



# Compass

The Official Magazine of Sun City Lincoln Hills

December 2014

**Best Wishes of the Season!**



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### On the cover

The creative genius and coordination of our beautifully decorated Lodges has been the work of Clydette Mayfield and Donna Ross the past five years. They are passing the baton on next year. Thank you both for sharing your talent and time with the Association. Decorations will remain up this year through December 27. Come and enjoy!

## A New Year, New Voices

Marcia VanWagner  
Director, SCLH Board of Directors

*“For last year’s words belong to last year’s language  
And next year’s words await another voice  
And to make an end is to make a beginning.”*  
—TS Eliot

This month, Lincoln Hills says goodbye to our Executive Director of the last nine years, Bob Cook. Bob spoke our language well, leading our community in a spirit of collaboration, connecting easily with those who knew him best: residents, Board, staff. Our community has prospered and grown under his leadership and we will miss him.

But we are also awaiting another voice: our new Executive Director, Chris O’Keefe. We sort of know how his voice will sound as we’ve known him for the past 12 years as our Senior Director of Facilities and Maintenance. The Board is looking forward to hearing his voice as he assumes the leadership role in the challenges that we are sure to encounter in 2015!

We are at the end of Bob’s tenure and the end of the year. As always, we look back on the past year for our successes. One big success is that for the first time in three years, six residents have filed for election to four positions on our Board of Directors. John Snyder and Marty Rubin end their terms. Denny Valentine and Jim Leonhard have filed for reelection, along with Molly Seamons, David Conner, John Kightlinger, and Donald DeSantis. Thank you for coming forward to serve the community!

Let’s make a great beginning! A new year, a new Executive Director. This evokes a sense of excitement... what is behind the door of 2015? The Board election is in February. We have new applicants for our committees. We have new chairs of committees. We will find new ideas in next year’s words in different voices. Thank you all who bring your voice and listen for the sounds of our community.

Happy New Year!



## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

WellFit department staff recently announced to their Independent Contractors some staffing changes that caused quite a stir among some residents who believe they should have been made aware of the contractual changes and salary negotiations in advance to provide input. Now that all contracts are signed, we believe we can advise you regarding our rationale, the effects on the contractors, and how the change affects you.

Beginning January, 2015, Independent Contractors who taught classes with multiple students will

now be employees. Independent Contractors who offer personal training were able to choose to remain independent under a revised contract that better defines that relationship or to become an employee. The Association did not make this decision lightly. The goal at all times was to be revenue neutral for both the employees/contractors and the Association. Staff researched industry standards, received input  
Please see “Connections” on page 3



## Connections

*Continued from page 2*

and support from our legal counsel and 100% support from our Board of Directors. The timing was chosen because it was the end of their contract terms. This type of change within the fitness industry is happening all across the country and a majority of our Independent Contractors supports the change.

Rumors are that the Contractors are taking a pay cut. The week to week take home pay will be different as the Association will be paying their taxes and insurance. As we do not know how any of the Independent Contractors manage their individual expenses, including taxes, I cannot speak to specific pay issues. After all taxes and insurance are paid, a comparison of the prior Independent Contractor's 1099

*Please see "Connections" on page 5*



*After the storm comes the rainbow*

## Calendar of Events

December 15-February 28

Date	Event	Page #
12/17	Bus Trip: Kinky Boots <b>56*</b>	
12/19	Bus Trip: Cornish Christmas <b>56*</b>	
12/30	Bus Trip: Broadway Series, Dirty Dancing <b>56*</b>	
01/05	Antiques Appreciation: Show & Tell <b>23</b>	
01/05	KS at the Movies: "Frozen" <b>40</b>	
01/06	Bus Trip: San Francisco 49ers Levi's Stadium Tour <b>56*</b>	
01/07	UFO Landing/Roswell, NM, "The Roswell Incident" <b>23</b>	
01/08	Speaker: Participant in Stem Cell Research <b>28</b>	
01/08	Day Trip: Colusa Casino <b>44</b>	
01/09-10	Vaudeville Troupe Expo Show, "Golden Revue" <b>36, 42</b>	
01/11	Bus Trip: Cirque Du Soleil Kurios <b>56*</b>	
01/12	Document Destruction <b>40</b>	
01/13	Speaker from Mzansi Zulu Quilt Group <b>31</b>	
01/13	Forum: Senior Financial Abuse, How to Protect Yourself <b>96</b>	
01/14	"Choosing a Cloud Storage Provider" <b>27</b>	
01/14	Bus Trip: Legion of Honor, Houghton Hall <b>47</b>	
01/15	Book Discussion: <i>The House of Seven Gables</i> <b>25</b>	
01/15	Concert: British Invasion <b>43</b>	
01/19	"Cosmology—The History & Nature of our Universe" <b>23</b>	
01/19	Bus Trip: Chabot Space and Science Center <b>47</b>	
01/20	Tips on the Care of your LSV/NEV <b>30</b>	
01/20	Comedy Night at KS: Stephen B <b>42</b>	
01/20	Bus Trip: Speaker Series—Anderson Cooper <b>56*</b>	
01/20	Forum: You Make the Call—2014 College Update <b>96</b>	
01/26	Importance of Lifestyle Selecting/Preparing Local Foods <b>29</b>	
01/27	Performance: Joseph & the Amazing Tech. Dreamcoat <b>50*</b>	
01/28	Music Group meeting: Perform or enjoy the music <b>31</b>	
01/28	Forum: Translation Please—Advances in Stroke Care <b>96</b>	
01/30	Concert: April Verch Band <b>43</b>	
02/03	Speaker, Veterinarian: Older Dogs <b>34</b>	
02/03	Bus Trip: Sacramento Kings vs. Golden State Warriors <b>50</b>	
02/03	Forum: Media Streaming <b>96</b>	
02/04	Bus Trip: Russian National Ballet Theater <b>49</b>	
02/05	Review of the Financial Sector by Russ Abbott <b>30</b>	
02/05	Performance—Magician Alex Ramon: Wonders <b>43</b>	
02/05	Bus Trip: Wente, Concannon & Michael David Wineries <b>44</b>	
02/07-08	Players Group: Readers Theater "Live is in the Air" <b>33</b>	
02/10	Bus Trip: Feather Falls Casino <b>44</b>	
02/13	Concert: The Look of Love, Songs of Burt Bacharach <b>43</b>	
02/17	Affordable NEV vehicle insurance <b>30</b>	
02/17	Forum: KVIE and Rob on the Road <b>96</b>	
02/19	Book Discussion: <i>Winter of the World</i> <b>25</b>	
02/19	Concert: Duo Detendre—Flute & Harp Duet <b>43</b>	
02/20-22	Annual Fine Art Show <b>32</b>	
02/21	Bus Trip: San Francisco Pier 39/Fisherman's Wharf <b>50</b>	
02/24	Concert: Rio Americano High School AM Jazz Ensemble <b>44</b>	
02/26	Bus Trip: Crocker Art Museum <b>47</b>	
02/27	Music Group sponsored Open Mic Night <b>31</b>	

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

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

December 15-January 31

Finance Committee Meeting.....	Wednesday, December 17, 9:00 AM
Golf Cart Registration.....	Thursday, December 18, January 15, 9:00 AM, OC Lodge
Board of Directors Meeting.....	Thursday, December 18, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, December 18, 10:30 AM
Board of Directors Executive Session.....	Thursday, December 18, 11:00 AM
Elections Committee.....	Friday, January 2, 10:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, January 6, 9:30 AM
Compliance Committee Meeting.....	Wednesday, January 7, 10:30 AM
CCRC/Communications & Community Rel. ....	Friday, January 9, 9:30 AM
ARC/Architectural Review Committee.....	Monday, January 12, 9:00 AM
Properties Committee Meeting.....	Tuesday, January 13, 1:00 PM
Elections Candidate Forum.....	Wednesday, January 14, 10:00 AM, KS Presentation Hall
Finance Committee Meeting.....	Thursday, January 15, 9:00 AM
Elections Candidate Forum.....	Friday, January 16, 2:00 PM, Presentation Hall (KS)
Elections Candidate Forum.....	Saturday, January 17, 6:00 PM, Presentation Hall (KS)
New Resident Orientation.....	Tuesday, January 20, 1:00 PM
Board of Directors Meeting.....	Thursday, January 22, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, January 22, 10:30 AM
Board of Directors Executive Session.....	Thursday, January 22, 11:00 AM
ARC/Architectural Review Committee.....	Monday, January 26, 9:00 AM

*Meetings in OC Lodge unless noted otherwise.*

### Holiday Hours of Operation by Department

	Administration	Activities Desk	Fitness	KS Cafe	Meridians	The Spa at KS
<b>Weds., December 24</b>	8:00 AM-2:00 PM	8:30 AM-1:30 PM	6:00 AM-2:30 PM	6:00 AM-1:30 PM	7:00 AM-2:30 PM	9:00 AM-2:00 PM
<b>Thurs., December 25</b>	Closed	Closed	Closed	Closed	Closed	Closed
<b>Fri., December 26</b>	Normal hours	8:30 AM-4:00 PM	Normal hours	Normal hours	Normal hours	Normal hours
<b>Weds., December 31</b>	8:00 AM-2:00 PM	8:30 AM-1:30 PM	6:00 AM-2:30 PM	6:00 AM-1:30 PM	New Year's Eve Event	9:00 AM-2:00 PM
<b>Thurs., January 1, 2015</b>	Closed	Closed	6:00 AM-5:30 PM	Closed	Brunch Event	Closed

**Board of Directors Election News**

**Introducing: Your Candidates for the February 2015 Board of Directors Election**

**Molly Seamons**

seamonsmolly@yahoo.com 409-0158

- Molly's career spanned 35 years as a financial professional for several multimillion dollar companies, Silicon Valley
- Currently serving on the SCLH Finance Committee as co-chair for club activities which entails auditing all 72 clubs twice a year
- Past Board of Director of a homeowners association in Saratoga, CA for eight years
- In Sun City Lincoln Hills, served as



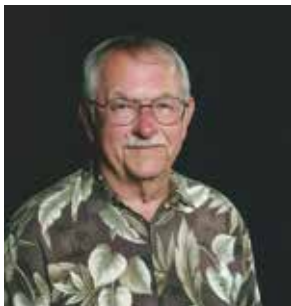
Treasurer for: LH Council of Performing Arts; LH Tap Company; and LH Players

- Auditor & Ambassador for LH Singles Club
- LH Tap Company performer and singer
- SCLH usher and *Compass* distributor

**David Conner**

greyfoxdc@yahoo.com 543-0461

I previously served as a BOD member for two terms, from 2009 to 2012.



As a Board of Director, one of the most important relationships is a contractual one with the HOA Executive Director. This time out we have a new Executive Director. I think we can all look forward to exciting times and continued improvement in the quality, value, and desirability of our community.

**Get to know your candidates by attending one or all of the Elections Candidate Forums:**

- January 14, 10:00 AM, Presentation Hall (KS)
- January 16, 2:00 PM, Presentation Hall (KS)
- January 17, 6:00 PM, Presentation Hall (KS)

Or invite one or more of the candidates to your home for a neighborhood informational meeting.

**Denny Valentine**

sdvalentine@aol.com 408-3407

- Executive Director California State Association of Counties
- President Valentine Inc. governmental affairs consulting firm
- Vice President Public Relations Nebraska Public Power District
- SCLH Board of Directors for seven years since 2005
- Served two years on Placer County Grand Jury, one year as Forman
- Member and President Lincoln Community Foundation, Neighborhood Watch Executive Director and serve on Advisory Board Lincoln Hills Foundation



**Jim Leonhard**

re.elect.jim2015@gmail.com to contact me regarding my campaign



- Jim was a senior executive; founded and ran his own company; and is a certified business valuator
- Current SCLHCA Board Treasurer—improved our Reserve % funded significantly
- Board Liaison to the Finance (2014) and Properties (2013) Committees
- Chair of the 2012 SCLH Strategic Advisory Committee—developed a five-year plan for our Community
- Finance Committee member—championed the LED Street lighting conversion project to save SCLH residents \$ millions
- Water Volleyball Club member and avid runner
- Former Fitness Monitor
- Harvard MBA, Johns Hopkins University—Engineering

*Continued on page 5*

**Directory Process Begins**

**All Changes Due by January 23**

*Jeannine Balcombe*

*Senior Director of Lifestyle & Communication*

Staff is in the process of updating our SCLHCA Community Directory and Resource Guide for 2015. **Any changes to the name or telephone listings need to be received by Bertha Mendez**

**at the Membership Desk by Friday, January 23.** Change forms are available at the Membership Desk, or on the resident website



under Library>Forms>Resident Directory Forms (be sure to login to see the forms); you may deliver or email the completed forms to Bertha at: Bertha.Mendez@schca.com. If you have questions or need assistance, please call Bertha at 625-4000.

Depending on the situation, there are three forms to choose from to update your information:

- **Request to Change Directory Listing:** If you are residing in the same home with different last names, you may request individual list-



*Bertha Mendez  
Membership Clerk*

*Continued on page 5*

## Board of Directors Election News

### Introducing: Your Candidates *Continued from page 4*

#### John Kightlinger

408-3928 johnnpat@sbcglobal.net

*Will treat all residents with courtesy and respect while retaining our*



*financially stable Reasonable Community*

- I have a degree in Aircraft Maintenance Engineering.
- I was an executive for a major airline, aircraft parts manufacturer and as a consultant for over 40 years.
- SCLH Board of Directors for four years
- And during that time, served as Treasurer and Secretary
- SCLHCA Election Committee VP for two years
- Member of the city of Lincoln's "Citizen on Patrol" for three years

#### Donald De Santis

Please Join Me! 542-3050 donald.desantis@sbcglobal.net

- HOA Experiences: Los Lagos, Granite Bay (Director, Board VP)



Served on Finance, Architectural, Social and Community Reporter Committees.

- Employment: Steelworker, Construction, Teacher, Principal, Superintendent, Coordinator (Chapman University), Dean University of Phoenix
  - Business: Former owner of Dog Kennel, Surplus Commodity Corporation, Small Community Bank. Current owner of an Investment Corporation.
  - Education: Four degrees including a Doctorate in Finance and Administration.
  - Organizations: President of Rotary and Granite Bay MAC.
  - Awards: Outstanding Superintendent, outstanding Leadership from USC (same given to President Clinton)
- If elected, I will work hard and serve you well.

ings in the Directory by completing this form.

- **Resident Directory Listing Assignment:** Renters can be listed in the Directory upon completion of this form by the *owner of the property*. The property needs a minimum 90-day lease with the renter's name on file. (This is in compliance with CC&R's Section 2.06b.)
- **Resident Change of Information:** Use this form for all other changes to your listing.

If your information is not currently listed in the Directory and you want to be included in the 2015 publication, please check with Bertha to ensure you checked "yes" on your initial member-

## Connections

*Continued from page 3*

versus their W-2 at year end 2015 will be about the same. Pay rates were negotiated with each person confidentially based upon experience, education and certifications. Our research shows that SCLHCA pays our fitness instructors and personal trainers highly competitive pay rates. Compensation also includes benefits they qualify for which are available to all SCLHCA employees. A couple of our Independent Contractors receive pay well above the norm because of the way WellFit classes and Personal Training were structured. Out of the 41 Independent Contractors, two decided to not continue to work with us. One of them retired. There are minimal changes to a few teachers, trainers and schedules. There will be no fee increase to our Punch Pass and Personal Training prices.

The noticeable change you will experience is consistency in class structure. Session based and punch pass classes of the same type will be priced the same. There will be more camaraderie among instructors working for your benefit as a team sharing ideas and helping out as needed.

Your highly qualified staff has the best interest of the entire Association at the heart of our decision making. We are confident this will be a long-term benefit for the Association and its members. We continue to respect and compensate our instructors for the great classes and support they offer our community. If you have further questions, please contact me or our WellFit Manager, Deborah McIlvain.

Remember, registration opens at 8:00 AM December 17 for all classes.

Wishing you a very Happy and Healthy Holiday.

ship paperwork. Several folks who had inadvertently checked "no" were unhappy they were not in the Directory.

The deadline for all forms to be received by Bertha Mendez at the Membership Desk is Friday, January 23. We cannot guarantee inclusion of any information in the 2015 Community Directory and Resource Guide after that date. We anticipate the 2015 Directory to arrive in early July.

Thank you for updating your information so that our entries are as up-to-date as possible. Please remember staff and the Association does not release personal information beyond publication in the Directory which is limited to distribution to our members.



# LIVING THROUGH TRANSITIONS™

**ADAPTING TO AGING AT SCLH** | JANUARY 17 - JUNE 6: 823500-A1 (resident)  
**SIX SESSIONS STARTING IN JANUARY** | JANUARY 17 - JUNE 6: 823500-GU (support person)

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

The Living Through Transitions Programs offers guidance to the predictable challenges of aging in SCLH. This highly rated program includes the following topics:

- The legal framework to have in place
- The financial framework so that you do not outlive your money
- Important considerations for becoming suddenly single
- Options for getting around and finding transportation when one can no longer safely drive
- Navigating the complex medical maze
- End-of-life issues

### REGISTRATION OPTIONS

1. \$135 for Resident Registrations (includes all six sessions)
2. Separate session registration \$35 per session – must be registered under an enrolled resident, separate session registration opens five days prior to session date. Must register at the fitness desk (OC/KS).



## Activities News & Happenings Celebrate!

Lavina Samoy  
Lifestyle Manager

The most wonderful time of year to be merry is almost here! However, studies show that the holiday season could also be one of the loneliest times of the year for some who have lost their loved ones.

This season, share your joy with your neighbors. Reach out to those who might be feeling alone. The community offers a lot of free activities to lift anyone's spirit.

Come by our beautifully decorated Lodges! They will surely bring out a feeling of pride and joy. Visit the gym, walk the indoor track or explore our outdoor trails. Exercise energizes and invokes positive feelings. Volunteer within and outside our community. If you enjoy working with children, you can help with our upcoming event, **Grandkids Santa Adventure** on December 20 by contacting Deborah Meyer (deborah.meyer@schca.com).

Celebrate big and small, not only this holiday season but throughout the coming year. Welcome 2015 with our **007 New Year's Eve Gala**. A few tickets are still available! We are launching our **Classical Chamber Series**, offering three magnificent shows with some of the best local classical musicians starting on **February 19, Flute & Harp Duet** (page 43). A discounted series package is available until January 14 only. How about the **British Invasion Concert on January 15** (page 43) celebrating the music of the great British bands from the Kinks to the Stones? Experience a different concert: Canada's **April Verch Band** mixes electric fiddling with step dancing and sweet singing on **January 30** (page 43).

Ready for some changes to your regular routine? Try **Tap for Fun** with our new instructor Jennifer Moore (page 66). **Mixed Media** is introducing a two-week art class format for each project (page 58). Want to polish your line dancing skills? Join the **Improver Line Dance class on Thursdays at 10:00 AM** (page 65). Do you want to "Learn How to Organize Without Resorting to Arson"? Take this hilarious

## New Policy Approved by BOD for all Clubs Club Information and Guidelines Handbook available on Resident's Website

Mike Hilton, Chair, Clubs and Community Organizations Committee

Our community's wide choice of recreational, educational and service clubs is a big part of our lifestyle. The Association's Clubs and Community Organizations Committee (CCOC) publishes guidelines to help clubs develop their operating structure and practices. The Club Information and Guidelines Handbook (the Handbook) is available on the residents' website—go to *Library* and select the *Association Groups and Clubs* folder.

Although most clubs already do so, the Association's Board of Directors (BOD) recently approved a policy requiring all clubs to have a set of bylaws, which define how the club will operate. This applies to all new clubs applying for Association recognition, and to existing clubs that have any financial activity.

As a result of this BOD action, the CCOC made revisions to the Handbook and developed other tools to assist clubs in either developing or revising their by-

laws. The Handbook provides guidance regarding club general membership, approval of bylaw revisions, club member access to club governing documents, use of club member roster and email lists, renter/lessee participation in clubs, and club dissolution, as well as other minor clarifications pertaining to BOD policy.

The CCOC also created a Bylaws Template that includes the most important items to be covered in the bylaws. A club could simply fill in the blanks on the template, or use it as a checklist of items that should be considered for inclusion. There is also a cross-reference template of bylaws by subject and Association rules to help avoid having bylaws that would violate one of these rules.

Club members may contact the CCOC at [ccoc@schca.com](mailto:ccoc@schca.com) for assistance with bylaws or other club matters related to Association policies.

## Our Open Space

Bill Attwater, Properties Committee Chair

One of the fascinating aspects of the planning and development of Lincoln Hills is the naming of streets and areas such as Quail Court, Mockingbird Hill, and Periwinkle Drive. The names are quaint and evocative both of times past and of the wildlife and flora that still thrive here.

In Lincoln Hills we are surrounded by 500 acres of Open Space and preserved wetlands, lands that are riparian to creeks and lands that have preserved

and informative two-session class starting **January 22** (page 72).

We have trips scheduled near and far. Discover **Palm Springs** with our five-day, four-night excursion on **March 24-28** (page 58). We're going back to the **Getty Museum and the Ronald Reagan Library**

valley oaks and other trees. The preservation was intentional and not to be tampered with simply because a view is obstructed by a growing tree or a garden is eaten by a rabbit or vole. These oaks and wildlife were here before us and they are to be protected.

We take the stewardship of the land and its wildlife seriously. This is reflected in an endowment to ensure protection of our Open Space and its inhabitants in  
*Please see "Open Space" on page 37*

**on April 22-25** (page 54). Enjoy trips to San Francisco's **Legion of Honor on January 14** (page 47) and **Chabot Space and Science Center in Oakland Hills on January 19**, among others.

Wishing you more reasons to celebrate this yuletide season and the coming year!



