

COMPASS

The Official Magazine of Sun City Lincoln Hills

August 2016

It's a Matter of Safety... page 5

National Night Out
Photos... pages 15, 24 & 25

Solar Array Update... page 8

Community Perks... page 43



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On the cover

The Long Run, Eagles tribute band, drew 1,744 attendees. There are three concerts left in the Summer Concert Series. Come join the fun and listen to great music!
See back page for details

Board of Directors Report

Food & Beverage Operations in Perspective

Hank Lipschitz, Director, SCLH Board of Directors



When it comes to eating, we're all "experts." We know what we like, how food should be prepared and served, and what we believe is a fair price. Our residents also have a wide variety of opinions and tastes. That is the reality that Jerry McCarthy and his Food & Beverage Team are faced with. You should know they are constantly trying to find new and improved ways to accommodate everyone's preferences.

We want Meridians to serve quality meals with good service, for breakfast, lunch, and dinner. In addition, we want to have music and be able to dance for those of us that like "a night out" once or twice a week. We want our catering operations to provide a quality event for our clubs, residents, and guests at a competitive price. When possible, we want to utilize our facilities for corporate events, weddings, and other events that will help offset some of our costs of our F&B operations as well as introducing our community to the outside world. Next, let's add we want our Sports Bar as a great place to drop in, have a drink and something to eat. And we should not forget the food and drink for our Summer Concerts and Happy Hour at the Pool. And lastly we want to have a light meal or cup of coffee at our Kilaga Springs Café. I hope I did not miss anything.

Our Food & Beverage employees are focused on providing quality food and drink with good service at reasonable prices. We know we have lots of residents with different expectations. We try to provide for different tastes and budgets. Our culinary team is being led by Chefs Ian Elieff and Anoud Zaki. I have found that the recent changes in the kitchen staff have inspired some nice additions to the new summer menu as well as off-menu specials. The focus continues to be on achieving a high level of consistency in quality and service for every meal.

Your Association provides this as an important part of our lifestyle. Enjoying food and drink in a relaxed and social atmosphere is of value to all of us. When making changes, the Board of Directors and Association staff will do so carefully with respect for our dedicated employees and our customers. Our Board continues to work through our Executive Director, who will be directing the F&B Team in achieving our fiscal goals while continuing to improve our offerings to our customers.

I invite you to come in and try the new menu and let us know how we are doing!



Board of Directors recognized the Properties Committee members for their contributions to the Association at their July 28 meeting. From left— Jim Leonhard, John Snyder, Don De Santis, Bill Attwater, (Properties Chair), Michele Hutchinson, Elise Homer, Ken Silverman, Mike Brown, Denny Valentine, Darlene Mooreland, Molly Seamons, Hank Lipschitz, Gary Younger, Michael Deal

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

It's hard to believe we are already mid-way into August. It is always a pleasure to see you at our concerts and in the hallways, and it was especially nice to see you during our **National Night Out** celebrations. Like Neighborhood Watch says, our lives are enriched by those around us and neighbors can be our most important security. To all our neighbors and everyone who held or participated in a party, thank you.

In addition to staff preparing outstanding entertainment, classes and trips for your enjoyment and continued education, volunteers spend countless hours preparing interesting club meetings, Community Forums and presentations to keep you informed. Refer to the **Calendar of Events** to the right of this column for a quick guide of dates, topics and pages for details. A few highlights: City of Lincoln Growth Report, August 16 at 10:00 AM, page 104; Alzheimer's and Dementia discussion September 8, page 43; a Community-wide Social October 7. See page 6 for details and plan to come out for lots of fun socializing, free food and

dancing to the Lincoln Highway Band.

2017 Department Budgets will be presented to the Finance Committee **September 8 and 12** with the **Budget rollup meeting September 15**. Join us for these meetings and hear firsthand forecasts of revenue and expenditures, and how they impact your monthly dues. See meeting schedule below under "Upcoming Association-Related Meetings for time/locations.

Thanks to the Lincoln Hills **Painters** for showcasing some of their artists last month in the OC Lodge entryway. This month the **Photography Group** is featuring many of its member's breathtaking black/white photography. Stop by and take a look. Next month Ceramic artwork will be featured from the **Ceramics Group**. We are fortunate to have so many residents share their talents with us. Enjoy these last days of summer, Autumnal Equinox is September 22. See you in the Lodge!



Calendar of Events

August 15-September 30

Date	Event	Page #
08/15	Astronomy: "Introduction to Black Holes"	26
08/15	Astronomy: "The Violent Death of Massive Stars"	26
08/15	Genealogy: Information about Familysearch.org	31
08/15	Painters: Representative from Dick Blick Art Supply	34
08/16	Concert: Great Guitars! Daniel Roest and Richard Gilewitz	47
08/16	Forum: City of Lincoln Growth Report	104
08/18	Book Discussion: <i>The Spellman Files</i>	27
08/18	Veterans: Speaker—Ernie Pyle Legacy Foundation	38
08/20	KS Classic Movies on Saturday: Peggy Sue Got Married	43
08/20-21	Softball: 2016 Sun Eagle Tournament	37
08/21	Sports: Giants vs. New York Mets	66*
08/22	Softball: 2016 Softball Playoffs Begin	37
08/23	Food & Wine: Historic Restaurants of San Francisco	66*
08/24	Alzheimer's/Dementia: A Caregiver's Story	26
08/24	Music Group: Play and Sing	33
08/24	Performance: Music Circus: Hunchback of Notre Dame	58
08/25	Eye Contact: "Adaptations, Part Two—Bathroom/Bedrm."	30
08/26	Music Group sponsored Open Mic Night	34, 43
08/26	Lincoln Community Blood Drive	43
08/26	Summer Concert Series: Glenn Miller Orch./Diamonds	47
08/30-31	Players: Auditions "Happy Holidays, Musical Tribute"	35
08/31	Food & Wine: Best in the West Rib Cookoff	56
08/31	Forum: The End of Life Option Act	23, 104
09/01	Investors' Study: Speaker, iShares Product Consulting	32
09/01	Softball: National vs. American League Championship	37
09/02	Concert: An Evening with Ariana Savalas	47
09/02	Festival: Gold Rush Days	51
09/05	Antiques: Vintage Collections of Vanity Items	26
09/05	KS at the Movies on Saturday: Star Wars: Force Awakens	43
09/06	Eye Contact: Connections Between Exercise/Eye Health	30
09/07	Astronomy: "Gravity—Does It Control the Universe"	26
09/07	Performance: Beautiful—The Carole King Story	66*
09/08	SCHOOLS: Annual Meeting	13, 36
09/08	Alzheimer's/Dementia: An Increasing Concern	43
09/08	Performance: Eldorado Reno—The Full Monty	56
09/09	Coffee with the Mayor	43
09/10	Leisure: San Francisco Saturday	65
09/12	Bird: A Program About Owls	27
09/13	Tennis: Fall LITT Tennis Tournament	38
09/14	Computer: Social Media for Seniors	29
09/14	Performance: Beautiful—The Carole King Story	66*
09/15	Book Discussion: <i>All the Light We Cannot See</i>	27
09/15	Tour: Berkely Botanical Garden and Trader Vic's	65
09/16	Computer Clinic: Windows 10, Anniversary Edition	29
09/16	Summer Concert Series: Country Royalty	48
09/17	KS Classic Movies on Saturday: Moonstruck	43
09/17	Festival: Benicia Fine Arts & Crafts Fair	52
09/21	Forum: Down Low Down There: Urology Issues	104
09/22	Casino: Colusa Casino	51
09/22-23	Players: Readers Theater Auditions, "The 39 Steps"	36
09/23	Summer Concert Series: Frankie Valli Tribute Show	48
09/24	Tour: Sausalito Floating Homes Tour	65*
09/28	Performance: Speaker Series: Michael Lewis	63
09/29	Comedy: KS Comedy Night with Kat Simmons	47

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

Upcoming Association-Related Meetings: Date, Time, Place

August 15-September 30

Golf Cart Registration	Thursday, August 18, September 1 & 15, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, August 18, 9:00 AM
ARC/Architectural Review Committee	Monday, August 22, 9:00 AM
Listening Post	Tuesday, August 23, 11:00 AM
Board of Directors Meeting	Thursday, August 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, August 25, 10:30 AM
Board of Directors Executive Session	Thursday, August 25, 11:00 AM
Elections Committee Meeting	Friday, September 2, 10:00 AM
CCOC/Clubs & Community Organizations ...	Tuesday, September 6, 9:30 AM
Compliance Committee Meeting	Wednesday, September 7, 10:30 AM
First Budget Meeting	Thursday, September 8, 9:00 AM
ARC/Architectural Review Committee	Monday, September 12, 9:00 AM
Joint Properties/Finance Workshop/	
Capitals & Reserves	Monday, September 12, 9:00 AM
Second Budget Meeting	Monday, September 12, 10:00 AM
CCRC/Communications & Commun. Rel. ...	Monday, September 12, 11:30 AM
New Resident Orientation	Wednesday, September 14, 1:00 PM
Finance Committee/Budget Roll-Up	Thursday, September 15, 9:00 AM
Finance Committee Meeting	Thursday, September 15, 9:15 AM
Board of Directors Special Meeting	Thursday, September 22, 3:30 PM
Board of Directors Executive Session	Thursday, September 22, 4:00 PM
Board of Directors Meeting	Thursday, September 22, 6:30 PM
ARC/Architectural Review Committee	Monday, September 26, 9:00 AM
Listening Post	Tuesday, September 27, 11:00 AM

Meetings in OC Lodge unless noted otherwise.



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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Happy mid-August everyone ... At least it's a dry heat! One of the side benefits of the solar installation (see page 9) is the fact that we were able to add an electric car charger to the Ballroom side of the parking lot. The charger has two plugs for dual use. If you would like to use the charger, please stop by the front desk (OC), and we will give you the instructions to set up a resident account. This will get you a discount when using the charger ... We had an incident at the Kilga Springs Fitness Center

which required staff to respond and use one of our AED units. Jeannette Mortensen was the team member who took charge and provided first aid that saved a resident's life. We are incredibly proud of Jeannette, and thankful that our resident is still with us. I have personally known this individual for a number of years, and he is a wonderful, caring person. Jeannette is one of our WellFit managers, and in addition to saving lives, does a great job working with our trainers and fitness programs ...

of several of our residents who were concerned about lighting levels in this area. We will be adding additional lighting at the Fitness Center and Meridians entries ... We are going to be posting information on the website regarding the solar array and the production totals. One item noted recently was that production was off about 4-5% from the initial estimates. Looking into this, it was found that the panels are in need of cleaning, which by the time you read this should have taken place. This will have a positive effect on overall production and get us where we need to be. We will send out an eNews when this is posted ... The July Listening Post was well attended, and I appreciated the questions and conversation. If you have not attended a Listening Post before, please check the calendar for the date and time. It is designed as an informal gathering where residents can get updates on the Association, and get their questions answered. I encourage you to attend ... Thank you and have a great rest of your August.



Ken Silverman prepares to charge his vehicle using the Electrical Vehicle Charging Station

We recently added four light poles to the walkway that leads to the OC Ballroom. The poles are attractive and do a great job of increasing the visibility at night to this area and the adjacent disabled parking stalls. This project was initiated at the request

It's a Matter of Safety

As noted in the article to the right, our staff member, Jeannette Mortensen saved the life of one of our residents who, after suffering a massive heart attack, fell to the ground face first in the lobby of the KS WellFit Center. Please review these important points:

- Carry identification with you
- Check in at the WellFit kiosks prior to using the facilities so that we know you are there, and if there is an emergency, we can locate you.
- Staff has current lifesaving training certifications and biohazard protocols. Please do not interfere with their protocols, judgment, and directions provided to others.
- If an area is blocked off or if a staff member asks you to stay away or walk around, please adhere to the request.

Employee of the Month Award

Our July "Employee of the Month" is Jeannette Mortensen who joined our WellFit Department in December, 2013. Here are just a few words shared by our staff:

"Jeannette deserves the employee of the month hands down! She saved one of our residents' lives!" "Not only did Jeannette save a life this week, she did so with strength and knowledge, exemplifying leadership and the importance of our staff CPR/AED training." "She always takes that extra step when needed, we can always count on her and she is a joy to work with."

Please stop by the KS WellFit Center to congratulate Jeannette. We are



Jeannette Mortensen, Fitness Supervisor, left, with Nancy Gabriele, HR/Payroll Manager

fortunate to have her on our team and appreciate her hard work, her lifesaving CPR/AED skills, and her dedication to Sun City Lincoln Hills.

- Do not stand around to look and ask questions. Move on to your business at hand.
- If you can provide first-hand knowledge

of the incident, please wait until asked for your input by professionals providing emergency assistance. Thank you.

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Filing Period for Board Candidates is Upon Us

Elections Committee

September 12, through Wednesday, October 12, 2016, at 4:00 PM is the period in which one may submit an application to become a candidate for our Board of Directors. If you are considering becoming a candidate and would like to learn more about the duties of a Board Member and the election campaign process, you are invited to attend the Candidate Information session to be held on:

Wednesday, September 7

1:00-3:00 PM in the Heights Room (OC).

Current or past Directors will share their experiences and answer questions about duties and satisfaction of serving in this important role. A person need only be a Member in Good Standing to qualify as a candidate.

This session will be videotaped and available on the community website a few days afterward.

Applications for Board of Directors candidacy are available, upon request, at the Membership Desk (OC) and may be submitted there during the filing period. Remember the filing period is September 12-October 12, 2016. It closes at 4PM on October 12th.

Now is the time to step forward to help keep our community the outstanding one we enjoy!

Activities News & Happenings

The Joy of Travel

Lavina Samoy, Lifestyle Manager

"The world is big and I want to have a good look at it before it gets dark."

—John Muir

Travelling to places new or tried and true opens our lives to fresh adventures and experiences that create wonderful memories. Here in Lincoln Hills, we are fortunate to have Katrina Ferland, our Trip Coordinator who is dedicated to arranging exceptional trips with the residents' com-

fort, safety, and convenience in mind. From venues to bus, routes, rest stops (including number of restroom stalls), hotels, restaurants, and menus,

these are all vetted before they are offered. These plus Katrina's personal touches make everyone feel special and make Lifestyle's trips programs rise above the rest.

Lifestyle's "non-refund" policy applies to classes, entertainment, and trips. Overnight and extended travel can get costly depending on the length of the trip and the activities included. With advanced enrollment, we know that anything can happen. Protect yourself from the unexpected, and consider purchasing Travel Insurance for your trips. The Association does not offer insurance and participants are responsible for getting insurance that



Katrina Ferland
Trip Coordinator

meets their needs. For your convenience, a list of trip insurance providers from the US State Department is available at the Activities Desks.

Speaking of new places to see, check out the U.C. Davis Arboretum and Raptor Center on October 15 (page 65), SF 49ers Levi's Stadium Tour, November 12 (page 66), and the Scrapbook and Stamp Expo on October 21 (page 66). We are also offering the very popular trip to the Beale Air Force Base, October 14 & 21 (page 65), Quiltfest in Santa Clara on October 13 (page 56), Silver Legacy's Great Italian Festival on October 8 (page 52), and Apple Hill, October 3 (page 56). Seats are still available for Fleet Week Hornblower Luncheon Cruise on October 9 (page 56).

While here at home, don't miss the remainder of the Summer Amphitheater Concert Series on August 26 with Jukebox Junction: starring Glenn Miller Orchestra

and the Diamonds (page 47); the music and songs of Hank Williams and Patsy Cline by Jason Petty and Carolyn Martin: Country Royalty, September 16 (page 48), and Let's Hang On! A Frankie Valli Tribute show, September 23 (page 48). Watch the newest one-man act from resident favorite Duffy Hudson, The Life and Work of Harry Houdini, October 4, in the P-Hall (KS) with escapes and magic (page 51)! Our Oktoberfest Celebration is back on October 14 (page 51). Reserve a table with friends and enjoy traditional music, dancers, and buffet.

Internationally renowned artist, Susan Sarback is returning with a two-day art workshop for experienced artists: Capture Radiant Light and Color in your Paintings on October 14 & 15 (page 68).

Here's to looking at the world!



"Let Our Police Department Know We Support Them in a Big Way"

Surrounded by Lincoln Police and residents, Lauri & Warren English presented a check, now over \$4,500, to officer Steve Krueger, Executive Director of Lincoln Police Activities League (PALs). PALs is a non-profit organization dedicated to fostering positive relationships between police officers and young people. The English twosome demonstrated that from sorrow, together we can



generate hope for a brighter future. Thank you to all who contributed to this fundraiser and our thanks to the Lincoln Police department for their care and protection.

WellFit News

Breast Cancer Benefit Social
Save the Date—October 7

Cindy Davis, WellFit Event Coordinator

Things are always on the move at our WellFit Fitness Centers and summertime is no exception. The outdoor pools are spilling over with great-grands, grands, and grandkids and Thursday's Happy Hour with all the trimmings will make you feel as if you're on vacation! But behind the scenes, we are busily planning ahead and I want to tell you about an upcoming fall event so that you can be sure to save the date.

Are you free Friday, October 7? Our community-wide Breast Cancer Benefit and Association Social are taking place in the OC Fitness Center parking lot (yes, the parking lot) and everyone is invited. We have lots of entertainment planned for you

so stop by from 3:30 to 7:30 PM to enjoy complimentary food, drink, music, and lots more. If you wish to take part in our fund-raiser for Breast Cancer, \$20 will buy your pink wristband which includes a \$10 donation to Placer County Breast Cancer Foundation, a special gift for the first 300 who arrive, and entry into all activities.

First on the schedule, Summer and Ruby will be heading up a lively Zumba class. Next, we will challenge you to set a record for the largest chair exercise class at SCLH. (An adult community in Ohio set the Guinness world record with 480—how many can we do?) Then we will have a basketball free throw session to see how many baskets we can make collectively in

45 minutes. Some of our very own residents are coming out of retirement from college basketball specifically to head up this event!

With the focus on FUNdraising, local businesses are pledging donations for free throws made and chairs filled, so with your participation we can raise a truly generous donation! The founder and CEO of our chosen charity is Roseville Mayor Carol Garcia, a breast cancer survivor whose foundation has raised close to two million dollars to date.

This will be a grand event to highlight October as National Breast Cancer Awareness month so let's do our part to show that "Our SCLH Community Cares." We can't think pink without you! (For more information, refer to page 6.)

Well Fit Classes: pages 91-103
Class Grids: pages 100-103

Solar Array Update

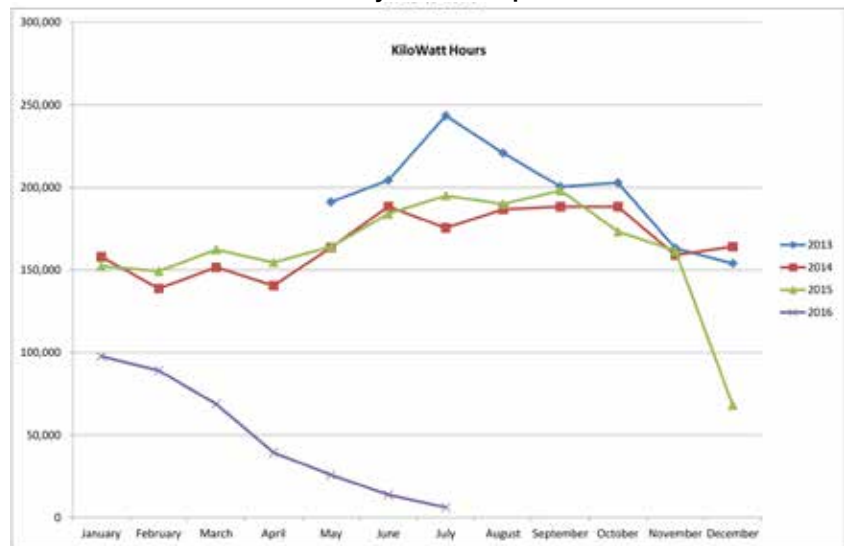
Bruce Baldwin, Director of Finance

These charts reveal the benefit we receive from our new solar array at Orchard Creek Lodge. Many residents of Sun City Lincoln Hills have solar systems installed in their homes and are familiar with the joy of opening their PG&E monthly bill to see how little power they needed to purchase.

As summer arrived and the hours of daylight lengthened, our electricity purchased from PG&E dwindled. In our July invoice we purchased 67,879 kWh and sold back 61,678 for a net purchase of only 6,201 kWh. Our historical consumption for June-July is 185,000 kWh per month. Our new array generated 170,248 kWh.

We are now on the A6 rate schedule and Time of Use metering to optimize the impact of our solar electricity production. The A6 schedule eliminated demand charges which are the bane of commercial customers. Our electricity bills for June and July were negative \$4,919 and negative \$6,636. Even though we purchased more electricity from PG&E than we sold, we sold some of our production to them during mid-day at peak rates and then bought it back in the evenings at off-peak rates. We are on Net Energy Metering and these negative invoices will reduce the amount we need to pay PG&E in November when we reach the end of our annual billing cycle.

Sun City Lincoln Hills Community Association
PG&E Electricity kWh Recap 2013-2016



PG&E Electricity Cost Recap 2013-2016



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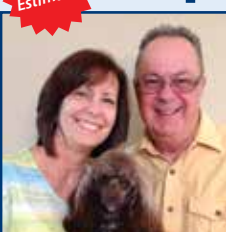
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The Spa at Kilaga Springs

Summer Heat at the Spa at Kilaga Springs

Stacey Z. Diemer, Manager, The Spa at Kilaga Springs
www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

Halfway through August, we continue to enjoy summer here at The Spa at Kilaga Springs. Our service appointments have increased with current clients coming in for regular services or trying new spa treatments. We have also seen an increase in new clients and have witnessed some special moments with grandkids coming in with Grandma or Grandpa for a special spa service. The Spa at Kilaga Springs is a great place to pamper yourself or your grandchild that is visiting. It is an opportunity to show them the importance of taking care of their skin and their nails as well as the bigger picture—no electronics and time to just relax!

