



Compass

The Official Magazine of Sun City Lincoln Hills

June 2014

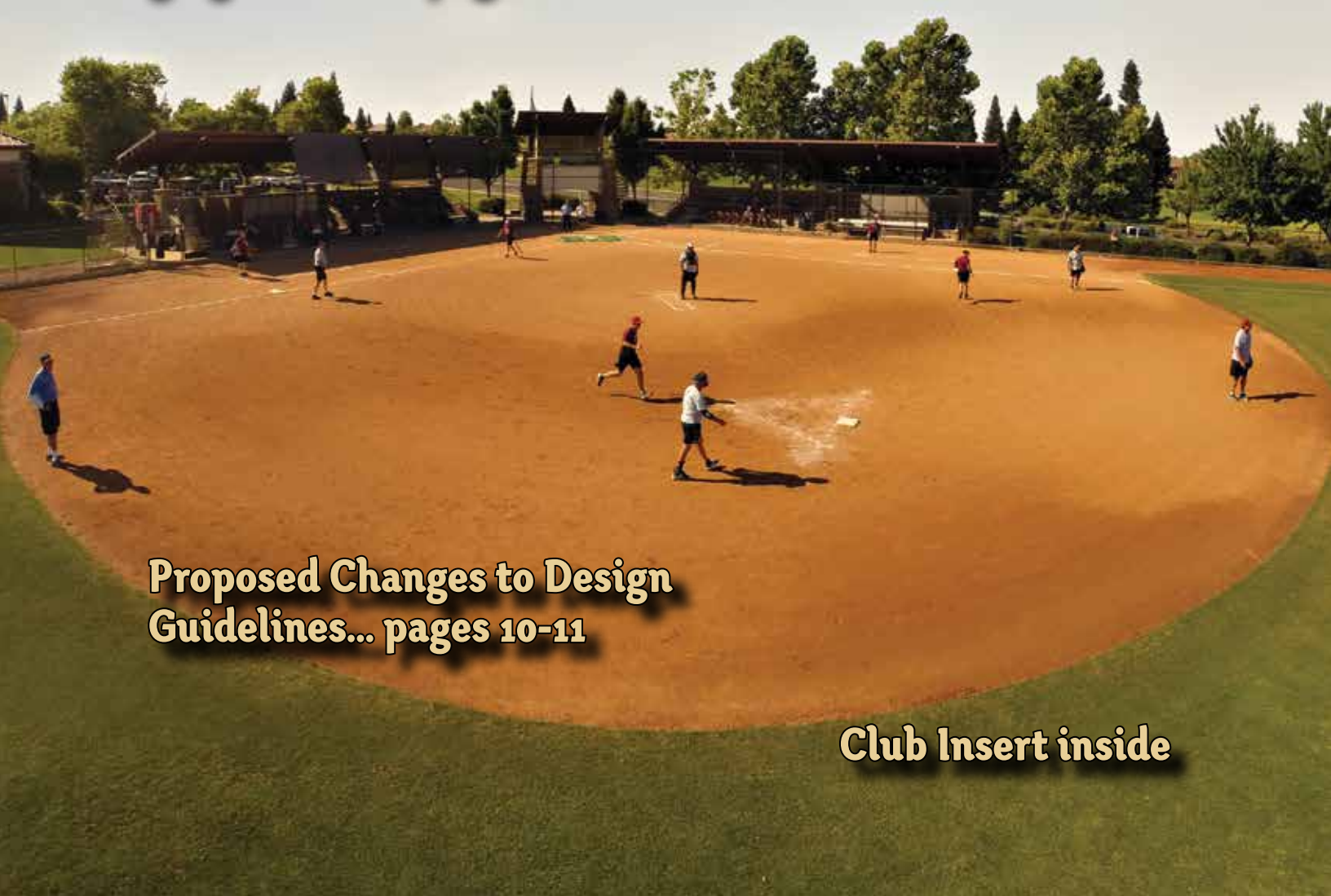
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Board of Directors Report

Ken Silverman, President, SCLH Board of Directors



We live in an HOA — Homeowners Association. The Davis-Stirling Act applies to California and defines homeowners associations as **quasi-governmental** in nature. They are not pure democracies where members can vote on all issues, instead, they are representative democracies where powers are delegated to elected representatives (the Board of Directors) and limited powers are reserved to the membership, like voting for the Board.

A quote from our By-Laws, Section 7.01 — “the business and affairs of the Association shall be vested in and exercised by, the Association’s Board of Directors.” This section also allows the Board to delegate the management, day-to-day operations, to any person or persons, Management Company or committee as long as the ultimate direction comes from the Board.

What does all this mean to you? Community Association day-to-day operations are taken care of through our Executive Director. This person is hired by the

Board of Directors. S/He has the responsibility to hire other employees and work within the policies set by the Board. Each year in October, the Board, with input from committees and staff, sets the annual budget, which determines your dues for the following year. The Board also oversees the Association’s professional contracts, like CPA, lawyer, and insurance, to name a few. There are many other items that the Board is responsible for handling, from signing checks to working with our resident volunteers who serve on many committees.

“Voting for four new Board members will take place January 12 and 3:00 PM February 18 of 2015. The candidate filing opens just three short months from now on September 15. Do you want a place in SCLH’s governance? If yes, think about running as a candidate or apply to serve as a volunteer on this important committee...”

Voting for four new Board members will take place between January 12 and 3:00 PM February 18 of 2015. The candidate filing opens just three short months from now, on September 15. Do you want to have a place in SCLH’s governance? If so, think about running as a candidate, or apply to serve as a volunteer on the Election Committee. See page 5 for more details.

Facility Hours by Department July 4

OC Activities Desk	KS Activities Desk	Administration & Membership	OC Fitness	OC Fitness
8:00 AM-2:00 PM	8:00 AM-1:30 PM	Closed	6:00 AM-5:30 PM	6:00 AM-5:30 PM
	The Spa at KS	KS Café	Meridians	
	Closed	Closed	7:00 AM-3:00 PM	

Limited Membership Desk Hours July 7-22
Monday / Wednesday / Friday* – AM only 8:00 AM to 12:00 PM
Tuesday / Thursday – PM only 1:00 PM to 4:00 PM
 *Friday, July 11 — PM only 1:00-4:00 PM

On the cover

The SCLH Quad Copter provides a “bird’s eye” view of the Coyotes at play. See pages 6-7 for more players and mark your calendar to attend a game. Come out and enjoy the great American pastime right here in your neighborhood... you will be amazed!

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



How are we doing? Providing exceptional customer service at the Activities and WellFit front desks is an important part of daily goals and aspirations. A survey asking about your Customer Experience is currently being conducted via a short online or paper option. Please take a few minutes to respond. Managers will compile your responses to assess overall customer satisfaction, and where needed, make adjustments. Your responses will serve as a baseline for future Lifestyle Department customer experience surveys. The survey is anonymous, unless you provide your name for any requested follow-up, and your comments will be kept confidential.

Staff is primarily checking your wait time at the desks, quality of personal greeting, staff knowledge, and problem solving ability, the extent to which staff assistance met your expectations, and areas for improvement. Take the online survey at www.esurveycreator.com/s/6a585ae or get a paper survey at the Activities or WellFit desks and drop the completed survey in the lock box located at the OC Business Center or KS Activities Desk.

Your responses to the 11 questions will help provide continuous improvement at the front desks. Thank you for your time.

If you ever have questions about purchases made in Lincoln Hills on your credit card, please contact the Department Manager prior to contacting your bank to make a claim. The paper trail process with the banks is time consuming, and usually a quick call can help refresh your memory about a purchase, or staff can assist by initiating further research or a refund as needed. Thank you for your consideration.

Speaking of considerations... Consider your safety and those of your loved ones as you drive in our community. While we may shake our fingers, honk our horns, or sit stunned in awe of the fact that someone just cut in front of you or ran a stop sign, it won't help in the moment. Many drivers here are simply unaware of their near miss because they are distracted and not paying attention. Others might have limited eyesight due to macular degeneration. Please see "Connections" on page 5

Calendar of Events

June 15-July 31

Date	Event	Page #
06/16	Genealogy: Researching Early European Countries	32
06/17	"K9 Companions for Independence"	34
06/17	Concert: Songs & Strings	48
06/19	Book Discussion: <i>The Light Between Oceans</i>	29
06/19	Bus Trip: Legion of Honor	62*
06/22	Bus Trip: Oakland A's vs. Boston Red Sox	59
06/23	Bus Trip: Jackson Rancheria	62*
06/24	Comedy Night at KS: Marc Yaffee	48
06/24	Bus Trip: San Francisco Shopping for the Day	59
06/24	Forum: Adapting to Aging in SCLH	100
06/25	"Communication and Dementia"	27
06/25	Forum: Shakes, Tremors, and Stagers	19, 100
06/26	Bus Trip: Music Circus — A Chorus Line	56*, 62*
06/26	Speaker: "Baldo's Acres" Rose Garden	31
06/26	Bus Trip: Legion of Honor - Intimate Impressionism	55
06/27	Music Group sponsored "Open Mic Night"	35, 44
06/27	Summer Concert: Darlene Love	48
06/28-29	11th Annual Invitat. Tournament, Coyotes "75s"	6
07/01	Painter Reif Erikson: A Pastel Demonstration	36
07/01	Bus Trip: River Cats vs. Fresno Grizzlies	60*, 62*
07/03	Bus Trip: San Francisco Giants vs. St. Louis Cardinals	62*
07/04	Concert: Roseville Community Concert Band	48
07/07	KS at the Movies: The Way, Way Back	44
07/08	Speaker: Renowned author of Quilt Making Books	35
07/08	Bus Trip: Oakland A's vs. San Francisco Giants	60
07/09	Forum: Tablet and Smartphone Health History	30, 100
07/09	Speaker from Photographic Society of America	36
07/09	Bus Trip: Tour Big Springs Gardens	60
07/10	Speaker from Resource Connectors	31
07/10	"Things Eye Doctors Probably Don't Tell You"	31
07/10	Bus Trip: Music Circus — Mary Poppins	56
07/11	Medical and Health-related Apps	30
07/11-12	Vaudeville Troupe: "Anything Goes!"	11, 40, 48
07/14	Document Destruction	44
07/14	Bus Trip: Red Hawk Casino	53
07/15	DMV Ombudsman Sr. Driving Program	34
07/15	e-Waste Recycling	44
07/16	Forum: "Laughter-Secret to Long, Happy Life"	22, 53, 100
07/16	Bus Trip: Placer Beer Tasting	55
07/17	Book Discussion: <i>How to Eat a Cupcake</i>	29
07/17	Speaker: Placer County Veterans' Svcs. Officer	40
07/18	Summer Concert: Springsteen Experience	50
07/20	Bus Trip: Broadway at Sierra	56
07/22	Forum: 100 Years: World War One and Today	100
07/23	Bus Trip: Music Circus — South Pacific	56*
07/29	Summer Concert: Tribute to Three Dog Night	50
07/30	Forum: Challenges in Coping with Chronic Pain	100

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

Upcoming Association-Related Meetings: Date, Time, Place

May 15-June 30

Golf Cart Registration	Thursday, June 19, July 3 & 17, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, June 19, 9:00 AM
ARC/Architectural Review Committee	Monday, June 23, 9:00 AM
Board of Directors Meeting	Thursday, June 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, June 26, 10:30 AM
Board of Directors Executive Session	Thursday, June 26, 11:00 AM
CCOC/Clubs & Community Organizations	Tuesday, July 1, 9:30 AM
Compliance Committee Meeting	Wednesday, July 2, 10:30 AM
Properties Committee Meeting	Tuesday, July 8, 1:00 PM
Listening Post	Wednesday, July 9, 9:00 AM
CCRC/Communications & Community Rel.	Friday, July 11, 9:30 AM
ARC/Architectural Review Committee	Monday, July 14, 9:00 AM
Finance Committee Meeting	Thursday, July 17, 9:00 AM
New Resident Orientation	Friday, July 18, 1:00 PM
Board of Directors Meeting	Thursday, July 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, July 24, 10:30 AM
Board of Directors Executive Session	Thursday, July 24, 11:00 AM
ARC/Architectural Review Committee	Monday, July 28, 9:00 AM

Meetings in OC Lodge unless noted otherwise.

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Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under the *Volunteer* and *News* headers. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee Applications are available at the Orchard Creek and Kilaga Springs Activities Desks, or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address located on page 102.

— Architectural Review Committee —

ARC members review plans for landscaping, new construction, or exterior alterations and help to decide if the project conforms to the CC&Rs and the Design Guidelines. The ability to read landscape and building plans is a plus for membership. Knowledge of landscaping and/or various plants can also be helpful.

— Elections Committee —

The Elections Committee is responsible for the nomination and qualification of candidates for election to the Board of Directors and is responsible for conducting the election.

— Finance Committee —

Finance Committee members have general oversight of the financial policy of the Association, subject to Board approval. Residents with backgrounds in finance, accounting, business, or administration who understand budgets and financial statements and who can commit their time are encouraged to apply.

— Communications and Community Relations Committee (CCRC) —

Residents, who understand and use technical communication tools, have organizational and correspondence skills and have public speaking skills will help coordinate the Community Forum presentations. Volunteers with a background in nursing and education are also sought to assist with the Health Education task force.

— Compass Distribution —

Volunteers are needed to help with the distribution of the *Compass* magazine in two-hour shifts between the 15th and the 21st of each month. Volunteering is a great way to meet residents. Sign-up books are kept at both the Orchard Creek and Kilaga Springs Lodge Activities Desks. If you have any questions, please contact: Marian Hoffman Kinsella at 408-3020. Thank you in advance! We look forward to seeing you.

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

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

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

Connections

Continued from page 3

tion, cataracts, drug-induced sight issues, nearsightedness, or peripheral vision impairment. Please, take your time driving around the community and stop at all stop signs. Check to make sure the driver looks and sees you before moving ahead. Near misses are too common these days; it's better to be safe than right.

Thank you for your continued compliments on the interesting and well written articles in the *Compass*. Resident volunteer staff members are shown to the right. In March, Gay Sprague retired after 3.5 years of being on our team. When you see any of these writers, please be sure to say

thanks for their many contributions. Also, remember to tell our advertisers that you found them in the *Compass*. The revenue

received from advertisers enables us to have quality printing and production. See you in the Lodge.



Compass staff at their latest monthly meeting, clockwise from top left — Joan Logue, Pat Evans, Shirley Schultz, Dee Hynes, Nina Mazzo, Al Roten, Wendy Slater, Doug Brown, Jeannine Balcombe



Cover article

“Where the Coyotes Howl”

...with delight, on the Del Webb Softball Field

Doug Brown, Resident Editor



75 Coyote John Langskarv



60 Coyote Joe Bellah



Umpire Jim Zentner

Thanks to photographer
Tony Machado

You're all invited to howl (and cheer) for the Coyotes “75s” team **June 28 and 29** as they host the **11th Annual Invitational Tournament**, right here at our Del Webb Field. The weekend tournament, featuring teams from as far away as Fresno, includes four “75s” teams and — drum roll — two “80s” teams! Don't say these are “old” guys! And there'll be hot dogs, drinks, ice cream, and great music to accompany the action on the diamond. Games start at 8:00 AM each day.

The Coyotes teams compete in various tournaments throughout northern California and neighboring states. In recent years the Coyotes — now in four age-bracketed teams of 60s, 65s, 70s, and 75s — have traveled to events in California, Nevada, Washington, Utah, Arizona, and Oregon.

Since their inception, the 75s have competed in 11 tournaments, winning three and twice finishing second. All four brackets boast championship trophies in tournaments around the Western region plus four Hall of Famers: Irv Schafer (National Senior Softball Hall of Fame); Bob Hunter, Bob Fernandez, and Ed Sorensen — Northern California Hall of Fame! How 'bout that?

The second travel team, the **Sun Eagles**, compete in a league that includes teams in Roseville, Sacramento, and Suisun City, plus tournament games in Marysville, Elk Grove, Penn Valley, Lodi, Folsom, and Medford. Their home-sponsored tournament is **September 6-7** right here in Lincoln Hills — mark your fall calendar!

Of course, these traveling teams are joined by 150 softball women and men players in the Lincoln Hills Rec League that play on our fields from March



Will Bellah, 75 Coyote and son Joe Bellah, 60 Coyote, the first father/son players in the league



75 Coyote John Langskov and Umpire and 60 Coyote Mike Hilton



75 Coyote George Bungarz



65 Coyote Steve Lambert



65 Coyotes, on base, Bob Moran and Bruce Chappell



Sun Eagle Gage Johnson



Sun Eagle & Rec League Manager Larry McMaster

through September as well as in a winter league, with playoff games scheduled for the last week of August.

Our guys don't just play softball. Off the field, Dar Galloway and John Moran have been coaching the Lincoln High School Junior Varsity girls fast pitch team, who in 2014 won their league! The Sun Eagles have "adopted" a fast pitch 16-and-under team in Rocklin. And over the years the Lincoln Hills Senior Softball League has raised money for cancer awareness groups, needy children, and scholarships for deserving seniors from Lincoln High School. Recently some of the players volunteered to instruct special needs children in basic softball fundamentals (see the article below).

For more information on our Lincoln Hills Senior Softball League, visit www.lhssl.org and plan to drop in for some free and entertaining softball! Come on out and support *all* our teams in our fabulous Del Webb stadium!



Rec Team Sal Algieri and Umpire Dar Galloway



Sun Eagle & Rec League Manager Jim Wyatt

Challenger Baseball

Coyotes mentor children with special needs

Doug Brown, Resident Editor

Sometimes children with special needs aren't given the same opportunities in sports as their typical peers, but not this happy group of kids playing "Challenger Baseball." Part of the Tri City Little League

based in Rocklin, these teams are part of a nationwide separate division of Little League that enables boys and girls with physical and mental challenges to enjoy the game of baseball. More than 30,000 children participate in more than 900 Challenger divisions worldwide!

Our Lincoln Hills Coyotes recently helped the local team in a "buddy program," volunteering their time to partner with the children during one of their games. Spearheaded by Coyote John Moran, the program pairs up buddies with Challenger players and they work together during the game.

In this recent game (see photos by Tony Machado), our Coyotes and a Lincoln Hills umpire dressed in his official "blues" helped the children enjoy a "typical" game

the same way their developing peers do.

One of the Challenger moms is April Davila, who manages two local teams, Challenger Pirates and Dodgers, and serves as player agent for the Tri City Challenger Division. April exclaimed, "It was an amazing day—incredibly heartwarming on both sides! Buddies and players laughed and learned from one another. The kids absolutely loved it and families now have great shots of their talented players." April's father, John Dambrosio, lives here in Lincoln Hills and plays for the Coyotes.

Our hats off to the mentors and to these kids who are "special" in every way!



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Activities News & Happenings

Enjoy a Staycation in Your Backyard!

Lavina Samoy, Lifestyle Manager

Summer is heating up and vacation season is here! My recent 10-day visit to the Philippines celebrating my mom's 85th birthday reminded me how important it is



to take a vacation. Despite the hassle of flying, heavy traffic, and muggy weather, nothing beats a vacation with family and friends; it refreshes your soul and keeps a smile in your heart.

I suggest you do the same, go on vacation! But save yourself the hassle of traveling and invite your family over while you enjoy a staycation in your own backyard. Our community offers everything you are looking for and more, at a price that can't be beat.

Fresh produce and local crafts? Relax and shop at our local **Farmer's Market every Wednesday from 8:00 AM to noon** at the **Orchard Creek Lodge Parking Lot**.

Swim, walk, hike, and exercise! Discover the wonderful trails meandering through golf courses and wetlands, offer-

ing scenic views. Our two fitness facilities offer state-of-the-art exercise machines, a

"...nothing beats a vacation with family and friends; it refreshes your soul and keeps a smile in your heart... save yourself the hassle of traveling and invite your family over while you enjoy a staycation in your own backyard. Our community offers everything you are looking for and more, at a price that can't be beat."

temperature-controlled walking track, and outdoor and indoor pools.

Take classes and start a hobby! A new two-day art workshop, **Capture Radiant Light & Color with Oils and Soft Pastels** is offered **July 11 & 12** (page 65). **Jazz** (page 70) and **West Coast Swing** (page 73) classes are back from a hiatus, starting in July.

Watch top-notch performances both

indoors and out! Two-time Grammy Award-winning violinist Mads Tolling and "The Best Cabaret Singer in the World," Wesla Whitfield, deliver a high caliber show, **Songs and Strings**, at the Orchard Creek Ballroom on **June 17** (page 48). **June 27** brings **Rock n' Roll Hall of Fame star, Darlene Love** to the Amphitheater as part of our Summer Series (complete series listing on pages 46-47; *set up your seats between 5:00 AM and 5:00 PM on show date or when doors re-open 45 minutes before show time*). Laugh with **Marc Yaffee** at **June 24's Comedy Night at KS** (page 48). Don't forget our annual "**Happy Birthday, USA!**" on **July 4** with the **Roseville Community Concert Band** (page 48). *Note: Activities Desks will observe holiday hours from 8:30 AM-1:30 PM on July 4th.*

Want to get out for a day? Bring your grandkids along to see **Music Circus' Mary Poppins** on **July 10** (page 56) or see the local production, **Broadway at Sierra** on **July 20** at Sierra College (page 56).

Truly, you have everything in your backyard for an unforgettable summer with family and friends!

Questus Optimus Valorem ad \$\$

Mike Creasy, Finance Committee Vice Chair

What's that? Hank wrote last month about why our financial results are consistently good. It's because people are working hard at it. This month the Board has asked all departments to review their mission statements. It occurs to me

that your Finance Committee's mission can best be summed up with the above words... (searching for the best value for our monthly \$\$) OK,OK, I looked it up on Google Translate. Nevertheless, that truly is the basis of our mission and we focus not

only on the immediate demands of funding-approved Capital projects, but also on continually improving the various financial processes, no matter how good they are already. We especially don't subscribe to the theory that "if it ain't broke, don't fix it." Rather, we concentrate



on Continuous Quality Improvement, an ongoing process in which we constantly strive to find ways to be better, more efficient and less prone to surprises. Nonetheless, do keep in mind that the closer we get to peak performance the more likely we are to experience some down months. That simply is the way things go.

