



# Compass

The Official Magazine of Sun City Lincoln Hills



**Backyard Veggie Garden,  
Anyone?... page 7**

**2014 Summer Amphitheater  
Concert Series... pages 44-45**

**Wellness Days  
May 19-21... page 9**

**Registration,  
Get Informed!... page 3**



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## On the cover

Robert Doebert grows many varieties of vegetables, herbs, citrus, and apples in his winter garden. He makes his own daily "V8" breakfast mixture for his wife, Gayle, and him using a different variety of leafy vegetables, beets, and other fruits and vegetables grown in his garden. For more about backyard veggie gardens and healthy eating, see the article on page 7

## Board of Directors Report

### Your Association Wants You!

Ken Silverman, President, SCLH Board of Directors

Volunteering is an important part of living in our community. It helps keep costs down and as a result keeps your dues down. As a resident/owner who volunteers, I not only gather information on who we are and how we operate but I think the best benefit of volunteering is meeting and making new friends. Most of my current close friends I have met through being a volunteer.

Our committees are staffed by volunteer owners who have a vested interest in enhancing our lifestyle in Lincoln Hills. The Properties Committee and Architectural Review Committee (ARC) make sure our property is maintained. The Finance Committee sees to it that your dues are being invested and spent in accordance with Association policies. The Clubs and Community Organizations Committee (CCOC) oversees the operation of our clubs. Getting the

word out to our residents and providing forums on interesting topics is part of the Communications & Community Relations Committee (CCRC). The Compliance Committee makes sure we are following our Governing Documents. Last but not least is the Elections Committee that ascertains that our elections follow Civil Code. The only qualification to serve on a committee is to be a member in good standing. See the Committee Openings on page 5 for the committees that currently have openings.

For more information on volunteering, visit the SCLH website at [www.suncity-lincolnhills.org/residents/](http://www.suncity-lincolnhills.org/residents/) and at the top of the Home Page click on the menu button that says "volunteering."

Most of our committees have current openings and are looking for you to volunteer!



"...I think the best benefit of volunteering is meeting and making new friends. Most of my current close friends I have met through being a volunteer."

## Announcing the 2014 Summer Amphitheater Concert Series

Eight big concerts, a new elevated stage, discounted show packages available until May 14! Tickets go on sale April 17.

See pages 44 and 45 for all the details.

**Announcing the 2014 Summer Amphitheater Concert Series!**

**The Springtime Experience: A Tribute to the Blues**  
 Friday, August 15 - 10:00 PM  
 Live in person! The one and only Gary Puckett and the New Grass Travelers, a New Jersey band, The Springtime Experience is a high-energy, blues-infused jamming, featuring the most innovative, talented and stage-smart musicians throughout the Northeast. From 1973 through the height of Blues Town in the 80's and beyond, this production was long an authentic Springtime success story. Springtime was a stage into a stage, and a perfect marriage of blues, jazz, funk and soul. Springtime was a stage into a stage, and a perfect marriage of blues, jazz, funk and soul. Springtime was a stage into a stage, and a perfect marriage of blues, jazz, funk and soul.

**John Mueller's 1959's Dance Party**  
 Thursday, June 12 - 10:00 PM  
 John Mueller's 1959's Dance Party is the official live and audience release in South Philly. John Mueller and the Big Bang! live! Live and the only one recorded by the Philly Times and Philadelphia Times. The original live and audience release in South Philly. John Mueller and the Big Bang! live! Live and the only one recorded by the Philly Times and Philadelphia Times.

**JOEL & Tribute to the Songs of Billy Joel**  
 Friday, August 15 - 10:00 PM  
 JOEL & Tribute to the Songs of Billy Joel is a tribute to the music of Billy Joel. The show features a variety of songs from Billy Joel's discography, including "Piano Man," "Uptown Funk," "New York State of Mind," and "The Stranger." The show is a celebration of Billy Joel's music and the talent of the performers.

**Summer Amphitheater Concert Series Guidelines**  
 The Summer Amphitheater Concert Series is a series of eight concerts held at the SCLH Amphitheater. The series is designed to provide a high-quality entertainment experience for our residents. The series is open to all residents and is a great way to enjoy the summer months.



## Registration, Get Informed!

Lily Ross, Lifestyle Assistant Manager

Did you know that you are able to register in person at both Orchard Creek (OC) and Kilaga Springs (KS) Lodges, as well as online? The 17<sup>th</sup> of each month brings a lot of excitement (and long registration lines) to our community as new programs become available for registration.

### Tips to make the best of your 17<sup>th</sup> registration experience:

- Activity Department programs (pink, blue and purple *Compass* headers) go on sale at the Activities Registration Desks at 8:00 AM.
- WellFit Department programs (green *Compass* header) go on sale at the WellFit Registration Desks at 10:00 AM.
- Online registration follows the same "On-Sale" time as the Registration Desks (8:00 AM and 10:00 AM).
- Registration forms are no longer included as an insert in the *Compass*. Be sure to pick up a registration form from the *Compass* distribution table,

print one out from Lifestyle Online, or pick one up from the registration desk.

- Registration forms help ensure that you are enrolled into the correct program and, when filled out in advance, significantly speed up the registration process.
- KS has shorter registration lines than OC.
- While at KS, grab a \$1 cup of coffee from the Kilaga Springs Café.
- Lines at the Registration Desks are usually smaller after 2:00 PM.
- Avoid calling the Registration Desks in the morning. When possible, use the phone number listing in the back of *Compass* to contact staff directly.

### Lifestyle Online

Log in at [suncity-lincolnhills.org/residents](http://suncity-lincolnhills.org/residents) then select Lifestyle Online. See the screen from the website on page 5. To browse all offerings for a specific program, click on the colored box that corresponds with the *Compass* header. *Please see "Registration" on page 5*

### Upcoming Association-Related Meetings: Date, Time, Place

April 15-May 31

<b>Golf Cart Registration</b> .....	Thursday, April 17, May 1 & 15, 9:00 AM, OC Lodge
<b>Finance Committee Meeting</b> .....	Thursday, April 17, 9:00 AM
<b>Board of Directors Meeting</b> .....	Thursday, April 24, 9:00 AM, Presentation Hall (KS)
<b>Board of Directors Special Meeting</b> .....	Thursday, April 24, 10:30 AM
<b>Board of Directors Executive Session</b> .....	Thursday, April 24, 11:00 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, April 28, 9:00 AM
<b>Elections Committee Meeting</b> .....	Friday, May 2, 10:00 AM
<b>CCOC/Clubs &amp; Community Organizations</b> .....	Tuesday, May 6, 9:30 AM
<b>Compliance Committee Meeting</b> .....	Wednesday, May 7, 10:30 AM
<b>CCRC/Communications &amp; Community Rel.</b> .....	Friday, May 9, 9:30 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, May 12, 9:00 AM
<b>Properties Committee Meeting</b> .....	Tuesday, May 13, 1:00 PM
<b>Listening Post</b> .....	Wednesday, May 14, 9:00 AM
<b>Finance Committee Meeting</b> .....	Thursday, May 15, 9:00 AM
<b>New Resident Orientation</b> .....	Thursday, May 15, 1:00 PM
<b>Board of Directors Meeting</b> .....	Thursday, May 22, 9:00 AM, Presentation Hall (KS)
<b>Board of Directors Special Meeting</b> .....	Thursday, May 22, 10:30 AM
<b>Board of Directors Executive Session</b> .....	Thursday, May 22, 11:00 AM
<b>ARC/Architectural Review Committee</b> .....	Tuesday, May 27, 9:00 AM

Meetings in OC Lodge unless noted otherwise.

## Calendar of Events

April 15-June 1

Date	Event	Page #
04/15	Founder/Director of Forgotten Soldier Program	30
04/16	Authors' Resource Group: Book Trailers	37
04/16	Bus Trip: Alasdair Fraser/Scottish Fiddlers	60*
04/17	Book Discussion: <i>Eighty Days</i>	25
04/17	Forum: Personal Holocaust Survivor	36, 100
04/17	Home, Health & Business Showcase	41
04/17	Bus Trip: Giants vs. L.A. Dodgers	60*
04/21	"Cosmic Expansion — Keeping Track of Energy"	23
04/21	"Cosmic Acceleration — Falling Outward"	23
04/21	Genealogy: Names... What Are You Missing?	28
04/21	Golf Cart/NEV Drive-Thru Clinic	41
04/22	Neighborhood Watch Safety/Security Symposium	21
04/22	e-Waste Recycling	41
04/22	Bus Trip: Alcatraz Island - Fisherman's Wharf	60*
04/22-23	Auditions Readers Theater, "Arsenic & Old Lace"	33
04/23	Diagnosis/Treatment Dementia, Alzheimer's	23
04/24	SCLH Annual Home Garden Tour	28, 41
04/24	Red Hot Dinner/Dance Party	51
04/25	Music Group-sponsored: Open Mic Night	31, 41
04/25	Bus Trip: Stockton Asparagus Festival	60*
04/26-27	Annual Amateur Rose Show/Competition	28, 41
04/28	Concert: Richard Glazier	46
04/28-29	Overnight: Casino Adventure	58
04/29	Forum: Snakes — Facts, Fictions, and Phobias	100
04/30	Forum: Vitamins and Supplements	19, 100
05/01	Hedge Fund Manager: Doug Coté	30
05/01	Day Trip: Sierra Nevada Brewery Tour & Lunch	51
05/04	Bus Trip: Lodi Street Faire	60*
05/04-06	LH Community Chorus Spring Concert	46
05/05	Antiques: "Cameras, Photographs & Crossovers"	23
05/05	KS at the Movies: Casablanca	41
05/08	Hearing Tests/Hearing Aids - People w/Low Vision	27
05/08	"Revisiting Mike May" (GPS for Visually Impaired)	27
05/08-09	Overnight: Wild Magic! Reno Overnight	58
05/09	Neighborhood Watch Spring Potluck	21, 31
05/12	Live Wild Bird Program	11, 24
05/12	Forum: The Magic of Google	100
05/13	Comedy Night at KS: Brad Bonar Jr.	46
05/13	Bus Trip: River Cats vs. Salt Lake Bees	57
05/14	"Remember Everything Using Evernote"	26
05/14	Bus Trip: McClellan Aerospace Museum	57
05/15	Book Discussion: <i>The Aviator's Wife</i>	25
05/15	Bus Trip: The Charm of Healdsburg	60*
05/16	"Apps Revisited"	27
05/17	Parking Lot Sale	41, 51
05/19	Day Trip: Reno - Boomtown - Cabela's	51
05/20	Forum: Traffic Situation in SCLH	100
05/23	Concert: "Red White & Blue USO Revue"	46
05/28	Bus Trip: Giants vs. Chicago Cubs	57
05/28	Forum: Brain Drain — "Where Did I Put Keys?"	100
05/29	Concert: Rita Hosking Trio	46
5/29-6/01	Annual Art Studio Tour	32, 41

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



# BUY YOUR TICKETS EARLY!



**EVENING WITH DARLENE LOVE**  
**JUNE 27**  
**7:30 PM**



**JOHN MUELLER'S 1950'S DANCE PARTY**  
**JUNE 12 • 7:30 PM**



**GARY PUCKETT AND THE UNION GAP**  
**AUGUST 22**  
**7:00 PM**

**THE SPRINGSTEEN EXPERIENCE: A TRIBUTE TO THE BOSS**  
**JULY 18 • 7:30 PM**

**HARMONY: A TRIBUTE TO THREE DOG NIGHT**  
**JULY 29 • 7:30 PM**



**ELVIS TRIBUTE WITH MARK ANTHONY**  
**SEPTEMBER 5 • 7:00 PM**

**JOEL: A TRIBUTE TO BILLY JOEL**  
**AUGUST 15 • 7:30 PM**

**TOP SHELF'S DISCO FEVER**  
**SEPTEMBER 19 • 7:00 PM**

**SHOW PACKAGE DISCOUNT AVAILABLE UNTIL MAY 14TH!**

**PACKAGE A (Complete Series Package) \$150 Code: 5014 -PA**

**PACKAGE B (Five Show package) \$99**  
**Code: 5014 -PB**

- John Mueller's 1950's Dance Party
- An Evening with Darlene Love
- The Springsteen Experience
- JOEL: A Tribute to Billy Joel
- Elvis Tribute with Mark Anthony

**PACKAGE C (Four Show Package) \$82**  
**Code: 5014-PC**

- John Mueller's 1950's Dance Party
- An Evening with Darlene Love
- The Springsteen Experience
- Harmony: A Tribute to Three Dog Night

**PACKAGE D (Four Show Package) \$90**  
**Code: 5014-PD**

- An Evening with Darlene Love
- Gary Puckett and the Union Gap
- Elvis Tribute with Mark Anthony
- Top Shelf's Disco Fever

**Open To The Public**



Tickets available at Activities Desk (OC/KS) and online,  
[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents) "Lifestyle Online"





**Activities News & Happenings**

**Put Some Spring into your Spring with New Activities!**

Lavina Samoy, Lifestyle Manager

What a great three-night, four-day trip to Palm Springs we had last month to see the Follies! I was lucky to share this memorable experience with our Trip Coordinator Katrina Ferland and 103 of our residents. Talk about value and service! If you haven't tried any of our overnight/multi-day travels, join Katrina for any of our upcoming trips exploring a variety of places and activities starting on page 58.



For those who are new to group travel, try one of our day trips starting on page 51. A few noteworthy trips coming up soon: Reno-Boomtown/Cabela's, May 19; Wine tasting and Lunch at Wise Villa, June 4; The Charm of Healdsburg (second trip) on May 21. Pick up a FAQ sheet from the Activities Desks to answer any of your questions.

Do you have dogs? Learn positive training techniques at our two-hour lecture on April 23 (page 79). Also offered is group training for adult dogs and owners at the Sports Pavilion beginning May 7 (page 79). Pick up a new hobby this spring! Beginning dance classes in Jazz (see your May *Compass*), Line Dance (page 67), Tap (page 68), Clogging (page 65) and Ballet/Lyrical (page 65) start monthly.

We are proud to announce the line-up for this year's Summer Amphitheater Concert Series (details on pages 44-45)!

- Opening on **June 12**, experience **John Mueller's 1950's Dance Party**: The official tribute to Buddy Holly, Ritchie Valens and the Big Bopper followed by the one and only Rock and Roll Hall of Famer **Darlene Love** on **June 27**.
- **July 18** brings you **The Springsteen Experience**, a tribute to the "Boss" and **Three Dog Night Tribute** on **July 29**.
- **JOEL: The Music of Billy Joel** brings you hits of this musical icon on **August 15**.
- With Billboard hits like "Woman, Woman," "Young Girl," and "Lady Willpower," don't miss the original **Gary Puckett and the Union Gap** on **August 22**.
- Back by popular request, we bring back one of the best **Elvis** impersonators, Mark Anthony and the Memphis Flashbacks on **September 5**.
- Dance with the Top Shelf as they close our season with **Disco Fever** on **September 19**.

Discounted season packages are available on sale for a limited time (April 17 to May 14). Receive 15% off for the eight-show package and a 10% discount for any four-show package combination. *Sales are final, no refund, returns or exchanges will be allowed.*

**Committee Openings**

• There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under the *Volunteer* and *News* headers. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association.

- **Architectural Review Committee (ARC)**
- **Elections Committee**
- **Finance Committee**

• **Elections Committee Seeks Applicants for the 2015 Election**  
The Elections Committee is responsible for the nomination and qualification of candidates for election to the Board of Directors and is responsible 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 2015 Elections Committee. The Term of the appointment is April 1, 2014 through March 30, 2015. The Board will interview applicants and appoint the 2015 Committee and Chair. Applications are available at the Orchard Creek and Kilaga Springs Activities Desks, or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website.

**Registration**

*Continued from page 3*

you want a specific category within that program, click the link to the right of the box (see below).

<p><i>Activities Classes</i></p>	<ul style="list-style-type: none"> <li>• Bridge</li> <li>• Dance</li> <li>• Training</li> <li>• Fine &amp; Applied Arts</li> <li>• Movies</li> <li>• Music</li> <li>• Technology</li> </ul>	<p><i>Entertainment</i></p>	<ul style="list-style-type: none"> <li>• Club Performances</li> <li>• Comedy</li> <li>• Concerts</li> <li>• Dances</li> <li>• Community Events</li> </ul>
<p><i>Trips</i></p>	<ul style="list-style-type: none"> <li>• Casino &amp; Horse Racing</li> <li>• Fairs and Festivals</li> <li>• Food and Wine</li> <li>• Museums</li> <li>• Performances</li> <li>• Shopping</li> <li>• Sports &amp; Outdoors</li> <li>• Overnight &amp; Extended Travel</li> </ul>	<p><i>Wellness &amp; Fitness</i></p>	<ul style="list-style-type: none"> <li>• Disease Prevention &amp; Management</li> <li>• Emotional Wellness</li> <li>• Mind &amp; Body</li> <li>• Money Matters</li> <li>• Passes</li> <li>• Personal Growth</li> <li>• Wellness Services</li> </ul>

**Searching:** Start your search by choosing the colored box. From the next page, you are able refine your search. *Tip: Don't over-filter your search.* Choose one filter and then press Search. Scroll down to view your results.

**Results:** Each program has a "status" box on the far right — this is not a button. To enroll in a program, click the shopping cart icon on the left side of the screen.

**Questions?**

- **Login Issues:** [Help.Desk@SCLHCA.com](mailto:Help.Desk@SCLHCA.com)
- **Lifestyle Online Navigation:** Contact the coordinator of your desired program directly.



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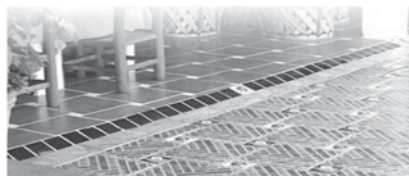
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**Cover article****Backyard Veggie Garden, Anyone?****Healthy Eating Club Offers Springtime Advice***Doug Brown, Resident Editor*

What do fresh vegetables, farmers markets, healthy diets, and water conservation all have in common? One of our newest clubs in Lincoln Hills, the Healthy Eating Club, has some answers.

Don Rickgauer, President of the club, and frequent club presenter Charlene Kleppe had lots to tell

the *Compass* in our interview. Don couldn't say enough about the benefits consuming healthy fresh vegetables from your own garden or from farm-to-table produce. Then, he added, "using cooking methods that minimize saturated fats, salt, and

see page 29 of this *Compass* or contact Don at [healthy\\_eating\\_club@yahoo.com](mailto:healthy_eating_club@yahoo.com)

Charlene, introduced as the club's "herbster" (a.k.a. herbalist), extolled the virtues of growing your own garden right here in Lincoln Hills. In a drought year? Not an issue, says Charlene. "Consider replacing some or all of a backyard lawn with a raised garden bed. You'll not only save water, but the payoff will be organically-grown herbs, spices, and vegetables fresh from your garden to your table in minutes."

Charlene offered some advice on the many drought-tolerant herbs that are friendly to our ecology: parsley, sage, rosemary, thyme (remember the Simon and Garfunkel song?), basil, cilantro, mint, and more. Don noted that he is removing his backyard lawn and in the process of replacing it with edible spices and veggies.

Healthy eating doesn't mean you sacrifice the joy of eating. Recent club events have included a St. Patrick's Day dinner with no-nitrate corned beef, a Spanish paella night, cooking spanakopita and spring rolls minus saturated fat, and last year a cholesterol-healthy Thanksgiving dinner. Come join the fun!

Local farmers markets are also an excellent source of fresh fruits and vegetables that come to you with a minimum of lag



sugar, you not only promote a healthy diet but you also fully enjoy simple 'real' food."

The Healthy Eating Club aims to "improve our relationship with food" in a number of ways: educational myth-busting information on food labeling, pre-packaged processed foods, and marketing gimmicks; advice on grocery shopping techniques and healthy food choices in restaurants; and promoting improved dietary lifestyles. For more information,

time between picking and eating. Our own Lincoln Hills farmers market opens in the Orchard Creek parking lot on May 21; Lincoln's farmers market opens in June. And don't forget Meridians' cooking demo with fresh fruits and vegetables brought to you by Chef Roderick on May 21. See the Well-Fit article on page 9 for more information.

Spring has sprung. Time for healthy growing and eating!

*Photos, clockwise from upper right: LH raised planter beds, paella club workshop hosts Tom & Katie Bloom, LH planter beds with spring vegetables, hearty grain salads club workshop, young herbs growing in backyard*





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## WellFit News

### Wellness Days

#### Rejuvenate Your Lifestyle

Christine Epperson, WellFit Assistant Manager

Do you ask yourself what does *rejuvenate* really mean? We hear this word in our everyday life, but what does it mean to “rejuvenate your lifestyle”? **Re-ju-ve-nate**, pronounced [ri-joo-vuh-neyt] *verb.* to make young again; restore to youthful vigor, appearance, etc. *That vacation has certainly rejuvenated him.*

Fortunately for you, here in Lincoln Hills you have many opportunities to “rejuvenate your lifestyle”! Sometimes we just need to be reminded or guided in the right direction to breathe new life into our daily routine. Research has proven that if you focus on the blessings in your life, versus the bad things, you will produce a more optimistic lifestyle. Our WellFit Department wants to be a contributor to your rejuvenation by of-

fering you three days of Wellness.

#### Monday May 19:

##### Brain Day — Get Your Mind Working

Guest speaker Dr. Linda J. Trettin will talk about Healthy Aging & the Brain, and then we’ll have *Game Day*. Games include: Hand & Foot, Sudoku, Cribbage, Pedro, and more.

- 9:00-10:45 AM — Presentation on Healthy Aging

- 11:00 AM-1:30 PM — Games

#### Tuesday May 20:

##### Mind and Body Connection

Presentations and sample classes! You can come and observe or participate. Come experience unity of the mind and body. And to follow, we will have a fun outdoor scavenger hunt!

- 8:00 AM — Tai Chi/Qigong
- 9:00 AM — Yoga
- 10:00 AM — Vinyasa Yoga
- 11:00 AM — Pilates Mat
- 12:00 PM — Nature Scavenger Hunt

#### Wednesday, May 21: Nutrition and Exercise

5K Run/Walk and Farmers Market Day with two cooking demos from your amazing Chef Roderick! Chef will show you how to use the local grown produce in a simple meal.

- 8:00 AM — 5K Run/Walk for Colon Cancer Alliance (Registration required at the Fitness Desk)
- 9:15 AM — Cooking Demo with Chef Roderick using produce from the farmers market
- 10:30 AM — Cooking Demo with Chef Roderick

*Don’t miss this great opportunity to “Rejuvenate Your Lifestyle” through Wellness Days!*

WellFit Classes pages 81-96 • WellFit Class Grids pages 96-98 • Group Exercise Class Descriptions page 99

## Weathering the Deluge

Cecelia Dirstine

Community Standards Manager

There’s no escaping the reality of the drought facing all of us. The deluge of information on water conservation can be overwhelming. But before deciding which options will work for you, a lot of questions need to be answered.

From the perspective of Community Standards, owners need to consider available options that meet Association rules for landscaping appearance. Residents are faced with saving water while deciding how to maintain curb appeal and meet minimum planting requirements. Should you drought-proof your lawn or will you re-landscape with drought-tolerant plants? How do you save your existing plants and trees with reduced irrigation?

To that end, members of the Architectural Review and Compliance Committees, along with Garden Club members and landscape professionals, have been

working to bring residents resources to help make those decisions.

Thanks to the many hours and efforts of the ARC Landscape Review Task Force, residents are getting the information they

“The task force has also drafted a list of drought tolerant plants acceptable for our region, along with planting tips. The lists are available as handouts and on the Community Standards page on the SCLH website...”

need in order to sort through available options. At a well attended task force workshop in March, presentations covered how switching to new style spray nozzles and reducing watering schedules can save up to 30 percent on water use.

In addition, presentations included how to landscape with drought tolerant

plants. The task force has also drafted a list of drought tolerant plants acceptable for our region, along with planting tips. The lists are available as handouts and on the Community Standards page on the Sun City Lincoln Hills website at [www.suncity-lincolnhills.org/residents/index.php/community-standards](http://www.suncity-lincolnhills.org/residents/index.php/community-standards).

At this time, while the use of artificial turf is an option for rear yards only, the ARC is planning to look at the acceptability of artificial turf in front yards. As a first step, the ARC will be holding a workshop to consider the pros and cons of artificial turf in front yards.

To keep posted on upcoming meetings and resources on water-wise landscaping, be sure to check the Community Standards web page. In addition to ARC documents, the website will also provide links to other water-wise landscaping resources.





## New Signs of the Times

Bill Attwater, Properties Committee Chair



Ever wonder why we had cloth or plastic banners tied to plastic poles advertising certain Lincoln Hills events?

First the poles were white and then they were black.

Good news! We will soon be getting sign frames that are compatible with other information frames in our beautiful community. The banners will be gone. Instead we will have frames with stone ends that look nice. The frames are made to allow different notices of events to be changed by taking out the old notices and replacing them with new ones. When there are no new events to be announced, the frames will say "Welcome to Sun City Lincoln Hills." The sign frames will meet the city of Lincoln rules.

On another matter, the blue plastic shade structure at the pickleball courts will be replaced by a shade structure that is made out of the same materials as the structure in our Secret Garden next to Meridians. It will be a nice addition to our sports complex and will visually inform

"Note, you do not have to rip out your lawns and existing plants. Do what we native Californians have done for the last 60 years. First, don't water until the soil is dry... An easy way to check moisture in the root zone is to insert a screwdriver into the soil..."

people entering our community that we are a first class operation.

Now one more bit of information regarding water savings. You have probably received your new water bills and noticed that there is a different way of calculating your water bill and yes, maybe your bill

has increased. Saving water in your yard or garden can both lower your water bill and keep your outdoor space healthy and beautiful. Note, you do not have to rip out your lawns and existing plants. Do what we native Californians have done for the last 60 years. First, don't water until the soil is dry. Most plants don't need to be watered until the soil around them feels completely dry. An easy way to check moisture in the root zone is to insert a screwdriver into the soil and if it comes out moist, don't water. If it comes out dry, then water. For your individual plants, use a watering can. Your hose spreads water all over the place instead of simply where it is needed. Using a watering can ensures that you put the water where the plants need it. Yes, this takes a little effort but rushing out and having your yard totally re-landscaped is expensive, and when it starts to rain next year you will wonder why you spent so much money.

## The Spa at Kilaga Springs

### As Time Goes By...

Treat yourself, "Casablanca" style

Tina Ginnetti, Manager, The Spa at Kilaga Springs

[www.facebook.com/SpaAtKilagaSprings](http://www.facebook.com/SpaAtKilagaSprings) [www.twitter.com/KilagaSpa](http://www.twitter.com/KilagaSpa)

*You must remember this,  
A kiss is just a kiss,  
A smile is just a smile...*

As May rolls into The Spa, we celebrate women everywhere. Our sponsored movie, in conjunction with Activities, is *Casablanca*, and our specials are highlighting the necessity of keeping your skin healthy...