As we teach the grandkids and ourselves that valuable lesson of relaxation and self care, we need to remember in this summer heat to:

1. Hydrate all day long.
2. Wear sun screen or sun block every day to protect the skin.
3. Have regular skin and body treatments. These treatments not only help us relax but, by keeping the dead skin exfoliated, it encourages

new skin, and keeps pores open so they can eliminate metabolic waste, supporting the immune system.

The Spa at Kilaga Springs August facial and massage specials will help keep your face and body in tip-top condition during the warm August sun. The Blueberry Lemonade Refresher Facial and Watermelon Full Body Scrub and Massage are a sure way to cool off this summer. Don't forget to keep those toes in summer condition with a Spa at Kilaga Springs Pedicure.

~See our ad on page 46.~

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Are Our Reserves Adequate?

Hans Fokkema, Finance Committee

The June 2016 financial results indicate that the actual year-to-date expenses for SCLH were \$79,773 below budget, which puts us in a good position for the remainder of the year. Operating funds were \$1,038,390 while reserves totaled \$7,371,196 or 89.1%. To learn more, consider attending the monthly meetings of our Finance Committee.

Homeowner associations must have a reserve fund to allow them to replace fixed assets when needed without having to increase homeowner dues. The reserving process is not an exact science and includes a number of estimates. We therefore use an outside company (Brown-

ing Reserve Group) to help with the annual update of the reserve system.

Because monthly financials include an "Estimated Percent Funded" for the reserves, the question is often asked whether our reserves are enough. Yes, our reserves are adequate. Each asset is reserved over its expected useful life and its expected replacement cost. An asset with an expected useful life of 10 years will be reserved for in 10 installments and after five years the amount reserved will be approximately 50% of the future replacement cost. The sum of the amounts reserved for all assets is called the "Fully Funded Balance." The 2015 Reserve Study shows that the Fully Funded Balance for the end of 2016 is \$8,269,584 and that

the actual current balance in the reserve account is \$7.4 million, for a funding percentage of 89%. Why is that enough?



First of all, only some of our assets need to be replaced. The 2016 Fully Funded Balance for all reserve items was \$8,269,584 but the estimated future replacement cost of those items was \$20,612,789, which suggests that while there are, of course, items that need to be replaced each year, the average asset being reserved for is about halfway in its useful life. In addition, part of the monthly homeowner dues will be added to the reserves each year to offset the cost of the reserved assets that need to be replaced. For 2016, this amount was \$17.38 per month out of total dues of \$111.00 for an annual reserve contribution of \$1,414,662.

According to outside experts, we should generally not let our reserve funding percentage get below 70% or above 95%. It is agreed that 75% is a good minimum target to shoot for. If you have any questions about the reserving process, please come and talk to us after the Finance Committee meetings.

Statement of Operations YTD—June 2016

Homeowner Assessments & Other	\$3,886,557	\$3,884,227	\$2,330
Administration (Expense)	(949,216)	(887,030)	(62,186)
The Spa at Kilaga Springs	(17,729)	22,150	(39,879)
Fitness	(209,202)	(246,570)	37,368
Activities	(225,067)	(274,430)	49,363
Rec. Center / Maintenance	(1,182,399)	(1,210,220)	27,821
Landscape Maintenance	(1,266,720)	(1,369,757)	103,037
Food & Beverage	(98,681)	(60,600)	(38,081)
Capital Asset	15,000	15,000	-
Net Revenues (Expense)	(\$47,457)	(\$127,230)	\$79,773

S.C.H.O.O.L.S.

(Sun City Helping Our Outstanding Lincoln Schools)

Annual meeting: Thursday, September 8, 1:00-3:00 PM, Presentation Hall (KS)

Speaker: Scott Leaman, Superintendent of West Placer Unified School District

Many principals will be there

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Sandy Frame at 408-1453 or ssframe1963@gmail.com



The Dog Days of Summer

Melinda Rogers,
Community Standards Manager

July and August are known as the *Dog Days of Summer*. These hot, nearly intolerable days are an ideal time to plan your fall and spring maintenance.



In the cooler morning hours, take a walk around your property and look at the general condition of your home. Does it need paint? Does it need any repairs? Then look at your landscaping. Is it what you want it to be or are there improvements that need to be made?

Once you have an idea of what you want to do, review the Design Guidelines and/or paint binder, fill out your ARC Application form and corresponding Checklists, and submit the documents and photos to the ARC for review. Once ARC approved,

your project(s) can begin. If you plan accordingly, you'll be document ready when the weather cools, and during the next Dog Days of Summer you'll be sipping lemonade and enjoying the view!

Notes:

- ARC (Architectural Review Committee) forms and the paint binder are available in the Business Office (OC) next to the main desk.
- ARC forms are also available on the resident website under "Community Standards."
- Paint ARC Applications are reviewed every Thursday; solar ARC Applications are reviewed as received; and everything else is reviewed on the second and fourth Mondays.
- The Design Guidelines are mailed to each home once a year on a CD, which also includes other Governing Documents and the CC&Rs.

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

- ARC/Architectural Review Committee
- Compliance Committee

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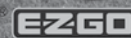
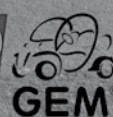


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Meridians Serves Up Summer Delights

Jerry McCarthy, Director of Food & Beverage
www.facebook.com/MeridiansRestaurant,
www.twitter.com/Meridians_SCLH

Our warm summer weather will be with us for another month or so, and with it comes a bounty of fruit, vegetables, and exciting summer treats. The Meridians summer menu has been a huge success! Make time to enjoy some of the new and enticing offerings. Start your day with one of our new breakfast skillet cooked to order. You have two to choose from and they come with house potatoes, two eggs, choice of bacon, sausage, or ham and it also comes with a choice of pancakes or toast! Or, if you are looking for something a little lighter, you might enjoy the Summer Garden Frittata.

Lunch, dinner, and sports bar menus also have multiple new offerings. Perhaps you are in the mood for an Heirloom tomato salad, Margherita flatbread, and new improved chicken quesadilla. For those with a more hearty appetite you find some great choices from the dinner menu. The baby back ribs are flying out of the kitchen as well as the sizzling beef fajitas! We also have a nice Lighter Dinner selection that offers great summer choices with detailed descriptions and calorie counts. And don't forget Happy Hour seven days a week with some of the new Spicy Chicken Wings or new offerings from the all new happy hour food menu.

As the temperature continues to be toasty, there is no better way of staying cool than Happy Hour at the pool every Thursday evenings with friends, neighbors, live music, and cool drinks. (See article and photos starting on page 23.) Another great activity this time of year is the Summer Amphitheater Concert Series. Each concert day starts with Meridians Breakfast Buffet. Top off your concert experience by dining in Meridians or join us in the Amphitheater for food and drinks. Doors open at 6:00 PM for all shows.

Make sure to watch the resident eNews when we announce this year's Annual Crab Feed and New York Deli Night coming up. Once again, thank you for your continued support of the Food & Beverage Department.

~Please see our ad on page 20.~

2016 National Night Out at the Amphitheater



See National Night Out Neighborhood Photos on pages 24 & 25

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Humor is a Mental Condition A Conversation with Jack Fabian

Nina Mazzo, Roving Reporter

Jack Fabian is a self-described humorist and storyteller, and on the more serious side, an oil painter. After retiring, his “punchline poetry” resulted in a monthly humor column for the *Lincoln News Messenger* and their sister publications.

We need to travel back in time to discover what he believes sparked his creative abilities. Jack was raised in the 1930's in Pennsylvania, a difficult time when people worked very hard just to survive. But the weekends took on quite a different feeling as families gathered together to celebrate life with lots of food and drinks, infiltrated with storytelling, continuous laughter, and good cheer. He smiles as he recalls these happy and fulfilling times.

Graduating from high school in 1946, he was immediately drafted into the Army and sent to be part of the occupation forces in Japan. After discharge, he used the GI Bill to attend Central Tech Institute in Kansas City where he trained to be an AM transmitter engineer. On his first job, it wasn't long before they insisted he go

into broadcasting, which included things such as reading the news and having fun as a disc jockey. He said this assignment was pure delight.

Fulfilling jobs followed with Bendix in Kansas City, Aerojet in Rancho Cordova, and Formica in Rocklin, where a few years later he was widowed. Later on he met Reg, right here in California. To their surprise, they discovered they were raised about 80 miles apart in Pennsylvania. They married and on Valentine's Day in 1999, opening day, they were the sixth buyer here in Lincoln Hills.

Jack uncovers humor by stating the obvious, followed by an unexpected conclusion. He refers to his style of writing as “deviated non-fiction.” He regaled me with colorful tales and quips as we sat discussing his motivation. Anything he sees, reads, or hears is material for what he calls “humor with a purpose.”

At 88 years young, Jack says he's running out of numbers, and is sure that his writing efforts have impacted his mental wellbeing.



Showing his fantasy *TIME* magazine cover—“Humorist of the Year, Poet Laureate, Jack Fabian”

His eyes twinkled as he leaned forward and asked, “What is the most profitable form of writing?” His answer—“Ransom notes!” *Bada Bing!!*

Are you a poet, storyteller, wordsmith in training? The Writers Group will offer a creative environment for you to get started or receive feedback on your work.

In addition, the Lincoln Poets Club meets at the Twelve Bridges Library the second Sunday of each month, often with a guest speaker or poet.

Historic Bank Becomes a Business of Beauty

Al Roten, Roving Reporter

The building on the east side of Lincoln Boulevard just north of the corner of Fifth Street has seen interesting transitions over the past 150 years. In the 1860's it was a wood frame home. Then in 1883, a brick building was constructed to house a variety store and news stand. In 1914, it was converted to its classic revival façade with a secure vault to serve as the Bank of Western Placer. It continued service as a bank until 1951.



Street has seen interesting transitions over the past 150 years. In the 1860's it was a wood frame home. Then in 1883, a brick building was constructed to house a variety store and news stand. In 1914, it

was converted to its classic revival façade with a secure vault to serve as the Bank of Western Placer. It continued service as a bank until 1951.

As we wander through the historic downtown Lincoln, we find that the business of running our city was conducted in several

The original bank vault is still inside the building, in The Beauty Vault, an inviting hair salon

buildings; this building was Lincoln City Hall from 1953 to 1974.

The distinctive exterior of the building is essentially unchanged since 1914. Only the bank name has been removed. The Doric columns on either side of the doors and the granite front steps remain. The wooden double front doors have been changed to aluminum framed glass doors leading to the two businesses currently in this nice building. The right side of the building houses Dorsey Capital Management, an investment advisory owned by our elected City Treasurer, Terry Dorsey.

The left door takes one to The Beauty Vault, so named because the original bank



Western Placer Bank Building today, essentially unchanged since 1914

vault with its ornate secure door remains. The Beauty Vault, owned and run by Kyla Dunham, is a comfortable and inviting hair salon.

Come to Downtown Lincoln to support local merchants and experience the charm of what is new in our historic buildings.



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What Puts the “Happy” in Happy Hour? Poolside on Thursdays 5:00-7:00 PM

Doug Brown, Resident Editor

Stepping out from the Fitness Center last Thursday, I immediately noticed why they call this



Jerry McClendon's one man band and vocals at Happy Hour

“Happy Hour.” To the energetic beat of Jerry McClendon’s keyboard and vocals, faces were smiling and feet were tapping as Jerry sang “Achy Breaky Heart,” an old line dance favorite. This is no ordinary Happy Hour, thought I.

A few dozen others were at tables engaged in animated conversations—about the weather (it was hot!), the latest Giants loss (not again!), and the political convention they were missing (actually, they were “happy” not be talking politics!). And this Happy Hour features more than cooling libations for a hot summer afternoon. Would you like to help Jim Walker (photo) munch his hot dog? Or others with their chips and beer? What are you waiting for?



Doug, on the right, asked the merry throng what they thought put the “happy” in this Happy Hour for them

I asked the merry throng what they thought put the “happy” in this Happy Hour for them. “Friends, fun, and music,” exclaimed Cindy. “The food and drink, but most of all the dancing,” said Sheila, with an extra twinkle in her eye on that last word. “The view,” added another, which prompted me to gaze beyond musician Jerry and take note, once again, of the attractive landscaping we all enjoy so much.

Please see “Happy Hour” on page 39

Knowing Your Choices for the End of Life

Gail Marculescu, Chair, Health Education Team

Words like “death and dying” used to be words that were whispered behind closed doors and not used in polite conversation. It has taken several decades in our death-avoidant culture for the discussion about personal choice at the end of life to come out of the closet and into the light of examination for patients, families, caregivers, medical personnel, and legislators. Now words like “advance directive,” “death with dignity,” “POLST” (Physician Orders for Life Sustaining Treatment) and the right to refuse medical treatment can be openly discussed with medical personnel, families, and seriously ill patients. Each of us can empower ourselves by being informed about a range of options at the end of life and knowing how to access those options.

Compassion and Choices leads the national effort to increase access to the full range of end-of-life options. This non-profit organization has been instrumental in helping to pass the *End of Life option Act*, which

was signed into law by Governor Jerry Brown on June 9. The Act gives a mentally competent, adult California resident who has a terminal disease the legal right to ask for and receive a prescription from his or her physician to hasten death, as long as

“Now words like “advance directive,” “death with dignity,” “POLST” (Physician Orders for Life Sustaining Treatment) and the right to refuse medical treatment can be openly discussed with medical personnel, families, and seriously ill patients.”

required criteria are met. The legislation initiates a new era for California patients and physicians, and many health systems are already educating physicians on the strict rules and regulations that structure implementation of the law. One key point is that a patient cannot take advantage of the new legislation unless he or she has the

physical or mental ability to self-administer.



Healthcare, especially end of life care, should be centered on and directed by the individual, in partnership with doctors and other healthcare providers, and supported by loved ones. It all begins by informed consumers starting the process before they become terminally ill by initiating a conversation with their physicians and continuing the discussion when terminal illness strikes. Plan to attend the August 31 Community Forum, **The End of Life Option Act: Empowering Californians with Terminal Illness**, presented by a distinguished panel consisting of Patricia Moore-Pickett, M. D., William Nesbitt, M.D. of Sutter Care at Home, and Juliette Robertson, Esq., of Robertson/Adams Trust & Estate Attorneys, (see page 104).

More information can be found at the California Department of Health website www.cdph.ca.gov and from *Compassion & Choices* www.CompassionAndChoices.org.



Neighborhood Watch

A Million Smiles at National Night Out Neighborhood Parties

Patricia Evans

National Night Out was a gala celebration with 91 neighborhood parties for Lincoln Hills residents. Here is a rundown on the



festivities pictured on these pages.

Joanne Barron, Village 34B, and Loren Winckler, Village 19A, Mail Stations 1&2, have hosted National Night Out parties every year since our first celebration in 2005. Village 41A has celebrated with a big bash every year since it was built in 2006. Their hosts for over 80 guests were Klaus and Gisela Zanders.

Newcomers Tom Groves, Village 14, MS6, and Judy and Lance Presnall, Village 10A, MS 8&9, hosted their first National Night Out parties. Get-acquainted activities provided fun for all!

Ice cream socials were held by Jeanie Robertson, Village 19A, MS10, and Vickie Bohan, Village 31A. "It's easy when ev-

eryone brings their favorite ice cream and takes home the leftovers," explained Jeanie.

A "Meet Our Newcomers" potluck of appetizers and desserts was enjoyed by Village 3A on Sawmill Court, hosted by Joni Corley. Carne Asada was prepared by Chef John Kirkwood, Village 1AB, MS3, to accompany potluck Mexican dishes for their residents.

Entertaining the easy way was the choice of Jon Hodson's Village 24A, MS1, with morning donuts and coffee. Village 22A, MS4, residents, hosted by Connie Burdick, relaxed at Old Town Pizza.

Please turn to page 34 to learn how you can help discourage scams.



Village 34B



"Your neighbors are your most important security."



Village 3A



Village 41A



Village 10A MS 8&9



Village 19B MS 10



Village 24A MS 5



Village 10B MS 1&2



Village 10B MS 3-4-5



A Big National Night Out Bash!

Pauline Watson, National Night Out Coordinator

Hooray! You did it again! Another successful National Night Out increases the safety and security of our community.

and build on relationships and partnerships that create a safer community. Neighbor helping neighbor!

Some hosting events were greeted by members of our Lincoln Police and Fire Departments and city officials.

We appreciate this opportunity to know these public servants. National Night Out is also a chance for mail box captains to update emergency information. Neighborhood Watch encourages all residents to update this important information every August and February.



National Night Out neighborhood parties and the Meridians' National Night Out at the Amphitheater brought old and new friends together. Every friendship strengthens our protection from criminal activity and makes SCLH a more enjoyable place to live. Please visit our website at SCLHWatch.org for a pictorial view of the fun!

The long-term benefits of having a National Night Out event are immense. They provide a chance to know each other

Thank you all for increasing our success.

See National Night Out Photos at the Amphitheater on page 15



Village 19A MS 1&2



Village 31A



Village 14 MS 6



Village 22A MS 4





Club News

Alzheimer's/Dementia

Caregivers Support

For the even-numbered months of the year, we invite speakers to our meetings who talk about their professional perspectives on the diagnosis of and care for family members. These are valuable information sources for understanding the frustrating and slippery-sloped reality of caregiving. This month, however, we will hear from Richard Martinez, a husband/caregiver who created a plan for his wife Janet that honored her dignity and continued filling



*Richard
Martinez,
Caregiver*

her life with meaning, joy, and love. His story will bring a smile, a tear, a sigh, a nod, and a strong sense of appreciation for his approach to caregiving as well as an acknowledgement of your own efforts. We'll be meeting on August 24 in the Multipurpose Room (OC) at 1:00 PM. Because his presentation will be videotaped, all must be seated by 1:00 PM. Late arrivals cannot be admitted. Thank you for your cooperation.

Contacts: Judy Payne, 434-7864; Maria Stahl, 409-0349; Cathy VanVelzen, 409-9332; Al Roten, 408-3155

Amateur Radio

The Amateur Radio Group is made up of amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents with an amateur radio license. The group conducts a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz. The LHARG also meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. On September 17, the LHARG will support the Placer County Amateur Radio Club's SWAP meet and fundraiser

held annually at McBean Park in Lincoln. Requested support includes traffic control and drawing ticket sales. The Grand Prize this year is a Yaesu FTM-3200DR System Fusion Radio, a 65 watt mobile unit with digital FM features. Also, two first prizes are BaoFeng UV-5R Dual-Band Two-Way Radios. The gate opens at 7:30 AM, closing at 12:00 PM. Hundreds of vendors have been invited to display their merchandise.

Contacts: Jim Darby 408-8599;

Clare Schloenvogt 253-9155

Website: www.lharg.us



Antiques Appreciation

For the August 1 program, our members enjoyed an entertaining look at the history and collection of a husband and wife team's Vintage Singer Featherweight Sewing Machines.

Labor Day, September 5, will be presented by a few of our club members with their antique and vintage collections of vanity items, from Celluloid "French Ivory" dresser sets to beautiful Wavecrest Boxes. We ask our members to join in with this program by bringing one of their favorite antique or vintage vanity items such as a perfume bottle, hand mirror, powder box, comb and brush, jewelry box, manicure set, compact, curling iron or men's straight razor, cologne bottle, shaving mug and shaving brush.

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

Contacts: Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415

Astronomy

Monday, August 15 the Cosmology Interest Group (CIG) will continue the DVD series "Black Holes Explained," by U.C. Berkeley professor Alex Filippenko, Ph.D. This month's lectures will be Lecture one—"Introduction to Black Holes" (technical portion) and Lecture two—"The Violent Death of Massive Stars" in the Fine Arts Room (OC) at 6:45 PM.

Thursday, August 25, the Telescope Interest Group (TIG) meets in its new

venue—the Multipurpose Room (OC) at 6:45 PM. Carol Witten will give the presentation "Telescopes, From Reading Stones to Space."

Wednesday, September 7, at our monthly general meeting at 6:45 PM, Morey Lewis will present "Gravity-Does it Control the Universe" in the P-Hall (KS). The talk will cover the roles gravity plays in stars, planets, and galaxies, and finally in the fate of the universe.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com; Cindy Van Buren

253-7865, rvbcvb@att.net

Website: www.lharg.org



Ballroom Dance

Are you having the summer doldrums? Looking for something fun to do on a hot summer afternoon? Join the congenial Ballroom Dance Group and learn the Waltz in August and the Rumba in September. Our club offers group instruction by congenial, patient instructors. We meet from 2:00 to 5:00 PM on Tuesdays at KS. Beginning instruction is from 2:00 to



*Jeanne
Cervantes and
Wood McCann*

3:00 PM. Open dancing to a wide genre of music is offered from 3:00 to 4:00 PM. An intermediate lesson follows between 4:00 and 5:00 PM. It's fun and great exercise for body and mind.

We have many dance oriented social events throughout the year. Our next event will be the Fall Dessert Social in the OC Ballroom, Sunday, September 18, from 2:00 to 5:00 PM. For merely \$7 per year, you receive all the weekly lessons, and club membership, too. Remember, dancing is "cool."

Contacts: Sal Algeri 408-4752;

Chris Geist 543-0176

Bereavement



The Bereavement Group offers support and friendship through

Yellow highlighted events are shown on the Calendar of Events list on page 3.

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 September 14 and October 12. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Red Robin on Thursday, August 25. Meet in front of Orchard Creek Lodge at 11:15 AM to carpool to the restaurant or meet us there about 11:40 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue, joanlogue@sbcglobal.net

Billiards

Woman's Billiard Tournaments will be every Tuesday, 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS for all residents on Tuesdays from 9:00 to 10:00 AM. This is for new



Winners—five wins, one loss, were Barb & Jim Conger; six of six games—Linda Scott, Lydia King; seven games—Remy Giannini, six of seven games—Ed Welch

and returning players (men and women). You do not need anything to start other than the desire to play. Just show up and see what we have to offer. Remember it's free. Contact Dan Oden 408-2687.