Financial results for the month ended April 30 were again ahead of expectations. We really must acknowledge the outstanding job being done by staff and department leaders. The Association finished the month and year-to-date ahead of

Please see "Finance" on page 41

Statement of Operations YTD — 4/30/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$2,538,010	\$2,540,875	(\$2,865)
Administration (Expense)	(658,508)	(693,097)	34,589
The Spa at Kilaga Springs	21,205	11,965	9,240
Fitness	(125,364)	(120,583)	(4,781)
Activities	(18,722)	(72,247)	53,525
Rec. Center / Maintenance	(762,924)	(801,014)	38,090
Landscape Maintenance	(766,217)	(840,727)	74,510
Food & Beverage	(69,593)	(88,638)	19,045
Capital Asset	0	0	0
Net Revenues (Expense)	\$157,887	(\$63,466)	\$221,353

Proposed Revisions to Design Guidelines

Resident written comments should be forwarded to the Executive Director via mail or email by July 15.

Appendix F Plant List with revisions to mandatory setbacks is available in the OC Living Room and on the resident website under Library> ARC and Compliance> Revisions.

SECTION 2.

1. EXCEPTIONS NOT REQUIRING APPLICATION.

Listed here are some exceptions to the otherwise inclusive review requirement that all changes, permanent or temporary, to the exterior of a building or lot requires ARC approval. If there is any doubt as to whether or not a proposed exterior change is exempt from design review and approval, Owners should first seek clarification from the ARC before proceeding with the Improvement. Those exceptions not requiring application are:

2.1 Minor landscape changes. In general, landscape Improvements of a small scale which do not materially alter the appearance of the lot, involve a change in topography or grade, and which are not of sufficient scale to constitute a natural structure, will be exempt from the design review process. Those exemptions include:

- a. The replacement of annuals or ground cover
- b. The replacement or addition of the same type of bark or rock landscape material.
- c. Plants that will be maintained at less than five feet (5') in height and are on the [list of recommended Acceptable Plants List](#) in Appendix "F". [Plants not on the Acceptable Plants List do require ARC approval.](#)

2.2 Window Screens. Window sun screens in bronze, charcoal or gray sunscreen material may be installed if the frame of the screen is compatible with the exterior color of the window frame. As long as the guidelines are met and the sunscreens are of high quality and professionally installed, a sunscreen need not be submitted for approval. Clear aluminum (silver colored) screen material is prohibited, as are silver aluminum screen doors.

2.3 Gutters/ Gutter Guards/ Downspouts. The replacement and installation of gutters, downspouts, and gutter leaf guards that conform in color and design to those installed originally, will be exempt from the design review process. Gutters and downspouts must be located in such a manner as to not adversely affect drainage onto neighboring properties. Black tubing used for additional drainage purposes must be buried underground and directed away from adjacent properties.

2.4 Acceptable Items in Private Space at Front of Property.

Covered entrance ways, courtyards and patios which constitute part of the residential structure, or an enclosed courtyard,

may have the following objects installed without ARC approval. Private space specifically excludes areas under the roof eaves.

2.4.1 One (1) door wreath per door

2.4.2 Wind chimes that do not provide a nuisance to neighboring homes

2.4.3 Decorative potted plants maintained to the standards described in **Checklist #22**

2.4.4 Patio furniture may be located in Private Space but must be of high quality, well maintained and of a size appropriate to the location. Folding chairs, plastic furniture, webbed patio chairs/chaises, traditional indoor furniture and hammocks are not allowed. Any furniture outside of Private Space requires ARC approval.

2.4.5 Small Welcome Sign adjacent to front door a maximum size of approximately 120 square inches and not illuminated.

2.5 Holiday Decorations. Holiday yard decorations, including lights are allowed, without approval, within a reasonable period of time prior to, during, and after a holiday season.

2.5.1 For purposes of this provision, a reasonable period of time shall be two (2) weeks prior to, and continuing until two (2) weeks after, a regularly recognized major holiday (e.g., Memorial Day, 4th of July, etc.).

2.5.2 The winter "holiday season" shall be considered to begin on November 15th and end on January 15th.

2.6 Flag Mounts. Owners may attach one (1) flag mount to the face of the residential structure (not eaves), secured to a wooden stud without ARC approval.

2.7 Window Replacement. Approval is not required to replace existing windows provided that replacement windows are similar in size and appearance to the original windows.

SECTION 6.

1. LANDSCAPE REQUIREMENTS

All landscaping must be installed in accordance with the Design Guidelines and maintained to provide a neat and attractive appearance as stated in Section 7.02(b) of the CC&Rs. Owners shall be responsible for removal of dead plants and trees, grass clippings, trash and debris.

6.1 Plantings. The use of native or compatible [droughtlow water, freeze-tolerant](#) species is strongly encouraged for all yard landscaping. Plantings that consume higher amounts of water should be used sparingly and grouped together in areas for efficient and proper irrigation. Caution must be used when placing trees near

the dwelling, sidewalks and property lines to allow adequate space for growth.

- 6.1.1** Plantings of annuals and vegetables, which are seasonal in nature, do not require approval of the ARC. Vegetable gardens are permitted in [backyards-rear and side yards](#) only.
- 6.1.2** The ARC can impose limitations on the height of trees and other landscaping so as to avoid excessive shade, limb overhang, and other interferences with adjoining property, as stated in Section 6.01 of the CC&Rs.
- 6.1.3** [Accepted Acceptable](#) plants and trees are listed in [Appendix F](#) and [Appendix I \(Oaks\)](#). Other plantings may be considered for approval on a case-by-case basis.
- 6.2 Irrigation.** All landscaped plantings shall be maintained by a fully automatic underground watering system. All irrigation systems shall be either spray, drip, or a combination, and be controlled by an automatic timer. Spray heads shall be located a minimum of six inches (6") from any wood fence and side yard property lines to limit discoloration and avoid over-spray on hardscape, structures and windows.
- 6.3 Landscape Fabric.** The use of solid plastic sheeting or polyethylene over ground areas will not be permitted. If landscape fabric is used, it must allow the free flow of water, air, and gases to and from the soil.
- 6.4 Additions to Landscaping.** Trees and all other plantings that will by their nature grow to a height higher than five feet (5'), or that will be maintained higher than five feet (5'), require approval of the ARC. For minor landscape changes refer to [Section 2.1](#) of the Design Guidelines.
- 6.5 Front Yard and Corner Lot Street Side Yard Landscaping Requirements.** For front yards [and corner lot street side yards only](#), a minimum of ~~forty~~thirty percent (40~~30~~%) of the ground surface, other than turf areas, must be covered with an approved living material such as shrubs and groundcover plants. [The thirty percent \(30%\) coverage must be achieved at the time of the landscape installation. Each individual non turf area of the yard is required to have the thirty percent coverage. This includes both sides of the driveway.](#) The remaining plantable ground surface shall be covered with ~~a combination of~~ approved bark [or a combination of approved bark](#) and decorative rock.
- 6.5.1** No more than one-fourth (25%) of the plantable ground surface, [other than turf areas](#), in front [and corner lot street side yards](#) ~~will may~~ be covered ~~in with~~ decorative rock.
- 6.5.2** All front yard landscaping shall include a minimum of one tree.
- 6-5-26.5.3** [Front yard landscaping along the property lines and driveways, excluding trees, shall be maintained](#)

[at a maximum height of four feet \(4'-0"\), as required by the City Zoning Ordinances.](#)

- 6-5-36.5.4** Mow curbs and bender board may be used as edging materials to separate lawn areas from bark or [decorative](#) rock areas. Other edging materials are subject to review and approval.
- 6-5-46.5.5** No scalloped bricks, bender board or other plastic materials will be used as edging material along sidewalks, driveways and walkways. [Other edging materials are subject to review and approval.](#)
- 6-5-5** ~~Cobble rock will be the preferred edging material along sidewalks, driveways, and walkways. Other edging materials are subject to review and approval:~~
- 6.5.6** Landscape material shall not be used to spell out names, nicknames, names of states, city athletic teams, slogans, states, emblems, geometric patterns or any other communication.
- 6.5.7** The Compliance Committee or Board of Directors may at any time ask that the landscaping be augmented to meet minimum requirements for living materials maintained in a neat, healthy condition.
- 6.6 Backyard-Rear Yard and Side Yard Landscaping Requirements.** The minimum requirements for [backyard-rear yard](#) landscaping on open space and golf course lots will be the same as the front yard minimum requirements noted in this Handbook. The [backyard-rear yard](#) of any enclosed solid fenced property will require installation of landscape and living materials for appropriate maintenance and weed abatement. [All side yards will require installation of landscape and living materials for appropriate maintenance and weed abatement.](#)
- 6.7 Replacement of Plants/Trees.** Owners shall replace all dead trees, shrubs or ground cover to maintain the minimum living plant material requirement for front yard [and corner lot street side yard](#) landscaping. Any shrub or ground cover may be replaced with the same plant without review by the ARC. [Replacement of trees requires application and ARC approval.](#) Owners should replant within thirty (30) days, however, consideration will be given to replacing plants and trees according to the appropriate planting season.

- 100 Vegetable Garden.** See [Checklist #16](#). Refer to [Section 6](#) of the Design Guidelines. Vegetable gardens are permitted in [backyards-rear and side yards](#) only. Annual plantings of vegetables do not require approval of the ARC.
- 100.1** Vegetable gardens visible from neighboring property shall be maintained to keep weeds, debris, uncontrolled vines and dead plants to a minimum.
- 100.2** Plant supports, such as poles, cages and trellises shall be in good condition.
- 100.3** Garden implements, equipment and supplies shall be stored out-of-sight.



WellFit News

Meet Some of Our WellFit Staff

Deborah McIlvain, WellFit Manager

Assistant Manager, Christine Epperson.

Christine was promoted from Wellness Coordinator to Assistant Manager in March. She has been with SCLH for two years and during that time has successfully launched our Diabetes and Living Through Transitions programs by working closely with the Health Education Team and staff. As Assistant Manager, Christine provides direction and support to 17 part-time fitness monitors and leads by example in educating residents about programs and referring them to classes to help reach their fitness and wellness goals.

Jeannette Mortensen, Fitness Coordinator. Jeannette started in January and came to us from the city of Roseville. She oversees Group Exercise and Personal Training programs. Jeannette has been instrumental in developing new classes and hiring instructors and trainers that specialize in active adult communities. To help keep their skills and certifications current, Jeannette coordinates training and workshops. We are fortunate to have her level of expertise on staff.

Carol Zortman, Wellness Coordinator. Carol is the newest addition to our team; she brings over 15 years experience in the fitness industry to our department. She is a personal trainer, teaches group classes and is a health educator. Carol will build on the success of Christine's work coordinating the Living Through Transitions program and developing classes that focus on wellness and fitness by addressing the five dimensions of health: Environment, Disease Prevention and Management, Mind and Body Connection, Money Matters, and Personal Growth. Please stop by Carol's office in the OC Fitness Center and welcome her and offer your suggestions and support.

Richie Anderson, Fitness Specialist. Richie works part-time while pursuing his MS degree in kinesiology at Cal State Sacramento. He takes care of the equipment at both Lodges to ensure safety and resolve issues quickly. If you have questions about our equipment, he is the go-to person. On top of that he is also a personal trainer, teaches Softball Small Group Training and has developed a new program to help with



From left Carol Zortman, Jeannette Mortensen, Richie Anderson Deborah McIlvain, Christine Epperson

injuries and injury prevention by using Rocktape. Stop by his office at the Orchard Creek Fitness Center and get taped!

During the past five months as Fitness Manager, I have received great support from the entire fitness staff. We are fortunate to have talented, friendly, committed staff who are experts in their field. As a team, the WellFit Department continues to be successful! Thank you to them, and to all residents for your continued support.

WellFit Classes pages 81-97 • WellFit Class Grids pages 97-99

What's Ahead? Adapting to Aging in SCLH

Prepared by members of the Transitions Task Force, a sub-committee of the Strategic Advisory Committee

A 2012 survey of Lincoln Hills residents found that 79% of residents said their present home will be their last home, yet surprisingly, 43% had no plan about how they will age in SCLH.

Over the last few years, a committed group of community leaders and volunteers representing a range of expertise in health, medicine, social service, and business have evaluated approaches to meeting the needs of residents who are no longer interested in nor able to participate in the active lifestyle of the community. We now have a twofold response to this issue in the form of (1) an **educational program** on aging in place and (2) a positive step

toward **providing information and referrals** regarding convenient resources for residents. Let's look at these two exciting opportunities for Lincoln Hills residents.

(1) Living Through Transitions: The Next Step™

The educational component, **Living Through Transitions: The Next Step™**, produced by the WellFit Department of Lincoln Hills, is a seven-module series currently in its pilot phase. Its purpose is to help residents plan for aging in SCLH by identifying the predictable challenges to living a less active lifestyle, discovering options available to meet the dilemmas,

and identifying specific ways to access services.

Forty residents are participating in the current pilot sessions. Each participant may bring one support person (spouse, partner, sibling, child, friend) who learns about the challenges facing a resident who chooses to age in place, and about options available and steps to be taken to successfully meet the challenges. The curriculum includes in-depth exploration of the following topics: legal and financial issues, becoming suddenly single, transportation, housing options, medical care, disaster planning, and end-of-life issues. If interested, contact Christine Epperson at 258-8289 to get your name on the waiting list for the next iteration of the Living Through Transitions series.

Please see "What's Ahead" on page 101

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New Director: Yvonne Krause-Schenck

Common Ownership of an Uncommonly Beautiful Area — Part Two

Bill Attwater, Properties Committee Chair

In this column last month I discussed maintenance of our common interest facilities. But sometimes maintenance is not sufficient and the facility or its contents must be replaced. How do we know when replacement is on the horizon so we can budget the necessary funds?

To this end, the Homeowners Association has contracted with the “Browning Reserve Group,” a company that inspects our facilities and its contents every three years and produces a report on items that have a remaining useful life of less than 30 years and a value of greater than \$1,000. The 2014 report, which is now available in our Orchard Creek Community Living Room, is 816 pages long! It is located in a Browning Reserve Group binder next to the TV.

The report is based on facility plans, maintenance records, information from our management and staff, contractors, the Board of Directors, and cost estimators. The report identifies the major components that the Association must repair, replace, restore, or maintain.

For each component, the report identifies its current estimated replacement cost, estimated useful life, and estimated remaining useful life. The report covers a mind-boggling catalog of facilities and components such as pumps, roofs, parking lots, floors, restrooms, kitchen ovens, and more. For 2014 it is estimated that the Association will spend \$1,251,870 (\$15.38 per lot per month on average) to do what needs to be done to keep our facilities in good shape or replaced when necessary.

Not all facilities are replaced according to the estimated schedule. Some replacements are put off for another year or two. Some are replaced early if the maintenance is too costly. Some components (such as exercise equipment) are “traded in,” much like we would trade in an old car.



If you are interested in how our finances operate, you are welcome to attend the monthly meeting of the Finance Committee and the monthly meeting of the Board of Directors. At both meetings there will be a handout entitled “Summary of Financial Information” for that month.

If you are interested in how our Association operates, then get involved by attending committee meetings or the Board of Directors meeting. Volunteer to be on a committee; any committee will open the door of understanding to the workings of our Association.



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I recently visited a local massage business as I usually check out what's going on around us and see how we measure up. If you go to our Facebook page, we currently have a rating of 98.6% in over 329 reviews. I would like to state some facts about how we differ from our competitors:

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of essential oils. There is no charge for this and it is considered a wellness treatment. The location I visited charged \$12 for this additional service.

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Exterior Home Improvement Trends and Application Requirements

Mark Hutchinson, Architectural Review Committee Chair

This calendar year has been a very active year for the Architectural Review Committee (ARC), with a total of **502 Applications** having been processed through May. As we reviewed these applications, certain trends, in the types of exterior improvements are clearly emerging:

- Painting is by far the most frequently requested improvement, accounting for 40% of the applications.
- Landscape/Hardscape upgrades and changes are the second most frequently requested improvement, accounting for 28% of the applications.
- Patio Covers/Drop Shades account for 8% of the applications and Solar Energy Systems account for 6% of the applications.

Summertime is not only a good time to be doing your exterior improvements, but is also a great time to be planning and submitting your improvements to be done in the fall.

Careful planning and early application to the ARC, are the best ways to prepare for your improvement projects. The application process requires the following documentation:

- Completed and signed Application Form.
- Site Plan with the area of work clearly shown.
- Completed Checklists with the requested attachments.
- Drawings and manufacturers' brochure information.

Photographs of the house and area of work are also helpful to the committee in reviewing the application.

Paint and Solar Energy System applications are Expedited Reviews that are done every week. Painting is reviewed on Thursdays and generally returned to the homeowner by the following Monday. Solar Energy Systems are reviewed as they are submitted.



Architectural Review Committee members are available after the regularly scheduled ARC meetings to meet with you to discuss your upcoming projects or assist you with completing your submittal.

Currently there is one open position on the ARC and if you have an interest in being involved with this exciting work, please contact Cecilia Dirstine, Community Standards Manager at 625-4006.

The Architectural Review Committee is looking forward to assisting you with the approval of your summer and fall improvement plans.

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Water Conservation Through Turf Reduction

Al Roten, Roving Reporter

At this time of year and especially during the current drought, we are all aware of the need to conserve water. It has been reported that about 70% of our home water consumption is to keep our grass and plantings looking alive and well.

Now, just imagine the task at hand for our Homeowners Association!

I expect that some of us are not aware of the fact that the ten parks here in Lincoln Hills belong to the Association (us), not the city. Also, all the plantings along and in divider medians of our main roads are the maintenance responsibility of our Facilities Department.

I have talked with Chris O'Keefe, Senior Director of Facilities & Maintenance, and Bill Attwater, Chair of our Properties Committee. The statistics of grounds maintenance are staggering. We have about 1.5 million square feet of turf to keep green and healthy. We use over 100 million gallons of raw, untreated water annually. Treated city water is used for the water features as it is much less costly to keep algae free; it takes 33 million gallons annually for these and other treated water needs.

Chris and his staff have been selectively reducing turf areas over the past several years. Target areas have been narrow grass strips by sidewalks. A large number of these have been converted to less thirsty plantings. These efforts have already reduced water use by about five million gallons annually. The latest turf reduction was concurrent with the ADA modifications to sidewalks leading to Orchard Creek Lodge from Del Webb Boulevard. There, a long stretch of grass has been replaced with



shrubbery and drip irrigation.

You may have noticed that most of our beautiful parks are mounded from the surrounding sidewalks, a condition that results in water waste through runoff. Our Facilities staff and the Properties Committee are working on turf reduction plans for selected parks, in which shrubbery would surround the perimeter of the park with sculptured lawn areas in the center. Work is ongoing on landscape and budget planning prior to Board of Directors approval as is required for such



Typical Park Turf Mounding

larger projects. Before any work begins, neighborhood meetings will be held to ensure that modifications are acceptable to those living close to the parks.

Our Association is doing its part to increase drought awareness and water conservation. We are fortunate to have staff and committee members who are working to keep Lincoln Hills beautiful.

Aging Well

I'm All Shook Up!

Shirley Schultz, Health Reporter

There's a whole lot of shaking going on when you are talking about movement disorders. "Movement disorders" is an umbrella term that includes many conditions that cause involuntary bodily movements, such as Parkinson's disease, Restless Leg Syndrome, Cerebral Palsy, alcohol abuse and withdrawal, traumatic brain injuries, many types of tremors, and one called Metabolic General Unwellness Movement Syndrome (MGUMS). It is important to know that not all movement disorders are progressive or life threatening and that one can often adjust to the condition so that quality of life is not greatly diminished.

You have a movement disorder if one part of your body moves when you do not want it to. Many movement disorders are inherited and hence run in families. Treatment depends on the underlying cause, and, if there is no cure, as is often the case, the goal of treatment is to be as comfortable as possible. This topic will be discussed by Dr. Calvin Hirsch in the **Community Forum**, "Shakes, Tremors, and Stagers:

Movement and Balance Disorders" on June 25 (see page 100)

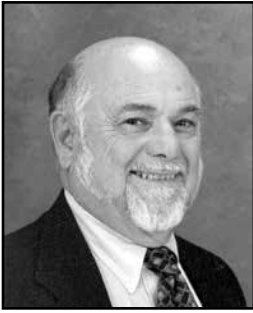
Here are some general lifestyle guidelines that make it easier to live with tremors and other movement disorders:

- Avoid being overly tired and not getting enough sleep, which will often make your condition worse.
- Reduce your caffeine intake.
- Reduce stress and anxiety by deep breathing exercises, meditation, and other relaxation activities.
- Seek treatment and support to stop drinking if alcohol is a cause of your unintentional movements.
- Buy clothes with Velcro fasteners rather than hooks or buttons.
- Use cooking or eating utensils with large handles for ease of gripping.
- Fill your cup half full to avoid spilling.
- Drink with a straw so you do not have to pick up your cup or glass.
- Wear slip-on shoes and use a shoe horn.



New Plantings at OC Entrance

Please see "All Shook Up!" on page 45



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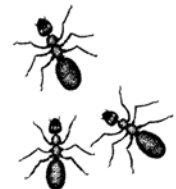
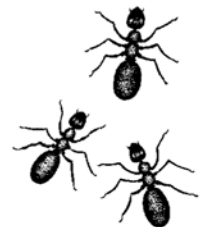


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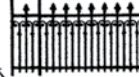
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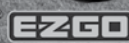


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An Activities Department & Community Forum Presentation



Tales from Twelve Bridges Library

Nina Mazzo, Roving Reporter

Once upon a time, there was a community library that suddenly found itself awash in despair as funding cuts occurred and their doors closed earlier and earlier. Help arrived in the nick of time as a posse of Lincoln Hills volunteers rode down from the hills. “Yippee!” folks cried.

Chapter I. Twelve Bridges Library. Our city library is an imposing structure with light streaming in on all sides. There are large open spaces with areas set aside for children, teens, homework center, computers, quiet spots, and meeting rooms. I recently met with Renae Mahaffey, Library Coordinator, to get a better understanding



Volunteers help in many areas — processing, plant care, shelving, story telling, homework center, drop box, circulation, and many other items

of library operations and how volunteers, especially Lincoln Hills volunteers, assist in their efforts. Renae was enthusiastic and appreciative when she said that they simply could not run the day-to-day operations without volunteers — from the minimum age of 14 on up. She shared statistics from April that tell their own story: 74 volunteers spending 921 hours helped in the following areas: processing, plant care, shelving, story telling, homework center, drop box, circulation, and many other items. Mighty impressive — but the story continues.