*...As time goes by.*

**Massage:** Come join us for "Rick's Café Body Scrub" and Massage, \$99.

With a hint of the tropics and a touch of desert salts, your skin will be glowing, feel youthful, hydrated and ready for your most special summer attire.

**Facial:** Hydropeptides Signature Anti-Wrinkle Facial, \$99.

This relaxing no-downtime treatment infuses skin with the restorative and up-lifting benefits of peptides, growth factor

activators, and proteins. Vitamin C reveals fresh, glowing skin, while wrinkle fighting peptides leave skin firm and rejuvenated. Fine lines and wrinkles don't have a chance with this age-defying treatment.

**Tanning:** Enhance your glowing skin with an all over sunless tanning treatment, \$40.

*All specials above run May 1 thru 31.*

**The Spa welcomes "OkaB" Sandals** as our newest seasonal boutique item. Stop by to see our collection. OkaB's are hand-crafted in America — ergonomic design, eco-chic, non-slip, non-absorbent, and colorfast.

We also offer an array of body butters,

body scrubs, soaps, and sachets for the perfect Mother's Day gifts, as well as gift cards — online or in The Spa.



We are taking reservations for Mother's Day all month. Please be sure to book early as this is a very popular month for us.

**Hydropeptide** has now released its upgraded new formulas. If you thought you wanted to sprinkle it on your corn flakes before, you are going to really be happy with the new products. They have increased the peptides (proteins that repair skin damage) twofold, making the intensity of the results more profound, and are now using cleaner ingredients as growth factors to not only protect your skin but to save the environment as well.

Happy Mother's Day to all the mothers out there, no matter if you have children, animals, and/or girl friends!

~Please see our ad on page 22.~

Call to book your appointment today • 408-4290

Monday thru Friday 9:00 AM-6:00 PM Saturday 9:00 AM-5:00 PM

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*Jenny and her Eurasian Eagle Owl*

*The Lincoln Hills Bird Group Invites You*

*Monday, May 12 at 1:30 PM*

*Presentation Hall, Kilaga Springs Lodge*

*A Special Program by Jenny Papka, co-director of  
Native Bird Connections*

*See her beautiful eagles, falcons or hawks up close*

*Enjoy hearing about these remarkable raptors*



## **There's An App for That!** The Macintosh User Group Extends An Invitation to all Sun City Residents to ***App Night IV***

Do you own an iPad, iPhone, or iPod Touch and want to see and learn about Apps? Do you have a favorite App you would like to share with others? Don't own one of these devices and are interested in learning about them?

**Join us for "App Night IV" in the  
Orchard Creek Ballroom  
May 13th - 7PM**





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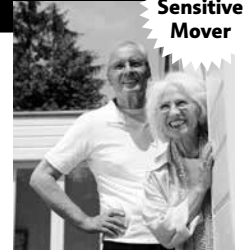
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## Join Our Spring Festivities at Meridians

Jerry McCarthy, Director of Food & Beverage



Spring is here and in that spirit, we have created a new menu to highlight the flavors and ingredients that celebrate this time of year. Some of the new and exciting items to choose from include:

*Roasted Chicken Breast & Farfalle Pasta Primavera, Strawberry Spinach Salad, Cajun Spiced Grilled Rib Chop, Prosciutto Wrapped Shrimp, Grilled Bistro Filet, and Baked Mozzarella Polenta*, to name a few. Of course you will need to save room for new petite desserts such as *Petite Kahlua Chocolate Mousse or Petite Blueberry Apple Crisp*.

You will continue to see Meridians renew its commitment to excellent food and friendly service on a consistent basis. We clearly understand that you have many dining options and we want to earn your

business and support. Please make sure that you are signed up for the SCLHCA eNews to receive special residents-only offers from Meridians Restaurant and

“Some of the new and exciting items to choose from include:  
*Roasted Chicken Breast & Farfalle Pasta Primavera, Strawberry Spinach Salad, Cajun Spiced Grilled Rib Chop, Prosciutto Wrapped Shrimp...*”

Kilaga Springs Café. ENews and visiting our website, [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com), are the best ways to stay informed about upcoming offers and special events.

Upcoming festive Meridians events include:

- **Easter Brunch Buffet** — Sunday, April 20. 10:00 AM-3:00 PM. Reservations

and prepayment are requested. Please visit our host stand or go online for the full menu.

- **Murder Mystery Dinner** — *Murder under the Big Top* – Wednesday, April 23. Reservations and prepayment are requested. Join us in a world of fabulous freaks, exotic acts, and mysterious management. The first 40 guests will receive their character assignments and all the details. Costumes are encouraged.

- **Cinco de Mayo** — Monday May 5. Join us for many foods and drink specials all day long. *Free* live Mariachi music during lunch. Reservations strongly encouraged.

- **Mother's Day Brunch Buffet** – Sunday, May 11. 10:00 AM-3:00 PM. Reservations and prepayment are requested.

Please remember that we offer a full service catering in the Ballroom, Kilaga Springs Lodge, Sports Pavilion, or your home. Call Meghan at 625-4043 to make all of the arrangements.

~Please see our ad on page 78. ~

## Keeping Our Association Strong

Hank Lipschitz, Finance Committee Chair

Last month I reported that our audited results for 2013 had revenue in excess of expenses of \$256,058. At our March meeting, the Finance Committee recommended and the Board approved the transfer of \$162,792 to our Reserve Account with the remainder to be used for the



Building/Capital Enhancement Fund. This

balance of physical improvements and maintaining adequate reserves is what keeps our Association strong.

We continue the positive start to 2014 with February results \$61,927 favorable to budget, \$105,854 favorable year-to-date. All departments are favorable to budget for both the month and year-to-date. It should be noted that The Spa

*Please see "Finance" on page 21*

### Statement of Operations YTD — 2/28/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$1,265,043	\$1,267,937	(\$2,894)
Administration (Expense)	(320,836)	(341,298)	20,462
The Spa at Kilaga Springs	8,006	2,160	5,846
Fitness	(56,287)	(58,014)	1,727
Activities	(33,714)	(48,212)	14,498
Rec. Center / Maintenance	(375,416)	(393,524)	18,108
Landscape Maintenance	(319,760)	(366,083)	46,323
Food & Beverage	(68,807)	(70,591)	1,784
Capital Asset	0	0	0
<b>Net Revenues (Expense)</b>	<b>\$98,229</b>	<b>(\$7,625)</b>	<b>\$105,854</b>

## Use Your Association's Electronic Payment Program to Pay your Quarterly Dues

What could be simpler — Sun City Lincoln Hills Community Association offers electronic payment of your regular Association assessments through Community Association Banc. When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's ACH program. Your payments are sent automatically from your bank directly to Community Association Banc. You don't need to remember to write and mail a check or remember to log into your bank to send the payment. It happens every quarter, whether you are home or away. You don't need to worry or try to remember if you sent the check — it happens automatically.

A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter.



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Refrigerant extra. Certain states require added refrigerant to be removed from a leaking system.

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See participating store for complete service description and details. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value Offer void where prohibited.

### FREE ALIGNMENT CHECK

with the purchase of 2 or more tires

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### FREE BRAKE INSPECTION

We'll check your vehicle's brake pads and/or shoes, calipers, rotors or drums, wheel cylinders, hardware, hoses, parking brake cables, fluid condition, wheel bearings and grease seals. Most vehicles.

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+MINIMUM MONTHLY PAYMENT REQUIRED.  
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Shop supply charges in the amount of 6% of labor charges will be added to invoices greater than \$35. These charges will not exceed \$25 and represent costs and profits. Shop supply charges not applicable in CA or NY. Non-mandated disposal or recycling charges, if any are disclosed above, may also represent costs and profits. \*If you do not achieve guaranteed mileage on your properly maintained tires, your Firestone retailer will replace your tires on a pro-rated basis. Actual tread life may vary. All warranties apply only to original owner on originally installed vehicle. See retailer for details, restrictions and copy of each limited warranty.







# Rejuvenate *Your Lifestyle*<sup>®</sup>

## THROUGH WELLNESS DAYS

### MONDAY MAY 19 BRAIN DAY: GET YOUR MIND WORKING

- 9:00-10:45AM PRESENTATION ON HEALTHY AGING,  
WITH FOCUS ON THE BRAIN SPEAKER DR. LINDA J. TRETTIN
- 11:00AM-1:30PM GAME DAY

### TUESDAY MAY 20 MIND AND BODY CONNECTION: PRESENTATIONS AND SAMPLE CLASSES

- 8:00AM-TAI CHI/QIGONG
- 9:00AM-YOGA
- 10:00AM-VINYASA YOGA
- 11:00AM-PILATES MAT
- 12:00PM-NATURE SCAVENGER HUNT

### WEDNESDAY MAY 21 NUTRITION & EXERCISE: 5K RUN/WALK AND MARKET DAY

- 8:00AM 5K RUN/WALK FOR COLON CANCER ALLIANCE
- 9:15AM COOKING DEMO WITH CHEF RODERICK USING  
PRODUCE FROM FARMERS MARKET
- 10:30AM COOKING DEMO WITH CHEF RODERICK.

**MORE INFORMATION ON EACH DAY CONTACT  
ORCHARD CREEK OR KILAGA FITNESS FACILITIES OR VISIT:  
[WWW.SUNCITY-LINCOLNHILLS.ORG/RESIDENTS/](http://WWW.SUNCITY-LINCOLNHILLS.ORG/RESIDENTS/)**





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## Clay: The Sustaining Source of Lincoln Economy

*Al Roten, Roving Reporter*

By 1874, the Gold Rush had passed and the railroad had been extended beyond Lincoln, which now was just another minor stop on the line north. Coal mining, ranching, and farming supported the less than 300 residents but the coal mining uncovered deposits of fine clay. When Charles Gladding of Chicago was visiting California and read of the clay find, he sent samples of the clay to Chicago for testing by ceramics experts. It was determined that the Lincoln clay deposits were of excellent quality.



When Charles Gladding of Chicago was visiting California and read of the clay find, he sent samples of the clay to Chicago for testing by ceramics experts. It was determined that the Lincoln clay deposits were of excellent quality.



*Terra Cotta Works*

In May of 1875 the Gladding, McBean Company was formed. The early product was clay sewer pipe shipped throughout California. Later, architectural terra cotta, roof tiles, fire brick, chimney pipes, and ornamental pottery were added to the

product lines. The architectural terra cotta produced in Lincoln adorns many famous buildings throughout the world.

The clay pit mines of Gladding, McBean have been delivering clay for the last 139 years with no end of supply in sight. Features of the clay, mineral content, and firing temperatures produce the colors seen in various products from red sewer pipe to the granite appearance of architectural products.



*Events are April 16 through May 31 and April 18 through May 31*

For many years we celebrated Feats of Clay with factory tours during April and May. Unfortunately, these tours are no longer available, but this spring we will have the opportunity to share in three free

events celebrating the beauty and versatility of clay:

The America's Clayfest Gladding, McBean International Photo Show, Historic Photo and Terra Cotta Exhibit will held April 16 through May 31 at the Art Center, 580 6th Street, Lincoln, 209-3499.



*Kiln inside Gladding McBean*

The Art Center is open Wednesday-Saturday, 11:00 AM to 3:00 PM. This includes 60 selected photos as well as a Gladding, McBean exhibit of its colorful past and the clay-making processes.

The America's Clayfest International Ceramic Show runs from April 18 through May 31 at Blue Line Gallery, 405 Vernon St. #100, Roseville, 783-4117. Blue Line is open Tuesday and Thursday 11:00 AM to 5:00 PM and Wednesday, Friday, Saturday 11:00 AM to 3:00 PM. This is the juried exhibit of 80 top selected ceramic art works in several categories.

The Student Show runs from April 24 through May 2 at the Ridley Gallery, Sierra College; open Monday through Thursday from 11:00 AM to 6:00 PM. This show features ceramic art pieces created by students.

Share these events and enjoy this element of our fine city.

### Library News

#### **Author of History**

*Sandy Melnick, Library Volunteer*

Another of my favorite authors is Ken Follett. Mr. Follett started out as a teller of mystery tales but for the past few years has written novels of historical events. He currently has a trilogy out following the events of the first World War and succeeding years intertwining five families. He is an excellent writer

*Please see "Library" on page 37*



*Gladding McBean Pit*





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**Aging Well****Vitamins and Nutritional Supplements****Are they safe and effective?**

Shirley Schultz, Health Reporter

If Shakespeare were alive today, he would perhaps portray Hamlet saying, "To take or to not take a vitamin – that is the question!" In health care there are few topics more discussed and more confusing than vitamins and other nutritional supplements — whether to use them, how much to use, when to use, and so on. Although Hamlet

was pondering suicide when he made his famous "to be or not to be" statement, one might wonder what is the thinking of the person who consumes large quantities of nutritional supplements on a daily basis? Is this really the gold standard for good nutrition leading to the fountain of anti-aging and good health? Hear the viewpoint of an expert by attending the Community Forum on Wednesday, April 30 by Dr. Racquel Lavoni, "**Vitamins and Supplements: Nutrition in a Pill?**" (See page 100.)

As research sheds new light on the what, when, and how much of nutritional supplement use, the recommendations change. In recent years, the use even of a multivitamin has been challenged. Whether or not to take a nutritional supplement is one thing, but issues about the quality of these unregulated products is another. A rather simple formula can help guide you in your choice of what vitamins and supplements to take. **It must be safe and it must be effective.**

- **Is it safe and effective?** Good use of money if you need the item.
- **Is it safe but ineffective?** Probably a waste of money.
- **Is it unsafe but effective?** Probably a waste of money and a poor choice.
- **Is it unsafe and ineffective?** You are pondering like Hamlet, and money is wasted.

Determining the safety and effectiveness of nutritional supplements can be very challenging as there are few manda-

tory quality control standards or regulations for this industry in the U.S. Go to the National Center for Complementary and Alternative Medicine website at [www.nccam.nih.gov](http://www.nccam.nih.gov) or other NIH departments to review the ongoing research on supplements. Although compliance is voluntary on the part of the manufacturer of nutritional or dietary supplements, one of the best symbols to look for is the U.S. Pharmacopeial Convention (USP) symbol which certifies that "USP has tested

U.S. Pharmacopeial Convention symbol certifies that "USP has tested and verified ingredients, potency, and manufacturing process"



and verified ingredients, potency, and manufacturing process." USP sets official standards for dietary supplements even though they are not mandatory.

**Orienteering****Seep Trail****On a Clear Day You Can See Forever**

Dee Hynes, Roving Reporter

See it now, the view is unsurpassed! Visit the Seep Trail.

Seen from the trailhead, vibrant blankets of emerald green hug the Seep Trail hillside. Beyond the Twelve Bridges subdivision, new home lots and Thunder Valley, Sacramento's skyline, and Mount Diablo rise in the valley on crisp blue-sky days.

The trail rides a serpentine route along the hills of the barefoot toes of the Sierra foothills nearby. The path dips deep into untamed land then rises to join our community pathways.

Trail highlights: Grade changes and length provide a challenging workout; two narrative signs give information about Nevada volcanoes and our seeps; three open

space benches offer resting places; and the Stonecrest Trail meets this trail in the Open Space.

Please see "Seep Trail" on page 37



Top, Norma Milligan pauses by the trailhead narrative sign titled, "Where the Central Valley Meets the Sierra Nevada Foothills." Come read about the "Foothill Mosaic;" Jerry & Judy Dong arrive at the base of this feral land. Here, the trail meanders near a protracted thicket of trees





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## Neighborhood Watch

### Safety by the Numbers Symposium — Tuesday, April 22

#### Neighborhood Watch Annual Spring Potluck — Friday, May 9

Patricia Evans

Do you know how to think like a burglar? You will have these secrets revealed at our annual Safety and Security Symposium on Tuesday, April 22, from 1:00-3:00 PM in the front Orchard Creek Ballroom.



Back by popular demand, our speaker, Gary Leonard, will share his vast experiences talking with innovative burglars so that you can protect yourself and your property from these devious plans. Gary's career in law enforcement spans 50 years. His experience includes being Chief of Police in six different cities, a senior consultant to the California Peace Officers' Standards, and an assignment to offer improvements to California Chiefs and Sheriffs on services and problem solving. He is a nine-year resident of Lincoln Hills.

Our special guest will be Lincoln Police Chief Rex H. Marks. Chief Marks recently came to Lincoln from the Grass Valley Police Department. He brings a strong background in public safety and

believes that the community plays an important role in reducing crime. Chief Marks holds a master's degree in Organizational Leadership and in Public Administration. He and his wife, Leslie, and their four children live in Lincoln.

#### Our Spring Potluck and Kickoff for National Night Out

Friday, May 9

6:30-8:30 PM

#### Multipurpose Room (KS)

Join us for an opportunity to increase our safety and security through camaraderie. The theme this year will be "California Gold Rush." Everyone interested in participating in Neighborhood Watch is welcome. Please see page 31 for reservation and potluck information.



Top — Gary Leonard, popular speaker on crime prevention, will share his experiences at the Safety Symposium. Lincoln Police Chief Rex H. Marks will be a special guest at the Safety Symposium

#### Neighborhood Watch Contacts

- Larry Wilson, 408-0667  
mwv6@sbcglobal.net
- Pauline Watson, 543-8436  
frpawatson@sbcglobal.net

Neighborhood Watch Website: [www.SCLHWatch.org](http://www.SCLHWatch.org)

## Finance

Continued from page 13

at Kilaga Springs, Activities, Recreation Center/Maintenance and Landscape are performing very well. Congratulations to Staff for the good start to 2014.

February ended with \$4,434,471 in our Operating Fund, of which \$1,306,032 were in the Settlement Proceeds Fund and \$4,166 in the Building/Capital Enhancement Fund. The Reserve Fund had a balance of \$4,850,222. We have started the process of selecting a Professional Investment Manager to help us improve the yield on our investable funds without taking undo risk.

Homes with past due assessments were at 161 compared to 134 at the end of November. While we had more homes

past due, the amount owed decreased to \$83,500 from the November amount of \$86,800. We still have a few members that have not adjusted to the new dues amount.

We are actively looking for volunteers to apply for positions on the Finance Committee later this year. If you have a background related to Finance or Accounting,

please apply at the OC desk or see the Committee Openings article on page 5 for how to apply on the resident website.

If you have general questions or need information, please contact finance.committee@sclhca.com. The next regularly scheduled Finance Committee meeting will be held on Thursday, April 17 at 9:00 AM at the Solarium (OC).



*Happy Mothers Day*



**MAY MOTHERS DAY EVENT "HIGH TEA"**  
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## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

On Wednesday, April 23, at 1:00 PM in the Multipurpose Room (OC), you will have the opportunity to learn about Alzheimer's Disease which is a progressive, irreversible neurological disorder that attacks the brain. It usually results in memory loss, confusion, impaired judgment and personality changes. Alzheimer's affects about one in nine people over the age of 65 and about 33% of people over 85.

Dr. Carmen Bujor, Geriatric Physician, Kaiser Roseville, will speak on "Diagnosis and Treatment of Dementia with Emphasis on Alzheimer's Disease." Her discussion will include medications and other measures for behavior management.

Thanks to the 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

Don't forget that just this one time, our May 5 meeting at 10:00 AM will be held in our old meeting room, the Multipurpose Room (OC)! One of the gentlemen in our club will present his collection of "Cameras, Photographs and Crossovers." Be sure not to miss it!

Another great program was enjoyed at our April meeting with two of our members showing their collections: the beautiful Franciscan Ware Apple Design pottery made by Gladding McBean way back in the 1940s, and then vintage collectables of Shirley Temple, child movie star of the 1930s! (I was named after Shirley Temple!) Both were very much enjoyed by all! Thanks so much for sharing!

Our social chair, Ann Renyer, announced that the Spring Potluck will be May 16 from 5:30 to 7:30 PM in the Social Kitchen (KS). The theme will be Hawaiian, with Hula entertainment!

*Written by Shirley Curtis.*

**Contacts: Rose Marie Wildsmith  
409-0644; Barbara Engquist 434-  
1415; Antique Appraisals 408-4004**



### Astronomy

Monday, April 21. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology – The History and Nature of our Universe." These lectures by Professor Mark Whittle are an excellent simple explanation of the Big Bang Theory. This month's lectures will be "Cosmic Expansion — Keeping Track of Energy" and "Cosmic Acceleration — Falling Outward." Contact Morey Lewis, eunmor@pobox.com or 408-4469 for more information.



*Ron Olson, left, and John Combes — presenters at the March Astronomy Group meeting*

Wednesday, May 7, 6:45 PM, P-Hall (KS) — "LHAG 10-Year Anniversary." There will be a short presentation about significant LHAG events in its 10-year history and an election for Steering Committee Members. This will be followed by dessert in the Social Kitchen (KS). Meetings: Astronomy Group meetings are held at KS Presentation Hall. 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

Ah, springtime! It's time to get some "spring" into your step and renew your commitment to enjoy life to the fullest. Why not come to Kilaga Springs Lodge in April and learn the exciting, upbeat Cha Cha? Then, in May, it's time to



*Jim &  
Joan  
Luckey*

learn the popular dance that originated in the 60's, the Night Club Two Step. Lessons are taught in a group format. Beginner's lessons are taught 2:00 to 3:00 PM. Then, join us for open dancing, 3:00 to 4:00 PM. More advanced steps in the monthly dance are taught from 4:00 to 5:00 PM. Dues are just \$7 per year and lessons are free. So, come for lessons, or just come to dance, enjoy music and meet with a congenial group of people. Many Socials, Potlucks, and Dinner Dances are scheduled throughout the year. Attention men — we still have openings in our Dance Host Program. Please contact us.

**Contacts: Ruth Algeri 408-4752;**

**Brigid Donaghy 543-6003**



### Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be May 14 and June 11. 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 Friday, April 18, at Casa Ramos and Tuesday, May 6, at Original Pete's. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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

**joanlogue@sbcglobal.net**



### Billiards

#### The Shooters

- Eight-Ball Singles 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 2014 —
- Eight-Ball Singles March 5 — Winner: Ted Komaki; Runner-up: Bob Soriano.



Joe Ferrando — Winner of Nine-Ball Singles Tournament March 11; Joe Ferrando and Chet Lelio — Winners of Eight-Ball Doubles March 19

- Nine-Ball Singles March 11 — Winner: Joe Ferrando; Runners-up: Tom Thorton, Chet Lelio, Doyle Corker, Carl Callaway and Bob Doney.
- Eight-Ball Doubles March 19 — Winners: Joe Ferrando and Chet Lelio; Runners-up: Jim Fulton and John McKinney.

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

### Challengers Billiards

Every year we recognize those who won all seven games in our tournaments. Our year started on March 1, 2013, and ended on February 28, 2014. Congratulations to this year's winners —

- Bill Kim "Shark of the Year," won all seven games five times.
- Joe Hobby, Joe Perez, Dan Oden won all seven games twice.
- George Black, Ken Klein, Bob Soriano, Bill Huth, Joe Antoun won all seven games once.
- Recent winners are — first place, seven games: Bill Huth, George Black; six of seven: Joe Hobby; five of seven: Peshi Irani, Joe Perez; second place: six and a half of seven games: Bill Kim; five of seven: Howard Skulnick; four of seven: Lyle Moore, Lisa Pabst, Rita Baikauskas, Margie Kim, Bob Soriano, Tom Thomton.

We play every Friday from 10:00 AM-12:00 PM at the Billiards Room (KS).

The last Friday of each month is sign-up day for the following month.

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

### Couples Billiards

The Couples Billiards Group continues to be a popular activity each Wednesday at KS. We frequently have to turn players away due to lack of space.

Week one: Jim/Barb Conger and Bob Soriano/Doyle Coker tied for first with five wins. Three teams tied with four wins, they were Joe/Shirley Varner, Herb Hays/Gail Harmon and Ahmed Jhanda/Peshu Irani.

Week two: Our leaders Jim/Barb Conger had the first seven game win of the year. Ron/Sherry Weech won six games.

Week three: The Bob Soriano/Doyle Coker team won six games with Howard Skulnick/Peshu Irani winning five games.

Week four had only one team winning six games, Joe/Nicki Hobby. There was a three-way tie with five games. Those teams were: Howard Skulnick/Peshu Irani, Bob Soriano/Doyle Coker and Ron/Sherry Weech.

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

### Players Billiards

For mid-level players, we meet in the Billiards Room (KS) every Thursday from 2:15-4:30 PM for seven games of Eight Ball timed at 17 minutes each game. Sign up in advance on the last Thursday of the month for the next month. Stand-by players can sometimes get to play. The sign-up binder is always on the fireplace. It's free and fun!

Congratulations to our recent winners — seven games: Sandy Pavlovich; six of seven games: Ahmed Jhanda, Bob Soriano, Chiquita Fratto; five of seven games: Doyle Coker, Bill Huth, Dennis Dreiling, Rita Baikauskas, Bob Bienkowski, Phil Berleghi, Bob Soriano.

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

### Upstarts Billiards

*"Some think in colors, and others in numbers, When we sink our balls, it's a Mother of Wonders!"*

Would you like to play Billiards?

Upstarts Billiards is a group of beginners-to-average players. We play Standard Eight Ball every Thursday, from 11:45 AM to 2:00 PM at the Billiards Room (KS). We welcome extra players, and would love to have you join us!

- Winners five games: Gary Averett, Connie Hoetger, Gary Hoffman, Phyllis Papagiannis, Gary Smith, Audrey Thrall.
- Winners four games: Stephen Baron, Phyllis Borrelli, Frank DeMasi, Bill Evans, Nicki Hobby, Edith Kesting, Gary Nielsen, Randy Ransdell, Linda Scott, Joan Wendell.

Sign-ups on the last Thursday, every month, Billiards Room (KS), 11:30 AM.

**Contacts: Rita Baikauskas 408-4687; Phyllis Borrelli 543-3528; Dan Oden 408-2687**



### Bird

Monday, May 12, at 1:30 PM the Bird Group has invited Jenny Papka of the Native Bird Connections to present her live wild bird program to our members and the residents here in Lincoln Hills. It is always a special treat to see Jenny and her beautiful birds. We hope you will join us for this exciting program at the P-Hall (KS). See the ad on page 11.

Spring is a wonderful time of year to enjoy the many birds in our area. On April 26, our group will walk the Canyon Oaks Trail just off Hidden Hills Lane. This wetlands area offers a nice variety of song birds, raptors and waterfowl. May 3, the first Saturday of the month, we have planned a field trip to Camp Far West and the Spenceville Wildlife Management Area.

**Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com Lh\_bird\_group@yahoo.com Website: www.suncity-lincolnhills.org/residents**



### Bocce Ball, Mad Hatters

Beginning Thursday, May 1, the Mad Hatters will change to their summer start time of 8:00 AM. The Association can't get those blue canopies up soon enough. It's only March as we write this and the temperatures are already in the 70's at 10:00 AM. We complain about the leaves from the trees around the courts

for three months in the Fall, and people have even suggested the trees be removed because of all the debris they generate, but when you look at all the shade they provide we can't wait for the foliage to fill out in the spring. We promise to have donuts for you on May 1 as an added inducement for you to show up at that early hour.

