



# Compass

November 2010



*2011 Budget  
Approved ... pages 2 & 7*

*What is "Lifestyle?" ... page 3*

*Ring in Your New Year  
with Fireworks ... page 46*

*"Christmas Magic"*

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## Important Aspects of Our Newly-Passed Budget Board of Directors Report

Gary Younger, Treasurer, SCLH Board of Directors

On October 11, the 2011 budget for Sun City Lincoln Hills

Community Association was accepted by the Finance Committee, voted on and approved by the Board of Directors. A lot of time and effort was put forth by our management staff, members of the Finance Committee and Board of Directors to put this budget together. It includes both cost savings and increases.

After all of the budget reviews and presentations were completed, it comes out that our **dues will be \$105.00 per month for 2011**. This is an increase of \$2.00 per month after three years at \$103.00 per month. This works out to \$0.50 per month from budget year 2008 to 2011. This is less than the average inflation rate for the past four years. For comparison, if our dues stayed up with the annual inflation rate for the past 10 years, our dues would be at \$120.00 per month. So we are doing very well managing our finances. But let's take a look at the three key areas of the budget which are the *operating fund*, *capital asset acquisitions* and *reserve funding*.

**The operating fund** is what keeps the Association operating and working on a daily basis with paid employees along with the help of all of our volunteers. The operating cost for 2011 has been reduced by \$103,373 from the 2010 budget. This is very good savings by our management staff and shows

that they are always looking for a way to reduce operating costs.

**Capital asset acquisitions** for 2011 are up by \$83,838 from 2010. This cost will change from year to year based on the needs of the Association. All of these items for 2011 will increase revenues or will provide cost savings in the years ahead.

**The reserve funding** for next year is an important element for the 2011 budget. The reserve fund is designed to take care of the future upkeep of the entire operation and



keep it all looking as beautiful tomorrow as it is today! By keeping all of our facilities looking great and working well adds to the value of our property. A lot of Homeowner Associations do not provide proper funding to their reserve fund and later find that a special assessment is required. A special assessment is detrimental for property values. There is a very good overview of the Reserve Fund in the Finance Committee report by John Snyder on page 7.

I would like to remind all of the members of the Association that when you pay for classes, events or services at the Fitness Center, Activities, Spa, Meridians, Sports Bar, Kilaga Springs Café or catering services that you are helping to keep our dues down. So please continue to use them when you can.

### Holiday Hours of Operation by Department

	Administration	Activities Desk	Fitness	KS Cafe	Meridians	Spa at KS
<b>November 25</b>	Closed	Closed	6:00AM-11:30PM	Closed	11:30AM-4:00PM	Closed
<b>November 26</b>	Closed	10:00AM-4:00PM	6:00AM-5:30PM	10:00AM-4:00PM	Regular	9:00AM-6:00PM
<b>December 24</b>	8:00AM-1:00PM	8:00AM-1:00PM	6:00AM-2:30PM	7:00AM-1:00 PM	7:00AM-2:30PM	9:00AM-2:00 PM
<b>December 25</b>	Closed	Closed	Closed	Closed	Closed	Closed
<b>December 26</b>	Closed	10:00AM-4:00PM	KS 7:00 AM-6:00 PM OC 7:00 AM-8:00 PM	10:00AM-3:00PM	Regular	9:00AM-6:00PM
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<b>December 31</b>	8:00AM-1:00PM	8:00 AM-1:00PM	6:00 AM-2:30 PM	7:00AM-1:00PM	7:00AM-3:00PM	9:00AM-2:00PM
<b>January 1, 2011</b>	Closed	Closed	6:00 AM-5:30 PM	Closed	Regular	Closed

**Upcoming Association-Related Meetings & Presentations**

**Date • Time • Place      November 15-December 31**

Golf Cart Registration	See listing in "In This Issue" on page 2
Finance Committee	Wednesday, November 17, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, November 18, 9:00 AM, Ballroom
Board of Directors Special Meeting	Thursday, November 18, 10:30 AM, Solarium
Board of Directors Executive Session	Thursday, November 18, 11:00 AM, Solarium
ARC/Architectural Review Comm.	Monday, November 22, 9:00 AM, Heights/Gables
Compliance Committee	Wednesday, December 1, 10:30 AM, Oaks
Elections Committee	Friday, December 3, 10:00 AM, Heights
CCOC/Chartered Clubs/Community Orgs.	Tuesday, December 7, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, December 7, 1:30 PM, Oaks
Listening Post	Wednesday, December 8, 9:00 AM, Solarium
ARC/Architectural Review Committee	Monday, December 13, 9:00 AM, Heights/Gables
Properties Committee	Tuesday, December 14, 1:00 PM, Fine Arts
Finance Committee	Thursday, December 16, 9:00 AM, Oaks

Lincoln Hills Community Forum

Smartphone... Hand-held Personal Cmp. Saturday, November 20, 2:00 PM, Pres. Hall (KS)

*Meetings in OC Lodge unless noted otherwise. Please confirm meeting time & room on website.*

**What is "Lifestyle"?**

**Connections**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

**W**hat do we mean when we refer to Lifestyle at Sun City Lincoln Hills?

Since the reorganization in July, staff has had several questions about the use of the word Lifestyle in our job titles and as a Department name. As Senior Director of Lifestyle, some jokingly ask, "you direct my lifestyle? What does that mean?"

Lifestyle refers to the activities designed, amenities offered, and programs developed reflective of wellness and with your interests in mind. You can be as busy and as involved in the community as you like! The 77 different club offerings, Neighborhood Watch and Neighbors InDeed organizations, and many community-based organizations throughout the city of Lincoln and Placer County represent Lifestyle as well. When you participate in any of these activities, you are choosing a Lifestyle that embraces a way of life that allows you to live life to the fullest, to discover sides of yourself you never knew existed, to connect with your community and relate to your neighbors more meaningfully than ever.



*Lifestyle refers to the activities designed, amenities offered, and programs developed reflective of wellness and with your interests in mind*

Staff has embraced the word "Lifestyle" as a term to describe the unification of our separate Departments: Activities, Fitness, Membership and Information Technology. Together we provide a source of positive energy and enthusiasm to help you get the most out of your community every day.

**Holiday Events**

Every Del Webb community takes on the personality of those who live there. We are fortunate to have a diverse  
*continued on page 9*

*Calendar of Events*

**November 15 - December 31**

Date	Event	Page #
11/15	Astronomy/History & Nature of Universe	30
11/15	Simon & Garfunkel Tribute Concert	47
11/16	Bus Trip: deYoung Impressionism Part II	63*
11/17	Alzheimer's Caregivers Navigate Holidays	29
11/17	Bus Trip: "Suds" Cosmopolitan Cabaret	63*
11/18	Book Discussion, <i>1000 White Women</i>	32
11/18	Speaker <i>Sac Bee</i> Political Cartoonist	43
11/18-20	"Christmas Magic"	39, 47
11/20	"Smartphone... Hand-held PC"	81
11/21	Bus Trip: 49ers vs. Tampa Bay	47
11/22	Concert: Patchouli	47
11/23	Bus Trip: Apple Hill/Jodar Winery	48
11/29	Bus Trip: San Francisco Shopping	48
11/29	KS at the Movies: "The Break-up"	48
11/30	Bus Trip: Speaker Series Peter Hillary	63*
12/01	Astronomy/Physics of Star Trek & Star Wars	30
12/02	West Coast Swing Dance	43
12/06	Comedy Night at KS	48
12/06-07	Players Auditions for "Rumors"	39, 45
12/07	Bus Trip: Auburn Symphony Messiah Sing	48
12/08	Bus Trip: deYoung Impressionism Part II	51
12/10	Bus Trip: Grass Valley Cornish Christmas	51
12/10	KS Music Night: Doug Pauly Group+	51
12/11	Champagne Brunch/Holiday Home Tour	51
12/12-14	"Beautiful Dec." Singers Concert	40, 51
12/15	KS at the Movies: "Four Christmases"	52
12/15	Bus Trip: Rockettes Arco Arena	63*
12/16	Bus Trip: Reno Spirit of Christmas	52
12/17	Holiday Dinner Dance/Crystal Image Band	52
12/19	Bus Trip: Nevada City Victorian Christmas	52
12/20	Bus Trip: San Francisco Shopping	52
12/20	Concert: Twanna Turner & Blutoxia	52
12/21	Tour de Lights/Holiday Reception	55
12/27	Bus Trip: Red Hawk Casino	55
12/31	New Years Eve Extravaganza	46, 55

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

Contact information, hours and addresses have been expanded and are easily accessed on the inside back cover pages of your Compass.

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*Meridians*  
*Thanksgiving Day*  
*Feast*

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11:30am to 4:00pm

For reservations call 625-4040

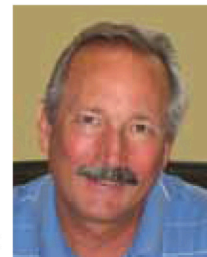
\$25.95++ for Adults

Children under 12 are only \$12.50

and everyone under 6 or over 90 are FREE!

## Looking Ahead to 2011

Bob Cook  
SCLH Executive Director



The 2011 Budget is done. If you have not received your CD with the budget and other mailing materials, it should arrive any day. A year ago we converted to the CD's from paper to save you significant expenses in printing and postage. The conversion also saves trees by using less paper. For those without a home computer we will still have traditional paper copies available at Orchard Creek Lodge. Staff is always excited to get the budget out of the way and begin to plan for the changes and improvements that come with the new goals.

This coming year you will notice a change in the area of capital improvements. As opposed to the reserves which replace existing capital assets, capital improvements are investments that enhance the community and/or reduce costs. The focus of three initiatives next year is projects that reduce costs. In the past few years these expenditures have been used to create additional amenities like Pickleball, the maintenance building, and the Sports Bar. Those initiatives that reduce costs are the conversion of all our pools and spas to a salt chlorination system, a trash compactor behind Meridians, and a reconditioned forklift for the Maintenance team. If you think about today's financial world this makes great sense. With interest rates so low, around one to two percent, a project that reduces costs by 10-25% a year is a much better investment. Those cost savings are reflected in the operating budgets and reduce upward pressure on dues.

We will continue to look for similar projects that make sense for our community. In 2011 we will be actively researching opportunities in the area of utilities. We all know what is happening to those costs. From LED street lights

*continued on page 15*



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## What the 2011 Budget Means to You

John Snyder, Finance Committee Chair

### September's Financials

The Finance Committee met October 21 and reviewed and accepted the September 2010 financials for the Association. For the month of September, overall operations were \$7,600 better than budget. For the month, better-than-budget results of Maintenance \$5,600, Food & Beverage \$2,300, Spa at Kilaga Springs \$2,000, Activities \$1,700 and Administration \$300, were offset by worse than budget results for Landscape \$3,700 (timing of expenses, see following) and Fitness \$600.

Year-to-date operations were \$294,200 better than budget. Year-to-date better than budget results of Landscape \$172,000, Maintenance \$81,400, Food Service \$31,500, Administration \$17,100, and Activities \$900 were offset by worse than budget results for Spa at Kilaga Springs \$6,600, and Fitness \$2,100.

### Next Year's Budget Approved

At its fourth 2011 budget meeting on October 11, the Finance Committee accepted the 2011 budget for the Association and recommended approval by the Board of Directors. In a subsequent meeting, the Board unanimously approved the 2011 Budget. The budget calls for homeowner's dues of \$105 per month, an increase of \$2.00 or 1.94%. This is the first increase in three years. This outstanding accomplishment is the result of very diligent work by Staff, the

Board of Directors, its standing committees and the volunteers and Members who give their time and effort to the Association. Because of the continuing high performance of operations and the extraordinary improvements in previously at-issue segments, the portion of the homeowners dues associated with operations has decreased by \$1.27 while the portion for reserves and capital asset acquisitions increased by \$2.24 and \$1.03, respectively.

### Assessing 1,100 Items in Reserve

In 2010, the Association's reserve consultants, Robert Browning and Associates, performed a complete detailed on-site review. They perform this detailed review every three years, with updates done on off years. This review entailed the following tasks; a detailed listing of each component in the reserve (over 1100 items), the assessment of the condition of each component, its remaining life and a valuation of the cost to repair, replace or restore each component.

The results of this review indicated a net higher replacement cost and shorter lives on enough of the components that the reserve fund balance, and percent funded amount, while by no means at alarming or critical levels, were clearly at levels needing additional funding to maintain a strong

conservative position. Using the 30-year cash flow method as called for by State Law the Browning funding analysis indicated that a 2011 increased contribution of \$2.24 projects the Association to a very strong conservative position.

The decision, while difficult, was strategic and clearly indicated when one

considers the potential higher cost associated with delay. It insures continued strength in our reserves and should provide a high level of assurance to our Members.

### Capital Asset Acquisitions

The capital asset acquisition portion of the monthly dues increased from \$.72 to \$1.75 or \$1.03. Each of the capital asset acquisitions has as its basis return on investment, Member lifestyle enhancement or operational safety and security.

### Impressive Business Plans/Budgets

The presentations of business plans and budgets by Department Directors and Staff were the best in my five years on this Committee. Our Controller, Tim Mulligan, again, packaged the budget in a concise, precise and informative format. I know the Finance Committee was very impressed and wishes to thank one and all involved for their diligence, commitment and professionalism.

### Powerful Committee Additions

On October 5, the Finance Committee interviewed candidates to fill an existing vacancy and two future vacancies in February 2011. The Committee selected three very qualified individuals, Mike Creasy, Molly Seamons and Jim Leonhard. Mike will be presented to the Board for acceptance in October 2010, while Molly and Jim will be presented to the Board in January 2011. These individuals are highly credentialed, bring a wealth of experience and I know will be significant and powerful additions to the Committee. Please give them hearty thanks for their commitment to the Association's well being.

If you have general questions or need information on the above I may be reached at [finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org).

The monthly and year-to-date financial statements are available on the Association's website under Document Library/Financial.

Because of the Thanksgiving holiday the next regularly scheduled Finance Committee meeting will be held on Wednesday, November 17 at 9:00 AM.



New Finance Committee Members

Jim Leonhard, Molly Seamons and Mike Creasy

# LANDSCAPE



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## Holiday Events

continued from page 3

community willing to share their talents and interests with all of us. You can experience these talents by attending the Lincoln Players "Christmas Magic" production November 18-20 (page 47); Lincoln Hills Singers "Beautiful December" Concerts December 12-14 (page 51) "Tour de Lights" Lincoln Hills homes decorated



for the holiday (page 25 & 55) and the Vaudeville Troupe's "The Cavalcade of Stars" (page 56). Your generosity and thinking of others continue... we are collecting food for the Salt Mine and Toys for Tots at both Lodges.

Staff has designed a wide variety of in-house events, bus trips and classes to make your holidays bright and your New Year filled with opportunities. Don't miss out on a fantastic New Year's Eve Extravaganza! This year we will feature a Fireworks show at the Amphitheater for all our guests (page 46 & 55) we never stop raising the bar of new and exciting things to see and do!

Whether you're rediscovering your artistic ability or starting from scratch, you can stretch your creative and mental muscles like never before and feel good for having poured yourself into lifelong learning. Come explore with us, have fun and meet your neighbors! "Why not?" See page 47 for the list of class categories covered in this month's *Compass*.

Wishing you a Thanksgiving filled with the joy that comes from time spent with family and friends. We are

thankful you are a part of this community and hope you will join us at our Holiday Reception December 21. Please see page 55 for details.

See you in the Lodge!



## Make Your Reservations Now!

Jerry McCarthy, Director of Food & Beverage

Don't be late in making your reservations at Meridians for a wonderful feast for family and friends on Thanksgiving Day, November 25, from 11:30 AM to 4:00 PM. Reservations are limited.

Adults are \$25.95, Children under 12 are only \$12.50 and everyone under 6 or over 90 are *free*! Come enjoy the slow roasted Diestel Turkey & Prime Rib, stuffing, seasonal vegetables, and much more. Always leave room for one of Chef Roderick's wonderful desserts. The entire menu is available at the hostess stand or on the Meridians website [meridiansrestaurant.com](http://meridiansrestaurant.com).

It is not too late to finalize your details for the holiday season. Call Sales Manger Meghan Louder at 625-4043 to reserve your room and finalize all the details of your successful Holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer simple luncheons to elaborate dinner parties, Orchard Creek Lodge is able to help with food and/or bars for every event. The Catering Department is just coming off one of the most successful Octobers in the history of Sun City Lincoln Hills Community Association and is ready to help you enjoy the holidays with family

and friends while letting us do all of the work.

**Pies for the Holidays** is back! Chef Roderick and his culinary team are baking pies every day starting November 20 and up until December 30. Last year Meridians sold over 1,000 freshly baked pies. Meridians' Ye Old Pie Shoppe will be open before you know it. To order a warm, out-of-the-oven pie, please call 625-4040. We will be offering pumpkin, apple, and pecan pies.

Meridians proudly presents, *We Need A Little Christmas – A Holiday Cabaret*, a dinner and show combination with holiday songs and cheer provided by Peggy & Paul Schechter. Their cabaret shows have delighted audiences with music and comedy, and their captivating entertainment style has been compared to that of Steve Lawrence and Eydie Gorme. Start with an outstanding Meridians dinner, and then enjoy holiday music and laughter with Peggy and Paul. Their on-stage chemistry is sure to provide an enjoyable evening. Cost is \$40 per person and includes a four-course dinner, live show, tax and service charge. The entire menu is available at the hostess stand or on the Meridians website [meridiansrestaurant.com](http://meridiansrestaurant.com).



## Havin' Fun Yet?

Bob Murdock, Chartered Clubs & Community Organizations Committee Chair

Boy, Oh Boy, Oh Boy, did we win the lottery or what? No matter where we moved from, North South, East or West we moved into one of the best adult communities — if not "the" best adult community — in this country. We have outstanding community lodges, tremendous sports facilities, and terrific eating establishments. We can easily enjoy Tahoe's beauty, San Francisco's Bay, Gold Rush charm and Reno and Sacramento's shows. We can buy

apples at Apple Hill, fresh produce at the "Farmers Market," wine from local counties or easily from Napa. All this is great so what might we have overlooked?

Some of this would require travel to enjoy. What if we don't want to travel? What if we just want to stay home and enjoy our com-



continued on page 13

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## Comparing Prices? What's Included in the Treatment is the Key

Tina Ginnetti, Spa Manager



One of the questions I am asked

by residents is how our prices compare to nearby salons. We have attempted to collect this information and state it as clearly as possible. Please keep in mind that much of what we see advertised is creative marketing and service time and what is included in the treatment are the critical components. See the graph.

We have a beautiful spa. Our prices are competitive. Our providers have over 100 years of experience collectively. We continue to stay abreast of all new services and trends in the spa industry.

We invite you to experience us.

Competitive Analysis					
	Kilaga	Mina's	Massage Heights	Massage Envy	Avalon Day Spa
Exclusive Aveda	Yes	No	No	No	No
Organic Tea	Yes	n/a	n/a	n/a	n/a
Sensory Journey / Aromatherapy	Yes	n/a	\$5.00	n/a	n/a
Hand & Foot Treatment	Yes	n/a	n/a	n/a	n/a
Membership	No	No	Yes	Yes	No
Retail Line	Yes	Yes	Yes	n/a	Yes
Massage 50 Min	\$49.99 Daily	n/a	\$49.99 - \$59.99 w/Membership	\$49.99 w/Membership	n/a
Massage 60 Min	\$65.00	\$65.00	n/a	n/a	\$65.00
Massage 90 Min	\$85.00	\$95.00	\$132.00	\$114 (80 min)	
Facial 60 Min	\$60.00	\$75.00	n/a	\$59.99 w/membership	
Facial 75 Min	\$85.00	\$85-\$100.00 (60 min)	n/a	n/a	
Punch Card Exclusive Buy 5 get 1 Free	SCLH exclusive Buy 5-6 <sup>th</sup> is free no pre-pay	Pre-pay 3-4 <sup>th</sup> is free	n/a	n/a	n/a
			Memberships require 6-12 month contract. No refund for missed appointments.	Memberships require 6-12 month contract. No refund for missed appointments.	

### Spa at Kilaga Springs Holiday Specials

#### Aveda Gift Sets –

They are here! "Gifts Bright with Hope" gift sets, featuring Candles, Bath and Body Products, Hair Care Products...

each with a free hair accessory made from the tagua nut – supporting communities protecting the rainforest.

#### Nails –

Get an add-on Hot Stone Treatment to any Pedicure with Chris or Jennifer for an additional \$5.



**Holiday Nail Colors** – Sugar Plums, Mrs. Claus, Jingle Bells... all that glitters like silver and gold!

**Facial** – Free Nuface (facial toning) treatment with any Enbrightenment Facial. Reg. \$110 \$85 thru December 31.

**Massage** – 70 minutes for the price of 60 minutes. \$65 includes ten minutes of foot reflexology or ayurvedic head massage. Choose Cinnamon or Peppermint aromatherapy for that extra holiday boost.

**New Program • Residents Only**  
The Punch Card – buy any five – Nail Service, Facial, Massage and the sixth

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## Gearing Up for the New Year!

**Fitness Center News**  
*Brandy Garcia*  
 Director of Fitness

How has this year been for your fitness? Did you try that new class or get into a regular workout schedule? I hope your answer is yes. If not, no need to fret. Every day is a new opportunity! Here are some great new programs that will be starting soon that will hopefully help you reach those fitness goals.

### New! Small Group Training

This program is designed to give the personalized workout of personal training, with the effectiveness and excitement of working with a group in a *fun*, motivational and social environment. Group Training sections will have a minimum of four and maximum of six participants to guarantee success and individualized attention for everyone. Individual exercises will be prescribed based on personal needs and goals. First sessions will be starting in January 2011! Watch for details.

### 12 Days of Fitness

Get rewarded for exercising during the most hectic time of the year! Grab one of our specially-designed calendars

and accomplish one of the suggested workouts to get your name entered into the drawing. Your goal is to do as many of the suggested workouts as you can during these crazy holiday times. The drawing will be for wonderful prizes, so make sure to accomplish all you can so you can increase your chances of winning! Please see the Fitness Center front desks for all details and to pick up your calendar.

**Dear Edna Etiquette:** When I use the indoor track at The Wave, I have people that get in my way as I am running. How do I get them out of my lane? – **Sincerely, Running Rick**

**Dear Running Rick,** A great question! The standard across the US for indoor tracks is that the most inside lane is used for running. The outside lane is used for walking. So basically, from the inside lane to the outside lane the speed decreases. Here at Lincoln Hills we only have three lanes, so the outside is for walking and the inside for running. The middle lane can be used for passing or an intermediate speed. Sometimes a resident is not aware of this system so a gentle suggestion can be helpful. Also when groups of individuals get together to socialize while they walk it can cause walkers to end up in the running lane. Again, a little patience from you and a nice word will go a long ways to remind them to try

to stick to their lane. Have a nice run!  
**Sincerely, Edna Etiquette**

### Group Exercise News

**Change!** Intermediate Step on Tuesdays and Advanced Step on Thursdays at The Wave has been changed to **Cardio Step & Sculpt**. Come enjoy the benefits of cardio on the step sprinkled with some resistance training to shape those muscles.

