



# Compass

The Official Magazine of Sun City Lincoln Hills

June 2013



**Lincoln Hills Adaptive Golf  
Begins Seventh Year... page 5**

**Living Through Transition:  
The Next Step... page 2**

**Your Map to the Updated SCLH Website... page 7**

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### On the cover

A spirit of camaraderie and support emanates throughout the Adaptive Golf program. Pictured are, from left, resident Jim Knight being assisted by amputee and retired physical therapist Bob Tipton and volunteer Lloyd Ellis

Photo by Doug Brown

## "Living through Transition: The Next Step"

### Board of Directors Report

Denny Valentine, Director, SCLH Board of Directors

During the May Board of Directors meeting, a task force created in response to the Strategic Advisory Committee Report presented the results of their efforts to develop a program for residents that will coordinate access to resources through educational seminars on meeting challenges to aging in place in SCLH. Once again knowledgeable and experienced members of our community came together, under the leadership of Board member Marcia Van Wagner, to formulate and design what will be titled "Living Through Transition: The Next Step." The team included Joan Logue, Gail Marculescu, Shirley Schultz, David Stone, and Brandy Garcia.

The program will begin with an introductory presentation, open to all residents, outlining the purpose and topics to be addressed. This will be followed by registration for the class modules, which will be limited to 20 participants each along with a personal support person for a maximum of 40. The Wellness Department

and the Health Education Team will develop a cadre of volunteer subject matter experts who will produce each program. Titles of the modules include: Living through Transition, Legal Framework for Transitions, Financial Resources, Suddenly Single, Transportation, Your Personal Map Through the Medical Maze, Disaster Planning, and End of Life Issues. The fee for the complete series will be \$100.

The Board moved to accept this report and proceed toward its implementation under the guidance and direction of the Wellness Department.

During this same meeting, the Board also adopted a policy opening certain classes to the public. The policy, "Activities Classes Open to Guests and Public," will only apply to classes recommended to be taken with

a partner, primarily couples dance classes, and lecture classes held in the Presentation Hall after priority registration is provided for SCLH residents.

*"During the May Board of Directors meeting, a task force created in response to the Strategic Advisory Committee Report presented the results of their efforts to develop a program for residents that will coordinate access to resources through educational seminars on meeting challenges to aging in place in SCLH."*

## Make a Difference

### Announcing Openings for Committee Members and Compass Distribution

#### Architectural Review Committee (ARC)

Looking for an opportunity to be part of a team responsible for maintaining the architectural standards of our community? The ARC currently has openings for residents who can interact with homeowners in a positive and diplomatic manner. Experience in landscaping and architecture is helpful. As a member of the ARC you will review plans for landscaping, new construction, or exterior alterations, and help to decide if the project conforms to the CC&Rs and the Design Guidelines.

To find out more about joining our team, you can download a Committee Application at our website, [\[lincolnhills.org\]\(http://lincolnhills.org\), or pick one up at the Membership/Activities Desk \(OC\).](http://www.suncity-</a></p>
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#### Communications and Community Relations Committee (CCRC)

The CCRC has an opening to be filled. If you have an interest in the flow of communications, or want to be part of the Community Forum decision team and/or have an interest investigating future technical enhancements within our community along with providing communication, or technical insights and support to the committee, the CCRC has a place for you on its committee.

Please see "Openings" on page 101



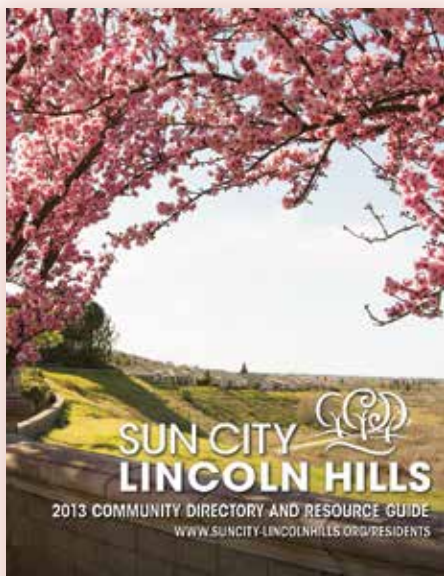


## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

### New Features on Resident Website

Looking for a complete overview of how to access the new features on our Resident Website? See the article on page and



The Directory will be available for pick up at the Membership Desk showing proof of residency on July 1 or after

join me and CCRC tech committee member Doug Thom as we walk you through all the new features and information. We will meet after the BOD meeting, Thursday, June 20

at 11:00 AM in the Presentation Hall (KS)  
**2013-2014 Community Directory**

The 2013-2014 Community Directory and Resource Guide will be available for pick-up at the Membership/Activities Desk Monday, July 1. You will need to provide proof of membership (finger vein scan, member ID or drivers license with current address) in order to pick up one for your household. Remember, the Association does not give your personal information to anyone and this is for your protection.

### Thank You

Heartfelt thanks and apologies go to Ray Andrejewski for neglecting to provide him recognition for the beautiful April spring *Compass* cover. Over the years Ray has provided photos for many Association and club events and like so many photographers in the community, his contributions and theirs are much appreciated.

### Second Cup of Coffee Meeting June 17

I hope to see you at the Second Cup of Coffee meeting on June 17. I will be providing an update on all things related to your Lifestyle. See page 100 for details. See you in the Lodge.



## Calendar of Events

June 15-July 20

Date	Event	Page #
06/17	"Black Holes and the Large Hadron Collider"	22
06/17	Genealogy Club: "Migration Trails"	28
06/17	Forum: Embracing Our Association Lifestyle	33, 41, 100
06/17	Bus Trip: River Cats vs. Tacoma Rainiers	63*
06/19	Forum: Zeroing in on Arthritis	10, 100
06/20	Book Discussion: <i>Steve Jobs</i>	24
06/20	Concert: Slim Jenkins, Voodoo Blues/Dirty Swing	45
06/24	Cabochon Collection Display	28, 41
06/25	Summer Concert: Paperback Writer	46
06/25	"How to Buy Stocks"	93
06/26	"Being Prepared for Incapacity of a Loved One"	22
06/26	Bus Trip: Music Circus "Wizard of Oz"	51
06/27	Fibromyalgia/CFS Club: "My Journey"	27
06/27	"Cool Things That Birds Do"	27
06/28	Open Mic Night	30, 41
06/28	Bus Trip: Big Springs Gardens	63*
06/29	Bus Trip: San Francisco Shopping	56
07/01	KS at the Movies: "007 Skyfall"	41
07/04	Concert: Happy Birthday USA!	45
07/07	Bus Trip: SF Giants vs. Los Angeles Dodgers	63*
07/09	"Knitting, Crocheting, and Yarn"	31
07/09	Summer Concert: Chicago Tribute Authority	47
07/09	Forum: Fight the Bite, i.e., West Nile Virus	100
07/10	"Windows Tips & Tricks, Windows 8"	26
07/10	Bus Trip: Music Circus "Showboat"	63*
07/11	"Understanding Drug Side Effects/Adverse Events"	27
07/11	"Dial-A-Ride Transit System"	27, 41
07/11	Bus Trip: River Cats vs. Fresno Grizzlies	63*
07/12	"Windows 8 Tips Follow-up" with Q&A	26
07/12-13	Vaudeville Troupe: "The Cavalcade of Stars"	45
07/13	West Coast Swing Red/White/Blue Potluck Dance	36
07/15	Document Destruction	41
07/15	Bus Trip: California State Fair	51
07/16	New Resident Orientation	41
07/17	Forum: Great American Gold Rushes	100
07/18	Book Discussion: <i>The Columbus Affair</i>	24
07/18	Bus Trip: Rafting South Fork Amer. River Rapids	58

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

### Upcoming Association-Related Meetings

Date • Time • Place June 15-July 31

Golf Cart Registration	Thursday, 20 & July 18, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, June 20, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, June 24, 9:00 AM, Solarium
Board of Directors Meeting	Thursday, June 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, June 27, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, June 27, 11:00 AM, Oaks
CCOC/Chartered Clubs & Community Orgs.	Tuesday, July 2, 9:30 AM, Oaks
Compliance Committee Meeting	Wednesday, July 3, 10:30 AM, Solarium
ARC/Architectural Review Committee	Monday, July 8, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, July 9, 1:00 PM, Fine Arts
Listening Post	Wednesday, July 10, 9:00 AM, Solarium
CCRC/Communications & Community Rel.	Tuesday, July 12, 9:30 AM, Solarium
New Resident Orientation	Friday, July 16, 1:00 PM, Solarium
Finance Committee Meeting	Thursday, July 18, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, July 22, 9:00 AM, Heights
Board of Directors Meeting	Thursday, July 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, July 25, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, July 25, 11:00 AM, Oaks

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



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**Cover article**

**Adaptive Golf? What's That?  
Lincoln Hills disabled golf clinic  
begins seventh year**

*Doug Brown, Resident Editor*

A variety of canes, wheelchairs, leg braces, and prosthetic limbs graced an eager group of golfers on Memorial Day. The occasion? The Adaptive Golfers' Clinic at our Lincoln Hills Golf Club.

Organizer and SCLH resident Paul Apfel explained that adaptive golf clinics "encourage those who might otherwise stay cloistered in their homes to come out, enjoy a sport they love, and take advantage of this great golfing community."

Co-organizer and stroke victim Rich Uebele recounted his own multiple attempts to swing a golf club one-handed with lousy shots... then, suddenly, a perfect drive! "That's one in a row!" he exclaimed at the time, and from then on, "I was determined to regain skills I thought were lost forever."

General Manager of the Lincoln Hills

Golf Club Sean Silva has warmly embraced adaptive golf clinics and opportunities for everyone who has a disability to enjoy the game. Disabled golfers are encouraged to hit as many balls as they want on the driving range, pitching and chipping green, and putting green. Instructor Steve Treadway helps golfers to relearn, compensate, and manage their golf game with the goal of full enjoyment.

"Getting back into golf is not the only benefit," declared amputee and retired physical therapist Bob Tipton, sporting his stars-and-stripes prosthetic leg. "It's therapeutic, helps people to stay active, and others can see that disability is not debilitating."

Bob also noted that you don't have to suffer a catastrophic disability to feel intimidated about getting into a sport. "Many Lincoln Hills residents have various infirmities, injuries, and back and joint issues. Come on out! Enjoy these activities along with the social outlet that they provide."

Nationally, organizations like the Adaptive Golf Association support the growth and development of adaptive golf programs across the country. Visit <http://www.adaptivegolf.org/> for information. Magazines such as *Amputee Golfer* reach out not only through print media but also through electronic social media.

Lincoln Hills is a community with two excellent

**Clinic schedules  
are held on the last  
Monday of the month,  
April thru September,  
always at 10:00 AM  
and always at the  
Lincoln Hills Golf Club.**



*Opening session*

golf courses, and whether or not you are a golfer, we all appreciate those green expanses of land that wind through our community. Hats off to those who have encouraged the disabled to enjoy this amenity.

In other sports and activities, of course, SCLH offers a variety of supportive services for residents with physical issues and challenges. In our fitness centers and swimming pools, an abundance of classes and training sessions encourage us to stay active and healthy!



*Ball, tee grabber*



*Putting tips*



*Instructor Steve Treadway*



*Putting practice*

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## Your Map to the Updated SCLH Website

Jeannine Balcombe, Senior Director of Lifestyle and Communications

The updated and visually stimulating resident website is finally up, with useful information, links, and avenues to leading an active lifestyle in Lincoln Hills. The website was designed with flair and functionality in mind, and built in HTML5 to fit your personal devices.

Login to the website and let's start exploring.

The top of the **Home** page has eight essential links:

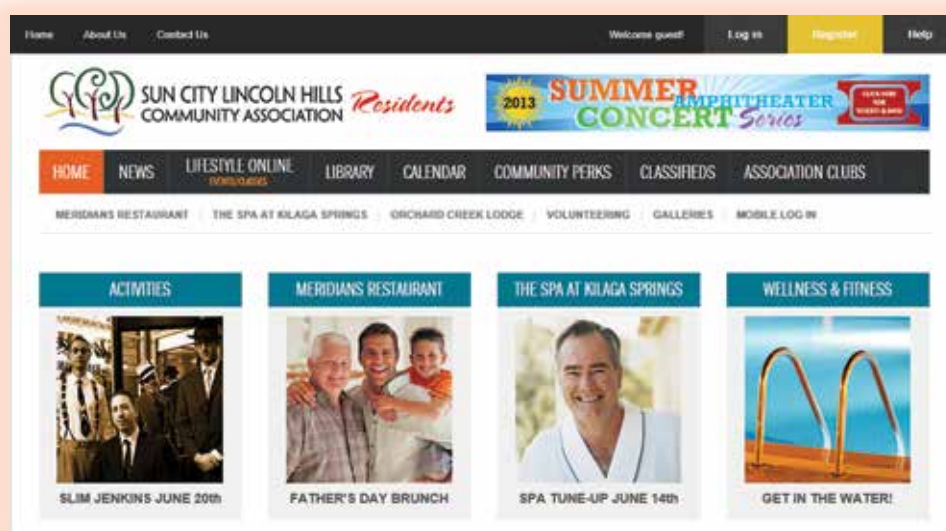
- **News** from the Board of Directors and committees
- **Lifestyle Online**, a direct link to register for classes, events, and trips
- **Library** access to Association documents including club and committee information and Association forms
- **Calendar** shows upcoming meeting dates and Community Perks
- **Community Perks** feature free or low cost events
- **Classifieds** provide a place for buying from or selling to other residents
- **Association Clubs** provides club information and useful links

Immediately below the main headings are links to our other Association websites and a link to **Volunteering Opportunities** where you can learn of openings where you may contribute your time and talents. Beneath the main navigation bar there are four large colorful buttons with photos to click showing featured upcoming events and services from Activities, Meridians Restaurant, The Spa at Kilaga Springs, and Wellness & Fitness. Below these buttons are accordion links with **Latest News** from the Association, Board of Directors, and committees of the Board. Access to the **Compass** and E-News are also available here. If you miss a Board of Directors meeting or a Community Forum presentation, click on the video and watch the proceedings with our new video player program that provides a bigger and clearer picture.

**Upcoming Meetings, Forums and Perks** are noted on the calendar listings on the right side of the home page. Below **Current Weather**, links to other **Departments** will

provide information about **Membership**, **Community Standards**, **Facilities**, and our **Online Retail Store**. More information about **Activities** and **Wellness & Fitness** can also be found here.

**Living Here E-News** provides a link to sign up for weekly email reminders about upcoming events. This website is a work-in-progress. Our **Help Desk** sends your questions directly to the webmaster: an important tool for a new website that could cause questions for the user.



A snapshot of the new and improved resident website

## Online Buying: What's Going On?

Lily Ross, Lifestyle Assistant Manager

What exactly happens when you enter your credit card information at a website? The answer can be quite extensive, depending on how the website is set up. Many websites utilize a set of standards, established by the payment card industry, that regulate what information can be collected, how it can be used, and how the customer is protected. Here in Lincoln Hills, we use a company called

The bottom of the **Home** page features several additional buttons promoting upcoming classes, events, and trips with a direct link to use a separate and secure site to purchase online. If you prefer, or if the RSVP date has passed but the activity has not yet begun, you may go to the Activities and/or Wellness/Fitness Desks (OC/KS) to make your purchases in person.

Please do not hesitate to contact us with issues, recommendations, or praise. For your convenience, the **Contact** tab at the very top of the Home page provides a direct email link to management staff.

ETS to process our online payments. ETS is an established merchant services company that places secu-



rity of their clients as their top priority.

When registering through our Lifestyle (Events/Classes) website, you may become aware of ETS's presence. After adding a class or activity to your online shopping cart, and you select "Proceed to Check Please see "Online" on page 101



The ETS secure site where you enter your credit card information



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**Activities News & Happenings**

**Something Old,  
Something New**

Lavina Samoy, Lifestyle Manager

In the spirit of “something old, something new, something borrowed, something blue” in this month of weddings, please read on.



**Something Old...** We continue to carry on our well-loved traditions. Celebrate the 4<sup>th</sup> of July enjoying patriotic songs and popular musical numbers from resident favorite **Roseville Community Concert Band** (page 45) in the Ballroom. **Grandkids Camp** is also coming back on **August 1** (page 49) with more fun activities for you and your grandchildren. We continue to offer the **Speaker Series** (page 55), now on its ninth season of providing excellent and timely topics and speakers.

**Something New...** The Board of Directors approved a policy change allowing residents to take classes with their guest as dance partner for classes intended for couples (for example, Country Couples,

West Coast Swing and Tango). Residents must provide the guest’s name during registration. Also, lecture classes held in the Presentation Hall (for example, music history, movie lectures, iPhone) are now open for public registration.

Can’t find Community Perks under Entertainment? **Community Perks** (page 41) has now expanded to include not only Association activities but also group events that are interesting and *free* to everyone in our community. If you have an activity that fits this category, email it to jeannine.balcombe@slhca.com.

**Something Borrowed...** We have our very own **Just Try It!** Are you curious about a particular dance class but not certain if you will like it or have the skills to do it? *Try* a class with a friend for free in July and see how much fun it is! A complete list of free demo classes is on page 72.

**Something Blue...** Blue skies and great music = perfect summer! Our Summer



*Chubby Checker opened our Summer Concert Series with a high energy, non-stop concert! Next in the series is Paperback Writer on June 25. Photos by Tony Machado*

Amphitheater Concert Series continues with six more concerts for you to experience (pages 46-49). Be the cool grandparent and bring your teenage grandkids to the **Paperback Writer Concert on June 25** as they pay tribute to the immortal music of the **Beatles**. Next concert: **Chicago Tribute Authority, July 9, and Jefferson Starship, July 26.**

For those who registered for the **Fort Bragg / Skunk Train Overnighter** on June 19-20, no need to be blue. Due to a delay in tunnel repair on the Skunk Train route, the trip is **rescheduled to August 14-15**. Remaining spaces are now on sale.

Have a sizzling summer!







**Wellness & Fitness News**

**Your Health Concerns + Our Support = Best Outcome**

*Lisa Scroggs Smith, Assistant Director of Fitness*

Do you find yourself at a point in your life where there seems to be daily changes to your physical health? One day you feel 40 again and the next day you feel every ache, pain, and joint in your body. We recognize that how you feel, can and does change on a daily basis. Along with those daily changes there are also those (hopefully) infrequent major medical changes, such as joint replacements, heart bypass surgeries, diabetes, surgeries, etc. All these and more may change how you

use our fitness facilities in the short term and/or in the long term. We would like to be able to support you on both of these accounts.

When you come to our facilities for the first time after a major medical change, let a staff person know how we may assist you in your recovery process. Also have a discussion with your doctor before you become physically active again; ask your doctor if there is anything in particular you

should stay away from or specifically do to help you heal. This will help us provide you the best course of activity to recover as quickly as possible. On the waiver screen for the Fitness Center we will add a statement to that effect. This will replace what once was the standard procedure of asking for a physician release when you return to use the fitness facility. Our mission is to help you achieve a better quality of life — whatever that may feel like today!

**Wellness & Fitness Classes: pages 85-97 • Exercise Class Schedules 97-99**

**Aging Well**

**The Marriage of “Arthro” and “Itis” — Arthritis**

*Shirley Schultz, Health Reporter*

When “Arthro” (pertaining to the joint) and “Itis” (meaning inflammation) married to become arthritis or joint inflammation, they spawned more than 100 offspring: Rheumatoid, Osteo, Psoriatic, Juvenile, Gouty, and even Gonorrhoeal to name a few. Who would have thought that a sexually transmitted disease such as gonorrhoea or syphilis could manifest as joint inflammation?



The different types of arthritis really need to be discussed separately. However, it is important to note that *Healthy People 2020*, the guideline from the US Department of Health and Human Services that focuses on improving health, function, and quality of life, lists arthritis as one of the leading chronic conditions that 60 percent of older adults will have to manage. Arthritis affects one in five adults and is the most common cause of disability in the U.S.

**“Joints in Jeopardy: Zeroing in On Arthritis,”** an upcoming presentation on June 19 by Dr. Mauro Giordani from UC Davis (see page 100), is a “must attend” to gain insight into the common, but complex, problem of arthritis. His talk  
*Please see “Arthritis” on page 43*

**The Spa at Kilaga Springs has a new addition — The Sanctuary**

*Pete Savoia, Properties Committee Chair*



**D**id you notice the construction at the back of The Spa over the past few months, but didn’t know what was being done?

The open courtyard has been covered with a glass-enclosed atrium to create “The Sanctuary.” The Sanctuary is surrounded by courtyard walls with murals depicting beautiful seascapes. These murals have been created to give the sense that you are viewing these coastlines from the veranda of a seaside villa. It also contains a decorative fountain, whose gentle sounds of falling water combine with the murals to create a serene and private atmosphere, as shown in the accompanying photo. The added indoor space has been used to house the new Far Infrared Sauna and LED Light Therapy services, as well providing space for group events. These services are more fully described in the article on page 15 of this month’s *Compass* by Tina Ginnetti, Manager of The Spa at Kilaga Springs.

In addition to completion of the Sanctuary, the Amphitheater upgrades have been completed in time for this year’s wedding season and Summer Concert Series.

The addition of The Sanctuary and the improvements to the Amphitheater provide a wider range of services for our residents and guests, while at the same time providing increased revenue to the Association to help maintain our reasonable monthly dues. Another indirect benefit is that they expose our community to more visitors, some of whom will decide to purchase a home here after experiencing our beautiful grounds and amenities.



*The open courtyard outside of The Spa has been covered with a glass-enclosed atrium to create “The Sanctuary”*



# The Vaudeville Troupe

presents

## "The Cavalcade of Stars" on July 12-13

on the "Cabaret-style" stage of Presentation Hall (KS)

featuring

### "A Tribute to Country Music"

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Contact: Marina Eugenos, Director/Founder at 408-3654 or  
marinaeug@sbcglobal.net for more information.



## Happy Hour at Meridians Just Got Bigger and Better

Jerry McCarthy, Director of Food & Beverage

Meridians is offering a number of exciting options for your summer dining pleasure. Chef Roderick is getting ready to launch his new summer menu towards the end of June. Make sure to look for exciting items such as: *Chef's Crab Cakes, Grilled Shrimp Salad, Grilled Chicken & Nectarine Salad, Pan Seared Trout, Roasted Summer Squash Ragout, Petite Frozen Chocolate Soufflé*, and much more. We will be featuring Chicken Piccata every Monday night for only \$10. Buy ten Chicken Piccatas and the tenth is free!



**Happy Hour at Meridians** just got bigger and better for your enjoyment. Every Thursday night we are featuring Happy Hour by the Pool. Every Friday night we are featuring Happy Hour at Kilaga Springs Café. Each Happy Hour will offer a wide selection of food & drink specials, and you

will be able to enjoy live music. Thursday and Friday festivities start at 5:00 PM and end at 8:00 PM. A brand new addition will be our Sunday Late Night Happy Hour the first Sunday of each month at the Sports

*"Chef Roderick is getting ready to launch his new summer menu towards the end of June.*

*Make sure to look for exciting items such as Chef's Crab Cakes, Grilled Shrimp Salad, Grilled Chicken & Nectarine Salad, Pan Seared Trout, Roasted Summer Squash Ragout, Petite Frozen Chocolate Soufflé, and much more."*

Bar. We will be offering a number of new Happy Hour food & drink specials from 7:30 to 9:30 PM. Come and sit inside or outside at the Sports Bar and enjoy family and friends with live music and a cool

beverage on a hot summer night!

Visit our website at [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) for all the details — there you will also see other special events that are coming soon. We will soon be releasing the dates for our Brew Master Dinner, Summer Farmer's Market series, Wine Maker's Dinner, and special offers and promotions. It's not too late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering at the Sports Pavilion, Kilaga Springs Lodge, OC Ballroom, or your home. Call Meghan at 625-4043 to make all the arrangements.

~ Please see our ad on page 38. ~

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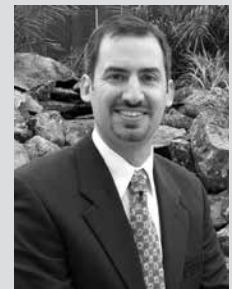


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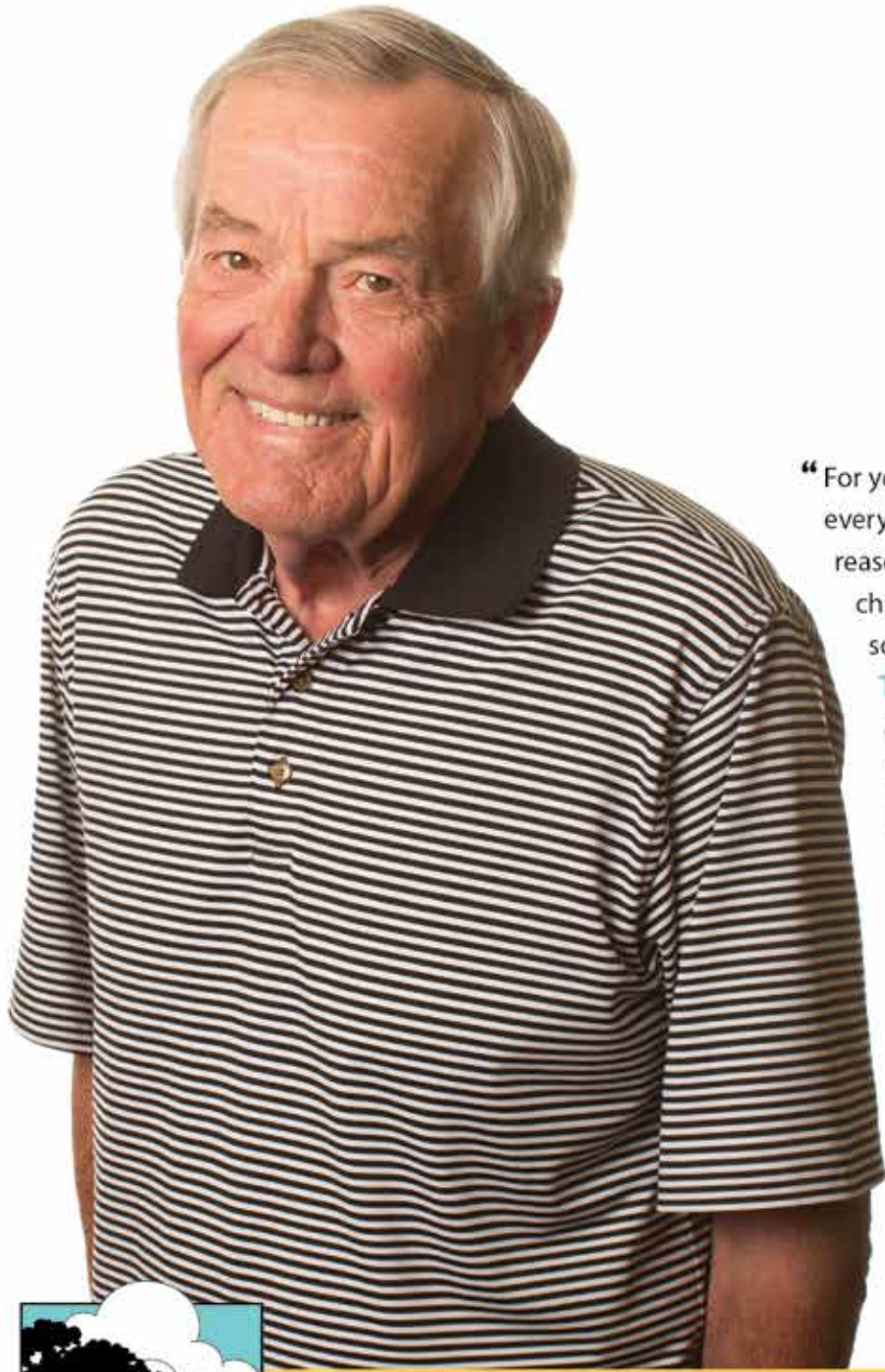
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SUN CITY LINCOLN HILLS RESIDENT  
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Tina Ginnetti, Manager, The Spa at Kilaga Springs

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You'll be happy to know that the Sanctuary is complete and all new services and equipment are up and running! I encourage all of you to go through your menus (received in the April edition of the *Compass*) and keep them handy for reference. Every service offered is explained in detail. With the opening of the Sanctuary we are also able to offer you a serene space for your SCLH group event.

