

October 2010



# Compass

The Official Magazine of Sun City Lincoln Hills

## *Serenity of Fall at Ferrari Pond*

*Plan for the Holidays ... It's All in this Issue*

*Hats Off Gala  
Tribute ... page 14*

*New Gift Card  
Options ... page 77*

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**On the cover:** A walk along Ferrari Pond Trail provides breathtaking views of nature.  
 Photo by Tom Roach

**"Who to call and hours of operation" — all at your fingertips on the inside back cover pages of your *Compass*.**



## Board of Directors' Report

Bill Kassel, Director, SCLH Board of Directors

Let me focus this article on urging each one of you to attend one of the three upcoming Board of Director's Candidate Forums. Our Association is preparing to elect four candidates to replace those current Board members with two-year terms expiring. This could mean a majority of all new Directors.

Some residents were disappointed that the Candidate Forums normally offered were not held prior to the last election even though the number of candidates equaled the open positions. As a result, the Elections Committee has decided that a Forum will take place regardless of the number of candidates.

These Forums are your opportunity to listen to candidates answering formal questions posed to them by an Elections Committee and allowing you to see how they handle themselves with unexpected challenges.

I urge you to not choose on personality but on level-headed responses. Remember, it is at the Board level that decisions are made affecting finances and ultimately your dues and how they are spent.

I am pleased to say that our Association is in excellent financial condition and our

property and buildings are well maintained and that has happened with no dues increases for a number of years.

We are blessed with excellent expertise in members of our Finance and Properties Committees and their well thought-out recommendations to the Board on their findings.

It still means that the "buck stops here" at Board level (as President Truman said). On that point, in my tenure on the Board, some past recommendations have been sent back because they were

too expensive or problematic. We have asked for new architectural approaches or to get new bids.

This shows that every Board should never "rubber stamp" everything sent. It reinforces the Board's fiduciary responsibilities which must overshadow what would be nice to have.

This election may bring four new faces to the Board, so I hope you will continue to vote accordingly as you have in the past and elect a Board that will continue to maintain our sound financial structure, our outstanding picturesque image, and at the lowest dues possible.

I believe that it is your wish for this to never change.

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

We continue to try new ideas to make your *Compass* magazine a quick reference guide to upcoming meetings and activities. At the back of the magazine, adjacent to our Advertising Directory, you will find a listing of Association contacts, including Board of Directors, Committee Chairs, and staff. Also listed are hours of operation by department. We appreciate receiving your feedback.

### Collection of Non-perishable Food

The holidays are upon us and the food pantry at the Salt Mine in Lincoln will be grateful for your donations of non-perishable food for those in need. Carrying on the work of Nat Studin, the Softball Club will manage the pick up and delivery of your donations

from the designated boxes at OC and KS Lodges. We look forward to receiving your donations now through November 30.

### "Meet Your Farmer"

We will continue to have seasonal fresh produce, plants, food and vendors at the Farmers Market on Wednesdays, 8:00 AM-12:00 PM through November. A new program, "Meet your Farmer" at 9:30 AM each Wednesday is offered to introduce you to farmers and their products. They provide recipes, samples, and answer questions. We have had talks on olive oil and grilling eggplant. The demonstration October 20 is

*continued on the following page*



**Upcoming Association-Related Meetings & Presentations**

Date • Time • Place

New Residents Orientation	Tuesday, October 19, 1:00 PM, Solarium
Golf Cart Registration	Thursday, October 21, 8:00 AM, pg 43
Finance Committee	Thursday, October 21, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, October 25, 9:00 AM, Hts./Gables
Board of Directors Meeting	Thursday, October 28, 9:00 AM, Ballroom
Board of Directors Special Meeting	Thursday, October 28, 10:30 AM, Solarium
Board of Directors Executive Session	Thursday, October 28, 11:00 AM, Solarium
CCOC/Chartered Clubs/Community Orgs.	Tuesday, November 2, 9:30 PM, Solarium
CCRC/Communications & Comm. Rels.	Tuesday, November 2, 1:30 AM, Solarium
Compliance Committee	Wednesday, November 3, 10:30 AM, Oaks
Golf Cart Registration	Thursday, November 4&18, 8:00 AM, pg 43
Elections Committee	Friday, November 5, 10:00 AM, Heights
ARC/Architectural Review Committee	Monday, November 8, 9:00 AM, Solarium
Properties Committee	Tuesday, November 9, 1:00 PM, Fine Arts
Listening Post	Weds., November 10, 9:00 AM, Solarium
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 Committee	Monday, November 22, 9:00 AM, Hts./Gables
Lincoln Hills Community Forums	
Treasures of Russian Art II	Friday, October 22, 1:30 PM, Pres. Hall (KS)
The A, B, C... and D's of Medicare	Wednesday, November 3, 7:00 PM, Ballroom
Smartphone... Hand-held Personal Cmp.	Sat., November 20, 2:00 PM, Pres. Hall (KS)

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

**Compliance Committee Opening**

Looking for an opportunity to be a part of a group making a difference in our community? The Compliance Committee is looking for volunteers with an even-handed approach to problem solving who are willing to work within specific rules and procedures.

Members of the Compliance Commit-

tee are responsible for reviewing written complaints, conducting hearings and making findings regarding alleged violations of the governing documents or rules.

Want to find out more? Download a Committee Application at our website, [www.lincolnsuncity.org](http://www.lincolnsuncity.org) (Document Library, Forms. Association Resident Forms). Or pick one up at the Membership/Activities Desk (OC).

*continued from the preceding page*

“How to decorate Pumpkins and Gourds” and November 17 Joanne Neft, author of *Placer County Real Foods from Farmers Markets every Week of the Year*,” will be signing cookbooks and answering questions.

**Sun City Lincoln Hills Gift Cards**

SLCH Gift Cards are now available for purchase on-line in any amount. You can add value to your existing gift card, purchase an actual card to be mailed to your friend or family member, or send an electronic gift card/certificate. See page 77 for details.

**Communication Updates**

Videos of Board of Director meetings and select Community Forums are available for viewing on our resident website. Computers at OC and KS Lodges are available for your use to view these videos. If you need

assistance, please ask for help at the desks. Staff will be pleased to help set you up for viewing. The Community television station, Channel 19 is no longer being used by the Association. Please refer to the *Compass* for information regarding Association news and upcoming events, trips and classes. E-bulletins are a great way to receive news and reminders of upcoming events. Sign up and start receiving them today.

**Holiday Hours**

The Activities Desks (OC & KS) will be closed Thursday, November 25, and will have shortened hours Friday, November 26, 10:00 AM-4:00 PM. The Fitness Centers will be open 6:00-11:30 AM November 25 and 6:00 AM-5:30 PM November 26. Membership and the administrative offices are closed both days. See you in the Lodge.

*Calendar of Events*

October 15 - November 20

Date	Event	Page #
10/15	Home, Health & Business Showcase	39
10/18	Genealogy “Beginning German Research”	28
10/18	“You Are What You Eat”	32
10/18	Karaoke Night	39
10/19	New Resident Orientation	39
10/19	Bus Trip: Le Grand Cirque Reno	52*
10/20	Bus Trip: San Francisco Shopping	39
10/21	Beale AFB Pilot Speaker	34
10/21	Spooktacular Halloween Dance	39
10/22	“Treasures of Russian Art II”	77
10/25	Speaker Specialist in Mixed Media Art	24
10/25	Talent Show Auditions	33, 36
10/25	Bus Trip: Vacaville Outlets Shopping	39
10/25	KS at the Movies: “The Producers”	39
10/27	Alzheimer’s Caregivers “Behavior Mgt.”	23
10/27	Bus Trip: Beach Blanket Babylon	40
10/28	“Gold Country Orchids”	28
10/29	Bus Trip: Beale Air Force Base	52*
10/29	Oktoberfest	52*
10/30	Reader’s Theater “The Thought”	31
11/01	Bus Trip: Reno Silver Legacy	40
11/01	Comedy Night at KS	40
11/02	Meet Your Chef	42
11/03	“International Space Station”	24
11/03	Bus Trip: Le Grand Cirque Reno	42
11/03	“The A, B, C... and D’s of Medicare”	19, 77
11/04	“The World Marketplace” Investing	29
11/04	Bus Trip: Off to the Races	42
11/05	Spurs & Hats Country DJ Dinner/Dance	42
11/06	Bus Trip: Hillsborough Antique Show/Sale	42
11/09	Sparkle & Snow Holiday Fashion Show	42
11/09	Bus Trip “In The Heights”	52*
11/10	“Picasa Photo Editing Program”	31
11/10	Bus Trip: “West Side Story” Orpheum	42
11/11	Tom Sullivan <i>Seeing Lessons</i>	23
11/11	Community Veterans Day Ceremony	37
11/11-13	Holiday Arts & Crafts Fair	36
11/15	Local Meteorologist “Weather”	32
11/15	Simon & Garfunkel Tribute Concert	44
11/17	Bus Trip: “Suds” at Cosmopolitan Cabaret	44
11/18	“Emergency Care/Canines”	32
11/18-20	“Christmas Magic”	31, 37, 44
11/20	“Smartphone... Hand-held PC”	77

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

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# **New Year Extravaganza!**

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

Personalize your evening with choice of entrée  
and seating location.