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& WIDE  
WIDTHS

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2. Lawns edged weekly!
3. Lawns fertilized every eight (8) weeks!
4. Lawn sprinklers every eight (8) weeks!
5. Shrubs pruned as needed!



6. Shrubs fertilized twice a year!
7. Drip system checked!
8. Sprinkler timer programmed as needed throughout the year!
9. Weeds eradicated on a weekly basis!
10. Patios and walkways blown off weekly!

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## Vision to Last a Lifetime -

*Complete Eye Care at Wilmarth Eye and Laser*



### The Latest in Technology -

Dr. Wilmarth is the first in the Pacific Northwest to implant the **Vision ICL** for the correction of nearsightedness from -3.00 to -20.00. This is a great choice for those who do not qualify for LASIK due to thin corneas, high correction, or dry eyes.

**The Crystalens** is unique. This procedure replaces the natural lens in the eye with a new accommodating lens that allows patients to see near, far and everywhere in between. Cataract patients and those wearing reading glasses, bifocals, or trifocals are enjoying this amazing new technology.

### Advanced CustomVue Wave-Front LASIK

acknowledges that your vision is unique.



Dr. Wilmarth is a board-certified eye surgeon and the medical director of the Horizon Vision Center in Roseville.

The **VISX Star S4** is equipped with **WaveScan** technology and **Iris Registration** to insure accuracy. Your treatment is tailored to your individual needs. Custom LASIK can help individuals achieve their best possible vision, typically 20/20 or better.

### Cataract Surgery

Dr. Wilmarth has performed over 3500 cataract procedures at his Surgery Center over the past 20 years. He is on the forefront in lens replacement technology.

### Complimentary Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

### Financing Options Available

**Stephen S. Wilmarth, M.D. - Vision Correction Specialist**  
 1830 Sierra Gardens Dr. • Suite 100 • Roseville

[www.wilmartheye.com](http://www.wilmartheye.com)  
**916-782-2111**



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Curtis B.  
Lincoln Hills Resident

## Additional Services

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- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
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## TRUST YOUR ACHING FEET TO THE CARING HANDS OF DR. KELLER, DPM

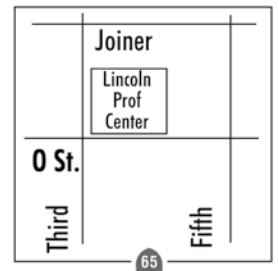


Dr. Brian P. Keller, DPM

### ON SITE X-RAY & DIAGNOSTIC ULTRASOUND

- Ingrown Nails
  - Heel Pain
  - Bunion Surgery
  - Custom Arch Support
  - Corns & Calluses
  - Sports Injuries
  - Diabetic Foot Care
- Plantar Fasciitis
  - Hammertoes
  - Flat Feet
  - Diabetic Shoes
  - Fungus Nail Treatment
  - Nail Care

Minutes from Sun City  
Lincoln Hills



**916-434-6410**

LINCOLN PODIATRY CENTER  
1530 Third St., #208 • Lincoln

Our 45<sup>th</sup> Annual **Magic of Christmas** A SACRAMENTO TRADITION SINCE 1990

Over 120,000 Trees Sold Since 1990

**40% Off** EverFresh PRE-LIT SOFT-NEEDLE Life Like Trees

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EverFresh Permanent Lifelike Trees are an astounding breakthrough. Quite simply, they are the most natural-looking lifelike trees ever created. Our revolutionary injection-molded technology allows us to create an exact 3-D replica of an actual needle, not a flat needle like traditional artificial trees. This allows us to create the actual look of the tree. Just like nature, only better!

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**WellFit News**

**Nutrition Tips for the Holidays and Beyond**

*Christine Epperson, Assistant WellFit Manager*



The holidays and new year will be upon us before you know it, so how about getting a head start on *eating right* over the holidays and through 2015? Here are four nutrition-themed tips to consider.

**1. Improve your food environment.** Start being healthy by shopping healthy. When you store food in the house, keep sweets, desserts, and foods of “questionable” nutrition out of sight by using shelves and cabinets you don’t often use. I’m not saying to never purchase these foods—just be smarter about what you purchase and what you indulge in.

**2. Color.** Eat more foods that are naturally green, red, yellow, orange, blue, and purple. The chemicals that make these foods so colorful have many significant health benefits. In addition, many of these “colorful” foods are also high in vitamins, minerals, fiber, and carbohydrates. Here’s a short list of foods to consider keeping in the house: broccoli, spinach, romaine

lettuce, strawberries, tomatoes, cherries, apples, grapefruit, cantaloupe, squash, carrots, sweet potatoes, blueberries, blackberries, grapes, eggplant, and plums.

**3. Better breakfasts.** Breakfast is the most important meal of the day. When you wake up in the morning your liver glycogen is lower, your metabolism is slower, and your body is craving energy. Breakfast does not have to be a huge ordeal. Keep it simple: a breakfast bar, a banana, yogurt, and dry cereal are simple items that could constitute a quick breakfast. When you are planning a healthy breakfast, especially for longer training days, think complex carbohydrates (oatmeal, pancakes, waffles, granola), fruit, dairy (milk, yogurt, cottage cheese), and healthy additives like wheat germ, flax seed, berries, and nuts. All of these foods can be used to make a powerful healthy breakfast.

**4. Keep a food diary.** Want to be healthier? Lose a little weight? Simply keep track of what you eat! Keeping a food diary helps you to be honest and accountable to yourself. You might be surprised at

**Spotlight on...**

**What the Wellness Staff can do for you and tips for keeping your health & fitness resolutions**

Thursday January 22

11:00 AM-12:00 PM

Presentation Hall (KS)

Free/registration not required.

Plan to enjoy a light lunch afterward at the Kilaga Springs Café. Staff will be available to meet and greet.

how fast your calories add up.

**Mark your calendars**

- The pool at Kilaga Springs Lodge is closed December 8-January 9 for re-surfacing. The indoor pool at Orchard Creek Lodge is open for classes and lap swimming.
- The Aerobics Room (KS) is closed December 17-21 for re-finishing the floors.
- Holiday hours for Fitness Centers:
  - **Wednesday, December 24**  
6:00 AM-2:30 PM
  - **Thursday, December 25:** Closed
  - **Wednesday, December 31**  
6:00 AM-2:30 PM
  - **Thursday, January 1**  
6:00 AM-5:30 PM

**WellFit Classes pages 77-92 • WellFit Class Grids pages 93-95**

**Looking Good... So Far**

*Mike Creasy, Finance Committee Chair*



Well, it’s not in the bag quite yet, but things are looking very good as we approach the end of 2014, as you will see in the display on page 10—an excellent October with all departments doing well. More importantly, all departments are either on or better than Budget for the 10 months to date, with Activities and Maintenance having an outstanding year. All in all, our revenue over expense number is about \$200,000 better than a year ago, so Kudos to our hardworking staff for that. And, Kudos to you, our members, for the outstanding support you show that help make these numbers what they are.

You may notice some changes in the

Summary page of the monthly financial reports distributed at Board meetings and available on the resident website under library>financial. We’ve updated the statement about investment of Operating and Reserve funds, clarified Reserve funding levels and added information in the Summary of Asset purchases, repairs and replacements panel.

Year-To-Date (YTD) October 31, 2014 revenue exceeded expense by \$326,307 and was \$422,355 better than budget. Please note that of the \$422,335 budget excess, \$150,000 has been committed to the pools’ solar project, \$110,000 to the parks’ water conservation project and \$72,000 to supplement 2015 dues. The Operating fund totaled \$3,989,653 and the Reserves fund stood at \$6,651,667. Reserves are forecast to be about \$5.9

*Please see “Finance” on page 14*

**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 one 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 98.

- **ARC/Architectural Review Committee**
- **Compliance Committee**
- **Finance Committee**

# Lincoln Hills Fishing Group's (LHFG) Yearly Fund-Raisers

## 13th Annual Crab Feed Saturday, January 17



6:00 PM Social Time

6:45 PM Dinner

Bring an appetizer  
to share!

**\$38. Space is limited.**

Get your tickets now.

Part of proceeds go to charity.

Lincoln Veteran's Memorial Hall  
Corner of Fifth and E Streets

**Tickets:** Karen Sarver, 434-1299

## Wild Alaska Fishing Cruise Drawing

Drawing

Tickets:

\$20 each

3 for \$50

7 for \$100

Only 250 will be sold.



LHFG member Bob Alaimo  
and family, 2009 trip to Alaska



"Perseverance"

Wild Alaska Cruise, worth \$5,000, is  
for six nights, includes state room on  
yacht, six days fishing and gourmet

seafood meals, freshly caught daily. <http://www.fishwildalaska.com>.

Drawing held at Crab Feed. Participants do not have to be present to win.

**Drawing Tickets or Questions:** Jerry Messier, 434-6917

## The Gem and Mineral Society is proud to Announce

## The Return of the Gem Cutting and Lost Wax Classes

Begins in January. See *Compass* Class Descriptions on page 69 for details or call Dave Fisk, 434-0747.



1. Marie Glover exhibits her one-of-a-kind ring made during class.
2. Another ring and stone both completed in our Lab.

**Past classes have proven almost anyone can do this!**

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Jori Richards, Manager, The Spa at Kilaga Springs

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



Happy Holidays, Lincoln Hills! It is so delightful to start my holiday season with such a great group of staff members here at The Spa at Kilaga Springs! With the cold weather creeping up on us, 'tis the season for holiday parties, family and friend reunions and, of course, cozy evenings with our loved ones. Here at The Spa at Kilaga Springs we have two great holiday specials for the month of December: a healing massage and a calming facial created with a combination of cranberry and spice to warm your inner soul and relax your mind.

The Spa at Kilaga Springs is known

to be a wellness spa. Our phenomenal massage therapists, estheticians, acupressurists, and nail techs are here not only to provide excellent service but also a healing touch. One topic I'd like to touch base on is acupressure. Jin Shin Jyutsu® is a style of acupressure, an ancient healing practice. This treatment is very relaxing and can be more of a meditation session. A gentle warm touch is placed on two different energy pathways to unblock stagnant circulation. The body contains 52 energy points and multiple vital energy circulation flows moving through the body daily. These energy pathways link up to our circulatory system, lymphatic system, and nervous system, causing you to be

emotionally and physically balanced or imbalanced. Blockages often happen when stress or physical or emotional trauma occur. This healing treatment can be done by itself or after a massage or facial. Fran Copp, our acupressurist, is available on Tuesdays between 9:00 AM and 12:45 PM; you can also contact her at francopp@icloud.com or 628-7227 if you have any questions about this healing art.

Call and book an appointment in the month of December and January and you will receive a complimentary healing sauna session. We look forward to see you at The Spa!

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## Finance

*Continued from page 10*

million (74% funded) at year end as we complete scheduled repairs and replacements.

Month-end past due assessments are showing a small but steady improvement and we strongly urge members who are not already signed up for automatic deductions for Quarterly dues payments to do so as soon as possible. It is entirely safe and is just one more thing you can forget about. Information at the OC Membership

Desk (OC).

And, it's that time of year once again when we get to wish all of our members and dedicated staff the Happiest of Holidays, and our sincere thanks for your part in making 2014 another great year.

To get a firsthand look at how our Finance Committee works, please join us at the next committee meeting, scheduled for December 17 in the Oaks Room (OC). Questions or comments? We can be reached at [finance.committee@scilhca.com](mailto:finance.committee@scilhca.com).

### Statement of Operations YTD — 10/31/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$6,378,577	\$6,367,439	\$11,138
Administration (Expense)	(1,632,303)	(1,659,095)	26,792
The Spa at Kilaga Springs	60,958	50,913	10,045
Fitness	(302,019)	(299,471)	(2,548)
Activities	(42,680)	(189,974)	147,294
Rec. Center / Maintenance	(2,016,836)	(2,150,771)	133,935
Landscape Maintenance	(2,090,917)	(2,191,512)	100,595
Food & Beverage	(28,473)	(23,577)	(4,896)
Capital Asset	0	0	0
<b>Net Revenues (Expense)</b>	<b>\$326,307</b>	<b>(\$96,048)</b>	<b>\$422,355</b>

## Pay Your Quarterly Dues Electronically

When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's ACH program. Your payments are sent automatically from your bank directly to Community Association Banc.

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.

# St. James Episcopal Church

The Reverend Bill Rontani  
 Sunday Services 8:00 am and 10:00 am

## Christmas services:

**December 15** 4:30pm Blue Christmas for those challenged by the season

**December 24** 7:00pm Traditional Candlelight mass

**December 25** 10:00am Shepherds mass

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## Energy Saving Tips for 2015

Robert Christopherson gives climate science update

Doug Brown, Resident Editor



Last month, an attentive audience in the Presentation Hall (KS) was treated to a stimulating lecture by Lincoln Hills resident Robert Christopherson, Emeritus Professor of Geography at American River College and author of textbooks and articles on the physical geography of Planet Earth.

The fact-filled presentation enlightened us on the global research consensus showing that *climate change* is an accepted scientific fact. Research demonstrates that carbon dioxide emissions have increased at an alarming rate over the past 50 years, reaching a level not seen in the last 800,000 years! We were challenged to get informed and to work toward energy saving by reducing our *carbon footprint*.

Are you taking all the steps you could to do your part to level off the rapidly rising curve of CO<sub>2</sub> emissions that are a significant contributor to global warming? You might be surprised at the little things you can do, and if the other seven billion people on Earth reduced emissions, what an impact we could make!

Robert outlined dozens of tips—some relatively simple and some more complex—on “what you can do as one person to benefit future generations.” Let’s look at some of his tips:

### Inform yourself

- Missed the lecture? To watch the video, visit the SCLH website, click on “Community Forums,” then “Videos,” and find “Climate Science Update 2014.” And if you would like Robert’s comprehensive eight-page handout, you can email him at Georbert.9@gmail.com
- Visit the Intergovernmental Panel on Climate Change at [www.ipcc.ch/](http://www.ipcc.ch/) or the Climate Institute at [www.climate.org](http://www.climate.org)

### Simple things you can do

(to lower your carbon footprint)

- Recycle everything you can (paper, glass, plastic)

- Buy items made from recyclable materials
- Use cloth napkins, dish towels (instead of paper)
- Take reusable cloth bags with you to grocery (and other) stores
- Adjust your thermostat lower in the winter, higher in the summer
- Replace incandescent light bulbs with energy efficient CFL, or especially LED bulbs
- Turn off lights in rooms not in use
- Plant trees around your house (especially on the west and south sides)
- Walk or cycle to activities and errands around Lincoln Hills
- Maintain your automobile (tire pressure, obey speed limits, etc.)



Glaciers like these in Alaska are rapidly disappearing because of global climate change

### A little less simple

(more investment, but more savings)

- Replace older appliances with newer energy-efficient models
- For your next car purchase, consider a hybrid or electric vehicle
- Install solar tubes and skylights in interior rooms
- Install solar electric photovoltaic panels on your roof

## Revitalizing: Meet Two of Our Stars

Nina Mazzo, Roving Reporter

“Star light, star bright,

The first star I see tonight...”

A couple of months ago, I began a discussion with residents who have rediscovered a new interest or skill, or have taken their lives in a new direction: Life, version 3.1! What does that mean? We spend many years working hard to reach our goals, building a career, or what psychologists call “adulthood” or life’s *second* stage (the *first* is childhood). As we become seniors we graduate to life’s *third* stage, which I refer to as Life, version 3.0 (my play on names for versions of software apps). Then one day, you move to SCLH and join a group, the wheels turn, you try something new, and you soon update to Life, version 3.1. You revitalize!



Let’s meet two of our “star” residents who did just that!

**Ron Olson** worked in the field of electronics and software engineering and management in the defense electronics industry in Silicon Valley. Aside from his responsibilities as Director and Vice President of Engineering, he also taught mini classes as part of his job, thinking that in retirement he might



Ron Olson

Please see “Revitalizing” on page 41



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## Neighborhood Watch

### Avoiding Financial Scams and Abuse

Help is waiting at the January 13 Seminar

Patricia Evans



Floating in the midst our sunny Lincoln Hills life is a dark cloud of potential financial scams and abuses. Senior citizens are attractive targets!

Answers about how you can avoid these pitfalls, or deal with them if they occur, will be presented on Tuesday, January 13, from 2:00-3:30 PM in the OC Ballroom. Presenting will be Karen Bone of the Adult Protective Services and Laura Conrad with the Placer County District Attorney Victim Services.

Why are seniors considered "easy marks?" Basically, it is often because we are polite listeners. Victims are not naïve or unintelligent, and include doctors, college professors, and lawyers. Regrettably, studies find that over 90% of reported senior financial abuse is committed by the senior's own family, and about 60% involve a child of the elderly. It also often involves caretakers, family or not, who may gradually become convinced they are "entitled" to various assets.

Low income seniors as well as the wealthy are equally targeted. Women are almost twice as likely as men to become a victim, and are often in frail physical or mental health. Men are most often the perpetrators. A recent study found that America's seniors lost at least 2.9 billion dollars in 2010 in financial scams.

If you know of someone who may have suffered financial fraud, support is available through the criminal justice process of the Placer County District Attorney Victim Services.

give you some names of authors that specialize in westerns and you can scan the shelves for yourself. The western authors are Larry McMurtry, Bill Crider, Ed Gorman and Thomas Eidson. Also, the following women are authors to read: Gillian Flynn, Claire Messud, Kristin Hannah, Jodi Picoult, and Amy Tan.

## Library News

Sandy Melnick, Library Volunteer

During the holidays, the KS Library is featuring our seasonal books. If you enjoy reading holiday stories, look in back of the couch near the fireplace. We have many books we bring out each year, some new and some favorites from years past. These books will be featured until January.

Many people have asked if we have lists of authors that specialize in one subject. Unfortunately, we do not. I can



We honor our Neighborhood Watch Board retirees, and welcome the new officers and members. (Clockwise from back row) Nancy Whitaker, Assistant Executive Director; Dan Larsen (retiring); Pauline Watson, Secretary; Kathy Gire; Ed Zychowski; Mary Cranston (new); Don Budde, Treasurer; Richard Moore; Martha Yanger (new); Pat Sladky (new); Elaine Small (retiring); Ron Wood, Executive Director; Larry Wilson, (retiring Exec. Director)

Please turn to page 32 for the 2015 schedule of our training workshops to assist volunteers and interested residents.

### Neighborhood Watch Contacts

- Ron Wood, 434-0378  
ron2029@att.net
  - Pauline Watson, 543-8436  
frpawatson@sbcglobal.net
- Neighborhood Watch Website**  
[www.SCLHWatch.org](http://www.SCLHWatch.org)

Check on our shelves frequently as we are always getting new books.

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

## Did You Know?

Neighborhood Watch reports that we have 11 parks, shared by the following Villages:

- Village 16AB,
- Village 18 (has two parks),
- Village 20,
- Village 22B,
- Village 26BC,
- Village 34B-35B,
- Village 38BC,
- Village 40AB,
- Village 43C, and
- Village 44 (the Villas).



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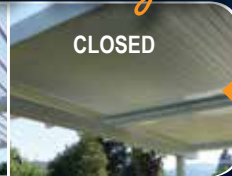
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## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

Our Caregiver's Support Group will not meet in December. Our next meeting will be Wednesday, January 28, at 1:00 PM in the Multipurpose Room (OC). That discussion meeting will be facilitated by Stefani Wilson from Del Oro Caregiver Resource Center.

Our group's mission is to inform, educate, offer guidance and provide a source of support to Lincoln Hills residents who are caregivers for loved ones with memory impairment. If you are such a caregiver, we hope you will join our support group in 2015.

We carry out our mission by alternating meetings with speakers, who offer specific information of importance to our caregivers, with discussion meetings where real problems that caregivers experience are discussed and solutions suggested.

We have a fine selection of books and DVDs available to peruse at home. Grants from the Lincoln Hills Foundation enable us to carry out our mission.

**Contacts: Judy Payne 434-7864;**  
**Cathy VanVelzen 409-9332;**  
**Maria Stahl 409-0349**



### Antiques Appreciation

Our Social Director once again planned a wonderful Holiday Luncheon, which took place on December 8 with the theme "Brighten Your Day and Light Up Your Life"! The table decorations were delightful and the lucky raffle winners got to take them home! Our local Hills Brothers singing group was enjoyed by all.

Monday, January 5 will be the club's first of the New Year's biannual Show and Tell programs—always a popular event! We ask our members to bring one or two pieces from their favorite antique china. Your participation is most welcome.

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 collect 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

Wednesday, January 7, 6:45 PM, OC Ballroom (note room change!). Don Wilson, NASA ambassador, will offer "The Roswell Incident." Most of us are familiar with the strange tale of a UFO landing in Roswell, New Mexico. Start the year off right and come hear the verifiable facts of what happened.

Monday, January 19. 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 date is subject to change because of a possible time overlap with the Chabot trip below. Contact Morey Lewis (see below) for more information.

Monday, January 19. Trip to the Chabot Space and Science Center sponsored by LHAG and the Lincoln Hills Community Association. Includes interactive hands-on exhibitions, telescope viewing and two planetarium shows. Check the Day Trips section of the Dec Compass (p. 53) for more information.

**Contacts: Morey Lewis 408-4469,**  
**eunmor@pobox.com;**  
**Cindy Van Buren 253-7865,**  
**rvbcvb@att.net**  
**Website: www.lhag.org**



### Ballroom Dance

Beginning to think about your New Year's resolutions? Would you like to get more exercise for mind and body, learn a new skill, or socialize more? You could get all of that, and more, in Ballroom Dancing. Every month, except December, a different dance style



*Bob & Carol Stanton*

is taught on Tuesday afternoons at Kilaga Springs Lodge. Join us in January for the ever-popular Waltz. Beginning group class

is from 2:00-3:00 PM, followed by one hour of social dancing to many different musical styles. More advanced group instruction is from 4:00-5:00 PM. Our dance instruction includes: Rumba, Foxtrot, Tango, ChaCha, East Coast Swing, Night Club Two Step, and of course, the Waltz. Dues are a mere \$7 per year, and believe it or not, that includes all lessons! There will be lots of fun dance-themed events to look forward to during the year, too. Let's all waltz into the New Year.