The Far Infrared Sauna and the LED Light Therapy services are the big news for us right now. The sauna is endorsed and clinically approved by The American Heart Association and The American Cancer Association for its healing benefits. The sauna promotes relaxation, helps to lower blood pressure, detoxifies the body from heavy metals and other environmental pollutants, promotes weight loss,

increases circulation, reduces pain, and is excellent for toning and firming the skin. As with all services, should you have any questions, please consult your physician. Contra-indications would be pregnancy, serious inflammation, recent injury, implants, pacemaker, and hemophiliacs. The sauna is \$18 for 30 minutes; only \$5 if you are getting another service that day; and free on the day of service if you have a membership with The Spa.

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## Challenges on the Horizon

Mike Creasy, Finance Committee Vice Chair

We are pleased to report another successful month as our department heads continue to build on past initiatives and success. Sun City Lincoln Hills Community Association (SCLHCA) net revenues over expenses increased to \$137,068 against a budgeted

loss of \$100,346 for a total positive variance of \$237,414, a \$60,701 increase over last month. Food & Beverage results relative to budget slipped \$18,369 last month due to disappointing restaurant and catering sales. Landscape and Maintenance experienced expenses which caused minor slippage for the month, although still well

ahead for the year-to-date.

The Operating Fund cash balance on April 30 was \$5,615,765 and consists of \$3,610,640 for Unrestricted Operating Funds, \$526,964 in the Building/Capital Enhancement Fund, and Settlement Proceeds Fund of \$1,478,160. The Reserve Fund increased \$176,348 to \$4,621,878 against a year-end estimate of \$5,243,479. All funds mentioned above are invested in FDIC-insured accounts or U.S. Treasuries, according to policy.

While we have been doing well financially and inflation in general has been at historic lows over the last several years, the committee has been discussing some challenges in the months ahead: (1) Homeowners' past due assessments continue to present an issue, with 236 homes totalling \$123,100. (2) Last month's article mentioned an upcoming increase in Workers Compensation, which will need to be accommodated in the budget. And (3) at our recent meeting, staff expressed concerns about possible future changes in employee

Please see "Challenges" on page 43

Statement of Operations YTD — 4/30/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$2,516,616	\$2,508,929	\$7,687
Administration (Expense)	(618,031)	(743,837)	125,806
The Spa at Kilaga Springs	12,047	(4,940)	16,987
Fitness	(109,787)	(137,191)	27,404
Activities	(45,697)	(71,080)	25,383
Rec. Center / Maintenance	(729,984)	(767,927)	37,943
Landscape Maintenance	(789,886)	(812,299)	22,413
Food & Beverage	(98,210)	(72,001)	(26,209)
Capital Asset	0	0	0
<b>Net Revenues (Expense)</b>	<b>\$137,068</b>	<b>(\$100,346)</b>	<b>\$237,414</b>

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## Electronic News Bulletins

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Previously known as *E-Bulletins*, our new electronic news bulletins are now referred to as “*Living Here*” SCLH *E-News*. Being registered for the website *automatically* means you will

have the opportunity to make your choice whether to receive *E-News* or not.

By updating your profile from the webpage link, you may choose which weekly *E-News* subscriptions you’d like to receive.

You may choose to receive *only* the Association Community News, however opting out from Association News is not an option if another category is chosen. If you choose to opt out from *all* these options, please be aware that you would no longer receive any *E-News*, including important Association announcements. *E-News* categories are:

- Association Community News
- The Spa at Kilaga Springs
- Food & Beverage (Meridians, Sports Bar & Kilaga Springs Café)
- Activities: Classes, Trips and Entertainment
- Wellness & Fitness



First image seen when going to our new website, [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

receive *E-News* in your *IN* box. While many of you have previously registered and made your *E-News* subscription selections, many have not and we have found that *E-News* is one of the most efficient means to provide up-to-date communications. With the launch of the improved website, your previous *E-Bulletin* profile needs to be updated, and if not registered before, you



Banner seen on all Living Here *E-News*

## Inquiring minds ask...

Nina Mazzo, Library Volunteer

Did you know that the fork endured much ridicule before acceptance? Consider *the Fork (A History of How We Cook and Eat)*



by Bee Wilson is an exploration of the implements we use in the kitchen and how they affect how and what we eat. I can’t imagine stirring my pasta without my wooden spoon. You will savor the way the author blends history and traditions. Located in the Nonfiction section.

Next, check out the latest book by Cara

Black, *Murder Below Montparnasse*. In a recent interview the author said, “I want to find the pulse of France... what makes the city unique and different.” Her heroine is Aimee Leduc and in this book she is hired to protect a hidden Modigliani painting, but of course danger rears its head and she fights off Serbian thugs and Russian oligarchs. Exciting! Located in Fiction.

The Community Living Room at Orchard Creek has a new wooden library cart for your book returns. OC contains paperback Fiction and you will find authors from Adams to Woods.

We have several recently published books in KS because residents donate

## Disaster Preparedness: Part Six

### Powerless Food Preparations

Bill Beal

A disaster has knocked out power and gas service to Lincoln Hills and it’s going to be several days before they are restored. How are you going to cook, heat water and make that all important cup of coffee?



What to do? The easiest method is to relocate out of the disaster area.

Motel 6 will leave the lights on for you.

Assuming you can’t get to Motel 6, here are some other solutions.

My first choice is a camp stove that runs on propane. Both the stove and fuel stores easily, and the burners can be adjusted to different heat settings. *Warning:* Never use a camp stove indoors.

My second choice is a charcoal BBQ. It can meet your cooking requirements and it can be used to warm and even purify water. I recommend keeping three bags of charcoal on hand along with a chimney charcoal starter, a box of matches and several newspapers for use in the chimney starter. Again, never use a BBQ indoors or in an unventilated area.

You might also consider Sterno. A small Sterno stove and a few cans of fuel can keep you cooking for several days.

During the day I’ve baked and cooked in a Global Sun Oven. See it on Amazon.com. It’s amazing and the food even tastes better than when cooked on a stove!

Coffee drinkers, I didn’t forget you. Get a French Press. No power required and it makes great coffee.

Next month, we’ll discuss caring for neighbors.

them and help keep our library current – thank you!

Do you have books to donate? Call Sandy Melnick (408-1035). Want to volunteer to keep the shelves orderly? Call Sandy Maloff (408-2368). Cleon Johnson maintains the investment materials (408-5648). The Community Living Room (OC) Nina Mazzo (408-7620).

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## Enrich Your Life by Becoming An Advocate for a Child

*Al Roten, Roving Reporter*

Child Advocates of Placer County (CAPC) is a non-profit organization whose volunteers work as Court Appointed Special Advocates (CASA), Adult To Youth Mentors (A2Y), or Family Mentors. These programs serve children who have been placed in foster care or whose lives are at risk of negative lifestyle.

Some of your neighbors already know of this organization and are enriching life through service in these programs. In Placer County there are about 200 volunteers serving through CAPC, but more — especially males — are needed since there are waiting lists of foster and at-risk youth.

In CASA, a trained, certified volunteer is appointed by the court to be an advocate for a young person who is in foster care. Advocates get to know the people in the child's life, family, schools, doctors, lawyers, and judges as they represent the child in court. The advocate's role is to ensure that what is done is best for the child. Our neighbor, Rita Rogers, who

has been an advocate for several years, was paired with a 13-year-old girl who has since been in three foster homes, but graduated from high school and is entering college. Even though this girl left foster care and CASA at age 18, Rita continues to see her and mentor her toward a productive life. In the last five years, Rita has been an advocate for several other children. Rita says, "In every case, I know I am of great service to the child, but I never realized the impact it would have on my life. To know you have helped another person and made a difference in their life is the greatest reward one can have."

Another neighbor, Joe Moore, wanting to continue contributing to the community, attended a Lincoln Hills Volunteer Symposium and visited the CAPC table. He has been a mentor since attending

orientation and training sessions. The first boy he mentored is now 18 and will be graduating from high school. He currently mentors two brothers aged 11 and 14 who live with their grandmother. These youngsters need a male influence in their lives. Joe says, "When you see these kids do something positive that came from your times together, it is more than enough reward for time spent together."

If you would consider enriching your life by sharing time with a child in need, please call Child Advocates of Placer County at (530) 887-1006.



*Child Advocates of Placer County (CAPC) volunteers, Rita Rogers and Joe Moore*

### ✓Bucket List

## It's All About the Animals

*Gay Sprague, Roving Reporter*

Virginia (Ginger) Nickerson has always loved and cared for animals from as far back as she can remember. She had a great love for dogs in particular from the time she "opened" her eyes, and was raised with one sleeping in her bed, usually much bigger than she was. Ginger once fostered

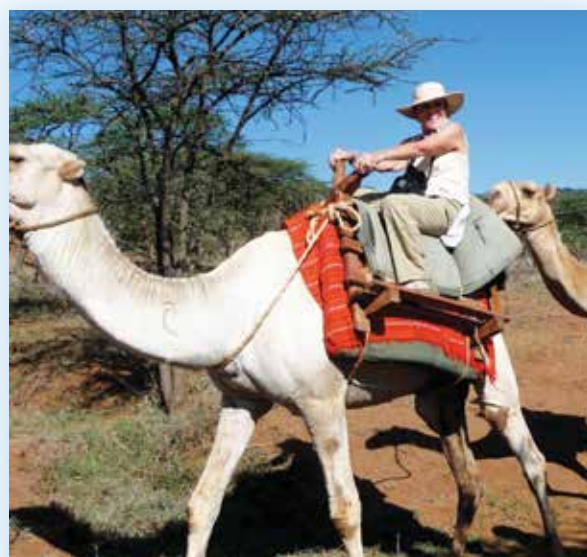


a baby elephant in Kenya through an animal reserve habitat that took in orphaned baby elephants and baby rhinos.

Just prior to one of her "big birthdays, when you really decide what you want to experience while you still can," Ginger had a sudden yearning to see the animals

of Africa first-hand. She set the wheels in motion and she spent that "big" birthday in Kenya! Ginger was able to see the animals up (unbelievably) close; she rode a hot air balloon over a herd of zebras; she took a bush plane from camp to camp; and she was escorted by the beautiful Masai people to her dinner tent. Ginger said this trip was more that she had ever hoped for.

Ginger has had dogs her entire life, wherever she lived. She gets her animal "fix" now from her own dogs that were rescued, and she volunteers for dog rescues, walking and loving the dogs, and working adoption events.



*Ginger Nickerson*

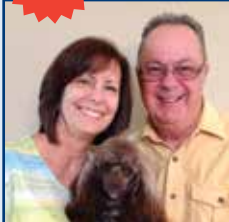
In her "down" time away from the animals, you are apt to find Ginger playing water volleyball or Texas Hold 'Em here in Lincoln Hills!

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## Dine Around Shop Around Lincoln Coupons Now Available

### Foundation announces release of 2013-14 coupon books

David Hathaway, Lincoln Hills Foundation

Back for its sixth appearance, the 2013-14 edition of the Dine Around Shop Around Lincoln (DASAL) discount coupon book is now being offered for sale by the Lincoln Hills Foundation. Professionally printed and this year, for the first time, bound with an index of merchant participants, the coupons offer the opportunity to sample the goods and services of over 100 local businesses at a discount. From Awful Annies to Walgreens, and more than 150 coupons with a potential savings of \$3000, the coupon book is crammed full of ways to introduce you to our local merchants... a win-win for you and The Lincoln Hills Foundation!

Books will be sold at both Lodges and the SCLH Farmers Market throughout the

summer as well as the offices of Sacramento Valley Golf Cars, Jensen and Smith CPAs, and Adam and Hayes Law Firm, all located in Lincoln.

DASAL is one of the primary ways the Lincoln Hills Foundation raises funds to support programs to benefit the many seniors in need in the Lincoln area. Meals on Wheels (through Seniors First), Del Oro Caregiver Relief, Bosom Buddies, Alzheimer Caregivers, and Friends of the Lincoln Library are just a few of the grant recipient groups and agencies dedicated to assisting seniors to live safely in our community.

For more information on DASAL or the



Lincoln Hills Foundation member Vic Freeman is shown selling a DineAroundShopAroundLincoln coupon book to city of Lincoln Mayor Stan Nader

Lincoln Hills Foundation, visit our website [LincolnHillsFoundation.org](http://LincolnHillsFoundation.org), or contact David Hathaway at 408-0228.



### Neighborhood Watch

## Telling the Neighborhood Watch Story

Patricia Evans

Do you remember the blackbird in that old-time commercial chirping "I have 20 seconds to sing?" Rewriting our Neighborhood Watch brochure is a similar experience — so many important things to say in so little space.

During the past four years we have given out over 4,500 brochures. The next 5,000 newly revised copies should be available in late June. This brochure is a new resident's first introduction to Neighborhood Watch. It is included in the Welcome Packet presented by Mail Box Captains.

Many of you became residents before our first brochure was available in 2009. You can obtain a copy from your Neighborhood Watch Captain, or one of the contacts below.

The brochure provides the collective wisdom of our many Mail Box Captains, Village Coordinators, and Board members. They tell us that safety and security increases when neighbors "look after each other."

The new brochure also stresses ways to continue our successful strides toward a zero incidence of crime. And it will tell you how to post an alert. Please share your experiences when you suspect a telephone

or door-to-door scam. "We need to continue our program of being the eyes and ears of the Lincoln Police Department," said Pauline Watson, committee member.

Neighborhood Watch wants to thank the Lincoln Hills Foundation for their financial support for printing these brochures.

**Remember National Night Out on Tuesday, August 6.** Please turn to page 31 to learn about easy, June preparations to make your event special.

#### Neighborhood Watch Contacts

- Larry Wilson, 408-0667  
[mvw6@sbcglobal.net](mailto:mvw6@sbcglobal.net)
  - Pauline Watson, 543-8436  
[frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net)
- Neighborhood Watch Website**  
[www.SCLHWatch.org](http://www.SCLHWatch.org)



*Our valuable volunteers enjoy the Annual Potluck Kick-Off party for National Night Out (a special 30-year celebration) which is Tuesday, August 6*





## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

On June 26 at 1:00 PM, Attorney Therese Adams will present: "Being Prepared for the Incapacity of a Loved One: A Legal Perspective." She will discuss the need to update or create what she calls "the most important documents"; update us on 2013 medical eligibility rules for nursing home care; talk about planning options if the caregiver predeceases the patient, and more.

Our monthly programs, fourth Wednesday of the month, range from expert presentations of interest to caregivers, to discussions led by a professional advisor. During these latter sessions you can get answers to your questions, and hear tips and ideas to help you develop techniques to make caregiving easier.

Due to the generous support of the *Lincoln Hills Foundation*, we have a large selection of relevant books and DVDs on Alzheimer's/Dementia and related topics that can be borrowed and shared with family and friends.

**Contacts: Judy Payne 434-7864;**

**Cathy VanVelzen 409-9332;**

**Maria Stahl 409-0349**



### Antiques Appreciation

In place of our June meeting we had an afternoon Victorian Tea in the beautiful backyard of one of our members! This was a very special occasion and very much looked forward to by everyone! The tables with umbrellas were beautifully decorated in a spring flower motif, and the little tea sandwiches and sweets were delicious! Many ladies wore Victorian clothes that they owned and the hats were out of this world! Yes, we had a hat contest! And you've never seen such amazing ones! I don't know what the prize was, but everyone went all out and I'm sure it was impossible to choose! Many thanks to our social chair Ann Reyner and her committee for another wonderful event!

We'd love to see you at our meetings on the first Monday of each month at 10:00

AM in the Multipurpose Room (OC).

**Contacts: Jan Robinson 408-7332;**

**Jane Delno 543-6855**

**Antique Appraisals 408-4004**



### Astronomy

Monday, June 17: Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. DVD lectures are from the series "Black Holes Explained." This lecture discusses Black Holes and the Large Hadron Collider. Contact Morey Lewis (408-4469) for more information.

July — no meetings.

Wednesday, August 21, at 7:00 PM — Sierra College Planetarium Show and Presentation "In the Shadow of Time" by Dick Marasso. A five dollar donation is requested that will be given to the Sierra College Astronomy Department.



Nick Poppelreiter presenting "The Race Back to Space" at the May Community Forum meeting

Meetings: Astronomy Group meetings are held at P-Hall (KS). What's New in Astronomy/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@me.com**

**Website: www.lhag.org**



### Ballroom Dance

The featured dance for June will be the fun Cha Cha. Join a fabulous, friendly group from 2:00-5:00 PM on Tuesdays at KS. Beginner level instruction will be from 2:00-3:00 PM, followed by open dancing from 3:00-4:00 PM. During the second hour, there will be time to practice the new lesson as well as dance to popular music suited to a variety of dance styles. The last hour, 4:00-5:00

PM, is devoted to more advanced steps for the monthly featured dance. Experienced, patient instructors are on hand in a spacious, comfortable atmosphere to give you all the help you will need to begin dancing or update your skills. July will feature the Fox Trot. Plan to join us! You will have a great time and enjoy health benefits too! Your \$7 annual membership includes dance lessons.



Mike & Mary Collins

**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 June 19 and July 17. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, July 10 at *The Casino Buffet*. Meet in front of OC Lodge by 11:20 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.



Members of the Bereavement Group enjoy a spring luncheon at Meridians

**Contact: Joan Logue 434-0749,**

**joanlogue@sbcglobal.net**





## Billiards

### The Shooters

- Eight-Ball Singles 1:00-4:00 PM  
First Wednesday
- Nine-Ball Singles 1:00-4:00 PM  
Second Tuesday
- Eight-Ball Doubles 1:00-4:00 PM  
Third Wednesday  
All games at KS  
Tournament Winners:

Eight-Ball Singles May 1 — Winner: Norm Hagerty; Runners-up: Clyde McFadden and Phil Delaney.

Nine-Ball Singles May 14 — Winner: Joe Perez; Runners-up: Jim Mason and Sam Parsons.

Eight-Ball Doubles May 15 — Winners: Joe Perez and Joe Ferrando; Runners-up: Phil Delaney and Clyde McFadden.



*The Shooters,  
Joe Perez and  
Joe Ferrando,  
winners of  
Eight-Ball  
Doubles  
May 15*

**Contacts: Jim Immel 434-2918;  
Darrell Rinde 253-7602**

### Challengers Billiards

The Challengers Group plays seven games of partner Eight Ball (1/15) by designating the one and 15 balls to be pocketed in the assigned side pockets. To speed up play and add a little challenge, each game is timed at 17 minutes. We play every Friday from 10:00 AM to 12:00 PM at the Billiard Room (KS). The last Friday of each month is sign-up day for the following month.

Last month, we enjoyed having a Pizza Party at KS with fun, food and friendship.

Here are our recent winners — First place seven games: Dan Oden, Joe Antoun; six and a half games: Joe Hobby; six games: Margie Kim. Second place six games: Ziggy Brien; five and a half games: Bill Kim, George Black; five games: Howard Skulnick, Ron Weech, Gary Smith, Del Torres, Joe Perez.

Congratulations to all.

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

### Couples Billiards

Every Wednesday at KS we play regular Eight Ball with games timed at 17 minutes each. Some nights we play seven games, depending on how many teams we have.

Howard Skulnick/Peshu Irani was the only team to win five games. Bob Soriano/Doyle Coker, Dan Oden/Gail Harmon, Ron/Sherry Weech and Connie Hoetger/Lydia King won four games on week one.

On week two, Dave Manwaring/Peshu Irani tied with Rita Baikauskas/Joe Perez to win five games. Del/Veronica Torres, Dan Oden/Gail Harmon, Al/Betty Jones and Sherry/Ron Weech won four games.

Ron/Sherry Weech was the only team to win all six games. Peshu Irani/Howard Skulnick, Jim/Barb Conger and Doyle Coker/Bob Soriano won five games on week three.

Week four Barb/Jim Conger were the only five game winners. Joe/Shirley Varner, Roger Corley/Sandy Pavlovich, Dan Oden/Howard Skulnick and Bob Soriano/Doyle Coker won four games.

A good time was had by all.

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

### Players Billiards

Summer is here... stay cool and play pool! Each Thursday our midlevel skilled players enjoy six games of Eight Ball in the Billiards Room (KS). Advance sign-up is held on the last Thursday of the month for the following month. Stand-by players can frequently play. The sign-up book is always on the fireplace. We play by APA rules. Come join in the fun!

Congratulations to our recent winners — Six games: Phil Berlenghi, Bob Wehner; five of six games: Dennis Dreiling, Lisa Pabst, Howard Skulnick, Sylvia Gutierrez, Dan Oden, Doyle Coker, Ken Hawley; four of six games: Peshu Irani, Ziggy Brien, Ken Hawley, Bob Soriano, Larry White, Dennis Dreiling, Gary Smith, Mike Pawlowski.

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

## Upstarts Billiards

“Low English, high English, no English at all;

We’re just lucky if we hit that ball.”

How’s about a little Billiards? We at Upstarts Billiards are beginners-to-average players. We enjoy playing standard Eight Ball every Thursday, between 11:45 AM and 2:00 PM at the Billiards Room (KS). We’d love to have you join us; the more the merrier!

Winners six games — Ron Farebrother (Mr. Excellence, himself!); five games: Margrit Blanc, Bill Clark, Edith Kestling, Larry Koenig, Paul Lundberg, Phyllis Papagiannis, Randy Ransdell, Gary Smith.

Sign-ups are the last Thursdays, each month, at 11:30 AM, Billiards Room (KS).

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



## Bird

The month of July will be a busy one for the Bird Group.

On July 3 we head over to the Traylor Ranch Bird Sanctuary and Nature Reserve in Penryn. Then on July 8, we hold our general meeting at 1:30 PM at P-Hall (KS). Check the Lincoln Hills website for information.

Last but not least, mark your calendars for July 16, 17 and 18, our first overnight trip of the year. Arlene Jewett is planning an exciting itinerary. The first day includes a beautiful drive over Monitor Pass. Then on Wednesday morning we meet our birding guide to explore Mono Lake. Everyone is looking forward to seeing the Wilson’s Phalaropes which gather in large numbers before their flight to South America. This only occurs in late June and July, so it will be a special experience!

**Contact: Kathi Ridley 253-7086,  
kathiridley@yahoo.com**

**Lh\_bird\_group@yahoo.com**

**Website: www.suncity-lincolnhills.org/residents**



## Bocce Ball, Mad Hatters

It was hard to miss the crowd that showed up for the Special Olympics Bocce Tournament on May 5. There must have been well over 200 people at the Bocce Courts that morning. Cars were

parked on Del Webb and Sun Park and it appeared that many grandparents were in attendance. Gay Mackintosh opened the tournament and several Lincoln Hills residents helped officiate the games including our own Dee and Usha. They gave us a special mention so we'll have to make a better effort next year.

We were talking with Roberta this morning about how much her husband Joe's Bocce game had improved. She informed us that it was because he switched to a left-handed throw. Yes he's right handed, but his left hand works best for Bocce. Think about that the next time you're trying to get that bowling English out of your game.

**Contacts: Paul Mac Garvey**  
543-2067, [pmac1411@aol.com](mailto:pmac1411@aol.com);  
**Bob Vincent 543-0543**



### Book Group, OC

From his humble beginnings as the adopted son of an auto mechanic and a bookkeeper to his final years at the helm of Apple, Steve Jobs has been a fascinating person. Who among us still remembers the original Macintosh of the early 80's? And, who among us swears by the current iPad? Please join us on June 20, as we feature the authorized biography of *Steve Jobs* by Walter Isaacson.

We meet on the third Thursday of each month at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome.

Remaining Schedule:

- July 18 — *The Columbus Affair* by Steve Berry
- August 15 — *Gone Girl* by Gillian Flynn
- September 19 — *The Tennis Partner* \_\_\_\_\_ by Abraham Verghese
- October 17 — *The Queen of Water* by Laura Resau
- November 21 — *The Coffee Trader* by David Liss
- December 19 — Holiday Luncheon

**Contacts: Penny Pearl 409-0510;**  
**Darlis Beale 408-0269;**  
**Dale Nater 543-8755**

**Website: <http://lhocbookgroup.blogspot.com/>**

**Wiki: [http://ocbook\\_group.pbwiki.com/](http://ocbook_group.pbwiki.com/)**

### Bosom Buddies

#### Breast Cancer Survivors

Have you ever tasted an Apple Caramel Nut pie, one of the tasty pies made at Simple Pleasures Restaurant in downtown Lincoln? Bosom Buddies members were also treated to berry and rhubarb pie at Val Singer's home for a "pie party" along with a fashion show presented by Kathy Dorsey from the Wardrobe. Members also decorated their luminary bags for the American Cancer Society walk Saturday, May 18 at the Lincoln High School which was well attended. The luminaries placed around the track and bleachers were breathtaking. I am sure there were many prayers being said while people circled the track.

Tina Ginnetti, The Spa at Kilaga Springs Manager, was our guest speaker at the June 13 meeting. Her presentation included Oncology Skin Therapy.



*Toast to Flo Hansen our Miracle Member; members sharing experiences; Leading the March*

Our general meeting is the second Thursday each month in the Multipurpose Room (OC) at 1:00 PM. We have lunch before at 11:30 AM at Meridians. Call Marilyn Poole 434-8902 for a reservation.

### Contacts:

**Marianne Smith 408-1818**

**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



### Bowling

USBC League Awards First Place: High Hopes — Don/Terry Jones, Joan/Diane Bensi



*USBC League Awards First Place: High Hopes, Don & Terry Jones, Joan & Diane Bensi*

High Average Men: Horace Snowden 183; Women: Pat Fisk 149

Most Improved Average Men: John Bensi +21; Women: Becky Madrid +16  
League Awards:

- Second Place: Hilltoppers — Stillman/Joan Gates, Al/Betty Jones.
- Team High Scratch Game: Hilltoppers — Stillman and Joan Gates, Al & Betty Jones; Series: Rock 'n Bowl — Davis/Margaret Peyton, Dolores/Horace Snowden.
- Team Handicap Game: Happy Bunch — Jon Amsbaugh, Rick Serna, Frank/Ruth Schmidig; Series: High Hopes, Don/Terry Jones, John/Diane Bensi.
- Men High Scratch Game: Dave Quirarte; Series: Dave Fisk.
- Women High Scratch Game: Betty Jones; Series: Kathy Houston.
- Men High Handicap Game: Stillman Gates; Series: Al Jones.
- Women High Handicap Game: Elaine Yamasaki; Series: Betty Tucker.