**Entrée selections:**

*\$75 Filet Mignon OR Seared Sea Scallops*

*\$65 Chicken Cordon Blue OR Roasted Steelhead Salmon*

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

All entrees include *Mango Carpaccio & Butter Poached Prawns Salad*  
and *Chocolate Blackout* for dessert

**Seating locations:** Ballroom; Meridians, Solarium and Pre-function Area

**Attire:** Fun and fabulous!

Party features original songs and videos from DJ Greg, Karaoke in the Community Living Room, free-flowing Champagne from 11:30 PM, party favors and countdown to midnight.

Tickets go on sale Monday, October 25. For complete details, see page 50.

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| AOL               | SacBee.com | ...and more.                      |
| MSN Real Estate   | Metrolist  |                                   |
| NetZero.com       | Trulia.com |                                   |



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## Board of Directors Election Dates

Please review these dates and mark your calendar

### Important Dates

- **October 15** — Deadline for candidates to file intention to run for Board of Directors
- **October 18** — Final slate of candidates announced
- **January 11, 2011** — Candidate Forum Session #1
- **January 14, 2011** — Election Ballots mailed
- **January 15, 2011** — Candidate Forum Session #2
- **January 19, 2011** — Candidate Forum Session #3
- **February 17, 2011** — Election Ballots counted and results posted



## What is Happening in our Open Space and... ?

Bob Cook, SCLH Executive Director

I often receive questions about what is happening in, and what projects are planned for, our Open Space areas. It is clear to me from the feedback I get that our preserves are viewed as our greatest asset by many. Here is an update of ongoing activities there.

As you know, we cut the firebreaks every year. Recently with the assistance of the Wildlife Heritage Foundation, we have begun testing various seed mixes in these fire break areas. The goal is to provide lower growing vegetation and more indigenous wildflowers – all compatible with soil conditions that exist. We had mixed results this spring in the test areas and will continue to try new seed mixes.

Chris O'Keefe and his team are looking into adding appropriate trees to the area. As they mature the trees will provide shade and additional wildlife habitat. This may come to fruition as we get a better picture of the irrigation issues. Providing water to any new planting in a cost effective and environmentally sensitive way is the key. We

are all hopeful that we can make this work.

You will be seeing activities around the areas affected by the large blackberry bushes. The blackberries are highly intrusive and need to be controlled. Unfortunately the sheep and goats have more tasty things to eat so we need to deal with it manually. Speaking of the sheep and goats, they will be back. Residents may not see them as often next year. Everyone enjoys them, especially during lambing season. Currently we are trying to determine if there is any connection between the animals and a resurgence of Star Thistle. The Star Thistle may be a result of our wet spring, and we need to watch it.

Lastly, I have a request. On a number of occasions, the Maintenance team has been requested to trim behind homes after the fire breaks have been completed. With few exceptions, this service at a cost to the entire membership resulted from either yard irrigation overspray or leaking water features. So as summer turns to fall and as you start turning down your sprinklers and/or water features, please continually check for overwatering and/or leakage.

## YTD Financials Continue Better Than Budget

John Snyder, Finance Committee Chair

The Finance Committee met September 16 and reviewed and accepted the August 2010, financials for the Association. For the month of August, overall operations were \$3,900 worse than budget. For the month, better than budget results of, (*Now Pay Attention*)



Food & Beverage \$19,000, and Administration \$3,100, were offset by worse than budget results for Landscape \$9,300, Maintenance \$6,700, Fitness \$5,700, Activities \$3,000 and Spa at Kilaga Springs \$1,300.

Year-to-date (YTD) operations were \$286,500 better than budget. Year-to-date better than budget results of Landscape \$175,600, Maintenance \$75,800, Administration \$16,700, and Food Services \$29,200, were offset by worse than budget results for Fitness \$1,500, Activities \$700, and Spa at Kilaga Springs \$8,600.

To date, the Committee has attended two of four scheduled 2011 Budget presentations. It has been a pleasure. In my five years of being involved, the Department Directors and Managers did the very best business plan and budget presentations ever. We are lucky to have such committed, capable and professional individuals on staff.

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

The next regularly scheduled Finance Committee meeting will be held on Thursday October 21 at 9:00 AM. The final 2011, Budget meetings were held at 9:00 AM on October 11. My November article will advise you of the outcome.



Many view our Open Space preserves as our greatest asset. Pictured is a typical seep seen along the Seep Trail. Photo by Tom Roach

## Did You Know?

The Placer County Materials Recovery Facility (MRF) processes roughly 1000 tons of commercial and residential garbage a day? That is two million pounds of garbage each workday!



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## Old and New — Information for You

Bob Murdock, Chartered Clubs & Community Organizations Committee Chair

**Club officers and/or steering committees, mark your calendars: The Association Clubs general information meeting will be held on November 8 at 10:00 AM in the Presentation Hall (KS).**

If you have date or time conflicts, pick a club member to substitute for you. The meeting is a great time to get any lingering questions answered about club operation.

Some topics to be discussed include:

- Club dissolution and requirements
- A renter's role in clubs

- How can the CCOC help your club?

Residents are welcome to attend the monthly CCOC meetings. Please join us November 2 at 1:00 PM in the OC Lodge.



## Before and After

Gay Mackintosh, Properties Committee Chair



One of the pleasures of serving on the Properties Committee is the opportunity to be involved in projects that

keep our community fresh and respond to changing interests and needs. Requests for improvements may come from homeowners, the Board of Directors, staff, or other committees.

To find out about projects now in the planning stages, you are invited to our meetings the second Tuesday of each month at 1:00 PM.

Shown below are a sampling of some projects completed so far this year:



**Before (left):** Small covered patio adjoining Sports Bar received little use. **After:** Addition to Sports Bar proves popular with golfers and residents, increasing revenue and providing flexible space for small meetings or restaurant overflow.



**Before (left):** Five Disabled Parking spaces at Kilaga Springs Fitness Center were often filled. **After:** Three new spaces at KS Fitness Center and one more at the main Lodge entrance better meet residents' needs.



**Before (left):** Temporary tent in Secret Garden was unappealing and space-wasting. **After:** Permanent shade canopy with lights and fans makes the area a secret no more! The space is already generating income from catered events and provides an additional amenity for homeowners.



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*Jerry McCarthy, Director of Food & Beverage*



The Food & Beverage Department wants to thank you for your continued support. We are on track to have the best annual financial results since 2007 and we will continue to improve on our financial results as we move forward.

### Comment Cards Make a Difference

The comment cards you fill out and return after your meal have been a tremendous help to the entire staff. Due to your feedback, we continue to focus on being more consistent by working tirelessly to improve each dish that we serve and improve the quality of service for each dining experience. We realize that this consistency is key to our ongoing success. Help us celebrate the success and work on opportunities for improvement. Be sure to use the comment cards to recognize one of our All Star staff and/or one of your favorite dishes.

### New Fall Menu is Getting Rave Reviews

The fresh seasonal items that are highlighted on the menu represent the best local meat, seafood, and produce that can be purchased. Chef Roderick's Fall Favorite entrée of Filet Mignon and Prawns is one of the most popular entrées and it's only \$19.95.

### Special Events

#### Great Variety, Attractive Prices

Special events like New York Deli Night and All You Can Eat Crab Feed were huge successes. We are receiving many requests to have encore performances. Monday Night Football in the Sports Bar is going full tilt. We have drink specials and a Special Monday Night Football Buffet. The Buffet changes weekly and only costs \$5.99. There are also drink specials all game long in the

Sports Bar. Come in and watch the games with your friends.

### Wines From Around the World

We have another winemaker's dinner planned with Chef Roderick on Thursday, November 4. Come experience Barons de Rothschild (Lafite) world renowned wines. We will be offering three white wines and two red wines to complement Chef Roderick's five course creation. Go to [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) for more details or ask a manager.

### Let Us Handle Your Holiday Events

It is time to start thinking about the holiday season. Call Sales Manager 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 everything from simple luncheons to elaborate dinner parties food or bars for every event. Enjoy the holidays with fam-

ily and friends and let us do the all work.

### Pies for the Holidays are Back!

Chef Roderick and his culinary team will be baking pies everyday starting November 20 until December 30. Last year Meridians sold over 1,000 freshly baked pies. The 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.

### Make Thanksgiving Reservations Now

Meridians will be hosting a wonderful feast for family and friends on Thanksgiving Day, November 25 from 11:30 AM to 4:00 PM. Make your reservations now by contacting Meridians, 625-4040. 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 Meridians website: [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com).

### Roasted Salmon with Caramelized Cauliflower & Fennel Fettuccini w/ Pistachio Pesto

- |                                 |                               |
|---------------------------------|-------------------------------|
| (4) 5-6 oz salmon fillets       | (1) small head of cauliflower |
| (1) fennel bulb                 | (1) lb of cooked fettuccini   |
| (4) leaves of sage (chiffanade) | (1) Tbl butter                |
| (1/2) Tbl garlic (chopped)      |                               |

Slice fennel & cauliflower into 1/2 inch strips. In a hot sauté pan add a tsp oil (your choice) and sauté on high heat, fennel first and when it gets a little color add the cauliflower. Season the mixture with salt & pepper. Continue to sauté stirring constantly making sure not to burn. When cauliflower looks to be done (the smaller pieces of cauliflower will start to mush), add the butter, garlic and sage and toss with mixture and set aside. Boil fettuccini and toss with just a little of the pesto. Cook your salmon fillets (roasted, poached, or grilled). On a plate or bowl, put down your fettuccini, top with fennel and cauliflower mixture, place salmon on top and finish with a Tbl of the pesto.