Chapter II. Friends of the Lincoln Library (FOLL). This is a membership-supported organization that provides support for the library through volunteers, funding for library programs, equipment, books and materials. In April, 220 of the 921 volunteer hours noted above were FOLL volunteer hours. Phyllis Brown, Lincoln Hills resident, is the volunteer coordinator and also has taken on the task of replenishing the many magazine subscriptions that were lost during budget cuts. She pointed out that of the 18 magazines for children, 13 are donated subscriptions. Several Lincoln Hills clubs and individuals also sponsor magazines and they range from Astronomy to Computers to Genealogy and more. Phyllis noted that she would welcome more volunteers and subscription help, so stop by and ask for Phyllis Brown.

Appendix. Please visit the following:

Twelve Bridges Library at www.libraryatlincoln.org for hours of operation, volunteer application, program information, and book donation policy (please note they are unable to accept old magazines or books in poor condition).

Friends of Lincoln Library (FOLL) at www.friendsofthelincolnlibrary.com for membership information, book donations, and volunteer opportunities.

What can you do? Join FOLL; purchase books at the book sales; volunteer your time; donate appropriate books and/or sponsor a magazine subscription.



There are large open spaces with areas set aside for children, teens, homework center, computers, quiet spots, and meeting rooms

Commercial Presentation (Paid Advertisements)

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Age Advantage Senior Care Services: Where People Matter Most

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Presenter: Tony Jammal

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RSVP to Tony Jammal, 530-269-8321 by July 11.

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WARNING



Neighborhood Watch

The Case of the Barking Dog National Night Out is Coming August 5

Patricia Evans



What do a barking dog, pruning your shrubs, and burglar alarm signs have in common? Gary Leonard, a retired police chief with 54 years in law enforcement, explained this conundrum at the recent Neighborhood Watch Symposium on safety and security. When Gary interviewed many experienced burglars at San Quentin Penitentiary, he found that their number one deterrent is (drum roll) “a barking dog.”

Burglars admit that burglar alarm signs make houses a less attractive target. Even a fake alarm sign which can be obtained on-line or at local hardware stores may be effective. After the alarm sounds, burglars still have 10 or 15 minutes to garner the “easy pickins” around your house before the police arrive. Gary suggests keeping your valuables hidden in an unusual place; not in the master bedroom or bathroom. A wall safe hidden behind a picture, or a heavy gun safe (often available second hand) are possible secure choices.

Homes where shrubs have been

pruned so that the front entry and windows are clearly visible from the street will often deter burglars. Add a “nosy neighbor” and criminals will probably move on to an easier selection.

Please turn to page 35 for information from Lincoln Police Chief Rex H. Marks and for more home security tips.

National Night Out, our yearly celebration of safety and security through knowing your neighbors, is coming on Tuesday, August 5. Plan your party now! Contact Pauline Watson (see below) to register your party and to obtain free city permission to close a street, if needed.



Neighborhood Watch volunteers enjoy the “California Gold Rush” annual potluck kickoff for National Night Out

Library News

Sandy Melnick, Library Volunteer

Did you know that we have a business section in the Kilaga Springs Library? Many books relating to this subject can be found on the shelves next to the window. Contact Cleon Johnson at 408-5648 regarding investment materials. We also have past issues of the *Wall Street Journal*.

Just a reminder that all books at the KS Library and Community Living Room (OC) are donated by residents. We all greatly appreciate your kind donations. **Remember, we cannot accept books pub-**

lished before 2006 and, please, books must be in excellent condition. Thank you.

This week I finished a good book titled *The Light Between Oceans* by M. L. Stedman. It also happens to be the book under discussion by the Book Club on Thursday, June 19. The story takes place on the western side of Australia after World War I. A lighthouse keeper and his wife find a boat washed up that has a baby inside and the story is about what they do with the child. I’m sure you will find the historical events very interesting

and descriptive. This book can be found in the hardbound novels section.

 Contacts: Sandy Melnick (408-1035) for donations; Sandy Maloff (408-2368) for volunteers; and Nina Mazzo (408-7620) for the Community Living Room (OC).

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Club News



Alzheimer's/Dementia

Caregivers Support Group

Dr. Barbara Gillogly, Chair of the Gerontology Department at American River College, will speak to the Alzheimer's/Dementia Caregiver's Support Group on "Communication and Dementia," on Wednesday, June 25, at 1:00 PM in the Multipurpose Room (OC).

Communication problems associated with dementia may include trouble with naming, finding the correct word, fluency, comprehension and repetition. Dr. Gillogly will help us understand the underlying issues affecting communication and will introduce both verbal and non verbal techniques for responding to problems.

Caregivers often find themselves in difficult positions and feel overwhelmed. Join us on June 25 and experience Dr. Gillogly's approach to helping you find your way through the rocky road of dementia care.

We thank the Lincoln Hills Foundation for their support of our educational activities which include a wonderful library of books and DVDs one may borrow and share with family and friends.

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



Antiques Appreciation

On June 2, an extremely informative program was presented to the group by Alison LeBaron, a Master Geological Appraiser. Her program covered "Jewelry Through the Ages," which included an interesting slide show. Although not part of this presentation, Ms. LeBaron also does fine jewelry appraisals. Additionally, we're all looking forward to a very special program at our next meeting in July.

Our Annual Potluck, complete with a Hawaiian theme, was held at Kilaga Springs Lodge on Friday, May 16. This evening included entertainment by our own wonderful Lincoln Hills "Wahines."

If you collect or just appreciate antiques, please join us on the first Monday of each month at 10:00 AM in the Breakout Rooms, Heights and Gables, (OC).

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



Astronomy

We are taking a break in July — no club meetings. The Cosmology Interest Group (CIG) will meet again Monday, August 18 in the Fine Arts Room (OC). Our next Astronomy Group meeting will be a presentation and planetarium show at Sierra College on Wednesday, August 20. Contact Ron Olson (see below) if you would like to attend this event.

In June, LHAG members presented a Community Forum entitled "Life – Here, There, and Everywhere?" John Neil presented "Searching for Life on Mars." John Combes presented "The Search for Exoplanets around Red Dwarf Star," and Morey Lewis discussed the concept of Life in a Multiverse.



Community Star Party

Our summer observing events have included a Star Party at Blue Canyon, and a Community Star Party behind Orchard Creek Lodge to view Saturn, Mars, Jupiter and many stars, galaxies, star clusters and nebulae.

**Contacts: Ron Olson 408-1435,
rolson@starstream.net;
Nina Mazzo 408-7620
ninamazzo@me.com
Website: www.lhag.org**



Ballroom Dance

Are you ready to heat up your life in June? Learn the sultry and sensuous American Tango with us. Our group meets at the cool Multipurpose Room (KS) Tuesdays, 2:00 to 5:00 PM. Beginner's lessons are 2:00 to 3:00 PM. Never danced before? No worries! Our patient instructors will get you started in our low

stress group lesson format. Immediately following the beginner's lesson, 3:00 to 4:00 PM, is an hour of open dancing to a wide variety of musical styles. Just come and dance, if you would like. Or, get some individual help with the lesson. A more advanced lesson is taught 4:00 to 5:00 PM. Unbelievably, club membership is only \$7 per year. That includes all lessons.



Pauline
& Frank
Watson

In July, we will be learning the timeless Waltz. Come and join us weekly and for fun club events. Remember, Ballroom Dancing can be good for your heart and soul!

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



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be July 9 and August 13. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunches will be Tuesday, July 15, at *Mary's Pizza*, and Monday, August 18, at *Awful Annie's*. Meet in front of Orchard Creek Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.
**Contact: Joan Logue 434-0749,
joanlogue@sbcglobal.net**



Billiards

The Shooters

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

Tournament Winners 2014

- Eight-Ball Singles May 7 — Winner: Joe Ferrando; Runners-up: Ron Fairbrother, Doyle Corker.



May 7
Eight
Ball
Singles
Winner
Joe
Ferrando,

Runner-up Ron Fairbrother, (Runner-up Doyle Corker not shown)

- Nine-Ball Singles May 13 — Winner: Phil Delaney; Runners-up: Tom Thorton, Spiros Halikas.
- Eight-Ball Doubles May 21 — Winners: Ted Baker and Doyle Corker; Runners-up: Peshu Irani and Bob Armour, Ed Ryan and A.J. Jhanda.

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

Challengers Billiards

The Challengers Group is for mid-level to advanced players. You can find us at the Billiards Room (KS) every Friday from 10:00 AM to 12:00 PM. We play seven games of eight Ball (1/15). Players will have a different partner for each round of play. The last Friday of each month is sign-up day for the following month. New players are always welcome.

Here are last month's winners. First place — seven games: Bill Kim; six of seven games: Bob Soriano, Ted Baker, Joe Perez, George Black. Second place — six of seven games: Bill Huth; five-and-a-half of seven games: Sylvia Gutierrez, Doyle Coker; five of seven games: Margie Kim. On May 6, Bill Kim ran the table. Congratulations to all.

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

Couples Billiards

The Couples Billiards Group plays at Kilaga Springs Lodge on Wednesdays between 4:00-6:00 PM. We play regular Eight Ball games timed at 17 minutes each. We play either six or seven games depending on how many players we have that evening.

On week one of this reporting period — Dan Oden/Gail Harmon was the only team to win five of six games. Bob Hodge/Sylvia Gutierrez, Joe/Nicki Hobby and Howard Skulnick/Peshu Irani won four games.

Week two — Sherry/Ron Weech was the only team to win all six games. Three teams won four games: Bob Soriano/Doyle Coker, Joe Perez/Rita Baikauskas, and Bob Wehner/Chiquita Fratto.

Week three — three teams tied with five wins: Joe/Nicki Hobby, Bob Wehner/Chiquita Fratto and Howard Skulnick/Peshu Irani.

Week four brought the only six game win to the Rich Lujan/Gail Harmon team. Bob Soriano/Doyle Coker and Ron/Sherry Weech teams won five games.

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

Players Billiards

It's summer. Be cool and play pool! For mid-level skilled players, we play seven games of Eight Ball every Thursday, 2:15-4:30 PM, in the Billiards Room (KS). The games are timed at 17 minutes each game. Advance sign-up is encouraged in the sign-up binder on the fireplace. However, it is summer and players are away on vacation so there may be room for standby players! Come join us!

Congratulations to our recent winners — seven games: Dan Oden, Doyle Coker; six of seven games: Bob Soriano, Ziggy Brien, Del Torres, Sylvia Gutierrez, Jim Boekel; five-and-a-half of seven games: Sean Brancato; five of seven games: Dan Oden, Bob Soriano, Doyle Coker, Sandy Pavlovich, Rita Baikauskas, Del Torres, Dennis Dreiling, Ken Hawley; four of seven games: Veronica Torres, Chiquita Fratto, Joe Perez, Phil Berlinghi, Larry White, Tom Thornton, Bob Soriano, Bob Wehner.

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

Upstarts Billiards

Chalk can't walk, and chalk can't talk. We balk at whose fault — Who took the chalk?

What do you say to some Billiards? We at Upstarts Billiards are a group of beginners-to-average players. We play Standard Eight Ball every Thursday, from

11:45 AM to 2:00 PM, at the Billiards Room (KS). Why don't you come on down, and see what the fun is all about? We just had our summer party where a good time was had by all. You can be there next year!

Winners — six games: Gary Averett, Remy Giannini, Hart Sissingh, Gary Smith, Audrey Thrall; five games: Stephen Baron, Gale Comer, Bill Evans, Nicki Hobby, Gary Hoffman.

Sign-up on the last Thursday of every 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 has two field trips coming up. On June 20 we will walk the wooded trail through Miners Ravine in Roseville. Then on July 4 we head over to Taylor Ranch Bird Sanctuary and Nature Reserve in Penryn. Both of these areas offer a nice variety of birds.

Join us for a potluck on Friday, July 18, from 5:00 to 8:00 PM in the Social Kitchen (KS). This will be a nice opportunity to visit with friends, enjoy some good food and have the chance to win a door prize. There will be a \$5 charge to cover dessert and supplies. If you are interested in signing up or have questions about the potluck please contact Ruth Baylis at 408-7545 or rbaylis2@yahoo.com.

There will be no monthly meeting in July or August.

Contact: Kathi Ridley 253-7086,

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

Many thanks to the Red Hats for organizing our Fourth Annual Mini-golf Tournament at the Roseville Golf and Country Club. Twenty-four ladies did 18 holes of putt putt golf in 90 degree weather and ate five pizzas all of which added up to a whole lot of fun for everyone. Sharon Zitzler was the Mad Hatter of note with a prize-winning four balls in the water. She was awarded a nice little net so she can



Mad Hatters Mini-golf Luncheon

fish her own balls out next year. We had a three-way tie for most holes-in-one with our Gala taking one of those prizes. Unfortunately the overall low (winning) score went to the Red Hats with a margin of about 20 or 30 strokes. One of these years we'll manage to get the men involved in this activity, and we may do it in the evening next year.

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



Book, OC

Who: A childless couple operating a lighthouse.

What: A boat washing ashore with a crying baby and a dead man aboard.

Where: The place is Janus Rock, an isolated island nearly half a day's journey from the coast of Australia.

When: The year is 1926.

What could possibly happen? Find out in *The Light between Oceans* by Margot Stedman and then join us on Thursday June 19 from 1:00 to 2:30 PM in the Multipurpose Room (OC) for the discussion.

Remaining 2014 Schedule:

- July 17 — *How to Eat A Cupcake* by Meg Donohue
- August 21 — *The Cuckoo's Calling* by JK Rowling
- September 18 — *Killing Lincoln* by Bill O'Reilly
- October 16 — *Pride and Prejudice* by Jane Austen
- November 20 — *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- December 18 — Holiday Luncheon

Contacts: Penny Pearl 409-0510;

Darlis Beale 408-0269;

Dale Nater 543-8755

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

Bosom Buddies

Breast Cancer Survivors

The members of Bosom Buddies had a warm, windy day for their annual "Spring Fling Luncheon." The board members provided various salads along with bread and yummy pies from "Simple Pleasures" in downtown Lincoln. The luncheons are a wonderful way to sit and share life experiences. It is so much fun to learn where ladies have traveled, their careers and their husband's career.

Luminary bags were also decorated to remember friends and relatives who have succumbed to cancer. We decorated for several members who have passed.

The American Cancer Society walk was Saturday, May 17. We members were the highlight of the walk with our new pink polo shirts. Val Singer organized the sale of the shirts and organized our team for the walk. Thank you Val.



Cancer Society walk and giving water to the people on the track

Patty McCuen's granddaughter MacKenzie, left, and Cindy Redhair's granddaughter Janelle, right, enjoyed walking with us on the American

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Partners

Thursday Evening First & Third

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

May 1 winners include — First: Ericka

Wolf & Edith Kesting; Second: Paul & Johann Kiesel; Third: Darlene & Leif Andreasen; and Fourth: Maxine Cook and Ann Leitze. Warren Sonnenburg and Larry Mowrer had a high round of 1,730.

April 15 winners include — First: Mary Harrington and Ericka Wolf; Second: Warren & Gerry Sonnenburg; Third: Kay & Ben Newton who had a high round of 2,090; Fourth: Nancy Rice and B. J. Acosta.

Contact: Lorraine or Bob Minke 408-4009

Thursday Evening Second & Fourth

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

April 24 winners — First: Reta Blanchard and Nadine Buchmiller; Second: Johann & Paul Kiesel with the high round for the night of 1460; Third: Dwight Curry and Bruce Fink; Fourth: Stanley Mutnick and Harry Collings.

May 8 winners — First: Marisa Stone and Barbara Bryan; Second: Lydia King and Mary Harrington who also had the high round of 1410; Third: Gerry & Warren Sonnenburg; Fourth: Janet Pinnell and Linda Theodore.

Contacts: Dolores Marchand

408-0147; Carol Mayeur 408-4022



Bridge, Duplicate

Sun City Roseville will host their half of our annual exchange on Monday, August 4. Be sure to save the date and await further details from Social Chair, Barbara Wheeler in the coming months. Our lesson on June 18 is titled "Play of the Hand" by Jim McElfresh. Check the homepage of the club website for future lesson titles as they become available. Lincoln Hills residents and their invited guests are welcome to our duplicate bridge sessions each week in the Kilaga Springs Lodge as follows:

- 12:30 PM Wednesdays (lessons at 11:45 AM);
- 5:00 PM Fridays;
- 12:30 PM Saturdays.

We have sections for new or less experienced players: a "199er" on Wednesday and a "299er" on Saturday. Game table fees are \$2 per person for members, and \$5 for non-member residents or invited visitors. For additional club information, visit the club website: www.bridgewebs.com/lincolnhills, or call club president, John White.

Contact: John White 253-9882

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play. Please call if you need to cancel. You do not need a partner but must arrive before 12:45 PM to assure a place to play.

Winners for March 21 through April 11 — first: Ralph Madsen, Pat Fraas, Judy Ganulin and Flo Hunt; second: Lee Willson, Frank Lawrence, Phil Sanderson and Peg Collings; third: Pat Fraas, Chet Winton, Linda Scott and Jack Orlove; fourth: Bob Belknap, Harry Collings, twice and Joanna Haselwood.

Congratulations to Ralph Madsen and Pat Frass who bid and made seven no trump!

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

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

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



Bunco

The Bunco Group will hold its annual summer potluck on Thursday, June 19. Contact Shirley Mohler at 408-5788 to sign up and/or watch your email for a gentle reminder. We will meet at the Sports Pavilion immediately following our game with plans to eat at noon. This allows everyone time to swing home to pick up your potluck dish. This is always an enjoy-

able event — fun, food and friends — no one loses.

Bunco is a non-membership club with a \$5 'pay to play' cost and held in the Cards Room (OC) at 9:00 AM each third Thursday of the month. Drop in when your schedule permits and after four quarters of play, four lucky individuals will win SCLH gift cards.

May winners: Most Buncos – Andie Aguirre; Most Wins – Sara Klesius; Most Losses – Shirley Mohler; Traveler – Corry Ostendorf.

Come join us for a morning of laughter and friendship!

Contact: Kathy Sasabuchi 209-3089



Ceramic Arts

Thanks to those who attended our Annual Meeting May 28... we had a lot to discuss. This is one of two meetings we have annually to have your voice heard. If you have issues you want to discuss, please come to the next meeting. Our next meeting is our Potluck Dinner and elections October 25. Details to follow. Mark your calendar and reserve the date.

June is a good month to sign up for that ceramic class you have wanted to take... see the Tuesday/Thursday class schedules, pages 65-66. Join the fun!!!

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

Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910;
KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



Computer

Main Meeting: July 9, 6:30 PM: Dr. Soheil Saadat, Ph.D., Founder & CEO GenieMD, Inc. will explain how the new health management paradigm and technology innovations are



July 9, 6:30 PM, Dr. Soheil Saadat, Ph.D., Founder & CEO GenieMD, Inc. will explain how new health management paradigm and technology innovations are needed to face healthcare challenges; July 11, 9:00 AM, Medical and Health-related Apps by Rita Wronkiewicz

needed to face the significant healthcare challenges like diabetes or hypertension. The award-winning GenieMD mobile app combines many features to make it easier for patients to share information with their healthcare providers and to manage their health anywhere, anytime and on any device. It gathers Medical Record Data from doctors and hospitals, Integrated data from Wearable Fitness Devices, Vitals Trending, Medication Tracking and In-app Refill Request and more. GenieMD is available on iOS and Android devices. Ballroom (OC).

Clinic July 11: 9:00 AM Medical and Health-related Apps by Rita Wronkiewicz, Multipurpose Room (OC).

Ask the Tech: July 25, 10:00 AM Informal Q & A session for any and all technical questions Multipurpose Room (OC).

****Note**** times & places have changed for 2014!!

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



Mac User

All Things Apple: Have you met SIRI? Siri has quickly become one of the iPhone features we rely on daily, not only to answer questions, but also to perform many tasks that once seemed impossible. Once a novelty, it is now a basic tool. Join Bob King at our Educational Seminar June 18 to learn more.

On June 26, Ken Silverman will show us how Microsoft Office apps are now compatible with your iPad. If you were a Word user, for example, this may be perfect for you.

On July 3, Doug Thom will show us why Apple TV can be valuable and how it compares with other services.

At our July 8 General Meeting, Andy will review iPhoto basics, and show the magic that edits and creates slideshows, calendars and books.

Please mark your calendar for our big September 9 Luau Banquet. Tickets available in July.



Some of the many members at App Night 2014; MUG President Henry

Sandigo opens "App Night"
Photographer: Irwin Maloff

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



Country Couples

Continued from last month...

As interest in Country dancing grew, the founding group knew they needed to bring the classes to Lincoln. In January, 2009 Janice Davisson convinced the Association to allocate space for dance lessons in Lincoln, and Jim and Jeanne brought their lessons here.

Tom and Ern Hargis volunteered to start a practice class on Saturdays to reinforce the Monday night lesson. Many of the original couples offered to assist them, giving Tom and Ern an occasional break.

Rene Lopez had the idea of forming a Country Dance Club, and with much perseverance in gathering interested couples, he and wife Kathy, along with Tom and Ern and Lynda and Ernie Wilson drafted the basic guidelines for the club. Rene put the formation of a Country Couples Club on the CCOC agenda and we were granted ap-

proval. The first Valentine's Dance was on February 5, 2010 with Larry Eckert as DJ.

Contact: Kathy or René Lopez 434-5617



Cyclist

Hot weather is back and we need to know how to cope with it. Your body contains about 40 quarts of water and can lose fluids rapidly in high temperatures. Fluid loss of 8% of body weight can occur during one of our rides. If you are a quart or two low, your ability to sweat is reduced and body temperatures rise.

Hydrate before, during and after rides. Drink fluids before you are thirsty. Once your sports drink gets warm, the sticky taste may keep you from drinking enough fluids. Have a bottle of water handy. Put a half bottle of water in the freezer overnight and top it off before your ride. Most of your weight loss from a ride is not fat but loss of fluids. If your weight is down two pounds after a hot ride, then you are down a quart of liquid.

Keep hydrated!

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



Eye Contact

Low Vision Support Group

Next meeting: July 10, 1:00-3:00 PM, Front Ballroom (OC).

1:00 PM: Brenda Cathey, a SCLH resident and the Resource Specialist at Resource Connectors. Resource Connectors is a community based collaboration including LH Foundation, Right at Home, Live Well at Home and Sutter Health. These organizations try to help SCLH residents live lives to the fullest with as much independence as possible with resources of many kinds to support overall health and wellness.

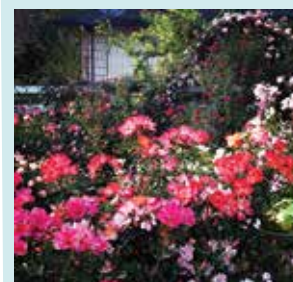
Followed by: "Things Eye Doctors Probably Don't Tell You (But Would Like You to Know)." Sometimes doctors are better off not saying anything, but here is what they could very well be thinking. A revealing and often humorous peek into the minds of those who care for us.