Look forward to seeing oldies and new bowlers in the fall.

Don't forget meeting, August 27, P-Hall (KS) 10:00 AM for season 2013-2014.

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





## Bridge, Partners

### Thursday Evening First & Third

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

May 2 (11 Tables) winners included — First: Bob & Lorraine Minke; second: Marge & Wayne Phillips; third: Edith Kesting and Ericka Wolf; fourth: Joe & Rose Phelan who also had a high round of 2,180.

May 16 (14 Tables) winners included — First: Joe & Rose Phelan who also had a high round of 2,260 plus bid and made a grand slam of seven diamonds; second: Bruce Fink and Stanley Mutnick; third: Dolores Marchand and Rosanna Jensen; fourth: Ericka Wolf and Lydia King.

**Contact: Lorraine or Bob Minke  
408-4009, tahobob1@sbcglobal.net**

### Thursday Evening Second & Fourth

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

May 9 winners included — First: Warren & Jerry Sonnenburg who also had a high round of 1,280; second: Dick & Dorothy Jones; third: Bev Dwyer and Carol Mayeur; fourth: Linda Theodore and Janet Pinnell.

May 23 winners included — First: Bev & Allan Blaines; second: Erika Wolf and Mary Harrington who also had a high round of 1,740; third: Dick & Dorothy Jones; fourth: Helen Helm and Arlean Parton.

**Contacts: Dolores Marchand 408-0147; Carol Mayeur 408-4022**



## Bridge, Duplicate

Continuing — Our "Monthly Meet & Greet": Are you thinking about playing duplicate bridge for the first time?

Do you have questions? Then we're here for you! Call Dede Ranahan at 408-4541 for details.

Six SCLHDBC members were "table" winners during the Sacramento Spring Sectional in Orangevale. Our first placers included Dick Mensing, Doug Allan, Margaret Riegert, and Sheila Ross; with two firsts for the pair of Dick Proffitt and Steve Upadhye. Top Lincoln Hills Master Point reapers included the aforementioned six plus Joyce Clark, Dwight Curry, and Laura Anderson.

Duplicate bridge sessions are played three times weekly, Wednesdays and Saturdays at 12:30 PM in the Multipurpose Room (KS), and 5:00 PM Fridays in the Sierra/Terra Cotta Rooms (KS).

The Wednesday sessions include a "199er" section restricted to those with less duplicate bridge experience, fewer than 200 Master Points; and during the Saturday session, a "299er" section is limited to players under 300 MPs. An 11:45 AM lesson precedes the Wednesday sessions.

**Contacts: John White 253-9882;**

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



## Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play and please call if you need to cancel. You do not need a partner but must arrive by 12:50 PM to assure a place to play.

Winners for April 19 to May 10 were — First: Dolores Marchard, Helen Helm, Bob Fouts, twice. Second: Mary Nieman, Neil Wilson, Mo Scarpitti tied for second place with Harry Collings then Mo came in second again! Third: Carol Mayeur, Lois Burke, Helen Helm and Harry Collins. Fourth: Eleanor Amar, Warren Sonnenberg and Dolores Marchard.

Reservations: May & June: Rosie Peasley, 253-7414 ([rosiepeasley@yahoo.com](mailto:rosiepeasley@yahoo.com)).

Reservations: July & August: Jim Busey, 408-1671.

**Contact: Jodi Deeley 208-4086, [jodi@wavecable.com](mailto:jodi@wavecable.com)**



## Bunco

It was nice to have a cool rainy morning to play Bunco after a week of hot days! We had a smaller than usual group this month but that didn't stop the fun and laughter among the group.

We had two new players this month. Faye and Ralpa joined us and got into the action right away with Ralpa winning a prize for Most Wins. This month's winners were:

Most Buncos (4) — Bea Angel

Most Wins (17) — Ralpa Nagel

Most Losses (15) — Sara Klesius

High Score — Andie Aguirre

Low Score (393) — Claudette Rhoads-Kinman

Traveler — Sudie Moreland

Come join us in a fun game of chance! We play the third Thursday of each month at 9:00 AM in the Cards Room (OC). All residents are welcome. No membership fees. Cost to play \$5 per month. Please bring \$5 or \$1 bills as we sometimes have a difficult time making change.

**Contact: Ann Stults 543-6782**



## Ceramic Arts

Happy June! Thanks to those who attended our Annual Meeting... a lot was discussed. Next meeting is our Potluck October 25. Details to follow.

The *Artisans in the Lodge* show last month was a good success. We're looking forward to the Holiday Arts and Crafts Fair November 15/16.

Don't miss the *America's ClayFest* (formerly Feats of Clay) at the Blue Line Gallery in downtown Roseville. Show is sponsored by our colleagues, the Art League of Lincoln. Please see ALL's web page, [www.all4art.net](http://www.all4art.net) for days and hours.

CAG Workshops held at OC on Saturdays, 9:00 AM-3:00 PM and Sundays 12:00-4:00 PM. KS Workshops are Mondays, 1:00 to 4:00 PM for Earthenware and Sundays, 1:00 to 4:00 PM for Spanish Oils. *Open Studio* is available to all residents: OC on Fridays only 1:00-5:00 PM and KS Sundays only, 12:00-4:00 PM. Please check bulletin boards and studio windows for changes or closures.

**Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910;**

**KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575 Website: [www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts](http://www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts)**



**Cloggers**

This month “The Beginner Class” will offer an introduction into styles of clogging, Traditional, Buck, and Flatfoot. A good chance to see and do the different styles. Give it a try!

The next workshop, July 20 in Belmont, CA, “Blossom Hill Festival.” The workshop and dance is held in Barrett Community Center. Save five dollars by registering ahead, deadline, July 6; Clogging, Refreshments, Raffles.

The following workshop will be “TommyKnocker Jamboree in Grass Valley, CA, September 21. Usually the horse show is going on at the same time. Fun to see and do both that day. Mark your calendars.

“Late Harvest,” sponsored by “Redwood Country Cloggers,” Santa Rosa, CA, October 19. Sonoma County Fairgrounds, Santa Rosa. Great clogging instructors, food for breakfast, lunch and dinner, entertainment and raffles. Mark your calendar, registration deadline September 30, (saves \$5).

**Contact: Anita Tyson 543-5330**



**Computer**

Main Meeting: July 10, 6:30 PM — “Windows Tips & Tricks Windows 8” is a powerful new operating system that can access and utilize a store of thousands of useful, interesting, and/or fun applications (apps). It provides the option of using a touchscreen monitor or your old mouse and keyboard. It also offers the same robust desktop experience as Windows 7 computers. Speaker Rita Wronkiewicz will review Windows 8 functionality and offer Tips and Tricks to help you take advantage of its increased capability and to tweak it so it has the more



*Speaker Rita Wronkiewicz will review Windows 8 functionality and offer Tips and Tricks on July 10*

familiar look and feel of the popular Windows 7 computer.

Clinic: July 12, 3:30 PM — Windows 8 follow-up session with lots of Q & A.

Ask the Tech: July 22, 10:00 AM Informal Q & A session for any and all technical questions, Android tablets & phones too!

Meetings at P-Hall (KS).

**Contact: Bob Ringo president@sclhcc.org Website: [www.sclhcc.org](http://www.sclhcc.org)**



**Dominoes**

**Mexican Train**

Please join us for a spirited game of dominoes. We have seats available for new as well as seasoned players.

Free lessons are available at the 9:00 AM session every Wednesday.

We play in the Card Room (OC) every Wednesday. First sessions start at 9:00 AM and the second session is at 12:30 PM.

**Contact: Cora Peterson 543-7144 Sandy Pavlovich 642-6875**



**Mac User**

LHMUG welcomed over 175 Lincoln Hills residents to App Night III, “Apps for Seniors.” Thanks for joining us!



*Andy Petro presents “Apps for Seniors”; Gerry Esker announces the prize; the lucky prize winner!*

The summer program of meetings will cover a wide range of Apple ideas, products and software.

The June 11 general meeting was all

about how to maximize the use of the handy iPhone and iPad camera, from snap to edit to download.

June 19 seminar will delve into the playful Apple TV. What is it? What can it do? How to use Airplay.

Once again we will journey to the Cloud and back as we learn about the “The Power of iWork—Pages, Numbers and Keynote” on June 27. iWork applications are available on the Mac and iDevices and work seamlessly with other Apple applications.

Looking ahead, the July 9 general meeting will address a much requested topic: “Learn about Passwords” — How to create them, manage them, and store them.

**Contacts: Bill Smith, 543-9957, wsmith986@gmail.com; Website: [www.lhmug.org](http://www.lhmug.org)**



**Country Couples**

The annual Saloon Dance on May 17 was a huge success! Upon arrival, the guests, many in Old West attire (sporting feathered head pieces, chaps, and cap guns), lined up to have their photos taken in front of the Black Horse Saloon and near life-size cutouts of Roy Rodgers and Dale Evans. Green felt covered the tables, while empty liquor bottles holding sunflowers, playing cards, and scattered gold coins served as centerpieces. Guests dined on a variety of delicious dishes provided by club members.



*Desperados at the Black Horse Saloon*

DJ Gordon Hunt demonstrated his smooth, twirling dance style as he rocked out to many of the tunes enjoyed by the dancers. Gordon offered instruction in a couple of energetic line dances which he intermixed with several popular country two steps, waltzes, and standard partner dances.

Jim & Jeanie Keener will host a dinner-dance at SC Roseville on June 29. Their



dances are always great fun!

**Contacts: Kathy or Rene Lopez  
434-5617**



## Cribbage

The Cribbage Group has played at SCLH for probably ten years. I would guess that it takes about 24 hands to reach the winning score of 121 points. We play six games per player in the weekly tournament or about 144 hands, not counting warm-up practice. Over ten years this would add up to thousands of hands dealt. According to the records I have, and re-searching the fantastic memories of some of our cribbage players, we have never had a perfect 29-point hand in our club. There have been some 28-point hands. As written in previous columns, we usually have an empty table so come and join in the play which is held every Tuesday in the Card Room (OC) and get that 29-point hand. Door opens about 8:00 AM for practice until the mini-tournament starts at 9:00 AM.

**Contact: Bob Frank 408-7444;  
Ken Von Deylen, 599-6530**



## Cyclist

Some common causes of discomfort for cyclists.

- Neck pain — Stretching out too far. Saddle too far back or handlebars too low. Do not set your saddle all the way forward or you will cause knee problems.
- Low back pain — You may have one leg that is shorter than the other. Adjust your saddle for the shorter leg. Your leg should still have a slight bend in the fully down position.
- Numb hands — Putting too much weight on the handlebars. Seat may be angled down, which causes you to slide forward and put excessive weight on your arms. Level your seat.
- Burning or tingling in the feet — Shoes too tight or cleats not positioned properly. Loosen shoe straps or laces. Move your cleats back about 2mm to redistribute pressure.
- Pain behind the knee — Over extending pedal stroke.
- Pain ahead of knee — Under extending

pedal stroke.

**Contacts: Steve Valeriote 408-5506,  
jillsteval@sbcglobal.net  
Website: www.LHCyclist.com**



## Eye Contact

### Low Vision Support

Next meeting: July 11, 1:00-3:00 PM, Sierra/Terra Cotta Rooms (KS).

1:00 PM: "Understanding Drug Side Effects and Adverse Events." MD Support Director Dan Roberts explains what patients should and shouldn't be concerned about when undergoing drug treatment.

2:00 PM: Penny Ebbott, Department of Transit, will tell us about Dial-A-Ride — the system available to residents of Lincoln needing transportation. Buses operate within city limits only. Small buses, with wheelchair lifts, transport the passengers. Pickup is at the curb, not at the door.

FYI: In 2001, NEI found daily high doses of vitamins C and E, beta-carotene, and the minerals zinc and copper could help slow progression of advanced AMD. The clinical trial was AMEDS1 and helped. Five years ago, AREDS2, involving lutein, zeaxanthin, omega-3, zinc dosage reduction and elimination of beta-carotene were studied for the same purpose. It was not as successful as the prior study.

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



## Fibromyalgia/CFS

### Chronic Fatigue Syndrome

We hope you are all enjoying the spring weather we've been having. If your allergies are making you feel miserable and you feel that you are also suffering from Fibromyalgia and Chronic Fatigue Syndrome, please join our support group where you can ask questions, share your experiences and concerns. We are here to provide support, information, education and suggestions for gentle fitness programs to help you live your life!

Our June 27 meeting will feature a presentation titled "My Journey" by Shirley Lincoln, one of our members. We will also talk about our expanding lending library.

Our meetings are the fourth Thursday of each month from 1:00-3:00 PM in the Multimedia Room (OC). If you have questions, please contact Sandy Barry at 209-3247.

**Contacts: Sandy Barry 209-3247;  
Jackie Wilson 253-3744;  
Marjory Barlow 408-1400**



## Fishing

May has arrived and with it the LHFG annual Lake Shasta houseboat trip. Throw 24 avid fishermen of all skill levels, four houseboats, and 12 fishing boats together and you get another wonderful fishing experience. The bass fishermen had great success as well as those trolling for trout. Those trying to find the king salmon finally hit pay dirt on the third day with many catching their limit of five each three-to-five pound king salmon.



*Clockwise from top left: Thumbs up on another day; Web kiss; Hannon and kids fishin' derby*

On the horizon for June and July is the king salmon fishing season outside the Golden Gate. Individuals wishing to participate need to contact Jerry Messier at [jmessier@starstream.net](mailto:jmessier@starstream.net). As reports of increased salmon activity happen I will notify those on the interest list.

**Contact: Jerry Messier 434-6917,  
[jmessier@starstream.net](mailto:jmessier@starstream.net)**



## Garden

June 27, Thursday — General Meeting, 2:00-4:00 PM, KS.

"Cool Things That Birds Do!" will be the presentation by Subhash Chand.

Subhash came to the US from India to get an MBA and after retirement became interested in birding. He has been interested in gardening for about 40 years. Until about three years ago, the interest was limited to traditional garden plants, but with a growing interest in birds, he has become more interested in native plants. These attract many more insects and provide a food source for the birds that traditional, exotic plants do not.



Birds and Gardens

Now he has over 50 species of native plants in his garden which was on the Garden Tour for the California Native Plant Society in 2013. He is currently on the Board of Directors of the Sacramento Audubon Society.

There will be "Brown Bag" Sales at this meeting!

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Virgil Dahl 408-3748, [hasbeenvd41@att.net](mailto:hasbeenvd41@att.net)**

### Bonsai Group

The Bonsai Group meets the third Thursday of the month. Our next meeting will be June 20 at 9:00 A.M. We will be meeting at the residence of Robert Dougherty, our new Bonsai Chair!



Bonsai Chair  
Bob Dougherty

Bonsai member, Larry Clark, has picked out everything we need to create a finished bonsai valued at \$75 retail for only \$40. And, a complimentary BBQ

will be provided at lunch time. (You must be a member of the Garden Group to participate.)

**Contact Robert Dougherty for details. 434-8320. Email: [rsdougherty@sbcglobal.net](mailto:rsdougherty@sbcglobal.net)**



### Gem and Mineral Society

The May program featured a film on mining for agates. Our June 24 program will feature a Show &

Tell with Dave Fisk's cabochons collection on display.

Gem and Mineral Society monthly meets the last Monday of the month, 4:00 to 5:30 PM, in the Sierra Room (KS).

Lapidary and Jewelry Shop hours: Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Monday morning Shop Master: Dave Fisk. First Monday afternoon (12:00-2:00 PM): Ron Clawson.

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

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

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

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



### Genealogy

Monday, June 17 at 6:30 PM, the featured speaker for the Genealogy Club's general meeting will be Melinda Kashuba. The topic is "Migration Trails," eastern and western United States, and is held in the P-Hall (KS). Melinda Kashuba earned a PhD in Geography at UCLA and is a free-lance writer and the author of "Walking with Your Ancestors: A Genealogists Guide to Using Maps and Geography." She is a teacher at Shasta College.

Computer and Help sessions are still presented the first and second Mondays of each month at OC in the Computer and Multimedia Rooms at 6:30 PM. Coaches are present to assist members and seating is limited, so sign-ups are required. Check web page for details.

The general meetings include a prize drawing for valuable products of interest to genealogists. Don't forget the July 15 general meeting... "Ice Cream Social," members only.

**Contacts: Maureen Sausen 543-8594; Joanne Schumacher 209-3366; Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



### Golf, Ladies

#### Lincster Lady Niners

On May 8, the Lincster ladies enjoyed

a day at The Spa at Kilaga Springs being pampered by manager Tina Ginnetti and her staff. They enjoyed lunch with wine and champagne. Then, they were treated to nail art, hand and neck massages, and facials. They were also able to see the newly-opened Sanctuary with its new sauna. Be sure to see the photos on the bulletin board at the Golf Shop.

Flight winners at the May 8 playday were Barbara Murray A; Nancy Dodgion B; Linda Zierman C; Ruth Pennington D and Mary Roundtree. Ruth also won "Closest to the Pin." Congratulations, ladies!

Our annual "Bring A Friend" tournament was Wednesday, June 5. The theme was "Golf is Amore." Golf was followed by a spaghetti luncheon and some special entertainment. Ive Laske and Carol Golbranson chaired this event.

**Contact: Carol Golbranson 543-8647 Website: [www.lincsters.com](http://www.lincsters.com)**

### Ladies XVIII

Our April 26 Spring Fling was a *huge* success thanks to the efforts of chairs, Nadine Buchmiller and Sylvia Feldman. Of course, there were other helping hands — Remy Raquiza, Sybille Carlson, Pat McNiff, Marti Fitzpatrick, Reta Blanchard, Joyce Hults, Bonnie Hing, Judy Emge, Mikie Briggs, Jay Feldman, Bev Ansbro, Elaine Kalani and Lou Lovetto, We had 140 participates, and the winners are listed on our website.

On June 13, we held our annual Invitational. The theme was "Chicks with Sticks." Chair Lyn Chauvet-Thompson reported that we had a full field of 144 participants and our winners will be listed on our website. On the evening of June 12, a cocktail party for the invitational players was held at the home of Karen & Doug Thom.

Next event: Match Play starting in July.

Interested in joining? Contact Rita Drinkard at [jacknritad@sbcglobal.net](mailto:jacknritad@sbcglobal.net).

**Contact: Beverly Ansbro 645-4399 Website: [lhlgsvii.com](http://lhlgsvii.com)**



### Healthy Eating

Sandwich making goes back to Old Testament times when simple unleavened bread was used to contain some form of meat. In the 18<sup>th</sup>



century, John Montagu, 4<sup>th</sup> Earl of Sandwich, popularized the idea, prompting others to order “the same as Sandwich” – thus the name. Anyway, that’s the way the story goes...?



*Club members dressed for costume party*

At our recent Healthy Sandwich Workshop we crafted variations on the three components of a sandwich (the wrap, the main ingredient and the condiments) to reduce the calories, the fat and the sodium commonly found in deli and restaurant sandwiches. It appears that in most cases it’s the condiments like mayo and the processed meats that are the least healthy of the three components. Our club’s mission is to educate ourselves about the importance of healthy eating.

Our Friday, June 28 general meeting is at P-Hall at 2:00 PM.

**Contact: Don Rickgauer 253-3984; healthy\_eating\_club@yahoo.com**

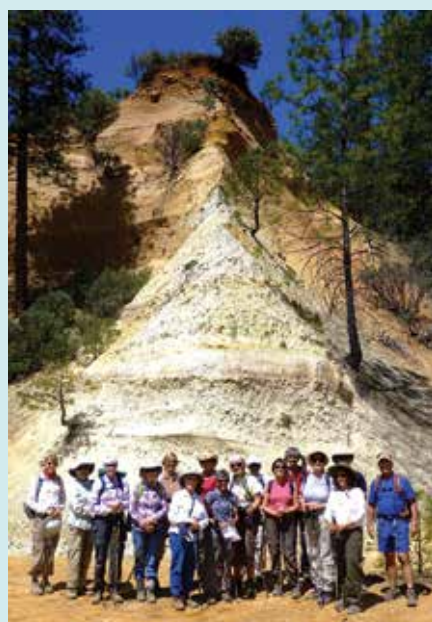


### Hiking and Walking

**Walkers:** Wednesday walks begin at 7:30 AM. Begin your day with a refreshing walk. Check the website for weekly starting locations.

**Hikers:** Congratulations to Clark Smith, one of our veteran Hike Leaders, for his appointment as the newest Placer County Parks Commissioner. This appointment is well deserved. Clark has worked tirelessly over the years to maintain and expand the trail system at Hidden Falls Regional Park in our own backyard. He is presently leading the ambitious undertaking of routing upwards of 100 trail signs for the park’s recent trail expansion.

In other good news, at a January meeting of the Placer County Parks Commission, the Hiking Group was presented with a Resolution recognizing and thanking the volunteers for “outstanding efforts to help



*From top: Hike leader Barry Mackintosh describes the architecture of the historic Woodland home; Newest Placer County Parks Commissioner Clark Smith at his beloved Hidden Falls Park; Malakoff Diggins State Park*

construct recreation facilities at Hidden Falls Regional Park.”

If you haven’t been to Hidden Falls just north of Lincoln, you are missing out on a true local gem.

**Contacts: Hiking: Dennis Ratay 543-9935, Denratay@sbcglobal.net**  
**Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com**  
**Website: <http://lincolnhillshikers.org/>**



### Investors’ Study

The Investment Study Group will not have a meeting in July. Meetings will resume on the first Thursday of each



*Mike Schwager of Guggenheim Funds with Russ Abbott and club members*

month on August 1. The Active Study Group will meet on July 8 at 3:00 PM in the OC Fine Arts Room.

Everyone have a great summer!

**Contact: Nicki Koch, nicki.k@sbcglobal.net**



### Lavender Friends

We had 20 members at Patti’s house for brunch and again we had a variety of goodies. We have some very talented cooks in our group.

For the second year, we were able to provide financial support to college bound high school students who are members of their school’s Gay-Straight Alliance (GSA) Club and applied for a scholarship through the Placer PFLAG organization. Our Club was involved in the Scholarship Selection Committee by sending Robyn and Sharon as representatives. Our Lavender Hearts Committee raised \$2000 in 2012, (double what was raised in 2011), through the Club’s Christmas Cookie Exchange, Lavender Hearts Cafe Italiano: A Progressive Dinner, Opportunity to Make a Difference Potluck & Auction and individual donors. Looking forward to our next breakfast

gathering at Awful Annie's and the picnic at Lake Natoma.

**Contacts: Jacquie Hilton 543-9349,**

**[jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net);**

**Richard Wong 408-7549,**

**[wong-r@sbcglobal.net](mailto:wong-r@sbcglobal.net)**

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

*Lincoln Hills*

### Line Dance

Only one month to go before our first annual line dance workshop. We are all excited to have Michael Barr and Michele Burton as our special guests. There will be dances taught at all levels and no tickets sold at the door.



*Out-Of-Line Dancers, clockwise from back left: Jennifer Lauchner, Jean Wilson, Marilyn Railsback, Judy Carlson, Yvonne Krause-Schenck, Terry Schultze, Pat Howle, Sharon Worman*

Our performance group, "Out-Of-Line Dancers" will be in the Vaudeville show in July. Two performances will be Friday, July 12, and two performances will be on Saturday, July 13. Part of the show theme is Country Western so it's right up our alley. The dancers will perform a medley of five country song favorites so don't miss the show. Tickets are on sale now and the show is sure to be a sell-out.

**Contacts: Yvonne Krause 408-2040,**

**[ykrause@yahoo.com](mailto:ykrause@yahoo.com);**

**Carol Rotramel 408-1733,**

**[caroled@surewest.net](mailto:caroled@surewest.net)**



### LSV/NEV

#### Low Speed Vehicles/ Neighborhood Electric Vehicles

The LSV/NEV Group will meet Tuesday, June 18 at 10:00 AM in the P-Hall (KS) for its regular monthly meeting.

On June 12, Members attended a BBQ from 12:00 to 4:00 PM at the Sports Pavilion where hamburgers, hot dogs,

desserts and drinks were provided. Members brought salads, side dishes, casseroles, etc.

Mark your calendar for our Ice Cream Social coming up on Friday, July 26 at the Social Kitchen (KS) from 2:00 to 4:00 PM for only \$3 per person. These social gatherings bring our members together, and help form long lasting friendships. Questions about our socials? Call Carol McGara 543-7039.

**Contact: Larry Yaggi 543-5344,**



### Mah Jongg, Chinese



With summer just around the corner, and high temps following close behind, coming in from the heat and enjoying a very challenging game might be the perfect activity to participate in. Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and it is similar to playing rummy. If you are curious about learning this game, please join us every Monday at 8:30 AM in the Card Room (OC). If you have any questions, just call one of the contacts below.

**Contacts: Dianne Vincent 543-0543;**

**Bruce Castle 408-7476**



### Mah Jongg, National

National Mah Jongg is a tile game that requires the use of the National Mah Jongg League's Official Standard Hands and Rules card. Currently, we are using the card that is dated 2013. We have cards for newcomers to use and we can give you instructions on how to order your own cards as well. National Mah Jongg is played with 152 tiles. The tiles include dragons, winds, flowers, jokers, craks, dots and bams. We have tables for all levels of play including a table for beginners. Join us from 12:30-4:00 PM on Tuesdays in the Card Room (OC). Feel free to contact us with any questions.

**Contacts: Marnie Isherwood**

**543-0219; Kris Astone 543-8998**



### Motorcycle

#### RoadRunners

The club had another outstanding social event with the celebration of Mother's Day. We had a great turnout for

the ride. We cruised the Auburn countryside and enjoyed the spring weather and beautiful scenery. An enjoyable luncheon was provided at Tofanelli's restaurant in Grass Valley, hosted by Patrick Chaves.

The agenda for the summer and early fall includes rides to Lodi, Tahoe loop, Coloma State Park, and a mystery cemetery ride. Our social agenda includes a Father's Day ride, club BBQ and Bocce Ball Tournament.

If you are interested in the club activities and have a road-worthy motorcycle, please come to our meeting and check us out. We have a social gathering with dinner at a local restaurant after the meeting.

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

"Ride safe, ride with friends!"

**Contact: Peter Boyle 408-1955,**

**[Boylep18@yahoo.com](mailto:Boylep18@yahoo.com)**

**Website: [www.brinz.net/](http://www.brinz.net/)**

**[roadrunners\\_2013/roadrunners\\_2013.html](http://roadrunners_2013/roadrunners_2013.html)**



### Music

Finally... "Open Mic Night" is back and ready to rock! Friday, June 28, 6:00-8:30 PM, P-Hall, (KS). Musicians and music lovers: come join the fun. Sign-ups for performers at 5:45 PM. Audience participation is encouraged and appreciated but no karaoke.

L.H. Ukulele Players meet Wednesdays, 1:00-3:00, at OC for a strumming, singing jam session in a relaxed, supportive atmosphere. Beginners and seasoned players are welcome. Beginner's classes are available for those desiring instruction and are intended for those who are planning to join the weekly jam sessions. Contact Ron or Molly (409-0463) for information.

