Friday, July 27 — 5100-4D**

Aloha! Feel the island breeze with a music and dance Polynesian Revue show from Tahiti and Hawaii. Experience "Da Island Way" with ten dancers in authentic costumes, a live band



with five musicians and one amazing fire dancer. Enjoy the ambiance of leis, tiki torches and Hawaiian music as you watch experienced adult dancers. The sky will light up with the fire dancing and feats of an amazing fire dancer to close out the show. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: Sweet & Sour Pork with Grilled Pineapple over Basmati Rice and a Margarita. Food and drink items available for individual purchase, not part of ticket price. Concert 7:30 PM. \$16. See concert details and Amphitheater Guidelines on page 44. Friends, family and guests are welcome!

**Overnight Trip:
Hot August Nights — Reno
Tuesday, August 7 to Wednesday,
August 8 — 1972-04**

Hot cars & cool nights! We're taking a trip up the hill on the first full day of Hot August Nights and staying overnight at John Ascuaga's Nugget in the recently-renovated East Tower. You

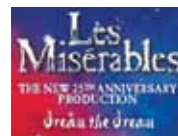


will receive a \$5 slot and \$3 food credit upon arrival. Lunch on your

own. The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square. There will also be a vendor and craft area. Dinner on your own at the casino — try John's Oyster Bar or the Steakhouse. There are also many restaurants at Victorian Square including Mexican, Italian, and an Irish Pub & Grill. Breakfast on your own the following morning and then we're off to the Peppermill for more specialty car displays and vendors. Lunch on your own. Limited to 49 people. *A signed liability waiver is required for each participant*. Leave OC August 7 at 8:30 AM, return August 8 ~ 6:00 PM. \$102 per person double occupancy. \$139 single occupancy. RSVP ♦♦ by 7/9.

**"Les Miserables"/Orpheum Theatre
Wednesday, August 22 — 4551-02**

Based on Victor Hugo's classic novel, "Les Miserables" is an epic and uplift-



ing story about the survival of the human spirit. The magnificent scores of this produc-

tion includes the classic songs "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?" and many more. Cameron Mackintosh presents a new 25th anniversary production with glorious new staging and dazzling, reimaged scenery. We have acquired mid-orchestra seating for the 2:00 PM performance. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Early purchase requested. Leave OC at 11:00 AM, return ~ 10:30 PM. \$120. RSVP ♦♦ by 6/1.

**Just added! Overnight Trip:
Asilomar/Monterey Bay Aquarium
Tuesday, September 4 Wednesday,
September 5 — 1970-05**

Highly requested trip! We will be staying at the Asilomar "refuge-by-the-sea" conference center and hotel in



Pacific Grove. Boxed lunch upon arrival (*chef's choice, vegetarian upon*

request) to enjoy at several indoor or outdoor locations. You will have the afternoon on your own to explore the beach, take a self-guided walk, rent a bike, or golf at Pacific Grove Golf links right down the street (on your own).



Dinner is included at Crocker Dining Hall, an essential part of the Asilomar experience.

The daily menu highlights fresh, seasonal, local produce procured directly from their network of regional, organic farmers. Daily menu boards are posted at the dining hall and front desk, showcasing the meal that



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will be offered for breakfast, lunch and dinner — along with the names of the farms that grew the produce for that meal. The rooms do not have televisions or phones. Association will be providing various board games and cards for your enjoyment as there will be access to areas with tables and chairs. The next morning after an included breakfast, we head to Monterey Bay Aquarium currently hosting the “Jellies Experience.” Lunch on your own at Cannery Row afterwards. Leave OC 7:30 AM Tuesday, September 4, return Wednesday, September 5 ~ 6:30 PM. Elevator access to rooms. *A signed liability waiver is required for each participant.* \$291 per person double occupancy. \$391 single. RSVP ♦♦ by 6/15.

2012 Music Circus Series

This year’s Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals as well as the Sacramento Premiere of Disney’s “The Little Mermaid.” All shows will be done “Theatre in the Round.” Please note performance time of 7:30 PM for all performances except “Music Man” which begins at 8:00 PM. \$71 each show.

- **Grease • Wednesday,
June 27 — 4530-03A**

Fun, friendship and humor abound in this nostalgic trip to Rydell High in 1959, complete with greasers, slumber parties, sock hops and lots of singing and dancing.

Sandy and Danny’s romance sparks hit songs like “Summer Night” and “You’re the One That I Want.” Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 6/18.

- **The Little Mermaid
Wednesday,
July 11 — 4530-03B**

Bring your grandchildren, five years and older, to see Disney storytelling at its best! Unsatisfied with her life in the sea, young mermaid Ariel

longs to experience the human world above, so she embarks on a fascinating journey to discover her true self. Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 7/2.

- **The Music Man
Thursday, August 2 — 4530-03C**

Theatre’s musical tribute to the optimism, warmth and stubbornness of small town America. There’s trouble in River City when traveling salesman Harold Hill comes to town



promising to form a children’s marching band. Features “76 Trombones” and “Goodnight My Someone.” Leave OC at 6:30 PM, return ~ 11:30 PM. RSVP ♦♦ by 7/23.

- **Fiddler On The Roof
Wednesday,
August 15 — 4530-03D**

Like the iconic rooftop musician, playful yet reverent Tevye teeters between his respect for tradition and love for his daughters, each anxious to follow her heart after a suitor her father finds unsuitable. This beloved musical features “Tradition” and “If I Were A Rich Man.” Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 7/30.

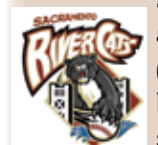


- **Crazy For You • Wednesday,
August 29 — Sold Out**

Leave OC, 6:00 PM, return ~ 11:00 PM.

Baseball • RiverCats Baseball Games Now On Sale

We have a few opportunities left this season to watch RiverCats play at the beautiful Raley Field in Sacramento.



Same as last season, seats are located in Senate Box (in the bowl area directly behind home plate). All selected games begin at

7:05 PM. Leave OC at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ Now.

- **River Cats on the road!
Reno Aces vs. Sacramento RiverCats
Sunday, July 29 at Reno
\$50 — 6270-05**
- **RiverCats vs. Fresno Grizzlies**

**Friday, June 22,
\$41 — 6273-12C**

- **RiverCats vs. Tucson Padres
Friday, July 20,
\$41 — 6273-12D**
- **RiverCats vs. Memphis Redbirds Friday, August 3,
\$41 — 6273-12E**

San Francisco Giants (AT&T Park)

Lots of walking! This year we are offering four opportunities to watch the Giants in action. These dates were chosen because of the teams and afternoon starting time allowing us to return home by ~



7:00 PM. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark.

Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave OC at 10:00 AM, return ~ 6:30 PM.

- **Giants vs. Texas Rangers
Sunday, June 10 — Sold Out**
Seats located in Lower Box Section 131, \$102. Limited Tickets.
- **Giants vs. Atlanta Braves
Sunday, August 26 — 6260-01B**
Seats located in Lower Box Section 131, \$102. RSVP ♦♦ by 7/26.
- **Giants vs. Los Angeles Dodgers
Sunday,
September 9 — Sold Out**

Seats located in Lower Box Section 135, \$102.

