



Compass

The Official Magazine of Sun City Lincoln Hills

August 2014

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On the cover

The Sports Pavilion is the hub of outdoor activities, providing a place for respite for those playing sports or looking to relax. It is also the perfect place to have a party!

See articles on pages 7 and 17

Board of Directors Report Decision Time for 2015

Gay Mackintosh, Secretary, SCLH Board of Directors



As we prepare to celebrate our community's 15th anniversary this fall, our annual budget process is already in the works for 2015. Community members' involvement in the budget process will help guide decisions that impact our lifestyle.

Our annual financial planning reflects needs and priorities for the year ahead (Operations) and beyond (Capital Enhancements and Maintenance Reserve). Decisions in each of these areas will determine our dues in 2015.

Operations. Staff are hard at work refining projections for each department—Fitness, Activities, Landscape, Maintenance, Administration, Food & Beverage, and The Spa. Come to the budget meetings on September 9 and 16 to hear department heads present their plans, including new projects. The Finance Committee will formalize its recommendations on September 23. The Board must make the final decisions on balancing amenities for our residents with revenue-producing activities (such as weddings and corporate events) that help keep our dues low.

Capital Enhancements. Clubs, other groups, individuals, and staff may request new capital assets or construction to improve our community and respond to changing needs. Projects proposed by the July deadline are under review. At the request of the Board, a Properties/Finance

Committee Task Force is also investigating possible solar applications for the outdoor swimming pools and Orchard Creek Lodge.

Maintenance Reserve. The independent Maintenance Reserve Study conducted every third year projects out for 30 years how much money will be needed to repair or replace our common property. With our community now 15 years old, it is more essential than ever that we maintain adequate Reserve funding to ensure high value for our residents into the future. Staff is evaluating each item scheduled for 2015 to determine whether any can reasonably be deferred. Significant Reserve projects under consideration by the Properties Committee include replacement/upgrade of some fitness equipment and the Kilaga Springs indoor pool dehumidifier.

Come to the Joint Properties/Finance Committee Workshop on September 9 to hear more about Capital and Reserve proposals. The Joint Meeting September 16 will result in both committees' recommendations to the Board on whether and how to fund each project.

Final decisions on plans and priorities for the future of our community will be made at the Board meeting on September 25 when we approve the 2015 budget. We invite you to join us in the planning process.

First Budget Meeting	September 9	9:00 AM
Joint Properties/Finance Committee Workshop for Capital and Reserve Projects	September 9	11:00 AM
Second Budget Meeting	September 16	9:00 AM
Joint Properties and Finance Committee Meeting on Capitals and Reserves (Following Second Budget Meeting)	September 16	11:00 AM
Finance Committee Approval of Budget Roll-Up	September 23	9:00 AM
Board of Directors Budget Approval	September 25	9:00 AM

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Smile, you're on candid camera! With the development of our websites, we have added several new features including a **Photo Gallery**. The gallery will showcase residents enjoying the lifestyle at Sun City Lincoln Hills. The categories will be: clubs, entertainment, trips, events, classes, landscapes, and volunteering. If you have photos you would like to share, please email your jpg/jpeg photos to me for consideration. As you take photos of residents, please inform them that if they don't want to see themselves on the website, or in the *Compass*, to please step outside of your camera view. Please send **no more than two photos of any one event or topic and note that photos in the gallery will not list names nor give credit to the photographer**. If the photo is used in the *Compass*, all efforts will be made to make appropriate identifications and give credit.

Members of the Photography Group have offered to visit groups and classes

and will ask if you are interested in having your activities photographed. Their agreement would be that the pictures would be provided gratis and the club or individual would be responsible for submitting the photo to me for publication. **Contact club president, Jeff Andersen at 2jeffa@gmail.com if you are interested in their help.**

Another new feature on our resident website is a **video promoting our summer concerts in the Amphitheater**; check it out on the Home Page. We also contributed video and photos for the Lincoln Leadership Project in support of their city of Lincoln promotional video. You can watch it at <http://vimeo.com/m/99139929>.

Congratulations to the 134 villages and mail stations that held **82 National Night Out events** earlier this month. The increased participation over previous years demonstrates the continued com-

Please see "Connections" on page 5



Calendar of Events

August 15-September 30

Date	Event	Page #
08/15	Summer Concert: Tribute to Songs of Billy Joel	44
08/18	Cosmology - The First Million Years of the Universe	25
08/18	Genealogy: Newspapers Online and Off	31
08/21	Book Discussion: <i>The Cuckoo's Calling</i>	27
08/21	Bonsai Pruning Workshop	30
08/21	Bus Trip: Cache Creek Casino	61*
08/21	Forum: Internet Security Basics	100
08/22	Music Group sponsored Open Mic Night	33, 42
08/22	Neighborhood Watch Captain/Coordinator Training	34
08/22	Summer Concert: Gary Puckett and the Union Gap	44
08/25	Players Group, Auditions for "Cinderella"	35
08/26	Concert: Classical Guitarist & Guest Flutist	44
08/27	Forum: "Got Hormones?"	13, 100
08/27	"Techniques to Handle Challenging Behavior"	25
08/28	Bus Trip: Best in West Rib Cookoff, Sparks	61*
09/01	KS at the Movies: Blue Hawaii	42
09/02	Photographing and Reproducing Paintings	34
09/03	Astronomy Video: "The Final Frontier"	25
09/03	Bus Trip: Muir Woods	61*
09/04	Tax-free Bonds	32
09/04	Forum: Federal Budget: Why Agreement Allusive?	100
09/05	Summer Concert: An Elvis Tribute/Mark Anthony	46
09/06	Bus Trip: California Capital Airshow	51
09/06-07	Sun Eagles Classic Tournament	42
09/07	"Artisans in the Lodge"	34, 42
09/08	SCHOOLS Group Annual Meeting	35
09/09	Workhorse knit styles that will fit and flatter	34
09/09	Bus Trip: Colusa Casino	51
09/10	"Google Apps vs. Microsoft Office 365"	28
09/10	Bus Trip: Muir Woods	58
09/11	Tips for using Technology to help Low Vision	29
09/11	"Ending Blindness"	29
09/11	Bus Trip: Off to the Races	51
09/12	"Cloud Apps In Action"	29
09/16	Speaker: Jim Bermudez, Lincoln Comm. Dev. Dept.	33
09/16	Dinner Show: An Evening in Polynesia	49
09/16	Bus Trip: SF 49ers, Levi's Stadium Tour	61*
09/17	Forum: The Changing Face of America	100
09/18	Book Discussion: <i>Killing Lincoln</i>	27
09/18	Bus Trip: SF 49ers, Levi's Stadium Tour	61*
09/19	Summer Concert: Top Shelf's Disco Fever	46
09/20	Bus Trip: Tour of Floating Homes	61*
09/21	Bus Trip: Nat'l. Acrobats/People's Rep. of China	55
09/22	Fashion Show Model Call	49
09/23-24	Auditions for January Vaudeville Show	38
09/24	Forum: Run Silent; Run Deep/Vascular Disease	100
09/25	Clothing Care Workshop for People with Low Vision	30
09/29	Comedy: Hypnotist/Comedian Charlie Normal	44
09/30	Bus Trip: Spectra — Eldorado Hotel & Casino, Reno	55

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

Upcoming Association-Related Meetings: Date, Time, Place

August 15-September 30

Golf Cart Registration.....	Thursday, August 21, September 4 & 18, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, August 21, 9:00 AM
ARC/Architectural Review Committee.....	Monday, August 25, 9:00 AM
Board of Directors Meeting.....	Thursday, August 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, August 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, August 28, 11:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, September 2, 9:30 AM
Compliance Committee Meeting.....	Wednesday, September 3, 10:30 AM
Elections Committee.....	Friday, September 5, 10:00 AM
ARC/Architectural Review Committee.....	Monday, September 8, 9:00 AM
First Budget Meeting.....	Tuesday, September 9, 9:00 AM
Joint Properties/Finance Workshop/Capitals & Reserves.....	Tuesday, September 9, 11:00 AM
Properties Committee Meeting.....	Tuesday, September 9, 1:00 PM
Listening Post.....	Wednesday, September 10, 9:00 AM
CCRC/Communications & Community Rel. ...	Friday, September 12, 9:30 AM
Second Budget Meeting.....	Tuesday, September 16, 9:00 AM
Joint Properties/Finance Workshop/Capitals & Reserves.....	Tuesday, September 16, 11:00 AM
New Resident Orientation.....	Wednesday, September 17, 1:00 PM
Finance Committee Meeting.....	Thursday, September 18, 9:00 AM
ARC/Architectural Review Committee.....	Monday, September 22, 9:00 AM
Finance Committee/Budget Roll-Up.....	Tuesday, September 23, 9:00 AM
Board of Directors Meeting.....	Thursday, September 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, September 25, 10:30 AM
Board of Directors Executive Session.....	Thursday, September 25, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

TEQUILA TASTING DANCE PARTY

**THURSDAY
SEPTEMBER 4
2014**

Activate your taste buds with some of the best tequilas, enjoy some tasty appetizers and have fun learning to dance to mambo! Feel free to dress up!

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- 5:00-6:00 Tasting, Served Tagarachi Bacon & Sangrita
- 6:00-7:00 Great Variety of Appetizers
- 7:00-8:00 Dance Lessons, Margaritas for Everyone in a Take-Home Light Up Glass

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Elections Committee**Do You Hear The Knocking?**

That sound in your head is Opportunity! Next February we will elect four people to serve two-year terms as Directors of our Homeowners Association.

If you have been interested in what it takes to keep Lincoln Hills the beautiful and successful place it is, now is the time to learn what time and talent it takes by asking your questions and finding out for yourself. Our Association needs a constant supply of dedicated people who are willing to take the time necessary to bring their talents to the Directors' Table and represent us in the critical tasks of setting policy and watching over key financial transactions. That could be you.

Only two incumbents are eligible to run for another term of office. Now is the

That sound you hear is Opportunity!



time to consider applying to be a candidate to become one of seven Directors who set the policy and approve budgets and contracts that affect our lives here in Lincoln Hills. We do not know whether or not the two eligible serving Directors will apply to serve a second term. The candidate application window opens on September 15 and closes on October 15. There will be a Candidate Information Session on September 10, 1:00 to 3:00 PM in Orchard Creek Lodge for anyone who wants to hear from those who have served as Directors about what it means to serve in that capacity.

Do you hear the knocking?

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 HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee Applications are available at the Activities Desks, or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address located on page 102.

- **Architectural Review Committee**
- **Elections Committee**
- **Clubs & Community Organizations Committee (CCOC)**
- **Communications and Community Relations Committee (CCRC)**

Activities News & Happenings**Concerts, Student Art Exhibit, Fashion Show Coming Up!**

Lavina Samoy, Lifestyle Manager

Happy anniversary to me! August 1 marked my 14th anniversary with the Association. I started as an Activities Assistant with six other staff members assisting about 2,000 homes in one Lodge. With over 6,000 homes, two beautiful Lodges, and a department that has doubled in size, things are quite different now. What has remained constant is our commitment to deliver a robust and active lifestyle program. I am blessed and honored to work with a wonderful staff and thankful for the opportunity to work for and grow with the community.

More fun in the sun activities are still ahead! The Amphitheater Concert Series continues with **The Music of Billy Joel on August 15** (page 44). Remember the song "Young Girl"? Watch the original **Gary Puckett and the Union Gap on August 22** (page 44) and the talented **Mark Anthony paying tribute to the King of Rock n' Roll,**

Elvis September 5 (page 46). Dress in your Hawaiian outfit for our **Evening in Polynesia at the OC outdoor pool on September 16** and enjoy a delicious tropical buffet, authentic Polynesian show and music (page 49). Be amazed and entertained by **Charlie Norman, Hypnotist/Comedian Extraordinaire** in the comforts of the Presentation Hall (KS) **September 29** (page 44).

Watch exciting air stunts from the Patriots Jet Demo Team at the **Capital Air Show in Mather Field on September 6** (pages 51-52) with a salute to the Armed Forces, a perfect trip for veterans! We're heading back to **Cambria** for a three-day excursion with a visit to **Hearst Castle on October 28 through 30** (page 61). Relax, enjoy and explore!

Start your morning brightly! Ray Ashton brings another wonderful four-week program on **Disney — The Art of the Animated Movie Musical beginning Wednesday, September 27 at 9:30 AM** (page 75).

Art students of Marilyn Rose and Barry Jamison plus Barbara Bartling's Lladro stu-

dents will hold a **Student Art Exhibit on Saturday, September 13** from 9:00 AM-8:00 PM at the Community Living Room (OC). Be inspired by the students' wonderful oil, pastel and acrylic paintings and delicate Lladro figurines. Lladro students will hold demos regarding their craft. Come by, meet, and ask questions of our instructors. Complete Art Exhibit schedule of activities will be available for pick up at the Activities Desk beginning September 1.

Interested in modeling? Please check our **Model Call announcement** on page 49 for our exciting Fall/Holiday Show on November 6.

Cheers!

Connections

Continued from page 3

mitment in our community to create safe and friendly neighborhoods. Your pictures tell a thousand words, see photos in next month's *Compass* and on the resident website

It's the end of summer! Get out and enjoy yourself at any number of events, trips and classes offered to you.

I will see you in the Lodge.

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Cover article
The Sports Pavilion

An oasis for all

Doug Brown, Resident Editor

Oddly enough, Merriam-Webster defines *pavilion* as “a large, often sumptuous tent.” Well, our Sports Pavilion is not a tent, and “sumptuous” doesn’t quite fit—but how about “convenient, accessible, practical, multi-purpose, and enjoyable”?

You’ve probably noticed that the Sports Pavilion, conveniently located in the upper part of our Lincoln Hills Sports Plaza, is frequently full of partying celebrants. Some of these festive gatherings are Club functions, others are private groups celebrating special occasions. The Pavilion may also serve as a shady spot for weary tennis and pickleball players on a water break, rest-room break, or for fans to watch and cheer tennis players on the courts.

In our typical summer weather, you may think an open-air facility would be too warm for a party. Surprise! Occasional breezes, cooling water misters surrounding the Pavilion, and drop-down sun-shades transform the Pavilion into a veritable oasis on even the hottest of summer days.



The spacious Pavilion accommodates up to 150 people

And there’s more. The lovely adjacent lawn area overlooking houses, open space, and Lincoln’s city center is useful for volleyball, croquet, frolicking grandchildren, and waiting for the burgers and hot dogs sizzling on the BBQ. Nearby is another favorite spot for the grandkids, the Tot Lot, with clean white sand and playground equipment. And be sure to take a stroll up the circular walkway to the native American grinding-rock exhibit—and an even

better vista to the north.

In the other direction are pickleball courts bordered by a newly-constructed awning to shade onlookers and players waiting for a court. Just east of the parking lot are bocce courts, horseshoe pits, and a gazebo handy for picnics, BBQs, and refreshment breaks. Here, you’re at the start of the Sports Plaza Trail (see Dee Hynes’s article, page 17).

Can anyone rent the Sports Pavilion for a function? Resident rates are a bargain \$10 per hour (public rate is \$50), with modest additional fees for the monitor station (with refrigerator, sink, and access to the controls for the sun shades), propane BBQ use, extra tables (if needed—the 16 existing steel tables accommodate 96 people), and a PA system.

How do you book it? Contact our room booking coordinator Shelvie Smith at shelvie.smith@sclhca.com or 625-4021, and complete a Facility Reservation Request Form, which will include any additional set-up you wish for your event. Be sure to book well in advance for your event in the Sports Pavilion — an oasis for all!



From top — a recent Neighbors InDeed event in the Sports Pavilion; Harold, Bill, Robert and Paul enjoying a game at the horseshoe pit, a separate structure and picnic area provides shade is near the Tot Lot

Internet Insight: “Time Stops for No Man, nor Web Browser for that matter!”

Ben Baker, Advertising & Promotions Manager

Technology keeps moving forward and it’s easy and frustrating to get left behind. I’ve had the opportunity of meeting many wonderful residents, and have gained a great insight on how our community communicates and uses our beloved SCLH websites. The response from our residents has been great, receiving both positive and

informative critiques on how to improve our website user experience. With the information I have gathered from residents, I decided to create a couple of helpful *Quick Links* to help ease the frustration of common website issues below:

Please see “Internet Insights” on page 12



Planning a trip to Maui or Tahoe?



See Website Photos & Call 408-1188
 SCLH resident Gil Van Valkenburg
 • Maui www.homeaway.com/368171
 • Maui www.homeaway.com/368174
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Got Water?

David Stone

Compliance Committee Chair

In this continuing drought, we all know the answer to the title question — not much! From the Governor's office to water agencies to local media, we are encouraged and possibly mandated to reduce our water consumption by some 20 percent. Because lawns are very thirsty, some of us

cut back drastically on lawn watering with the result that brown and yellow patches are showing up throughout our community. As curb appeal is a substantial factor in our property values, the yellowing of our lawns can only serve to reduce such values.

So, with the competing issues of water conservation and property values, how is a responsible SCLH homeowner to deal with this crisis? The Compliance Commit-

tee, charged with enforcing the yard maintenance provisions of the Governing Documents, is working on reconciling these issues.

We start by distinguishing the difference between a yellow/brown lawn with restricted watering and a dead lawn with no watering.

Please see "Got Water?" on page 12



WellFit News

New Things are Happening in the Fitness Centers

Deborah McIlvain, WellFit Manager

What's new with punch pass classes?

New classes start the week of August 18. For class descriptions see the pages below.

- Barre — Wednesdays at 4:00 PM (OC) with Terri, page 95
- Cycle-N-Sculpt — Wednesdays at 10:30 AM (KS) with WellFit Staff, page 95
- Sticks & More — Wednesday at 10:00 AM (OC) with Lin, page 96

Classes changing

- Cardio Strength — moving from Wednesday at OC 10:00 AM to Wednesday at KS at 9:30 AM
- Zumba — Mondays at 9:00 AM will continue with subs until we can find a permanent instructor

Regarding substitute instructors, please note that staff does their best to find the best-fit substitute for your classes and sometimes it is at the last minute. When you have a substitute for your favorite class, this can be a good thing — a chance for you to try someone new and switch your routine up a little. You never know, you might like it! If you want to know who is subbing for a class, the monitors at the front desks can help you.

New strength equipment coming to Orchard Creek Fitness Center

We are replacing the old green & white Life Fitness circuit with the Precore Discovery Series Selectorized Line. You will appreciate the combination of biomechanics and aesthetics of the Discovery Series.

It combines all the functional performance elements demanded from a strength line, along with the design and

attention to detail you would expect. The Life Fitness Cable cross-over will be replaced with The "Zone" by Paramount, this piece of equipment will consist of a chin-up bar, functional trainer, TRX,



New equipment coming to Orchard Creek Fitness Center soon

storage solutions, and the ability to add on more pieces as needed. We are also replacing the Smith machine for a new Precore and two Stairmaster Step Mills. We expect to have the new equipment in late August or early September; please check your eNews and flyers in the Fitness Centers for dates. Once the equipment is installed the WellFit team will

schedule free orientations.

Don't forget to sign up for the Breast Cancer Awareness 5k Fun Run, October 15

5k training starts Thursday, September 4 and continues through October 9. Sign up online or in the Fitness Centers. For a full description please refer to page 84.

Spotlight On...

Adapting to Aging in SCLH

Tuesday, October 28, Free

10:00 AM-12:00 PM in the Ballroom (OC)

Do you worry about what aging will entail? Are you prepared for what is next?



The Living Through Transitions Program offers guidance to the predictable challenges of aging in Lincoln Hills.

This highly rated program includes just some of the following topics:

- The legal framework to have in place
- Financial planning so you do not outlive your money
- Important considerations for becoming suddenly single
- Navigating the complex medical maze
- End-of-life issues

For more information on Living Through Transitions and how Resource Connectors can link you to resources and services, please join us for an informative session to discuss aging in place in SCLH.



The Adapting to Aging series is designed to empower residents to plan for and navigate the challenges of aging in this community. During this presentation, we will release the 2015 session dates. For those interested in enrolling, we will put you on a priority list. The 2014 sessions were a sellout!

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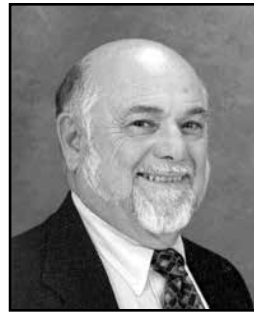
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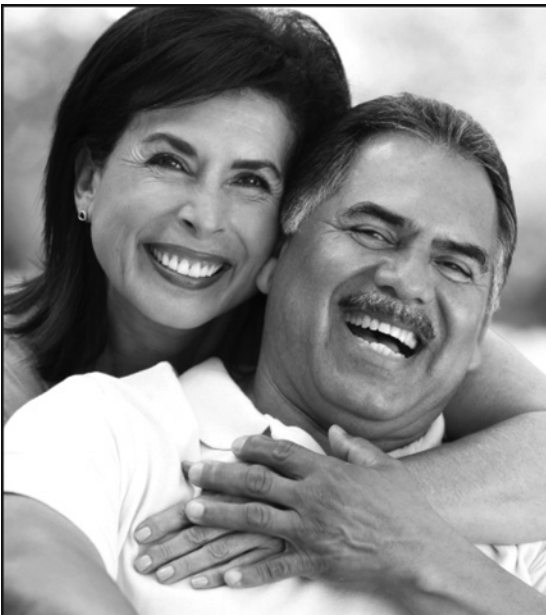
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(Two-life rates are lower)

Age 65.....	4.7%
Age 70.....	5.1%
Age 80.....	6.8%
Age 90.....	9.0%

For more information, contact Tina Hurley at 916-734-9400 or thurley@ucdavis.edu, or visit ucdmc.ucdavis.edu/giving

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Internet Insights

Continued from page 7

Website Cookies? Sounds delicious! Unfortunately these aren't the ones you eat. Web Browser cookies store small bits of data in them and allow the browser to recall information like usernames and login records, or even pass information on between websites. In this case, the resident website and Lifestyle Online are two separate websites that need to communicate to each other.

When you login to the resident website, it creates a 'Cookie' in your computer local



Resident website

web browser directory, which stores your Member ID and logs you into Lifestyle Online. This is why sometimes the Help Desk will ask you to update, clear your browser cache, or even change your Web Browser Security Settings.