Contact: Tony Felice 955-0501, afelice@wavecable.com

Bird

With summer almost over, we begin looking forward to our fall birding activities.

On September 2 we have our annual outing to Miners Ravine in Roseville. This area has a nice canopy and a paved path.

During last year's walk we saw 22 different species which included the Western Tanager, White-breasted Nuthatch, Nuttall's Woodpecker and a Red-shouldered Hawk.



American White Pelicans visit Ferrari Pond in July; One of the White Pelicans just hanging out!; They seemed to enjoyed the catfish too

Our September 12 meeting will feature Guest Speaker Ruby Darling, President of the Sierra Foothills Audubon Society. He will present a program about owls. So do join us on the second Monday in September at the P-Hall (KS) at 1:30 PM to learn more about these interesting birds.

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

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents

Bocce Ball, Mad Hatters

A resident, new to Lincoln Hills, recently brought up the subject of Bocce and was under the impression that the "Mad Hatters always wore crazy hats." She seemed rather put off by that so we had to reassure her that the name was historical in nature, bestowed on the group by the original founders many years ago, and did not mean that she had to wear a funny



As "Mad" as it gets

hat if she came to play Bocce with us. We haven't worn mad hats during regular play sessions for several years now. We do, however, have an excellent collection of decorative costume hats that we wear on special occasions. We have in past years had tournaments with the Red Hats and wore them then, and we've worn them at parties. We have also loaned them out for theatrical occasions. Come see for yourself on Thursdays at 8:00 AM.

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



Book, OC

Meet the Spellmans: Isabel, a young San Francisco private eye; her parents Albert and Olivia, co-owners of Spellman Investigations; brother David; sister Rae; and Uncle Ray. This colorful cast of characters makes up the lovable, yet dysfunctional, family portrayed in *The Spellman Files*, by Lisa Lutz. The humorous novel is the first in a winning mystery series. Join us August 18 at 1:00 PM in the Multipurpose Room (OC) for the discussion.

We meet the third Thursday of the month. Newcomers are always welcome.

Schedule, remainder of 2016:

- September 15, *All the Light We Cannot See*, by Anthony Doerr
- October 20, *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson
- November 17, *Wish You Well*, by David Baldacci
- December 15, Holiday Luncheon

Contacts: Darlis Beale 408-0269;

Penny Pearl 409-0510; Dale Nater 543-8755

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

Wiki: <http://ocbookgroup.pbwiki.com/>

Bosom Buddies

When first diagnosed with cancer, people often feel alone. As much as family and friends are there for support, there can be a sense that "no one truly understands." Bosom Buddies, a group comprised of women who have experienced every aspect of breast cancer, does understand. We welcome residents who have survived breast cancer and those still dealing with cancer and its effects. Our

main goal is to be here for each other by providing meals, rides to medical appointments, company or just a sympathetic ear.

Monthly meetings offer speakers on subjects such as developments in research/treatment, dietary and health programs, and other topics not directly related to cancer. Before meetings, members and guests are invited to lunch at Meridian's—a good way to get to know one another.



New officers include Corrine Ehlers and Peggy Ryan

Our August luncheon meeting introduced new officers: Peggy Ryan, president; Val Singer, vice-president; Corrine Ehlers, secretary; Cheryl Karleskint, treasurer. Next meeting: Thursday, September, 8 1:00 PM, OC.

Contacts: *Marianne Smith 408-1818;*

Val Singer 645-8553

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



Bridge, Duplicate

Congratulations to Squeak Connor for earning the ACBL Rank of Life Master, Gold. Squeak is certainly a wonderful example of a winning Bridge player. She is also a pleasure to encounter at the bridge table partner or opponent, win or lose. We are certainly all happy for her that she has won this honor.

Duplicate games are played at KS on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), Squeak Connor (645-9085) or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

For more information, visit the club website (below) or call club president, Sharon Neff.

Contact: *Sharon Neff 543-8897*

Website: *www.bridgewebs.com/lincolnhills*



Bridge, Partners

Call for sign-up, or show up with your partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM.

Winners: June 23—First: Ginny Pinsker/Lydia King; second: Helen Helm/Dolores Marchand; third: Dee Williams/Sue Cirerol. Ralph Madsen/Chet Winton had the night's high round 2010.

July 7—First: Nancy Turrini/Lydia King; second: Kay/Ben Newton with the night's high round of 2080; third: Linda Theodore/Janet Pinnell; fourth: Warren Sonnenburg/Larry Mowrer.

July 14—First: Joanna/Alan Haselwood; second: Ed Page/Kurt Wolff; third: Ralph Madsen/Chet Winton; fourth: Sue Cirerol/Dee Williams with the night's high round of 1160 .

July 21—First: Chris Jacobson/Chuck Dietz; second: Joanna/Alan Haselwood; third: Byron Hansen/John Butler. Johanna/Paul Kiesel had the night's high round of 1270.

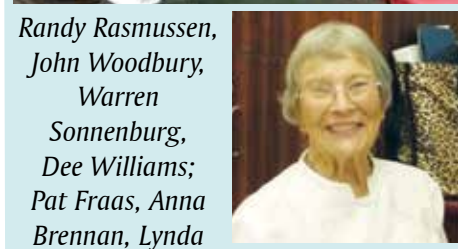
Contacts: *First & Third Thursdays: Kay & Ben Newton 408-1819; Second & Fourth Thursdays: Dolores Marchand 408-0147; Carol Mayeur 408-4022*



Bridge, Social

June and July Winners: First Place: Pat Mullins, John Woodbury, Dick Lund, Byron Hansen (two weeks in a row)! Second: Bev Dwyer, Carol Mayeur, Jyoti Sitwala, Viren Sitwala, Jim Busey. Third: Marian Reeder, Pat Fraas, Nancy Grifin, Judy Olsen, Ralph Madsen. Fourth: Joe Phelan, Frank Kamienski, Marian Reeder, Linda Scott, Eleanor Amar.

Join us on Fridays for singles' rotation bridge. Arrive at 12:30 PM. For reservations in August contact Eleanor Amar, 209-3505, eleanoramar@yahoo.com. In September/October, contact Ralph Madsen, 408-7670, ralphjane2@gmail.com. Social Bridge is fun and lighthearted!



Randy Rasmussen, John Woodbury, Warren Sonnenburg, Dee Williams; Pat Fraas, Anna Brennan, Lynda Sader; Helen Helm, many slams winner

The "Free" Continuous Bridge Class is half-way through book. New bridge class will start in November using the book, "Bridge for Everyone" by D.W. Crisfield. Class meets Wednesdays, 10:00 AM to 12:00 PM, Card Room (OC). This class is getting more popular each week. Teachers are Alan Haselwood and John Woodbury. **Contact:** *Jodi Deeley 208-4086, jodideeley2@gmail.com*



Bunco

In July, the Bunco Group welcomed one new player, Cindy MacDonald, and a visitor, Vita, daughter of Sara Klesius. As Bunco luck would have it, Vita and Sara both won prizes. The room was full of excitement and laughter as the dice flew. There was a roll off between Corry Ostendorf and Vita for most Buncos—five Buncos again!

If you would like to join in the fun, just drop by on the third Thursday of each month at 9:00 AM in the Card Room (OC). There is never a membership fee and it only costs \$5 to play. SCLH gift cards are awarded after play for some lucky winners. It's a fun way to meet new friends!

July Winners: Most Buncos—Vita; Most Wins—Sara Klesius; Most Losses—Claudette Rhoads-Kinman; Traveler—Mary Swanson.

Next Bunco is Thursday, August 18.

Contact: Kathy Sasabuchi 209-3089,

ksasabu@icloud.com



Ceramic Arts

Summer fun... is at hand in the Ceramic Studio (OC) this month. Class projects call for sculpting elephants and pigs! CAG is preparing for September's "Art in the Lodge" exhibit. Expect many different pieces to be available for your perusal and purchase—delicate Asian-inspired works to whimsical outdoor pieces. Come see the talent and support your local ceramic artists.

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

Contacts: Janet Roberts 543-6015;

OC Pottery Mike Daley 474-0910;

KS Earthenware Marty Berntsen 408-2110;

KS Spanish Oils Margot Bruestle 434-9575

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



Chorus

Our mostly Christmas concert isn't until December 11-13, but the Community Chorus will begin rehearsing for it on September 13. We'll pick up our music across from P-Hall (KS) beginning at 2:30 PM and assemble in the hall at 3:45 PM.

We welcome new members at the start of each season, so even if you haven't sung with a chorus before, consider joining us. You can visit with us for three weeks to see how you like it with no obligation. You'll get plenty of help from computerized music files for home practice, sectional



Community Chorus

and full rehearsals Tuesday afternoons, and individual assistance as desired.

Sopranos, altos, tenors, and basses are all welcome, but we especially need more of the latter. Bass section leader John Griffin will be delighted to hear from you at 209-3958.

For more information, check our website and contact our membership chair, Suzanne Rosevold, as indicated below.

Contacts: Suzanne Rosevold 587-3035,

Bill Sveglini 899-8383, svdglini@gmail.com

Website: www.lincolnhillschorus.org

Email: lhchorus@yahoo.com

Computer



Lincoln Hills
Apple User Group

Apple Users Group—LHAUG

Exciting changes have taken place in the Lincoln Hills Apple User Group over the last six months. Check out our new webpage at www.LHAUG.org. We've changed two of our traditional meeting dates to accommodate our members' preferences and time schedules. Our current Monday meeting, formerly on the second Monday of the month is moving to the fourth Monday of the month starting August 22. This move was made to "even out" the presentation schedule to no more than one seminar a week. One of the Open Labs is now on the first Tuesday of each month and the second Open Lab remains on the fourth Wednesday of each month.

In order to fine-tune our presentation



Rapt audience follows along during the iPhone presentation; Andy Petro demonstrates iPhone basic tasks

topics to better serve our members, a survey was sent to each member. The results of the survey will be tabulated in August.

Consider joining us if you haven't yet.

Contact: Vicki White, vickiawhite@me.com

Website: lhaug.org



PC

Main Meeting—September 14, 6:30 PM—Social Media for Seniors: Bridging the Generation Gap by Lisa Garvey at P-Hall (KS). Can you follow your grandkids on Instagram? Social media has revolutionized the way we connect with people, online and offline. It's also created an even greater divide between those who have grown up with technology and those who remember hand-written notes and typewriters.

Lisa Garvey presents "Social Media for Seniors: Bridging the Generation Gap" on September 14



We'll take an in-depth look at all of the popular social media websites and mobile applications, such as Facebook, Pinterest, Twitter, Instagram, LinkedIn, and Snapchat. We'll also look at common practices and "netiquette" for the different sites, including a few hilarious examples of "what not to do."

Clinic September 16, 3:30 PM at P-Hall (KS)—Windows 10, Anniversary Edition running on a Surface, by Terry Rooney.

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

Contact: Karl Schoenstein, sclhcc@gmail.com

Website: www.sclhcc.org



Country Couples

A day at the ocean was never as much fun as the *Beach Party Dance* held on July 16. This afternoon affair was an occasion to nosh on sandwiches from Mr. Pickles, potato salad, chips and cookies. Fun was had socializing with friends and practicing the wonderful

dances that we have worked so hard to learn this last year. Hawaiian shirts and casual attire was the norm.

Country Couples will come together with the Ballroom Dance Group on August 28 from 1:00-5:00 PM at the Ballroom in Sun City Roseville for an afternoon of dancing. Cost is \$25 per couple and will include a Mexican Fiesta Lunch. Our DJ, Jim Keener, will play music agreeable to both groups and alternate the tunes. Tickets on sale now.



Bikini girls and Jim Keener; Paul & Terri Krcha; Dave & Nancy Millican



Country Couples will host a Hoedown Dance on September 9 from 5:00-9:00 PM at KS Lodge. More information to come.

Contacts: *Marsha Brigleb 434-5460, Laura Wermuth 253-7092*



Cribbage

Come join the fun at OC on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins, and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for the month of June were Larry O'Donnell, Don Lloyd, Jack Murdick, Grant Lee tied with Joyce Lund, and winner on the final week was Ken VonDeylen.

New players are always welcome!
Contact Larry O'Donnell 406-672-6493; Ken VonDeylen 916-599-6530.



Cyclists

We regularly see "un-schooled" cyclists on our rides. The safest way to ride is to go with the flow of the traffic. Always ride on the right. Drivers and pedestrians will be looking for you in the traffic flow direction.

Most accidents are either rider error or road hazards. Scan the road ahead of you. Watch for potholes and debris especially in shaded areas. Do not dart into spaces between parked cars. You will be hidden from the drivers behind. If there is a shoulder, don't ride all the way over on the right edge or you may be cut off by vehicles entering the roadway. Also, most of the debris is on the far right side. Remember, you have the same rights as a motorist.

On narrow roads, cyclists usually should take control of the situation. Riding to the far right invites drivers to squeeze you off the road.

Contact: Steve Valeriote 408-5506, lhyclist.com
Website: www.LHcyclist.com



Eye Contact

Low Vision Support

Eye Contact holds two meetings each month; a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting, Multimedia Room, (OC), Thursday, August 25, 10:30 AM-12:00 PM—"Adaptations, Part Two—Bathroom and Bedroom." We will continue our discussions on making changes to our personal spaces that will help ease performance of daily tasks despite decreased vision.

General Meeting, Fine Arts Room (OC), Tuesday, September 6, 2:00-3:30 PM—Milly Nunez, Personal Trainer at our Fitness Centers, will discuss connections between exercise and eye health and overall benefits of exercise. Milly will also provide specific recommendations such as exercises that improve posture, balance, strength, etc., as well as training programs available to residents.

Eye Contact meetings are open to

all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

Contact: Cathy McGriff 408-0169, cathy.mcgriff@yahoo.com



Fishing

Recently I had the fortune to experience my first Kokanee fish outing in Oregon. Didn't know a thing about down riggers, "hoochies," "shoe peg" corn, and other oddities fishing for this famous fish; up at 4:00 AM, on the water at 5:00 AM. Thank you to member Ron Manas for showing me the way. I highly recommend you get to know a fellow member and go get this wonderful fish and experience the phenomenon. Use your "cheat" sheet and find someone to go with. A wonderful experience.



A prize brown; Kokanee; The Big Hole

There are other fish at various venues (rivers, streams, ponds and lakes); salmon, stripers, rainbow, carp, bluegills, sturgeon, etc. Get together with a member soon.

The club gets together on the second Monday, 7:00 PM, P-Hall (KS), to discuss the latest hot spots, equipment or changes in the fishing world which might interest our members.

To join, contact: Jim jmalcom2@aol.com, Henry hsandigo@icloud.com.
Contact: Henry Sandigo (415) 716-0666, hsandigo@icloud.com



Garden

Ice Cream Social and Hat Contest!
Thursday, August 25, 2:00-4:00 PM
Sports Pavilion
Ice-Cream Sundaes, Cookies,
Iced Tea and Water
Members only.

Please sign-in and wear your name tag.

All members will receive a door prize ticket and an extra one if you wear a decorated hat! This year's hat theme is "Hot August Days!" Anything goes as far as adding embellishments to your hat—live or artificial plants, flowers, veggies and/or garden figurines, etc! Even if you don't want to participate in a contest, please wear a "decorated hat" and enjoy the fun! Categories and Prizes for: Most Original; Most Creative; Best Theme
Live entertainment with Don Maeder and his Guitar



Hat
Contestant—
Fran White;
Good Sport—
Lionel Rainman;
Ice Cream
Social

Brown Bag Sale—please bring any garden items you want to donate (plants, pottery, garden books and items) for funding civic projects. Our stock is getting low!

Master Gardeners' Table—get answers to your gardening problems!

Contacts: Lorraine Immel 434-2918,
limmel@ssctv.net; **Larry Clark 409-5214**
lkclark@surewest.net
Website: www.lhgardengroup.org



Genealogy

Our August meeting, features Laurie Markham sharing information on familysearch.org. She will be teaching about the basic site, recent upgrades, as well as how to access the 70% of non-indexed resources.

Laurie Markham is an Associate Director at the Family Search Library in Sacramento. She loves to teach and has been involved in her family research since childhood.

The club currently has two special interest groups that only members can take advantage of. The DNA Special Interest Group and the newly revived Irish Group are two examples.

The meeting, as usual is the third Monday of the month, August 15 at 6:30 PM in the P-Hall (KS). Members sign in a bit earlier to get a drawing ticket for the door prize which for August will be a 24" LED monitor.

The social across the hall after the meeting serves refreshments.

Contact: Maureen Sausen 543-8594;
Arlene Rond 408-3641.

Website: lincolnhillsgenealogy.com



Golf, Ladies

Ladies XVIII

Beginning with a handicap show-down and ending with a tally of fewest putts, July was a winner for many ladies. Emge emerged as the NetChix overall winner, netting 66. Placing first in their respective flights were Arts, Herrerias, Tamanti, Ward and Storer. Gladden earned the free round for CTP on Hole 16.

Next, Two Best Balls was the game on the Orchard with Arts, Ingraham, Knorr and Kuechle claiming first place. Second place went to Eckstrom, Perry, Raquiza and Ward; and Bedford, Gadsby, McGraw and Robinson took third. Warren earned the CTP prize.

The Low Putts game closed this chapter with Petersen's short stick producing only 30. Emge had 31; Drinkard, Herrerias, and Jacobson had 32 each, followed by Bedford, Hastings and Koropp with 33. Parker managed 34; Carr, Hing and Watson came in with 35, averaging under two putts per hole. Loyd captured the CTP on 12.

Written by Candice Koropp, Publicity.

Contact: Donna Sosko 434-5527

Website: lhlqxviii.com

Lincsters

The nice weather brought out an average of 55 ladies to play nine holes of golf each week during late June and early July. Flight A winners during the past month were: Joyce Hulls, Meredith Nelson and Barbara Mikacich (twice). Flight B winners were: Margie Jewett, Pat Ward, Pat Dangerfield, Sharon McMillan, and Cindy Atkinson. Flight C first place winners were: Charlotte Raifaisen, Marcia Bush, Joyce Bauer, and Ann Diddy. Flight D winners were Barbara Gorden, Judy Josse (twice), and Ruth Pennington (twice.)

The Club Championship is scheduled for September 13 and 14. In order to play in the Club Championship, a member must have completed 12 rounds on Lincster Wednesdays since September 2015. Come out and play!

Golfer of the Month for June was May Lyau of Flight B. The Lincsters welcome new members Sandy McShan, Joan Sprague, and Aymara Myers.

Contact: Pat Shafer, gdskd70@aol.com
Website: lincsters.com



Golf, Men's

The July Two Man Scramble Gross score winners were: Jim Walsh and Roger Clapp; Jim Smyrak and Paul Fellner; Charlie Kendall and Joel Kaufman; Richard Jones and Bill Zeek. Net score winners were: Gene Andrews and Bill Brumfield; Mercer Tyson and George Wuschig; Rich Henrikson and Jesse Reuter; John Salmela and Jim Page. Green Tee gross score winners: Bob Russi and Ron Balderson. Net score winners were: Henry Olson and Glenn Amey. Winners of the recent President's Cup that was played over a six-week period were—Flight one: John Michel; Flight two: Jack Drinkard; Flight three: Gene Andrews; Flight four: Dennis Beldon.



Sixth
hole
on the
Orchard
Course

On September 26-27, the popular Member/Member/Guest Memorial Two Man Best Ball Tournament will be played. This fun two-day tournament will include a putting course contest plus a hole-by-hole horse race elimination contest. Look for more information in the September COMPASS.

Contacts: Rodger Oswald, rodgeroswald@gmail.com; Roger Cummings, cummingspct@sbcglobal.net
Website: www.lhmgc.org



Healthy Eating

Recent club activities include a successful workshop on basic soup-making skills for our *Men In The Kitchen* group, a sampling from a new line of



Colorful cauliflower; Thai Restaurant outing; Farmers Market scene

healthy non-dairy nut-based beverages and a sampling of local cherry/grape tomato varieties highlighting the differences between small tomato varieties. As part of an ongoing discussion on the importance of dietary fiber, club members viewed a video that stressed the importance of adequate fiber in our diets, a nutrient that is sadly lacking in the Standard American Diet (S.A.D.). Club members are reminded to pursue a healthy lifestyle that includes physical activity appropriate for yourself, a diet rich in fresh plant foods and participation in social activities of your choice to reduce the stress of modern day living.

Our club meets every fourth Monday of the month at 2:00 PM in P-Hall (KS) and conducts a sampling of healthy foods after each meeting, guests welcome.

Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com



Hiking & Walking

Welcome to the heat of summer! Days of over 100 degrees have the Hiking Group headed for cooler places. A few hikes were canceled because of heat, we did do the Pioneer Trail and Effie Yew. Heading to the Bay Area, we hiked Mt. Tamalpias, Matt Davis, Steep Ravine and, in the Sierras, Little Bald Mountain. Don't pass up the chance to see beautiful, peaceful places on hikes, like green meadows and wildflowers. There is nothing more soothing than the sound of a brook or creek.

The Walking Group starts at 7:30 AM to enjoy the early morning cool temperatures. If you are interested in joining the group on their weekly Wednesday walks, check out their different meeting places by going to the website and clicking on Walking Group. Recently added, are a "Slower"



Group on Effie Yew Trail; Hiking the Pioneer Trail; Creek on the Pioneer Trail

Walking Group and their schedule can also be found there.

Contact: Hiking—Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net;
Walking—Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com
Website: www.lincolnhillshikers.org



Investors' Study

Summer vacations are coming to a close and we look forward to fall activities. The Investors' Study Club will continue its efforts to bring outstanding speakers, a number of whom have appeared on CNBC, Bloomberg, Fox Business, etc.