The Music Group's summer picnic was held May 18. Those in attendance enjoyed good food, good music, and good company. The General Meeting is held on fourth Wednesdays: Fine Arts Room (OC), 6:30-8:00 PM. Drop-ins welcome. Bring voices and/or instruments, sign up to perform, or just enjoy the music and socialize.

**Contacts: Judy Skillings 253-7237,**



**kenskillings@gmail.com;**  
**Julie Rigali 408-4579,**  
**jjrigali@yahoo.com**  
**Website: www.suncity-lincolnhills.org/residents, Groups, Music**



## Needle Arts

### Threads of Friendship

We are pleased to welcome Linda Urquhart, of Rumpelstiltskin Yarn and Textile Craft Shop as presenter at our July 9 meeting. Linda will be speaking to Needle Arts about knitting, crocheting and yarn.

Rumpelstiltskin has been located in the same Sacramento location for over 30 years and has built a loyal following of knitters, crocheters, spinners and needle-felters. The shop offers classes and carries a stock of yarns, tools, and books for knitting, crocheting, spinning and weaving. Please join us to learn about creating beautiful handcrafted items for you or to give as gifts.

General meetings are held at in the P-Hall (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 Joan Daley 543-9449 to join and see how fiber arts thrive in our community!

**Contact: Twila Miller 408-3790,**  
**itstwi@sbcglobal.net**



## Neighborhood Watch

Tuesday, August 6, is the 30-year celebration of National Night Out. Let's make this a very special occasion with parties galore!

Since our celebration colors are red, white and blue, June is a great opportunity to load up on the 4<sup>th</sup> of July plates, napkins, tablecloths, and table decorations at your favorite dollar store.

For this very special 30-year celebration, you might like to order some items at the National Night Out Superstore, [www.nnosuperstore.com](http://www.nnosuperstore.com). You can brighten your NNO red, white, and blue costume with logo caps, t-shirts, and barbecue aprons. To make a really big splash, consider banners and strobe lights.

Pauline Watson, our celebration chair,

says that any size group, small or large, counts as a party, at a home or a restaurant. Please contact her at 543-8436 or [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net) to register your get-together. Our goal is to beat our last year's total of over 110 parties.

**Contacts: Larry Wilson 408-0667,**  
**mvw6@sbcglobal.net;**  
**Pauline Watson 543-8436,**  
**frpawatson@sbcglobal.net**  
**Website: www.SCLHWatch.org**



## Painters

Our May membership meeting program featured Darin Pointer, owner of Jumbo Giant Prints in Auburn, who offered a professional presentation on the giclee process of reproducing paintings. Three Painters Club members, Jim Brunk, Terry Banderas, and Paulette Pesavento, shared painting reproduction methods, equipment, and local resources for copying paintings. Terry and Paulette described how they use these to make personalized greeting cards for sale or for personal use.

Members Judy Williams, Jim Baker, Bob Porter, Jack Cook, Sally Glenn, Ron Bauer, Rudi Franke, Jim Brunk, Gary Hoffman, and Marilyn Rose participated in Show & Tell.

Our June 4 Artists Table Luncheon, orchestrated by Paulette Pesavento and her committee, was enjoyed by the maximum number of guests facilitated by the venue. We all appreciate the effort which made this such an enjoyable event.

Remember that the July 2 membership meeting will feature an Abstract Expressionism challenge.

*Written by Jacquie Hilton.*

**Contacts: Bob Porter, bob@aol.com;**  
**Joyce Bisbee joybis@aol.com; Jim Brunk (plein air paint-outs) brunk@starstream.net, 434-6317**  
**Website: www.lhpainters.org**



## Paper Arts

Our annual "Garage Sale" was a big hit following our June Meeting. Becky Leo again provided her lovely backyard for our "sale" and potluck lunch. Members brought paper supplies and tools that they wanted to sell and most of us brought

home at least as much as we had cleaned out! It was an afternoon of great buys, good food, and fun with friends.

Our thanks go to Jackie Fong and Lori Lucchetti for leading our project this month. Among other things, we made new name tags to put into our tool kit to bring each meeting. Another big thank you goes to Mina Bahan and Bonnie Esker for coordinating our club roster and email list.

This month's window display at OC features Grads and Dads.

**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 Card 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

Mystery, reflections, and shade(s) will be prevalent for the July 10 General Meeting. Mystery because we don't now know and may not know then what the program will be, and the reflections come from the deja vu for you with most of the LHPG Officers serving second consecutive terms. July is the inaugural month for the LHPG year, and thank you to all for your service. Reflections from shades and hats that provide shade will emanate from the July photo challenge: shots of cool folks sporting sunglasses and/or hats. We're also likely to be witnessing shots in part deux of the photo challenge from the July field trip to the Tahoe area which will include wildflowers, wallflowers, waterfalls, pratfalls, sunrises and sunsets — a Les Thomas Event: a potpourri of photographic pleasures served a la



“With Red Hair & Hat” and “Blonde Shades” by jeffa

carte. Other LHPG photo exhibits now on display: downtown Umpqua Bank and Simple Pleasures Restaurant.

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



### Pickleball

During the first week in May while our new courts were under construction, 15 of our members went to Costa Rica and met with other pickleball players from all over the United States. Fun tournaments, lessons, great food and sightseeing excursions kept everyone busy and took their mind off the humidity! Next year is already planned for March 22-29 in Cancun, Mexico, at the all-inclusive Grand Palladium White Sands Resort & Spa. Even though it is a year away this popular event fills up fast. Thanks to Armando Mayorga for taking

Pickleball players go to Costa Rica; Vera Reynolds checking out the jungle; Everyone loves a monkey!



some great pictures.

Check out the pickleball bulletin board for information on our upcoming Club Championship Tournament, July 9 (men), 10 (women), 11 (mixed) and the Wells Fargo Advisors Tournament in September.

The next pickleball meeting is July 10, at 2:00 PM in the Ceramics Room (OC).  
**Contact: Scott Sutherland 253-3997, swsuther@sbcglobal.net**  
**Website: www.lhpickleball.com**



### Players

Well this summer is going to be very busy here in Lincoln Hills, so save these dates:

August 7 and 8, “Don’t Cry for Me Margaret Mitchell,” the funny story of how the screenplay came to be written for the classic movie “Gone With The Wind.” Tickets go on sale June 17. Please contact the Activities Desks for further information.

Also, auditions have been announced for the November 7, 8, & 9th show, “Johnny Mercer’s Mandy.” This is an original production celebrating the lyrical genius of a true American icon. There are acting, singing and dancing roles. Auditions are Monday, August 19 and Tuesday, August 20 in the Multipurpose Room (OC) from 6:00-9:00 PM. Please contact Director Norah Prouhet for more information at nprouhet@hotmail.com.

Have a great summer!

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

**Contact: Bob Murdock 408-8511, bamabc@sbcglobal.net**  
**Website: www.lincolnhillsplayers.com**



### Poker

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

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

The Quarterly Hold ‘em tournaments are open to all residents, first come, first served, as they usually fill up quickly with a 48-player cap. Our 2013 tournaments will be Saturday, July 20 and October 19.

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

**Contacts: Mike Goldstein 543-8238; Ginger Nickerson 253-3322; Joe Frenna 543-8634**



### RV

The RV Group will hold its third annual Summerfest potluck June 27 in the Sports Pavilion, 4:30 to 7:30 PM.

It will be quite a get-together as current RV Group members are inviting all past members to join them in this evening of reminiscing and friendship. People will be asked to bring a dish to share and their own table service. And everyone is reminded to wear name tags. The cost is \$5 for couples and \$2.50 for singles to cover incidentals. A no-host bar will be available.

Contact Donna Malone at 408-1353 or Malonesmail@sbcglobal.net to report the dish you will be bringing.



Contact: **Michael Genest 209-3370**

Website: [www.lhrvg.com](http://www.lhrvg.com)



## SCHOOLS Volunteers

### Sun City Helping Our Outstanding Lincoln Schools

Special thanks from two teachers:

If I had the money I would erect a statue; conduct a 21 gun salute; host a black tie event to honor these valuable volunteers. Seriously, my students light up every time they enter my classroom. They help all my kids and I know my students are doing so well because of these courageous and compassionate adults. They are gifts and I am humbled and honored in their presence.

It's amazing how helpful and supportive the volunteers are. Your program is wonderful and loved by both students and teachers. Volunteers give specialized and individual attention to students needing extra help. They also share special interests, skills, world travel experiences and hobbies. All these assets make this an extremely valued program. *Please continue!* Thank you so much.

**Join us for an adventure of a lifetime.**

**Contacts: Sandy Frame 408-1453, [sflincoln4fun@starstream.net](mailto:sflincoln4fun@starstream.net) (Elementary); Cindy Moore 408-1452, [cindysmoore@me.com](mailto:cindysmoore@me.com)**



## SCOOP

### Sun City Organization of Pooches

June's "Pooches on the Patio" in the Secret Garden was a huge success for members attending with their four-legged, well-behaved dogs on leashes. The turnout was very good, weather was terrific, and the food was scrumptious. The perfect morning in Sun City Lincoln Hills! Carol and her staff deserve kudos and many thanks for the wonderful job they did for our members. We are planning our next "Patio" breakfast — coming soon!

Our next meeting — July 2 in the Fine Arts Room (OC), 11:00 AM with guest Speaker Colleen Watters, from Dean and Watters' office that specialize in estate planning, administration, conservatorship, and elder law. Ms. Watters will speak to us

in particular on trusts and how to protect our pets' futures.

*Dog walks continue* — watch for emails with details.

*Backyard socials* — notices are emailed to all members. Call Maggi Georgi at 543-2047 to book.

*Information* — Mary, 409-9923.

**Contact: [scoop@scih-scoop.com](mailto:scoop@scih-scoop.com)**

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



## Scrabble

May brought more than flowers as bingos were bursting out all month. Some of our newer players are consistently scoring big. During May alone, there were six bingos with scores of 80 and above. Linda laid down *hasting* for 80, Jean had two — *retainer* for 86 and *downs* for 89, Connie had *roiling* for 88, and Gloria put down *widgits* for 88. Then, the highest scoring bingo for May was earned by Judy with *fraction* for 98. Well done, ladies.

Everyone is welcome to give Scrabble a try. We play every Monday, at 1:00 PM in the Card Room (OC). All of the equipment is provided. Play as many games as you like. There is always room for players who drop in anytime during the afternoon.

*Written by Candice Koropp.*

**Contact: Joan Spurling 505-5000**



## Second Cup of Coffee

Jeannine Balcombe, the Association's Senior Director of Lifestyle and Communications is our featured speaker on Monday, June 17 at P-Hall (KS) at 10:00 AM. Jeannine and her Activities and Fitness Managers Lavina Samoy and Brandy Garcia will address "Embracing Our Association Lifestyle." In addition to learning about the departments' activities, many Association "hows" will be discussed. How does room booking and advertising contribute to the budget, how are community needs identified/reviewed and implemented, and what communication tools for members exist? And more Q&A. This session will be co-sponsored with CCRC's/Community Forum for video-recording to

our Association member website for all community interested users.

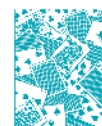
In July, there will be no meeting.

Ms. Donna Tofft, Lincoln High School's Athletic Department Director, will speak on Monday, August 19, at the regular site/time, presenting "Lincoln Hills Volunteer Participation Really Helps!" How did Lincoln Hills become involved? What forms of athletic volunteer help are meaningful? Usual Q&A.

**Contact: Wolf Oplesch 408-1788**

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

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



## Shanghai

Are you looking for a fun activity this spring and summer? Try Shanghai, a card game played with three-to-six players. Don't know how to play? No problem. Contact one of the names below for a free lesson. We play every Thursday at 12:00 PM in the Card Room (OC). We also play the second and fourth Friday nights at 5:45 PM.

**Contacts: Howard Beaumont 408-0395; Chuck Kaul 408-4153**



## Singles

### Dynamic Singles

Some of us are busy, busy with June weddings and graduations.

Upcoming Events —

June:

- 18) 7:00 PM — Let's Dance/Drop in Event at the Meridians
- 20) 4:30 PM — Rockin Island, Roseville. RSVP by 6/17. (Darline 434-6472)
- 27) 6:00 PM — Black & White Ball Dinner/Dance, OC Ballroom. Cost \$23. (Linda 628-5158)
- 29) 5:15 PM — River Cats Game/Meet by OC Fitness Center for bus. (Mike 543-0035)

July:

- 04) Fourth of July — No event scheduled — Enjoy your day!
- 09) 7:00 PM — Let's Dance/Drop in Event at the Meridians.
- 11) 6:00 PM — General Meeting/Bingo at OC Ballroom. (Lou 408-4422)
- 13) 9:00 AM — Second Saturday

Breakfast at Meridians Sports Bar.  
(Gail 543-8587)

Our membership dues are still only \$15 a year for all this fun! Please join us.

Weekly Sports:

- Bocce — Wednesday at 6:30 PM at Sports Park. (Dennis 408-2423)
- Golf — 18 holes, Friday AM (Bill 253-7551)

**Contact: Linda Bacon 628-5158**

**Website: [www.singleslincolnhills.org](http://www.singleslincolnhills.org)**



### Softball, Senior League

LHSSL celebrated another successful Fan Appreciation Day on April 27. A beautiful day brought out family and friends for music, good food, great prizes, and softball! Highlights included Presentation of Colors by Larry McMaster and Dave Alley; the First Pitch from Mayor Stan Nader to Bill Stroh; and fan favorite “watching the kids run the bases!”

Successful events require many hands! Special thanks to:

- Sharon Sandin, Diane Langskov, and crew for a record-setting Bake Sale;
- Barry Sasabuchi’s crew for a pristine field;
- Linda Brandelius, Sarah Lambrose, and crew for the food concession;
- Mikey Briggs and Carol Sexton for ticket sales;
- Announcers Vince Del Pozzo, Joe Bellah, JR Jackson;
- Umpires and Scorekeepers;
- *Everyone* who helped with set-up, take-down, and clean-up!
- And finally, to the *fans* for attending, purchasing tickets and food, and cheering for the teams! Hope you had

fun. See you next year!

*Mike Caporale, Chair*

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

**[Jhilton777@gmail.com](mailto:Jhilton777@gmail.com)**

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

### Coyotes

The 75s, in only their second tournament ever, came away with the Lodi Wine Country Classic championship led by



*Coyotes 75s Lodi Wine Country Classic win — clockwise from back left: Bob Napoli, Larry Manley, Tuck Halsey, George Wilson, Charlie Bryant, Len Slomski, John Maranta, Jim Haworth, Rowan Carlson, Frank Pulino, Bill Rexrode, Ron Waisner, missing Wally Etterbeek; Coyote Chair J.R. Jackson presenting donation to Pete Davignon, founder of CAN-Sirs. Players from 55s and 65s are shown*

Tuck Halsey/Bill Rexrode/Wally Etterbeek/Bob Napoli. They then competed in Elk Grove and came away with second place led by Rowan Carlson/Larry Manley/Ron Waisner/Ed Sorensen/George Wilson/Wally Etterbeek/John Langskov. The 70s went 4-1 in Lodi/second place led by Pete Savoia/John Dambrosio/Mike Bunyard/Gym Mikaelson/Rich Huskey/Jim Sandin/Ed Welch, and in Chico, another

second place finish led by Rich Huskey/Ron Greeno. Ended Elk Grove with a 2-3 record led by Bunyard/Mikaelson/Bob Hunter/Savoia/Huskey/Greeno. The 65s went 1-3 in Folsom led by Bob Fernandez/Greeno/Dale Stephens/Terry Truesdale/John Moran/Randy Dvorak. In Tracy, the team went 2-3. The 55s went 2-4 in Elk Grove with Hal Kastner/Mick Privett hitting homers. The Elk Grove tourney was a benefit for CAN-Sirs, started by Pete Davignon, a cancer survivor. J.R. Jackson, the Coyote Chair, presented Pete with a \$670 donation from all the Coyotes.

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



### Sports Car

The Turners and Musers led a wonderful trip on June 5 to Plymouth (no Plymouths allowed) in the Shenandoah Valley. The destination was Story Winery, small, family-run, founded in 1973. The picnic area has beautiful views, nestled on a hilltop overlooking a river canyon.

On May 31 we had our trip to Beale AFB led by the Webs. We know that several groups at Lincoln Hills have gone on the tour at Beale and loved it. It seems that each tour is different – with views of the flight line where U2 spy planes and Global Hawk unmanned aircraft operate doing reconnaissance all over the world. This is a must visit for anyone interested in current military air operations.

Tony & Kathy Mason led us on another



*Fan Appreciation Day ceremonies, April 27*





Getting ready for a trip;  
the Ladies too

of their famous instant trips on May 15. This one took us for lunch to Paulette's in Grass Valley via Marysville and Penn Valley.

**Contact: DiAnn Rooney 543-9474, dlrooney@mac.com**

**Website: LHsportscars.com**



## Square & Round Dance

### Sun City Squares

The Square Dance Club had an Introduction/ Review Blast Class June 4-7, Plus & A1 Levels, pictured below. Summer Hoedown is scheduled on September 2, 1:00 to 4:00 PM at KS. Our new beginner class will be starting September 9 at 1:00 PM at KS.



Introduction/Review Blast Class  
June 4-7, Plus & A1 Levels

Call Chuck or Bob to sign up today!! We are always ready to add experienced Square Dancers.

Feel free to come in and watch or join, times listed below.

- Beginner/Mainstream Level Mondays, 1:00-2:15 PM (KS)

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

**Contacts: Chuck Vickers 408-4082**

**pjclvickers@starstream.net;**

**Bob Grupp 408-1868,**

**Bob@GruppHomes.com**



## Table Tennis

On Sunday, May 19 the Table Tennis Group held an ice cream social. Approximately 45 participants enjoyed various flavors as well as non dairy frozen fruit flavors. Energized table tennis play continued through the afternoon.

Even though summer is quickly approaching and many folks will be traveling, table tennis play continues with increased participation. Every week new players from our community participate. For those who have never "played," support and assistance is available. We play in a controlled environment — why suffer with the heat in an outdoor sport when you can satisfy your competitive spirit in an air conditioned environment? Play is generally mixed doubles. Play takes place at KS on Sundays (12:30-5:00 PM), Tuesdays (6:00-9:00 PM) and Fridays (8:00-11:00 AM). Players may arrive at any time within these listed times.

Special kudos to John Harlander who at 90-years plus continues to amaze with his table tennis skills.

**Contact: Ed or Marsha Rocknich 434-1958, rocknich@yahoo.com**



## Tap Company

Election of officers will take place at the annual Tap Company Spring Luncheon which will be held on Friday, June 21 at 12:30 PM in the Social Kitchen (KS).

During the luncheon, the Directors and Producers of the 2014 Tap Company Show will be announced along with the theme of the show. Due to the resounding success of the 2013 Show, we'll once again be using a storyline to weave the various singing and dancing acts together to entertain our audiences with

yet more toe tapping fun!

Additionally, as in the last show, the 2014 Show will have a large Production number featuring a great many of our



Dancers from the 2013  
Tap Company Show

dancers. If you are interested in signing up for the Production number in addition to your Performance number, it will be a seven-week Performance Class starting mid-August with weekly practices until showtime. Information regarding this class will be given at the upcoming luncheon.

**Contact: Becky Sprong 408-1389**

**beckysprong@sbcglobal.net**

**Janet Becker 543-3493,**

**beckerjm1962@gmail.com**



## Tennis

It's been a busy spring for the Tennis Group. A men's intramural team completed successfully this spring. Our regular team tennis competition (LITT) is underway and ends in late June. Currently, registration of Men's and Women's USTA and SATA competitive teams is in progress.

The First Annual LARTA Tennis Spectacular on Saturday, May 18, 9:00 AM to 1:00 PM, was extraordinary! LHTG raised \$5000 + donated over 40 tennis rackets and tennis gear to the Lincoln and Whitney High School tennis programs. Many local businesses supported the event and volunteer coaches offered drill sessions.

To renew or join our club, please use the form found on the on the Tennis Group website, <http://sclhtg.com>. Annual dues are \$12.



LARTA event participants; LARTA volunteer drill session instructors

Social Drop-In is held Wednesday and Saturday from 8:00 to 10:00 AM and is open to all residents of Lincoln Hills.

**Contacts: Pat Campbell 543-0618, patacam@gmail.com; Sharon Klotz 543-6950, tennislady@yahoo.com; Website: <http://sclhtg.com>**



### Vaudeville Troupe

Tickets now on sale!!! SCLH's popular and "outrageously entertaining" Vaudeville Troupe returns on July 12-13 to the "Cabaret-style" stage of P-Hall (KS) with their Old-Time Vaudeville/Variety Show, "The Cavalcade of Stars."

This high-energy, non-stop action extravaganza delivers performances that are wildly original, fast-paced, and professional! Many new performers are in this show; you are certain to appreciate their energy and creativity! The Vaudeville Troupe is known for having a cast with dazzling talent as well as never failing to provide outrageous fun!! Get ready for



The Vaudeville Troupe presents the Cavalcade of Stars on July 12-13; Marina Marina Eugenios will charm you with her comedic flair!; Troupe members at April auditions

some genuine theatrical entertainment!

The Troupe will proudly feature "A Tribute to Country Music"... Johnny Cash, Dolly Parton, Ray Price, Sons of the Pioneers, Shania Twain, Roy Clark, Eddy Arnold and many other country artists will be honored by this talented Troupe!! Four shows only that always draw sell-out crowds: Buy tickets at the Activities Desks (OC/KS). Don't miss out! Tickets — \$12.

**Contact: Marina Eugenios 408-3654 marinaeug@sbcglobal.net**  
**Troupe Website: [YouTube.com/user/marinaeugenios](http://YouTube.com/user/marinaeugenios)**



### Veterans

Customer demand was strong for coffee and pastry selections offered by the Veterans Group at the Community Association's Parking Lot Sale on Saturday, May 18. This year's popular pastry selections included scones, muffins and cinnamon rolls produced by Lincoln's recently opened bakery, Crazy Cakes.



A cool, but sunny Saturday morning created considerable demand for hot drinks and pastry

Proceeds from the sale have been applied to the Veterans Group's treasury from which money is routinely contributed to veterans-services activities and programs

that support active military members and their families.

**Contacts: Roger Espiritu 543-0395, usn2100@sbcglobal.net; Website: [lhvets.org](http://lhvets.org).**



### West Coast Swing Dance

Our next monthly club dance will be held on Saturday, July 13, 5:30-9:00 PM. The theme is "Red, White & Blue — Summer Picnic Potluck Dance," (KS), 5:30-9:00 PM. If you would like additional information, or would like to get on our mailing list, please contact us.

West Coast Swing Dance practices are held on the second Friday of each month for all those students attending the West Coast Dance classes (no fee). Just bring your dance shoes! However, the month of July there will *not* be a dance practice. Next dance practice is August 9, 5:30 to 7:30 PM, Fine Arts Room (OC)

July 20, Capital Swing Dancers will be hosting their Annual Raft Party & Dance — you won't want to miss this event. Check out their website for additional information, [www.capitalswingdancers.org](http://www.capitalswingdancers.org).

**Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net;**



### Woodcarvers

Lincoln Hills Woodcarvers Win Again!

The Lincoln Hills Woodcarvers completed their annual gathering of ribbons at The Capital Woodcarvers' Association Show, "Discover The Art of Woodcarving... Let Us Show You How," May 4-5 at the Scottish Rite Masonic Center in Sacramento, taking 10 ribbons for 11 entries!

Since 2007, the Lincoln Hills Woodcarvers Group has won an impressive 34 first







Woodcarvers completed their annual gathering of ribbons at the Capital Woodcarvers' Association Show in May

place blue, 17 second place red, and four third place white ribbons. What makes this even more impressive is that the members of the group have won these 55 ribbons out of 1150 entries. Show Coordinator Kathy Gervais said, "LH Woodcarvers is the best represented local group and the ribbons speak for themselves!"

This year's first place winners were Dan

Batliner, John LePage, Harvey Moss, Joe Propersi, Don Percell, John Russell, and Woody Woodburn. Second place winners were: John LePage, Harvey Moss, and Don Percell.

Woodcarvers meet 1:00-5:00 PM, Wednesdays in the Sierra Room (KS).

**Contacts: John Russell 543-6019, je\_russell62@hotmail.com**  
**Website: www.SCLHwoodcarvers.blogspot.com**



### Writers

All level of writers meet to share writings and experiences. Join us.

Writers Group: Second, fourth and fifth Mondays of at 6:30 in the Ceramics Room (OC).

### Authors & Writers Resource Group

Contact us for time and place. We meet monthly over coffee.

Member updates:

- Tom Brannon, retired NCIS agent (*The*

*Relentless Pursuit of the Truth*) spoke at a SCLH's Second Cup of Coffee Group meeting.

- Leo Craton (*California Boy*) finished the e-formatting process of his memoir — now available for downloading onto e-readers.
- Jeri Chase-Ferris (*Noah Webster and His Words* — Houghton Mifflin Books for Children) has been on the speaking circuit. *Noah* is available at Barnes & Noble.
- Quentin Grady (*The Ghost Eagle*) an adventure-fiction, is now available on Amazon.
- Linda Bello-Ruiz (*From Tears to Triumph*) spoke at the Orangevale Rotary Club. Her book is due out this summer.
- Andy Petro (*Remembering The Light*) spoke at a SCLH Community Forum to a turn-away crowd..

**Contacts: Linda Bello-Ruiz 543-7952, lmbelloruiz@yahoo.com;**  
**Leo Craton 543-9012, craton1@att.net**

### Ron Gilman

Ron was born in Whittier, California and graduated from Cal Poly where he went on to work for the Agriculture Department in San Luis Obispo and also became the Agriculture Commissioner in Santa Barbara. Married for 50 years to his wife Ronda, they have a son, daughter and two granddaughters. Ron enjoyed adventure like racing motorcycles and skydiving. He was a tennis player, a member of the Placer County Parks, and the Chamber of Commerce. He will be missed by family and many friends.

### Mary Grindy

As an elementary teacher, Mary was passionate about many things. She loved teaching science, and tutoring children who were behind. She loved designing and landscaping. She loved crocheting and selling afghans and scarves. She was an avid sports fan and she loved making Christmas cookies

## In Memoriam

with her grandchildren and husband John. Mary was born on a farm in Arkansas but spent most of her years in Pioneer and Sutter Creek, California. Besides her dear husband she is especially missed by three children, six grandchildren, and two great-grandchildren.

### Robert Nawman

A World War II Veteran of the Army Air Corps and later the Merchant Marine, Bob was also a 32<sup>nd</sup> Degree Mason. He attended Armstrong Business College, College of the Pacific and U.C. Berkeley. He loved to play the piano and fly an airplane. After becoming CEO of Benner-Nawman, he changed directions and taught at Los Medanos College in Antioch, presenting "Small Business Management." After moving here in 2000, Bob founded the LSV/NEV Group and was active in the Second Cup of Coffee Group and the Veteran's Group. He will be remembered as a kind, thought-

ful, jovial, generous, caring and loving gentleman. He will be missed especially by his adoring wife, Lillian, of 67 years, his two daughters, his grandchildren and great-grandchildren.

### Janet Elizabeth Orlando

Born in New York, Janet moved to San Jose, California in the 1930's where she eventually married and raised her two children. After moving to Lincoln in 2005 to live with her daughter, JoAnn Faria, she enjoyed Red Hats and trips to the Casino. Janet was a wonderful mother and grandmother and enjoyed cooking. Her chicken soup will be remembered by her family as liquid love! She is survived by two sisters, two children, four grandchildren and six 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.*



# Happy Hours

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(July 7th)  
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## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto:shelvie.smith@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.