Visit this short-link to learn how to enable cookies — <http://bit.ly/sclhCookies>

Visit this short-link to learn how to clear your browser cache — <http://bit.ly/sclhBrowserCache>

Web Browser Security Settings. These settings in your browser are used to keep your web browsing experience as safe as possible, but sometimes they can limit your access to certain websites by blocking the creation of cookies. As mentioned above, occasionally our Help Desk will ask you to adjust your *Browser Security Settings* to accommodate the cookie that is created in your web browsers local directory. If your web browser has too high of security settings, then it won't allow the creation of common website cookies, which affects logging onto Lifestyle Online via the Resident website.

Tip: Adjusting your security settings to



Security Settings

"Medium" is fine, as most residents also run some variation of Antivirus Software. You can also add the resident website to your list of Trusted Sites in your Web Browsers internet options.

- For free PC Antivirus Software by AVG visit this link — <http://free.avg.com/>
- Visit this short-link to learn how to adjust your browser security settings — <http://bit.ly/sclhBrowserSettings>
- Website Issues? Email us at — help.desk@sclhca.com

Got Water?

Continued from page 9

Experts say that your lawn can remain healthy with sensible watering techniques, including the Governor's recommendation that outdoor watering be limited to two days per week. Other measures include:

- adjusting your water timers for shorter and staggered water times;
- watering in early morning hours (before 6:00 AM);
- maintaining sprinkler heads and drip lines;
- mowing at the high setting on your mower.

Most water agencies, nurseries, landscapers, and municipalities, including the city of Lincoln, can advise how to maximize limited water use. We also intend to post conservation suggestions on the Association website.

Recent California legislation allows homeowners to choose to not water their landscaping when a drought emergency

is in force. Before deciding to eliminate watering, a homeowner should consider the likely consequences of that decision. As stated above, property values would be negatively impacted by dead front yards. Further, when the drought emergency is lifted, consider the huge cost of replacing your landscaping, which would be required under our governing documents.

The legislation does not prohibit enforcement of non-water-related landscaping requirements. So, the drought should not be used as an excuse to have front yards that are not neat and tidy. Compliance requires that lawns be mowed and trimmed, weeds be eliminated, trees and shrubs be pruned, bark be replaced, and drip lines be hidden. Conserving water and maintaining healthy landscaping are not mutually exclusive goals, and with common sense planning, we can support both goals. In the meantime, let's hope for a really wet winter.

First Half of 2014 and We're Doing Fine

Time to Budget 2015

Hank Lipschitz, Finance Committee Chair

Here we are in the middle of summer and the heat is on! It's that time of year when Staff, Properties and Finance Committees start looking towards the 2015 Budget recommendations to the Board. During the month of September we will hold a series of meetings, open to all members, that will help determine our dues for next year. Please see the meeting dates listed on pages 2 and 3 in this month's *Compass*.

As you can see from the six months results, we are doing very well and are ahead of budget in many departments. For the month of June we were very close

Please see "Finance" on page 14



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Aging Well

Hormones: The Body's Chemical Messengers

Shirley Schultz, Health Reporter



We are not talking here about messages that come sealed in an envelope from the Post Office. Instead we are talking about chemicals that are secreted directly into the blood stream and carried to the organs and tissues of the body where they exert their function.

For most of these chemical messengers, the process starts in the hypothalamus of the brain that causes *releasing* of hormones that then go to the pituitary gland that lies in front of the brain in your forehead. The pituitary acts as the master controller by producing *stimulating* hormones that are then released to various other glands throughout the body causing them to release their own specific hormones.

The body's endocrine system includes

not only the hypothalamus and the pituitary, but also several glands in the body, each of which secretes its own specific hormones: thyroid, thymus, parathyroid, pineal, adrenal, testes, ovaries, and pancreas. In addition, there are non-endocrine organs that may secrete hormones: skin, liver, lungs, kidneys, brain, and heart.

It takes only a tiny amount of hormones to cause big changes in the cells of our whole body. Too little or too much of a certain hormone can be serious.

About 50 different human hormones have been identified, and each differs in structure, action, and response. Endocrinologists are the medical specialists who deal with treating abnormalities of the endocrine system.

Hormones are essential for survival as they affect our growth and development, metabolism, sexual function and reproduction, mood, and many other factors. It takes only a tiny amount of hormones to cause big changes in the cells of our

whole body. Too little or too much of a certain hormone can be serious. It would be unwise to take hormone replacements or something that stimulates hormone production without being carefully monitored. The complex topic of hormones will be discussed in the upcoming Community Forum on **August 27, "Got Hormones?"**, by **Emily Chan, MD** (see page 100).

Although it is not possible here to discuss the many aspects of hormones, it might be of interest to mention "bio-identical hormones," which have become popular in recent years especially for treating menopausal symptoms in women. *Harvard Women's Health Watch* has followed this topic for years and cautions against using any preparation just because it is "natural." For example, there has been some evidence that soy components may actually stimulate breast tumor growth. They discourage use of any prescription that adds testosterone or DHEA. You can find a list of FDA-approved bio-identical hormones at www.health.harvard.edu/womenextra.

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Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Congratulations to the team for taking “Best of the Best” in the *Lincoln News Messenger* poll in four categories: **Best Day Spa, seven years in row! Best Pampering Spot, Best Skincare, and Best Massage!** And we thank all of our loyal patrons and friends for your continued support.

I would also like to congratulate Linda Hausman, Lead Esthetician and Susan Bonczek, Lead Massage Therapist for becoming **Certified Spa Supervisors through the International Spa Association**. The association is the largest in the spa industry and is what the Spa sets its standards by. The CSS award is highly regarded and is yet another measurement of the spa’s credibility.

We have been getting more requests

for different types of massage therapy so we are doing more energy work, also referred to as **Reiki and Cranio-Sacral Therapy**. Reiki can be either hands-on or hands-off, locating specific stresses or energy blocks in the body and facilitating the removal of those blocks. Clients report a feeling of overall energy renewal, pain relief and homeostasis (balance of the body).

Cranio-Sacral Therapy (CST) works in a much different way as the practitioner releases restrictions in the cranio-sacral system to improve the functioning of the central nervous system. By complementing the body’s natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease and is effective for a wide range of medical problems associated with pain and dysfunction. Some uses for CST are migraine headaches, chronic neck or back

pain, autism, orthopedic problems, scoliosis, fibromyalgia and more.

For every therapy I bring to The Spa, I have several treatments to evaluate whether or not it is something our clients will use and whether it is something that truly provides benefits and answers to chronic pain and aging complaints. In my lifetime I have had three car accidents, one airplane accident, and a severe accident at the dog park. I use Reiki when I feel like things are off kilter in my body and I need some serious stress reduction, and I just recently tried Cranio-Sacral Therapy because I could not get my adjustments to hold. I was amazingly relaxed, could feel the movement in the spine, and got some definite relief.

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Finance

Continued from page 12

to our budgeted expenses, just \$4,204 behind. Fitness, Activities and Rec. Center Maintenance were better than budget while Food & Beverage missed their budget. Overall the Finance Committee is pleased for we are \$238,323 ahead for the first half of 2014.

At June 30, we had \$4,404,431 in the Operating Fund, consisting of \$73,013 in Building/Capital Enhancement, \$1,022,427 in Settlement Proceeds and \$3,308,991 in unrestricted Funds. The Reserve Fund was \$5,251,991. It was reported that we have completed the documentation necessary to begin working with our Investment Advisor, UBS to place our reserves in other conservative fixed income investments. This means that we will no longer be restricted to FDIC and Treasuries.

In July, the Finance Committee interviewed six highly qualified applicants and I am pleased to report that David Keeler will be joining our committee in October.

If you have general questions or need information, please contact finance. committee@sclhca.com.

The next regularly scheduled Finance Committee meeting is scheduled for August 21 at 9:00 AM.

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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. A simple one-page form is all it takes. Please go to the resident website, the Membership Desk (OC), 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.

Statement of Operations YTD — 6/30/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$3,810,267	\$3,816,563	(\$6,296)
Administration (Expense)	(977,304)	(1,014,537)	37,233
The Spa at Kilaga Springs	32,037	21,713	10,324
Fitness	(181,280)	(178,373)	(2,907)
Activities	(40,031)	(117,858)	77,827
Rec. Center / Maintenance	(1,167,966)	(1,229,529)	61,563
Landscape Maintenance	(1,249,781)	(1,322,755)	72,974
Food & Beverage	(48,952)	(36,557)	(12,395)
Capital Asset	0	0	0
Net Revenues (Expense)	\$176,990	(\$61,333)	\$238,323

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What is the Purpose of the Properties Committee?

Bill Attwater, Properties Committee Chair

Recently I told a resident that I was a member of the Properties Committee. She asked, "What is that and what do they do?" She has been a resident since 2001. I was surprised because there is generally a full house at meetings of the committee, which is on the second Tuesday of every month at 1:00 PM in Orchard Creek Lodge.



The purpose of the Properties Committee is to assist the Board of Directors in the discharge of its duties by inspecting the Association's physical properties and assets to insure their proper appearance and maintenance. These assets include everything from parking lots to the inside and outside of our buildings. They include swimming pools, meeting rooms, the restaurant and bar, bathrooms, and the landscaping in the common areas.

The committee also makes recommendations to the Board regarding the acquisition of capital assets, their repair, replacement, or modification. It is this function that seems to draw the most residents to committee meetings. For example, the committee recently embarked on a detailed study of whether or not it is cost effective to create a solar energy project to provide electricity to Orchard Creek Lodge and also energy to heat the swimming pools.

At its July meeting, the Properties Committee approved a request from the Lincoln Hills Senior Softball League for the installation of new and replacement sun shades at the Del Webb baseball field. The shades provide shade to the bleachers and the dugouts. This matter now goes to the Finance Committee for their review and then on to the Board.

But some issues require more thought and investigation. For example, at its July meeting the committee sent applications for a shade structure at the bocce courts and a Pickleball Club request to study the conversion of some tennis courts to pickleball courts to separate committee task forces for their review, analysis, and

Please see "Properties" on page 39

Orienteering

Sports Plaza Trail

Games People Play

Dee Hynes, Roving Reporter

Warm up for your game at the Sports Plaza with a stroll on the Sports Plaza Trail loop.

Begin at our picturesque trailhead between the Tot Lot and Horseshoe Pits. You'll stand high above a green fairway and the unrestrained Open Space. If you have time before you start, view our historic bedrock mortars on the opposite side of the Tot Lot.



The trail begins on a steep serpentine hill then meanders on a sidewalk trail to the Open Space of the Ingram Slough Preserve. Exiting the wild land, a sidewalk trail returns you to the Sports Plaza (a perambulation of approximately 25 minutes) ready for your game of choice — and there are many here to choose from.

As you near the Plaza, you may hear the whack of a softball bat or the unmistakable pop of a tennis ball bouncing off a racket. The yelling you may hear may be the Pickleball Group cheering their players.

Bring BBQ supplies as a BBQ is available here. Perhaps you've brought your volleyball equipment from home; a beautiful lawn area is waiting for your family. Water, soda vending machines, restrooms and seating are also available in the shade of the Sports Pavilion.

Directions: From OC, left on Del Webb then right into the first Sports Plaza parking lot (pickleball, bocce, and tennis section).

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

Photos, from top — Maggie Guthrie reviews the narrative sign, "Traces of the Past," a description of tools used by the Nisenan people. Her brother, Ben, and grandmother, Margot Comer, view our bedrock mortar exhibit; trailhead scenic overlook; sunrise walkers Patty Jackson, Michele Hutchinson and Jackie Schupe enjoy the golf course view; Linda Acerco enjoys a good book and the serenity of the Ingram Slough Preserve; Lionel & Shirley Rainman, with dog Maddie, return home from the Wednesday Farmers Market using the Sports Plaza trail



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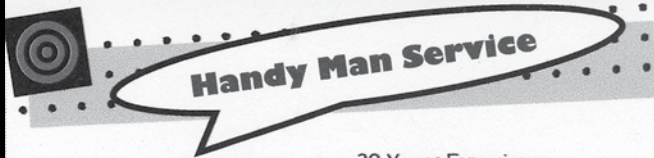
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Coal and Copper Mining in Lincoln

Al Roten, Roving Reporter

The Lincoln area is on the west edge of Gold Country. Yes, there were many holes and tunnels excavated, and dredging in creeks right here on the land occupied by Lincoln Hills. However,

gold fever passed through the area now known as Lincoln rather quickly. By about 1855, the rush for gold had mostly ended and other minerals took their place in the pursuit of wealth.



In the coal mine

In the 1860s, copper and other minerals were found in some of the gold mine digging. There was a brief time of prosperity in copper mining, which waned, but resurged later in the century. In fact, the mines at Whiskey Diggings, later known as Kilaga Springs, had a life of about 75 years with prosperity brought on by various minerals. The

June 2012 *Compass* contains my previous article about Kilaga Springs (available in a 30-volume archived set of *Compass* magazines in the Kilaga Springs Library).

By 1872, the fortunes of Lincoln were at a low point. Mining was gone, the railroad had gone through to Marysville, and population was down to fewer than 300. In 1873, settlers found coal while digging wells for water. Charles Lincoln Wilson found veins of hard coal in test borings, and by 1874 more than 200 tons of coal per week were being shipped to Sacramento and other cities. This was known as kitchen coal because it burned as cleanly as wood, but hotter.

The coal age lasted only a few years. However, coal mining shafts and tunnels remained, among them tunnels located deep under our current City Hall. It was soon discovered that the coal veins were interleaved with strata of high-grade clay. In 1875, Charles Gladding, Peter McBean and George Chambers formed the clay products company now known as Gladding McBean. Clay then became the sustaining mineral for Lincoln's economy: see my article in April 2014 *Compass*.

From about 1880 until 1918, copper was still being mined at several locations in the foothills north of town. The end of WWI brought declining prices for copper and that industry dwindled.



Whiskey Diggings/Kilaga Springs Mine

Chef Roderick's Recipe for Success

Nina Mazzo, Roving Reporter

Recipe for delicious and varied menu items

- 1 experienced head chef (Chef Roderick)
 - 2 multi-faceted sous chefs (Ian and Trang)
 - 1 soup master (Adriana)
 - 1 enthusiastic lead cook (Eric)
- add prep folks, runners, and expeditors use locally grown, in-season and readily available foods, preferably with fresh herbs

At our own Meridians Restaurant, quality is achieved through ingredients and cooking methods. Chef Roderick

noted he takes advantage of living in an area known as "farm to fork." He receives weekly updates along with a seasonal chart and then incorporates these into menus.

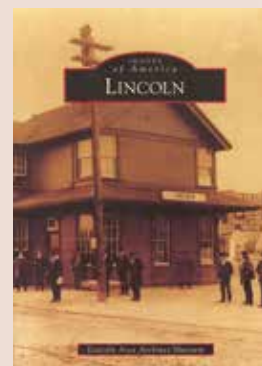
Some of the culinary team include, from left, Trang, Eric, Eusevia, Adriana, and Chef Roderick



The Lincoln railroad station

We are most fortunate that Lincoln's Jerry Logan, a descendant of early settlers in the area, upon retirement as a schoolteacher, took on the daunting task of researching and recording local history. Material for this and other articles on history are credited to his work. Much of Logan's research is reflected in a wonderful new book published by Arcadia Publishing, *Images of America, Lincoln*.

This marvelous 130-page book, just released on July 29, is available for purchase at the Lincoln Area Archive Museum, 560 5th Street. Also, it is a real treat to visit the museum and browse the artifacts while you are purchasing your book. The museum is open Tuesday–Friday, 11:00 AM–3:00 PM. During summer, on Farmers Market Thursdays, it is open until 8:00 PM. It is also open on the first Saturday of each month, 11:00 AM–3:00 PM.



Please see "Chef Roderick's Recipe" on page 101



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Neighborhood Watch

“What’s In It For Me?”

Welcome to Neighborhood Watch!

Patricia Evans

“Are ya havin’ any fun? What ya gettin’ out of living?” Do you remember that jazzy song? It’s an open secret that our volun-



teers lead richer, more creative, fun-filled lives. They reach out to new residents and keep in contact with their neighbors.

Your Neighborhood Watch Mail Station unit is your Lincoln Hills “family.”

“We look after each other in little ways from day to day that create a secure and warm feeling,” the volunteers explain. “If emergencies arise, we have the information to assist.” Many neighbors also enjoy a variety of activities together.

Our volunteers find that “a friendly neighborhood is a safer neighborhood.” We know the usual activities of our area, so residents can recognize and report any

unusual or suspicious activity to the police. The word gets around to “not mess with Lincoln Hills.” Our low crime rate also increases the value of our homes. Seniors want to live where safety and security is a primary concern!

We invite you to participate in making Lincoln Hills the best ever place to live. Reach out to your neighbors, and consider becoming one of our honored 650 volunteers. We currently need Village Coordinators for 8A, 8B, 14, 16B, 19B, 22A, 24C, 26C, 30A, 30C, 32A, 32C, 34A, and 39. We also need Mail Box Captains. Many volunteers adopt an extra unit. “Double your pleasure, double your fun!”

Also, “there is always room at the top.” Our Board would welcome your interest! They are very special people!

Please turn to page 34 to learn about our helpful Training Sessions.



National Night Out hosts toast their successful, fun-filled parties: (clockwise from left) Iris and Ed Hendryk, Village 24B/E; Chey Leroy, Village 37; Cora Peterson, Village 41BC

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
lgwlincoln@gmail.com
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

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Club News



Alzheimer's/Dementia

Caregivers Support Group

"Techniques to Handle Challenging Behavior" is the topic for our support group meeting on Wednesday, August 27, 1:00 PM in the Multipurpose Room (OC). If you are a caregiver for a loved one with memory impairment and are trying to cope with challenging behavior, such as wandering, and issues associated with bathing and eating, our guest speaker, gerontologist Blair Sapeta will suggest a variety of techniques that should help you manage different types of behaviors.

We meet on the fourth Wednesday of each month. In addition to our special presentation meetings, we have discussion meetings facilitated by a family advisor from del Oro Caregiver Resource Center.

In addition to our meetings, thanks to the support of the Lincoln Hills Foundation, we have an excellent selection of books of interest to our members that may be borrowed for reviewing at home.

We hope you will join us on August 27.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332;

Maria Stahl 409-0349



Antiques Appreciation

In August, Steve Abbott was seen on KVIE ViewFinder "The Collector," sharing his vast knowledge and collection of Sacramento whiskey bottles from before prohibition. His collection of Sacramento saloon items includes flasks, signs, glasses, etc. Steve has been a collector for over 30 years and has shared his knowledge with many local clubs. We



Part of Steve's bottle and saloon collection

were fortunate to have him share with us!

Our September 1 meeting is on Monday of the Labor Day weekend. It will be a Show and Tell (always popular!) where members may bring one item to share and it should be over 50 years old.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you're a collector or just appreciate antiques, we'd love to have you join us!

Contacts: Rose Marie Wildsmith 409-

0644; Barbara Engquist 434-1415;

Appraisals 408-4004



Astronomy

Monday, August 18. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology – The History and Nature of our Universe." This month's lectures will be #13 and #14 which began coverage of the first million years of the Universe's history. The lectures are followed-up with group discussion. Contact Morey Lewis (see below) for more information.

Wednesday, September 3, 6:45 PM, P-Hall (KS). The meeting main topic will be a video entitled "The Final Frontier." It describes man's journey to understand the universe, highlighting some the scientific milestones along the way and explaining them in layman's terms. The video starts with the discoveries of Newton and Einstein and ends with today's search for what took place before the Big Bang.

Meetings: Astronomy Group meetings are held at the P-Hall (KS). What's New in Astronomy/Activities/Q&A: 6:45 PM, program at 7:15 PM.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com;

Cindy Van Buren 253-7865,

rvbvb@att.net

Website: www.lhag.org



Ballroom Dance

Are you having the summer doldrums? Looking for something fun to do on a hot afternoon? Join the congenial Ballroom Dance group and learn the Rumba in August and the Cha Cha in September. Our club offers group



Dee Cole Hartnett and Ed Hartnett

instruction by congenial, patient instructors. A different dance is featured every month. We meet on Tuesdays, 2:00-5:00 PM, in the Multipurpose Room (KS). The first hour, 2:00 to 3:00 PM, is devoted to beginning instruction; 3:00 to 4:00 PM is open dancing to a wide genre of music and styles; from 4:00 to 5:00 PM, a more advanced lesson in the monthly dance is presented. It's fun, and good exercise for body, soul, and brain. We have many dance oriented social events during the year. For an incredibly inexpensive \$7 per year you get all the weekly lessons and club membership, too. It's a deal you just can't "beat."

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 Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be September 10. 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 lunches will be Monday, August 18 at *Awful Annie's* and Thursday, September 18 at *Sino's*. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant.

For more information or to put a Memorial 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.



*Winners
— July 2
Eight-Ball
Singles,
from left,
Bob Maske,
Ziggy
Brien, Bob
Soriano,
Richard
Lund, not
shown*



*Ted Komaki and Tom Thornton; July
8 Nine-Ball Singles, Phil Delaney,
Tom Thornton and Hal Berman*

Tournament Winners —

- Eight-Ball Singles, July 2 — Winner: Bob Maske; Runners-up: Ziggy Brien, Bob Soriano, Richard Lund, Ted Komaki and Tom Thornton.
- Nine-Ball Singles, July 9 — Winner: Phil Delaney; Runners-up: Doyle Corker, Hal Berman, Jim Mason, Tom Thornton and Norm Hagerty.
- Eight-Ball Doubles, July 16, was replaced by Eight-Ball Singles — Winner: Bob Soriano; Runners-up: Carl Callaway and Ted Komaki.

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

Challengers Billiards

The Challengers Group is for Mid-Level to Advanced Players. You can find us at the Billiards Room (KS) every Friday from 10:00 AM to 12:00 PM. We play seven games of Eight Ball (1/15). Players will have a different partner for each round of play. The last Friday of the month is sign-up day for the following month. So just come on in and sign up or just drop by, chances are there is room for you to play.

Here are our recent winners.

First place — six of seven games: George Black, Margie Kim, Bob Wehner, Lisa Pabst, Bill Kim; five and a half of seven games: Peshu Irani.

Second place — five of seven games: Dan Oden, Rita Baikauskas, Del Torres, Howard Skulnick.

Congratulations to all.

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

Couples Billiards

A cool place to be these hot summer days is in the Billiards Room (KS) on Wednesdays from 4:00 to around 6:30 PM.