Our September speaker is Director and Head of iShares Product Consulting for Blackrock's U.S. Wealth Advisory iShares business: Daniel Prince. Daniel is a graduate of Haas School of Business and is a Certified Financial Analyst. Russ Abbott, our consultant, will present his views on current topics as well as review his monthly Playbook. We meet at P-Hall (KS), 2:30 PM, Thursday, September 1. Refreshments afterwards. All residents are welcome to attend and may join if they like.



Lou Ann Civiletti, Velma Hutton, Russ Abbott (consultant), Laura Thiele (Board members)

Mark your calendars for our annual Christmas/Holiday Party on December 1. Menu selection and further details in September. John Noon, 645-5600

Active Investors sub-group meets the second Monday each month, Multipurpose Room (OC) 3:00-5:00 PM. Bill Ness 434-6564

Contact: John Noon 645-5600



Lavender Friends

The Lavender Friends Club serves the LGBT Community and those in friendship in Sun City Lincoln Hills.

Upcoming club activities include Movie/

Happy Hour on August 16, a Summer Celebration Dinner Dance on August 20, and Breakfast on September 7. Dog Walkers and Friends gather on Saturdays at 8:00 AM, Members meet for Happy Hour at the OC pool on Thursdays from 5:00 PM to 7 PM.

A potluck with no host bar is scheduled at Kilaga Springs on Saturday, September 17 from 5:30-8:30 PM with Linda Chavez from Stand Up Placer as guest speaker. More details will be available through email and the website.

Greater Placer PFLAG meets on the second Monday of the month from 7 to 9 PM at United Church of Christ, 710 Auburn Ravine Road, Auburn, and CA.

For more information contact: Sheila or Gina or visit our website.

Contacts: Sheila 408-2802; Carol 295-0610; Gina 209-3925

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Yesterday, the Line Dance Group hosted a dance party in the OC Ballroom, where dancers of all levels convened to dance the afternoon away to great music with Mike Schenck as DJ. The various dances were led by Audrey Fish, Yvonne Krause, Janet Thompson, Sheridan Brown, Ginger Fullerton, and Sandra Speight. All dancers boogied to Electric Slide, Cotton Eyed Joe, and New York, New York, which were followed by different levels of dances from Intro Level to Level 3. Several dances



Audrey's Intro Class; Yvonne's Intro Class

were done in a split floor format, with one level on the floor and another on the stage. Many dancers wore their club T-shirts, which added to the gaiety of the day. Our last party of the year will be our Holiday Party at KS on Monday December 5, so please mark your calendars for another fun event. See you then!

Contact: Sheridan Brown 408-5674, shrdnbrwn@yahoo.com



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being five-to-ten minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM (which is to be decided at the table where you play).

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. We will welcome the opportunity to teach you. Even if you already know how to play this game, we welcome your attendance.

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

Contacts: Bruce Castle 846-1500; Marsha Ross 253-9551



Mah Jongg, National

Looking for a cool place to spend a hot afternoon? Meet us at the Card Room (OC) every Tuesday from 12:30 to 4:00 PM for an exciting game of National Mah Jongg. We have a great time and really get out brain waves moving. Fran Rivera, 434-7061, our resident teacher, takes a sabbatical from May 1 until September 1. Fran teaches these free lessons in her home. Looking forward to seeing you soon.

Contacts: Patti Kingston, 587-3056; Elsa Paszek, 253-9709; Fran Rivera, 434-7061



Mixed Media Collage Arts

Collage originates from the French word—coller—(to stick) and, in our group, we either collage barely or liberally in our work. Acrylic paint and media have the adhesive properties we need to secure many of the objects on to

the canvas. These include unique papers, tissue paper, repurposed items, natural elements etc. You can achieve interesting three dimensional effects. We work on individual projects on the third Wednesday of each month in the Ceramics Room (OC) from 1:00-5:00 PM.

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



Motorcycle RoadRunners

With the arrival of hot August nights, August 13 was the perfect one for the RoadRunners annual dinner ride. Led by President/Road Captain Doug Sterne, a scenic late afternoon ride led to a great dinner at the historic Monte Vista Inn in Dutch Flat.



Riding to Mt. Lassen!

The next scheduled club ride is coming up on September 10. Road Captain Don Heyde will be leading the way over Ebbetts Pass in the Sierras to beautiful Topaz Lake, Nevada.

If you like motorcycle touring and have a road worthy motorcycle or trike, check us out! The RoadRunners meet the fourth Thursday of the month at 6:00 PM Multimedia Room (OC). Guests are always welcome.

"Ride Safe—Ride With Friends."

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



Music

Calling all musicians! SCLH residents and guests welcome. We play and sing next on Wednesday, August 24, 6:30 to 8:30 PM, (OC, Fine Arts). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs on Friday, August 26, 6:00 to 8:30 PM, (KS, P-Hall). Performance sign-ups start at 5:30 PM. Open to SCLH musicians, guests and audience. No karaoke is permitted.

The SCLH Ukulele Jam meets Wednesdays, 1:00 to 3:00 PM, OC. It is open to SCLH residents. Contact Ron Peck (409-0463) for information.

By Jay Stryker.

Contacts: Jay Stryker jaycstryk@yahoo.com;

Steve Beede, sjbeede@att.net

Website: LincolnHillsMusicGroup.org

Needle Arts

Threads of Friendship

The Needle Arts Group did not have a General Meeting in August but will resume in September. All sub-groups will continue to meet in August.

Needle Arts members have the opportunity to go on a Shop Hop on Wednesday, September 14. The bus will be heading to Chico, Paradise, Colusa and Willows. Mark your calendar. Additional information will follow in August.



Hazelnut Figures by Linda Pietz

The Pacific International Quilt Festival will be held from October 13 to 16 in Santa Clara. There will be a Lincoln Hills bus going to the event on one October 13. See page 56 for details.

Did you know that anyone in Lincoln Hills may donate material, yarn, and supplies to Needle Arts? We use donations to create items to give to organizations that serve patients and children. Thank you to many residents who have recently made donations.

Please visit our website (below).

Contact: Marsha Ross 253-9551,

marshaross1123@gmail.com

Website: www.sclhna.com



Neighborhood Watch

Can do! Can do! There is something *you* can do!

Hidden in our community are quiet people who do not understand that scams swirl about us. They are our residents who rush to send a money order when they receive an "I am in big trouble" call from a "favorite grandchild" impostor.

They are our neighbors who panic when a gruff voice on the telephone claims to represent the IRS and threatens dire consequences if money is not sent immediately.

Neighborhood Watch asks you to seek out residents who don't make a ripple in the neighborhood, may not have a computer, and may not realize that seniors are considered easy pickins' for scammers.

Reach out to those who are not able to mingle in the community, brighten their day—and yours—with a brief visit. And please mention that scams targeting seniors abound. A stitch in time saves nine!

Contacts: Larry Wilson 408-0667,

Igwlincoln@gmail.com; Pauline Watson

543-8436, frpawatson@sbcglobal.net;

Website: www.SCLHWatch.org

NEV

Don't forget, our next quarterly meeting will be Tuesday, October 18, at 10:00 AM at P-Hall (KS).

Our July Luncheon Meeting was a well attended affair. Our Speaker, Gary Leonard, former Police Chief of many US cities, once again, entertained us with his amazing stories and adventures. The food was great, the entertainment outstanding, and a fantastic time was enjoyed by all.

Our annual BBQ Luncheon and Bingo Party is Sunday, August 21, at 1:00 PM at the Sports Pavilion. If you haven't already made your reservation, please contact Joan Church at 408-0011.

Also, please mark your calendar for the annual Christmas Dinner Party on Tuesday, December 6, at 5:30 PM, in OC Ballroom.

Looking forward to seeing everyone at our BBQ and Bingo Party On August 21. Bring a friend and enjoy the food, good company, and Bingo.

By Joanne Snow.

Contact: Clint Ritchie 434-6117,

clintritchie@sbcglobal.net

Painters



As expected, our July program with Susan Sarback was a winner!

In 1½ hours, she took a blank canvas to an almost finished painting while explaining what she was doing along the way. Thank you Susan! We look forward to her workshop being held in October (it will be listed in the COMPASS).



Waffle Corner, Breakfast and Art Show; starting point of Sarback painting; Sarback painting complete

Our Monday, August 15 program will be a representative from Dick Blick Art Supply with the newest information in supplies and materials that can be ordered online or picked up in the store in Sacramento.

Our shows are continuing—the Waffle Corner has a new group of paintings up, it's worth a visit to enjoy breakfast or lunch and art at the same time! The show at Umpqua Bank (located at 571 5 St. in Lincoln) will be up from August 9 until September 13. Also watch for the Artisans in the Lodge in October, the annual opportunity to start your Christmas shopping early!

Contact: Joyce Bisbee 672-7252,

Website: <http://lhpainters.org/index.html>



Paper Arts

Not only were temperatures soaring outside, but at last month's meeting we felt the fever of "Christmas in July." Guest presenter Debbie Chronister of *Stampin' Up!* led our project which included four lovely holiday greeting cards and a decorative wine bottle tag. Thanks again to Debbie and her helpers for putting us in the mood and spreading some early holiday cheer.



Debbie Chronister presents "Christmas in July"; Window display theme (OC) has a feminine touch

Our window in the hallway (OC) this summer was a hit. Members showed off their handiwork in a colorful display with a feminine theme. Thanks to all who gave us positive feedback, and special thanks to Reg Fabian and Sue Manas for coordinating the effort.

Stay tuned for more fun and creativity during the upcoming months. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). New members are always welcome. Come for the paper crafting and enjoy the camaraderie.

Contacts: Shirley Rainman 253-9534;
Pat DeChristofaro 408-1360



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 happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

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



Photography

Photographing images of the Milky Way Galaxy is a milestone worthy of achieving. The problem is, it's not easy. To accomplish this feat requires that you find a place where there is no ambient light, air free of haze, few or no clouds to get in the way and absolutely no sun or moon. Then you have to time the appearance of the galaxy to coincide with all of this.

Some of our members were determined to get this shot, so they did some in-depth research and determined that if we positioned ourselves at Loon Lake in the high Sierras on July 7 we would have a good chance of getting the image. Five of our members (Bob Baikauskas, Dale Peterson, Allen Adler, Pete Henshaw and Brad Senn) took the challenge and lady luck smiled on



Photo by
A. Adler;
Photo by B.
Baikauskas;
Photo P.
Henshaw



them by providing the beautiful Milky Way galactic core waiting to be photographed.

Contact: Brad Senn, (530) 409-2499,
President@mail.com
Website: www.lhphotoclub.com



Pickleball

The Pickleball Club players are preparing for their next tournament. The Wells Fargo Advisers Tournament runs September 26-28. Participants receive lunch and a t-shirt. Players are registering and paired with partners based on skill level and take to the courts to improve teamwork. There will be Novice men's and women's doubles and mixed doubles divisions for more experienced players.

Meanwhile, various lessons continue through the summer. There is an introduction to Pickleball each Wednesday at 1:00 PM. Paddles are provided and no reservations are necessary. For the next step there is an intermediate class offered at 6:30 PM each Thursday; no registration required, but you must bring a paddle. Pickleball 101 is at 7:00 PM on the second and fourth Monday. Advance sign-ups required; sheet at the courts. For the high-level player, advanced instruction is on first and third Mondays at 6:30 PM. Sign-up sheets are on courts that morning.

Contact: Mike Gardner 834-6549,
pickleballmike1@gmail.com
Website: www.lhpickleball.com



Players

We are pleased by the overwhelming response to the "Happy Holidays" show auditions held in July. We chose some talented singers and dancers to be in our fabulous musical numbers. Next we'll audition actors and actresses on August 30 and 31 at 6:00 PM in the Fine Arts Room (OC). Scripts are available from director Julie Africa and musical director Ken Reiss. The show will be November 17, 18, and 19.

We will also hold auditions for a Reader's Theater production in October, called "The 39 Steps," a murder mystery that takes place in London and Scotland. There are several main characters and many small parts that

can be combined, so actors may be playing several roles. Auditions for "39 Steps" will be September 22, (Lincoln Room [KS]) and 23 (Multipurpose Room [OC]), at 6:00 PM.

The next Players meeting is Monday, September 12 at 4:00 PM in the P-Hall (KS).

Contact: Kevin Smith 408-1818,
kbsmith17@yahoo.com

Website: www.lincolnhillplayers.com



Poker

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

For Texas Hold 'em players, there is a separate table available same days and times.

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

Contacts: Paul Marcorelle (925) 658-2405
Lynne Barsky 253-3730



RV

Only two more rallies remain for this year, both in September; Clio (Graeagle) and Bodega Bay. Wagon Masters Renee and Steve Honnoll will lead the group to the beautiful wooded area of Clio at the Rivers Edge RV resort September 19-23, and Ricki & Ed Montoya will take us to the shores of Bodega Harbor at Porto Bodega September 25-30. From mountain hiking and challenging golf to sand dunes and clam chowder... we offer some of the most beautiful scenery in California.

Thanks to Al & Nancy Vita for a great trip to Zephyr Cove on Lake Tahoe last month.

Next year's rallies include Chula Vista, Calistoga, Jackson Rancheria, San Juan Bautista, Lake Almanor, Fort Bragg, and possibly a major trek to the balloon festival in Albuquerque, New Mexico in October 2017.

The club meets the second Thursday of each month at KS at 4:00 PM.

Contact: David Africa 708-0009, lhrvg.com
Website: www.lhrvg.com



S.C.H.O.O.L.S.

All residents of Lincoln Hills are invited to our Annual Meeting on Thursday, September 8 from 1:00 to 3:00 PM in the P-Hall (KS). Scott Leaman, Superintendent of Western Placer Unified School District, will be our featured speaker. He will address current successes, issues and future plans related to education in Lincoln. Come and also discover what our amazing volunteers are doing to support student achievement. We hope to fill the P-Hall (KS) with volunteers and residents that are interested in our kids and their future.

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



SCOOP

Are you a dog owner interested in meeting other dog owners and also being educated on topics important to our dogs? Then SCOOP is for you! Join us for the remaining events of the year.

On Thursday, September 22, at 12:00 PM, there will be a potluck at the Sports Pavilion. Bring a favorite dish to share with our members. Dogs on a leash are also welcome.

Our last regular meeting of the year on Tuesday, October 4, at 11:00 AM in the Fine Arts Room (OC) will inform us about our dogs' hearts. Lori Siemens, DVM will talk about, "Everything you need to know about your dog's heart."

We will have a Halloween Parade on Friday, October 28 and a Christmas luncheon on Tuesday, December 6. We have had a wonderful year and we hope you will join us!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

In the game of Upwords, the "q" tile actually contains a "u" on it but in Scrabble it helps to know the approximately 15 in the OSPD that use a "q" but don't require a "u." Here are a few of them: qindar (Albanian currency), qadi (a judge in Islamic court), qaid (a Muslim chieftan), qi qat, qabala (an occult belief) sheqel and qwerty (a standard English language keyboard).

I have enjoyed writing the COMPASS article for the Scrabble Club for the past two and a half years. It has improved my game as well as informed me of unique words. I am moving back to Oregon in September to be close to family. This column will be in the capable hands of Anne McMaster.

Come join us on Mondays at 1:00 PM in the Card Room (OC). Let's Scrabble!

Contact: Anne McMaster 409-5408



Singles

Dynamic Singles

Our August 11 General Meeting featured a speaker from *Canine Companions for Independence*. Enjoyed by all! Singles attended their second River Cats Game. Go *Giant's Farm Team* which featured *Hunter Pence*.

Upcoming Events: August 18—Dining-Out at Paul Martin's, Roseville; August 25—Monthly Social Event, Team Olympics in Ballroom (OC); August 30—Activities Meeting in Ceramics Room (OC); September 1—Cocktail Time, TBD; September 8—General Meeting, Speaker, Richard Fuller *Native Americans in Native America* in Ballroom (OC); September 10—Second Saturday Breakfast in Sports Bar (OC); September 15—Dining-Out, TBD.

Weekly Activities: Tuesdays—Let's Dance at the Meridians (OC); Wednesdays—Bocce Ball at Sports Pavilion; Fridays—Golf at various courses.

Want to join and be a member? For \$15 a year you are in! Pick up the Dynamic Singles flyer at OC for contact person, times for each event. *Guaranteed: you will meet some great people!*

Contacts: Kathy Shaddox 209-3307



Ski

In addition to our Park City getaway ski trip in March 2017, we are planning a bonus trip to Kirkwood Mountain Resort, January 24-26, 2017. The Club did this in 2016 and it was a great time.

Jim Fisher will coordinate the rental of condos at Kirkwood Towers, a convenient ski-in, ski-out location. Deposits to secure a spot on this trip are due by August 31, so if interested get in touch with the contacts listed below.

Several attendees will ski Heavenly

Valley on January 24, and then proceed to Kirkwood for two nights and two days of skiing there. The units have kitchens, and there are also two somewhat rustic and very entertaining restaurants at or near the resort.

The date for the annual pre-season potluck party is Thursday, September 15, hosted by Chuck Frevele and Jean Benson. Details will be emailed to members.

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



Softball

The 15th Annual LHSSL Golf Tournament was played on July 19, a beautiful Tuesday morning. Sixty plus softballers traded in their bats and gloves for drivers and putters at Turkey Creek Golf Club. Many thanks to Paul Krow for organizing the event.



LHSSL Golf Tourney Winners

The 2016 League playoffs begin with double elimination play in both the National and American Leagues on Monday August 22 and continue August 24 (Hot Dog Day), August 26, and August 29. The National and American Leagues championship games are on August 31. Each play off day, there will be four to five games beginning at 8:00 AM and scheduled to continue at intervals of every 1½ hours.

The league championship will be one game between the National League and American League Champions on Thursday, September 1. Visit LHSSL.org for team standings, game times and other pertinent information.

Contact: George Sylvia 295-1957, lh.geo2softball@gmail.com, Website: LHSSL.org

Coyotes

The Coyotes 75s traveled to Turlock's Pedretti Field the second weekend of

July and came away with a 3-2 record and third place. The team was 3-0 going into the final two games, but couldn't pull off a win. Those two teams ended up first and second. Gym Mikaelson led the team in batting (.933), slugging (1.667), rbi (14) and had three homers. Home runs were also hit by Pete Savoia and Dave Alley. Great defense by Charlie Bryant. The team outscored their opponents 74-57 and now have a 27-10 overall record.

The Coyote 60s played in Ripon losing two games by one run each finishing the tournament with a 2-3 record. Tough field conditions contributed to two injuries for the team.

The 2016 Sun Eagle Tournament—August 20-21, Del Webb Field. Six teams will compete in the two-day event, concessions run by LHSSL. Come enjoy a ball game and hot dog.

Contact: Bec Cannistraci, beccannistraci@sbcglobal.net Website LHSSL.org



Sports Car

As we enter into the heart of summer we continue to take to the highways and by-ways. We started with a spectacular Old Fashioned American BBQ at the Pavilion. A great crew, led by Kathy Mason, Social Event Chair, served up a selection



Kathy Mason starting the Festivities; Food & Cars Go Together; Say Cheese



of salads, grilled hot-dogs, and patriotic cupcakes to over 90 club members.

Mid-month, 64 folks headed south via the Gold Country to just north of Merced for a tour of the Hilmar Cheese Factory and a great lunch. A smaller group participated in the Third Thursday Run on July 21. We traveled north through the foothills to Penn Valley and then south on some beautiful back roads arriving in Auburn.

July wrapped up with a trip on July 28 to Grass Valley for a dinner at the historic Willo Steakhouse. This is a club that loves to eat almost as much as they love their cars.

By Rob Phillips.

Contact: Tom Breckon 434-6989, Tom.Breckon@sbcglobal.net Website: Lhsportscars.com



Sun City Squares

The Square Dance Club meets at 1:15 PM at KS. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join. If you are not a square dancer but have an interest in dancing, please contact Jean Grupp. Times for our dancing are listed below:

- Round Dance Class, Mondays 1:00-1:45 PM
- Plus level dancing/Round Dancing between Tips, Mondays, 1:45-3:30 PM
- Advanced Dancing, Mondays, 3:30-4:00 PM Scot & Erin Byers, Caller and Cuer
- A-2 DBD Level Thursdays, 1:00-3:00 PM, KS

Officers are: Louis Bobrowsky, 434-5932, louisbobbrowsky@yahoo.com; Jean Grupp (see below),

Contact: Jean Grupp 408-1868, jean@grupphomes.com



Table Tennis

It's 2000. Paddy Martin finds the key to the storage room for the tables and, with the help of John Jensen and John Meyers, starts the SCLH Table Tennis Group. The group grew quickly. With two rooms and two tables in each room, where to wait to play? KS was the solution. We now enjoy a nice space, table

set-up and 240 players on the roster. Approximately 119 are active players. Many of the OC players still form the core of the group. John Meyers and John Jensen have gone on to play at the Golden Table in the sky, and Paddy enjoys her retirement in Madeira. But thanks to John Jensen, we now enjoy the cord board dividers between the tables.

On Sunday we see more than 60 members. Join us on Sunday from 12:30 to 4:00 PM. and on Friday from 8:00 to 11:00 AM. **Contact: Henk van Empel 434-5464, retiredlion@gmail.com**



Winner Plaques moved to Sports Bar

members' availability. Three categories—Women, Men and Mixed Doubles and will play three full sets. Balls provided.

Mixed doubles, sponsored by Mr. Pickles, is scheduled for Thursday, September 29. LHTG members sign up with a partner and play entire tournament with that partner. Saturday, October 29, will feature our annual Oktoberfest, sponsored by Schaack Physical Therapy. Flyers for all above will be emailed to LHTG members and posted in glass display case at Pavilion.

A new sign-in board has replaced the old one and the USTA banners have been re-hung on court two. Thank you, Chris O'Keefe and staff.