**Change!** Yogafied on Mondays at 8:30 AM at KS is now **Yoga I**.

**Change!** Yogafied on Fridays at 8:30 AM at KS is now **On the Ball**. A Pilates class that uses stability ball exercises to increase strength, flexibility, and stability. Other basic Pilates techniques will be taught to help improve posture, balance, coordination, and core strength. Class is designed for anyone with Yoga or Pilates experience. Come have a ball with us!

### Free Class on December 13 and 29.

The Wave Aerobics Room at 1:00 PM. Come try out a brand new class at The Wave. **Chair with Flair** Have fun, move to the music! This class combines seated and standing exercises. Participants are encouraged to work at their own level. Use of hand weights, bands, and small balls are offered for resistance. This class focus is on Cardio endurance, muscular strength, flexibility and balance. Come join the fun!

## Fitness Class Schedule!

Register at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works		Water Works	
8:00 AM	Low Impact	Circuit & Abs	Low Imp. Ind Cycling	Hi-NRG Cycle	Low Impact	Card.Spc. Hi-NRG Cyc
8:30 AM	Yoga I • Water Wks	Low Impact	Water Works	Circuit & Abs	On The Ball • Water Wks	
9:00 AM	Low Impact	Cardio Step & Sculpt	Low Impact	Low Impact	Low Impact	Yoga I Fusion
9:30 AM	Circuit	Strict. Strngth • Water Wks	Circuit	Cardio Step & Sculpt	Circuit	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Strict. Strngth • Water Wks	Cardio Dance	Strictly Strength
10:30 AM	Strictly Strength	Pilates • Water Works	Everybody Can	Yogafied	Cardio Dance	
11:00 AM	Everybody Can		Piloga	Pilates • Water Works	Fit Fun 101	Strictly Strength
11:00 AM	Joint Efforts		Joint Efforts		Piloga	
11:30 AM		Basic Joint Efforts		Basic Joint Efforts	Joint Efforts	
12:00 PM	Piloga					
1:00 PM			Open Spin Hour §			
2:30 PM	Fall Proof §		Fall Proof §			
4:45 PM		Shape Up		Shape Up		
5:00 PM	H2O Circuit		H2O Circuit			
5:20 PM		Break It Up				
6:00 PM		Aqua Tone		Aqua Tone		

The WAVE Classes  
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 Classes at KS •  
 No Charge §

**Thanksgiving hours:**

Day before Thanksgiving:

5:30 AM – 8:30 PM

Thanksgiving Day:

6:00 AM – 11:30 AM

Day after Thanksgiving:

6:00 AM – 5:30 PM

**Personal Training Holiday Special**

The Holidays are here along with those extra pounds which usually come with them. Personal fitness trainer, Marilyn Windham is offering a training package special. Purchase five sessions and get one bonus session free, or purchase 10 sessions and get two bonus sessions free. Offer is good with purchase any time before the end of 2010. This year get a jump on your New Years' Resolution. She can be reached at 543-6245.

**Health Nut of the Month****Bob Gall**

Bob lived in Alaska until graduation from High School and then moved to San Jose where he worked for Lockheed Martin as a Corrective Action Engineer for 42 years.

In 2004 he moved to SCLH and began the retirement phase of his life. Prior to moving to SCLH, Bob's only form of exercise was walking; now he does water

aerobics five days a week coupled with 20-30 minutes on the stationary bike. He comes to The Wave for three reasons: to keep his weight down, remain healthy in spite of the ongoing chemotherapy he must endure, and to meet and socialize with new friends.

Bob also enjoys biking, dancing and has recently taken up golf. He has become an avid traveler enjoying some great cruises with other SCLH residents. As a matter of fact, while on a recent cruise on the east coast Bob met a new dance partner from New Jersey. She has visited him here twice and he has visited back there on two other occasions.

As Bob has shown, good health and an expanded social life are two of the main benefits of exercising at SCLH. Keep up the good work, Bob!

**Behind the Scenes**

*Gay Mackintosh, Properties Committee Chair*

Properties Committee members share their expertise between meetings and behind the scenes on an array of special projects, working closely with Chris O'Keefe, Senior Director of Facilities and Management. Director Denny Valentine, our BOD liaison, participates in project task groups, expediting communications with the Board.

Bill Frazier, Sam Rahman, and former Committee Chair Chuck Vickers, volunteering as special consultant on the Maintenance Building Task Group, helped analyze Association needs and develop the plans. Once the City releases the permits, they will conduct

weekly site inspections with Chris and Jim Taylor Construction.

Pete Savoia and Bill Frazier, who worked with the original Pickleball Task Group on creating the three new courts last year, are at work again finalizing construction of a fourth, perpendicular, regulation-size court that retains the Basketball Court..

Jerry Harner and Dan Hardesty serve as our representatives on the Energy Task Force. Jerry is also our liaison to the Finance Committee.

Vice-chair Bill Cooper worked with Chris on increasing Disabled Parking at the Kilaga Springs Fitness Center and represents us on the Banners/Signage Task Force.

*New Pickleball Court on Basketball Court as of October 21 — work underway on asphalt extension to left and gate installation between courts*



I am grateful for the extraordinary commitment of all the Committee members who have taken on additional responsibilities in service to our community. Join us the second Tuesday of each month at 1:00 PM to find out what's going on behind the scenes.

**Havin' Fun Yet?**

*continued from page 9*

munity? Ah! Here is a reminder that we have 70-plus ways of doing that. We have 70-plus Clubs where people get together to enjoy a mutual interest. The best part is that most of this activity can be done with an easy electric cart ride from your home. You can try 70 different things or just one or two. Sometimes it is easy to forget we have all that available for our education or interest and pleasure.

Have you looked lately to see if you can find something old or new to enjoy? The great part of this is, besides the education, the interest and pleasure – what we are really doing is having “fun.” Our Club activity should result in “fun.” A word to all Clubs remember to keep that focus, fun is the operative word and all Club members should be able to answer “yes” to the question: “Havin' fun yet?”

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

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### Department Profile

## "I Am Your Association Dues at Work!"

### Community Standards Department

Dee Hynes

Meet Heather Peters, our new Community Standards Manager. She is a Lincoln native and a 13-year Del Webb/Pulte employee. Heather joins us with experience from several Sun City Communities and she most recently spent the last six years as the Community Standards Coordinator with Sun City Roseville. What a find for us!

During my conversation with Heather, I asked how she perceived her new role. Wow! She didn't even take time to blink before stating with obvious pride, "I am your Association dues at work maintaining your property values." She also added that she is here to support the Compliance and

Architectural Review Committees in the enforcement of our Governing Documents; the CC&Rs, Rules and Regulations and Design Guidelines.

Does that sound a bit formal, a bit dry? It's not! Heather and Cece Dirstine, who is also an essential part of the Community Standards team, meet with those of us planning projects or working on compliance issues. They assist homeowners in the preparation of their ARC applications and in helping find resolutions to Compliance issues.

Their days are dynamic! In addition to email, phone and in-person communi-

cation, as mentioned, Heather supports the ARC and Compliance Committee. She and Cece also oversee the Committee meetings.

Our Community Standards Manager must also be informed of State and Federal laws to ensure we are in compliance with government requirements.

Cece worked with former Community Standards Director, Steve O'Rourke to develop a well-organized checklist system. The checklists are located in

**H**eather joins us with experience from several Sun City Communities and she most recently spent the last six years as the Community Standards Coordinator with Sun City Roseville. What a find for us!

the Business Office next to the Activities Desk (OC) to assist us and the ARC members with all of our projects. Thank you, Cece!

If you have a Compliance issue to report, call or write the Community Standards Department and include your name and all necessary information on a Complaint Report for them to follow-up. The Department does not inspect our Community for problems, rather, compliance issues will be noted when staff is researching reported complaints.

Do talk with Heather or Cece about Compliance issues. Often, there are



Cece Dirstine and Heather Peters

misunderstandings or issues that are quickly resolved. Communication is the key to the Department's success. Please feel free to contact Heather Peters, Community Standards Manager, Heather.Peters@sclhca.com, 625-4006 or Cece Dirstine, at 625-4008.

I recommend reviewing your Governing Documents prior to speaking with Heather and Cece. The records are on our Resident's website and on a CD available at the OC Activities Desk.

## Looking Ahead to 2011

*continued from page 5*

to solar energy options for the common areas; there is a lot of work to do and many pencils to sharpen. What is most gratifying to me is to watch the energy, talent, and critical thinking of our resident volunteers and staff as they look for solutions. We are all very fortunate.

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## We Don't Let Any Grass Grow Under Our Feet at Neighborhood Watch!

Patricia Evans

**O**n with the New! At our Annual Meeting on November 4 we had a changing of the guard with the retirement of our Executive Director, Ken Sheehan. Our new Executive Director is Allen Gillespie, and we look forward to new ideas as he moves our organization in fresh directions.



In addition, we elected three new Executive Board members: Janet Pawloski, Nancy Whitaker, and Larry Wilson. We now have nine active Board Members and a majority of our Village Coordinator and Mail Box Captain positions are filled!

Ken has been our Executive Director for almost four years, and led us from a drowsy organization into our present dynamic structure. During this time, we have restructured our organization with new By-laws, a Mission Statement, an Organization Chart, and other "rules of the road."

We are now doing team building at the grass roots level. Emphasis is placed on every resident of SCLH automatically becoming a member of our teams, headed by a Board Member and supported by our Village Coordinators, the Mail Box Captains, and their residents. Our goal is to make it easy for as many residents as possible to be active in Neighborhood Watch, through either a small or a large contribution. We need your enthusiasm cheering us on!

Our "coming of age" challenge took place during our SCLH 10<sup>th</sup> Anniversary celebration when we delivered the Gift Bags to every home. We also saved our Association a gift bag

*"Ken has been our Executive Director for almost four years, and led us from a drowsy organization into our present dynamic structure."*

of money by delivering the revised CC&R's at the same time. As Ken Sheehan said, "It is hard to measure the pride and satisfaction that came out of that event. It helped us mature into the great organization we are today."

**New Advisory Group members:** Another integral part of our team is our Advisory Group. These people assist us with their expertise from their specialized fields. Our three new members are Bryan Fritsch, Administrative Sergeant for the Lincoln Police Department; Bill Salisbury, new President of the Amateur Radio Group; and Bill

Szabo, new Chair of the Community Emergency Response Team. We are honored to cooperate with these civic service groups.

**New Support Group member:** We also welcome Sharon Englehardt as Coordinator of DialMyCalls.Com. This free service is available to Mail Box Captains who want to transmit Alert messages by telephone to residents who do not have a computer. Residents may receive an electronic security or safety message in their Mail Box Captains' voice generated by this service. Step by step instructions on how to use this service are available on DialMyCalls.Com

For information about our Neighborhood Watch Vial of Life/Medical Records Card program, please turn to page 29.



*Above, our new Neighborhood Watch Executive Director is Allen Gillespie. Retiring Director Ken Sheehan, below, served almost four years*



*Village 18 residents enjoyed a fun and fabulous Halloween party at the home of Pat & Ray Hill*

### Neighborhood Watch Contacts

- Allen Gillespie, 434-5979  
allenm40@gmail.com
- Pauline Watson, 543-8436  
frpawatson@sbcglobal.net

Neighborhood Watch Website  
[www.lincal.net/watch](http://www.lincal.net/watch)



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## Neighbors InDeed Celebrates 10th Anniversary

Doug Brown

The rattle and rumble of construction was very much in the minds – and ears – of the new Lincoln Hills residents. Ubiquitous moving vans competed with construction trucks. The community was growing fast in late 1999, and so were people's needs.

"As more people moved into Lincoln Hills, we began to notice that some had health and physical issues," noted Marcia Van Wagner, an early mover and shaker seeking to help others, "so a few of us met to form support groups for those in need." The seeds were planted for what was soon to become **Neighbors InDeed (NID)**.

Last month, NID celebrated ten years of serving as a highly successful grass roots organization. At a recent potluck, President Joan Brant-Love presented a cake to honor the occasion and congratulated those present for a decade of amazing accomplishments.

One of the earliest support groups, the **Sunshine Committee**, led by Kathy

Himmelhoch, offered get-well cards, ran errands, and shared advice on medical care. More support groups blossomed: the Sunshine Committee became the **Support Group**, and then the **Support Team**, led by Shirley Schultz, Judith Jogis, and Joan Logue.

Soon Lincoln Hills residents numbered in the thousands, with multiplying needs. With the goal of creating a



network of resources for the growing community, Charlotte Fisher, Kay Birkholz, Maggie Forte, Jean Ebenholtz, and Marcia Van Wagner engaged in some lengthy discussions. (See photo below.)



Handy Helpers Coordinator Larry Schurr doubles as a gourmet burger chef for Neighbors InDeed's 10th anniversary picnic

The outcome was the incorporation of NID, with Kay as the first president.

Under the new aegis, three purposes were accomplished:

1. **Handy Helpers**, who had been actively assisting in minor home maintenance and repair jobs, became an official part of NID.
2. **Information and Referrals** on services and agencies were catalogued, at first in large binders but today the data is computer-managed.
3. Health support groups were consolidated and the **Medical Equipment Loan Program** was established to provide temporary medical equipment loans to residents.

Jean Ebenholtz recalled those early days. "One of the first steps we took was to obtain a cell phone – the same number we have now, 223-2763. Whenever the phone rang, we were very excited. Perhaps eight calls a month. Compare that to the present numbers... in the hundreds! But it was a beginning."

As NID celebrates its 10<sup>th</sup> anniversary this year, it proudly claims over 120 volunteers serving in a systematized network. Thanks for the leadership of Kay Birkholtz, Charlotte Fisher, John Flaherty, and Joan Brant-Love over this span of time!

We raise a glass to the movers and shakers for their perseverance and compassion in helping SCLH become such an amazing community! And if you have needs that NID can meet, call 223-2763.



Neighbors InDeed early planners lunch at Meridians in 2004, from left:  
Front row — Joan Logue, Charlotte Fisher, Kay Birkholz, Judith Jogis;  
Back row — Maggie Forte, Jean Ebenholtz, Marcia Van Wagner, Shirley Schultz

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## A Walk in History

### McBean Park Expansion

Al Roten

We have all driven Ferrari Ranch Road between Highways 193 and 65. Opposite Lincoln Hills is a walking trail and wetlands adjacent to the Auburn Ravine waterway. This area is city property designated McBean Park Expansion. With just a little bit of research and imagination, we find this to be an interesting tract in history.

In 1849, Claude Chana, in search of gold with an entourage of workers, was on a trek to Sutter's Mill in what is now Coloma. Coming from the Wheatland area, they followed Auburn Ravine from the Lincoln area and camped overnight near Auburn. Chana noticed something glittering in the channel — and the Gold Rush in Auburn and on to the Lincoln area was on! Subsequently, Auburn Ravine waterway was incorporated into the Nevada Irrigation District channel system bringing agricultural and prospecting water from Nevada County to Lincoln and beyond. In fact, the Auburn Ravine waters continue through natural and man-made channels until finally emptying into the Sacramento River.

Placer and hydraulic mining operations changed the face of the earth wherever they were undertaken. Consequently, the natural lowland adjacent to Auburn Ravine here in Lincoln was

filled in with rocks and soil. The area we now see from Ferrari Ranch Road became farmland. When Del Webb bought the 3,000 acres which became Sun City Lincoln Hills, part of the land purchase was the Ferrari Ranch. The Ferrari home was located in that section now known as McBean Park Expansion. In fact, one can still view some roadway and remnants of the cattle corral and loading pen in that area.

Development of Lincoln Hills required filling in of some wetlands

**B**etween 2001 and 2004, thousands of yards of earth were excavated from the project area and were used in construction of Lincoln Hills.

and regulations require that new or reclaimed mitigation wetlands be created. So, the approximately 60 acres between Ferrari Ranch Road and Auburn Ravine were restored to their natural condition and deeded to the city of Lincoln. What was a typical ranch yard, replete with rusting vehicles and farm equipment, became the pristine natural habitat we see today. Between 2001 and 2004, thousands of yards of earth were excavated from the project area and were used in construction of Lincoln Hills. The park expansion area was designed both as a flood control area to drain off excess water from Auburn Ravine during heavy rain periods and as a wetland refuge for Steelhead Trout and salmon species fingerlings. The young fish can stay in this protected environment until

they grow mature enough for their trip to the sea. The accompanying photos show a trail sign by ranch remnants, new plantings in reclaimed wetland, and healthy wetlands of today.

Like all our Open Space preserves, this wetland is under control of U.S. Corps of Engineers and the California Fish and Wildlife Commission. Monitoring of the health of this important natural resource has been entrusted to the Wildlife Heritage Foundation via a perpetual easement. So, we may enjoy this renewal project, but must stay on provided trails as we do so.

A walk on the paved level trail running by Ferrari Ranch Road is an enjoyable thing to do. The city of Lincoln has placed seven information plaques along the way. Reviewing these will provide interesting tidbits on history, fauna and flora of this valuable resource.

### Did You Know?

Miss an important Community Forum? You can see it on-line at our website and if that doesn't work, some of them are available on DVD available to loan from the Community Living Room (OC) and Kilaga Springs Library.



*Then and now: left, in 2004, new wetlands planted. Above, today, renewed wetland growth*



*One of seven information plaques and remnants of an old loading pen*



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**End of Life Issues —  
 Facing an Inconvenient Certainty**  
 Speaker Enlightens Kilaga Springs Audience  
 Doug Brown

Margaret Mitchell, in *Gone with the Wind*, wrote, “Death, taxes, and childbirth! There’s never any convenient time for any of them.”

And Benjamin Franklin is credited for popularizing the old adage, “In this



Dr. Michael Gunther Maher of Kaiser Permanente’s Department of Palliative Care

world nothing is certain, except death and taxes.”

Dr. Michael Gunther Maher of Kaiser Permanente’s Continuing Care Department, would agree with the wit and wisdom of both of these sayings: death is both inconvenient and certain, but how we avoid talking about and preparing for the inconvenient certainty! (On the other hand, we seem to be

A video of Dr. Gunther Maher’s October 5 presentation is available on the Lincoln Hills website at:

[www.lincolnsuncity.org](http://www.lincolnsuncity.org)  
 Click on “Videos” and then on “10/5/10.”

A DVD is also available at the OC/KS Reading Rooms.

at no loss of words about taxes and childbirth!)

Dr. Gunther Maher’s presentation – a Lincoln Hills Community Forum – enlightened the packed house at Kilaga Springs. The audience gained new appreciation for the need to *control our own health care, especially for end of life issues*. And to control them with *compassion and wisdom*.

*Compassion*, because approaching the end of one’s life involves an emotional interrelationship of patient, loved ones, and doctors. *Wisdom*, through frank, open communication with your family, to help your family and physicians carry out your own wishes.

A key focus of the presentation was the **Advance Health Care Directive**, a signed form available from every doctor’s office and on the web at: <http://ag.ca.gov/consumers/pdf/AHCD1.pdf>

The Advance Directive is a set of instructions given by individuals speci-

fying what actions should be taken for your health when you cannot speak for yourself, due to illness or incapacity, and appoints a person to make such decisions on your behalf. You name someone *in advance*, while you are healthy and in control of every aspect of your life, to speak for you.

On this simple document signed by you, you’re able to file with your medical care provider and your family...

- the person you want to make care decisions for you when you can’t
- the kind of medical treatment you want or don’t want

Ask your doctor about this extremely important form that you should fill out *now* while you’re healthy and

**A**sk your doctor about this extremely important form that you should fill out now while you’re healthy and in control of every aspect of your life!

in control of every aspect of your life!

George Santayana once quipped, “There is no cure for birth and death save to enjoy the interval.” Dr. Gunther Maher would, I’m sure, want us to enjoy the interval, but to best enjoy it, we need to be prudently prepared for the end of that interval.

## “Tour de Lights”

### A Community Holiday Lights Celebration: Tuesday, December 21

Share the beauty of your holiday outdoor decorations with the community! Please invite us to drive/stroll by your home to see the lovely holiday lights and decorations you have put up by emailing us your address at: [Lights@slhca.com](mailto:Lights@slhca.com). A list of decorated homes will be compiled and handed to residents during our Holiday Reception. Thank you for sharing the spirit of Christmas with all of us.

For those interested in taking a city of Lincoln bus around the neigh-

borhoods to “tour de lights,” please register at the Activities Desk.

We hope you will join us in a holiday celebration December 21 with light refreshments and carolers at the Orchard Creek Lodge between 6:00- 8:00 PM. Please see page 55 for bus tour and reception details.



The Pattys’ Christmas Light Show last year

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Thursday, December 2  
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## Support Groups & Clubs



### • Alzheimer's/Dementia Caregivers Support Group

Wednesday, November 17 at 1:00 PM, Ceramics Room (OC), for the last Support Meeting of 2010. This change from the fourth Wednesday was made to avoid meeting during the Thanksgiving Holiday. There will be no meeting in December.

How caregivers navigate the holidays so that both patient and caregivers have pleasant experiences will be the topic of this November 17 caring/sharing session, led by our Family Advisor, Elizabeth Rawson.

If large family gatherings are the usual plan, and the patient gets anxious when there is lots of chatter in the room, other arrangements for visiting should be established. For example, if the caregiver has been doing most of the meal preparation, perhaps it is time to ask for help. These concerns will be addressed and practical suggestions will be offered.

Books and DVDs will be available to borrow and share with family and friends over the holidays.

**Contacts: Judy Payne 434-7864;  
Cathy 409-9322;  
Nancy 253-9962**



### • Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be November 17 and December 15. 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 Wednesday, December 8 at *Sterling Café*. We meet in the OC Lobby and leave at 11:30 AM to car pool to the restaurant. For more information or

to put a Memoriam in the *Compass*, contact Joan.

**Contact: Joan Logue 434-0749,  
joanlogue@sbcglobal.net**



### • Bosom Buddies • Breast Cancer Survivors

Be sure to save the date December 9: Bosom Buddies will hold their holiday luncheon at Pottery World. If you have not already made your reservations please call Cindy Readhair at 409-00954 for menu choices. Payment must be received by November 30 so don't delay. We will be car pooling from OC at 11:00 AM so if you don't drive or know the way you can ride with someone who does. Pottery World is a beautiful setting for this luncheon and will really get you into the holiday spirit.

If you are a survivor, in treatment or recently diagnosed, the December luncheon would be the perfect time to meet our members and learn more about us. We offer support and friendship and valuable information regarding your health.

Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC) unless otherwise announced.

**Contacts: Marianne Smith  
408-1818;  
Sally Lewis 434-7381  
Websites: www.lincolnsuncity.org  
www.lincolnhillsbosombuddies.org**



### • Eye Contact • Low Vision Support

Happy Hanukkah — December 1-9  
Merry Christmas — December 25

As we have done in the past, there will not be a regular meeting in December... we will have a social gathering -- tentative date December 8. Watch for your mailer.