### 2013 Holiday Arts & Crafts Fair and Bake Sale

The 2013 LH Holiday Arts & Crafts Fair and Bake Sale will be held on November 15 & 16. Vendor Registration will be held July 17, 5:00-6:00 PM, in the Fine Arts Room (OC). Vendors must be LH residents; all items must be 50% handcrafted. Vendors are also required to provide bake sale items. All bake sale proceeds are donated to local non-profits. Fair dates are Friday & Saturday, November 15 & 16. Once again the registration fee is \$78 per table. Early registration for returning vendors only, will be available through email in mid June. More info or to be placed on the email list: [LHACFair@gmail.com](mailto:LHACFair@gmail.com).

### Citizens On Patrol (COP) Volunteer Program

The Lincoln Police Department is recruiting for its Citizens On Patrol Program. The program is open to Lincoln residents who are 18 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol or bike riders patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer Work. More info: Roy Osborne at 645-4081.

### It's the Law

Douglas Thom



Properly displayed Handicap placards allow a vehicle to park in any designated parking space, including golf/NEV spots.



## You are invited...

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

Friday, June 27 10:00 AM, Senior Advantage Seminar, Solarium (OC)

### Depression Support Group

A new group is forming for those of us who have struggled or are struggling with depression. There is light at the end of the tunnel. Come give and/or receive support. Find out what works for others. Explore and share resources. Be among people who understand. More info: Joan Spurling at [joanspurling961@gmail.com](mailto:joanspurling961@gmail.com) or 505-5000.

### Family Mental Illness Support Group

This new group is for SCLH residents who have immediate family members who experience serious mental illnesses such as bipolar disorder, schizoaffective disorder, schizophrenia, obsessive compulsive disorder, clinical depression, etc. Often, as we try to support our loved ones, we need support ourselves. We listen without judging and extend understanding and confidentiality. We meet on the second Friday of the month at 2:00 PM. For location and more information, please contact Dede Ranahan at 408-4541 or [dederanahan@gmail.com](mailto:dederanahan@gmail.com).

### The Glaucoma Support Group

will meet on July 10 at 4:00 PM in the Multimedia Room (OC). If you or a family member are living with Glaucoma, please join us. More info: Bonnie Dale at 543-2133.

### Italian Club

May 17 Bocce BBQ was a huge success! With over 80 Lincoln Hills Italian Club (LHIC) members signed up for the bocce games and the excellent bbq food along with the wonderful raffle prizes – this year was one of our best! June 13 Pasta e Comico. Don't forget to join us as comedian Tony Castle will be making us chuckle as we enjoy homemade pasta at KS! Sunday, July 14 is our Inaugural Dinner and Tenth Year Anniversary Celebration! Mark your calendar now – don't miss this special event to meet and wel-

come our new Board of Directors for the next year and to celebrate 10 years of LH Italian Club memories. Remember, SCLH residents of Italian heritage can join our great social club. More info: Membership Chair Marie Berlenghi at 543-3731 or check our website [www.lhitalianclub.org](http://www.lhitalianclub.org) to learn all about us. We would love to have you join us!

### Mixed Media/Collage Art Club

We are in the process of starting a new club and invite interested residents to attend an informational meeting on Wednesday, June 19 from 1:00-3:00 PM in the Ceramics Room (OC). Mixed Media is an art form that incorporates more than one medium on a canvas. The collage component might include unique papers, leaves and natural fibers along with found objects from stamps to coins to photos. Acrylic paints and dimensional elements along with your imagination can create unique works of art. More info: Nina Mazzo [ninamazzo@me.com](mailto:ninamazzo@me.com) or 408-7620.

### Open Play

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

### Parkinson's Support Group

The Lincoln Hills Parkinson's Support Group meets every third Tuesday of the month at 10:00 AM in the Raley's Conference Room. Newcomers are welcome to join us. Our May 21 meeting began with the introduction of three new members, followed by brief progress reports by each member. After a short session of

*Continued on page 41*

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Continued from page 39

questions and a discussion of experience with meds, exercise routine and doctor visits, Joyce Chazen presented the second phase of "stress management as it relates to relaxation of the various muscle groups of the human body." Key to this process is identifying the tense areas and proper breathing

exercise. It was a short but very beneficial presentation.

#### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cut-

throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga at 408-4711 or amoon38@sbcglobal.net.

#### Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have  
*Continued on page 43*

## Community Perks

### Certified Farmers Market and Vendor Faire Every Wednesday

Support your local farmers and join us every Wednesday at the Fitness Parking Lot from 8:00 AM to 12:00 PM. Local Certified Farmers will be selling fresh fruits and vegetables. There will also be local vendors selling various unique items. Depending on the weather and availability of crops, the plan is to hold the Farmers Market on Wednesdays until November. If you are interested in being one of our vendors for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@schca.com to reserve your space.



### Embracing Our Association Lifestyle Monday, June 17 — Free

10:00 AM, P-Hall (KS). Jeannine Balcombe, the Association's Senior Director of Lifestyle and Communications, will present an overview of her department's roles in creating and promoting your active lifestyle. Meet the Activities and Wellness/Fitness managers as we discuss programming from the inside out and introduce you to the new Resident Website. Sponsored by the Second Cup of Coffee.



### Cabochoch Collection Display Monday, June 24 — Free

4:00-5:30 PM. Dave Fisk, Gem and Mineral club originator, will be displaying his beautiful cabochoch collection in the Sierra Room (KS).



### Music Group sponsored "Open Mic Night" Friday, June 28 — Free

6:00-8:30 PM in the P-Hall, (KS). Musicians and music lovers are invited to join the fun. Sign-up to perform at 5:30 PM. Audience participation is encouraged and appreciated, but no karaoke.

### KS at the Movies: "007 Skyfall"

Monday, July 1 — Free

PG-13. 143 min. Starring Daniel Craig, Judi Dench, Javier Bardem. Action/Adventure/Thriller. Doors open at 1:00 PM for a 1:30 PM show, P-Hall (KS). The latest installment in the James Bond franchise and one of last year's blockbuster movies.



### Dial-A-Ride Transit System

Thursday, July 11 — Free

2:00 PM in the Sierra/Terra Cotta Rooms (KS). Penny Ebbott, from the city of Lincoln's Transit Department, will be addressing the Eye Contact Group to talk about the city's Dial-A-Ride transit system available to residents of Lincoln needing transportation. Buses operate within city limits only. Small buses, with wheelchair lifts, transport the passengers. Pickup is at the curb, not the door. Please attend and participate in this conversation.

### Document Destruction

Monday, July 15

9:30-11:30 AM, 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!



### New Resident Orientation

Tuesday, July 16 — Free

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. No RSVP required.



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*Continued from page 41*

not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the summer months we meet at 8:00 AM. For shooting schedule hours,

please contact John Kightlinger, 408-3928. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Contact: John Kightlinger at 408-3928 or johnnpat@sbcglobal.net.

**The Travel Group: [www.lh-travelgroup.com](http://www.lh-travelgroup.com)**

The next meeting is Thursday, June 20, 7:00 PM, KS. Guest presenter: Jay Fehan,

Collette Vacations. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee member contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, Judyp@starstream.net.

## Wanted: Your "AHA!" Moments

Have you experienced a life-altering event; an emotional, inspirational experience? A moment of insight or amazement? If so, we

would like to make it a part of our "Aha! Moments" Series – coming soon!

## Challenges

*Continued from page 15*

medical insurance costs.

Your Association staff, committees, and Board of Directors are working hard to keep our monthly dues at a minimum but, as you can see, the future holds challenges.

If you have general questions or need information, please email [finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org).

## Arthritis

*Continued from page 10*

will focus mainly on the most common form of arthritis: osteoarthritis, which is characterized by degeneration of joint cartilage and underlying bone as well as boney overgrowth. Another name for it is "degenerative joint disease," and the doctor will have to tell us if the cause is known. What is known is that osteoarthritis comes on gradually, usually starting after age 40 and most often affects the hand joints and the weight-bearing joints such as the knees and hips.

A joint (*don't even think marijuana!*) is where separate bones come together. Cartilage is the smooth, spongy material that covers the end of the bones to act as

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

The next meeting of the Finance Committee is Thursday, June 20 at 9:00 AM. I urge residents to attend the budget meetings when possible to see and understand the capital projects and budgeting process.

a cushion where they meet. A thin film of tissue called the synovium lines the joint and produces a slippery fluid called synovial fluid that helps reduce friction and nourish the joint. It is within this system that arthritis occurs. Diagnostic methods are required to determine the cause.

There is no definitive cure for osteoarthritis, but there are treatments that can certainly reduce one's pain and improve quality of life. Popular nutritional supplements such as glucosamine and chondroitin or SAME show scant scientific evidence for reducing pain and no evidence of cure. Many older adults seek relief through joint replacement, a topic that Dr. Giordani will address. Are you a candidate? Find out more on June 19.

## Orienteering

### Is Your Dog Feeling Droopy?

*Dee Hynes*

Perk up your pet. Take him/her to Lincoln's City Dog Park just five minutes from Lincoln Hills. Small dogs (20 pounds and under) have a proportionately sized fenced area and the larger dogs have their own

large fenced field for play. Water, covered picnic tables, benches, chairs, small plastic pools (for the dogs) and shade

is available. From Del Webb, turn right on East Joiner Pkwy. Next, turn right at the stop sign (Moore Road) and park at the end of the road. The level cement path from the parking lot to the dog park is a six to ten minute stroll (depending how excited your pet may be).



*Before learning about the dog park...*

*In Memoriam has moved to page 37.*



TUESDAY, JUNE 25  
SHOWTIME 7:30PM

# PAPERBACK WRITER

BEATLES TRIBUTE

TICKETS \$19



TUESDAY, JULY 9  
SHOWTIME 7:30PM

# CHICAGO TRIBUTE AUTHORITY

TICKETS \$18



FRIDAY, JULY 26  
SHOWTIME 7:30PM

# JEFFERSON STARSHIP

TICKETS \$21

8/23 PAPA DOO RUN RUN

9/5 JAMES GARNER JOHNNY CASH TRIBUTE

9/20 BRONX WANDERERS 50'S/60'S SHOW



Tickets available at the Activities Desk (OC/KS)

Online Tickets:

[www.suncity-lincolnhills.org/residents/SACS](http://www.suncity-lincolnhills.org/residents/SACS)

LIKE us on Facebook (Sun City Lincoln Hills Entertainment) Follow us on twitter (SCLH Events)







**Tamara Coil, Lifestyle Entertainment Coordinator, tamara.coil@sclhca.com**

## Entertainment

### —Club Performance—

#### Vaudeville Troupe – “The Cavalcade of Stars”

Friday, July 12, 2:00 PM Show — 5112-05A

Friday, July 12, 6:00 PM Show — 5112-05B

Saturday, July 13, 2:00 PM Show — 5112-05C

Saturday, July 13, 6:00 PM Show — 5112-05D

Lincoln Hill’s popular and outrageously entertaining Vaudeville Troupe returns to the “Cabaret-style” stage of the Presentation Hall (KS) to present their Old-Time Vaudeville/Variety Show, the “The Cavalcade of Stars.” This high-energy, non-stop action extravaganza provides performances that are wildly original and fast-paced. Come and enjoy hilarious comedy skits, listen to fabulous vocalists and talented musicians, and cuddle up to the adorable Vaudeville Ponies! **Many new performers are in the show and you are certain to appreciate their energy, talent and professionalism.** The Vaudeville Troupe is known for creativity and outrageous fun as they interact with the audience for genuine theatrical entertainment! The talented Troupe will feature “A Tribute to Country Music,” honoring Johnny Cash, Dolly Parton, Ray Price, The Sons of the Pioneers, The Judds, Kenny Rogers, Shania Twain, Roy Clark, Eddy Arnold and many other Country artists. Four shows only that always draw sell-out crowds. Assigned seating by row and seat number is available in P-Hall so



there is no need to wait in line on the day of the show. P-Hall (KS). Shows at 2:00 PM and 6:00 PM. General admission \$12.

### —Community Perks have moved to page 41—

### —Concerts—

#### Slim Jenkins — Voodoo Blues & Dirty Swing Concert

Thursday, June 20 — 5120-04

San Francisco’s Slim Jenkins is a celebration of great American roots music and its tradition of innovation and energy. Harking back to the heyday of hot jazz and blues, Slim Jenkins evokes a world of sultry and smooth, or jumping and hot music to keep the audience energized and alive. Slim Jenkins never loses sight of the balance between tradition and innovation that defines classic American music. The program includes a repertoire that evokes our musical history with music such as “Burnt Toast & Black Coffee,” “It Ain’t Love,” “Cleopatra” and “Coal Miner.” Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$19.** General admission \$17.



#### Roseville Community Concert Band — Happy Birthday USA!

Thursday, July 4 — 5104-05

By resident request, we bring back one of the best local volunteer symphonic concert bands that performs throughout the greater Roseville and South Placer communities, the Roseville Community Concert Band (RCCB). The RCCB was established in 2000 by Bill Hastings, a retired military band direc-



*Continued on page 46*

## Summer Amphitheater Concert Series Guidelines

- **Chairs/Seating:** Guests must provide their own seating for the concert. Seating is first-come, first-served. Guests may set up their chair starting at 5:00 AM on the day of the event. **Chairs placed prior to 5:00 AM will be removed from the area.** SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. Do not move chairs already in place. **Lawn seating** for blankets will be in the grassy area at the left of the stage. Doors open 45 minutes before showtime.
- **ADA:** Designated paved area located in the center top tier adjacent to the pathway.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.
- **Not Allowed:** Chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals with vest on).
- **Food & Beverage:** No outside food or drink allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions available 45 minutes before concert begins.
- **Ticket Pricing:** See individual articles in Entertainment section for prices. Tickets are non-refundable.
- **Tickets: Wristbands** must be worn during the concert. Online buyers can pick up wristbands from Will Call at OC Lodge after 12:00 PM on the day of performance.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed wherever permit signs are posted.
- **Dancing:** No dancing directly in front of stage. Dancing will be allowed in designated areas.
- **Entertainers:** Please be respectful of all performers/singers/entertainment at venue by avoiding direct physical contact of any nature with them during performances.

tor. This group provides the right combination of enjoyable and patriotic music to celebrate the 4<sup>th</sup> of July with friends and family. The concert offers wonderful music selections and will be completed before dark so you can view the city of Lincoln's fabulous firework display. Ballroom (OC). Concert 2:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$9.** General admission \$7. Tickets required for all guests including children.

**"World of Webber" Concert**  
Tuesday, July 30 — 5130-05

Celebrate the songs and musicals of Sir Andrew Lloyd Webber through the years with an intimate cabaret-style concert. Musical theater stars Tielle Baker and Kelly Brandeburg, along with the star of the Tony Award-winning "Movin' Out" Kyle Martin, perform a musical revue of Webber classics with musical director Evan Alparone at the piano. Songs will include "Music of the Night" ("The Phantom of the Opera"), "Memory" ("Cats"), "Don't Cry For Me Argentina" ("Evita"), as well as many more selections from hit shows including "Joseph And The Amazing Technicolor Dreamcoat," "Whistle," "Jesus Christ Superstar" and "Sunset Boulevard." Many residents enjoyed Kyle's amazing performance at our Music of JOEL concert this past January. Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$20.** General admission \$18.



**"Have A Little Faith" – Concert with Faith Prince**  
Monday, August 12 — 5112-06

Tony Award winner Faith Prince dazzles audiences as she moves effortlessly between theater, live performance, television and movies. Her latest concert, "Have a Little Faith," is – in her own words - "a smorgasbord, a goulash, a bouillabaisse of Faith Prince: past, present, future." From an opening medley that recalls her memorable Broadway triumphs in *Guys & Dolls*, *The King & I* and *Bells Are Ringing* to tales and

songs from her early career in Off-Broadway gems like *Little Shop Of Horrors* and *Scrambled Feet*. Faith, as hostess of this party, serves it all up with generous dollops of her trademark quirky humor. She has been astounding Broadway audiences since winning the Tony, Drama Desk and Outer Critics Circle Awards for her performance as "Ms. Adelaide" in *Guys & Dolls*. Other Broadway credits include *The Little Mermaid*, *Nick & Nora*, *Little Me*, *The Dead and Noises Off*. Most recently, Faith starred in the national tour of the Broadway hit *Billy Elliott*. Faith currently recurs on Lifetime's hit series "Drop Dead Diva" as Brooke Elliott's mother Elaine. She works often with The Boston Pops, Utah Symphony, Cincinnati Pops and Philly Pops, and recently starred in The Orlando Philharmonic's concert version of *Sweeney Todd*. Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21.** General admission early registration discounted rate June 17-July 14, \$16. After July 14, \$19.



**—Summer Amphitheater Concert Series—**

See the Amphitheater Guidelines on page 45

**Paperback Writer "Beatles Tribute"**

Tuesday, June 25 — 5000-4B

Paperback Writer will take you on an award-winning Beatles experience through the musical years of the world's most successful and popular rock group of all time. Hear the melodic hits from the early years of the Ed Sullivan Show and the Beatles' first full length film, "A Hard Day's Night," performed with "spot on" authenticity. Hit songs will come to life with costumes and flair including: "Magical Mystery Tour," "Penny Lane" and "Strawberry Fields." Doors open at 6:45 PM for a 7:30 PM concert. General admission \$19.



**Reminders**

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 102.

• **Two Lodges:** Orchard Creek (OC) & Kilaga Springs (KS)

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

• **Want to sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

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

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

• **Weather:** Association trips & events are held regardless of inclement weather.

• **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from



**Chicago Tribute Authority****Tuesday, July 9 — 5000-4C**

The music of Chicago defined a generation with their sound and lyrics touching every facet of our lives from emotional relationships to insightful political commentaries on our times. Chicago Tribute Authority respectfully pays their tribute to the only American rock band to chart in the Top 40 in five consecutive decades. Hear songs from the greatest hit-making band of the last 45 years including: "Does Anybody Really Know What Time It Is?," "Saturday in the Park," "Just You 'n' Me." and "Make Me Smile." Doors open at 6:45 PM for a 7:30 PM concert. General admission \$18.

**Jefferson Starship****Friday, July 26 — 5000-4D**

Jefferson Starship is a collaboration of celebrated musicians steeped in the fantastic realms of science fiction and the contemporary American shadow land. "Somebody to Love," "White Rabbit," "Caroline" and "Miracle" are some of the hits that catapulted the group to the top of the Billboards to reign as one of the most artistically and commercially successful rock groups. Founding band members, songwriter/guitarist Paul Kantner and vocalist David Freiberg, both were crucial in developing the renowned "San Francisco Sound" that changed the course of pop music forever. Doors open at 6:45 PM for a 7:30 PM concert. General admission \$21.

**Papa Doo Run Run****Friday, August 23 — 5000-4E**

Legendary California band, Papa Doo Run Run started out touring with surf music icons Jan & Dean before their 1975 Top 40 hit "Be True To Your School" reached No. 1 in California. Papa toured and recorded with the members of the Beach Boys for two decades in the 80's and their ground-breaking CD "California Project" exploded onto the Billboard Hot 100 Chart at no. 17 earning them their second Gold Record and a Grammy Nomination. Hear all the great classic rock hits of the 60's and 70's, with a special emphasis on the band's award-winning re-creation of Beach Boys hits. Their best kept secret... Papa Doo Run Run is who the Beach Boys call when they need someone to fill in with their band. Doors open at 6:45 PM for a 7:30 PM concert. General admission \$20.

**James Garner's "Cash Tribute Show"****Thursday, September 5 — 5000-4F**

The Cash Tribute Show featuring James Garner celebrates the life and music of the legendary 'Man in Black' — Johnny Cash. Garner and his band perform Cash's music and incorporate historical accounts and personal anecdotes about America's most beloved singing storyteller. The show is a fun, toe-tapping trip down memory lane honoring Cash's life and the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. While James is not a Johnny Cash impersonator, he presents songs including "Folsom Prison Blues" and "Ring of Fire" with stunning accuracy and strong conviction. Doors open at 6:15 PM for a 7:00 PM concert. General admission \$16.

*Continued on page 49***Reminders**

wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.

• **Showtime:** For Entertainment, doors open 30 minutes prior to showtime unless noted.

• **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows. Seats located on *stage right (section A)* and *middle front (section B)*.

• **Events that Include a Meal:** Ticket sales for Entertainment that includes a

meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.

• **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For **Entertainment**, 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 OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

• **Hosting a Bus Trip:** Interested in hosting the trip you are on? Please advise the Monitor when you register. We always welcome volunteers to host the trips.

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**The Bronx Wanderers****Friday, September 20 — 5000-04G**

Capture the magic of the '50s and '60s doo-wop and rock and roll era with exceptional vocals and musicianship that only the Bronx Wanderers can deliver. Vocals, keyboard, drums, guitar and saxophone tell you



a story with each tune. Born and raised in the Bronx, New York, it was Rock & Roll Hall of Fame legend Dion DiMucci who worked with the Wanderers lead vocalist before he decided to form a band with his two sons. This group is noted for popular tunes including "Sleep Walk," "In My Room" and a great Frankie Valli medley! Doors open at 6:15 PM for a 7:00 PM concert. General admission \$17.

**—Dances—****Summer Surfin' Dance Party****Friday, August 9 — 5109-06**

Get your beach gear and your Hawaiian shirts and let's party by the pool! The Activities, Fitness and Food & Beverage Departments are joining forces to give you one fabulous summer pool party you will remember! Join friends and neighbors at the OC outdoor pool for dancing, music, beverages, food, beach party games and fun prizes. Dance the night away on the new portable wood dance floor as our guest DJ plays your favorite beach, rock 'n' roll and oldies tunes, requests are accepted. How low can you go with the Limbo? Group and individual beach games including the Limbo, beach ball parachute and beach umbrella count will bring you fun summer prizes and lots of laughs. Singles, couples and groups can enjoy beach themed drinks poolside at the no-host bar. Visit the Grab 'n' Go food station for dinner or a beach snack while you take a break from dancing. Food and drinks sold separately. Fitness Center Outdoor Pool (OC). 6:00-9:00 PM. General admission early registration discounted rate June 17-July 14, \$11. After July 14, \$14.

**—Grandchildren Activities—****Grandkids Camp —****A Day for Grandparents and Their Grandkids****Thursday, August 1**

**Toddler 2-4 yrs. old — 5101-6A1, 5101-6A2, 5101-6A3, 5101-6A4, 5101-6A5 or 5101-6A6**

**Kids 5-12 yrs. old — 5101-6B1, 5101-6B2, 5101-6B3, 5101-6B4, 5101-6B5 or 5101-6B6**

9:30 AM-3:00 PM. Summer fun with your grandchildren is here! The annual Grandkids Camp extravaganza will provide the perfect opportunity to share your



interests, hobbies and Lincoln Hills community life. This year's camp theme "All About Animals" will help your grandchild discover the art, science and fun of different animals based on their age and interests. Everyone will have a fun-filled camp-style day of grandchild/grandparent activities with returning class favorites such as Gardening, Fishing, and Theater! This year's program will also offer new activities: Water Exploration for 2-4 years, Scavenger Hunts and Hip Hop Dance. Classes are arranged by age groups of 2-4 years and 5-12 years. For each registered child, one child and one adult lunch will be provided as part of the camp day activities. Camp schedule with programs and class descriptions available at the Activities Desks (OC/KS) and online. You will be required to select a specific program during registration on a first-come, first-served basis. We recommend selecting a second choice program when reviewing the schedule in case registration is full for your first choice. All activities will be held at OC Lodge. Doors open/Welcome Entertainment 9:30 AM; classes and activities 10:00 AM-3:00 PM. General admission early registration discounted rate June 17-July 14, \$15. After July 14, \$18 per child. Children aged 2-12 years only please. *Important: Each child requires a wristband and must be accompanied by an adult for all activities/classes.* Some classes may have additional requirements and restrictions, please review program for items such as bathing suits, shoes, age limitations and more. Additional adult lunch meals may be purchased for \$6 during registration.

**Day Trips & Extended Travel****Day Trips****—Casino/Racing—****Red Hawk Casino****Tuesday, July 23 — 1942-05**

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

*Continued on page 51*

**Katrina Ferland**  
**Lifestyle Trips Coordinator**  
[katrina.ferland@sclhca.com](mailto:katrina.ferland@sclhca.com)

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### Off to the Races

**Thursday, August 22 — 1846-06**

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ♦♦ 7/15.



### —Fair/Festival—

#### California State Fair

**Monday, July 15 — 1932-05**

The California State Fair is a robust celebration of the State of California, its industries, agriculture and diversity of its people. Every summer, the State Fair is all about *Big Fun*, providing entertainment and education to inspire the young and young at heart! Enjoy the livestock pavilion and county displays, along with the commercial buildings and see what the hawkers have to offer. Leave OC 10:00 AM, return ~ 6:00 PM. \$32 includes Fair entry fee. RSVP ♦♦ Now.



#### Gold Rush Days

**Friday, August 30 — 1822-06**

Find yourself transported back to the days of Gold and Glory, when California was a brand-new state with brand-new ideas. Join in the truly old-time fun in the world of yesterday! More than 200 tons of dirt will pave the streets of Old Sacramento as this annual festival “turns back the clock,” transforming Sacramento’s historic district into a scene straight out of the 1850s. Hundreds of costumed performers take on the roles of celebrities, personalities and just plain folks, bringing history to life while bluegrass pickers and old-time musicians perform on several stages, evoking the vivid tunes of the times. Featuring Dancers, Street Dramas, Wagon Rides, Gold Panning, Period Artifacts, Storytelling, Craft Making, Embarcadero Tent City, Period Musicians, Horse-Drawn Carriages, shoot-outs in the street & much more! For more information <http://sacramentogoldrushdays.com/about/>. We’ll be spending four hours at this festival with lunch on your own. Leave OC at 9:00 AM, return ~ 3:00 PM. \$22. RSVP ♦♦ by 7/15.



### —Food and Wine—

#### Best in the West-Rib Cook-off

**Thursday, August 29 — 1821-06**

Come and enjoy the country’s best rib competition and enjoy the “Best Ribs in the West”! This cooking competition at Victorian Square in Sparks is a must-attend culinary affair. You’ve seen the BBQ cook-offs on the Food Network, now come experience one in person! This event also includes one of the largest arts & crafts fairs in Northern Nevada. Lunch on your own. Trips sell out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$33. RSVP ♦♦ by 7/14.



### —Performances—

#### 2013 Music Circus Series

This year’s Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classical musicals as well as the Music Circus Premiere of the original “Chicago.” All shows will be done “Theatre in the Round.” Please note performance time of 7:30 PM for all shows except “The King and I” which starts at 8:00 PM. \$76 each show. RSVP ♦♦ Now.



#### Wizard of Oz

**Wednesday, June 26 — 4531-03A**

Join Dorothy, Toto, Tin Man, Scarecrow and Cowardly Lion as they band together on an adventure along the Yellow Brick Road to Oz and face the wrath of the Wicked Witch. The production will be true to the movie that has enchanted fans of all ages for decades. *Now open to guests age six and older. Bring your grandchildren!* Leave OC at 6:00 PM, return ~ 11:00 PM.