- **Giants vs. San Diego Padres
Sunday,
September 23 — 6260-01D**

Seats located in Lower Box Section 135, \$77. RSVP ♦♦ by 8/23.

Sold Out Trips/Events Thru June 20

- | Trip/Event | Date | Departure Time |
|----------------------------------|--------------------|----------------|
| • Ferry to San Francisco, | Wednesday, May 16, | 8:00 AM |
| • Wicked, | Tuesday, May 29, | 6:45 PM |
| • Santa Cruz with Jerry Moorman, | Thursday, May 31, | 7:30 AM |

- Safari West Bus#1
Thursday, June 6, 9:00 AM
- Safari West Bus#2
Thursday, June 6, 9:00 AM
- Beale AFB Friday, June 8, 8:15 AM
- Wicked, Tuesday June 12, 6:45 PM

Art Classes

—Drawing—

Ink Drawing • Wednesdays, May 30, June 6 & 13 — 1013-05A

9:30 AM-12:30 PM (OC). Instructor: Claire Michelet. \$45 (three sessions). Join us for this really fun class! Get your ink and pens, or ultra-fine, fine and medium size markers ready and discover the amazing feeling of being playful with points and lines as you move from one creative exercise to the next, from one theme to the next, and from figuration and abstraction to imagination. This class is also open for beginners! Students must pick up a supply list from the front desk prior to class. RSVP ♦♦ by 5/23.



Ink Landscape Workshop • Sunday June 17 — 1013-05B

1:00-6:00 PM (OC). Instructor: Claire Michelet. \$39. Explore the amazing technique of Pen & Ink & Wash. Find out the various tools at your disposal from the sharpness of metallic pens and organic feel of bamboo reeds, to the fluidity of brushes. Experiment with the unique range of expression of ink media, from delicate elegance to painterly force and create fascinating landscapes. Students must pick up a supply list from the front desk prior to class. RSVP ♦♦ by 6/10.



— Oils, Pastels & Acrylics —

Painting Pastels and Oils with Joan Mondays,

May 21-June 18— 1050-04

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Open to

both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous



training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. **New students:** Ask for supply at registration. RSVP ♦♦ by Now.

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays,

May 30-June 27 — 1033-04

9:00-11:30 AM (OC). Artist/resident Tom Proctor. \$65 (five sessions). Choose Oil or Acrylic. Complete original paintings based on own or instructor's photos. Analyze ("read") paintings by well-known artists. Understand what makes an ideal composition. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ♦♦ by 5/23.



—Mixed Media—

Mixed Media Collage

Mondays, June 4-25 — 1140-05

(No class June 18.) 12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and improvisational fine art class will show you how to turn "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 creating this artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists. **New students:** Ask for a supply list from the instructor or call Jo at 543-1357. RSVP ♦♦ by 5/28.

Bridge Classes

Competitive Bridge (Intermediate Level) • Thursdays

May 17-June 21 — 1520-04

12:30-2:30 PM (KS). Instructor: Laurie Vath. \$60 (six sessions). **Prerequisite:** Proficiency in the principles taught in Bridge Plus Class. Class focuses on the competitive aspects of the game. It includes bidding and strategy such as balancing, sacrificing, and leads. The class is a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited. RSVP ♦♦ Now.



Ceramics Classes

— Lladro —

Spanish Oil Painting • Wednesdays June 27-August 1 — 2063-05

(No class July 4.) 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,

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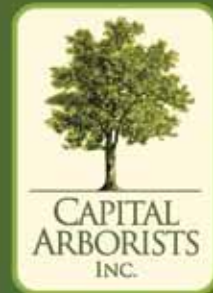
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\$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 6/20.

**Lladro Workshop • Wednesdays,
June — 2064-01F
July — 2064-01G**

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

— Pottery —

**Beginning/Intermediate Ceramics
with Jim • Tuesdays
June 5-26 — 2012-05A**

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 5/29.

**Advanced Ceramics • Tuesdays
June 5-26 — 2012-05B**

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 5/29.

**Ceramics – All Levels • Thursdays,
June 7-28 — 2011-05**

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). **Open to all skill levels.** This 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 projects 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 5/31.



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 projects 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 5/31.

Computer Classes – PC

**Android Tablet Basics
Friday, May 25 — 2531-04A**

9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$30. Google’s Android is ideal for Tablet Computers. The “open” nature of this system makes it inviting for many hardware manufacturers such as Samsung, Sony, Acer, Toshiba, Kindle, Nook and others, to produce an Android-based device. Come to this seminar, bring your Tablet and discover how to connect to Free Wi-Fi in SCLH, McDonalds, Starbucks, at home, onboard ships and more. Learn how to customize your Tablet to “perform your way.”

Navigate screens; secure your device; customize Email, Calendar, the Web, Music, Photos and other basic Apps. This class is designed for all Tablet owners. **Prerequisite:** Have Gmail account. RSVP ♦♦ by 5/18.

**Android Tablet Intermediate
Tuesday, May 29 — 2531-04B**

9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$30. We’ll go thru many of the settings that let your Tablet do amazing things. Learn to “Synchronize” your Data, Calendar, Email, Tasks, Photos, Music, and Internet Passwords, between your Tablet, Smart-Phone and Home PC. Maximize use of screens and secure your device using Advanced Widgets. Discover more ways to enjoy Apps like Radio, Music, Reading (and Listening to) Books, Watching (and Traveling with) Movies. Learn more ways to connect between devices such as Camera, Flash Drive, Home TV, and Backups. This class is for Tablet users looking to learn more advanced features. **Prerequisite:** Have Gmail account. RSVP ♦♦ by 5/22.



—Digital Photography—

**Picasa •
Wednesday, Thursday, & Friday,
May 30, 31 & June 1 — 2570-04**

9:00-10:30 AM (OC). Instructor: Len Carniato. \$60 (three sessions). Photo editing using your computer is the rage these days and modern digital cameras make it easy to take great shots. Getting those photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be daunting. Learn how to use Picasa, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be

installed on any computer. **Prerequisite:** Comfortable using your home PC and knowing basic skills such as Email, Internet, Copy and Paste. RSVP ♦♦ by 5/23.

Basic Digital SLR Photography Wednesday & Thursday,

May 30 & 31 — 2520-05

1:00-4:00 PM (OC). Instructor: Roy Salisbury. \$49 (two sessions). The class will focus on mastering the key features of your SLR (single-lens reflex) camera. Move beyond Automatic to the Creative Modes of Shutter Priority, Aperture Priority, Program,



and Manual. ISO, White Balance, and bracketing. Learn about Aperture and f/stops and what impact they have on your pictures'

depth of field. The goal of the class is to provide understanding of the many advantages you have with an SLR camera so that you can get those special photos. Micro four thirds cameras are welcome too. Note, an SLR camera has a removable lens, plus the ability to control speed and exposure separately (such as T, or Tv, A or Av, M). Handouts will be provided. \$5 material fee payable to instructor. Contact instructor Roy Salisbury at 784-2254, if you have any questions prior to the class. RSVP ♦♦ by 5/23.