**Contact: Barbara Smith 645-5516,  
Chelsea@starstream.net;  
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### • Neighborhood Watch •

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### • Super Seniors •

Super Senior Holiday Luncheon: December 3, 12:00 PM, Social Kitchen (KS). We are happy to invite our Super Seniors to their annual Holiday luncheon. The community and your facilitators provide the wonderful buffet and we also provide the entertainment and service to our special guests. Santa will be there to give everyone a gift and Peter Smit and Pete Laderman will play for us. Their music is beautiful and inspiring. We will have a few of the Lincoln Hills singers and I'm certain that we can sing along if we choose. Mark your calendars: December 3, 12:00 PM. Invitations will be sent to you. Call Barbara Kelley for reservations and/or questions by November 23, 645-2720 or panam87@sbcglobal.net.

**Contacts: Shirley Schultz  
645-7539; Dani Van Tatenhove  
(Chit Chatters) 543-9194**



## Shared Interest Groups & Chartered Clubs



### • Antiques Appreciation •

Our November 1 meeting was a special field trip to the Placer County Museum located in the historic Old Courthouse in Auburn. We were fortunate to be escorted through the museum by a knowledgeable docent. It's lovely to have such a charming museum right here in our midst with many interesting artifacts from the early days of California. Lunch in Old Town followed the tour.

On December 6 we'll celebrate the season with our annual Holiday Brunch to be held in the Ballroom (OC) from 10:00 AM to 12:00 PM. This year's theme will be Snowmen. Once again, we'll have a Toys for Tots barrel, so please bring an unwrapped toy to donate to this worthy cause.

If you collect or just appreciate antiques, please join us on the first Monday of each month at 9:30 AM, Multipurpose Room (OC).

**Contacts: Pat Le Page 543-9564;**

**Jane Delno 543-6855**

**Antique Appraisal Contact:  
408-4004**



### • Arts Association •

Besides Thanksgiving, November brings the President's Challenge for members. Our President, Bill Szabo, chose the theme of "Fire" — it promises to be a hot challenge (pun intended). Entries will be accepted in two categories: traditional — paintings, sculpture and photography and non-traditional — all other art forms. Attendees will get a chance to vote for a favorite in each category. Winners will receive prizes. Come and see how "Fire" can be interpreted. The Arts Association meeting will be Monday, November 22 at 2:00 PM in the Presentation Hall (KS).

Also during the November meeting, information on the 2011 Fine Arts Show will be discussed for those interested

in participating.

It's time to start thinking of 2011. If you have any ideas for future programs or workshops, contact Bill Szabo, billcats1@earthlink.net or 434-6667, with the details.

Happy Thanksgiving to all from the Arts Association.

**Contacts: Bill or Cathie Szabo**

**434-6667, billcats1@earthlink.net**

**Website: LHarts.org**



### • Astronomy •

On Monday, October 11, 22 members attended the Astronomy Group Star Party at Blue Canyon which was rescheduled from October 5 due to bad weather.



*Astronomy Group setting up telescopes at Blue Canyon*

Wednesday, November 3. Nick Poppeleiter, NASA Ambassador, presented a talk on the International Space Station.

Monday, November 15. Fine Arts Room (OC), Monthly Cosmology Interest Group Meeting. A DVD lecture series is presented on "The History and Nature of the Universe." Contact Morey Lewis (408-4469) for information.

Wednesday, December 1 (KS). "Physics of Star Trek and Star Wars – Fantasy vs Feasibility" Tom Eason will assess how modern science views the feasibility of futuristic technologies employed in Star Trek and Star Wars.

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, Presentation Hall (KS). What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring us your questions about astronomy during the Q & A period.

**Contacts: Ron Olson 408-1435,**

**rolson@starstream.net;**

**Nina Mazzo 408-7620**

**ninamazzo@sbcglobal.net**

**Website: www.lhag.org**



### • Ballroom Dance •

Last Dance... Last Chance. As you are reading this issue of the *Compass*, we are teaching your friends and neighbors the Tango. You've seen it... now come learn it. Only three lessons left in 2010, so drop what you are doing and come join us. Our lessons are fun, free, and provide valuable social skills. Dress is casual; leather sole shoes are recommended.

Beginning lessons are held Tuesdays in the Multipurpose Room (KS) from 2:00-3:00 PM, followed by an hour of open dancing and practice with instructor assistance. We step it up a bit from 4:00-5:00 PM by adding some intermediate steps to the dance of the month. All for free.

There are no lessons in December to give our great instructors a much needed break, and allow for our members-only Holiday party on Tuesday, December 7. Sign up at a lesson or call for info.

**Contact: David Hathaway 408-0228**



### • Billiards •

#### The Shooters

- Eight-Ball Singles 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
  - Nine-Ball Singles 10:00 AM-12:00 PM and 1:00-4:00 PM Second Tuesday
  - Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
- All games at KS
- Tournament Winners:
- Eight Ball Singles October 6
  - AM Winner: David Ell
  - Runners-up: J T Long and Oscar Alvarez
  - PM Winner: Jim Picini
  - Runners-up: John Sefakis, Ed Ryan, Jim Yoest, Bob Maske, Les Birch, and Tony Petruzzella
  - Nine-Ball Singles October 12
  - AM Winner: John McNaught
  - Runners-up: Jim Immel and Dennis Bist
  - PM Winner: Bob Doney
  - Runners-up: Joe Perez, Flavio Lombella, Joe Hobby, Joe Ferrando, Tony Petruzzella, Bob Maske and Phil Delaney

Eight-Ball Doubles October 20:

- PM: Winners: Chet Lelio and Jim Pacini
- Runners-up: Phil Delaney and Flavio Lombella, Dick Perry and Bob Doney, Ed Ryan and John McNaught, Al Gutierrez and Dennis Bist

**Contacts: Jim Immel 434-2918  
Sam Munoz 408-3037**

### Challengers Billiards

The Billiards Room (KS) every Friday from 10:00 AM-12:00 PM is filled with average to advanced Players to play seven games of Eight Ball (1/15). This more strategic game is timed at seventeen minutes each and there are special rules for the game. We pair everyone with different partners and opponents most games. We sign up in advance but stand by players can frequently play especially during the Holiday season. Sign up and show up at least ten minutes before we start and let's have some fun!

Congratulations to our recent monthly winners:

- Seven Games: Del Torres, Ken Klein
- Six of seven Games: Ted Komaki, George Black, Peshu Irani, Oscar Alvarez

**Contacts: Rita Baikauskas 408-4687,  
Dan Oden 408-2687,  
Sherry Weech 408-1398**

### Couples Billiards

The first week of this session, Ron & Sherry Weech won all six games. Tied with five wins and one loss were Carlos Barrantes and John Sefakis, and Dale Houck and Chiquita Fratto.

Carlos Barrantes and John Sefakis won six games losing zero while Dan Oden and Gail Harmon won six games and lost one along with Ron & Sherry Weech.

This week brought no six game winners; however, two teams won five games and lost one. Those players were Joe & Nicki Hobby and Carlos Barrantes and John Sefakis.

Again this last week of play, Carlos Barrantes and John Sefakis won all six games. Dale Houck and Chiquita Fratto

won five games and lost one.

Carlos Barrantes and John Sefakis won every week this month. Way to go guys!

Congratulations to all.

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

### Upstarts Billiards

The day is Thursday. Cool weather is here. The fireplace in the Billiards Room (KS) is roaring. It is 1:00 PM and the crash of the cue ball against the rack echoes down the hall. Yes, the Upstarts Billiards Group has gathered for another play day. Eight Ball is our game. Over the next two hours each of us will play six games with six different partners as we rotate through the play schedule. Hopefully each of us will improve our play. But even if we struggle with our skills that day we will all have had a good time and a warm feeling.

Congratulations to regular player Dale Houck and his wife, Phyllis, who recently celebrated their 60<sup>th</sup> anniversary.

Congratulations to our recent winners:

- Six games: Bob Rand
- Five of Six Games: Doyle Coker, Bill Clark, Carlos Barrantes, Willie Wright, Chiquita Fratto, Dan Oden, Jennie Wright, Bob Wehner

**Contacts: Rita Baikauskas 408-4687,  
Dan Oden 408-2687,  
Joe Hobby 253-9633**

### Instruction Group

Learn to play pool or sharpen your games. Take advantage of the expert help second and fourth Mondays, 9:00-11:00 AM. Please sign up in advance in the Billiards Room (OC).

**Contact: Dick Perry 434-1294**



### • Bird •

It's an exciting time of year for birders on the Pacific Flyway. Now is the time we begin to see snow geese, tundra swans, and many types of ducks in the rice fields west of Lincoln. At our backyard feeders look for increasing numbers of goldfinches,

white crowned sparrows, and juncos. Bluebirds are back, looking into nest boxes for a winter refuge.

This month our trips will include Gray Lodge, November 19, and the Sacramento National Wildlife Refuge on December 17, both excellent places to spot snow geese and many varieties of ducks. We'll look for bald eagles and



*Bird Group: Thousands of snow geese gather at Gray Lodge*

peregrine falcons at NWR. We will also participate in the upcoming Christmas Bird Count, date in December to be determined.

The Bird Group meets monthly at 1:30 PM at Presentation Hall (KS). The next meeting is December 13. The Christmas Bird Count will be on the agenda.

**Contacts: Ruth & Don Baylis,  
rbaylis2@yahoo.com**

**Website: www.lhbirdnest.org**



### • Bocce Ball, Mad Hatters •

We were up half the night watching the weather radar animation, hoping against hope that we could find a hole in the clouds through which to run our Eighth Annual Red Hats/Mad Hatters Bocce Tournament. We couldn't find a hole in the clouds, but did manage to avoid the rain for four hours.

In a tournament that was dedicated to the memory of Ed Law, Mad Hatters leader for several years, the Mad Hatters once again beat the Red Hats by a final score of 280 to 182. Despite the bad weather a good time was had by all, and there were some surprise performances (theatrical and otherwise) by some of the Red Hats. We would like to thank everyone involved for turning what could have been a wet

disaster into a successful event. A special thanks goes to Bill for showing up with his leaf blower.

**Contacts: Glen Stanphill, 408-8885; Paul Mac Garvey, 543-2067, pmac1411@aol.com**

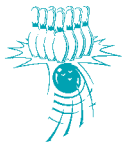


• **Book Group, OC** •

Another year of interesting reading is coming to a close. After our discussion of future readings in October, the group came up with a potential list of books for 2011. You are invited to our November 18 meeting to participate in the final vote. The results will be announced at our December 16 holiday luncheon and then in both the *Compass* and *Sun Senior News*.

Please join us on November 18 from 1:00 to 2:30 PM in the Multipurpose Room (OC) as we discuss *A Thousand White Women* by Jim Fergus. Newcomers are always welcome.

December 16: Holiday Luncheon  
**Contacts: Penny Pearl 409-0510; Darlis Beale 408-0269; Dale Nater 543-8755; Linda Derosier 543-6307**  
**Website: www.http://lhocbookgroup.blogspot.com**  
**/Wiki: http://ocbookgroup.pbwiki.com/**



• **Bowling** •  
**Rocklin Tuesday AM**

Competition is really good for the soul. Jerry Gordon, bowling in the third game last Tuesday shot a 245 game edging out the competition by two pins. Congrats Jerry. High game for men goes to Jerry Gordon @ 245. High game for women @ 190 goes to Feli Kimball. Doug Tran tops the men's average @ 180. Betty Tucker tops the ladies @ 149. Great bowling guys!

**Contact: Betty Curtis 543-6866**

**Strikes Thursday PM Bowling**

The season scores to date are hard to beat! High scratch series of 638 is currently held by three of our bowlers: Rich Connell, Carl Zierman and Jerry Gordon. Bob Barrows' 275 is followed by Mike Freiria's 266 and Paul Carroll's 245. For high handicap series,

Billy Clift had a 709, Sam Munoz 707 and Steve Pizzo 705. The high handicap game is held by Jim Immel 280, Dave Fisk 269 and Dennis Salisbury 265.

For the ladies, we have Betsy Freiria with a 574 scratch series, Barbara Orr a 527 and Linda Zierman a 523. Joyce Bennett has the scratch game at 204, followed by Connie Dvorak 201 and Marilyn Bern 196. Handicap series is currently held by Phyllis Maloney with 722, Nancy Benison 707 and Kathy Dillon 693. Carolyn Barrows with a 262, Gen Clark a 261 and Jan Eberle a 259 are the top for handicap game.

**Contacts: Cathy Riewerts 408-5709, cleer50@yahoo.com; Terri Krcha 543-6111, paulandterri@sbcglobal.net**



• **Bridge, Partners** •  
**Thursday Evening, First & Third**

October 7 winners were:

- First Ken Gladden and Robbie Duggan who also had high round and a grand slam
  - Second Harry & Gail Ramsden
  - Third Jack Heinrich and Barbara Cser
  - Fourth Jerry & Sharon Kluball
- October 21 winners were:
- First Warren & Gerry Sonnenburg who also had high round and a grand slam
  - Second Nadine Buckmiller and Sue Cirerol
  - Third Marisa Stone & Nancy Turrini
  - Fourth Ginny McGurk & Bev Blaine

Our year-long tourney is in full swing. Still plenty of time to join in and become eligible for Tournament of Champions. A list of top six contenders will issue next week. If you are looking for a competitive but friendly game of bridge this is the place. If you wish to sign up or have questions call Ken. Play begins at 6:00 PM. First and third Thursdays at KS.

**Contact: Ken Gladden 409-0804, KenGladden@hotmail.com**

**Thursday Evening**  
**Second & Fourth**

Winners for September 9

- First: Bob & Cathy Brynjulson
- Second: Judy and Sharyn
- Third: Ken & Chris Jacobson
- Fourth: Ben & Kay Newton

Winners for September 23

- First: Stan and Bruce
- Second: E. Wolf and M. Harrington
- Third: Allan & Bev Blaine
- Fourth: Ken Gladden and Robbie Duggan

We play at 6:00 PM in the Terra Cotta Room (KS). Come join us

**Contacts: Chris or Ken Jacobsen 408-8709**



• **Bridge, Duplicate** •

With the weather starting to get chilly and the rains coming it's a good time to stay indoors and join us for some fun playing duplicate bridge. We have three games per week — Wednesday at 12:30 PM, Friday at 5:00 PM and Saturday at 12:30 PM. You may join us and play on two occasions before you join our Club.

You'll meet friendly people and your bridge game should improve as you will be exposed to a number of different systems and conventions. Thirty-four of our members accumulated master points competing in the Orangevale sectional and nine members accumulated points at Santa Clara.

On the second Wednesday of the month there's a half-hour bridge lesson commencing at 11:45 AM. Three out of every four lessons are geared for the less experienced player. We have a number of special game's one with Sun City Roseville and several parties during the year.

**Contacts: Elise Homer 543-0650, hit4home@starstream.net; Sandra Brumley 434-6016, sandycat@starstream.net**  
**Website: www.sclhbridge.com**



• **Bridge, Social** •

We play six rounds (24 hands) of bridge every Friday afternoon from 1:00 to 4:00



PM in the Terra Cotta Room (KS). Check in time is no later than 12:50 PM. You do need a reservation to play but you do not need a partner. *You can make a reservation or cancellation by calling Dee Williams at 408-5582.*

Winners from October 1 through October 22 were:

- First place: Judith Jesness, B. J. Parkinson, Harry Collings, Lee Holman
  - Second place: Hal Smith, Harry Collings, Chet Winton, Phil Sanderson
  - Third place: Joan Schabilion (twice), Dede Ranahan, Jim Haugaard
  - Fourth place: Ann Johnson, Flo Baldwin, Lois Burke, Neil Wilson
- Contact: Dee Williams 408-5582, [djohn32@sbcglobal.net](mailto:djohn32@sbcglobal.net)**



### • Bunco •

Attendance at the October Bunco play was outstanding! Excitement is always high but with so many in the Cards Room it can be pretty boisterous.

We wish everyone a Happy Thanksgiving and hope to see you in December — the group will be reconvening at Mimi's Café in Lincoln after Bunco for the annual holiday luncheon/gift exchange. If you haven't RSVP'd, please do as a seating count is needed. You can call Claudette or Marian (below) to RSVP and learn the rules of the gift exchange.

Bunco is held on the third Thursday of each month in the Cards Room (OC) at 9:00 AM. There is a \$5 entrance fee but no annual membership fee is ever required.

Last month's winners:

- Most Buncos – Bev Fedder
- High Score – Phyllis Papagiannis
- Most Wins – Shirley Mohler
- Low Score – Susan Williams
- Most Losses – Vickie Cooper
- Traveler – Kathy Murray

**Contacts: Claudette Rhoads-Kinman 543-6347; Marian Skillman 396-4263**



### • Ceramic Arts •

Save the date: Holiday Potluck Dinner, Friday, December 3, KS.

Free to members and guest. Sign up lists in both studios. Want to help? Call Mike Daley 543-9449.

CAG "Workshop" times for members are held at OC on Saturdays, 9:00 AM-4:00 PM, and Sundays, 10:00 AM-4:00 PM; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays 1:00-4:00 PM for Spanish Oils. Non members are required to join the CAG after their third visit for a nominal fee of \$12 per year.

"Open Studio" times available to all residents (CAG membership not required) are: OC *Fridays only*, 1:00 -5:00 PM, and KS *Sundays only*, 1:00-4:00 PM.

All workshops and open sessions are monitored at both studios. Access will not be granted without a monitor present and keys will be given only to registered monitors. *No exceptions.*

**Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Marty Berntsen 408-2110; OC Pottery — Marilyn Anhalt 408-8196 and Mike Daley 543-9449**  
**Website: [www.lincolnsuncity.org](http://www.lincolnsuncity.org), Groups, Ceramic Arts**



### • Cloggers •

Soon, residents will be considering classes for the New Year! Don't overlook Clogging!

Don't worry about two left feet and if you can't feel rhythm, that's why you go to Janice! Enrollment for Beginners will be open for two months (January & February), then closed until fall 2011. Clog I will continue to move ahead with learning more fun dances and doing spot demos around the community.

Performance Team members are in Dolly's, "Christmas Magic" show. Don't miss it, November 18, 19, and two performances on Saturday, November 20. Look for the cloggers in "Santa Bring Your Elves."

Anita Tyson, Connie Stephens, Zettalee Noga have planned an outstanding Christmas party, Wednesday, December 1. The Sun City Roseville Cloggers are joining us, a great addition to our party.

Information on classes are found

in the *Compass* class section. Dance classes are on hiatus until January.

"Think Clogging in 2011."

**Contact: Barbara Sowers, 408-5061 [yubacabin@yahoo.com](mailto:yubacabin@yahoo.com)**



### • Computer •

There will be no regular meetings of the Computer Club in December, see you in January. Merry Christmas and Happy New Year from us to you.

*However!!!* in the Computer Lab (OC), our more experienced computer members will provide assistance to any of our Club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs. Remember, we will *not* be conducting classes. The Walk-In Workshop will be available for you on the third Tuesday of every month, from 1:00-3:00 PM.

**Contact: Bob Ringo [president@sclhcc.org](mailto:president@sclhcc.org)**  
**Website: [www.sclhcc.org](http://www.sclhcc.org)**



### Mac User

General meeting is Tuesday November 16 (note date change due to Thanksgiving).

Member Andy Petro will present "iPhoto Memories for the Holidays." Andy will demonstrate how to create a book or calendar; holiday cards, etc. Our meetings start with Ask the Tech from 6:30 PM and Andy will begin at 7:00 PM in the Presentation Hall (KS).

We will also be voting this evening for our Board of Directors slate for 2011.

Please bring non-perishable food items for Lincoln's Food Bank. Bonnie Esker is our liaison to the Salt Mine and delivers these much-needed items on our behalf.



*The Mac User Group enjoying their annual BBQ. Photo courtesy of Bob Gentry*

Thinking about getting an Apple product or Mac Computer but not sure what to get that will fit your needs? Call our tech support line for members and we will be happy to consult with you. Check the website for contact phone numbers.

**Contact: Irwin Maloff 408-2368,**  
**imaloff@sbcglobal.net**  
**Website: http://LHmug.org**



• **Country Couples** •

By the time you read this, there will be two new members elected to the Steering Committee. Thanks go out to the members who accepted nominations to run for the two empty spots. Additionally, Rene Lopez needs to be recognized for

taking on the role of Chair during our first year as an official SCLH Group. As you may well know, Rene has resigned to serve on the Chartered



Country Couples

Clubs & Community Organizations Committee.

Upcoming events to mark on your calendar:

- December 10—Country Couples Christmas Potluck Dance
  - January 14—Sun City Roseville Dance
- Have a great Thanksgiving and get energized for the Christmas Potluck Dance. Do what you can to come out and support Country Couples events.

**Contacts: Ernie Wilson 434-6588;**  
**Tom Hargis 434-6931**



• **Cribbage** •

The Cribbage Group plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00 AM in the Cards Room (OC). We are a friendly group, always willing to welcome new players.

Attendance has been up and down but we always have enough players for a

good time. Join us for a session and see.

I've had no calls about the proposed Beginners' Class for this fall. If you would be interested in taking a few classes with experienced players before beginning to play with the Group, please give one of us a call.

**Contact: Jerry Wilcox 543-3117,**  
**jerry.wilcox@gmail.com;**  
**Jack Poshepny 543-8463**



• **Cyclist** •

Many, if not most, cyclists keep track of the total number of miles they ride in a year. It's what we do. But, just as important are the number of "smiles" one gets from riding. It may be the first time you ride your age, or making it to the top of Baxter Grade for the first time without stopping. It might be just cruising on a smooth road with a tailwind and seeing a small herd of deer nearby. Or a sunrise. And how good does that pastry taste at mile 25? Or,



Cyclist Group:  
 In Monterey;  
 Ready to ride to  
 Pacific Grove:  
 Tour de Rocklin



at the end of the day, just being able to say, "That was a good ride," whether it was 10 miles or 100. It's those "smiles per mile" that ensure we don't have to talk ourselves into getting on the bike two or three times a week. Find a way to keep track of them.

**Contacts: Steve Valeriote 408-5506,**  
**jillsteval@sbcglobal.net; Bob Burns**  
**543-3382, sclhbob@sbcglobal.net;**

**Gary Steer 434- 6860,**  
**gardon504@sbcglobal.net**  
**Website: www.LHcyclist.com**



• **Dominoes** •  
**Mexican Train**

The rain is here for the year and the leaves are gone. You can't work in the garden so it is time to come and learn Mexican Train Dominoes. It's a lot of fun and we have a good time.

The morning and afternoon sessions of Mexican Train Dominoes continue to flourish. You are cordially invited to join one of our times: Wednesday at 9:00 AM or 12:30 PM in the Card Room (OC). Free classes are being held at the 9:00 AM session. It's a great time of fun and social interaction.

**Contact: Carl Sabol 408-4365**  
**Marianne Cooper 434-5167**



• **Fishing** •

Fishing reports have been spotty the past month or so although the delta produced a few stripers and local rivers some salmon. A recent trip to Pyramid Lake produced only fair fishing and water temperatures in Folsom Reservoir in October were high resulting in slow fishing. With cooler air temps, this should improve soon.



Fishing Group  
 — Clockwise  
 from upper  
 left: Bring  
 him on board;  
 a nice day's catch; a couple of halibut

When local fishing is slow, try Alaska. A couple of members did just that with outstanding success. One went to the Cook Inlet for two days with 10 others and limited on Halibut, bringing home over 70 pounds of fillets each (see

photo). Another went in a party of eight for a week, fishing with Wild Alaska Cruises, [www.wildalaskacruises.com](http://www.wildalaskacruises.com), and returned with over 150 pounds of fillets per person including halibut and salmon. Outstanding!