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



### Book, OC

In 1889, two female journalists attempted to break the record of Jules Verne's fictional Phileas Fogg by traveling around the world in less than 80 days. On the 14<sup>th</sup> of November of that year, they set out from New York City, one going east by steamship and the other going west by train. Share in their adventures with us on Thursday, April 17 at 1:00 PM in the Multipurpose Room (OC) as we discuss *Eighty Days* by Matthew Goodman.

Remaining 2014 Schedule:

- May 15 — *The Aviator's Wife* by Melanie Benjamin
- June 19 — *The Light Between Oceans* by Margot Stedman
- July 17 — *How to Eat A Cupcake* by Meg Donohue
- August 21 — *The Cuckoo's Calling* by JK Rowling
- September 18 — *Killing Lincoln* by Bill O'Reilly
- October 16 — *Pride and Prejudice* by Jane Austen
- November 20 — *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- December 18 — Holiday Luncheon

**Contacts: Penny Pearl 409-0510;**

**Darlis Beale 408-0269;**

**Dale Nater 543-8755**

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



### Bosom Buddies

#### Breast Cancer Survivors

At our February meeting, Julie Madsen, a certified lymphedema specialist, presented information to us about lymphedema. She explained the massage that is done to move the fluid. She showed us the types of sleeves and hand gauntlets

available. If you have lymphedema, please call 759-8632 and make an appointment with her for help.

Our April guest was Dr. Elizabeth Kim, Sutter Health Surgeon. She told us how she combines oncologic principles with plastic surgical techniques. There are types and definitions of mastectomies. There is timing and types of reconstructions. As you see, we are having very informative and high quality programs.

Our May program will be a celebration of spring at Patty McCuen's home. Join us at 11:30 AM for brunch.

Please join us every first Thursday at Patty's at 10:30 AM and the second Thursday at the Multipurpose Room (OC) at 1:00 PM.

**Contact: Marianne Smith 408-1818**

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



### Bowling

After many position changes, first place, About Time — Gail Holmes, Feli Kimball and George Newman, are still in the lead. Second place, Hot Shots — Lois Dye, Rita Wilks, Betty Tucker and Herb Hayes. Third place, Lucky Strikes — Elaine Yamasaki, Vicki Dibble, Eleanor Jones and Dave Quirarte. There is only one win difference between each place!

Top Men Bowlers continue — Dave Fisk, Horace Snowden, Davis Peyton and Dave Quirarte. Top Women Bowlers — Pat Fisk, Bobbie Spiess, Jun Serna and Kathy Houston.

Looking forward to end of season banquet at Spaghetti Factory, thanks to our Banquet Chairs, Della Sharief and Betty Tucker. Still looking for subs members and subs for next season! Call Joan.

**Contact: Joan Gates 253-9415**



### Bridge, Partners

#### Thursday Evening First & Third

Let's play Social Bridge. Bring your partner and join us. Reservations are recommended, but not required. Give us a call and we will enter 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 Sierra Room (KS) and fin-

ish at 8:30 PM. Please arrive a little early.

March 6 winners include — First: Ben & Kay Newton; second: Joe & Rose Phelan; third: Erika Wolf and Edith Kesting; and fourth: Linda Theodore & Janet Pinell. Joe & Rose Phelan had the high round of 2,800 plus had a Grand Slam bid & made it.

March 20 winners include — First: Ed Page and Olga Hayden; second: Nancy Turrini and Lydia King; third: Erike Wolf and Edith Kesting; fourth: Bruce Fink and Stanley Mutnick who also had a high round of 1,470.

**Contact: Lorraine or Bob Minke 408-4009**

### Thursday Evening Second & Fourth

If you want to play partners bridge, give us a call, and we will put you and your partner on the play list, or take your chances and just show up, and you get to play if we have even pairs and a maximum of 28 couples. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM. *Please keep the conversations low when your tables are finished, very small room.*

February 27 winners — First: Gerry & Warren Sonnenburg; second: Rose & Joe Phelan; third: Liz Snell and Janet Pinnell who also had the high round of 2310; fourth: Nadine Buchmiller and Reta Blanchard. March 13 winners — First: Gail Ramsden and Nancy Rice; second: Diane & John Maranta who also had the high round of 1630; third: Joanna & Alan Haselwood; fourth: (tie) Janet Pinnell and Linda Theodore/Carol Mayeur and Dolores Marchand.

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



### Bridge, Duplicate

Nine players from SCLH earned Masterpoints (Mrpts) at the ACBL Regional Tournament held in Burlingame: Joe Blackford, Dick Proffitt, Margaret Riegert, Sheila Ross, Tom & Carol Ross, Steve Upadhye and John & Lynne White. Others who have recently advanced their ACBL ranking are: Joanne Mitchell — Bronze Life Master (LM with 500 Mrpts), Judy Beck and Joe Blackford — Silver Life Masters (1000 Mrpts).

Upcoming tournaments include a Sectional in Orangevale, Friday, May 2-Sunday,



May 4 (199er games will be available). Also, during the week of May 5-11, ACBL will conduct STaC games (Sectional Tournaments at Clubs).

Our club is open to residents of SCLH and invited guests. Games are played at Kilaga Springs Lodge on Wednesday at 12:30 PM (includes a 199er section), Friday at 5:00 PM, and Saturday at 12:30 PM (includes a 299er section). Game fees are \$2 for members, and \$5 for non-member residents and guests.

**Contact: 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 Sierra Room (KS). Join us for a fun afternoon of social bridge. You must make a reservation to play. Please call if you need to cancel. You do not need a partner but must arrive *before* 12:45 PM to assure a place to play.

Winners for February 21 through March 24 — First: Gloria Stroemer, Peggy Schmidt, Dolores Marchand and Harry Collings; second: Joe Phelan, Chet Winton, Alan Haselwood and Randy Rasmussen; third: Allan Blaine, Carol Mayeur, Harry Collings and Carol Mayeur; fourth: Bob Belknap, Mo Scarpitti and Sylvia Smyth.

For reservations: April — Ralph Madsen 408-7670 and Jim Busey 408-0671.

May and June — Rosey Peasley 253-7414 and Chet Winton 408-8708.

**Contact: Jodi Deeley 208-4086,**

**[jodi@wavecable.com](mailto:jodi@wavecable.com)**



### Bunco

March brought new friends and returning Bunco players. It was fun to welcome new and returning friends! You know what they say about beginners luck! A newcomer tied for most Buncos, lost in the roll-off but ended up taking home most wins.

The Bunco Group wants to thank Christy Condell for assigning us one of the new drawers recently added to the Cards Room (OC) and Chris O'Keefe and staff for adding new window shades, so we are not blinded by light and heat on hot summer days.

Please consider joining us the third

Thursday of the month. Enjoy the fun for only a \$5 play fee!

*March winners:* Most Buncos — Claudette Rhoads-Kinman; Most Wins — Bobbie Eldridge; Most Losses — Phyllis Papagiannis; Traveler — Sara Klesius.

Note: April Bunco moved to KS — Thursday, April 17, 9:00 AM in the Terra Cotta Room (KS), moved due to OC rented out for the day.

**Contact: Kathy Sasabuchi 209-3089**



### Ceramic Arts

Spring is upon us full-force! Easter is a week away and grandkids are eagerly awaiting the Easter Bunny. It is time to sign up for that ceramics class you have been putting off for the past year... check out our offerings on page 63 and join us...we are a "fun" bunch!! Reminder: You must be a CAG Member to participate in the Saturday and Sunday CAG Workshops after your third visit. More info: see a Studio Monitor or contact Ed Hanson.

CAG "Workshops" are held at OC on *Saturdays*, 9:00-3:00 PM, and *Sundays*, 12:00-4:00 PM; KS workshops are *Mondays*, 1:00-4:00 PM for Earthenware and *Sundays*, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC *Fridays only*, 1:00-5:00 PM and KS *Sundays only*, 1:00-4:00 PM. Check the bulletin board and studio windows for any changes in times/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](http://www.suncity-lincolnhills.org/residents), **Groups, Ceramic Arts****



### Chorus

Although our spring concert is headlined "We Love the '50s," not all you'll hear dates from that decade.

For example, "I Only Have Eyes for You" originated in 1934, when Harry Warren and Al Dubin produced it for the Warner Brothers film "Dames." However, the 1959 arrangement sung by The Flamingos is best remembered now.

Rodgers and Hart composed "Blue

Moon" for MGM in the early 1930s. Mel Tormé reprised it in 1949, Elvis Presley included it on his debut album in 1956, and The Marcells recorded their distinctive doo-wop rendition in 1961. We'll bring you a delightful combination of the slow original and up-tempo doo-wop versions.



Get your tickets now for our spring concert, "We Love the '50s," May 4, 5 & 6

"We Love the '50s"— broadly interpreted — and so will you. See page 46 for specifics, and get your tickets now for the May 4 matinee or the May 5 or 6 evening performance of our best spring concert ever.

**Contacts: Bill Sveglini 434-5655, [sveglini@gmail.com](mailto:sveglini@gmail.com); Sid Frame 408-1453, [sfincoln4fun@starstream.net](mailto:sfincoln4fun@starstream.net) Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**



### Computer

Main Meeting: May 14, 6:30 PM — "Remember Everything Using Evernote." Bob Ringo will demonstrate how you can easily access all of your information from anywhere at any time. Evernote also makes backups of your data in the cloud for security purposes. It even has an option to encrypt your sensitive information. Storage is free for up to 60 MB of new data added each month. Using Evernote, you can easily store and retrieve your documents, sound, images, videos, web pages, and



Karl Schoenstein, left, and Dave Whorf will discuss "Apps Revisited" on May 16

more. If you own more than one computer, [Evernote](#) makes certain that all of your data is available simultaneously on all your computers.

Clinic May 16, 3:30 PM — “Apps Revisited.” Dave Whorf & Karl Schoenstein will discuss the old stewards, some new ones and safest places to download them.

Ask the Tech: May 23, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

**Contact: Bob Ringo**

**president@sclhcc.org**

**Website: www.sclhcc.org**



### Mac User

“App Night,” coming May 13 in the OC Ballroom, is our fourth annual Apple celebration of all the new apps that have been created to make our iDevices more useful, powerful and fun. All SCLH residents, not just MUG members, are invited. Come to learn about new apps, share apps, or just enjoy an entertaining night out with people who really love their apps and Apple iDevices.

Other great programs coming up include Pages April 16, iMovie for the iPad April 24, and the Newbie Seminar “Using Finder” on May 1 with Sharon Worman. (More details at [www.LHMUG.org](#).)

If you can't make a seminar or meeting that you really wanted to attend, or you want to review it, Jeff Hanner has made excellent videos of all recent programs, available any time. Just go to the MUG website and click “Handouts” to watch a video.

**Contact: Henry Sandigo (415) 716-**

**0666, [hsandigo@gmail.com](#);**

**Website: [www.lhmug.org](#)**



### Country Couples

Members often comment that one of the best reasons for belonging to Country Couples is the friendships shared. Many members of the group recently set aside their dancing shoes to enjoy each other's company on the February Reno Snow Train trip. Another group is planning to enjoy the bus trip to San Francisco to tour Alcatraz. These trips are all about creating memories and sharing good times with one an-



*Country Couples having fun in Reno!*

other. We look forward to the Hot August Nights trip to Reno where we can bond, enjoy old cars, old time Rock n' Roll, and Country dancing at the new Gilley's Saloon in the Nugget.

Other popular upcoming events will be the Backyard BBQ dance hosted by Jim & Jeanie Keener in Roseville on April 26, our annual Potluck Saloon Dance on May 30 featuring dance hall girls and card sharks, and a catered dinner dance in Roseville's Ballroom on August 17.

**Contact: Kathy or René Lopez  
434-5617**



### Cribbage

Cribbage Club plays 8:00 AM-12:00 PM Tuesdays at the Card Room (OC). A six-game mini-tournament starts at 9:00 AM. We play four-handed partner games, adding a two-handed or three-handed game when necessary or a sit-out when required by the number of players. We use a rotation system to mix players. We generally have 16 or more players so there is plenty of room for more to come and join the fun.

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



### Cyclist

Lincoln Hills Cyclists, your help is needed for the 13<sup>th</sup> annual Tour de Lincoln! This year's event will be held on Saturday, May 10, a day before the start of the Amgen Tour of

California. Volunteers are needed Friday, May 9 and Saturday, May 10.

A four-hour commitment on either day would be really helpful, but any amount of time you can give would be appreciated. Volunteer help is especially needed in setting up for the event at McBean Park, usually beginning at 9:00 AM on Friday. Volunteer help on Saturday includes registration and serving lunch.

New this year there will be a pasta feed at Turkey Creek Golf Course on Friday evening. Volunteers are also needed to help set this up. If you can donate a few hours of your time for this year's Tour de Lincoln, please contact either Gary Steer (434-6860) or Bob Burns (543-3382).

**Contacts: Steve Valeriote 408-5506,**

**[jillsteval@gmail.com](#)**

**Website: [www.LHcyclist.com](#)**



### Dominoes

#### Mexican Train

We need new members to join us for a spirited game of Dominoes. Seats are available. Meet new people who love to play games as much as you do. Teachers are available at the Wednesday, 9:00 AM session.

Give us a call and we will answer any questions you may have.

Come for the fun and social interaction.

**Contacts: Cora Peterson 543-7144;  
Sandy Pavlovich 543-0467**



### Eye Contact

#### Low Vision Support

Next meeting: May 8, 1:00-3:00 PM, P-Hall (KS).

This note is to all readers of the *Compass* to attend our meetings, at no cost. Difficulty seeing is not necessary. View our interesting meetings below. Our meetings are open to everyone.

1:00 PM: Carol Trussell, Doctor of Audiology will address the need for hearing tests and hearing aids for people with low vision.

2:00 PM: “Revisiting Mike May” — A second look at the developer of the GPS navigation system for the visually impaired and how he has handled restoration of vision after a life of blindness. Featuring NPR podcast segment: Snap



Judgment, October 2013.

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



### Garden

April 24, Thursday — SCLH Annual Home Garden Tour (10:00 AM-2:00 PM). Are you ready for some refreshing ideas viewing what others have done with their yards? We invite the community to attend this free event to view several SCLH gardens. Drive through OC Lodge entrance (10:00 AM-12:00 PM) and pick-up a flyer with a map and descriptions of each yard — \$3 per packet. Contact: Fran White 408-4628.

April 26/27, Saturday/Sunday — Annual Amateur Rose Show & Competition — OC Foyer.

- To be eligible for entry, exhibitors must be members of the Garden Group using roses grown in their yards.
- You may enter three single roses and one rose arrangement per residence.
- Bring each rose in a plastic water bottle.
- Bring roses to OC foyer on Saturday, April 27 between 9:30 and 10:30 AM to register.



*Home Garden Tour — Thursday, April 24; Amateur Rose Show — Saturday & Sunday, April 26-27*

- Cash prizes will be awarded to three winners each in different color categories. Contact: Norita Ferguson 408-4630.
- Contact: Lorraine Immel 434-2918, limmel@ssctv.net; Virgil Dahl 408-3748, hasbeenvd41@att.net**

### Bonsai Group

The Bonsai Group meets the third Thursday of each month (February through July) in the Multimedia Room (OC), 10:00 AM to 12:00 PM. Interested members



*Bonsai Group pruning session*

are welcome! We are currently preparing a Bonsai Display for the community for Mother's Day Weekend.

**Contact: Larry Clark 409-5214, lkclark@surrewest.net**



### Gem and Mineral Society

California gemstones are on display in the Orchard Creek Lodge display case.

Our April 28 meeting will be at 4:00 PM.

Our club sponsors the Lapidary and Jewelry Lab. Mondays 8:00 AM to 12:00 PM. The charge is \$5 for each two hours spent in the lab. Funds go to refresh equipment and supplies. Shop Master is Dave Fisk.

Chuck DiFrenzo is available in the Monday Lapidary and Jewelry Labs starting in February, to provide assistance in jewelry fabrication and repair. He starts at 9:00 AM. Those of you familiar with Chuck know that he has created custom jewelry for many years, and has taught the jewelry fabrication class here at Kilaga Springs Lodge.

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

Lapidary and Lost Wax classes are no longer taught. If you're interested in these subjects, talk to Dave Fisk.

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

### Gem and Jewelry Open Workshop

The Gem and Jewelry Workshop is open most Mondays, 8:00 AM to 12:00 PM. The shop has equipment to do lapidary (stone cutting and polishing), lost wax casting (gold or silver), metal enameling, and metal jewelry fabrication. This equipment is for use by residents, with assistance from a shop master or lab monitor. Cabochon gem cutting instruction is available by arrangement with the shop master.

Chuck DiFrenzo is available to assist in silversmithing during the labs starting at 9:00 AM.

This equipment is open to use by experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication class.

Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax, jewelry enameling and jewelry fabrication equipment. Some projects may require purchase of expendable supplies.

Maintenance Fee \$5 per two-hour session. Shop Master: Dave Fisk.

**Contact: Dave Fisk 434-0747, dave.fisk@yahoo.com**



### Genealogy

April 21 — You will want to be present at the P-Hall (KS) at 6:30 PM for —

*Names... What Are You Missing?* That is the topic for Tamara Noe. Tamara has been a volunteer at the Sacramento Regional Family History Center for more than ten years and is currently serving as a supervisor, instructor and staff trainer.

*Think about this...* Do some of your ancestors elude you? It's possible they are right where you think they are, but that you're missing something about their name! It is important to consider all of the possible variations for a surname and a given name. Factors that influence these variations are spelling, handwriting

ing, pronunciation, Americanization, and patronymics. These factors as well as the problems inherent in each of them will be discussed.

Just a reminder... the door prizes and social gathering following the general meeting are for Genealogy Club members only!

**Contacts: Maureen Sausen 543-8594;**

**Arlene Rond 408-3641;**

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

**lincoln**



## Golf, Ladies

### Lincster Lady Niners

Congratulations to Mary Cannistraci who was named the Most Improved Nine-Hole Golfer in the Sacramento area by PWGA. She was awarded a special PWGA



Mary  
Cannistraci

Most Improved Golfer Bag Tag in honor of her accomplishment. She continues to play well; she recorded only 15 putts and a net score of 35 on March 5, a Lincster play day on the front nine of the Hills.

On March 12, Lois Gilbert made a 70-foot chip in on hole number 8 on the front nine of the Orchard Course.

The annual club championship, September 9 and 10, will be headed by Darlyne Giorgi. The Bring a Friend Tournament on May 14 will be chaired by Kristi Love and Phyllis Patrick. They are in the process of forming their committees.

The Club General Meeting was held on March 12 in the OC Ballroom.

Welcome to new member Diane Galten.  
**Contact: Carol Golbranson 543-8647**  
**Website: [www.lincsters.com](http://www.lincsters.com)**

## Ladies XVIII

It was not exactly March Madness, but during the March NetChix, Robinson outplayed the field with a net 65. First place winners (by flight) included Arts, Tamanti, and Holland. Seconds went to Loyd, Ashe,

and Engelmann and Lewis (tie). CTP's were won by Blanchard, Hole Five; and by Bedford, Hole 12 (and birdie).

Next, a St. Pat's-themed game, whereby shamrocks, strategically placed on the scorecard, allowed a net zero for the hole. The leprechauns gave the gold to team Arts, Botelho, Cicci, and Pinnell; Bedford, Jacobson, Loyd and Valencia took second. DeWitt flagged the CTP on Hole Four, and Koropp, on Hole 11.

For the third week, Perry had a tidy 46 points in Stableford, topping all players. Flight winners: Dodd, Arts, Carr, Morgan and Hastings also scored in the 40's. CTP's were awarded to Botelho (and birdie), and to Cicci.

Some savvy playing by these lassies.

**Contact: Candice Koropp, 409-0607**

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



## Golf Men's

So far this year is really shaping up with another great tournament with the 2014 NCGA Zone Qualifier and just for fun on March 4. We had a great turnout with 11 teams for the NCGA Qualifier and 21 teams in the just for fun giving us a grand total of 128 players.

The winners of the Qualifier are as follows: Team two — Bill Bowen net 69, Walter Burke net 70, Dennis Niemeyer net 76 and Jess Linville net 78. The winners of the just for fun are as follows: Team 11 — Paul Apfel net 78, Robert Lucas net 74, Robert Mcgrath net 76 and Doug Hinchey net 78. As you can see, we had some really great scores for a really great tournament, nice going guys.

Our next tournament was April Fool's tournament on April 1, a four-man team with a mixed format, a very fun tournament.

**Contacts: Roger Oswald, [rodgeroswald@gmail.com](mailto:rodgeroswald@gmail.com); Gen Andrews, [eandgolf@sbcglobal.net](mailto:eandgolf@sbcglobal.net); Karl Williams, [kwil78479@aol.com](mailto:kwil78479@aol.com)**  
**Website: [lhmgc.org](http://lhmgc.org)**



## Healthy Eating

Ample opportunities abound in Placer County for coming up with new and creative ways to use the bounty of healthy foods produced for us within minutes of Lincoln

Hills. And as we become more creative in our food selection and preparation, our ingredient lists naturally become healthier. This creativity advances our curiosity about foods we consume and how very much we can accomplish for our health and that of our families by the food choices we make.

April's activities include our semi-annual club potluck supper and a workshop on building your own healthy salad dressings.



Local garden produce; club members at workshop; new carrots at Farmers Market

Join us to explore new and healthy foods and better ways to prepare them. Our general meetings are on the fourth Monday of each month (the 28<sup>th</sup> in April) at 2:00 PM in P-Hall (KS), guests welcome. Household dues for 2014 are \$15.

See the article on page 7 — "Healthy Eating Club offers Springtime Advice."

**Contact: Don Rickgauer 253-3984, [Healthy\\_Eating\\_Club@yahoo.com](mailto:Healthy_Eating_Club@yahoo.com)**





## Hiking and Walking

Spring is bursting out all over!! Both the Walking Group and Hiking Group have enjoyed the beautiful wildflowers coloring the fields and hills, as well as the carpets of vibrant green grass.



*Barb Proffitt taking photo of vista on Table Mountain hike; hikers on the Buttermilk Bend trail at Bridgeport*

**Hikers:** Some recent hikes where the wildflowers were especially prominent were Table Mountain in Oroville, Buttermilk Bend Trail at Bridgeport, Foresthill Divide Loop Trail near Foresthill, and Hidden Falls County Park near Lincoln. Lack of rain may mean that the wildflower season may be short-lived, but hikers have been enjoying the colorful displays while they last.

**Walkers:** Pretty wildflowers can be seen on every walking trail at Lincoln Hills, and especially lovely are the tiny white Popcorn flowers along the Elderberry Trail. In case of rain, here are rules for the Walking Group: If no rain at the start of a walk, walk is "on." If rain starts while walking, walk stops and walkers go home.

**Contacts:** **Hiking:** **Denny Fisher 434-5526, [dfisher049@gmail.com](mailto:dfisher049@gmail.com);**  
**Walking:** **Louis Bobrowsky 434-5932, [louisbobrowsky@yahoo.com](mailto:louisbobrowsky@yahoo.com)**  
**Website:** **<http://lincolnhillshikers.org/>**



## Investors' Study

May 1's meeting presenter is Doug Cote— one of the most highly respected prognosticators in the country! By popular request, Russ Abbott, our Program Consultant, brings this hedge

fund manager of over \$14 billion dollars to P-Hall (KS) from 2:00-3:30 PM. Mr. Cote has been featured on CNBC, Bloomberg Radio, and in financial journals. Currently he is ING's Senior Market strategist. Still, he speaks clearly and informatively to the lay person. Whether you manage your own resources or rely on someone else, you will enjoy Doug Cote's presentation on latest developments in the investment world and learn from his nearly three decades of experience.



*Dick Jones, our multi-year tech-guru, and ISG guest speakers*

At 3:30 PM, come to the Social Kitchen (KS) for refreshments. Spouses are encouraged to attend, as membership benefits are per household.

The Active Investors, a subgroup, meet on the second Monday of each month at 3:00 PM in the Multimedia Room (OC). Bill Ness, 434-6564.  
**Contact:** **John Noon 645-5600, [thenoons@att.net](mailto:thenoons@att.net)**



## Lavender Friends

Lavender Friends (LF) is a social organization serving the Lesbian Gay Bisexual and Transgender (LGBT) community and those in friendship in Sun City Lincoln Hills. The specifics of most activities are announced to members through email. If you are interested in joining, please contact the members listed below for more information.

The St. Patrick Day's Potluck was nicely organized and well attended. Invited guests included Kate Kendell and her partner Sandy Holmes. Kate is the Executive Director of the National Center for Lesbian Rights (NCLR). She spoke to the group about her work in the struggle for civil and human rights of the LGBT com-

munity and their families through litigation, public policy advocacy, and public education.

Future activities for LF in the next two months include a possible breakfast on May 7, and a BBQ on May 24. Check your email for updates on these events.

**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)**



## LSV/NEV

### Low Speed Vehicles/ Neighborhood Electric Vehicles

Have that extra cup of coffee and a donut when you attend the pre-meeting coffee for the LSV/NEV Group members on Tuesday, April 15 at 9:00 AM, in the KS Social Hall.

Following the coffee, our membership meeting will be held at the P-Hall (KS) starting at 10:00 AM. Donna Arz, Founder and Executive Director of the Forgotten Soldier Program will be our speaker. The Program was created to fill a need that was not being met by standard medical treatment. They provide Interactive Health Care Services for Veterans. Services are provided at no charge.

They are a non-profit organization and participate in four Veterans' Stand Downs, in Placer, Yuba/Sutter, North Bay and Nevada County during the year.

Educate yourself, and support our veterans by attending this meeting. Bring your friends and neighbors.

**Contact:** **Dan Gilliam 209-3946**



## Mah Jongg, Chinese

Spring has arrived. It may be a good time to learn how to play Chinese Mah Jongg. We welcome the opportunity to teach you.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us on Mondays at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with an optional extension to 12:30 PM. We hope to see you there.

If you have any questions, call one of the contacts below.

**Contacts: Dianne Vincent 543-0543;  
Bruce Castle 408-7476**



### Mah Jongg, National

April begins the new year for the 2014 National Mah Jongg standard hands. Now is a great time to drop by the Card Room (OC) any Tuesday from 12:30 to 4:00 PM to start using your new card. It is always exciting trying new hands and meeting new friends.

If you are new to the game and would like to learn how to play, call Fran Rivera at 434-7061. She teaches in her home or at OC when she is in town. She loves the game and wants to share that love with others. There is no charge for her teaching.

**Contact: Carol Vasconcellos, 209-3457; Fran Rivera 434-7061**



### Mixed Media Collage Arts

Using a household kitchen product can produce interesting and unique texture on your canvas. Let's experiment with aluminum foil as our silver leaf. Place the foil over a stencil, embossed paper, or a textured plate and rub it in with your hand. Use a palette knife to spread gel medium on your canvas and then add the textured foil. After it dries, paint the foil, let it dry and add artwork. (This and other distinctive ideas can be found in *Surface Treatment Workshop* by D.O. McElroy & S.D. Wilson).