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



Garden

We are fortunate to have Rosarian and Entomologist Baldo Villegas (a retired research scientist) as our guest speaker at the next General Meeting, June 26, KS, 2:00-4:00 PM. This program will explore "Baldo's Acres" Rose Garden! His main hobbies are collecting insects and growing roses. Baldo's rose garden contains more than 2500 roses of all kinds.



Baldo Villegas Rose (above); Private Rose Garden Tour

His garden includes 50 fruit trees, berry vines, bushes, and a large vegetable garden, along with a cottage garden containing perennials and annuals. These plants attract birds, bees, butterflies, and beneficial insects to eliminate the need for pesticides.

Brown Bag sales are before the meeting and Home Depot door prizes will be drawn for any members checked-in by 2:00 PM.

A private tour for our Garden Group members is planned Saturday, June 28 to visit "Baldo's Acres" Rose Garden in Orangevale. Bring a sack lunch/beverage and we will eat in the garden! Register with Rita Grella, 408-2367.

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

Bonsai Group

Our next meeting will be a field trip to Green Acres (Thursday, June 19) to pick out



Bonsai Starter Class

a nursery plant to bonsai. We will meet at OC Fitness Center at 9:30 AM and carpool from there. Please bring \$1 to give to the driver for gas. Also, bring a brown bag lunch/beverage to eat if you want to return and work on your plant at Larry Clark's house. Please bring a chair for your own use. We will learn about small differences in working with a nursery stock tree versus a bonsai nursery tree.

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



Gem and Mineral Society

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

Our June 30 meeting will be at 4:00 PM.

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

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

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

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

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

**Website: [http://sites.google.com/
site/lincolnhillssuncitygems/home](http://sites.google.com/site/lincolnhillssuncitygems/home)**

Gem and Jewelry Open Workshop

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

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

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

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

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

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



Genealogy

June 16 at the P-Hall (KS) at 6:30 PM... that is the date, place and time for an exciting, and informative general meeting for researching *Early European Countries*. The past 37 years, *Jim Rader*, our featured guest speaker, has been involved in genealogy research. Jim has published many genealogy books and has prepared a quarterly surname newsletter for the past 10 years, and during this time also has taught computerized genealogy in an Adult Education classroom. The topic of Mr. Rader's presentation is: *Early European Countries and Genealogy Research*.

The prize drawing is an *Epson Scanner*. Available to members only. A social gathering follows the general meeting... across the hall.

Up against a wall? Sign up for a half hour coaching session the second Monday of each month in the Computer Room (OC) at 6:30 PM. The sessions are limited to a specific number of members... no walk ins!

**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 Bring a Friend Tournament, "Chicks with Sticks," was played on Wednesday, May 14. There were 95 players. The event included a round of golf and a luncheon in the Ballroom. The event was enjoyed by all. The Bring a Friend Tournament raised donations for Patriots Honor in the amount of \$1,125. Club captain, Carol Golbranson, presented a check to Chief Master Sergeant Stuart Bisland on May 28.



*Sherry Weech, Phyllis Patrick,
Kristi Love, Coordinators of the
Bring A Friend Tournament*

The Lincoln Hills Golf Shop, the ladies LXVIII Holers and lady Lincsters have been working together on implementing Family Tees on the Hills and Orchard Courses. On April 30, Lincsters played from these tees on the back nine of the Orchard Course. The players were able to provide some first-hand input on what worked well and what could be improved. The information has been shared with the Lincoln Hills Golf Shop.

Welcome to our new members Sherrill Slotsve and Fran Rivera.

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

Ladies XVIII

May unveiled a potpourri of tournaments. The Spring Fling was determined by the luck of dice, and a Stableford leaderboard was sprinkled with new winners (full story in *Sun Senior News*).

The May NetChix belonged to Ofra Unger, with 67, lowest Net of the field. Beginning with the First Flight, winners of the Four Flights included: Reta Blanchard (68); Chris Biswell (73); Dell Parker and Pat Morgan (75); and finally, Sandy Tamanti (68). The CTP's were awarded to Sylvia Feldman on Hole Seven and Carol Fryer on Hole 16.

During the fourth week, an Individual Stroke-Play format found the field playing the new "family-friendly" (Tan) tees — a shorter yardage course championed by Cherie McGrath. Robyn Lock shot an 80, for the record. And, Rita Drinkard netted a 65. CTP's went to Drinkard on Hole Seven, and to Judy Meyer on Hole 16. Donna Sanderson, charted three for

chip-ins and birdies combined.

Contact: Candice Koropp, 409-0607

Website: lhlxviii.com



Golf Men's

We held our club championship and just for fun tournaments on May 12 & 13. There were 56 players for the two-day championship tournament and 56 for the JFF tournament and the results are as follows:

Championship — Flight 1: gross champion is Frank Burkhead with a two-day total 138; net champion is Joe Angel with 130. Flight 2: gross, Steve Mumma with 143; net, George Booker with 135. Flight 3: gross, Jason Hong with 141; net, Dennis Cumiford with 138. Flight 4: low gross; Leo Sofianos with 148; net, Steve Wilson with 137.

Just for fun — Flight 1: gross Doug Swanson with 72; net, Robert William with 69. Flight 2: gross Dick Thornton with 70; net, Dean Brumley with 69. Flight 3: gross Bruce Lyau with 72; net, Ronald Weech with 66. Flight 4: gross Dick Jurgens with 78; net, John Milbauer with 72.

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



Healthy Eating

What's the point in assembling nutritious and healthful salad ingredients and then smothering your creation with a store-bought salad dressing laden with sodium, chemical stabilizers and preservatives, not to mention the 125 calories per tablespoon of oil lurking in the dressing?!

In a recent well-attended club workshop "How To Make Your Own No-Oil Salad Dressings" we learned about the world of no-oil healthy dressings and how easy and quick they are to make at home with ingredients from your supermarket. We also learned to use balsamic vinegars as the whole dressing without any accompanying oils in your salad.

Join us to explore new healthy foods and better ways to prepare them with other like-minded neighbors. *It's good*



Home-made pizzas can be healthy; an apple a day...; doing good things at a club workshop

fun, good for you and interesting, too!

Monthly General Meetings are the fourth Monday, so our June meeting is Monday the 23rd at 2:00 PM in P-Hall (KS), guests welcome.

Contact: Don Rickgauer 253-3984, Healthy_Eating_Club@yahoo.com



Hiking and Walking

Variety is the spice of life!!

Hikers: New trails plus favorite old trails continue to bring enjoyment to hikers! Rockville County Park in Fairfield was an amazing new hike with rolling hills, rocky outcrops, vistas, and wildflowers. Another new hike was Rancho Seco County Park. A large number of hikers came to enjoy a favorite hike at Marshall Gold State Park. Poorman Creek hike was another favorite hike, and especially with lunch at the fascinating Washington Hotel.

Walkers: Walkers never tire of the familiar Lincoln Hills trails. There seems to always be something new to see. To add variety, the walkers went to the Villas and walked along Oak Tree Lane to see the old missile site, but instead found a Placer County maintenance facility. Their summer walks are starting at 7:30 AM now.



Hikers about to begin their Rancho Seco County Park hike; hikers at historic place where gold was discovered at Marshall Gold State Park; a long tailed lizard on the Cascade Canal hike

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



Investors' Study

No July meeting. We take a summer break, so stay cool and enjoy a vacation from investments and finance, if possible.



Doug Coté, speaker, and Joan Brenning, photographer, at our May meeting

Our August speaker will be Russ Abbott. Russ has been consultant to the Investor Study Group for over three years. He brings us the advantage of his more than 25 years experience in the world of finance and investments. Each month Russ has brought outstanding speakers to the Study

Group, many of whom appear on major network television discussion panels, such as, CNBC, Bloomberg, Fox, etc. Russ, a Sr. Vice-President at Morgan Stanley, will take the speaker's role in August. We look forward to his insights and observations as always. Guests are welcome.

Active Investors subgroup meets on the second Monday each month at 3:00 PM in the Multimedia Room (OC). Bill Ness, 434-6564.

Investor Study Group meets first Thursday of each month at 2:00 PM in P-Hall (KS).

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



Lavender Friends

Lavender Friends is a social organization serving the LGBT community in SCLH.

One of our members has a passion for travel and learning. At the end of a 43-year career as a registered nurse for labor and delivery in Kaiser Permanente, Carolyn continues to explore the US in her RV as well as visiting other countries. She enjoys visiting her extended family, two sons, a daughter, and four grandchildren.

Carolyn loved taking care of women in labor, witnessing the wonder of birth and the development of the loving bond between mother and child. She cared for lesbian mothers assuring they would find a compassionate face in the delivery room. Now that she has retired, she enjoys creating media presentations for her church services, taking classes, possibly crewing on her brother's sailboat.

Check email for upcoming events including: June 16 — PFLAG; June 21 — Club Meeting; June 23 — Coffee; July 14 — Breakfast.

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



Line Dance

Here we are halfway thru the year already. Where has the time gone? Our ballroom dance was a huge success. We had over 80 dancers at all levels

dancing the afternoon away. Thanks also go out to all three instructors who were present to lead the dances. We have two of these each year and the next one will be in August.



Audrey Fish, one of our instructors, leading the dancers with one of many popular line dances; Sharon Worman, our Steering Committee

Chair, enjoying the afternoon dancing in the Ballroom

Mark your calendars for Saturday, July 19, right here at Kilaga Springs Lodge for a line dance workshop featuring Michael Barr, Michele Burton and Juliet Haueser. Call Yvonne or Carol for details. Sunday, August 17, will be another great afternoon spent dancing in our Ballroom 1:00-5:00 PM, and Saturday, October 11 is another workshop in Citrus Heights hosted by Yvonne Johnson. More details will be available as time gets closer.

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



LSV/NEV

A special program is planned for our June 17 membership meeting at the P-Hall (KS), 10:00 AM. It features "K9 Companions for Independence." Not only will there be a speaker educating us about this program, but there will be 'a man's best friend' accompanying the speaker! Be sure to join us, and bring your friends and neighbors.

Future programs are already planned; mark your calendar for these special dates — July 15, DMV Ombudsman Senior Driving Program; August 15, Ice Cream Social; September 17, BBQ & Poker Road Rally; October 21, Pre-meeting coffee with a program featuring the

Raley's Lincoln Store Manager.

Not only do we focus on the care of our NEV's at these meetings, but we provide and include local community representatives as speakers.

All residents are welcome to our friendly meetings.

Contact: Dan Gilliam, 209-3946



Mah Jongg, Chinese



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

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

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

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



Mah Jongg, National

Mah Jongg magic. Apparently, our game is all the rage! It was first imported to the USA in the 1920's and has steadily gained popularity. It is relatively easy to learn and fun to play. You will hear lots of laughing coming from the Card Room (OC) every Tuesday from 12:30 to 4:00 PM. Fran Rivera, our resident teacher, isn't always available in the summer, so be sure and call her if you want to learn to play. If you already know how to play, bring your card and join us.

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



Mixed Media Collage Arts

Don't toss that unique paper grocery bag from Trader Joes or that piece of corrugated cardboard! What might be junk to you are ephemera to those who enjoy the Mixed Media Collage art form. We are always on the lookout for items with unusual or special features and textures.

Paint your canvas and add the grocery bag that has been repurposed into an envelope containing an old photo and the corrugated cardboard then adds dimension. Our club enjoys the few limitations and restrictions provided by this art form.

We meet in the Ceramics Room (OC) on the third Wednesday (1:00-5:00 PM). All experience levels work on individual projects. We share ideas, products and laughter.

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



Motorcycle

RoadRunners

Time is moving along and we are already into our fourth ride of the season. We've covered the Sierra Hill Country to the expansive East Bay area. The last ride included an unbelievable view from the Hills of Berkeley overlooking the entire San Francisco Bay. The ride was led by our most knowledgeable VP/Head Road Captain Doug Sterne. Seven riders enjoyed the day.



*RoadRunners overlooking
Oakland Bay Area*

Mother's Day was observed by a club ride to the Shenandoah Valley with a great turnout of both riders and chase cars. Once again our VP Membership/Road Captain Patrick Chaves did a wonderful job. All the Ladies/Mothers were honored with a flower.

The fun continues with planned rides to Gardnerville for a Basque dinner, Feather River run and a Cemetery/Halloween ride.

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

Ride safe, ride with friends!

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



Music

Mark your calendar now for the next "Open Mic Night," Friday, June 27, 6:00-8:00 PM, P-Hall (KS). This popular event brings musicians and music lovers together for an evening of casual musical entertainment. Sign-ups for those wishing to perform begin at 5:30 PM. You won't want to miss the rockin' finale which features "Mustang Sally."

The Music Group's regular monthly meeting is Wednesday, June 25. Bring your instruments and/or voices, sign up to perform, or enjoy the music and socialize. All are welcome: 6:30-8:00 PM, Fine Arts Room (OC).

Spring has sprung and musical opportunities are bustin' out all over.

If you'd like to learn to play the ukulele or already play, come join the weekly jam sessions, Wednesdays, 1:00-3:00 PM at Orchard Creek Lodge. You'll be warmly welcomed and a good time is guaranteed. Contact Ron or Molly at 409-0463 for information about the beginner's class.

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



Needle Arts

Threads of Friendship

Here we come with a double header! Christine Barnes, renowned author of four quilt making books, will not only be the guest speaker at July's general meeting on the 8th, she will also hold a six-hour workshop in the Sewing Room (OC) on the 9th.

A near local, living in Grass Valley, Christine has degrees in textile and costume design as well, and appeared on "Simply Quilts." Her lecture will include slides of quilts from nationally known quilters, her own quilts and a mini fashion show of her garments.

Christine will focus on the three color characteristics common to all quilts and garments: value, temperature, and intensity as she demonstrates how to use the color wheel to create fresh, unexpected color combinations. You will not want to miss this interesting presentation.



*Luncheon... what a crowd! Mercy
Retreat... not all done with needles!*

Shown above are a few pictures from the luncheon and Mercy Retreat. It was a treat to be there.

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



Neighborhood Watch

At our recent Safety and Security Symposium, Lincoln Police Chief Rex H. Marks emphasized that Neighborhood Watch is a powerful deterrent to criminal activity. Through residents who recognize unusual activity by being familiar with their neighborhood, and report it to the police, crime can be dramatically reduced.

We still have work to do to meet our goal of zero tolerance in Lincoln Hills. "When you want apples, you go to the apple orchard," explained one burglar. Criminals read the public statistics on our average income, age, and life style, and conclude this is a plum ripe for picking.

When residents and the police work together, good things happen. In a 2013 safety report, Lincoln is listed as the eighth safest city in California. We can continue to increase our safety and security through knowing our neighbors at one of our annual National Night Out parties, Tuesday, August 5.

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



Painters

We had a wonderful turnout for the Studio Tour and thank residents and guests for their participation.

Our May meeting featured a Water Challenge. A large number of members participated and the following entrants received the most votes: first — Barbara Vance; second — Nancy Sloan; and third — Christy Auld. At this meeting, we also voted in our new board member, Margot Comer, who will take over the job of secretary and thanked Barb Iniguez for her service over the past two years.

Fred Ekman shared information about new how-to books which he has donated to the club library and reminded us that we can check them out prior to each meeting.

Many of us enjoyed the June 3 luncheon in the Solarium (OC) and thank the members who put it together for us.

Our July 1 Painters Meeting will feature Artist Reif Erikson who will provide us with a pastel demonstration.

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



Paper Arts

Our June meeting and special event made for a month to remember. Reg Fabian and Char Sly lead our project with two lovely cards of their creation. From our meeting, we moved on to the Sports Pavilion for a potluck lunch, followed by our annual Overstock Inventory Sale. Members had cleaned out excess supplies and paper craft materials to sell and, of course, make room for items purchased at bargain prices from other members. For the first time, we



From left, project leader Mina Bahan and Mary Massey showing our May project

invited residents to this special sale and all in all, it was a great time for everyone.

New members continue to join and Pat DeChristofaro, our new member chair, ensures they have the supplies they need and are paired with a mentor and Bonnie Esker does a great job maintaining our member list. Thanks for your efforts, ladies.

Our May project is pictured — four cards in a lovely gift box.

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



Pedro

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

Pedro meets in the Card Room (OC) on the first and third Fridays of the month from 9:00 AM to noon. We hope to see you there.

Contacts: Denise Jones 543-3317, djonesea@att.net; Doris DeRoss 253-7164, dorisdeross@gmail.com



Photography

Last month, thanks to Vicki White and Les Thomas, a contingent of LHPG shooters headed out to capture images of pristine, newly acquired Placer Land Trust property in the Auburn area.



Mossy monoliths; oak-framed vista

Pictured are two samples of the views we enjoyed, plus a moving bovine serenade by the Lowing Quartet, an Auburn-based grass roots group... Officers (aka finalists for the masochistic mambo) for the Group's 2014-2015 fiscal year were determined at the June general meeting. They are: Allen Adler, John Fedors, Brad Senn, and Dribblelip Fubarland...

Our July 9 General Meeting speaker will be Sam Clemens of the Gold Rush Nugget chapter of the Photographic Society of America. Hey, we don't mess around with lower echelon speakers. No sirree, Bob...

And don't forget to bring sunscreen while you watch the first annual Ferrari Pond Regatta in August. Entrants will be piloting their film camera bodies using infrared sensors and lens caps.

Scribe: jeffa.

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



Pickleball

A big "Thanks!" to Rich Lujan for a first-rate 2014 Club Championship Tournament. Additional cheers for Lynn & Craig Fraser, Paul Walz, Sharon Klotz,



Winners from top:
 Mixed C/D Doubles: Bronze — Jim McDonald/
 Crissy Beadle, Gold — Marcy Westby/
 Oscar Alvarez, Silver — Mike Genest/
 Danielle Bergmooser;
 Women's C/D Doubles: Gold — Marilyn McCullough/
 Patty MacKirby, Silver — Peggy Holt/
 Marcy Westby; Women's B Doubles: Gold — Michelle Poirier/Chris Berney,
 Silver — Pam Abad/Nancee George

Linda Brandelius, Patty MacKirdy and the many volunteers who helped with all tournament details. See tournament pictures posted at courts.

Come meet & play with members at your skill level on Wednesday evenings! Summer mixers for informal foursome play & potluck began June 4. Each week will be a designated skill level. Find details at the courts.

The Spa at Kilaga Springs is offering a 10% discount to club members during June. Get your coupon at the courts.

Note recent changes to summer ladder play schedule based on majority vote at May's general membership meeting. Weekday ladder play begins at 8:00 AM for June through September on 3 courts.

Next Board of Directors meeting is Wednesday, July 9 at 2:00 PM in the Ceramics Room (OC).

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



Players

Great job by the cast of "Arsenic and Old Lace"; Betty Gordon, Ross Pelton, Paul Gardner, Mary Beth Qualick, Audrey Thrall, Angela Blas, Bill McCarrel, Sean Brancato, Jerry Mandolfo, Jon Solander, Bob Parker, Dick Rooney, Michael Deal and Connie Burdick.



Cast of "Arsenic and Old Lace"

Next up, the Players production of "The Bold, The Young and The Beautiful." This hilarious spoof about filming a soap opera will have you laughing out loud. Director Ken Reiss is whipping his cast into shape and you will enjoy this fun show. Performance dates are Wednesday, August 6 and Thursday, August 7.

Tickets go on sale June 17 so check page 48 for more information.

For more information, either come to

our next meeting, on July 14, when candidates for the new Steering Committee will be announced, or contact the member listed below.

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

Contact: Bob Murdock 408-8511, bamabc@sbcglobal.net

Website: www.lincolnhillsplayers.com



Poker

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

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

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

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

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



RV

Attention all past members of the RV Group. All are invited to the Fourth Annual RV Group Summerfest Potluck June 19, 4:30 to 7:30 PM at the Sports Pavilion. It should be a fun afternoon of reminiscing and friendship.

Each of the attendees is to bring food to share and individual table service. Those with last names beginning with A to F should bring appetizers, G to L, salads, and M to Z main dishes. Cost is \$5 for couples and \$2.50 for singles to cover incidentals. A no-host bar will be set up.

In charge of the event is Donna Malone. Contact her at 408-1353 or email at Malonesmail@sbcglobal.net to notify her which dish you will be bringing. And members should remember to wear name tags. The group's sheriff, Dean Schumacher,

might be roaming around handing our \$1 fines to those not wearing their name tags.

Contact: Rosie Eads 408-0129

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

"Hello Lincoln Hills residents, 70 students at Phoenix High School really appreciate your help. Every one of us wants to graduate and with your help we can succeed and reach our goals. We realize you are retired but if you volunteer, you will see what hard workers we are. When we have tutors we can earn a high amount of credits. We need more tutors and know you will enjoy your time helping us and learning that we are amazing students that need a little extra push. So please take time and come out with us next fall and have fun showing us what you know and maybe we can show you what we know. There have been students graduating because of the help of SCHOOL's tutors. Thank you for your time and we look forward to meeting new tutors soon."

Excerpts from a letter, March 6, 2014, signed by 21 students.

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



SCOOP

Sun City Organization of Pooches

Our first *Pooches on the Patio* event this year was held May 20, in the Secret Garden (OC) at 9:00 AM. Many of our SCOOP members with their well-behaved small and large dogs attended, enjoyed a wonderful breakfast, making new friends, both two-legged and four-legged. This popular event will be repeated soon, and members will be notified.

SCOOP's second Backyard Doggie Social (small dogs only) was held this year on June 13 at 7:00 PM at the home of Pam Abad and was our first "dessert party." If you would like to schedule a Small Doggie Backyard Party, either morning or evening, please contact Maggii Georgi who takes care of the bookings.

Our next Meeting will be August 5 at 11:00 AM at Orchard Creek Lodge, guest speaker to be announced.

Questions, suggestions, or comments? Check out our website!

Written by Gay Sprague.

Contact: scoop@scih-scoop.com

Website: www.scih-scoop.com



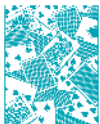
Scrabble

We use the fourth edition (2005) of the Official Scrabble Players Dictionary (OSPD) to verify words for Scrabble. This latest edition included many words brought about by the Internet revolution. Just a few of the playable Internet-related words: email, ebook, webcam, webcast, blogger, firewall, login, logon (not logout!), spam, spammer, antispam, spambot, tablet, netop, app, online, and netiquette. I guess Scrabble officials, as well as the rest of us, had to admit the Internet was here to stay, like it or not!