Finally, keep the Christmas Party in December and the Crab Fest in January in mind. More on that next month.

**Contacts: Wally DelaBarre**  
434-1712, [wallydb@att.net](mailto:wallydb@att.net)



### • Folk Dancing •

Folk dancers have decided to establish a new approach to entice newcomers and make it easier for them to “get into the swing of things” faster. We will begin our sessions with a few easy dances and repeat them each week until all dancers are comfortable with them. Then another group of easy dances will be chosen and the same format will be repeated. In addition, there will always be old favorites and, often, new dances with instructions

*Folk Dancing Group: Join us for an afternoon of dancing*



Folk dancing is great for memory and balance, and is an easy-on-the-body aerobic exercise while being a lot of fun. And, just think — somewhere in the world people are doing the same dances we are.

Please join us Tuesdays, 2:00 until 4:00 PM in the Social Kitchen (KS). The welcome mat is out. There are no dues; we just ask that you sign in and join the dance.

**Contacts: Lois Eckhoff, 434-8643,**  
**Ingrid Lapin, 543-3012. Website:**  
<http://schlfolkdance.tripod.com>



### • Garden •

There is no General Meeting or Program for November since the date would coincide with Thanksgiving and no General Meeting or Program in December due to the Annual Holiday Brunch.

*The Membership Drive (new and renewal)* continues this month through January 2011. Make checks out (\$15 per household annually) to Lincoln Hills Garden Group — thank you! Contact: Joan Scarper, 434-7233. You



*Happy Thanksgiving from the Garden Group; Get your bulbs in!*

may send or take your check to her. The last chance to renew at a General Meeting will be (January 27) before you are dropped from the membership and email/phone lists.

When you join for the 2011 year, you will receive a brochure listing the many aspects of the Garden Group.

*Holiday Brunch — Friday, December 10, KS, 10:00 AM-12:00 PM.* Tickets may be purchased for \$20 by contacting Judie Leimer (408-4308). There will be no exchange of gifts this year, but there will be entertainment, many door prizes, and camaraderie! The catered Buffet Menu includes tax and gratuity.

**Contact: Lorraine Immel 434-2918,**  
[limmel@ssctv.net](mailto:limmel@ssctv.net)



### • Genealogy •

*General Meeting:* On Monday November 15, from 6:30 to 8:30 PM in the Presentation Hall / Social Kitchen (KS). Members will be sharing their family history findings. This meeting will be a great opportunity to mingle with other members who are in every phase of family history research. A dessert social will follow the meeting.

*Sunday Discussion:* There will not be a Sunday discussion session on November 28.

*Computer Workshop:* There will not be a Computer workshop session on December 6.

Annual Membership 2011 (renewals and new) are due in January 2011; membership fees are \$15 per residence. The 25th Anniversary Salt Lake

Christmas Tour will be held in Salt Lake City, Utah from December 5-11. Research your ancestors with the help of experienced genealogists. For more information on website [www.SaltLakeChristmasTour.com](http://www.SaltLakeChristmasTour.com).

**Contact: Marilyn Morgan 408-5753**

**Website:**

[www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)



### • Golf, Ladies •

#### Lincster Lady Niners

December 8 is the date, and you won't want to miss this annual event so don't wait a minute longer to make your Holiday/Awards Luncheon



*Lincsters, left: Don't do it! Your game wasn't that bad! Club Champion, Linda Salmon, stays cool on the course*

reservation. November 24 is the closing date. Cancellations after November 30 will not be refunded. Check the website for details. Social Chair, Harlean Ellis, and her committee of elves are working hard to make this a memorable occasion.

The two-day Lincster Club Championship was held on September 29 and 30 in sizzling temperatures. The unseasonable weather did not stop Linda Salmon from playing her usual hot game, and, once again she holds the title of Lincster Club Champion. Competitors enjoyed a post-tournament awards party at the home of Barbara Mumma.

**Contact: Linda Lowe 543-5932**

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

#### Ladies XVIII

The Ladies' Club Championship was held September 30 and October 7. In a close contest, Lani Dodd became our 2010 champ. Reta Blanchard scored a victory as Low Net winner over the

field, and Pat Morgan won the Low Putts over the field category. Dinner at Mimi's followed the tournament where awards and trophies were presented. Congratulations to the overall winners and flight winners. A big thank you goes to Mary Holland and her helpers for organizing this wonderful event.



*Golf Ladies XVIII, clockwise: Lani Dodd, 2010 Club Champion (the tiara is only for formal occasions!); Pat Morgan, low putts winner; Reta Blanchard, low net winner*

On October 21 the LHLGXVIII-Linchester Exchange tournament and luncheon were held. Lots of donations were collected to benefit Placer Breast Cancer Endowment, and the ladies were resplendent in pink attire! Thank you to Bonnie Hing, Dee Hynes, and their helpers for chairing this successful day.

Donna Sosko and her committee are putting together a special Christmas luncheon for December 2 at 12:00 PM. Check our website (below) for upcoming details.

**Contact: Lani Dodd**  
**doublebogey1@att.net**  
**Website: lhlgxviii.com**



• **Golf, Men's** •

The LHMGC is now accepting memberships and renewals which will include the NCGA association. Returning and new members are urged to sign up quickly and discover the fun we have at monthly tournaments and other outings like our famous annual match vs. Sun City Roseville!

The October 19 Monster Tournament found Steve Mumma and Ron Cook tak-

ing Flight #1 honors with a fine 62; Bob Bonomini and Ron Manas topped Flight #2 with a great 63 and James McCarthy and Dave Tennant took Flight #3 with a net 68; *Great shooting guys!!*

The Tournament of Champions was played November 1 with 63 qualifiers in the field; see the LHMGC website for tourney info! Those interested can see Paul Apfel regarding the Central Valley Senior League which allows play at 10 private clubs!!

*"Hit 'em straight guys!"*

**Contacts: Ken Jacobson**  
**408-8709, jakemust@sbcglobal.net;**  
**Steve Brown 626-9075,**  
**sebusaman@aol.com**  
**Website: www.lhmgc.com**



• **Hiking and Walking** •

**Walkers:** Walkers had an impromptu walk on a Saturday in October in the Twelve Bridges housing area. There are many trails, a couple of lakes and woods to walk among. We saw many birds and strutting along with us on one of the trails were several turkeys. Many walkers enjoyed looking at homes and landscapes while admiring the views from atop several hills.

**Hikers:** With the weather starting to turn, our final seasonal hikes in the Sierras were true gems. Golden Aspens were in full bloom at Dardanelles Lake south of Lake Tahoe. And the beauty of the three Lock Leven Lakes in the Blue Canyon area were witnessed by



*Hiking Group, from top left: Sugar Pine Reservoir;*



*Dardanelles Lake; Walkers enjoy view near Secret Lake in Village 16*



many new hikers taking advantage of a remote trail head that reduced both the hiking distance and elevation gain.

Many of this year's remaining hikes are shorter and closer to Lincoln — perfect for first time hikers. Please join us!

**Contacts: Hiking:**

**Dennis Ratay 543-9935,**

**Denratay@sbcglobal.net**

**Walking: Margie Campbell 408-0713**

**Website:**

**http://lincolnhillshikers.org/**



• **Investors' Study** •

• November 15 Options class Steve Greenfield, facilitator, Multimedia Room (OC), 5:00 PM

• Christmas Break — Enjoy

• January 10, Active Investor class Bill Ness, facilitator, Multimedia Room (OC) 3:00 PM

• January 17, 2011 Options, Steve Greenfield, facilitator, Multimedia Room (OC), 5:00 PM

2010 and 2011 meetings, Presentation Hall (KS), 2:00 to 4:00 PM:

• December 2: Jack Bowers will show us "A unique way to pick Sectors." He has been working for some time on a new method of evaluating sectors, which does not use trend, and he found it. Jack is the editor of *Fidelity Monitor*, a Rocklin, CA newsletter and chief investment strategist for Bowers Wealth Management Fund.

• January 6: Happy New Year! Russell Abbott, our Program Consultant, will start the year off with his outlook on the markets and how to set up your portfolio to take advantage of the year. All SCLH residents are welcome.

**Contact: Douglas Hohman**  
**434-6001,**  
**djhohman825@yahoo.com**



• **Lavender Friends** •

A big Thank You to Howard Friedman for writing such wonderful articles this pass year. He has decided to hand over the reins so that he may concentrate on other endeavors. The October 18 potluck at KS was a great success with 42 members attending. One of our guest speakers was Wendy

Rae Hill, Executive Director Sacramento Gay and Lesbian Center. Phil Washburn, President of Lavender Friends Club, was invited to speak at the Placer County chapter of PFLAG meeting on October 11. He gave an overview of what Lavender Friends is about and our goals for seniors in SCLH. The discussion was also about the Senior LGBT in our society and Lincoln Hills in particular and the support that is provided by groups such as the Lavender Friends Club. If you would like to join, contact Jacquie or Herman.

**Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; Herman Osorio 408-8094, hosorio@hotmail.com; Website: www.lavenderfriends.com**



#### • Line Dance •

Line Dance classes will take a break during the month of December. Although there will be no classes in December, Saturday and Sunday practice sessions will continue.

Although there are no classes, there are parties! Plan to attend one or both of the parties that will take place during December. The first one is our annual Holiday Potluck Monday, December 6 from 5:00-9:00 PM at KS. Ticket cost is \$5 and tickets will soon be available for purchase at one of the classes. This is always a wonderful evening of food, dancing and friends. Don't miss it!

Sandy Gardetto, our Wednesday instructor, is also having a Holiday Party in Roseville. It will be a line dancer's dinner dance on Tuesday evening, December 21 at Sierra View Country Club. See Sandy for tickets if you would like to join in the festivities.

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



#### • LSV/NEV •

**Low Speed Vehicles/  
Neighborhood Electric Vehicles**

Congratulations to our new Execu-

tive Board ~ President Buzz Rognlien, Vice President Gerry Lammerding, and Treasurer Shirley James. Thank you to Joan Church for continuing as Secretary! We had a great turnout for our coffee, Toys for Tots drive and general meeting in October. We learned that we are making a difference in the pollution index in Placer County! Keep driving those Zero Emission Vehicles!

In the aftermath of the election, don't miss our November meeting with speaker Tom Cosgrove, Lincoln Mayor. He will talk about going forward and how we will accomplish that. Our meeting is at the Presentation Hall (KS) at 10:00 AM on Tuesday, November 16.

Our Holiday Dinner will be at Meridians on Wednesday, December 1. Contact Diane Maker at 408-3797 for tickets ~ cost is \$25 each for a wonderful sit-down dinner and entertainment!

**Contact: Bev or Buzz Rognlien 408-4540**

**Website: Lincolnhillslsv.com**



#### • Mah Jongg, National •

The National Mah Jongg Group meets in the Card Room (OC) every Tuesday, 12:30-4:00 PM. Please join us for a good time playing this ancient tile game of skill and strategy. Developed in the 19th century in China, it was discovered by the rest of the world in the 1920's. It became hugely popular in Britain, America, and India.

We have a beginners table and a great instructor. The Mah Jongg you play on the computer is not National Mah Jongg.

**Contacts: Jolene Robinson 543-8162; Valerie Gee 645-6816**



#### • Motorcycle •

Peter Boyle led us on our last scheduled ride of the season to the foothills town of Paradise where we had a delightful lunch at a little hideaway. The back roads going and returning from our ride gave us spectacular vistas of fall colors as Mother Nature was changing seasons.

Elections Chair Sam Melchner an-



*Motorcycle Group's Sam Melchner*

nounced the new Officers for 2011 who will be installed at our annual dinner at Cattleman's Restaurant in Rocklin on December 2:

President – John Hanaway  
VP Head Road Captain – Dale Brinsley  
VP Membership – Peter Boyle  
Secretary – Vacant  
Treasurer – Sam Melchner

There will be no meetings in November or December due to the holidays.

**Contact: Peter Boyle 408-1955, vceb@sbcglobal.net**

**Website:**

**http://web.me.com/rettavincen**



#### • Music •

Wow! The Music Group is still knocking 'em dead with their many requests to perform at local venues. The adrenalin is still flowing from their successful "Showcase 7" in September. Lincoln Highway is leading the pack with their busy schedule, and all other groups and artistes are happily extending themselves in providing their talents to appreciative audiences, and having fun doing so. They are keeping the hills alive with their sound of music.

New talent is always welcome so stop in and meet this friendly cast. Our regular meetings are held in the Fine Arts Room (OC) every fourth Wednesday at 6:30 PM except November and December. An annual \$5 membership includes our social events, and walk-ins are invited. Monthly meetings kick off with group and individual performances. Bring your instrument if you have one.

For information regarding our future events, visit the Music Group on the SCLH residents' website (below).

**Contacts: Charles Murray 408-1486, KZ2B@sbcglobal.net; Julie Rigali 408-4579, jjrigali@yahoo.com**  
**Website: www.lincolnsuncity.org, Groups, Music**



• **Needle Arts** •  
**Threads of Friendship**

The Wearable Arts annual fashion show last week was spectacular! Needle Arts members are looking forward to their December 14 Holiday Tea, a delicious and beautiful event.

Most subgroups below meet in the Sewing Room at OC:

- Appliqué: Fourth Friday, 1:00-4:00 PM
- Beading: First & third Friday, 1:00-4:00 PM
- Community Service: Every Thursday, 9:00 AM-12:00 PM
- Cross Stitch: Second & third Wednesday, 9:00 AM-12:00 PM
- Hardanger: Every Tuesday, 3:30 PM (fee for class)
- Knitting/Crocheting: First, third & fifth Wednesday, 9:00 AM-12:00 PM  
 Second & fourth Thursday, 1:00-4:00 PM
- Machine Embroidery: Fourth Wednesday, 9:00 AM-12:00 PM
- Needlepoint: Every Friday, 9:00 AM-12:00 PM
- Rug Braiding: First, third & fifth Monday, 1:00-4:00 PM
- Sewing/Quilting: Every Monday, 6:00-9:00 PM; Every Tuesday, 9:00 AM-12:00 PM
- UFO (Unfinished Objects): Second Friday, 1:00-4:00 PM
- Wearable Art: Third Wednesday 1:00-3:00 PM; Fourth Wednesday, 1:00-4:00 PM

**Contact: Joan Eastman 543-7172, jeast595@sbcglobal.net**



• **Paper Arts** •

The fall colors are spectacular! The Paper Artists have brought them inside to decorate this month's window.



*The Paper Art Group hard at work*

Some have a Thanksgiving theme and others show amazing fall colors!

Table decorations for our December Christmas Party were made during our November meeting. Each person made a slice of cake that will be put together for a lovely cake for each table. Can you even imagine what a lovely display they will be at the party?

The Stampers Convention in Sacramento was a big success. Many new ideas were shared by the vendors. We will be seeing exciting new techniques soon from those who attended.

The picture shows a table of members hard at work on the meetings project.

The Paper Arts Group meets the first Thursday of the month in the Fine Arts Room (OC) at 9:00 AM.

**Contacts: Diane Jackson 645-5554; Barbara Bolenbaugh 434-6581**



• **Photography** •

This is a thankful time of year to either slave yourself to the house and kitchen for the welcomed hungry hoard, or be fortunate to have someone else do the honors. However that works out, enjoy



*Photography Group: "Summer Camp Pleasures;" "Eagle Eye;" "Dusty Rider" by jeffa*

the experience. Other experiences are out there, like being on the hit list of one of these mustached cowboys at the Lincoln rodeo. Or you could consider the likelihood of thankfulness reflected in the faces of this father and daughter at the Sikh Festival in Yuba City last year.

For December, we're going to pretty much cool it except for the fun folderol of our Annual Christmas Party. This is where we eat, drink, and tell incredibly interesting stories about the joys of the

phenomenon of photography. Phooey. Or get some free food and coffee.

**Contact: Jeff Andersen 434-6009, jeff.andersen@sbcglobal.net, Website: SCLHphoto.com**



• **Pickleball** •

For more than 20 years, the Huntsman World Senior Games in St. George, Utah has been one of the best organized and attended tournaments for athletes over 50. This year the games were the biggest ever with more than 10,000 participants, and pickleball had nearly 400. Playing in the bright south-Utah, Lincoln Hills pickleballers accumulated an impressive 18 medals in seven different age-graded events.

Gold medals went to Marty Rubin, John Mastor, Cal Meissen, Frank Castellano, Sharon Klotz, and Tom Gatti. Silver medalists included Linda Brandelius, DJ Cox, Sue Jonas (2), and Sharon



*Pickleball Group members attended Huntsman World Senior Games. From left, front: Barb & Tom Bartley, Jim Westby, Sue Jonas, June Mastor.*

*Middle: Martha Reemts, Mona Wheeler, Frank Castellano, Lin Filben, Marie Brown. Back: Tom Gatti, DJ Cox, Linda Brandelius, Carole Palmroth, Jerry & Ellen Zimowske, Cal Meissen, Mick Brown. Missing: John Mastor, Sharon Klotz, Marty Rubin; Mixed Doubles gold medal winners Sharon Klotz and Tom Gatti*

Klotz, and bringing home bronze medals were DJ Cox, Cal Meissen, Lin Filben, Linda Brandelius, Mona Wheeler (2), and Carole Palmroth.

Lincoln Hills proved to be the most

spirited, cohesive, and successful pickleball club in the Games. Club members cheered comrades and got together for dinners, telling their stories of competition and fun. Article by Jim Westby.

**Contact: Linda Brandelius 434-6610, linda1042@att.net**

**Website: LHpickleball.blogspot.com**



• **Players** •

*Hurry! Time is of the essence!* The Players will be celebrating Christmas on

November 18, 19, and 20. Tickets for "Christmas Magic" have been selling briskly, but some may still be available. It's not too late for young and



*Players Group from top left: Watch it, buddy!; Ooh, la, la – a can-can girl; "Christmas Magic", our November 18-20 show;*

old to enjoy this moving story of love and hope, coupled with the magic of Santa, reindeer, dancing toys, orphans, and much more. Evening performances – 7:00 PM, November 18, 19, and 20. Family Matinee – 1:00 PM, November 20. Adults - \$12, children - \$8.

Auditions for Neil Simon's farce, "Rumors," will be held on December 6 and 7, from 6:00-9:00 PM in the Fine Arts Room (OC). In this play directed by Judith Jesness, four couples at an anniversary party must deal with an incapacitated host and his missing wife. Come on out and join the fun. Be sure to try out for this outrageous comedy.

**Contact: Ron Morris 434-6534**



• **Poker** •

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM and Tuesday, 5:00-8:30 PM in the Multipurpose

Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays and on Tuesdays, starting November 9.

The Quarterly Hold 'em tournaments are open to all residents — first come, first served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday, January 15.

Winners of the October 16 event were:

- Eighth — Vic Petkus
- Seventh — Terry Solano
- Sixth — Judy Schmidt
- Fifth — Sherm Waldman
- Fourth — Ron Bond
- Third — Allan Blaine
- Second — Ginger Nickerson
- First — Jan Ballantyne

Congrats to all the winners!

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

**Contacts: Mike Goldstein 543-8238; Lois Clausen 408-2426; Steve Kriner 543-9874;**



• **RV** •

Attention RV members! It is time to make your reservation for the annual Holiday Dinner Party to be held in the Ballroom (OC) Saturday, December 11. Cocktails (no host bar) begin at 6:00 PM. Served dinner choice: Filet Mignon or Salmon. For our dancing and listening pleasure — The Lincoln Highway!

Cost is \$20 per person (with LHRV picking up the additional \$10 per person as voted on and agreed at the October meeting). Please bring an unwrapped toy as a donation to Lincoln Fire Dept. for distribution to local families.



*RV Group: 10<sup>th</sup> Anniversary Cake. Photo by Rich Acosta*

Checks are payable to LHRVG and mailed to Sharlene Zielinski. RSVP no later than December 1. Please see website (below) for further details.

Thanks to BJ Acosta for ordering our 10<sup>th</sup> anniversary cake that was served at the picnic in Leavell Park on October 18.

**Contact: Dick Howard 434-8253**

**Website: www.lvhrvg.com**



• **SCHOOLS Volunteer** •

November: *Happy Thanksgiving* to all our Lincoln Hills residents sharing their passion, talent, motivation, dedication and time with students in our Lincoln schools. You are modeling the value of an education and we also know that today's kids need someone to look up to. Students, teachers and parents are *thankful* for your commitment to tutoring.

Volunteers are welcome throughout the year. Please contact a members listed below.

December: Have you ever considered a "Feel-Good Gift" for yourself? We are very certain you will be pleased with your decision if you commit to SCHOOLS in 2011. The holidays have us thinking about gifts and giving, an attitude of gratitude, contributions to our favorite charities, and community involvement. At this time, we still have requests from teachers for volunteers. There is no greater gift than to have a positive effect in a student's life. Please contact one of the following:

**Contacts:**

**Sandy Frame 408-1453 or**

**sflincoln4fun@starstream.net**

**Elementary: Eileen Marks 409-0320,**

**emarks@aol.com; Cindy Moore**

**408-1452, cindymoore@me.com**

**High School: Rita Gruenwald**

**larita@wavecable.com**



• **SCOOP** •

**Sun City Organization Of Pooches**

Don't miss these upcoming events: a speaker on emergency home care... visiting "A Chance for Bliss"... celebrating at our Holiday Potluck with a live auction!!

On November 18, 3:00 PM, OC, Dr. Powell, Atlantic St. Emergency Clinic, will give an invaluable presentation on what to do at home when an emergency occurs.

December 1, 11:00 AM, meet in front of The Wave and caravan to "A Chance for Bliss." "Bliss" is a wonderful sanctuary for animals with severe dis-



*SCOOP Potluck & Bocce at the Sports Pavilion: After the Bocce games, many*

*winner and losers are showing off their happy faces; Shirley Mohler, Nick Bilik and Jacque Lemke at the Potluck*

abilities and older animals facing end of life. Thanks to unconditional love the animals receive, their last days stretch into months or years. It is a happy, inspirational place, and the beneficiary of the Holiday Party Live Auction.

Holiday Potluck Party: Monday evening December 1, KS. Free. Call Helen Harvell about your menu contribution. Bring your wallet for drinks and the Live Auction. Cheers! Article by Dianne Ochoa George.

**Contact:** scoop@sclh.com

**Website:** www.sclh-scoop.com



• **Scrabble** •

At last!! Being Scrabble Club president paid off!! My husband and I were cruising, and went to Trivia. A question asked, "What is it called when a scrabble player uses all seven tiles in one move?" We were the only ones who knew it was — tah dah — a *Bingo*.

We also know that it is worth 50 points added to your score for that play. It is a good idea to place your bingo on a double or triple word score to sub-

stantially add to your score. You may use the blank tiles (if you have them) since they can be used for any letter. Another idea is to move the tiles around on your tray. You never know what will appear there.

When you score a bingo, you may get a small piece of candy. For this sweet deal, join us Mondays in the Cards Room (OC) at 1:00 PM.

**Contact:** Darlis C. Beale 408-0269



• **Second Cup of Coffee** •

Our 10th year of Second Cup of Coffee Group meetings is over. Without a doubt, another record of year of satisfaction and interest from our many attendees.