Week one: Joe/Nicki Hobby team was on fire winning all six games. Joe Hobby also sunk the eight ball on the break in the fifth game, winning it outright. Jim/Barbara Conger and Bob Soriano/Doyle Coker teams won five of the six.

Week two: Bob Soriano/Doyle Coker was the only team to win five games. Joe/Shirley Varner, Jim/Barb Conger, Howard Skulnick/Peshu Irani, Ahmed Jhanda/Linda Scott and Ron/Sherry Weech won four games.

Week three: Joe/Nicki Hobby and Ron/Sherry Weech tied with five wins. Five teams tied with four wins: Howard Skulnick/Peshu Irani, Bob Hodge/Sylvia Gutierrez, Joe/Shirley Varner, Joe Perez/Rita Baikauskas, Ahmed Jhanda/Linda Scott.

Week four: Joe/Shirley Varner and Ron/Sherry Weech won five games with Paul Goldstein/Gail Harmon, Bob Hodge/Sylvia Gutierrez and Bob Soriano/Doyle Coker winning four.

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

Players Billiards

Every Thursday, 2:15-4:30 PM, Billiards Room (KS), mid-level skilled players compete in seven Eight Ball games, seventeen minutes each. Arrive at least 15 minutes early, get your player number. Only 24 players play in the tournament. If you are in the sign-up sheet's first 24 players and arrive before 2:20 PM, you are guaranteed to play. Vacancies filled from standby players in the order of sign-up. The tournament leader is the only one to make changes to sign-up sheets. Advanced sign-up in the binder on the fireplace encouraged. We play with the same partner one game but may play with the same opponent in two games. Come join the fun!

Congratulations winners — Six of seven games: Sylvia Gutierrez, Rita Baikauskas, Bob Bienkowski, George Black. Five games: Bob Soriano, Chiquita Fratto, Sandy Pavlovich, Doug Porter, Dennis Dreiling, Ernie Recabaren, Ken Hawley, Del Torres. Remy Giannini, Ziggy Brien, Gary Averett, Doyle Coker.

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

Upstarts Billiards

*“Want to see a cue ball with spots?
Then come on down to the hall.
‘Cause we’ve got a ball with dots,
And it’s sure a funny lookin’ ball.”*

Who is interested in Billiards? We at Upstarts Billiards are 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 could always use new players, so come on down and join us sometime!

Winners six games: Gale Comer (in a class by himself!); winners five games: Gary Averett, Remy Giannini, Paul Lundberg, Gary Nielsen, Ed Schneider.

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

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



Bird

The Bird Group's July potluck was a great success with delicious food and stories about summer trips and special bird sightings. During the evening we had a fun drawing. Thank you to our members who contributed the many wonderful prizes!

Our next meeting is coming up soon. So mark your calendars for Monday, September 8 at 1:30 PM. We continue to meet at the P-Hall (KS) and look forward to seeing everyone after the August break.

On September 16, we have a field trip to the Griffith Quarry in Penryn. This 22 acre area has many trails winding throughout its woods and quarry. We should have a good opportunity to observe a variety birds. Later in the month, September 22, we head to the Lincoln Wastewater Treatment Plant to

check out the ducks and shore birds.

Contact: Kathi Ridley 253-7086,

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.

org/residents



Bocce Ball, Mad Hatters

We've been fortunate enough recently to have such good weather and moderate temperatures on Thursday mornings that we've been able to play for a full two hours without overheating. Of course July is a little more moderate than August. By the time you read this we'll be into the "dog days." It's still cool enough in on August Mornings to make it worth stopping by the Bocce Courts. If you'd like to join us at 8:00 AM on Thursday mornings during the summer months we can guarantee we won't play too late if it gets too hot.

Contacts: Paul Mac Garvey, 543-2067, PMac1411@aol.com; Bob Vincent, 543-0543



Book, OC

On August 21 we will feature *The Cuckoo's Calling*, which introduces us to down-and-out detective, Cormoran Strike, in the first crime novel by J.K. Rowling (written under the pseudonym of Robert Galbraith). In this thriller, Strike takes us into the world of multimillionaire beauties, rock-star boyfriends, and desperate designers as he works to prove that the death of a famous super model known as "The Cuckoo," was not suicide, but murder!

Please join us on Thursday, August 21 at 1:00 PM in the Multipurpose Room (OC); newcomers are always welcome.

Remaining 2014 Schedule:

- 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

Bosom Buddies did not have a meeting in July. We did have a spectacular luncheon at Catta Verdera Country Club. The club is at the top of the hill off of Twelve Bridges. The lunch choices were yummy. Val Springer was installed as our new President. She is excited to hit the road running.

We are a wonderful organization of friends who have survived the journey of treatment and the ones just entering. Please join us if you are one of these people.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bowling

Season ended, wonderful Awards Luncheon. Thank you Del-la Sharief/committee! Horace Snowden, great photographer, made copies—I'll hand out at 2014-2015 Season Meeting.

2013-2014 Champs: First/Team#6 Lois Dye, Rita Wilks/Betty Tucker/Herb Hays/Original member, Fayne Tucker passed away, win dedicated in his memory. Men's High Average: Dave Fisk 190/Women's High Average: Pat Fisk 160/Most Improved: Men, George Newman 24 pins/Women, Margaret Peyton 15 pins/High Scratch Game: Team#3 Pat&DaveFisk/Reba Schwilk/Ray Vitel/High Handicap Game: Team#4 Gail Holmes/Feli Kimball/Rita Kranig/George Newman/High Scratch Series: Davis&Margaret Peyton/Dolores&Horace Snowden/High Handicap Series: Team#10 Betty Heavingham/Arlene Smith/Don Walker/Jim Boekel/Men High Scratch Game: Davis Peyton/Men High Handicap Game: Dave Quirarte/Men High Scratch Series: Horace Snowden/Men High Handicap Series: Steve Kriner/Women High Scratch Game: Bobbie Spiess/Women High Handicap Game: Rita Wilks/Women High Scratch Series: Jun Serna/Women High Handicap Series: Terri Jones/Humorous Award: Rita Wilks.

August 26, 10:00 AM, KS, 2014-2015 Season Meeting. See August *Compass* for details.



Team Photo:

Lois Dye, Betty Tucker, Rita Wilks

Contact: Joan Gates 253-9415



Bridge, Partners

Thursday Evening First & Third

Let's play Social Bridge, just bring your partner. Reservations are recommended, but not required. Please call and we will enter you and your partner on the players list or just show up and take your chance to play. We start promptly at 6:00 PM in the Sierra Room (KS) and finish at 8:30 PM. Please arrive a little early.

- July 3 No bridge due to the July 4 holiday.
- July 17 Winners include — First: Lynda Sader and Joan Schabillion; second: Nancy Rice and BJ Acosta; third: Dolores Marchand and Carol Mayeur; fourth: Bruce Fink and Stanley Mutnick. Sharon Kolz and Didi Martin had a high round of 1,680.

Contact: Lorraine or Bob Minke 408-4009

Thursday Evening Second & Fourth

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 up to 28 pairs. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM. *Please keep the conversations on low volume when your table is finished.*

June 26 winners — First: Ann Leitze and Judy Olson; second: Bev Ansbro and Chris Jacobson; third: Dwight Curry and Bruce Fink; fourth: Joan Schabillion and Lynda

Sader . Jack Orlove and Stan Mutnick had the high round of 1310. July 10 winners — First: Larry Mowrer and Warren Sonnenburg; second: Kay & Ben Newton; third: Stan Mutnick and Harry Collings; fourth: Shari & Jim Kiley, with the night's high round of 1920.

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



Bridge, Duplicate

Several new residents have joined our club recently. So, if you see a new face when you sit down at the bridge table, introduce yourself and make that person feel at home in our club. The Fall Sectional Tournament will be held September 12-14 at the Orangevale Community Center. It will feature 99er, 299er, and open pair games on Friday and Saturday, and Swiss team games on Sunday. Our own club sessions are played at Kilaga Springs Lodge three times a week: Wednesday and Saturday at 12:30 PM, and at 5:00 PM Friday. Each Wednesday at 11:45 AM before the game, short lessons are presented. Topics include: "Negative Doubles, Michaels' Cue bid and the unusual 2NT bid" on August 20, "Splinter bids — beginner level" on August 27, and the popular Q and A — panel discussion on September 3.

For more information, call John or Lynne White (253-9882) or visit: www.bridgewebs.com/lincolnhills.

Contact: John White 253-9882

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

Join us for Social Bridge every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). Please make a reservation to play. You do not need a partner. Please arrive between 12:30 to 12:45 PM to assure a place to play.

Our Friday Bridge Club sends sympathy to the wife and family of Neil Wilson who passed away on July 7. We will certainly miss him!

June winners — First place: Joe Phelan, Judy Ganulin, Sasha Rome and Marian Reeder. Second place: Dolores Marchand, Bob Belknap, Bob Fawcett, and Joe Phelan.

Third place: Chet Winton, Eleanor Amar, Neil Wilson, *twice*. Fourth place: Frank Lawrence, Mo Scarpitti, Alan Haselwood and Joanna Haselwood.

Our yearly party has been scheduled for Friday, October 31. Please put the date on your calendar and plan to come!

For reservations: August: Eleanor Amar (209-3505) or Joan Schabilion, (408) 314-1701.

Contact: Jodi Deeley, 208-4086 jodi@wavecable.com



Bunco

If you were near the Card Room (OC) on July 17, you would have heard all the laughter. Dice tend to escape and you never know where they will land!

Bunco is a non-membership club with a \$5 'pay to play' cost held in the Card Room (OC) at 9:00 AM the third Thursday of the month. Drop in when your schedule permits and after four quarters of play, four lucky individuals win SCLH gift cards. I (Kathy) was the most Buncos winner (no it is not rigged), and it was a very nice surprise to be a winner and not the usual loser!

July winners: Most Buncos Kathy Sasabuchi; Most Wins Marsha Pimentel; Most Losses Paulette Rhoads; Traveler Dee Hahn.

Please consider joining us for a morning of laughter and friendship

Contact: Kathy Sasabuchi 209-3089, ksasabu@wavecable.com



Ceramic Arts

August is here! There's still time to get out of the heat and take that Ceramics class you've been thinking about! Learn all aspects of clay and creating art or functional pieces. We have great classes, teachers and a friendly group of people. Come and check us out.

Ceramic Arts Group activities include our Saturday and Sunday "CAG Work-



Janet Roberts and Jane Lares planning to glaze a piece

shops." CAG membership is required after your third visit on Saturdays/Sundays and we still charge the 2001 price of \$12!!! What a bargain!!

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

Contacts: OC Pottery Ed Hanson 253-3950;

KS Earthenware Marty Berntsen

408-2110; KS Spanish Oils

Margot Bruestle 434-9575

Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts

Lincoln Hills Community Chorus



Chorus

Rehearsals for our mostly Christmas concert on December 14, 15, and 16 begin on September 2. We have room for a few more good voices, so if you like to sing, this is the time to join us. Check our website and contact Sid Frame or Bill Sveglini beforehand to express your interest and get further information.



The Lincoln Hills Community Chorus

Contacts: Bill Sveglini 434-5655, sveglini@gmail.com

Sid Frame 408-1453, sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Computer

Main Meeting, September 10, 6:30 PM — "Google Apps vs. Microsoft Office 365." Both of these productivity suites will get the job done in these three principal work areas: Word Documents, Spreadsheets & Presentations. Ninety-nine percent of the work users wish to do can be accomplished in either Google Apps or Microsoft Of-

Office 365. Google Apps is free while using Microsoft Office requires a yearly \$70 subscription fee. Bob Ringo will compare the main features of Google Apps and Microsoft Office 365 so that you can determine which productivity suite comes out on top for your needs.



Bob Ringo will present "Google Apps vs. Microsoft Office 365" on September 10

Clinic, September 12, 3:30 PM — "Cloud Apps in Action." This presentation will show you how these must-have apps interface with cloud storage such as Google Drive, OneDrive, Dropbox, and Amazon Cloud Drive.

Ask the Tech: September 26, 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

All Things Apple: If you are a long-term MUG member, you may remember when the annual celebration was a picnic at the Sports Pavilion. We are several hundred families larger now, and we fill the OC Ballroom for our yearly party. Join us September 9, 5:00 PM, for our "Luau," with great food, valuable Apple prizes, and some Hawaiian attire best described as "stunning." Tickets (\$25 for members) are available



Bob King demonstrates the magic of Siri; photographer Dave Polson

from Bonnie Esker or at our seminars.

Helen Rains returns to explain Pages on the iPad August 20. Pages is a powerful word processor, using either Apple templates or your design. Helen will demonstrate how you can add photos, tables and even movies to your documents.

Ken Silverman will show his favorite "Top 10 Photo Apps" in an August 28 seminar.

Vicki White's "Numbers" Seminar September 4 will help you create dramatic interactive charts, tables and spreadsheets for your data.

Contact: Henry Sandigo (415) 716-0666, hsandigo@gmail.com;
Website: www.lhmug.org



Cribbage

Cribbage Club plays 8:00 AM through 12:00 PM on 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 and we always welcome more to come and join the fun.

Contacts: Larry O'Donnell 253-9222;
Ken Von Deylen 599-6530



Country Couples

A capacity crowd enjoyed the Second Sunday Dinner/Dance at the OC Ballroom July 13. This popular event will end August 10. We shall miss these dances so close to home, but fear not, there are several other local venues where we can hone our skills and kick up our heels.

There is dancing the first three Saturdays of each month at the Veteran's Memorial Hall in Loomis. Pony Express Dance Club holds their dance the first Saturday, Down Right Country the second Saturday, and 49er Western Dance, DJ is Robbie Black, the third Saturday. Dance on Wednesday evenings at Roseville's Opera House. Dances usually start at 7:00 PM and begin with a lesson.

The classic band, Country Club Cowboys, which we formerly enjoyed at Beer-

man's, plays at Country Club Lanes Sky Ballroom in Sacramento from 1:00 until 6:00 PM every second Sunday of each month. Happy Trails and Happy Dancing!

Contact: Kathy or René Lopez
434-5617



Cyclist

Let's discuss bike safety. Most of us know the "Rules of the Road" but we constantly need to be reminded how to ride safely.

- Make sure that your bike is safe to ride. Regularly check tires & brakes, lubricate moving parts.
- Wear a helmet and brightly colored clothing.
- Use hand signals to make turns and indicate dangerous obstacles (glass) to riders around you.
- Never call out "clear" to those behind you. Let them decide for themselves if it is safe to enter a roadway.
- When riding with a group, always call out "car up" or "car back" to alert riders.
- Always cross railway tracks at right angles.
- Be aware when passing parked cars. Be prepared for a door opening.
- Never ride against the flow of traffic.
- For more information, go to the DMV website apps.dmv.ca.gov/pubs/brochures/fast_facts/ffd137.pdf and read the Fast Facts brochure.

Contacts: Steve Valeriote 408-5506,
jillsteval@gmail.com

Website: www.LHcyclist.com



Eye Contact

Low Vision Support Group

General Meeting: September 11, 1:00-3:00 PM, P-Hall (KS).

Michelle Meagher — Michelle is an independent computer coach/trainer who works with people with all types of disabilities. She says that today there is a solution to working with computers despite severe vision loss. She will share tips and tricks for using our ever-changing technology to help people with vision loss to feel comfortable and continue to use their computers effectively.

Followed by "Ending Blindness" — Dan

Roberts, founding director of MD Support, Inc., will present a capsulated Charlie Rose panel discussion on promising developments in gene therapy, stem cell therapy, and retinal chip implantation.

Notice: All are invited to join a casual coffee group for socializing after the meeting. Drivers are welcome!

Living Skills Workshop: Thursday, September 25, 10:30 AM-12:00 PM, Multimedia Room (OC). Patricia Locke will facilitate a workshop on clothing care for people with low vision.

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



Fishing

Wow, it's August already and everyone is wondering what happened to the 2014 fishing season. The lakes have been lean but the river and the ocean have given of their bounty. So far this year members have taken to hiring pro guides to fish salmon, stripers and steelhead in the rivers. Others have flown to Alaska to catch halibut, ling cod and salmon. Some have traveled to Wyoming to fight trout in some of the finest

trout streams in the country and still others have traveled to the Green River area of Wyoming to chase the elusive Kokanee salmon.

Coming up for the rest of the year we have the Fifth Annual Salmon Celebration at McBean Park on October 4. Then we have the Fishing Group's Salmon BBQ open to members and guests on October 6.

Come join us at 7:00 PM on the second



Alaska ling cod and halibut; Alaska halibut

Monday of every month at the P-Hall (KS).

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



Garden

Garden Group Ice Cream Social August Garden Group Meeting/Social. Members Only — name tags, please.

Date: Thursday, August 28

Time: 2:00-4:00 pm

Location: Sports Pavilion

Catered by: Meridians

Ice-Cream, Cookies, Ice-Tea Fun, Food, Fantastic and Festive

Contest: Best decorated Garden Hats-Water Efficient Plants

Categories & Prizes for:

- Best Theme Hat
- Most Outrageous
- Most Creative — Utilizing Live Plants
- Three female & three male prizes

All contestants receive one extra drawing ticket!

Activities:

- Garden Pet Rock Painting! Rocks and Paint Supplied.
- Brown Bag Sale!



Ice Cream Social — Brown Bag Sales and Hat Contest



Get Answers to your gardening questions at the "Master Gardeners' Table." Bring any seeds you harvest in small snack bags for the seed exchange.

Contact: Lorraine Immel 434-2918, limmel@ssctv.net; Virgil Dahl 408-3748, hasbeenvd41@att.net

Bonsai Group

Thursday, August 21, 10:00 AM-12:00 PM: A pruning workshop and a potluck lunch to follow. Contact Larry (below) for details.

A Fall Bonsai Foliage Show is in the planning for October, so be thinking about which of your trees will be in fall colors.

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



Gem and Mineral Society

A belt buckle extravaganza is on display at Orchard Creek Lodge display case.

In August, our meeting will be at 4:00 PM on the 25th.

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

Chuck DiFrenzo is available on request in the Monday Labs, to provide assistance in jewelry fabrication and repair.

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 from 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, on request, 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

My face is red! It appears that the Ice Cream Social scheduled for August 18 will not happen. By the time you read this it will have already happened!

Our featured speaker, Kim Von Aspern-Parker, originally set for July 21 could not make that date, so we rescheduled her presentation to August 18... P-Hall (KS). The topic? *Newspapers, online and off*. The time? 6:30 PM and, as usual, there will be a prize drawing for members only... an Asus 7" Tablet Computer! You must be present to win and our monthly social gathering will take place immediately following the general meeting. Check our web page for details regarding our regular monthly Monday evening sessions held at OC at 6:30 PM.

Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641; Website: www.webflavors.com/lincoln



Golf, Ladies

Lincoln Hills Lincsters

New team sportswear was ordered by the Lincoln Hills Lincsters, and is providing a different look on the golf course. The bold red, hot pink, black and white



Connie Stephens, Mary D'Agostini and Shirley Malick show off the new team sportswear

geometric design was available in a variety of styles including shirts, shorts, skirts, and accessories.

Marnie Badgley, Flight C, made a fantastic shot to win closest to the pin on July 16. She dropped the ball 1'6" from the pin. June Golfer of the Month was Laverne Malkin of Flight C.

The club championship sign-up form is now available on the website. Play will be on the back nine of the Orchard course on September 9, and on the back nine of the Hills course on September 10. Awards and lunch in the Secret Garden will follow play.

Welcome to new, and returning, member Janet Adler.

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

Ladies XVIII

At the halfway point of the year, the race is on for the year-end awards. For Eclectic, a dozen ladies have a net 50 or lower. Whereas all members qualify for the Birdies/Chip-ins category, nearly 60 gals have at least one, while ten have at least five charted, and just five players have seven or more. Two have eagles: Lissi Bedford and Judy Emge. Impressive! It is time to bring the "A" game.

The heat was on in mid-July, as the Match Play tourney saw 30 teams vie for first place in each of Four Flights. Special events to come include the Breast Cancer Exchange with the Lincsters in September, Club Championship and Sunheim Cup (with Timber Creek) in October, and Turkey Shoot targeted for November.

The BoD, led by Captain Donna McDonald, voted to change the "bumping" rule. In August, the ball will be played "down" (like the pros).

Written by Candice Koropp, Publicity.

Contact: Candice Koropp, 409-0607

Website: lhlxviii.com



Golf Men's

On July 14 we held a five-hole putting contest and a three-hole horse race derby on the Orchard course; that was great fun. On July 15 we held our Member/Member, Member/Guest Memorial Tournament. We had 40 two-man teams, with a best ball net format. This was a fun tournament for our members and our guests, with a dinner banquet in the evening for all the players and their significant others.

The winners are as follows: First flight with a net 60 was Robert Williams & Tony Dipoala; second flight with a net 62 was Larry Webber & Virgil Dahl; third flight with a net 59 was Joe Mello & Robert Lucas; fourth flight with a net 60 was Simon Palaroan & Albert Martig.

Our next tournament was on July 29; it was our Chairman's choice tournament, a mixed format.

Contacts: Roger Oswald, rodgeroswald@gmail.com; Gene Andrews, eandgolf@sbcglobal.net; Karl Williams, kwill78479@aol.com Website: lhmgc.org



Healthy Eating

In July, club members

enjoyed another terrific club workshop, in this instance about the curry method of preparing healthy, flavorful dishes. Club member Hilla Irani and two of her friends — all experienced curry preparers — demonstrated the correct use of the spices, chilies and other flavorings like onion, ginger,



Scenes from the Lincoln Hills Farmers Market

garlic — and the traditional order of the steps in preparing curry dishes. We sampled three superb curry dishes.

At our monthly general meeting we enjoyed an informative presentation by Lincoln-based Wobbly Wagon Farm on how organic farming can restore soils that have been depleted through previous misuse and can once again produce healthy foods for our tables.

Join us in our discussions on ways to explore new healthy foods and better ways to prepare them.

Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS) and *guests are always welcome.*

Contact: Don Rickgauer 253-3984, Sclh13HealthyEating@gmail.com



Hiking and Walking

Walkers: When there is a fifth Wednesday on certain months, the Walking Group goes to interesting places



Mt. Hood — beautiful setting for hiking getaway; Hiking Group with Mt. Hood and Trillium Lake in the background; Hikers in Silver Falls State Park — Mt. Hood Getaway

Falls State Park — Mt. Hood Getaway

nearby Lincoln for their walk. On July 30th they enjoyed a wonderful walk to Wilson Park which is on Joiner Parkway near Twelve Bridges.