Contacts: BJ White, bjwhiteca1@gmail.com; Bob White, bobwhiteca@gmail.com
Website: sclhtg.com



Tap Company

August finds us back to our regular Tap Tech classes: Beginning Tap—Thursdays, 10:00-11:00 AM. Tap Tech. Mondays 10:00-11:00 AM, Tuesdays 10:00-11:00 AM, Thursday 11:00 AM-12:00 PM. Check the COMPASS class section (page 79 of this issue) for class number and location.

The Tap Board has been busy reading scripts (several very good ones) and have made a decision on the theme of the Spring Tap Show (to be announced at a later date). During September we will be compiling rosters for the various Performance Tap Classes. Anyone interested in performing in our Spring Tap Show or assisting in any way, on stage or behind, please get in touch with Natalie Grossner, natalie_g@msn.com. We are thrilled that Ellie Hokenga will be directing our show again this year and look forward to working with everyone involved. We encourage all dance/theatre forms to participate in our show, look for audition dates in the coming month.

Contacts: Celeste Martella 253-7272, celeste7272@att.net; Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com



Tennis

September brings cooler temperatures and LHTG tennis tournaments!! Fall LITT begins Tuesday, September 13, 6:30 PM; and every Tuesday through October 25. This event is open to all SCLH residents and LHTG members. Players of all levels are assigned to a team with a captain who will issue each week's lineup based on team



Veterans

Lincoln Hills resident and Veterans Group member Jerry Maschino, director of the Ernie Pyle Legacy Foundation, will be the featured speaker at the August 18 meeting at 1:00 PM. in the P-Hall (KS).

The foundation is committed to upholding and fostering ongoing recognition of the contributions of war correspondent Ernie Pyle to the military, the families of soldiers who were touched by his reporting and professional journalists.

At the time of his death, Pyle was among the best-known American war correspondents. He won the Pulitzer Prize in 1944 for his spare, first-person reporting, which highlighted the role and plight of the common "dogface" infantry soldier.

Contact: Bob Ringo 543-5310, bobringo@starstream.net



Water Volleyball

Our second outdoor WVVB event was lots of fun, as expected. There will be one more this summer.

Scheduled time is Sunday, September 11, the OC lap pool 5:30 PM.

Congratulations to Greg Tinloy! He is our new equipment manager. Thank you for stepping up to the plate, to help out the club. On behalf of the entire membership, we appreciate you, and welcome you to the steering committee.

Our treasurer, Claudia, prompted me to interview our veteran members. What a great idea! We became a club in 2006! Expect to see the interviews spread over the next few months. Please look in the Sun Senior News for their commentary. The photos will be here in the COMPASS. Veteran members, see how many players you can recognize.



Feli goes for the kill!!; Find three current members, ten years plus!; OC pool, check out that net!

New players contact Ginger Nickerson, Red Ball Liaison, 253-3322.

By Linda S.

Contact: Jim Puthuff, 768-3936

Website: www.lhwatervolleyball.com



West Coast Swing

West Coast Swing Dance Club

West Coast Swing Dance Practice: It's

been decided that due to the lack of attendance, we will no longer be offering dance practices on the second Friday of each month. If we see that there is an interest in bringing the practices back, it will be reconsidered at a Board Meeting and all members will be notified.

Upcoming Dance: Sunday, September 25
Tea Dance and Ice Cream Social
OC Ballroom, 2:00-5:00 PM

Members: Free, Guests: \$5

Tickets: Contact Dottie Macken.

West Coast Swing Dance Lessons:
Wednesday Evenings at KS—check the *COMPASS* for cost, dates and times (page 79 in this issue).

Contacts: Dottie Macken 543-6005,
justdottie@sbcglobal.net; Bob Roman
543-6618, BobRoman@starstream.net



Woodcarvers

Due to noise and dust irritants, Woodcarvers Club members work on projects, during meetings, using hand tools only. Some members have tools at home that help in removing excess stock. Another option for woodcarvers is to purchase “rough outs” which are proj-

ects that have much of the excess wood removed. This allows the carver to finish the project using hand tools in a shorter length of time. When finished, a carving may be left as is, but often a little sanding and finishing brings the project to life. Finishing can be an oil finish or painted. Woodcarvers Club has large variety of paints and a wood burning kit for use by club members.

Check out the award winning carvings which will be on display until September 12 in one of the OC display windows.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room (KS).
Contact: Dick Skelton, 626-0895



Writers

If fiction is like real life with the dull parts taken out, then the SCLH Writers Group are having great fun with the best of both.

Love poems to sci-fi adventures, military intrigue to murder mysteries, this summer heat has not melted the creativity of our writers. Geoff has provided vivid descriptions of a fictional jet crash on an aircraft carrier, Tom is preparing a book of NCIS



Geoff Young,
Military Novel;
Tom Brannon,
Stories of NCIS;
Alan Lowe, *Never-ending Surprises*

cases and we never know how Alan will surprise us.

There is plenty of room for both real life and fictional story telling as our writers spin their colorful images. Are you a story teller or poet? We really would encourage you to come join the fun. You don't have to be an English professor, just someone who would like to share stories and tales

Come join us every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.

Contacts: Bruce Robinson, bbrob1281@gmail.com;
Mike Hensley, mike.1943.ok@gmail.com;
Susan Gust, srg2266@gmail.com

Happy Hour

Continued from page 23

One wide-eyed gentleman admitted, with a smile of anticipation, that Happy Hour was about “the women!”

Even the staff exuded happiness. Michelle and Mandy, busily serving clients their requested food and drink, talked about “the dancing and music and friendly people” as a delightful perk in their Thursday schedules.



Lounge and enjoy the music

The Thursday poolside Happy Hour event is now in its third year of offering a delightful way to spend a couple of late afternoon hours. Food & Beverage Director Jerry McCarthy notes, “We’ve been very pleased with the popularity of this event! With free music and dancing and a delicious food and drink menu, our ‘cruise ship on land’ offers a great way to meet new friends and catch up with old friends.”

On a hot summer day, the recently constructed awning on the south side of the pool provides refreshing shade, and with music, friends, drinks, and food, it's oh so easy not to even notice a bit of northern California sun. Happy Hour runs through September, so as summertime wanes, come on out and enjoy yet another Lincoln Hills amenity!



Visit with friends or get up and dance!



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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.

Bowling

Thursday AM Sun Senior Bowlers: Looking for bowlers interested in joining our fall league (begins September 1) at Strikes Unlimited in Rocklin at 9:30 AM. Come join the fun and meet new friends. For information or to sign-up: Claudia Dehart, the.deharts@att.net or 645-9345.

Tuesday AM Bowling League: Sign-up/General Meeting is August 30, 10:00 AM at AMF-Rocklin Lanes, we will purchase membership cards that day. Senior league age limit is 55. We begin Bowling on September 6, new members always welcome. More info: Nancy, 434-5628, or Betty 253-9440.

Caregivers Support Group

The Lincoln Caregiver Support Group meets August 18, 9:00-11:00 AM. We meet at the 12 Bridges Library in the Fir Room. Please join us if you do caregiving for a person with any type of illness. We support and encourage one another during this difficult journey. You will need to come in through the back door of the Library. More info: Brenda Cathey, 253-7537.

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.

- Tuesday, August 16 • 11:00 AM Placer SPCA Solarium (OC)
- Tuesday, August 23 • 9:30 AM C.R. Abrams Revocable Living Trust Seminar Secret Garden (OC)
- Tuesday, September 13 • 10:00 AM Nautilus Society Heights (OC)
- Tuesday, September 13 • 9:30 AM Seven Out of Ten Presentation Oaks (OC)

Glaucoma Support Group

Glaucoma is the second leading cause of blindness in the world. While it is not curable, it is treatable and with proper care and patient compliance may greatly reduce rapid progression. If you would like information about glaucoma and treatment options, please attend our next meeting. We will meet on September 14, at 4:00 in the Multimedia Room (OC). More info: Bonnie Dale, 543-2133.

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group starts on September 13 through December 6. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church, 1170 E

Joiner Parkway, Lincoln. Contact: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

Lincoln Democratic Club

The speaker for our Thursday, August 18, meeting is Celia McAdam of the Placer County Transportation Planning Agency. She was named Woman of the Year (2015) by Women in Transportation for her pursuit of transportation excellence. Ms. McAdam will be talking about the proposed tax on the November ballot and the transportation projects that will be funded by this tax. Please join us at 6:30 PM. The meeting starts at 6:45 PM in the Placer Room (KS). Questions? See our club website, www.democraticclublincolnca.org/, or email Al Witten, lincolndems@gmail.com.

LH Foundation

Bingo in the Ballroom is August 23. Doors open at 12:30 PM. More info: Klara, 408-4496. **CPR/AED First Aid Class** will be Tuesday, September 6 at 9:00 AM. Cost is \$10 or \$20 depending on certification. More info: Joan, 434-0749. The Foundation continues its free **Lecture Series** on Saturday, September 10 at KS at 10:00 AM. The subject is "Trustees, Executors and Agents: Oh My!" More information: Bob, 645-5380. **Transportation:** See upcoming articles about a new program that will provide a ride to KS at the Movies for those who can't drive.

LH Italian Club (LHIC)

On September 11, the LHIC will have our second Murder Mystery Dinner show. Who will meet an "untimely end" this year, and "whodunit"? Answers can be found, along with dinner, at the Catta
Continued on page 43

Lincoln Hills Senior Softball Awards Annual Scholarships

Continuing a 13-year tradition of supporting local Lincoln High School graduates with college scholarships, the Lincoln Hills Senior Softball League (LHSSL) awarded four, \$1000 scholarships this year. Recipients were Slater Bleichner-Jones, Lauren Edwards, Aaron Jackson and Garrison Macqueen, all 2016 Lincoln High School graduates. Each of them will use

these funds to help defray part of the spiraling higher education costs.

The Senior Softball League was founded at SCLH in the year 2000 with just 40 players; they currently have over 200 participants, all Lincoln Hills residents. Players range in age from 55 to 83 years old. The average age is almost 71 years old.

The LHSSL has a history of philanthropic community support. Net proceeds from monthly "hot dog days" during the playing season, recycling efforts and their annual "opening day" event provide the monies to award their annual scholarships to Lincoln High School graduates.



LHSSL awarded scholarships to Lincoln High School graduates

Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
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For details and other tax-cutting assistance, contact:

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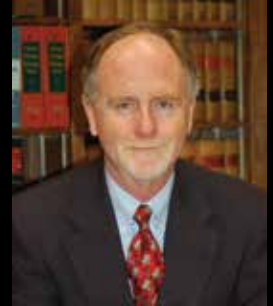
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In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner’s Hospital for Children.



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~ Community Perks ~

LH Certified Farmers Market & Vendor Fair Every Wednesday

Support your local farmers every Wednesday at OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. Weather permitting, the Farmers Market will be open until November. Interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith, 625-4021 or shelvie.smith@sclhca.com.



KS Classic Movies on Saturday: Peggy Sue Got Married Saturday, August 20 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 103 minutes. Comedy/Drama/Fantasy. Starring Kathleen Turner, Nicolas Cage, Joan Allen and Jim Carrey. Peggy Sue faints at a high school reunion. When she wakes up, she finds herself in her own past, just before she finished school.



Lincoln Community Blood Drive Friday, August 26 — Free

1:00 to 6:00 PM. The Lincoln Rotary Club advises that the local blood supply is dangerously low at local hospitals. You can help by participating in the Lincoln Community Blood Drive at the Lincoln Veterans Hall on the corner of 5th and E Streets in downtown Lincoln. Avoid lines, preregister online at: <https://lincolnblooddrive82616.eventbrite.com>. You may also “walk-in” for your donation. If you cannot make this blood drive, please call 866-822-5663 and make an appointment with BloodSource for a time that works for you. Mention Lincoln Rotary Blood Drive and our blood drive will receive credit for your donation. This will help us keep the blood drives local. Questions? Gayle, 453-3042.



Music Group Sponsored “Open Mic Night” Friday, August 26 — Free

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. Open to SCLH performing musicians, guests and audience members. Singers must be accompanied by a musician. No karaoke.



KS at the Movies: Star Wars: The Force Awakens Monday, September 5 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 136 minutes, Action/Adventure/Fantasy. Starring Harrison Ford, Mark Hamill, Carrie Fisher, Adam Driver, Daisy Ridley, and John Boyega. Three decades after the defeat of the Galactic Empire, a new threat arises. The First Order attempts to rule the galaxy and only a ragtag group of heroes can stop with the help of the Resistance. Directed by J.J. Abrams.



Alzheimer’s and Dementia: An Increasing Concern Thursday, September 8 — Free

10:00 AM-12:00 PM. P-Hall (KS). Featuring: Michelle Johnston, Regional Director of N. California and N. Nevada’s Alzheimer’s Association and Dr. Laura Wayman, “The Dementia Whisperer.” Michelle will talk about latest research and how to combat the disease. Laura will provide insight about those with the disease and speak to those providing care. Hear about the upcoming annual “Walk to End Alzheimer’s,” **October 1 at Sacramento State Capitol**, the world’s largest event to fight Alzheimer’s. Amador Stage Lines will again donate a bus to transport residents to the Walk. We will enjoy a pre-set lunch at the Spaghetti Factory, \$20 includes driver tip. **Please register for the Walk and lunch at the Activities Desk using code — 1924-08**



Coffee with the Mayor Friday, September 9 — Free

10:00 AM, Community Living Room (OC). Join Mayor Spencer Short in an informal setting that provides residents an opportunity to ask questions and hear what is going on within the city of Lincoln.



KS Classic Movies on Saturday: Moonstruck Saturday, September 17 — Free

1:30 PM, P-Hall (KS). Not PG, 102 minutes, Comedy/Drama/Romance. Starring Cher, Nicolas Cage, Vincent Gardenia, and Olympia Dukakis. Loretta Castorini, a book keeper from Brooklyn, NY, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry. Cher won an Oscar for Best Actress in a Leading Role.



Association Social

Friday, October 7 — Free — 820919-AS

3:30-7:30 PM, OC Fitness Center parking lot. Complimentary food, drink, music, activities. In addition, a Breast Cancer Fundraiser. \$20 Donation Ticket includes lively Zumba class, set a record for the largest chair exercise class, basketball free throw session, more.



Lincoln CreekFest Saturday, October 8 — Free

11:00 AM-2:00 PM. Join Wildlife Heritage Foundation at McBean Park, Lincoln; learn about our community’s creeks and the wildlife that depend on them. Activities include: California Raptor Center, Placer County Master Gardeners, Natl Oceanic and Atmospheric Association, Sierra Foothills Audubon Society, LHS Farm Petting Zoo, local and regional agencies and non-profits, artisans, bounce house, face painting and arts & crafts for the kids, food vendors and more!





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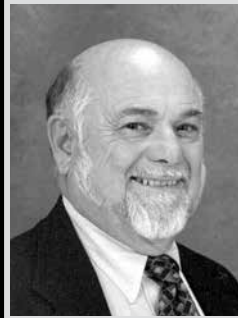
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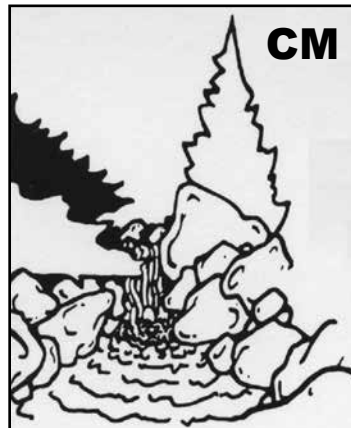
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Continued from page 41

Verdera venue. The month of October will see: an outdoor Wine Tasting event on the 11th, and our Annual Membership Meeting on the 14th. More info about these events: www.lhitalianclub.org, or Activities Director Karen Zimmerman, 543-7418. For Club membership questions: www.lhitalianclub.org or Membership Director Virginia Halstenrud, 543-3293.

LH Parkinson's Disease Support Group

The Lincoln Parkinson's Group meets at Granite Springs Church on E. Joiner Pkwy. the third Tuesday of each month. Our next meeting: August 16, 10:00 AM. Please join us for discussion and special speakers! More info: Brenda Cathey, 253-7537.

LH Republican Club

Our next meeting will be held on August 19 at 5:00 PM in the Social Kitchen (KS). The meeting format will include light food and beverages. Our speaker will be Retired Army Captain Pamela Barnett, author of *Obama Never Vetted*, *The Unlawful President*, *The National Security Loopholes and Ensuing Conspiracy That Endanger America*. She sued a candidate for Secretary of State for not having truthful voter registration information and discovered many ways election fraud can be committed in California. I'm sure you will find Captain Barnett's talk lively and informative. More info: Bob Alaimo, 645-9488.

LH Travel Group www.lh-travelgroup.com

The Travel Group has been in existence since 2000 offering trips around the world to residents and their guests. Our committee consists of five resident home owners. We meet the first Tuesday of the month,

6:30 PM, KS unless otherwise noted. Everyone is welcome. Kris Adams of Premier is our presenter at the next meeting, Tuesday, September 6, 6:30 PM KS. See our website for trip details. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

Lincoln Multiple Sclerosis Group

Tuesday, September 6, the day after Labor Day, is the first Multiple Sclerosis Meeting following our annual summer break. New Leader, Jeri Di Fiore, is assuming the reigns from Marilyn Sharp, who was Leader for several years. At the meeting, Jeri will check-in with members regarding how they survived the long hot summer. Then Marilyn has volunteered to lead the group in an "Ice Breaker." Tuesday, September 6, 1:00 PM Sierra Room KS. More details about the group: Marilyn Sharp, 434-6898.

Open Play Games

Interested in playing card, tile and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) Sundays, 2:00-4:30 PM, Wednesdays, 12:30-4:30 PM, and the Sierra Room (KS) Fridays, between 8:30 and 11:30 AM. Bring your own resources and meet friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

Prostate Cancer Guys!!

For those of you with questions or

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

Racquetball Group

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

Retired Law Enforcement Officers Group

The Retired Law Enforcement Officers Group will meet at the Turkey Creek Golf Club Wednesday, August 24 at 9:00 AM. All retired and active duty law enforcement officers and their spouses/significant others are invited. Our guest speaker will be CHP Captain Paul Schroeder. Please call Bob J. McCollum, 408-621, if you wish to attend.

Shalom Group

The Shalom Group meets bimonthly at KS at 6:30 PM, Monday. We plan an activity the months in between. We are active in cultivating the Jewish experience thru various events such as social and sporting events, current event discussions, game night, cooking and soup cook-off events, hiking, Jewish holiday celebrations, and much more. We have an active men's and woman's club. We're currently involved in bowling and bocce. We play Mah Jongg and Canasta in small groups. More info: Vida, membership chair, 984-1043.

Shooting Group

Our purpose is to make friends among 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, Thursdays for Skeet and Five Stand. For shooting schedule hours and trap or skeet shooting, contact John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting, contact Jim Trifilo, 434-6341 or trifilo@sbcglobal.net.

In Memoriam

Ken Sheehan

Born and raised on his parent's farm in Southern Minnesota, Ken spent his career in banking, including mortgage lending. He also served a tour of duty with the 2nd Infantry Division in Korea. He and wife, Barbara, retired to Lake Havasu, Arizona where Ken became active in community affairs. In 2004, they moved to Lincoln Hills to be close to their family. Ken joined Neighborhood Watch as a mailbox captain and was elected to Executive Director in 2007 at a time that the organiza-

tion was floundering. He was able to recruit and market Neighborhood Watch and help make it what it is today. You may have seen him in his electric scooter "walking his little dog" on Sun City Blvd. Ken will be especially missed by his wife of 61 years, Barb, four children and six 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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Entertainment

—Comedy—

Just Added! KS Comedy Night with Kat Simmons

Thursday, September 29

6:00 PM performance — 5429-08A

8:00 PM performance — 5429-08B

Kat Simmons returns to the Presentation Hall to bring her special brand of comedy. Her shows sold out last time and received great reviews from residents. Kat is a 27-year veteran of the international comedy club circuit. You may have seen her at The Improvs, Catch A Rising Star, the Comedy Channel, Fox's Comedy Tonight, or on Candid Camera. She has toured with The Three Blonde Moms and won the eWomen Network's International Talent Contest in Dallas in 2009. Kat has a unique talent for combining physical comedy with real life situations that everyone can relate to. She has been favorably compared to the masters of the craft, Lucille Ball, Carol Burnett and Red Skelton. She is one of a few physical comedienne working today. She has appeared with Tim Allen, Kevin Nealon, Kenny Rogers, and Rob Schneider. Don't miss out! Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). Reserved seating, \$12.



—Concerts—

Single Seats Now On Sale!

KS Music Night Presents

Fall Classical Series

Great Guitars! Daniel Roest and Richard Gilewitz

— Tuesday, August 16 — 5416-06A

The Angelica Duo featuring violinist Anita Fetsch Felix and harpist Beverly Wesner-Hoehn

— Tuesday, October 18 — 5416-06B

Joyous Brass: Christmas in Brass

— Tuesday, November 22 — 5416-06C

Classical Guitarist Matt Bacon

— Tuesday, December 20 — 5416-06D

We are pleased once again to present some of the finest classical musicians in the Northern California area in a four concert series performed at Presentation Hall, (KS). First up in the series is the guitar duo consisting of Daniel Roest and finger style guitarist Richard Gilewitz, who delivers a magical journey of solo 6 and 12-string guitar—with amusing tales along the way. He's toured the world many times. Daniel Roest ("roost") lives



and performs in Northern California. With a broad range of styles to select from, his performances shift gears through continents and periods, aimed at pleasing all ages. Coming in October, The Angelica Duo comprised of violinist Anita Fetsch Felix and harpist Beverly Wesner-Hoehn. They will present newly composed virtuoso music mixed with old favorites to delight audiences in an intimate chamber music setting. The Angelica Duo will present the works of Saint-Saens, Massenet, Bach, Izmaylov, Donizetti and others with commentary on the composers. Their performances have been met with "enthusiasm and high praise for their transparent sound, and artistry." In November, Joyous Brass, Northern California's only British Style Brass Band, featuring 30 musicians will perform Holiday themed music, including original compositions, jazz, classical and traditional carols. Rounding out our series is Classical Guitarist Matt Bacon from San Francisco. He is an international artist and Top Prize winner at the Texas National Music Festival's "Classical Minds" competition. He is a highly sought after performer and composer. **Single tickets are now on sale.** Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS). Reserved Seating, \$15.