#### Sugar

**Wednesday, July 24 — Sold Out**

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

#### The King and I

**Thursday, August 8 — 4531-03D**

One of Rodgers and Hammerstein’s most treasured musicals. East meets West, cultures clash and reconcile. A classic tale of passionate but forbidden love, filled with indelible, exhilarating moments featuring a breathtaking score and the songs “Shall We Dance?,” “Getting to Know You,” and “Something Wonderful.” Leave OC at 6:30 PM, return 11:30 PM.



*Continued on page 55*

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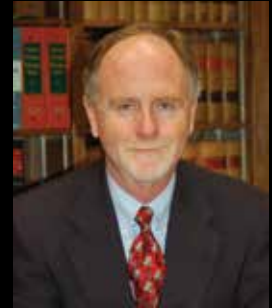


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**Chicago****Wednesday, August 28 — Sold Out**

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

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**\$505 Gold Seating — 4640-05****\$394 Silver Seating — 4630-05****\$284 Bronze Seating — 4660-05****Steve Wozniak****Tuesday, October 1 — A**

Apple co-founder Steve Wozniak is the legendary creative genius who dropped out of college to invent the personal computer, an invention that, for better or worse, has changed all of our lives. Woz's current passion is bringing hands on learning and a focus on creativity to schools, and, through The Electronic Frontier Foundation, protecting free speech, privacy and innovation in the digital age.

**Vice President Al Gore****Tuesday, November 12 — B**

After a long and fruitful political career in Washington, former vice-president Al Gore turned his considerable energy and talents to protecting the environment. His film *An Inconvenient Truth* garnered an Oscar and a Nobel Peace Prize. He now spends most of his time working with The Climate Reality Project, the non-profit company he founded, devoted to removing the doubt about climate change and encouraging people to demand solutions to the climate crisis.

**Admiral Mike Mullen (Retired)****Tuesday, January 7, 2014 — C**

Having commanded three ships and served in Navy leadership positions ashore, Admiral Mullen served as Chairman of the Joint Chiefs under two Presidents, Bush and Obama, from 2007 to 2011. As such, he is familiar with the buildup and the wind down of the wars in Afghanistan and in Iraq, and was privileged to oversee the assassination of Osama bin Laden.



While serving, he expressed his support for ending Clinton's policy of "don't ask don't tell," and he is outspoken about the importance of diplomacy and economics to national security.

**Dr. Andrew Weil****Tuesday, January 21, 2014 — D**

Dr. Weil is a pioneer and internationally recognized expert in the fields of health, wellness, integrative medicine, and the reform of medical education, and the founder, professor and director of the Arizona Center for Integrative Medicine at the University of Arizona. His best-selling books, website, newsletters, PBS specials, and frequent appearances on "Today" and "The Dr. Oz Show" have inspired people to lead healthier and happier lives. His 2009 book *Why Our Health Matters* identifies what is wrong with healthcare in America and offers a realistic vision of how we can achieve optimum health through personal responsibility and a new model of medicine.

**Judy Smith****Tuesday February 18, 2014 — E**

With her unique combination of communication skills, media savvy, and legal and political acumen, Judy Smith is often considered America's #1 crisis management expert. Best known for her crisis management advice to a host of high profile clients including Monica Lewinsky, Smith's resume helped inspire the prime-time hit drama, "Scandal." In her recent book, *Good Self, Bad Self: Transforming Your Worst Qualities Into Your Biggest Assets*, Smith shares her methods for smoothing over a bad situation while providing the tools to prevent similar incidents from ever happening again.

**Ina Garten — Barefoot Contessa****Tuesday, April 1, 2014 — F**

Ina is a self-taught cook who, while working as an analyst in the White House, decided she needed to do something more creative — and went from gourmet food store owner/operator to best-selling cookbook author to her own Food Network TV show. While the food store has closed its doors, Ina continues the tradition of presenting delicious food with style in her new cookbooks, TV shows, and products, all of which reflect her love of entertaining friends and family.

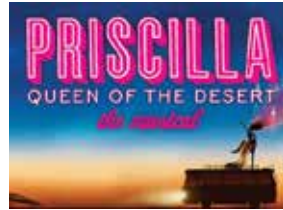
**Broadway Sacramento 2013-2014**

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

*Continued on page 56*

**• Priscilla Queen of the Desert**  
**Tuesday, November 5 — 4530-06A**

This outrageously fun show tells the uplifting story of a trio of friends, on a road trip of a lifetime, who hop aboard a battered old bus searching for love and friendship in the middle of the Australian outback. Adapted from the 1994 film, it's set to well-known pop songs and has a heart-warming message of love, friendship and loyalty. *(The musical contains explicit language and mature situations. Show content includes drag queens, transsexuals, homosexuality and homophobia.)*



**• Buddy — The Buddy Holly Story**  
**Date TBA**

In just three years, Buddy Holly set the music world on fire and forever changed the face of rock and roll. *Buddy* charts his meteoric climb and tragic fall on that fateful day the music died. Based on Buddy Holly's quick rise to fame becoming the world's top recording artist, this musical contains the singer's best well-known hits from the golden days of rock 'n roll. *(The show contains mild profanity. The plane crash that took his life at the age of 22 is only referenced and is not acted out.)*



**• Flashdance the Musical**  
**Tuesday, February 4, 2014 — 4530-06C**

The pop culture phenomenon of "Flashdance" is now live on stage. With electrifying dance as its core, it's the story of a steel mill welder by day and bar dancer by night with dreams of becoming a professional performer. Based on the 1983 film, the musical contains well-known 80s hits and follows the story of a steel mill welder by day and bar dancer by night who aspires to be accepted to a prestigious ballet academy. *(The show contains mature content, including sexy costumes and choreography, and strong language.)*



**• Blue Man Group**  
**Tuesday, March 11, 2014 — 4530-06D**

Blue Man Group will thrill Sacramento with its high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music, and technology. Three blue-painted men create music, art and hilarity in unusual ways in this unique and long-running show. The show uses mostly visuals, music and action, rather than words or a plot. If you've never seen Blue Man Group, it's a must-see. If you're already a fan, you won't want to miss it.



**• Sister Act**  
**Tuesday, April 8, 2014 — 4530-06E**

Broadway's feel-amazing musical comedy smash, the story of a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in a convent. Music by eight-time Oscar® winner Alan Menken and based on the 1992 film.



**• Wicked!**  
**Tuesday, June 3, 2014 — 4530-06F**

Back by popular demand! When it was here last, this cultural phenomenon broke box office records and sold out in record time. Winner of 35 major awards, including a Grammy and three Tony Awards



**—Shopping—**

**San Francisco Saturday Shopping — Westfield Galleria**  
**Saturday, June 29 — 1844-04**

Enjoy the beautiful city by the Bay without the worries of traffic and parking. Relax in the comfort of our motor coach as you go over the Bay Bridge into San Francisco. This is your day to do as you wish. The stop this trip is Westfield Shopping Center downtown. Receive a VIP passport-to-savings booklet with special offers and amenities from retailers and restaurants. You'll also get to enjoy *Corazón Under the Dome*, an animated 3D light spectacular that's a celebration of the heart of San Francisco inside the mall. Showcasing iconic images and set to beloved San Francisco-centric songs, this dazzling new show rocks through the decades and will delight visitors of all ages. Show starts at 5:00 PM during the summer. Arrive around 10:30 AM and depart SF at 6:00 PM. Leave OC at 8:00 AM, return ~ 8:00 PM. \$36. RSVP ♦♦ Now.



**American Craft Council San Francisco Show**  
**Saturday, August 3 — 1784-05**

It's the West Coast show to plan around! With more than 230 of the best contemporary jewelry, clothing, furniture and home décor artists from across the country, come see pure craft at its absolute finest. This show is the largest juried craft show west of the Rockies. With nine shopping categories that include holidays, the great outdoors, upscale, handmade greencraft, local, foodieware, men's department and bride-to-be, you're sure to find something you'll love! Located at the Fort Mason Center Festival Pavilion. Leave OC at 8:00 AM, return ~ 5:00 PM. \$50 (includes admission). RSVP ♦♦ by 6/15.



*Continued on page 58*



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**San Francisco for the Day****Tuesday, August 13 — 1884-06**

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**—Sports & Outdoor Activities—****Rafting on the South Fork American River Rapids!****Thursday, July 18 — 1810-05**

River rafting trip designed for those wanting more excitement! If you have the stamina and strength to paddle for an extended period of time, and are active, athletic and can swim, this trip is well-suited



for you. Difficulty of rivers are rated Class one to six and this trip will be on Class two and three-plus rapids. (If this isn't for you, please see the "float" trip on July 25.) We're going with California River Adventures and after a safety orientation and introduction to your guides, it will be time to lather up the sunscreen, put on our helmets and life vests and board the rafts. We start the first half of this trip on the easier Class two section of the river then stop for a delicious lunch served alongside the river. After lunch, this trip enters into the South Fork Gorge section where the river becomes half as wide and twice as fast ensuring an exhilarating wet and wild ride for all on the thrill of Class three rapids. The rapids include Satan's Cesspool, Upper and Lower Haystacks, Bouncing Rock, Hospital Bar and Recovery Room. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! *Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. It is your responsibility to select a rafting trip that is appropriate for your abilities and physical condition. This is a high-impact trip, it is not recommended for those with back issues. Consult with your doctor about any concerns you may have. Pick up guidelines at Activities Desk.* Leave OC at 8:30 AM, return ~ 6:30 PM. \$134. RSVP ◆◆ by 6/14.

**American River Raft Float & Marshall Gold Park****Thursday, July 25 — 1831-05**

This outing is designed for those not interested, or unable to do the faster river rapids trip. It is an easy float with several

small rapids. Difficulty of rivers are rated Class one to six. This leisurely float is rated Class one to two. (Class one just means fast moving water.) We'll start the morning at Marshall Gold State Historic Park and museum where we will have a docent-led tour to learn about the gold discovery in California by James Marshall. You'll have some free time on your own to peruse the adjacent shops or try your luck at some gold panning. We'll take a short walk to the river and meet our raft guides from California River Adventures and enjoy a nice lunch (included) before we head out on a float of the river down to Lotus. There are very small rapids such as Lotus Ledge and Barking Dog. You'll have plenty of time to take in the beautiful scenery and wildlife. *Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. It is your responsibility to select a rafting trip that is appropriate for your abilities and physical condition. Consult with your doctor about any concerns you may have. Pick up guidelines at Activities Desk.* Leave OC at 8:30 AM, return ~ 5:30 PM. \$92. RSVP ◆◆ by 6/14.

**San Francisco Giants**

The 2012 World Series Champs are back to defend their title! We have five games for you to see the Giants in action. We have added a mid-week day game in August against the Boston Red Sox for an exciting inter-league game. 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 the Lodge at 10:00 AM, return ~ 7:00 PM, except where noted (\*). RSVP ◆◆ Now.



- **Giants vs. Chicago Cubs**  
**Sunday, July 28 — 6360-01B**  
Seats in Lower Box Section 131. \$90
- **Giants vs. Boston Red Sox**  
**Wednesday, August 21 — Sold Out!**  
\* Bus departs 9:45 AM for 12:45 PM game.
- **Giants vs. Arizona Diamondbacks**  
**Sunday, September 8 — 6360-01D**  
Seats in Lower Box Section 131. \$86
- **Giants vs. San Diego Padres**  
**Saturday, September 28 — 6360-01E**  
Seats located in Lower Box Section 135. \$86

**River Cats**

The River Cats are the Oakland A's AAA farm team with up and coming future stars! Enjoy four games at beautiful Raley Field in West Sacramento. Same as last season, seats are located in Senate Box Sections 110 & 111 (in the bowl area directly behind home plate). Games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. \$40 each. RSVP ◆◆ Now.

*Continued on page 61*



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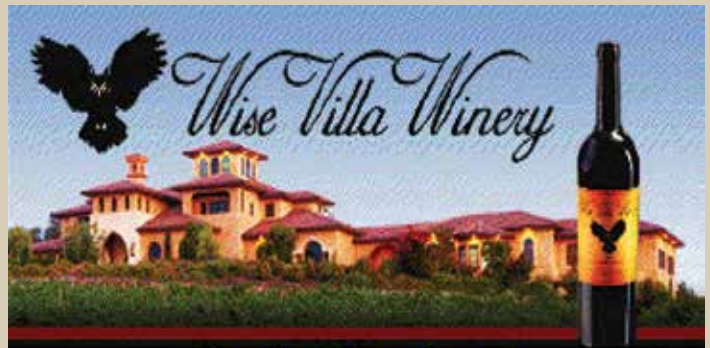
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- **River Cats vs. Fresno Grizzlies**  
Monday, August 26 — 6300-01D

### —Tours—

#### USS Potomac

**Saturday, July 27 — 1832-04**

The “Floating White House,” Franklin Delano Roosevelt’s presidential yacht, has been refurbished and has quite a history from FDR to Elvis and a front for drug smugglers. It is now docked near Jack London Square at the Oakland Pier. We will be taking a special narrated three-hour “Bridges of the Bay” cruise to the Golden Gate, Richmond/San Rafael and Bay Bridges with their unique history, construction and points of interest. Box lunch included (choose onboard). Leave OC at 7:30 AM, return ~ 3:30 PM. \$105. RSVP ♦♦ Now.



#### USS Hornet — Living Ship Day

**Saturday, August 17 — 1834-06**

Join us for an interesting and informative day aboard the USS Hornet, a Registered National Historic Landmark anchored at the former Naval Air Station in Alameda.



We will be visiting on Living Ship day where you can experience an aircraft carrier in action! Witness simulated flight operations as aircraft are lifted to the flight deck and placed into launch position; participate in mission briefings; meet former crew; sit in the cockpit of a fighter jet! Visit the navigation bridge, stand on the flight deck and take a close look at vintage aircraft including an authentic Apollo Capsule. Imagine life on a floating city as you walk through Officers’ Quarters, Crew’s Deck, Medical Spaces, etc. USS Hornet participated in two significant events: World War II and the recovery of the Apollo II manned lunar mission. **Be aware:** Single elevator available to reach Flight Deck. To see other decks, other than the Main Deck with the Museum will require climbing some ladders. Tour will be led by retired military docents providing a personal touch to your experience. Includes a hot lunch in the Officers’ Mess with a food choice between *Meat Loaf* or *Baked Chicken with Mashed Potatoes and Gravy, Mixed Vegetables, Roll, Cookie* and soft drink or water. Leave OC at 8:30 AM, depart the Hornet at 3:00 PM, return ~ 5:30 PM. \$55. RSVP ♦♦ by 7/15.



#### Hornblower Brunch Cruise / America’s Cup Pavilion

**Saturday, September 7 — 1833-06**

Enjoy the excitement of America’s Cup racing with a trip to the America’s Cup Pavilion on the San Francisco waterfront! Start the day with a Champagne Brunch on Hornblower’s “San Fran-

cisco Spirit” and a cruise around San Francisco Bay. The brunch includes a bountiful buffet stocked with classic breakfast dishes, lunch entrees and desserts with bottomless mimosas & champagne. The yacht will be returning at 1:30 PM as the America’s Cup boats are preparing to race. You’ll be transported down the block to The America’s Cup Park at Piers 27/29 on the Embarcadero that is the center of event activities during the 34th America’s Cup in San Francisco. This is where fans will find team bases, interactive exhibits, food and beverage courts, as well as shops featuring their favorite team gear. On race days there are the Dock-In and Dock-Out shows. (*Note: This trip does not include any race viewing tickets.*) Leave OC at 8:00 AM, return ~ 6:00 PM. \$134. RSVP ♦♦ by 7/15.



### Overnight & Extended Travel

#### Overnight Trip: Hot August Nights — Reno

**Tuesday, August 6 to Wednesday, August 7 — 1972-05**

Hot cars and cool nights! Enjoy the first day of Hot August Nights and stay overnight at John Ascuaga’s Nugget in the renovated East Tower. Receive a \$5 slot and \$3 food credit with your key packet upon arrival. The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square along with live bands and a car cruise in the evening. There is also a vendor and craft area. Dinner on your own at Victorian Square or the casino. Breakfast on your own the following morning and then we’re off to the Silver Legacy in downtown Reno where you will get a \$6 gaming and a \$2 food credit. Explore Virginia Street with more specialty car displays and vendors with lunch on your own. Check out the Big Boy’s Toy Store at the Reno Events Center for cool accessories! We’re including a trip to the National Automobile Museum with a private guided tour at the end of our day, and then a relaxing afternoon trip home. *A signed liability waiver is required for each participant.* Leave OC August 6 at 12:00 PM, return August 7 ~ 6:00 PM. \$100 per person double occupancy. \$134 single occupancy. RSVP ♦♦ by 6/15.



#### Date change! Overnight Trip: Fort Bragg/Skunk Train

**Wednesday, August 14 to Thursday, August 15 — 1970-03**

Due to a delay in tunnel repair on the Skunk Train route, we moved the trip to August 14-15. Join us 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’ll stop at Robinson Rancheria in Nice for an included sandwich &



*Continued on page 63*



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soup lunch and some time for gaming. We arrive in Fort Bragg in time to check out Glass Beach and then head downtown for dinner on your own. Stay is at Emerald Dolphin Inn. On Thursday, enjoy a complimentary continental plus breakfast, then head out on the World-Famous Skunk Train for a leisurely trip through the redwoods, with a stop for a BBQ buffet lunch (included) and then on to Willits, where we will meet our bus for the return trip home. Stop at Colusa Casino for gaming and an included buffet dinner on the way home. Both casinos offer gaming credits if you sign up for their rewards card. *A signed liability waiver is required for each participant.* Leave OC at 8:30 AM August 14, return ~ 9:00 PM August 15. Limited space available! \$242 per person double occupancy. \$303 single. RSVP ♦♦ Now.



**Two Nights! Columbia State Park / Sonora Gold Country**  
**Wednesday, September 11**  
**through Friday, September 13 — 1970-06**

Tour central California gold country and visit a living gold rush town featuring the largest single collection of existing gold rush-era structures in the state where you can take a ride in an authentic stagecoach!



Enjoy a leisurely trip on Highway 49 as we stop and visit Sutter Creek and roll through the historic towns of San Andreas and Angel's Camp on our way to Black Oak Casino Resort in Tuolumne. This brand new hotel also offers a 24 lane bowling center and underground arcade for non-gaming fun. Ironstone Winery along with their gardens and heritage museum is a must-see destination and we'll spend some time in the town of Murphy's known as the "Queen of the Sierras" with many



tasting rooms located along Main Street. Trip includes:

- Two-night stay at Black Oak Casino Resort with gaming & food credits good at Black Oak Cafe or The Mill
- Historic Sutter Creek guided tour and lunch on your own
- Ironstone Vineyards for tour, tasting and an included lunch
- Free time and dinner on your own in Murphy's
- Columbia State Historic Park with an included docent-led tour and lunch on your own

Leave OC at 9:00 AM, Wednesday, September 11, return Friday, September 13 ~ 5:00 PM. *(Be aware this trip will be on roads with some winding areas.)* Lot's of walking! We will be at 2,000 foot elevation, be prepared for changing weather. *Signed liability waiver is required for each participant.* \$298 per person double occupancy. \$417 single. RSVP ♦♦ by 7/15.

**Save the Date!**  
**Future Overnight & Multi-day Trips**

Josh Groban — October 6  
 Sun City Snow Trains —  
 Eldorado Casino Holiday Ice Show:  
 December 4-5  
 Eldorado Casino Country Music  
 Artist Tribute Show:  
 January 30-31 & February 6-7, 2014



**Sold Out Trips thru July 20**

**Trip • Date • Departure Time**

- River Cats vs. Tacoma Rainiers, June 17, 5:30 PM
- Big Springs Gardens, June 28, 8:30 AM
- San Francisco Giants vs. Los Angeles Dodgers, July 7, 10:00 AM
- Music Circus "Showboat," July 10, 6:00 PM
- River Cats vs. Fresno Grizzlies, July 11, 5:30 PM

**Activities Department Classes**



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**betty.maxie@slhca.com**

**Art**

**—Oils, Pastels & Acrylics—**

**New! Painting Pastels and Oils with Barry**  
**Mondays, July 1-29 — 105110-06**

9:00-11:30 AM (OC). New Instructor: Barry Jamison. \$65 (five

sessions). Let out that creative soul and learn pastelling and oil painting with Barry Jamison. From start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. **New students:** Ask for supply list at registration. **About the instructor:** Barry has 45 years painting explorations in various media. Studied nationally with a number of pastel & oil painters including our very own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP ♦♦ by 6/24.

*Continued on page 65*



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Juliette T. Robertson, Esq

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## Impressionistic Landscape Painting with Oils or Acrylics

Wednesdays, July 3-31 AM Class — 113110-06

Wednesdays, July 3-31 PM Class — 113120-06

Morning class 9:00-11:30 AM; afternoon class 1:30-4:00 PM, (OC). Instructor: Artist/resident Marilyn Rose. \$65 (five sessions). AM and PM classes are not interchangeable. Classes are for all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class demonstrations, masterwork examples and individual instruction will be used to help students understand various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for a list of suggested supplies for either oil or acrylic painting. **About the instructor:** Marilyn has 20 years experience with plein air and studio landscape painting. For more information visit Marilyn's website address, [www.artistmarilynrose.com](http://www.artistmarilynrose.com). RSVP ♦♦ by 6/26.



## Ceramics

### —Lladro—

### Spanish Oil Painting

Wednesdays, July 3-31 — 206110-06

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 6/26.



### Lladro Workshop

Wednesdays — Ladd3

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

## —Pottery—

### Beginning/Intermediate Ceramics

Tuesdays, July 9-30 — 212110-06

1:00-4:00 PM (OC). Instructor: Mike Daley. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Mike Daley will be substituting for Jim Alvis. He will carry on the class program of basic hand-building and teach wheel throwing techniques. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP ♦♦ by 6/25.

### Advanced Ceramics

Tuesdays, July 9-30 — 212210-06

9:00 AM-12:30 PM (OC). Instructor: Mike Daley. \$54 (four sessions). For self-motivated students/artists with established ceramic skills. Mike's experience and continuing education in Ceramics Arts from workshops nationwide provides him the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 6/25.



### Ceramics — All Levels

Thursdays, July 11-25 — 221110-06

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$42 (three sessions). Open to all skill levels. Class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any project they choose. Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list when you register. RSVP ♦♦ by 6/27.



### Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. \$17 per session. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will

*Continued on page 69*

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be a locker for all “work in progress.” Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities. Registration for drop-in sessions is only available within the hour prior to class start.

## Computer

### —Tablets & Other Devices—

#### Android — 101 Smart Phone and Tablet Wednesday, July 24 — 255110-06

1:00-4:00 PM (OC). Instructor: Len Carniato. \$40 Google’s “Android” is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform “your way.” We’ll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you’ll be able to easily see the “Apps” we’ll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a “Gmail” Account. RSVP ♦♦ by 7/17.



### —Social Media—

#### Facebook 101

Saturdays, June 22 & 29 — 272110-05  
Or Saturdays, July 20 & 27 — 272110-06

9:00-11:00 AM (OC). Instructor: Janet Dixon-Dickens. \$40 (two sessions.) Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ♦♦ by 6/15 or 7/13.



### —Mac—

#### Beginning Macintosh — Level 1 (How to Use Your Macintosh Computer) Thursday, July 18 — 263110-06

1:00-5:00 PM (OC). Instructors: Andy Petro and Henry Sandigo. \$40 (Class material: \$5 payable to instructor). Are you new to the world of Apple computers? If you are, then this class is for you. The only prerequisite for this course is that you have an Apple computer: an iMac, a Mac mini, a Mac Pro, a MacBook

Air, or a MacBook Pro. We will explore the Mac OS X Mountain Lion system and all the items that appear on your computer Desktop including: the Finder, the Dock, the Spotlight, the Notification Center, and Documents and Files. We will review all the connection ports on the Mac. We will also cover keyboard shortcuts and navigation technique for using the mouse and trackpad. There is only room for nine students using the lab’s iMac’s – but, if you have your own MacBook Air or Pro, there is connection space for two, but you must have **OS X Mountain Lion (Version 10.8.2)** installed on your laptop. To sign up using your laptop please contact Henry or Andy to verify your version of OS X or if have any questions about the class. Call Andy Petro at 253-9130 or Henry Sandigo at 434-7792. RSVP ♦♦ by 7/11.

### —PC Operating System—

#### New! Basic Computer Skills Thursdays July 11-August 29 — 231010-05

12:00-2:00 PM (OC). Instructor: Joan Hebert. \$80 (eight sessions). **Prerequisites:** ability to type with at least two fingers. Are you afraid of your PC? Do you want to send emails? Not sure how to begin? These sessions will get you started. Demonstrations, lecture, and lots of practice will get you ready to email your grandkids or ‘friend’ them on Facebook. Topics include *basic:* terminology; cursor movement; Windows skills; Internet searches and applications; email comparisons, use, and attachments; simple security; and simple editing of words and pictures. Joan has been an instructor for 40 years so questions are encouraged. You’ll be ready for more advanced sessions! RSVP ♦♦ by 7/4.



#### Organizing Your Windows Information Files & Folders Thursday, June 20 — 283110-05

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. The average PC user collects many types of information — music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can’t find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun! RSVP ♦♦ Now.



#### Security for Your Windows Computer Friday, June 21 — 284110-05

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. RSVP ♦♦ by 6/15 or 7/13.

*Continued on page 71*

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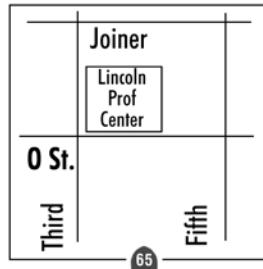
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## —Genealogy—

### Searching Like a Pro

**Monday, June 17 — 283310-04**

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. The introduction of Google in 1999 changed the way researchers searched the web. At the same time, the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class, learn how to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented in this class will be equally applicable to anyone searching the Internet. RSVP ♦♦ by 6/10.



### New! Using Evernote to Become a Better Genealogist Friday, July 26 — 286110-06

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. *Evernote* is a free program that helps you organize and retrieve your genealogy information. Using *Evernote*, you can easily store and retrieve all of your genealogy documents, sound, images, videos, web pages, and more. If you own more than one computer, *Evernote* makes certain that all of your genealogy data is available simultaneously on all your computers. Further, your genealogy data is available to any web browser at all times and on any Computer — Windows, Macintosh, Blackberry, Android, iPhones, and the like. *Evernote* also makes backups of your genealogy data in the cloud for security purposes. It even has an option to encrypt your sensitive information. Storage is free for up to one gigabyte of new data added each month. Instructor will demonstrate how you can easily access all of your genealogy information from anywhere at any time. RSVP ♦♦ by 7/10.

### Genealogy Apps for your Windows 8 Computer Thursday, July 25 — 287110-06

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. Bob will share with you many of the great genealogy apps he has discovered since Windows 8 was released in the fall of 2012. Interestingly, these apps are not all expressly for doing genealogy. These apps will allow you to track your trees, manage time,

digitize documents, search websites, and more. The majority of the genealogy apps are free and many will work on your tablet computer or smart phone as well. After downloading and installing your genealogy apps, you will learn how to organize the tiles for these apps on the Windows 8 start screen in order to optimize your genealogy work flow. Arranging your genealogy tiles into organized groups that make sense to you is the key to productively using Windows 8 for your genealogy efforts. **Prerequisite:** Familiarity to Windows 8. RSVP ♦♦ by 7/18.