Hikers: Hiking getaways can be very special times to explore scenic places miles away from Lincoln. One such getaway was a six-day trip in the Mt. Hood area of Oregon. One hiker, Monique Wood, described the experience as “the most fantastic of all getaways — waterfalls so huge and numerous — huge variety of pines — flowers galore — rain forest type of environment — perfect weather — great group — all organic and healthy food.” Thanks go to Ada Squires for a super job of organizing the trip through Road Scholar!!

Hikers are looking forward to another getaway August 24 to 28 in the Lake Siskiyou/Mt. Shasta area.

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



Investors' Study

Eric Momsen of Franklin Fund will introduce this month's topic, Tax-free Bonds, as well as our guest speaker. Our meeting will be held on Thursday, September 4 at 2:00 PM in the P-Hall (KS). At our August meeting, Russ Abbot, our consultant, reviewed the first half of the year and offered a forward look for the rest of the year. Always informative and entertaining, Russ presented and fielded questions from the membership. Thanks to Russ for all the effort he expends on our behalf.

The Active Investors sub-group meets the second Monday at 3:00 PM in the Multimedia Room (OC).

Contact: John Noon 645-5600, thenoons@att.net



Lavender Friends

Lavender Friends is a social organization serving the GLBT community and those in friendship in SCLH.

Nancy Steiner and Jacquie Hilton celebrated their first wedding anniversary in July, after being together for ten years.



Nancy and Jacquie

Their family includes four children, nine grandchildren and one great grandchild.

Jacquie grew up in the Fresno area. She first worked as a social worker before adding school psychologist to her resume.

After coming to Lincoln, Jacquie continued a lifelong interest in art with a concentration on drawing and oil painting. When asked if she had one piece of advice gleaned from her years of service, she said “Love and accept yourself, and you will find it will be easy to love others.”

Upcoming events include August 16 Appetizer Potluck; August 27 Coffee; September 9 Breakfast, September 12 Dinner/Dance, and a Potluck on October 11. Check www.lavenderfriends.com for more social opportunities.

Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; John 408-5576, Then1947@yahoo.com; Terry 209-3925, terryb56@wavecable.com Website: www.lavenderfriends.com



Line Dance

The recent workshop hosted by Yvonne and Carol was a huge success with 100 dancers in attendance. Our special guests, Michael Barr, Michele Burton and Juliet Hauser, were very well received and each taught two new dances that were a big hit with everyone. Our instructors are sure to bring these new dances to their students.



From left, Carol Rotramel, Juliet Hauser, Michael Barr, Michele Burton and Yvonne Krause-Schenck

The next workshop will be Yvonne Johnson's on October 11 in Citrus Heights with our own Sandy Gardetto as one of the guest instructors. This too will prove to be a great opportunity to learn new dances and to meet other dancers from our surrounding areas.

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



LSV/NEV

You might have noticed that the Lincoln Hills LSV/NEV Group was in the Lincoln 4th of July parade with flags flying and decorated NEV's to show respect and love of our country. It was a great way to support our city.

There will be no membership meeting in August, it is considered a 'quiet' month. Our lineup for programs the balance of the year is ready to go. All are welcome to attend our meetings the third Tuesday of every month at 10:00 AM, P-Hall (KS). New residents are especially welcome to find out who we are and the advantages of being a NEV owner. Program line up:

- September 16, Jim Bermudez, Lincoln Community Development Department.
- October 21, Jerry Simons, Lincoln Raley's Store Director
- November 18, Lincoln Mayor, Gabriel Hydrick
- No meeting in December — Christmas Party only

See you at the September 16 meeting.

Contact: Dan Gilliam, 209-3946



Mah Jongg, Chinese

Greetings! Now is a good time to learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you. If you already know how to play this game, please join us.

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 Monday mornings at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with optional extension to 12:30 PM. We hope to see you there.

If you have any questions, please call

one of the contacts, below.

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



Mah Jongg, National

"The Heat is On" as Glenn Frey sang in an 80's song. However, it is nice and cool in the Card Room (OC) every Tuesday, 12:30-4:00 PM, where sizzling games of National Mah Jongg are taking place. Bring your card and join us for a fun afternoon.

Our resident teacher, Fran Rivera, is away for the summer and will be back in the fall for any newbie that would like to learn the game. She teaches at no charge in her home or during our Tuesday meetings so check with her for the best time to get together.

Hope to see you next Tuesday.

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



Mixed Media Collage Arts

Our club is about to celebrate our first anniversary! Mixed Media Collage is an art form that incorporates a variety of media (unique papers, photos, leaves, fibers, found objects, etc.) and acrylic paints. It can have unique textures through the use of fiber or modeling pastes, glass gel beads, coarse sands, inks, etc. It uses tools from a paintbrush to a squeegee on a canvas or alternative surface. We try to repurpose and recycle.

We meet on the third Wednesdays of each month (August 20) 1:00-5:00 PM in the Ceramics Room (OC). Dues are \$10 per year, however you are welcome to try up to three visits prior to joining. All experience levels are welcome and we share ideas, products and laughter as we create our individual projects.

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



Motorcycle

RoadRunners

Ten riders toured the Mormon Immigrant Trail, enjoying the beautiful forested mountains, on our July ride to a Basque lunch in Gardnerville, NV. The weather was accommodating and the



RoadRunners visiting Genoa NV

scenery breathtaking. Following a quick tour of Genoa, NV, it was up the Kingsbury Grade, through Tahoe, and down HWY 50 to home. The ride was led by our VP/Head Road Captain Doug Sterne.

We are in the process of planning our summer social activities. The club looks forward to the annual Bocce Ball tournament, BBQ, and dinner ride to Dutch Flat.

Next month's ride is a scheduled tour up HWY 70 along the Feather River.

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

"Ride safe, ride with friends!"

Contact: Patrick Chaves 408-1223, patmcspeed@gmail.com



Music

The next SCLH Music Group's regular monthly meeting is Wednesday, August 27. This is a great time for people who love music to gather together. Bring your instruments and/or voices, sign up to perform, or just enjoy the music and socialize. All are welcome: 6:30-8:00 PM, Fine Arts Room (OC).

"Open Mic Night" will resume on August 22, 6:00-8:00, P-Hall (KS). This popular event brings musicians and music lovers together for an evening of casual musical entertainment. Sign-ups to perform begin at 5:30 PM. You won't want to miss the rockin' finale which features "Mustang Sally."

Always wanted to play the ukulele? Come join the enthusiastic friendly ukulele club, jam sessions held each week, Wednesdays, 1:00-3:00 PM, (OC). You'll be welcomed warmly and a good time is guaranteed. Ukuleles only please. Contact Ron or Molly (409-0463) for information about the beginner's class.

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

Knitters alert!! Joan McGowan-Michael, designer, author, and teacher, as well as knitter extraordinaire will be guest speaker at the September 9 general meeting. Her goal is to give the knitter (no matter what size), styles that will fit and flatter her and be used as wardrobe workhorses. Looking for a preview? You can visit her website at www.whiteliesdesigns.com. Be sure to put the date on your calendar.

August will see many in Tahoe at the Zephyr Cove Retreat, and in October we are going to participate in the 15 year Anniversary Parade. Pat Barnhill would be pleased to have help with the planning and parade itself. Please feel free to give her a call at 434-5696.

Many thanks to all of you who have been knitting hats and scarves for our homeless veterans, and the many who knit the chemo hats and shawls.

Contact: Carol Matthews 543-7863, carol.matthews1929@sbcglobal.net
Website: www.sclhna.com



Neighborhood Watch

You don't have to "go it alone!" Neighborhood Watch conducts regular Training Sessions to make the job of the Captains and the Village Coordinators go smooth as silk. These jobs bring the pleasure of getting better acquainted with your neighbors, and increasing the safety and security in your area.

The next free Training Session will be on Friday, August 22, and the last session for this year will be on Friday, October 24. Both will be held from 2:00 to 4:00 PM in the Fine Arts Room at Orchard Creek Lodge. Sign up by contacting Pauline Watson at 543-8436 or frpawatson@sbcglobal.net.

All participants will have a notebook of reference information. However, if you are replacing a current Captain or Village Coordinator, please bring the notebook

furnished to that Station or Village. Bring your questions for the facilitators. Bring your best smile and meet other volunteers! They are a friendly bunch!

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



Painters

Our July meeting featured well-known artist, Reif Erickson, who displayed several of his pastel works and provided a well-erated demonstration and discussion. He shared that he likes best "to take information from nature and believes we need to get back to the earth." Our August 5 meeting featured a plain air demonstration by Jim Brunk and other club members.



Reif Erickson was the speaker at our July meeting

September 2, Steve Buckley will discuss photographing and reproducing paintings. October 7, Jalna Marcovice will honor us with an animal painting in pastels.

September 7, Painters Club will sponsor "Artisans-in-the Lodge." All Lincoln Hills artists are invited to participate. Contact Barbara Iniguez for further information.

Contacts: Joyce Bisbee, joybis@aol.com; Bob Porter, bob@aol.com; Jim Brunk (plein air paint-outs), brunk@starstream.net
Website: <http://lhpainters.org>



Paper Arts

Our guest project leader for August was Debbie Chronister, a Stampin' Up representative. Debbie's designs are always fun and creative, we look forward to her visits. Thank you to our table captains who helped us through the projects.

After making a holiday pocket photo



Char Sly and Lori Lucchetti display our Christmas in July projects

album and Christmas card in July, we're looking forward to using them this holiday season. With time passing as quickly as it is, the holidays will be here before we know it!

Our group has grown over the past year, thanks in part to several of our members who give paper arts classes. Mina Bahan, Dottie Macken, Shirley Rainman, Lori Lucchetti and Jackie Fong all offer classes and members — new and long term — can benefit from learning new techniques and skills. Thank you ladies for your time and talent.

Members — remember to bring cards to donate to the Placer SPCA thrift shop.

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

Capturing life's vicissitudes can be an emotional experience, the apex and nadir of which are planned for September. In one instance we're scheduling a group trip for the Great Reno Balloon Race, a wonderfully colorful, inspiring hot air extravaganza. Seeing those balloons launch and fly is a wondrous experience — a Kodak moment for sure. Alternatively, a few of us will be capturing images from the Placer



"Balloon Dawn Patrol" by jeffa

County Veterans Stand Down, an outreach activity for down-and-out military veterans. The goal there is to document another kind of human interest story on folks who've served, then slipped through the cracks of opportunity and upward mobility... A reprise LHPG display in the OC Needle Arts case is running now through September 9, and Simple Pleasure's Restaurant currently has a different showing of LHPG work.

Scribe: jeffa.

**Contact: Jeff Andersen 434-6009,
zjeffa@gmail.com
Website: SCLHphoto.com**



Pickleball

A traveling contingent of 20 club members represented Lincoln Hills at the 2014 Sonoma Wine Country Games. Seven teams proudly brought home medals. Congratulations! Get future out-of-area tournament information on the USAPA website, www.usapa.org.

Whether traveling to tournaments or just wanting more colorful club shirts, Sherry Mosby, sherry.ann@att.net, is taking orders for men's and women's shirts in orange, royal blue, navy, maroon, dark green, black and red. Still just \$15!

Registration closes August 31 for the Wells Fargo Advisors Mixed Doubles Tournament happening September 23-25. Participation is open to all LH residents. Players form their own team



Carole Palmroth brings Misty to see early morning play on the pickleball courts

to compete in one of four skill divisions with double elimination format. Cost is just \$10/player and includes lunch each day, snacks, coffee, t-shirt, medals and tons of fun.

Our Board of Directors meets next on Wednesday, September 10, at 2:00 PM in the Ceramics Room (OC). All club members may attend.

**Contact: Scott Sutherland 253-3997,
swsuther@sbcglobal.net
Website: www.lhpickleball.com**



Players

What do Princes, Fairy Godmothers, Step Sisters and Elves have in common? They're all part of the Players next production.

Director Dolly Schumacher James has announced auditions for her November 20, 21 and 22 production of "Cinderella." They will be held on Monday, August 25 and Tuesday, August 26 from 6:00-9:00 PM in the Fine Arts Room (OC).

The singing roles are: Cinderella, the Prince and the Fairy Godmother. Please contact Dolly for music CDs at dancrdolly@yahoo.com.

There are additional roles are for seven women and six men. Script and character descriptions are also available from Dolly. This is going to be a magical event so come and be a part of the excitement.

Please join us for our next meeting on Monday, September 8 at 4:00 PM in the P-Hall (KS).

For further information please contact Bob Murdock.

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



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and 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 Friday — same times.

The Quarterly Hold 'em tournaments are open to all residents, first-come, first-served, as they usually fill up quickly with a 48-player cap. Our next tournament is October 11.

July winners — Eighth place Amber McShose; seventh Lynne Bersky; sixth Ray White; fifth Creighton Fong; fourth Dell Parker; third Frank Katzl; second Ralph McMulloch; first Keith Prouhet. Congratulations to Keith and all the winners.

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

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



RV

Happy campers in 20 rigs returned this month from a four-day rally at Pioneer RV Park in Quincy and all reports were that there were a lot of activities and a lot of fun. Hats off to wagon master Sharon McMillan for a great job of planning.

Next trip for the RVers will be September 18-22 at Bodega Bay RV Park. Wagon masters for that rally are Dick & Judy Naragon and Les & Sandy Levi. Days should be a lot cooler in that part of the state.

Final rally of the year will be October 2-6 at the 49er RV Park in Plymouth, a trip highlighted by the Big Crush wine-tasting weekend.

The RV Group meets monthly on the second Thursday, 4:00 PM, in the Social Kitchen (KS). Meetings are open to all Lincoln Hills residents who have RVs and want to join.

**Contact: Rosie Eads 408-0129
Website: www.lhrvg.com**



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

Our Annual Meeting will be held Monday, September 8 from 9:00 to 11:00 AM in Kilaga Springs Lodge. Visitors are welcome! We are in need of new volunteer tutors. If you are interested in helping

children and our schools, please plan to attend this meeting. A new volunteer orientation will be held Tuesday, September 16 from 9:00 AM to 12:30 PM in OC Ballroom and will include lunch. Mark your calendars with these important dates.

This year S.C.H.O.O.L.S. is proud to be partnering with the Kiwanis Club of Lincoln, and sponsors Gulfstream and Soroptimist International of Lincoln for the 2014 "Backpacks4Kids" project. New backpacks and/or supplies can be dropped off in donation bins at Kilaga Springs Lodge, Orchard Creek Lodge and other convenient locations from July 18 through August 19. For detailed information visit the Kiwanis website at: www.lincoln-ca.kiwanisone.org/page/19309.

~ Please see our ad on page 13.~

Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com (Elementary); Cindy Moore 408-1452, cindymoore@me.com



Scrabble

Remember the old "Laverne and Shirley" sitcom? The opening song was sung while the pair hopped down the sidewalk chanting "Schlemiel! Schlimazel! Hasenpfeffer Incorporated." This is a Yiddish-American hopscotch chant. Those and many other Yiddish words are acceptable for Scrabble play. Here are a few more Yiddish words that are as good as gelt (money): futz, nudnik, schlepped, schlub, schmooze, schmeer, ganef, bubkes (also bupkes and bupkus), chatchke (also chatchka and tchotchke), dreck, mazeltov and kvetch.

Come join your friends and neighbors on Mondays at 1:00 PM in the Cards Room (OC) for a few friendly games of Scrabble. Maybe you will have an opportunity to play one of these Yiddish words! New players always welcome. Let's Scrabble!

Submitted by Connie Protto.

Contact: Joan Spurling 505-5000



SCOOP

Sun City Organization of Pooches

SCOOP's August Speaker Meeting guest was Pat Howie, volunteer for Homeward Bound Golden Retriever Rescue. One of the top rescues in the nation, they rescue only Golden Retrievers.

SCOOP has some great events planned for the next few months — something for every dog/dog owner/dog lover!

Annual Ice Cream Social will be Friday, September 12 from 7:00-9:00 PM at the Sports Pavilion. Members/guests are invited to attend with dogs on leashes.

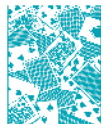
Our next and final *Speaker Meeting* of this year will be held October 7 at 11:00 AM at Orchard Creek Lodge, featuring Dr. Amanda Lee from Loomis Basin. More information will follow.

In honor of the 15th Anniversary of Sun City Lincoln Hills, SCOOP will participate in the parade on October 18. Mark the date, which is not to be missed, and details will follow!

Questions/Suggestions/Input? Please contact our co-leaders and check out our website!!

Contact: scoop@scih-scoop.com

Website: www.sclh-scoop.com



Shanghai

Mix together the following: One card table, three decks of cards, one score sheet, and four-to-six congenial seniors. You now have the making of the game of Shanghai. For more information, contact one of the names below. We play at Orchard Creek Lodge every Thursday at 12:30 PM. We also play on the second and fourth Friday nights at 5:45 PM.

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



Singles

Dynamic Singles

If you're single, take a moment out of your busy schedule and check out the fun activities taking place with the Lincoln Hills Singles Group.

Celebration of all monthly birthdays is the first Sunday of the month at 4:30 PM in Meridian's Sports Bar; Monday evening Billiards at 6:00 PM (OC); Let's Dance/Drop-in 5:00 PM every Tuesday at Meridians; Wednesday Bocce Ball at 6:00 PM; Friday morning 18 hole Golf; second Saturday breakfast at 9:00 AM at

Meridians; monthly dining out at various restaurants in Placer County; and much more.

The July 24 Ice Cream Social and games was well attended and great fun, as always! Come join us for the annual Bocce Ball Tournament with potluck August 28. Hope to see you at one of our functions!

Contact: Judie Leimer 408-4308, j.leimer@icloud.com



Ski

OK, who noticed the screwy caption with our photo last month? This one should make more sense!



This is the Real Bob King!

This is the month to make your commitment for the 2015 ski getaway trip. For details, contact one of the officers below.

The date for our annual pre-season potluck party is September 23, which will be hosted by Ric Havens and Vicki Bohan. Save the date and watch for details by early September.

Contacts: Mike Hilton or Bill Smith 258-2150, lshskiclub@gmail.com



Softball, Senior League

The All-Star games on July 4 lived up to their reputation — expect the unexpected. Despite facing a line-up filled with heavy-hitters, the League All-Stars of the American League out-battled the National League yet again. In the Team All-Star game, the AL



LH Senior Softball League upset a younger team from the city of Lincoln for the fifth year in a row

was slightly favored and again prevailed. Regardless of the game scores, the large crowd of family and friends were treated to a fantastic show. All this while consuming hundreds of fabulous hot dogs!

On July 5 was our annual battle with the city of Lincoln. We deeply appreciate Brian Button for bringing a young, fast, athletic team to battle our wily veterans in what has become an outstanding example of softball *and* great sportsmanship. After losing another hard-fought game, 30-24, the team from the city complimented their older opponents and asked for more games during the year. With all the fun the games generate, it just might happen.

Coyotes

The Coyotes 60s kept their fantastic season going with five come-from-behind wins in Galt, July 19-20.

Following their 16-6 loss to The Legends, they had to win their rematch by 10. They scored 15 in the last two innings, winning 23-8. Later, in the championship game, they were down two, but Joe Cortez's infield hit loaded the bases, and Carlos Zavala's triple sealed a 17-16 win.

Outstanding defense included Brock Dagg at first, Joe Bellah's over-the-shoulder catch in short-center, and Barry Maynard's dominance at shortstop.

Offensive leaders were Maynard, Dagg, Cortez, Bellah, Steve Lambert, Bec Cannistraci, John Gho, JR Jackson, Mike Hilton, Henry Mutz, and Mick Privett.

Thanks to Bellah, Privett, and John Griffin for helping on Sunday and John Moran Saturday; homers by Dagg (two), Bellah, Cannistraci, and Privett; and pitchers Zavala and Gho. This team never gave up in a tough bracket.

Next tournament – August 16-17 in Manteca.

Contact: Dave Rich, richertino@aol.com

Website: LHSSL.org/Travel Teams



Sports Car

In August two groups went to Castello de Amorosa in Calistoga. The Castle has hand-painted murals in its Great Hall, a moat, dungeon, torture chamber, consecrated chapel, drawbridge, farm ani-

mals, and rooms with ancient brick Roman cross-vaulted ceilings. The wine tasting in the Great Hall included five wines with commentary on their likely food pairings. We visited the Sharpsteen Museum and had lunch at All Seasons Bistro.



Leaders to Nevada City;
Rear view



In July we went to the Willow restaurant in Nevada City. This establishment has been there forever and has lots of character. We traveled across the north side Beale Air Force Base. The U-2s were flying for us to enjoy. The Willow is a steak house also serving ribs, fish, and chicken. Everyone ate very well.

In September we will head to Shenandoah Valley, Sutter Creek, Carson Pass and South Tahoe. We are lucky to have so many wonderful destinations within easy reach.

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 at Kilaga Springs Lodge. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- 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

gailholmes@sbcglobal.net



Table Tennis

On July 8, acting president George Porzio conducted a board meeting. A get well card was signed by all board members on behalf of the club and sent to Peter Schaafsma.

Two social events for the club are being planned. First, a barbecue/potluck initially scheduled for October 4 to be held at our Sports Pavilion. George & Yoshi Gassner will plan the event. Second is planning for our annual Christmas dinner. Several locations were discussed and it was decided to hold the event at Skipolini's in Rocklin on Wednesday, December 10. George and Yoshi will work out the details.

The financial report prepared by treasurer Gary Haight was signed by Gary and George and will be submitted to our administration.

Valerie Green and Lawrence Spencer will determine requirements for replacing some aging tables.

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

Contact: Ed Rocknich 434-1958,

rocknich@yahoo.com



Tap Company

Your dedicated coach, Carol Rose, and Natalie Grossner just returned from their exciting adventure in Africa. In addition to going to the spectacular Victoria Falls and visiting Cape Town they went to three national game reserves and went on about 15 safari rides. They saw all of the "Big Five" animals (lion, elephant, rhinoceros, leopard, and cape buffalo) in addition to warhogs, kudus, impala, hippos and many species of birds. As you can see from the photos, they bravely rode and elephant and took a walk with lions. They had the opportunity to visit a village school and have dinner with a family in Cape Town. As Carol said, "it was a life changing trip."