— Microsoft 2007 —

Word Phase 1 • Mondays & Wednesdays, June 4 - 13 — 2650-05

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Class provides you with some of the basic features of Microsoft Word 2007.



Now that you know how to enter data, do some simple editing, it's time to learn the "good stuff."

Learn some new shortcuts, and tips including auto correct, the format paintbrush, the show hide mark, the smart tag; copying and moving text; switching between more

than one document; formatting techniques and especially paragraph formatting, line spacing, bullets, alignments and indents, border and shading. This is also a great class for those of you beginning to explore your computer as well as a great class for people who have stumbled around word processing and just know there is a better way to accomplish what you want to do. We will begin to explore inserting symbols, special characters and text boxes. RSVP ♦♦ by 5/28.

Genealogy

Genealogy is the fastest growing hobby in North America. Classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives. Each



session includes two hours of lecture and one

hour of student-monitored exercise with the instructor available for questions and answers. Please bring a flash drive to class with you so you can take home any work accomplished during class. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. For the GEDCOM class you should also feel comfortable using one of the popular family history programs. Instructor is taking a hiatus until July.

Cooking

Cooking with Chef Roderick Fresh Summer Salads

Tuesday, June 12 — 4014-05

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Join Chef Roderick as



he prepares fresh and exciting salads perfect for the summer! Chef will use June's bountiful fruits and vegetables that are readily available in your garden,

Farmers' Market or from your groceries' fresh produce section. The recipes will not only be healthy but also scrumptious. Get a taste and a copy of all the recipes. Register early, spaces sell quickly. RSVP ♦♦ by 6/5.

Crafts

Intro to Card Making 101

Tuesdays, June 12-28 — 3170-05A

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$21 (three 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 and showing you how to make greeting cards along with a cute box. Classes are small so you will get lots of individual attention. All supplies and tools will be provided. Class size is limited so sign-up early. RSVP ♦♦ by 6/5.

Card Making — Level 2

Friday, June 8-29 — 3170-05B

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$28 (four sessions). **Prerequisite:** Needs to have completed Intro to Card Making 10, or have instructor's approval. We will continue to build on our card-making skills in this fun three-hour class making greeting cards and



some 3-D projects. All supplies will be provided, and class size will be small so that you will get lots of individual attention. Class size is limited so sign-up early. RSVP ♦♦ by 6/1.

Origami — From Generation to Generation: The Spirit of Japan

Monday, July 16-
August 6 — 3040-05

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions).



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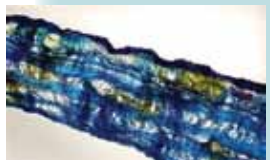
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gami spread through oral tradition in the same way as beliefs, customs and legends, and brings hundreds of years of history to the present day. Original origami forms had religious and formal significance. The Japanese have a particular sensibility that allowed them to turn the two dimensional, flat world of paper into three-dimensional objects such as cranes, boxes, baskets, flowers, birds, and make use of them for both play and practical purposes in day-to-day life. This class will teach you how to make boxes, baskets, birds, flowers and more. Please bring origami paper (6x6), pencil, glue, ruler, and scissors. Beginners are welcome. (See window display.) RSVP ♦♦ by 7/2.

Intro to Nuno Felting Monday and Tuesday

May 21 & 22 — 3042-04A

1:00-3:00 PM (OC). Instructor: Laura Healey. \$43. Nuno Felting is the fastest-growing technique in modern felt making. Small amounts of wool are layered on a base of silk. During the felting process, the wool migrates



through the weave. The results are a fully-integrated and highly-textured scarf. It

is incredibly lightweight and has a beautiful drape. In this class, everyone will learn different techniques to felt fibers, ribbon and yarn into the base of a scarf. We will cover layout, felting, fulling and finishing. Students will bring home a completed scarf. All supplies will be provided and are included in the material fee. Material fee \$12 due to instructor first day of class. RSVP ♦♦ Now.

Wet Felted Flowers

Wednesday, May 30 — 3042-04B
Or Monday, June 4 — 3042-05

1:00-3:00 PM (OC). Instructor: Laura Healey. \$25. Learn to create beautiful, delicate and colorful felt flowers and leaves. They will dress up an outfit, scarf, purse or headband. We will use

silk, wool rovings, prefelt and beads to create our flowers. The techniques



we use will make a strong and durable flower. At the end of the class, everyone will have made at least three

unique flowers. Supplies will be provided by instructor. RSVP ♦♦ by 5/23 or 5/28.

Dance

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

—Clogging—

Fun and Intermediate Clogging

Tuesdays, • June 5-26 — 3572-05B

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. The next step beyond Beginner/Easy Intermediate Clogging, class introduces new dances taught at local/national workshops and steps to stimulate and bring your



dancing skills to a new level. Music from Bluegrass to Lady GaGa and more. Learn and/or review steps — too

many to list. If you've been away from clogging for a while, now's the time to get back into it. Come join the fun. We'll be learning dances from the National Clog Dancing List as well as popular dances from recent workshops and conventions. In order to be a participant in the new demo group, you must know the dances and have instructor approval. RSVP ♦♦ by 5/29.

Performance and Technique

Clogging • Tuesdays,

June 5-26 — 3572-05C

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

Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take Fun/Intermediate Clogging. Janice brings her many years of expertise working with teams and groups. Performance routines will be created, fine tuned, and figures and movements added to enhance some of the dances taught in the Fun/Intermediate Class. Other routines will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner and team work will be part of the skills taught. Fine tune clogging skills during technique portion of class. Technique lessons are incorporated in each session to keep you dancing safely and hone feet movement so sounds are clean and clear. Instructor approval prior to each performance. RSVP ♦♦ by 5/29.

—Country Couples Western Dance —

Country Couples Western Dance — Beginner Level 1 & 2

Mondays, June 4-25 — 3532-05A

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. In addition, we do freestyle



dances like Two Step; Free Style Waltz moves; Drifter Circle dance; and review previous dances as needed. Instruction will be at a slower pace for beginners

and those wanting a review of previously taught dances. If you don't have a partner, many of the dances could be done as an individual. Classes taught in this session – Rumba Stroll; Continental Cowboy; Swing Mixer and Two Step with basic moves. Some dances may be subject to change based on the experience level of students. RSVP ♦♦ by 5/28.

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Country Couples Western Dance — Intermediate Level 3 & 4

Mondays, June 4 – 25 — 3532-05B
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 difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances taught in this session – the Wanderer; Freestyle Cha Cha and Waltz Moves and review previous dances as needed. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 5/28.

–Dancing with Dolly–

Choreographer-Director Dolly Schumacher James, joins our exceptional list of dance instructors. Her dance classes were previously offered through the Fitness Department Class curriculum. Schedule and class location will remain the same.

Jazz/Musical Theatre Wednesdays,

June 6-27 — 3920-05B
4:15-5:15 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James. \$36 (four sessions). Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater and lyrical styles. Something new in every class. Come watch a class, see how much fun dance can be! RSVP ♦♦ by 5/30.