Our club meets twice monthly, Ceramics Room (OC): third Wednesday (1:00-5:00 PM) and fourth Tuesday (6:00-8:30 PM). Our group has all experience levels and we share ideas, information and materials while working on individual projects in the exciting medium known as mixed media collage.

**Contact: Frima Stewart 253-7659, frimastewart@gmail.com; Nina Mazzo 408-7620, ninamazzo@me.com**



### Music

The next "Open Mic Night" is coming up Friday, April 25, P-Hall (KS), 6:00-8:30 PM. This popular bi-monthly event brings musicians and music lovers

together for an evening of casual musical entertainment in a friendly, supportive atmosphere.

Sign-ups for those wishing to perform begin at 5:30 PM.

The Music Group's regular monthly meeting is on Wednesday, April 23. Bring your instruments and/or voices, sign up to perform, or just relax, enjoy the music, and socialize. All are welcome: 6:30-8:00 PM, Fine Arts Room (OC).

The L.H. Ukulele Group continues to grow and includes both seasoned and beginning players. Weekly jam sessions are held each Wednesday, 1:00-3:00 PM at OC with everything from the blues, to the Beatles, to classic Hawaiian music being played.

A class for beginners is offered and is intended for those planning to join the weekly sessions. Contact Ron or Molly (409-0463) for information.

**Contacts: Judy Skillings 253-7237, kenskillings@gmail.com; Julie Rigali 408-4579, jrigali@yahoo.com**  
**Website: www.suncity-lincolnhills.org/residents, Groups, Music**



### Needle Arts

#### Threads of Friendship

After four very interesting and entertaining artist presentations, we will now move on to the annual Spring Luncheon in May. Mark your calendars for Tuesday, May 13 at 12:00 PM and join your friends at OC Ballroom for fine dining and the always popular silent auction. Tickets are only \$10 for members and there may be seats leftover for guests at \$20.

Roseville Stonecroft Ministries Luncheon was enjoyed by the SCLH Wearable Arts group which included a fashion show. You can see a few of their creations pictured here. A good time was had by all.

June and July already have speakers scheduled for the general meetings held the second Tuesday of each month (when we are not partying instead) at P-Hall (KS) at 1:00 PM. Mercy Retreat in May, Zephyr Cove in Tahoe in August, what more could you ask? Join anytime. Just call Joan Daley at 543-9449.



Roseville Stonecroft Ministries Luncheon was enjoyed March 13 with fashion show by SCLH Wearable Arts — from top: Nancy Rich, Jane Delno and Roxie Goddard; Bonnie Dunlap; Jackie Wilson and Roxie Goddard. Copyright Maggie McGurk 2014

**Contact: Carol Matthews 543-7863, carol.matthews1929@sbcglobal.net**



### Neighborhood Watch

Are you interested in knowing more about how Neighborhood Watch increases safety and security? A good way is to talk to those who participate by attending our Annual Potluck and Kickoff to National Night Out on Friday, May 9, from 6:30-8:30 PM in the Multi-purpose Room (KS). The theme this year is California Gold Rush. Items typical of the '49ers gold rush will be displayed.

To reserve, send \$4 per person to Pauline Watson (address: see your SCLH telephone directory). Please bring a hot/main dish if your last name begins with



L-Z; a salad/vegetable if it begins with A-K. Dessert, water, and coffee will be provided.

We have over 650 volunteers, and we always need new Mail Box Captains, Village Coordinators, and, yes, Board members! Knowing the usual activities in our neighborhoods enables us to recognize unusual and suspicious events and thus be the “eyes and ears” of the police.

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



*Char, Reggie and Pat at our “It’s The Lifestyle” display tables;*

*Shirley Rainman displays cards she created for our March project*

### Painters

Our March membership meeting featured artist and teacher, Susan Sarback, doing a sea, sand, and foliage painting in oil, using a pallet knife. Our April meeting was a demo by artist Bobby Baldwin.

We invite residents and guests to enjoy our annual Art Studio Tour which will take place in the homes of several Lincoln Hills artists on May 31, 10:00 AM to 4:00 PM, and June 1, 12:00 to 4:00 PM. You will have the opportunity to purchase paintings and craft items.

We send positive thoughts and best wishes to one of our most prominent artists, club member, Fred Ekman, who is dealing with significant health issues. We wish him a speedy and complete recovery.  
**Contacts: Joyce Bisbee, joybis@aol.com; Bob Porter, bob@aol.com; Jim Brunk (plein air paint-outs) 434-6317, brunk@starstream.net**  
**Website: http://lhpainters.org**

### Paper Arts

Our April Demo Day was once again a huge success. Several of our members shared new techniques and tools and offered demonstrations of their use. It is a fun way to learn and share with one another.

Many residents stopped by our display tables at the It’s the Lifestyle event last month. Who knew you could do so many creative things with paper?

Our thanks again to Shirley Rainman, both a new resident and a new member of Paper Arts, for doing last month’s project.

Members should start getting ready for our Overstock Inventory Sale in June. All those embellishments, stamps and assorted items you couldn’t live without but have never used just might be on someone else’s wish list. Get your overstock inventory ready for our big June sale.

Is it possible that Easter is almost here? Check out our display window at OC for our Easter themed cards.

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

### Pedro

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

Pedro meets in the 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; Doris DeRoss 253-7164, dorisdeross@gmail.com**

### Photography

Winter’s departure, sans much rain, is a relief, especially with blossoms and birds in replacement. In the day, great fields of wildflowers were common, including poppies as far as the eye could see. That phenomena was replaced

long ago by developers and Afghanistan, but it’s still occasionally present in odd places here in California. Like rain, we’ll take what we can get... And with the better weather, we’re bustin’ out prior to June with field trips to Locke with Bill Jensen, a (photo) Safari at Ferrari (pond) with Larry White, and a visit to the World Peace Rose Garden in Sacramento with Les Thomas.



*Poppy Population by jeffa*

We’ll also have a surprise speaker for our May 14 General Meeting — because there’s neither been a request made nor an acceptance received as yet, but it’ll fall into place... or on its face. See you a little further in or down the creek.

*Scribe: jeffa.*

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

### Pickleball

Coming in May... the 2014 Club Championship Tournament! Men’s doubles & ladies’ doubles will take place May 13, 14 & 15, with mixed doubles May 20, 21 & 22. Details will be emailed/posted at the courts soon.



*A friendly end to a game of pickleball*

All club members, save August 1 for our summer social, an evening of fun, food & entertainment you don’t want to miss!

Andrea now offers Pickleball 101 for novice players, 3:30-5:00 PM on the second

and fourth Thursdays each month. Topics & skills covered will change each session. A sign-up sheet allowing for 16 participants is posted in the message board at the courts on Sunday prior to each Thursday session.

On weekdays Ladder begins at 1:00 PM on just three courts. However, Ladder play is being suspended for July & August, allowing for open play on all six courts.

Come to our next general membership meeting on May 19 at 2:00 PM in P-Hall (KS).

**Contact: Scott Sutherland 253-3997, [swsuther@sbcglobal.net](mailto:swsuther@sbcglobal.net)**

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



### Players

Announcing the next Reader's Theater! Dolly Schumacher James will be directing a radio version of that old time favorite, "Arsenic and Old Lace." There are seven roles for males and three for females.

Auditions will be held on Tuesday, April 22 from 6:00-9:00 PM in the Fine Arts Room (OC) and on Wednesday, April 23 from 6:00-9:00 PM in the Multipurpose Room (OC).

No need to learn lines for Readers Theater as the dialog is read rather than memorized. This is a chance to try something new, especially if you are new to Lincoln Hills.

Performance dates are Saturday, June 7, at 7:00 PM and Sunday, June 8, at 3:00 PM.

For more information either come to our next meeting, on May 12, or contact the member listed below.

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

**Contact: Bob Murdock 408-8511, [bamabc@sbcglobal.net](mailto:bamabc@sbcglobal.net)**

**Website: [www.lincolnhillsplayers.com](http://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 Friday 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using

script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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

The Quarterly Hold 'em tournaments are open to all residents, first come, first served, as they usually fill up quickly with a 48-player cap. Our remaining 2014 tournaments are on July 12 and October 11.

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

**Contacts: Mike Goldstein 543-8238;**

**Ginger Nickerson 253-3322;**

**Joe Frenna 543-8634**



### Rummikub

"Escape to Rummikub," a game played with numerical tiles based on the card game, Rummy. Join us in the Card Room (OC) on Wednesdays at 1:00 PM. Beginners welcome.

*Written by Dottie Olsen.*

**Contact: Joan Cosme 622-5560**



### RV

It will be a short trip for the RVers at their next rally, a four-day jaunt May 4-7 to the Rancheria RV Park in Jackson.

Wagon masters Marge & Ken Klein and Donna & Dennis Benedict have a full schedule of activities planned for the group. It includes wine tasting at the area's wineries, golf and a guided tour of Black Chasm Cavern, a National Natural Landmark. There will also be a special Pete Seeger tribute sing-along.

Some of the group's members drove nine rigs to a much longer rally last month. They drove to Mesa, AZ, for a five-day stay. A few of the people extended their stay for a week or two before coming home. Highlight of the trip was a chance to take in some spring training baseball.

Monthly meetings are held on the second Thursdays, 4:00 PM, in the Social Kitchen (KS).

**Contact: Rosie Eads 408-0129**

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



## SCHOOLS

### Sun City Helping Our Outstanding Lincoln Schools

We had a successful It's The Life Style exhibit — 14 residents are interested in tutoring next fall. If you missed the event, consider giving tutoring a try this spring or visiting a school with one of our tutors. Contact Cindy or Sandy for more details.

Pat Howle, a substitute for WPUSD, stopped at our exhibit to tell us what a wonderful reputation our volunteers have. She said the teachers and kids love, appreciate, and learn from our residents. It continues to be a very positive intergenerational experience and we have such a good relationship with all district teachers and staff. While reading to children at Sheridan School, a volunteer, Karen, was reading to her group when a little boy stated, "you smell like my grandma." She asked, "is that good or bad?" He replied, "really good." Those moments we will keep in our hearts forever.

Celebration Picnic — June 10.

**Contacts: Sandy Frame 408-**

**1453, [ssframe1963@gmail.com](mailto:ssframe1963@gmail.com)**

**(Elementary); Cindy Moore 408-1452, [cindysmoore@me.com](mailto:cindysmoore@me.com)**



## SCOOP

### Sun City Organization of Pooches

SCOOP met on April 1 in the Fine Arts Room (OC). Our featured guest speaker was Ann Lesch-Hollis, DVM, who is the owner of Sterling Point Veterinary Clinic, in the Raley's center.

Dr. Ann has practiced since 1986 and is one of the three veterinarians at Sterling Point. Her topic for this well attended meeting was "Modern Miracles for Our Dogs." She updated us on the many new advances made in health care for dogs. The meeting was very informative for those present.

Our next meeting is June 3, at 11:00 AM in the Fine Arts Room (OC). Our guest speaker will be from My Dog's Spot, and she will be answering all our questions about dog grooming. Mark the date and bring a friend as guests are always welcome to attend.



Want to join SCOOP? The cost is \$12 per year, per household.

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

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



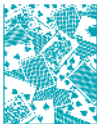
## Scrabble

There have been many celebrations of the 50<sup>th</sup> anniversary of the invasion of the "Beatles" to the U.S. Several other familiar band and musician names are playable (although "Beatles" is not allowed). You may, however, use "beetles." Who, Sting, Fab, Four, Abba, Becks, Yardbirds, Madonna, Eurythmy, Bee, Gees, and Jaggers are a few usable group names. Still thinking musically, all of the notes of the diatonic musical scale are playable: do, re, me, fa, sol, la, and ti. Makes me want to break out in song! Come join your friends and neighbors on Mondays at 1:00 PM in the Card Room (OC) for some fun.

New players are always welcome. Let's Scrabble!

*Submitted by Connie Protto.*

**Contact:** [Joan Spurling 505-5000](mailto:Joan.Spurling@lincolnhills.org)



## Shanghai

Ingredients: One card table – four to six friendly players – 156 cards – six jokers – one score sheet – one pencil. Mix well in the Card Room (OC), and you have the game of Shanghai.

We play every Thursday at 12:30 PM, and on the second and fourth Friday nights. For questions, free lessons, contact one of the names below.

**Contacts:** [Howard Beaumont 408-0395](mailto:Howard.Beaumont@lincolnhills.org); [Chuck Kaul 408-4153](mailto:Chuck.Kaul@lincolnhills.org)

## Singles

### Dynamic Singles

Every Tuesday we have a Let's Dance/drop-in event in Meridians. April 24 is our Poker Party at KS and we close the month of April with cocktails at Lucille's on April 30. May 4 is our birthday celebration for the May birthdays in the Sports Bar at Meridians and our General Meeting is May 8 in the OC Ballroom. Doors open at 6:00 PM. Looking forward to seeing you all.

**Contact:** [Linda Bacon 628-5158](mailto:Linda.Bacon@lincolnhills.org)

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



## Ski

Our annual end-of-season potluck party will be held Tuesday, April 29, 5:00 PM, at the home of Bill & Lillie Smith. Please RSVP to Sylvie Roberts at 408-0344 and receive your potluck assignment. Directions and other party details will be sent to all club members.



*Valerie, Mike Jim & Sue  
Atop Mammoth*

In mid-March, 22 club members and friends enjoyed a wonderful week at Mammoth Lakes for skiing, snowboarding, cross-country skiing, snow shoeing, and general merriment. Snow conditions were very good, and the weather cooperated beautifully. All are looking forward to next year's trips.

Plans are afoot for social gatherings this summer, while we await the next ski season. Details will follow soon. In the meantime, enjoy the spring and ski a bit more if you can!

**Contacts:** [Mike Hilton, Sue Worrall, Bob Vincent 258-2150, lhskiclub@gmail.com](mailto:Mike.Hilton@lincolnhills.org)



## Softball, Senior League

### Coyotes

JR Jackson, Manager of the Coyote's Thursday Winter League team, reported that our record, 27-5, was tops in the league. Congratulations to all players, who demonstrated the quality and competitiveness of LH softball.

All four teams – the 60s, 65s, 70s, and 75s – have begun tournament play. The 70s, managed by Ron Greeno, and the 75s, managed by Ed Sorensen, played the Manteca Tournament held at Big League Dreams Field. It was the first tournament for both and the rustiness of Winter

showed, but their competition knows that they will be a force to be reckoned with. The 70s were 3-2 in Hayward and were going to Yuba City.



THERE IS NOTHING LIKE A DAY  
AT THE OLD BALLPARK



LINCOLN HILLS COYOTES  
11<sup>TH</sup> ANNUAL INVITATIONAL

SOFTBALL TOURNAMENT  
WHEN: JUNE 28/ 29  
WHERE: DEL WEBB FIELD  
TEAMS: 75S

FOOD, FUN & PRIZES

GAMES START AT 8:00 AM

*Rowan Carlson plays infield for the Coyote 75s; George Bungarz prepares to field a ground ball for the Coyote 70s as Jim Mikaelson runs in to back him; Coyotes 2014 Invitational*

Manager Carlos Zavala reported that the 60s were 4-1 in Hayward and finished in second place. With scores of 23-22, 23-22, 30-17, 33-14, and 26-15 (their only loss), the team played a lot of softball. They are next in Yuba City.

**Contact:** [Dave Rich richerino@aol.com](mailto:Dave.Richerino@aol.com)

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



## Sports Car

Our first rolling trip of the year was a bright sunny day when we took off for Lockford Meat & Sausage Company and Club Pheasant for lunch. In the past, this first-of-season ride was often done with spring showers. But this time it was perfect with green hills and trees blooming white and pink. Fifty members were ready to enjoy their cars and friendships.

Then we had 18 cars headed for two nights in Pacific Grove. This year we had rain. We cancelled a Point Lobos hiking event, but still enjoyed ourselves at indoor venues such as the fabulous Monterey Bay Aquarium. Monterey is wonderful, even in the rain.



*Lockeford Sausage; Thunderhill  
Hooked on Driving*

Finally we were off to Thunderhill Raceway. This involved guided parade laps around the racetrack in our own cars, demo rides at near race speeds, and catered lunch. This event was for those who really enjoy driving their cars.

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

**Website: LHsportscars.com**



## Square & Round Dance

### Sun City Squares

The Square Dance Club meets at 1:00 PM, (KS). We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below. Meeting times:

- 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)
- Call Louis or Gail to join today!!

**Contacts: Louis Bobrowsky 434-5932  
louisbobrowsky@yahoo.com;  
Gail Holmes 253-9048  
gail.holmes@sbcglobal.net**



## Table Tennis

Table tennis players vary in age and ability. Two of our eldest players — John Myres and John Harlander deserve accolades for playing exceptionally well and with great sportsmanship. J. Myres is one of the founding members of the Table Tennis Club. Mr. Myres is an octogenarian. Mr. Harlander a super, super senior who is into his 90's, challenged all "comers." Recently these two gentlemen have experienced physical problems and are taking a respite from play. We wish these two a speedy recovery.

Play is on Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00-11:00 AM at KS.

Note: Easter Sunday, April 20; Mother's Day Sunday May 11; Father's Day Sunday June 15 and Friday, July 4, KS hours will be 8:30 AM to 2:00 PM. Table Tennis play will take place from 10:00 AM to 2:00 PM on the three Sundays and from 8:30 to 11:30 AM on July 4. Mark your calendars.

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



## Tap Company

The Annual Tap Company Show, "Remembering Rosie," was enthusiastically received by a packed audience for every performance. We want to take this opportunity to thank all those who helped make the show a success: our tappers, members of the Lincoln Hills Chorus and Players Group, our Directors, Paul & Peggy Schechter, our Producer, Celeste Martella, the sound and light crew, backstage people and construction crew. A special thanks to our coaches, Carol Rose, Joyce Curry and Ladonna Cumiford who worked tirelessly with us for months to "gently encourage" us to learn our tap dances. Carol and Joyce also choreographed most of the other dance numbers. The hearts of all the tappers and coaches go out to our Artistic Director, Alyson Meador, who choreographed all the tap numbers and easily and cheerfully



*Artistic  
Director,  
Alyson  
Meador*

incorporated all the demands placed on her to make our dances fit within the vision of the script.

**Contact: Janet Becker 543-3493,  
beckerjm1962@gmail.com;  
Natalie Grossner 209-3804,  
natalie\_g@msn.com**



## Tennis

*Live, Love,*

*Laugh and Tennis...*

Weather was perfect, food was perfect – some might say play was not perfect –



*From top:  
the ladies  
in charge  
of the  
lunch by  
Sterling  
Cafe; Janey  
and Carol  
received  
beautiful  
plants for  
winning  
their  
division;  
tournament  
directors  
Jack and  
Jane did a  
fabulous  
job*





but all seemed to have a fabulous time at the St Patrick's Day Tournament in March.

Results:

- Shamrock Division: Charlotte Robbins, Pietrina Magna, Marc Praly, Jim Farrell
- Leprechaun Division: Jan Boatwright, Anke Mechelke, Jack Ryder, Oscar Alvarez
- Pot o'Gold Division: Carol Vasconcellos, Janey Shafer, Terry Padovan, Bob Henning

Next up is the Women's Doubles Championship on Friday, April 25, then the men battle it out — Men's Doubles Championship, May 16 — so hustle up a partner and play. These are both very popular and are fun to watch. Applications are online at <http://sclhtg.com> or the Tennis Pavilion.

Weekly social drop-in time has changed to summer hours, Wednesday & Saturday from 8:00-10:00 AM.

Written by Linda Burke.

**Contacts: Greg Burke 316-3054, [burkegbp@aol.com](mailto:burkegbp@aol.com); Linda Burke 209-3463, [scteam10s@aol.com](mailto:scteam10s@aol.com)**  
**Website: <http://sclhtg.com>**



### Vaudeville Troupe

The auditions for the Vaudeville show in July are over and we are very excited about the multi-talented performers who will be appearing in our upcoming shows on July 11 and 12 at 2:00 PM and 6:00 PM each day.



*Yvonne Krause-Schenck, Producer/Director, Vaudeville Troupe*

The theme of the show is "Anything Goes!" You won't want to miss the wide variety of the acts including comedy, solos, duets, dancers, musicians and more which also includes new members who have not performed with us before.

We want our audience to know that we have heard you loud and clear as to the length of previous shows. This show will not exceed one hour and 45 minutes

including the break. Get your tickets early so that you can select your own reserved seat as we always sell out. We look forward to seeing you!

**Contact: Yvonne Krause-Schenck, [ykrause@yahoo.com](mailto:ykrause@yahoo.com)**  
**Website: [YouTube.com/user/marinaeugenios](http://www.YouTube.com/user/marinaeugenios)**



### Veterans

Eighty Veterans Group members and guests enjoyed the group's March 15 St. Patrick's luncheon in the Ballroom (OC). Many thanks to Lillian Nawman for the excellence she continues to bring to the Veterans Group's social programs. The next event on the social calendar will be Flag Day Barbecue at the Sports Pavilion on Saturday, June 14.



*President of the Central Valley Holocaust Educators' Network Liz Igra will be the featured speaker on April 17*

Liz Igra, president of the Central Valley Holocaust Educators' Network, will be the featured speaker at the April 17 meeting of the Veterans Group at 1:00 PM in the P-Hall (KS).

With her mother, Liz survived Nazi persecution by escaping from a ghetto in Poland. They walked from Poland across Czechoslovakia to Hungary where they hid until the end of the war. Liz has shared her story with many students and teachers, hoping to promote understanding of the Holocaust and tolerance. See page 100 for more information.

**Contact: Malcolm Singer 645-8553, [singerfamily1@me.com](mailto:singerfamily1@me.com)**  
**Website: [lhvets.org](http://lhvets.org).**



### Water Volleyball

Due to popular demand, we have added another day of play on Tuesday nights at 6:20 PM (all players, red ball). The first session on Wednesdays will now be competitive play for non-rated players (heavier "blue ball").

Did you see us at the annual It's the

Lifestyle event on March 13? The turnout was great and we got lots of responses.

Water volleyball is open to all Lincoln Hills residents of any skill level. Come and try it out. It's good exercise and a lot of fun, but it's not too strenuous for aging joints and muscles. Come try it out up to three times without joining. See you in the pool!

Play available (KS):

- Open Play (all levels): Saturdays 8:50 AM; Mondays 5:20 PM; Tuesdays 6:20 PM.
- Advanced Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:20 PM.
- Open Play (blue ball only): Wednesdays 5:20 PM

**Contacts: Steve Parke 716-5379, [stevenparke@att.net](mailto:stevenparke@att.net); Jerry DiGiacomo 521-1904, [itsmrd@sbcglobal.net](mailto:itsmrd@sbcglobal.net)**  
**Website: [www.lincolnsuncity.org/residents](http://www.lincolnsuncity.org/residents)**



### West Coast Swing

Highlights for April: West Coast Swing Dance Instruction is offered on Wednesday evenings — check the *Compass* for more details. WCS Dance Practice second Friday of each month for those students taking the West Coast Swing Dances Lessons — May 9 — 5:30-7:30 PM, Fine Arts Room (OC).

Members, it's time to renew your membership - more info contact Dottie.

For those who have recently joined or renewed your membership, your membership cards and Club information will start going out in a couple of weeks. Thank you for your continued support, and we look forward to seeing you on the dance floor.

**Contacts: Dottie Macken 543-6005, [justdottie@sbcglobal.net](mailto:justdottie@sbcglobal.net); Bob Roman 543-6618, [BobRoman@starstream.net](mailto:BobRoman@starstream.net)**



### Writers

American writer Henry Miller said, "Writing is its own reward."

Craft your memoir, write poetry or stories, and have fun sharing your writing with other SCLH residents in a friendly environment. Our group meets regularly

to share work from a wide range of genres including non-fiction, fiction, prose and poetry.

There are no fees to join, but you must be a SCLH resident. Meetings are on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Bring 10-12 copies of your work to share (maximum 1,500 words).

In Memoriam — Robert “Bob” Buckenmeyer, a past group member, died December 12. Bob was a published author who wrote three books of poetry, two books on Montessori education and a book on philosophy. Bob will be remembered for his unique poetry style.

**Contacts: Bev Brannon 434-6780, bevbrn49@aol.com; Jim Fulcomer 543-9201, jjfulcomer@mac.com;**

**Linda Lucchetti 253-9733, linnluu@aol.com**

### Authors' Resource Group

The Authors' Resource Group would like to thank all of those who stopped by our table at the It's the Lifestyle event



*Authors Resource Group tri-fold at "It's the Lifestyle"*

held on March 13. Several of you spent time looking over the many books authored by our members and others left your names to be contacted for future meetings. Thank you!

Our next meeting will be held on Wednesday, April 16, at 9:00 AM. Topic: Book Trailers. To see a sample of a book trailer go to: [www.lindabellorui.com](http://www.lindabellorui.com) and click on the book trailer on the home page.

Our members support each other on the road to publishing — including networking, editing, publishing options and marketing resources. This is a dues-free group.

**Contacts: Linda Bello-Ruiz 543-7952, lbellorui@gmail.com; Leo Craton 543-9012, cratonl@att.net**

## Library

*Continued from page 17*

who thoroughly researches all details of his books. Some of his books are now in paperback and we have his books in hardbound also.

Did you know that we have a classics section? This section is located in shelves behind the sofa in the Kilaga Springs Library. Also in the shelves behind the sofa are True Crime and the Children's Section. If you have a child visiting you, you might want to get a book or video for their entertainment.

For everyone's enjoyment, we kindly remind you to only take a maximum of three books on tape from the Library. As vacations start, it is a temptation to take many tapes, but there are many more people who wish to listen to these tapes. Thank you for your cooperation. Also, please remember to check that you are returning all discs to the Library.

-----  
 Contacts: Sandy Melnick (408-1035) for donations, Sandy Maloff (408-2368) for volunteers, Cleon Johnson (408-5648) for investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).

## Seep Trail

*Continued from page 19*

Directions to the trail-head: From OC, right on Del Webb, left on Spring Valley, right on Longspur Loop and park at Longspur Loop Park (between 2277 and 2301).

An additional valley view: From Twelve Bridges, turn at Rossi (across from the Catta Verdera entrance) then left on Eagles Peak. Park on Eagles Peak at the end of Rossi at Rossi Park (the Spring Valley Trail trailhead). Stop at this site for a razor sharp sky valley view past the Hills golf course to the Sutter Buttes.

Continue to the Seep Trail on Eagles Peak. Turn left on Longspur Loop to Longspur Loop Park.

See your Community Directory and Resource Guide foldout maps for details.