Visit our new Group website (below) for the meeting reviews, etc.

In December there will be no meeting as we want to spend time with our family, friends, and no early hours.

On Monday, January 17, our traditional kick-off speaker, resident Bill Richardson, will present his "2010 Football Update & You Make The Call!" This session is full of sound and video as Bill highlights key College Games and challenges the audience to participate and "make the call." Come early as a full house is expected!

All 2011 meetings will take place at Presentation Hall (KS) starting at 9:00 AM.

**Contact:** Wolf Oplesch 408-1788,

oplesch@sbcglobal.net

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



• **Singers** •

The Singers have a "Beautiful December" Concert planned for December 12, 13, and 14.

The glorious music will be performed by the 130-voice choir under the direction of Bill Sveglini and accompanied by John Hersch. The music includes "I Wish You Christmas," "Baby It's Cold Outside," "O Holy Night" and "Hallelujah Chorus."

Three small groups of singers, the Sunny Singers, the Harmonaires, and the Hills Brothers, will perform. The Lincoln High School Select Choir has

been invited to participate for the third year. A Sing-along and Music Quiz are planned following intermission.

December 12 matinee at 2:00 PM will offer show tickets only for \$12 each and lunch/show tickets with reserved seating for \$40. December 13 and 14 are evening performances at 7:00 PM. Show tickets only are available both nights for \$12 and dinner/show tickets for \$40. Reservations with menu choice need to be made with Meridians.

**Contact:** Bill Sveglini 434-5655

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

**Groups:** Singers



• **Singles** •

**Dynamic Singles**

Are you new or alone here? Do your children/grandchildren live far away? Have neighborhood parties ended with summer's end? Does the early-evening darkness bother you?

The Singles Club is here for you, 245 of us, socialize-ing, party-ing, sports activities! Check our website or call us (below); be involved right away!

November:

16: Let's Dance at Meridians, with DJ Tom, 6:00 PM (Marty, 543-0803)

17: Spaghetti Dinner, Buonarotti's, Lincoln, 6:00 PM (Jim, 408-7598)

18: Table for Eight, Joe's Crab Shack, Old Sac, 12:00 PM (Marilyn, 434-6898)

December

2: "Cocktail Time" (TBA) (Marty, 543-0803)

5: December Birthday Celebrations, Sports Bar, 5:00 PM (Eileen, 434-6383)

9: Christmas Holiday Party, Ballroom, 6:00 PM, includes dinner, entertainment, dancing, gemutlichkeit (Carol 408-3061, Judy 543-0292)

11: Second Saturday Breakfast, Meridians, 9:00 AM

14: Table for Eight, Sterling Cafe (Raley's Center) 9:00 AM (Marilyn, 434-6898)

29: Pre-New Year's Gala, includes dinner — all SCLH Singles, KS, 6:00 PM, (Marty, 543-0803)

**Contact:** Sarah Lambrose 543-0035

**Website:**

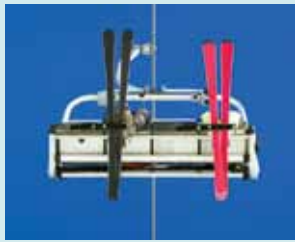
[www.lincolnhillssingles.org](http://www.lincolnhillssingles.org)





### • Ski •

Exhilaration and anticipation describe the feelings of skiers who attended the Club's first formal meeting on October 21. Skier excitement arose upon watching a video of many great ski days last season, the Park City trip and a preview of our upcoming Mount Bachelor, Oregon trip slated for February 27-March 4.



*Ski Club:  
"Going  
Up"!*

Bears hibernate in the winter and become active in spring. Skiers, on the other hand, hibernate in summer and become active in fall and winter. Active is certainly the operative word for this season. Be sure to join us at 4:00 PM the third Thursday of each month beginning with skier conditioning on November 18, followed by a December wine and cheese social featuring a return guest, Ken Brooks of REI Inc. Many other exciting opportunities await club members. Check the website frequently for details and please read those emails.

**Contact: Bill Smith 543-9957,**  
**wsmith986@gmail.com;**  
**Audrey Morse 408-0968,**  
**acjm10.travel@juno.com;**  
**Mike Connolly 408-3650,**  
**sierrahiker1@att.net; Mike Hilton**  
**408-0346, Mhilton@aol14.com**  
**Website: www.lhskigroup.org**



### • Softball, Senior League •

October 25 was opening day for the Winter League. All eight Winter League teams will play most Mondays, Wednesdays and Fridays, with the last games scheduled December 15. Winter League team managers John Moran, Roland Cavin, Ed Welch, Bruce Briggs, Chuck Robertson, Barry Maynard, Dar Gallaway and Vern De Vincenzi whipped their teams into shape during preseason practices, and the season's games should be both

competitive and entertaining. Later this fall, the League will once again join with Beale AFB to participate in the annual Toys for Tots program. Our efforts were highly successful last year; more details to follow. The next general membership meeting will be December 7, 3:00 PM in the Heights/Gable Rooms (OC), and the next League Board workshop meeting will be November 30, 2:00 PM in the Multimedia Room (OC). All League members are invited to attend both meetings.

**Contact: Mike Hilton 408-0346,**  
**Mhilton14@aol.com**  
**Website: LHSSL.org**

### Coyotes

The Coyote 60s Black played their last tournament of the year in Pleasanton at the end of October and the results will be ready for next month's *Compass*. The other three Coyote teams ended their travel schedule with the Medford tournament, which was reported on last month. Upcoming social events for all the teams will be the annual breakfast at OC on December 7 and the Coyote dinner for players and wives and invited guests on January 24, also at OC. Open tryouts will be held for all Coyote teams and the times will be announced shortly. If you feel you would like to play competitive tournament ball be sure and watch for the tryout announcement. Next year there will be two 60s Coyote teams and the 70s Coyote team and no 65s Coyote team.

**Contact: Bob Hunter,**  
**bluespritzer@yahoo.com**



### • Sports Car •

A great time was had by all participants in our final touring adventure for the year. With 16 sports cars, the Fort Brag/Little River Inn trip was led by Pam & Virgil Berry. The two-night stay at Little River Inn was one continuous party. Fine gourmet dining was enjoyed by all. The trip was co-led by our president and his wife Ron & Elly Goleno.

Our Social Director has continued

with her many and varied activities with the Halloween Party held at Turkey Creek Golf Club and impromptu Bowling/Happy Hour gatherings. Many thanks to Dyan Walter for an active and fun-filled social calendar. The Christmas party is in the planning stages and should be a fabulous finale to an eventful year.



*Sports Car Group: at  
Little River Inn*

The information regarding the Club's elections for next year's officers has been sent out and the new board will be installed at our Christmas Party/final meeting in December.

The Sports Car Group meets the first Monday of each month at 6:30 PM. The meetings will be in Presentation Hall (KS).

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



### • Square & Round Dance • Sun City Squares

The Holiday Party this year will be from 12:00 until 2:30 PM on December 13. This is a change in time from the usual Monday schedule. We will have a full sit-down potluck lunch with all the decorations and square dancing afterwards.

Meeting Times:

- Mainstream/Plus Instruction Mondays, 2:30-3:30 PM (KS)
- Full Plus Level Mondays, 1:15-2:30 PM (KS)
- A1-A2 Level Mondays, 3:30-4:15 PM (KS)
- A-2 DBD Level Thursdays, 1:00-3:00 PM (KS)
- Round Dancing Fridays, 2:00-4:00 PM (KS)
- Round Dance Practice Saturdays, 7:00 -8:30 PM (OC)

**Contacts: Chuck Vickers 408-4082,**  
**pjclvickers@starstream.net;**  
**Frank Reina 543-3132,**  
**papafrankr@yahoo.com**



• **Table Tennis** •

Table Tennis has acquired a high profile supporter. The Paddle Palace catalog, Autumn edition, has a very interesting article by none other than Susan Sarandon.

Ms. Sarandon, along with some partners, opened a facility in New York entitled SPIN. It is a club located in the Flatiron District and boasts 13,000 square feet of space. To say that she has been bitten by the ping pong bug would be an understatement.

Here are a few quotes from her article in the aforementioned catalog: "Table Tennis is the most democratic sport I've ever encountered. It allows little girls and feeble boys to kick the "s@#\$" out of grown men. Our plans with SPIN are to open as many clubs around the world as we possibly can and to help integrate the sport into the public school system nationwide."

This sport has historically been assigned by the American public to single tables in corners of garages and basements. We wish Ms. Sarandon the best of luck and maybe the sport will someday be more popular with us Americans than it is today.

**Contact: Howard Parker 408-4655**  
**Joe De Souza 543-4868**



• **Tap Company** •

November already! Performance classes are underway, dances and music already chosen and tappers working hard to learn new steps. And just around the corner is our Christmas Luncheon. The Christmas committee is diligently working to provide an especially wonderful event for our enjoyment. Hopefully at the luncheon, guidelines will be presented for review. This should be a great time, plan to attend this year.

Please note our wonderful new logo (above) designed by Linda Marchus.

This design can be used for t-shirts, dance bags, etc. A committee has been formed to research companies that can provide these items. Pretty upscale!

Barbara Greenfield and Pat Pelton thank all of you for your participation on October 25 with the auditions for the 2011 Talent Show. Judges found it difficult to choose from so much talent, but after considerable deliberation, finally made their choices. Remember this Talent Show is especially significant as we celebrate our 10<sup>th</sup> anniversary. Put April 7, 8 and 9, 2011 on your calendar now.

**Contacts: Celeste Morris 253-7272,**  
**celestemorris@att.net;**  
**Linda Wilson 645-3777,**  
**Wilsons1123@sbcglobal.net**



• **Tennis** •

Tennis courts are still busy this fall although it's certainly more comfortable playing now that the weather has cooled down.

Five LHTG teams are competing during the fall USTA season. Two teams are participating in the USTA NorCal's pilot 70+ league and three are playing in the USTA senior league.

Our last tournament was held in October with 44 mixed doubles teams competing. The weather was wonderful and there were some really fine matches played by our LHTG members.

If you would like to join the Group, please send \$12 (checks payable to LHTG) to Elliot Korenthal.

Social drop-in tennis for all residents is held 9:00-11:00 AM on Wednesday and Saturday. Please check the Events Calendar on our website for more information about our activities.

**Contacts: Jack Williams 408-8947,**  
**j3jwill@gmail.com;**  
**Pat Campbell 543-0618,**  
**patacam@gmail.com;**  
**Website: www.sclhtg.com**



• **Travel Group** •

The next Travel Group meeting is Thursday, November 18, 7:00 PM, KS. Guest speaker is

Mr. Jay Fehan of Collette Vacations.

The following trips have openings: Branson Musical Holiday (Dec 2010); Palm Springs New Years (Dec 2010); Costa Rica (Jan 2011), Australia/New Zealand (Feb 2011), Reno Snow Train (Feb 2011); Israel w/Jordan Option (Mar 2011), Crystal Symphony Pacific Coast Cruise (Apr 2011), Canyon Country, Arizona/Utah (Apr 2011), Celebrity Alaska Cruise (May 2011), Yosemite in the Spring (May 2011) Russia River Cruise (Jul 2011), Italian Lakes Tour & Princess Greek Isles Cruise (Sep 2011). See our website for details on all trips [www.lhtravelgroup.com](http://www.lhtravelgroup.com). You do not have to be a member to attend our meetings so please join us for an interesting and informative evening. Contacts: Teena Fowler (543-3349) Karen Foley (645-5411), Linda Frazier (434-8266), Sheron Watkins (434-9504).



• **Vaudeville Troupe** •

"Entertainment Extraordinaire" — the Vaudeville Troupe's Show for the New Year of 2011: "The Cavalcade of Stars" will be performed on January 7 and 8.

Our Shows always sell out fast so purchase your tickets beginning November 17 at the Activity Desks (OC/KS).

Only four performances!

- January 7 — Friday  
2:00 PM and 6:00 PM
- January 8 — Saturday  
2:00 PM and 6:00 PM

You will be entertained by comedi-



Vaudeville Trouper Rachel LaForest "scares up" audiences for January Show; Sexy Donna Katzl will "Entertain You" during her January number!

ans, vocalists, dancers, musicians and many other “surprise acts”!! You’ve seen our Shows... You know what fun they are... So don’t miss this one! We guarantee you will be amazed once again with all our creativity, energy, frivolous fun and fabulous talent!! We consistently provide new, exciting and “can’t get enough” entertainment with our Troupe of Fabulous Vaudevillians! All performances in the comfort of our “Cabaret-style Theater” in KS where all seats are “fantastic seats”!!

Buy tickets at the Activity desks (OC/KS). \$8

**Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net**  
**Troupe Website: YouTube.com/user/marinaeugenios**



#### • Veterans •

Rex Babin, the political cartoonist for *The Sacramento Bee*, will be the featured speaker at the Thursday, November 18 meeting at 1:00 PM in the Presentation Hall (KS).

Plan now to join your fellow veterans and their guests for the annual Holiday Luncheon in the OC Ballroom, beginning at noon on Thursday, December 16. The meal will include a choice of three entrees — roasted turkey, spinach and ricotta ravioli and chicken Fuji apple salad — plus dessert.

The program will include musical entertainment and a drawing for door prizes. The cost is \$20 per person. To reserve seats at the luncheon, send the names of attendees, their entrée choices and a check, payable to LH Veterans



*The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on November 25 and December 7, Thanksgiving Day and Pearl Harbor Remembrance Day, respectively*

Group, to Rich Williams. Reservations close December 13.

**Contact: Jon Hodson 543-4687, jonnhodson@gmail.com**  
**Website: lhvets.org.**



#### • West Coast Swing Dance •

The holidays are quickly approaching and we are looking back on a fun-filled year and forward to holiday parties and dances. Our Friday practices have been rewarding for everyone who has attended but we will be taking November and December off, resuming in January.

Our next Club Dance will be a festive holiday celebration on December 2 and everyone is welcome. Many of us will also be attending gala events in November and December that include dancing.

We continue to add new members and we encourage all levels from beginners to experienced dancers to enjoy a “smooth” dance that is very versatile and fun and can be danced to a wide variety of music from contemporary to rock and country.

**Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net;**  
**Eldon Davisson 408-8542, ejdav1@sbcglobal.net**



#### • Woodcarvers •

Woodcarvers Focus: “Hope” Lincoln Hills Woodcarver Group member, Don Percell, was commissioned by a Sacramento physician, to create a depiction of a mother



Woodcarver Don Percell and “Hope”

and baby elephant in honor of the work of The Elephant Sanctuary in Hohenwald, Tennessee, [www.elephants.com](http://www.elephants.com). The creation, named “Hope” won

first prize at The Capital Woodcarvers Association Show in Sacramento, and took almost nine months to complete.

Don was asked to deliver “Hope” to the Sanctuary during a recent trip back east. The dream is that it will someday be permanently displayed in the Sanctuary’s planned Education Gallery.

Good on you Don for the fantastic creation and for all you do to advance the art of Woodcarving.

**Contact: John LePage 543-9564**  
**Website: www.SCLHwoodcarvers.blogspot.com**



#### • Writers •

The Writers Group, after the excitement from a brief flurry of publishing success last summer, has returned to business as usual. We are again enjoying some fascinating personal stories, tales of enchantment and mystery from our members.

Of particular note, the Poets Club of Lincoln, at their October meeting, had several members from our Group as winners in various categories. This competition was not just for the town of Lincoln, it was open to anyone, so we are justifiably proud of their prowess with words.

The Writers Group continues to seek out those creators of poetry and prose who have a story or a message to tell. Even if you have not yet created, we invite you to drop in and listen — hoping that we can inspire you in your literary quest. Our regulars become enthusiastic “editors” as they digest each other’s offerings, but this is always done in a positive and constructive manner. We do ask that if you come and bring your creation, that you provide a minimum of seven copies to pass out among the Group for comment.

Our meetings are held on the second, fourth and whenever, fifth Monday of each month in the Ceramics Room (OC) at 6:30 PM. For more information, please contact Alan or Jim.

**Contacts: Alan Lowe, slolowe@starstream.net;**  
**Jim Fulcomer 543-9201, jjfulcomer@mac.com**

## Bulletin Board

Please email your bulletin board articles to [judy.hogan@scnhca.com](mailto:judy.hogan@scnhca.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.

### AARP Seeks Volunteers to Provide

**Free Tax Assistance:** AARP Tax-Aide is looking for volunteers to help taxpayers complete their 2010 federal and state returns in Lincoln during the 2011 tax-filing season. This is a free community service program and is administered by the AARP Foundation in cooperation with the IRS. Volunteers of all ages and backgrounds are welcome. The training and certification class will be the second and/or third week of January, 2011, in Roseville. Some knowledge of computers is required to assist in providing our free electronic filing service (e-file). Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 1 through April 15. The AARP Tax-Aide program is a wonderful and rewarding experience. For more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2011 tax season please email Mark Burke, Local Coordinator, at [lincmb1@aol.com](mailto:lincmb1@aol.com).

The **Chess Club** is accepting new members. If you have played chess before or want to learn how to play the royal game, now is the time to do it. Beginners and other Club members are welcome. Please contact Leo Chaiko at 409-9122 or email him at [leocarol@att.net](mailto:leocarol@att.net). We play every Wednesday in the Community Living Room (OC) from

### Did You Know?

Our Sun City Lincoln Hills Directory is available in CD format – just ask at the Membership Desk!



## You are invited... to the following presentations held in OC Lodge —

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

- Nov. 29 • 6:30 PM Eliminating Back & Neck Pain Dr Leamon: Oaks Room OC  
Look for a flyer in this *Compass*
- Nov. 30 • 10:00 AM Kaiser Permanente – Open Enrollment: Heights Room OC
- Dec. 5 • 10:00 AM Birchfield Jewelers: Oaks Room OC
- Dec. 7 • 4:00-6:00 PM – Laser Esthetica – Dr. Nalina Prasad: Solarium

1:30-4:30 PM. The Card Room (OC) is open every Sunday 12:00-4:00 PM for Open Play, including chess.

**Glaucoma Support Meeting**, December 8, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month at 4:00 PM. Please join us. More info: Bonnie Dale, 543-2133.

**Lincoln Hills Italian Club:** Our Club membership has grown to 256 members and welcoming more. If you are of Italian heritage and like to have fun, there's a place in this Club just for you. This month we're playing Turkey Bingo November 12 at McBean Pavilion. There'll be plenty of prizes and bingo winners after the catered turkey dinner. Our Christmas Dinner Dance will be at Meridians on Sunday December 5. On January 14, we have our sellout annual Crab Feed. Watch for a list of our 2011 activities. To learn more about our Club and monthly events, check out our informative website: [www.lhitalianclub.com/](http://www.lhitalianclub.com/). Flyers describing all our events are posted there. Remember that single members can always invite a guest to

attend our events. If you would like to know more about the Italian Club or would like to join, please contact Membership Chair, Rose Cesarz at 434-5301. Ciao!

A Holiday luncheon is planned for the **Multiple Sclerosis Group** on December 7. Call Jerry Watkins, 408-7899 or Marilyn Sharp for details 434-6898.

Every Sunday from 12:00-4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, dominoes, or dice. This is an opportunity to meet new friends and have a fun afternoon. All residents are welcome. Tables are first come, first served.

**Painters Club:** Have you heard about the new Painters Club? We are now up and running and in the process of gaining final club approval. We had many interested painters attend our first two meetings in October and November and hope to increase that interest at our next meeting, which will be in the Multipurpose Room (OC), December 2, at 1:30 PM. Our proactive membership



At a recent Village 31B party, Sky Winters, Nancy Benison, Fudge Balda and other neighbors collected food for the Salt Mine along with Lincoln Firefighters.

## The Lincoln Hills Players Announce **Auditions** for

**"Rumors," a farce by Neil Simon**  
Monday, December 6 and Tuesday, December 7  
6:00-9:00 PM, Fine Arts Room (OC)

Four couples are at a townhouse to celebrate the 10<sup>th</sup> wedding anniversary of the deputy New York City mayor and his wife. But, the party never begins, because the host is accidentally incapacitated and his wife is missing. The ensuing cover-up by his lawyers gets progressively more difficult to sustain

as the other guests arrive and nobody can remember who has been told what about whom. Doors slam and hilarity abounds as the couples get more and more crazed. For more information, contact Director Judith Jesness at 677-9327, or Producer Norah Prouhet at 645-6021.

meetings will feature show and tell, critiques, speakers, ongoing art challenges, and more! Join us to see what we're all about. We are looking for a new logo! Get those creative juices going and see what you can come up with. More info: Lynne Fee [lynnefee@aol.com](mailto:lynnefee@aol.com) or Larry Paparelli [lpaparelli@msn.com](mailto:lpaparelli@msn.com).

The final meeting of the year for the **Peripheral Neuropathy Support Group** will be held Wednesday, November 17, at 1:00 PM at the Community Room at Raley's. Plans for the future direction and leadership of the Group will be discussed. Any person suffering with a neurologically connected problem is welcome to attend. More info: Jim Fulcomer 543-9201.

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

Thank you for making the BBQ a huge success for the **Republican Club**. We would like to thank all for attending.

We look forward to your support. We will not have a regular meeting in November, be sure to check your *Compass* for the next Republican meeting. More info: Tom Webb 408-0400.

**Shalom Group:** After a busy October, with Game Night, Men's Club, and an Ice Cream Social, November slows down so we can all get ready for Thanksgiving. There will also be a General Meeting on Monday, November 15, at KS. Enjoy Thanksgiving, but keep the calories from getting out of hand. Our digestive systems aren't what they used to be. On December 4, the Chanukah Party will be held at Kilaga social hall. This is on the 3rd night of Chanukah. More information will appear shortly. Membership info: Robin Crosby, Membership VP 408-3500. Contact us at [contactshalom-group.com](http://contactshalom-group.com) to communicate questions and inquiries to the Group or Board of Directors

**Shooting Group:** Our purpose is to make friends with SCLH residents interested in shooting. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the Fall and Winter months we meet at 9:00 A.M. For questions about shooting schedule hours,



## In Memoriam

### Sherry Grossman

Born in Montreal, Sherry Grossman passed away peacefully on Oct 6 surrounded by family. Sherry and Ivan (deceased 2009), moved to Lincoln from Los Altos in 2004. Her past was filled with volunteering, family, golf, travel, writing, poker, staying fit and humor. Until waylaid by physical challenges in 2009, Sherry was an avid golfer, earning two holes in one, who never gave up hope of some day playing again. Her wonderful neighbors continue to support her surviving daughters.

*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.*

please contact Michael Pargament (below). Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Each month we also gather at a different member's home for hors d' oeuvres and drinks. This gives us an opportunity to enjoy each other's company and meet member's spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get together. Contact: Michael Pargament 408-0221, [jdparg@inreach.com](mailto:jdparg@inreach.com).