Ballet • Thursday,

June 7-28 — 3920-05C
5:45-6:45 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James. \$36 (four sessions). For some reason when the word ballet is used, many women are intimidated. Ballet is the

fundamental training for every type of dance: Jazz, Ballroom, Musical Theater, Tap, Country Line Dance, Folk



Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength. It's not about dancing for the stage, or on pointe; it develops posture, core strength, grace, footwork, timing. It's the best all-round fun exercise conditioning program! RSVP ♦♦ by 5/31.

Performance Dance with Dolly, Friday, June 8-29 — 3920-05A

2:30-4:00 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James. \$50 (four sessions). For the dancer who loves to perform! These classes



are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 6/1.

–Hula–

Hula • Thursdays, June 14-July 19 — 3901-04

1:15-2:15 PM (KS). New instructor: Pam Akina. \$48 (six sessions). Learn the beautiful art form of Hula from the Hawaiian Islands. This class is appropriate for new as well as experienced dancers. Using the basic steps kaholo, ha`alewa (ka`o), hela, and ami, you will learn a beautiful hula auana (modern hula) from beginning to end. In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Hula is a wonderful workout for mind, body, and spirit! *About the Instructor:* Pamaho`a (Pam) Akina began her hula training at age seven. As a



young woman, she joined the Kailua Dancers professional entertainment group under Kumu Lokalia Stearns and performed with them for 16 years. She has 30+ years experience as a professional and competitive hula dancer. Pam is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 6/7.

– Jazz –

Jazz Technique

Saturday, June 2-30 — 3930-05A
Or Tuesday, June 5-26 — 3930-05B
Saturday 3:00-4:00 PM, Aerobics Room (OC), \$40 (five sessions). Tuesday 1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. \$40 (five sessions). Have fun learning different styles of jazz dancing emphasizing proper technique. Come learn from a former professional dancer who loves to teach dance and choreograph. Melanie will demonstrate various dance steps to insure proper execution. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Class is for all skill levels. This first series of classes will be used by instructor to evaluate student skill level for future class programming. RSVP ♦♦ by 5/26 or 5/30.

– Line Dance –

Intro to Line Dance • Thursdays, June 21-August 9 — 3602-05A

(No class July 5.) 4:30-5:30 PM (KS), Instructor: Audrey Fish. \$35 (seven sessions). This new class meant for real beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be in-



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troduced to common line dance terminology. Join Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 6/14.

Audrey's next Line Dance Classes for July will be advertised in the June Compass.

Line Dance Beginner Plus with Sandy • Tuesday,

June 5-July 10 — 3705-05A

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$36 (six sessions). **Prerequisite:** Must have completed at least



six months of Beginner Line Dance I. Class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute

basic line dance steps as instructor leads and teaches the dances using line dance terminology. Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 5/29.

Line Dance II

Beginner-Intermediate with Sandy Wednesdays,

June 6-27 — 3705-05B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four 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 5/30.

Line Dance III with Sandy Wednesdays,

June 6-27 — 3705-05C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four 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 5/30.

Line Dance I/Beginner with Yvonne Mondays,

July 9-August 27 — 3704-05A

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions, no class May 28). 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 familiarize the student with basic line dance terminology. Although this is a beginner class, it is taught at a faster pace than at the introduction level. RSVP ♦♦ by 7/2.

Line Dance Beginner Plus with Yvonne • Mondays,

July 9-August 27 — 3704-05B

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$48 (eight 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 become a bit more challenging but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting providing exercise for mind and body at the same time. RSVP ♦♦ by 7/2.

Line Dance II/Beginner-Intermediate with Yvonne

Thursdays,

June 21-August 9 — 3704-05C

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight 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 ♦♦ 6/14.

— Tap Dance —

Tap Classes with Alyson

Enjoy tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout



Northern California and is currently Artistic Director

of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students, beginners to advanced, may choose from several technique classes. Choose any of the classes below that fit your schedule and comfort level.

All Performance Classes will be on hiatus until August. Please note change in schedule before registering for the Technique class.

Technique Class • Mondays,

June 4-25 — 3553-05A

10:00-11:00 AM (KS). \$20 (four sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 5/28.

Advanced Technique Class

Mondays,

June 4-25 — 3553-05B

11:00 AM-12:00 PM (KS). \$20 (four

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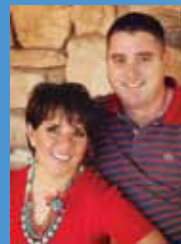
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sessions). Class is geared more for tappers with advanced skill level but class is open for all who wish for a more challenging routine and dance steps. RSVP ♦♦ by 5/28.

Beginning Tap

Tuesdays, June 5-26 — 3553-05C

9:00-10:00 AM (KS). \$20 (four sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 5/29.

Beginning/Inter Level Technique Class • Tuesdays,

June 5-26 — 3553-05D

10:00 AM-11:00 PM (KS). \$20 (four sessions). Class is geared more for tappers with beginning to intermediate skill level but class is open to all looking for a more challenging routine and dance steps. RSVP ♦♦ by 5/29.

Technique Class • Thursdays,

June 7-28 — 3553-05E

10:00-11:00 AM (KS). \$20 (four sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 5/31.

Tap for Fun with Judy!

Join us and enjoy a good workout while having fun. Judy has been



dancing, teaching, and choreographing dance for many years. Not a perform-

ing group, it is designed for people who love to dance and kick up their heels!

Mondays, June 18-

August 6 — 3581-05A

4:45-5:45 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 6/11.

Fridays, June 22-

August 10 — 3581-05B

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 6/15.

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

Class description of each class has been updated. Please read each class description before enrolling. Questions? Please contact Dottie at 543-6005.

Introduction to West Coast Swing Wednesdays, June 6-27 — 3513-5A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 5/30.



Intermediate I and II West Coast Swing • Wednesdays,

June 6-27 — 3513-5B

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks). **Prerequisite:** Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with Instructor's approval. RSVP ♦♦ by 5/30.

Intermediate/Advanced West Coast Swing • Wednesdays,

June 6-27 — 3513-5C

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks). **Prerequisite:** Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 5/30.

Driver Training

AARP Driver Safety Program

Tuesday, June 12 &

Wednesday, June 13 — 6055-05

8:30-1:00 PM (OC). AARP member

(\$22) for two-day session; AARP non-member (\$24); Instructor: Roger Kane. Residents must present current AARP membership card upon registration and pay at the Activities Desks to receive the discounted class fee.



In cooperation with AARP, the Association provides residents with the convenience of attending the AARP Driver Safety Course right here in our community! The course provides instruction on defensive driving techniques and California motor vehicle laws. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time are also covered. The eight-hour course is specifically geared to persons 50 or over. Attendees may be eligible for a discount on their auto insurance (check with your provider to determine amount). Attendance at *both* days of the two-day course is required for a Certificate of Completion. Bring a valid Driver License, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 6/5.

Fitness

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

—Small Group Training—

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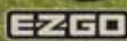
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there to ensure that you are doing the exercises correctly, small group training is a great option for you! Sessions will have a minimum of four and maximum of six participants, and are held twice a week for four weeks.