*Top, this westerly view extends to Twelve Bridges Drive, Thunder Valley and, during beckoning bright skies, the coastal foothills beyond; Park and peek at the Seep Trail. The Longspur Loop Park hosts the Seep Trail trailhead. A bench is perched at the trailhead to capture the expansive view*



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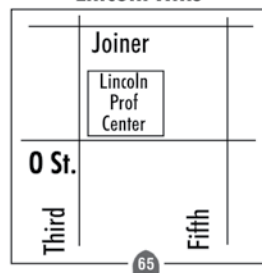


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Lincoln Hills



**916-434-6410**

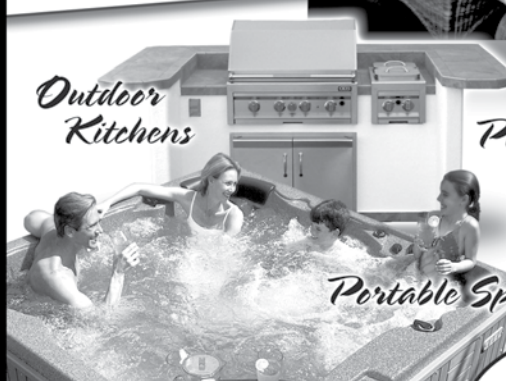
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## Bulletin Board

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.

### Adaptive Golf

The first adaptive golf clinic for this year is just a few days away! If you are an experienced or wannabe golfer who is currently disabled from a stroke, heart surgery or are in some other manner physically impaired, and you are interested in getting back into golf, we invite you to participate in the Adaptive Golfer's Clinic here at the Lincoln Hills Club golf facility on April 28, between 10:00 AM and 11:30 AM. With the cooperation of Billy Casper Golf and the Lincoln Hills Golf Club, we will have the driving range plus putting and pitching greens with professional golf staff in a clinic environment to assist and guide disabled golfers. If you are interested, you need to sign up now. We had a successful season last year, and we're looking to be even better this year. Contacts are Paul Apfel at 408-1308 ([paulapfel@gmail.com](mailto:paulapfel@gmail.com)) or Rich Uebele at 408-1290 ([jruebele@starstream.net](mailto:jruebele@starstream.net)).

### Cloggers

Want some phe-nom-e-nal exercise? Want rhythm? Want to dance to great music with great friends? This is just what you will do when you join us in *clogging*. Clogging is not about bad

## You are invited to attend...

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

- |                          |                   |  |
|--------------------------|-------------------|--|
| <b>Tuesday, April 22</b> | • <b>10:30 AM</b> | Nautilus Society, Oaks (OC)  |
| <b>Tuesday, April 22</b> | • <b>3:30 PM</b>  | Nutritional Blood Analysis & Cardio Health Presentation, Oaks (OC) |
| <b>Tuesday, April 29</b> | • <b>9:00 AM</b>  | Plan It Solar Workshop, Gables (OC) w                              |

drainpipes or wooden shoes. Clogging is an exciting and upbeat Irish-Appalachian dance that will help burn off those calories (not that you need to) and keep your heart pumping in a healthy way. We did a special St. Patrick's Day performance here which was extremely well received, and we're preparing several new dances for other venues. As we learned in last month's column, clogging is excellent for balance. It is also excellent for the brain, as clogging steps can get quite complicated. Fortunately the beat of the music helps as we memorize our fast foot action. We have three class levels, from beginning to performance. Come join us! Contact Anita Tyson, 543-5330.

### Fibromyalgia and Chronic Fatigue Syndrome Support Group

After careful consideration, our group members have voted to discontinue meeting as a formal chartered organization. We will continue to meet as small groups in private homes. Our hope is to continue to offer information through a group of past steering committee members who are more than willing to talk with residents who may have questions regarding these conditions. If you are

experiencing symptoms that include joint and muscle pain which seems to move from location to location and fatigue that does not go away, and does not respond to rest, or if you are often feeling "foggy," (we call it "fibro-fog"), you might be living with these conditions. If you would like to talk with one of our group members, we are happy to answer questions based on our experience. Please know that we always suggest that you discuss your concerns with a healthcare provider. Contacts: Sandy Barry 209-3247; Jackie Wilson 253-3744; Shirley Lincoln 543-9480.

### Glaucoma Support Group

The group will meet on May 14 at 4:00 PM in the Multimedia Room (OC). Additional info: Bonnie Dale, 543-2133.

*Continued on page 41*

## Did You Know?

Neighborhood Watch reports:

- The oldest village and first built is Village 16.
- The largest subdivided village is Village 16 A, B, and C, with 373 houses and 36 mail stations.
- The largest undivided village is Village 10 with 234 houses and 19 mail stations.
- The newest village and last built is Village 44, The Villas.
- The smallest village is 43A with six houses. The second smallest village is 41C with seven houses.



## Free Medication Take-Back Day

**Saturday, April 26 • 10:00 AM-2:00 PM**



Free Anonymous Unused and Expired Medication Take-back Day at Whitney High School, 701 Wildcat Blvd., or the Lincoln Police Department, 770 7th St.

The Free Medication Take-back Day aims to protect the environment from contamination, teens from drug abuse, young children from accidental poisoning, seniors from misuse, and mistakes and homes from addicts.

Acceptable forms of medicine for drop-off include: prescription, non-prescription (over-the-counter), controlled substances and veterinary medications. Items not accepted include: sharps or lancets, medical waste, illicit drugs and aerosols, or hydrogen peroxide.

Pills need to be placed in a sealed plastic bag, however; liquids should be kept in their original bottles. More info: (530) 889-7238.



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Continued from page 39

### LH Foundation

Reserve the date of Wednesday, April 16 in the OC Ballroom, for fun, fellowship, and a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. Cash and

door prizes will be given away. Doors open at 12:30 PM. The fun starts at 1:00 PM. Get seven or more of your friends and neighbors together at one table by calling Vern Chong at 408-0306. Or visit our website at [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) for a special bingo promotion.

### LH Italian Club (LHIC)

Here's a peek at what's coming up. On Thursday, June 5, there will be a wine tasting and lunch at the Viña Castellano Winery. Why drink and drive? Join us for

Continued on page 43

## ~ Community Perks ~

### Home, Health & Business Showcase Thursday, April 17 — Free

Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your *Compass* advertisers and other local businesses that will showcase their products. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the *Compass* and many of our Association and club activities. Additional info: Judy Olson, 625-4014.



### Golf Cart/NEV Drive-thru Clinic Monday, April 21 — Free

12:00-4:00 PM, Sports Pavilion. Neighbors InDeed is offering its annual *free* clinic. Bring your golf cart or NEV over and have your tires, battery, lights, turn signals, parking brake, seat belts, front shocks and much more checked out. Call Neighbors InDeed at 223-2763 (call Monday to Friday, 9:00 AM-5:00 PM) for a reservation. Hurry — time slots are filling up fast!

### e-Waste Recycling Tuesday, April 22 — Free

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



### SCLH Annual Home Garden Tour Thursday, April 24 — Free

Are you ready for some refreshing ideas viewing what others have done with their yards? We invite the community to attend this free event to view several SCLH gardens. Drive through OC Lodge entrance (10:00 AM-12:00 PM) and pick-up a flyer with a map and descriptions of each yard — \$3 per packet. Contact: Fran White 408-4628.



### Music Group Sponsored "Open Mic Night" Friday, April 25 — Free

6:00-8:30 PM, sign-ups starting at 5:30 PM. Musicians and music lovers are invited to join the fun. Audience participation is encouraged and appreciated; no karaoke. P-Hall (KS).



### Annual Amateur Rose Show & Competition Saturday & Sunday, April 26 & 27 — Free

Exhibitors are members of the Garden Group using roses grown in their yards. OC Foyer.



### KS at the Movies: Casablanca Monday, May 5 — Free

1:30 PM, P-Hall (KS) PG, 102 minutes. Romance/Drama/War. Starring Humphrey Bogart, Ingrid Bergman, Paul Henreid, and Claude Rains. This movie presentation is in cooperation with The Spa at Kilaga Springs.



### Parking Lot Sale Saturday, May 17

7:30 AM-12:00 PM, Fitness Parking Lot (OC). Enjoy an early morning romp checking our unique items at low prices at our annual Parking Lot Sale. You'll never know what treasures and fun things you can discover at the sale. We also have doughnuts and coffee available! Come early for the best choices from your friends and neighbors.



### Annual Art Studio Tour Saturday & Sunday, May 31 & June 1 — Free

We invite residents and guests to enjoy our annual Art Studio Tour which will take place in the homes of several Lincoln Hills artists on May 31, 10:00 AM to 4:00 PM, and June 1, 12:00 to 4:00 PM. You will have the opportunity to purchase paintings and craft items. Maps will be available starting in May at the Activities Desks.



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Continued from page 41

a bus ride to this unique and picturesque winery located in nearby Auburn whose specialty is Spanish and Mediterranean styled varietals. Make your reservations by May 1. The cost is \$38 per person and the event is limited to the first 50 who sign up. Like other groups, the LHIC relies on its strong membership. Therefore, on June 18, the club will host a "Member Appreciation" event from 1:00-3:00 PM at the Sports Pavilion. Relax, mingle with friends and enjoy some ice cream. (More info to come.) Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: [www.lhitalianclub.org](http://www.lhitalianclub.org) or Marie Berleghi, membership chair, at 543-3731.

#### LH Parkinson's Disease Group

The group meets every third Tuesday at 10:00 AM in the Lincoln Raley's Conference Center. Newcomers are welcome. More info: Sharon, 408-4869. Our speakers today were Genny Claxton, Kristen Claxton and Linda Dixon from the Empire Driving School. Today's presentation was keyed toward helping seniors with disabilities maintain their safe driving independence. Many handouts were provided to include how to prepare for your driving test, driving performance evaluation score sheet, and of course the CA DMV Driver Handbook. Linda mentioned the need to maintain physical fitness to drive. A very timely and essential presentation. Thank you Genny and company.

#### LH Republican Club

*The Sacramento Bee* Editorial page, Love it or Hate it. Come join the SCLH Republican Club on Wednesday, April 30, at P-Hall (KS) and express your opinion. Guest speaker will be Dan Moran, *Bee* editorial page manager. Doors open at 6:30 PM, meeting starts at 7:00 PM. All are welcome regardless of political preference. If you wish to ask Dan Moran a question, please write it on a card and bring it to the meeting and give it to Tom Webb or Bob Alaimo

#### LH Travel Group ([www.lh-travelgroup.com](http://www.lh-travelgroup.com))

The next meeting is Thursday, April 17, 7:00 PM, KS. Guest presenter: Ilene Ferguson, Alamo Travel. 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](mailto:sfowler@starstream.net); Linda Frazier — 434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins — 434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret — 408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck — 543-0990, [judy@starstream.net](mailto:judy@starstream.net).

#### Lincoln Democratic Club

The club will meet Thursday, April 17 at the Social Kitchen (KS) at 6:45 PM. The speaker is Sarah Swanbeck, Policy and Legislative Advocate for Common Cause. Ms. Swanbeck will discuss current voter rights issues, both nationally and in California, as well as some of the legislative solutions that are being proposed this session. All interested residents are welcome to attend. Questions: June Paquette, 408-2263.

#### Lincoln Multiple Sclerosis

All interested are invited to the Lincoln Multiple Sclerosis Meeting on Tuesday, May 6, 1:00 PM, Sierra Room (KS). Questions - Contact Marilyn Sharp, 434-6898

#### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, [amoon38@sbcglobal.net](mailto: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 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 spring and summer months, we meet at 8:00 AM. Fall and winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Contact: John Kightlinger, 408-3928, [johnnpat@sbcglobal.net](mailto:johnnpat@sbcglobal.net). Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or [trifilo@sbcglobal.net](mailto:trifilo@sbcglobal.net).

## In Memoriam

### Edward Crowe

Ed was a regular at the Fitness Center walking the track with his wife. That is where he suffered a stroke, which led to his death within a few days. Ed was born in Canada and he met Mary while they both worked for the city of Los Angeles. They were married for 44 years and were always together. His interests included motorcycles. Ed is survived by his dear wife, one son and two stepchildren.

### Florence Jean Hansen

Bosom Buddies has lost one of its beloved members — Flo, who battled cancer for more than eight years. Born in Tacoma, Washington, Flo loved to travel and worked as a travel agent for many years. A keen gardener, she enjoyed making and selling succulent creations. She was an active member of Bosom Buddies, the Garden Club, Red Hat Ladies, and Rummikub and Bunko Groups. She leaves her two sons, three granddaughters, two great granddaughters, many friends and her beloved cat, Lovebug!

*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.*



## Announcing the 2014 Summer Amphitheater Concert Series!

**G**et ready to rock, roll, and have fun at this year's Summer Amphitheater Concert Series! We have high-energy performances scheduled for each of the 2014 *eight* concerts. With our new elevated stage, all concerts will have the professional feel and look providing the audience unobstructed view of the stars and bands. To make your experience more rewarding, read and follow the Amphitheater Guidelines on the next page filled with important information.

**Take advantage of the discounted show packages that will be available until May 14.** Package A (complete series package) and Packages B, C, & D (four-to-five concert package) can save you up to \$30 off standard admission. Share the experience with your friends and family! Tickets go on sale April 17. Here are the shows you don't want to miss:

### John Mueller's 1950's Dance Party Thursday, June 12 — 5014-4A

John Mueller's 1950's Dance Party® is the official live and authentic tribute to Buddy Holly, Ritchie Valens and the Big Bopper's final tour, and the only show endorsed by the Holly, Valens and Richardson estates. This concert



includes over two hours of unbridled, high voltage entertainment featuring all the hit songs of the 50's era: "That'll Be The Day," "Peggy Sue," "Oh, Boy," "Rave on," "La Bamba," "Chantilly Lace," and many, many more. This nationally touring show has won critical acclaim and according to Larry Holly (Buddy's brother), "One of the best concerts I've ever seen." Amphitheater (OC).

Doors 6:45 PM, concert 7:30 PM. General admission, \$24. Buy package A, B or C for discounted rate available until May 14.



### Darlene Love, An Unforgiveable Evening Friday, June 27 — 5014-4B

Proclaimed by *Rolling Stone* as "one of the greatest singers of all time" and inducted in 2011 into the Rock n' Roll Hall of Fame, Darlene Love will rock the stage with her #1 Billboard Hits: "He's A Rebel," "The Boy I'm Gonna Marry," "Wait 'Til My Bobby Gets Home," and "He's Sure the Boy I Love" to name a few. Her acceptance speech that turned into a song received a standing ovation at the recent Oscars for winning Best Documentary movie, "20 Feet From Stardom." Our residents were blown away by her performance as special guest at the Palm Springs Follies. Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$29. Buy package A, B, C or D for discounted rate available until May 14.



### The Springsteen Experience: A Tribute to the Boss

Friday, July 18 — 5014-4C

Featuring Josh Tanner, a New Jersey native, The Springsteen Experience is a high-octane, chronological journey, recreating the most memorable moments and stage interactions throughout *E Street* concert history. From 1973 through the height of Bruce's fame in the 80's and beyond, this production replicates an authentic Springsteen concert; vintage equipment and stage sets, costume changes, and perfect renditions of Bruce's most popular hits and lyrical gems. Songs like "Born to Run," "Glory Days," "Born in the USA" and many more will pay tribute to one of music's greatest icons. Amphitheater (OC). Doors 6:45 PM, concert starts 7:30 PM. General admission, \$20. Buy package A, B or C for discounted rate available until May 14.



### Harmony: A Tribute to Three Dog Night

Tuesday, July 29 — 5014-4D

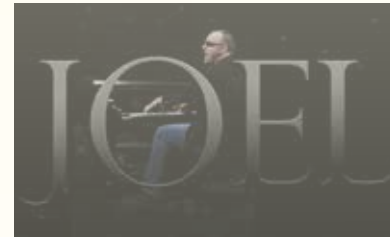
Harmony will be performing all of Three Dog Night's greatest hits from the late 60's to the 70's. With 11 Top Ten Hits, and three Number One hits from 1967-1974, Three Dog Night owned every radio station's airtime with songs like "Joy to the World," "Mama Told Me Not to Come," "Old Fashioned Love Song" and more. Go down memory lane with Harmony as they recreate the seven-member group with their looks and music. Amphitheater (OC). Doors 6:45 PM, concert starts 7:30 PM. General admission, \$18. Buy package A or C for discount available until May 14.



### JOEL: A Tribute to the Songs of Billy Joel

Friday, August 15 — 5014-4E

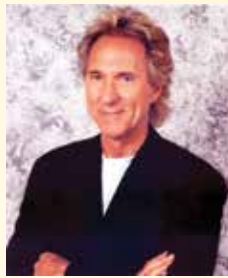
*Joel* is the premier rock and roll Billy Joel tribute band on the West Coast. Piano Man Kyle Martin leads his band to perform Billy Joel's timeless repertoire including songs like "Big Shot," "Only the Good Die Young," "New York State of Mind" and more. Kyle nabbed the coveted role of the Piano Man in the Tony-Award winning Broadway musical smash "Movin' Out" and been described as "dynamic" and spectacular in his performances. Kyle will bring this same energy and will have you on your feet. Amphitheater (OC). Doors 6:45 PM, concert starts 7:30 PM. General admission, \$17. Buy package A or B for discounted rate available until May 14.



**Gary Puckett and the Union Gap**

Friday, August 22 — 5014-4F

Live in person! The one and only Gary Puckett and the Union Gap will mesmerize you. One of the most successful musical groups of the 60's, Gary's powerful and unmistakable signature voice garnered six consecutive Gold Records and Top 10 Billboard hits! Signature hits include "Young Girl," "Woman, Woman," "Home," "Over You" and more. Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$32. Buy package A or D for discounted rate available until May 14.



Donna Summer, Gloria Gaynor, Michael Jackson and more!

Top Shelf has been performing since 1991, dazzling audiences from San Francisco to Europe with wonderful harmonies and unique live performances. You will be up groovin' to the tunes before the evening wraps up the 2014 Summer Amphitheater Concert Series. Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$19. Buy package A or D for discounted rate available until May 14.



**An Elvis Tribute with Mark Anthony**

Friday, September 5 — 5014-4G

From their successful and much-talked-about Ballroom concert last year, Mark Anthony & The Memphis Flashbacks return to join us at our Summer Series. Mark Anthony is internationally known and is recognized by Elvis Presley Enterprises as one of the top five Elvis Tribute Artists in the country, winning numerous awards and contests. Though he calls Adelaide, Australia his home, Mark is often performing at concert halls and festivals in the US. He presents an exceptionally dynamic and captivating tribute show that exudes the raw energy and true essence of the King of Rock 'n' Roll. Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$20. Buy package A, B, or D for discounted rate available until May 14.



— Discounted Packages On Sale —

**Package A (Complete Series Package) \$150 — 5014-PA**

**Package B (Five Show package) \$99 — 5014-PB**

- John Mueller's 1950' Dance Party
- Darlene Love, An Unforgettable Evening
- The Springsteen Experience
- JOEL: A Tribute to Billy Joel
- Elvis Tribute with Mark Anthony

**Package C (Four Show Package) \$82 — 5014-PC**

- John Mueller's 1950' Dance Party
- Darlene Love, An Unforgettable Evening
- The Springsteen Experience
- Harmony: A Tribute to Three Dog Night

**Package D (Four Show Package) \$90 — 5014-PD**

- Darlene Love, An Unforgettable Evening
- Gary Puckett and the Union Gap
- Elvis Tribute with Mark Anthony
- Top Shelf's Disco Fever

**Top Shelf's Disco Fever**

Friday, September 19 — 5014-4H

Top Shelf is back with their engaging performance, this time paying homage to songs and stars who turned the 70's into the "Disco Era." Listen to songs from the Bee Gees, Earth, Wind and Fire,

**Summer Amphitheater Concert Series Guidelines**

- **Admission: Wristbands** must be worn during concert. Online buyers can exchange e-tickets for wristbands at Activities Desks the day of the performance. Show package buyers can pick up their complete set of wristbands on the day of the first concert of their package. Lost tickets/wristbands will not be replaced. Admittance: 45 minutes before show time.
- **Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may set up starting at 5:00 AM the day of the event. **Chairs placed prior to 5:00 AM will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your property. Do not move chairs already in place. **Lawn seating** for blankets: the grassy area at left of stage.
- **ADA:** Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access there. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.
- Ticket Pricing:** Located in individual articles in Entertainment sec-

tion. All sales are final. No refunds or exchanges. No child pricing. **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 where permit signs are posted. **Permitted:** Blankets/cushions, lawn chairs, small backpacks/bags. **Not Allowed:** Chairs that exceed shoulder height (seated), cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, pets. **Food & Beverage:** No outside food or drink allowed except water in factory-sealed plastic bottles. No-host bar and concessions available 45 minutes before concert begins. **Dancing:** Dancing in front of raised stage *permitted*. This may slightly obstruct patrons' seated on Amphitheater's bottom tier view. **Entertainers:** Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances. **Cancellations:** Notifications will be sent out via eNews. **Pool:** OC Fitness outdoor pools will close one hour prior to performance start time.





**Deborah Meyer**  
Lifestyle Entertainment Coordinator  
deborah.meyer@sclhca.com

## Entertainment

### —Club Performance—

#### LH Community Chorus Spring Concert “We Love the Fifties”

**Sunday, May 4 — 5204-03A**

**Monday, May 5 — 5205-03B**

**Tuesday, May 6 — 5205-03C**

All the good music from the 50's is right here in Lincoln Hills. The Lincoln Hills Community Chorus will be singing “Sh-Boom,” “Blue Moon,” “Stand by Me,” and many more favorites. The Lincoln High School Chorus will be our guest performers! The last concert series sold out, so buy your tickets early. May 4 show 2:00 PM, May 5 and 6 shows 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$18.** General admission, \$13.



### —Comedy—

#### Comedy Night at KS: Brad Bonar Jr.

**Tuesday, May 13**

**6:00 PM performance — 5213-03A**

**8:00 PM performance — 5213-03B**

Back with new material! Brad is a double threat. One of the most talented magicians in the country, he is also a very gifted and funny stand-up comedian. His wealth of material springs from his observations of family life. Brad's comedy is universal in its appeal and along with the magic displayed in his show, the audience is treated to one memorable evening. 6:00 and 8:00 PM performances. P-Hall (KS). General Admission, \$12.



#### Comedy Night at KS: Marc Yaffee

**Tuesday, June 24**

**6:00 PM Performance 5224-04A**

**8:00 PM Performance 5224-04B**

Adopted at birth and confused ever since, Marc takes his audiences on a comedy joyride as he explores his multi-ethnic roots and the culture clashes that fill his world. Marc's smart but relatable comedy demonstrates a universal appeal that has landed him appearances on “PBS,” “Comics Unleashed,” “The Latino Laugh Festival” and the historic Showtime special, “Goin' Native: The American Indian Comedy Slam.” Marc has toured five times overseas entertaining U.S. Troops. 6:00 and 8:00 PM performances. P-Hall (KS).



Reserved seating discount rate until May 14, \$10. After May 15, \$12.

### —Concerts—

#### Richard Glazier: From Gershwin to Garland!

**Monday, April 28 — 5228-03**

A musical journey with Richard Glazier features the award-winning pianist and master storyteller in a concert dedicated to the fabulous music that's been written for the movies. The program includes songs from the earliest movie musicals, through the MGM “backyard musicals” starring Mickey Rooney and Judy Garland, to music from “Kiss Me Kate,” “An American in Paris,” and a medley of songs from 1964's Best Picture, “My Fair Lady.” Glazier also demonstrates how music plays an important role in setting the mood of a film by performing two eerie and atmospheric themes from Alfred Hitchcock's “Vertigo.” In-between songs, Glazier tells fascinating backstage stories about the composers, stars, and film makers, and shows exclusive interview footage and clips. Concert 7:00 PM, Ballroom (OC). **Premium Reserved Section Seating, \$18.** General admission, \$14.



#### “Red White and Blue USO Revue”

##### The Swingin' Blue Stars of the USS Hornet

**Friday, May 23 — 5223-03**

They are back! The Swingin' Blue Stars of the USS Hornet take you back to the days of the USO! The Swingin' Blue Stars is a group of ladies that specializes in performing songs from the 40's and 50's with a lot of swing! Fabulous, live music and fun dance routines, these gals know how to entertain. They have performed at Pearl Harbor for the dedication of the new Visitor's Center and thrilled vets young and old with their repertoire of great music, including their tribute to the Andrew Sisters. This Memorial Day weekend, come let them take you back — to a simpler time — when the music told stories with rhythms got you up on your feet. Concert 7:00 PM, Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission, \$16.



#### Rita Hosking Trio

**Thursday, May 29 — 5229-03**

“Authentic American folk-music to stir the soul” — *No Depression*. Rita Hosking, a northern California native, writes and sings classic country-folk originals. Her songs sound like they've been around for awhile and deserve to stay around for a lot longer! “She's been called the best kept secret in country-folk,” says the British newspaper *The Daily Mirror*, “and her razor-sharp songs and great live performances bear out the



*Continued on page 48*

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## Important Information: Events, Trips, Classes

- **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 used to determine registration status. If minimum registration is met, students may register until first day of class. If not met, class will be cancelled.
- **Class (except Fitness):** Register by RSVP 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 wearing perfume, cologne, and scented bath & body products. Many residents 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.
- **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.
- **Event Ticket for Trips:** Are handed to guests when boarding.

claim.” Rita’s band includes herself on guitar, Sean Feder on dobro (resophonic guitar) and banjo, and Jon O’Brien on upright bass. Concert 7:00 PM. P-Hall (KS). Reserved seating, \$16.

### Summer Amphitheater Concert Series: John Mueller’s 1950’s Dance Party Thursday, June 12 — 5014-4A

John Mueller’s 1950’s Dance Party® is the official live and authentic tribute to Buddy Holly, Ritchie Valens and the Big Bopper’s final tour and the only show endorsed by the Holly, Valens and Richardson estates. Each live concert



performance includes over two hours of unbridled, high voltage entertainment featuring all the hit songs of the 50’s era: “That’ll Be The Day,” “Peggy Sue,” “Oh, Boy,” “Rave on,” “La Bamba,” “Chantilly Lace,” and many, many more. This nationally-touring show has won critical acclaim and according

to Larry Holly (Buddy’s brother), “One of the best concerts I’ve ever seen.” Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$24. Receive a discount on this show by purchasing Show Package A, B or C. Show packages available until May 14. See pages 44-45 for more details.



### Songs & Strings Tuesday, June 17 — 5217-04

Cabaret great Wesla Whitfield is joined by two-time Grammy award-winning violinist Mads Tolling. These two masters of music and song join forces for an extraordinary evening of duets and solos featuring the songs and music of Duke Ellington, Rodgers & Hart, Irving Berlin, George Gershwin... and more, including popular favorites from The Great American Songbook! They are accompanied by Mike Greensill, the two-time winner for Outstanding Jazz Pianist by the San Francisco Council on Entertainment and John Wiitala on bass. Together, this mesmerizing group crosses lines from Cabaret to Jazz, but mostly defines musicianship and entertainment at its highest level. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21.** General admission discounted rate until May 14, \$17. After May 15, \$19.