**Contacts: Ruth Algeri 408-4752;**  
**Brigid Donaghy 543-6003**



### Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be January 14 and February 11. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, January 22 at Thai Orchid. 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.
- Tournament winners—
- Eight-Ball Singles November 5—  
Winner: Phil Delaney;  
Runner-up: Jim Mason.
- Nine-Ball Singles November 11—  
Winner: Dan Oden; Runners-up:  
Joe Perez, Phil Delaney and  
A.J. Jahanda.
- Eight-Ball Doubles November 19—

Winners: Jim Lawrence and Clyde McFadden; Runners-up: Ted Komaki and Jim Fulton.



*Winners of Eight-Ball Doubles November 19: Jim Lawrence and Clyde McFadden; Winners of Eight-Ball Singles November 5: Phil Delaney and Jim Mason*



On Friday, November 21, The Shooters group enjoyed pizza at Cool River Pizza. Everyone had a great time and the pizza was excellent.

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

### Challengers Billiards

The Challengers Group plays seven games of partner eight ball (1/15). By designating the 1 and 15 ball to be pocketed in the assigned side pocket and timing each game at 17 minutes, it makes this game a little more challenging.

We play every Friday from 10:00 AM to 12:00 PM in the Billiard Room (KS). The last Friday of each month is sign-up day for the following month.

Congratulations to our recent winners.

First place—six of seven games: George Black, Bill Kim, Ted Komaki, Ken Klein, Dan Oden, Gary Smith, Tom Thornton; five of seven games: Bob Wehner.

Second place—five of seven games: Bob Soriano, Remy Giannini, Margie Kim, Ed Schneider, Joe Perez. Four-and-a-half of seven games: Ziggy Brien, Del Torres. Special congratulations to Ted Komaki, who broke and ran the table.

Honorable mention goes to George Black on running the table in one game.

Happy Holidays to everyone!

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

### Couples Billiards

Week one: There was a two-way tie of five wins. Those players were Doyle Coker/Bob Soriano and Ron/Sherry Weech. The Bob Wehner/Chiquita Fratto team won four games.

Week two: Again there was a two-way tie with five games. Those teams were Joe/Nicki Hobby and Peshu Irani/Howard Skulnick. Tied with four wins were A.J. Jhanda/Linda Scott, Bob Hodge/Sylvia Gutierrez, Rich Lujan/Louise Enderlin and Ron/Sherry Weech.

Week three: We also had a two-way tie with five wins. Those players were Tom Thornton/Dan Oden and Chiquita Fratto/Bob Wehner. Tied with four wins were Bob Soriano/Doyle Coker, Joe/Nicki Hobby and Rita Baikauskas/Joe Perez.

Week four: Finally had a six-game win. Congratulations to A.J. Jahada/Linda Scott. Winning five games was Jim/Barb Conger.

Week five: Joe/Nicki Hobby won five games. Winning four games: A.J. Jahada/Linda Scott, Jim/Barb Conger, Bob Wehner/Chiquita Fratto, Doyle Coker/Bob Soriano, and the Gary Smith/Lydia King team.

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

### Players Billiards

Happy Holidays! If you have been thinking about joining us to play Eight Ball, now is the time! Every Thursday from 2:15-4:30 PM, our midlevel skilled players enjoy seven games timed at 17 minutes each. Over the holidays, we usually have openings in our player roster for standby players... so sign up and show up at least 15 minutes early. You will have the same partner only once and the same opponent only twice. It's fun and free and you meet some great players! What could be better! See you soon!

Congratulations to our recent winners:

- Seven games—Doyle Coker, Bob Wehner.
- Six of seven games—Ahmed Jhanda, Bob Wehner, Sylvia Gutierrez, Remy Giannini, Bill Davis, Dennis Dreiling, Dan Oden, Phil Berlinghi, Larry White.
- Five-and-a-half of seven games—Remy Giannini.

- Five of seven games—Ernie Recabaren, Bob Bienkowski, Ken Woodard, Chiquita Fratto, Remy Giannini, Del Torres.

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

### Upstarts Billiards

*“Call it a bridge or call it a crutch One thing’s for sure— We don’t like it much.”*

Would you like to play some Billiards? We’ve got an Upstarts Billiards Group of beginner-to-average players. We get together to play Standard Eight Ball every Thursday, from 11:45 AM to 2:00 PM, at the Billiards Room (KS). We welcome new players. So come on down and join our group!

Winners six games: Joan Wendell (she’s a star she are!) Winners five games: Gary Averett, Gale Comer, Hank Corriea, Nicki Hobby, Gary Nielsen, Randy Ransdell, Ed Schneider, Hart Sissingh, Gary Smith, Audrey Thrall, Ken VonDeylen.

Sign-up last Thursday of 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 trip to Sacramento National Wildlife Refuge is this Wednesday, December 17. The refuge is 10,783 acres and supports more than 600,000 ducks that winter in the wetlands. This is always a wonderful trip that



*We enjoyed a program in November by Hawks, Honkers & Hoots.*



*Photos show a Burrowing Owl and Red-tailed Hawk at the presentation*



includes lunch in Williams!

At our November meeting we enjoyed a program by Hawks, Honkers & Hoots, a wildlife education group. Kelli and her team presented a fun and informative program with live hawks and owls. Seeing these birds up close was a special experience.

This month the steering committee is working on the schedule for 2015. We look forward to more great outings and a lineup of entertaining speakers and live bird presentations, so check our website for the dates.

The Christmas Bird Count will be December 30. If you would like to volunteer, contact Ruth Baylis at [rbaylis2@yahoo.com](mailto:rbaylis2@yahoo.com).

**Contact: Kathi Ridley 253-7086,**

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

**[Lh\\_bird\\_group@yahoo.com](mailto:Lh_bird_group@yahoo.com)**

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



### Bocce Ball, Mad Hatters

Given our recent experience with precipitation I thought repeating last November's *Compass* article was worth it.

It's official. We're into the rainy season. What does that have to do with Bocce? We don't play in the rain. If it is raining early on Thursday morning we take a look at weather radar, and if it looks like rain will continue through 10:00 AM we will send out an email canceling the session that morning. We try to do this before 7:00 AM. Our courts drain very well, which affords us the ability to play shortly after it has rained. If it looks like it will clear, we will go get the key and wait to see if anyone shows up. Of course, your presence is always at your discretion.

If we missed you at the Thunder Valley Christmas Luncheon, have a Merry Christmas and Happy New Year.

**Contacts: Paul Mac Garvey, 543-2067, [PMac1411@aol.com](mailto:PMac1411@aol.com); Bob Vincent, 543-0543**



### Book, OC

We wish all of you a very happy holiday and invite you to our first meeting of 2015 on Thursday, January 15 at 1:00 PM in the Multipurpose Room (OC). Newcom-

ers are *always* welcome.

Schedule for 2015:

- January 15—*The House of Seven Gables* by Nathaniel Hawthorne
  - February 19—*Winter of the World* by Ken Follett
  - March 19—*The Sandcastle Girls* by Chris Bohjalian
  - April 16—*The Invention of Wings* by Sue Monk
  - May 21—*My Beloved World* by Sonia Sotomayor
  - June 18—*The Daring Ladies of Lowell* by Kate Alcott
  - July 16—*The Maze Runner* by James Dashner
  - August 20—*The Innocents Abroad* by Mark Twain
  - September 17—*The Boys in the Boat* by Daniel James Brown
  - October 15—*Sycamore Row* by John Grisham
  - November 19—*Maisie Dobbs* by Jacqueline Winspear
  - December 17—Holiday Luncheon
- Wiki: <http://ocbookgroup.pbwiki.com>

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

**Darlis Beale 408-0269;**

**Dale Nater 543-8755**

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



### Bosom Buddies

#### Breast Cancer Survivors

The Bosom Buddies general meeting November 13 was great. Our guest speaker was Chris Braun, Operations Manager for Sutter Roseville's imaging center. Chris told us about the new mammography machine which gives 3D slices of the breast instead of being squished and seeing 2D. There is a possibility of cancer hiding behind dense breast or fat. We are still squished but the machine slices 15 times the image for the film and there is more success seeing cancer. If seen early, there is a 98% cure. There is a 15% drop in callbacks. Sutter hospital has two at Roseville and two downtown Sacramento, UC Davis has one. Grass Valley Sutter has one. If the machine is available, ask that it be used.

Our meetings are the second Thursday, Multipurpose Room (OC), 1:00 PM. If you



Our  
November  
13 meeting  
speaker was  
Chris Braun

from Sutter Roseville's imaging center

wish to join us for lunch beforehand, please call Marilyn Poole to make a reservation.

**Contact: Marianne Smith 408-1818**

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



### Bridge, Duplicate

During December, duplicate games will not be played on Wednesdays, nor will there be a game on Friday, December 26. However, games will be played in the Kilaga Springs Lodge on Fridays at 5:00 PM, and on Saturdays at 12:30 PM. Game fees are \$2 per person for club members and non-member Lincoln Hills residents or \$5 for invited visitors. Normal game schedule will resume in January, 2015.

Hearty congratulations to Carole Neely who recently advanced to the rank of Silver Life Master. It's time to make plans to attend the Monterey Clambake Regional Tournament to be held from Monday, January 5 through Sunday, January 11 at the Hyatt Regency Monterey. Additional tournament information can be found on the ACBL website ([www.acbl.org](http://www.acbl.org)) or the ACBL District 21 website ([www.d21acbl.com](http://www.d21acbl.com)). Finally, remember our annual Holiday dinner in Orchard Creek Ballroom on Wednesday, December 17 beginning at 5:30 PM.

**Contact: John White 253-9882**  
**Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



### Bridge, Partners

#### Thursday Evening First & Third

Let's play Partners Social Bridge. Reservations are recommended but not required for you and your partner. Call and we will enter you and your partner on the player's list, or just show up by 5:45 PM, and you get to play if we have an even number of pairs up to 28; we are allowed only 14 tables. We get *seated* at 5:50 PM and start by 6:00 PM in the Sierra Room (KS), and we *must* finish by 8:30 PM.

November 6 winners—First: Ed Page and Stan Mutnick, who also had the night's high round of 1800; second: Marlene Harner and Basil Molony; third: Sasha Rome and Marilyn Gold; fourth: Lorraine & Bob Minke. November 20 winners—First: Carol Mayeur and Dolores Marchand with the high round for the night of 1550; second: Darlene & Leif Andreasen; third: Joan Schabillon and Lynda Sader; fourth: Erica Wolf and Edith Kesting.

**Contact: Kay or Ben Newton 408-1819**

#### 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 just show up by 5:45 PM and you get to play if we have an even number of pairs up to 28. We get *seated* at 5:50 PM, make announcements, and must start by 6:00 PM in the Sierra Room (KS), because we *must* finish by 8:30 PM.

October 23 winners—First: Bev & Allan Blaine with a bridge trifecta, highest overall score, high round for the night of 2170, and a grand slam; second: Lorraine & Bob Minke; third: Gerry & Warren Sonnenburg; fourth: Didi Martin and Sharon Klotz.

November 13 winners—First: Shari & Jim Kiley, with the night's high round of 2130; second: Ann Leitze and Judy Olson; third: Carol Mayeur and Dolores Marchand; fourth: Bob & Hilla Fawcett.

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



### Bridge, Social

Join us for Social Bridge. We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). You do not need a partner. Please make a reservation with contacts below! Everyone must arrive between 12:30 and 12:50 PM to assure a place to play.

Winners: October and November—First place: Chet Winton, Harry Collings, twice, Bob Belknap, Ralph Madsen and Pat Fraas; second: Peggy Schmidt, three times, Kurt Wolff, Diana Newell and Viren Sitwala; third: Arlean Parton, Pat Frass, twice, Richard Lund, Warren Sonnenburg and Sasha Rome; fourth: Frank Lawrence, Lois Burke and Dee Williams, tied, Dee Williams, Gail Ramsden, Jim Busey and Chet Winton.



*Our Halloween Party*

Our Halloween Party was a success... Lasagna, Salads, Pumpkin Pies and more. Making masks was colorful and fun, raffle, slide show too!

Wishing everyone a Happy Christmas season.

Reservations: November & December: Joanna Haselwood (209-3392) or Helen Helm (408-0428), h89elen@att.net

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



### Bunco

The Bunco group welcomed two new members—Chris Gomes and Mary Dagostini. As beginner's luck would have it Chris went home with a prize. The dice were flying with much cheering and laughter going on which made for a fun time!

The Bunco Club is preparing for their holiday gift exchange & luncheon in December. Please contact Kathy to pay your luncheon money and for details.

Please consider joining us the third Thursday of the month. Maybe you will

be the next Bunco winner! New members tend to win! Enjoy in the fun for only a \$5 play fee! Play starts promptly at 9:00 AM. Drop in when your schedule permits and after four quarters of play, four lucky individuals win SCLH gift cards.

*November winners:* Most Buncos Bobbie Eldridge; Most Wins Corry Ostendorf; Most Losses Chris Gomes; Traveler Marlene Woodbury.

*Next Bunco is Thursday, December 18.*

*Happy Holidays!*

**Contact: Kathy Sasabuchi 209-3089,**  
**[ksasabu@wavecable.com](mailto:ksasabu@wavecable.com)**



### Ceramic Arts

The Ceramic Arts Group would like to wish all of our members and fellow residents a very happy holiday season. Please enjoy families and friends during this time. We are looking forward to a new/exciting 2015 with lots of creative work! Any changes in workshop/studio times due to the holidays will be posted on the studio doors or check with room monitors for revised times. All December classes are listed in the *Compass*. Again, please have a wonderful holiday season and be safe... see you next year!



*Aly Roberts creating a bowl*

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

**Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils**

**Margot Bruestle 434-9575**

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



## Chorus

By the time most of you see this, our "Winter Fantasy" concert performances on December 14-15 will be a happy memory. As always, we've enjoyed being part of our community's holiday season and deeply appreciate the support of all of you who filled the Ballroom to hear us.



*The Lincoln Hills Community Chorus*

We don't get much time off, because rehearsals for our spring concert on April 26-28 begin January 6 at 2:30 PM in the P-Hall (KS). Want to join us? Check our website and call Sid Frame or Bill Sveglini for more information:

**Contacts: Bill Sveglini 899-8383, [sveglini@gmail.com](mailto:sveglini@gmail.com); Sid Frame 408-1453, [sflincoln4fun@starstream.net](mailto:sflincoln4fun@starstream.net)**  
**Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**

## Computer

Main Meeting: January 14, 6:30 PM—"Choosing a Cloud Storage Provider" by Terry Rooney. Using the cloud simply means that your data (documents, pictures, videos) will be stored someplace on the Internet and you can access it when you want it. The biggest names are Microsoft's OneDrive, Google's Drive and the independents DropBox and Box.



*Terry Rooney will present "Choosing a Cloud Storage Provider" on January 14*

Microsoft's OneDrive is integrated with Windows 8.1, and the various Office products. Google continues to lower the prices of its storage, putting pressure on competitors, especially DropBox and Box.

The presentation will cover the differ-

ences in storage limits, cost per month, and ease of use. We will also cover some extra benefits such as automatic photo storage. (KS)

Clinic January 16 *Cancelled* due to SCLH Association scheduling conflicts.

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

**Contact: Claudia McEnerey, [president@sclhcc.org](mailto:president@sclhcc.org)**  
**Website: [www.sclhcc.org](http://www.sclhcc.org)**



## Mac User

The big news today is for iMac and MacBook users: the free upgrade to OS X Yosemite has been fully vetted by the MUG volunteer techs and deemed safe and effective to download and install in your computers. Just go to the Apple Logo at the top left of your screen, click on Software Upgrade and follow the directions. You may also do this through the App Store.

There are no seminars or meetings scheduled for the rest of December, but a full panoply of events is slated starting in early January.

The best way to keep up on all of this is to subscribe to the LHMUG Calendar. Just go to the Calendars tab at the top left of the screen and check the box marked LHMUG.

Please browse our excellent website for membership information and a good look at our extensive program.

**Contact: Henry Sandigo (415) 716-0666, [hsandigo@gmail.com](mailto:hsandigo@gmail.com);**  
**Website: [www.lhmug.org](http://www.lhmug.org)**

## Country Couples



The Sierra Pines Country Club in Sun City Roseville was where a capacity crowd of Country Couples, some looking scarier than others, celebrated a post-Halloween bash hosted by Jim & Jeannie Keener. The catered BBQ dinner was a perfect meal for this annual fall event. Witches and devils, hippies, hobos, pirates, pumpkins and court jesters, and even a Ratatouille Rat danced to J and J's country tunes.

Our Holiday Dance on December 5 saw the tone change to one of elegance and



*Cowboys love to dance; a motley crew!*

sophistication, (if country can be that) as we welcomed the Holiday Season with our annual dinner/dance in the OC Ballroom. Photos of past dances and CC events were projected on a big screen reminding us of fun times passed. We all enjoyed a delicious traditional holiday meal and the friendships that we have cultivated with each and every club member. So grateful for our Country Bond!

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



## Cribbage

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

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



## Cyclist

Warm days of cycling are almost over. It's time to think about cycling in cold weather. No need to hang up your bike because it's "cold" outside.

When riding in cold weather (below 50 degrees), you want to start off feeling a

little cold. After 15 minutes of riding you will be warm. Don't overdress or you will be uncomfortable.

Layer your clothing. Use polyester fabric next to the skin and a windbreaker as an outer layer. Layering traps air between the layers and holds the heat in.

A large percentage of body heat is lost through the head. Use a cap and ear coverings.

For the hands, use full fingered gloves. There is nothing more uncomfortable than cold hands.

Your feet should also be protected. Try using two pair of socks to create a thermal barrier.

Keep your knees and arms covered. Use leg and arm warmers.

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

**Website: www.LHcyclist.com**



## Eye Contact

### Low Vision Support Group

In lieu of regular monthly meetings in December we celebrated the season with a holiday luncheon in the Solarium on December 5.

At our January 8 general meeting we will have a SCLH resident speaker with dry macular degeneration who has been participating in stem cell trials at UCLA. We can look forward to updates as she moves through the process. *General meeting start times for 2015 have been changed to 2:00 PM.*

General meetings are held on the second Thursday of the month in the P-Hall (KS) and feature a guest speaker or an audio-visual presentation. Our Living Skills Workshops are held on the fourth Thursday of the month in the Multimedia Room (OC). Meetings are open to all Lincoln Hills residents and can be especially helpful to those with low vision or those supporting a loved one with low vision.

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



## Garden

Merry Christmas and Season's Greetings! There will not be a December General Meeting.

Membership (2015). Renew or join the Garden Group on Thursday, January



*Tree Harvest;  
Christmas  
Cactus Plant*

22, at the first Garden Group General Meeting of the New Year. Dues—\$15 per residence. (Make checks to: SCLH Garden Group.) If you wish to renew early, contact Marjie Anderson, 408-7685.

The Lincoln Community Gardens will begin assigning garden beds to interested members for the 2015 year.

Find a friend or two who like to garden in large raised beds that have water, good soil, and a security fence included! The price is \$45 for an entire year. Contact: Marie Salers, 408-3895.

We need volunteers who are interested in helping with Garden Tours throughout the year. There are so many places of interest to see in this area! If this appeals to you (and a friend or two to help) contact Rita Grella, 408-2367.

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



## Gem and Mineral Society

No group meeting in December. The Gem Cutting class will be taught in January, March, and May. The Lost Wax Casting class will be taught in February and April.

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.

Contact Dave for information.

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

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

## Gem and Jewelry Open Workshop

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

Cabochon gem cutting instruction is available by arrangement with the shop master.

Chuck DiFrenzo is available, 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 434-0747.

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



## Genealogy

Just a reminder that the last general meeting of the SCLH Genealogy Club for 2014 was on November 17. No general meeting is scheduled for the month of December.

The Genealogy Club membership for 2014 was 172... a club membership record! The Genealogy club membership is expected to continue to grow in 2015 as more and more residents of Lincoln Hills become interested in their ancestry. To become a member please be prepared to send in your application form, available on line (new members) and your check for the annual dues of \$20.

The next general meeting will be in January 2015, and you are asked to watch for information in the *Sun Senior News*, the *Compass* and on the web page.

We wish all residents and club members a safe and healthy holiday season and look forward to your presence as a regular member in 2015.

**Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641; Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



## Golf, Ladies

### Lincoln Hills Lincsters

The Lincsters' user friendly website was created by Ive Laske. Ive, a native Californian, has a diversified background: beautician, shop owner, teacher's aide, business assistant to the manager of the Amador County Fairgrounds, and a long career

with the State of California. She designed a house, helped build it, managed a large vegetable garden, and raised a variety of animals. Currently, Ive and her husband run a tax and accounting practice; she does

the tax return e-filing, the books and the payroll. She enjoys Tai Chi, ceramics, card games, needle arts, travel and wine tasting. Thank you, Ive, for our beautiful website.

The Lincster winter schedule started in November with afternoon play; this will continue through March.

October Golfer of the Month was Ann Diddy of Flight C.

By the way: "The reason the pro tells you to keep your head down is so you can't see him laughing." *Phyllis Diller*

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

### Ladies XVIII

The NetChix finale, played in November, was won by Donna Sosko, tallying 72; one stroke better than Joyce Herrerias and two better than Kathi Botehlo. In a side tournament, Emge and Jacobson tied for low gross with 98. Flight winners included Ivaldi and Hastings. This clever year-long challenge was named by Pat Lewis and created and produced by Bev Ansbro.