SGT — First Steps to Fitness
Mondays and Wednesdays,
June 4-27 — 835000-S2

10:30-11:15 AM, Oaks Room (OC). Instructor: Lisa S. Smith. Calling all beginners! This class is designed especially for anyone who hasn't mustered up the courage to step into the Fitness Centers here at Lincoln Hills. First Steps to Fitness will be held in the Oaks Room (OC) which is a room without windows, mirrors, or distractions. This is a perfect beginning for anyone who knows they need to exercise but are intimidated by the gym. Class will be 45 minutes in length with time for discussion and questions. We will cover basic chair exercises, beginning strength, cardio, and flexibility. The series will conclude with a 30-minute individual session in the gym with Lisa. **Four week session \$135. Register/Fitness Centers.**

SGT — Suspension Training for Golfers • Mondays & Wednesdays,
May 21-June 18 — 835000-G3

(No class May 28.) 4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Train to play your best golf ever!



This small group training will take your golf fitness to the next level. Golf requires a combination of strength, flexibility, timing, balance, power and endurance. This class will incorporate TRX,

Bosu, Medicine Ball and large Stability Ball to create appropriate range of motion, balance and strength. All levels welcome. **Four week session \$135. Register/Fitness Centers.**

SGT — X-Train (cycle/row/TRX)
Mondays & Fridays,
June 8-July 2 — 835000-X5

11:30-12:30 PM, Aerobics Room (KS).

Instructor: Brandy Garcia. Don't miss this opportunity to enhance your fitness with cross training! Increase your strength and decrease your body fat



with X-Train. This class will incorporate the TRX bodyweight suspension trainer to increase your strength, stamina, and energy. You will also

learn to row and ride a spin bike with ease, efficiency, and have fun! Entry level to advanced participants are welcome. **Four week session \$135. Register/Fitness Centers.**

SGT — Bootcamp
Mondays & Wednesdays,
June 11-July 9 — 835000-B6

(No class July 4.) 5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135. Register/Fitness Centers.**

SGT — TRX Interval Training
Mondays & Wednesdays,
May 21-June 18 — 835000-T5

(No class May 28.) 2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. This small group training gives a fast, effective, full-body workout.



TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their per-

formance and their bodies with TRX! **Four week session \$135. Register/Fitness Centers.**

SGT — "Fun"ctional Fitness
Tuesdays & Thursdays, May 31-
June 26 — 835000-F6

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled small group strength training great for beginners or anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. **Four week session \$135. Register/Fitness Centers.**

SGT — Aligned & Defined Pilates
Mat Training • Mondays & Fridays,
June 18-July 13 — 835000-P6

7:00-8:00 AM, Aerobics Room (KS). Instructor: Paula Ainsleigh. Transform the way your body looks, feels and performs and join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format. As participants progress, variations and intensity options will be given. Enrich the quality of



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To gain some needed perspective, it's highly recommended that you read the book *CONQUERING CANCER* by Susan Gorkosky. This book will give you a detailed understanding of these exciting new procedures. In her book, Susan explains how she recovered from inoperable brain cancer after she was told she was terminal and nothing more could be done for her.

Brain tumors appear to respond to these cleansing procedures better than any other condition. For instance, another patient, a little girl only three years of age, was also declared terminal by one of the largest cancer institutes, whose specialists said they had had thousands of cases like her and had not been able to save anyone. The little girl had a large brain tumor. When the detoxifying methods were first applied, she was semiconscious and had eaten nothing for three days. Within a few hours after she began to be cleansed, she started to eat and drink, and she has been improving steadily. She is now four years old.

By using these same methods, many other patients apparently have recovered from several types of cancer, MRSA, fibromyalgia, rheumatoid arthritis and various other conditions.

The most important devices used in these new procedures for cleansing the body are: the imprinter, the low-level laser, the ionic foot bath, infrared domes and others. The imprinter immediately clears the body of infections, parasites and chemicals. As a result it makes MRSA and other infectious conditions impossible. The low-level laser neutralizes or removes the metals which are implicated in causing cancer and other chronic modern diseases. The ionic foot bath, when used together with the electrical stimulator, is a wonderful way of cleansing the body of all kinds of wastes.

IMPORTANT NOTE: The reader should clearly understand that none of these new methods are meant to be used as substitutes for conventional medical practices. Anyone under the treatment of a medical doctor should continue as long as he or she is receiving positive results.

Please see the video testimonials on this website: www.Lubecki-Chiropractic.com

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your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four week session \$135. Register/Fitness Centers.**

**New! SGT — Tabata BootCamp
Mondays & Fridays, July 2-
August 3 — 83500-Q5**

11:30-12:30 PM, Aerobics Room (KS). Instructor: Deborah McIvain. We are excited to bring this cutting edge training program to Lincoln Hills. Tabata BootCamp will change what you thought was the road to fitness and fat burning! Forget hours and hours of cardio! Turns out that's *not* the fastest way to get fit! Tabata training was developed by a Japanese researcher (Izumi Tabata) who found that short bouts of exercise (only four minutes!) using super high intensity intervals actually increased subject metabolism *more* than traditional exercise of 30-60 minutes! Our Tabata BootCamp workouts will be multi-level with modifications offered for those with any issues. You'll be able to get the fat burning, metabolism boosting benefits of this training program, and still "go at your own pace." **Four week session, \$135. Register/Fitness Centers.**

—Circuits, Weights, Stretches—

**W.O.W. — Working Out with
Weights • Thursdays,
July 12-August 16 — 750500-05**

10:35 AM-11:30 PM, Weight Room (KS). Instructor: Julia Roper. Want the most out of your workout? Join this six-week in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learn-



ing how to use the machines the right way and get a total body program focusing on proper set settings and correct form! Learn how, when and why you need to change your program,

the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. **Six-week session, \$75. Register/Fitness Desks/Online. RSVP ♦♦ by 5/3.**

**Waves! Beginning Circuit Class
Tuesdays & Thursdays, May 31-
June 21 — 830000-04**

2:30-3:00 PM; first class is one hour 2:30-3:30 PM. Weight Room floor (OC). Instructor: Megan Cowart. This class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout.



Every week the class will progress with a few new exercises to include balance, core, and cardio stations. This class is for the beginner exerciser, or participants looking for assistance with a regular weight machine workout in a group setting. **Four-week session, seven classes, \$35. Register/Fitness Centers/Online. RSVP ♦♦ by 5/24.**

**Basic Chair and Balance
Fridays, June 8- 29 — 806000-05**

1:00-1:45 PM, Aerobics Room (OC). Instructor: Megan Cowart. A beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio endurance, and brain exercise. This class is appropriate for people with limited mobility and various health issues. There will be *no* floor exercise. **Four-week session, \$15. Register/Fitness Desk/Online. RSVP ♦♦ by 6/1.**

Reach for the Top/Stretch & Tone!