**Due to the late growing season and popular demand...**



**Certified Farmers Market Continues to December!**

**Wednesdays • 8:00 AM-12:00 PM**  
**Fitness Center Parking Lot at Orchard Creek Lodge**  
*Space available for artisans*  
**Call Judy Hogan 685-4021**



**Lincoln Hills New Year  
Extravaganza!**  
**Ring in the New Year  
with Fireworks!**

**Friday, December 31  
7:30 PM -12:30 AM  
Orchard Creek Lodge**

**Entrée selection choices:**

\$75 Filet Mignon OR Seared Sea Scallops

\$65 Chicken Cordon Blue OR  
Roasted Steelhead Salmon

\$55 Ricotta & Spinach Ravioli OR  
Chicken Farfalle & Forest Mushrooms

**Seating location choices:**

Ballroom, Meridians, Solarium or Pre-function Area

**Attire: Fun and fabulous**

Dance Music and Videos from DJ Greg,  
Karaoke in the Community Living Room,  
Free-Flowing Champagne from 11:30 PM,  
and Countdown to Midnight followed by Fireworks.

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## Special Events & Bus Trips

**Simon & Garfunkel Tribute Concert  
featuring AJ Swearingen &  
Jonathan Beedle • Monday,  
November 15 — 5040-09**

AJ Swearingen and Jonathan Beedle have been performing a remarkable tribute to the music of "Simon & Garfunkel," two of the most popular recording artists of the 1960's, for more than a decade. This magical duo will present a 25 song program including "Mrs. Robinson," "Strawberry Fields," "Sounds of Silence" and "Scarborough Fair." Ballroom doors open at 6:30 PM for 7:00 PM performance. \$14. Open to Guests!



••• See the photo on the cover •••

**"Christmas Magic" — A Lincoln  
Hills Players Production  
Thursday, November 18 • 7:00 PM  
Adult 5082-09A Child 5082-09A1  
Friday, November 19 • 7:00 PM  
Adult 5082-09B Child 5082-09B1  
Saturday, November 20  
Family Matinee 1:00 PM Show  
Adult 5082-09C Child 5082-09C1  
Saturday, November 20 • 7:00 PM  
Adult 5082-09D Child 5082-09D1**

What does it mean when a dancing bear, toy soldiers, geisha girls, a princess, can-can girls, reindeer, and Santa all share the same stage? It means that Christmas is around the corner, and the Players Group is presenting another Christmas spectacular. Experience a night of laughter and enjoyment as the OC Ballroom magically transforms into the North Pole, an orphanage, and a loving family home before your eyes. At the heart of the glitter, great music and dancing, see the



moving story of an orphan girl dreaming of love and some traditional Christmas magic. The Players' Holiday Shows always

sell out, so purchase tickets early. Ballroom doors open at 12:30 PM for 1:00 PM show; doors open 6:30 PM for 7:00 PM shows. Please note correct Adult ticket price. \$12 for adults; \$8 for children ages 12 years and under. Families with children will receive priority seating for the matinee show. Now open to Guests!

**49ers vs. Tampa Bay at  
Candlestick Park**

**Sunday, November 21 — 6300-09**

Nothing says fall like watching a football game at a stadium in the cool crisp air! Leave the driving and parking to the bus driver. Bring jackets and muffs. Candlestick Park in San Francisco is the place for this game with San Francisco 49ers facing Tampa Bay Buccaneers.



Game begins at 1:05 PM. We have purchased upper reserved seating in Section 44. This is our first trip to watch the 49ers play at Candlestick so don't miss it. We plan to arrive with plenty of time to buy lunch (on your own) from many food vendors available or bring your own. No glass containers allowed in stadium. Leave the Lodge at 9:00 AM, return ~ 7:00 PM. \$87. RSVP ♦♦ Now.

**Concert Performance with  
"Patchouli" — featuring Sana  
Christian and Terry Allwein  
Monday, November 22 — 5058-09**

The Sana Christian and Terry Allwein Trio known as "Patchouli" brought residents to their feet during their Music Night performance earlier this year. With the amazing response from



the first show, we will present a concert performance with their quintet band, including lead guitar, rhythm guitar, 12-string guitar, bass and drums. Hear many of the same favorites from the first program including Aretha Franklin's "Chain Of Fools" and Jeff Healy Band's "Angel

Eyes.” This diverse group will also perform songs by the Rolling Stones, Fleetwood Mac, the Turtles and Van Morrison. OC Ballroom doors open at 6:30 PM for 7:00 PM performance. \$12. Now open to Guests!

**Apple Hill/Jodar Winery**  
**Tuesday, November 23 — 1821-09**

Only a few seats left! Explore Apple Hill and High Hill Ranch for fresh apples, pie shopping and lunch. Give the



monitor your choice of a *Quarter Barbecue Chicken or Veggie Burger, Macaroni Salad, Apple Pie a la Mode, and beverage.* Then visit Jodar

Vineyards and Winery for a sample of handcrafted wines. Leave the Lodge 9:30 AM, return ~ 5:30 PM. \$48 (includes lunch, an apple fritter, tastings, wine glass). RSVP ◆◆ Now.

**San Francisco Shopping**  
**Monday, November 29 — 1841-09**

**Lots of Walking!** This trip and one in mid December are the last trips to the City this year for shopping, browsing, or people watching. Get your Macy’s 11% discount for the



day as you board the bus. To make your shopping more comfortable, our coach will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$33. RSVP ◆◆ Now.

**Kilaga Springs — At the Movies!**  
**“The Break-Up”**

**Monday, November 29**

PG; 106 minutes. “The Break-Up” starring Jennifer Aniston, Vince Vaughn, Ann Margret, Jon Favreau. A comedy romance. Some nudity and sexual content. **New time** — Presentation Hall (KS) doors open 1:00 PM for a 1:30 PM show. Free.



**Comedy Night at Kilaga Springs**  
**Monday, December 6**

**6:00 PM performance — 5050-10A**  
**8:00 PM performance — 5050-10B**

Headliner Karen Rontowski’s upbeat, optimistic and clean sense of humor has earned her headlining spots all over the world. She has appeared on *Comedy Central, Live at Gotham and*

*Comics Unleashed* and opened for show biz legends Bob Hope, Ray Charles and the Monkees. Show opener Tapan Trivedi grew up in India. He came to America at 22 and discovered stand-



up. He is constantly on the road winning audiences with his brilliant writing and hilarious observations of life in the USA as an East Indian immigrant. *Sacramento News*

*& Review* calls him one of the best comedians in California — period.

Jeffrey Callison of *National Public Radio*



said, “This cat made me laugh more than *any* guest ever has.” Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; doors open 7:30 PM for an 8:00

PM performance. \$9. Now open to Guests! Comedy Night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) the day of the show.

**Auburn Symphony —**  
**Messiah Sing Along**  
**Tuesday, December 7 — 4510-10**

Held at the Placer High School Auditorium in Auburn, this event will have

REMINDERS

**ACTIVITIES & FITNESS DESK HOURS & PHONE #S:** See page 82.

**TWO FACILITIES:** Orchard Creek Lodge (OC) & Kilaga Springs (KS)

**RESERVATIONS:** Reservations are required for all activities unless otherwise noted. If an activity/class is cancelled, a refund will be given. No other refunds will be given.

**WANT TO SELL?** Please contact Activities Desk if unable to attend an event or class.

**WEATHER:** Association trips and events are held regardless of inclement weather.

◆◆ Until RSVP date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for Trips: Residents may purchase as many spaces as they wish, no limit. For Events: Residents may purchase additional tickets and registration is open to the public. For Classes: RSVP date is set in order to determine if class has met minimum registration required by instructor or if class will be cancelled. Once met,

registration remains open until class is filled.

**CLASSES (EXCEPT FITNESS):** Register at least five working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll. Thank you for your consideration.

**FITNESS CLASSES:** Register for fitness classes at either Fitness Center.

**SPECIAL ACCOMMODATIONS:** We strive to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. On bus trips we accommodate wheel chair bound passengers to the best of our abilities.

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

**PARKING:** For all trips, please park beyond the OC Fitness Center (The Wave). The bus will drop off there on return to Lincoln Hills.

**SOLD OUT EVENTS:** Are shown at the end of the Special Events listings.

**HOSTING A BUS TRIP:** Every bus trip has at least one person (*the Host*) representing the Association on board. The Host’s responsibility is making sure the bus leaves and returns with the same number of people which includes counting people several times during the day when there are multiple stops. The Host passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver.

**SCENTS:** Please refrain from wearing perfume, cologne, and scented bath & body products when attending concerts, bus trips, classes, and using the fitness facilities. Many have allergies exacerbated by scents. Thank you for your consideration.





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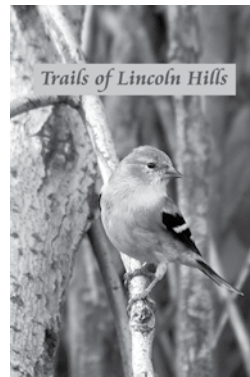


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open seating. Join this delightful holiday tradition as the Auburn Symphony performs selections from Handel's great masterpiece. Guest soloists and



chorus will perform and invite you along with best loved choruses, including "Hallelujah." Handel's most famous work, the *Messiah* oratorio with its "Hallelujah" chorus, is among the most popular works in choral music and has become a centerpiece of the Christmas season. Leave the Lodge at 6:00 PM, return ~ 10:00 PM. \$42. RSVP ♦♦ Now.

### Impressionism Part II @ deYoung Museum

**Wednesday, December 8 — 1760-10**

This date and another trip planned for the first week of January are the final trips to see the works of legendary impressionist artists from the permanent collection of the Musee d'Orsay in Paris. Highlighted works of nearly 40 artists include Monet, Manet, Renoir, Cezanne, Degas, Gauguin,



Pissarro, van Gogh and Seurat. This unique opportunity is made possible as the Musee d'Orsay

undergoes a partial closure for refurbishment for its 25<sup>th</sup> Anniversary in 2011. The deYoung is the only museum in the world to host both exhibitions. Bring your lunch or enjoy lunch on your own at the Museum café. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$57. RSVP ♦♦ by 11/19.

### Cornish Christmas in Grass Valley

**Friday, December 10 — 1859-10**

**Lots of Walking, uneven crowded streets, wear comfortable shoes and warm clothing.** Recapture the spirit of the holidays during Grass Valley's Annual Cornish Christmas Celebration. Tiny white lights outline the tops of the historical building facades throughout downtown forming a continuous string of twinkles to complement the starry nights of the Sierra

Nevada foothills. The streets will be filled with carolers, gospel music, carriage rides, jugglers professional musicians, Grass Valley Cornish Choir, cloggers, bell ringers, harp music and much more. Delicious food and drink can be purchased (on your own) from



a number of fine eating establishments and from food vendors who share the streets with hand craft

vendors and holiday shoppers. Don't miss this fun evening! Leave the Lodge at 4:30 PM, return ~ 10:00 PM. \$22. RSVP ♦♦ by 11/29.

### Kilaga Springs Music Night Presents the Doug Pauly Group with Meleva Steiert

**Friday, December 10 — 5051-10**

The highest requested group from our Music Night line-up to date are coming back: the Doug Pauly Group with guest vocalist Meleva Steiert. The program will include styles of American song including jazz, contemporary and Latin and some holiday. Doug



Pauly has been a professional guitarist since 1971 performing and arranging his own music, from George Gershwin

to Jimi Hendrix. Meleva Steiert is a vocal instructor with the Sacramento Music Circus Summer Workshop and performs with many local groups. Doug and Meleva recently released their first CD of standards and original tunes. Presentation Hall (KS) doors open at 6:30 PM, concert 7:00 PM. \$11. Now open to Guests!

### Champagne Brunch & Loomis Basin Holiday Home Tour

**Saturday, December 11 — 1850-10**

View special homes decorated for the season. This tour begins with special seating in the Sports Bar at Meridians for your Champagne Brunch followed by a tour of five homes in Loomis.



This tour is supported by Loomis Basin Education Foundation for the improvement of educational opportunities for children of the district. We anticipate leaving Meridians at 11:00 AM and will allow about 45 minutes to tour each home. The homes selected are all beautifully designed and decorated. Brunch begins at 9:45 AM, leave the Lodge following brunch at 11:00 AM and return to Lincoln Hills by 4:30 PM. \$72 includes the champagne brunch and tour. RSVP ♦♦ by 12/1.

### Lincoln Hills Singers Present "Beautiful December"

- **Sunday, December 12**  
2:00 PM Show Only — 5083-10ASH  
2:00 PM Meridians Lunch & Show Package — 5083-10ALN
- **Monday, December 13,**  
7:00 PM Show Only — 5083-10BSH  
7:00 PM Meridians Dinner & Show Package — 5083-10BDN
- **Tuesday, December 14,**  
7:00 PM Show Only — 5083-10CSH  
7:00 PM Meridians Dinner & Show Package — 5083-10CDN

The 130-member Singers chorus will perform glorious music for the Holiday Concert, "Beautiful December." The program will include sa-



cred music such as, "O Holy Night," "Hallelujah Chorus," and "Adoramus Te, Christe," classic favorites such as "Baby, It's Cold Outside," Feliz Navidad," I Wish You A Merry Christmas," and a grand finale arranged by director Bill Sveglini to Handel's wonderful Hallelujah Chorus. Enjoy the Sunny Singers, Harmonaires, and Hills Brothers, as well as a special guest appearance by the Lincoln High School Chorale. For those who wish to have lunch or dinner at Meridians before the concert including the convenience of reserved front section Ballroom seating, we offer limited show packages for all performances. *Entree choice of Pork Tenderloin or Shrimp Skewer.* Please visit the Activities Desk for the special menu and provide a meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. The popular Ballroom concert quiz and sing-a-long on the big screens will entertain you between sets. Ballroom doors open at 1:30 PM for 2:00 PM Matinee show and 6:30 PM for 7:00 PM shows. Show-only tickets \$12. Show Package \$40. Now open to Guests!

**Kilaga Springs — At the Movies!**  
**"Four Christmases"**

**Wednesday, December 15**

PG; 88 minutes. "Four Christmases" starring Reese Witherspoon, Vince Vaughn, Robert Duvall and Sissy Spacek. A comedy romance. Doors open 1:00 PM for a 1:30 PM show, Presentation Hall (KS). Free.



**Bus #2 "Spirit of Christmas" at Eldorado in Reno • Thursday, December 16 — 1792-09A**

The Eldorado Hotel Casino proudly presents "The Most Enchanting Christmas Show this side of the North Pole!" After a beautiful scenic

ride over the Sierras into Reno, you will enjoy time for gaming, browsing, etc., prior to a wonderful buffet dinner beginning at 4:30 PM. Following the buffet, attend the 7:00 PM performance of "Spirit of Christmas," A Magical Celebration. This wonderful New York style holiday presentation features everything that is best about this most wonderful time of the year: breathtaking scenery; gorgeous costumes; wonderful Christmas songs; and the "highest kicking chorus girls this side of the North Pole." Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$77 includes show and dinner. RSVP ♦♦ Now.

**Holiday Dinner Dance with The Crystal Image Band**  
**Friday, December 17 — 5084-10**

Celebrate the holidays with friends and loved ones while you enjoy a wonderful plated dinner and dancing with a live band. The Crystal Image



Band will be back to play your favorite dance tunes— ballroom standards, blues, country, classic rock and some great oldies. This award-winning five-piece band has been featured on VH1, ABC TV, The Nashville Network and A&E Network, and will have you on the dance floor to tango, cha-cha, swing, two-step, or simply show off your own dance steps. Your dinner entrée choices are: *Braised Lamb Shank or Fillet of Sea Bass.* If you are buying a table with friends and neighbors, please have a complete list of guests at your table as well as their food choice upon registration. For a complete menu, please visit the Activities Desk. Enjoy a no-host bar at 5:30 PM when Ballroom doors open, dinner at 6:00 PM, dancing from 7:00-10:00 PM. \$38. Now open to Guests!

Band will be back to play your favorite dance tunes— ballroom standards, blues, country, classic rock and some great oldies. This award-winning five-piece band has been featured on VH1, ABC TV, The Nashville Network and A&E Network, and will have you on the dance floor to tango, cha-cha, swing, two-step, or simply show off your own dance steps. Your dinner entrée choices are: *Braised Lamb Shank or Fillet of Sea Bass.* If you are buying a table with friends and neighbors, please have a complete list of guests at your table as well as their food choice upon registration. For a complete menu, please visit the Activities Desk. Enjoy a no-host bar at 5:30 PM when Ballroom doors open, dinner at 6:00 PM, dancing from 7:00-10:00 PM. \$38. Now open to Guests!

**Victorian Christmas at Nevada City**  
**Sunday, December 19 — 1863-10**

This is an annual trip but this year we plan to attend on Sunday afternoon.

During this event, Nevada City's landmark historic district is closed to motorized traffic and transformed back in time. Christmas melodies and costumed characters remind visitors of another time and place. Holiday celebrants fill the streets, sampling the outdoor fare of friendly hawkers and vendors with food, drink and goods (on your own) offered by restaurants and specialty shops.



Victorian singers, bagpipers, living nativity scene and visits with Santa Claus are among the attractions. Taste chestnuts roasted on an open fire and enjoy strolling minstrels, bass bands, hay wagon rides and much more. **Lots of walking, uneven crowded streets, wear comfortable shoes and dress warmly in layers.** Leave the Lodge at 12:30 PM, return ~ 7:30 PM. \$23. RSVP ♦♦ by 12/6.

**San Francisco Shopping in Union Square**  
**Monday, December 20 — 1840-10**

**Lots of Walking!** Last chance for last minute holiday shopping! See San Francisco at its finest with Union Square stores decorated for the holidays. Join in the holiday hustle and bustle without having to



worry about driving and parking. Get your Macy's 11% discount card for the day as you board the bus. To make your shopping more comfortable and fun, our coach will meet you at 2:00 PM in front of the St Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ by 12/1.

**Twanna Turner and Blutopia in Concert**  
**Monday, December 20 — 5085-10**

Vocalist Twanna Turner, daughter of Rock & Roll legend and 2007



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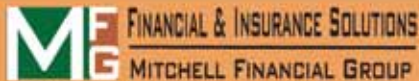
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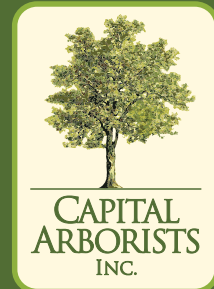


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Grammy winner Ike Turner, will have a special concert performance in the Ballroom with her band Blutoxia.

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brand of R&B, funk and rock to a sensational new level. Sharing the stage with her father and other legends like Otis Grand and Elvin Bishop, Twanna's

heritage is apparent in her musical versatility. Don't miss this amazing performance featuring some of your favorite holiday tunes played by this talented group of musicians. A no-host bar will be available when Ballroom doors open at 6:30 PM, concert at 7:00 PM. \$13. Now open to Guests!

### Tour de Lights & Community Holiday Reception

Tuesday, December 21

Bus Tour & Reception

Package – 5900-11A

Holiday Carolers

Reception – 5900-11B

Join friends and neighbors for a wonderful community celebration showcasing the many joyfully lighted homes in Lincoln Hills and a holiday reception in the Ballroom. Tour de Lights will include a bus tour around the community to visit homes and neighborhoods that share in the spirit of the holidays with beautifully decorated homes. Before or after your bus tour the Ballroom will be a cheerful



gathering place as the Merrie Olde Christmas Carolers lead the community in holiday song

as you enjoy some simple refreshments. If you are interested in having your decorated home be part of tour please send your address to lights@schca.com or bring it to the Activities Desk. Bus Tours at 5:00 PM, 6:00 PM and 7:00 PM, holiday reception and carolers 6:00 – 8:00 PM. Limited tickets for each bus tour so sign up early. Bus Tour & Reception Package

\$7. Holiday Reception Only \$5. RSVP by ♦♦ 11/29.

### Red Hawk Casino

Monday, December 27 — 1941-10

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. The Casino has six restaurants including a non-smoking extensive buffet and



offers our passengers a Reward Card containing \$15 in slot play or a \$20 certificate for match play (blackjack, etc.). Be sure to bring your identification with you to in order to receive your Reward Card. Enjoy an exciting day gaming and eating in the beautiful foothills near Placerville. Leave the Lodge at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ by 12/1.

### Lincoln Hills New Year's Eve Extravaganza

Friday, December 31, Orchard Creek Lodge

Ballroom — 5081-10BAL

Meridians — 5081-10MER

Solarium — 5081-10SOL

Pre-Function — 5081-10PRE

Ring in 2011 with fireworks! Enjoy a customized party experience for you and your guests at Orchard Creek Lodge. We invite you to celebrate New Year's Eve with two Ballroom dance floors, DJ Greg spinning your favorite dance music through the decades, a karaoke party in the Community Living Room and an array of delectable food options created by Chef Roderick with various price points. Champagne will flow from 11:30 PM-12:00 AM for all guests.

Resident must provide all the names and entree selections as well as seating location for their party. Table location will be determined based on purchase date and time. Tickets required for entry. No refunds. Full menu available at the Activities Desk. Please see page 46 for the complete party invitation and details. Doors open at 7:30 PM, dinner served promptly at 8:00



PM, dancing 9:00 PM-12:30 AM, karaoke 9:00 PM-12:00 AM. Tailored dinner options start at \$55 per person. It will be a New Year's Eve Extravaganza you don't want to miss!

### Comedy Night at Kilaga Springs Tuesday, January 4

6:00 PM performance — 5050-11A

8:00 PM performance — 5050-11B

Headliner Del Van Dyke is the winner of several major comedy competitions and has headlined across the U.S. Del has appeared on network and cable television, performed with musical acts including The Pointer



Sisters and The Neville Brothers, and has entertained our armed forces serving overseas. Show opener Ryan Wingfield has traveled to more than thirty states and three countries with appearances on NBC's *Last Comic Standing* and the mocumentary "Super High Me."



Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; and doors open at 7:30 PM for an 8:00 PM performance. \$9. RSVP by ♦♦ 11/29. Comedy night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) on the day of the show.

### Forever Tango in San Francisco Wednesday, January 5 — 1790-11

*Forever Tango* is coming to the Marines' Memorial Theatre and we have obtained reserved 2:00 PM orchestra seating for our group. Cheryl Burke, two-time *Dancing with the Stars* champion and Bay Area native joins the cast of 14 world-class dancers, a vocalist and an 11-piece, on-stage orchestra, anchored by the bandoneon, the accordion-like instrument that is the



mainstay of tango music. The production traces the tango's colorful history, from its beginnings in turn-of-the-century Buenos Aires bordellos to its

acceptance into high society. Sensuous and sophisticated, the tango inhabits a world where everything can be said with the flick of a leg, the tug of a hand, the tap of a foot and the arch of an eyebrow. Bring a sack lunch to be enjoyed on the bus. Our coach will drop you off at Union Square after the show for dinner on your own. We will depart Union Square at 7:30 PM for Lincoln Hills. Leave the Lodge at 11:00 AM, return ~ 10:00 PM. \$87. RSVP ♦♦ by 12/1.