Most of us should be back from our



Carol Rose and Natalie Grossner, right in both photos, in Africa

summer activities by now and be ready to start our tech classes again. Please sign up early so that we do not have any class cancellations.

Contact: Janet Becker 543-3493, beckerjm1962@gmail.com; Natalie Grossner 209-3804, natalie_g@msn.com



Tennis

Courts 8, 9, 10 & 11 are now done with resurfacing and look fabulous! During construction wait time increased – which proves how much we need all of our courts in use.



Love means nothing when you're on the courts... Courts 8, 9, 10 and 11 are now done and look fabulous!

The very popular nighttime play Intramural Team Tennis is approaching. Flyer with information is posted on the bulletin board and on our website: <http://sclhtg.com>. Play starts in early September every week for six weeks. Don't have to sign up with a partner — play consists of one set of MD, MXD and WD. This event is one of the best ways to meet other players of different levels.

Still to come later in the year:

- Men's & Women's Singles Tournament — October 3 & 4

- Oktoberfest Fun Tournament — October 25
- Social Events:
- Fall Dinner/Dance — November 13
- Women's Holiday Luncheon — December 4
- Men's Holiday Luncheon — December 4

Written by Linda Burke.
Contacts: Greg Burke 316-3054, burkegbp@aol.com; Linda Burke 209-3463, scteam10s@aol.com
Website: <http://sclhtg.com>



Vaudeville Troupe

The July Vaudeville Show is now behind us and we have started working on the next show for early January. "The Golden Revue Vaudeville Show" will not disappoint. It will have lots of variety and something for everyone.



The "YMCA Bunch" Vic Albertazzi, Paul Krow, Logan Wilson, Neil Dennis, Ted Neely and, in front, Jim Walker

Auditions for the January show will be held in the Presentation Hall at Kilaga from 6:00-8:00 PM on Tuesday, September 23 and Wednesday, September 24.

July's opening act was upbeat and started the show off with our own group, "All That Jazz Dancers." The show flowed into comedy acts, singing acts, skits and the ever popular, YMCA Bunch who had the audience on their feet opening the second half of the show.

Thanks to everyone for their wonderful comments about the show. We will all look forward to seeing you in January.

Contact: Yvonne Krause-Schenck, ykrause@yahoo.com



Veterans

A screening of the movie "Argo" will highlight the August



Darlene Dyer, a World War II veteran of the U.S. Navy Waves and Veterans Group founding member, was among the military veterans honored at Lincoln's Independence Day parade

21 general membership meeting at 1:00 PM in the P-Hall (KS). "Argo" is a 2012 American political thriller film directed by Ben Affleck. It deals with the "Canadian Caper," in which CIA operative Tony Mendez led the rescue of six U.S. diplomats from Tehran, Iran, during the 1979-1981 Iran hostage crisis.

An appreciative crowd paid tribute to area veterans at the annual Independence Day parade in downtown Lincoln. Vets Group members in vintage military vehicles drew enthusiastic applause from parade-goers of all ages as they passed by.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on September 1 and 11, Labor Day and Patriot Day, respectively.

Contact: Malcolm Singer 645-8553, singerfamily1@me.com
Website: lhvets.org.



Water Volleyball

If you're looking for a way to beat the heat, but still get your exercise, come try water volleyball. It's open to all Lincoln Hills residents of any skill level. It's easy on aging joints and muscles, but it's still a good workout. Plus, it's always lots of fun!

There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week.

Also, look for us in the outdoor lap pool (OC) on Sunday, August 10 at 6:00 PM and on September 7. Come join us anytime during open play. See you in the pool where it's fun and cool!

Play available (KS):

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

Contacts: Steve Parke 716-5379, stevenparke@att.net; Jerry DiGiaco 521-1904, itsmrd@sbcglobal.net
Website: www.lincolnsuncity.org/residents



West Coast Swing

Highlights for August: West Coast Swing Dance Instruction is being offered Wednesday evenings — see page 72 for details.

WCS Dance Practice: Second Friday of each month for those students taking the West Coast Swing Dances Lessons: August 8, 5:30-7:30 PM, Fine Arts Room (OC).

Dance Nights: Tuesday Evenings at Meridians; third Sunday of each month in the OC Ballroom.

Capital Swing Dancers: Third Saturday each month — www.capitalswingdancers.org.

Mark your calendars: If you would like tickets, contact Dottie (justdottie@sbcglobal.net)

Tea Dance & Ice Cream Social
 Sunday, September 28

2:00-5:00 PM • OC Ballroom

Members: No Charge • Guests: \$10

Don't forget to check out Dottie's Just Dancin' Web Site: dottiesjustdancin.com for additional dance information.

Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net; Bob Roman 543-6618, BobRoman@starstream.net; Paula Stollmeyer 434-7352, pstollmeyer@sbcglobal.net



Woodcarvers

Woodcarver "Tool Loaner Kit" — Ever thought about taking up a new hobby but you weren't quite sure about spending your scarce dollars to buy the tools and equipment necessary to begin? If that sounds like you then the SCLH Woodcarvers has just the solution.

Through the generosity of our members, we have put together a loaner kit consisting of essential tools and supplies for your use during our weekly meetings while you decide if woodcarving appeals to you.



The Woodcarvers plaque

Woodcarving is a fun, stress free relaxing way to utilize your free time. Most members have years of experience to help you with your projects. The SCLH Woodcarvers meet weekly every Wednesday, 1:00-4:00 PM at the Sierra Room (KS).

Contact: John Russell 543-6091, je_russell62@hotmail.com
Website: www.SCLHWoodcarvers.blogspot.com



Writers

Members of the Writers Group are busy composing prose, poetry, humorous and 'slice of life' stories, as well as their memoirs. During our meetings, we read our written work aloud and then are critiqued by our colleagues. We work hard, but we have a lot of fun, too!

Don't have time to write? Don't know where to start? "If you have other things in your life — family, friends, good productive day work — these can interact with your writing and the sum will be all the richer," science fiction writer David Brin suggests.

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Come by to observe or bring 12-14 copies of your work to share (maximum 1,500 words). You don't have to be an expert to join. All SCLH authors, writers or those striving to be writers are welcome.

Contacts: Bev Brannon bevbrn49@aol.com; Jim Fulcomer jfulcomer@mac.com; Linda Lucchetti linnluu@aol.com

Authors' Resource Group

The Authors Resource Group met in July and welcomed two new members, Joe Babinski and Joanne Kenzy. After hearing from existing and new members about their progress in writing, publishing and marketing, ARG Vice President, Leo Craton, gave us an overview of preparing manuscripts for the printing/publishing process. This is a task that the writer can learn and take on; or they can a professional. Most hire professionals.

Our August meeting centered on the world of *Publicist*. Should you hire one? What do they do? What do they charge? This was an informative and important topic for our members. If you're on your way to seeing your story on the printed page, come join us.



Books written by Authors' Resource Group authors

Please stop by the ARG display cabinet in the hallway (OC). You'll find a multitude of books written by your SCLH friends and neighbors.

Contact us for date, time and place of our September meeting:

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

Properties

Continued from page 17
 recommendation to the full committee. The task forces will report progress back to the committee at its monthly meetings and when it is appropriate, will make a final recommendation to the full committee. Whatever decision the committee makes, if it involves the expenditure of Association funds, the matter will go to the Finance Committee and then on to the Board.

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Bulletin Board

Please email your bulletin board articles to 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.

Cloggers

Many of you have discovered the “cool” activity we talked about last month. I am, of course, referring to clogging. We’re dancing all summer, so be sure to sign up for August. And if you are a beginner be sure to sign up for August — no more new students after August until January 2015! Beginning cloggers for August will learn basic steps and soon will be prepared to move on up to Intermediate and beyond. Of course balance is one of our core elements, something many of us want to improve. And then there’s muscle memory, brain work, and rhythm. Finally, there is a national clogging three-day workshop in Reno on Thanksgiving weekend. Cloggers will receive a special rate from the Peppermill Resort. In the meantime, we’ll look for you in Clogging classes on Tuesdays! Contact: Anita Tyson, 543-5300.

Come Dine With Us

Hate to dine out alone? Join us at Meridians on the second Monday of each month. We get together at 5:00 PM for socializing and cocktails then dine at 6:00 PM. No reservations required but a phone call would be appreciated if you plan to come. Bring a friend if you would like and meet the group. We sometimes have access to the Solarium (OC) which allows us more room to visit. Info? Contact Leif Overby, 434-7033 or lco1743@gmail.com.

Glaucoma Support Group

The Glaucoma Support Group will meet on Wednesday, September 10, at 4:00 PM in the Multimedia Room (OC). All residents living with Glaucoma and their friends and families are welcome. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of

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.

Monday, August 25 • 10:30 AM Nautilus Society, Oaks (OC)
Tuesday, August 26 • 6:00 PM Acupuncture Workshop, Oaks (OC)

someone close to them. Whether the loss is recent or some time ago, you are welcome. It’s a place where you can be around people who understand how you feel and the pain of your loss. At Grief-Share, you’ll learn valuable information that will help you through this difficult time in your life. A new group starts Tuesday, September 16, from 9:30-11:30 AM at Granite Springs Church in Lincoln. We meet weekly for 13 weeks, ending on December 9. More info: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

LH Foundation Bingo

The Lincoln Hills Foundation presents Bingo in the OC Ballroom on Wednesday, August 20 preceded by Salad and Sandwich service in the Secret Garden from 11:30 AM to 12:45 PM. Bingo doors open at 12:30 PM.

LH Foundation CPR/AED Class

The Lincoln Hills Foundation is sponsoring a CPR/AED class at Orchard Creek Lodge on Thursday, August 21 from 9:00 AM to 1:00 PM. Cost is \$20 for a two-year certificate. Registration forms available at OC Lodge, lincolnhillsfoundation.org website, or by calling Vern Chong at 408-0306. Other classes will be held on September 12 and October 30.

LH Italian Club (LHIC)

The LHIC welcomed its Board of Directors for 2014-2015 at the annual Inaugural Dinner July 13. On September 14, the LHIC will present a Great Gatsby event at the Catta Verdera Country Club. Go back in time to the Roaring Twenties. Gals, put on your flapper dresses and guys, grab your fedora hats. Official LHIC name badges are available for purchase. The badge identifies you as a club member with easy-to-read lettering. See the Website at http://lhitalianclub.org/uploads/LHIC_Badge_Order_Form.pdf to complete an order form. Check out the LHIC website

(www.lhitalianclub.org) where you’ll find a wealth of information, such as a list of upcoming activities, introductions to some new members, photos from past events and even recipes with an Italian flair. 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 or Virginia Halstenrud, membership chair, 543-3293.

LH Parkinson's Support Group

The LH Parkinson’s Support 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 presentation today was by two of our members, Jim & Joan McCracken. They both shared their experience of Joan’s recent Deep Brain Stimulation (DBS) Therapy. Jim shared a video made by KVIE depicting the entire operation wherein Joan was the patient. Needless to say, there were a lot of interesting questions by the members who were present. You can view it on your computer by searching KVIE.org/programs. Search living with parkinson’s. *We still need a facilitator.* Call Sharon if interested.

LH Travel Group (www.lh-travelgroup.com)

The next meeting is Thursday, August 21, 7:00 PM, (KS). Presentation by Jay Fehan of Collette Vacations. Friends and family may join our trips. Committee

Continued on page 42

**It's the
Law**

Douglas Thom



**Slower traffic must drive
in the right hand lane of a
multiple lane road.**

**Fine — \$237
minimum**



Continued from page 41

Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyp@starstream.net.

Lincoln Democratic Club

The Lincoln Democratic Club will have three featured speakers at the August 21 meeting. Art Moore will give the first presentation. He came in second to Tom

McClintock in the recent 4th Congressional District primary and he will oppose Congressman McClintock in the November election. Kate Uppal will provide an update on the Blue Values Coalition and Hal Herbert will present an historical and humorous perspective on the definition of a liberal and a conservative. The meeting will begin at 6:45 PM in the Kilaga Springs Lodge. The public is invited to attend. Questions: June Paquette, 408-2263.

Lincoln Police Volunteers (LPV)

Citizens On Patrol announces a new name!

The Volunteers' duties for the Lincoln Police Department have expanded over the years and to better include *all* of our Police Volunteers, our COP name has been changed to Lincoln Police Volunteers (LPV). The Lincoln Police Department is recruiting for its next Lincoln Police Volunteer Academy. The program is open to Lincoln residents, 21-years-old or older. Individuals who would like to volunteer are invited to apply. The positions are: Front Office (informational, meet and greet citizens), Patrol, and Bike Patrol (serve as "eyes and ears" patrolling throughout the city).

~ Community Perks ~

Lincoln Hills Certified Farmers Market and Vendor Fair

Support your local farmers and join us every Wednesday at OC Parking Lot from 8:00 AM to noon. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on weather and crop availability, the market will be offered until November. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@schca.com to reserve your space.



Sun Eagles Classic Tournament
Saturday & Sunday, September 6 & 7 — Free

Come on out to Del Webb Field for some exciting softball competition as our own Sun Eagles teams and others from the surrounding area compete in this fall classic. Enjoy hot dogs, drinks, drawing prizes and more. There will be the usual stadium seating — or bring a chair and sit under the trees and enjoy!



Music Group Sponsored "Open Mic Night"
Friday, August 22 — Free

6:00-8:00 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 Wearable Arts Fashion Show
Tuesday, October 14 — Free

1:00 PM, OC Ballroom. All residents of Lincoln Hills and their guests are welcome. Bring your friends and neighbors to come see what the Wearable Arts Group has been creating this year!



KS at the Movies: Blue Hawaii
Monday, September 1 — Free

1:30 PM, P-Hall (KS) PG, 102 minutes — Comedy/Musical. Starring Elvis Presley, Joan Blackman, and Angela Lansbury. Chad Gates has just gotten out of the Army, and is happy to be back in Hawaii with his surf board, his beach buddies, and his girlfriend. His father wants him to go to work at the Great Southern Hawaiian Fruit Company, but Chad is reluctant. So Chad goes to work as a tour guide at his girlfriend's agency.



15th Anniversary Parade and Celebration!
Saturday, October 18 — Free

10:00 AM. Join your friends and neighbors with a parade made up of your favorite clubs, groups and neighbors followed by food, beverages, music and dancing! The parade will begin at OC Lodge, proceed down Sun City Blvd., and end at KS Lodge. A specially priced buffet lunch will be offered in the Ballroom (**tickets on sale August 17**) with dancing with DJ Ron West on the patio terrace overlooking the Amphitheater. Parade questions: Chair, Barbara Greenfield, 202-6963 or barbieg1@sbcglobal.net; Co-chairs — Carol McGara 543-7039 or mcgara@sbcglobal.net; or Marlene Wenzler 543-4626 or kwenzler@sbcglobal.net.



The Artisans in the Lodge
Sunday, September 7 — Free

10:00 AM-3:00 PM. Community Living Room (OC) and Pre-function Area (OC). All Lincoln Hills artists are invited to participate. Contact Barbara Iniguez, 408-7812, for more information.



*** **Parade registration deadline is Monday, September 1.** Any resident club or organization, neighborhood or individual may participate. Parade Applications are available on the website, in the OC Business office, or email Barbara Greenfield at barbieg1@sbcglobal.net.

Qualified individuals will receive training in the area of their choice. More info: Roy Osborne, 645-4081.

Open Play Games

Interested in playing card, tile and board games? New opportunities are now available for Open Play at both Lodges. Come to the Card Room (OC) Sundays, 12:00 to 4:30 PM, Wednesdays, 12:30 to 4:30 PM, and the Sierra Room (KS) Fridays, 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

Racquetball Group

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

Library News

Sandy Melnick, Library Volunteer

Your Kilaga Springs Library has many nooks and crannies within its walls. Look



in the far corners for the sections you don't usually see. We know it is sometimes hard to look at books when you almost have to stand on your head next to the

computers, but it is worth it. Our "miscellaneous" section is one of those sections. Sometimes we just don't have a clear-cut idea where a book should be and we put it in this section.

Also we have had a new wave of business/financial books being donated. Look in this section if your interests lean in this direction.

Our history/politics area is overflowing with great books on timely subjects.

Whether a part of history or current events, there is a book written on the subject.

Please remember to read the latest magazines in the library and not take them home. We have a box (next to the rolling cart) for give-away magazines. The latest issues stay at the library for all to enjoy.

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

In Memoriam

Robert Godfrey

Bob was born and worked in San Francisco, retiring in 1989. He and his wife of 66 years, Beatrice, moved to Lincoln Hills 13 years ago. In 2009 they lost their son and daughter-in-law who were also Lincoln Hills residents. Bob enjoyed sailing, snow and water skiing, wind sailing, bowling, his many cars and a good party. His quick wit and humor will be missed by his wife, two sons and their wives, four grandchildren and many friends.

Alan Keith Snell

Most of his life was spent in Oakland, Orinda and Moraga although Alan was born in San Francisco. He worked in sales, owning his building supply and household appliance business. He graduated from UC Berkeley and married Carol and they had one son. They divorced in 1986. After the firestorm in Oakland and Berkeley, Alan was quite busy supplying the new and rebuilt homes. In 2001, he married Elizabeth

Kislitzin and they moved here where they enjoyed the activities, classes and travel. Alan's passion was tennis and running. He leaves his wife, Liz, and son Keith.

Jean Aukland

Born and raised in Iowa, this farm girl married Jerry 63 years ago and became a Navy wife! They lived in San Diego and then called California their home while they raised four children. She was a member of Centerpoint Community Church in Roseville. Jean enjoyed bunco, her Bible study group and other Church activities, but she especially enjoyed being with her family. She is survived by Jerry, four children, seven grandchildren and one great-grandchild.

Kathy G. Ford

Born in Providence, Rhode Island, Kathy was brought up in Lincoln, Rhode Island. She graduated from Boston University with a degree in business. She

was a Boston Red Sox and England Patriot fan, as well as rooting for local teams here. She is survived by her husband Wayne and five children as well as grandchildren. She was a volunteer along with her husband at FieldHaven Feline Center. She loved the kitties there as well as her own. She will be missed by many.

Stewart Mitchell

Stewart was born in San Francisco and raised in the Peninsula. He fought in WWII in the 163rd division being discharged in 1945. He then graduated from UCSF Dental School and had a career as a dentist in Palo Alto. Stewart was a member of the Veterans Group, SIRS, and he enjoyed nine-hole golf days. He is survived by his wife, Mary, two sons, six grandchildren and four great-grandchildren.

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



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

Entertainment

—Comedy—

Charlie Norman — Hypnotist/Comedian Extraordinaire
Monday, September 29

4:00 Performance — 5229-07A
7:00 Performance — 5229-07B

Charlie Norman has a charismatic personality that incorporates audience participation and gives them a sense of being part of the show. Heck... they are the show! Charlie is an in demand hypnotist who has toured both nationally and internationally. He has appeared on the TV show “Mysteries Revealed” and “Night Shift.” Charlie’s energetic style will keep you on your toes and will deliver a fun night of laughter. Audience members from around the world have left being mystified and with sore abs from laughing so hard. Come and be part of the fun! Save \$1 off \$4 or more at KS Café on show night. 4:00 and 7:00 PM performances. P-Hall (KS). Reserved seating, \$12.



Comedy Night at KS: Brad Bonar Jr.
Tuesday, October 28

6:00 PM performance — 5228-08A
8:00 PM performance — 5228-08B

Brad unfortunately had to cancel his appearance last time he was scheduled for comedy night due to a family emergency. He is back with new material and 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 shows, the audience is treated to one memorable evening. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). **Reserved seating discounted rate, \$10.** After September 14, \$12.



—Community Party—

15th Anniversary Lunch
Saturday, October 18 — 5218-08

Celebrate after the 15th Anniversary Parade with a buffet lunch in the OC Ballroom or Pre-function Area. Full party details and information on how to participate in the Parade under Community Perks, page 42. Lunch is



\$5 per plate. One ticket per plate, two tickets per household. Limited tickets available. Purchase lunch tickets at the Activities Desks or online.

—Concerts—

An Evening of Classical Music
Featuring Daniel Roest, Classical Guitarist
with Guest Flutist, Francesca Anderson
Tuesday, August 26 — 5226-06

Classical musicians Daniel Roest (“roost”) and Francesca Anderson will enchant you with their program filled with tremendous variety and intimacy. You won’t need airline tickets to take a trip around the world, their music will transport you. Listen to compositions from Faure, Bizet, Pessard, Desportes, Hanson, Roest, Ibert, and Monti just to name a few. Francesca captivates listeners with her skill and expression while Daniel’s concerts have been called “fun and entertaining” (Portland Classic Guitar Concert Series). You will be captivated and enthralled! Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). Reserved seating, \$12.



Summer Amphitheater Concert Series
JOEL: A Tribute to the Songs of Billy Joel
Friday, August 15 — 5014-4E

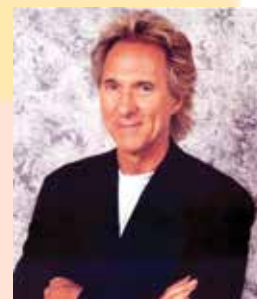
“Dynamic,” “Spectacular,” “A piano player with a touch like Billy Joel,” “An excellent tenor voice,” are just some of the ways people have described Piano Man, Kyle Martin.

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.” His high energy performance will have you up on your feet. Amphitheater (OC). Doors 6:45 PM. Concert starts 7:30 PM. General admission, \$17.



Summer Amphitheater Concert Series
Gary Puckett and the Union Gap
Friday, August 22 — 5014-4F

The one and only Gary Puckett and the Union Gap will mesmerize you. They were one of a very select group of touring acts to achieve prominence worldwide in the 60’s. Gary’s powerful and unmistakable signature voice



Continued on page 46

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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.

Summer Amphitheater Concert Series 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.



Summer Amphitheater Concert Series

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, 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.



World of Webber

Wednesday, October 8 — 5208-08

The hit Musical Revue returns to Sun City Lincoln Hills, celebrating the songs and musicals of Broadway composer, Sir Andrew Lloyd Webber. Performed in intimate Cabaret

Continued on page 49

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. Doors open 45 minutes before show time.
- **Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Guests may pre-set their chairs between 5:00 AM and 5:00 PM on the day of the event. Amphitheater will close at 5:00 PM on the day of the event and re-open 45 minutes before show time. Chairs placed prior to 5:00 AM will be removed from the area 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 will be in the grassy area at the left of the 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 the Entertainment section. 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 will be 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 Center/pools close 30 minutes prior to performance start time.