The last playday of the year was hosted by Remy Raquiza. Eleven foursomes signed

up only to dwindle to about half that by tee time. However, only Koropp and Thom finished in the misty to light rainy conditions, playing in three-and-a-half hours.

The Christmastime awards luncheon will again be hosted by Rebecca Shoaf. There should be plenty of festive red in the ballroom's capacity crowd going for the "green."

Membership is always open to Lincoln Hills residents. The Golf Shop has the 411.

Submitted by Candice Koropp, Publicity.

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

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



## Golf, Men's

The year is coming to a close and it's time to sign up for the Men's Club for 2015. I've heard that some men have reservations about signing up for a couple of reasons, one being we play five-plus hour rounds and another reason is that only good players are members. Neither of which is true. In the years I have been a member we play between four and four-and-a-half hour rounds, and we have men with high handicaps as well as those with low handicaps. Since our tournaments have different flights, it evens out the playing field so everyone has a chance to win in their flight. For a mere price of \$83 annually, which includes your NCGA dues, you too can have fun playing as I have and without a doubt you will make new friends. So come join the fun.

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



## Healthy Eating

Our guest speaker for our January 26 meeting is local author Joanne Neft. She is noted for her books on the importance of a lifestyle based on selecting and preparing local foods *when they are in season* and the health benefits and joys of this lifestyle. A book signing and sampling of healthy dishes from recipes in her books will take place in the Social Kitchen (KS) across the hall from P-Hall (KS), 3:30-4:30 PM. Guests are welcome at the meeting



*Mystery Fruit—it's a Buddha's Hand (a citrus), Annual Mandarin Festival, Farm to Fork Lunch*

and/or the book signing and sampling of healthy dishes. You'll be able to purchase her books and chat with her at the book signing.

Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS), so January's meeting is the 25th. *Guests are always welcome.* Join us in our ongoing discussions on ways to explore new healthy foods and better ways to prepare them.

**Contact: Don Rickgauer 253-3984, [Sc1h13HealthyEating@gmail.com](mailto:Sc1h13HealthyEating@gmail.com)**



## Hiking and Walking

"Wherever you chance to be (in Nature), always seems at the moment to be the best of all places." *John Muir*. This quote rings true for hikers and the wonderful hikes they have experienced. Sugar Pine Reservoir hike never fails to delight with the deep blue lake and lovely forested setting. The variety of environments from forest to open meadows—and even Big Bird in a tree!—brought smiles to hikers



Hikers standing on Sugar Pine Dam with lake reservoir in background; Hikers on Forest-hill Divide hike—smiling at



seeing Big Bird in the tree and Oscar the Grouch in the garbage can; Hikers posing on Donner Peak

on the Foresthill Divide Loop hike. Lola Montez Lake hike captivated with its peaceful setting. Breathtaking views gave joy to hikers on the Donner Peak/Mt. Judah hike. History, an ancient Redwood tree, vineyards, and more gave diversity to the Jack London State Park hike. Wilderness awed the hikers on the Foresthill/Peachstone hike.

The Walking Group have been meeting at 8:00 AM to start their walks. Next month this article will feature that group.

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



### Investors' Study

*No January meeting.* We begin 2015 with our first meeting on Thursday, February 5.

*New meeting time:* Our meetings in 2015 will begin at 2:30 PM and, as always, will be held in the P-Hall (KS). Russ Abbott, our consultant, is our speaker for February. He

gives a complete review of the financial sector and answers our questions. We look forward to hearing his views. Refreshments after the meeting.

The Active Investors subgroup meets on the second Monday of each month in the Multimedia Room (OC) at 3:30 PM. Contact: Bill Ness, 434-6564.

**Contact: John Noon 645-5600 [thenoons@att.net](mailto:thenoons@att.net)**



### Lavender Friends

Lavender Friends is a social organization serving the LGBT community in Sun City Lincoln Hills.

Member Robin Richie is an elementary music teacher who also serves as the conductor and artistic director of the Sacramento Women's Chorus. She has developed the chorus from 18 to 70 members. She heard "A Woman's Voice" on Senator Barbara Boxer's website, and was put in touch with composer Marvin Hamlisch and lyricists Alan & Marilyn Bergman. Permission was given to create an arrangement to perform in Sacramento. Sheet music now includes her name as arranger.

Robin and her spouse Dru love the beauty and ambiance of SCLH. I asked Dru what she thought was Robin's best attribute. "She is gracious and encouraging with others, especially her students."

Upcoming events include PFLAG and Sacramento Women's Chorus Holiday Concert on December 8, a Dinner/Dance December 13, and Holiday Brunch on December 17. Check our website (below) for additional social opportunities.

**Contacts: Jacquie Hilton 543-9349, [jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net); John 408-2576, [Then1947@yahoo.com](mailto:Then1947@yahoo.com) Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**



### Line Dance

What a great start to the Holiday season! Over 100 line dancers enjoyed a potluck dinner followed by dancing at the annual event. Our instructors, Yvonne, Audrey, and Sandy, were there to cue the start of each dance with music provided by our resident DJ Mike. There were dances for all levels. Partygoers filled the dance floor. We had a wonderful time and are looking forward



Our annual event. Dancers here cued by Audrey Fish (top) and Yvonne Krause

to resuming dancing in 2015. Line dance classes will take a break for the month of December and enrollment for January classes begins now.

If you need a New Year's resolution, make it line dancing. Classes are offered Monday, Wednesday, Thursday and Friday. Check this month's *Compass* starting on page 69 for details. We are hoping you all will join us!

**Contacts: Yvonne Krause 408-2040, [ykrause@yahoo.com](mailto:ykrause@yahoo.com); Carol Rotramel 408-1733, [carold@surewest.net](mailto:carold@surewest.net)**



### LSV/NEV

Join us on January 20 for the membership meeting of the Lincoln Hills LSV/NEV Group to hear Ryan Kugel, of Electrick Motorsports as the speaker. He will share helpful tips on the care of your LSV/NEV and product information about the Tomerlin NEV, used vehicles, maintenance and accessories available.

LSV/NEV monthly meetings are held at P-Hall (KS) at 10:00 AM the third Tuesday of each month.

On tap for the February 17 meeting speaker is Julie Domenick of Allstate Insurance, informing us about the special affordable NEV vehicle insurance.

Your time will be well spent as you are educated on the best care of your electric vehicle when you attend our meetings. We welcome all brand new residents of Lincoln Hills to hear about the concept of owning an NEV.

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



## Mah Jongg, Chinese

Greetings! Now that we are early into the winter season, it may be a good time for you to learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you. Even 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 Mondays at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is to be decided at the table where you play. 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 846-1500**



## Mah Jongg, National

It has been a fun and challenging year for National Mah Jongg. We no longer have our teaching table but one of our members enjoys teaching in her home. If you are new to the game, give Fran a call to join her free lessons.

Next year, we have decided to make the first Tuesday of every month “Nostalgia Tuesday.” Bring any card from previous years and stump your table mates. It will be a table choice so if your group prefers to play with the current card, enjoy!

We meet at the Card Room (OC) every Tuesday, 12:30 to 4:00 PM. Get there early so we can get in as many hands as possible.

Free lessons: Fran Rivera 434-7061.

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



## Mixed Media Collage Arts

Our club is composed of folks with a variety of art interests and backgrounds. Some are photographers, jewelry designers, acrylic artists and fiber artists. A few folks simply enjoy the creative process no matter the medium used. One of our goals is to repurpose, reuse and recycle items into our art. The photo in the next column shows Jan Stephens demonstrat-

ing the use of alcohol inks on a glass ornament and we let the creativity flow for attaching and filling the item.



*Demo with Jan Stephens*

We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). All experience levels and you are welcome to visit while we work on individual projects, sharing ideas and “stuff” to use in our projects while laughter fills the room!

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



## Motorcycle

### RoadRunners

Sixteen riders turned out for this year’s final ride, The Icicle Ride. It was “kickstands up” at the Chevron Station 9:00 AM. Starting with a tour up Hwy 70 past Oroville, cruising through Paradise, and ending up in Chico. Passing by the Bidwell Mansion, overflowing with tourists, we ended up at the Graduate Bar & Grill for lunch. Heading home, we cruised down Hwy 99 through Yuba City. Ride was led by Road Captain John Milbauer.

The annual Christmas Party/Officer Installation took place at Buonarroti’s. A great turnout and enjoyable time was had by all club members.

While the RoadRunners will not have a regular meeting in January, the Road Captains will meet to sketch out the riding agenda for 2015.

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!”

*Written by John Milbauer.*

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

## Music

“Open Mic Night” has concluded for this year but will return on Friday, February 27. The next Music Group meeting will be Wednesday, January 28.

The Ukulele Ohana will continue to hold their weekly jam sessions each Wednesday, 1:00-3:00 PM (OC). Newcomers are welcome and a good time is guaranteed. Contact Ron (409-0463) for information about the beginner’s class.

The Ohana has recently started a pilot program to provide loaner ukuleles and free instruction to fourth and fifth graders at First Street Elementary school in Lincoln. Ron Peck instructs and volunteers from the Ohana to help the children with fingering chords and strumming.

The plan is to eventually introduce the program to all of Lincoln’s elementary schools. However, funds are needed to purchase more ukuleles, and additional volunteers to help with instruction are also needed. If you would like to donate funds or volunteer, please contact Ron.

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



## Needle Arts

### Threads of Friendship

What a treat to see all the groups showing off their talent and outstanding projects at the last meeting; so many creative people together sharing their work and joy in the creation. We do have a diverse population of material manipulators (my term).

The Holiday Tea has capped the year. Time to set new goals!! Perhaps you may want to visit one of the many groups and add a new skill to your repertoire?

Our January 13 meeting will be unusual and enlightening. A group, Mzansi Zulu Quilt, spent 20 years in Africa training South African men, women and children to manufacture and market professional quilts. They are back in the US now and will share their stories with us. What a marvelous experience to be someone sharing a skill with others that offers them a life skill capable of improving their lives. A true win, win situation.

**Contact: Carol Matthews 543-7863, carolfm1929@gmail.com**  
**Website: www.sclhna.com**



**Neighborhood Watch**

Help is on the way! Four new Workshop Sessions have been scheduled for 2015. These workshops are for new volunteers and anyone who would like to refresh their information and have questions answered. All Mail Box Captains, Village Coordinators, and prospective volunteers are invited to attend.

The first Workshop is from 6:00-8:00 PM on March 27 to accommodate those not available during the day. The other three Workshops will be from 2:00-4:00 PM on June 26, August 14, and October 23. All Workshops will be held in the Fine Arts Room (OC).

Attendees tell us that discussions with other Mail Box Captains and Village Coordinators are very helpful, in addition to learning easy ways to accomplish our objectives. Bring a friend to double your fun! Reaching out to become acquainted with more Lincoln Hills residents is rewarding.

To register for a Workshop, contact Pauline Watson (see below).

**Contacts: Ron Wood 434-0378, ron2029wood@att.net; Pauline Watson 543-8436, frpawatson@sbcglobal.net**  
**Website: www.SCLHWatch.org**

**Painters**

First, we remind residents, their families and friends, that thru January 6, Painters Club Farm Life paintings will hang on the walls and be available to enjoy and perhaps purchase, when you visit the Buonaratti Restaurant in downtown Lincoln.

Our club's annual Fine Art Show will take place February 20, 21, and 22 in the Ballroom (OC) where original pieces can be viewed, free of charge, and purchased by residents and guests.

August 11 thru September 8, paintings by club members will be hung at Umpqua Bank in downtown Lincoln where they can be viewed and purchased by the public.

Beginning in January, our club meetings

will be held in the P-Hall (KS) on the third Monday of each month, from 2:00 to 3:30 PM. Interested guests are welcome.

**Contacts: Joyce Bisbee, joybis@aol.com; Jack Cook 434-6317, li4cook@aol.com; Jim Brunk (plein air paint-outs), 434-6317, brunk@starstream.net**  
**Website: http.lhpainters.org**



**Paper Arts**

Our Christmas luncheon was a great success with a drawing, gift exchange, and delicious lunch. The origami decorations we made last month adorned our table centerpieces and set the stage for a festive event. Our members truly shared the spirit of Christmas with their donations last month to the Secret Santa program for foster children and this month's



*Shirley Rainman, Sue Manas and Mina Bahan display origami ornaments; Paper Arts members donated toys for Secret Santa program for foster children; our table captains prepare packets for our Christmas ornament project*

food donations to the Salt Mine. This past year has been a fun-filled one and we look forward to 2015! Thanks to all who led monthly projects, served as table captains and helped throughout the year. Special thanks to Sue Manas for her leadership.

Our meetings are on the first Thursday of each month.

**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 if 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 Friday 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**

We hope you enjoyed the photos we took of the SCLHCA 15 year celebration that are posted on Flickr. You can download any of them you wish, and we hope you do. This month we only fed our faces as our official function, but Meridians did a great job of making our



*"Duet at Pt. Piedras Blancas" and "The Lowing Four" by jeffa*



Christmas Buffet a success. The January 14 meeting—in the OC Oaks/Gables Rooms—will be different not only because of the one-time location, but because of the post-processing-fest being held. Some five separate areas will be operating to demonstrate the capabilities of both the photographer and the different software being used.

Apropos of all the caroling going on this month, attached are photos of a “Duet at Pt. Piedras Blancas” who apparently didn’t get everyone’s appreciation, and “The Lowing Four,” a grass roots quartet from Auburn. A Merry Christmas to you and yours.

*scribe: jeffa*

**Contact: Jeff Andersen 434-6009,**

**2jeffa@gmail.com**

**Website: SCLHphoto.com**



### Pickleball

Recently elected 2015-2016 Board members are Marty Rubin, President; Ron Slagle, VP; Nancee George, Treasurer; Katie Bloom, Membership; Rein Lemberg, Tournaments; Cal Meissen, Training. Many thanks to outgoing Directors & organizers Scott Sutherland,



Welcome to our new 2015-2016 Board members!; Kudos to outgoing Board members for your hard work!

Bill MacCullough, Glenise Cunningham, Loretta Halpin, Rich Lujan and Susan Whalen for their contributions to our club’s smooth operation and colossal growth during the last two years. Since now “retired,” we hope to see them on the courts frequently!

The 2015 club dues are still \$15 and due now. If no changes in your contact information, drop your check, made out to LH Pickleball Club, in the membership box at the courtside cabinet. If any changes, complete a membership form from the club’s website to accompany your check.

News flash! Contact Andrea at amad53@sbcglobal.net or 408-4711 for all club shirt and jacket orders. Check it out! She has an array of shirt colors & styles.

**Contact: Marty Rubin 408-3494,**

**marty629@gmail.com**

**Website: www.lhpickleball.com**



### Players

Even before Cinderella wowed its audiences, the Players Group was busy planning the 2015 theater season. On February 7 and 8, the Readers Theater production of “Love Is In the Air...Or Is It?” will be the perfect way to celebrate the month of romance, flowers, candy and kisses. Don’t miss this entertaining way to celebrate with your Valentine. Like previous Readers Theaters productions, this is a *free* show, held in the P-Hall (KS).

In March, the side-splitting, over-the-top and campy melodrama, “The Ballad of Gopher Gap...or Sticky Fingers Won’t Wash,” will grace the main stage. It will be directed by Julie Africa, one of the Players’ newer members. Her credentials are impressive and go all the way back to her childhood. Like all of the Players, show business is in her blood. Held in the Orchard Creek Ballroom, March 4 and 5.

**Contact: Barbara Greenfield**

**408-5017, barbieg1@sbcglobal.net**

**Linda Marchus, lindamarchus@gmail.com**

**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 Fridays—same times.

The Quarterly Hold ‘em tournaments are open to all residents, first come, first served, as they usually fill up quickly with a 48-player cap. Our 2015 tournaments will be announced next month.

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

Officers for 2015 were installed for the RV Group earlier this month as part of festivities at the group’s Christmas Party in the OC Ballroom.

Rosie Eads will continue to lead the group as president. Leonard Cassieri and Frank Glick will share the duty of vice president, Linda Dern is secretary and Sharon McMillian will continue as treasurer. Jayne Clark is historian and Sharlene Zielinski is membership chair.

The RVers enjoyed some fine food and fun dancing. They brought gifts for the Toys for Tots program, the toys to be distributed to needy children in the Lincoln area.

First trip of the year will be a four-day rally in southern California January 26-30 at the Sands RV and Golf Resort in Desert Hot Springs.

The group holds monthly meetings on second Thursdays, 4:00 PM, in the Social Kitchen (KS). All Lincoln Hills RV owners are invited to attend.

**Contact: Rosie Eads 408-0129**

**Website: www.lhrvg.com**



## SCHOOLS

### Sun City Helping Our Outstanding Lincoln Schools

Holidays Bring Many Opportunities for Volunteers: The holidays bring with them many special opportunities for our volunteers to help out. From craft and art fairs to musical events and in the classroom, your help is deeply appreciated!

If you are a current volunteer or have been thinking about becoming a volunteer, now is your time! We continue to receive positive comments from those who volunteer and from our wonderful teachers.

From Lincoln Crossing School: "I just want to say how much it means to my students and me to have the Sun City volunteers here. My students *love* them (so do I)."

And from one of our volunteers: "Working with these students gives my life a whole new purpose. The rewards go far beyond my ability to express."

To become part of the fun, and to put a whole new spring in your step, call or email Sandy or Cindy.

**Contacts: Sandy Frame 408-1453, [ssframe1963@gmail.com](mailto:ssframe1963@gmail.com) (Elementary); Cindy Moore 408-1452, [cindysmoore@me.com](mailto:cindysmoore@me.com)**



## SCOOP

### Sun City Organization of Pooches

SCOOP Members gathered in the Solarium at Meridians for a holiday luncheon on December 3. It was very nice and Meridians and the moods we brought with us were very festive!

Our first meeting for the coming year, 2015, will include Dr. Ann, owner of Sterling Pointe Veterinary Clinic, as our guest speaker. Among topics she will be discussing is "older" dogs. Dr. Ann is a great resource for everything "dogs" and you won't want to miss this meeting at 11:00 AM on February 3 at OC. Mark your calendar now.

Don't forget—2015 dues, only \$12, are due in January. Have a wonderful holiday season and we at SCOOP wish you a very happy, healthy, and prosperous New Year!!

Questions, suggestions? Please let our Committee members know at our email

below, or check out our website. Your input is always welcome.

*Submitted by Gay Sprague.*

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

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



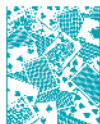
## Scrabble

As most Scrabble players are aware, proper nouns are not acceptable for play. However, words named after common places are often legal. Just a few: danish, china, alaska (a heavy fabric), berlin (a type of fancy, fast and light horse drawn carriage), bordeaux, boston (a game similar to whist), dutch, genoa, greek, swiss (a sheer cotton fabric), jordan (a chamber pot), paris (a type of plant found in Europe that produces a lone poisonous berry), warsaw and zaire.

Come join your friends and neighbors on Mondays at 1:00 PM in the Cards Room (OC) to try out some of these words. Let's Scrabble!!

*Submitted by Connie Protto.*

**Contact: Anne McMaster 409-5408**



## Shanghai

In the Card Room (OC), the group is quietly playing the game of Shanghai. Sets and Runs are expertly being scored. All of a sudden someone yells "Shanghai" and the room bursts with noise. That player hit the ultimate jackpot.

We play every Thursday at 12:30 PM, and every second and fourth Friday nights at 5:45 PM. To learn the game, or to ask any questions, contact one of the names below.

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



## Singles

### Dynamic Singles

Yo Ho Ho—and a Bottle of Rum! Oops—that was for Pirates, not Santa!

Instead, Ho Ho Ho and Happy Holidays! Dynamic Singles have been having a *great* Holiday Season! Did you miss our Holiday Luncheon December 13?

December 18 we will dine out at Rubino's. December 29 is our Pre-New Year's Celebration at KS at 6:00 PM! Come join



*Singles Club Activities Committee meets monthly to set schedules, led by President Judie Leimer (front) and Vice-President Jim Raber (back, red shirt)*

us, and join Dynamic Singles—\$15 for all 2015!

In January we celebrate Birthdays, have a Blind Exchange Game at our January 8 Meeting, dance, play bocce, go hiking, and golf! *Then*, January 22, we have a "Pre-Super Bowl Party" at KS at 6:00 PM with games, prizes, and wearing Team Shirts! Also in January we will have *twelve* cocktail parties!

How do we *do* this? Activities committee meets monthly to make magic! Our three-month calendar is at Orchard Creek. **Contact: Judie Leimer 408-4308, [j.leimer@icloud.com](mailto:j.leimer@icloud.com); Maralyn Fisher-Zack 408-4747, [mdfzack99@aol.com](mailto:mdfzack99@aol.com)**



## Ski

Our general membership meeting on Thursday, November 18 was a highly entertaining and informative panel presentation by four Ski Club members who have served as either ski or doctor patrol volunteers for local ski resorts. Their years of service total about 100 years! We learned about their roles, how to enjoy skiing in extreme weather, and personal tales of such major news stories of past years as the big avalanche



*Ski Patrollers Rolf Fromm, Bill Hassett, Bill Anthony and Ingrid Morton*

at Alpine Meadows and the tram rescue at Squaw Valley.

Pay your annual membership dues now so that you are on our email distribution list. Among other things, you will learn each week about ride sharing trips to Sugar Bowl, Northstar, Squaw Alpine and other resorts. It is so much more fun to ski with friends!

Our next general membership meeting will be Tuesday, January 22, at 4:00 PM in the Multipurpose Room (OC). Meeting details to be provided.