#### Pistachio Pesto — Blend all ingredients in food processor

- |                      |  |
|----------------------|--|
| (5) cloves of garlic | (1) bunch basil (no stems or it will turn brown) |
| (1/2) cup parmesan   | (1/2) cup pistachio                              |
|                      | (1) cup olive oil                                |

## Elvis Has Left the Building

*Steve O'Rourke, Director of Community Standards*

By the time you read this article I will be finishing my second week as General Manager of a small Homeowner Association in southern California.

As this community's Director of Community Standards, it was my pleasure for almost four years to meet many of you and work through compliance and architectural review issues. For the most part, it was very rewarding and the cur-

rent beautiful condition of almost all the homes in the community is a testimony to our homeowners.

Cece Dirstine has done a great job as the Department's Administrative Assistant and I know she will continue to help the new manager in keeping this community on the right path. The rest of the staff, Committee members, and Board have provided a great deal of support and the

consistency that has been developed will positively impact the community for many years to come.

Thank you all for working with my Department in making Sun City Lincoln Hills a great place to live, and may the future bring good tidings to you and your families.





## Fitness Center News

### The Wave & Kilaga Springs

Brandy Garcia  
Director of Fitness

### Fitness Center News

#### 11<sup>th</sup> Annual Just Tri It Event – Congratulations!

We had a good “Just Tri It” event turnout on September 29. We had 45 individual non competitive athletes and one non competitive team of three. We even had some brand new athletes who completed all three events. Congratulations to all those who took part in the non-competitive triathlon. It was a pleasure to cheer you on.

The competitive triathlon took place in the wee hours of the morning on September 29. We had 10 individuals and two teams compete this year. The first place team was comprised of Debbie Gates (swim), Bill Richardson (bike), and Jim Leonhard (run). The first place male went to Gary Ferris and the first place female went to Suzanne Shaffer. Congratulations! All did a tremendous job of showing us what they are made of.

**Dear Edna Etiquette:** Is it true that the indoor pools will be changing into a salt-based system? Why change? – Sincerely, Interested Ivan

**Dear Interested Ivan,** Yes, we are converting to salt systems, and it will be for all



Some of the competitive triathlon winners, from left: Gary Ferris, first place male; Suzanne Shaffer, first place female; Debbie Gates, team/swim; Bill Richardson, team/bike; Lisa Scroggs, Assistant Director of Fitness.

pools and hot tubs (outdoor pools as well). The Board gave its approval of this Capital Asset Request at its September Board meeting. We will make the conversion in December. This conversion will coincide with our regular annual maintenance so there will be no additional down time of the pools. There are many great benefits the Association and its residents will reap with this conversion. Health benefits include less irritation to skin, eyes, hair, and airways. With salt water systems there are no harsh additives added to the chemical chlorine as the chlorine comes from the breakdown of salt. People who suffer from asthma or allergies may be able to use the

pools as this type of system is more suitable. Gone will be the days of smelling like chlorine after your water class or laps; the salt system will almost completely eliminate that smell. The cost of salt is much cheaper than the cost of chemicals used in the current system. Those toxic and dangerous chemicals which need to be stored on site will no longer have to be thus creating a safer work area. Swimsuits will last longer in a salt water system so there will be some savings to the regular users. We are very excited about this conversion and look forward to seeing all the residents enjoy this fantastic improvement come 2011!

Sincerely, Edna Etiquette

## Fitness Class Schedule!

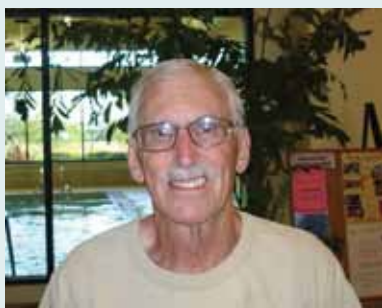
Register at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works	Hi-NRG Cycle•	Water Works	
8:00 AM	Low Impact	Circuit & Abs	Low Imp. Ind Cycling•	Circuit & Abs	Low Impact	Card.Spc. Hi-NRG Cyc•
8:30 AM	Yogafied• Water Wks	Low Impact•	Water Works	Low Impact•	Yogafied• Water Wks	
9:00 AM	Low Impact	Intermediate Step	Low Impact	Advanced Step	Low Impact	Yoga I Fusion•
9:30 AM	Circuit•	Strict. Strngth• Water Wks	Circuit•	Strict. Strngth• Water Wks	Circuit•	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Yogafied	Cardio Dance	Strictly Strength•
10:30 AM	Strictly Strength•	Pilates• Water Works	Everybody Can•	Pilates• Water Works	Fit Fun 101•	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength•
11:00 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:30 AM		Basic Joint Efforts		Basic 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  
Indoor Pool WAVE  
Classes at KS•  
No Charge §

## Health Nut of the Month

### Jerry Speno



Jerry and his wife Sue moved to Lincoln Hills seven years ago from the Bay area where Jerry was involved in employee staffing and relations for Xerox and Xilinx Corporations. After a career that resulted in a lot of headaches and 35 pounds overweight, Jerry was convinced by his cardiologist that an exercise program would not only be good to enhance his life expectancy, but should significantly increase his energy level. He started at The Wave on the cardio machines and has since expanded his exercise routine to the Weight Room, water volleyball, softball, and water aerobics. As a side benefit, Jerry has made some great friends through the Fitness Center.

Jerry and Sue have enjoyed traveling to wilderness areas as well as urban areas during their 43 years together. He will tell you his fitness program has really helped him enjoy many aspects of his life, but hasn't done much to improve his dancing skills — he admits he's still terrible! Keep trying, Jerry, and keep up the good work!

## Did You Know?

Our American flags become tattered over time. Replacement American flags are available from our Veterans Group on the 15<sup>th</sup> of each month in the OC Lobby. Disposing of your old flag may be done in the Lobby at the time you purchase your new one or it may be deposited in the marked receptacle in the Business Office next to the Activities Desk (OC).



## Fourth Quarter at the Spa

Tina Ginnetti, Spa Manager



### Holiday Season Kickoff

We are open to accommodate your spa party/event for the season. Bring in your group for a fun day or nite. Refreshments available upon request.

- **Gift Cards** – Get your shopping done early... the best gift of love you can give.
- **Exclusive to Lincoln Hills Residents** – Our new Punch Card, buy five services and get the sixth one free (equal or lesser value)! Nails, Massage, Facials.
- **Spa Boutique** – Stop in to see all the wonderful gift sets and various holiday items. Get your guest list ready and let us help you pick the right gift! Aveda's "Gifts Bright with Hope" will all include a *free* handcrafted tagua nut accessory, helping 400 families and supporting women artisans and indigenous peoples in Columbia.

### "Spatique Day • October 21"

Book your time on our "Spatique Day" October 21, 12:00 - 8:00 PM for 30-minute mini services, (see our Marvelous Mini Menu on our menu of services on our website) refreshments and shopping! We will be offering the Aveda Mens' Shave and After Shave items too!

### Bad Hair Day

I don't think there is a woman out there who has not experienced a "bad hair day" or a man who has not been the unfortunate one to deal with us getting a bad hair cut. Our image seems to revolve around our hair. If you don't already know, we sell Aveda hair, skin and body products at our Spa. Aveda began with their hair products and pride themselves on natural ingredients with no harmful cancer-causing chemicals. Their "HERO" products launching this

fall are **Smooth Infusion Shampoo, Conditioner and Style-Prep Smoother** (four out of every ten women have frizzy hair). Their style prep smoother has 12 hour humidity defense and protects from heat styling. If you are familiar with the new "Brazilian Blowout" for smoothing and texturizing starting at \$150.00, check out the Smooth Infusion Products to show you how you can get those same results on the Aveda.com website (through our website [www.kilagaspringsspa.com](http://www.kilagaspringsspa.com)). They now have videos to show how to use their products and all the latest in styling. You may purchase at the Spa or online through our website.

### Pure Privileges Program

Join our **Pure Privileges Program** and use your points to shop or get free spa services, jewelry, a spa escape, Seventh Generation products and more. Stop in to enroll.

### New! Acrylic Nails Now Available

What's new with the nail department? **Acrylics** – for those of you who still like the Acrylic Nails, we now offer this service, regular and pink and whites with Vanessa or Jennifer. This is new to the Spa as we have had so many requests. Our three nail technicians are here to serve you Monday through Saturday. Booking should be at least three weeks in advance for the holiday season.

### Facial of the Quarter

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We are excited about a merry and bright season!

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## The *Compass* Roving Reporter Hail to the Honorees!

LH Foundation's "Hats Off!" Gala  
Tribute to SCLH Volunteerism

Doug Brown

Another Lincoln Hills first! Some 200 people gathered in Orchard Creek Ballroom on Friday, October 1, for Lincoln Hills Foundation's inaugural "Hats Off!"



Marcia Van Wagner

event to honor some of those who have committed countless hours of effort to help make Lincoln Hills the premier Del Webb community in the country. A community unparalleled in its opportunities, activities, and best of all, its talented leadership.