**Suds at Cosmopolitan Cabaret  
Thursday, January 6 — 1793-11**

This is our last bus to see “Suds,” the rocking ‘60s musical soap opera, which is loaded with good clean fun, energy and some of the ‘60’s greatest



pop hits. This delightful story is about a young woman and her guardian angels who come to teach her about finding true love in, of all places, a Laundromat. Included in over 50 favorite songs are “Where the Boys Are,” “These Boots Are Made for Walkin’,” “Respect,” “I Feel Good” and “Do You Want to Know a Secret.” Showtime is 8:00 PM. We will arrive in time for dinner on your own. Located close to the Crest Theatre, the area boasts many restaurants – Cosmo Cafe, Esquire Grill, Crest Cafe, and more. Leave the Lodge at 4:45 PM, return ~ 11:00 PM \$51. RSVP ♦♦ by 12/1.

pop hits. This delightful story is about a young woman and her guardian angels who come to teach her about finding true love in, of all places, a Laundromat. Included in over 50 favorite songs are “Where the Boys Are,” “These Boots Are Made for Walkin’,” “Respect,” “I Feel Good” and “Do You Want to Know a Secret.” Showtime is 8:00 PM. We will arrive in time for dinner on your own. Located close to the Crest Theatre, the area boasts many restaurants – Cosmo Cafe, Esquire Grill, Crest Cafe, and more. Leave the Lodge at 4:45 PM, return ~ 11:00 PM \$51. RSVP ♦♦ by 12/1.

**The Vaudeville Troupe’s “The Cavalcade of Stars”**

**Friday, January 7**  
**2:00 PM Show — 5132-11A**  
**Friday, January 7**  
**6:00 PM Show — 5132-11B**  
**Saturday, January 8**  
**2:00 PM Show — 5132-11C**  
**Saturday, January 8**  
**6:00 PM Show — 5132-11D**

The ever-popular Vaudeville Troupe will be back on the Kilaga Springs Presentation Hall “Cabaret-style” stage once again. This old-time Vaudeville Show, “The Cavalcade of

Stars,” encompasses all genres of entertainment from stand-up comics to classical opera! The Troupe will mesmerize and thoroughly entertain you and your family with talent extraordinary. This show is known for its creative



energy, fast-paced acts, outrageous fun and a troupe of performers that interact and engage the audience. Four shows only that always draw sell-out crowds. If you have a group of people attending the show that would like to sit together, plan to arrive early as seating is first come first served for all shows. Presentation Hall doors open at 1:30 PM for the 2:00 PM shows; doors open at 5:30 PM for the 6:00 PM shows. \$8. RSVP by ♦♦ 11/29.

**Impressionism Part II @ deYoung Museum**

**Wednesday, January 12 — 1761-11**

This will be our final bus trip to San Francisco to view the works of legendary impressionist artists from the permanent collection of the Musee d’Orsay in Paris. This is the second of two



exhibitions; the first was held, and offered to residents, earlier this year. This unique opportunity is made possible as the Musee d’Orsay undergoes a partial closure for refurbishment in anticipation of its 25<sup>th</sup> Anniversary in 2011. The deYoung is the only museum in the world to host both exhibitions and include works of nearly 40 artists including Monet, Manet, Renoir, Cezanne, Degas, Gauguin, Pissarro, van Gogh and Seurat. Bring your own lunch or enjoy lunch on your own at the Museum café. Price includes audio headset for use in the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$57. RSVP ♦♦ by 12/3.

**Darren Romeo at Eldorado in Reno Thursday,**

**January 13, 2011 — 1772-11**

This trip should be a fun way to spend a wintery January day. The ride over the mountains will be beautiful with snow on the ground and trees and you can let the driver worry about driving and chains. The protégé



of magicians of the Century Siegfried & Roy is returning to the Eldorado Showroom by popular demand. Darren Romeo, “The Voice of Magic,” combines an extraordinary singing voice with dazzling illusions for a one-of-a-kind magical performance that audiences are raving about. Don’t miss this exciting day! You should arrive in Reno with plenty of time for gaming and a buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$77 (buffet included). RSVP ♦♦ by 12/10.

**Radio Disney Passport Activity Saturday, January 15**

**Toddler 2-4 yrs. old — 5400-11A**  
**Kids 5-7 yrs. old — 5400-11B**  
**Kids 8-12 yrs. old — 5400-11C**

It’s a “Grand” time to make memories with your grandchildren as you spend a magical morning together in the Ballroom. Radio Disney will host interactive games, activities, cool



music and prizes galore! Compete in on-stage team challenges against other grandparent/grandchild teams and play group audience activities such as Disney Bingo. The Disney Road Crew will perform fun dances for you to popular songs including “We Can’t Back Down” by The Cast of Camp Rock Two, “Dynamite” by Taio Cruz and “Burning Up” by Jonas Brothers. Each child will receive a “passport” to travel to interactive stations with their grandparents, offering crafts and activities like cookie decorating. Get your passport stamps at



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each station and turn in a completed travel passport to win a special Radio Disney goodie bag with fun surprises inside. **Important:** *Each child must be accompanied by an adult for all activities.* All children will need to be pre-registered, wristbands required for all activities and space is limited. Ballroom doors open at 9:45 AM; activities and games 10:00 AM-12:00 PM. Toddler to 12-years-old. \$10 per child. RSVP ◆◆ by 12/29.

### "Mr. Jollytologist®" - A Book Author Presentation

**Tuesday, January 18 — 5300-11**

Allen Klein, MA, CSP\* (aka "Mr. Jollytologist®") is an award-winning professional keynote speaker and bestselling author who shows audiences worldwide how humor can help them deal with everyday trials and tribulations as well as triumphing over tragedy. This month's book presentation on *The Healing Power of Humor* will demonstrate and show proven documentation on the therapeutic benefits of humor. With laughter, lecture and playful exercises, participants will learn tools and techniques to enhance their life, why humor can give a new perspective, and how to laugh at not-so-funny things. Allen is the 2009 recipient of the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. Includes opportunity for Q&A and book signing. Presentation Hall (KS) doors open at 1:30 PM for the 2:00 AM presentation. \$6. RSVP by ◆◆ 11/29.



### Basketball Sacramento Kings vs. Portland Trailblazers

**Wednesday, January 19 — 6310-10**

The Sacramento Kings will appreciate our support as they battle the Portland Trailblazers this winter at Arco Arena. We have obtained seats in Sections 202 and 203, mid-court, Upper Level. This is your chance



to join the stadium frenzy and experience a fun evening of exciting basketball with our local favorite team. Arrive at Arco Arena in Sacramento in time to enjoy pregame activities and purchase from the various stadium food vendors, if desired. There may be an opportunity for picture taking on the court after the game so bring your camera! Leave the Lodge at 5:00 PM, return ~ 11:15 PM. \$67. RSVP ◆◆ by 12/10.

### Crocker Art Museum

**Thursday, January 20 — 1760-11**

View the newly remodeled and expanded Crocker Art Museum. The Museum exhibits the 1860's and 70's artwork collection of Edward & Margaret Crocker as well as art purchased by the Museum since it was given to



the City of Sacramento in 1885. The newly opened wing of the Museum adds 125,000 square feet which offers opportunities for exhib-

its of European art, Asian art, extensive ceramic collection, ocean art, etc. You will arrive at the Museum in time for a 11:00 AM docent led tour and will have plenty of time to view the exhibits on your own. The Museum Café offers hot food options to order and several "grab and go" selections for lunch on your own. If you choose to bring your own lunch, you have the option of lunching at the Crocker Park across the street. The café does not allow outside food. Leave the Lodge at 9:30 AM, return ~ 4:30 PM. \$32. RSVP ◆◆ by 1/7/11.

### Kilaga Springs Music Night Presents the Valerie V Quintet

**Friday, January 21 — 5053-11**

Start the New Year off with some wonderful jazz music by the Valerie V Quintet. The program "Swinging Sultry Standards" will include popular tunes from the Great American Songbook. Valerie V is known for her style and grace on stage as she performs with an amazing group of musicians.

Valerie V on vocals, Chet Chawalik on piano, Scott Stringer on sax, Nahum Zdybel on guitar and Mat Marucci on drums. This group has shared the stage with musicians including Tom Braxton, Mary Stallings and Doug Webb. Presentation Hall (KS) doors open at 6:30 PM, concert 7:00 PM. \$11. RSVP by ◆◆ 11/29.



### Country DJ Dance

**Saturday, January 22 — 5022-11**

Kilaga Springs is going country! Join friends and neighbors for a Saturday evening Country DJ Dance and dessert in cooperation with the Country Couples Dance Group. Enjoy country and rockabilly music all night long for singles and couples. Popular cover



songs from artists you know and love will get you out on the dance floor to line dance, swing, two-step and more. DJ

Dennis and Connie will have a playlist with something for everyone, or make that special song request during the evening. Take a break from dancing and visit the cake and coffee table for a light dessert. A no-host bar will be available when doors open at 6:45 PM with dancing 7:00-10:00 PM. \$15. RSVP by ◆◆ 11/29.

### California Academy of Science

**Tuesday, January 25 — 1843-11**

We have arranged another trip to San Francisco's Golden Gate Park to spend the day at the California Academy of Sciences. This facility opened in September 2008 and houses, under one living roof, the Morrison Planetarium, the Steinhart Aquarium and the Natural History Museum. The exhibits at



the Academy are continually changing and evolving and will guarantee an interesting and informative day. Bring

your own lunch or have lunch on your own; the Academy has two restaurants within the facility – the Acade-

my Café, cafeteria style casual dining, and the Moss Room for more elegant dining. The Website [www.calacademy.org](http://www.calacademy.org) offers menus and prices for each of these restaurants. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$56. RSVP by ♦♦ 1/10/11.

**Disney Museum in San Francisco Thursday, January 27 — 1764-11**

For the young at heart, discover the beginnings of Mickey Mouse as we visit the Walt Disney Family Museum in San Francisco at the Presidio.

Visitors will find exhibits including rare film clips, concept art, scripts, musical scores, and cameras that Disney and his staff used in creating characters and films. There are also drawings Disney made in his youth and cartoons from Laugh-O-gram

films, Disney's first company. See the unique *Snow White Academy Award*, a full-size Oscar and several miniature cast-

ings. Bring lunch/snacks on the bus if you wish. No outside food inside the Museum. We will spend about two and a half hours at the Museum before heading to the Westfield Shopping Mall on Market Street for lunch/shopping on your own. Bus will leave San Francisco at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$53. RSVP by ♦♦ 12/27.



**"A Night of Illusion" with Aedryan Methyus**

**Thursday, January 27 — 5051-11** Magic and illusion will fill Presentation Hall (KS) as we present Aedryan's one-man cabaret show. Experience a theatrical night of illusion with

outrageous audience participation, comedy magic and unique illusions with music and hypnotic elements. With his lovable

charm, witty character and comical antics, Aedryan leaves his audiences spellbound and takes them on a ride



full of mystery and wonder, with fun surprises. Sleight of hand magic, mentalism, mind-reading and interactive magic will take place right in the hands of guests. Having many years of experience performing in virtually every kind of situation, Aedryan has transformed into an extremely versatile entertainer. One hour show. Presentation Hall (KS) doors open at 6:30 PM for 7:00 PM performance. \$13. RSVP ♦♦ by 11/29.

**Silver Legacy in Reno Monday, January 31 — 1770-11**

Today we are again heading over the mountains to visit Reno's Silver Legacy Hotel & Casino for a day of sight-seeing, lunching, people-watching, and excitement. The ride is beautiful and you will enjoy spending \$10 cash back and a \$5 food coupon. Leave the



Lodge at 8:00 AM, return ~ 6:30 PM. \$24. RSVP by ♦♦ 1/21/11.

**Tom Rigney and the Flambeau Monday, January 31**

**Show Only — 5052-11SHO**  
**Meridians Dinner & Show Package — 5052-11DIN**

Tom Rigney is sure to bring the house down with his fiery and energetic performance in the Ballroom with his band Flambeau. Fiery Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and heartbreakingly beautiful



ballads and waltzes will have you on your feet and singing along. Tom gives life to his violin with his original compositions as well as some of his favorite musical numbers. Caroline on the keyboards will amaze you yet again with her fast fingers. For those who wish to have dinner at Meridians before the concert including the convenience of reserved front section Ballroom seating, we offer limited show package tickets with

an entree choice of *Braised Beef & Sausage Ragout or Roasted Chicken Penne Pasta*. Please visit the Activities Desk for the special menu and provide a meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. The band has been highly celebrated and enjoyed at the Sacramento Jazz Jubilee. Ballroom doors open at 6:30 PM, concert begins 7:00 PM. Show-only tickets \$13. Show Package \$41. RSVP ♦♦ by 11/29.

**Broadway Sacramento 2010-2011**

Broadway Sacramento is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, and professionalism of Broadway are all here. All performances are at the Community Center Theatre, 8:00 PM. Reserved Orchestra seating. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. Please see the two remaining available shows below for day, date and price of performance.

**Young Frankenstein Tuesday, April 19, 2011 — 4562-05D**

The classic Mel Brooks movie is alive ... and it's headed here! This wickedly inspired re-imagining of the Frankenstein legend follows young Dr. Frankenstein as he attempts to create a monster but not without hilarious complications. Don't miss the sensational cast delivering your favorite moments from the classic film, plus brand-new show-stopping numbers



such as "Transylvania Mania," and "He Vas My Boyfriend." The brains behind the laughter is Tony winner Mel Brooks himself – who wrote the music and lyrics and co-wrote the book along with his record-breaking team from *The Producers*. \$67. RSVP ♦♦ by 2/15/11.

**Mary Poppins Tuesday, June 7, 2011 — 4562-05E**



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Chim Cher-ee," "A Spoonful of Sugar," and, of course, "Supercalifragilisticexpialidocious." The New York Daily News hails "Mary Poppins" as "a roof-raising, toe-tapping, high-flying extravaganza!" Let your imagination take flight at this perfectly magical musical!! \$82. RSVP ◆◆ by 5/1/11.

## Sold Out Trips/Events thru December 20

### Trip/Event · Date · Departure Time

- Impressionism @ deYoung Museum – November 16 – 8:00 AM
- Suds @ Cosmopolitan Cabaret – November 17 – 4:45 PM
- Speaker Series #2 Peter Hillary – November 30 – 6:30 PM
- Rockettes – Arco Arena – December 15 – 2:30 PM for 4:00 performance

## Art Classes

### –Drawing–

#### Portrait Drawing from the Model Wednesdays,

**December 1-22 — 1014-11**

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn to sketch and draw portraits from a live model. Train your eyes and go to the essential of an expression or a movement by doing quick sketches. Practice lines, values, shading, and volumes while drawing longer poses. Model fee: \$12-20 (depending on the number of participants). Model will be present during all four sessions. A supply list will be given upon registration. New students: email instructor at [clmichelet@earthlink.net](mailto:clmichelet@earthlink.net), for more information or questions. RSVP ◆◆ by 11/22.

#### Just Added! Small Unique Artwork Wednesdays,

**December 1-22 — 1015-11**

9:30 AM-12:00 PM. (OC) Instructor: Claire Michelet. \$60. Release your creativity and get ready for the holidays! Create a series of small unique artwork. Experiment with a variety of drawing mediums and techniques, including cutouts and collages. Include them in your holiday preparations as unique gifts, cards, gift tags, ornaments and more. All levels welcome! A supply list will be furnished upon registration. Material Fee: \$7 (includes: Specialty Papers, Colorfast Color Papers, Cutouts Tools, Gold Leaf, and more) RSVP ◆◆ by 11/22.

#### Non-Representational Wet Media Workshop

**Saturday, December 4 — 1014-10B**

9:00 AM-3:00 PM. (OC) Instructor: Claire Michelet. \$39. Delve into abstract wet media. For inspiration, start from ideas within, or from documents and natural elements, and gradually free yourself from any preconceived plan to allow your creativity fully emerge. Use your choice of media: black ink, colored inks, and watercolor pencils, and combine them with dry media (pencils, color pencils, charcoal, and chalks). A supply list will be given upon registration. RSVP ◆◆ by 11/23.

### –Oils, Pastels & Acrylics–

#### Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, November 17-

**December 15 — 1030-10**

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$52 (four sessions, no class November 24). Choose between Oil and Acrylic as a medium. Complete original paintings based on students' photographs or from instructor's large photo selection. First-time students will be contacted by instructor to spend time with him reviewing a notebook com-

posed for their use. Included will be a suggested supply list, palette layout of color and the Munsell Color Theory. New students will learn to analyze or "read" paintings by well-known artists. Strong emphasis is placed on understanding an ideal composition using elements of art structure. A variety of art books and magazines from Tom's library are available for study during class or check out. Continuing students encouraged to enroll. *About the instructor:* Tom was



an art instructor for 35 years and taught extension classes in art for six

years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College in Greeley. RSVP ◆◆ Now!

#### Painting Pastels and Oils with Joan Mondays,

**December 6-27 — 1050-11A**

**Or Tuesdays,**

**December 7-28 — 1050-11B**

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$62. Class is open to both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students, please ask for supply list when registering. RSVP ◆◆ by 11/26.

### –Mixed Media Collage–

#### Mixed Media Collage • Thursdays, January 13 - 27 — 1140-11

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and improvisational fine art workshop will show you how to turn recyclables such as magazine pages, wrapping paper and interesting beads and trinkets you have saved for years into mixed media collage art and unique, 3-D paper assemblages, all suitable for framing. This free-

spirited collage art uses your favorite colors, textures and images in paper or fabric scraps plus small objects in the creation of brand new art. One-on-one guidance in the technique of layering torn papers into a collage composition and in the process of composing 3-D paper assemblages will be provided. There is no possibility for mistake in creating this artwork



– it is easy, fun and will open your eyes to a fresh, new art using many materials you already have. Class is open to beginning and continuing mixed media artists. A supply list will be provided upon registration. At the end of the class, students will finish two frame-worthy pieces of Fine Art. If you have any questions about the class, please call Jo at 543-1357. RSVP ♦♦ by 1/3/11.

## Bridge Class

**New! Competitive Bridge (Intermediate Level) • Thursdays January 27-March 10 — 1520-11**

10:00-12:00 (OC). Instructor: Laurie Vath. \$45 (six sessions, no class February 17). **Prerequisite:** Proficiency in the principles taught in Gayle's Bridge Plus Class. This class will focus on the competitive aspects of the game. It



will include bidding and strategy such as balancing, sacrificing, and leads. The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited. RSVP ♦♦ by 1/20/11.

## Ceramics Classes

### —Pottery—

**Beginning/Intermediate Ceramics with Jim • Tuesdays, December 7-21 — 2012-11A**

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$40 (three sessions). An intro-

ductory class for residents who have never worked with clay and continuing students who want to further develop their skills. Years teaching art and ceramics make Jim an excellent



instructor with expertise in this medium. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim to accomplish your goals. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list will be provided after the first meeting for future classes. RSVP ♦♦ by 12/1.

**Advanced Ceramics • Tuesdays, December 7-21 — 2012-11B**

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$40 (three sessions). This course is for self motivated students/artists with established ceramic skills. There will be assignments and demonstrations given by the instructor as well as individual guidance in order to further refine students' techniques and projects. RSVP ♦♦ by 12/1.

**Beginning Hand Building Potter's Wheel Techniques with Terry • Thursdays, December 2-23 — 2011-11**

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). Have you ever wanted to work in clay but did not know where to start? Terry's beginning Ceramics class will allow you to work at your own pace receiving individual instruction to achieve your personal goals. She brings 34 years experience teaching Ceramic and Drawing and Painting to help you work independently on any project you choose. Terry gives frequent demonstrations introducing you to new and exciting projects. Bring tools and materials to class for a fun and successful experience. For new students, please ask for supply list when you register. RSVP ♦♦ by 11/25.



### —Lladro—

**Spanish Oil Painting • Wednesdays, November 17-December 22 — 2060-10**

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions, no class November 24). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend



five *consecutive* classes in order to complete first-time instruction and project. Lladro requires a steady hand

and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price is based on use upon project completion. Students must contact instructor at least two weeks before class start to place figurine order for the class. Please call Barbara at 645-7263. RSVP ♦♦ by 11/10.

**Lladro Workshop • Wednesdays, November — 2062-01K December — 2062-01L**

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. This workshop is for Lladro hobbyists who are going on vacation so cannot attend a class full-time and those who can work on their own. Workshop is *not* for beginners and will not provide instruction from moderator. The workshop is held in conjunction with the ongoing Lladro class. Workshop sessions can be paid as you come but must be paid before starting the session. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator responsible for "firing" and making sure everyone is following guidelines and safety procedures. Workshop includes firing and use of moderator's supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., are available for purchase from instructor



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## Computer (PC) Classes

Please continue to give us feedback on the PC class you would be interested in taking by registering in our PC Interest List at the Activities Desk.

### —Operating System—

#### Intro to PC: Beginner's Guide to Computers • Tuesday & Thursday, January 18 & 20 — 2540-11

9:00 -11:00 AM (OC). Instructor: Cami Cordell. \$30 (two sessions). Beginners — ask questions, experiment, learn what things are called and how they



work. For brand new computer users who want to learn the very basics: how to use the mouse, when to click and double-click, how to copy

and paste, save and print documents; how to find, move, copy, or delete files; and how to create folders. We will work on keyboarding skills as well. Class is taught in a combination of lecture and hands-on format. \$2 handout fee is due at class payable to instructor. RSVP ♦♦ by 1/11/11.

### —Microsoft 2007—

#### Excel Basics Mondays & Wednesdays, January 10-January 19 — 2641-11

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48. Well it's the first of the year and you know what that



means! Yes time to get your "stuff" together for 2011 Taxes. This class will introduce you to the basics of Microsoft Excel. With this knowl-

edge, you can begin to organize your tax information as well as many other financial papers such as Budgets whether personal or for a group. During class, you will be introduced to

Excel 2007. You will learn how to use Excel — from entering data into an Excel spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting the excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple things like add, subtract, multiply, divide, average and sum — see not too scary. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 1/17/11.

### —Social Networking—

#### The World of Facebook Monday & Wednesday, January 10 & 12 — 2694-11

12:00 -2:00 PM (OC). Instructor: Cami Cordell. \$26 (two sessions). **Prerequisite:** Student must have an email account. Want to reconnect with long lost friends but don't know how or where to find them? Get into Facebook, a fun way to search and recon-



nect with friends, old school chums, and family across town or continents. A quick way to stay up-to-date with life stories

and photos with people you like. Class covers how to sign up, set up a profile, post first comments. Create an event, post a picture, and invite friends to your Facebook site and others. Class is taught in a combination of lecture and practical application. Students are provided one-on-one coaching with instruction tailored to skill level of each student. With the constant changes and updates in Facebook, everyone is considered a beginner. \$2 fee for handouts payable to instructor. *About the Instructor:* An educator for over 15 years, Cami has extensive experience in elementary education and adult instruction developing and implementing various curricula. RSVP ♦♦ by 1/3/11.

### —Internet—

#### On-Line Shopping Tuesday, December 7 — 2680-11

9:00 -11:00 AM. (OC). Instructor: Cami Cordell. \$16. With the holidays approaching, this course will make it easy for you to shop for all your family and friends in just a few days. We will explore finding the perfect gift on-line, the best price, deal with shipping costs, and having it delivered to yourself or a recipient. You will learn



how to use Pay-Pal (if needed), find the best price on airline tickets, comparison shop for that perfect gift and price, and be efficient with your time. Students should bring a list of items they wish to look for, their check book (or credit card) if they wish to purchase and send items for Holiday delivery. \$2 hand out fee payable to instructor. RSVP ♦♦ by 11/29.