Summer Concert Series

Jukebox Junction: Glenn Miller Orchestra and the Diamonds

Friday, August 26 — 5016-4F

Four decades of musical favorites on one stage! What could be more entertaining than the fusion of exemplary musicianship from the Glenn Miller Orchestra and the wonderful hits and



showmanship of the Diamonds? The Glenn Miller Orchestra performs your favorite big band hits, followed by your favorite doo-wop and rock and roll classics as sung by the Diamonds in one unforgettable concert. Expect hits like "Chattanooga Choo-choo," and "Moonlight Serenade" from Glenn Miller Orchestra and "Little Darlin'," and "The Stroll," to name a few from the Diamonds. General admission, \$23.

An Evening with Ariana Savalas
With Special Guest Mads Tolling

Friday, September 2 — 5402-07

Singer/Songwriter Ariana Savalas, youngest daughter of legendary actor Telly Savalas, will perform a program of popular standards from The Great American Songbook and selections from her recordings and personal repertoire, featuring a number of duets and musical magic with two-time Grammy Award-Winning Mads Tolling. Also featuring musical director, Mark Vogel. She has performed for sold out audiences from Beverly Hills to Manhattan. Get ready



Continued on page 48

Yellow highlighted events are shown on the Calendar of Events list on page 3.

for signature smooth-as-silk vocals, a quick wit, and a delightfully naughty sense of humor. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24.** General admission, \$20.

Summer Concert Series
Jason Petty and Carolyn Martin:
Country Royalty
Friday, September 16 — 5016-4G

Two legends, one stage! Jason Petty teams up with one of the best singers in the business to bring two legends of country music together for the very first time... **Hank Williams** and **Patsy Cline**. Award-winning singer Carolyn Martin delivers the perfect **Patsy Cline** to Jason's **Hank Williams**, the two biggest names country music has ever seen. With hits like "Crazy," "Hey Good Lookin'," "Walking After Midnight," and many more, join Jason and Carolyn with their five-piece band as they take you back in time to when these country giants rule the airwaves. General admission, \$22.



Summer Concert Series
Let's Hang On! A Frankie Valli Tribute Show
Friday, September 23 — 5016-4H

You asked for it, you got it! Get ready to experience America's # 1 Frankie Valli Tribute Show, *Let's Hang On!* as they pay tribute to the classic *Seasons* while also paying tribute to the Broadway show, "The Jersey Boys." Expect the trademark vocal virtuosity, tight harmonies, and crisp choreography that made *The Four*

Seasons one of the greatest vocal groups of all time. Sing along to *Four Seasons'* mega hits like: "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off of You," and many more. General admission, \$21.



Silent Movie Night with the Roseville Community Band
Buster Keaton's 1926 Classic Comedy, "The General"
Friday, October 28 — 5428-08

The Roseville Community Band will thrill us once again with great music that will bring a silent movie to life! This year they will accompany Buster Keaton's 1926 classic comedy, "The General." Silent movies, whose era lasted from film's beginning to the late 1920's, were shown in theaters with live musical accompaniment. We are recreating this experience with the Roseville Community Concert Band performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under the age of seven). Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount, day of the show only (ticket required). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$10.** General admission, \$8.



Summer Amphitheater Concert Series Guidelines

Admission: Wristbands must be worn during concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands and SACS souvenir gift from the OC Activities Desk in advance, e-Tickets or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

Admittance: Doors open at 6:00 PM.

ADA: Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.

Chairs/Seating: Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **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 at 6:00 PM.** **Chairs placed prior to 5:00 AM, or that exceed height of 36" will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area to left of stage.

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on Amphitheater's bottom tier.

Entertainers: Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances.

Food & Beverage: No-host bar and concessions available upon admission and throughout the concert.

Not Allowed: High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, pets.

OC Fitness Center/Pool: Closes at 6:30 PM.

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, water in factory-sealed bottles.

Show Cancellation All sales are final. In the case of unexpected "Acts of God," "Force Majeure," local authority related, or any other unforeseen situations that prevent the event from safely being held, **No refunds or exchanges will be issued.**

Ticket Pricing: Located in individual articles in Entertainment section of this COMPASS. All sales are final. No refunds or exchanges. No child pricing.

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—Dinner Show—

Oktoberfest Celebration

Friday, October 14 — 5414-08

Come polka with us! Our Oktoberfest tradition continues with Oktoberfest music from the Alpentanzer Schuhplatter dancers and band, wonderful food, fun, and dancing. Enjoy traditional



German tunes during dinner and audience dancing later in the evening. After dinner, the Alpentanzer Schuhplatter Dancers will entertain you with their elegant costumes and traditional Austrian/Bavarian dance numbers (including an audience participation dance). Feast on a sumptuous buffet of traditional German foods. A complete menu is available at the Activities Desks (OC/KS). Enjoy a no host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. **Reserved table seating, \$38.**

—Grandkids Event—

Pumpkin Splash

Saturday, October 8 — 5408-08

Come and enjoy a unique pumpkin patch with your grandchild-

ren! This floating pumpkin patch will be located at the heated lap pool at OC Fitness Center. Make sure your grandkids wear their bathing suits and bring a towel. The pumpkins will be ready for the picking, out of the water that is! Pumpkin decorating, photo ops, games, and goodie bags! Come join the Halloween fun! **Pumpkin picking will be divided into age groups: five-to-seven years old; eight-to-ten years old; 11-to-12 years old. Children that can't swim must be accompanied by an adult in the pool. Doors open at 10:00 AM. Wristbands are required to participate in the festivities. Wristband for online buyers will be available for pick up starting at 10:00 AM. General admission, \$12. Limited number of spaces available. In case of rain, event will be cancelled.**



—Show—

**Duffy Hudson Presents
The Life and Work of Harry Houdini
Tuesday, October 4 — 5404-08**

Broadway and film veteran Duffy Hudson is back by popular demand. Duffy will bring his talent and fascination for Houdini to life in his new, unique one-man show on “The Life and Magic of Harry Houdini.” Will the show include elements of Houdini’s life? Of course it will. Will the show include escapes and magic? Of course it will. Will the show captivate the young, the old, and everyone in between? Of course it will. Will the show reveal all of Houdini’s secrets? Well, you will just have to see... Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved seating, \$12.**



Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Colusa Casino

Thursday, September 22 — 1950-08

Enjoy a nice drive in the country on the first day of Fall and view one of the world’s smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$3 additional slot credit. Additional credits to be applied based on your prior



play. There may be additional promotions in September. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.

—Festivals—

Gold Rush Days

Friday, September 2 — 1849-06

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



Continued on page 52

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 8:30 AM, return ~ 2:30 PM. \$25.

Benicia Fine Arts & Crafts Fair Saturday, September 17 — 1746-07

Artisans and crafters will line First Street in historic downtown Benicia for this annual event. Recognized as one of the most diversified and leading Bay Area arts & craft shows, this event draws thousands of shoppers. Vendors are pre-screened to ensure a quality event with an extensive selection and variety of fine arts and crafts. You'll be steps from the waterfront and historical sites. Lunch on your own. Leave OC at 9:15 AM, return ~ 5:15 PM. \$35.



California Capital Airshow Saturday, October 1 — 1930-07

The California Capital Airshow will be roaring into town featuring spine-tingling performances by the U.S. Navy Blue Angels Demonstration Squadron, United States Army Golden Knights, Royal Canadian Air Force CF-18 Demo Team, USAF Air Combat Command F-16 Viper Demo Team, 'FIFI'—the world's only flying B-29 Superfortress, pyrotechnics, theatrical WWII tribute performance and so much more! Our group will enjoy the large chalet tent with an included buffet and soft beverage, includes seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIP entrance and up front bus drop off and parking along with private restrooms for chalet guests only. Docents and airshow staff will be available for assistance and questions. Enjoy aircraft displays and speak to pilots, crewmembers and see crazy aerobatics. Skip the traffic and parking hassles and join us for this spectacular airshow. Buffet menu available at activities desk or online. Leave OC at 8:30 AM, return ~ 5:30 PM. \$119.



Great Italian Festival-Silver Legacy Saturday, October 8 — 1822-08

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, a wine walk, an Italian Farmers Market, Bocce Ball and more! You'll have five hours to enjoy the festival, lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$3 food coupon. Leave OC at 8:00 AM; return ~6:30 PM. \$35



Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

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

- **Weather:** Association trips and 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.

- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center on return.

- **Event Ticket for Trips:** Are handed to guests when boarding.

- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.





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Fleet Week Hornblower Luncheon Cruise

Sunday, October 9 — 1831-07

We've reserved space with Hornblower Cruises for your enjoyment of the festivities. You'll be in awe as the Navy Blue Angels soar right above you on the bay along with several other air teams! Enjoy once-in-a-lifetime views, free-flowing champagne



and an all-you-can-eat gourmet buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it can get cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat and we'll give plenty of time after returning to the dock to get to the bus for departure. There will be a rest stop on way home. Leave OC at 10:00 AM, return ~ 8:30 PM. \$160.

QuiltFest

Thursday, October 13 — 1785-08

In cooperation with the Needle Arts Group and open to all residents and their guests, we're going back to enjoy The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. We will stay until the close of the show. For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 9:00 AM, return ~ 9:45 PM. Dinner stop in Santa Clara to wait out traffic and rest stop on way in to show. \$67 (includes admission).



—Food & Wine—

Best in the West — Rib Cook-off

Wednesday, August 31 — 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 over the long Labor Day weekend 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. We're going on the first day of the event for less crowds. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$41.



Apple Hill

Monday, October 3 — 1812-08

Or Thursday, October 6 — 1824-08

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, a produce and goodies store, and lovely fall colors! The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy lunch consisting of a *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill with included stops at Larsen's Apple Barn and Boa Vista Orchards. The fall colors and countryside scenery will make this a day to remember. We even get a snack of an Apple Fritter and a bottle of water for the ride home. Leave OC 9:00 AM, return ~ 6:00 PM. \$64.

Apple Hill & High Hill Ranch



—Performances—

"Hamilton an American Musical"

San Francisco ticket release has been delayed until the fall, keep an eye on *COMPASS* as it will be listed as soon as we get the tickets.

Eldorado Reno — The Full Monty

Thursday, September 8 — 1777-07

Get ready to laugh with *The Full Monty* at the Eldorado Theatre! Based on the cult hit film of the same, this 10-time Tony Award-nominee is filled with honest affection, engaging melodies and the most highly-anticipated closing number of any show. While spying on their wives at a "Girls' Night Out," a group of unemployed steelworkers from Buffalo see how much they enjoy watching male strippers. Jealous, out of work and feeling emasculated, the men come up with a bold and unclothed way to make some quick cash. *The Full Monty* is a story full of heart with a raucous mix of razor-sharp humor and toe-tapping pizzazz, this heartwarming upbeat comedy is a total blast. Includes \$10 free play and \$5 food credit at the Silver Legacy, and buffet dinner at the Eldorado before the show. Reserved seats. Leave OC at 12:00 PM, return ~ 11:00 PM. \$95.

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Irving Berlin's White Christmas

Golden Gate Theater—San Francisco

Wednesday, December 14 — 1774-05

Not too soon to plan your holiday outing! Start with a timeless tale of joy and goodwill, fill it with classic Irving Berlin songs, top it off with glorious dancing and lots of snow and come see

Continued on page 58

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Irving Berlin's *White Christmas*! It's a must-see classic in a lavish new musical that the *New York Times* says to "put on your wish list." **Irving Berlin's White Christmas** tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Enjoy the holiday spirit at Union Square with dinner on your own after the 2:00 PM show. Depart at 10:45 AM, return ~ 9:45 PM. \$130.



2016 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." All shows start at 7:30 PM. You will have time to purchase food and beverages prior to the show and enjoy complimentary access to the air-conditioned season ticket subscriber's lounge with cash bar, restrooms and tables and chairs. Leave OC at 6:15 PM, return ~ 11:00 PM. \$99 each show.



The Hunchback of Notre Dame Wednesday, August 24 — 1795-03E

This brand new musical is the only stage collaboration from two masters of American musical theatre, Alan Menken (*Beauty and the Beast*, *Newsies*) and Stephen Schwartz (*Wicked*, *Pippin*). With a lush, emotionally rich score and beautiful choral arrangements, it's a dramatic retelling of the epic but tragic Victor Hugo novel. Darker than the Disney film, closer in plot to the novel, the musical showcases the film's Oscar-nominated score and introduces stunning new songs. \$99.



Broadway Sacramento 2016-2017

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$97 each

The Sound of Music Tuesday, November 1 — 1793-06A

The Hills Are Alive! A brand new production of *The Sound of Music*, directed by three-time Tony Award® winner Jack O'Brien, is coming to Sacramento. The spirited, romantic and beloved musical story of Maria and the von Trapp Family



will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song. \$97.

First bus sold out! Second bus added! Kinky Boots

Tuesday, January 31, 2017 — 1793-06BB

Kinky Boots is Broadway's huge-hearted, high-heeled hit! With songs by Grammy® and Tony® winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. Inspired by true events, *Kinky Boots* takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan. Charlie Price is struggling to live up to his father's expectations and continue the family business of Price & Son. With the factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, a fabulous performer in need of some sturdy new stilettos. Take a step in the right direction and discover that sometimes the best way to fit in is to stand out. \$97.



A Gentleman's Guide to Love & Murder Tuesday, March 7, 2017 — 1793-06C

Getting away with murder can be so much fun... and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award® for Best Musical—*A Gentleman's Guide to Love & Murder!*, *Gentleman's Guide* tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by—you guessed it—eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. All the while, Monty has to juggle his mistress (she's after more than just love), his fiancée (she's his cousin but who's keeping track?), and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance... and be done in time for tea. \$97.



The Bodyguard Tuesday, April 18, 2017 — 1793-06D

Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox! Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don't expect is to fall in love. A breathtakingly romantic thriller, *The Bodyguard* features a host of irresistible classics including "Queen of the Night," "So Emotional," "One Moment in Time," "Saving All My Love," "Run to You," "I Have Nothing," "I Wanna Dance with Somebody" and one of the biggest selling songs of all time – "I Will Always Love You." \$97.



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The Phantom of the Opera

Tuesday, May 23, 2017 — 1793-06E

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera* will come to Sacramento as part of a brand new North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before" and features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score – with songs like "Music of the Night," "All I Ask Of You," and "Masquerade"—will be performed by a cast and orchestra of 52, making this *Phantom* one of the largest productions now on tour. \$97.



2016/2017 Speaker Series

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community



Center Theater. The exciting speaker series is sold as a series only, no individual tickets, offered with four price points this year. New this season is the additional limited option of **Platinum seating** which allows for Front Orchestra seating. Gold and Silver reserved continues to be available along with the Bronze option of open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Speakers listed below.

\$639 Platinum Seating — 1730-04

\$573 Gold Seating — 1731-04

\$440 Silver Seating — 1732-04

\$339 Bronze Seating — 1733-04

Read about this season's phenomenal speakers:

- **Michael Lewis**
Wednesday, September 28

Michael Lewis is a non-fiction writer and one of today's leading social commentators. He takes a fresh, hard look at the ever-changing value systems that drive our economic markets, political landscapes and cultural norms. Some of his best-selling books include *Moneyball*, *The Blind Side* and *The Big Short*.

- **Brian Greene**
Wednesday, November 16

Brian Greene is a theoretical physicist. He is an entertaining communicator of cutting-edge scientific concepts. His national bestseller *The Elegant Universe* became an Emmy and Peabody award-winning NOVA special that Greene hosted. He co-founded The World Science Festival with the mission to take science out of the laboratory, and recently launched World Science U, a series of free online courses.

- **Jay Leno**
Wednesday, January 18, 2017

Comedian Jay Leno is known as one of the nicest and hardest working men in show business. As host of the *Tonight Show* he dominated the TV late night ratings for more than two decades. His "everyman" style and personality have helped him earn millions of fans worldwide.

- **Fared Zakaria**
Monday, February 27, 2017

Journalist Fared Zakaria is the host of CNN's Fared Zakaria GPS, the go-to show for those seeking smart commentary and civil conversation about global challenges. Dr. Zakaria is a contributing editor to the *Washington Post* and *The Atlantic* and author of several *New York Times* bestsellers. He is widely respected for his thoughtful analysis and ability to spot economic and political trends.

- **Julia Gillard**
Wednesday, April 5, 2017

Former Head of State Julia Gillard was the 27th Prime Minister of Australia. She was the country's first female Prime Minister from 2010-2013. She developed nation-changing policies, including reforming Australia's education at every level and improving healthcare. She received worldwide attention for her speech in Parliament on the treatment of women in professional and public life.

- **Cheryl Strayed**
Wednesday, May 3, 2017

Cheryl Strayed is the author of the #1 *New York Times* bestselling memoir, *Wild: From Lost to Found on the Pacific Crest Trail*. It was made into a movie in 2014. Shattered by two major life events at age 22, she decided to trek over 1,000 miles from the Mojave Desert to the Oregon-Washington border; and found inner peace.

—Sports—

San Francisco Giants

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on third base side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in

Continued on page 65

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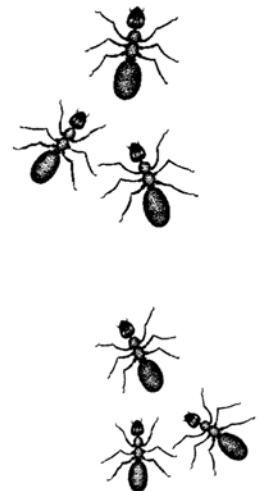


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- **Giants vs. St. Louis Cardinals**

Sunday, September 18 — 1800-12C

Seats located in club level 231. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

- **Giants vs. Los Angeles Dodgers Fan Appreciation Day!**

Sunday, October 2 — 1800-03B

Seats located in club level 230. Depart OC 8:15 AM (12:05 PM game time). Return ~ 6:45 PM.

—Tours/Leisure—

San Francisco Saturday

Saturday, September 10 —1844-07

Enjoy a special Saturday excursion to Fisherman's Wharf in San Francisco. The Ghirardelli Chocolate Festival will be happening that day at Ghirardelli Square just a few short blocks away if you wish to attend on your own (ticket prices \$20-\$50). Meet friends, shop, have a nice meal, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:30 AM, return ~ 7:15 PM, \$44.



Berkeley Botanical Garden and Trader Vic's

Thursday, September 15 — 1830-07

Enjoy the cool weather in the Berkeley Hills as we visit the UC Berkeley Botanical Gardens. Established in 1890, the Garden has over 13,000 different kinds of plants from around the world, cultivated by region in naturalistic landscapes over its 34 acres. This worldwide collection features plants of documented wild origin from nearly every continent, with an emphasis on plants from Mediterranean climates. Visit the Redwood grove and also see a "Corpse Flower," you never know when it will decide to bloom! After the tour, we'll be off for a very special buffet lunch at the original Trader Vic's in Emeryville right on the bay! Created by restaurant visionary Vic "The Trader" Bergeron, the tropical interior, exotic cocktails, and international menu has become world-famous with locations across the globe. *Menu available at Activities Desks.* Be aware some of the trails in garden are hilly and not paved. Depart 7:45 AM, return ~ 5:30 PM. \$117.



Sausalito Floating Homes Tour

Saturday, September 24 — 1840-07 — Sold Out

Visit the famous and colorful Sausalito Floating Homes for their 31st Annual Open House Tour. This tour will be smaller and more

intimate than ever before, allowing for an easy-paced look at some of their most distinctive waterfront homes. The tour also includes exhibits by local artists, authors and maritime-oriented non-profits, and live music throughout the day. Learn about living on the waterfront and enjoy the various talents of the numerous artists who reside there. Docents are on board the homes to answer your questions about the waterfront lifestyle. The homes are as different and eclectic as you can possibly imagine—from large floating mansions to small and creatively designed places. Tour at your own pace. Lunch on your own at event with vendors or café at docks. Artwork will be on sale. Leave OC at 8:00 AM, return ~ 6:00 PM. \$97 (includes admission).



Beale Air Force Base

Friday, October 14 — 1762-08

Friday, October 21 — 1763-08

Ever notice the military aircraft above and wonder what base they are from? Join us on a tour of Beale AFB just a short drive from Lincoln Hills. Limited to 40 people, space goes fast! Residents must sign up in person and individually as security clearance by the Air Force is required. It's a leisurely trip to Beale and we are anticipating touring the POW camp, SR-71 static display, seeing a military K-9 presentation, flightline tour and a spacesuit demo. Lunch will be on your own at the base dining facility and you are also welcome to bring your own lunch. (Activities are subject to change due to USAF mission demands.) When registering for this trip, each person must bring their driver's license or state I.D. card as the monitor will need to note name, driver's license/ID number, state, and date of birth for security purposes. No name changes after October 7. You must also have your id on you during the trip. **We cannot register you for this trip unless you appear in person at an Activities Desk (OC/KS). No online sales.** Depart OC at 8:15 AM, return ~ 4:00 PM. \$40.