As the guests arrived, a festive mood was already being set with the dulcet tones of Bill Sveglini's guitar and the spirited voices of The Hills Brothers, an *cappella* men's octet. The tables, each with compli-

mentary wine, featured attractive floral centerpieces in a top hat. Chef Roderick outdid himself in a culinary masterpiece of tossed salad greens, a hot and juicy entrée, and a dark chocolate dessert to die for.

In her introductory remarks, Marcia Van Wagner, President of the Foundation and Chair of the gala, reminded us all not only of the Foundation's excellent work to assist seniors in the Lincoln community, but also of the crucial importance of leaders such as those being honored that evening.

Then came the moment we awaited: a salute to the honorees, emceed by Peter Gilbert. What an assembly of talent and dedication! Can you imagine what Lincoln Hills would be without volunteers such as these amazing residents? We might not have neighbors reaching out and helping each other, support groups for health concerns, top notch entertainment, tutorials for children in our community, a Twelve Bridges Library, and... and... more. We might not be the caring, giving, supportive community that we are!

What did this fabulous gala evening say to all of us? One of the principal Foundation donors, Therese Adams, summed it up in

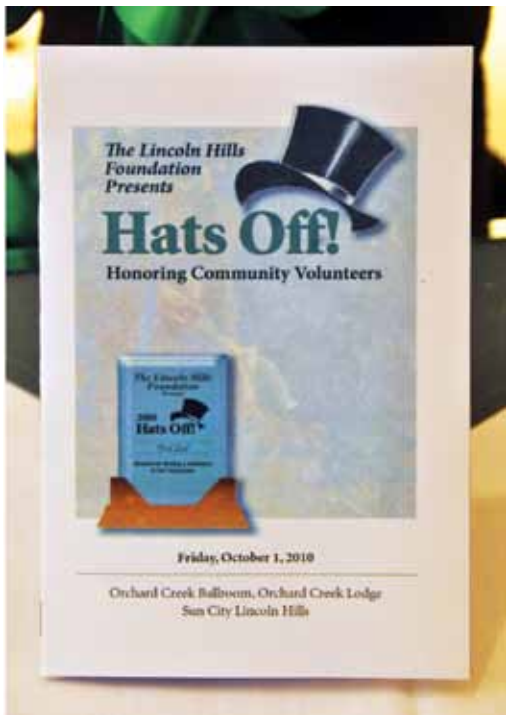


Here they are, the 20 that have been so incredibly influential in shaping the nature of our community: • Top row, from left: Cindy Moore, Cheryl Karleskint, Sandy Frame, Jim Prosser, John Flaherty, Barry Mackintosh • Third row, from left: Karen Foley, LaRita Gruenwald, Judy Hogan, Barbara Smith, Judy Payne • Second row, from left: Jack Swanson, Bob Stackhouse, Al Roten, Ken Sheehan • First row, from left: Loretta Alley, Shirley Schultz, Jean Ebenholtz, Joan Logue • Front right: Mickey Haggard  
Photo by Jeff Andersen; photo enhancements by Patrick Vath

her remarks with a Margaret Mead quote:  
*Never doubt that a small group of thoughtful, committed people can change the world; indeed, it's the only thing that ever has.*

We come from many walks of life, different religious persuasions, diverse political views, and varied interests but we unite in our singular desire to make this community the best it can be. We unite in our commitment to give something back. And we do this not for pay, not for glory, but for the enrichment of the lives of those in and around the city of Lincoln. Surely it's this altruistic, giving spirit that will continue to influence and positively impact our community!

And on Friday, October 1, we had a most excellent celebration of this Lincoln Hills spirit!



The evening's program included a photo of the honoree's award on the cover



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Ann Renyer 408-7008      Michael Renyer 343-6044      Loree Risi 716-0854      Terri Stevenson 316-4811      Rudy Svetal 580-9693      Margaret & Karl Thompson 508-0152      Doreen Traxel 698-0801      Ann Wallace 408-1188      Tangi Walker 316-1112      Tony Williams 521-3400      Sharon Worman 408-1555

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## Neighborhood Watch

### An Ounce of Prevention!

Patricia Evans

“An ounce of prevention is worth a pound of cure” as the old saying goes. Probably we learned this at our mother’s knee, and it is still true.



We recently received an email from a Village Coordinator enumerating a number of questions from the residents. They want to know why we keep Residents’ Lists, promote the Vial of Life, and have block

get-togethers. Do we have anecdotal evidence that we have prevented crimes or saved a resident from a medical emergency?

We appreciate your assistance in helping us answer these questions. Please share instances in your neighborhood where you or your neighbors have assisted each other. Please contact me at 408-2307 or send an email to pevans318@aol.com.

Our present response to these questions is that we hope that our “ounce of prevention” forestalls or mitigates as many problems as possible, but it is very difficult to establish what number of incidents have been avoided. Sometimes we just need to use good judgment and go on faith that what we are doing makes sense. Neighborhood Watch feels that encouraging neighbors to become acquainted, and knowing their emergency information, usually gives us the capability to handle problems before they reach a crisis. Take medical emergencies for instance. Even though medical emergencies — where we need to assist a neighbor — may be rare, if you’re the one with an emergency and your neighbor comes to your aid, it is 100% an incident!

Being prepared is like having fire insurance. Even though, to my knowledge, there have only been two residential fires in SCLH which did serious damage, we know we would be foolish to be without fire insurance. We know we need to be prepared

#### Neighborhood Watch Contacts

- Ken Sheehan, 434-7712  
kensheehan@sbcglobal.net
- Pauline Watson, 543-8436  
frpawatson@sbcglobal.net
- Allen Gillespie, 434-5979  
allenm40@ymail.com

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

to handle the unexpected. By the same token, we know that our Lincoln Police Department provides safety by their mere existence. When the LPD has to reduce their force, we all feel more vulnerable. The LPD frequently tells us that they depend upon all of us to be “the eyes and ears of the police” in our neighborhood.

At the very least, when neighbors are friendly and know each other it makes a warm and comfortable atmosphere. Liv-



Frank Watkins masquerades as our Doctor for Neighborhood Watch

#### The Compass Roving Reporter

### A Cheerful Heart is Good Medicine *Proverbs 17:22*

Lee Belshin Extols the Health Benefits of Humor

Doug Brown

Three doctors arrived at the Pearly Gates — a pediatrician, an orthopedist, and a CEO of an HMO. St. Peter ran them through the usual questions to qualify them for eternal life on the Streets of Gold. He said okay to the pediatrician for caring for His little helpless children. The orthopedist got a full pass for healing His crippled ones. And while he praised the CEO for providing health care for thousands of His creatures, he warned, “But you can only stay for three days!”

Three Lincoln Hills golfers — whose hearing wasn’t necessarily perfect — were finishing up their round for the day. One said, “It’s windy today, isn’t it?” “No,” responded the second, “it’s Thursday.” To which the third guy said, “I am too, let’s have a drink!”

ing is easier when we can relax with the knowledge that our neighbors are our friends who live only a stone’s throw away.

Professional thieves and other “bad guys” seem to know intuitively where the neighborhoods exist which will be an easy touch. They also know that active Neighborhood Watch organizations are their enemy. Neighborhoods where residents are aware of the usual habits of their neighbors set up an invisible defense screen which criminals prefer to avoid. Knowing when our neighbors are out of town protects their property and yours, as well.

When seniors look for a retirement area, their first consideration is safety and security where they can relax and enjoy all the amenities of the good life. When you contribute to the safety and security of our area, you are protecting the value of your property!

Our Annual Meeting will be held on November 4 at the Multipurpose Room (KS) from 6:00-9:00 PM. The major business of the year will be conducted at this meeting, including the nomination and election of Board Members and the Annual Report of the Executive Director. The meeting will be followed by a dessert potluck.

Please turn to page 23 for information about our Village Coordinators and how they serve us.

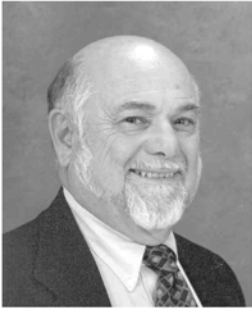


And so the mirthful evening went with our own Lee Belshin at Kilaga Springs a few nights ago, lecturing under the sponsorship of SCLH’s Community Forums. Lee is a public health educator, speaker on radio and TV shows, and author. His book, *Love Your Heart*, gave readers advice on how to maintain a healthy heart. And in *The Complete Prostate Book*, (which Lee wryly subtitled “To pee or not to pee”) he offered advice to men on prostate health.

Lee’s gift as a stand-up comic is an effective tool through which to deliver his essential message that humor is healthy. He explained that laughing lowers blood pressure, increases respiratory efficiency,

*continued on page 19*





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## Aging Gracefully

### Your Future Health Care

Shirley Schultz



While reading through the *Medicare & You 2010* manual from the Centers for Medicare & Medicaid Services, the recurrent question that came to mind is, "What changes have been made by the new *Affordable Care Act of 2011*?" One thing I realized is that I really do not know the details of what is in the Medicare 2010 manual let alone what

is in the new health care legislation. Most likely I am not alone in this. **On November 3, guest speaker, Margaret Reilly, will discuss the new legislation that is predictably going to affect all of us in some way.** (See page 77.) To prepare for the talk, it might be helpful to take a bird's eye view of the categories that Medicare currently covers. Even though the categories are listed below, one must read the parameters and limitations to determine if Medicare actually covers certain things in your individual case and how much out-of-pocket cost you can expect. If you do not have a copy of the official government handbook called *Medicare & You 2010*, you can obtain one by calling 1-800-633-4227.