**Mondays, June 4-25 — 805000-05
Tuesdays, June 5-26 — 801000-05
Thursdays, June 7-28— 803000-05**
Monday classes 12:00-1:00 PM, Aero-

bics Room (OC); Tuesday & Thursday classes 11:30 AM-12:30, Aerobics Room (OC). Instructor: Lin Hunter. This class combines stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your energy level up, help you become stronger, strengthen your muscles and joints, and build up cardio endurance. The range of motion



exercises and stretching will help prevent arthritis and keep your mobility. Lin is a former licensed nurse and AFPA-certified group exercise instructor; she has been teaching for 40 years! Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Make-up days are allowed. **Four-week session, one day/week, \$30. Register/Fitness Desks/Online. RSVP ♦♦ by 5/31.**

—Dance/Fitness Centers—

**New Location Time & Instructor!
Hot Hula Fitness®
Tuesdays, June 5-26 — 814000-05**

5:30-6:30 PM, Aerobics Room (KS) Instructor: Rena Goudey. Hot Hula fitness® is a fun, new and exciting dance workout. It provides a "total body workout" in 60 minutes. Hot Hula fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, Hot Hula fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy Hot Hula fitness®. **Four-week session, \$40. Register/Fitness Desks. RSVP ♦♦ by 5/29.**

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Balletone

Tuesdays, June 5-26 — 700000-05
 4:00-5:00 PM, Aerobics Room (KS).
 Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session, \$40. Register/Fitness Desks/Online. RSVP ♦♦ by 5/29.**

—In the Pool—

Core-N-More Deep Water Aerobics Mondays, June 4-

June 25 — 760100-05

Wednesdays, May 30-

June 20 — 760000-05

Mondays PM and Wednesday AM, May 30-June 25 — 760200-05

Mondays 5:35-6:30 PM, Wednesdays 9:35-10:30 AM, Indoor Pool (OC).



Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact

while increasing resistance. This high calorie burning, aerobic/interval class combines exercises that will improve core strength, tone and strengthen

major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week. Register/Fitness Desks/Online. RSVP ♦♦ Now!**

Water Qigong (SFQ) • Wednesdays, June 6-27 — 813200-05

12:45-1:45 PM, Indoor Pool (OC). Instructor: Peter Petersen. Water-Gong is Qigong practiced in the water. If you are unfamiliar with Qigong, it is a moving meditation like Yoga, but it comes from China instead of India. Qigong differs greatly from Yoga in that the movements are very light, slow, and fluid, much like Tai Chi. However Tai Chi is practicing a martial art, Qigong is about bringing in healthy fresh, clean, energy to your body. The benefits are increased flexibility, strength, balance, and bolstered immune system, just to name a few. Essentially, this form of Qigong I teach creates a healthy balance between the mind, body, and spirit, keeping one healthy, happy, and at peace with oneself and in harmony with their surroundings. **Four-week session, \$36. Register/Fitness Desks/Online. RSVP ♦♦ by 5/30.**

—Walking—

Beginning Nordic Walking,

Tuesdays, June 5-26 — 750000-05

9:30-10:30 AM, Back Patio (OC). Resident Mike Barkhurst has three nationally-recognized personal trainer certifications and two advanced teaching certification in the American and European Method or Nordic Walking. In the beginner class, learn the American Method of Nordic Walking using Exerstrider Poles. Each participant will have use of a pair of these poles for the entire four-week session. There is very little hiking in the class as technique will be taught and critiqued during the four instructor-led classes. Note: this class will only be offered four months out of the year. **Four-week session, \$55. Register/Fitness Desks/Online. RSVP ♦♦ by 5/29.**

Walk With Ease — Arthritis Foundation

Mondays/Wednesdays/Fridays, June 25-August 3 — 752000-05

1:00-2:00 PM, Indoor Track (OC). Instructor: Chris Richter. The Arthritis Foundation's Walk With Ease program is based on research and tested programs in exercise science, behavior change, and arthritis management. This program offers support, information, and tools to help make walking a regular part of your life. By using the Walk With Ease workbook and

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

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—Tennis—

Pro Tennis Lessons Sundays, July 15-August 19

Beginners — 790700-05

Intermediate — 790600-05

Advanced — 790500-05

Beginners 8:00-9:00 AM; Intermediate 9:00-10:00 AM; Advanced 10:00-11:00 AM, Tennis Courts #10/11. Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. **Six class session, \$75. Register/Fitness Desks/Online. RSVP ♦♦ by 7/8.**



—Mind, Body, Spirit—

Extra Gentle Yoga (chair)

Tuesdays, June 5-26 — 710000-05

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

to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session, \$39. Register/Fitness Desks/Online. RSVP ♦♦ by 5/29.**

Gentle Hatha Yoga

Tuesdays, June 5-26 — 710100-05

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. This class is offered in the Gentle Hatha Yoga Ananda Style. Having taught at OC since 2000, Julie offers an all-level class that is challenging yet “do-able” for long-term students as well as



yoga newcomers. Julie's motto is “Yoga is not supposed to hurt!” This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically-gentle class, it is not “easy;” strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Four-week session, \$39. Register/Fitness Desks/Online. RSVP ♦♦ by 5/29.**

Evening Yoga

(Hatha -Traditional Yoga)

Tuesdays, June 5-26 — 711000-05

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. Warm summer evenings and extended daylight have arrived! Yoga will give you increased energy, flexibility, balance, and strength — all while reducing stress. This early evening yoga class is the perfect way to keep your body moving! Everyone is welcome to this fun-filled, informative class — from absolute beginners to aspiring yogis.

If you've never tried yoga before, this is the class for you! **Four-week session, \$40. Register/Fitness Desks/Online. RSVP ♦♦ by 5/29.**

Evening Yoga and Meditation

Thursdays, June 7-28 — 711100-05

6:00-7:30 PM, Aerobics Room (KS).

Instructor: Susan Hayes. This is a re-



laxed, early evening yoga class consisting of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and optional meditation. Each student receives individual attention, so enrollment is limited. **Four-week session \$40. Register/Fitness Desks/Online. RSVP ♦♦ by 5/31.**

Tai Chi Beginning

Tuesdays, May 29-

June 19 — 730100-05

Saturdays, June 2-23 — 730200-05

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts



that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which bring 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. **Four-week session, \$40. Register/Fitness Desks/Online. RSVP ♦♦ by 5/22 & 5/26.**

Tai Chi Intermediate • Tuesdays,

May 29-June 19 — 730300-05

2:45-3:45 PM, Aerobics Room (KS).

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This class is designed for the students of Ms. Fong's Tai Chi class that 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 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. **Four-week session, \$40. Register/Fitness Desks/Online.** RSVP ♦♦ by 5/22.

Spring Forest Qigong (SFQ)

Thursday, June 7-28 — 745000-05
2:15-3:45 PM, Aerobics Room (KS). Instructor: Elizabeth Wescott. SFQ is a simple, effective meditation and simple exercise for helping you heal physical, emotional pain and enhance your quality of life and the lives of others. Anyone, regardless of ability, age or beliefs, can practice the techniques of SFQ to become healthier and happier. In addition to gentle exercise and meditation we'll touch on a bit of philosophy and theory. **Four-week session \$40. Register/Fitness Desks/Online.** RSVP ♦♦ by 5/31.