### Summer Amphitheater Concert Series: An Evening with Darlene Love Friday, June 27 — 5014-4B

Proclaimed by *Rolling Stone* as “one of the greatest singers of all time” and inducted in 2011 in the Rock n’ Roll Hall of Fame, Darlene Love will rock the stage with her #1 Billboard Hits: “He’s A Rebel,” “The Boy I’m Gonna Marry,” “Wait ‘Til My Bobby Gets Home,” and “He’s Sure the Boy I Love” to

*Continued on page 51*



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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

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name a few. Her acceptance speech that turned into a song received a standing ovation at the recent Oscars for winning the Best Documentary movie



“20 feet From Stardom.” Our residents were blown away by her performance as special guest at the Palm Springs Follies. Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$29. Receive a discount on this show by purchasing Show Package A, B, C or D. Show packages available until May 14. See pages 44-45 for more details.

—Dinner Dance—

**Red Hot Dinner/Dance Party**  
Thursday, April 24 — 5224-02

Get ready for one red hot night of partying! DJ Tom will be playing your favorite dance tunes from the 60's to the 90's. Chef Roderick will complement the evening with a sumptuous dinner of either *Honey Mustard Grilled Chicken Breast with Mashed Potatoes* or *Pistachio Crusted Tilapia with Rice Pilaf*, both served with *Seasonal Vegetables, Green Salad, Dessert and coffee/tea* (complete menu available at the Activities Desks or online). As an added treat, watch dance competition winner and seasoned dance instructor Hye Archer



and her partner perform a dance exhibition a la “Dancing with the Stars” at the start and middle of the party. Wear your favorite red hot outfit and spice up the dance floor! Cash bar available when doors open at 5:00 PM, dinner 5:30 PM, dancing 6:30-9:30 PM. Provide your meal selections at registration. For those who wish to enjoy dinner elsewhere, non-reserved seating available starting at 6:15 PM. Ballroom (OC). \$38 (includes dinner), \$13 (dance and entertainment only).

—Community Event—

**Annual Parking Lot Sale**  
Saturday, May 17 — 5217-03

Join us for a morning sale, 7:30 AM-12:00 PM either to shop or sell. The sale is intended for residents selling their unwanted household items. Limit of two spaces per household. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Donuts and coffee will be on sale. Spaces go fast, reserve yours now. Vendors must abide by the guidelines received during sign-up process. Home or local businesses may purchase a booth for additional fee. Fitness Center Parking Lot (OC). \$28 per space. Limited spaces available for home or local business \$50. Vendor space exclusive to residents.



Day Trips & Extended Travel



**Katrina Ferland**  
Lifestyle Trips Coordinator  
katrina.ferland@sclhca.com

Day Trips

—Casino/Racing—

**Reno — Boomtown — Cabela's**  
Monday, May 19 — 1770-03

By popular request, enjoy a day trip to Boomtown & Cabela's! This spring, receive \$5 gaming and \$5 food credit at Boomtown Casino and/or check out Cabela's Outfitter's Store next door. Cabela's is a 125,000 square-foot retail showroom that is also an educational and entertainment attraction, featuring décor of museum-quality animal displays, huge aquariums and trophy animals interacting in realistic recreations of their natural habitats. Leave OC at 8:30 AM, return ~ 6:30 PM. \$32. RSVP Now.



**Jackson Rancheria**  
Monday, June 23 — 1951-04

By popular demand we are returning to Jackson Rancheria

Casino in Amador County! Receive \$20 in gaming credits. Spend four hours at the recently remodeled and expanded casino. Enjoy a nice late spring drive in the Amador foothills! Leave OC 9:30 AM, return ~ 4:30 PM. \$22. RSVP by 5/15.



—Food/Wine—

**Sierra Nevada Brewery Tour & Lunch**  
Thursday, May 1 — Sold Out

Learn how beer is made! We're heading up to Chico to visit the original “Craft Brewery” Sierra Nevada. Partake of a 90-minute walking tour of the entire beer-making process in the West Brew House, before finishing with educational tastings of Sierra Nevada beers. Closed-toe shoes required for tour. Enjoy an included lunch in the Taproom with a choice of *Bacon Cheeseburger, Chicken Sandwich, Chicken Caesar Salad or Fettuccine and tea, coffee or soda*. Beer & alcohol purchases on own. (Complete menu at Activities Desks.) Lunch choice to be given at time of seating. The trip home includes a stop and tasting (included) at the up-and-coming GoatHouse Micro-Brewery in Lincoln on



Continued on page 53





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Wise Road. Trip limited to 34 people. Leave OC at 7:30 AM, return ~ 4:30 PM. \$76.

### Lincoln Wine Tasting & Lunch Wednesday, June 4 — 1811-03

Let us be your designated driver while you enjoy some of Lincoln's up-and-coming wineries! We're including stops featuring wines from Meridian's Wine Dinners, Wise Villa Winery and Davis-Dean Cellars. We'll start the day at Wise Villa with a tour, tasting and an included lunch with choice of *Tri-Tip Sandwich on a Brioche Roll, with Small Salad, or Chicken Caesar Salad and iced tea or coffee* (choose at registration). We'll then visit a new vineyard and tasting room, River Rock Ranch — Lindemann Winery and finish the day at Davis-Dean Cellars. Tastings included. Trip limited to 30 people. Shuttle bus does not have a restroom. Leave OC at 10:30 AM, return ~ 3:30 PM. \$68. RSVP Now.



### —Museums—

### Legion of Honor — Intimate Impressionism from the National Gallery of Art Thursday, June 19 — 1763-03

Intimate Impressionism, showcases approximately 70 Impressionist and Post-Impressionist landscapes, seascapes, still lifes, interiors, and portraits, from the collections of the National Gallery of Art in Washington, DC. Includes artists such as Degas, Gauguin, Renoir, Cezanne and many more. The temporary closure of the National Gallery's East Building for major renovation and expansion has made possible the rare opportunity to see this select group of paintings in San Francisco, the exhibition's first venue. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café or bring your own. Leave OC at 8:15 AM, return ~ 6:00 PM. \$62. RSVP Now.



### —Performances—

### Dance Inferno — Eldorado Hotel & Casino Sunday, June 8 — 1777-04

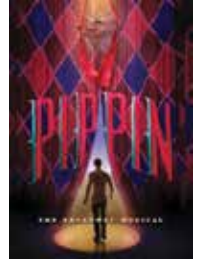
Dance Inferno is an electrifying dance show that will turn the Eldorado Showroom stage into a glittering disco club. This elaborate production pays homage to popular disco acts from the 1970s. This non-stop party performed by a dynamic cast of 20 talented singers and dancers showcases glittering costumes and dazzling choreography. Perfectly capturing the era, they perform ABBA's biggest hits as well as



other disco classics from the Bee Gees, Stevie Wonder, Whitney Houston, Gloria Estefan, Village People and more. Arrive with plenty of time for gaming and an included buffet dinner (*gratuity included*) prior to the 7:00 PM show. Leave OC at 12:00 PM, return ~ 11:00 PM. \$88. RSVP by 5/15.

### Pippin — Golden Gate Theater, San Francisco Wednesday, October 15 — 4550-01

"Pippin" tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory? Direct from Broadway, "Pippin" is the 2013 Tony Award winner for Best Musical Revival. This captivating production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Join us for a magical, unforgettable new "Pippin." Following the 2:00 PM performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Bring your own lunch to eat en route to theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$121. RSVP Now.



### 2014 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." Please note performance time of 7:30 PM for all performances below so you will have time to purchase food and beverages prior to the show. Our group gets complimentary access to the air-conditioned subscribers lounge with cash bar, restrooms and tables and chairs. \$83 each show.

### A Chorus Line Wednesday, June 25 — 4531-031

Featuring music by Marvin Hamlisch, this emotional behind-the-scenes look at the Broadway world is a celebration of what it means to be a professional dancer, pursuing the passion to perform onstage. Featuring the songs "What I Did For Love" and "One." (This backstage look at the audition process includes mature subject matter, profanity and suggestive language in both dialogue and song lyrics.) Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP Now.



### Date confirmed! Mary Poppins Thursday, July 10 — 4531-04

Using a little bit of discipline, a spoonful of sugar and a whole lot of magic, the quintessential nanny reacquaints the Banks family with the things that really matter in life. This show is more loyal to the book by P.L. Travers and has something for both adults and children alike! Enjoy the songs "Chim Chim Cher-ee" and "Supercalifragilisticexpialidocious." Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP by 5/15.



Continued on page 54



**South Pacific****Wednesday, July 23 — 4531-033**

This Rodgers and Hammerstein classic features some of the most beautiful music ever composed for theater. Love transcends both the harsh realities of war and social stereotypes in this sweeping tale that won 10 Tony awards. Featuring the songs “Some Enchanted Evening,” “Bali Ha’i” and “I’m Gonna Wash That Man Right Outta My Hair.” Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP Now.

**Brigadoon****Wednesday, August 6 — 4531-034**

Travel to the mystical Scottish Highlands village of Brigadoon where, with true love, anything is possible, even miracles. The traditions of two worlds collide in this enchanting tale by Lerner and Loewe with a score featuring “Almost Like Being in Love” and “From This Day On.” (A love story in a mystical village includes the accidental death of one of the characters and the anguish it causes.) Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP Now.

**La Cage Aux Follies****Wednesday, August 20 — 4531-035**

This hilarious, bawdy musical comedy by Jerry Herman and Harvey Fierstein won six Tony’s in 1984 and the subsequent productions won for best revivals. Centered in a bustling nightclub on the French Riviera teeming with song, dance and laughter, it features “The Best of Times” and “I Am What I Am.” (Tells the story of a gay couple and their drag nightclub. The content includes explicit language and mature situations.) Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP Now.

**2014/2015 Speaker Series**

Experience the ultimate in cultural entertainment — six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is sold as a series only, no individual tickets, offered with three price-points. Gold and Silver seating is reserved and the Bronze option is open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival. RSVP by 5/15.

**\$535 Gold Seating — 4640-04****\$424 Silver Seating — 4641-04****\$314 Bronze Seating — 4642-04****Alice Waters****Tuesday, September 23**

Alice Waters is one of the most influential figures in the food world, a culinary pioneer. Her Berkeley restaurant, Chez Panisse, and her Edible Schoolyard program for teachers and kids embody her philosophy that good cooking must be based on locally produced and sustainable ingredients.

**Robert Gates****Tuesday, October 28**

Robert Gates, former Secretary of Defense, was a trusted advisor to eight U.S. Presidents over the past four and a half decades. The recent publication of his book *DUTY: Memoirs of a Secretary at War* has once again stirred the national debate on the role of government and the need for a cohesive national strategy.

**Yo-Yo Ma****Tuesday, December 9**

Yo-Yo Ma’s multi-faceted career is testament to his continual search for new ways to communicate with audiences, and to his personal desire for artistic growth and renewal. Whether performing new or familiar works from the cello repertoire, coming together with colleagues for chamber music or exploring cultures and musical forms outside the Western classical tradition, Mr. Ma strives to find connections that stimulate the imagination.

**Anderson Cooper****Tuesday, January 20, 2015**

Anderson Cooper is a television journalist, author and CNN anchor. On his nightly show *Anderson Cooper 360*, he goes beyond the headlines, keeping politicians and policy-makers honest with his in-depth reporting and investigations.

**Diana Nyad****Tuesday, March 3, 2015**

Diana Nyad in the ‘70s, was the greatest long-distance swimmer in the world, setting world records for circling Manhattan Island and crossing the 102 miles between the Bahamas and Florida. Last year, at the age of 64, she finally fulfilled her life-long dream of swimming from Cuba to Florida.

**David Brooks****Tuesday, April 7, 2015**

David Brooks is a *New York Times* columnist and a regular analyst on PBS’ *NewsHour* and NPR’s *All Things Considered*. Mr. Brooks has a gift for bringing audiences face-to-face with the spirit of our times with humor, insight and quiet passion.

**—Shopping—****Additional Date!****The Charm of Healdsburg****Wednesday, May 21 — 1781-04**

Head to the beautiful lush valley of Healdsburg in Sonoma County. Watch the scenery unfold as we drive through acres of vineyards. Enjoy the day on your own in this charming town

*Continued on page 57*





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rants for lunch, and unique stores for the shoppers. Healdsburg is also home to the Sonoma County Wine Library. Drop off and pick up at Healdsburg Plaza on Healdsburg Avenue. Leave OC at 8:00 AM, return ~ 6:00 PM. \$39. RSVP Now.



### San Francisco for the Day Wednesday, June 24 — 1841-04

*"The coldest winter I ever spent was a summer in San Francisco."* Mark Twain.

Get out of the valley heat and enjoy a day trip to the heart of San Francisco in Union Square. It's your time to shop, or meet friends and partake of a nice lunch. (Ten percent off Macy's coupon included.) To make your shopping more comfortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning purchases. You are free to do with the time as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM. \$38. RSVP by 5/15.



### —Sports—

#### Oakland A's

Our first trip to see the American League West champ, Oakland A's, was a pre-season game against the San Francisco Giants. Our second visit will be against the World Series Champions Boston Red Sox! This day game will provide you ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Game time 1:05 PM. Depart OC at 9:30 AM, Return ~ 7:00 PM. RSVP Now.



- **Oakland A's vs. Boston Red Sox • \$67**  
(Seats located Field Level Section 107)  
**Sunday, June 22 — 6320-12B**

#### River Cats

The River Cats are the Oakland A's AAA farm team with up-and-coming future stars! We have four River Cats games to enjoy at beautiful Raley Field in West Sacramento. We've moved our seats one section closer to home plate in Senate Box 111 with two day games this upcoming season! Please note departure & game times listed with each game. RSVP Now.



- **River Cats vs. Salt Lake Bees (Los Angeles Angels)**  
**Tuesday, May 13 — 6271-01A**  
\$42. Depart OC 10:30 AM (12:05 PM game time).  
Return 4:30 PM.
- **River Cats vs. Iowa Cubs (Chicago Cubs)**  
**Monday, June 16 — 6271-01B**  
\$42. Depart OC 10:30 AM (12:05 PM game time).  
Return 4:30 PM.

- **River Cats vs. Fresno Grizzlies (San Francisco Giants)**  
**Tuesday, July 1 — 6271-01C**  
\$42. Depart OC 5:30 PM (7:05 PM game time).  
Return 11:30 PM.
- **River Cats vs. Albuquerque Isotopes (Los Angeles Dodgers)**  
**Friday, August 1 — 6271-01D**  
\$42. Depart OC 5:30 PM (7:05 PM game time). Return  
11:30 PM.

#### San Francisco Giants

We're moving on up to Club Level seats for the 2014 season! Club level gives you extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits and a nice carpeted walk over to McCovey Cove if you desire to check out the rest of the stadium and private escalator access and elevator. Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Based on your feedback, we are also going to depart earlier from the Lodge to allow time to watch pre-game festivities. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. See individual games for departure and pricing. RSVP Now.



- **Giants vs. Chicago Cubs**  
**Wednesday, May 28 — 6280-01B**

Seats located in Club Level 230, \$110.  
Depart OC 9:00 AM (12:45 PM game time).  
Return 7:00 PM.

- **Giants vs. St. Louis Cardinals**  
**Thursday, July 3 — 6280-01C**

Seats located in Club Level 230, \$128.  
Depart OC 9:00 AM (12:45 PM game time).  
Return 7:00 PM.

- **Giants vs. Los Angeles Dodgers**  
**Sunday, September 14 — Sold Out**

Seats located in Club Level 231, \$128.  
Depart OC 9:15 AM (1:05 PM game time). Return 7:15 PM.

### —Tours—

#### McClellan Aerospace Museum Wednesday, May 14 — 1765-02

In cooperation with the Lincoln Hills Veterans Club, we offer a trip to The Aerospace Museum of California at McClellan Business Park in Sacramento. The Museum provides a world class opportunity to learn about and celebrate aviation's past, present and future. The Museum's 37,500 square-foot Aerospace Pavilion includes a massive exhibit hall and a four acre Air Park featuring a variety



*Continued on page 58*



of historic aircraft. It's your chance to view static displays of thrilling jets like a US Navy Blue Angels' fighter, A-10 Thunderbolt, or a famous "Top Gun" F-14 Tomcat just like the movie! Learn about space exploration and see the future of manned and unmanned flight and space exploration. We have reserved a private room for our group to relax in and enjoy an included boxed lunch from Meridians. Choice of *turkey, roast beef or veggie sandwich with fruit, cookie and a bottle of water* (choose at registration). Depart OC at 9:15 AM, return ~ 3:15 PM. \$49. RSVP Now.

## Overnight & Extended Travel

### Overnight Casino Adventure — Graton & Cache Creek!

**Monday, April 28 to Tuesday, April 29 — 1970-01**

Many have asked for a visit to the new Graton Casino in Rohnert Park, and we've arranged not only for a visit, but an overnight stay at the nearby Rohnert Park Best Western Inn with breakfast included! Dinner on your own from many restaurant choices at the casino. On the way home we will stop at another highly requested casino, Cache Creek, for more gaming and lunch on your own. Graton Casino Bonus: Option of \$10 free play or \$15 match play. Cache Creek Bonus: Option of \$10 free play or \$20 match play and \$5 food credit, plus any additional casino promotions for the month of April. Leave OC 9:00 AM, Monday, April 28, return Tuesday, April 29 ~ 5:00 PM. *A signed liability waiver is required for each participant.* \$125 per person double occupancy. \$178 single. RSVP Now.



### Wild Magic! Reno Overnight

**Thursday, May 8-Friday, May 9 — 1972-03**

Due to a date change of the previously scheduled show, "I Love Lucy Live" at the Pioneer Center in Reno, we will be watching a different show on our Reno overnight outing in May. "Wild Magic" features magician Dirk Arthur in Harrah's Showroom performing dazzling illusions with some of the rarest animals in the world. Experience fast-paced breathtaking big cat magic interwoven with comedy, beautiful dancers and large scale illusions, including a helicopter that appears out of nowhere! We will be staying in the remodeled West Tower at Harrah's Reno (closer to the casino floor and showroom) and you'll receive a coupon book valued at over \$240 featuring food, drink and gaming offers. Dinner on your own. Breakfast included at Hash House a Go Go, with a choice of one of the following at time of seating, *"The Basic" two-eggs, with choice of bacon, ham or sausage, biscuit or toast and fruit, or Hash House famous 16" flapjack, or a vanilla waffle, coffee or tea included.* Leave OC 1:00 PM, return ~ 1:00 PM. *A signed liability waiver is required for each participant.* \$137 per person double occupancy. \$171 single. RSVP Now.



### Overnight Trip: Fort Bragg/Skunk Train Tuesday, June 10 to Wednesday, June 11 — 1970-03

Join us on this popular trip 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 Running Creek Casino in Upper Lake for an included buffet lunch and some time for gaming. Check out Glass Beach upon arrival in Fort Bragg followed by exploration and dinner on your own downtown. Once again, we'll stay at the Emerald Dolphin Inn with an exclusive complimentary continental plus breakfast in a private area for our group on Thursday morning. Board 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, to meet our bus for the return trip home. Stop at Colusa Casino for gaming and an included buffet dinner on way home. Both casinos offer gaming credits if you sign up for their rewards card. Wear comfortable shoes and bring a warm sweater or jacket. *A signed liability waiver is required for each participant.* Leave OC at 8:30 AM June 10, return ~ 9:00 PM June 11. \$252 per person double occupancy. \$307 single. RSVP Now.



### Newly added!

### Overnight Trip: Hot August Nights — Reno

**Wednesday, July 30 to Thursday, July 31 — 1972-04**

Hot cars and cool nights! Yes, Hot August Nights starts in July this year! We 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 Club Cal Neva in downtown Reno where you will get a \$5 gaming 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 guided docent tour, and then a relaxing afternoon trip home. *A signed liability waiver is required for each participant.* Leave OC July 30 at 12:30 PM, return July 31 ~ 6:30 PM. \$110 per person double occupancy. \$146 single occupancy. RSVP by 5/15.



### Multi-Night! Lake Tahoe Shakespeare & Lake Cruise

**Sunday, August 24 to Tuesday, August 26 — 1971-03**

Experience the enchantment of the Lake Tahoe Shakespeare Festival at Sand Harbor State Park with Lake Tahoe as the

*Continued on page 60*

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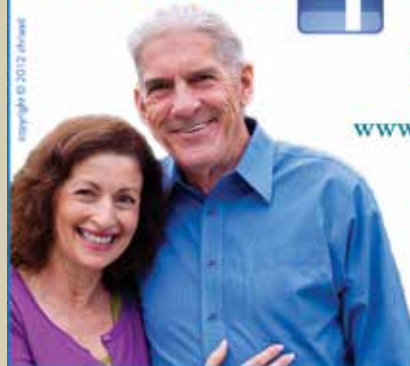
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backdrop! This year's show is "As You Like It," a romantic comedy. Enjoy reserved seats, an included boxed dinner before the show with a choice of *Tri-Tip Sandwich or Roasted Turkey, Brie & Cranberry on Ciabatta*. Vegetarian option available on request. (Complete menu available at the Activities Desks. Food choice is required at registration.) Enjoy coffee & dessert at intermission! We'll be staying at Harvey's Lake Tahoe with an included \$120 value coupon book for specials on meals, drinks and more! Trip includes a free day in South Shore to experience many optional activities, i.e., relaxing by the pool, a walk to the beach, golf, Gondola ride to the top of Heavenly, hike and more! We'll enjoy an included luncheon deli buffet cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe before we head home on Tuesday. *A signed liability waiver is required for each participant.* Leave OC at 1:00 PM August 24, return ~ 5:00 PM August 26. \$352 per person double occupancy. \$453 single. RSVP Now.



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## Sold Out Trips thru May 20

### Trip • Date • Departure Time

- Alasdair Fraser & the SF Scottish Fiddlers  
Wednesday, April 16 — 6:00 PM
- Giants vs. Los Angeles Dodgers  
Thursday, April 17 — 9:00 AM
- Alcatraz Island-San Francisco Fisherman's Wharf  
Tuesday, April 22 — 8:15 AM
- Stockton Asparagus Festival  
Friday, April 25 — 9:00 AM
- Lodi Street Faire  
Sunday, May 4 — 8:00 AM
- The Charm of Healdsburg  
Thursday, May 15 — 8:00 AM

**Save the Date!**

- **Two Nights! Hearst Castle / Cambria**  
Tuesday, October 28-Thursday, October 30

## Activities Department Classes



**Betty Maxie**  
Lifestyle Class Coordinator  
betty.maxie@sclhca.com

### Art

#### —Drawing—

#### Beginner Drawing Thursdays, May 8-29 — 132214-04

9:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques and developing your sense of design. Drawing is about observing. Learn how to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He lives in California as a full-time artist with a focus on landscape and figures. Request supply list at registration. RSVP by 5/1.

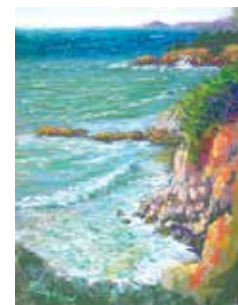


### —Oils, Pastels & Acrylics—

#### Painting Pastels and Oils with Barry Mondays, May 5-26

9:00-11:30 AM Class — 105114-04

(OC). \$39 (three sessions; no class May 19). Instructor: Barry Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry Jamison. 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. He studied nationally with a number of pastel and oil painters including our 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 4/28.



#### Paint Your Vision in Oils or Acrylics Wednesdays, May 7-28

9:00-11:30 AM Class — 113114-04  
Or 1:30-4:00 PM Class — 113214-04

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the

*Continued on page 63*

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basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Call Marilyn at 409-0397 with any question, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 4/30.



### —Watercolor—

#### Beginner Watercolor Painting Thursdays, May 1-29 — 132114-04

1:00-4:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting techniques and developing your sense of color: looking into the basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art in downtown Sacramento. Request supply list at registration. RSVP by 4/24.



### Ceramics

#### —Lladro—

#### Spanish Oil Painting Wednesdays, May 7-28 — 206114-04

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Barbara Bartling. A beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP by 4/30.



#### Lladro Workshop Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bar-

ting. Drop-in sessions for Lladro hobbyists who can work independently. Held in conjunction with the ongoing Lladro class, workshop is not for beginners and does not provide moderator instruction. 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 May 6-27 — 212114-04

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 4/29.

#### Advanced Ceramics Tuesdays, May 6-27 — 212214-04

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with 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 4/29.



#### Ceramics — All Levels Thursdays, May 1-29 — 221114-04

1:00-4:00 PM (OC). \$54 (four sessions; no class May 22). Instructor: Terry Accomando. Open to all skill levels. The 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 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 4/24.



#### Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17  
Continued on page 65



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per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. 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 Mike 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 be a locker for all “work in progress.” Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

## Crafts

### —Card Making—

*Card making classes will be on hiatus for the month of May.*

## 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.*

### —Clogging—

#### Beginning Clogging

**Tuesdays, May 6-27 — 332114-04**

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. New beginners — come dance and learn clogging with us. Bring your friends. Low impact, not as hard as you think. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level clogging steps. Special attention to balance skills is part of the lessons. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP by 4/29.



#### Easy-to-Intermediate Clogging

**Tuesdays, May 6-27 — 332214-04**

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **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 4/29.

#### Intermediate Plus Clogging

**Tuesdays, May 6-27 — 332314-04**

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Han-

zel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP by 4/29.

### —Country Western Dance—

#### Country Couples Western Dance

##### Beginner Level One & Two

**Mondays, May 5-19 — 344214-04**

7:00-8:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners. RSVP by 4/28.

#### Country Couples Western Dance

##### Beginner/Intermediate Level Three & Four

**Mondays, May 5-19 — 344414-04**

8:00-9:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, 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. Dance to be taught are wooden nickel and shadow circle dances. RSVP by 4/28.



#### Country Couples Line Dancing

**Fridays, May 2-23 — 346114-04**

3:00-4:00 PM (KS). \$20 (four sessions). Instructor: Jim & Jeanie Keener. This class will feature the popular “old” line dances that are done at country dances all around the area. Everyone is welcome. RSVP by 4/25.

### —Dancing with Dolly—

#### Ballet/Lyrical

**Thursdays, May 1-29 — 353564-04**

5:00-6:30 PM (OC Fitness). \$62 (five sessions). Instructor: Dolly Schumacher James. “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, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermedi-



*Continued on page 71*



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### Performance Dance

**Fridays, May 2-30 — 353574-04**

2:00-3:30 PM, (OC Fitness). \$62 (five sessions).

Instructor: Dolly Schumacher James. Class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP by 4/25.



### —Hula—

#### Hula

**Thursdays, May 1-29 — 390214-04**

1:15-2:15 PM (KS). \$40 (five sessions). Instructor: Pam Akina.

Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, more info: Pamahoa@hulapono.com or 521-0474. RSVP by 4/24.



### —Jazz—

*Jazz classes will be on hiatus month of May*

### —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.



- **Mondays, May 5-26 — 360014-04**  
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 4/28.
- **Thursdays, May 1-29 — 370014-04**  
9:00-10:00 (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP by 4/24.