## Crafts

### —Card Making—

#### Intro to Card Making 101

**Tuesdays, July 2-23 — 317110-06**

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$32 (four sessions). Have you ever wanted to make a card but you weren't sure how to get started? This beginners' class will be a fun three hours of learning how to make greeting cards along with a cute box. Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 7/2.



#### Card Making Level 2

**Mondays, July 1-22 — 317210-06**

**Or Fridays, July 5-26 — 317220-06**

9:00 AM-12:00 PM (KS), Friday class 9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$38 each (four sessions). **Prerequisite:** Completion of Intro to Card Making 101, or instructor's approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided. RSVP ♦♦ by 7/2 or 6/28.



## Origami

#### Variety of Origami Boxes

**Monday, July 8-29 — 152110-05**

1:00-3:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions). Everyone who has been intrigued with origami will find new delight with "Unit Origami," which is the art of folding paper so that it fits together to make another object — in this class, boxes. Origami boxes are fun to make. By just folding pieces of paper and joining them together, we can make many beautiful boxes, but it requires some patience. Step-by-step drawing shows exactly how to make each fold and crease to create the handsome boxes. Illustration will be provided in the handout. Paper will be provided for all beginners. Continuing students are required to bring a



*Continued on page 72*

book *Origami Boxes* by Tomoko Fuse. See display window (OC) for project sample. Bring different colors papers (6x6", 8x8", and 12x12"), pencil, scissors, ruler and glue. RSVP ♦♦ by 7/1.

—Painting on Glass—

**Painting on Wine Glasses**  
**Thursday, June 27 — 302010-05**

1:00-3:30 PM (OC). Instructor: Laura Healey. \$20. (\$5 for supplies payable to instructor.) This is a fun learning experience for the novice or advanced artist. Paint on glasses using fabric, stencils, dabbers, paint-brushes and dishwasher-safe paint and Learn to make your own stencils for this craft. Each student brings home a glass to bake and paint to make dishwasher-safe. Fee includes wine glass and stencils to take home. RSVP ♦♦ by 6/20.



**Dance**

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

**Just Try It!**

**Free Dance Demos/Workshops in July**

Have you been wanting to try a dance class but not sure if it is for you? Our dance instructors will be demonstrating their classes in July for *free*. See the schedule below and save the date! Current dance students are welcome to join the demo with a friend who has not taken the class before. Description of each class can be found under the class list.

- July 1: 10:00-11:00 AM, Intro to Line Dance — 370119-06**  
Instructor: Yvonne Krause-Schenck
- July 2: 10:00-11:00 AM, Beginning Clogging — 332119-06**  
Instructor: Janice Hanzel
- July 8: 11:00 AM-12:00 PM, Hula — 390119-06**  
Instructor: Pam Akina
- July 9: 9:00-10:30 AM, Country Two-Step — 345119-06**  
Instructor: Jim Sekelsky
- July 15: 11:00 AM-12:00 PM, Tap for Fun with Judy — 420119-06**  
Instructor: Judy Young
- July 15: 12:00-1:00 PM, Intro to Line Dance — 360019-06**  
Instructor: Audrey Fish
- July 16: 10:00-11:00 AM, Beginning Line Dance — 380219-06**  
Instructor: Sandy Gardetto
- July 18: 11:00 AM-12:00 PM, Jazz — 353119-06**  
Instructor: Melanie Greenwood
- July 22: 10:00-11:00 AM, Country Couples — 344019-06**  
Instructors: Jim & Jeanie Keener
- July 22: 11:00 AM-12:00 PM, Beginning Tap with Alyson — 410119-06**  
Instructor: Alyson Meador
- July 29: 11:30 AM-1:00 PM, American Tango — 4301019-06**  
Instructor Morgan Heller

—Clogging—

**Beginning Clogging**  
**Tuesdays, July 2-30 — 332110-06**

10:00-11:00 AM (KS). Instructor: Janice Hanzel. \$25 (five sessions). Open to new and returning students and those who want to have fun at an easy pace. Class introduces and moves through the eight basic traditional clogging movements: *Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel* at a relaxed pace. We'll learn fun clogging dances with basic clogging steps like *Push Off, Triple, Rock Back, Triple Kick, Basic, Clogover Vine, Joey, Brush and Turn* to name a few. Bluegrass to Big Band, Gospel to Contemporary Pop will round out music choices. Join Janice, a certified clogging instructor with over 30 years of teaching experience, in the noisiest of American Folk Dances. Special attention to balance skills is part of the lessons. So whether you want to *sit and dance, dance with your hands, or clog with your feet*, come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 6/25. **Free Dance Demo on July 2 at 10:00 AM.**



**Step Review through Intermediate Clogging**  
**Tuesdays, July 2-30 — 332210-06**

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 6/25.

**Performance and Technique Clogging**  
**Tuesdays, July 2-30 — 332310-06**

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$25 (five sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take "Step Review through Intermediate Level Clogging." Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 6/25.

—Country Couples Western Dance—

**Country Couples Western Dance**  
**Beginner Level One & Two**  
**Mondays, July 8-29 — 344210-06**

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

*Continued on page 74*



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country being the most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 7/1.

**Country Couples Western Dance  
Intermediate Level Three & Four  
Mondays, July 8-29 — 344410-06**

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Classes are taught at a pace consistent with difficulty and length of dance. The dances for this session will be "Mexican Wind" and "Wanderer." RSVP ♦♦ by 7/1. **Free Dance Demo on July 22 at 10:00 AM.**



**New! Beginner Country Two-Step  
Wednesday, July 10-31 — 345110-06**

6:00-7:00 PM (KS). Instructor: Jim Sekelsky. \$20 (four sessions). The class you have been waiting for is here! Two-step is a popular dance performed to Country Western music requiring a repeated step sequence to a four beats per bar country tune. The two-step dance consists of two quick steps followed by two slow steps, or vice-versa. You can dance the two-step to either up-tempo or slow country and western music. Jim will cover the basic moves for the two-step. As a beginner, you may want to start with slower music until you master the dance sequence, and then try out your two-step with a faster beat. Note that this is *partner dancing*. RSVP ♦♦ by 7/1. **Free Dance Demo on July 9 at 9:00 AM.**

**Dancing with Dolly  
Jazz/Musical Theater**

**Wednesday, July 3-31 — 353551-06**

3:45-4:45 PM (OC Fitness). Instructor: Dolly Schumacher James. \$40. (five sessions). Master teacher Dolly Schumacher James has returned to teach her popular dance classes, designed especially for our residents. Ms. James is a renowned choreographer whose students have starred in Musical Theater on Broadway, and around the world. Her dances have earned International awards, with students appearing on "So You Think You Can Dance" TV series, and Gregory Hines "Tap" and "Dancin'" promotions. This fun-filled class is a unique combination of classic jazz movement, novelty dance, and the countless variety of musical theater styles. Using music from the 20's up to today's popular tunes, students will increase their musicality, rhythm, body awareness, strength and flexibility. No prior experience necessary! Be prepared



to have fun in this exciting dance class where each week there's something new! RSVP ♦♦ by 6/26.

**Ballet/Lyrical**

**Thursdays, July 11-25 — 353561-06**

3:45-4:45 PM (OC Fitness). Instructor: Dolly Schumacher James. \$24 (three sessions). "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body? — feeling free. Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, dancers will learn to express themselves through movement. Both dances develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soar! RSVP ♦♦ by 7/4.

**Performance Dance**

**Friday, July 5-26 — 353571-06**

2:30-4:00 PM (OC Fitness). Instructor: Dolly Schumacher James. \$49 (four sessions). This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, & Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 6/28.

**—Hula—**

**Beginning Hula**

**Thursdays, July 11-25 — 390110-06**

12:00-1:00 PM (KS). Instructor: Pam Akina. \$24 (three sessions). For new or less experienced hula students. Learn the beautiful art form of hula from the Hawaiian Islands using the basic steps *kaholo*, *ka`o*, *hela*, and *ami*, you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 7/4. **Free Dance Demo on July 8 at 11:00 AM.**



**Intermediate/Advanced Hula**

**Thursdays, July 11-25 — 390210-06**

1:15-2:15 PM (KS). Instructor: Pam Akina. \$24 (three sessions). Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval **required** for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 7/4.

*Continued on page 77*



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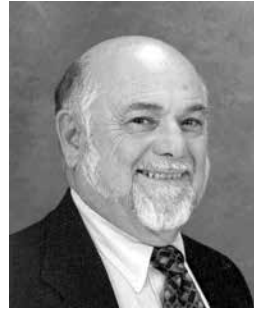


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## —Jazz—

**Jazz Technique****Saturdays, July 6-27 — 353110-06****Or Tuesdays, July 2-30 — 353120-06**

Saturdays 3:00-4:00 PM, Aerobics Room (OC), \$32 (four sessions) **or** Tuesdays 1:00-2:00 PM (KS), \$40 (five sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Enjoy learning different styles of jazz emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 6/29 or 6/27. **Free Dance Demo on July 18 at 11:00 AM.**



## —Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.

**Intro to Line Dance**

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. Although students register on a month-to-month basis, Intro Classes will be offered as an eight-week session. Every month, a new eight-week Intro class will start, either on Thursday at 4:30 PM with Yvonne or Monday at 6:00 PM with Audrey. Class listing indicates which session is open to new students.

- **Mondays, July 8-29 — 360010-06**  
6:00-7:00 PM except July 15, 4:00-5:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). This is the continuation of an eight week session. **Closed** to new students. RSVP ♦♦ by 7/1. **Free Dance Demo on July 15 at 12:00 PM.**
- **Thursdays, July 11-25 — 370010-06**  
4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$18 (three sessions). This starts a continuation of an eight-week session. It will allow students to learn additional steps to prepare for the next level of dance. **Open** to new students. **Free Dance Demo on July 1 at 10:00 AM.** RSVP ♦♦ by 7/4.

**Line Dance Demo/Workshop with Sandy****Wednesday, July 24 — 380229-06**

5:00-6:00 PM (KS). Instructor: Sandy Gardetto. *Free.* See for yourself what line dancing is all about. Everyone is welcome. Come join us in this fun workshop and learn simple line dance steps. Great little dances to fun music. Sandy has been teaching at Sun City Lincoln Hills for ten years. Come and meet her and see what she can do for you. Bring your friends for more fun!

**Line Dance I Beginner**

Class reviews fundamentals of line dance, including basic steps such as *Grapevine*, *Jazz Box*, *Shuffle Quarter* and *Half Turns* at a slow tempo. Not for newbies, students must be familiar with line dance terminology.

- **Mondays, July 8-29 — 370110-06**  
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). RSVP ♦♦ by 7/1.
- **Mondays, July 8-29 — 370120-06**  
6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). **Note:** class was formerly called “Beginners Plus with Yvonne” and continues to be a transition class between beginner and beginner/intermediate. RSVP ♦♦ by 7/1.
- **Thursdays, July 11-25 — 360110-06**  
2:30-3:30 PM (KS). Instructor: Audrey Fish. \$18 (three sessions). RSVP ♦♦ by 7/4.

**Line Dance II — Beginner / Intermediate**

**Prerequisite:** Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include *full turns*, *three quarter turns*, *sailor steps*, *syncopated vines*, etc.



- **Mondays, July 8-29 — 360210-06**  
5:00-6:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 7/1.
- **Wednesdays, July 3-31 — 380210-06**  
9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five sessions). RSVP ♦♦ by 6/26.
- **Thursdays, July 11-25 — 370210-06**  
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$18 (three sessions). RSVP ♦♦ by 7/4.

**Line Dance III — Intermediate**

Steps 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. 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. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, July 3-31 — 380310-06**  
10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five sessions). RSVP ♦♦ by 6/26.
- **Thursdays, July 11-25 — 360310-06**  
3:30-4:30 PM (KS). Instructor: Audrey Fish. \$18 (three sessions). RSVP ♦♦ by 7/4.

**Line Dance Instructors**

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills

*Continued on page 79*

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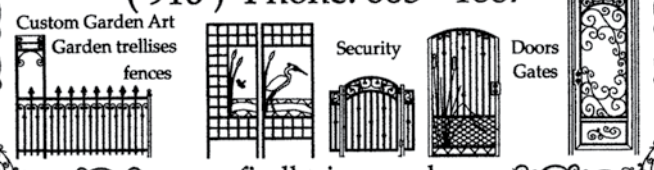
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in September 2000. She has an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance, both from California State University, Sacramento. For her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," Audrey used our residents as subjects and her study showed a significant improvement in balance after completing an eight-week line dancing intervention. She also works as a Personal Trainer and Fitness Instructor at Sun City Roseville. She thinks she has the best job in the world for it allows her to teach, inspire, and enrich the lives of seniors and provide both physical and mental exercise daily.



• **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. At the age of eight, Sandy started dance instruction in Tap, Jazz, Ballet, and Ballroom including Baton Twirling. She was a competitive roller skater since age 16, receiving the highest award in Artist Roller Skating. She competed for 10 years, in the Regional and the National Roller Skating Championships, and won a national placement medal in Masters Dance among others. She transferred her dedication to Line Dancing when she moved to Sun City Roseville in 1997. Sandy teaches in workshops in California and Hawaii, and has taken groups of line dancers on cruises.



• **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. Born to musical parents, Yvonne gets her inspiration for choreography when she hears a great song whether it's an old classic, a country song or any song that has a good beat. Her feet start moving and the wheels start turning as she imagines the dance coming together. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tango —

**Argentine Tango Beginning**  
Thursdays, July 11-25 — 431010-06

6:00-7:00 PM (KS). Instructor: Morgan Heller. \$30 (three sessions). This class is for the person with no Argentine tango experience at all and focuses on posture, axis, and the fundamentals of walking, embrace and basic figures. Morgan has a long career in dance that includes over 25 years with ballet companies from the SF Bay area to NYC, New England to Nevada. In Nevada he also worked in casino shows and traveled the country with cabaret shows from Alaska to Florida



and many points between. He discovered the Argentine tango about 15 years ago and now loves sharing his experience and love of dance. RSVP ♦♦ by 7/4. **Free Dance Demo on July 29 at 11:30 AM.**

—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. *Regular Technique and Performance classes will take a break in July and resume in August.*



**Tech and Fun Routine Class**

**Friday July 5-26 — 411009-06**

11:30 AM-1:00 PM (KS). Instructor: Alyson Meador. \$38 (four sessions). The only class taught by Alyson in July. This one-and-a-half-hour class will focus on technique and themed choreography. It will offer 45 minutes technique and 45 minutes routine with a short water break in between. Look forward to seeing all those tappers who want to stay in shape in the month of July. Class size is limited so sign up early! **Free Dance Demo on July 22 at 11:00 AM.** RSVP ♦♦ by 6/28.

**Tap for Fun with Judy**

Judy's tap classes are meant for fun and students will not be having any stage performances. Judy was raised in a dancing family. Her mentor was her mother who had many studios in New York. She has been dancing, teaching and choreographing for many years. **Free Dance Demo on July 15 at 11:00 AM.**



• **Mondays, July 1-29 — 420110-06**

4:45-5:45 PM (KS). Instructor: Judy Young. \$30 (five sessions). From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 6/24.

• **Fridays, July 5-26 — 420120-06**

1:00-2:00 PM (KS). Instructor: Judy Young. \$24 (four sessions). Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time, RSVP ♦♦ by 6/28.

—West Coast Swing—

*Class description of each class has been updated. Please read each class description before enrolling. Questions?*

*Please contact Dottie at 543-6005.*

*Continued on page 81*

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All classes will be taking a **hiatus in of July**. West Coast Swing will return in August except for Introduction to West Coast Swing. The introduction class will have a new format and will be offered in September and November.

**New Format! Introduction to West Coast Swing**  
**Wednesdays, September 4-25 — 318110-06**

8:00-9:00 PM (KS). Instructor: Dottie 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. Join this fun and very social dance class. RSVP ♦♦ by 8/28.

**Intermediate I and II West Coast Swing**  
**Wednesdays, August 7-28 — 318210-06**

7:00-8:00 PM (KS). Instructor: Dottie 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 have instructor’s approval. RSVP ♦♦ by 7/31.



**Intermediate/Advanced West Coast Swing**  
**Wednesdays, August 7-28 — 318310-06**

6:00-7:00 PM (KS). Instructor: Dottie 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 “Intermediate I and II Levels of West Coast Swing,” and/or have instructor’s approval. RSVP ♦♦ by 7/31.

**Driver Training**

**AARP Driver Safety Refresher Training**  
**Saturday, July 13 — 481010-06**

9:00 AM- 1:30 PM (OC). Instructor Paul Jessen. AARP members \$22; Non-members \$24. Fee includes a \$10 Association administrative fee. This half-day refresher course is available to past attendees of the eight-hour AARP Driver Safety Training. It is geared to the “over 50” driver, and covers how to adjust our driving to age related changes in our bodies, as well as common sense ways to drive more safely. The course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited. RSVP ♦♦ by 7/6.



**Gem Stone Cutting**

**Gem and Jewelry Open Workshop**

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the “Intro to Gem Cutting,” “Lost Wax Casting” or “Jewelry Fabrication” classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.



**Glass Art**

**Fusing Glass and Stained Glass Workshop**  
**Monday, July 8 — GLASS**

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12. Workshop is held once a month; *for experienced students only*. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



**Music**

**—Guitar—**

**Guitar I — Beginner Level**  
**Wednesdays, July 3-31 — 535110-06**

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$44 (five sessions). **This session is open to new students.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn’t played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 6/26.



*Continued on page 83*

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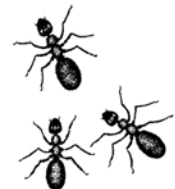
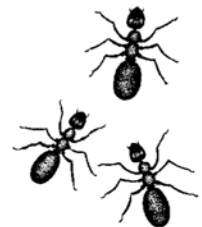
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**Guitar II — Guitar Intro Continuation****Wednesday, July 3-31 — 535210-06**

10:15 AM-12:15 PM (KS). Instructor: Bill Sveglini. \$44 (five sessions). Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 6/26.

**Guitar III — Intermediate****Thursdays, July 11-25 — 535310-06**

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$27 (three sessions). This class continues the course of study in Guitar II. 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 7/4.

**Guitar IV — Advanced****Thursdays, July 11- 25 — 535410-06**

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$27 (three sessions). **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 7/4.

**—Voice—****Beginner Singers Vocal Boot Camp****Friday, July 5-26 — 536110-06**

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). This is a continuing class. **This session is open to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill before enrolling: 899-8383. RSVP ♦♦ by 6/28.

**Singer Vocal Boot Camp Continuation****Fridays, July 5-26 — 536210-06**

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$35 (four ses-

sions). **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 6/28.

**Sewing****Bernina Serger Certification****Monday, July 8 — 591110-06**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ♦♦ by 7/1.

**Bernina Sewing Machine Certification****Monday, July 8 — 592110-06**

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13 (class cost includes a sewing starter kit with bobbins and needles). Please bring your own scissors to class. RSVP ♦♦ by 7/1.

**Janome Sewing Machine Certification****Monday, July 8 — 593110-06**

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 7/1.

**Quilting II****Mondays, July 15 & 22 — 594110-05**

10:00 AM-12:00 PM (OC). Instructor: Sylvia Feldman \$60 (two sessions). Learn how to measure and sew a 1/4" seam; square up your fabrics; bind and machine quilt; piece your project and sew a binding on the finished project. Learn to cut on the bias to make binding and do perfect mitered corners for your projects. Please bring to class the following items: scissors, pins, ruler, sewing thread. Pattern and supply list for this project will be provided upon sign up. If you have any questions, please contact Sylvia Feldman, 543-3403. RSVP ♦♦ by 7/8.

*Continued on page 85*



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### Indoor Nordixx Pole Walking

Thursday, Tuesday, Thursday, July 18, 23, 25 — 750000-06

9:00-10:00 AM, Indoor Walking Track (OC). Meet in the OC Fitness Center. \$45 (three sessions). Instructor: Dr. Richard Del Balso. Just 30 minutes of Nordic Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. Dr. Richard Del Balso recently retired from a 35-year chiropractic career and is a certified strength and conditioning specialist. This fitness activity will aid in maintaining upright posture, reduce compression on low back and knee joints, and burn up to 46% more calories while enjoying a low-impact weight-bearing exercise that everybody can do to help strengthen bones. He currently teaches classes for the Auburn Recreation District. Register: Fitness Desks or online. RSVP ♦♦ by 7/11.

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#### Change! Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays

11:30 AM-12:15 PM (OC). \$4 per class. Instructors: Cathy Keller

and Tami Fields. This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter you can't miss with this class! Purchase a *Disease Prevention & Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

#### New! Arthritis Foundation Land Class L1-L2

Tuesdays and Thursdays

3:35-4:20 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or for those wanting to prevent arthritis. This class uses range of motion, endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. This instructor has been specializing in senior fitness and arthritis programs for over 13 years. Come prepared to improve your body, balance and most importantly have fun! Purchase a *Disease Prevention and Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

#### New! The Art of Moving

Fridays.

2:00-3:00 PM, Aerobics Room (KS). \$4 per class. Instructor: Renee Neal. This is an adaptive movement course, designed to provide basic functional movement ability as the result of injury or disease. It is also for caretakers or participants with a future concern for needing these skills. Included will be stretching and strengthening movements relative to the required skills, as well as balance and body awareness training to help prevent falls and injuries. Skills are tailored to the individual's needs. Purchase a *Disease Prevention and Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

#### Alternative Methods to Manage Osteoporosis

Tuesday, June 25 — 879201-05

9:00-10:00 AM, Multimedia Room (OC). \$5. Instructor: Eve Webber, BS, CSCS. Eve has over 17 years experience working with 55+ year-old adults. This class will go into depth about alternative therapies such as nutrition and supplementation. Various exercises to help slow and prevent Osteoporosis and Osteopenia will be demonstrated and handouts to use as a reference will be provided. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 6/18.

#### Arthritis Class L1-L2

Wednesdays, July 10-31 — 805000-06

Fridays, July 12-August 2 — 801000-06

Wednesdays 12:10-12:55 PM, Fridays

12:00-12:45 PM, Aerobics Room (OC).

\$28 (four sessions). Instructor: Lin Hunt-



Continued on page 87

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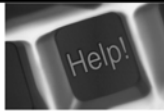
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er. This class is great for those with arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near-normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP ♦♦ by 6/26.

### Arthritis Class L2

**Tuesdays, July 9-30 — 803000-06**

**Thursdays, July 11-August 1 — 803100-06**

11:15 AM-12:15 PM, Aerobics Room (OC). \$30 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve flexibility, and strengthen core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. This class is an extension of L1 with an additional 15 minutes of cardio and strength. Register: Fitness Desks or online. RSVP ♦♦ by 6/25.

### —Group Exercise—

*A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers or on the website under Fitness Centers. Purchase a Group Exercise Punch Pass for these classes. \$2.75 per class.*

### —Lessons—

### Masters Swim Class

**Mondays & Wednesdays, July 1-24 — 780200-06**

12:00-1:00 PM, Indoor Pool (KS). Cost: \$75 (eight sessions) plus optional one time US Masters Registration of \$48 paid to instructor. Instructor: Joan Marenger. Masters Swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. Masters Swimming is a great way for everyone to get in strength training and cardio exercise while having fun learning the proper biomechanics of all swim strokes: Freestyle, Breaststroke, Backstroke and Butterfly. All levels are welcome! Register: Fitness Desks or online. RSVP ♦♦ by 7/24.

### Pro Tennis Lessons

**Sundays, June 30-August 4**

**Beginner 8:00 AM — 790700-06**

**Intermediate 9:00 AM — 790600-06**

**Advanced 10:00 AM — 790500-06**

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: basics of forehand, backhand, and serves. Proper doubles strategies are



also covered. Register: Fitness Desks or online. RSVP ♦♦ by 6/25.

### —Mind & Body Connection—

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### Mind & Body Punch Card Classes

#### Pilates Fit L2

Thursdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Domine Trosky. The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates fit. Based on original Pilates exercises. You will feel the benefits after your first workout and keep them for a lifetime. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

#### Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Lola Lundquist. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.



#### Piloga Flow L2

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Joanie Martin. Piloga Flow is a unique non-impact class which combines Pilates and Yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ah-hhh! Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

#### Rise and Shine Yoga L2

Saturdays 7:00-8:00 AM. Aerobic Room (KS). \$3.50 per class. Instructor: Ashley Freeman. Get up and get energized with a slow flow style of Hatha Yoga that will lengthen and strengthen muscles throughout your entire body. Flowing sequences and static holds that include standing and seated postures.

*Continued on page 90*

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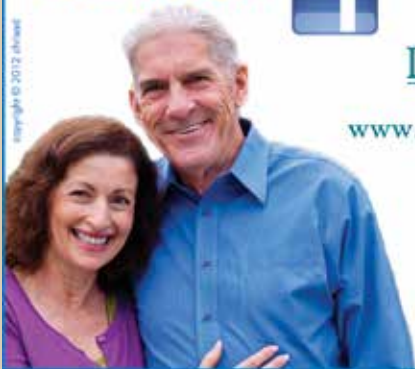
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### Yoga Basics L1

Saturdays, 9:00-10:00 AM. Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Come learn the fundamentals of Yoga. This class is designed for those with just a little Yoga experience. Improve balance and muscular strength. The small stability ball will be introduced to emphasize stabilization of the core. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

### Yoga Flow L2

Tuesdays & Thursdays, 10:00-11:00 AM, Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Designed using the relaxing and powerful techniques of Yoga to tone, strengthen, improve balance, and increased flexibility. These exercises can reduce the risk of injury and help with chronic pain. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

### Aqua Yoga L1

**Mondays, July 1-29 — 832001-06**

12:30-1:30 PM, Indoor Pool (OC). \$40 (five sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance, while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 6/24.

### Evening Hatha Yoga L2

**Tuesdays, July 2-30 — 711000-06**

6:30-7:45 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: Susan Hayes. Its summertime, and the evenings are bright and mild enough to try an early evening yoga class that will give you increased energy, improve your flexibility, balance, and strength, all while reducing stress. Everyone is welcome to this fun-filled, informative class, although it is L2 so it's challenging! Register: Fitness Desks or online. RSVP ♦♦ by 6/25.

### Evening Yoga and Meditation L1

**Thursdays, July 11-25 — 711100-06**

6:00-7:30 PM, Aerobics Room (KS). \$33 (three sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and a brief medita-

tion. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ♦♦ by 6/27.

### Meditation L1

**Saturdays, July 6-27 — 712400-06**

12:00-1:15 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Have you always wanted to meditate? Has your doctor (or best friend) told you that you need to meditate? Have you tried to meditate, and thought that you failed? This four-week meditation class is for you! We will discuss the reasons for and effects of meditation, the various ways to meditate, and simple techniques to help you "get there." Register: Fitness Centers/online. RSVP ♦♦ by 06/29.

### Extra Gentle Yoga L1

**Tuesdays, July 9- August 13 — 710000-06**

**Thursdays, July 11 - August 15 — 710012-06**

12:45-1:45 PM, Aerobics Room (OC). \$66 (six sessions). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. *We use a chair for about half of the class.* The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 6/25.