Qigong Presentation & Demo

Thursday, May 17 — Free
1:00-2:00 PM, Fine Arts Room (OC). Please join us!

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



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oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

Glass Art

—Fused Glass—

Fusing Glass Workshops • Mondays,

June — 3103-01F

July — 3103-01G

4:00-6:30 PM except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Jordan Gorell. \$12 each day. Items limited to a six-inch square kiln space. Fusing enthusiasts: Bring glass and fusing projects and work on your designs. Students will share workshop time with stained glass enthusiasts. Sierra Room (KS). Pay at Activities Desk each day you attend the workshop.



—Stained Glass—

Stained Glass Workshops • Mondays,

June — 3103-01F

July — 3103-01G

4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS).



Moderator Jordan Gorell. \$12 each day. Workshop is for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. If you have experience working with glass but have not had instruction, inform monitor

prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Music

—Guitar—

Guitar I & II will be announced in the June Compass.

Guitar III — Intermediate

Thursdays,

June 21 – July 26 — 4262-05A

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$53 (six 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. RSVP ♦♦ by 6/14.



Guitar IV — Advanced • Thursdays,

June 21 – July 26 — 4262-05B

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$53 (six sessions). **Prerequisite:** Students must have instructor's approval to enroll in this class. Class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 6/14.

—Keyboard—

Play in a Day Keyboard Class

Tuesday, June 5 — 4273-05A

10:00 AM-12:00 PM (OC). Instructors: Karen Ramirez. \$30. Have you always wanted to play the piano keyboard? If so, this is the class for you! The music experts of Music Exchange

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bring their wonderful "Play in a Day" music program to our community. Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it's possible to play a keyboard instrument. This fun class teaches students to read music, play chords and familiarize themselves with the keyboard. At the end of the



two-hour class, students will learn to play "Canon in D," "Ode to Joy" and a few other songs arranged for beginners. Class provides each student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 5/29.

New Class! Learn More Music – Playing Keyboard by Ear

Tuesdays, June 12 — 4273-05B

10:00-12:00 PM (OC). Instructors:



Karen Ramirez. \$30. This new class is designed for residents who have taken the Play in a Day and its

continuation class in the last year and a half. This class will teach you how to play dozens of songs by ear. Continue with Karen and this monthly class will teach you a new style of music every time. Expand on what you learned and make your keyboard playing sound amazing. Class will be held every second Tuesday of the month and because we are presenting a different style each month, it is OK if you miss a class. The class is lecture and hands-on. RSVP ♦♦ by 6/5.

– Movie Musical –

Next class on Musicals will be advertised in the July Compass.

– Voice –

Beginners Singers Vocal Boot Camp and Singers Vocal Boot Camp Continuation will be advertised in the June Compass for July Classes.

Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room (OC).

Bernina Serger Certification

Monday, June 11 — 4059-11F

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ♦♦ by 6/4.

Bernina Sewing Machine Certification

Monday, June 11 — 4059-11F1

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes



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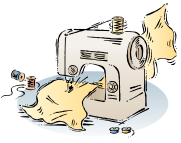
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a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 6/4.

Janome Sewing Machine Certification

Monday, June 11 — 4059-11F2

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 6/4.

—Knitting—

The next Knitting class will be advertised in August's Compass.



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Happy Feet

Wednesday, May 16 — Free

7:00-8:30 PM, P-Hall (KS). Are you putting your best feet forward? We demand a lot of our feet every day. Not taking care of them makes it that much harder for them to do their job properly. Hear from Mercy podiatrist, Amy Duckworth, DPM, about causes, symptoms, treatments and prevention of common foot ailments and recommendations to maintain a healthy stride. Dr. Duckworth will address common foot problems including bunions, hammer-toe, neuroma, plantar fasciitis and aching feet. including surgical and nonsurgical treatment options including some “stylish” footwear modifications and orthotics. More on page 19.



The Colors of the Night Sky

Thursday, June 7 — Free

7:00-9:00 PM, Ballroom (OC). Internationally-known astrophotographer Ken Crawford images the sky from his Rancho Del Sol Observatory in Cami-



no. He is also the Chief Docent for the Cameron Park Rotary Community Observatory in Placerville. Ken’s images have been featured

in numerous magazines, books, websites, movies, and public displays, including the NASA “Astronomy Picture of the Day.” His presentation features a colorful tour of our universe using his award-winning images. Ken will also demonstrate how amateurs are contributing to science and research with images of colliding galaxies that reveal their cannibalistic ways.

History is Alive!

Thursday, June 14 — Free

2:00-4:00 PM, Front Ballroom (OC). Everything you always wanted to

know about people who made America great! Don’t miss award-winning author Jeri Chase Ferris as she brings 11 people from 1776 back to life (okay, not really). Learn about the good and the awful of researching people’s lives including a slide presentation on how an author gets the facts — on an ice floe in the Arctic,



for example. Who wrote the best-selling book in the English language (after the Bible)? How did John Adams reply to Abigail’s “remember the ladies”? Who wrote almanacs, built the first wooden clock in America? Hint: first name Benjamin. Hint: *not* Benjamin Franklin. What escaped slave took one of God’s attributes as her last name? Why? And what *was* it? Hear the answers and more!

Time is Brain

Wednesday, June 20 – Free

7:00-8:30 PM, P-Hall (KS). John Schafer, MD, Neurologist, Mercy Health System. The sensation hits you abruptly. You have difficulty speaking or comprehending what’s going on around you. You lose feeling in an arm or leg. Your head is pounding. Despite the fact that stroke is



the third-leading cause of death in the U.S. and affects an estimated 800,000 people each year, many people are unaware of these warning signs and fail to act when they occur. While all stroke symptoms are not the same, the need for immediate treatment is. Dr. Schafer will discuss how to recognize stroke warning signs and the importance of receiving immediate medical care if you’re suffering a stroke because your prognosis typically improves the sooner you receive treatment, reducing the chance of brain damage or death.

Community Forums, Date, Time, Location

- Happy Feet, Wednesday, May 16, 7:00 PM, P-Hall (KS)
- The Colors of the Night Sky, Thursday, June 7, 7:00 PM, Ballroom (OC)
- History is Alive, Monday, June 14, 2:00 PM, Front Ballroom (OC)
- Time is Brain, Wednesday, June 20, 7:00 PM, P-Hall (KS)
- “Transcontinental Railroad,” Film, Tuesday, July 24, 1:30 PM, P-Hall (KS)
- “BAT 21,” Film, Thursday, August 16, 1:00 PM, P-Hall (KS)

Commercial Presentation (Paid Advertisement)

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

**Good Samaritan Insurance Services
“Medicare & Prescription Changes”**

Thursday, May 31 • 10:30 AM

Presenter: Tony Ayoubi • Oaks Room (OC) • Free

This seminar will help you better understand the changes in Medicare, Medicare Supplement choices, Prescription plans available to help you have better coverage. You will also learn tips on how to take advantage of some guaranteed rights to lower your premiums and keep the same or better coverage.