#### 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, May 5-19 — 370114-04**  
9:00-10:00 AM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. RSVP by 4/28.
- **Mondays, May 5-19 — 370124-04**  
6:00-7:00 PM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. RSVP by 4/28.
- **Thursdays, May 1-29 — 360114-04**  
2:30-3:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP by 4/24.
- **Fridays, May 2-30 — 380114-04**  
12:00-1:00 PM (KS). \$30 (five sessions). Instructor: Sandy Garetto. RSVP by 4/25.

#### 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, May 5-26 — 360214-04**  
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 4/28.
- **Wednesdays, May 7-28 — 380214-04**  
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Garetto. RSVP by 4/30.

#### 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, May 7-28 — 380314-04**  
10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Sandy Garetto. RSVP by 4/30.
- **Thursdays, May 1-29 — 360314-04**  
3:30-4:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP by 4/23.

#### Line Dance Instructors

- **Audrey Fish**  
Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State



*Continued on page 68*



University, Sacramento, her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," showed a significant improvement in balance after completing an eight-week line dancing intervention.

• **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. Sandy teaches in workshops in California and Hawaii.



• **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. 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.



—Tap Dance—

**Tap Classes with Alyson**

Enjoy tap classes, make new friends, challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



• **Beginning Tap**

**Tuesday, May 6-20 — 410114-04**

9:00-10:00 AM (KS). \$24 (three sessions). It's the perfect time to discover the joy of tapping. Class introduces students to basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of four already existing tech classes. Minimum of 10 students required for the class. RSVP by 4/29.



• **Advanced Performance**

**Mondays, May 5-19 — 410714-04**

12:00-1:00 PM (KS). \$24 (three sessions). RSVP by 4/28.

**Technique Classes**

• **Advanced Technique Class**

**Mondays, May 5-19 — 410514-04**

11:00 AM-12:00 PM (KS). \$24 (three sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP by 4/28.

• **Technique Classes**

**Tuesdays, May 6-20 — 410524-04**

10:00-11:00 AM (KS). \$24 (three sessions). RSVP by 4/29.

**Thursdays, May 1-29 — 410534-04**

11:00 AM-12:00 PM (KS). \$32 (four sessions; no class May 22). RSVP by 4/24.

**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.



• **Mondays, May 5-26 — 420114-04**

4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP by 4/28.

• **Fridays, May 2-30 — 420124-04**

1:00-2:00 PM (KS). \$30 (five sessions). Instructor: Judy Young. 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 4/25.

—West Coast Swing—

*West Coast Swing dance classes are on hiatus for the month of May.*

**Glass Art**

**Fusing Glass and Stained Glass Workshop**

**Monday, May 5 — GLASS**

4:00-6:30 PM, Sierra Room (KS). \$12 Moderator: Jordan Gorell. 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.



**Jewelry**

**Tree of Life Lariat**

**Tuesdays, April 22 & 29 — 513924-03**

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. A project so pretty and so easy. A simple string of beads gets transformed into a "tree of life" with branching fringes. Choose your favorite color family for your "tree of life." Beginners — you can do this if you can sew



*Continued on page 71*

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### Long Loops Necklace

**Tuesdays, May 6 & 13 — 513214-04**

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Perfect for beginning beaders as well as experienced beaders. Long loops of beads in two colors are held together by a broad band of a third color. Go for bold contrasts or mellow out in shades of one color or family. Make it dressy, make it casual, make it your own! For bead novices — bead stringing plus a simple bead pattern that's easily learned are all that's needed to create your necklace. Check the samples in the Lodges for some ideas. Be sure you get the proper materials list when you register — look for the name and code # for Long Loops Necklace as well as the photo of the necklace. RSVP by 4/29.



### Hearts and Flowers Bracelet

**Tuesday, May 20 — 513114-04**

9:00 AM-12:00 PM (KS). \$20 (one session). Instructor: Cathie Szabo. Love flowers? A romantic at heart? Here's a chance to wear your heart on your sleeve (pun intended). A base of heart-shaped beads is accented with fringes of flowers, leaves and dainty pearls. This class is easy enough for novice beaders and different enough for more experienced ones. Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Hearts and Flowers Bracelet as well as the photo of the bracelet. RSVP by 5/13.



## Movies

### If It's Spring, It Must be Baseball!

**Wednesdays, April 23-May 14 — 521314-03**

1:00-4:00 PM (KS). \$25 (four sessions). Instructor: Ray Ashton. Now we are in store for four great movies about the great American Pastime. The magical "Field of Dreams," the kid's perspective of legends in "The Sandlot," a baseball movie from an adult perspective in "Bull Durham," and the inspiring story of Jackie Robinson in "42." So, grab your peanuts and Cracker Jacks as we discuss the nature of this 19th century game and why it gives us such great movies. RSVP by 4/16.



### Create Your Legacy — A Video Biography

**Tuesday, May 13 — 541114-03**

9:30-11:00 AM (KS). \$15 Instructor: Nancy McDonald and

Joe Gotch. Learn how a *Video Biography* will create excitement for your family and friends to see and hear you on TV or a computer. The primary reason to tell your life story is to leave a legacy. And the best way is with *video*. This introduction to Video Storytelling will demonstrate how to collect and combine different elements of your story. Today's technologies make it easy to assemble live interviews, home movies, and videos, with photos, graphics, and narrations into a creative and cherished program that will last forever. We will demonstrate how easy, effective and fun telling your story with video can be in three additional classes. Classes will cover collecting materials; audio and video recording techniques; writing narrations; editing techniques; designing graphics; prepping visual elements, photos, and illustrations; selecting background music; and more. Your story is of great value and through video, your story may be an inspirational tale, a simple life lesson with observations and opinions, or a historical record. RSVP by 5/6.

## Music

### —Guitar—

#### Guitar 2A — Beginner Level

**Wednesdays, May 7-28 — 535114-04**

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. No 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 the first day of class. Questions? Please call Bill at 899-8383. RSVP by 4/30.



#### Guitar 2B — Guitar Intro Continuation

**Wednesdays, May 7-28 — 535214-04**

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. 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 4/30.

#### Guitar III — Intermediate

**Thursdays, May 1-29 — 535314-04**

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini.

*Continued on page 73*



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lini. 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 4/24.

### Guitar IV — Advanced

**Thursdays, May 1-29 — 535414-04**

10:00 AM-12:00 PM (OC). \$44 (five sessions). Instructor: Bill Sveglini. **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 4/24.

### —Voice—

### Beginner Singers Vocal Boot Camp

**Fridays, May 2-30 — 536114-04**

8:30-10:30 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. 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 at 899-8383 before enrolling. RSVP by 4/25.



### Singer Vocal Boot Camp Continuation

**Fridays, May 2-30 — 536214-04**

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **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 hard on notation recognition in treble and bass clefs. RSVP by 4/25.

### Sewing

### Bernina Serger Certification

**Monday, May 12 — 591114-04**

1:00-2:00 PM (OC). \$15 Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP by 5/5.

### Bernina Sewing Machine Certification

**Monday, May 12 — 592114-04**

2:30-3:30 PM (OC). \$13 (class cost sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP by 5/5.



### Janome Sewing Machine Certification

**Monday, May 12 — 593114-04**

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP by 5/5.

### Technology

#### —General—

### Super Searching with Google Search

**Tuesday, April 22 — 288214-03**

9:30 AM-12:00 PM (OC). \$15 Instructor: Bob Ringo. In the fall of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching. RSVP by 4/15.



### Getting the Most Out of Gmail

**Thursday, April 24 — 285314-03**

9:30 AM-12:00 PM (OC). \$15 Instructor: Bob Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. Many users rely on Gmail as their primary email address. If you don't have a Gmail account, it is time to get one. Gmail is available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading email from your current email service provider is no problem with Gmail. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. With the power of Google Search in your inbox, learn how easy it is to find what you are looking for. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. RSVP by 4/17. *Continued on page 74*





**iPad/iPhoto Workshop****Monday & Tuesday, May 12 & 13 — 265114-03**

9:00 AM-12:00 PM (OC). \$60, \$5 materials fee paid to instructor. Instructor: Andy Petro. Learn iPhoto by doing! If you know the basics of your iPad and want to learn iPhoto Web Journaling, Slideshows, and Photo Books, then this workshop is for you. “Hands On” experience in making your own creations in class. Day One: Edit photos (provided by instructor) for Web Journals and Slideshows. Learn to create, edit, enhance, save to the iCloud, and send iCloud links. Homework assignment. Day Two: Review all homework and correct problems in the workshop. Learn to create beautiful photo books. **Prerequisites:** iPads with iOS 7.0.4 or later, “iPhoto Version 2.0” app from App Store (\$4.99). If you have any specific questions about the prerequisites or workshop call Andy Petro: 474-1544. RSVP by 5/5.

**Android 101 Basics****Monday, May 26 — 255114-04**

9:00 AM-12:00 PM (OC). \$40 Instructor: Len Carniato. 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 5/19.

**Android Advanced****Tuesday, May 27 — 255214-04**

9:00 AM-12:00 PM (OC). \$40 Instructor: Len Carniato. Your Android device is made to take advantage of “The Cloud”, and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond just making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective, Android Phone or Tablet might meet all your needs. **Prerequisite:** ready to go beyond the Basics. RSVP by 5/19.

**iPad Basics****Saturday, May 31 — 242214-04**

9:00 AM-12:00 PM (KS). \$30, Class material fee of \$5 payable to instructor at the class. Instructor: Ken Silverman. Get more out of — and into — your iPad or iPad Mini then you ever thought possible. Learn all about iOS7 (the operating system) settings, like Air Play and Internet. This class will demonstrate the many

settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad — we have free WiFi which allows you to use the Internet and check out the settings they are discussed and demonstrated. RSVP by 5/24.

**—Mac—****Beginning Macintosh — Level 1****Tuesday & Wednesday, April 29 & 30 — 263114-02**

9:00-11:00 AM (OC). \$40 (two sessions). Class material: \$5. Instructors: Andy Petro & Henry Sandigo. Are you new to the world of Apple computers or want a review of Mac’s OS X Mavericks? Then this class is for you. **Prerequisite:** Have an Apple computer. We will review the Mac OS X Mavericks (Version 10.9 or later) system and all the items that appear on your computer Desktop. We will also show you how to organize, navigate, and personalize your Mac Desktop. There are 10 iMac’s in the lab, one for every participant. If you have any specific questions about the class, call Andy Petro at 474-1544 or Henry Sandigo at 434-7792. RSVP by 4/22.

**How to Create a Video with Still Photos and Videos using iMovie on your iPad****Wednesday & Thursday, May 21 & 22 — 232014-03**

1:00-3:00 PM (OC). \$40 (two sessions). \$5 materials fee. Instructor: Vicki White. In iMovie on the iPad, you will use your photos and videos and turn them into a great movie. We will choose a theme for our movie and add video and photos. We’ll edit the videos, improving their quality, including shortening them to eliminate unwanted segments. We will add sound, titles, transitions, and special effects. You will finish your movie at home and on day two we will review it and the entire process and publish our video to iTunes, Facebook, or YouTube. We will use iMovie 11 for the class. Bring your iPad and be sure to have four or five photos and two or three video segments on your iPad. Question? Call Vicki White at 408-2148. RSVP by 5/14.

**Mac Pages 5.0 Basics and Beyond****Thursday & Friday, May 29 & 30 — 267114-03**

9:00-11:00 AM (OC). \$40 (two sessions). Class material fee \$5 payable to instructor. Instructor: Helen Rains. Is the new Pages 5.0 installed on your Mac? This class is where you can learn more about Mac Pages 5.0 — the newly-designed full featured word processing and page layout application compatible with Mac OS X Mavericks. You can edit your Pages document every-

*Continued on page 77*



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**Golf Cart Inspections at Orchard Creek Lodge**

**Golf Cart Registration (City of Lincoln) at OC Lodge**  
Thursday, April 17 and April May 1 & 8 at 9:00 AM

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & third Thursday at 9:00 AM.

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where Pages runs and the iCloud reaches. Learn how to apply the text editing and formatting tools and to easily add images, tables, and media. This class will take you through the basic steps of new document creation and help you practice adding your own content so it looks the way you pictured it. Choose ways to share, and move documents beyond to iCloud and they are automatically available. Whatever you write, you will create gorgeous documents with ease. RSVP by 5/22.

### —PC—

#### Tips & Tricks for Beginning PC Users

Thursday, May 1 — 282114-04

9:30 AM-12:00 PM (OC). \$15 Instructor: Bob Ringo. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP by 4/24.



#### More Tips & Tricks for Beginning PC Users

Friday, May 2 — 282214-04

1:00-3:30 PM (OC). \$15 Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP by 4/25.

### —Genealogy—

#### Using Evernote to Become a Better Genealogist

Monday, April 28 — 286114-03

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 4/21.

#### GEDCOM – Exchanging Data Between Family History Programs

Tuesday, April 29 — 289114-03

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15 GEDCOM, an acronym for GENEalogical Data COMMunication, is a specification to provide a flexible, uniform format for exchanging computerized genealogical data. The purpose of a GEDCOM file is to foster the development of a wide range of inter-operable software products to assist genealogists, historians, and researchers. Most popular genealogy family history programs support importing from and/or exporting to the GEDCOM format. In this class you will learn how to import and export information between the three most popular family history programs — Family Tree Maker, Legacy Family Tree, and Roots-Magic. RSVP by 4/22.

#### Getting Started with Legacy Family Tree 8.0

Tuesday, May 13 — 285114-04

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. Legacy Family Tree is genealogy software for Windows that assists family historians in tracking, organizing, printing, and sharing family history. It is one of the best genealogy programs on the market today. In this class, you will create a sample database with a few individuals in your family to get you up and running using Legacy Family Tree. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. RSVP by 5/9.

#### Finding Your Family on the Internet

Friday, May 16 — 286414-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** A familiarity with a browser like Internet Explorer. There are many advantages to researching your family history on the Internet. Research on the Internet saves time, money, and energy. You can communicate with others researching the same surname or location. Records are available at all governmental levels — federal, state, and county. Also many search aids are available to facilitate your family search. By using one of the Computer Room's workstations, you will become familiar with many of the most popular genealogy websites. RSVP by 5/9.

### —Photo & Movies—

#### Movie Maker Magic — With "Windows Live Movie Maker"

Monday, Tuesday, Wednesday, April 21, 22 & 23 — 255514-03

1:00-3:00 PM (OC). \$60 (three sessions). Instructor: Len Carniato. With "Windows Live Movie Maker" (free from Microsoft) you can turn photos and videos into polished movies

*Continued on page 81*



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### Basic Digital SLR Photography Mondays, April 28, May 5 — 266114-02

10:00 AM-1:00 PM (OC). \$39 (two sessions). Instructor: Roy Salisbury. The class will focus on mastering the key features of your Single-lens Reflex (SLR) camera. You will learn about Aperture and f/stops and what impact they have on your pictures' depth of field. You will finally be able to move beyond automatic to the creative modes of shutter priority, aperture priority, program, and manual. ISO, white balance, and bracketing will also be discussed. The goal of the class is to have you walk away understanding many of the advantages you have with an SLR camera so that you can get those special photos that mean so much to you. Micro four thirds cameras are welcome too. An SLR camera has a removable lens, plus the ability to control speed and exposure separately (such as S or Tv, A or Av, M). Bring along your owner's manual for better learning. Hand-outs will be provided. RSVP by 4/21.



### Picasa Monday, Tuesday, Wednesday, May 26, 27 & 28 — 256114-04

1:00-3:00 PM (OC). \$60 (three sessions). Instructor: Len Carniato. Digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Picasa is a free and intuitive program designed for the "amateur" digital photographer that can be installed in any computer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur photos. Learn to crop, fix red-eye, lighten/darken, touch-up defects, repair colors, email, print, and much more. Sign up now and get started. **Prerequisite:** Be comfortable using your home PC and know basic skills. RSVP by 5/19.



## Training

### —Dog Training—

### New Class! Introduction to the World of Positive Dog Training Lecture Wednesday, April 23 — 483014-03

9:00-11:00 AM (KS). \$31 Instructor: Cindy Smith. This lecture

will introduce you to Lead Trainer, Owner, and Certified Nose Work Instructor of The Right Steps Dog Training. Take the valuable opportunity to meet your trainer before taking a Group Class here at SCLH. Sample topics to be covered: positive dog training & reward-based training methods. Problem areas like: house training, management, play biting, jumping, physical & mental exercise and stimulation, and how nutrition affects behavior. Aggression and/or reactivity issues. To learn more about the trainer: [www.therightsteps.com/about\\_us.html](http://www.therightsteps.com/about_us.html). Lecture is followed by a brief Q & A session. RSVP by 4/16.

### New Class! Basic Dog Training for Adolescent & Adult Dogs

Wednesdays, May 7-June 4 — 484014-03

9:30-10:30 AM (Sports Pavilion). \$155 (five sessions). Trainer Cindy Smith, will introduce you to the fun exciting world of Positive Reward Based Dog Training.

**Prerequisite:** Dog must be five months or older and must be dog and people friendly/safe working on leash around dogs and people. **The Basics:** How to best use rewards, program a Reward Marker, learn to capture good behavior and reward. Begin eye contact, name recognition, sit, downs, stays, recalls (come), loose leash walking, and attention walking heel. Hand signals first, then learning verbal cues last. **Excluded:** These classes are not appropriate for dogs with dog and/or human aggression/leash reactivity issues. To learn more about your Trainer: [www.therightsteps.com/about\\_us.html](http://www.therightsteps.com/about_us.html). Space is limited to seven dogs. RSVP by 4/30.



### —Driver Training—

### AARP Driver Safety Refresher Training Saturday May 17— 481014-04

9:00 AM-1:30 PM (OC). Instructor: Paul Jensen: AARP members \$20, non-members \$25. Fee includes a \$5 Association administrative fee. AARP Driver Safety Training, is geared to the "over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. 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 5/10.



*Continued on page 81*



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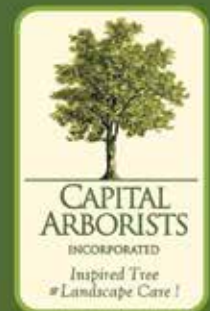
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## WellFit

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Classes incorporating physical movement are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

### —Environmental—

*Experiences that involve caring for and appreciating nature. Encompasses not just our relationship with the planet and nature, but our relationship with our personal surroundings.*

### Nordixx Pole Walking

**Monday & Wednesday, May 19 & 21 — 750000-04**

8:00-9:00 AM. Meet in the OC Fitness Center. \$45 (two outdoor sessions). Instructor: Dr. Richard Del Balso. Benefits of learning optimal use of poles for walking, hiking, exercise & mobility: Power & endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function — walk with *attitude*; improve balance, confidence, coordination, bone density and posture — feel taller! Poles are sporty (and *fun*), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies and get great exercise! Register: Fitness Desks or online. RSVP by 5/12.

### —Disease Prevention & Management—

*Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.*

### Diabetes Exercise Program (DEP 1)

**Mondays & Wednesdays, June 2-July 09 — 878000-04**

3:00-4:15 PM, Aerobics Room (OC). Six-week program, \$99. Especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. A circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or type 2 diabetes — and you don't need a prescription for it. Exercise can help manage your blood glucose levels — even hours after you've stopped exercising. Another significant benefit is that it builds muscles, the tissues in your body that use the most glucose, and they can help keep blood glucose levels from soaring. Additional benefits: Exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood

pressure, helps you lose weight and maintain your weight and lowers your overall body fat. Register: Fitness Desks or online. RSVP by 5/21.

### New! Putting Pain in its Place — Nutritional Information on How to Reduce Inflammation!

**Tuesdays April 22 — 860000-04**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, MPH, RD. Is arthritis and chronic pain a problem for you? The Arthritis Foundation has recently introduced a new program called "Putting Pain in its Place"— How to get Osteoarthritis Pain under control. This two-hour program deals with the pain from arthritis and the role of inflammation in arthritis and other chronic diseases. A special focus will be on nutritional recommendations for reducing inflammation. Register: Fitness Desks or online. RSVP Now.

### Disease Prevention & Management Punch Card Classes

#### Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays. 11:30 AM-12:15 PM (OC). \$4 per class. Instructors: Cathy Keller and Marie McCluskey. 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! Diabetes Exercise Program (DEP 2) L1

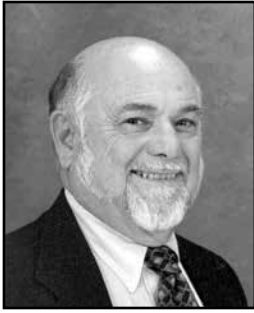
Tuesdays and Thursdays 3:35-4:30 PM. Fitness Room (OC). \$4 per class. Instructor: Cathy Keller, a certified diabetes instructor. Specially designed for those with diabetes who have completed either the Diabetes Exercise Program One or other education-based diabetes class. Designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio including the ever popular drum sticks and Endura sticks as well as various ball games. With such success from the DEP 1 class you will want to make sure to buy your passes early and come to each class! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

#### Arthritis Foundation Land Class L1-L2

Thursdays 12:45-1:30 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. Designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or 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

*Continued on page 83*





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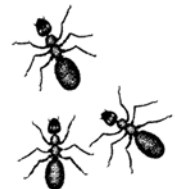
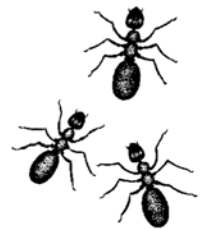


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### Arthritis Class L2

**Tuesdays, May 6-27 — 803000-04**

**Thursdays, May 1-29 — 803100-04**

11:05 AM-12:05 PM, Aerobics Room (OC). Tuesdays \$30 (four sessions) Thursdays \$37.50 (five sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your 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. Class includes cardio and strength. Register: Fitness Desks or online. RSVP by 4/24.



### Arthritis Class L2

**Wednesdays, May 7-28 — 805000-04**

**Fridays, May 2-30 — 801000-04**

Wednesdays 12:00-1:00 PM, Fridays 12:00-12:55 PM, Aerobics Room (OC). Wednesdays \$30 (four sessions) Fridays \$37.50 (five sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your 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. Class includes cardio and strength. Register: Fitness Desks or online. RSVP by 4/30.



### New! Qigong (“chee-gong”) L1

**Thursday, May 1-29 — 820706-04**

1:00-2:00 PM. Aerobics Room (KS) \$37.50 (five sessions). Instructor: Sherry Remez. **Self-sustainability** — *activating your inner resources for profound wellness and energized longevity.* Learn to effectively use your inner resources to manage and release pain, stress and suffering as you increase energy, prevent and cure disease, strengthen immune response — **and have fun doing it!** Ongoing classes provide gentle physical methods proven to increase life energy QiGong (“chee-gong”) provides self-care skills for living life more fully, a re-awakening of your innate healing wisdom for emotional independence. You will develop enhanced optimism as you become proficient in employing energetic wellness tools of Meditation, Gratitude, Letting-Go, Compassion, Word Power, and Forgiveness. Methodology is approved by Kaiser Permanente, The Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medi-

cine and Disease Prevention, and the Veterans Administration. Sherry Remez is a 28-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level. Register: Fitness Desks or online. RSVP by 4/24.

### —Group Exercise—

A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers. Purchase a Group Exercise Punch Pass for these classes. \$2.75 per class.

### —Lessons—

#### Masters Swim Class

**Mondays & Wednesdays April 28-May 21 — 780200-05**

12:00-1:00 PM, Indoor Pool (KS). Cost: \$84 (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. This is also great for swimmers looking to get strength and cardio while having fun learning the proper biomechanics of all swim strokes. All levels welcome!

#### Pro Tennis Lessons

**Sundays, May 4-June 8**

**Beginner 8:00-8:50 AM — 790700-04**

**Intermediate 9:00-9:50 AM — 790600-04**

**Advanced 10:00-10:50 AM — 790500-04**

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 4/26.



#### WellFit Orientations

Wednesday, April 23.

**2:00-3:00 PM, Fitness Floor (KS) — 700100-KG**

Thursday, April 24.

**4:00-5:00 PM, Fitness Floor (KS) — 700100-KH**

Wednesday, April 16.

**2:00-3:00 PM, Fitness Floor (OC) — 700100-WE**

Tuesday, April 29.

**10:00-11:00 AM, Fitness Floor (OC) — 700100-WF**

Free. Instructor: WellFit staff. Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Center works and how to use the equipment safely and properly! Orientations are designed for that new resident or if you have not been in for a while. This is a great place to start your fitness journey. Register: Fitness Desks or online. RSVP by 4/29.

*Continued on page 84*



### —Mind & Body Connection—

*Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors.*

## 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. Ahhhh! Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



### Mind Training for Sleep L1

Wednesdays, 1:30-2:25 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. Offered by trained in-

structors and backed by a board certified sleep specialist physician. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### Beginning Yoga L1

Mondays, 1:30-2:25 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Susan Hayes. Come see what the “buzz” is all about! Yoga starting from scratch for the uninitiated — although all aspiring yogis are invited to attend. This is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



### Yoga Basics L1

Saturdays, 9:00-09:55 AM. Aerobics Room (OC). \$3.50 per class. Instructor: Susan Hayes. Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction. 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: Ashley Freeman. Designed using the relaxing and powerful techniques of yoga to tone, strengthen, improve balance, and increase flexibility. These exercises can reduce 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

**Monday May 5-26 — 832001-04**

12:30-1:30 PM, Indoor Pool (OC). \$32 (four 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 4/28.

### Aqua Pilates L1

**Wednesdays, May 7-28 — 832011-4A**

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin is a certified fitness professional with over 17 years of experience. Her areas of expertise include certified

*Continued on page 87*

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### Traditional Hatha Yoga L2

**Tuesdays, May 6-27 — 710100-04**

**Thursdays, May 8-29 — 710120-04**

2:00-3:30 PM, Aerobics Room (OC). \$44 (four 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 well being after this class. Register: Fitness Desks or online. RSVP by 4/29.

### Tai Chi L1

**Tuesdays, May 6-27 — 730100-04**

**Saturdays, May 3-31 — 730200-04**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions); Tuesdays; \$50 (five sessions) Saturdays. 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 Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong 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 4/29 .

### Evening Hatha Yoga L2

**Tuesdays May 6-27 — 711000-04**

6:00-7:15 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Keep moving with an early evening yoga flow class that will increase your energy and reduce stress. Plus, it's good for your health! Everybody is welcome to this fun-filled, informative class, although it is Level 2, so it is challenging. Register: Fitness Desks or online. RSVP by 4/29.



### Healing Yoga and Meditation L1

**Thursdays, May 1-29 — 711100-04**

6:00-7:30 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience. Each student receives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP by 4/24.

### Extra Gentle Yoga L1

**Tuesdays, May 6-27 — 710000-04**

12:45-1:45 PM, Aerobics Room (OC). \$44 (four 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 4/29.