**Contacts: Mike Hilton or Bill Smith**  
258-2150, [lhskiclub@gmail.com](mailto:lhskiclub@gmail.com)



### Softball, Senior League

The Fall Softball Season began in early October and ended with rainouts on November 19 and 21. We will now eagerly await the beginning of the 2015 Spring/Summer Season in April. Information concerning tryouts, Sunday practice sessions, and other general information as well as application forms can be found on our website listed below.

The new Board of Directors was elected at our November 11 general meeting and will officially take their positions in January. The officers for next year are Mike Capporale (President), George Sylvia (Secretary), Bruce Briggs (Treasurer), John Moran (Commissioner), Karl Wenzler (Player Representative), Jeff Greenberg (First VP), and Mike Hazelhoffer (Second VP). We wish you all a very successful year. Thank you for your service to Vince Del Pozzo, Joann Hilton, and Dave Rich, who are leaving the Board.

Have a wonderful Holiday season, stay in shape, and we will see you in the spring.

**Contact: Joann Hilton 408-0346,**  
[jhilton777@gmail.com](mailto:jhilton777@gmail.com)

**Website: LHSSL.org**



### Sports Car

Here we are at the end of a fantastic year for the Sports Car Club.

Reviewing our website, we had 13 rolling trips. Four were two-night trips to Pacific Grove, Shenandoah Valley, Eureka and Yosemite. Day trips were to Lockeford, Thunderhill Raceway, Walnut Grove, Auburn, Jackson, Nevada City,

Napa, Shenandoah Valley and Occidental.

These trips remind us how beautiful northern California is. We drive on winding roads with beautiful scenery, blue lakes, green valleys and the wondrous Pacific Coast. We feel blessed every time.



*Lincoln Hills Anniversary  
Parade; Yosemite*

We also had six social events this year, wonderful dinners, harness racing and a River Cats game. And finally we just had our annual Christmas Dinner and Dance at Catta Verdera. Social mingling is an important part of our club—it is all about the people. We ended the year with 105 cars in the club, over 200 people, which is the largest membership ever.

**Contact: DiAnn Rooney 543-9474,**  
[dlooney@mac.com](mailto:dlooney@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](mailto:louisbobrowsky@yahoo.com);  
**Gail Holmes 253-9048**  
[gailholmes@sbcglobal.net](mailto:gailholmes@sbcglobal.net)



### Table Tennis

On December 7, the Table Tennis Club held their annual Christmas party/dinner at Skipolini's restaurant. Approximately 60 people attended this annual holiday social. A special thanks to George Porzio and his minions for the arrangements. Also thanks to Gary Haight for his financial management.

Even with cooler weather and rain, we can still enjoy the comfort of indoor play at KS. Table tennis is great for hand/eye coordination as well as maintaining physical well being and balance. Equipment is provided and play is generally coed doubles. Singles play for those interested (Bob Gritner) is generally available in the later hours of play.

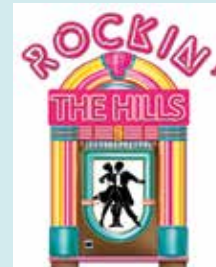
Play is on Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00-11:00 AM at KS. You can arrive anytime within those hours.

**Contact: Ed Rocknich 434-1958,**  
[rocknich@yahoo.com](mailto:rocknich@yahoo.com)



### Tap Company

Remember those songs you grew up with? Songs like "He's A Rebel," "Can't Help Falling in Love,"



*Mary (Joanie Adams) spurns  
Jack (Steve Garavito)  
because he  
can't dance;  
March 26, 27, 28*

“My Boyfriend’s Back,” “It’s My Party,” and “Chantilly Lace”? The Tap Company will present these songs and more in its production of “Rockin’ the Hills.” Set at Meridians on Tuesday dance night, the musical follows Jack as he attempts to win his true love, despite the fact that he can’t dance. Will money and luxury outweigh true love? Will Jack finally learn to dance? And, just who is that mysterious blonde? All will be revealed when the show debuts on March 26, 27 and 28. There will be dancing, singing, and Lincoln Hills will be rockin’! Auditions are over, the cast selected, and our dancers are rehearsing furiously to give you a heck of a good time. Mark your calendars and prepare to have the time of your lives. Don’t miss it!

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



**Tennis**

Our Fall Dinner Dance held at Rock Hill Winery in November had great food,



*At our Fall Dinner Dance— Greg & Katie Didion with Sylvia Wong;*



*Bruce Draws with wife Chris enjoying the Cabernet; Treasurer Carol Vasconcellos with husband Tony dancing to the band Two-Tone Steiny*



conversation, dancing and wine. Once again our Social Committee, Linda Mateer and Linda McDermott, did a fabulous job of making sure the food was served just at the right time and there was plenty for all! LHTG President Greg Burke called out the names of the lucky drawing winners, either a bottle of wine or gift certificate. Thanks to all who attended.

Our end of the year General Meeting was held December 10. Greg Burke thanked the 2014 Board for all they have done throughout the year. Bob Sanguinet Tournament Director, Linda Burke Communications, Linda McDermott and Linda Mateer Social, Carol Vasconcellos Treasurer. Outcome of the newly elected 2015 LHTG Board will be in next month’s Compass.

For new photos and information on club activities check our website.

**Contacts: Greg Burke 316-3054, burkegbp@aol.com; Linda Burke 209-3463, scteam10s@aol.com**

**Website: <http://sclhtg.com>**



**Vaudeville Troupe**

The Vaudeville Troupe is in rehearsal for our January show. This is a great little variety show featuring a lot of our neighbors and friends showcasing their various talents. The smaller stage in the P-Hall (KS) is personal and friendly with the acts right there in front and with comfortable seating as well.



*Singer Jerry Mandolfo; singer/comedian Ted Neely*

The Vaudeville show will be January 9 & 10 with a matinee and evening performance both days. Check page 46 of this *Compass* for details.

**Contact: Yvonne Krause-Schenck 408-2040, ykrause@yahoo.com**



**Veterans**

More than 200 attendees turned out for the annual Veterans Day ceremony under the OC porte-cochere on November 11. The celebration included presentation of the colors and placement of a wreath next to the veterans’ memorial monument by National Sojourners Ollie Guinn and Phil Cox, both retired Army officers. The Hills Brothers sang the National Anthem and a medley



*An appreciative crowd of residents and guests attended the Veterans Group’s annual Veterans Day ceremony under the OC porte-cochere on November 11 (photos by Jim Cormier)*



of patriotic music. Retired Air Force Lt. Col. Doug Cooper delivered Veterans Day remarks and Navy veteran Robert Maske played Taps.

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



## Water Volleyball

We were all trying to figure out what to do with ourselves since the announcement of the pool closure for most of December. One thing we did was our annual Christmas party on Saturday, December 6. That was a lot of fun.

Water volleyball is open to all Lincoln Hills residents of any skill level. 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.

Play available (KS):

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

See our calendar link at [www.lincolnsuncity.org](http://www.lincolnsuncity.org).

**Contacts: Steve Parke 716-5379, [stevenparke@att.net](mailto:stevenparke@att.net); Jerry DiGiacomo 521-1904, [itsmrd@sbcglobal.net](mailto:itsmrd@sbcglobal.net)**

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



## West Coast Swing

Mark Your Calendars: 2015 Schedule—second Friday of each month. January 9, 2015, Friday Evening West Coast Swing Dance Instruction: 5:30-6:30 PM—Intermediate/Advanced; 6:30 7:30 PM—Beginners, Fine Arts (OC). Instructor: Dottie of Dottie's Just Dancin'.

Dance Nights: Tuesday Evenings at Meridians.

## Open Space

*Continued from page 7*

perpetuity. The protection of valley oaks is specifically provided for in Section 6.04 or our CC&R's, whether or not the oaks are in the Open Space, common areas, or on a resident's property. Section 6.05 provides that there is no guarantee of continued views in any direction from a resident's property.

To inform our residents of the Open Space restrictions, management included in the recent mailing of the budget a copy of 19 other documents, one of which is en-

Capital Swing Dancers: Third Saturday of each month—[www.capitalswingdancers.org](http://www.capitalswingdancers.org).

On behalf of our club, we wish all of you and your families a wonderful holiday season, and a healthy and peaceful New Year in 2015, with lots of Dancin' in the mix!

We will be on holiday break from December until January 2015, and we look forward to seeing all of you on the dance floor during the holidays.

Happy Holidays!

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



## Writers

O. Henry did it. So did Charles Dickens and John Grisham. They each wrote stories and novels set at Christmastime—*The Gift of the Magi*, by O. Henry; *A Christmas Carol*, by Charles Dickens; and *Skipping Christmas* by John Grisham.

'Tis the season to pen *your* short stories, memoirs, or poems based on a holiday theme. Why not get started? We in the Writers Group are here to encourage all present and would-be authors to share the joy we find in writing—be it fiction, memoirs or poetry.

We meet twice a month in the Ceramics Room (OC) at 6:30 PM, the second, fourth

and fifth Monday of each month. Bring a sample of your own writing to share. Plenty of seats are always available. For more information, contact Bev, Jim, or Linda Lucchetti.

**Contacts: Bev Brannon [bevbrn49@aol.com](mailto:bevbrn49@aol.com); Jim Fulcomer [jfulcomer@mac.com](mailto:jfulcomer@mac.com); Linda Lucchetti [linnlou@aol.com](mailto:linnlou@aol.com)**

## Authors' Resource Group

Our Meet The Authors event in November was well attended and it was our pleasure to meet so many wonderful SCLH residents. There is still time to order books for Christmas. Contact ARG President, Linda Bello-Ruiz, for info on obtaining books written by ARG members. And, check out our books in the OC display cabinet.

Our members actively give back and share resources. We share our writing projects and enlist assistance and resources for editing, polishing, publishing and marketing our stories. Some of our members have published to share their story with friends and family; while others have a message to share with the world.

So... if you're out there alone with your manuscript, wondering who to turn to for help... *come join us!* Contact us for information on date, time and meeting place. Our meetings will resume in mid-January.

**Contacts: Leo Craton 543-9012, [cratonl@att.net](mailto:cratonl@att.net); Linda Bello-Ruiz (707) 331-3684 (cell), [Imbelloruiz@gmail.com](mailto:Imbelloruiz@gmail.com)**

titled "Notice of Open Space Restrictions." It states, in part, "Violations of the Open Space/Preserve are not limited to those homeowners who live adjacent to the Open Space/Reserve. Any resident who allows their pets to roam in the Open Space are in violation."

The preservation of our Open Space also means refraining from putting trash or anything else in the Open Space, including weed killer, food or water for animals, and traps for animals. A more complete list of restricted



*We are surrounded by 500 acres of Open Space*

activities is found in Section 8.20 of our CC&R's.



**Quality Handyman Home Repair**  
 916-741-7916 (cell)  
 916-259-2585



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## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com) by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

### Cloggers

We hope you had a thanks-filled Thanksgiving, and are looking forward to a meaningful Christmas and Hanukkah season. We Cloggers had a great Thanksgiving in Reno at the annual national clogging event. It was good to meet fellow dancers from all over the U.S. and the world (Germany, Ireland, and more), and to see some from right here in SCLH! Cloggers arrived by train, plane, and car (don't know about Greyhound). For December, we'll be presenting our Irish/Appalachian combination dances to several local groups. We wish you a glorious holiday season! Contact: Anita Tyson, 543-5330.

### Love College Football? Look Here!

Hello my name is Mike Dawson and with football season upon us I looked around for a group that loves college football and didn't find one so I am looking to start one. I envision an informal group that gets together to enjoy college football and the camaraderie that goes with it. My thoughts were we could meet at different sports bars like Thunder Valley's, TGIF's, BJ's and even members' homes should they want to host. If you or anyone you know loves college football, contact me at 209-3683 or [mikedawson1959@yahoo.com](mailto:mikedawson1959@yahoo.com) for more info.

### Italian Club (LHIC)

The Italian Club wishes its members and the community a *Buon Natale and Felice Anno Nuovo!* (Merry Christmas and Happy New Year!) Kicking off 2015 is the club's annual Crab Feed set for Friday, January 16, at McBean Pavilion in Lincoln. Come and 'break bread' (and of course, crack some crab) with fellow club members and guests

at this popular event. Social hour is from 6:00-7:00 PM and dinner starts at 7:00 PM. Contact: Jennifer Lauchner, 543-2858. Sign up by January 9. Have you purchased your official LHIC name badge yet? Orders are placed the first of each month. The cost is \$6.50 each. Go to the club's website at [www.lhitalianclub.org](http://www.lhitalianclub.org) for more info. Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: [www.lhitalianclub.org](http://www.lhitalianclub.org) or Virginia Halstenrud, membership chair, at 543-3293.

### LH Airport Co-op

Ride sharing to and from the Sacramento Airport for Lincoln Hills residents. The Coop was formed in 1999 and has been a tremendous success, it works on a point system. Drivers earn points while travelers use points. Joining is easy and only \$15 per year. For info: 408-4446, website [www.lh-airportco-op.org](http://www.lh-airportco-op.org) or email [airportcoop@gmail.com](mailto:airportcoop@gmail.com).

### LH Parkinson's Support

LH Parkinson's Support meets every third Tuesday at 10:00 AM in the Lincoln Raley's Conference Center. Newcomers are welcome. More info: Sharon, 408-4869. "I'm baaack." After two wonderful weeks in Palm Desert with friends, I am back! Lots of laughs and stories of our days in the USAF Pilot Training Program. Speaking about laughs, our presenter this week was Kathy Hirth, who spoke to us on the powerful impact of "Laughter as good medicine." Kathy aptly pointed out the powerful antidote laughter has on stress, pain, and conflicts associated with daily living. She called it "Cheap Medicine," that binds people together and has mental, physical and social benefits. Laughter is timeless, shows imagination and has no age limit.

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

Where do you want to go? We may have just the trip you want. Meetings are on the third Thursday of each

month, 7:00 PM, in the P-Hall (KS). Presentations on selected travel destinations are shown by Professional Travel Managers. Everyone is welcome. We have been offering trips that go all over the world since 2000. Committee members are all residents of Lincoln Hills. We are *not* travel agents. Committee member contacts: Teena Fowler—543-3349, [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier—434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins—434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret—408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck—543-0990, [judyvolk@outlook.com](mailto:judyvolk@outlook.com).

### The Lincoln Multiple Sclerosis Group

The Lincoln Multiple Sclerosis Group is planning on an After the Holiday Gift Exchange Tuesday, January 6, 1:00 PM, Sierra Room KS). Attendees are requested to bring a wrapped gift to exchange of no more than \$10. (Consumables are always enjoyed!) Also, plans for the group for 2015 will be discussed with a general meeting and update to follow. All interested are invited to attend! Questions: Contact Marilyn Sharp, 434-6898.

*Continued on page 40*

### Did You Know?

Did you know that golf cart parking spaces in SCLH are available to cars with handicapped placards or license plates? It is written in our CC&Rs. Handicapped parking is also legally permitted at business restricted parking spaces, such as for "Carry Out Pick-Up Orders."



Continued from page 39

### Movie Lovers Group

My wife Nancy and I are interested in forming a group interested in movies. We moved a few months ago from Sun City Shadow Hills (Palm Desert area), and enjoyed such a group. Focus was on quality movies rather than “special effects blockbusters,” covering films from major studios, independent films and occasionally foreign films. Concept there was that members would see independently or in groups the movie(s) chosen for the month, then the group would meet for eats and discussion monthly. One group member would volunteer in advance to lead a review and discussion of the movie. Having such a group was also helpful, through dialogue, to get quality movies and events showing at local theaters, stimulating occasional visits to theaters from actors, directors, etc. If you are interested in participating in such a group please let me know: cliffroe@ix.netcom.com or 408-205-8765.

### 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) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 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.

### Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other!! Paul Gardner, 434-8400 or paulbear7@gmail.com.

### Racquetball Group

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

### Shalom Group

The members of the Shalom Group

have been meeting for a discussion group. They meet about once a month and talk about items in the news. It is a friendly group that enjoys expressing opinions and learning. Contact Jerry Burstain for time and location. Our present board members will be passing the torch onto a new group of officers. Like most events, food will be included. This time it's a gourmet potluck at the home of one of our members. Congratulations to all our new officers. We offer something for everyone. Just pick up the phone and get involved. Contact Judie Schane, 253-9129, or Sandy Klein, 408-2020.

### 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 winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free.

## ~ Community Perks ~

### A Movie Date with James Bond Spend your Fridays in December with 007 — Free

Experience the action, excitement and panache of the Bond films! And you can expect the same thrill at our New Year's Eve Party. Movies start at 1:30 PM, P-Hall (KS). Please check event poster or the Activities Desk for the movie schedule.



### KS at the Movies: “Frozen” Monday, January 5 — Free

1:30 PM, P-Hall (KS). PG, 102 minutes. Comedy/Animation/Adventure. “Frozen” starring Kristen Bell, Idina Menzel, and Jonathan Groff.



When a princess with the power to turn things into ice curses her home in infinite winter, her sister, Anna teams up with a mountain man, his playful reindeer, and a snowman to change the weather condition.

### Document Destruction Monday, January 12

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck in the parking lot!





Residents interested in trap or skeet shooting can contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

### Spiritual Discussion Group

Are you interested in engaging in spiritual discussion? Do you seek wisdom from many spiritual paths? Join us for open and honest sharing of ideas. We meet every second Sunday

of the month from 2:00-4:00 PM in the Multipurpose Room (OC). More info or questions: Marilyn Sharp at markaysha1942@att.net.

## Revitalizing

*Continued from page 17*

teach electronics at a community college.

Astronomy had been a hobby and in his cabin in the Sierras, where there are clear dark skies, he was able to appreciate the wonders of the night sky. Retirement brought him the chance to take astronomy classes at Sierra College and he mentioned to the department chair that he had an interest in teaching astronomy. Although Ron does not have a PhD in astronomy, they felt he could help students with their observing lab. His efforts have obviously been successful, as he has received accolades for his work with the students and Sierra College has increased his responsibility in the classroom.

Ron is one of the founding members of the Astronomy Group and has been a driving force in developing the group into an active one with a wide range of discussions, programs, guest speakers, and night

sky viewing.

The stars have also aligned for **Elaine Prosser**. If you have seen her perform or sing in any of our productions and talent shows, you will assume she was professionally trained. Yet Elaine shared that she had simply enjoyed singing in her high school chorus but then life stepped in and she did little in performing again until moving to Lincoln Hills.

She was a busy and happy homemaker and part time salesperson, and then one day, she spotted some tap classes, signed up, and was hooked on tap. She was delighted to be able to perform in the annual tap shows from 2002 to 2012. She joined the Lincoln Hills Singers in 2002, and shortly thereafter helped to form the the Sunny Singers, a women's octet.

In the last few years, Elaine has sung and danced in several major musical "blockbuster" shows in our own Orchard Creek Ballroom. In November, Elaine had the starring role as Cinderella in a thoroughly entertaining show. Elaine sings with a smile and her joy in performing resonates with residents.



*Elaine Prosser as Cinderella*

## In Memoriam

### James Keith Bedford

Born in San Bruno, California, Keith was commissioned in the Navy in 1942 and became a fighter pilot during WWII. He loved flying and remained a pilot his entire life. After the War he went to San Francisco State and became a teacher and coach at Capuchino High School for over 30 years. After his first marriage ended, he married Lissi and they retired to Lincoln where they both got involved in Lincoln Hills Community Church. Keith loved art and was an avid ceramicist and water color painter. He also enjoyed golf with the Men's Nine Hole Club. He leaves his wife of 39 years, Lissi, three children (one deceased) and a

stepson. He is missed by his 14 grandchildren and 13 great grandchildren.

### Ken Gladden

A Native Californian, Ken was raised in Shafter and spent his adult life in Bakersfield. He was a student athlete in high school and as an adult played competitive slow pitch softball, golf and tennis. Sports was a big part of his life, but the other part was cards. Ken played poker and bridge and taught over 100 people in Lincoln Hills how to improve their bridge game. During his illness, his personality and competitive spirit continued. He is survived by his wife, Gay, of 47 years and his son, daughter-in-law and granddaughters.

### Elaine (Lani) Boccoleri

Lani grew up in San Francisco and graduated from Heald College. Her career was in Mortgage Lending as an underwriter. Lani loved gardening and her yard was proof of that. She also loved playing cards with the ladies and she enjoyed monthly dinners at Il Fornaio with her friends. Her little dog, Lola, kept her company during the five years that she fought cancer. Surviving her are her two sons, one daughter-in-law and her five grandchildren who were the love of her life! Lani is also leaves her cousin, Sandy Tamanti, who lives here in Lincoln Hills.

*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.*

# 007 NEW YEAR'S EVE BALL



**WEDNESDAY, DECEMBER 31**  
 Orchard Creek Lodge  
 Entertainment Only-5231-15E

Don't miss the glamour and excitement of this year's 007 New Year's Eve Ball! The evening is *Licensed to Thrill*. Find yourself in the Orchard Creek Lodge with over the top décor inspired by the world travels of secret agent, James Bond. Enjoy DJ dancing, a romantic club scene, casino gaming, photo booth, no-host martini bar, a champagne toast at midnight, and witness the *Skyfall* of dazzling fireworks to cap the evening! You can enjoy the party by purchasing limited Entertainment Only tickets for only \$45. Non-reserved seating/tables for Entertainment Only ticket holders will be available throughout the Lodge.

- Tailored dinner options are SOLD OUT
- Doors open at 7:00 PM
- Ballroom and Solarium Guests, dinner 7:30 PM
- Meridians and Pre-Function Guests, dinner 8:00 PM
- Entertainment kicks off with Dancing and Entertainment 9:00 PM-12:30 AM
- Champagne Toast and Fireworks Display at Midnight

No refunds or exchanges. Tickets required for entry. Wristbands issued at entry. Hurry and buy your tickets before they are all gone!