U.C. Davis Arboretum & Raptor Center Open House

Saturday, October 15 — 1788-08

Enjoy a nice fall day with a morning at the U.C. Davis Arboretum and then over to the U.C. Davis Raptor Center Open House. We'll first visit the west side of the U.C. Davis Arboretum near Shields Grove for a few hours on your own then we will head over to the U.C. Davis Raptor Center for their Fall Open House to experience a fun-filled and educational experience. Lectures on the birds and numerous handlers will be available to answer your questions about



Continued on page 66

the live educational raptors they will be holding on their hands. There's a self-guided tour route and museum along with beer and food tastings. A boxed lunch from Meridians is included on the trip. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and dessert. Choose lunch at time of registration. Leave OC at 8:30 AM, return ~ 3:30 PM. \$45. (Includes donation to Raptor Center for event)

Scrapbook and Stamp Expo
Friday, October 21 — 1796-08

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun trip to the Sacramento Convention Center for the Scrapbooking & Stamp Expo! (Rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We've obtained early admission and will spend five hours at the show. Lunch and any fees for seminars/workshops on your own. Depart OC 8:00 AM, return ~ 3:00 PM. \$37 (includes admission).



San Francisco 49ers Levi's Stadium Tour
Saturday, November 12 — 1849-08

Tour the new home of the San Francisco 49ers at Levi's Stadium in Santa Clara! We'll enjoy a VIP Private Group Tour that features visits to premium club spaces, a private suite, press level, the

solar terrace and green roof. There will be a stop on the playing field for a photo opportunity and time to check out the visitor's locker room. We also receive a complimentary group souvenir photo! The 49ers Museum is included with the tour and there is time to visit the 13,000 square foot flagship team store. First, we'll stop for an included lunch at Hometown Buffet in our own banquet room. There will be a stretch stop both directions of the trip. Leave OC at 7:45 AM, return ~ 6:45 PM. \$98.



Sold Out Trips

Trip • Date • Departure Time

- **Giants vs. New York Mets — 1800-03A**
 Sunday, August 21 — 9:15 AM
- **Historic Restaurants of San Francisco — 1842-06**
 Tuesday, August 23 — 7:45 AM
- **Beautiful—The Carole King Story — 1790-03**
 Wednesday, September 7—11:00 AM
- **Beautiful—The Carole King Story — 1790-02**
 Wednesday, September 14—11:00 AM
- **Kinky Boots — 1793-06B**
 Tuesday, January 31, 2017—6:45 PM

Activities Department Classes



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

Classes

Vacation Drop-In

In response to students' request, 2016 brings additional classes offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description.

Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

Art

—Announcement—

Fine Arts Class Gallery
Featuring the Art of Barry Jamison
and Lincoln Hills Students
Friday, August 19

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Barry Jamison and community art students. Focus is on Acrylics and oils. Pieces will remain on display and can be viewed anytime an art class is being held.



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—Drawing—

Beginner Drawing**Thursdays, September 1-29 — 132216-08**

10:00 AM-12:00 PM (OC). \$65 (five sessions).

Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento where he teaches figure drawing. He is a full-time artist with a focus on landscape and figures. Supply list available at Activities Desks and online.

Vacation drop-in: DRAW — \$17 per session.

works. *About the Instructor:* Barry is an award-winning artist with over 50 years of painting explorations in various media. Barry owns a studio in Folsom and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression, to many ages. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.

Vacation drop-in: PASTEL — \$17 per session.**Sip and Paint****Friday September 30 — 122116-08 — "Alpine Sunflowers"**

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists, alike. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who



will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer students help and advice. All supplies are included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, a selection of cheese, crackers and fruits. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for over 30 years and has been a member of the High Hand Gallery for four years. For more info: www.unniart.com.

—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics**Wednesdays, September 7-28****9:00-11:30 AM Class — 113116-08****Or 1:30-4:00 PM Class — 113216-08**

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions).

Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used to advance student understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online

Vacation drop-in: PAINT — \$17 per session**Painting Pastels Or Oils with Barry****Mondays, September 12-26 — 105116-08**

9:00-11:30 AM (OC). \$39 (three sessions). In-

structor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting

**Special Two-day Workshop!****Capture Radiant Light and Color in your Paintings (oils or soft pastels)****Friday & Saturday October 14 & 15 — 121316-08**

9:00 AM-3:00 PM (OC) \$150. Instructor Susan Sarback.

Prerequisite: Basic drawing skills suggested. Discover how to infuse your paintings with luminous color. Based on the Impressionists approach to light and color, your paintings will gain a fresh and luminous quality of life. Learn a four-step process that will enliven your paintings with light and color. In this workshop you'll have several options. Instructor will bring photos to paint from



or you can bring your own. Start a new painting or bring in the paintings you're currently working on. This is a workshop to help you individually take another step. There will be a demonstration and plenty of personal instruction. (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 published by North Light Books, and is founder of the School of Light & Color (www.lightandcolor.com). Students from all parts of the world come to study her unique approach to color. See more at www.susansarback.com.



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—Watercolor—

Beginning Watercolor Painting

Thursdays, September 1-29

1:00-4:00 PM — 131116-08

Or 5:00-8:00 PM — 133316-08



We are now offering afternoon and evening sessions for watercolor. Afternoon and evening sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; 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: Dutch, English, and 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 instructor during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.

Vacation drop-in: WCOLOR — \$17 per session.

Mixed Media

Art Journaling

Tuesdays, September 13 & 27 — 143116-08

9:00 AM-12:00 PM (OC). \$35 (two sessions). Supply fee paid to instructor, \$5. Instructor: Kerry Dahlin. A variety of media will be used as we “play” on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, September 7-28 — 206116-08

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning & continuing class on how to paint porcelain figurines. 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.

Vacation drop-in: LADD — \$12 per session.

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, September 6-27 — 212116-08

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

Vacation drop-in: CERD1 — \$17 per session.



Advanced Ceramics

Tuesdays, September 6-27 — 212216-08

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. This class is for self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.

Vacation drop-in: CERD3 — \$17 per session.



Ceramics—All Levels

Thursdays, September 1-29 — 221116-08

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. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.

Vacation drop-in: CERD2 — \$17 per session.



Bridge

Competitive Bridge (Intermediate Level)

Thursdays, September 8-October 27 — 164116-07

10:00 AM-12:00 PM (KS). \$75 (eight sessions). Instructor: Laurie Vath. **Prerequisite:** Bridge Plus or commensurate play experience. This class focuses on the competitive



Continued on page 72

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aspects of the game. It will include competitive bidding, (how to interfere with the opponents bidding structure), and strategies such as balancing, sacrificing and leads. The class is a combination of discussion and as much play as possible. Preset hands to illustrate the topic, as time permits. Join us to improve your skills and enjoyment of this fabulous game.

Crafts

—Card Making—

Intro to Card Making 101—Level 1 Mondays, September 5-19 — 317116-08

9:00 AM-12:00 PM (KS). \$30 (three 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 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, so sign-up early to reserve your space. All supplies will be provided.



Card Making Level 2—Intermediate Tuesdays, September 6-20 — 317216-08

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or 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, so sign-up early to reserve your space. All supplies will be provided.



Card Making Level 3—Intermediate/Advanced Wednesdays, September 7-21 — 317316-08

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, 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.



Card Making Level 4—Advanced Fridays, September 9-23 — 317416-08

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will

continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

—Flower Arranging—

Tea Cup or Tea Pot Flower Arrangement Tuesday, August 16 — 301216-07

9:30-11:30 AM (KS). \$36. Instructors: Jen Steele and Sally Hernandez. Join us in making a tea cup floral arrangement filled with the prettiest blossoms. Bring your favorite tea cup or tea pot (with at least a three-inch opening). Learn how to make a simple yet lovely arrangement that will look great at any tea party or as a gift to the tea lovers in your life. Flowers, greenery, and floral foam provided. Bring your shears, tea related container, and feel free to wear your favorite tea party hat. Space is limited.



Flower Topiary Tuesday, September 20 — 301016-08

10:00 AM-12:00 PM (KS) \$45. Instructors Selia Yrlas and Jennifer Steele will teach you how create a beautiful fresh flower topiary arrangement. For any beginner we will go step-by-step showing you how to make a beautiful long lasting centerpiece. All materials included. Shears not included. Space is limited. Register early.



Dance

—Clogging—

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

Beginning Clogging Tuesdays, September 6-27— 332116-08

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. New students welcome. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging Tuesdays, September 6-27 — 332216-08

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of

Continued on page 75

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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. **Vacation drop-in: CLOG1 — \$10 per session.**

Intermediate Plus Clogging

Tuesdays, September 6-27 — 332316-08

12:00-1:00 PM (KS). \$28 (four 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.

Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—

Country Couples Western Dance

Beginner Level One & Two

Mondays, September 12-26 — 344216-08

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

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, September 12-26 — 344416-08

8:00-9:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances to be taught this month will be "Sleeping child" and a new dance (to be determined).



Country Line Dancing

Fridays, September 2-30 — 346116-08

3:00-4:00 PM, KS. \$20 (four sessions: No class September 9). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—

Lyrical Ballet

Thursday, September 1-29 — 353516-08

5:00-6:30 PM, OC Fitness. \$60 (five sessions). Instructor: Dolly

Schumacher. Do you love to simply move when you hear a beautiful song? We are born with this innate love of music which moves through our bodies and into our souls. This class is a blend of basic Ballet technique and the freedom of Lyrical/Modern Dance. Beginning with exercises at the barre to strengthen and tone, moving the center floor for stretches and combinations, and ending with a simple dance combination which is different every week! Your posture will improve, your legs will feel strong, your center will strengthen, you'll have grace in your movements, and your balance will improve. With beautiful music inspiring you to move, your instructor Master teacher Dolly Schumacher James, will gently guide you through her choreography. Through this style of dance you will appreciate how much you can do, and as each class ends you will have a sense of accomplishment... as your soul takes flight. It happens!... only when you *dance!*



New! Dance for Life

Fridays, September 2-30 — 354716-08

5:00-6:30 PM, OC Fitness \$60 (five sessions:). Instructor: Dolly Schumacher. "Dance For Life"—The perfect class for students interested in learning the many different styles of dance. Every week is something new and innovative, to challenge the mind, strengthen the body, develop and improve rhythm, coordination and balance. Dance is the ultimate body conditioner and beyond that... it's *fun!* From Modern Jazz, Contemporary, Musical Theater, Comedic, Lyrical, Folk, Country Western & Character—these dance styles will be taught in a friendly, non-competitive way by Master Teacher Dolly Schumacher James. Beginning through intermediate students, will join with their neighbors and friends in this exciting new concept in dance education. Class size is limited, so be sure to reserve your spot for the September program!

—Hula—

Hula

Thursdays, September 1-29 — 390216-08

1:00-2:15 PM (KS). \$40 (four sessions; no class September 8). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474. **Vacation drop-in: HULA — \$13 per session.**



—Jazz—

Jazz classes will be on hiatus for the month of September—they will return in October.

—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, September 19- October 31 — 360016-08**
4:00-5:00 PM (KS). \$42 (seven sessions).
Instructor: Audrey Fish.
- **Thursdays, September 1-October 27 — 370016-08**
9:00-10:00 AM (KS). \$54 (nine sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I—Beginner

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

- **Mondays, September 5-26 — 370116-08**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, September 1-29 — 360116-08**
2:30-3:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
Substitute: Marie Barnes, September 1
Substitute: Ginger Fullerton, September 8 & 15
- **Tuesdays, September 13-27 — 380116-08**
9:00-10:00 AM (KS). \$18 (three sessions).
Instructor: Substitute, Ginger Fullerton

Line Dance II—Beginner / Intermediate

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

- **Mondays, September 5-26 — 360216-08**
5:00-6:00 PM (KS) \$24 (four sessions).
Instructor: Audrey Fish.
Substitute: Sheridan Brown September 12
- **Wednesdays, September 7-28 — 380216-08**
9:00-10:00 AM (KS) \$28 (four sessions).
Instructor: Substitute, Dennis Dawson.

Line Dance III—Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught

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

- **Wednesdays, September 7-28 — 380316-08**
10:00-11:00 AM (KS) \$28 (four sessions).
Instructor: Substitute, Janet Thomas.
- **Thursdays, September 1-29 — 360316-08**
3:30-4:30 PM (KS). 30 (five sessions).
Instructor: Audrey Fish.
Substitute: September 1, 8 & 15, Janet Thomas

Improver Line Dance Class

Thursdays, September 1-29 — 370416-08

10:00-11:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/ Sport Performance from California State University, Sacramento. Audrey’s Master’s 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 will be taking a break for the months of June-August. During this period classes will be taught by substitute instructors who were personally selected by Sandy.



- **Ginger Fullerton:** Has been a line dance student for six years and is the lead dance volunteer for Saturday line dance practices. Ginger loves to line dance and thoroughly enjoys the people in the class. She will be the instructor for Line Dance I.
- **Dennis Dawson:** Dennis is very active in both the Line Dance as well as Country Couples Group. He has substituted for Sandy in Line Dance II and Line Dance III class for the past seven years. Dennis is a fun teacher and highly qualified to teach Line Dance II.
- **Janet Thomas:** Janet started line dancing in 2001, attending various classes near her home in Orangevale She has been teaching at the Senior Center in Rancho Cordova for three years. She will be our instructor for Line Dance III.

Continued on page 75

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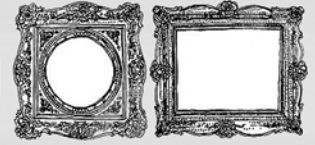
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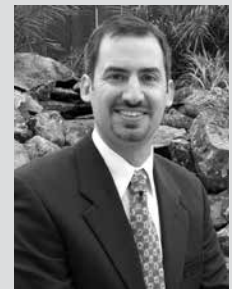
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• **Yvonne Krause**

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—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and 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.



Note: Tap Performance classes will resume in October

Beginning Tap

Thursdays, September 1-29 — 410116-08

10:00 -11:00 AM (KS). \$40 (five sessions). This is the perfect time to discover the joy of tapping. Class introduces students to basic tap dance steps and terminology. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

Technique Classes

- **Mondays, September 12-26 — 410516-08**
10:00-11:00 AM (KS). \$24 (three sessions).
- **Tuesdays, September 6-27 — 410216-08**
10:00-11:00 AM (KS). \$32 (four sessions).
- **Thursdays, September 1-29 — 410816-08**
11:00 AM-12:00 PM. (KS) \$40 (five sessions).

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, September 14-28 — 318116-08

6:00-7:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class.

Intermediate I and II West Coast Swing

Wednesdays, September 14-28 — 318216-08

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three –week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, September 5 — GLASS

4:30-6:30 PM (KS). \$17. Moderator: Jordan Gorell.

Prerequisite: For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Mondays, September 12-26 — 494116-08

1:00-4:00 PM (KS). \$44 (three sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Re-**

quirements: No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has 26 years of stained glass experience.



Jewelry

Fused Glass Jewelry

Monday, August 15 — 495116-07

9:00 AM-12:00 PM (KS) \$25. Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez.

This class will teach you how to make fused glass jewelry with the focus on Dichroic glass—it is designed to teach the fundamentals of Dichroic glass jewelry designing. Beginners and experienced are welcome. We will go over designs, firing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about five to six pieces of jewelry.



—Beading—

Chain Game Necklace

Tuesdays, September 13 & 27 — 513116-07

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie

Continued on page 80

Szabo. Chain is definitely on the fashion radar. Thought chain could only be a hard, industrial look? The Chain Game necklace will change your mind. Take larger beads separated by bead-y fringe and add long lengths of chain. An eye-catcher that's sure to win you compliments and become a basic in your wardrobe. Students should be comfortable working with smaller beads – the technique is easily learned in the first class. Check the sample in OC for inspiration. The sessions are two weeks apart to allow students plenty of time to finish the first steps of the necklace. Be sure you get the proper materials list when you register - look for the name and code # for Chain Game Necklace as well as the photo of the necklace.



Bracelet Bonanza Month

Oh no! The holidays are starting to creep up! And if you're in a quandary about some gift ideas, here's an easy way to make some gifts yourself. Cathie Szabo will teach a series of easy and fun bracelet classes – all ideal for gifts for others or even yourself! Priced affordably, choose one, two or all three and get a jumpstart on your 2016 gift list! Students must bring beading mat or small non-terry towel, small scissors, and lamp/magnifier, if needed.

Beads and Knots Bracelet

Tuesday, October 4 — 513216-08

9:00 AM-12:00 PM (KS) \$10. Instructor: Cathie Szabo. Can you tie a square knot?

Can you string beads? That's all the skills you need to fashion this bracelet. Give this a bit of a wow by choosing contrasting thread to fashion your creation. Don't worry—Cathie will bring her supply of beading thread to share. Check the sample in OC and be sure to get the materials list when you register.



Morse Code Bracelet

Tuesday, October 11 — 513316-08

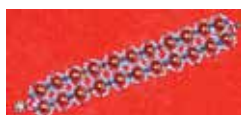
9:00 AM-12:00 PM (KS) \$10. Instructor: Cathie Szabo. A new twist on the friendship bracelet—use beads to “codify” messages in a friendship bracelet. Spell out a name, a message—it's your choice. Easy and fun—perfect for you to share with grandkids! Don't worry about memorizing Morse code—Cathie will provide charts to work with. And to make life even easier—Cathie will have thread and beads for you to use. Count on making one, two or ??? in class. **Please bring \$5 to class to cover the cost of materials.** Check the sample in OC and be sure to get the materials list when you register.



Pearl “Freeway” Bracelet

Tuesday, October 18 — 513416-08

9:00 AM-12:00 PM (KS) \$10. Instructor: Cathie Szabo. Squint a little at the sample of this bracelet and you'll see a wide “freeway” of beads—hence the name. A bit dressy with pearls and crystals—perhaps a gift for someone special or a gift for yourself to go with a holiday outfit. Did



someone say New Year's Eve? Easy to learn and a great way to wind up our series of bracelet ideas. Check the sample in OC and be sure to get the materials list when you register.

Money Matters

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

Catastrophic World Events and Your Money

Tuesday, August 23 — 871000-07

10:30 AM-12:00 PM, P-Hall (KS).

\$5. Instructor: Russ Abbott. Come to this informative and timely class that discusses how to properly assess events such as BR-



TEXIT, Terrorism, and the US Election with respect to your finances. When should you make big changes, switch to more conservative or aggressive strategies, or just run and hide! How does the media, your friends, and your brain cause you to make investment decisions that sometimes are disastrous—all very important things to consider given the volatile world in which we now live.

Building a Retirement Dividend Portfolio

Tuesday, September 27 — 871000-08

10:30 AM-12:00 PM, P-Hall (KS). \$5.

Instructor: Russ Abbott. In today's financial world of low interest rates at the bank in money markets and CD's, how is a retiree supposed to get the financial planning rule of 4%



per year to make their retirement dreams come true with little risk? Come learn other options available and the pros and cons surrounding each. Closed End Funds, High Yield, Leveraged Loans, High Dividend Paying Equities, and many more investments will be covered. Come learn how to build your Retirement Dividend Portfolio.

Now, It's Your Choice

Information about the End of Life Options Act

Tuesday, September 6 — 863100-09

9:00 AM-12:00 PM, Fine Arts Room (OC). \$30. Instructor: Marcia VanWagner. **You** have the power to decide how your end of life will happen. The new End of Life Options Act is in effect. Medicare will now pay for you to have a discussion with your Primary Care Physician about your advance care plans. You can complete an Advance Health Care Directive. You can complete a POLST. **But** what are your choices? How do you talk to your family? Your doctor? How do you complete the forms? **What will you say?** This interactive class will address these questions, suggest resources, and provide many handouts to help you plan.

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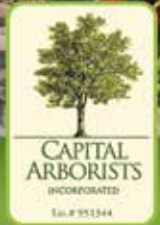
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Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval or as stated in the article. Instructor moves the students to the next level based on skills evaluation.

Guitar 1A — Beginner Level

Wednesdays, September 7-28 — 535116-08

8:00-10:00 AM (KS). \$44 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. 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. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill, 899-8383.



Guitar 1B—Continuing Beginner Level

Mondays, September 12-26 — 535716-08

8:00-10:00 AM (OC). \$33 (three sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B — Entry to Intermediate Level

Wednesdays, September 7-28 — 535216-08

10:15 AM-12:15 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.



Guitar 3 — Intermediate

Thursdays, September 1-29 — 535316-08

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor's approval. Studies will include literature written for solo and ensemble playing. We will learn how to add chords to single line music how to change choral voicing's to enhance performance, play in minor and major keys. New enhanced rhythms will be introduced. Further study

in the chord-melody style, and theory relative to all courses of study will be taught. There will be a continuation of the adaptive power picking style in different genres of music. Questions? Call Bill, 899-8383.

Guitar 4 — Advanced

Thursdays, September 1-29 — 535416-08

10:00 AM-12:00 PM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101

Beginner Class

Tuesdays, September 6-27 — 536216-08

1:00-2:00 PM (KS). \$36 (four sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups at numerous venues. Questions: Call Darrell at 989-8532.



Folk Guitar for Fun Folks 102

Intermediate Class

Tuesdays, September 6-27 — 536316-08

2:00-3:00 PM (KS). \$36 (four sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfort-

Continued on page 84

able that they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Performance—

History of Jazz (Part 1)

Wednesdays, September 7-28 — 521416-07

1:00-3:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. Come explore the history of America's only original musical art form—Jazz. We will spend our first session looking at the origins of Jazz: the artists, the times, and the only country where music like Jazz could even happen. Our journey begins in the heart of the 19th century in the great city of Jazz's birth; New Orleans. We will discover the strands of music that led to Jazz: Blues, Gospel, Ragtime, Classical, Military, Caribbean, and African. But most of all, we will meet the people, some well known and some not so well known, who pioneered a new kind of music, a music that exemplified a nation... Our Nation. Jazz in America. What a trip!



will teach how the puzzle is played and incorporate his own Box Rule of Two Strategy. This is the second of a four-session class increasing in difficulty throughout the year. Only attend this class if you are already an Intermediate Sudoku Player or attended the Level 1 Class in August. Come and enjoy the wonderful world of Sudoku.