### Tai Chi Intermediate L2

**Tuesdays, May 6-27 — 730300-04**

2:45-3:45 PM, Aerobics Room (KS). \$40 (four 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. Emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. High level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP by 4/29.



### Wai Dun Kun

**Tuesday, May 6 — 731000-04**

9:30-10:30 AM, OC grass area by the outdoor pool. (**Free trial class**) Instructor: Joan J. Chien. Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes blood circulation activating organs, soothing joints, energizing your body, and making you feel great. It generates energy but does not

*Continued on page 89*



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### Yoga for Osteoporosis L1

**Mondays, May 5-19 — 711200-04**

**Fridays, May 2-30 — 710200-04**

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

Fridays 5:30-6:45 PM, Aerobics Room (KS).

Mondays \$33 (three sessions); Fridays \$55

(five sessions). Instructor: Susan Hayes. This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms and keep the wrists supple. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We also do deep breathing exercises, and finish with a restorative deep relaxation. Register: Fitness Desks or online. RSVP by 4/28.



### —Money Matters—

*Classes that encourage a healthy state of well-being while preparing financially for the future.*

#### New! Investment Math:

#### Explaining the Important Statistics

**Tuesday, April 22 — 870000-03**

10:30 AM-12:00 PM. P-Hall (KS). How much are you up, down, sideways in your investments and when do statistics lie, misrepresent, or just plain give us an incorrect impression of our performance or utility of portfolios. Come learn some basic math on how to best gauge your investments or what others are telling you. Russ Abbott leads this timely discussion. Register: Fitness/Activities Desks or online. RSVP Now.



#### How to Evaluate Stocks

**Tuesday, May 27 — 870000-4A**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott will instruct this popular class. 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 4/20.

#### Getting Your Stuff Together: Organizing Your Estate

**Thursday and Friday, June 12&13 — 863000-04**

9:00 AM-12:00 PM, Oaks and Gables. \$30 for both sessions, + \$25 material fee paid to instructor on first day of class.

Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your “stuff.” Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks, Activities Desks or online. RSVP by 6/5.



### —Personal Growth—

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#### How Would You Like to Learn Real World Practical Self-Defense and Martial Arts?

**Tuesdays, May 6-27 — 815000-04**

6:00-7:30 PM, Aerobics Room (OC). \$60 (four 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 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 Desks or online. RSVP by 4/29.



#### The Sudoku Series

**Tuesday, April 22 — 870000-04**

**Or Tuesday, May 27 — 870000-4B**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from January to June, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned as the instructor, Russ Abbott, will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass. Students will become very familiar with Sudoku shortcuts and moves. Come join us. Register: Fitness/Activities Desks or online. RSVP by seven days prior to class start date.



*Continued on page 93*



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## Living Through Transitions: Conquering the Challenges of Aging in Place

A very successful launching of the *Living Through Transitions* program testifies to the meaningfulness and importance of continuing and further enriching this program for many more SCLH residents in the future. The first two modules, related to the legal and financial frameworks needed for successful aging-in-place, have overwhelmingly been given the highest ratings by the residents who are participating in the pilot seven-session series. The three-hour presentations pass quickly because of the gold mine of interactive information and materials that are given out. One's notebook grows thicker with each presentation so that the participant ends up with a blueprint, guidelines, and ways to start planning for accomplishing those life transitions that lie ahead. If you are not one of the pilot program participants, you will certainly want to get on the waiting list for future sessions, the details of which are evolving. Peace of mind comes from knowing about the necessary legal considerations such as Advance Directives, so that you can make informed choices to ensure smooth sailing through future transitions. The same is true for the complex financial considerations so that your money will outlive you. Stay tuned for what the next modules have to offer. For more information, call Christine Epperson at 258-8289.

### —Training Services—

*All trainers are independent contractors.  
Please check the Fitness Centers or website under Fitness  
for a complete listing and contact information.*

**One-on-One Training:** One client and one trainer.

**Two-on-One Training:** Two clients and one trainer.

**Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.



### SGT — TRX Express L1

**Mondays & Wednesdays, April 28-May 21 — 835210-A5**

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment. Register: Fitness Desk or online. RSVP by seven days prior to class start date.



### SGT TRX Express L2

**Tuesdays & Thursdays, April 29-May 22 — 835211-A5**

5:30-6:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is a 30-minute intermediate progression from TRX Express L1 workout. You will develop strength

and stability needed in the core, hips and throughout the body. Register: Fitness Desk or online. RSVP by seven days prior to class start date.

### SGT — Bootcamp L2

**Tuesdays & Thursdays, April 29-May 22 — 835300-A5**

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with a 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 seven days prior to class start date.



### SGT — Bootcamp L3

**Mondays & Wednesdays, May 5-June 2 — 835400-A5**

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions; no class May 26). Instructor: Lisa Smith. 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. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



### SGT — Softball Spring Training L2

**Tuesdays & Thursdays, April 29-May 22 — 835190-A5**

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Richie Anderson. Want to improve your softball performance? Do you also want to stay healthy and injury free during the season? This class will put emphasis on exercises that will increase your rotational output when hitting or throwing, along with strengthening the muscles that sustain common injuries in softball and other overhead sports. Class will also include cardiovascular conditioning to encompass everything needed to step up your game. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



### SGT — Fit 101 L1

**Mondays & Wednesdays, May 5-June 2 — 835500-A5**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions, no class May 26). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to work on the TRX, weights, exercise bands walking, stretching and more. This

*Continued on page 95*



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format is a great opportunity to work with a trainer and meet friends that share the same fitness goals. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

### SGT — “Fun”ctional Fitness L2

**Tuesdays & Thursdays, April 29-May 22 — 835600-A5**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for 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 seven days prior to class start date.

### New! SGT — Morning Burst Bootcamp L2

**Mondays & Wednesday, May 5-June 2 — 835300-B5**

6:45-7:45 AM, Aerobics Room (KS). \$135 (eight sessions; no class May 26). Instructor: Lisa Smith. Rise and shine to enjoy a challenging, but fun SGT. A total body approach will be used to develop and strengthen your body from head to toe. Various pieces of equipment will be used including TRX, Bosu and more! Register: Fitness Desks or online. RSVP by seven days prior to class start date.



### SGT — Healthy Back L1

**Monday & Wednesday, May 19-June 16 — 835700-A5**

11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 26). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



### SGT — Healthy Back L2

**Mondays & Wednesdays, May 19-June 16 — 835701-A5**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 26). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles

as Healthy Back L1. Register: Fitness Desk or online. RSVP by seven days prior to class start date.

### SGT — TRX Interval Training L3

**Mondays & Wednesdays, April 28-May 21 — 835800-A5**

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 builds power, strength, flexibility, balance, mobility, and prevents 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 seven days prior to the class start date.

## Pilates Reformer Section

### SGT — Introductory Reformer Session L1

**Continuous Dates — 835110-A5**

Fitness Floor (KS). \$30 (one session).

Instructors: Paula Ainsleigh, Robert Sanchez, Janine Colson, 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 —The Basics L1

**Mondays & Fridays, May 5-May 30 — 835120-A5**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Paula Ainsleigh.

**Mondays & Wednesdays, May 5-June 2— 835120-C5**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class May 26). Instructor: Janine Colson.

**Tuesdays & Fridays, April 29-May 23 — 835120-B5**

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This is your Level 1 reformer class; this class 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



*Continued on page 96*



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mat alone. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class start date.

### SGT — Bootcamp Reformer L2

**Tuesdays & Thursdays, April 29-May 22 — 835100-A5**

3:00-4:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the Basics using more intense exercises, the TRX, medicine balls and more! Have fun while taking your workout to the next level. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.



### SGT — Intermediate L2

**Tuesdays & Thursdays, April 29-May 22 — 835130-B5**

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This class builds on The Basics 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. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### SGT — Intermediate L2

**Tuesdays & Thursdays, April 29-May 22 — 835130-D5**

7:30-8:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This class builds on The Basics 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. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.



### SGT — Intermediate L2

**Tuesdays & Thursdays, April 29-May 22 — 835130-C5**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky. This class builds on The Basics 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. Please note: Instructors reserve the right to suggest you continue with the Basic L1

if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### SGT — Total Body Reformer L3

**Tuesday & Thursday, April 29-May 22 — 835170-A5**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This advanced reformer Level 3 class is for seasoned Pilates participants, who have mastered both the Basics L1 and Intermediate L2 workouts. This class will challenge strength and endurance. Please note: For safety purposes, participants must be given instructor approval before attending the advanced class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### SGT — Fit for Golf L2

**Monday & Wednesday, May 5-June 2**

**2:30-3:30 PM — 835180-A5**

**Monday & Wednesday, May 5-June 2**

**8:30-9:30 AM — 835180-B5**

Fitness Floor (KS). \$135 (eight sessions; no class 5/26). Instructor: Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Anneka Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.



### SGT— Bootcamp Reformer L3

**Mondays & Wednesdays, April 28-May 21 — 835140-A5**

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the L2 Reformer adding more intense exercises, the use of intervals, TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

### SGT— Special Populations Reformer L1

**Mondays & Wednesdays, April 28-May 21 — 835160-A5**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elonga-

*Continued on page 97*



tion, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

**SGT — Special Populations Reformer L2**  
**Tuesdays & Thursdays, April 29-May 22 — 835150-A5**

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class is the next step up from Special Populations Level 1. This class is for more experienced people who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to




Level 1. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

**—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.
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**OC Aqua WellFit Class Schedule April 15 - May 15, 2014**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L3 - Deanne		Water Works L3- Annamarie		Water Works L3- Roman		
8:30					Water Works L3- Roman		
9:30		Water Works L3 - Deanne	* Core n More L3- Annette	Water Works L3 - Deanne			
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	* Splash Dance L2- Annette	Water Works L3 - Deanne			
11:30	AF Aqua L1- Cathy		*AF Aqua L1- Marie		AF Aqua L1- Cathy		
12:30	Aqua Yoga L1- Joanie		**Aqua Pilates L1- Joanie				
2:00							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00		Water Works L3- Roman		Water Works L3- Roman			
6:00							

*For class details please refer to the Wellness & Fitness section*

Wellness Classes (session based)
Disease P & M (punch card) \$4.00
Group Exercise (punch card) \$2.75
* New instructor
** New Class

OC WellFit Class Schedule April 15 - May 15 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:00	Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		
9:00	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Low Impact L3 - Jeri	
10:00	Zumba L3 - Domine	Core & Strength L2 - Julia	Zumba L3 - Andi	Core & Strength L2 - Julia	Step & Sculpt L2 - Jeri	Yoga Basics L1 - Susan	**Cardio Strength L3 - Kim
11:00	Cardio Strength L3 - Annamarie	*Yoga Flow L2 - Ashley	Cardio Strength L3 - Annamarie	*Yoga Flow L2 - Ashley	Cardio Dance & Sculpt L3 - Domine	Tai Chi L1 - Pelli	**Zumba L3 - Carrie
12:00	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola		
12:45	Basic Low Impact L1 Cindy		Arthritis L1/2 - Lin		**Arthritis L1/2 - 12:00-12:55 Lin		
1:00	Chair with Flair L1 - Cindy	12:45-1:45 Extra Gentle Yoga L1 - Julie	Chair with Flair L1 - Kathryn	AF Land L1-L2 12:45-1:30 Cathy	Basic Chair L1 - Lola		
2:00	Balance Exp L1 - Cindy	Activities	Balance Exp L1 - Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie			
2:30		ACROSS+2-20					
3:30	3:00-4:00pm MoveWell Today - Christine/Cathy	Diabetes (DEP 2) L1 Cathy	3:00-4:00pm MoveWell Today - Christine/Cathy	Diabetes(DEP 2 ) L1 Cathy			
5:00		**4:30 Interval Strength - Lisa		Activities			
6:00	Zumba L3 - Andi		Zumba L3 - Andi				
7:00	Yoga for Osteo L1 - Susan	Self Defense - Paul					
8:00							

Group Exercise Classes (punch pass) \$2.75  
 Disease P & M (punch pass) \$4.00  
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)  
 Small Group Training (session based)  
 \* New Instructor  
 \*\* New Instructor & Class  
 \*\*\*New Time



KS WellFit Class Schedule April 15-May 15, 2014

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	***6:45am SGT- Morning Burst Bootcamp L2- Lisa		6:15am SGT- Bootcamp L2- Robert	***6:45am SGT- Morning Burst Bootcamp L2- Lisa		6:15am SGT- Bootcamp L2- Robert						
7:00		SGT- Ref. The Basics L1- Paula							SGT- Ref. The Basics L1- Paula			
7:30			Mixed Level Cycle L2 - Deanne	SGT -Ref. Intermediate L2 Robert	*8:00am HI NRG Cycle L3- TBD	Mixed Level Cycle L2- Deanne	SGT -Ref. Intermediate L2 Robert				*8:00am HI NRG Cycle L3- TBD	
8:30	Everybody Can L2 - Jeannette		Low Impact L3 - Annamarie	SGT- Ref. The Basics L1- Robert		Low Impact L3- Annamarie			SGT- Ref. The Basics L1- Robert			
9:30	Circuit L3 - Roman	SGT- Ref Special Pop. L1- Eve	Strictly Strength L2 - Lin		*Circuit L3-TBD	Strictly Strength L2- Lin	SGT- Reformer Special Pop L1- Eve		Cardio Strength L3- Annamarie		Strictly Strength L2 - Jeri	
10:30	Strictly Strength L2 - Jeri	SGT-Ref. The Basics L1- Janine	Piloga Flow L2 - Joanie	SGT-Ref. Total Body L3 Eve	Everybody Can L2 - Lin	Pilates Fit L2 - Domine	SGT-Ref. The Basics L1- Janine	SGT Ref. Total Body L3- Eve	Everybody Can L2-Lin		Ball and More L2-Jeri	
11:30	SGT - Healthy Back L1- Kathryn	SGT- Ref.BootCamp L3 Eve		SGT- Intermediate L2 Robert	SGT - Healthy Back L1-Kathryn		SGT- Ref.BootCamp L3 Eve	SGT -Ref. Intermediate L2 Robert				
12:30	SGT- Fit 101 L1- Robert		Functional Fit L2- Deanne	SGT -Ref. Intermediate L2 Domine	SGT- Fit 101 L1- Robert	Functional Fit L2- Deanne		SGT -Ref. Intermediate L2 Domine				
1:30	Begin. Yoga L1 Susan		Tai Chi L1- Peli		1:30-2:45pm Mind Training for Sleep L1-Iram			1:00pm Qigong L1 - Sherry				
2:30	SGT- TRX Interval L2- Julia	SGT- Ref. Fit for Golf L2 Robert			SGT - TRX Interval L2- Julia	Sherry Remez Workshop	SGT- Ref. Fit for Golf L2 Robert					
3:30	SGT-TRX Express L1- Julia		Tai Chi L2 (2:45-3:45)- Peli	3:00pm SGT-Ref. Boot Camp L2 Eve	SGT-TRX Exp. L1- Julia	Basic Conditioning L1 Kathryn		3:00pm SGT -Ref. Boot Camp L2 Eve				
4:00	4:00pm SGT Healthy Back L2-Kathryn		SGT- Softball Spring Training L2- Richie	SGT-Ref. Special Pop. L2-Eve	4:00pm SGT Healthy Back L2- Kathryn	SGT- Softball Spring Training L2- Richie		SGT-Ref. Special Pop. L2-Eve				
5:00	SGT- Bootcamp L3- Lisa	SGT-Coming soon	SGT -TRX Exp. L2-Julia		SGT- Bootcamp L3- Lisa	SGT-Coming soon						
6:00			Evening Yoga Flow L2- Susan							Yoga for Osteo L1 (5:30-6:45)- Susan		
7:00												

Wellness Classes (session based)  
 Small Group Training (session based)  
 \* New Instructor  
 \*\* New class

Group Exercise Classes (punch pass) \$2.75  
 Disease P & M (punch pass) \$4.00  
 Mind & Body Classes (punch pass) \$3.50

## WellFit Group Exercise Class Descriptions

Please see the color grids on the previous pages for days and times. Purchase a Group Exercise Punch Pass for these classes.  
Each class is \$2.75.

**BALANCE EXPRESS L1:** A 30-minute class designed to help improve balance. Class is taught as a group with the use of the chair and guided balance stations.

**BALL & MORE L2:** This class promises to deliver exercises for balance work, strength building, and light cardio. By using the stability ball, weights, bands and bars we will develop core strength and control.

**BASIC BODY CONDITIONING:** If chair class is too easy for you, but you aren't ready for regular aerobics then this class is for you! Warm up with fun and simple no to low impact moves that improve coordination and balance. Class focuses on proper body mechanics to safely improve strength and stability while delivering an excellent workout.

**BASIC CHAIR L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

**BASIC LOW IMPACT L1:** 10-minute intervals of easy to follow cardio moves to music with five minute intervals of balance, strength and toning exercises.

**CARDIO DANCE & SCULPT L3:** A fun, high energy dance aerobic workout which blends aerobic activity and sculpting exercises. Enjoy music that you can really move to and just have fun!

**CARDIO STRENGTH L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

**CHAIR WITH FLAIR L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

**CIRCUIT L3:** A class combining strength training and a cardiovascular workout! Strength training will be done with a combination of hand weights, resistance tubing, bands, and stability balls. Cardio portion will include low impact aerobics. A great workout.

**CORE-N-MORE L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the

pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

**CORE-N-STRENGTH L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

**EVERYBODY CAN AEROBICS L2:** An easy to follow class for those wishing to start a cardiovascular program. The moves will be low impact and simple, no "fancy dance" moves. Light hand weights will be used to increase upper body strength. Come enjoy the benefits of a workout designed just for *You!*

**HI-NRG CYCLE L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

**INTERVAL STRENGTH L2:** Take your workout to the next level with this fun and challenging class. Strength training and cardio exercises are combined in an interval style workout.

**LOW IMPACT AEROBICS L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

**MIXED LEVEL INDOOR CYCLING L2:** A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

**PLATINUM-WATER IN MOTION L2:** Is a shallow-water, low impact aqua exercise experience. Participants enjoy a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly-released music to easy to learn choreography.

**SPLASH DANCE L2:** A dance party in the pool! An aquatic exercise class with "dance flair". Designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

**STEP & SCULPT L2:** Cardio step routines combined with toning  
*Please see "Class Descriptions" on page 101*





### Personal Holocaust Survivor

Thursday, April 17 — Free

1:00-3:00 PM, P-Hall (KS). Elizabeth Irga and her mother survived Nazi persecution by escaping from a Polish ghetto. They walked across Czechoslovakia to Hungary where they hid until the end of WWII. Following a career as an educator in the Elk Grove School District today, “Liz” is the president and founder of the Central Valley Holocaust Educational Network (CVHEN). CVHEN is dedicated to Holocaust education. Liz believes that sharing her personal story can provide an understanding of the roots and ramifications of prejudice, the dangers of apathy, and the fragility of democracy. She also hopes that it will instill a sense of personal responsibility for promoting and preserving pluralism.



### Snakes: Facts, Fictions, and Phobias

Tuesday, April 29 — Free

2:00-3:30 PM, Front Ballroom (OC). If knowledge is the best cure for fear, then this could be one of the most important presentations offered. Residents David Rich and John Parks, retired Vet (DVM), will present their highly acclaimed forum on snakes. Both use humor and facts to help you understand the important role snakes play in our lives. Learn how to tell snakes apart, especially gophersnakes and rattlesnakes; how to protect your pets; the truth behind many myths about snakes; and what to expect if you are bitten by a rattlesnake. Historically, this is a very popular forum, so bring your friends and come early.



### Vitamins and Supplements: Nutrition in a Pill?

Wednesday, April 30 — Free

7:00-8:30 PM, Ballroom (OC). At the heart of good health is good nutrition. The Dietary Guidelines for Americans make it clear that your nutritional needs should be met primarily through your diet. For some people, however, vitamins and supplements may be a useful way to get the nutrients which they may otherwise be lacking. But before you go shopping for supplements, get the facts on what they will and won't do for you. Join us for an informative and interesting discussion with Racquel Livoni,



MD, Family Medicine and Integrated Medicine at Mercy San Juan Medical Center. There will be Q&A following Dr. Livoni's presentation.

### The Magic of Google

Monday, May 12 — Free



2:00-3:30 PM, Ballroom (OC). This presentation by SCLH resident Bob Ringo will give you familiarity with everything that is Google related. Google has been an integral part of each of our lives for many years. Starting life as a search engine, Google quickly dominated all of its rivals. Now Google has added so many extra services and conveniences that it has become synonymous with convenience and quality. From Google Search to Gmail to Google Calendar to Google Maps, there is a Google tool for everyone. Most of the fantastic services offered by Google are completely free. Every single service is so full of features that you can fill a book on each one of them. So give yourself a treat, find the spare time to attend this presentation to explore some new things from Google.

### Traffic Situation in Sun City Lincoln Hills

Tuesday, May 20 — Free

2:00-3:30 PM, Ballroom (OC). Lincoln's Mayor Gabriel Hydrick and Police Chief Rex Marks are today's speakers. A top priority is providing for the public's safe travel. Community travel methods have diversified from the usual motor vehicles to include low-speed vehicles and bicycles. In order to keep our community safe, inviting and accessible, this mandates a broader understanding of traffic operations. Hear about some of the challenges associated with safeguarding the public's safety, including steps we can take to ensure that your next trip does not end in personal injury or property damage. Q&A follows.



### Brain Drain: “Where Did I Put my Keys?”

Wednesday, May 28 — Free

7:00-8:30 PM, Ballroom (OC). Just like the rest of your body, your brain loses agility as you get older. Even by making brain healthy life choices, such as staying physically active, implementing a healthy diet and remaining mentally and socially active, you can still suffer a decline in cognitive function. Internal medicine specialist Dr.



Homler will explain normal and abnormal declines in memory and will define the different types of dementia including Alzheimer's, Lewy body disease, fronto-temporal dementia and more. He'll also discuss reversible forms of dementia, how dementia is diagnosed and treatment options for dementia. Last, he'll cover care for the caregivers and how to recognize symptoms of caregiver stress and steps to take care of yourself while you are caring for another.

### Life — Here, There, and Everywhere?!

Wednesday, June 4 — Free

7:00-8:30 PM, Front Ballroom (OC). Earth is a dynamic place with water, plants and animals that live in areas from the frigid arctic to the driest deserts. What happens when you



explore life beyond Earth? John Neil takes us to Mars and discusses the planet's potential for life. John Combes will take a look at exoplanets (planets around other suns) that could provide a hospitable environment for life. Morey Lewis will discuss the concept of a multiverse and notes that the ancient Greeks also discussed the possibility of multiple worlds and universes.

### Community Forums, Date, Time, Location

<ul style="list-style-type: none"> <li>• <b>Personal Holocaust Survivor</b> Thursday, April 17, 1:00 PM, Presentation Hall (KS)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Life – Here, There, and Everywhere?!</b> Wednesday, June 4, 7:00 PM, Front Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Snakes: Facts, Fiction and Fears</b> Tuesday, April 29, 2:00 PM, Front Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Resource Connectors</b> Tuesday, June 24, 2:00 PM, Front Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Vitamins and Supplements: Nutrition in a Pill?</b> Wednesday, April 30, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Movement and Balance Disorders</b> Wednesday, June 25, 7:00 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Magic of Google</b> Monday, May 12, 2:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tablet and Smartphone Health History with Genie MD app</b> Wednesday, July 9, 6:30 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Brain Drain: Where Did I Put my Keys?</b> Wednesday, May 28, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1919 — Tumultuous Year Following WWI</b> Tuesday, July 22, 1:30 PM, Front Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Traffic Situation in Sun City Lincoln Hills</b> Tuesday, May 20, 2:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chronic Pain Management</b> Wednesday, July 30, 7:00 PM, Ballroom (OC)</li> </ul>

## WellFit Group Exercise Class Descriptions

*Continued from page 99*

ing intervals to give you a total body workout. Burn calories with low impact easy to follow step patterns.

**STEP IT UP L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. The class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

**STRETCH PLUS EXPRESS L1:** Stretch your mind and body during this 30 minute stretch class. All major muscle groups will be targeted to help increase flexibility.

**STRICTLY STRENGTH L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to

strengthen and tone the major muscle groups of the body.

**WATER WORKS L3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

**ZUMBA L3:** This class fuses Latin rhythms and easy to follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

**ZUMBA Gold L2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.



## 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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Jeannine Balcombe 625-4020

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Sr. Director, Facilities & Maintenance

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### Accounting

Director of Finance

Bruce Baldwin 625-4013 [bruce.baldwin@schca.com](mailto:bruce.baldwin@schca.com)

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Advertising & Promotions Manager

Ben Baker 625-4057 [ben.baker@schca.com](mailto:ben.baker@schca.com)

### Community Standards

Community Standards Manager

Cece Dirstine 625-4006 [cecelia.dirstine@schca.com](mailto:cecelia.dirstine@schca.com)

### Membership

Membership Clerk

Bertha Mendez 625-4000 [bertha.mendez@schca.com](mailto:bertha.mendez@schca.com)

### Room Booking

Room Booking Coordinator

Shelvie Smith 625-4021 [shelvie.smith@schca.com](mailto:shelvie.smith@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

Deborah Meyer 408-4310 [deborah.meyer@schca.com](mailto:deborah.meyer@schca.com)

Lifestyle Trip Coordinator Katrina Ferland

625-4002 [katrina.ferland@schca.com](mailto:katrina.ferland@schca.com)

### Clubs

Administrative & Club Support

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### Compass

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625-4020 [jeannine.balcombe@schca.com](mailto:jeannine.balcombe@schca.com)

Compass Advertising Coordinator

Judy Olson 625-4014 [judy.olson@schca.com](mailto:judy.olson@schca.com)

Compass Bulletin Board

Shelvie Smith 625-4021 [shelvie.smith@schca.com](mailto:shelvie.smith@schca.com)

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

Wellness & Fitness Manager

Deborah McIlvain 625-4031 [deborah.mcilvain@schca.com](mailto:deborah.mcilvain@schca.com)

Wellness & Fitness Assistant Manager

Christine Epperson 258-8289

[christine.epperson@schca.com](mailto:christine.epperson@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-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday\* 8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

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 7:30 AM-3:30 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

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

[bgeppert@billycaspergolf.com](mailto:bgeppert@billycaspergolf.com)

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

## Board of Directors

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Marcia VanWagner, Director

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## Committee Chairs

Architectural Review Committee

[arc@schca.com](mailto:arc@schca.com)

Clubs & Community Organizations Committee

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Communications & Community

Relations Committee

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Compliance Committee

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*Compass* — A monthly magazine established August 1999 **Editor:** Jeannine Balcombe 625-4020

**Associate Editor/Club Article Editor:** Wendy Slater wslater@surewest.net **Resident Editor:** Doug Brown **Advertising:** Judy Olson 625-4014

**Resident Writers:** Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Al Roten, Shirley Schultz, Gay Sprague

**Layout/Design:** Aspen TypoGraphix **Printing:** Fruitridge Printing

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