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style, the show includes classics like “Music of the Night” (“The Phantom of the Opera”), “Memory” (“Cats”), “Don’t Cry for Me Argentina” (“Evita”), as well as many other selections from hit shows including “Joseph and the Amazing Technicolor Dreamcoat,” “Aspects of Love,” “Starlight Express,” and “Sunset Boulevard.” The stellar cast features Musical Theatre veterans Tielle Baker, Kelly Brandenburg, and Kyle Martin, with Evan Alparone at piano. The show sold out in its debut here last year, so be sure to get your tickets early... A musical celebration not to be missed! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21.** General admission discounted rate, \$15. After September 14, \$18.



—Dinner Show—

An Evening in Polynesia Tuesday, September 16 — 5216-07

Spend the evening poolside enjoying all things Polynesian. Wear your favorite Hawaiian outfits as we transform the OC outdoor pool into a Polynesian paradise. Enjoy the flavors of the Island buffet specially prepared by our Catering Department including *Tropical Garden Salad, Macaroni Salad, Roasted Mahi Mahi, Slow Roasted Teriyaki Glazed Boneless Pork Loin, Coconut Rice, Seasonal Vegetables, and Pineapple Upside Down Cake for dessert.* Sway to rhythm of the Lure of the South Pacific Band and Polynesian Dance Troupe! Cash bar available and live music when doors open at 5:00 PM, dinner 5:30 PM, live entertainment 6:30 to 7:30 PM. Reserved table seating, \$46.



Oktoberfest Celebration Thursday, October 16 — 5216-08

Come polka with us! Our Oktoberfest tradition continues with Oktoberfest music from the Karl Lebherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, and dancing. Enjoy traditional German tunes during dinner and audience dancing later in the evening. After dinner, the Just Imagine Dancers will mesmerize you with their elegant costumes and traditional waltz numbers. Feast on a sumptuous buffet of traditional German foods. A complete menu is available at the



Activities Desks. Enjoy a no host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. **Reserved table seating discounted rate, \$37.** After September 14, \$40.



—Fashion Event—

Fashion Show — Model Call September 22 Submission Deadline

Calling all ladies interested in modeling and having fun! We need 20 models of all ages and sizes to walk the runway for our Fall/Holiday Fashion Show on November 6.



Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activities Desks or online. Information sheets require a recent photo, dress size and contact information. Submission deadline is September 22 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).

—Grandkids Event—

Monster Mash Party Friday, October 24 — 5224-08

It's that time of year when things go bump in the night, creatures come out of their hiding, and treats and tricks abound. Bring your grandkids for a fun and spooky time at our Monster Mash Party. Take part in the costume contest (both grandparents and kids), meet and hear about some real life bats (and find out that they aren't so scary), games, face painting, crafts, and treats to take home. Each child must be accompanied by a grandparent for all activities (multiple siblings would require two adults present). All children need to be pre-registered, wristbands will be provided for each registration and are required for participation. Ballroom (OC). Games and activities are geared for ages 4-11. All children must wear wristband. Doors open at 4:00 PM. Bat presentation starts at 4:30 PM. Activities 4:00 to 6:00 PM. Event program will be provided at the event. **Advanced sales per child, \$10.** After September 14, \$12. Register early, space is limited.



Continued on page 51

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See Amphitheater Guidelines on page XX.
Tickets available at the Activities Desk (OC/KS) or online
Visit Website for Full Concert Series Line-up.
www.suncity-lincolnhills.org/residents "Lifestyle Online"





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

Day Trips

—Casino/Racing—

Colusa Casino

Tuesday, September 9 — 1950-07



Enjoy a nice drive in the country and view of the world's smallest mountain range, the Sutter Buttes, on our way to Colusa Casino, a resident favorite. Receive casino credits: New members \$15, current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet depending on the casino promotion for September. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$22. RSVP Now.

Off to the Races

Thursday, September 11 — 1845-07



Time for summer horse-racing at Golden Gate Fields next to the San Francisco Bay! Enjoy the heart-pounding intensity of live horse racing and relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 12:30 AM-3:30 PM and complimentary racing program. Leave OC at 11:00 AM, return ~ 8:00 PM. \$78. RSVP Now.

Jackson Rancheria

Wednesday, October 1 — 1951-08



By popular request 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 fall drive in the Amador foothills! *Casino promotions subject to change.* Leave OC 9:00 AM, return ~ 5:00 PM. \$22. RSVP by 9/14.

—Festivals—

Gold Rush Days

Friday, August 29 — Cancelled

California Capital Airshow

Saturday, September 6 — 1730-06

Last year's trip was a big hit with residents! The Califor-

Continued on page 52

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.
- **Classes (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.
- **Show Time:** 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.

nia Capital Airshow is Sacramento's premier airshow held at Mather Field. The Patriots Jet Demonstration Team returns with their signature high-flying action. See a salute to the Armed Forces where attendees will step back in time with an authentic theatrical production including military re-enactors, parade of vintage warbirds, music, costumes and pyrotechnics. Special appearance by the USAF's F-22 Raptor, the world's only operational, stealth fifth-generation fighter. We have special group seating that includes a large tent for shade near the airshow center for best viewing, open air seating, private restrooms, commemorative poster and hosted water. Lunch voucher for an entrée, side & a soft beverage redeemable from airshow food concessions or pre-choose gourmet boxed lunch. Docents and airshow staff will be available for assistance and questions. Skip the traffic and parking hassles and join us for this spectacular airshow. Leave OC at 8:30 AM, return ~ 5:30 PM. \$92. RSVP Now.



Bus #2 Fleet Week Hornblower Luncheon Cruise
Saturday, October 11 — 1831-07B

Fleet Week is back! We've reserved space with Hornblower Cruises for your enjoyment of the festivities. Streets are crowded so we've opted for the cruise only and we will



arrive early enough to enjoy the Parade of Ships from the Hornblower dock (subject to change by the US Navy). The



Navy will be commissioning their newest warship, the USS America, that day and the Blue Angels will soar along with several other air teams! Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat Gourmet Buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, relax in the sun and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it gets cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat. You are welcome to bring your own food on the bus. Leave OC at 9:00 AM, return ~ 7:30 PM. \$151. RSVP Now.

Italian Festival — Silver Legacy
Sunday, October 12 — 1822-08

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, a wine walk, an Italian Farmers Market, Bocce Ball and more! You'll have five

hours to enjoy the festival, lunch on your own, and a little gaming with \$6 in casino credits from Silver Legacy along with a \$2 food coupon. Leave OC at 9:00 AM; return ~7:00 PM. \$32. RSVP by 9/14.



QuiltFest
Thursday, October 16 — 1730-07

In cooperation with the Needle Arts Group, we're going back to enjoy The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. Enjoy a full day from opening to closing! For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:30 AM, return ~ 9:00 PM. Rest stop scheduled both directions of trip. \$62 (includes admission). RSVP Now.



—Food/Wine—

Apple Hill
Thursday, October 9 — 1810-08
Or Wednesday, October 22 — 1812-08

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, a produce and goodies store, and Halloween surprises! The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy lunch consisting of a *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill. We will wind down with a stop at Larsen's Apple Barn and Boa Vista Orchards. The fall colors and countryside scenery will make this a day to remember. We even get a snack of an Apple Fritter and apple juice for the ride home. \$61. RSVP by 9/14. October 9 trip departs 9:00 AM, return ~ 6:00 PM. and October 22 trip departs 8:30 AM, return ~ 5:30 PM.



Continued on page 55



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—Museums—

**Rosie the Riveter/Red Oak Victory Ship —
Richmond, CA****Tuesday, October 7 — 1754-07**

Explore and honor the efforts and sacrifices of American civilians on the World War II home front. Find out how they lived, worked and got along. Many faces, many stories, many truths weave a complex tapestry of myths and realities from this time of opportunity and loss at the Rosie the Riveter WWII Home Front National Historic Park Visitor Education Center in the wartime boomtown of Richmond. After our visit, enjoy lunch on your own in Point Richmond. Our afternoon excursion takes us to another WWII memorial, the SS Red Oak Victory Ship, where we will break into small groups for a docent led tour. **Please note: Access to the ship requires walking up a steep ramp (gangway) and the ability to climb stairs and ship ladders.** Leave OC at 7:45 AM, return ~ 6:45 PM. \$49. RSVP Now.

**deYoung Museum:****“Modernism from the National Gallery of Art —
The Robert & Jane Meyerhoff Collection”****Wednesday, October 8 — 1760-07**

The deYoung is the exclusive venue for this exhibition, the first of the Meyerhoff Collection outside the Washington DC areas. See paintings by the great masters of the post-war world featuring nearly 50 works by Ellsworth Kelly, Roy Lichtenstein, Robert Rauschenberg, Jasper Johns, and Frank Stella, among others. Also enjoy *Lines on the Horizon* highlighting Native American art from the collection of the Thomas W. Weisel family. Spanning more than 1,000 years of artistic creativity, the exhibition focuses on the indigenous arts of the American Southwest. For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:15 AM, return ~ 6:15 PM. \$63. RSVP Now.



—Performances—

**National Acrobats of the People’s Republic of China at
Harris Center****Sunday, September 21 — 4580-07**

Established in 1951, National Acrobats of The People’s Re-

public of China has dedicated itself to the acrobatic art’s reform and continued innovation it is one of the most acclaimed acrobatic troupes in China. See spectacular stunts with contortionists who seem to defy the human anatomy and acrobats whose leaps and tumbles make one question the laws of physics. Their new production, *Cirque Peking*, showcases acrobatics, juggling, aerial work, dance, and traditional Chinese music that will amaze and astound. Show at Harris Center — Three Stages in Folsom. Mid-Orchestra seating. Leave OC at 12:30 PM, return ~ 5:30 PM. \$67. RSVP Now.

**Spectra — Eldorado Hotel & Casino****Tuesday, September 30 — 1777-07**

Spectra is the second mischievous excursion into the spectrum of light and fire from the producers of *Illuminaire* with a more edgy, raw, European feel. Bringing in elements of live percussion, the New Berlin style Circus as well as powerful lasers and effects, this combination of fabulous costumes, aerial acrobatics, exotic contortion and unique blazing fire performance will appeal to anyone who enjoys a fun show with a high visual impact. This trip includes \$10 free play & \$5 food/beverage credit at the Silver Legacy Casino next door, along with the show and included buffet dinner at the Eldorado. You’ll have plenty of time for gaming and your dinner before the show. Leave OC at 12:00 PM, return ~ 11:30 PM. \$91. RSVP Now.

**Kinky Boots—****Orpheum Theater, San Francisco****Wednesday, December 17 — 4551-08**

“Kinky Boots” is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including Best Musical, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of some sturdy stilettos. Together, this unlikely pair finds that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world. Inspired by a true story, “Kinky Boots” features a joyous, Tony-winning score by Cyndi Lauper, and a hilarious, uplifting book

*Continued on page 56*

by four-time Tony winner Harvey Fierstein. Come join the sold-out audiences who've discovered why – sometimes – the best way to fit in is to stand out! Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Union Square (Post & Powell) after the show. Minimum of 35 required by September 12 per vendor deadline. Leave OC at 10:45 AM, return 9:45 PM. \$129. RSVP by 9/1.

Broadway Sacramento 2014-2015

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

Jersey Boys

Tuesday, November 11 — Sold out!

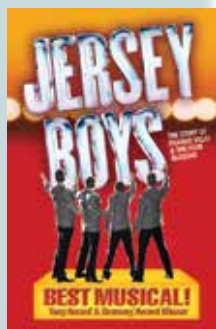
See article below for additional date!

Additional Date!

Jersey Boys

Tuesday, November 18 — 4563-07

Experience the Tony®, Grammy® and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers Frankie Valli & the Four Seasons. This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide — all before they were 30! **Jersey Boys** features their hit songs, “Sherry,” “Big Girls Don’t Cry,” “Rag Doll,” “Oh What a Night” and “Can’t Take My Eyes Off Of You.” *Jersey Boys contains profane language, smoke, gun shots, strobe lights, drug references, and sexual situations. It is meant to tell the true story of four guys from the streets of Jersey and their rise to fame.* Performances held at the Sacramento Community Theatre, reserved Mid-Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. \$101. RSVP Now.



Dirty Dancing

Tuesday, December 30 — Sold out!

Joseph and the Amazing Technicolor Dreamcoat

Tuesday, January 27, 2015 — 4562-06C

One of the most enduring shows of all time, Tim Rice & Andrew Lloyd Webber's is the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. Retelling the Biblical story of Joseph, his eleven brothers and the coat of many colors,



this magical musical is full of unforgettable songs including “Those Canaan Days,” “Any Dream Will Do” and “Close Every Door.” Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.

Once

Tuesday, April 14, 2015 — 4562-06D

Winner of eight 2012 Tony Awards® including *Best Musical*, *Once* is a truly original Broadway experience. Music lovers will rejoice at this truly original musical where an impressive ensemble of actor/musicians play their own instruments on stage. Based on the 2007 film, *Once* tells an enchanting story about music, love, relationships and music's power to connect us all. It's an unforgettable story about going for your dreams. *The show contains profane language and adult situations.* Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.



Rodgers & Hammerstein's Cinderella

Tuesday, May 12, 2015 — 4562-06E

The Tony Award®-winning Broadway musical from the creators of “The Sound of Music” and “South Pacific” that's delighting audiences with its contemporary take on the classic tale. Be transported back as you rediscover some of Rodgers + Hammerstein's most beloved songs, including “In My Own Little Corner,” “Impossible/It's Possible” and “Ten Minutes Ago,” in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream... or a really great pair of shoes. Theatergoers of all ages will thoroughly enjoy *Cinderella* with its beloved songs and surprisingly contemporary take on the classic fairy tale, with several new plot twists, plenty of laughs, and jaw-dropping magical transformations on stage. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.



Date confirmed!

Rain: A Tribute to the Beatles

Wednesday, March 18, 2015 — 4530-08

A live multi-media spectacular that takes you on a musical journey through the life and times of the world's most celebrated band. Going further than before, this expanded “Rain” adds even more hits that you know and love from the vast anthology of Beatles classics hits from the vast Beatles anthology. This stunning concert event takes you back in time



Continued on page 58

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Two Dates! Beach Blanket Babylon Holiday Edition

Wednesday, November 19 — 1793-08A

Or Wednesday December 3— 1794-08B

It's not too early to plan your holiday theater trips! Come see the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. We have the whole center balcony section reserved for our group with open seating, including limited front cabaret floor seating. *Please advise if you require accessible seating upon purchase. There are stairs to where our seating is located and no elevators.* Both trips depart 2:00 PM, show exclusive to adult audience, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. \$102. *Reservations highly recommended for dinner, restaurant list is available at time of registration. RSVP by 9/14. **Vendor deadlines require purchase by 12:00 PM, September 30.**



Cirque Du Soleil — “Kurios” Sunday, January 11, 2015 — 4620-08

“Kurios — Cabinet of Curiosities” is an ingenious blend of unusual curiosity acts and stunning acrobatic prowess from Cirque du Soleil. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: “Is it real, or just a figment of my imagination?” We have reserved tickets in section 204 of Cirque’s trademark Grand Chapiteau, one of the biggest tour tents in the world. It is a climate controlled tent in the parking lot of AT&T Park. Enjoy the option and convenience of a special box lunch from Meridians on the way to the matinee show. *Choice of turkey or ham sandwiches or a veggie wrap with fruit, chips and a bottle of water.* You may also bring your own lunch or purchase food at the show. *(Circus type food includes; hot dogs, pretzels, popcorn, etc.).* Leave OC at 9:30 AM, return ~ 6:30 PM. \$135 without lunch or \$147 with Meridians boxed lunch. RSVP by 9/1.



—Tours/Leisure—

Additional Date! Muir Woods

Wednesday, September 10 — 1752-08

First trip sold out. Join Katrina, your Trip Coordinator, for an outing to Muir Woods! Located in an isolated canyon just north of San Francisco, the ancient coast redwood forest is home to trees aging 400-1,000 years with heights reaching 260 feet and one that’s 14 feet wide. Flat easy trails loop through the groves with selections of walks from 30 to 90 minutes. A ranger will give our group a brief overview and history of the park before we go off on our own to enjoy the peace and tranquility of the park. The park is cool, shaded and moist all year, jackets are advised. We will stop in the quaint bayside town of Sausalito for lunch on your own. Please be aware the roads into the park are steep and curvy. Due to road limitations, we will be using a 34-seater coach (the bus has a restroom). Leave OC at 8:30 AM, return ~ 7:15 PM. \$63. RSVP by 7/14.



Additional Date Added!

San Francisco 49ers Levi’s Stadium Tour

Wednesday, November 5 — 1849-07C

First two trips sold out, don’t miss this one! Tour the new home of the San Francisco 49ers at Levi’s Stadium in Santa Clara! We’ll enjoy a VIP Private Group Tour and be split into groups for the personalized experience! Stadium tour feature visits to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be a stop on the Plaza level with a photo opportunity in front of the playing field and a field level visit to check out the locker rooms including the Gold Rush locker room. You’ll also receive a complimentary souvenir photo! 49ers Museum included with tour and plus time to visit the 13,000 square foot flagship team store that includes a Levis Shop and several other specialty shops. First, we’ll stop for lunch at a nearby El Torito for an included Taco Bar Buffet (full menu at Activities Desks). There will be a dinner/stretch stop during return trip (on your own). Leave OC at 7:30 AM, return ~ 8:30 PM. \$108. RSVP Now.



Ferry to San Francisco — Union Square

Tuesday, October 21 — 1842-08

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry

Continued on page 61

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Overnight & Extended Travel

Two night stay! Hearst Castle & Cambria Tuesday, October 28-Thursday, October 30 — 1972-07

Highly requested trip to Hearst Castle! Visit Cambria and Hearst Castle with Katrina, your Trip Coordinator. October is one of the best months to visit Hearst Castle as there is usually not any marine layer or fog. Full menu descriptions for included meals available at Activities Desks.



Trip Inclusions:

- Two night stay at Cambria Pines Lodge with hot buffet breakfast each morning
- Hosted Welcome Dinner at hotel with an entrée choice of *Grilled Salmon or Chicken and Apple Pie ala mode for dessert!*
- Lunch at Harris Ranch
- Hearst Castle Tours "Grand Rooms" and "Cottages & Kitchen" or "Upstairs"
- Hearst Castle — "Building the Dream" Film on a five-story screen
- Time to explore village of Cambria & their famous Scarecrow Festival Displays
- Paso Robles Winery Visit "Tobin James Winery" with included box lunch

Leave OC 8:00 AM, Tuesday, October 28, return Thursday, October 30 ~ 6:00 PM. *A signed liability waiver is required for each participant.* **Be aware:** Lots of walking and stairs without handrails at Hearst Castle, accessible tours available. \$404 per person double occupancy. \$542 single. RSVP Now.

Three Night Stay! History Excursion: Getty & Ronald Reagan Presidential Library Museums Wednesday, November 12-Saturday, November 15 — 1970-07

Getaway before the holidays! Join Katrina, your Trip Coordinator, on a tour of the Getty Villa and the J. Paul Getty

Museum along with a visit to the Reagan Presidential Library. Discover the Ronald Reagan Presidential Library and Museum that sits on 100 acres overlooking the Pacific Ocean, includes a docent led tour and a BBQ buffet lunch under the actual Air Force One that flew seven US Presidents! Enjoy free time to tour the plane and other exhibits, including President Johnson's Marine One Helicopter. See a piece of the Berlin Wall, and an exact replica of Reagan's Oval Office. Regardless of your political affiliation, you'll enjoy the historical and educational aspects of this museum. The Getty Villa in Malibu has over 1200 works in 23 galleries with antiquities dating from 6,500 B.C. to 400 A.D. along with beautiful roman style gardens. The Getty Center in Los Angeles has breathtaking views along with exhibits of masterpiece paintings and drawings from the Middle Ages to the Impressionist period, sculptures, antiques, rare books, manuscripts and a 134,000 square foot central garden. Stay at the Best Western Plus Carriage Inn in Sherman Oaks. Included meals: three breakfasts, three lunches and two dinners. Pick-up copy of menus and itinerary outline at Activities Desks. Leave OC at 8:00 AM, November 12, return November 15 ~ 5:30 PM. *A signed liability waiver is required for each participant.* \$570 per person double occupancy. \$743 Single. RSVP Now.



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- **Best in the West — Rib Cook-off**
Thursday, August 28 — 8:30 AM
- **Muir Woods**
Wednesday, September 3 — 8:30 AM
- **San Francisco 49ers Levi's Stadium Tour**
Tuesday, September 16 — 7:30 AM
- **San Francisco 49ers Levi's Stadium Tour**
Thursday, September 18 — 7:30 AM
- **Tour of Floating Homes**
Saturday, September 20 — 8:30 AM

Continued on page 63

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Art

Coming on Saturday, September 13, 9:00 AM-8:00 PM "Students Art Exhibit." Come support our art students here at Sun City Lincoln Hills when they show off their artwork completed in class. Meet three of our excellent art instructors: Marilyn Rose (Oils and Acrylics), Barry Jamison (Painting Pastels and Oils), and Barbara Bartling (Spanish Oil Painting), and learn more about their wonderful classes.

—Drawing—

Beginner Drawing

Thursdays, September 11-25 — 132214-08

9:00 AM-12:00 PM (OC). \$39 (three 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 is a full-time artist with a focus on landscape and figures. Request supply list at registration. RSVP by 9/4.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, September 3-24

9:00-11:30 AM Class — 113114-08

Or 1:30-4:00 PM Class — 113214-08

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 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 stu-



dents' 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. Call Marilyn at 409-0397 with any question, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 8/27.

Painting Pastels and Oils with Barry Mondays, September 8-29 — 105114-08

9:00-11:30 AM (OC). \$52 (four sessions).

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 9/1.



—Mix Media—

Mixed Media for Painters

Mondays, September 8-29 — 143114-08

1:30-4:30 PM (OC). \$52 (four sessions).

\$4 supply fee. Instructor: Bonnie Armstrong. We use acrylic water-based paints, media, and additives. Theme for the month is Books. Samples will feature Mixed Media applications to altered and accordion books. Weeks 1 & 2: Tips and techniques for altering old books. Weeks 3 & 4: Making new, small accordion books. You do not have to have taken introductory course to enroll, and artists of all levels of experience are welcome. Bonnie Armstrong is a lifetime-credentialed community college instructor of art and design. RSVP by 9/1.