2015



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

**Entertainment**

**—Club Performance—**

**The Vaudeville Troupe's "Golden Revue"**

Friday, January 9

2:00 PM Show — 5309-11A

6:00 PM Show — 5309-11B

Saturday, January 10

2:00 PM Show — 5309-11C

6:00 PM Show — 5309-11D

The Lincoln Hills Vaudeville Troupe will return to the stage to entertain and delight you. The Golden Revue Variety Show with director Yvonne Krause-Schenck, will



include dancers, comedians, singers, and some interesting surprises that will keep you entertained. The show is sure to be a sell-out, so get your tickets early! Save \$1 off \$4 or more at KS Café on show night! 2:00 and 6:00 PM performances scheduled on both dates. P-Hall (KS). Reserved Seating, \$12.

**—Comedy—**

**Comedy Night at KS: Stephen B**

Tuesday, January 20

6:00 PM performance — 5320-11A

8:00 PM performance — 5320-11B

Stephen B is a stand-up comedian with more than 32 years of experience performing in comedy clubs, for corporate clients, and churches nationwide. He's has opened for Julio Iglesias, Manhattan Transfer, Weird Al and a host of other headlining musical acts over the years. Stephen has had supporting roles in three movies and has been seen on Comedy Central. He has performed at Spirit



West Coast and on the KLOVE Cruise and is hoping to release his first book later this year. 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, \$12.**

### —Concerts—

#### British Invasion

**Thursday, January 15 — 5315-11**

*Invasion* is a tribute to the music of the British Invasion Groups of the 1960s. They will be performing songs that have become classics including: The Kinks' "You Really Got Me;" Donovan's "Mellow Yellow" and "Catch The Wind;" The Hollies' "He Ain't Heavy, He's My Brother;" Dave Clark Five's "Glad All Over" and "Do You Love Me;" plus favorites from The Stones, The Who, and The Beatles with songs like "Nowhere Man," "I Wanna Hold Your Hand," and "I Feel Fine." A perfect show for remembering the music that changed an era. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$21.** General admission, \$18.



#### Fiddling, Step Dancing, and More with the April Verch Band

**Friday, January 30 — 5330-11**

*Canada's Ottawa Valley meets old-time Appalachia with crack fiddling, electric step dancing, and sweet singing!* The April Verch Band—rounded out with bassist and clawhammer banjo player Cody Walters and guitarist Hayes Griffin—is an energetic, virtuosic, tradition-celebrating outfit, not to mention one that's not soon forgotten when they depart the stage. The thrilling grand finale involves Verch fiddling and step dancing—and often executing two entirely different intricate rhythmic patterns at once. "Verch is a dynamic performer who incorporates step dancing into her show, and it always brings down the house."—*CMT Edge*. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$20.** General admission, \$17.



#### Magician Alex Ramon: Wonders

**Thursday, February 5 — 5305-12**

Alex Ramon has mesmerized millions around the world with his innovative magic. Just ten years after receiving his first magic book, Alex redefined the role of a magician and made history. His sleight-of-hand skills and presentation are world class and have earned him top honors from his peers. His "Wonders" show focuses on audience participation and mind-bending acts. This remarkable showman has perfected his craft, making him a modern master of magic. Whether he performs live or on television his charisma is engaging and captivating. Alex is



recognized by his unparalleled energy, inspiring personality, and charming smile. His show was named the number one attraction in Lake Tahoe for over two years, come and see why! Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$20.** General admission discounted rate, \$16. After January 14, \$18.

#### The Look of Love

**A Valentine Tribute to the Songs of Burt Bacharach**  
**Friday, February 13 — 5313-12**

Featuring the stars from Top Shelf Classics Dee Johnson and Bill Norwood, the evening promises to be great entertainment! Bill Norwood, with roots in gospel, jazz, and rhythm and blues and Dee Johnson, with a voice that brings back memories of such classic vocalists as Ella Fitzgerald, Sarah Vaughan, Etta James and Billie Holiday will perform a loving tribute to the songs of six-time Grammy and three-time Academy Award winner Burt Bacharach. With such memorable hits as "I'll Never Fall in Love Again," "What the World Needs Now," "I Say a Little Prayer," "Raindrops Keep Falling on My Head," among others, it's a perfect night to fall in love all over again! Make it a perfect date night by enjoying dinner at Meridians prior to the show. Restaurant reservations highly encouraged. Join us for a beautiful tribute to some of the greatest romantic songs from one of America's most popular composers in time for Valentine's Day. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$21.** General admission discounted rate, \$17. After January 14, \$19.



#### Classical Chamber Series

**Thursday, February 19—Duo Detendre: Flute & Harp Duet**

**Friday, April 17—Camellia City Flute Choir**

**Tuesday, June 16—The Chamber String Quartet Series Package Code — 5319-12**

We are excited to bring you some of the finest classical musicians in the Sacramento area in a three-concert series performed at the P-Hall (KS). Popular Flutist Francesca Anderson returns with Harpist Dr. Jacquelyn Venter on February 19. Their program will consist of masterpieces by Godard, Bach, Mozart, Bizet, Ravel, Debussy, Bolling and more. April 17, offers a performance by the nationally recognized Camellia City Flute Choir, conducted by Mr. Martin Melicharek. The choir is an ensemble comprised of nearly 20 flutists that, together, form an ensemble acoustically similar in range and feel to that of a string quartet. Closing this series on June 16 is The Chamber String Quartet. They have performed with



*Continued on page 44*

Capitol Chamber Players for many years, participating in the Music at Noon Series and various events in Northern California. The program will consist of Haydn's, "Sunrise" Quartet, Mozart's, K.575, and Beethoven's, Op. 18, No. 4. **Limited Series Package tickets will be available for sale until January 14 at \$30 for all three shows (a 23% discount).** Series patrons will enjoy the same reserved seats for all shows. Starting January 15, tickets for individual shows at \$13 each will be on sale. All shows 7:00 PM, P-Hall (KS).



**Rio Americano High School AM Jazz Ensemble**  
**Tuesday, February 24 — 5324-12**

The AM Jazz Ensemble, directed by Josh Murray, is part of a

70-student jazz program at Rio Americano High School, a local public school in Sacramento. Rio has four full and separate jazz ensembles, of which AM is the highest level. This prestigious group has been selected as a finalist for the Essentially Ellington Competition, in New York City run by Wynton Marsalis and Jazz at the Lincoln Center eight times, and AM Jazz won the Monterey Jazz Festival's High School competition seven out of 12 times. The group has toured and performed in Japan, China, Australia, Argentina, Spain and Italy. They have performed at the inaugurations of Sacramento Mayor Kevin Johnson and Governor Arnold Schwarzenegger. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$14.** General admission discounted rate, \$10. After January 14, \$12.



Day Trips & Extended Travel



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

**Day Trips**

**—Casino/Racing—**

**Colusa Casino**

**Thursday, January 8 — 1950-10**

Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, 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. There may be additional promotions in January. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$22. RSVP Now.



**Feather Falls Casino**

**Tuesday, February 10 — 1920-12**

A gaming opportunity without worrying about the snow! We're going to Oroville, a 90-minute drive north of Lincoln for a four-hour visit. Many gaming options available with \$12 cash back and a \$3 food



coupon towards lunch on your own. Leave OC at 9:00 AM, return ~ 4:00 PM. \$20. RSVP by 1/15.

**—Food/Wine—**

**Wente, Concannon and Michael David Wine Tasting**  
**Thursday, February 5 — 1822-11**

The Livermore Valley is one of California's oldest wine regions, with a history dating back to the 1760s. Robert Livermore planted the first commercial vines here in 1840. The valleys' wineries were the first to bottle the varietal labeled Chardonnay, Sauvignon Blanc, and Petite Sirah. Roughly 80% of California's Chardonnay vines can trace their genealogy back to the Livermore Valley Wine Country. We'll visit two vineyards both established in 1883, Concannon for a winery tour, tasting and lunch and then off to Wente just down the street for a tasting in their barrel room. We'll beat the traffic out of the bay and make a final tasting stop in the Lodi wine region at a resident favorite, Michael David Winery, that offers great wine, a fruit stand and bakery. Box lunch includes a choice of sandwich: *Olive Oil Poached Tuna Salad, Smoked Pork Shoulder or Pesto Chicken with a mixed greens side salad and bottled water. Choose at registration.* All tastings and lunch included, trip size limited to 33. Leave OC 8:30 AM, return ~ 6:30 PM. \$129. RSVP Now.



*Continued on page 47*



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## —Museums—

### Legion of Honor— Houghton Hall: Portrait of an English Country House Wednesday, January 14 — 1841-11

Step into the history and grandeur of Houghton Hall, reminiscent of the popular PBS television drama *Downton Abbey*. A stunning display reflecting aristocratic life in an English country house from the 18th through the 20th centuries, Houghton Hall hosts spectacular interiors, rarely exhibited treasures, tapestries, Roman antiquities and exquisite furniture paired with old-master and 18th century paintings by such masters as Thomas Gainsborough, Sir Joshua Reynolds, and John Singer Sargent. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>.

Lunch on your own at the museum's café or bring your own. Leave OC at 8:15 AM, return ~ 6:15 PM. \$62. RSVP Now.



### Chabot Space and Science Center Oakland Hills Monday, January 19 — 1764-11

In cooperation with the Astronomy Club, experience the wonders of the Universe at the Chabot Space & Science Center in the Oakland Hills. Enjoy five hours of fun and interactive hands-on exhibitions, digital full-dome planetarium and telescope viewing through our spectacular telescopes. The Observatory is open for telescope viewing (weather permitting, of course). Admission includes two planetarium shows. Lunch on your own at Bean Sprouts Café or bring your own. For more information: [www.chabotspace.org](http://www.chabotspace.org). Leave OC at 8:00 AM, return ~ 6:00 PM. \$59. RSVP Now.



### Crocker Art Museum Thursday, February 26 — 1760-12

Join us for a docent-led tour of the museum which includes special exhibits of Toulouse Lautrec and La Vie Moderne: Paris 1880-1910 and the Art of California Faience a famous Berkeley Pottery studio. View decorative pieces emblematic of Arts and Crafts, Art Deco and Moderne styles, as well as tiles made for Hearst Castle. Also enjoy The Nature of William S. Rice: Arts and Crafts Painter and Printmaker and Crocker's permanent collection of more than 15,000 works of art. Lunch on your own at Crocker Cafe. Limited to 40 people. Depart OC 9:00 AM, return ~3:00 PM. \$41. RSVP by 1/15. *Continued on page 49*



### 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.*
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.
- **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:** Register by RSVP date. RSVP date is used to determine registration status. If minimum registration is met, students may register until first day of class. 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:** Please inform the Monitor during registration as follows. 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 in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.

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## —Performances—

**Russian National Ballet Theater:  
Chopiniana and Romeo & Juliet—  
Wednesday, February 4 — 4580-11**

In the great tradition of Russian ballet, this accomplished company performs two of the most romantic classical ballets. With music by Chopin and beautiful choreography, *Chopiniana*, or *Les Sylphides* as it is often known, is a “romantic reverie” and depicts ballerinas bathed in moonlight dancing around a young poet. In the same evening, enjoy a dramatic and visually stunning *Romeo and Juliet* performed to Tchaikovsky’s magnificent score which elevates Shakespeare’s heartbreaking tale of young star-crossed lovers. Founded in Moscow in the late 1980s, the Russian National Ballet Theatre is committed to both preserving the timeless tradition of classical Russian ballet. Orchestra seating, Harris Center for the Arts in Folsom. Leave OC at 6:15 PM, return ~ 11:00 PM. \$81. RSVP Now.


**Buddy —The Buddy Holly Story  
Tuesday, March 10 — 4580-12**

This musical tells the true story of Buddy’s meteoric rise to fame from that moment in 1957 when “That’ll be the day” hit the airwaves until his tragic death less than two years later on “The day the music died.” The show features over 20 of Buddy Holly’s greatest hits. The incredible legacy of the bespectacled young man, whose musical career spanned an all-too-brief period during the golden days of rock & roll, continues to live on in *Buddy*. Mid-Orchestra Seating, Harris Center for the Arts in Folsom. Leave OC at 12:30 PM, return ~ 5:30 PM. \$91. RSVP by 1/15.


**Trinity Irish Dancers  
Friday, March 13 — 4550-12**

For more than three decades, the Trinity Academy of Irish Dance has been at the cutting edge of progressive Irish dance. Trinity dazzles audiences with hard-driving percussive power, lightning-fast agility, aerial grace, and the awe-inspiring precision of its dancers. It also offers something more profoundly significant—the transcendence of craft to a truly elevating art form, a dance legacy that is rooted in tradition yet forward looking and ever evolving. The Trinity Irish Dancers have won an unprecedented number of world titles for the United States at the annual World Championships of Irish Dance, where their performances go unmatched. It has also been the



subject of several celebrated PBS documentaries and specials. Mid-Orchestra Seating, Harris Center for the Arts in Folsom. Leave OC at 1:30 PM, return ~6:30 PM. \$69. RSVP by 1/15.

**The Book of Mormon—  
Orpheum Theater, San Francisco  
Sunday, May 3 — 4620-12**

We finally got tickets to one of the most talked about Broadway shows in the last few years. The Book of Mormon is an edgy and outrageous satire musical which takes shots at everything from organized religion to consumerism, the state of the economy and the musical theatre genre itself. The show tells the story of two young Mormon missionaries who are sent to a small town in Uganda. They are shocked at the cultural differences, as a War Lord threatens the local villages and controls the area by fear. Both missionaries attempt to share the scriptures with the local people, although only one of them knows it well enough. Famine, poverty and disease threaten the town, and the duo must battle their own beliefs in order to succeed and make a change. They learn about themselves, the true meaning of friendship and what religion ultimately means to them. Get your tickets to the hottest show in town! *Contains adult themes and explicit language.* Front Orchestra seating, 6:30 PM performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square *before* the 6:30 PM show. *Minimum of 35 required by January 14 per vendor deadline.* Leave OC at 12:45 PM, return 11:45 PM. \$175. RSVP by 1/4.


**Phantom of the Opera—  
Orpheum Theater, San Francisco  
Thursday, August 20 — 4562-12**

Cameron Mackintosh’s spectacular new production of Andrew Lloyd Webber’s phenomenal musical success, *The Phantom of the Opera*, is coming to San Francisco as part of a brand new North American production. This *Phantom* features brilliant new scenic design, costumes, choreography and staging. The production boasts many exciting special effects including the show’s legendary chandelier. The beloved story and thrilling score will be performed by a cast and orchestra of 52, making this *Phantom* one of the largest productions now on tour. Front-to-middle Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM matinee show. *Minimum of 35 required by February 3 per vendor deadline.* Leave OC at 11:45 AM, return 9:45 PM. \$138. RSVP by 1/8.


**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 pro-

*Continued on page 50*

fessionalism of Broadway. All performances held at the Sacramento Community Theatre, reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM.

**Joseph and the Amazing Technicolor Dreamcoat**  
Tuesday, January 27 — **Sold Out**

**Rain: A Tribute to the Beatles**  
Wednesday, March 18 — **4530-08**

A live multimedia 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. This stunning concert event takes you back in time with the legendary foursome delivering a note-for-note theatrical event that is the next best thing to the Beatles. Performances held at the Sacramento Community Theatre, reserved Front Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.



**Once**  
Tuesday, April 14 — **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 — **4562-06E**

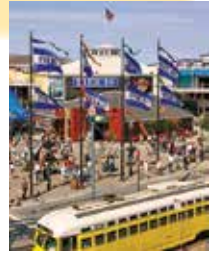
The Tony Award®-winning Broadway musical from the creators of "The Sound of Music" and "South Pacific" that's delighting audiences with its contemporary take on the classic tale. Be transported back as you rediscover some of Rodgers + Hammerstein's most beloved songs, including "In My Own Little Corner," "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.



—Shopping—

**San Francisco—Pier 39/Fisherman's Wharf**  
Saturday, February 21 — **1844-12**

Enjoy a special Saturday excursion to Pier 39 and Fisherman's Wharf. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 9:00 AM, return ~ 8:00 PM, \$36. RSVP by 1/15.



—Sports—

**Sacramento Kings vs. Golden State Warriors**  
Tuesday, February 3 — **6310-10**

Head to Sleep Train Arena for a Sacramento Kings game lead by Rudy Gay and DeMarcus Cousins as they go up against the Golden State Warriors and Stephen Curry who all played together on Team USA at the FIBA World Cup. Arrive in time to enjoy pregame activities and purchase from the various food vendors, if desired. Seats located in Lower Level Corner Sections 111 and 118. Leave OC at 5:30 PM, return ~ 11:00 PM. \$130. RSVP Now.



**Stockton Thunder Hockey**  
Sunday, March 15 — **6270-12**

Enjoy exciting minor league professional ice hockey at the Bob Hope Arena in Stockton. The Thunder are the affiliate of the NHL New York Islanders and will be facing off against the Idaho Steelheads, affiliate of the Dallas Stars. Our group package includes a hot dog & soda voucher and a souvenir ball cap with lower bowl seating! You haven't experienced hockey 'til you've seen it in person! Leave OC at 2:00 PM, return ~ 9:00 PM. \$75. RSVP by 1/15.



**Overnight & Extended Travel**

**Additional date! Sun City Sierra Winter Train to Reno**  
Thursday, March 5 to Friday, March 6 — **1982-11**

Enjoy the breathtaking scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. Package includes:



- Motor coach transportation to and from train stations
- Complete hassle-free luggage service for entire trip
- Reserved rail car for our group to Reno
- Non-smoking room at Eldorado Hotel & Casino
- Dinner buffet & gratuity at Eldorado Hotel & Casino

*Continued on page 54*

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- Return trip by motor coach
- Gratuities for bell service and bus driver

Leave OC at 10:30 AM, Thursday, return to LH Friday ~ 1:30 PM. On Thursday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. *A signed liability waiver is required for each participant.* \$206 per person double occupancy. \$228 single. RSVP Now.

### Five days, four nights! Palm Springs Tuesday, March 24 to Saturday, March 28 — 1972-11

We are heading back to Palm Springs, this time to see the Palm Springs USO Show featuring a Bob Hope impersonator and



an Andrews Sisters tribute at the Palm Springs Air Museum. Surprise celebrity guests who performed with Bob Hope on his Vietnam USO tours will also be appearing. Our five-day, four-night adventure starts with lunch at Harris Ranch before spending the night in Santa Clarita. Then off for a visit to Palm Springs staying in the heart of downtown at Palm Mountain Resort. In addition to the USO Show, enjoy a panoramic view of the valley via the Palm Springs Tramway, boxed lunch on top of Mount Jacinto, visit to "Camp David of the West" or the Sunnylands Center & Gardens at Annenberg Estate and free admission to Palms Springs Art Museum plus free time for exploration. On our way home, we will spend the night in Fresno and watch "South Pacific" at the very popular dinner theater "Roger Rocka's." Our tour's last leg will bring you to the famous Forestiere Underground Gardens before heading to the Hilmar Cheese Factory for a tour and lunch. Katrina will bring you home safely in time for dinner! Trip Package includes:

- Lunch at Harris Ranch
- One-night stay at La Quinta Inn, Santa Clarita with an included continental plus breakfast
- Palm Springs Aerial Tramway and boxed lunch from Peaks Restaurant on top of Mount San Jacinto
- Two-night stay at Palm Mountain Resort in downtown Palm Springs
- Welcome dinner at LuLu Bistro in downtown Palm Springs
- Daily breakfast at Ruby's Diner across from hotel
- Visit to Sunnylands Center & Gardens at the Annenberg Estate in Rancho Mirage with lunch
- Preferred seating for the Palm Springs USO Show at The Palm Springs Airport Museum
- Palm Springs VillageFest street faire and free admission to Palm Springs Art museum across from the hotel
- Stop at Murray Family Farm Stand for lunch on own at Cal-Okie Kitchen on way to Fresno

- One-night stay at Comfort Inn, Fresno with included hot breakfast
- "South Pacific" presented at Roger Rocka's Dinner Theater in Fresno with dinner
- Exciting tour of Forestiere Underground Gardens—a hand built network of underground rooms, courtyards and passageways reminiscent of the ancient catacombs with unique underground fruit trees, vines and shrubs, some over 90 years old
- Behind the scenes driving tour and lunch at Hilmar Cheese Factory
- All gratuities included for 10 meals, luggage services, and bus driver. There will be rest stops, a documentary movie on Bob Hope and games on trip!

Leave OC at 8:00 AM, Tuesday, March 24, return Saturday, March 28 ~ 6:00 PM. \$894 per person double occupancy. \$1,161 single. Detailed trip itinerary, menus and trip insurance providers list from the US State Department available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* RSVP Now.

### Four days, three nights! History Excursion: Getty & Ronald Reagan Presidential Library Museums Wednesday, April 22-Saturday, April 25 — 1971-12

First trip was a sellout and the group had a great time and learned a lot! 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. Leave OC at 8:00 AM, April 22



*Continued on page 56*



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return April 25 ~ 5:30 PM. \$585 per person double occupancy. \$787 Single. Detailed trip itinerary, menus and trip insurance providers list from the US State Department available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* RSVP by 1/14.

## Sold Out Trips thru January 20

### Trip • Date • Departure Time

- **Kinky Boots**

Wednesday, December 17—10:45 AM

- **Cornish Christmas**  
Friday, December 19—4:30 PM
- **Dirty Dancing-Broadway Series**  
Tuesday, December 30—6:45 PM
- **San Francisco 49ers Levi's Stadium Tour**  
Tuesday, January 6—7:30 AM
- **Cirque du Soleil—Kurios**  
Sunday, January 11—9:30 AM
- **Speaker Series-Anderson Cooper**  
Tuesday, January 20—6:45 PM

## Activities Department Classes



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

### Art

#### —Drawing—

#### Beginner Drawing

**Thursdays, January 8-29 — 132215-12**

9:00 AM-12:00 PM (OC). \$52 (four sessions).

Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Drawing is about observing. Learn 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 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 12/25.



#### —Oils, Pastels & Acrylics—

#### Paint Your Vision in Oils or Acrylics

**Wednesdays, January 7-28**

**9:00-11:30 AM Class — 113115-12**

**Or 1:30-4:00 PM Class — 113215-12**

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, master-work examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Call Marilyn at 409-0397 with any questions, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 12/31.

#### Painting Pastels and Oils with Barry Mondays, January 5-26 — 105115-12

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 many ages, and owns a studio in Folsom. RSVP by 12/29.



#### New Workshop! Painting Rivers, Lakes and Ponds Friday & Saturday February 13 & 14 — 121315-12

9:00 AM-3:00 PM (OC). \$150 (two sessions).

Instructor: Susan Sarback. Explore the rhythm and beauty of water using oils and pastels! This workshop will focus on painting reflections, transparencies, and moving water in rivers, lakes, and ponds. Based on the Impressionists approach to seeing and painting light and color your paintings will gain a fresh and luminous quality. We'll be painting from photographs with an emphasis on color relationships and color harmony. You'll learn how to



*Continued on page 58*





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see and paint the Value, Temperature, and Chroma (intensity) which create the “light key” or atmosphere of the day. There will be short demonstrations and plenty of personal instruction. **Prerequisite:** Basic drawing skills suggested. Oil painters can use either a palette knife or brushes. RSVP by 2/6.

—Mixed Media—

*We are trying a different format for Mixed Media beginning in January called Social Art. It will offer a different art form project within two sessions. Students will learn something new every two weeks without any drawing or painting experience necessary. Classes are perfect for all skill levels. A small fee, payable to instructor, will be charged to cover all or most of the supplies.*

**New! Zentangle Doodle Art on Coffee Mug**  
**Mondays, January 5 & 12 — 143115-12**

1:30-4:30 PM (OC). \$26 (two sessions). Instructor Bonnie Armstrong. Materials fee \$5. Draw Zentangle doodles on a useful coffee mug. Learn the simple art of Zentangle during first session and complete mug in the second session. RSVP by 12/29.

**Mixed Media—Collage Tips and Tricks**  
**Mondays, January 19 & 26 — 143215-12**

1:30-4:30 PM (OC). \$26 (two sessions). Instructor Bonnie Armstrong. Instructional demos with lecture plus student work time will be offered on the first week of class. Second session will continue work-time with gentle critique from instructor. RSVP by 1/12.



—Watercolor—

**Beginner Watercolor Painting**  
**Thursdays, January 8-29 — 132115-12**

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 use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in downtown Sacramento. Request supply list at registration. RSVP by 1/1.



—Bridge—

**Beginning Bridge Overview**  
**Thursday, January 8 — 164125-11**

10:00 AM-12:00 PM, KS. Instructor: Laurie Vath. \$10 (one session). This one-day session is for people who have never played bridge but would like to see if it suits them. We'll go over at a very high level the fundamentals of the game. This session should prepare keen students to enter the Bridge Plus class which begins the next week. RSVP by 1/1.



**Bridge Plus with Laurie**  
**Thursdays, January 15- March 5 — 164115-11**

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$75 (eight sessions). This class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This eight-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge. RSVP by 1/8.

Ceramics

—Lladro—

**Spanish Oil Painting**  
**Wednesdays, January 7-28 — 206115-12**

1:00-4:00 PM (KS). \$40 (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 12/29.



**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.

*Continued on page 61*



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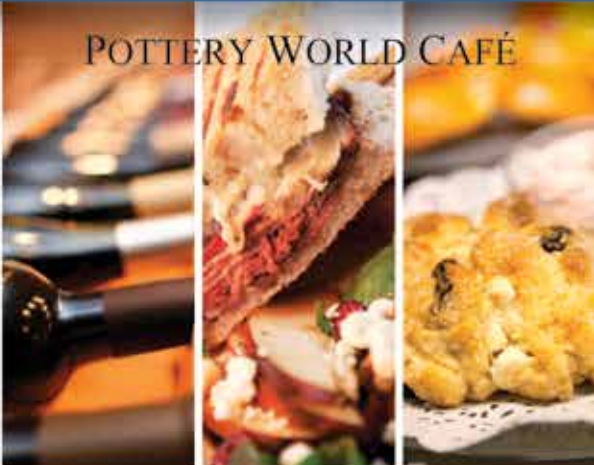
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## —Pottery—

### Beginning/Intermediate Ceramics

**Tuesdays, January 6-27 — 212115-12**

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 12/30.

### Advanced Ceramics

**Tuesdays, January 6-27 — 212215-12**

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



### Ceramics — All Levels

**Thursdays, January 8-29 — 221115-12**

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 12/25.



### 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 Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will 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

### Craft-do-licious—Burlap Topiaries, Forced Bulb Flowers in Glass Container

**Thursday, January 15 — 302015-12**

9:00 AM-12:30 PM (KS). \$25. \$15 supply fee payable to instructor: Cami Cordell. Each crafter will create two burlap topiaries to take home. First craft, you will be creating two two-foot high burlap topiaries. You will have interchangeable decorations such as snowflakes, valentine art, and St. Patrick's Day art to add to your topiary. Second craft, you will design your own flower glass container and we will begin the process of forcing flower bulbs to bloom in your home! If you have any questions, please contact instructor at camicordell@gmail.com or 759.0403. Written tutorial will be provided for each craft. RSVP by 1/8.



## —Card Making—

*Card making will be taking a hiatus the months of December and January.*

## Dance

*The floors in the Multipurpose Room (KS) will be refinished January 8 thru 12. Most classes will be held in the Ballroom (OC). Exceptions will be noted in the class.*

## —Clogging—

*Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, it is a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.*

### Beginning Clogging

**Tuesdays, January 13-27 — 332115-12**

10:00-11:00 AM (KS). \$18 (three sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. **Brand New Beginners** welcome. 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 1/6.



*Continued on page 63*

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**Easy-to-Intermediate Clogging****Tuesdays, January 13-27 — 332215-12**

11:00 AM-12:00 PM (KS). \$18 (three 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 1/6.

**Intermediate Plus Clogging****Tuesdays, January 13-27 — 332315-12**

12:00-1:00 PM (KS). \$18 (three 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 1/6.

**—Country Western Dance—****Country Couples Western Dance****Beginner Level One & Two****Mondays, January 5-26 — 344215-12**

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners. RSVP by 12/29.

**Country Couples Western Dance Beginner/Intermediate Level Three & Four****Mondays, January 5-26 — 344415-12**

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 "Dancing With You" which is a night club two-step routine, and "Sidekick" which is a circle dance. RSVP by 12/29.

**Country Couples Line Dancing****Fridays January 2-30 — 346115-12**

3:00-4:00 PM (KS). \$20 (four sessions; no class January 16). Instructor: Jim & Jeanine Keener. This class will feature the popular "old" line dances that are done at country dances all around the area. Everyone is welcome. RSVP by 12/26.

**—Dancing with Dolly—****Ballet/Lyrical****Thursdays, January 8-29 — 353565-12**

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 12/25.

**Performance Dance****Fridays, January 2-30 — 353575-12**

2:00-3:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. *Auditions* will be held during the first two weeks in January for interested students. 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 12/26.

**—Hula—****Hula****Thursdays, January 8-29 — 390215-12**

1:15-2:15 PM (KS). \$32 (four 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: Pama-hoa@hulapono.com or 521-0474. RSVP by 12/25.

**—Jazz—****Jazz Class for the Beginner****Thursdays, January 15-29 — 353015-12**

11:00 AM-12:00 PM (KS). \$24 (three sessions). Instructor:

*Continued on page 65*





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 1/8.

### Jazz Technique 2

**Tuesdays, January 6-27 — 353115-12**

1:00-2:00 PM (KS). \$32 (four 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 12/30.



### —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. We will run an eight-week session on a trial basis. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



### Intro to Line Dance

- **Mondays, January 5-February 23 — 360015-12**  
4:00-5:00 PM (KS). \$48 (eight sessions).  
Instructor: Audrey Fish. RSVP by 12/29.
- **Thursdays, January 8- February 26 — 370015-12**  
9:00-10:00 AM (KS). \$48 (eight sessions).  
Instructor: Yvonne Krause-Schenck. RSVP by 1/1.

### 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, January 5-26 — 370115-12**  
9:00-10:00 AM (KS). \$24 (four sessions).

Instructor: Yvonne Krause-Schenck. RSVP by 12/29.

- **Thursdays, January 8-29 — 360115-12**  
2:30-3:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish. RSVP by 1/1.
- **Fridays, January 2-30 — 380115-12**  
12:00-1:00 PM (KS). \$35 (five sessions).  
Instructor: Sandy Gardetto. RSVP by 12/26.

### 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, January 5-26 — 360215-12**  
5:00-6:00 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish. RSVP by 12/29.
- **Wednesdays, January 14-28 — 380215-12**  
9:00-10:00 AM (KS). \$21 (three sessions).  
Instructor: Sandy Gardetto. RSVP by 1/7.

### 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, January 14-28 — 380315-12**  
10:00-11:00 AM (KS). \$21 (three sessions).  
Instructor: Sandy Gardetto. RSVP by 1/7.
- **Thursdays, January 8-29 — 360315-12**  
3:30-4:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish. RSVP by 1/1.

### New! Improver Line Dance Class

**Thursdays, January 15-29 — 370415-12**

10:00-11:00 AM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. The "Improver" class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level. Knowledge of line dance terminology is a requirement. RSVP by 1/8.

### Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September

*Continued on page 66*

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 Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



**Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



- **Thursdays, January 8-29 — 410624-12**  
10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 1/1.
- **Thursdays, January 8-29 — 410634-12**  
12:00-1:00 PM (KS) \$32 (four sessions). RSVP by 1/1.

**Technique Classes**

- **Advanced Technique Class**  
**Mondays, January 5-26 — 410515-12**  
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 12/29.
- **Technique Classes**  
**Tuesdays, January 6-27 — 410525-12**  
10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 12/30.  
**Thursdays, January 8-29 — 410535-12**  
11:00 AM-12:00 PM (KS). \$32 (four sessions). RSVP by 12/30.

**—Tap—**

**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, January 6-27 — 410115-12**  
9:00-10:00 AM (KS). \$32 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP by 12/30.



**Advanced Performance**

- **Mondays, January 5-26 — 410715-12**  
12:00-1:00 PM (KS). \$32 (four sessions). RSVP by 12/29.
- **Performance Classes**  
**Mondays, January 5-26 — 410615-12**  
10:00-11:00 AM (KS). \$32(four sessions). RSVP by 12/29.

**New Instructor, New Schedule**

**Tap for Fun with Jennifer**

**Thursdays, January 15-29 — 420115-12**  
5:45-6:45 PM (KS). \$16 (two sessions; no class January 22). Instructor: Jennifer Moore. New instructor and schedule but the same fun for all. Tap for Fun offers an opportunity for the student to review basic tap steps and learn more intermediate syncopated tap rhythms. The students will begin class with a warm-up followed by learning different combinations to all kinds of fun music from the 40's to today's hits! *About Instructor:* Jennifer Moore is excited to be teaching at Lincoln Hills! She started dancing at the age of three and trained with the Duane Dancers in the Bay Area. Jen is trained in ballet and jazz, but her favorite style of dance is tap! She also has appeared in many professional shows, including ones with Royal Caribbean Cruise Lines and Steve Silver's "Beach Blanket Babylon." She was also blessed with the opportunity to create and perform her own show at Dillon's Cabaret Theater in New York. RSVP by 1/8.



**Glass Art**

**Fusing Glass and Stained Glass Workshop**

**Monday, January 5 — GLASS**  
4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. Workshop is held once a month; for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities



*Continued on page 69*

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## Stained Glass

**Monday, January 5-26 — 494115-12**

1:00-4:00 PM (KS) \$58 (four 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 or short pants. 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 and teaching at Citrus Heights Stained in Roseville. RSVP by 12/29.



## Jewelry

### Chained Up Beads Necklace

**Tuesdays, January 13 & 20 — 513115-11**

9:00 AM-12:00 PM (KS). Reduced Fee \$20 (two sessions). Instructor: Cathie Szabo. Love the look of chain in jewelry, but not sure how to use it? Here's an easy way to get started using chain. Interlocking rings of colorful seed beads form half the necklace, while chain and a striking focal piece or large closure finish the necklace. Perfect for beginning as well as experienced bead-ers. Go for bold contrasts or mellow out in shades of one color family. Make it dressy, make it casual, make it your own! For bead novices—bead stringing is the major component here—you can do this! Check the sample in the OC display window for inspiration. Be sure you get the proper materials list when you register—look for the name and code # for Chained Up Beads Necklace as well as the photo of the necklace. RSVP by 1/6.



### Triangle Bracelet

**Tuesday, February 10 — 513155-12**

9:00 AM-12:00 PM (KS). \$15 (one session). Instructor: Cathie Szabo. Oh so cute. Four colors of flat triangle beads chase each other round and round to form the bracelet. Easy enough for beginners, a great way for experienced bead-ers to use a new bead shape. Check the sample in the OC window for a look at the bracelet in person! Be sure you get the proper materials list when you register—look for the name and code # for Triangle Bracelet as well as the photo of the bracelet. RSVP by 2/3.



## Lapidary

### Gem Stone Cutting

#### Gem and Jewelry Open Workshop

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

### Intro to Gem Cutting

**Mondays, January 5-26 — 492115-12**

9:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil. \$30 (four sessions). Supply fee \$15 payable to instructor. Class limited to six students for optimum learning.



This "hands-on" class provides instruction on safety and operation of lapidary equipment, and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP by 12/29.

### Lost Wax Jewelry Casting

**Monday, February 2-23 — 492215-12**

9:00 AM-12:00 PM; (KS), (except February 16, which will meet from 8:00-9:00 AM and 11:00 AM-1:00 PM). Instructor: Dave Fisk (four sessions). \$75 class fee, plus \$20 materials fee payable to instructor at first class. Learn the basic techniques of this millennia old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Six student maximum. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP by 1/26.



## Music

### —Guitar—

### New! Guitar 1A—Beginner Level

**Mondays, January 5-26 — 535715-12**

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveg-  
*Continued on page 71*

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lini. Although students register on a month-to-month basis, Guitar 1A 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 12/29.



**Guitar 2A—Continuing Beginner Level**  
**Wednesdays, January 7-28 — 535115-12**

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. 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. Designed for the person who is continuing from Guitar 1A, 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 12/31.

**Guitar 2B—Guitar Intro Continuation**  
**Wednesdays, January 7-28 — 535215-12**

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP by 12/31.

**Guitar III—Intermediate**  
**Thursdays, January 8-29 — 535315-12**

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 1/1.



**Guitar IV—Advanced**  
**Thursdays, January 8-29 — 535415-12**

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 1/1.

—Voice—

**Beginner Singers Vocal Boot Camp**  
**Fridays, January 2-30 — 536115-12**

8:30-10:30 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. This is a continuing class. This session is open to new students. Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP by 12/26.



**Singer Vocal Boot Camp Continuation**  
**Fridays, January 2-30 — 536215-12**

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP by 12/26.

Personal Improvement

—Driver Training—

**AARP Driver Safety Refresher Training**  
**Saturday January 24 — 481015-12**

9:00 AM-1:30 PM (OC). Instructor: Paul Jensen: AARP members \$20, non-members \$25 Fee includes a \$5 Association administrative fee. AARP Driver Safety Training, is geared to the "over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course,



*Continued on page 75*

there are no tests to pass. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited. RSVP by 1/17.

—Organizing—

**New! How to get Organized without Resorting to Arson**  
**Thursday January 22 & 29 — 122215-12**

1:30-3:30 PM (OC). \$80. Instructor: Liz Franklin: Instructor: Liz Franklin's book, *How to Get Organized Without Resorting to Arson* has been featured on Oprah Radio, the Dr. Laura Show, MSNBC and hundreds of others. Liz believes in saying, "Neener, neener!" to the "normal" organizing books that don't work for rebels like us! **Class #1:** Learn the hilarious Personality Types and why you can't get organized the way they say on TV and in most books. Find out which type you are and what Organizing Tips will work for your type. **Class #2:** Hands-on Organizing Techniques you can take home and use right away! Learn how to get naggers off your back, why purging isn't that important, and how to blame disorganization on your furniture. Questions? Call Liz Franklin at 783-1790. RSVP by 1/17.



Technology

—General—

**Google Maps**

**Monday, January 5 — 283415-12**

1:00-3:30 PM (OC). \$15 Instructor: Bob Ringo. You can use Google Maps to find your way and to travel the globe without leaving home. Google Maps allows you to discover a new world with detailed 2D and 3D views. In this class instructor Bob Ringo will demonstrate how to get directions for your next journey. You will learn how to explore the country using Google Maps Street View's advanced navigation to travel to familiar haunts and unexplored locations. With Google Maps you can easily find information about local businesses; including locations, contact information, and driving directions. Additionally, you can explore the oceans and the moon. RSVP by 12/29.



**Google Play**

**Friday, January 9 — 286515-12**

1:00-3:30 PM (OC). \$15 Instructor: Bob Ringo. Google Play is Google's official online store for purchasing and downloading

digital media such as music, magazines, books, movies, and television programs. All Google Play content is capable of being shared across Android devices as well as PC and iOS devices. Google Play Music is Google's music streaming service and online music storage. Users can upload and listen to up to 20,000 songs at no cost. In this class instructor, Bob Ringo, will show you how to find your favorite Google apps and to have your favorite music, movies, and books available everywhere you have Internet access. RSVP by 1/2.

**Android Basic 101**

**Tuesday, January 20 — 255125-12**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. Prerequisite: Be an Android device owner and have a "Gmail" account. RSVP by 1/13.



**Android Advanced**

**Wednesday, January 21 — 255225-12**

5:00-8:00 PM (OC). \$40. Instructor: Len Carniato. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond just making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective Android Phone or Tablet might meet all your needs. Prerequisite: Ready to go beyond the basics. RSVP 1/10.



**iPad Basic**

**Saturday, January 24 — 242215-12**

9:00-11:00 AM (KS). Instructor: Ken Silverman. \$30. Get more out of—and into—your iPad2 or greater or iPad Mini than you ever thought possible. Learn all about iOS8 (make sure your iPad has iOS8 installed before coming to the class), like Air Play and Internet. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that "stuff" into the unit and discover additional tools and reference areas. Learn how to make folders on your device.



Continued on page 75



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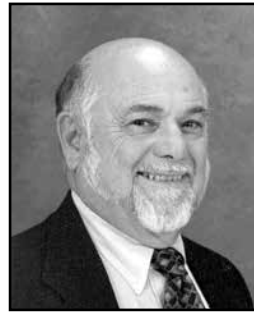
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### —Mac—

#### Mac OS X Yosemite Workshop

Thursday & Friday, January 15 & 16 — 266115-12

9:00-11:00 AM (OC). \$40, class material \$5 (paid to instructor). Instructors: Andy Petro and Henry Sandigo. Do you want to attend a workshop on **Yosemite**, the newest Mac Operating System? We will explore and review all of the items that appear on Yosemite's desktop. We will also review some of the basic Apps like Safari, Mail, and Messages. **Prerequisite:** You must have an Apple computer with **Yosemite** (Version 10.10 or later) installed. There are only 10 iMac's in the lab and space is limited, so register early. If you have any other specific questions about the class call Andy Petro at 474-1544 or Henry Sandigo at 434-7792. RSVP by 1/8.



#### Introduction to Numbers on the Mac

Tuesday & Wednesday February 10 & 11 — 232115-12

9:00 -11:00 AM ( OC) \$40. Instructor: Vicki White. Planning a party, taking a trip, have lots of things to do, want to keep track of your fitness training, your expenses? Then *Numbers* is for you! You can do all this easily, quickly and accurately using *Numbers*. If you are new to *Numbers*, or simply want tips to improve your skills, this is the class for you! You will develop a spreadsheet from the beginning, customizing it for your needs. You will also learn how to adapt existing templates. RSVP 2/3.

### —Social Media—

#### Facebook 101

Saturdays, January 24 & 31 — 272115-12

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 1/17.



### —PC—

#### Excel Basics

Mondays & Wednesdays,

January 5, 7, 12, 14 — 292315-12

9:00-11:00 AM (OC). \$50 (four sessions).

Instructor: Angela Blas. It's the first of the year and you know what that means!

Yes time to get your "stuff" together for taxes. Class will introduce you to the basics of Microsoft Excel. With this knowledge, you can begin to organize your tax information as well as many other financial documents such as budgets whether personal or for a group. You will learn various Excel capabilities—from entering data into a spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting the excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple things like add, subtract, multiply, divide, average and sum. Hope to see you for this exploration of the basic functions of Excel. RSVP by 12/29.



#### Beyond Excel Basics

Mondays & Wednesdays,

January 26, 28-February 2, 4 — 292415-12

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. Want to do more with excel, learn how to link spread sheets, ask questions, more formula function and lots of other practice? Then this is the class for you! The class will provide the student with additional experience using formulas, functions, formatting, graphing, and the last topic covered will be Macro building . RSVP by 1/19.

#### Tips and Tricks for Beginning PC Users

Friday, January 16 — 282115-12

1:00-3:30 PM (OC). \$15. Instructor: Bob Ringo.

The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP by 1/9.