### — Mac Computer Classes —

#### Your Mac and Digital Photography Saturdays, January 8 & 15 — 2520-11

1:00-3:30 PM (OC). Instructor: Irwin Maloff. \$50. **Prerequisites:** Having a Macintosh and a digital camera.



Our class will cover basic camera functions and the settings that will give you optimum results in various situations. Students will take pictures and learn how to import them into their Mac. Students will use iPhoto and learn how to organize photos, do basic editing, and share photos using email. Class size is limited so sign up early. RSVP ♦♦ 12/31.

#### Beginning Macintosh • Saturday, January 15 & 22 — 2514-11

9:00 AM-12:00 PM (OC). Instructor: Jim Haugaard. \$60. No experience necessary! This is a two-day hands-on workshop, six hours, for anyone who wishes to learn how to use the

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## Cooking

### Cooking with Chef Roderick – Braising!

**Tuesday, November 30 — 4013-10**  
9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Class is full.

## Crafts

### —Origami—

#### Holiday Origami

**Mondays, November 15 - December 6 — 3040-09**

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$30. Learn the art of ancient Japanese paper folding — Origami! Create holiday projects including decors, cards, napkin rings, a gift box and much more. Class is open to all skill levels. Students must bring origami papers (6"x6"), pencil, ruler, glue stick and scissors. Check project samples at OC display window. RSVP ♦♦ Now!



### —Mosaic—

#### Mosaic 201: Advanced Beginners Mosaic Class — Mosaic Tray

**Tuesdays, January 4 & 11 — 3093-11B**

Class will be held 1:00-5:00 PM on January 4 and 1:00-2:00 PM on January 11. (KS). Instructor: Bill Sutherland. Class fee: \$30. **Prerequisite:** Must have taken beginning mosaic class with Bill. This two-day class with a total of five hours will provide more challenges to your mosaic skills

and artistry. Create a wonderful and functional art tray that you can be proud of. You will have three patterns to choose from and as always, your choice of colors and how you cut your glass will provide the unique flare and self expression to each



work. The First day of class will work on your design, cutting the glass and gluing them on the tray. On the second week, everyone will learn how to mix the grout and apply it on the project to finish the work. Tray will be ready and dry in at least two days. Class size is limited to 10. Additional \$30 supply fee will be payable to instructor on first day of class. Materials fee covers the tray, glass pieces, glue and grout plus printed instructions. Students must bring own nippers to class. If you have a cutting glass tool, please bring to class. See project sample in OC display window. RSVP ♦♦ by 12/28.

#### Mosaic 101:

##### Beginners Mosaic Class Stepping Stone Stained Glass

**Tuesday, January 25 — 3093-11A**

1:00-4:00 PM. (KS). Instructor: Bill Sutherland. Class fee: \$18. Materials fee: \$20 (with nipper) or \$5 (without nipper) payable to instructor on day of class. Make your garden dazzle with our Stepping Stone



Stained Glass Mosaic project! Join this fun class and discover the art of glass mosaic. This beginning mosaic class will teach students how to create a stepping stone with stained glass as pattern medium in a concrete setting. Resident Bill Sutherland, who has 30 years of glass work experience both in stained glass and fused glass art, will lead students in making an eight-inch square stepping stone with a beautiful pattern that will be a great addition to your garden or as a gift to friends. Though design pattern is provided, each project will be unique

based on the choice of colors and cuts of glasses used by student. For those who have taken this class before, you may bring your own pattern that fits a 7 ½ x 7 ½ size stepping stone. Pattern should be on printer paper enlarged to desired size. So join us in this easy, fast and friendly project that you can duplicate at home after the class. Men and women are encouraged to join. Class size is limited to 10. All materials needed for the class are covered by the materials fee and include nippers, stained glass pattern, glass, concrete, mold and step-by-step directions. If you have a nipper, please bring to class. See project sample in OC display window. RSVP ♦♦ by 1/18/11.

## Dance

*All dance classes take a hiatus in December and resume instruction in January. Please check next month's Compass for all the exciting dance classes!*

## Fitness

*Register for these classes at Fitness Centers starting November 17 at 10:00 AM.*

### —Circuits, Weights, Stretches—

#### W.O.W. — Working Out with Weights • Tuesdays, November 30-

**January 11 — 750500-10**

(No class 12/21.) 11:30 AM-12:30 PM. Weight Room (KS). Join this six-week in-depth, informational strength



training program that will take you from basic to advanced training techniques. Led by instructor/Personal Trainer Jill Boan, we begin with a total body machine program focusing on proper settings and correct form and progress into free weights and cables. Learn how, when & why you need to change your weights, the best sets, reps and exercises for your body



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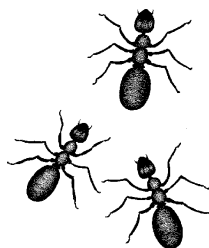
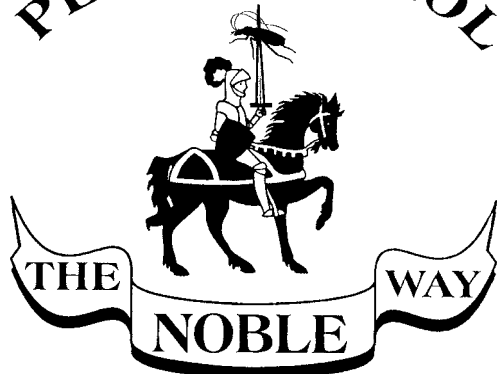
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### Reach for the Top/Stretch & Tone! Tuesdays,

**December 7 - 28 — 801000-11**

### Thursdays,

**December 9 - 30 — 803000-11**

### Tuesdays & Thursdays,

**December 7 - 30 — 802000-11**

11:45 AM-12:45 PM. Aerobics Room (KS). This class, formerly "Arthritis Take Control," is designed and presented by Lin Hunter, is a combination of stretching, range of motion

class is gentle and easy to learn, meaning it can be practiced by anyone, at any age or fitness level. Using simple gentle movements from the body, it becomes the art of energy management and can balance and unblock stagnate energy. The physical benefits include helping to eliminate chronic pain, increased strength, flexibility stamina, range of motion of limbs, as well as bolstering a vital immune system. Negative emotions and memories are also allowed to be released from the mind, which reduces stress in the practitioner and allows one be more present in their everyday lives.

### —Dance/Fitness Centers—

#### Drop-in Holiday Zumba Workout • Mondays,

**December 6 — 810000-11,**

**December 13 - 810000-13**

3:45-4:45 PM. Aerobics Room (KS). Instructor: Nicole Robinson. Zumba is a cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun



and easy to do! Integrating Zumba into every day, you can achieve long-term benefits while experiencing an absolute blast in one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. **\$8 per class** - register for each class at the Fitness Centers.

#### Belly Dance • Mondays,

**December 6-20 — 770200-11**

4:00-5:15 PM. Aerobics Room (The Wave). Instructor: Anna Woods.

Come enjoy belly dancing and get a great core workout to fabulous rhythms and beautiful music. Through this dance, strengthen abdominal muscles, legs, back and

more. The good news is, famous and graceful belly dancers come in all shapes and sizes. Wear comfortable clothing, exercise pants or tights. Anna has 15 years of stage performance and instructing. There will be a \$15 charge on the first day of class for hip belt. Anna welcomes you to try one class for free! Limit: 5 participants. **Three-week session — \$27.** Register at the Fitness Centers.

#### Greek Line Dance • Fridays, December 3-17 — 770100-11

4:45-6:00 PM. Aerobics Room (The Wave). Instructor: Anna Woods. Join us and learn fun, easy dance steps that move beautifully to Mediterranean music. It's also an awesome workout! These dances can be done at parties, just another way to have fun with friends and get great exercise at the same time. Anna's experience of 15 years teaching Mediterranean dances is an added plus. Classes welcome gentlemen as well. Anna welcomes you to try one class for free! Limit: 5 participants. **Three-week session — \$27.** Register at the Fitness Centers.

### —In the Pool—

#### Core-N-More Suspended Aquatic Exercise with Andrea

**Wednesdays, November 17 -**

**December 15 — 760000-11**

**Thursdays, November 18 -**

**December 16 — 760100-11**

**Wednesdays & Thursdays,  
November 17 -**

**December 16 — 760200-11**

(No class 11/24 or 11/25.) Wednesday classes 9:35-10:30 AM; Thursday classes 4:00-5:00 PM. Indoor Pool



(The Wave). This class maximizes the benefits of water with the assistance of a Buoyancy Belt. Exercises are performed without touching pool bottom, eliminating impact and increasing resistance. Class combines exercises



exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All of this is done to fun music to get your energy level up, help you become stron-

ger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep you more mobile. Lin is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! **Four-week session, one day/week— \$28. Four-week session two days/week - \$52.** Register at the Fitness Centers.

### —Qigong—

#### Qigong • Thursdays, New class starting in January Check next month's *Compass*

3:30-4:30 PM. Instructor: Peter Petersen. Qigong (pronounced chi-gung) has been around for more than 5000 years and originated in China. This



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that will improve core strength, tone and strengthen major muscles, offer aerobic challenges and improve balance and flexibility. The belt allows participant to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free trial class or with any questions at 844-8824. **Four-week session — \$30. Both dates - \$50.** Register at the Fitness Centers.

### —Nordic Walking—

#### Nordic Walking for Beginners Wednesdays,

**December 8-29 — 750000-11**

2:30-3:30 PM (The Wave). Instructor: LH resident Mike Barkhurst, Nordic Walking Instructor with the American



Nordic Walking Association, holds three personal trainer certifications in health and fitness. Walking with Nordic Walking

poles allows you to gain stability and balance while walking and lessens stress on all your joints up to 40% as compared to normal or power walking. The class is split into four one-hour sessions. The first is held inside where you will be given instruction on various types and kinds of Nordic Walking poles available for purchase. The next three sessions are conducted outside at OC. You will be taught the techniques of Nordic Walking. There is very little hiking done in the classes; it is left for you to do on your own as you get full use of a pair of Nordic poles for the four weeks.

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### —Yoga—

#### Corrected Dates: Gentle Hatha Yoga with Julie Boone

**Tuesdays, November 2 –**

**December 14 — 710100-09**

**Or Thursdays, November 4 –**

**December 16 — 710200-09**

(No classes 11/23 & 11/25) 2:00-3:30 PM. Aerobics Room (The Wave). Julie Boone continues to provide a gentle Hatha Yoga class in the Ananda Style. Having taught at The Wave since



2000, Julie offers an all-level class that is challenging while still being “do-able.” She is happy to connect with long-term students as well as yoga newcomers. Her motto

is “Yoga is not supposed to hurt!” She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not “easy;” strength, flexibility, and balance will be developed. Class is suitable for beginners and the continuing student. Limit: 20 participants. **Six-week session – \$59, Four-week session — \$49.** Register at the Fitness Centers.

#### New! Chair Yoga with Julie Boone Tuesdays,

**January 4-25 – 710000-11**

(12:45-1:45 PM) Aerobics Room (The Wave). Just in time to accommodate your New Year’s resolutions! Julie has been sharing her love of Yoga with the residents of SCLHCA since 2000. This extra gentle class is only an hour long and is adaptable to meet the needs of any student. The practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Limit: 20 participants.

**Four-week session - \$49.** Register at the Fitness Centers.

#### Evening Yoga with Susan Hayes Hatha (Traditional) Yoga

**Tuesdays,**

**December 7 - 28 — 711000-11**

6:35-7:45 PM. Aerobics Room (KS). A fun evening yoga class designed to keep you in shape, at a relaxed pace. Yoga has been proven to increase en-



ergy, flexibility, balance, and strength – all while reducing stress. As the seasons change, so should our exercise routines (or lack thereof).

Everyone is welcome - from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Four-week series - \$40.** Register at the Fitness Centers.

#### New Time! Evening Yoga and Meditation with Susan Hayes • Thursdays,

**December 2 - 30 — 711100-11**

6:00-7:10 PM. Aerobics Room (KS).

This is a relaxed evening yoga class consisting of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and optional meditation. Each student receives individual attention, and for this reason, class enrollment is limited to 10 students. Come join us! **Five-week series - \$50.** Register at the Fitness Centers.

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#### Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop is open from 8:00 AM-12:00 PM. The Lapidary Shop and the Casting Shop



share the space from 12:00-4:00 PM. (KS). These workshops are

open to experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Min-

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eral Society will oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax equipment. Maintenance fee \$5 per two-hour session. Pay Shop Master upon arrival. Questions? Call Dave Fisk, 434-0747.

### Intro to Gem Cutting Mondays,

**January 10 - 31 — 3081-11**

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$30. Supply fee \$15 payable to instructor. Class is limited to six students for optimum learning. This "hands-on" class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. The photo is of Laguna agates — Cabochons. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ♦♦ by 1/3/11.

### Lost Wax Jewelry Casting Mondays,

**January 10 - 31 — 3130-11**

9:00 AM-12:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 1:00-3:00 PM for week three (January 17) (KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor on first day of class. Learn the basic techniques of this millennia-old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup



classes. Maximum of six students. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ♦♦ by 1/3/11.

### Jewelry Fabrication, Mondays, January 3-24 — 3161-11

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$60. Learn the basic techniques of metal jewelry sawing and soldering, and more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshop for a nominal fee to use equipment. No makeup classes. Maximum six students. Materials fee of \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the Los Angeles County Fair, at lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 12/24.

## Glass Art

### —Fused Glass—

### Advanced Fused Glass Workshop – Bracelets in a Day

**Tuesday, December 7 — 3099-10**

1:00-4:00 PM (KS). Instructor: Kate Uppal. \$30. **Prerequisite:** Participants must have completed previous fusing glass class with Kate or have equivalent fusing and glass cutting experience. Come spend a fun-filled afternoon creating beautiful fused glass bracelets. In just four hours you will learn to make a gorgeous dichroic bracelet using



a glue-on finding and a fabulous dichroic stretch bracelet. A \$20 material fee payable to the instructor includes all the glass and materials to make both kinds of bracelets. RSVP ♦♦ by 11/30.

### Fusing Glass Workshops

**November — 3101-01K**

**December — 3101-01L**

4:00-6:30 PM on Mondays except for the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$10 each day.



Fusing enthusiasts now have a workshop where they can work on their projects. Bring your glass and fusing projects

to the workshop and work on your designs. No workshop moderator will be present November 1 and November 15-22 so no Fused Glass firing after the workshop. Students will be sharing workshop time with stained glass enthusiasts in the Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

### —Stained Glass—

### Stained Glass Workshops

**November — 3101-01K**

**December — 3101-01L**

4:00-6:30 PM on Mondays except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$10 each day. Due to nature and expense of working with glass



and equipment, this workshop is for experienced students only. A moderator will be in attendance to supervise students to safely use equipment but

will not teach new methods. If you have experience working with glass but have not had instruction, please inform the monitor prior to enrolling in the workshop to obtain clearance for equipment use. Stained Glass class will be offered next year. Students will be sharing workshop time

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with fused glass enthusiasts. Pay at Activities Desk each day you attend.

## Jewelry

### —Beading—

**Cube Collar • Tuesdays,  
November 16 & 23 — 3011-10**

9:30 AM-12:00 (KS). Instructor: Cathie Szabo. \$30. Here's an elegant alternative to the traditional necklace. The collar has been around for ages –



think of Cleopatra and Nefertiti. Now is your chance to join in this long line of beautiful women by creating your very own col-

lar. Try this look in a dressy version to complement your holiday outfit. Check the sample in the OC window display. Students should be comfortable with working with smaller beads. Be sure to get the materials list when you register for the class. RSVP ♦♦ Now!

### Twisted Branch Necklace

**Tuesdays, January 11 –  
February 1 — 3010-11**

9:00 AM – 12:00 PM (KS). Instructor: Cathie Szabo. \$45. (four sessions).

**Project is good for anyone who can work with small beads.** A spectacular way to start off the New Year! Dif-



ferent shades of beads twist around a necklace, highlighted by everyone's favorite – sparkly crystals. This is definitely a statement piece! The necklace

looks difficult to make, but can be mastered by anyone with a little patience. The twist is “built-in” – as you construct the hidden core, the necklace forms the graceful twist. Ladders of seed beads and crystals wind around the core. The finishing touch – “seed bead and crystal branches” that cover the hidden magnetic clasp. Choose complementary colors or go monochromatic with shades of one color family – either way, you'll love

adding this necklace to your accessory wardrobe. Check the samples in the lodges for a close look. Be sure to get the materials list when you register. Questions about this project or wonder if you have the skill for it, contact Cathie Szabo at billcats1@earthlink.net or 434-6667. RSVP ♦♦ by 1/4/11.

### —Precious Metal Clay (PMC)—

#### Using Bezel Cups to Set Stones with PMC

**Tuesday, January 18 — 3162-11**

10:00 AM-5:00 PM. (KS) Instructor: Jewelry artist, Patrik Kusek. Class fee: \$51. In this day-long session, learn to set stones in PMC using bezel cups. Bezel cups are great for setting all types of cabochons, especially stones



that are not fireable. They offer an easy to use, professional looking option to stone setting. Class project will be a bracelet using the Aegean stamp collection or texture of your choice with PMC us-

ing bezel cups to add elegant stones to your designs. Learn to select the right bezel cups for the right stone; to prepare bezel cups for use with metal clay; to alter the bezel cups to enhance your designs; troubleshooting tips if your cabochon is not cut properly; proper firing temperatures; plus lots of other tips for setting stones using bezel cups. Learn to size, assemble and finish your bracelet. Leave with a bracelet ready to be assembled. Please bring at least five cabochons (6mm. in size) to set in the bracelet. Class is appropriate for beginner and intermediate level students. You will receive handouts and resources and skills necessary to make fine silver jewelry from start to finish at home! Students have an option to purchase a \$43 Standard Kit which includes PMC, bezel cups (which are real silver) and consumables or a \$60 Deluxe Kit which includes everything in the standard kit plus everything else they need to as-

semble the bracelet: jumprings, gemstones, toggles. RSVP ♦♦ by 1/3/11.

## Music

*Guitar and Voice Classes will resume in January. Check next month's Compass for details.*

## Sewing

*Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain the machines is offered the second Monday each month in the Sewing Room.*

### Bernina 440 Quilting Certification

**Monday, November 22 — 4058-11A  
Or December 6 — 4058-11B**

4:00-5:00 PM (OC). Instructor: Sylvia Feldman. \$50. Learn comprehensive free-motion stippling for quilting with fabric mover using our new Bernina 440 Quilting machine. There will be instructions on the use and care of the machine with all the features and enhancements the machine has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence and ease to use the machine. Class fee covers all materials needed for the training including batting materials, thread, fabric and step-by-step instructions. RSVP ♦♦ 11/15 or 11/29.

### Bernina Serger Certification

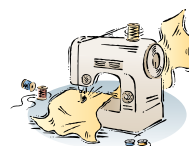
**Monday, December 13 — 4055-01L**

1:30-2:30 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies will be provided during class. Class limited to three students.

### Bernina Sewing Machine Certification


**Monday, December 13 — 4054-01L**

3:00-4:00 PM (OC). \$13. Instructor: Sylvia Feldman. Class cost includes a sewing starter kit with bobbins & needles. Please bring your own scissors to



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### Smartphone... A Hand-held Personal Computer • Saturday, November 20

2:00-4:00 PM Presentation Hall (KS). Computer and Lincoln Hills techies Terry Rooney and Ken Silverman will be joined by Gary Sloan to inform attendees on this new, modern technol-

ogy. Starting with its recent history, the major products, like Apple's I-Phone, Google's Android, Windows 7 Phone (from Microsoft) and others will be discussed. The myri-

ad applications and opportunities make this more fun! And maybe one can feel more comfortable using this tool when



communicating with our younger generation! Addressing the economics through the various service providers will lead to many questions. Come early for good seating! The increasing competitive environ-

ment will make this gadget area move beyond its current 20% US use. Free.

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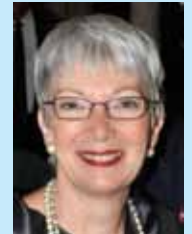
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*Nina Mazzo, Library Volunteer*




San Francisco was the host for the Mystery Writers of America annual conference known as Bouchercon. Four days of interacting with authors, publishers, editors, and bookstores. It was a mystery reader's heaven and I have donated several of the books from this event to Kilaga Springs Library. One of the reasons our Library is so well used is the fact we work hard to keep it current and diverse. Please consider donating those newer books (after 2002) to us when you are finished reading your paperback, hardback, or book on CD.

Scenario: You really really liked a book and you were thrilled when you convinced your book club to read this wonderful biography. They read it and then asked you what in the world you were thinking when you recommended this book! Fellow reader Jeri DiFiore took this gamble with her selection of "Desert Queen" by Janet Wallace. It is a biography of Gertrude Bell. This Victorian woman played a crucial role in the Middle East on behalf of the British government. Check it out in the Library's Biography section.

Thank you to Arloa Jane Walter, resident author of "Voices of Older Women." Arloa has donated an autographed copy to the Library and the book will be found in Nonfiction. Arloa explores some truly interesting territory in her interviews with women.

Contacts: Sally Scotch (543-0792) for book donations; Sandy Maloff (408-2368) for volunteering; Cleon Johnson (408-5648) investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).

## Did You Know?

Looking for an Association phone number and can't find it? Open your *Compass* to the last page and find Association Contacts and Hours on the left-hand page and on the right-hand side find all our advertisers categorized by service and page number so phone numbers are easy to find! Pretty cool! 

## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

**Kilaga Springs: 1167 Sun City Blvd.**

KS Main Phone: (916) 408-4013

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[tim.mulligan@slhca.com](mailto:tim.mulligan@slhca.com)

### Administration

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625-4060 [robert.cook@slhca.com](mailto:robert.cook@slhca.com)

**Sr. Director, Lifestyle & Communications**

Jeannine Balcombe 625-4020

[jeannine.balcombe@slhca.com](mailto:jeannine.balcombe@slhca.com)

**Sr. Director, Facilities & Maintenance**

Christopher O'Keefe 645-4500

[christopher.okeefe@slhca.com](mailto:christopher.okeefe@slhca.com)

### Community Standards

**Community Standards Manager**

Heather Peters 625-4006

[heather.peters@slhca.com](mailto:heather.peters@slhca.com)

### Compass

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**Lifestyle Program Manager & Class Contact**

Lavina Samoy 408-4013x103

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Tamara Coil 408-4013x105 [tamara.coil@slhca.com](mailto:tamara.coil@slhca.com)

### Membership

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Spa Manager • Tina Ginnetti

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## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

### Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

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Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 7:00 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 7:00 AM-5:30 PM

Sunday 8:00 AM-3:00 PM

### Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

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**Community Emergency Response Team**

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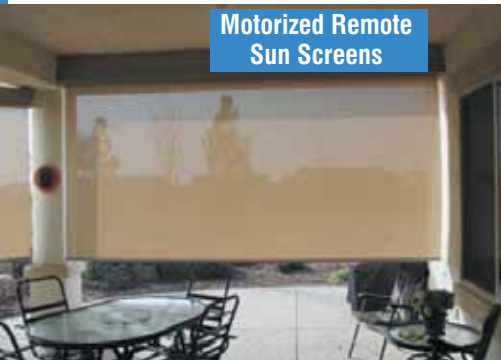
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