—Watercolor—

Beginner Watercolor Painting

Thursdays, September 4-25 — 132114-08

1:00-4:00 PM (OC). \$52 (four 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 basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the



Continued on page 65

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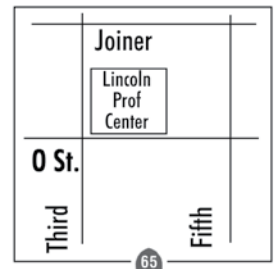


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Bridge

Competitive Bridge (Intermediate Level)

Thursdays, September 11-October 30 — 164114-07

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$75 (eight sessions). **Prerequisite:** Proficiency in the principles taught in the Bridge Plus Class. This class will focus on the competitive aspects of the game. It will include competitive bidding and strategy such as balancing, sacrificing, and leads. The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited. RSVP by 9/4.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, September 3-24 — 206114-08

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 8/27.



Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. 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, September 2-30 — 212114-08

1:00-4:00 PM (OC). \$67 (five 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 8/26.



Advanced Ceramics

Tuesdays, September 2-29 — 212214-08

9:00 AM-12:30 PM (OC). \$67 (five 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 8/26.

Ceramics — All Levels

Thursdays, September 4-25 — 221114-08

1:00-4:00 PM (OC). \$54 (four sessions). 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 8/28.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

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

Continued on page 66

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—

Intro to Card Making 101

Tuesdays, September 9-30 — 317114-08

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign up early to reserve your space. All supplies will be provided. RSVP by 9/2.



Card Making Level 2 — Intermediate

Tuesdays, September 9-30 — 317414-08

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. RSVP by 9/2.



Card Making Level 3 — Intermediate-Advanced

Mondays, September 8-29 — 317214-08

Or Fridays, September 5-26 — 317224-08

9:00 AM-12:00 PM. (KS) \$38 (four sessions) Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or have instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines much more. Class size is

limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided. RSVP by 9/1 or 8/29.

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, September 2-30 — 332114-08

10:00-11:00 AM (KS). \$35 (five sessions). Instructor: Janice Hanzel. Low Impact, not as hard as you think. No new students unless you already know how to clog and need a refresher. *Brand New Beginners* starts January 2015. Come dance and learn Beginning clogging. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended. RSVP by 8/26.



Easy-to-Intermediate Clogging

Tuesdays, September 2-30 — 332214-08

11:00 AM-12:00 PM (KS). \$35 (five 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 8/26.

Intermediate Plus Clogging

Tuesdays, September 2-30 — 332314-08

12:00-1:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **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 8/26.

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, September 8-29 — 344214-08

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

Continued on page 69

BREAST CANCER AWARENESS 5K FUN RUN/WALK



WEDNESDAY
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2014

The race will start at 8:00 AM at Orchard Creek Lodge in front of the Fitness Center and it will end at the Farmers Market. Come join us for a fun 5k run to benefit Breast Cancer. **Please meet at the Orchard Creek Parking Lot at 7:45 AM**

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A 5K is just over three miles - it's not that much further than when you walk your dog, go sightseeing, or go on a shopping trip. **This is not a competitive race** and all levels are welcome. Training is available in September. For details, see 5k training in the Compass.



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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 9/1.

Country Couples Western Dance Beginner/ Intermediate Level Three & Four

Mondays, September 8-29 — 344414-08

8:00-9:00 PM (KS). \$20 (four 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. Dances to be taught "A Love Worth Waiting 4," and "Talk to Yo MaMa." RSVP by 9/1.



—Dancing with Dolly—

Ballet/Lyrical

Thursdays, September 4-25 — 353564-08

5:00-6:30 PM (OC Fitness). \$50 (four 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 intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP by 8/28.



Performance Dance

Fridays, September 5-26 — 353574-08

2:00-3:30 PM (OC Fitness). \$50 (four 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 8/29.



—Hula—

Hula

Thursdays, September 11-25 — 390214-08

1:15-2:15 PM (KS). \$24 (three 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, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474. RSVP by 9/4.



—Jazz—

Jazz Class for the Beginner

Thursdays, September 4-25 — 353014-08

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP by 8/28.

Jazz Technique 2

Tuesdays, September 2-30 — 353114-08

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance. RSVP by 8/26.



—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

Continued on page 71



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Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, September 8-29 — 360014-08**
4:00-5:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 9/1.
- **Thursdays, September 4-25 — 370014-08**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 8/28.

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, September 8-29 — 370114-08**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 9/1.
- **Mondays, September 8-29 — 370124-08**
6:00-7:00 PM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 9/1.
- **Thursdays, September 4-25 — 360114-08**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 8/28.
- **Fridays, September 5-26 — 380114-08**
12:00-1:00 PM (KS). \$24 (four sessions).
Instructor: Sandy Garetto. RSVP by 8/29.

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, September 8-29 — 360214-08**
5:00-6:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 9/1.
- **Wednesdays, September 3-24 — 380214-08**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor:
Sandy Garetto. RSVP by 8/27.

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, September 3-24 — 380314-08**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Garetto. RSVP by 8/27.

- **Thursdays, September 4-25 — 360314-08**
3:30-4:30 PM (KS). \$24 four sessions).
Instructor: Audrey Fish. RSVP by 8/28.

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 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 Garetto**

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

Tuesdays, September 2-30 — 410114-08
9:00-10:00 AM (KS). \$40 (five sessions).
This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins



Continued on page 72

every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP by 8/26.

Advanced Performance

Mondays, September 8-29 — 410714-08
12:00-1:00 PM (KS). \$32 (four sessions). RSVP by 9/1.

Technique Classes

- **Advanced Technique Class**
Mondays, September 8-29 — 410514-08
11:00 AM-12:00 PM (KS) \$32 (four 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 9/1.
- **Technique Classes**
Tuesdays, September 2-30 — 410524-08
10:00-11:00 AM (KS). \$40 (five sessions). RSVP by 8/26.
Thursdays, September 4-25 — 410534-08
11:00 AM-12:00 PM (KS). \$32(four sessions). RSVP by 8/28.

Tap for Fun with Judy

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



- **Mondays, September 8-29 — 420114-08**
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 9/1.

—West Coast Swing—

Beginning West Coast Swing

Wednesdays, September 3-24 — 318114-08
7:00-8:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP by 8/27.

Intermediate I and II West Coast Swing

Wednesdays, September 3-24 — 318214-08
6:00-7:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variation of West Coast Swing and have attended the “beginning West Coast Swing class and or have the instructor’s approval. RSVP by 8/27.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, September 8 — 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.



Stained Glass

Monday, September 8-22 — 494114-07
1:00-4:00 PM, Sierra Room (KS). \$43 (three weeks). \$10 supply fee payable to instructor. Instructor: Jim Fernandez. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher and other projects. No open toe shoes. Class is also open to more experienced students. Instructor will evaluate students’ skill level on the first day of class for proper project to be done by student. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working & teaching at Citrus Heights Stained in Roseville. RSVP by 9/1.



Jewelry

It’s not too early to think about the holidays! And that means gifts! The Jewelry classes for September and early October are geared toward relatively fast and easy projects, perfect for gifts. Why not give unique gifts that you’ve made this year? For ladies of all ages, unique jewelry can fit the bill. If you are tired of shopping and fighting crowds, consider taking a beading class or two that will give you the skills to make your own gifts! Samples for each project below are available at both Lodges to help spark your creativity. All classes will provide a supply list.

Rainbow Bangle

Tuesday, September 9 — 513314-08
9:00 AM-12:00 PM (KS). \$20 (one session). Instructor: Cathie Szabo What fun! And what a great idea for gifts that’s fast and easy to do! And so simple — if you can string beads, you can do this! Beads of all shapes and colors wind around permanently coiled wire. No worries the bangle won’t fit — one size definitely works for all. For those new to beading/jewelry, Cathie will have kits made up with all the goodies



Continued on page 75

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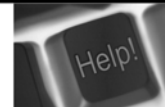
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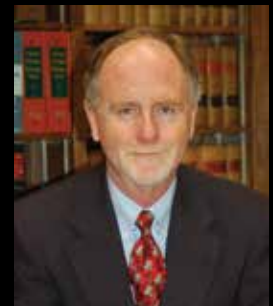


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needed for \$10. For beader's with a stash, there'll be memory wire available for purchase. For all, there'll be extra kits if you want to make more than one for gifts or for yourself. Be sure you get the proper materials list when you register — look for the name and code # for Rainbow Bangle as well as the photo of the bangle. RSVP by 9/2.

Swag Necklace

Tuesdays, September 16 & 23 — 513414-08

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Another gift idea! Gently cascading swags flow from a chevron band. It looks luscious and regal, but is easy to do — just one easily learned beading technique. Looking for a special gift idea for someone? Or think this is the look for you? The swag necklace is a great answer. Project is perfect for experienced beaders as well as those new to beading who can handle smaller beads or who are sewers. Be sure you get the proper materials list when you register — look for the name and code # for Swag Necklace as well as the photo of the necklace. RSVP by 9/9.



Pyramid Bracelet

Tuesday, September 30 — 513514-08

9:00 AM-12:00 PM (KS). \$20 (one session). Instructor: Cathie Szabo. Pyramid power on your wrist. Super cute pyramid shaped beads are the focus of this bracelet. Simple enough for beginners, and gives the “old pros” a chance to work with this new bead shape! Choose “regular size” pyramids or little “mini pyramids” perfect for grandkids, maybe? Go for a single line of pyramids or double or triple the bands for a real statement piece. 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 Pyramid Bracelet as well as the photo of the bracelet. RSVP by 9/22.



Tila Waves Necklace

Tuesday, October 7 — 513614-08

9:00 AM-12:00 PM (KS). \$20 (one session). Instructor: Cathie Szabo. For that person who likes a different look. Intriguing, yet easy to do. Two-hole Tila beads zig and zag their way the length of the necklace. Two needles at either end of the thread keep all the beads in line and shape the necklace. Both beginners and advanced beaders can do this project. 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 Tila Waves Necklace as well RSVP by 9/30.

Movies

Disney — The Art of the Animated Movie Musical Wednesday, August 27-September 24 — 521314-07

9:30-11:30 AM (KS). \$25 (four sessions; no class September 10.) Instructor: Ray Ashton. Have you ever wondered how Walt did it? How did he create all that “magic”? Join us this fall for an incredible journey back to the creation of the first animated movie musicals. We will discover the man, the music, and the people who helped him to inspire generations. In Part One, we will travel from 1901 in the “Heartland of America” all the way to 1964 and Walt’s ultimate live action/animated masterpiece, “Mary Poppins.” Along the way we will revisit and understand that these classics are not just “kid’s movies” but are beautifully crafted to help all of us rediscover “the child within.” Join us as we present Disney — The Art of the Animated Movie Musical. RSVP by 8/20.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, September 3-24 — 535114-08

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 8/27.



Guitar 2B — Guitar Intro Continuation

Wednesdays September 3-24 — 535214-08

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

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Guitar III — Intermediate

Thursdays, September 4-25 — 535314-08

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini.

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 8/28.



Guitar IV — Advanced

Thursdays, September 4-25 — 535414-08

10:00 AM-12:00 PM (OC). \$35 (four 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 8/28.

—Voice—

Beginner Singers Vocal Boot Camp

Fridays, September 5-26 — 536114-08

8:30-10:30 AM (KS). \$35 (four 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 8/29.



Singer Vocal Boot Camp Continuation

Fridays, September 5-26 — 536214-08

10:30 AM-12:30 PM (KS). \$35 (four 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 8/29.

Sewing

Bernina Serger Certification

Monday, September 8 — 591114-08

1:00-2:00 PM (OC). \$15 Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP by 9/1

Bernina Sewing Machine Certification

Monday, September 8 — 592114-08

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 9/1.



Janome Sewing Machine Certification

Monday, September 8 — 593114-08

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 9/1.

Technology

—General—

RoboForm

Friday, August 29 — 286514 -08

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. RoboForm is a password management and form filling program that automates password entering and form filling. Your RoboForm Master Password is the only password you must remember. When you first login to a website, RoboForm saves your login information. Once RoboForm has remembered your login information, when you revisit a website RoboForm logs you in automatically. RoboForm securely stores your personal information like names, addresses, and credit card information in order to fill web forms automatically. One \$9.95/year license allows you to use RoboForm on all of your Windows, Mac, and Linux computers and iOS, Android, and Windows mobile devices. RSVP by 8/22.



Google Chrome

Thursday, August 28 — 288214 -08

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is



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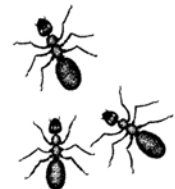
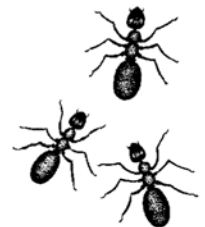


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Getting Most Out of Gmail

Tuesday, September 2 — 285314-08

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. 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 8/26.



—Social Media—

Facebook 101

Saturdays, September 13 & 20 — 272114-08

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



—PC—

Tips & Tricks for Beginning PC Users

Thursday, September 4 — 282114-08

9:30-12:00 AM (OC). Instructor: Bob Ringo. \$15. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and

tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP by 8/28.

More Tips & Tricks for Beginning PC Users

Thursday, September 11 — 282214-08

9:30-12:00 AM (OC). Instructor: Bob Ringo. \$15. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP by 9/4.



Windows 8.1 Training and Tips

Wednesday, Thursday & Friday

September 17, 18 & 19 — 295114-08

1:00-3:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, touch-screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop features as Windows 7, it introduces "Start Screen" features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 and navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and to transition from your old system to Win 8.1. Rita will teach you how to use built-in applications (apps) and download more from the store. *Bring your 8.1 (with latest upgrade) laptop if you have one.* Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP Now or by 9/10.



Word Phase One

Mondays & Wednesdays, September 15 & 24 — 292114-07

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class provides you with some of the basic features of Microsoft Word 2007 plus the "good stuff." It will introduce new shortcuts and tips. We will cover auto correct; format paintbrush; show hide mark; smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting: line spacing, bullets, alignments and indents,



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borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. No special prerequisites for this class. RSVP by 9/8.

Word Phase Two

Mondays & Wednesdays, October 6,8,13 &15 — 292214-08
 9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class will provide the student with additional practice with Word 2007. We will explore the advanced feature of Word, such as integrating text and graphics, using smart art, styles, section break, creating flyers, brochures, special labels, and tables. These are some of the topics we will cover, and as always instructor will provide tips and shortcuts to do some tasks that previously seemed daunting. **Prerequisite:** Lots of practice with Microsoft Word, or Word Phase one or Word Basics. RSVP by 9/29.

—Photo & Movies—

How to Use your Digital Camera

Tuesdays, September 30, October 7&14 — 266214 -08

12:00 -2:30 PM; October 14 class, 11:30 to 2:00 (OC). Instructor: Roy Salisbury \$45 (three sessions). Are you tired of not knowing how to use your digital camera? Take this class! Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, as well as what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. RSVP by 9/23.



Training

—Driver Training—

AARP Driver Safety Training

Saturday, September 20 — 481114-08

9:00 AM-1:30 PM (OC). One-day refresher class. Fee: \$20/\$25 (AARP member/non-member). Instructor: Paul Jessen. Fee includes a 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. You must have attended the full eight-hour



class in the past in order to qualify to attend "refresher" training. You must present your AARP membership card at registration and bring it 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 9/13.

Dog Training—

Dog Training – Introductory Lecture

Wednesday, September 24 — 483014-08

12:00-2:00 PM (KS) \$31.

Instructor Cindy Smith, CNWI. The lecture will introduce you to Lead Trainer, Owner, and Certified Nose Work Instructor of The Right Steps Dog Training. This lecture is a prerequisite to taking the five-week Group Training Class. This is your opportunity to meet your Trainer and learn her style before taking the group class. Sample topics 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 can affect dog behavior. Lecture is followed by a brief Q & A. Lecture will **not cover:** Aggression and/or Reactivity Issues. To learn more about your Trainer: http://www.therightsteps.com/about_us.html. RSVP by 9/17.



Dog Group Training Class

Wednesdays, October 1-29 — 484014-08

9:30-10:30 AM (Sports Pavilion). \$155 per dog (five sessions). Instructor Cindy Smith, CNWI will introduce you to the fun exciting world of Positive Reward Based Dog Training. **Prerequisite:** Dog must be five months old or older and owner has completed the Dog Training Introductory Lecture. The Basics: Begin learning 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. Space is limited to seven dogs. Excluded: These classes are not appropriate for dogs with dog and/or human aggression/leash reactivity issues. Dogs attending must be dog and people friendly/safe working on leash around other dogs and people. To learn more about your Trainer: http://www.therightsteps.com/about_us.html. RSVP by 9/24.



Continued on page 82

WellFit

Classes fill up quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.

Register for these classes at the Fitness Centers starting August 17 at 10:00 AM.

WellFit Orientations

Free Orientation: 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 a select number of equipment safely and properly! Orientations are designed to educate you on all of our offerings the WellFit department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Wednesday, August 20 — 700100-KS**
3:00-4:00 PM, Fitness Floor (KS)
- **Thursday, August 28 — 700100-KT**
4:00-5:00 PM, Fitness Floor (KS)
- **Tuesday, September 9 — 700100-KU**
10:00-11:00 AM, Fitness Floor (KS)
- **Monday, September 15 — 700100-KV**
9:00-10:00 AM, Fitness Floor (KS)
- **Thursday, September 25 — 700100-KW**
3:00-4:00 PM, Fitness Floor (KS)
- **Thursday, September 4 — 700100-WU**
11:00 AM-12:00 PM, Fitness Floor (OC)
- **Thursday, September 18 — 700100-WV**
2:00 -3:00 PM, Fitness Floor (OC)
- **Tuesday, September 23 — 700100-WW**
3:00-4:00 PM, Fitness Floor (OC)

Class Levels

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 & Tuesday, September 22 & 23 — 750000-09

8:00-9:30 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.



Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.

Diabetes Exercise Program (DEP 1)

Monday & Wednesday, August 25-October 1 — 878000-06

3:00-4:15 PM, Aerobics Room (OC). Six-week program, \$99. This class is especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as 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 everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels even hours after you've stopped exercising. Secondly, 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 are that 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, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar levels before and after class. Please bring your blood glucose monitor to every class.

Arthritis Class L2

Tuesdays, September 2-30 — 803000-09

Wednesdays, September 3-17 — 805000-09

Thursdays, September 4-18 — 803100-09

Fridays, September 5-19 — 801000-09

Tuesdays & Thursdays 11:05 AM-12:05 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesdays, \$30 (four sessions, no class September 23) Wednesdays, Thursdays & Fridays \$22.50 (three sessions; no class September 23-26) 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.



Qigong (“chee-gong”) L1

Thursday, September 4-25 — 820706-09

1:00-2:00 PM, Aerobics Room (KS). \$30 (four sessions)
 Instructor: Sherry Remez. *Activate your inner resources for profound wellness, emotional balance and energized longevity.* Learn 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, easy methods proven to increase life energy (CHI / “chee”). Become proficient in employing energetic wellness tools, including: Compassion, Guided Meditation, Gentle movement, Gratitude, Letting-Go, Word Power, and Humor. Methodology is approved by Kaiser Permanente, the Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medicine and Disease Prevention, and the Veterans Administration. Join Sherry, a 29-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level.

Lessons

Pro Tennis Lessons

Sundays, September 14-October 19

Beginner 8:00-8:50 AM — 790700-09

Intermediate 9:00-9:50 AM — 790600-09

Advanced 10:00-10:50 AM — 790500-09

Courts #10/11. \$75 (six sessions). Instructor: Mike Garetto. 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.



Aqua Yoga L1

Monday September 8-29 — 832001-09

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions; no class on September 1).
 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.

Aqua Pilates L1

Wednesdays, September 3-24 — 832011-9A

Fridays, September 5-26 — 832011-9B

12:30-1:30 PM, Indoor Pool (OC). Wednesdays \$32 (four sessions); Fridays \$32 (four sessions). Instructor: Joanie Martin. The pool has become a new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions — standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

Evening Hatha Yoga L2

Tuesdays September 2- 30 — 711000-09

6:00-7:15 PM, Aerobics Room (KS). \$55 (five 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 and challenging class.

Healing Yoga and Meditation L1

Thursdays, September 4-18 — 711100-09

6:00-7:30 PM, Aerobics Room (KS). \$33 (three sessions, no class September 25).
 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.



Extra Gentle Yoga L1

Tuesdays, September 9-30 — 710000-09

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

Continued on page 84

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.

Traditional Hatha Yoga L2

Tuesdays, September 9-30 — 710100-09

Thursdays, September 4-25 — 710120-09

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 wellbeing after this class.



Yoga for Osteoporosis L1

Mondays, September 1-22 — 711200-09

Fridays, September 5 - 19 — 710200-09

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Mondays \$44 (four sessions, no class September 29); Fridays \$33 (three sessions, no class September 26). 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. Enrollment limited to 10 per class.

Tai Chi L1

Tuesdays, September 2 - 30 — 730100-09

Saturdays, September 6-27 — 730200-09

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$50 (five sessions); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC) \$40 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and 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.

Tai Chi Intermediate L2

Saturdays, September 6-27 — 730300-09

10:00-11:00 AM, Aerobics Room (OC). \$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. The 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. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels.



Tai Chi Advanced L3

Tuesdays, September 2-30 — 730400-09

2:45-3:45 PM Aerobics Room (KS). \$50 (five sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

Personal Growth

Programs that provide learning and development in areas of life that are unique to each individual.

Breast Cancer Awareness 5k Fun Run

Wednesday, October 15 — 820919-BR

8:00 AM, OC Fitness Center entrance, ending at the Farmers Market. (\$15) includes t-shirt and bracelet. Come join us for a fun 5k run to benefit Breast Cancer awareness. A 5k is just over three miles. This is not a competitive race and all levels are welcome. Training is available with registration, see 5k training below.



5k Training

Thursday September 4-October 9

8:30-9:30 AM, OC Fitness Center entrance. Six sessions. Have you ever wanted to become a runner? Now's your chance to go from the couch to running a 5k in a matter of weeks! Participants will embark on a guided training schedule based on the Jeff Galloway training with the coaching of experienced runner Carol Zortman. We will start off slow with a combination of walking and running and before long you will be running farther than you ever thought possible. Training will culminate in the running of the Breast Cancer Awareness Fun Run on October 15.