Come join your friends and neighbors on Mondays at 1:00 PM in the Card Room (OC) for a few friendly games of Scrabble. New players are always welcome. Let's Scrabble!!

Submitted by Connie Protto.

Contact: Joan Spurling 505-5000



Shanghai

If you enter the Card Room (OC) during Shanghai, you would find myriad sounds. Sometimes it is very contemplative. Other times it is very raucous. But most of the time it is friendly, until someone has a "shanghai," then it is unbearable! For free lessons, or more information, contact one of the names listed below.

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



Singles

Dynamic Singles

We dance into the month of June with our weekly 'Let's Dance/Drop-In Event' on Tuesday, June 17 in Meridians. Dining out will be at Fat's Roseville on June 19, call Darline at 434-6472 for your reservation. Please try to attend our next general meeting on July 10 at 6:00 PM in the Orchard Creek Ballroom.

The July birthday celebration will be on July 6 at the Sports Bar in Meridians. Come celebrate with us. The second Saturday breakfast is on July 12 at 9:00 AM in the Sports Bar in Meridians. Hope to see you at our functions.

Contact: Linda Bacon 628-5158



Ski

There are many good skiers and boarders in the club, but what we really know how to do is party! The annual post-season party, hosted by Bill & Lillie Smith in perfect weather, was very well attended and great fun as always — just look at all those happy faces in the photo below.

The Steering Committee for the next season was elected at the party, and consists of Bill Smith, Mike Hilton, Bob King, Ed Dillon, Sharon Klotz and Ric Havens. One more opening will be filled before we hit the slopes this fall.

The Steering Committee will meet this month to begin planning for the 2014/15 season. Topics will include getaway ski trips (as well as local outings), so please

pass on any ideas you have to any of the Committee members. Also expect some pre-season social events for this summer and fall; information on them will be provided soon.

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



Softball, Senior League

July Fourth has extra meanings for LHSSL: Namely the All-Star games and our annual battle with the city of Lincoln. It's an appropriate time for these games, because they always come with fabulous fireworks. And, of course, what goes better with good friends, great softball, and wonderful weather than *hot dogs!!* Watch for notices and come on out to Del Webb Field for a *fantastic* time.



Wendy Green — very new and very good!; Susan James sings the National Anthem at Fan Appreciation Day

The first half 2014 has not been kind to the League. We've been plagued by injuries, but that also means new opportunities, especially for some new faces who have just moved here, like Wendy Green. What makes our softball league so incredible is that we try our best to make everyone feel welcome. You don't have to be an all-star to play in the Rec League, you just gotta be young at heart.

Come check us out. I guarantee you'll have a great time.

Contact: Joann Hilton 408-0346, jhilton777@gmail.com
Website: LHSSL.org

Coyotes

May 17-18: Coyote-60s were 3-2, placing second in the Can-Sirs Tournament with three come-from-behind victories: Homeruns by Bec Cannistraci and Mick Privett and game-winning hit by John Gho – 20-19; extra-inning walk-off-hom-



Ski Club Post-Season Celebration

Charlie Bryant,
Coyote 75s;
Coyote 60s win
Rock 'n Reno



er by Brock Dagg – 23-2; a ninth-inning hit by Henry Mutz – 22-21.

May 23-25: Rock 'n Reno, Lincoln's "youngstas" were a perfect 6-0, winning one of the country's largest/most prestigious tournaments. An incredible five Coyotes made All-Tournament: Carlos Zavala, Joe Bellah, Bec Cannistraci, Brock Dagg, and Steve Lambert. Next are Penn Valley, June 6-7, and Tuolumne, June 16-17.

May 17-18: Coyote-75s enjoyed first tournament win in Elk Grove. Offense was highlighted, all 15 Coyotes hitting above .533. Leading the hit parade — Dave Alley (15), Bob Hunter, Jim Berry (12), Frank Pulino, Larry Manley, Rowan Carlson, and Will Bellah (10). Team-batting-average — a lofty .683, led by Charlie Bryant (.889), Jerry Lambert (.857).

See the articles and photos on pages 6-7 and see July's *Compass* for reports on Rock 'n Reno.

Contact: Dave Rich, richertino@aol.com
Website: LHSSL.org/Travel Teams



Sports Car

On June 12 we all went to a River Cats game. What's not to like watching a game with \$2 beer and a great hot dog?

On April 30, we rode to the Delta to Giusti's Place for lunch in Walnut Grove. Fifty people attended and the weather was really good. This is one of our favorite annual trips.

On April 26, we went to the Cal Expo Harness Races. Forty members had dinner at the Turf Club and we sponsored the sixth race. This event was a real hoot.



Lone Buffalo Winery

Our May 8, Wine Tasting & Dinner event at Lone Buffalo Winery near Auburn was really fun. The wine here is particularly good. If you want to know the story of the Lone Buffalo, you need to go here and ask for the story, while tasting great wine. Plus, you can only purchase this wine at the winery.

Contact: DiAnn Rooney 543-9474,
dvrooney@mac.com
Website: LHsportscars.com



Square & Round Dance

Sun City Squares

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

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

Call Louis or Gail to join today!!

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



Table Tennis

Table tennis is a game for any age as evidenced by three of our super seniors who until recently competed at a high level. These gentlemen are John Myres, John Harlander and John Grinder. Mr. Myres is recovering from a recent ill-

ness and is gaining weight. Mr. Harlander, our super senior who is 90 years plus, has moved to a rehab center in Citrus Heights. John H. enjoys company and phone calls and thanks everyone for the birthday card. John Grindy has moved to an assisted living facility in Roseville (Eskaton Village) and is staying active. Please see Tim Frank for any specific information regarding contacting these gentlemen.

We welcome any beginners. Equipment is supplied. Table tennis is a great brain stimulus as well as a mild cardio workout.

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

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



Tap Company

The Tap Company has been quieter these last couple of months without the numerous practices and rehearsals we had to attend to prepare for "Remembering Rosie." However, we are still working hard to keep our skills sharp, learn new steps, and improve our technique. Tap technique classes will not be held during the month of July. However, our Artistic Director, Alyson Meador will once again hold a month-long summer workshop during July. This 90-minute class is for all levels and sure to keep you on your toes.

Our spring luncheon was held on Friday, June 13 at the Sports Pavilion. We installed our officers for next year. We also heard about the theme for our next year's annual show and announced the Directors and Producers. You will be hearing a lot more of this as our tap year progresses.

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



Tennis

Live, Love, Laugh and Tennis...

Men's Doubles Tournament was well attended with 24 teams wanting to own that prize – a bottle of Pinot Noir. Men were feasting on fried chicken and potato salad between matches. Our social ladies, "The Lindas," — along with helpers — once

again did a wonderful job of keeping the men happy. "The way to a man's heart is through his stomach"!



Tournament Director Sally Sanguinet with master of the score sheet board Miguel Cuevas; Bob White, Wayne Reed, Les Van Pelt, Fred Gurnee had a great match; 8.0 Winners – Jon & Jim, 7.0 Winners – Bob & Mark. Congratulations to all the players!

Results — 6.0 Division: Bob White and Wayne Reed; 7.0 Division: Bob Sanguinet and Mark Snapp; 8.0 Division: Jon Uebelhack and Jim Farrell.

We have had quite a few new members joining the LHTG. Check out our very informative website for applications at <http://sclhtg.com> or at the Tennis Pavilion.

Weekly social drop-in summer hours, Wednesday & Saturday from 8:00-10:00 AM. All Lincoln Hills residents are welcome.

Written by Linda Burke

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



Vaudeville Troupe

The Vaudeville Troupe performers are very busy gearing up for the shows that will be held on Friday, July 11 and Saturday July 12. Show times are 2:00 PM and 6:00 PM. The show theme is "Anything Goes!" See pages 13 and 48 for more details. We encourage you to get your tickets early so that you can choose your favorite seats at the P-Hall (KS). Our photo this month honors



*Mike Schenck and Jon Solander
Submitted by Susan Joyce.*

a couple of the special members of our technical crew. The show would not be possible without them. Thank you Mike Schenck and Jon Solander and all other tech crew members. We appreciate you!

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



Lincoln Hills
Veterans Group

Veterans

A busload of veterans, guests and interested residents spent an enjoyable and informative day on May 14 at the Aerospace Museum of California at McClellan Business Park. Lincoln Hills resident Jim Wronkiewicz, a retired jet engine design engineer, was the group's docent for the visit.



Jim Wronkiewicz's encyclopedic knowledge of historic aircraft and propulsion systems contributed to everyone's understanding and appreciation of the Aerospace Museum's exhibits

Jon Melrose, Placer County's veterans' services officer, will be the featured speaker at the July 17 general membership meeting at 1:00 PM in the P-Hall (KS). Melrose's responsibility is to promote the interests and welfare of veterans, their dependents and survivors. He is a readily accessible local resource who provides valuable assistance with the many benefits veterans have earned through their military service.
Contact: Malcolm Singer 645-8553, singerfamily1@me.com
Website: lhvets.org.



Water Volleyball

If you're looking for a way to beat the heat, but still get your exercise, come and try water volleyball. It's open to all Lincoln Hills residents of any skill level. There are now up to seven sessions available for play on five different days of the week (see the full schedule below).

We played regular "ground" volleyball at the Sports Complex on Saturday, June 7 (plus a potluck!). Last year, this event fell on the hottest day of the year, this year was hot but thankfully not the hottest of the year. Also look for us in the outdoor pool at Orchard Creek Lodge later this summer.

See you in the pool where it's fun and cool!

Play available (KS):

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

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



West Coast Swing

Highlights for June: West Coast Swing Dance Instruction is being offered on Wednesday evenings — see page 73 of this *Compass* for more details.

WCS Dance Practice, the second Friday of each month for those students taking the West Coast Swing Dances Lessons, July 11, 5:30-7:30 PM, Fine Arts Room (OC).

Membership cards and club information have been mailed, and if for some reason you have not received your packet yet, please contact Paula Stollmeyer. Thank you for your continued support, and we look forward to seeing you on the dance floor.

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

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

Dottie's Just Dancin' Website:
dottiesjustdancin.com.

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



Woodcarvers

The Lincoln Hills Woodcarvers completed their annual gathering of ribbons at The Capital Woodcarvers' Association show, May 3-4, at the Scottish Rite Masonic Center in Sacramento, taking nine ribbons for 11 entries!



Lincoln Hills Woodcarvers win again!

Since 2007, the Lincoln Hills Woodcarvers Group has won an impressive 40 First Place Blue; 20 Second Place Red; and four Third Place White ribbons. What makes this even more impressive is that the members of the group have won these 64 ribbons out of approximately 1400 entries. Show Coordinator Kathy Gervais said, "LH Woodcarvers are the best represented local group and the ribbons speak for themselves!"

This year's First Place winners were: Dan Batliner, Chris Clark, Bill Dickinson, John LePage, Dennis Sudano, and Woody Woodburn. Second place winners were: Bruce Decker and Don Percell (two).

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

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



Writers

Members of the SCLH Writers Group gather several times a month to share their prose and poetry, stories and memoirs. Some are writing chapters for potential books, while others are penning shorter pieces and poems for their own pleasure. During our meetings, we read our written work aloud and then are critiqued by our colleagues. It's not all work — we have fun too!

So, why not take the advice of renowned author Ray Bradbury who said, "Quantity produces quality. If you only write a few things, you're doomed." Keep up the quantity (and quality) of your writ-

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

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

Authors' Resource Group

A story untold is forgotten, so our goal at the Authors Resource Group (ARG) is to help each other proceed on the road to editing, polishing, publishing and marketing our story. The ARG consists of SCLH residents who have a story in their hearts that they want to share with family, friends, or the whole world. We meet once or twice monthly for coffee, fruit and donuts to share our progress and get help when we find ourselves "stuck." We offer applause and encouragement for each other. If you're just starting on the writing journey, check out the Monday night writers group. If you're well on your way to seeing your story on the printed page, come join us. We are dedicating the month of June to learn all about *Marketing* (that's a huge subject!).

Contact Linda or Leo for date, time and place of our next meeting.

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

Finance

Continued from page 9

budget by \$68,796 and \$221,353 respectively. At month end, the Operating Fund was at \$5,034,635, including \$90,523 in the Building/Capital Enhancement Fund and \$1,299,602 in the Settlement Proceeds Fund.

The Reserve balance was \$5,326,264 which now includes \$162,792 transferred from last year's net excess Revenue over Expenses. At month end there were 217 homes with past due assessments of

\$94,500, not unusual for this part of the billing cycle.

If you have any interest in how our finances work, I urge you to attend a Finance Committee meeting and/or think about a position on the Finance Committee (see page 5 for more details). If you have general questions or need information, please contact finance.committee@sclhca.com.

The next regularly scheduled Finance Committee meeting is June 19 at 9:00 AM. See you there?

SCENTS

Please refrain from wearing perfumes, colognes, and scented bath & body products when attending shows, concerts, bus trips and Association amenities & activities. Many people have allergies exacerbated by scents. Thank you for your cooperation.

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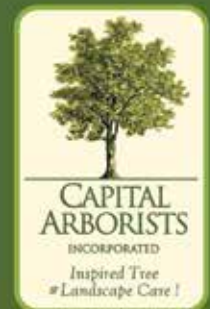
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Bulletin Board

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

Cloggers

Okay, we've survived tax season, endured the drought, have worked on our exercises during May, and now the heat is upon us. What to do? Clearly the answer is go *Clogging*! You don't need wooden shoes, you don't need a toilet plunger. You do need a love for dance, rhythm, beat, movement, and fun. Come and join one or more of the clogging classes, brimming with good people, good music, good exercise and a great teacher. (See page 69 in this *Compass*.) You'll improve your flexibility, coordination, and balance (not that you need to – just sayin'), increase your strength and endurance, and just plain have fun! Clogging is a choreographed, aerobic, energetic dance workout. If you're not yet with us, come and join the fun this Tuesday. We have three levels, from absolute beginner to those willing (and able) to perform on stage. We'll leave the music on for you! Contact Anita Tyson, 543-5330.

Glaucoma Support Group

The Glaucoma Support Group will meet on Wednesday, July 9, at 4:00 PM in the Multimedia Room (OC). All residents living with Glaucoma and their friends and families are welcome. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com

Did You Know?

The Placer Mosquito and Vector Control District reminds us that dead birds provide an early indication of where the West Nile virus is hiding.

Report dead birds by calling the California Department of Public Health hotline at (877) 968-2473.

Potential mosquito habitats may be reported to the District online at www.placermosquito.org or via phone to 380-5444.



You are invited to attend...

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

Thursday, June 19 • 5:00 PM The Living Trust Seminar, Heights (OC)

Danish Group

We are inviting all Swedish and Norwegians, just with a bit of Scandinavian blood in the wains, or think they do, to join us for a Scandinavians get-together. We meet for lunch at Meridians. We eat and drink Herring with Snaps and beer then perhaps a mixed green salad, Split Pea soup, a healthy carrot cake with coffee and or tea — we want to be a bit different because we are Scandinavians, Ja? The next lunch should be June 28. Come and join us and let's enjoy the Scandinavian spirit. We live by the honor system — a commitment means just that. I need to hear from you so that I can get back to you via email or phone: Jonas@porup.com or 543 3302.

Games

Interested in playing games? Come to the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources, and come out for a fun morning to play alongside your friends and neighbors.

LH Italian Club (LHIC)

Plans are under way for the 2014-2015 Governing Board's Inaugural Dinner Dance slated for Sunday, July 13, in the Timbers Ballroom at Sun City Roseville. No host cocktails will be from 5:00-6:00 PM, with dinner at 6:00 PM and dancing to 'Freestyles.' (More information to come.) Save the date: Sunday, Sep-

tember 14, Great Gatsby event at the Catta Verdera Country Club. Go back in time to the music, autos and photos of the Roaring Twenties. It promises to be the "bee's knees." (More information to come.) Check out the LHIC website (www.lhitalianclub.org) where you'll find a wealth of information including upcoming activities, new members, photos from past events and even recipes with an Italian flair. Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: www.lhitalianclub.org or Marie Berleghi, membership chair, at 543-3731.

LH Travel Group www.lh-travelgroup.com

The next meeting is Thursday, June 19, 7:00 PM, KS. The Travel Group Committee will present a travel fashion show in lieu of the regular meeting agenda. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sharon Watkins 434-9504 sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, Judy@starstream.net.

Continued on page 44

It's the Law

Douglas Thom



A Stop sign means a full and complete stop behind the limit line.

Stopping behind the car in front of you is not legal, every car must stop at the limit line.

Fine — \$237 minimum



Continued from page 39

Lincoln Democratic Club

The Lincoln Democratic Club will have two featured speakers at the club's June 19 meeting. Bill Camp, Executive Director of the Sacramento Labor Council, will address investing in the workforce. The second speaker will be William Reed, Executive Vice President of the United Domestic Workers (UDW) Homecare Providers Union. The meeting will begin at 6:45 PM Kilaga Springs Lodge. The public is invited to attend. Questions: June Paquette, 408-2263.

Lincoln Multiple Sclerosis Group

The Lincoln Multiple Sclerosis Group had

a fun lunch and get together at Awful Annie's, on June 3. July and August are vacation months. The next meeting planned is Tuesday, September 2, 1:00 PM, Sierra Room (KS). See you in September! Further details: Marilyn Sharp, 434-6898.

Racquetball Group

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

Shalom Group

Welcome to all our new members. The May meeting was on the 27th with the wonderful and very interesting Judie Panneton as our guest speaker. The meeting was well attended and she was great. Our current events discussion group is off and running. Our group really has something for everyone. The picnic this year is on June 29. We had close to 100 members attend last year. One more thing to keep in mind is that it's not too late to join our summer bowling league. We also need subs. Jerry Gordon has all the details. Don't miss out on all the fun and friendships waiting for you! Contacts: Sandy Klein 408-2020 and Judi Shane 253-9129.

~ Community Perks ~

Lincoln Hills Certified Farmers Market and Vendor Fair

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



Shy 14-year-old Duncan goes on summer vacation with his mother, her overbearing boyfriend, and her boyfriend's daughter. Having a rough time fitting in, Duncan finds an unexpected friend in Owen, manager of the Water Wizz water park.

**Document Destruction
Monday, July 14 — Free**

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



**Music Group Sponsored "Open Mic Night"
Friday, June 27 — Free**

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



**e-Waste Recycling
Tuesday, July 15 — Free**

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



**KS at the Movies: The Way, Way Back
Monday, July 7 — Free**

1:30 PM, P-Hall (KS) PG-13, 103 minutes — Comedy/Drama. Starring Steve Carell, Toni Collette, Allison Janney, Sam Rockwell, Maya Rudolph, and Liam James.



Shooting Group

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

welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the spring and summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is

free. Residents interested in trap or skeet shooting can contact John Kightlinger 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.

All Shook Up!

Continued from page 19

- Wearing a heavier watch or bracelet may reduce an arm or hand tremor.

Seek medical attention if you have

a movement disorder that interferes with your life, if you are having it as a side effect from medication, or if you are also having other symptoms such as weakness, muscle tightening, headaches, abnormal tongue movements or

other movements besides tremors that you cannot control. Find out what the underlying cause is, and then you can put in place an appropriate management plan.

In Memoriam

Richard Acosta

Rich was born and raised in Pico Rivera, California. He served in the Navy on the USS Bennington during the Vietnam War. He worked for the FAA as an Air Traffic Controller/radar, serving in Washington DC and retiring in 2002 to Sun City Lincoln Hills. Rich continued working at Cal-Tracon at Mather AFB for four years. Rich & BJ traveled with the RV Group with Rich acting as the Sheriff. He enjoyed the Guitar Group and many other activities in Lincoln Hills. He is survived by his wife BJ, three sisters and two brothers.

William Edgar Clark

Known for his work accomplishments, positive outlook and sense of humor, Bill served in the Army before

coming to California from San Antonio. He spent his 35-year career working on wildlife health, disease, capture, relocation and training. Bill was a former Coordinator of the Wildlife Investigations Laboratory of the California Department of Fish and Game. He and his colleagues were known nationwide for their innovations in wildlife capture and handling techniques for elk, bighorn sheep, antelope, deer, marine mammals, and avian species. He is especially missed by Jeanne Clark, Marie Rucker, and many, many friends.

Liz Hacker

In 2000 Liz and her husband, Richard, moved here from Moraga. They both loved the active lifestyle and were involved in the real estate profession. They were married for 64 years until Rich's

death in 2010. They especially took pride in their family. Liz is missed by five sons and daughters, 12 grandchildren and 11 great-grandchildren. She is remembered for her ready smile and positive outlook on life.

John Reilly

You may have seen John, dressed as Santa, in the Holiday Parade with his grandchildren as his elves! Born in New York City, John loved living here. He served in the U.S. Army, graduated from college, and worked in Sales for Crystal Technology, Inc., and Siemens for over 25 years. John had a contagious laugh and a big personality. Preceded in death by his father, son and wife, John is survived by his mother, brother, two daughters and five grandchildren.

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

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The 2014 Summer Amphitheater Concert Series!

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

Darlene Love, An Unforgettable Evening

Friday, June 27 — 5014-4B

Proclaimed by *Rolling Stone* as "one of the greatest singers of all time" and inducted in 2011 into the Rock n' Roll Hall of Fame, Darlene Love will rock the stage with her #1 Billboard Hits:



"He's A Rebel," "The Boy I'm Gonna Marry," "Wait 'Til My Bobby Gets Home," and "He's Sure the Boy I Love" to name a few. Her acceptance speech that turned into a song received a standing ovation at the recent Oscars for winning Best Documentary movie, "20 Feet From Stardom." Our residents were blown away by her performance as special guest at the Palm Springs Folies. Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$29.

The Springsteen Experience: A Tribute to the Boss

Friday, July 18 — 5014-4C

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



Harmony: A Tribute to Three Dog Night

Tuesday, July 29 — 5014-4D

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



JOEL: A Tribute to the Songs of Billy Joel

Friday, August 15 — 5014-4E

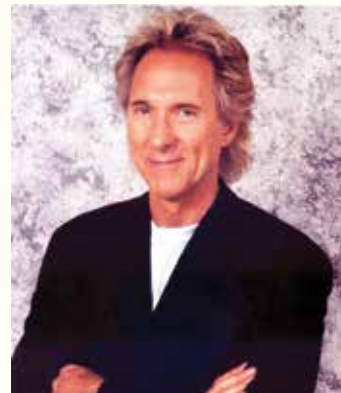
Joel is the premier rock and roll Billy Joel tribute band on the West Coast. Piano Man Kyle Martin leads his band to perform Billy Joel's timeless repertoire including songs like "Big Shot," "Only the Good Die Young," "New York State of Mind" and more. Kyle nabbed the coveted role of the Piano Man in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



Gary Puckett and the Union Gap

Friday, August 22 — 5014-4F

Live in person! The one and only Gary Puckett and the Union Gap will mesmerize you. One of the most successful musical groups of the 60's, Gary's powerful and unmistakable signature voice garnered six consecutive Gold Records and Top 10 Billboard hits! Signature hits include "Young Girl," "Woman, Woman"



an," "Home," "Over You" and more. Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$32.