### Tai Chi L1

**Tuesdays, July 2-30 — 730100-06**

**Saturdays, July 6-27 — 730200-06**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Tuesdays \$50 (five sessions); Saturday \$40 (four sessions). 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 brings about harmony of spirit and mind, known as the moving meditation. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP ♦♦ by 6/25.



### Tai Chi Intermediate L2

**Tuesdays, July 2-30 — 730300-06**

2:45-3:45 PM, Aerobics Room (KS). \$50 (five sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis

*Continued on page 93*





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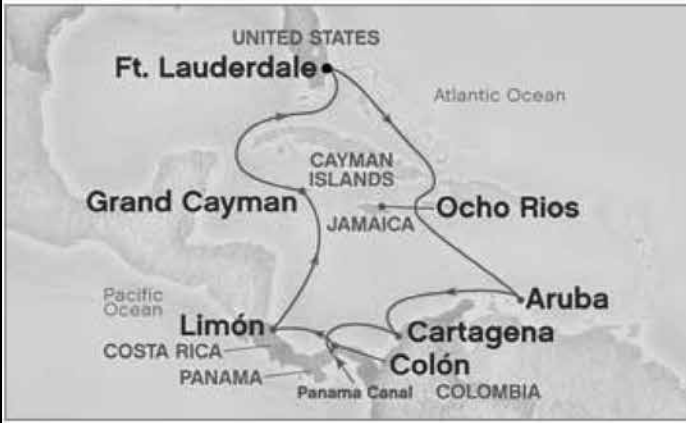
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### Traditional Hatha Yoga L2

**Tuesdays, July 9-August 13 — 710100-06**

**Thursdays, July 11-August 15 — 710120-06**

2:00-3:30 PM, Aerobics Room (OC). \$66 (six sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 6/25.

### Yoga for Osteoporosis L1

**Fridays, July 5-26 — 710200-06**

5:30-6:45 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Exercise cannot replace bone that has already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice weight training, balancing and deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 6/28.



### New! Mind Training for Sleep

**Wednesday, July 24 — 879102-06**

**Saturday, July 27 — 879000-06**

Wednesday 10:00-11:30 AM: Gables (OC). Saturday 11:15 AM-12:45 PM, Aerobics Room (OC). \$15. Instructor: Iram Khan. Iram is an iRest® instructor and a registered yoga teacher. Iram loves to teach *mind training for sleep* classes to people who are suffering from insomnia, anxiety and stress. She believes that if we can unwind our mind, we can heal our body. Mind training for sleep is a guided meditation. It's a process that is designed to help people to relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress and a host of other things that we experience as human beings. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience is needed for the mind training for sleep class. All you need to do is come with an open mind and follow directions. You cannot do this wrong.

This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness & guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you choose to practice the class lying down on a yoga mat on the floor. Register: Fitness/Activities Desk or online. RSVP ♦♦ by 7/17.

### —Money Matters—

*Classes that encourage a healthy state of well-being while preparing financially for the future.*

### How to Buy Stocks

**Tuesday, June 25 — 870000-05**

10:30 AM-12:00 PM, P-Hall (KS). \$10. Instructor: Russ Abbott. This is a longtime favorite class in Lincoln Hills where we talk about stocks, how to buy them, how to value them, and how to buy and sell them at hopefully a profit. How can any stock be a good buy at \$700 per share, where do I get educated on stocks, and why should I even be in stocks in the first place? These questions and many more will be addressed in this class. Register: Fitness/Activities Desk or online. RSVP ♦♦ by 6/18.



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6:00-7:30 PM, Aerobics Room (OC). \$60 (five sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to young children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 6/25.



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*For a complete listing and contact information please check the Fitness Centers or website under Fitness.*

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**Two-on-One Training:** Two clients and one trainer

*Continued on page 95*

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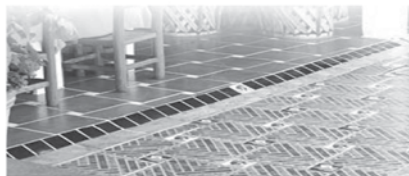
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**New! SGT — Beginner TRX Express L1**  
**Mondays & Wednesdays, July 8-31 — 835210-A6**  
**August 5-28 — 835210-A7**

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Curious about small group training? This class teaches the basic moves of the TRX with sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe/effective workout. Register: Fitness Desk or online. RSVP by ♦♦ 7/1 or 7/29.



**SGT — Bootcamp L2**

**Tuesdays & Thursdays AM, July 30-August 27 — 835300-A7**  
**Mondays & Wednesdays AM, July 8-31 — 835300-B6**  
**August 5-September 4 — 835300-B7**

AM times: 6:15-7:15 AM; PM times: 4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions, no classes August 7, 8, 9 & September 2). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP ♦♦ by 6/20 or 7/18.

**SGT — Bootcamp L3**

**Mondays & Wednesdays, June 26-July 22 — 835400-A6**  
**July 24-August 21 — 835400-A7**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions no class August 7). 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 both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class, no worries, you can make it up in the other session offered. Talk with the instructor for more details! Register: Fitness Desks or online. RSVP ♦♦ by 6/19 or 7/17.



**SGT — Circuit Express L1**

**Mondays & Wednesdays, July 8-31 — 835200-A6**  
**August 5-28 — 835200-A7**

5:00-5:30 PM, Fitness Floor (OC). \$70 (eight sessions). Instructor: Julia Roper. 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. Register: Fitness Desks or online. RSVP ♦♦ by 7/1 or 8/12.

**SGT — First Steps to Fitness L1**

**Mondays & Wednesdays, June 26-July 22 — 835500-A6**  
**July 24-August 21 — 835500-A7**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions no class August 7). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why "First Steps to Fitness" is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility, and more. Register: Fitness Desks or online. RSVP ♦♦ by 6/19 or 7/17.

**SGT — "Fun"ctional Fitness L2**

**Tuesdays & Thursdays, June 27-July 30 — 835600-A6**  
**August 1-27 — 835600-A7**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions: no class July 4 or 25). Instructor: Deanne Griffin. A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ♦♦ by 6/21 or 7/25.

**New! SGT — H2O Bootcamp L2**

**Mondays & Wednesdays, July 1-24 — 835420-A6**

4:15-5:15 PM, Outdoor Pool (OC). \$135 (eight sessions). Instructor: Joan Marenger. Performing aerobic strength training exercises in the water increases resistance on your muscles and prevents stress on your joints, helping you to gain strength quickly without straining your joints or aggravating chronic pain conditions. Suggested equipment for class but not required for class: water shoes (protect bottoms of feet); water gloves (for more resistance); goggles and swim cap (will be used on occasion). Register: Fitness Desks or online. RSVP ♦♦ by 6/24.

**SGT — Healthy Back L2**

**Tuesdays & Thursdays, July 11-August 6 — 835700-A6**  
**August 8-September 3 — 835700-A7**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar

*Continued on page 96*

spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 7/4 or 8/1.

### SGT — TRX Interval Training L2

**Mondays & Wednesdays, July 8-31 — 835800-A6**

**August 5-28 — 835800-A7**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ♦♦ by 7/1 or 8/12.

### New! SGT — Outdoor Bootcamp L3

**Wednesday & Fridays, June 19-July 19 — 835410-A6**

**July 24-August 16 — 835410-A7**

8:00-9:00 AM, meet at OC Fitness Lobby, classes will be held at the Sports Pavilion. \$135 (eight sessions, no class July 3 or 5). Instructor: Nick Gagnon. Take the gym outside with a few basic pieces of fitness gear, and a little friendly motivation. This class is for people seeking weight loss, muscle toning and time-efficient workouts. Register: Fitness Desks or online. RSVP by ♦♦ 6/22 or 7/17.

### SGT — Introductory Reformer Session L1

**Continuous Dates — 835110-A6**

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. This session is a prerequisite for Pilates Reformer L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations/goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.



### SGT — Level 1 Pilates Reformer L1

**Mondays & Fridays, August 9-September 6 — 835120-A7**

7:00-8:00 AM, Fitness Floor (KS). Instructor: Paula Ainsleigh. \$135 (eight sessions, no class September 2).

**Mondays & Wednesday, July 1-24 — 835120-B6**

**July 29-August 26 — 835120-B7**

11:30 AM-12:30 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions no class August 7).

**Mondays & Wednesdays, July 3-31 — 835120-C6**

**August 12-September 9 — 835120-C7**

2:30-3:30 PM, Fitness Floor (KS). Instructor: Joanie Martin. \$135 (eight sessions, no class July 17 or September 2).

**Mondays & Wednesdays, July 24-August 21 — 835120-D7**

4:00-5:00 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions: no class August 7).

**Tuesdays & Thursdays, June 25-July 23 — 835120-E6**

**July 25-August 20 — 835120-E7**

12:30-1:30 PM, Fitness Floor (KS). Instructor: Domine Trosky. \$135 (eight sessions, no class July 4).

**Tuesdays & Thursdays, August 1-29 — 835120-F7**

2:00-3:00 PM, Fitness Floor (KS). Instructor Robert Sanchez. \$135 (eight sessions, no class August 8).

**New! Tuesdays & Saturdays, July 9-August 3 — 835120-H6**

**August 6-September 3 — 835120-H7**

8:30-9:30 AM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions, no class August 10).

**Tuesdays & Thursdays, July 25-August 20 — 835120-G7**

5:00-6:00 PM, Fitness Floor (KS). Instructor Eve Webber. \$135 (eight sessions). The reformer provides finely-tuned exercise resistance that allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. Limit three participants per class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

### SGT — Level 2 Pilates Reformer L2

**Tuesdays & Thursdays, July 25-August 20 — 835130-A7**

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber.

**New! Monday & Thursday, July 8-August 1 — 835130-B6**

**August 1-26 — 835130-B7**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

### New! SGT — Osteo Reformer L1

**Tuesdays & Thursdays, June 25-July 23 — 835150-I6**

**July 25-August 20 — 835150-A7**

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions, no class July 4). Instructor: Eve Webber. A format designed for residents with Osteoporosis or Osteopenia. This class will



help you to build bone density by using resistance to build strength for the spine and hip. Safe and effective exercises will be added to improve posture, balance, and increase flexibility and mobility. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by 6/18 or 7/18.

**New! SGT— Scolio Reformer L1**  
**Mondays & Wednesdays, July 1-24 — 835130-J6**  
**July 29-August 21 — 835130-A7**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve

lung and heart health for this special population. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by 6/24 or 7/22.

**—Wellness Services—**

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

**Emotional Counseling**

Carol Karkazis, MA: 672-8533.

**Estate/Financial Planning**

Russ Abbott, Wealth Advisor: 797-7760.

**JULY 2013- Orchard Creek**

Time	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
6:15							
7:00							
7:15							
7:30	Stretch Exp. L1		Stretch Exp. L1		Stretch Exp. L1		
8:00	Low Impact L3	Step It Up L3	Low Impact L3	Step It Up L3	Low Impact L3	Low Impact L3	
8:30							
9:00	Zumba L3	Core & Strength L2	Zumba L3	Core & Strength L2	Low Impact L3	Yoga Basics L1	
9:30							
10:00	Cardio Strength L3	Yoga Flow L2	Ball & More L2	Yoga Flow L2	Cardio Dance & Sculpt L3	Tai Chi L1	
10:30							
11:00	Piloga L2		Piloga L2		Piloga L2		
11:30		Arthritis L2 11:15-12:15		Arthritis L2 11:15-12:15			
12:00	Basic Low Impact L1		Arthritis L1/2 12:10-12:55		Arthritis L1/2 12:00-12:45		
12:30							
1:00	Chair with Flair L1	Extra Gentle Yoga L1 12:45-1:45	Chair with Flair L1	Extra Gentle Yoga L1 12:45-1:45	Basic Chair L1		
1:30							
1:45	Balance Exp L1		Balance Exp L1				
2:00		Traditional Hatha Yoga L2		Traditional Hatha Yoga L2			
2:30							
3:00		AF Land L1-L2 3:30-4:15		AF Land L1-L2 3:30-4:15	Future Act. Dance		
3:30							
4:00							
4:30	SGT- Circuit Exp. L1		SGT-Circuit Exp. L1				
5:00	Zumba L3		Zumba L3				
5:30							
6:00		Self Defense		Act. Class			
6:30							
7:00							
7:30							
7:45							
8:00							

Group Exercise Classes (punch pass)  
 Disease P & M (punch pass)  
 Mind & Body Classes (punch pass)

Wellness Classes (session based)  
 Small Group Training (session based)

For class details please see Wellness & Fitness section

# JULY 2013- OC INDOOR POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	OC	OC	OC	OC	OC	OC	OC
7:00							
7:30	Water Works L3	Water Works L3	Water Works L3	Water Works L3	Water Works L3		
8:00	Water Works L3	Water Works L3	Water Works L3	Water Works L3	Water Works L3		
8:30							
9:00							
9:30		Water Works L3	Core n More L3	Water Works L3			
10:00		Water Works L3	Splash Dance L2	Water Works L3			
10:30	Splash Dance L2						
11:00							
11:30	AF Aqua L1		AF Aqua L1		AF Aqua L1		
12:00							
12:30	Aqua Yoga L1						
1:00							
1:30							
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
2:30							
3:00							
3:30							
4:00	SGT- H2O Bootcamp L2 (outdoor lap pool)		SGT- H2O Bootcamp L2 (outdoor lap pool)				
4:30							
5:00	Core n More L3	Water Works L3		Water Works L3			
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							

For class details please refer to the Wellness & Fitness section

Group Exercise Classes (punch)  
Wellness Classes (session based)  
Disease P & M (punch card)



**JULY 2013 - Kilaiga Springs Fitness Center**

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR
6:15	SGT-Bootcamp L2	SGT-Reformer L1	SGT-Bootcamp L2	SGT-Bootcamp L2	SGT-Bootcamp L2	SGT-Bootcamp L2	SGT-Bootcamp L2	SGT-Bootcamp L2	SGT-Reformer L1		Rise & Shine Yoga L2	
7:00			Mixed Level Cycle L2				Mixed Level Cycle L2				HI NRG Cycle L3	
7:15												
7:30												
8:00												
8:30	Everybody Can L2		Low Impact L3	SGT-Reformer L1	HI NRG Cycle L3		Low Impact L3					
9:00			Strictly Strength L2	SGT-Healthy Back L2	Circuit L3		Strictly Strength L2	SGT-Healthy Back L2				
9:30	Circuit L3		Piloga Flow L2		Everybody Can L2		Pilates Fit L2	SGT-Reformer L2				
10:00												
10:30	Strictly Strength L2	SGT-Reformer L2										
11:00												
11:30		SGT-Reformer L1	SGT-Functional Fit L2	SGT-Osteo Reformer L1			SGT-Functional Fit L2	SGT-Osteo Reformer L1				
12:00												
12:30	SGT-First Steps L1	SGT-Scolio Reformer L1										
1:00												
1:30			Tai Chi L1	SGT-Reformer L1								
1:45												
2:00			Tai Chi L2 2:45-3:45	SGT-Reformer L1								
2:30	SGT-TRX Interval L2	SGT-Reformer L1										
3:00	SGT-TRX Express L1											
3:30												
4:00		SGT-Reformer L1										
4:30												
5:00	SGT-Bootcamp L3		SGT-Bootcamp L2	SGT-Reformer L2			SGT-Bootcamp L2	SGT-Reformer L2				
5:30												
6:00												
6:30												
7:00			Evening Hatha Yoga L2				Even. Yoga & Meditation L1					
7:30												
7:45												
8:00												

Group Exercise Classes (punch pass)  
 Disease P & M (Punch Pass)  
 Mind & Body Classes (punch pass)

Wellness Classes (session based)  
 Small Group Training (session based)

For class details please see Wellness & Fitness section.



### Embracing Association Lifestyle

**Monday, June 17— Free**

10:00-11:30 AM, P-HALL (KS). Association Sr. Director Jeannine Balcombe, Lifestyle and Communication, is addressing the Second Cup of Coffee Group. In an effort to expand this presentation to the greater community, the Second Cup of Coffee management team is co-sponsoring with the CCRC/Community Forum, again via their video-recording function! Her slide presentation will address the department's functions, its expansion to meet community needs, and address how the Association works as we approach the annual summer budgeting process. Q&A will provide attendees and listeners good information.



### Joints in Jeopardy: Zeroing in on Arthritis

**Wednesday, June 19 — Free**

7:00-8:30 PM, Ballroom (OC). What should you do when your joints are aching? Mauro Giordani, MD, Board Certified Orthopedic Surgeon at UC Davis Medical Center, will explore various types of arthritis, especially those common in the older age group. Dr. Giordani will particularly focus on the most common type of arthritis — osteoarthritis. He will describe its causes, early treatments, and the kinds of lifestyle activities that may help or even prevent it. Finally, Dr. Giordani will explain the most recent approaches to joint replacement and when to elect that option.



### Fight the Bite i.e., West Nile Virus...

**Tuesday, July 9 — Free**

9:30-11:30 AM P-Hall (KS). We live in a diverse landscape. Diverse vectors threaten our public health and quality of life. Joel Buttner, General Manager of Placer Mosquito and Vector Control District will discuss how to manage many vector threats — mosquitoes, ticks, yellow jackets — now using an Integrated Pest Management (IPM) approach. The approach has three major components: public education, surveillance, and control. The West Nile Virus is a distinct vector and will be discussed in more detail: what is it; how is it controlled; what do we do, etc.!



### Great American Gold Rushes...

**From 49ers to Sourdoughs**

**Wednesday, July 17 — Free**

1:30-3:30 PM, Ballroom (OC). Gary Kurutz, principal emeritus librarian of the Special Collections Branch of the Sacramento Central Library, accepted our speaker invitation to educate the listeners on a great chapter of American History, starting in our “regional backyard.” He will present a slide-illustrated talk on comparing and contrasting the California Gold Rush of 1848-1853 and the Klondike and Alaskan stampedes of 1896-1905. Both were filled with incredible human drama, triumph and tragedy, humor and pathos, and changed forever the destiny of both regions. This period also touched off a great writing and publishing explosion in American History! Gary has authored an award-winning history *California Gold Rush*, and has worked with both Huell Howser (*California Gold*) and Rob Stewart (*Rob on the Road*). He continues to research memorabilia supporting his interest for history and literature. Session will be video recorded. Q&A follows.



### Don't Make Me Laugh ... Or Sneeze Please!

**Wednesday, July 24 — Free**

7:00 PM, Ballroom (OC). Urinary incontinence is no laughing matter for men or women. One out of every three women over the age of 45 has some type of urinary incontinence. For men, urinary incontinence is often related to a post surgical condition or procedure of the prostate or bladder. Some medications may increase the urge to urinate for both sexes. Certain foods may cause the urine to have a peculiar odor. Urinary incontinence is not a sign of old age. Join us for a frank discussion with **David R. Couillard, MD, Urologist**, Dignity Health Medical system at Mercy San Juan Medical Center. He will speak about pelvic health, urinary incontinence and your options for treatment, both surgical and non-surgical, to improve your condition and return to an active life.



### Personal Security

**Thursday, August 15 — Free**

1:00-3:00 PM, P-Hall (KS). The Lincoln Hills Veterans Group is featuring resident Richard Dortch as its speaker on this subject. The CCRC/Community Forum team is co-sponsoring this session which will be video-recorded. Richard is a former NCIS investigator and currently works professionally within the Citi Group on security. Q&A will be helpful.





## Community Forums, Date, Time, Location

- |  |   |
|--|---|
| • <b>Embracing Association Lifestyle</b><br>Monday, June 17, 10:00 AM, P-Hall (KS)                             | • <b>Personal Security</b><br>Thursday, August 15, 1:00 PM, P-Hall (KS)                                 |
| • <b>Joints in Jeopardy: Zeroing in on Arthritis</b><br>Wednesday, June 19, 7:00 PM, Ballroom (OC)             | • <b>Preserving the Body's Largest Organ: Skin Care</b><br>Wednesday, August 21, 7:00 PM, Ballroom (OC) |
| • <b>Fight the Bite, i.e., West Nile Virus ...</b><br>Tuesday, July 9, 9:30 AM, P-Hall (KS)                    | • <b>Reading ... and More</b><br>Thursday, September 5, 10:00 AM, P-Hall (KS)                           |
| • <b>Great American Gold Rushes ... From 49ers to Sourdoughs</b><br>Wednesday, July 17, 1:30 PM, Ballroom (OC) | • <b>Roseville's '73 Railroad Explosion!</b><br>Thursday, October 17, 10:00 AM, P-Hall (KS)             |
| • <b>Don't Make Me Laugh ... Or Sneeze Please!</b><br>Wednesday, July 24, 7:00 PM, Ballroom (OC)               | • Watch for more Community Forums in next month's <i>Compass</i>  |

## Openings

*Continued from page 2*

Please contact CCRC chair, Wolf Oplesch at [ccrc@schca.com](mailto:ccrc@schca.com) for more information, or complete an application available at the Activities Desk and online.

### Compass Distribution

We need you for two- hour shifts to distribute the *Compass* at your choice of four locations from the 15<sup>th</sup>-21<sup>st</sup> of each month. Volunteering is a great way to meet residents and have fun talking and joking. Sign-up books are kept at both Orchard Creek Lodge and Kilaga Springs Activities Desks. If you have any questions, please contact: Marian Hoffman Kinsella at 408-3020. Thank you in advance! We look forward to seeing you.

### Elections Committee

Elections Committee is responsible for the nomination and qualification of candidates for election to the Board of Directors, and for conducting the election. Unlike other Standing Committees of the Board, the Elections Committee and its Chair are appointed each year for the next election.

The Board is accepting applications for the 2014 Elections Committee. The Term of the appointment is April 1, 2013 through March 30, 2014. The Board will interview applicants and appoint the 2014 Committee and Chair. Applications are available at the Activities Desks (OC/KS) or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website.

House Cleaning

Weekly

Bi-Monthly

Monthly

Rich Haley

Diane Haley

(916) 543-7015

References Available • Since 1985 • Lincoln Hills Residents

## Online

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Out,” you will first be asked to enter a few primary facts about yourself and your payment method. The next page is the ETS secure site where you will enter your actual credit card information. (Hint: If you are curious about the security of a website, look up at the web address. All secure addresses will begin with “https://” — the “s” stands for secure.)

To liken the online shopping experience to our daily lives, let’s imagine a trip to the grocery store. After browsing the aisles for the latest deals, you approach the “Checkout” with your “Shopping Cart” of items. The clerk will add everything up and give you a total price. You provide the clerk with exact money and the clerk counts it all to confirm the amount, runs a security pen across your bills, and agrees that the money you have provided is acceptable (this is what is happening on the secure ETS site). In return, the clerk gives you a receipt and your groceries (this is the final page of your transaction).

Much like paying a clerk at the store, only pay once and be sure to take your purchase with you. Don’t click “Submit” multiple times or close the internet window before arriving at the confirmation page. If you are uncertain if your transaction processed, you can check your credit card statement or view your receipts on the Lifestyle (Events/Classes) website under My Account. Of course, if you have any questions, please send an email to our Webmaster at [webmaster@schca.com](mailto:webmaster@schca.com) so that he can assist you.

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## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

### •Administration•

Executive Director

Robert Cook 625-4060 [robert.cook@schca.com](mailto:robert.cook@schca.com)

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Jeanine Balcombe 625-4020

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### Accounting

Director of Finance

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Advertising & Promotions Manager

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### Community Standards

Community Standards Manager

Cece Dirstine 625-4006 [cece.dirstine@schca.com](mailto:cece.dirstine@schca.com)

### Membership

Membership Clerk

Bertha Mendez 625-4000 [bertha.mendez@schca.com](mailto:bertha.mendez@schca.com)

### •Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

### Activities

Lifestyle Manager

Lavina Samoy 625-4073 [lavina.samoy@schca.com](mailto:lavina.samoy@schca.com)

Lifestyle Assistant Manager

Lily Ross 408-4609 [lily.ross@schca.com](mailto:lily.ross@schca.com)

Lifestyle Class Coordinator

Betty Maxie 408-7859 [betty.maxie@schca.com](mailto:betty.maxie@schca.com)

Lifestyle Entertainment Coordinator

Tamara Coil 408-4310 [tamara.coil@schca.com](mailto:tamara.coil@schca.com)

Lifestyle Trip Coordinator Katrina Ferland

625-4002 [katrina.ferland@schca.com](mailto:katrina.ferland@schca.com)

### Clubs

Administrative Support

Christy Condell 625-4003 [christy.condell@schca.com](mailto:christy.condell@schca.com)

Club & Room Booking Coordinator

Shelvie Smith 625-4021 [shelvie.smith@schca.com](mailto:shelvie.smith@schca.com)

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Compass Advertising Coordinator

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Compass Bulletin Board

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Club Article Editor

Wendy Slater 786-5955 [wslater@surewest.net](mailto:wslater@surewest.net)

### Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

Director of Fitness

Brandy Garcia 625-4031 [brandy.garcia@schca.com](mailto:brandy.garcia@schca.com)

Assistant Director of Fitness

Lisa S. Smith 258-8289 [lisa.smith@schca.com](mailto:lisa.smith@schca.com)

### •Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 [jerry.mccarthy@schca.com](mailto:jerry.mccarthy@schca.com)

### Catering

Banquet Sales Manager

Meghan Louder 625-4043 [meghan.louder@schca.com](mailto:meghan.louder@schca.com)

### •The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti [tina.ginnetti@schca.com](mailto:tina.ginnetti@schca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration 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

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 8:00 AM-4:00 PM

### Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

### The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

## General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

[ssilva@lincolnhillsgolfclub.com](mailto:ssilva@lincolnhillsgolfclub.com)

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

## Board of Directors

Ken Silverman, President

[Ken.Silverman@schca.com](mailto:Ken.Silverman@schca.com)

John Snyder, Vice President

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Gay Mackintosh, Secretary

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[Jim.Leonhard@schca.com](mailto:Jim.Leonhard@schca.com)

Martin Rubin, Director

[Marty.Rubin@schca.com](mailto:Marty.Rubin@schca.com)

Denny Valentine, Director

[Denny.Valentine@schca.com](mailto:Denny.Valentine@schca.com)

## Committee Chairs

Architectural Review Committee

[arc@schca.com](mailto:arc@schca.com)

Clubs & Community Organizations Committee

[ccoc@schca.com](mailto:ccoc@schca.com)

Communications & Community

Relations Committee

[crc@schca.com](mailto:crc@schca.com)

Compliance Committee

[compliance.committee@schca.com](mailto:compliance.committee@schca.com)

Elections Committee

[elections.committee@schca.com](mailto:elections.committee@schca.com)

Community Emergency Response Team

[cert@schca.com](mailto:cert@schca.com)

Finance Committee

[finance.committee@schca.com](mailto:finance.committee@schca.com)

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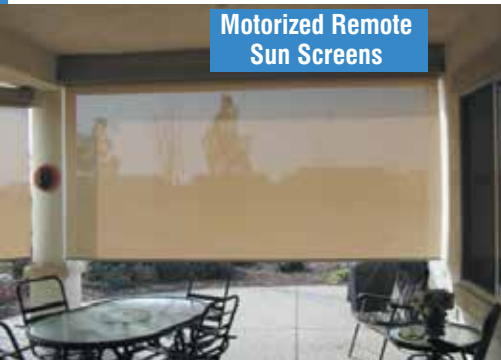
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