Brain Gain Part 2

Mondays, September 12-October 3 — 877200-09

1:00-3:00 PM, Fine Arts (OC). \$40. Instructor: Dr. Alice Jacobs. Provides a continuation of interactive brain exercises that are done individually and in small groups. Preserve your memory, prevent dementia and join the fun while giving your brain a good “neurobic” workout. Learn about current scientific information about memory, changes with age and tips and techniques for improving memory. Completion of Brain Gain I is recommended, but not mandatory. Repeaters welcome.



Getting Your Stuff Together: Organizing Your Estate

Mondays and Tuesdays, September 19 & 20 — 863000-09

9:00 AM-12:00 PM, Oaks and Gables Room (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your “stuff.” Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



—Voice—

Singer Vocal Boot Camp Continuation

Fridays, September 2-30 — 537216-08

10:30 AM-12:30 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



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The Sudoku Series — Level 1

Tuesday, August 23 — 870000-08

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn the Beginning Basics of Sudoku, one of the most popular puzzles in the world today. Instructor Russ Abbott will teach how the puzzle is played and incorporate his own Box Rule of Two Strategy. This is the first of a four-session class increasing in difficulty throughout the year. This first class is geared specifically for Beginners. Come and enjoy the wonderful world of Sudoku.



Two-day class! AARP Driver Safety Training

Wednesday & Thursday, September 21 & 22 — 481016-07

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to 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



Continued on page 87

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Sewing

—Certification—

Bernina Serger Certification

Monday, September 12 — 591116-08

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification

Monday, September 12 — 592116-08

2:00-3:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Janome Sewing Machine Certification

Monday, September 12 — 593116-08

3:00-4:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

—Quilting—

Learn to Quilt—Beginning Sampler

Fridays, September 9- October 7 — 596116-07

1:00-4:00 PM (OC). \$90. Instructor: Betty Kisbey This 15-hour class will cover the fundamentals of quilting and making a quilt top. Over a period of five weeks, you will learn how to select fabrics for a quilt, use a rotary cutter, how to accurately sew $\frac{1}{4}$ " seam allowance, and practice correct pressing techniques. You will learn time-saving tips for construction of the quilt blocks. Students may make six blocks or nine blocks. One block will be done in class each week and the other blocks will be done as homework. This class is for the beginner or intermediate quilter or a great review for the new quilter.



Red Work Embroidery

Mondays (see dates below) — 596516-07

September 12, October 10, November 14, December 12, January 9, February 13. 10:00 AM-12:00 PM (OC). \$75 (six sessions). Instructor: Betty Kisbey. Join Betty to work on Redwork, a method of embroidery that has a long history. Work on the quilt as shown or work on a project of your own. We will meet monthly to practice different methods and techniques dealing with embroidery threads, fabrics, and stitches.



Flower Garden—Hand Applique

Mondays (see dates below) — 596316-07

September 19, October 17, November 21, December 19, January 23, February 27. 10:00 AM-12:00 PM (OC). \$90. Instructor: Betty Kisbey In this class you will learn basic techniques for hand applique'. Included will be an introduction to the various tools, fabrics, materials, and sewing techniques need to begin working with applique' designs. Techniques covered will be how to appliqué curves, points, stems, leaves, bluebells and flowers. Topics include using freezer paper, starch methods back basting, and needle turn. An original pattern will be provided.



Technology

—PC—

Windows 10 Basics

Wednesday & Friday, August 17 & 19 — 295116-7A

1:00-3:30 PM.

Or Monday & Tuesday, August 29 & 30 — 295116-7B

9:30 AM-12:00 PM.

Wednesday & Thursday, September 13 & 14 — 295116-08

1:00-3:30 PM. (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common "apps." *Bring your Win 10 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



Internet Safety

Thursday & Friday, August 18 & 19 — 274116-06

Thursday & Friday, September 15 & 16 — 274116-08

9:00-11:00 AM (OC). \$40 (two sessions) Instructor:

Janet Dixon-Dickens **Prerequisite:** Must have personal working email. Phishing, Trojans, spyware, trolls, and flame wars—oh my! If the idea of these threats lurking around online makes you nervous, then you can now be at ease. This Internet Safety course provides you with the strategies, skills and mindset needed to protect yourself, your computer and your privacy when you connect to the internet. The course format will use short videos and hands on instruction. Class size is limited so sign up early.



Tips and Tricks for Beginning PC Users

Friday, September 9 — 282116-08

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:**

Continued on page 89

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



iPad Basic (iOS10)

Saturday, September 24 — 264216-08

9:00 AM-12:00 PM (KS). \$30. Instructor: Ken Silverman. **Supply fee:** \$5 payable to instructor. Get more out of—and into—your iPad or iPad Mini (must be iPad 4th Gen—has a lightning connector or newer model), than you ever thought possible. Learn all about the latest operating system—the **new iOS10**, and Air Play and Internet. How to get your photos off your device and saved. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that “stuff” into the unit and discover additional tools and reference areas. Learn how to make folders on your device. **Bring your iPad**—we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. **Make sure you have updated to the new iOS10 prior to class.**



More Tips and Tricks for Beginning PC Users

Friday, September 16 — 282216-08

9:30-12:00 AM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of “Tips & Tricks for Beginning PC Users.” You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.



—Social Media—

Facebook 101

Saturdays, September 10-17 — 272116-08

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



—Smart Phones and Tablets/Mac—

iPhone Basics

Monday, August 22 — 262816-06

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS 9.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of your iPhone? Do you want to learn how to use the Settings app to personalize your iPhone. Then this workshop is for you. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possession? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 474-1544.



Twitter 101

Tuesday & Wednesday August 16 & 17 — 273116-07

Tuesday & Wednesday September 13 & 14 — 273116-08

9:00-11:00 AM (OC). \$40 (two sessions) Instructor: Janet Dixon-Dickens **Prerequisite:** Must have personal working email. Still don't get Twitter? More and more the micro-blogging network is becoming a very useful tool for finding out what is going on with people and things that matter to you the most. With this easy and engaging facilitated learning course, you will learn the various ways you can use Twitter to enhance your own life. The course format will use short videos and hands on instruction. Class size is limited so sign up early.



Photo Editing on the iPhone and iPad

Thursday, August 25 — 265116-06

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS9.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to use your camera better? Improve your photo editing and sharing capabilities on your iPhone camera? Then this workshop is for you. You will also be shown how to integrate camera and photo apps into your photo taking and editing experience. If you have any other specific questions about the class call Andy Petro at 474-1544.



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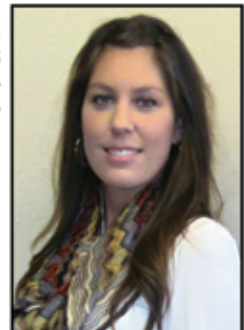
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WellFit

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- **Tuesday, August 23 — 700100-O4**
4:00-5:00 PM, Fitness Floor (OC)
- **Wednesday, September 7 — 700100-OA**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, September 14 — 700100-OB**
1:00-2:00 PM, Fitness Floor (OC)
- **Tuesday, September 20 — 700100-OC**
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, September 13 — 700100-KB**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 72. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1/L2

- Tuesdays, September 6-27 — 801100-9A**
- Wednesdays, September 7-28 — 801100-9B**
- Thursdays, September 1-29 — 801100-9C**
- Fridays, September 2-30 — 801100-9D**

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday & Wednesday \$35 (four sessions), Thursday & Friday \$43.75 (five sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily



events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

Spotlight On...

Alzheimer's & Dementia: *Let's Learn More*

Thursday, September 8 — Free

10:00 AM-12:00 PM, P-Hall (KS). This two-hour lecture will feature a pair of very informative speakers: Michelle Johnston, the Regional Director of Northern California and Northern Nevada's Alzheimer's Association and Dr. Laura Wayman, "The Dementia Whisperer." You will also hear about the upcoming "Walk to End Alzheimer's" to take place October 1 at Sacramento's Capitol. This annual walk is the world's largest event to fight Alzheimer's and residents from SCLH will be joining in. *Let's learn more!*

Spotlight On...

Healthy Living with Exercise

Wednesday, August 31 — Free

3:00-4:00 PM, Aerobics Room (OC). Instructor: Annamarie Estevez. Have you recently been diagnosed with Diabetes, Cardiac/Pulmonary Disease, or Parkinson's? Are you unsure where to start with your exercise program? Come join us for a free informational session regarding our Healthy Living with Exercise Program. This program will assist in maintaining normal range for glucose levels and blood pressure while providing a regular routine for exercise. Learn about common health problems encountered as well as diet and medications. Take control over your health issues with exercise.



Pre-Enrollment Assessment

Healthy Living with Exercise

Continuous Dates — 881000-08

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

Healthy Living with Exercise—Part 1

Mondays and Wednesdays, September 7-28 — 878000-09

3:00-4:00 PM, Aerobics Room (OC). \$70 (seven sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement

Continued on page 93



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(cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. **Note:** Class requires completion of Healthy Living Part Assessment.

Exercise and Weight Management Program—Sampler Tuesdays & Thursdays, September 20-29 — 865000-09

1:00-2:00 PM, Aerobics Room/Fitness Floor (KS). \$40 (four sessions). Instructor Marilyn Clarey. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.



Lessons

Programs that provide learning the mental and physical side of outdoor activities.

Nordic Pole Walking: Back in October

Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Martial Arts & Mindful Movement

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

Self-Defense and Martial Arts

Tuesdays, September 6-27 — 815000-09

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an

altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills needed for varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



Tai Chi Qigong L1

Tuesdays, September 6-27 — 730100-09

Saturdays, September 3-24 — 730100-9A

Saturdays 11:00 AM-12:00 PM Aerobics Room (OC) \$35 (four sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as “Chi,” this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2

Tuesdays, September 6-27 — 730300-9A

Saturdays, September 3-24 — 730300-09

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and wellbeing.

Nutrition

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



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Re-Start—Your Health in Just Five Weeks

Tuesday, September 6-October 4 — 862000-09

1:00-2:30 PM, Multipurpose Room (OC). \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use *real food* to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processing the toxin sugar.

Pilates Reformers and Towers

Prerequisite: All Pilates Reformer classes require completion of the Introductory Reformer Session L1.

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love! We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package—\$80 per month**
- **Eight-class membership package—\$135 per month**
- **New! Unlimited class package—\$200 per month**
- **Add-on classes for member—\$17 per class**
- **Drop in classes for non-member—\$25 per class**
- **Introductory session—\$30 required for both member & non-member**

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancelation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@scihca.com. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A9

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely 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 reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.



SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

Private Reformer Training

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Semi Private Training:**
Up to three people (minimum of two) and one trainer. Option

Continued on page 97



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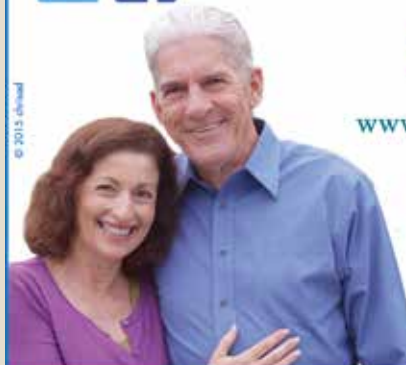
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to use specialized equipment for the entire hour. One hour session: \$25/person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on “Core Strength.” Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person
- **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.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

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

SGT—TRX Express L1

Mondays & Wednesdays,

August 29-September 28 — 835210-A9

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class September 5 or 7). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.

SGT—TRX Express L2

Tuesdays & Thursdays, August 23-September 22 — 835211-A9

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class September 6 or 8). Instructor: Julia Roper. This is the 30-minute

intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT—TRX Interval Training L3

Mondays & Wednesdays,

August 29-September 26 — 835800-A9

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 5 or 7). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!



SGT—Fit 101 L1

Mondays & Wednesdays,

September 7-October 3 — 835500-A9

Tuesdays & Thursdays, September 6-29 — 835500-B9

Tuesday & Thursdays 12:00-1:00 PM, Fitness floor (OC). Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—“Fun”ctional Fitness L3

Tuesdays & Thursdays,

August 25-September 22 — 835600-A9

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged.



SGT—Bootcamp L3**Mondays & Wednesdays,****August 22-September 19 — 835400-A9**

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 5). Instructor: Mike Yamamoto. Take your workout to the next level! L3 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.



Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT—Balance & Fall Prevention L1/L2**Mondays & Wednesdays,****September 7-October 3 — 835710-A9**

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

Tennis Pro Services**Pro Tennis Lessons****Sundays, September 18 – October 23****Beginner 8:00-8:50 AM — 790700-06****Intermediate 9:00-9:50 AM — 790600-06****Advanced 10:00-10:50 AM — 790500-06**

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

**SGT— Morning Burst Group Training L2****Mondays & Wednesdays,****August 22-September 19 — 835310-A9**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions; no class September 5). Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!

**New! SGT—TRX L1****Thursdays, September 1-29 — 835214-A9**

1:30-2:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: Milly Nuñez. Are you curious about the TRX? This class will teach you the basics about the TRX in a non intimidating atmosphere. Join this class and learn the basics about the TRX and “bootcamps” so that you can feel comfortable taking any small group training class.

SGT—TGIF TRX & More L2**Fridays, September 2-30 — 835200-A9**

7:15-8:15 AM, Aerobics Room (KS). \$85 (five sessions). Instructor: TBA. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used.

SGT—Healthy Back L1**Mondays and Wednesdays,****September 7-October 3 — 835700-A9**

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

**WellFit Services**

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Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 625-4034.

**Punch Pass Class Descriptions**

Please see the colored grids on pages 100-104 for days and times. Classes 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.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.
- **Aqua Pilates L1:** The pool has become the 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.
- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!
- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Barre L1/2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.
- **Basic 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.
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of

a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

- **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:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!
- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.
- **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!
- **iRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.
- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!
- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!
- **Outside Water (H2O) Bootcamp:** Have some fun in the sun with this high intensity bootcamp style class which includes a variety of exercises to increase cardiovascular and muscular strength as well as range of motion. This class will be held in the outdoor pool weather permitting.
- **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.
- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to

Continued on page 100

strengthen 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.

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

• **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger

muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

• **Splash Dance L2:** 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 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. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

• **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!

• **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.

OC Aqua WellFit Class Schedule September 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa	Outdoor H20 Bootcamp L3- Annamarie	Water Works L2/3- Jeannette	Outdoor H20 Bootcamp L3- Marilyn	Water Works L2/3- Theresa		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30		Water Works L2/3 - Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Marilyn		
10:30	H20 Bootcamp L3- Annamarie	Water Works L2/3 - Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H20 Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H20 Bootcamp L3 Annamarie		H20 Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

- **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It 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 Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.
- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!
- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.
- **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve

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

- **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.
- **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.
- **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.
- **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic

WellFit Pilates Reformer Class Schedule September 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1-L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1- L2 - Julie	
10:30	Ref Basics L1 - Valerie		Mixed Equipment L1-L2- Julie	Mixed Equipment L1-L2 Julie		Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1- L2 - Julie			Mixed Equipment L1-L2- Valerie		
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment L1-L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence; the teacher brings her own style.

• **Yoga Stretch L1 & L2:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to

gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNctional lifestyle.

OC WellFit Class Schedule September 1-30, 2016							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2- Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2- Lola	Tai Chi Qigong L1- Peli	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm iRest Meditation and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie		Basic Chair L1- Julie		
2:00	SGT- Balance & Fall Prevention L1- Marilyn		SGT- Balance & Fall Prevention L1- Marilyn				Yoga Flow L2- Ashley
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)						
4:30		Activities					
5:00	Zumba L3 - Summer		4:30-5:25pm Zumba L3 - Ruby				
6:00		6:00-7:30pm Self Defense - Paul		Activities			
7:00							
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based)							
Small Group Training (session based)							
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

- **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 L1/2:** 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.

KS WellFit Class Schedule September 1-30, 2016							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15	7:15-8:15am SGT- Morning Bootcamp L2 - Milly		7:15-8:15am SGT- Morning Bootcamp L2 - Milly		7:15-8:15am SGT- TGIF TRX L2- TBA		
7:30	Mixed Level Cycle L2 - Deanne	Mixed Level Cycle L2 - Deanne		Mixed Level Cycle L2 - Deanne			
8:30	Low Impact/Sculpt Interval L2 - Jeannette	New! Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	New! Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie	8:00am HI NRG Cycle L3 - Paige	
9:00							
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30	SGT - Healthy Back L1 - Marilyn		SGT - Healthy Back L1 - Marilyn		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT- Functional Fit L2 - Deanne		12:00pm SGT- Functional Fit L2 - Deanne			
		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn			
1:30	Yoga Basics L1 - Ursula	Tai Chi Qigong L1 - Pell		SGT- TRX L1 - Milly			
2:30	SGT- TRX Interval L2 - Julia		SGT - TRX Interval L2 - Julia				
3:30	SGT-TRX Express L1 - Julia	(2:45-3:45) Tai Chi Qigong L2 - Pell	SGT-TRX Exp. L1 - Julia		SCILH Booking		
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
5:00	SGT- Bootcamp L3 - Mike		SGT- Bootcamp L3 - Mike				
5:30		SGT -TRX Exp. L2 - Julia		SGT-TRX Exp. L2 - Julia			
6:00		Water Volleyball PreMeeting					
		Group Exercise Classes (punch pass) \$3.50					
		Wellness Classes (session based)					
		Small Group Training (session based)					



City of Lincoln Growth Report

Tuesday, August 16 — Free

10:00 AM, Ballroom (OC). At this Community Forum Lincoln Mayor Pro Tem Peter Gilbert will lead a panel of local experts to help answer your questions about all things Lincoln including planning for the future, community development, economic development and public safety. In the last 15 years, the city of Lincoln has grown from a population of 11,205 to a city of more than 47,000. Lincoln's population is forecast to grow to 80,000 over the next two decades, with an ultimate build-out of 120,000 people by 2050. So come take part in this interactive community forum and learn about what's happening in your community.



The End of Life Option Act: Empowering Californians with Terminal Illness

Wednesday, August 31 — Free

7:00 PM. Ballroom (OC). The goal of this presentation is to inform Sun City Lincoln Hills residents about recent legislation that provides Californians with choices of self-care at the end of life. The new law was signed by Governor Brown last October and became official on June 9 in California. Under strict rules,

The End of Life Option Act allows physicians to write a life-ending prescription for terminally ill patients. A distinguished panel consisting of Patricia Moore-Pickett, M. D. and William Nesbitt, M.D. of Sutter Care at Home, and Juliette Robertson, Esq., of Robertson/Adams Trust & Estate Attorneys, will discuss this



legislation.

Down Low—Down There: Urology Issues

Wednesday, September 21 — Free

7:00 PM, Ballroom (OC). Are you interested in getting the answer to questions you'd rather not ask? Join Steven Workman, M.D., Urologist at Kaiser Permanente Roseville Medical Center, as he discusses delicate topics related to prostate and erectile dysfunction. He will address symptoms of prostate enlargement, screening, and cancer treatment. He also will discuss erectile dysfunction: causes, self-care treatments, medications, injection therapy and implant surgery. Over the past 25 years, Dr. Workman has specialized in male infertility, erectile dysfunction and penile surgery, and he works closely with Radiation Oncology doing brachytherapy, the process of performing prostate radioactive seed implantation.



Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> • City of Lincoln Growth Report Tuesday, August 16, 10:00 AM, Ballroom (OC) 	<ul style="list-style-type: none"> • Smart Voters: Non-partisan Facts by League of Women Voters Monday, October 17, 10:00 AM, Ballroom (OC)
<ul style="list-style-type: none"> • End of Life Option Act: Empowering Califs. w/Terminal Illness Wednesday, August 31, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • The Eyes Have It!*** Wednesday, October 26, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Down Low—Down There: Urology Issues Wednesday, September 21, 7:00 PM, Ballroom (OC) 	<p>***Note: July COMPASS listed an erroneous date for The Eyes Have It</p>
<ul style="list-style-type: none"> • Have a Landscape Question? Ask the Experts! Wednesday, October 12, 2:00 PM, Ballroom (OC) 	<p>Watch for more Community Forums in upcoming issues of the COMPASS, on our website and eNews.</p>

Library News

Sandy Melnick, Library Volunteer

Just a reminder for everyone that we have many varied books in the Kilaga Springs Library. The shelves opposite the windows are filled with history, politics, and biographies. Biographies/autobiographies are shelved by the subject's name (not the author). If there is someone you would be interested in knowing about, this is your chance. The history/politics books are shelved by the author's name.



We are again getting many out-of-date books. Please look for the copyright date and if it is earlier than 2009,

we cannot use it in our Library and it has to be thrown away. We hate to throw books away but we have a limited number of shelves. Thanks so much for your cooperation.

I read a very interesting book this month, *The Language of Flowers*, by Vanessa Diffenbaugh. The story centers around a girl who is always in foster care and has not learned to interact with others. She is most interested in flowers and the meaning behind them and this guides her life. The novel can be found in the hardback section.

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

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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408-4290

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Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-5:30 PM

Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino 543-9200, ext. 4

Lincoln Police & Fire 645-4040

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Pauline Watson 543-8436

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Celebrate the Last Days of Summer with a Bang!



Jukebox Junction

GLENN MILLER ORCHESTRA
and The DIAMONDS

AUGUST 26
5016-4F • \$23

CONCERTS START 7:30 PM
GATES OPEN 6:00 PM



Jason Petty

and Carolyn Martin:
COUNTRY ROYALTY

SEPTEMBER 16
5016-4G • \$22



Let's Hang On!

A FRANKIE VALLI
Tribute Show

SEPTEMBER 23
5016-4H • \$21

Enjoy food & drink concessions at the venue.
Lawn seating, please bring your own chairs/blankets.



To make your experience most pleasurable, read
the Summer Amphitheater Guidelines on page 48.



ORCHARD CREEK AMPHITHEATER

Buy Tickets at the Activities Desk (OC/KS) or Online. • Open to the Public!

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