An Elvis Tribute with Mark Anthony Friday, September 5 — 5014-4G

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



Top Shelf's Disco Fever Friday, September 19 — 5014-4H

Top Shelf is back with their engaging performance, this time paying homage to songs and stars

who turned the 70's into the "Disco Era." Listen to songs from the Bee Gees, Earth, Wind and Fire, Donna

Summer, Gloria Gaynor, Michael Jackson and more! Top Shelf has been performing since 1991, dazzling audiences from San Francisco to Europe with wonderful harmonies and unique live performances. You will be up groovin' to the tunes before the evening wraps up the 2014 Summer Amphitheater Concert Series. Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$19.



Summer Amphitheater Concert Series Guidelines

- **Admission: Wristbands** must be worn during concert. On-line buyers can exchange e-tickets for wristbands at Activities Desks the day of the performance. Show package buyers can pick up their complete set of wristbands on the day of the first concert of their package. Lost tickets/wristbands will not be replaced. Doors open 45 minutes before show time.
- **Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Guests may **pre-set** their chairs **between 5:00 AM and 5:00 PM** on the day of the event. **Amphitheater will close at 5:00 PM on the day of the event and re-open 45 minutes before show time. Chairs placed prior to 5:00 AM will be removed from the area** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your property. Do not move chairs already in place. **Lawn seating** for blankets will be in the grassy area at the left of the stage.
- **ADA:** Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access there. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.
- **Ticket Pricing:** Located in individual articles in the Entertainment section. All sales are final. No refunds or exchanges. No child pricing.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.
- **Permitted:** Blankets/cushions, lawn chairs, small backpacks/bags.
- **Not Allowed:** Chairs that exceed shoulder height (seated), cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, pets.
- **Food & Beverage:** No outside food or drink allowed except water in factory-sealed plastic bottles. No-host bar and concessions will be available 45 minutes before concert begins.
- **Dancing:** Dancing in front of raised stage *permitted*. This may slightly obstruct patrons' seated on Amphitheater's bottom tier view.
- **Entertainers:** Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances.
- **Cancellations:** Notifications will be sent out via eNews.
- **Pool:** OC Fitness outdoor pools will close one hour prior to performance start time.



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

Entertainment

—Club Performance—

The Vaudeville Troupe’s “Anything Goes”

Friday, July 11

2:00 PM Show — 5211-05A

6:00 PM Show — 5211-05B

Saturday, July 12

2:00 PM Show — 5211-05C

6:00 PM Show — 5211-05D

The Lincoln Hills Vaudeville Troupe will once again return to the stage to entertain and delight you. This year’s theme “Anything Goes” with new 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 sellout, so get your tickets early! Save \$1 off \$4 or more at KS Café on show night (Friday night not included)! 2:00 and 6:00 PM performances scheduled on both dates. P-Hall (KS). Reserved Seating, \$12.



**The Players Group Presents:
 A Murder Mystery Comedy**

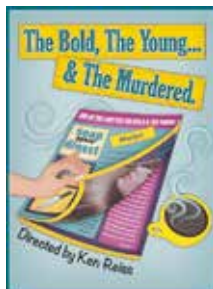
Wednesday, August 6

7:00 PM Show — 5206-06A

Thursday, August 7

7:00 PM Show — 5206-06B

Who is the murderer? Who cares? You’ll be laughing too hard! The cast of the long-running soap opera *The Bold and the Young* are being methodically and regularly murdered! Can the show go on? Who is the murderer? Who is next to be killed off and why? In this hilarious spoof of soap operas and Agatha Christie-like mysteries, the Lincoln Hills Players brings “**The Bold, The Young and the Murdered**” on stage in a hilarious play you won’t want to miss! 7:00 PM performances on both dates. Ballroom (OC). **Premium Reserved Section Seating, \$16.** General Admission, \$12.



—Comedy—

Comedy Night at KS: Marc Yaffee

Tuesday, June 24

6:00 PM Performance — 5224-04A

8:00 PM Performance — 5224-04B

Adopted at birth and confused ever since, Marc takes his audiences on a comedy joyride as he explores his multi-ethnic roots and the culture clashes that fill his world. Marc’s smart but relatable comedy demonstrates a universal appeal that has landed him



appearances on “PBS,” “Comics Unleashed,” “The Latino Laugh Festival” and the historic Showtime special, “Goin’ Native: The American Indian Comedy Slam.” Marc has toured five times overseas entertaining U.S. Troops. Save \$1 off \$4 or more at KS Café on show night. 6:00 and 8:00 PM performances. P-Hall (KS). Reserved seating \$12.

—Concerts—

Songs & Strings

Tuesday, June 17 — 5217-04

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



Summer Amphitheater Concert Series:

(See pages 46-47 for entire series):

Darlene Love, An Unforgettable Evening

Friday, June 27 — 5014-4B

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



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

Friday, July 4 — 5204-05

By resident request, we bring back one of the best local volunteer symphonic concert bands in the area; the Roseville Community Concert Band (RCCB). Performing throughout the greater Roseville and South Placer communities, the RCCB was established



Continued on page 50

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Important Information: Events, Trips, Classes

- **Reservations:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.**
- **Want to Sell?:** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **RSVP Date:** If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. For **Classes:** RSVP date is used to determine registration status. If minimum registration is met, students may register until first day of class. If not met, class will be cancelled.
- **Classes (except Fitness):** Register by RSVP date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
- **Weather:** Association trips & events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Show Time:** For Entertainment, doors open 30 minutes prior to showtime unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Events that include a Meal:** Ticket sales for Entertainment that includes a meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.
- **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For **Entertainment**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair bound passengers to the best of our abilities.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** For all trips, please park beyond OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.

in 2000 by Bill Hastings, a retired military band director. This group provides just the right combination of enjoyable and patriotic music to celebrate the 4th of July with friends and family. The afternoon concert offers wonderful music selections and will be completed well before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Concert 2:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$10.** General admission, \$8. Tickets required for all guests, including children.

Summer Amphitheater Concert Series

(See pages 46-47 for entire series):

The Springsteen Experience: A Tribute to the Boss

Friday, July 18 — 5014-4C

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



Summer Amphitheater Concert Series

(See pages 46-47 for entire series):

Harmony: A Tribute to Three Dog Night

Tuesday, July 29 — 5014-4D

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



Summer Amphitheater Concert Series

(See pages 46-47 for entire series):

JOEL: A Tribute to the Songs of Billy Joel

Friday, August 15 — 5014-4E

"Dynamic," "Spectacular," "A piano player with a touch like

Continued on page 53

Meridians

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Billy Joel,” “An excellent tenor voice,” are just some of the ways people have described Piano Man, Kyle Martin. Martin leads his band to perform Billy Joel’s timeless repertoire including songs like “Big Shot,” “Only the Good Die Young,” “New York State of Mind” and more. Kyle nabbed the coveted role of the Piano Man in the Tony-Award winning Broadway musical smash “Movin’ Out.” His high energy performance will have you up on your feet. Amphitheater (OC). Doors 6:45 PM. Concert starts 7:30 PM. General admission, \$17.



and intimacy. You won’t need airline tickets to take a trip around the world, their music will transport you. Listen to compositions from Faure, Bizet, Pessard, Desportes, Hanson, Roest, Ibert, and Monti just to name a few. Francesca captivates listeners with her skill and expression while Daniel’s concerts have been called “fun and entertaining” (Portland Classic Guitar Concert Series). You will be captivated and enthralled! Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). Reserved seating discounted rate until July 14, \$10. After July 14, \$12.



—Lifestyle Speaker—

Summer Amphitheater Concert Series

(See pages 46-47 for entire series):

Gary Puckett and the Union Gap Friday, August 22 — 5014-4F

The one and only Gary Puckett and the Union Gap will mesmerize you. They were one of a very select group of touring acts to achieve prominence worldwide in the 60’s. Gary’s powerful and unmistakable signature voice garnered six consecutive Gold Records and Top 10 Billboard hits! Signature hits include “Young Girl,” “Woman, Woman,” “Home,” “Over You” and more. Amphitheater (OC). Doors 6:15 PM. Concert starts 7:00 PM. General admission, \$32.



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

Classical musicians Daniel Roest (“roost”) and Francesca Anderson will enchant you with their program filled with tremendous variety

Patty Wooten

“Laughter — The Secret to a Long and Happy Life”

Wednesday, July 16 — 5216-05

George Burns and Bob Hope lived to be 100 years old. They knew the secret to a long and happy life — laughter. Scientific research shows that laughter improves our health, enhances relationships and eliminates depression. Are you ready to laugh more and feel happier? Learn the secret to finding the fun and funny side of any situation. Discover what makes *you* laugh. Patty Wooten — nurse, humorist and professional clown — is guaranteed to make you laugh! She understands the therapeutic power of humor and laughter. Her wit and wisdom has healed the hearts of audiences around the world. Patty Wooten will appear in cooperation with the Communications and Community Relations Committee/Community Forum. Speaker 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$15. General admission, \$12.



Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Red Hawk Casino Monday, July 14 — 1941-05

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our guests a \$15 gaming credit or \$20 in match play. Be sure



to bring your personal identification to receive your Rewards Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$24. RSVP Now.

Cache Creek Casino Thursday, August 21 — 1772-06



Our recent overnight casino adventure trip participants really enjoyed our visit to Cache Creek and we’ve set up a return visit! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Leave OC at 9:30 AM, return ~ 4:30 PM. \$24. RSVP by 7/14.

Continued on page 55



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—Festivals—

California Capital Airshow**Saturday, September 6 — 1730-06**

Last year's trip was a big hit with residents! The California Capital Airshow is Sacramento's premier airshow held at Mather Field. The Patriots Jet Demonstration Team returns with their signature high-flying action. See a salute to the Armed Forces where attendees will step back in time with an authentic theatrical production including military reenactors, parade of vintage warbirds, music, costumes and pyrotechnics. Special appearance by the USAF's F-22 Raptor, the world's only operational, stealth fifth-generation fighter. We have special group seating that includes a large tent for shade near the airshow center for best viewing, open air seating, private restrooms, commemorative poster and hosted water. Lunch voucher for an entrée, side & a soft beverage redeemable from airshow food concessions. Docents and airshow staff will be available for assistance and questions. Skip the traffic and parking hassles and join us for this spectacular airshow. Leave OC at 8:30 AM, return ~ 5:30 PM. \$92. RSVP by 7/14.

**Gold Rush Days****Friday, August 29 — 1822-06**

Find yourself transported back to the days of Gold and Glory, when California was a brand-new state with brand-new ideas. Join in the truly old-time fun in the world of yesterday! More than 200 tons of dirt will pave the streets of Old Sacramento as this annual festival "turns back the clock," transforming Sacramento's historic district into a scene straight out of the 1850s. Hundreds of costumed performers take on the roles of celebrities, personalities and just plain folks, bringing history to life while bluegrass pickers and old-time musicians perform on several stages. Featuring dancers, street dramas, wagon rides, period artifacts, and musicians. For more information <http://sacramentogoldrushdays.com/about/>. We'll be spending four hours at this festival with lunch on your own. Leave OC at 9:00 AM, return ~ 3:00 PM. \$25. RSVP by 7/14.



—Food/Wine—

Placer Beer Tasting —**Knee Deep & Out of Bounds Breweries****Wednesday, July 16 — 1813-05**

Our first "craft brewery" trip sold out quickly, so here's another local brewery trip to tempt your taste buds and learn about the brewing process. We'll visit award-winning



Knee-Deep Brewing in Auburn, and then Out of Bounds Brewing in Rocklin. Included at each stop are four tastings of your choice. (Additional purchases on your own). Chef Roderick will prepare a special box lunch to be enjoyed at our first brewery stop. Choose at registration *Pastrami on Pretzel Roll*, *or, Vietnamese Style Cold Cut Sandwich on a Baguette (Banh-mi)*, *or Grilled Vegetarian Sandwich on Ciabatta*. Complete menu at Activities Desks. Leave OC at 11:45 AM, return ~ 4:45 PM. \$72. RSVP Now.

**Best in the West — Rib Cook-off****Thursday, August 28 — 1821-06**

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$37. RSVP by 7/14.



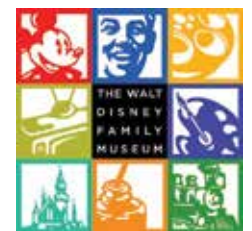
—Museums—

Legion of Honor — Intimate Impressionism from the National Gallery of Art**Thursday, June 26 — 1762-05**

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

**The Walt Disney Family Museum Presidio of San Francisco****Thursday, August 14 — 1763-05**

For the young at heart, discover the beginnings of Mickey Mouse as we visit The Walt Disney Family Museum located in the San Francisco Presidio. Included in your admission are two special exhibits, "Magic, Color, Flair: The World of Mary Blair," and "Leading Ladies and Femmes Fatales: The Art

*Continued on page 56*

of Marc Davis.” There are also 10 permanent galleries recounting the history of Walt Disney’s life and career. The Presidio Visitor’s Center next door provides maps and other information to explore the Presidio further. There is a free “Presidi-Go” shuttle available to explore the park. Lunch on your own, no outside food allowed in museum. Wolfgang Puck Café is in the museum and there are several restaurants within walking distance. See www.waltdisney.org/dining for more information. Enjoy five-and-a-half hours at Museum/Presidio. Leave OC at 8:00 AM, return ~ 7:00 PM. \$59. RSVP Now.

—Performances—

Broadway at Sierra

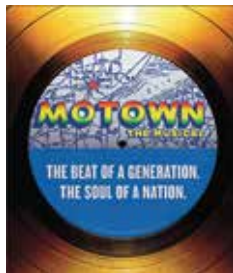
Sunday, July 20 — 4531-06

Broadway at Sierra is far more than your typical Broadway musical review. Yes, there are many of your favorite Broadway show tunes, but Broadway at Sierra is also a Broadway style show unto itself. Characters from Broadway shows tell a brand new story using various show tunes to help tell that story. So if you like Broadway show tunes and a good story, join us for an afternoon of great fun. The show is produced and directed by Ray Ashton, our movies and music history instructor and held at Dietrich Theater, Sierra College, Rocklin. Leave OC at 1:15 PM, return ~ 5:15 PM. \$31. RSVP by 7/1.



Motown the Musical — Orpheum Theater, San Francisco Wednesday, September 24 — 4551-05

“Motown the Musical” is the true American dream story of Motown founder Berry Gordy’s journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. Now, experience it live on stage in the smash hit “Motown the Musical”! Mid-orchestra seating matinee performance. Bring your own lunch to eat en route to theater. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Leave OC at 10:45 AM, return ~ 9:45 PM. \$129. RSVP Now.



2014 Music Circus Series

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

A Chorus Line

Wednesday, June 25 — Sold out!

Mary Poppins

Thursday, July 10 — 4531-04

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



South Pacific

Wednesday, July 23 — Sold out!

Brigadoon

Wednesday, August 6 — 4531-034

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



La Cage Aux Folies

Wednesday, August 20 — Sold out!

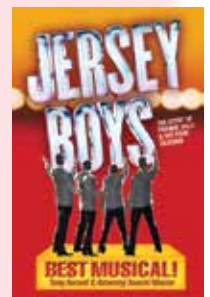
Broadway Sacramento 2014-2015

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region with glitz, glamour, excitement, anticipation, polish and professionalism of Broadway. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$84 each. RSVP by 7/14.

Jersey Boys

Tuesday, November 11 — 4562-06A

Experience the Tony®, Grammy® and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers Frankie Valli & the Four Seasons. This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! Jersey Boys features their hit songs “Sherry,” “Big Girls Don’t Cry,” “Rag Doll,”



Continued on page 59

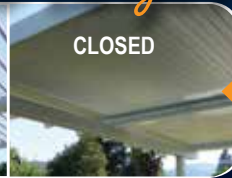
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Michael Renyer
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“Oh What a Night” and “Can’t Take My Eyes Off Of You.” *Jersey Boys* contains profane language, smoke, gun shots, strobe lights, drug references, and sexual situations. It is meant to tell the true story of four guys from the streets of Jersey and their rise to fame.

Dirty Dancing

Tuesday, December 30 — 4562-06B

The classic story on stage is an unprecedented live experience, exploding with heart-pounding music, passionate romance, and sensational dancing. Seen by millions across the globe, this worldwide smash hit tells the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. Featuring the hit songs, “Hungry Eyes,” “Hey Baby,” “Do you Love Me?” and the heart stopping “(I’ve Had) The Time of My Life.” London’s *Sunday Express* says “This crowd-pleasing stage adaptation hits the jackpot!” Don’t miss your chance to see this record-breaking live theatre sensation. *Based on the 1987 beloved classic film, the plot contains suggestive choreography, mild profanity, sexual references and a serious adult situation.*



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 fairytale, with several new plot twists, plenty of laughs, and jaw-dropping magical transformations on stage.



Rain: A Tribute to the Beatles

Date TBA

A live multi-media spectacular that takes you on a musical journey through the life and times of the world’s most celebrated band. Going further than before, this expanded “Rain” adds even more hits that you know and love from the vast anthology of Beatles classics hits from the vast Beatles anthology. This stunning concert event takes you back in time with the legendary foursome delivering a note-for-note theatrical event that is the next best thing to the Beatles.



Joseph and the Amazing Technicolor Dreamcoat

Tuesday, January 27, 2015 — 4562-06C

One of the most enduring shows of all time, Tim Rice & Andrew Lloyd Webber’s is the irresistible family musical about the trials and triumphs of Joseph, Israel’s favorite son. Retelling the Biblical story of Joseph, his eleven brothers and the coat of many colors, this magical musical is full of unforgettable songs including “Those Canaan Days,” “Any Dream Will Do” and “Close Every Door.”



Once

Tuesday, April 14, 2015 — 4562-06D

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



San Francisco for the Day

Tuesday, June 24 — 1841-04

“The coldest winter I ever spent was a summer in San Francisco.” Mark Twain.

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



—Shopping—

—Sports—

Oakland A’s

Don’t miss the Bay-Bridge Series! Enjoy an evening game at Oakland on Tuesday, July 8 against the San Francisco Giants.

- **Oakland A’s vs. Boston Red Sox**
Sunday, June 22 — 6320-12B

\$67. Seats located Field Level Section 107. Game time 1:05 PM). Depart OC at 9:30 AM. Return ~ 7:00 PM. RSVP Now. Few tickets left!



Rodgers & Hammerstein’s Cinderella

Tuesday, May 12, 2015 — 4562-06E

The Tony Award®-winning Broadway musical from the creators of “The Sound of Music” and “South Pacific” that’s delighting

Continued on page 60

Oakland A's vs. San Francisco Giants

Tuesday, July 8 — 6320-05

\$90. Seats located Field Level Section 106. Game time 7:05 PM. Depart OC at 3:30 PM, Return ~ 12:30 AM. RSVP Now.

River Cats

The River Cats are the Oakland A's AAA farm team with up-and-coming future stars at beautiful Raley Field in West Sacramento.

We've moved our seats one section closer to home plate in Senate Box 111. Depart OC 5:30 PM (7:05 PM game time) return ~ 11:30 PM. RSVP Now.



River Cats vs. Fresno Grizzlies

Tuesday, July 1 — Sold out!

River Cats vs. Albuquerque Isotopes (Los Angeles Dodgers)

Friday, August 1 — 6271-01D

—Tours—

Big Springs Gardens

Wednesday, July 9 — 1754-05

In cooperation with the Lincoln Hills Garden Group, we're going back to Big Springs Gardens, 118 acres of flowering plants, shrubs and trees surrounded by forest. Imagine the beauty of Claude Monet's Giverny gardens, and a replica of Monet's famous bridge.

Find groomed and graveled trails and steps of stone on self-guided tours. A buffet lunch is included and served on an outdoor dining terrace with umbrellas. Buffet includes: salad bar, fresh fruits, pasta, cold entrees, BBQ entrée, desserts and beverages. Wine and beer available for purchase. Be aware there is a slight hill from the parking lot to the main area. Leave OC at 8:15 AM, return ~ 5:45 PM. \$80. RSVP Now.



USS Hornet — Aircraft Carrier Museum

Tuesday, August 19 — 1834-06

Join us for an interesting and informative day aboard the USS Hornet, a Registered National Historic Landmark anchored at the former Naval Air Station in Alameda. Imagine life on a floating city as you walk through Officers' Quarters, Crew's Deck, Medical Spaces, etc. USS Hornet participated in two significant events: World War II and the recovery of the Apollo II manned lunar mission. **Be aware, due to the historic nature of the ship, handicap access is extremely limited, and to see other decks other than the Main Deck with the Museum will require climbing some steep ladders.** A scissor lift is available from the pier to the main (hangar) deck if you



are unable to climb the stairs to the ship. Tour will be led by retired military docents providing a personal touch to your experience. Includes a box lunch from Meridians, choose at registration *Turkey, Ham or Vegetarian Sandwich, with fruit, cookie and bottle of water.* Leave OC at 8:00 AM, return ~ 6:00 PM. \$63. RSVP by 7/15.

Muir Woods

Wednesday, September 3 — 1752-06

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



Overnight & Extended Travel

Multi-Night! Lake Tahoe Shakespeare & Lake Cruise

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

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



Continued on page 62

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this picturesque, Victorian-era town, celebrates this colorful history. Stroll authentic board sidewalks to Old West saloons, shops, museums, churches and restaurants. Free museum admission on the day of our visit! Enjoy an included roundtrip excursion to Gold Hill on the V&T railroad. We'll head to the JA Nugget Hotel & Casino in Sparks for our overnight stay in the remodeled East Tower, where you'll receive a \$5 gaming and \$3 food credit. Enjoy the newly opened Gilley's Saloon, Dance Hall & Bar-B-Que in the casino. The next morning, step out the back doors of the Nugget onto Victorian Square for the West-

ern Heritage Festival that features performances by authentic cowboy poets, fiddlers, Pow Wow drummers and various types of dancers, and arts and crafts booths. All meals are on your own. Please be aware the walk to the train station involves going down stairs or a steep hill. Leave OC 8:00 AM, Friday, October 3, return Saturday, October 4 ~ 6:00 PM. A signed liability waiver is required for each participant. \$116 per person double occupancy. \$148 single. RSVP by 7/14.