Currently, *Medicare Part A* covers certain costs for hospital inpatient stays, blood, home health care, Hospice care, and Skilled Nursing Facility Care. *Medicare Part B* helps cover medically-necessary doctor's services, outpatient care, home health services, some preventive services, and other medical services. Although most citizens automatically start receiving Part A starting the first day of the month in which they turn 65, there are some who must sign up for it such as those who are

not receiving benefits from Social Security or Railroad Retirement Board (RRB). The same holds true for Medicare Part B, but there are special rules that govern Part B as to when you can sign up for it and what penalties will affect you if you do not meet these requirements. Currently, your costs for Part B depend on whether you are on Original Medicare or whether you join a Medicare Advantage Plan (called *Medicare Part C*) such as an HMO. Your costs are also affected by whether or not you have other health insurance called a Medigap policy. *Medicare Part D* is available to everyone with Medicare if you join a plan run by an insurance company or other private company approved by Medicare, and each plan may vary in cost and drugs covered.

Part D is not necessarily the cheapest nor the most efficient way to obtain your prescription drugs.

One of the areas that I find especially confusing is that of Home Health Care. Many people cannot rely on Medicare for this because it is part-time or intermittent and **requires that you must be home-bound**. Often supplemental insurance policies or Medigap policies do not fully cover home health care. Plan to attend the upcoming Community Forum, *The A, B, C... and D's of Medicare*, to become educated about how you will meet your health care needs in the future under the new national health care legislation.

## Cheerful Heart

continued from page 17

and triggers the release of endorphins. And don't forget that the second half of the Proverbs verse in the title says "...but a downcast spirit dries up the bones!"

Speaking of bones, as he held up his well-worn athletic shoes, Lee also extolled the benefit of regular exercise for a long happy life. And not just physical exercise. Mental exercise – through reading, puzzle-solving, playing games – will add years to your life... and improve your memory.

A cop pulled over a Lincoln Hills resident doing 80 mph. "What's your big hurry?" asked the officer. "Gee," said the driver, "I had to get where I was going before I forgot where it was."

For more opportunities to exercise your brain cells, check the *Compass* for announcements of other Community Forums, sponsored by our Communications and



Lee extols the benefit of regular physical and mental exercise

Community Relations Committee.

And to nourish your "cheerful heart," think about attending our own **Comedy Nights** right here in Lincoln Hills. Check your *Compass* for these monthly events that will be the best medicine money can buy. And at \$9 a pop, that's gotta be cheaper than any of your prescription drugs!

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## Big Lights Coming to Lincoln Hills Soon — Tour de Lights! Tuesday, December 21

Gay Sprague

This December will mark the first of what is sure to be an annual event. Each year, many owners/neighborhoods and cul-de-sacs put forth a tremendous amount of talent and effort decorating outside their homes for the holidays. At resident request, staff will coordinate a list of decorated homes by Village and make the list available to all residents so they can share your spirit of the holidays. In order to coordinate the list, we must receive your name, address and Village number by Sunday, December 12. Please send your address to our special email address: [lights@sclhca.com](mailto:lights@sclhca.com) or bring it to the Activities Desk (OC).

A community-wide holiday reception is planned for Tuesday, December 21 between 6:00 and 8:00 PM. Minimally-priced tickets

will help us plan for your attendance and defray the costs of light refreshments and strolling carolers. The event will be a wonderful way to gather with your neighbors to share holiday cheer.

Depending on the number of homes that participate in Tour de Lights, staff will arrange bus tours of the decorated Lincoln Hills homes. Registration specifics for the Tour de Lights and for the reception will be announced in the November 15 *Compass*. To add to the fun, attendees will have

an opportunity to vote for their favorite decorated home, cul-de-sac and Village. Announcement of top favorites will be published in the December *Compass*.

Save the date of Tuesday, December 21 on your calendar and plan to join your neighbors for a holiday celebration and our Tour de Lights. We look forward to your participation!

Decorating may begin **November 15**. Be sure to follow the Design Guidelines, Section 2.5.

The list of homes will be made available to residents showing membership ID on the 21<sup>st</sup>.



*The Patty's Christmas Light Show last year*

## The *Compass* Roving Reporter Calling All Car

Steve Russo

So there I was, sitting in the Lincoln Hills Patrol car, a 2008 Dodge Charger. It is the only car used by the three rotating shifts of operators of the Security Service for Lincoln Hills. (See, the headline is not a typo.)

After signing the standard waiver form, Lt. Patrick McElroy, a two-year veteran and I were off and running. Patrick started explaining his duties and what he could and couldn't do. Patrick told me that most people have the wrong idea about the

Security Service, "they look at us as police officers, and we are not" he stated.

He does not carry a weapon, cannot make arrests and his main job is enforcing safety issues. He stressed this several times as we stopped at the small parks and trails that surround our community. When his view was obstructed in the car, he would vacate the vehicle and walk around to get a view of the hills. He was looking for fires or possibly people who may have fallen.

He did mention that if he saw someone who didn't seem to fit into the picture, he would interview them and make sure all was okay. He was clear that he was not there to irritate or bother them. It was evident to me that Patrick was the type of person who gets along with people and enjoyed meeting them.

The Security Service runs two shifts from 9:00 AM to 5:00 PM and from 5:00 PM to 1:00 AM daily. As we drove up Del Webb Boulevard, he noticed a street sign had been knocked down. He got out, photographed it and reported it to the city. He is locked in by radio to Lincoln Hills and the fire and police departments. In case of a local catastrophe, he is ready to assist in crowd control or

any way he may be needed. He has had anti terrorist training and is very familiar with Cardio Pulmonary Resuscitation, CPR, and Automatic External Defibrillator, AED usage.

Patrick was very adamant about the residents helping themselves out by making sure their garages are closed during the day and at night, and to keep an eye out in their neighborhoods for anything suspicious. Usually the call that something is wrong is made after the fact.

One thing is clear, the man is dedicated to his job, your protection and your well being to the point of even loving your pets. If he runs across a stray dog or cat, he takes it to his home and cares for it until he can locate the owner or contact the proper authority.

Personally, I felt a great relief that a good man was watching over Lincoln Hills each day. If you have an emergency, call 911. If you have matters of trespassing, fire or any local problem, you can call the security number 1-800-983-1932. Patrick said that most small problems can be handled within five to ten minutes response time.



*Roving Reporter Steve Russo had an opportunity to ride along with Lt. Patrick McElroy of the Lincoln Hills Security Service*



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- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery



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## Support Groups & Clubs



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

Yvonne Speer, MSW, Program Coordinator for Kaiser Permanente's Alzheimer's/ Dementia Program will be our speaker on Wednesday, October 27, at 1:00 PM, Multipurpose Room (OC). Her presentation is titled "Behavior Management Workshop." Yvonne will review techniques you can use if you are caring for an Alzheimer's/Dementia patient who is exhibiting difficult to deal with behaviors.

Our Support Group meets the fourth Wednesday of each month. We alternate our programs between presentations by experts who contribute to our knowledge of this disease, and caring/sharing sessions when we gather as a Group led by a professional to discuss issues that are important to our members and to share solutions.

Six out of ten people with Alzheimer's will wander and may become lost. Medic Alert + Alzheimer's Association Safe Return is a 24-hour nationwide emergency response service for individuals with Alzheimer's. Call 1-888-572-8566 for information.

**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 October 20 and November 17.

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 Monday, November 8 at *Olive Garden*. 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 •

October is breast cancer awareness

month and to commemorate this occasion Bosom Buddies held an open house at KS on the 14<sup>th</sup>. There was lots of food, door prizes and, of course, members in their pink outfits. If you missed the open house, we invite you to come to one of our meetings and find out what we are about. Thanks to those who worked so hard to make this event a success with special kudos to Cindy Redhair, our tireless program chair.

At deadline the November meeting agenda has not been confirmed but we hope to have a speaker talk about lymphodema.

We meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). If you wish to join us for lunch prior to the meeting please call Marilyn Poole at 434-8902.

**Contacts: Marianne Smith 408-1818;**  
**Sally Lewis 434-7381**

**Websites: www.lincolnsuncity.org**  
**www.lincolnhillsbosombuddies.org**



### • Eye Contact •

#### Low Vision Support

November 11, Presentation Hall (KS)—1:00-2:00 PM: *Seeing Lessons* — Tom Sullivan, blind since birth, will present portions of his Broadway show. Sullivan has authored *If You Could See what I Hear*, and many more books for the blind. He is a musical composer, motivational speaker, singer, actor, musician, producer and director. He enjoys golf, skiing, skydiving and running.

*"I believe that disadvantages can be turned into advantages."* Tom Sullivan

Age-related Macular Degeneration Does Not Cause Blindness. For an audio-visual presentation on this subject, go to: [www.mdsupport.org](http://www.mdsupport.org) and click on audio/visual presentation. Go to research and treatment and click on "How Blind Is Blind?"

**Contact: Barbara Smith 645-5516,**  
**Chelsea@starstream.net;**  
**Cathy McGriff 408-0169**



### • Neighborhood Watch •

Our Village Coordinators are the important link between our Executive Board and the Mail Box Captains they are assigned to assist. The big job for your Coordinator is to find, train, and support a Mail Box Captain for each unit in the Village. However, each Village Coordinator is assigned to an Executive Board Member who is available to lend a

helping hand wherever it is needed!