Continued on page 87

Whisper



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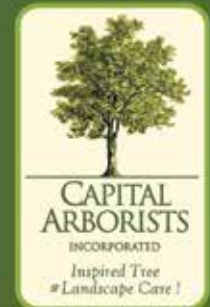
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Self-Defense and Martial Arts

Tuesdays, September 2-30 — 815000-09

6:00-7:30 PM, Aerobics Room (OC). \$60 (five sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to 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.



Wai Dun Kun

Fridays, September 5-26 — 731000-09

11:30 AM-12:30 PM, Aerobics Room (KS). \$24 (four sessions). Instructor: Joan J. Chien. Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kun for 30 to 45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

The Sudoku Series

Tuesday, August 19 — 870000-08

Tuesday, September 23 — 870000-09

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from August to December, 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. The instructor 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. September will build on the basics of August by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves.



—Nutrition—

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management

Implementing Dietary Recommendations

A series of three classes will be presented by Renee Charleston, Registered Dietitian on practical application of the three main dietary recommendations for diabetes, cancer and heart disease. Guidelines for these three main

chronic diseases, plus recommendations for improved health include three key steps — *eat more fruits and vegetables, eat more whole grains, and use healthier protein sources* (focusing on plant proteins). Each class will be two-hours and follow a participatory format. Sign up for one or all three. The classes will include:

- **Define It — what exactly is the recommendation and the foods involved**
- **Fix It — food preparation strategies and tasty recipes**
- **Mix It — how to incorporate new foods into your lifestyle**

Whole Grains

Tuesday, August 19 — 860000-8B

1:00-3:00 PM, Multipurpose Room (OC). \$25 Instructor: Renee Charleston, Registered Dietitian. Whole Grains: We will define what “whole” grains are and how to prepare them in tasty dishes.



Proteins

Tuesday, August 26 — 860000-8C

1:00-3:00 PM, Multipurpose Room (OC). \$25 Instructor: Renee Charleston, Registered Dietitian. Healthy Proteins: If you are confused about what the healthiest sources of protein are, we will look at this issue and present ideas for how plant based proteins can be incorporated in your diet.



Fruits and Vegetables

Tuesday, September 2 — 860000-8D

1:00-3:00 PM, Multipurpose Room (OC). \$25 Instructor: Renee Charleston, Registered Dietitian. Let's look at ideas to incorporate more fruits and veggies in your diet in fun, nutritious ways.



Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future

Pros and Cons of Annuities

Tuesday, August 19 — 870000-08A

Tuesday, September 23 — 870000-9A

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Arguably one of the most controversial products, we will explore the positive and negative aspects of annuities. Are they right for you and your long term investment plan, what is guaranteed and what is not, and how to truly understand them?



Let's Talk About Advance Health Care Directives

Tuesday, September 30 — 863100-09

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. Instructor:

Continued on page 89

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Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.

Getting Your Stuff Together: Organizing Your Estate Thursday and Friday, September 4 & 5 — 863000-09

9:00 AM-12:00 PM, Oaks & Gables (OC) \$30 for both sessions + \$25 material fee paid to the instructor on the 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.



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.

Classes fill quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.

SGT — TRX Express L1 Mondays & Wednesdays, August 20-September 29 — 835210-A9

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions; no class September 1, 3, 8, or 10). 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.

SGT — TRX Express L2 Tuesday & Thursdays, August 21-September 30 — 835211-A9

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class August 28, September 2, 4, or 9). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT — TRX Interval Training L3 Mondays & Wednesdays, August 20-September 29 — 835800-A9

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 9/1, 9/3, 9/8, 9/10). 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!

SGT — Fit 101 L1 Mondays & Wednesdays, September 3-29 — 835500-A9

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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 format is a great opportunity to work with a trainer and meet friends that share the same fitness goals.



SGT — “Fun”ctional Fitness L3 Tuesdays & Thursdays, August 21-September 18 — 835600-A9

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class on September 2). 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

Continued on page 91

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the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged.

SGT — Bootcamp L2

**Tuesdays & Thursdays,
September 2-25 — 835300-A9**

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging small group training 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.



SGT — Morning Burst Bootcamp L2

Mondays & Wednesday, September 3-29 — 835300-B9

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). 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!

SGT — Bootcamp L3

Mondays & Wednesdays, September 3-29 — 835400-A9

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions). 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.



SGT — Healthy Back L1

Monday & Wednesday, September 3-29 — 835700-A9

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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.

SGT — Healthy Back L2

Mondays & Wednesdays, September 3-29 — 835701-A9

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). 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.

New! SGT — Balance & Fall Prevention L1/L2

Mondays & Wednesdays, September 3-29 — 835710-A9

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.



—Pilates Reformer Section—

Prerequisite: All Pilates Reformer classes require a prerequisite of one introductory class. You can register for SGT – Introductory Reformer Session L1 online or at the fitness centers.

Classes fill up quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A9

Fitness Floor (KS). \$30 (one session). Instructors: Robert Sanchez, Janine Colson, Joanie Martin, Domine Trosky, Terri Alba 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.



SGT — Reformer Basics L1

Mondays & Fridays, September 15-October 13 — 835120-A9

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions; no class 9/26). Instructor: Paula Ainsleigh.

Monday & Wednesday, September 3-29 — 835120-C9

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson.

Monday & Wednesday, September 3-29 — 835120-D9

2:30-3:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba.

Tuesday & Fridays, September 2-26 — 835120-B9

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

Continued on page 93

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body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT — Total Body Reformer L2

Monday & Wednesday, September 3-29 — 835181-09

Monday & Wednesday, September 3-29 — 835181-09

12:30-1:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson. This class builds on the foundations Reformer Basics L1. The emphasis will be on the total body workout including core strength flexibility, improved posture, balance and overall strength. A new and more challenging format as well as pilates props will be used.

SGT — Bootcamp Reformer L2

Tuesday & Thursday, August 26-September 25 — 835100-A9

3:00-4:00 PM, Fitness Floor (KS). \$135 (eight sessions; no class September 2 or 4). Instructor: Eve Webber. This class builds on Reformer L1 using more intense exercises, the TRX, medicine balls and more! Have fun while taking your workout to the next level.

SGT — Reformer Intermediate L2

Tuesday & Thursday, September 2-25 — 835130-D9

7:30-8:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

Tuesday & Thursday, August 26-September 18 — 835130-C9

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.



SGT — Total Body Reformer L3

Tuesday & Thursday, August 26-September 25 — 835170-A9

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class September 2 or 4). Instructor: Eve Webber.

Tuesday & Thursday, August 26-September 25 — 835170-B9

11:30-12:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class September 2 or 4). 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.

SGT — Fit for Golf L2

Monday & Wednesday, September 3-29 — 835180-A9

8:30-9:30 AM Fitness Floor (KS). \$135 (eight sessions). 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.



New! SGT — Cardio Jump Reformer L2

Tuesdays & Thursdays, September 2-25 — 835131-09

9:30-10:00 AM, Fitness Floor (KS). \$70 (eight sessions). Instructor: Terri Alba. Looking for a great cardio workout? This might be the only one you can do in the same position you sleep in! The Cardio Jump class creatively integrates Reformer and cardio exercises keeping your joints healthy while getting the benefits of a high impact workout in a low to no impact position. Jump raises your heart rate while strengthening glutes, abdominals, legs and arms but doesn't put the stress on your body that other forms of cardio can. Activate and strengthen your core, and increase your coordination via the reformer jump board.

SGT— Bootcamp Reformer L3

Mondays & Wednesdays,

August 25-September 24 — 835140-A9

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions; no class September 1 or 3). 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.



SGT— Special Populations Reformer L1

Mondays & Wednesdays,

August 25-September 24 — 835160-A9

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class September 1 or 3). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain, improve lung and heart health for these special populations.

SGT — Special Populations Reformer L2

Tuesdays & Thursdays,

August 26-September 25 — 835150-A9

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions;

Continued on page 95

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no class September 2 or 4). 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.

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.

Punch Pass Class Descriptions

Please see the color grids on the following pages for days and times. Purchase a Punch Pass for these classes. Each class is \$3.50.

20/20/20 L3: Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all of the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

ARTHRITIS FOUNDATION AQUA CLASS L1: This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter, you can't miss with this class!

ARTHRITIS FOUNDATION LAND CLASS L1-L2: This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!

BALANCE EXPRESS L1: A 30-minute class designed to help improve balance. Class is taught as a group with the use of a chair and guided balance stations.

BARRE L2: Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.

BASIC BODY CONDITIONING L1: If chair class is too easy for you, but you aren't ready for regular aerobics, 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: Join us for ten-minute intervals of easy to follow cardio moves to music with five-minute intervals of balance, strength and toning exercises.

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!

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!

CYCLE-N-SCULPT L2: Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for intervals of cycling mixed with strength intervals using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

DIABETES EXERCISE PROGRAM (DEP2) L1: Diabetes Exercise Program 2 is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program 1 or another education-based diabetes class. DEP2 is 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!

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EVERYBODY CAN AEROBICS L2: This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total 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!

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!

MIND TRAINING FOR SLEEP: This class is a guided meditation. It's a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

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!

PILATES FIT L2: The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates Fit. You will feel the benefits after your first workout and keep them for a lifetime.

PILOGA L2: 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.

PILOGA FLOW L2: 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. Ahhh!

PLATINUM-WATER IN MOTION L2: 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 with easy to learn choreography.

POWER VINYASA L3: Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

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 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. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

STICKS & MORE L2: This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend thirty minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

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 BOOTCAMP (OUTSIDE CLASS) L3: This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. Enjoy the sunshine while getting a great workout!

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.

YOGA, BEGINNING L1: 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, fun-filled hour of basic yoga postures and deep breathing exercises.




YOGA BASICS L1: 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.

YOGA L1/L2: This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

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 L1/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.

OC Aqua WellFit Class Schedule August 15 - September 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	 Platinum L2 Annamarie		 Platinum L2 - Annamarie		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	 Platinum L2 Lisa		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marie		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Joanie		Aqua Pilates 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)

Group Exercise (punch card) \$3.50

* New instructor

** New Class

OC WellFit Class Schedule August 15 - September 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1 - TBA		Stretch Exp. L1 - Jeri		
8:00	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - TBA	Step It Up L3 - Kim	Low Impact L3 - Jeri	Low Impact L3 - Jeri	
9:00	***Low Impact L3 - Jeri <i>Undertaken notice</i>	Core & Strength L2 - Julia	Zumba L3 - Andi	Core & Strength L2 - Julia	Step & Sculpt L2 - Jeri	Yoga Basics L1 - Susan	Cardio Strength L3 - Kim
10:00	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Ashley	**Sticks & More L2 - Lin	Yoga Flow L2 - Ashley	**20/20/20 L3 - Domine	Tai Chi L2 - Peli	Zumba L3 - Carrie
11:00	Piloga L2 - Lola	11:05-12:05 Arthritis L2 - Lin	Piloga L2 - Lola	11:05-12:05 Arthritis L2 - Lin	Piloga L2 - Lola	Tai Chi L1 - Peli	
12:00	Basic Low Impact L1 - Terri	12:45-1:45 Extra Gentle Yoga L1 - Julie	Arthritis L1/2 - Lin	AF Land L1-L2 12:45-1:30 Marie	Arthritis L1/2 - 12:00-12:55 Lin		
12:45	Chair with Flair L1 - Terri		Chair with Flair L1 - Kathryn		Basic Chair L1 - Lola		
1:00							
2:00	***SGT - Balance & Fall Prevention L1 - Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie	***SGT - Balance & Fall Prevention L1 - Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie	Activities	SCLH Booking	
3:30	3:00-4:15pm Diabetes 1 - Annamarie	Diabetes (DEP 2) L1 Annamarie	3:00-4:15pm Diabetes 1 - Annamarie	Diabetes (DEP 2) L1 Annamarie			
4:00			**Barre L2 Terri				
5:00	Zumba L3 - Andi		**Zumba Gold L2 - Joanie	Activities			
6:00	Yoga for Osteo L1 - Susan	Self Defense - Paul					
7:00							
8:00							

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)

Small Group Training (session based)

* New instructor

** New Class

KS WellFit Class Schedule August 15 - Sept 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			6:15am SGT- Bootcamp L2- Robert		6:15am SGT- Bootcamp L2- Robert							
7:00			Mixed Level Cycle L2 - Deanne		Mixed Level Cycle L2- Deanne							
7:30	7:15-8:15am SGT - Morning Burst Bootcamp L2 - Lisa	SGT - Ref. The Basics L1- Pault	SGT -Ref. Intermediate L2 Robert	SGT - Morning Burst Bootcamp L2 - Lisa	SGT -Ref. The Basics L1- Robert	SGT -Ref. The Basics L1- Pault						
8:30	Everybody Can L2 - Jeannette	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3 - Annmarie	Power Vinyasa L3 - Deanne	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3- Annmarie						
9:30	Strictly Strength L3 - Roman	SGT - Ref Special Pop. L1 - Eve	Strictly Strength L2 - Lin	***SGT-Ref. Jump Board- Terri	SGT - Ref. The Basics L1- Janine	Strictly Strength L2- Lin						
10:30	Strictly Strength L2 - Jeri	SGT-Ref. The Basics L1- Janine	Piloga Flow L2 - Joanie	SGT Ref. Total Body L3- Eve	SGT -Ref. The Basics L1- Janine	Pilates Fit L2 - Domine						
11:30	SGT - Healthy Back L1- Kathryn	SGT- Ref.Bootcamp L3 Eve	12:00pm SGT- Functional Fit L2- Deanne	SGT Ref. Total Body L3- Eve	SGT - Healthy Back L1-Kathryn	12:00pm SGT- Functional Fit L2- Deanne						
12:30	SGT - Fit 101 L1- Robert	**SGT- Total Body Reformer L2- Janine	SGT - Ref. Intermediate L2- Domine	SGT - Fit 101 L1- Robert	**SGT- Total Body Reformer L2- Janine	SGT - Fit 101 L1- Robert						
1:30	Begin. Yoga L1- Susan		Tai Chi L1- Pelf	1:30-2:45pm Mind Training for Sleep L1-Iram	1:00pm QiGong L1 - Sherry	1:00pm QiGong L1 - Sherry						
2:30	SGT - TRX Interval L2- Julia	*SGT - The Basics L1 Terri		SGT - TRX Interval L2- Julia	Basic Conditioning L1 Kathryn							
3:30	SGT - TRX Express L1- Julia		Tai Chi L3 (2:45-3:45)- Pelf	3:00PM SGT -Ref. Boot Camp L2 Eve	SGT - TRX Exp. L1- Julia	3:00PM SGT -Ref. Boot Camp L2 Eve						
4:00	SGT Healthy Back L2- Kathryn		SGT - Ref. Special Pop. L2-Eve	SGT Healthy Back L2-Kathryn		SGT - Ref. Special Pop. L2-Eve						
5:00	SGT - Bootcamp L3- Lisa		SGT - TRX Exp. L2-Julia	SGT - Bootcamp L3 - Lisa		SGT - TRX Exp. L2-Julia						
5:30			Evening Yoga Flow L2- Susan		Healing Yoga & Meditation L1 - Susan							
6:00												
7:00												

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)

Small Group Training (session based)

* New Instructor

** New class



Internet Security Basics: Tips to Stay Safe Online Thursday, August 21 — Free

3:00-4:30 PM. Ballroom (OC). Presenter: Len Carniato, resident. Using the Internet has become a way of life for most of us, and without it, some would feel isolated and cut off from their friends, family, email, banking, texting, medical and more. With recent security breaches at major retailers like Target, Nieman Marcus and others, internet users must be proactive when it comes to securing their online accounts and passwords. Being careless online is like walking through a bad neighborhood with loose dollar bills! Len will discuss the most recommended and effective ways to lower your risk, protect yourself and avoid having your online identity hacked or stolen.



Got Hormones? Wednesday, August 27 — Free

7:00-8:30 PM. Ballroom (OC). Come learn about two commonly discussed hormone problems — thyroid and testosterone. Dr. Emily Chan is board certified in Internal Medicine and Endocrinology at Kaiser Permanente. She will discuss hypothyroidism (or underactive thyroid gland) including the symptoms, tests and treatment. Also learn about thyroid nodules, which are common but rarely harmful. In addition, Dr. Chan will discuss low testosterone levels in men, explaining the symptoms, diagnosis, and the medical need vs. the pharmaceutical push for treatment.



The Federal Budget: Why is Agreement So Elusive? Thursday, September 4 — Free

9:30-11:00 AM, P-Hall (KS). With tax-and-spend Democrats on one side and slash-everything Republicans on the other, is it any surprise that agreement on the federal budget is so elusive? Or is there more to the deadlock than ideological differences? Richard Fernandez, a Lincoln Hills resident and former policy analyst with the nonpartisan Congressional Budget Office, will discuss the budget realities that make agreement so difficult. Using historical data and future projections, he will show how rising health costs and an aging populace



stymie efforts to balance the budget and challenge views both of what government can do and of how much it must cost.

The Changing Face of America: Children of Immigrants Wednesday, September 17 — Free

2:00-3:30 PM, Ballroom (OC). Join Lincoln Hills resident Judie Fertig Panneton for a presentation about immigrants and the children of immigrants in America. Panneton grew up in Pennsylvania as a child of immigrants, became a journalist and interviewed approximately 50 people who came-of-age in America with immigrant parents. She'll share some of their insights and will also give a brief historical perspective on where and when the waves of immigrants arrived and how that is currently affecting the country's educational system, political outcomes, the business world, and more. Panneton is also the author of two books including *Proud Americans Growing Up As Children of Immigrants*. Time for Q&A will be provided.



Run Silent; Run Deep Wednesday, September 24 — Free

7:00 - 8:30 PM, Ballroom (OC). Vascular disease causes more disability and death than cancer, but can be difficult to diagnosis since many people do not experience any symptoms. Identifying vascular disease in the early stages can reduce the risk of death, heart attack, stroke, limb loss and disability. Sutter Medical Group's Vascular Surgeon, Dmitri Gelfand, M.D., will give a general overview of the many different vascular diseases affecting patients today. Dr. Gelfand will also discuss newly Medicare approved screenings that can detect stroke and aneurysms in the early stages before they are life threatening.



Meet The Candidates: Lincoln City Council Thursday, October 2 — Free

4:00-6:30 PM, Ballroom (OC). Every two years, registered voters in the city of Lincoln elect qualified Council candidates for a four-year term. City Clerk Pat Avila has worked with the CCRC/Community Forum to schedule a public meeting for residents interested in learning about this year's candidates. Each candidate will have several minutes to describe his/her qualifications and present a position statement. This will be followed by answering selected committee questions, and closing with individual statements. Following the panel discussion, voters will be able to meet with each candidate "one-on-one" and the candidates will be able to answer questions and distribute their handouts.



Continued on the following page

**Just The Facts, Please!
November 2014 State Ballot Initiatives
Tuesday, October 7 — Free**

2:00-3:30 PM, Ballroom (OC). Randi Swisley

and Kathy Souza from the *Placer County League of Women Voters* will present their nonpartisan reviews to the current General State Election Propositions. Some of the key issues addressed are a new water bond; an increase in the



rainy day fund; monitoring insurance rate increases; and expanding compacts. At the entrance to the OC Ballroom, volunteers will provide a LMV Voter Guide that includes the Ballot Initiatives. During a slide-show presentation, each initiative will be explained, including information about key supporters. Each initiative will be presented in a controlled time followed by a similar time controlled Q&A. The session will be video-recorded. Come early, this session is popular!



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> Internet Security Basics — Tips to Stay Safe Online Thursday, August 21, 3:00 PM, Ballroom (OC) Got Hormones? Wednesday, August 27, 7:00 PM, Ballroom (OC) Federal Budget: Why is Agreement so Elusive? Thursday, September 4, 9:30 AM, Presentation Hall (KS) Changing Face of America: Children of Immigrants Wednesday, September 17, 2:00 PM, Ballroom (OC) Run Silent — Run Deep: Vascular Disease Wednesday, September 24, 7:00 PM, Ballroom (OC) Lincoln City Council Candidates Thursday, October 2, 4:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> Placer County League of Women Voters: State Initiatives Tuesday, October 7, 2:00 PM, Ballroom (OC) Living with Arthritis Wednesday, October 29, 7:00 PM, Ballroom (OC) How Sweet It Is: Diabetes Management Wednesday, November 12, 7:00 PM, Ballroom (OC) Chew On This! Thursday, November 13, 7:00 PM, P-Hall (KS) What's Happening in Climate Science Monday, November 17, 10:00 AM, P-Hall (KS) Watch for more Community Forums in upcoming issues of <i>Compass</i>
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Chef Roderick's Recipe

Continued from page 21

Curious to know how they coordinate food orders behind the scenes? What happens when you are sitting at a table with three to six other diners and their orders vary from a cold salad to a steaming hot entrée?

The process starts with the expeditor in the kitchen who analyzes and coordinates the items on the order ticket. The order then goes to three stations: sauté, grill, and pantry (salads and desserts). The line cooks take care of the hot food and the pantry staff handles salads, and later, desserts. This sounds similar to a conductor and his orchestra — all about timing and creativity. The culinary team is Chef Rod's orchestra. They strive for a masterpiece and practice to hit each note as a team and when it comes together — music for your taste buds! It was fun to watch the staff interact in the kitchen area and you could sense the teamwork and respect as they work side by side. Chef works

to cross-train and promote from within.

Are you one of the many fans of Meridians' delicious soups? Although Chef has some favorite recipes, Adriana (also known as the soup master) has been on the staff for twelve years and specializes in the chicken tortilla, split pea, and minestrone soups. Speaking of recipes, the number one seller on the menu is fish and chips and all pieces of cod are hand dipped. And don't forget, daily specials are a way of testing what we might enjoy as the staff continues to be on the lookout for other possible new favorites.

Do you fill out feedback forms when you dine at Meridians? Chef and his staff spend time each day reviewing guest comments as they work toward their goal of total dining success.

Listening to guests, being creative, and fostering a positive work environment is the theme for the people who cook up those yummy dishes. And, oh yes, be sure to save some room for the bite-size desserts!



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KS Main Phone: (916) 408-4013

Website for residents:

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Public Website:

www.suncity-lincolnhills.org

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Meghan Louder 625-4043 meghan.louder@schca.com

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408-4290

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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

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