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- Legion of Honor
Thursday, June 19 — 8:15 AM
- Jackson Rancheria
Monday, June 23 — 9:30 AM
- A Chorus Line
Wednesday, June 25 — 6:00 PM
- Sacramento RiverCats vs. Fresno Grizzlies
Tuesday, July 1 — 5:30 PM
- San Francisco Giants vs. St. Louis Cardinals
Thursday, July 3 — 9:00 AM

Activities Department Classes



Betty Maxie
Lifestyle Class Coordinator
betty.maxie@schca.com

Art

—Drawing—

Beginner Drawing

Thursdays, July 10-24 — 132214-06

9:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques and developing your sense of design. Drawing is about observing. Learn how to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He lives in California as a full-time artist with a focus on landscape and figures. Request supply list at registration. RSVP by 7/3.

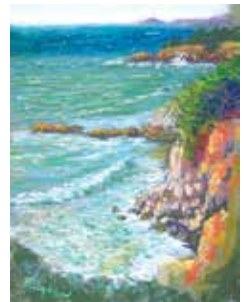


—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry

Mondays, July 7-28 — 105114-06

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. New students: Ask for supply list at registration. *About the Instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP by 6/30.



Paint Your Vision in Oils or Acrylics

Wednesdays, July 2-30

9:00-11:30 AM Class — 113114-06

Or 1:30-4:00 PM Class — 113214-06

AM and PM sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait



Continued on page 65

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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. Call Marilyn at 409-0397 with any question, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 6/25.

New! Capture Radiant Light & Color Oils or Soft Pastels

Friday & Saturday, July 11 & 12 — 121314-05

9:00 AM-3:00 PM (OC). \$150. Instructor: Susan Sarback. This workshop focuses on seeing and painting based on the approach to light and color developed by the Impressionists. Learn how to gain a fresh quality of light in your art. We'll be painting landscapes from photographs with an emphasis on color mixing, color relationships and color harmony. You'll learn how to see and paint the Value, Temperature, and Chroma (intensity) which create the "light key" or atmosphere of any subject. 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. *About the Instructor:* Susan Sarback has been an artist for over 35 years, is the author of two art books, and founder of the School of Light & Color (www.lightandcolor.com) in Fair Oaks, CA. Students from all parts of the world come to study her unique approach to color. See more at www.susansarback.com. RSVP by 7/4



—Mix Media—

Mixed Media for Painters **Mondays, July 7-28 — 143114-06**

1:30-4:30 PM (OC). \$52 (four sessions). \$4 supply fee. Instructor: Bonnie Armstrong. We use acrylic water-based paints, mediums, and additives. The first two weeks will be a textural painting on stretched canvas, and last two weeks will be on paper/cardboard surface, journaling/scrap booking applications. We will apply learned techniques and skills, from previous class and introduce a specific theme—birds. You do not have to have taken June course to enroll in this class, and artists of all levels of experience are welcome. *About the instructor:* Bonnie Armstrong is a lifetime-credentialed community college



instructor of art and design and has taught adult classes for more than 20 years. RSVP by 6/30.

—Watercolor—

Beginner Watercolor Painting **Thursdays, July 3-31 — 132114-06**

1:00-4:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting techniques and developing your sense of color: looking into 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 6/26.



Ceramics

—Lladro—

Spanish Oil Painting **Wednesdays, July 2-30 — 206114-06**

1:00-4:00 PM (KS). \$48 (five 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 6/25.



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 67

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—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, July 1-29 — 212114-06

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course



covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 6/24.

Advanced Ceramics

Tuesdays, July 1-29 — 212214-06

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP by 6/24.



Ceramics — All Levels

Thursdays, July 3-31 — 221114-06

1:00-4:00 PM (OC). \$67 (five 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 6/26.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Mike or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if

asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, July 8-29 — 317114-06

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't



sure how to get started? Then this class is for you! This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign up early to reserve your space. All supplies will be provided. RSVP by 7/1.

Card Making Level 2 — Intermediate

Tuesdays, July 8-29 — 317414-06

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. RSVP by 7/1.



Card Making Level 3 — Intermediate-Advanced

Mondays, July 7-28 — 317214-06

Or Fridays, July 11-25 — 317224-06

9:00 AM-12:00 PM. (KS). Mondays \$38 (four sessions) ; Fridays \$29 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or have instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided. RSVP by 6/30 or 7/4.

Continued on page 69

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Dance

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

—Clogging—

Beginning Clogging

Tuesdays, July 1-29 — 332114-06

10:00-11:00 AM (KS). \$35 (five sessions). Instructor: Janice Hanzel. Last month for brand new beginners. No new students admitted after this class until 2015 — come dance and learn clogging with us. Bring your friends. Low impact, not as hard as you think. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level clogging steps. Special attention to balance skills is part of the lessons. Join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP by 6/24.



Easy-to-Intermediate Clogging

Tuesdays, July 1-29 — 332214-06

11:00 AM-12:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP by 6/24.

Intermediate Plus Clogging

Tuesdays, July 1-29 — 332314-06

12:00-1:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP by 6/24.

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, July 7-28 — 344214-06

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 6/30.

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, July 7-28 — 344414-06

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. Dance to be taught Two-step Cluster. RSVP by 6/30.



New Time! Country Couples Line Dancing

Fridays, July 11-25 — 346114-06

2:00-3:00 PM (KS). \$15 (three sessions). 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 7/4.

—Dancing with Dolly—

Ballet/Lyrical

Thursdays, July 3-31 — 353564-06

5:00-6:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP by 6/26.



Performance Dance

Fridays, July 11-25 — 353574-06

2:00-3:30 PM (OC Fitness). \$38 (three sessions). Instructor: Dolly Schumacher James. Class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP by 7/4.



—Hula—

Hula

Thursdays, July 3-31 — 390214-06

1:15-2:15 PM (KS). \$40 (five sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and

Continued on page 70

cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474. RSVP by 6/26.



—Jazz—

Jazz Class for the Beginner

Thursdays, July 3-31 — 353014-06

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP by 6/26.

Jazz Technique 2

Tuesdays, July 1-29 — 353114-06

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance. RSVP by 6/26.



—Line Dance—

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

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.

- **Mondays, July 7-28 — 360014-06**
4:00-5:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 6/30.



- **Thursdays, July 3-31 — 370014-06**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 6/26.

Line Dance I Beginner

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

- **Mondays, July 7-28 — 370114-06**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 6/30.
- **Mondays, July 7-28 — 370124-06**
6:00-7:00 PM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 6/30.
- **Thursdays, July 10-31 — 360114-06**
2:30-3:30 PM (KS). \$24(four sessions).
Instructor: Audrey Fish. RSVP by 6/26.
- **Fridays, July 11-25 — 380114-06**
12:00-1:00 PM (KS). \$18 (three sessions).
Instructor: Sandy Gardetto. RSVP by 7/4.

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, July 7-28 — 360214-06**
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 6/30.
- **Wednesdays, July 2-30 — 380214-06**
9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Sandy Gardetto. RSVP by 6/25.

Line Dance III — Intermediate

Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, July 2-30 — 380314-06**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto. RSVP by 6/25.
- **Thursdays, July 10-31 — 360314-06**
3:30-4:30 PM (KS). \$24 four sessions).
Instructor: Audrey Fish. RSVP by 6/26.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September

Continued on page 73

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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.



—Tap Dance—

Most of Alyson's Tap Classes will be on hiatus for the month of July.

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.



• **Summer Tap Class**

Monday, July 7-28 — 410114-06

10:00-11:00 AM (KS) \$32. (four sessions).

Tap for Fun with Judy

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



• **Mondays, July 7-28 — 420114-06**

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

—West Coast Swing—

Beginning West Coast Swing

Wednesdays, July 9-30 — 318114-06

7:00-8:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP by 7/2.

Intermediate I and II West Coast Swing

Wednesdays, July 9-30— 318214-06

6:00-7:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variation of West Coast Swing and have attended the "beginning West Coast Swing class and or have the instructor's approval. RSVP by 7/2.



Feng Shui

New Class! Clear The Way, Plan Your Space

Thursday July 10 — 581114-05

9:00-11:00 AM (KS). \$40. Instructor: Jan Reed. Using the principles of Feng Shui, understand how energy "chi" flows and the effects that furniture placement, color choice and clutter have on your environment. Learn how to bring about changes in your life based on these principles. All attendees should bring a simple drawing of their floor plan (of main living space). Practical take-home materials are included. RSVP by 7/3.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, July 7 — GLASS

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



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, July 2-30 — 535114-06

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

Continued on page 75



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No new students. Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383. RSVP by 6/25.



Guitar 2B — Guitar Intro Continuation

Wednesdays July 2-30 — 535214-06

10:15 AM-12:15 PM (KS). \$44 (five 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 6/25.

Guitar III — Intermediate

Thursdays, July 3-31 — 535314-06

8:00-10:00 AM (OC). \$44 (five 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 6/26.



Guitar IV — Advanced

Thursdays, July 3-31 — 535414-06

10:00 AM-12:00 PM (OC). \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP by 6/26.

—Voice—

Beginner Singers Vocal Boot Camp

Fridays, July 11-25 — 536114-06

8:30-10:30 AM (KS). \$26 (three 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 7/4.



Singer Vocal Boot Camp Continuation

Fridays, July 11-25 — 536214-06

10:30 AM-12:30 PM (KS). \$26 (three 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 7/4.

Technology

—General—

Android 101 Basics

Monday, June 16 — 255124-05

Or Monday, July 14 — 255124-06

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 Now or by 7/7.



Android Advanced

Tuesday, June 17 — 255224-05

Or Wednesday, July 16 — 255224-06

Tuesday 9:00 AM-12:00 PM; Wednesday 2:00-5:00 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. Calendar-



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ing, 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 Now or by 7/9.

Google Drive and Docs

Wednesday, June 25 — 286214-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. You can keep your files safe and secure in the cloud with Google Drive and create impressive documents with Google Docs. Best of all they are free — no need to buy pricey Microsoft Office. In this class, learn to save your files to the cloud and access them from any place in the world via an Internet connection. Since everyone has his own way of working, you will learn how to tweak Google Doc's settings to make sure they fit your personal way of working. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. RSVP by 6/18.



Getting Most Out of Gmail

Thursday, June 26 — 285314-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. RSVP by 6/19.



New Class! Robo Form

Monday, July 7 — 286514-06

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Do you have trouble remembering hundreds of usernames and passwords? RoboForm is a password management and form filling program that automates password entering and form filling. It is user-friendly, fast, and accessible everywhere. Your RoboForm Master Password is the only password you must remember. When you first login to a website, RoboForm saves your login information. RoboForm can even generate a strong password for you. Once RoboForm has remembered your login information, when you revisit a website RoboForm logs you in automatically. You'll never need to type or remember another password. RoboForm securely stores your personal information like names, addresses, and credit card information in order to fill web forms automatically. One \$9.95/year license allows you to use RoboForm on all of your Windows,



Mac, and Linux computers and iOS, Android, and Windows mobile devices. In this class you will learn how RoboForm can simplify your web experience. RSVP by 6/30.

New Class! Google Chrome

Friday, July 18 — 288214 -06

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions. RSVP by 7/11.

—Mac—

Beginning Macintosh — Level 1

Monday & Tuesday July 21 & 22,— 263114-06

9:00-11:00 AM (OC). \$40 (two sessions). Class material: \$5. Instructors: Andy Petro & Vickie White. Are you new to the world of Apple computers or want a review of Mac's OS X Mavericks? Then this class is for you. **Prerequisite:** Have an Apple computer. We will review the Mac OS X Mavericks (version 10.9 or later) system and all the items that appear on your computer Desktop. We will also show you how to organize, navigate, and personalize your Mac Desktop. There are ten iMac's in the lab, one for every participant. If you have any specific questions about the class, call Andy Petro at 474-1544 or Vickie White at 408-2148. RSVP by 7/14.



—PC—

Windows 8.1 Training and Tips

Wednesday, Thursday & Friday, June 18, 19 & 20 — 295114-05

Or Monday, Tuesday & Wednesday, July 21, 22 & 23 — 295114-06

1:00-3:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, touch-screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop features as Windows 7, it introduces "Start Screen" features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 and navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and



Continued on page 79



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—Genealogy—

Getting More Out of Ancestry.com

Thursday, June 19 — 287214-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these millions of genealogists simply type in a name and possibly a location and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. This class is PC-oriented. RSVP Now.



Google Power Tools for Genealogists

Friday, June 20 — 286224-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. **Prerequisite:** Basic computer skills and a Google account. In order to trace your family history, you need a powerful set of tools to get the job done. Google is a wonderful resource for a variety of genealogy tools. In this class, instructor Bob Ringo will show you how to fill your genealogy toolbox with free tools from Google. The Google tools that you will learn about include: Google Search, Google Maps, Google Earth, Google Translate, YouTube, Picasa, Google Images, Google Books, Google News, Google Alerts, Google Chrome, Gmail, Google Docs, and Google+. Taken together, these Google tools will let you take full advantage of the Internet and the latest technology in the pursuit of your family history. The best news is that all of these tools are easy to use. This class is PC-oriented. RSVP Now.



—Photo & Movies—

Cell Phone Photography

Tuesdays, June 17 & 24 — 266314-05

10:00 AM-12:30 PM (OC). \$39 (two sessions). Instructor Roy Salisbury. Learn how to take fantastic pictures with your Android-based cell phone (Samsung, HTC, LG, Motorola, etc). The cameras in our phones today are quickly be-



coming the first choice for taking pictures. Why not learn how to get the best photos possible? Find out what control you have over Scene Mode, Shooting Mode, burst shooting, ISO, flash, and more. Your phone is able to take great photographs, come learn how to do it with your cell phone. No iPhones or iPads please. RSVP Now.

Picasa

Monday, Tuesday & Wednesday, June 23, 24 & 25 — 256114-05

Or Tuesday & Wednesday, July 15 & 16 — 256114-06

June 23-25 class 1:00-3:00 PM; July 15 & 16 class 9:00 AM-12:00 PM; (OC). \$60 (six hours). Instructor: Len Carniato. Digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Picasa is a free and intuitive program designed for the “amateur” digital photographer that can be installed in any computer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur photos. Learn to crop, fix red-eye, lighten/darken, touch-up defects, repair colors, email, print, and much more. Sign up now and get started. **Prerequisite:** Be comfortable using your home PC and know basic skills. RSVP by 6/16 or 7/8.



Training

—Driver Training—

AARP Driver Safety Training

Monday & Tuesday, June 16 & 17 — 481014-05

Or Saturday, July 19 — 481114-06

9:00 AM-1:30 PM (OC). Instructor: Jim Thomson/Paul Jessen. Fee two-days \$25/\$30 (AARP member/non-member) or one-day class AARP \$20/\$25 (AARP member/non-member). Fee includes a \$10/\$5 Association administrative fee. AARP Driver Safety Refresher Training, is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must have attended the full eight-hour class in the past in order to qualify to attend “refresher” training. You must present your AARP membership card at registration and bring it to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited. RSVP by 7/12.



Continued on page 81

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WellFit

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

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.

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 the equipment safely and properly! Orientations are designed for that new resident or if you have not been in for a while, this is a great place to start your fitness journey. Register: Fitness Desks or online.

WellFit Orientations

- **Tuesday, June 16 — 700100-WN**
10:30-11:30 AM, Fitness Floor (OC)
- **Thursday, June 19 — 700100-KN**
4:00-5:00 PM, Fitness Floor (KS)
- **Wednesday, June 25 — 700100-WO**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, July 8 — 700100-WP**
3:00-4:00 PM, Fitness Floor (OC)
- **Tuesday, July 8 — 700100-KO**
10:00-11:00 AM, Fitness Floor (KS)
- **Wednesday, July 16 — 700100-WQ**
2:00-3:00 PM, Fitness Floor (OC)
- **Monday, July 21 — 700100-KP**
10:00-11:00 AM, Fitness Floor (KS)
- **Wednesday, July 23 — 700100-WR**
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, July 24 — 700100-KQ**
3:00-4:00 PM, Fitness Floor (KS)

Environmental

Experiences that involve caring for and appreciating nature. Encompasses not just our relationship with the planet and nature, but our relationship with our personal surroundings.

Nordixx Pole Walking

Tuesday & Thursday, July 1 & 3 — 750000-06

8:00-9:30 AM. Meet in the OC Fitness Center. \$45 (two outdoor sessions). Instructor: Dr. Richard Del Balso. Benefits of learning optimal use of poles for walking, hiking, exercise & mobility: Power & endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function — walk with *attitude*; improve balance, confidence, coordination,

bone density and posture — feel taller! Poles are sporty (and fun), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies and get great exercise! Register: Fitness Desks or online. RSVP by 6/24.

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)

Mondays & Wednesdays, July 14-August 20 — 878000-05

3:00-4:15 PM, Aerobics Room (OC). Six-week program, \$99. Diabetes Exercise Program is a class 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 type 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. Another significant benefit is that it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits 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 and maintain your weight and lowers your overall body fat. Please be advised we do ask that if you have been diagnosed with type 2 diabetes it's important to check your blood levels before and after class. Register: Fitness Desks or online. RSVP by 7/7.

Arthritis Class L2

Tuesdays, July 1-29 — 803000-06

Wednesdays, July 2-30 — 805000-06

Thursdays, July 3-31 — 803100-06

Fridays, July 4-25 — 801000-06

Tuesdays & Thursdays 11:05 AM-12:05 PM, Wednesdays 12:00-1:00 PM, Fridays 12:00-12:55 PM, Aerobics Room (OC). Tuesdays, Wednesdays & Thursdays \$37.50 (five sessions), Fridays \$30 (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. Register: Fitness Desks or online. RSVP by 6/24.



Continued on page 83



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Qigong (“chee-gong”) L1

Thursday, July 10-31 — 820706-06

1:00-2:00 PM, Aerobics Room (KS). \$30 (four sessions) Instructor: Sherry Remez. *Self-sustainability* — *activating your inner resources for profound wellness and energized longevity*. Learn to effectively use your inner resources to manage and release pain, stress and suffering as you increase energy, prevent and cure disease, strengthen immune response — **and have fun doing it!** Ongoing classes provide gentle physical methods proven to increase life energy, QiGong provides self-care skills for living life more fully, a re-awakening of your innate healing wisdom for emotional independence. You will develop enhanced optimism as you become proficient in employing energetic wellness tools of Meditation, Gratitude, Letting-Go, Compassion, Word Power, and Forgiveness. Methodology is approved by Kaiser Permanente, The Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medicine and Disease Prevention, and the Veterans Administration. Class is guided by Sherry Remez, a 28-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level. Register: Fitness Desks or online. RSVP by 7/3.

Lessons

Pro Tennis Lessons

Sundays, June 22-July 27

Beginner 8:00-8:50 AM — 790700-05

Intermediate 9:00-9:50 AM — 790600-05

Advanced 10:00-10:50 AM — 790500-05

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online. RSVP by 6/15.



Aqua Yoga L1

Monday July 7-28 — 832001-07

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength

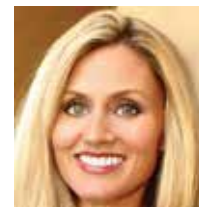
and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP one week before start of class.

Aqua Pilates L1

Wednesdays, July 2-30 — 832011-7A

Fridays, July 11-25 — 832011-7B

12:30-1:30 PM, Indoor Pool (OC). Wednesdays \$40 (five sessions); Fridays \$24 (three sessions). Instructor: Joanie Martin is a certified fitness professional with over 17 years of experience. Her areas of expertise include certified Pilates reformer trainer, yoga, aerial yoga, Pilates and aqua aerobics. The pool has become a new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions — standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress. Register: Fitness Desks or online. RSVP one week before start of class.



Evening Hatha Yoga L2

Tuesdays July 1-29 — 711000-07

6:00-7:15 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: Susan Hayes. Keep moving with an early evening yoga flow class that will increase your energy and reduce stress. Plus, it's good for your health! Everybody is welcome to this fun-filled, informative and challenging class. Register: Fitness Desks or online. RSVP one week before the start of class.



Healing Yoga and Meditation L1

Thursdays, July 3-31 — 711100-07

6:00-7:30 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative

Continued on page 85

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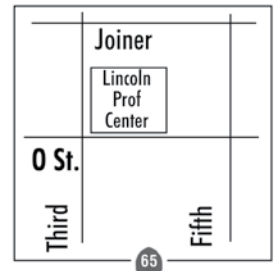


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ative deep relaxation, followed by a brief meditation, rounds out the experience. Each student receives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP one week before the start of class.

Extra Gentle Yoga L1

Tuesdays, July 8-29 — 710000-07

12:45-1:45 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. We use a chair for about half of the class. The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP one week before class date.



Traditional Hatha Yoga L2

Tuesdays, July 8-29 — 710100-6A

Thursdays, July 10-31 — 710120-6A

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP one week before class date.

Yoga for Osteoporosis L1

Mondays, July 7-28 — 711200-08

Fridays, July 11-25 — 710200-07

Mondays 6:00-7:15 PM, Aerobics Room (OC).

Fridays 5:30-6:45 PM, Aerobics Room (KS).

Mondays \$44 (four sessions); Fridays \$33 (three sessions). Instructor: Susan Hayes.

This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms and keep the wrists supple. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We also do deep breathing exercises, and finish with a restorative deep relaxation. Enrollment limited to 10 per class. Register: Fitness Desks or online. RSVP by one week prior to class start date.



Tai Chi L1

Tuesdays, July 1-29 — 730100-06

Saturdays, July 5-26 — 730200-06

Tuesdays 1:30-2:30 PM; Saturdays 11:00 AM-12:00 PM, Aerobics Room (KS). \$50 (five sessions). Saturdays 10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP by 6/27.

Tai Chi Intermediate L2

Saturdays, July 5-26 — 730300-06

10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP by 6/27.



Tai Chi Advanced L3

Tuesdays, July 1-29 — 730400-06

2:45-3:45 PM Aerobics Room (KS). \$50 (five sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening exercise) will be taught as well. Register: Fitness Desks or online. RSVP by 6/27.