Some Villages strictly apply themselves to the basics of safety and security, while others like to initiate social activities. Community service is also emphasized in some Villages. A large number of our Villages participate in National Night Out each August, either with a big party or with a number of smaller gatherings.

We currently need Coordinators for Villages 8A, 12, 13, 16B, 28, 29, 30B, 38A, 39. Please call one of the contacts below for information about this worthy community service.

**Contacts: Ken Sheehan 434-7712,**  
**kensheehan@sbcglobal.net;**  
**Pauline Watson 543-8436,**  
**frpawatson@sbcglobal.net;**  
**Allen Gillespie 434-5979,**  
**allenm40@ymail.com**  
**Website: www.lincal.net/watch**



### • Super Seniors •

The saying goes, "If you don't use it, you lose it," and, by the same token, if you don't ask for it, you will not receive it. At the November 5 meeting, a speaker from Seniors First, the Placer County arm of the Area Four Council on Aging, will talk about the many services of that agency, and a representative from Neighbors InDeed will be there to introduce a possible new service and to survey you.

The facilitator, Shirley Schultz, will offer you an attitude adjustment prior to Thanksgiving and the holiday season including the Super Seniors Holiday Luncheon on December 3. Plan to attend the Super Seniors meeting Friday, November 5, from 10:00-11:30 AM in the Gables (OC).

The informal Chit-Chat group of Super Seniors meets each third Friday. Come visit on November 18 in the Multipurpose Room (OC).

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



## Shared Interest Groups & Chartered Clubs



### • Antiques Appreciation •

On October 4, we enjoyed a special presentation by two residents, who are third generation jewelers. In addition to their collection of pocket watches and other antique pieces, they

brought a wonderful album containing detailed drawings of every item that had been collected by their grandfather.

Next month (November 1), we're planning a trip to the Placer County Museum, located in the Historic Courthouse in Auburn. Admission is free and a docent will be assigned to our Group. Following a short regular meeting at OC starting at 9:30 AM, we'll carpool to Auburn. Prior to the meeting, you'll also be able to purchase tickets for our Annual Holiday Brunch to be held on December 6.

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** •

October's meeting has Anne Bradley as guest speaker. A specialist in mixed media, Anne is known for her large canvases utilizing found objects. We look forward to hearing more about this unusual style. Join us on October 25 at 2:00 PM in the Presentation Hall (KS).

November brings our second President's Challenge of the year. Members are working on entries with the theme of "fire" as inspiration. Entries will be accepted in two categories; "traditional" art – painting, photography and sculpture and "non-traditional" art – all other media. Attendees at the meeting will judge the best in each category and prizes will be awarded.

Interested in art? Or are you an artist? Then the Arts Association is the place for you. To see what this group can offer you, come to one of our monthly meetings on the fourth Monday of the month at 2:00 PM in Presentation Hall (KS).

**Contacts: Bill or Cathie Szabo  
434-6667, billcats1@earthlink.net  
Website: LHarts.org**



• **Astronomy** •

A two-night "Exploring the Night Sky" class was held for LHAG members. On the second night, the class joined the Binocular Interest Group and other LHAG members for a Star Party under the dark skies at Blue Canyon.

Monday, October 18: Fine Arts Room

(OC), Monthly Cosmology Interest Group Meeting. Contact Ron Olson (408-1435) or Morey Lewis (408-4469) for information.

Wednesday, November 3. Nick Poppelreiter, NASA Ambassador, will take us to the International Space Station and provide details of its mission. This presentation will be at the Presentation Hall (KS).



*Astronomy Group's Anthony Oreglia presenting "Exploring the Planets" at the Astronomy Group meeting*

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** •

Swing Is In the Air! As you are reading this issue of the *Compass*, we are teaching your friends and neighbors the Swing. This is an energetic calorie-burning dance step that will keep you and your partner on the floor for all of the upbeat songs you may have passed on before taking our free lessons. 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. November is learning to Tango month!

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. Come join us soon.

**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 September 1
- AM Winner: David Ell
  - Runner-up: Oscar Alvarez
  - PM Winner: Phil Delaney
  - Runners-up: John Sefakis and Ed Ryan
- Nine-Ball Singles September 14
- AM Winner: Oscar Alvarez
  - Runners-up: John Myres, Joe Perez, Dick Perry, Hal Berman, John McNaught and David Ell
  - PM Winner: Norm Hagerty
  - Runners-up: Jim Pacini, Ken Klein and Phil Delaney
- Eight-Ball Doubles September 15:
- PM: Winners: Carl Callaway and John McNaught
  - Runners-up: Al Gutierrez and Bob Maske



*Billiards Shooters new officers, from*



*left: Jim Immel, Sam Munoz, John Myres, Dick Perry and Dale Hurlbut; Tournament winners John McNaught and Carl Callaway; David Ell, Phil Delaney and Norm Hagerty (Oscar Alvarez not pictured)*



New Officers: President: Jim Immel, Vice President: Sam Munoz, Secretary: John Myres, Treasurer: Dennis Bist, Board Member at Large: Dale Hurlbut

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

**Challengers Billiards**

Every Friday from 10:00 AM-12:00 PM, Billiards Room (KS), we play seven games of eight ball (1/15). For average-to-advanced players, the games are timed at seventeen minutes each to keep things moving. This is a more strategic game with an extra page of rules in the rule book. One rule that surprises some former players is that when a foul is committed, the opponent is given ball-in-hand anywhere on the table not just in the kitchen. We pair players up with different partners and opponents most games. Sign up, show up and have some serious pool fun!



Congratulations to our recent monthly winners:

- Seven Games: Joe Hobby, Peshu Irani
  - Six of seven Games: Dan Oden, Ted Baker, Ken Klein, Oscar Alvarez
- Contacts: Rita Baikauskas 408-4687, Dan Oden 408-2687, Sherry Weech 408-1398**

### Couples Billiards

There were no six game winners this first week of Couples Billiards. However, winning five games were Joe Perez and Rita Baikauskas, and John Sefakis and Carlos Barrantes.

No six game winners again this week. Joe & Shirley Varner were the only players to win five games.

Again no six game winners. Jack McAfee and Gail Harmon won five.

Finally, this week Al Gutierrez and Doyle Coker won all six games.

This last week we had no six game winners or five game winners. We did have five couples winning four games and losing two. Those players were Jim & Barb Conger, Joe Perez and Rita Baikauskas, Carlos Barrantes and Joe Heruty, Joe & Nicki Hobby, and Ron & Sherry Weech.

Sorry, there is not enough room to list all of the players in second place. We meet every Wednesday at KS to play and have a good time.

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

### Upstarts Billiards

More than anything else, the Upstarts Billiards Group is about developing your pool skills and improving your play, learning the nuances and strategies of the game, and having fun while doing it. If you happen to be at KS between 1:00 and 3:00 PM on any Thursday and hear laughter coming from the Billiards Room, stop by and check us out. We welcome beginner-to-average players.

Congratulations to our recent winners:

- Six Games: Jim Frederick
  - Five of Six Games: Willie Wright, Dan Oden, Jack Fabian, Sandy Greer, Sylvia Gutierrez, Doyle Coker, Del Torres
- 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

After four years of guiding our flock, Kent Duncan has stepped down as our leader. Ruth & Don Baylis were confirmed as new leaders at the September meeting. Ruth and Don are avid birders and have been active in our Group for many years. Thanks for all the years you've given us, Kent, and we'll continue to see you on the trail!

Fall is here, and with it an influx of winter birds. Watch your feeders and the ground around them for Goldfinches, White Crowned Sparrows, Dark Eyed Juncos, Meadowlarks, and many more.

Trips this month include a walk around Ferrari Pond on Friday, October 22; Vic Fazio refuge on November 5; and the ever-popular Grey Lodge on November 19. Our November 8 meeting will feature a live raptor program – don't miss this one!

The Bird Group meets monthly at 1:30 PM at Presentation Hall (KS).

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

**Website: www.lhbirdnest.org**



### Bocce Ball, Mad Hatters

Handicapped residents should know that we have a Bocce Court that is designed for wheel chair access. The Bocce Courts are laid out so that a wheel chair can go from the Handicapped Parking spaces to the Bocce Courts without encountering a step. The first Bocce Court has wheel chair ramps and removable bumpers so a wheel chair can be moved onto the playing surface. This arrangement would also be good for people with walkers. You do need to be able to lift and throw a two pound Bocce Ball. If any handicapped resident would like assistance trying this out please feel free to call us.

Beginning Thursday, November 4, the Mad Hatters will move their playing time from 8:00 AM to 1:00 PM. It feels like we're playing at sunrise as it is, so it can't come soon enough.

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



### Book Group, OC

If you were unjustly confined to a sanitarium by your family,

what kind of deal would you cut for your freedom? In 1875, May Dodd agreed to participate in a government program in which white women were brought west as brides for the Cheyenne in an effort to produce a generation of mixed race children. *A Thousand White Women* by Jim Furgus tells the tale of her experiences in this situation. This will be the topic for our November 18 meeting. In addition, we will vote on the reading selections for 2011.

Please join us from 1:00 to 2:30 PM in the Multipurpose Room (OC). 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

Wow! Tom Naylor came in with a 238 game. Horace Snowden took the challenge and bowled a 243. Jerry Gordon gave us a 225, Doug Tran bowled a 212 and a 215. Dave Fisk rolled a 211.