#### More Tips and Tricks for Beginning PC Users

Thursday, January 22 — 282215-12

1:00-3:30 PM (OC). \$15. Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that

*Continued on page 77*



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97845

weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this

class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP by 1/15.

## WellFit Classes

### 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 December 17 at 8:00 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 pieces of the equipment safely and properly! Orientations are designed to educate you on all of the offerings the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Thursday, December 18 — 700100-KB**  
4:00-5:00 PM, Fitness Floor (KS)
- **Wednesday, January 7 — 700100-O1**  
4:00-5:00 PM, Fitness Floor (OC)
- **Tuesday, January 13 — 700100-K1**  
10:00-11:00 AM, Fitness Floor (KS)
- **Thursday, January 15 — 700100-O2**  
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, January 20 — 700100-O3**  
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, January 22 — 700100-K2**  
4:00-5:00 PM, Fitness Floor (KS)

### 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.*

### Nordix Pole Walking

**Tuesday & Thursday, January 6 & 8 — 750000-01**

1:00-2:30 PM. Meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). 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! Bring poles if you already have a set. Walking poles also available for each class at no charge, with option to purchase at final session. 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, January 5-28 — 878000-01**

3:00-4:15 PM, Aerobics Room (OC). Four-week program, \$80. 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 level before and after class. Please bring your blood glucose monitor to every class.

*Continued on page 79*

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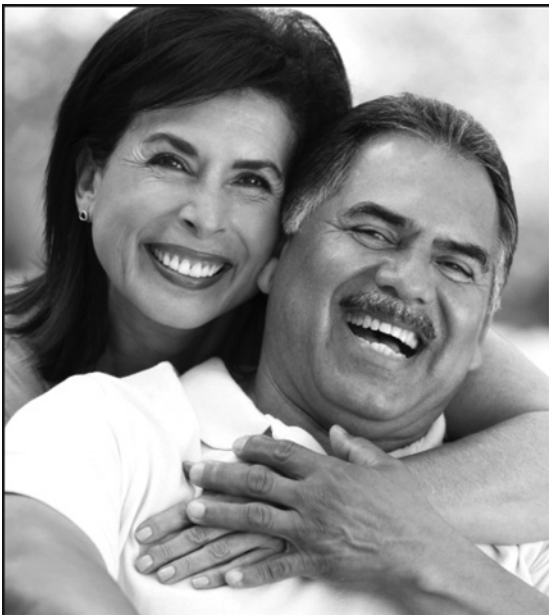


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**Arthritis Class L2**

**Tuesdays, January 6-27 — 801000-1A**  
**Wednesdays, January 7-28 — 801000-1B**  
**Thursdays, January 8-29 — 801000-1C**  
**Fridays, January 9-30 — 801000-1D**

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength.

**Qigong (“chee-gong”) L1**

**Thursday, January 15-29 — 820706-01**

1:00-2:00 PM, Aerobics Room (KS). \$26.25 (three 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.

**Mind and Body**

*Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.*

**Tai Chi L1**

**Tuesdays, January 6-27 — 730100-01**  
**Saturdays, January 10-31 — 730100-1A**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (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, January 10-31 — 730300-01**

10:00-11:00 AM, Aerobics Room (OC). \$35 (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, January 6-27 — 730400-01**

2:45-3:45 PM, Aerobics Room (KS). \$35 (four 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.*

**Living Through Transitions**

**January 17-June 6 — 823500-A1 (resident)**

**January 17-June 6 — 823500-GU (support person)**

**January 17 — 823500-JA (separate session—support person only)**

9:00 AM-12:00 PM. P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session registration opens five days prior to session date—support person only \$35 per session. Do you plan to age in place here in



SCMH? Do you need help in planning how to do that successfully? This program will take you through seven topics that will facilitate your planning. Topics include: personal finances, legal matters, dealing with loss, navigating the healthcare system, transportation issues, housing options and end of life issues. If you have questions or need help enrolling please email [carol.zortman@scmhca.com](mailto:carol.zortman@scmhca.com) or call 625-4032. Residents Register: Fitness/Activities Desks or online. Separate session registration only available at the Fitness Desks. RSVP by 12/30.

*Continued on page 83*

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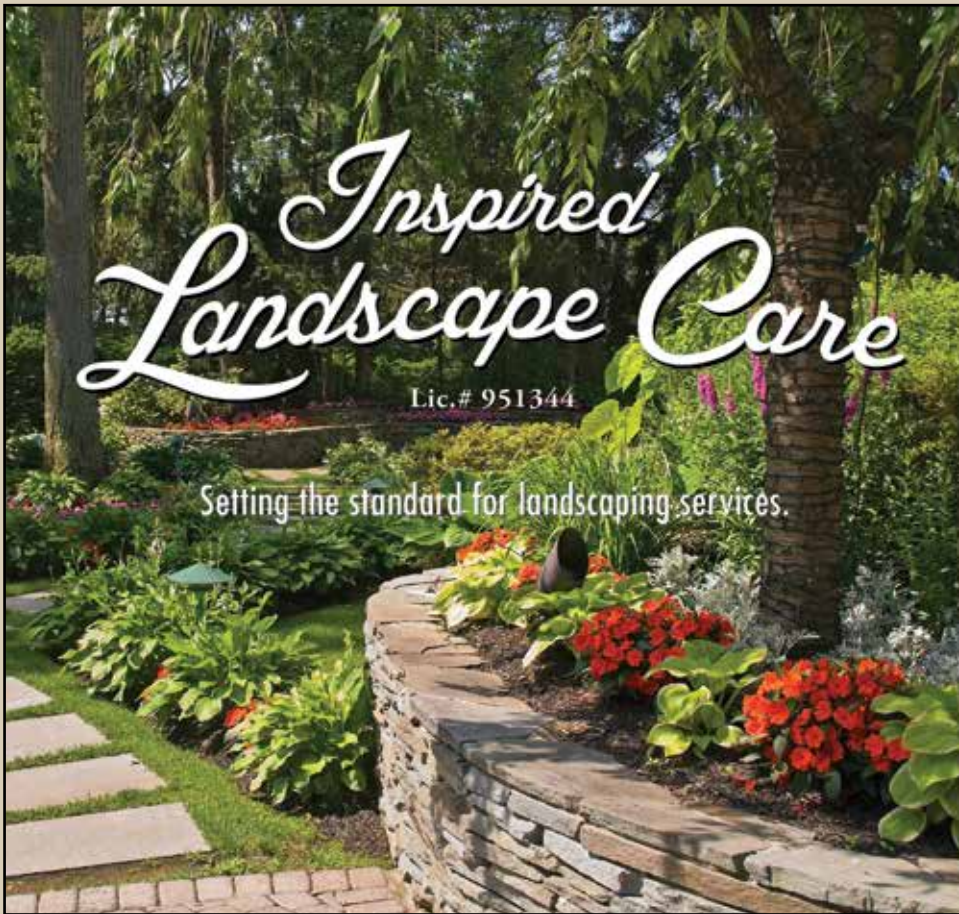


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**Mastering Sudoku****Thursday, January 29 — 870000-02**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn a simple to understand system to play Sudoku puzzles that recently solved an MIT puzzle. This first class will focus on the Easy to Medium puzzles regularly appearing in local newspapers. The class is great for the beginner to intermediate but also for the expert who wants to learn a new system.

**Self-Defense and Martial Arts****Tuesdays, January 6-27 — 815000-01**

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics—allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family.

**Money Matters****Investors Behaving Badly****Thursday, January 29 — 870000-01**

Time, location, cost. Instructor: Russ Abbott. Why do some Investors buy at the top and then sell at the bottom? Why do some buy penny stocks hoping for a big profit only to see it fade away? Why do other investors buy an investment product at the free lunch seminar only to find out later it was the wrong thing? Come to this class to find out why and how to prevent it happening to you.

**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,  
January 5-February 2 — 835210-A1**

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class 1/19). 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,  
January 6-29 — 835211-A1**

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). 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,  
January 5-February 2 — 835800-A1**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 1/19). 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,  
January 5-28 — 835500-A1**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Clarey. 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,  
January 6-29 — 835600-A1**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety

*Continued on page 85*



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of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged.

**SGT—Bootcamp L2**  
Tuesdays & Thursdays,  
January 6-29 — 835300-A1

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—Fit for Golf L2**  
Mondays & Wednesdays,  
January 5-28 — 835180-A1

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 such as the back, elbow and knee? Different pieces of equipment will be used to condition you like the pros!



**SGT—Morning Burst Bootcamp L2**  
Mondays & Wednesdays,  
January 5-28 — 835300-B1

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,  
January 5-28 — 835400-A1

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.



**New! SGT—Circuit Training L2**

Mondays & Wednesdays,  
January 5-14 — 835200-A1

1:00-2:00 PM Weight Room (OC). \$70 (four sessions). Instructor: Milly Nuñez. Sign up for our new Circuit Training Class which will help you get acquainted with the new equipment at Orchard Creek Fitness Center as well as work in a fun group setting led by a certified personal trainer. You'll work with each piece of equipment in a timed format so that you can work at your desired level of intensity. You'll also be led through a group warm-up and cool-down by the instructor. This fun class will deliver a full body workout in just one hour.

**SGT—Healthy Back L1**  
Mondays and Wednesdays  
January 5-28 — 835700-A1

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 and Wednesdays  
January 5-28 — 835701-A1

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,  
January 5-28 — 835710-A1

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.*

Continued on page 87



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**SGT—Introductory Reformer Session L1****Continuous Dates — 835110-A1**

Fitness Floor (KS). \$30 (one session).  
Instructors: Janine Colson, Joanie Martin, and Terri Alba. 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,****January 5-30 — 835120-A1**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructors: Paula Ainsleigh

**Mondays & Wednesdays,****January 5-28 — 835120-C1**

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

**Mondays & Wednesdays,****January 5-28 — 835120-D1**

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

**Mondays & Wednesdays,****January 5-28 — 835120-E1**

5:00-6:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba.

**Tuesdays & Thursdays****January 6-29 — 835120-F1**

10:30-11:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba.

**Tuesdays & Fridays****January 6-30 — 835120-B1**

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Janine Colson. This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

**SGT—Reformer Intermediate L2****Tuesdays & Thursdays,****January 6-29 — 835130-D1**

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

**Mondays & Wednesday****January 5-28 — 835130-B1**

6:00 PM-7:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba. 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 L2****Mondays & Wednesdays,****January 5-28 — 835181-A1**

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson.

**Tuesdays & Thursdays,****January 6-29 — 835181-A2**

11:30-12:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba. This class builds on the foundations of 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—Cardio Jump and Core Reformer L2****Tuesdays & Thursdays,****January 6-29 — 835131-01**

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. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body that other forms of cardio can. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises.

**SGT—Special Populations Reformer L1****Mondays & Wednesdays,****January 5-28 — 835160-A1**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson and Terri Alba. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations.


*Continued on page 88*

### 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.

**Aqua Pilates L1:** The pool has become a new destination



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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.



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**Golf Cart Inspections at Orchard Creek Lodge**



**Golf Cart Registration**  
(City of Lincoln)  
at OC Lodge  
**Thursday, December 18**  
and **January 15**  
at 9:00 AM

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & third Thursday at 9:00 AM.



**Aqua Yoga L1:** 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.

**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 Aqua 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!

**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.

**Beginning Pilates L1:** If you are new to Pilates, or have never tried it, this is your class! Learn basic Pilates and movement principles as well as classic Pilates exercises. Discover for yourself why this form of movement continues to grow.

**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!

**Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

**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.

**Cycle & Strength Circuit L2:** Join this fun and innovative class. We will reap the cardiovascular benefits of indoor cycling and mix it with health enhancing strength exercises. We will rotate through these excellent exercises in a circuit fashion. Fun props such as the TRX, Bosu and more may be used!

**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-Strength 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 designed especially 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.

**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

*Continued on page 90*



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**Hatha Yoga L2:** Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.

**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!

**Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will take utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

**iRest—Meditation for Yoga:** 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. Ahhhh!

**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.

**Relaxing Yoga and Meditation L1:** 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.

**Splash Dance L2:** A dance party in the pool! An aquatic exercise class with a “dance flair” that is 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 transi-

*Continued on page 92*

tions, 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.

**Wai Dan Gong:** 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 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

**Water Bootcamp 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.

**Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are

also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

**Yoga 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.

**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 for Osteoporosis L1:** 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. 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.




**Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence, the teacher brings her own style.

**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 December 15 - January 15, 2015**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L3- <i>Marilyn*</i>	OC	Water Works L3- <i>Marilyn*</i>	OC	Water Works L3- <i>Roman</i>	OC	OC
8:30	 L2 - Lisa*		 L2 - Lisa*		Water Works L3- <i>Roman</i>		
9:30		Water Works L3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L3 - <i>Deanne</i>			
10:30	Splash Dance L3- <i>Roman</i>	Water Works L3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L3 - <i>Deanne</i>	 L2 Annamarie*		
11:30	AF Aqua L1- <i>Annette</i>		AF Aqua L1- <i>Marie</i>		AF Aqua L1- <i>Annette</i>		
12:30	Aqua Yoga L1- <i>Joanie</i>		Aqua Pilates L1- <i>Joanie</i>		Aqua Pilates L1- <i>Joanie</i>		
2:00							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Water Bootcamp L3 Annamarie	Water Works L3- <i>Marilyn</i>	Water Bootcamp L3 Annamarie	Water Works L3- <i>Lisa</i>			
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**

**\*\*\* New class & instructor**

OC WellFit Class Schedule December 15- January 15, 2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	***Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Cardio Strength L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	Low Impact/Sculpt Interval L2 - Jeannette	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	*Zumba L3- Brandi	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	*20/20/20 L3-Marilyn	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Lin	Piloga L2 -Lola	Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre Terri <i>Beginning Jan. 5th</i>	iRest Meditation and Yoga - Iram <i>Beginning Jan. 5th</i>	Arthritis L1/2 -Lin	Hatha Yoga L1 -Kirsti <i>Beginning Jan. 5</i>	Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Terri	Chair Yoga L1 - Ashley <i>Beginning Jan. 5</i>	Chair with Flair L1- Kathryn		Basic Chair L1-Lola		
2:00	SGT - Balance & Fall Prevention L1-Kathryn		SGT - Balance & Fall Prevention L1-Kathryn		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							
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

\*\*\* New class & instructor

KS WellFit Class Schedule December 15 - January 15, 2015

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	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa	SGT- Ref. The Basics L1- Paula										
7:30			Mixed Level Cycle L2 - Deanne	SGT - Ref. Intermediate L2 staff	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa		Mixed Level Cycle L2 - Deanne	SGT - Ref. Intermediate L2 staff				
8:30	Low Impact/Sculpt Interval L2 - Jeannette	SGT-Fit for Golf L2 Robert	Low Impact L3 - Annamarie	SGT - Ref. The Basics L1- Janine	Power Vinyasa L3- Deanne	SGT-Fit for Golf L2 Robert	Low Impact L3- Annamarie	SGT - Ref. The Basics L1- Janine	Zumba Gold L2 - Joanne	SGT - Ref. The Basics L1- Janine		
9:30	Strictly Strength L3 - Roman	SGT - Ref Special Pop. L1- Terri	Strictly Strength L2 - Lin	SGT - Ref. Jump Board- Terri	Cardio Strength L3-Annamarie	SGT - Ref Special Pop. L1-Janine	Strictly Strength L2- Lin	SGT - Ref. Jump Board- Terri	Cardio Strength L3- Annamarie			
10:30	**Cycle & Strength Circuit L3 - staff	SGT-Ref. The Basics L1- Janine	Piloga Flow L2 - Joanne	SGT - The Basics L1 Terri	Cycle & Strength L2-staff	SGT-Ref. The Basics L1- Janine	Pilates Fit L2 - Dornine	SGT - The Basics L1 Terri	Everybody Can L2-Lin			
11:30	SGT - Healthy Back L1-Kathryn	SGT - Total Body Reformer L2- Janine		SGT - Total Body Reformer L2- Terri	SGT - Healthy Back L1- Kathryn	SGT - Total Body Reformer L2- Janine		SGT - Total Body Reformer L2- Terri	Waldan Gong Joon			
12:30	SGT - Fit 101 L1- Marilyn		Functional Fit L2- Deanne		SGT - Fit 101 L1- Marilyn		Functional Fit L2- Deanne					
1:30	Yoga Basics L1- Susan		Tai Chi L1- Pelf				1:00pm Qigong L1 - Sherry					
2:30	SGT - TRX Interval L2 - Julio	SGT - The Basics L1 Terri			SGT - TRX Interval L2 - Julio	SGT - The Basics L1 Terri		Basic Conditioning L1 Kathryn				
3:30	SGT-TRX Express L1- Julio		Tai Chi L3 (2:45-3:45)- Pelf		SGT-TRX Exp. L1- Julia							
4:00	SGT Healthy Back L2-Kathryn				SGT Healthy Back L2- Kathryn							
5:00	SGT - Bootcamp L3- Lisa	**SGT - The Basics L1 Terri			SGT - Bootcamp L3- Lisa	**SGT - The Basics L1 Terri						
5:30			SGT - TRX Exp. L2-Julia									
6:00		SGT - Ref. Intermediate L2 Terri	Hatha Yoga L2- Susan									
7:00												

Group Exercise Classes (punch pass) \$3.50

SCUH Booking

Wellness Classes (session based)  
 Small Group Training (session based)  
 \* New Instructor  
 \*\* New class  
 \*\*\* New class & instructor



**Seniors Are Prime Targets of Financial Abuse... Learn How to Protect Yourself**

**Tuesday, January 13 — Free**

2:00-3:30 PM, Ballroom (OC). Financial abuse and scams deprive us of our hard-earned assets and retirement savings. Senior citizens—with limited incomes and earning potential—are rarely able to recover financially. Older people especially are easy marks, so they are frequently targeted by the dishonest. Find out: Who is at risk? What you can do? Who you can turn to for help? Placer County representatives, Karen Bone with Adult Protective Services and Laura Conrad with District Attorney’s Office will reveal the latest scams targeting our community and describe the resources available to victims of financial fraud or abuse.



**You Make The Call—2014 College Football Replay**

**Tuesday, January 20 — Free**

10:00 AM-12:00 PM, Ballroom (OC). Bill has been a football referee for the PAC-8, PAC-10, and PAC-12 since 1977 and was selected as the crew chief for several National Championship games. In 1999, the NFL asked Bill to leave the field and join the Instant Replay staff. He has been a replay official since, and also is an officiating scout for the NFL. Two of his candidates are rookies in the NFL this season. He still welcomes the challenge of getting the call correct, and he will share some of the on-field adventures he faces every week. He promises to educate you in the finer points of the game, and he will let you make the call in some tough play situations.



**Translation Please:**

**What Advances in Stroke Care Mean to You**

**Wednesday, January 28 — Free**

7:00-8:30 PM, Ballroom (OC). Recent advances in stroke care have dramatically changed the prognosis and quality of life for stroke patients. But, it can be a challenge to keep up on the many aspects of stroke prevention and care, let alone understand how they can be used to your benefit. In this session, Dr. John Shafer will discuss the latest in stroke prevention, how to effectively identify a potential stroke, as well as treatment and rehabilitation options. Dr. Shafer will also touch on the latest neurological innovations currently being used at Mercy San Juan Medical Center.



**What is, Where to Get It, How to Get It—Media Streaming**

**Tuesday, February 3 — Free**

9:00-11:00 AM, P-Hall (KS). Obtaining content that is Movies—TV shows—Music—News, can come from many sources. Satellite, Cable, Internet, and Streaming devices are some of the sources. What is Streaming and how it works will be part of the Forum. The presenter, Ken Silverman, will discuss both content, like Netflix, TV Shows, and Movies, and how to get them via streaming devices.



**Our PBS Station, KVIE and Rob on the Road**

**Tuesday, February 17 — Free**

2:00-3:30 PM, Ballroom (OC). KVIE’s president and general manager David Lowe and Rob Stewart of “Rob on the Road” and “America’s Heartland” will provide the inside scoop on upcoming programming, share stories as PBS insiders, and answer everything you’ve wanted to know about KVIE and the world of public television. Have a story idea for Rob? He’s going to love to hear it!



**Community Forums, Date, Time, Location**

- **NW/APS... Senior Financial Abuse...How to Protect Yourself**  
Tuesday, January 13, 2:00 PM, Ballroom (OC)
- **You Make The Call—2014 College Update**  
Tuesday, January 20, 10:00 AM, Ballroom (OC)
- **Translation Please: What Advances in Stroke Care Mean/You**  
Wednesday, January 28, 7:00 PM, Ballroom (OC)
- **What is, Where to Get It, How to Get It - Media Streaming**  
Tuesday, February 3, 9:00 AM, P-Hall (KS)
- **Our PBS Station, KVIE and Rob on the Road**  
Tuesday, February 17, 2:00 PM, Ballroom (OC)

- **Don’t Skip a Beat**  
Wednesday, February 18, 7:00 PM, Ballroom (OC)
- **NID/HandiHelpers... “Maintenance Update”**  
Tuesday, March 10, 3:00 PM, Ballroom (OC)
- **“Not tonight, honey, I have a... headache”**  
Thursday, March 19, 7:00 PM, Ballroom (OC)
- **Human and Sex Trafficking**  
Tuesday, April 7, 2:00 PM, Front Ballroom (OC)
- **Local Snake Update**  
Tuesday, April 21, 2:00 PM, Ballroom (OC)



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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

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

Public Website:

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

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408-4290

Spa Manager

Jori Richards [jori.richards@schca.com](mailto:jori.richards@schca.com)

## Hours\*

### Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (first only) 8:00 AM-12:00 PM

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

### Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

### The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

## General Numbers

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Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

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[bgeppert@billycaspergolf.com](mailto:bgeppert@billycaspergolf.com)

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