Personal Growth

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

Self-Defense and Martial Arts

Tuesdays, July 1-29 — 815000-06

6:00-7:30 PM, Aerobics Room (OC). \$75 (five sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based

Continued on page 86

on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness Desks or online. RSVP by 5/27.



Wai Dun Kun

Thursdays, July 3-31 — 731000-06

9:30-10:30 AM, Orchard Creek Lodge grass area above the Amphitheater. \$30 (five sessions). Instructor: Joan J. Chien. Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kum for 30 to 45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times. Register: Fitness Desks or online. RSVP one week prior to class date.

The Sudoku Series

No class June or July, will return August 19. 9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned as the instructor, Russ Abbott, will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass. September will build on the basics of August by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves.

Money Matters

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

How to Evaluate Stocks

No class June or July, will return August 19. 10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott will instruct this popular class. This is a longtime favorite class in Lincoln Hills where we talk about stocks, how to buy them, how to value them, and how to buy and sell them at hopefully a profit. How can any stock be a good buy at \$700 per share, where do I get educated on stocks, and why should I even be in stocks in the first place? These questions and many more will be addressed in this class.

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.



Sessions shown with an asterisk () indicate four sessions instead of eight to allow more flexibility and summer traveling.*

SGT — TRX Express L1

Mondays & Wednesdays, June 25-July 21 — 835210-A7

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment. Register: Fitness Desk or online. RSVP seven days prior to class start date.



SGT TRX Express L2

Tuesday & Thursdays, June 24-July 22 — 835211-A7

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class July 3). 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. Register: Fitness Desk or online. RSVP by seven days prior to class start date.

SGT — Bootcamp L2

Tuesdays & Thursdays, June 24-July 17 — 835300-A7

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. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



SGT — Softball Spring Training L2

Tuesdays & Thursdays, June 24-July 17 — 835190-A7

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Richie Anderson. Want to improve your softball performance? Do you also want to stay healthy and injury-free during the season? This class will put emphasis on exercises

Continued on page 88

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Golf Cart Inspections at Orchard Creek Lodge

Golf Cart Registration (City of Lincoln) at OC Lodge
Thursday, June 19 and July 3 & 17
at 9:00 AM

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





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that will increase your rotational output when hitting or throwing, along with strengthening the muscles that sustain common injuries in softball and other overhead sports. Class will also include cardiovascular conditioning to encompass everything needed to step up your game. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



SGT — Fit 101 L1

Mondays & Wednesdays, July 2-14 — 835500-A7

12:30-1:30 PM, Aerobics Room (KS). \$70 (four sessions)*. Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to work on the TRX, weights, exercise bands walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals. Register: Fitness Desks or online. RSVP seven days prior to class start date.



SGT — “Fun”ctional Fitness L3

Tuesdays & Thursdays, June 24-July 17 — 835600-A7

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

New! SGT — Morning Burst Bootcamp L2

Mondays & Wednesday, July 2-28 — 835300-B7

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! Register: Fitness Desks or online. RSVP by seven days prior to class start date.

SGT — Healthy Back L1

Monday & Wednesday, July 14-23 — 835700-A7

11:30-12:30 PM, Aerobics Room (KS). \$70 (four 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. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

SGT — Healthy Back L2

Mondays & Wednesdays, July 14-23 — 835701-A7

4:00-5:00 PM, Aerobics Room (KS). \$70 (four 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. Register: Fitness Desk or online. RSVP by seven days prior to class start date.



SGT — Bootcamp L3

Mondays & Wednesdays, July 2-28 — 835400-A7

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. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



SGT — TRX Interval Training L3

Mondays & Wednesdays, June 25-July 21 — 835800-A7

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP by seven days prior to the class start date.



Continued on page 91

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—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.

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A6

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Janine Colson, Joanie Martin, Domine Trosky, Terri Alba and Eve Webber. This session is a prerequisite for Pilates Reformer L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations / goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.



SGT —The Basics L1

Mondays & Fridays, July 11-August 8 — 835120-A7

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

Monday & Wednesday, July 7-30 — 835120-C7

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

Tuesday & Fridays, June 24-July 18 — 835120-B7

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

New! SGT — Reformer for Pickleball L2

Monday & Wednesday, July 7-30 — 835181-07

12:30-1:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson. The exercises used in this class will be sport specific using the Pilates reformers and props. You can improve your pickleball game by executing these exercises that include rotation, forward and lateral movement, as well as overhead and underhand movements. As a result of this class you will notice a stronger core, increased flexibility and coordination as well as a reduction in muscle imbalance. Join this fun class and improve your game! Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Bootcamp Reformer L2

Tuesday & Thursday, July 1-24 — 835100-A7

3:00-4:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the Basics using more intense exercises, the TRX, medicine balls and more! Have fun while taking your workout to the next level. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Intermediate L2

Tuesdays & Thursdays, June 24-July 17 — 835130-B7

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

Tuesday & Thursday, June 24-July 17 — 835130-D7

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

Tuesday & Thursday, July 1-24 — 835130-C7

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Total Body Reformer L3

Tuesday & Thursday, July 1-24 — 835170-A7

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This advanced reformer Level 3 class is for seasoned Pilates participants, who have mastered both the Basics L1 and Intermediate L2 workouts. This class will challenge strength and endurance. Please note: For safety purposes, participants must be given instructor approval before attending the advanced class. Register: Fitness Desks or online. RSVP by seven days prior to class date.



SGT — Fit for Golf L2

Monday & Wednesday, July 2-14

8:30-9:30 AM — 835180-A7

Monday & Wednesday, July 2-14

2:30-3:30 PM — 835180-B7

Fitness Floor (KS). \$70 (four sessions).

Instructor: Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Annika Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. Register: Fitness Desks or online. RSVP by seven days prior to class date.



Continued on page 93

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SGT — Cardio Jump Reformer L2**Tuesdays & Thursdays, July 1-24 — 835131-07**

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

SGT— Bootcamp Reformer L3**Mondays & Wednesdays, June 30-July 23 — 835140-A7**

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the L2 Reformer adding more intense exercises, the use of intervals, TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT— Special Populations Reformer L1**Mondays & Wednesdays, June 30-July 23 — 835160-A7**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Special Populations Reformer L2**Tuesdays & Thursdays, July 1-24 — 835150-A7**

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class is the next step up from Special Populations Level 1. This class is for more experienced people who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to Level 1. Register: Fitness Desks or online. RSVP by seven days prior to class date.

Wellness Services

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

Group Exercise 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.

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

BALL & MORE L2: This class promises to deliver exercises for balance work, strength building, and light cardio. By using the stability ball, weights, bands and bars we will develop core strength and control.

BASIC BODY CONDITIONING: If chair class is too easy for you, but you aren't ready for regular aerobics, this class is for you! Warm up with fun and simple no-to-low impact moves that improve coordination and balance. Class focuses on proper body mechanics to safely improve strength and stability while delivering an excellent workout.

BASIC CHAIR L1: Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

BASIC LOW IMPACT L1: Ten-minute intervals of easy to follow cardio moves to music with five-minute intervals of balance, strength and toning exercises.

CARDIO DANCE & SCULPT L3: A fun, high energy dance aerobic workout which blends aerobic activity and sculpting exercises. Enjoy music that you can really move to and just have fun!

CARDIO STRENGTH L3: This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

CHAIR WITH FLAIR L1: Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

CIRCUIT L3: A class combining strength training and a cardiovascular workout! Strength training will be done with a combination of hand weights, resistance tubing, bands, and stability balls. Cardio portion will include low impact aerobics. A great workout.

CORE N MORE L3: Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the

Continued on page 95

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pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

CORE-N-STRENGTH L2: A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

EVERYBODY CAN AEROBICS L2: An easy-to-follow class for those wishing to start a cardiovascular program. The moves will be low impact and simple, no “fancy dance” moves. Light hand weights will be used to increase upper body strength. Come enjoy the benefits of a workout designed just for you!

HI-NRG CYCLE L3: This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

LOW IMPACT AEROBICS L3: Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

MIXED LEVEL INDOOR CYCLING L2: A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

PLATINUM-WATER IN MOTION L2: A shallow water, low impact aqua exercise experience. Participants enjoy a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly released music to easy to learn choreography.

SPLASH DANCE L2: A dance party in the pool! An aquatic exercise class with “dance flair.” Designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

STEP & SCULPT L2: Cardio step routines combined with toning intervals to give you a total body workout. Burn calories with low impact easy to follow step patterns.

STEP IT UP L3: Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. The class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

STRETCH PLUS EXPRESS L1: Stretch your mind and body during this 30-minute stretch class. All major muscle groups will be targeted to help increase flexibility.

STRICTLY STRENGTH L2: A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

WATER WORKS L3: Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

ZUMBA L3: This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

ZUMBA GOLD 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.

Disease Prevention & Management Punch Pass Classes

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!

DIABETES EXERCISE PROGRAM (DEP2) L1: Diabetes Exercise Program 2 is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program 1 or other education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio including the ever popular drum sticks and Endura sticks as well as various ball games!

ARTHRITIS FOUNDATION LAND CLASS L1-L2: This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion, 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!

Continued on page 96

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Mind and Body Punch Pass Classes

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

PILOGA L2: Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core – back and belly muscles – using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

PILOGA FLOW L2: Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates




exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhh!

YOGA, BEGINNING L1: Come see what the “buzz” is all about! Yoga starting from scratch for the uninitiated – although all aspiring yogis are invited to attend. This is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises.

YOGA BASICS L1: Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

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

OC Aqua WellFit Class Schedule June 15 - July 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L3 - Deanne		Water Works L3- Annamarie		Water Works L3- Roman		
8:30	 Platinum L2 Annamarie		 Platinum L2 - Annamarie		Water Works L3- Roman		
9:30		Water Works L3 - Deanne	Core n More L3- Annette	Water Works L3 - Deanne			
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	Splash Dance L2- Annette	Water Works L3 - Deanne	 Platinum L2 Lisa		
11:30	AF Aqua L1- Cathy		AF Aqua L1- Annette		AF Aqua L1- Cathy		
12:30	Aqua Yoga L1- Joanie		Aqua Pilates L1- Joanie		**Aqua Pilates L1- Joanie		
2:00							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00		Water Works L3- Roman		Water Works L3- Roman			
6:00							

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)

Group Exercise (punch card) \$3.50

* New instructor

** New Class

OC WellFit Class Schedule June 15 - July 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		
8:00	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Low Impact L3 - Jeri	
9:00	Zumba L3 - Domine	Core & Strength L2 - Julia	Zumba L3 - Andi	Core & Strength L2 - Julia	Step & Sculpt L2 - Jeri	Yoga Basics L1 - Susan	Cardio Strength L3 - Kim
10:00	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Ashley	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Ashley	Cardio Dance & Sculpt L3 - Domine	Tai Chi L2 - Peli	Zumba L3 - Carrie
11:00	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola	Tai Chi L1 - Peli	
12:00	Basic Low Impact L1 - Cindy	12:45-1:45 Extra Gentle Yoga L1 - Julie	Arthritis L1/2 - Lin	Arthritis L2 - Lin	Arthritis L1/2 - 12:00-12:55 Lin		
12:45				AF Land L1-L2 12:45-1:30 Cathy			
1:00	Chair with Flair L1 - Cindy		Chair with Flair L1 - Kathryn		Basic Chair L1 - Lola		
2:00	Balance Exp L1 - TBA						
2:30		2:00-3:30pm Traditional Hatha Yoga L2 - Julie		2:00-3:30pm Traditional Hatha Yoga L2 - Julie	Activities		
3:30	3:00-4:00pm MoveWell Today - Christine/Cathy		3:00-4:00pm MoveWell Today - Christine/Cathy	Diabetes (DEP 2) L1 Cathy			
5:00		4:30 Interval Strength - Lisa		Activities			
6:00	Zumba L3 - Andi		*5:30pm Zumba L3 - Joanie				
7:00	Yoga for Osteo L1 - Susan	Self Defense - Paul					
8:00							

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)
 Small Group Training (session based)
 * New Instructor
 ** New Class

KS WellFit Class Schedule June 15 - July 15, 2014

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR
6:15			6:15am SGT-Bootcamp L2- Robert				6:15am SGT-Bootcamp L2- Robert					
7:00												
7:30	7:15-8:15am SGT - Morning Burst Bootcamp L2- Lisa	SGT - Ref. The Basics L1- Paula	Mixed Level Cycle L2 - Deanne	SGT -Ref. Intermediate L2 Robert	7:15-8:15am SGT - Morning Burst Bootcamp L2 Lisa		Mixed Level Cycle L2- Deanne	SGT -Ref. Intermediate L2 Robert	SGT - Ref. The Basics L1- Paula			
8:30	Everybody Can L2 - Jeannette	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3 - Annmarie	SGT - Ref. The Basics L1- Robert	***Power Yoga*** Virtual L3- Deanne	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3- Annmarie	SGT - Ref. The Basics L1- Janine	SGT - Ref. The Basics L1- Paula			
9:30	Circuit L3 - Roman	SGT - Ref Special Pop. L1- Eve	Strictly Strength L2 - Lin	***SGT- Ref. Jump Board- Terri	*Circuit L3- Jeannette	SGT - Ref. The Basics L1- Janine	Strictly Strength L2- Lin	SGT - Ref. The Basics L1- Janine	SGT - Ref. The Basics L1- Paula			
10:30	Strictly Strength L2 - Jeri	SGT -Ref. The Basics L1- Janine	Piloga Flow L2 - Joanie	SGT Ref. Total Body L3- Eve	Everybody Can L2 - Lin	SGT -Ref. The Basics L1- Janine	Pilates Fit L2 - Domine	SGT -Ref. The Basics L1- Janine	SGT - Ref. The Basics L1- Paula			
11:30	SGT - Healthy Back L1- Kathryn	SGT -Ref. Bootcamp L3 Eve	SGT -Ref. Intermediate L2 Robert	SGT -Ref. Intermediate L2 Robert	SGT - Healthy Back L1-Kathryn	SGT -Ref. Bootcamp L3 Eve	12:00pm SGT-Functional Fit L2- Deanne	SGT -Ref. Bootcamp L3 Eve	SGT - Ref. The Basics L1- Paula			
12:30	SGT - Fit 101 L1- Robert	**SGT- Ref. for Pickleball L2- Janine	SGT -Ref. Intermediate L2- Domine	SGT -Fit 101 L1- Robert	**SGT - Ref. for Pickleball L2- Janine		1:00pm Qigong L1 - Sherry	**SGT - Ref. for Pickleball L2- Janine	SGT - Ref. The Basics L1- Paula			
1:30	Begin. Yoga L1- Susan		Tai Chi L1- Peff		1:30-2:45pm Mind Training for Sleep L1-Iram		Basic Conditioning L1 Kathryn		SGT - Ref. The Basics L1- Paula			
2:30	SGT - TRX Interval L2- Julia	SGT - Ref. Fit for Golf L2 Robert	Tai Chi L3 (2:45-3:45)- Peff	3:00PM SGT -Ref. Boot Camp L2 Eve	SGT - TRX Interval L2- Julia	SGT - Ref. Fit for Golf L2 Robert	3:00PM SGT -Ref. Boot Camp L2 Eve	SGT - Ref. Fit for Golf L2 Robert	SGT - Ref. The Basics L1- Paula			
3:30	SGT-TRX Express L1- Julia				SGT-TRX Exp. L1- Julia				SGT - Ref. The Basics L1- Paula			
4:00	4:00pm SGT Healthy Back L2-Kathryn		SGT - Softball Spring Training L2- Richie	SGT - Ref. Special Pop. L2-Eve	4:00pm SGT Healthy Back L2- Kathryn		SGT - Softball Spring Training L2- Richie	SGT - Ref. Special Pop. L2-Eve	SGT - Ref. The Basics L1- Paula			
5:00	SGT - Bootcamp L3- Lisa	SGT -Coming soon	SGT -TRX Exp. L2-Julia		SGT - Bootcamp L3- Lisa	SGT -Coming soon			SGT - Ref. The Basics L1- Paula			
5:30									SGT - Ref. The Basics L1- Paula			
6:00									SGT - Ref. The Basics L1- Paula			
7:00			Evening Yoga Flow L2- Susan				Healing Yoga & Meditation L1- Susan		SGT - Ref. The Basics L1- Paula			

Group Exercise Classes (punch pass) \$3.50

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



Adapting to Aging in SCLH

Tuesday, June 24 — Free

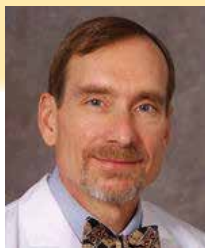
2:00-4:00 PM, Front Ballroom (OC). Do you need information and guidance to meet the predictable challenges to aging in SCLH? What's next? *Adapting to Aging in SCLH* is designed to empower our residents to plan for and navigate through aging in this community. *Living Through Transitions* can help you understand the predictable challenges of aging and *Resource Connectors* can link you to resources and services you need during a transition. Learn about both from the principals. Q&A to follow. See the article on page 12 for more information.



Shakes, Tremors, and Stagers: Movement and Balance Disorders

Wednesday, June 25 — Free

7:00 PM, Ballroom (OC). There are many conditions that could be listed under the topic of movement and balance disorders. Dr. Calvin Hirsch, Internal Medicine Physician with a sub-specialty in Geriatrics will address movement and balance disorders which will include (but is not limited to) Parkinson's disease and Multiple Sclerosis and other conditions which can involve tremors, staggering gaits, and muscle weakness. He will address functional status and various treatments for these conditions and suggest methods to prevent functional decline.



Tablet and Smartphone Health History with GenieMD App

Wednesday, July 9 — Free

6:30-7:30 PM, Ballroom (OC). Dr. Soheil Saadat, Ph.D., Founder & CEO GenieMD, Inc., will explain how the new health management paradigm and technology innovations are needed to face the significant healthcare challenges like diabetes or hypertension. The award-winning GenieMD mobile app combines many features to make it easier for patients to share information with their healthcare providers and to manage their health anywhere, anytime and on any device. It gathers Medical Record Data from doctors and hospitals, Integrated Data from Wearable Fitness Devices, Vitals Trending, Medication Tracking and In-app Refill



Request and more. GenieMD is available on iOS and Android devices.

Lifestyle Speaker: "Laughter – the Secret to a Long and Happy Life"

Wednesday, July 16 — 5216-05

7:00 PM, Ballroom (OC). Discover the secret to a long and happy life! Patty Wooten — nurse, humorist and professional clown — provides a presentation guaranteed to entertain and show you how to discover what makes *you* laugh. Scientific research shows that laughter improves our health, enhances relationships and eliminates depression. Are you ready to laugh more and feel happier? Learn the secret to finding the fun and funny side of any situation. Patty's wit and wisdom has healed the hearts of audiences around the world. This presentation is in cooperation with the Activities Department. Purchase tickets at the Activities Desk or on-line. For details, see the Entertainment section, page 51.



100 Years: World War One & Today

Tuesday, July 22 — Free

1:30-3:30 PM, Ballroom (OC). With the advent of the centennial year involved with World War One, there are many questions as to how that catastrophic event still influences the lives of those in the present day world. Mr. Denison, a noted WWI historian will discuss the legacies of the war that affect our world today and he will explore them in a holistic manner by concentrating in the areas of Politics, Diplomacy, Military, Technology, Economic, Social, Cultural, and Intellectual. Included will be several examples of how events in the War influenced people's thoughts and actions through the years.



Challenges in Coping with Chronic Pain

Wednesday, July 30 — Free

7:00-8:30 PM, Ballroom (OC). Pain is a condition that is common in older adults, particularly in chronic diseases such as arthritis, ulcers, diverticulitis and problems related to circulation. It is a myth that pain is part of growing old and that older adults should expect to have pain. Pain is almost always a signal that there is a problem that needs to be investigated. Debra Bakerjian, a nurse practitioner specializing in the care of older adults, will describe the types of pain, causes of pain, and common treatments of pain. This session will be held in an open format with time for questions and answers.



Continued on the following page

Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Adapting to Aging in SCLH Tuesday, June 24, 2:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Got Hormones? Wednesday, August 27, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Shakes, Tremors & Staggers: Movement & Balance Disorders Wednesday, June 25, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Federal Budget: Why is Agreement so Elusive? Thursday, September 4, 9:30 AM, Presentation Hall (KS)
<ul style="list-style-type: none"> • Tablet and Smartphone Health History with Genie MD App Wednesday, July 9, 6:30 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Changing Face of America: Children of Immigrants Wednesday, September 17, 2:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Lifestyle Speaker: Laughter — the Secret to Long, Happy Life Wednesday, July 16, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Run Silent — Run Deep: Vascular Disease Wednesday, September 24, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • 100 Years: World War One and Today Tuesday, July 22, 1:30 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Lincoln City Council Candidates Thursday, October 2, 4:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Challenges in Coping with Chronic Pain Wednesday, July 30, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Placer County League of Women Voters: State Initiatives Tuesday, October 7, 2:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Internet Security Basics — Tips to Stay Safe Online Thursday, August 21, 3:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Watch for more Community Forums in next month's <i>Compass</i>

What's Ahead?

Continued from page 12

(2) Resource Connectors™

The information and referral component, **Resource Connectors™**, has an office in the Wellness Center of the OC Fitness Center. This community-based (not SCLHCA-sponsored) collaboration of nonprofit and for-profit organizations connects our residents to the resources they need, linking them to agencies and services during a life transition or a predictable challenge to aging.

This 24/7 service provides telephone support (call 512-6257) for personalized information on resources available for meeting

obvious and emergent needs. A home visitor will help the resident find resources for more complex needs. These information and referral services, including the home visit, are *free*. Contracted services chosen by the resident — from an array of nonprofit and for-profit alternatives — are the resident's financial responsibility.

We're gratified to be taking these positive steps toward assisting residents in the process of "adapting to aging" in Lincoln Hills! For more information, call **Resource Connectors** (512-6257) and/or visit <http://resourceconnectors.org>. Also, see the Community Forum, "Adapting to Aging in SCLH" on page 100.

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OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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Hours

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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

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Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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GOT TICKETS?

Darlene Love

An Unforgettable Evening

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The Springsteen Experience

Tribute to the Boss

July 18 • 7:30 PM • 5014-4C • \$20

Harmony

Tribute to Three Dog Night

July 29 • 7:30 PM • 5014-4D • \$18



Rolling Stone

"Darlene Love is one of the greatest singers of all time!"



Grab n' go food and no-host bar available during all performances. See Amphitheater Guidelines on page 47.

Tickets available at the Activities Desk (OC/KS) or online. Visit Website for Full Concert Series Line-up.

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