The ladies had their own notables. Sherry Doney rolled a 179. Barbara Kurmas with an average of 107 bowled a 175. Great bowling folks!

This is gearing up to be a great season.  
**Contact: Betty Curtis 543-6866**

#### Strikes Thursday PM

From the looks of the scores on the first week of bowling, we have some members that are ready for the senior circuit!

Mike Freiria with a 266 scratch game led the men followed by Horace Snowden with a 231 and Ken Clifton with a 214.

A two-way tie is pretty common, but a three-way tie for high scratch series? Well Rich Connell, Carl Zierman and Jerry Gordon did just that. They each ended up with a 638 series. Great bowling!

The ladies were also shining as Betsy Freiria rolled a 574 scratch series! In second place is Linda Zierman with a 523 and Joyce Bennett came in third with a 495. The high scratch game went to Barbara Orr with a 196, followed by Donna Smith's 187. Janet Ruiter and Judy Naragon tying at 185 were close behind.

The competition has begun!

**Contacts: Cathy Riewerts 408-5709,**

cleer50@yahoo.com;  
Terri Krcha 543-6111, paulandterri@  
sbcglobal.net



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

September 2 winners were

- First: Sharon Baker and Gloria Stroemer who also had high round
- Second: Stan Mutnick and Tom Quay
- Third: Judy Barkhurst and Joyce Nason
- Fourth: Harry & Peg Collins

September 16 winners were:

- First: Stan Mutnick and Bruce Fink
- Second: Del & Ed Page who also had high round
- Third: Sharon Alexander and Judy Barkhurst
- Fourth: Ben & Kay Newton

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.

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

**Thursday Evening  
Second & Fourth**

Winners for August 12:

- First: Beverly Dwyer and Carol Mayer
- Second: Barbara Bryan and Jean Patterson
- Third: Bob & Lorraine Minke
- Fourth: Sheila Ross and Kerry Anne Siebel

Winners for September 9

- First: Bob & Cathy Brynjulson
- Second: Judy and Sharyn (no last names)
- Third: Ken & Chris Jacobson
- Fourth: Ben & Kay Newton

We start play at 6:00 PM in the Terra Cotta Room (KS)

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



• **Bridge, Duplicate** •

Come and join us for an interesting and fun afternoon or evening of duplicate bridge. You can try us out two times before joining our Bridge Club. We have games on Wednesday starting in 12:30 PM; Friday at 5:00 PM; and Saturday at 12:30 PM. All games are stratified providing the opportunity to compete against players of similar experience.

We have a number of special games during the year. Last month we had a Club championship with the overall winners being Bob & Joan Rouse. Twenty-one of our members competed in the Yuba City

sectional tournament with Julius Kerenyi garnering the most master points of our Club members.

If you would like to find out more about our Club or bridge in general, check out our website (below). It has information about our Club and links to other related websites.

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



• **Bridge, Social** •

Play time is on Fridays from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Please check in 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 Dolores Marchand at 408-0147 until the end of October and Dee Williams at 408-5582 during the month of November.*

Winners from August 27 through September 24 were:

- First place: Judith Jesness, Carol Mayeur, Hal Smith, Jim Haugaard, Beverly Dwyer
  - Second place: Phil Sanderson (twice), Dolores Marchand, Gail Ramsden, Grenville Jones
  - Third place: Carol Mayeur, Gene Ladd, Joan Schabillion, Wayne Phillips, Jack Henrichs
  - Fourth place: Bev Dwyer, Judith Jesness, B.J. Anderson, Rosanna Jensen, Lee Holman
- Contact: Dee Williams 408-5582,  
djohn32@sbcglobal.net**



• **Bunco** •

This year has flown by and the Bunco Steering Committee is making plans for the annual December holiday luncheon to be held after the Bunco Club meets on December 16. Expect discussion about location, gift exchange, and your possible attendance. Information will be emailed and discussed prior to Bunco play at upcoming meetings. Attend Bunco games in the next few months (if you haven't provided an email address) so you will have details.

Bunco is held the third Thursday of each month, Cards Room (OC), 9:00 AM. There is a \$5 entrance fee but no annual membership fee. New players took home gift certificates this month! Luck is all you need to be a winner. Join the fun!

Last month's winners:

- Most Buncos – Kathy Murray
- High Score – Phyllis Papagiannis
- Most Wins – Ace Phillips
- Low Score – Sandy Pavlovich
- Most Losses – Ann Bienkowski
- Traveler – Claudette Rhoads-Kinman

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



• **Ceramic Arts** •

\*\*\*For one-of-a-kind handmade holiday gifts, visit us in the OC Studio and Ballroom during the SCLH Holiday Arts & Craft Fair, November 12 & 13.

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 of the SCLH Association (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,  
Groups, Ceramic Arts**



• **Cloggers** •

Life, in retirement, gives a chance to try many things, playing an instrument, performing in plays, all types of dancing, card games and instructional classes! The answer to "what first?" Try Clogging!

Clogging classes are in four-week sessions. There are two teachers, providing different levels in which to start. Feel as if you have two left feet? Not to worry, in Beginners' classes you learn the left is your starting foot! Not sure of music rhythm? No worry, it comes to you.

You decide which level you enjoy and want to stay in. Visit the classes on Tuesdays, Multipurpose Room (KS). Beginners

12:00-1:00 PM, Clog I 11:00 AM-12:00 PM, Clog II 12:00-1:00 PM, Performers 1:00-2:00 PM. In all classes, you benefit from mental and physical exercise. You make new friends or can share a mutual interest with close friends. Give Clogging a try! Check page 62 for class information.

**Contact: Barbara Sowers, 408-5061**  
**yubacabin@yahoo.com**



• **Computer** •

• Main Meeting: November 10, 6:30 PM — Our last meetings for 2010 are “Under Development.” No meetings in December. Please check our website as the date draws closer.

• Clinic: November 12, 3:30 PM — Our last meetings for 2010 are “Under Development.” Please check our website as the date draws closer.

• Ask the Tech: November 22, 10:00 AM — Our regular monthly meeting where all members can come to get solutions to their technical and non-technical PC problems. If you don't feel comfortable asking your question in the meeting, email your question and we will be glad to answer anonymously at the meeting.

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



**Mac User**

Have you ever looked under the Apple logo on your computer? This area contains the information about your MAC – from what operating system you are running to software updates and system preferences.



*Mac User Group Application Mania – recent general meeting; photo courtesy of Bob Gentry*

Mark your calendar for Tuesday, October 26 for a unique general meeting. We will meet at 6:30 PM in the Social Kitchen (KS) where you will see tables setup in a similar fashion to a travel trade show. Each table will have an app for you to check out and download. Upon checking in that evening, you will receive a “passport” to be checked at each table and when complete, this will be your ticket to win a

prize. Coffee and dessert will be provided.

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



• **Country Couples** •

Now that summer is gone and Christmas merchandise is showing up in stores, we are approaching the holidays and the election to select two new members for our Steering Committee. As a reminder, any Country Couples' member interested in serving on the Committee should contact Karla Crist (408-7154 / scoachie@yahoo.com) or Janice Davisson (408-8542 / ej-dav1@sbcglobal.net).

During the next few months we will likely all be busy with various commitments for the holiday season. Here are dance dates to consider working into your schedule:

- October 29 — Jim's and Jeanie's Dinner Dance at Sun City Roseville
- November 5 — SCLH Association's Country DJ Dinner Dance
- December 10 — Country Couples Christmas Potluck Dance
- January 14 – Sun City Roseville Dance.

Keep on dancing for your health and enjoyment, and don't forget to support Country Couples events.

**Contacts: Rene Lopez 434-5617;**  
**Tom Hargis 434-6931**



• **Cyclist** •

In a recent on-line poll, it was found that 43% of bike riders don't use a mirror. Many of us who do use one have become so used to having it, we glance up-and-to-the-left when walking at the mall. Like lycra bicycle clothes, mir-



*Cyclist Group: Along for the ride; happy cyclists*

rors look dorky, unless one is actually on the bike, but the increase in safety trumps

everything else. Not only can one see cars coming up from behind, but fellow riders too. If one is riding with a group, it is very helpful to know how close behind a rider is following and if there is more than one rider back there.

The most popular mirror mounts on the helmet (29%) or the glasses (37%), the rest (34%) are somewhere on the handlebar or the bar end. If you have been considering using a mirror, let this be the impetus for you to buy one.

**Contacts: Steve Valeriote 408-5506,**  
**jillsteval@sbcglobal.net; Bob Burns**  
**543-3382, sclhbob@sbcglobal.net;**  
**Gary Steer 434- 6860,**  
**gardon504@sbcglobal.net**  
**Website: www.LHcycclist.com**



• **Dominoes Mexican Train** •

The rains are coming and fall is here. If you are not walking in the rain, come and join us this month. This is a great time to learn to play 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**



• **Folk Dancing** •

We extend a cordial invitation to join us at KS every Tuesday for dances from around the world. We begin at 2:00 PM with easy dances and progress to more advanced ones, ending our weekly session by 4:00 PM. Beginners are always welcome. There is usually a review of each dance, except for the ones that we really know well. We only ask that you sign our attendance sheet and join us for a fun afternoon.