RSVP to Tony Ayoubi by May 30, 844-9008. See our ad on page 4.

Finance Committee

continued from page 11

Safety. Kudos are due to all.

If you have general questions or need information on the chart, Finance Committee Chair Hank Lipschitz may be reached at finance.committee@sclhca.org

sclhca.org. Monthly and year-to-date financial statements are available on the Association’s website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, May 17, at 9:00 AM.

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Financial Wellness – Value Investing: The Wisdom of Bruce Greenwald • Tuesday, May 22 — 870000-04



10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. The book *Value Investing* has been touted as one of the best investment books ever written for valuing and investing in stocks. We will explore the book's findings and how this can be used in portfolios. \$5. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 5/15.

The Fountain of Youth Thursday, May 31 — 850100-04

6:00-7:00 PM, P-Hall (KS). Presented by Frank Lieberman, PhD, psychologist and ultra runner. This information is relevant to all individuals who wish to lead a healthier lifestyle. Goal setting for success; a prescription for anti-aging; eradicating self-defeating



thoughts; confronting mental conditions during aging; the importance of laughter, fun, and play; pros and cons of hormone replacements; mind-body connection; and how to get started, and stay with a program are a few of the topics covered. \$8. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 5/24.

Expressive Writing • Thursday, June 7-28 - 872200-05

11:00 AM-1:00 PM, Gables (OC). Instructor: Elizabeth Wescott, Founder GilaWriters at Gila Regional Medical Center, NM. Expressive writing is an art form and has the ability to put us in touch with things that are beyond the reach of the linear thinking of the left brain. Many write in this way to claim their voice, to connect with their life experiences, as an adjunct to medical treatment or as a release of stress. Many have no writing experience! Medical researchers have studied the effects of expressive writing on health. We know it has a measurable positive effect on healthy people and patients suffering with illness. Expressive Writing has been shown to improve family relationships; reduce stress; improve quality of life; decrease symptoms; strengthen the immune system; Please bring a pen and notebook to each session. \$32. Register/Fitness Centers or Activities Desks or Online.

Letting Go • Monday, June 11 — 877600-05

10:00-11:00 AM, Multipurpose Room (OC). Instructor: Lee Mahla, CRTS. Feeling overwhelmed? Too much stuff? Don't know where to start? Lee, a professional organizer has walked hundreds of clients through the process of organizing and "letting go" of stuff that weighs us down. Clearing clutter can help reduce stress and create safer, simpler living. \$10. Register/Fitness Centers or Activities Desks. RSVP ♦♦ by 6/4.



Simple Stress Busters Thursday, June 14 — 850300-05

1:00-3:00 PM, Fine Arts Room (OC). Instructor: Cathie Daniels-Landeros, MS, MFT. Everyone deals with stress. Join Cathie as you learn about different types of stress, how it can impact your physical and mental well-being and things you can do to control it. In this interactive class, try various stress-reduction tools including journaling, relaxation techniques, art exercises, use of lavender/bath salts and more. Discover healthy ways to relax, relieve tension and feel better! \$40+\$15 martial fee, covers lavender/bath salts, candle holder, art supplies. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ on 6/7.



Megan Cowart
Wellness Program
Coordinator

Be

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Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

Getting Your Stuff Together: Organizing Your Estate

Monday & Tuesday, June 25 & 26 — 863000-05

9:00 AM-12:00 PM, Gables/Heights (OC). Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? Expect the unexpected. One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of 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 personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to get your stuff together. The unexpected happens without warning. Be ready. \$30 per person for both sessions, + \$25 material fee to be paid to the instructor on first day of class. Register/Fitness Centers or Activities Desks. RSVP ♦♦ by 6/18



Financial Wellness – How to Buy and Should You Own Stocks • Tuesday, June 26 — 870000-05

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. This class will help you understand the basics to buying a stock and determining if you should toil in these volatile investments. We will use two valuation techniques and a non numeric checklist to select securities. \$5. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 6/19.

Wellness Days Highlights – May 22-24

Fitness Palooza • Tuesday, May 22

9:00 AM-1:00 PM, Fitness Center (OC), Patio (OC) and Community Living Room (OC), Amphitheater. A great way to “sample” a variety of classes, experience small group trainings, or join the fun. **Free! Class sign-ups available 45 minutes prior to class start time.**

Aging 10 with Power • Tuesday May 22 — 820600-04

2:00-3:00 PM, Front Ballroom (OC). Presented by Diana Nohr, M.S., creator of The Memory Academy. Discover what changes in the body and the brain come with age, and ways to improve or adapt to them. Learn what the latest research says about keeping strong, sharp and independent in the second half of life and reducing the risk of dementia. You will walk away with what researchers call “the closest thing to the fountain of youth.” **Free! Register at the Fitness Centers, Activities Desk, or Online.**

Pain in My Butt — Where’s it Coming From?

Wednesday, May 23 — 820700-04

2:00-3:00 PM, Front Ballroom (OC). Presented by Rex Owen, M.S. Create lasting change in your muscles, joints and connective tissue. Get stronger without injury. Explore the cause of many musculoskeletal ailments such as soreness, pain and injury. Learn simple techniques to help

prevent or alleviate pain from dysfunctional movement patterns and improper exercise technique. **Free! Register at the Fitness Centers, Activities Desk, or Online.**

Health & Prevention Screenings • Wednesday, May 23

11:00 AM-1:00 PM, OC Ballroom. A variety of screenings will be offered, for example: blood pressure, vision and spinal muscular imbalances. Fitness Wave Company will be offering Hydrostatic Body Fat and Resting Metabolic Rate testing. Plus much more. **Free.**

Charity Walk • Thursday, May 24 — 820200-04

9:00 AM, Fitness Parking Lot (OC). Wear your walking shoes and join us for a one-mile loop that can be done once or twice. Walk enrollment fee supports the “Seniors First” organization. Walk concludes with a light breakfast for champions! **Register at the Fitness Centers, or online. \$12 donation includes Wellness Days t-shirt!**

The Six Laws of Health

Thursday, May 24 — 820300-04

11:00 AM-12:00 PM, OC Ballroom. Dr. Thomas W. Hopkins, M.D, Sutter Health, will present a motivational talk on how the “Six Laws of Health” can apply at any age. Learn about aging, longevity, and living a long, robust life from someone who walks the walk and talks the talk. **Free! Register at the Fitness Centers, Activities Desk, or Online.**

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Hours

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

Sunday 8:00 AM - 5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

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

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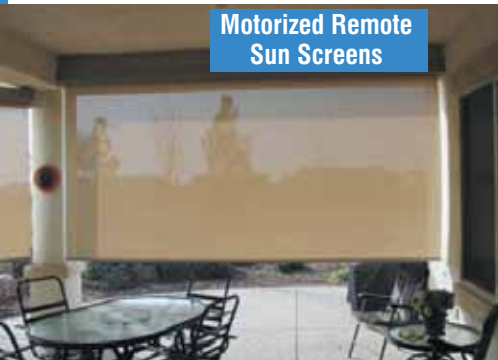
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