*Folk Dancing: We do have a lot of fun!*

We follow in the footsteps of our ancestors as our dances have been around for centuries. Of course, many have been modified through the years, but always within the parameters of tradition. Folk dancing is different from other forms of dance because it is *international*, while at the same time it encompasses some characteristics of other types such as line dancing and square dancing. Come join us and discover for yourself!

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



• **Garden** •

*October 28- General Meeting and Program (KS, 2:00-4:00 PM).*

“Welcome to Gold Country Orchids!” Local owner, Alan Koch, 390 Big Ben Rd. in Lincoln, will be sending Dick Butcher to present a program on orchids. With 16,000 square feet of growing area and three climate zones, they are a source of many species of orchids and plants. [www.goldcountryorchids.com/store/](http://www.goldcountryorchids.com/store/)



*Garden Group: Gold Country Orchids;*

*Holiday Brunch, December 10*



Available at this *last general meeting* of the year:

- *Annual Membership 2011 (renewal and new)* is \$15 per residence. Please send/take your check/cash to Joan Scarper (434-7233).
- *Holiday Brunch Tickets* (Friday, December 10, KS, 10:00 AM-12:00 PM, \$20) will be on sale. Enjoy an elegant, catered brunch and *no gift exchange this year*. Many door prizes and entertainment will be provided. Contact: Judie Leimer, 408-4308.
- *Master Gardener Calendars—2011, \$10*. Proceeds to Placer County Master Gardeners. Great gifts!

Lincoln’s “*Make a Difference Day*” Saturday, October 23. Contact: Burna Jamieson (434-5620) for details.

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

**Flower Arranging**

*Flower Arrangers Group — second Friday*

*monthly, OC, 1:00-3:00 PM, \$3*. The November 12 presenter will be a designer from Safeway’s floral department. She will demonstrate a Thanksgiving centerpiece. To register (\$3 plus your own supplies), contact: *Gloria Stroemer (645-4699)*.

**Contact: Gloria Stroemer 645-4699**



• **Gem and Mineral Society** •

Our October 25 meeting will be at 4:00 PM, Sierra Room (KS). The Gem group would like to thank the volunteers who cleaned the big saw in the lab. They were Jim Luckey, Ron Clawson, Dave Polson, Beryl Spurling and Doug Hohman. It was a dirty job but someone had to do it. *Thank you!*

Our Club sponsors the Lapidary and Jewelry Shop. Hours: Mondays 8:00 AM to 12:00 PM and Wednesdays 8:00 AM to 12:00 PM. The charge is \$5 per each two hours spent in the lab. All funds go to equipment and supplies.

Member of the CFMS and the NorCal Field Trip Cooperative.

**Contact: Doug Hohman 434-6001**

**Lab reservations: Dave Fisk 434-0747**

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



• **Genealogy** •

*General Meeting: On Monday, October 18, from 6:30 to 8:30 PM at the Presentation Hall (KS). Speaker: Joan Gunn. Topic: “Beginning German Research.”*

Joan learned to read and write old German Script from her German grandmother. She is also the Baden-Wurttemberg Mentor for the Sacramento German Genealogy Society and enjoys sharing her German expertise.

\*\*\*Sunday Discussion: October 24 starting at 2:00 PM, members will meet at the Multimedia Room (OC). The Club library opens at 1:30 PM for members to borrow or return reference books and magazines. Instructor: Pat Johnson. Topic: “Researching Individuals, Homes, Business and Properties at the Center for Sacramento History.”

\*\*\*Computer Workshop: Monday, November 1, 6:30 to 8:30 PM in the Computer Room (OC). This session will focus on “Finding Digitized Books.” This workshop will give you an overview of many websites to find books to aid in your family research.

**Contact: Marilyn Morgan 408-5753**

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



• **Golf, Ladies** •

**Lincster Lady Niners**

October 21 is the date, and pink is the color to wear when the XVIII Golf Group hosts the annual tournament that aids the fight against breast cancer. Your donations will benefit the Placer Breast Cancer Endowment. Lincsters Captain Linda Lowe and Lonni Crispin will be on hand before the tournament to accept your donation checks.



*Lincsters Kathy Lindner and Sherry Holman looking great in green; love those summer shoes!*

Check the website for details of the November 4 event that was originally scheduled as “Home and Home” and has been retitled “Home in Home.” Our Club only will make up the two teams. Lunch will follow play, and a trophy will be awarded to the winning team and will be displayed in the Golf Shop.

Golfer of the month for July was Marilyn Britton, and for August there was a tie between Linda Salmon and Pat Ward. Way to go, ladies!

**Contact: Linda Lowe 543-5932**

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

**Ladies XVIII**

Our September 23 Fall Guest Day and luncheon were a great success. A thank you goes to Marguerite Hebert and Joyce Hulst who co-chaired this lovely event.

Our Club Championship was held on September 30 and October 7. Check this column next month for results. Can’t wait???

*Check out our new website: [lhlxviii.com](http://lhlxviii.com) for results and news!*

Announcing the 2010 Turkey Shoot, November 18 at 9:00 AM. It’s a team event, so grab your partners and sign up before November 14. Those who “shoot the best turkey” will be awarded gift certificates in the Sports Bar following play. (No animals will be harmed during this tournament!!!) Contact Norma Milligan or Michelle Poirier if you have any questions about this fun day.

Lots of winning scores are pouring in on our Thursday playdays. Of course,

all the ladies of LHLGXVIII are winners, whatever their scores! Join us for golf and camaraderie.

**Contact: Lani Dodd,  
doublebogey1@att.net**



• **Golf, Men's** •

The summer has warmed our scores for sure!!! Recent tournaments have brought out the best of the LHMGC contestants!!!

Our August 31 Member/Member saw Ron Cook and Steve Mumma (48) top Flight # 1; Flight #2 was Mik Evans and Ed Morgan (49) Flight #3 was Walt Woodward and James Chan (51)!!!



*Men's Golf: Barry Reed and Bill Higgins enjoying the Stableford and winning Flight #1 with 46 points!!!*

On September 22 the Stableford: Flight number one was taken by Bill Higgins and Barry Reed (46) followed by Steve Mumma and Ron Cook (46/card off). Flight number two was Paul Fanolis and Rob Lopez (45) and Rob Brynjulson and Rob Roberson (44); Flight number three winners were David Sokitch and Tom Rosemont (51) with Ken Northgrave and Dean Brumley at (46).

Our new Nationwide Insurance sponsor offered guidance on hole #16 along with a great prize for the first hole in one!!!

*"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: Walk with the SCLH Walking Group. Walking a mile or more with neighbors each Wednesday can give one a feeling of accomplishment as well as enjoyment of the fall weather. So come walk with us.

Hikers: Congratulations to the newly elected Board of Directors: President – Dennis Ratay; VP – Penny Williams; Secretary – Ada Squires; Treasurer – Kathy Bannon.

A special thanks to Fred Crofut for his outstanding leadership of the Hikers over the last four years.



*Hiking Group, from top left: Lake Tahoe from the trail; Silver Lake from atop Thunder Mountain; Volcanic rock on the Thunder Mountain trail*

The recent hike along the Lake Tahoe shoreline had stunning views of the lake, but it was in steep contrast to the trek to the summit of Thunder Mountain, the highest peak in Amador County at 9408 feet. The intriguing volcanic rock formations left quite an impression on the hikers. See the photo gallery for some spectacular pictures from these two hikes.

The calendar of fourth quarter hikes is now on the website.

**Contacts: Hiking: Dennis Ratay  
543-9935,  
Denratay@sbcglobal.net  
Walking: Margie Campbell 408-0713  
Website: http://lincolnhillshikers.org/**



• **Investors' Study** •

Investment discussion groups at Multimedia Room (OC)

- October 18: Options, Steve Greenfield Facilitating, 5:00 to 8:00 PM
- 2010 meetings, Presentation Hall (KS) 2:00 to 4:00 PM:
- November 4 Election: Members will vote to either continue or discontinue the Investment Study Group in 2011. If you are a member or just want this Club



*Investors' Study Group, from left: Jack Crump and September speaker Russell Abbott; Bill Lampton, Joan Brenning and Joe Battipaglia, Chief Investment Officer for Washington Crossing Advisor, Stifel Nicolaus*

to continue, attend this very important meeting.

- November 4: After 10 years of running the Investors Study Group, Jack Crump is moving on. His talk will be on the world marketplace, how it impacts our US market and how you can find and use information for your investing.
- December 2: Jack Bowers is editor of *Fidelity Monitor*, a Rocklin newsletter and chief investment strategist for Bowers Wealth Management, a \$15 million fund. Jack Bowers will update us on the world of mutual Funds.

**All SCLH Residents welcome.  
Contact: Jack Crump 645-8768,  
jackandnakako@starstream.net**



• **Lavender Friends** •

The Lavender Friends Club consists of Gay men, Lesbians, & those in friendship. Both singles & couples are warmly welcomed.

Announcements:

- October 11— Were we ever proud that President Phil Washburn was invited to speak before the PFLAG chapter meeting about our Club.
- December 11— our annual holiday party with a delicious buffet and dancing to a great DJ. RSVP!
- October 18 — Next potluck, 6:00-9:00 PM, KS. Hosts will be the dynamic duo of Jackie and Judy. RSVP!
- December 4— KVIE on air participation (11:15-4:00 PM).

It has been my honor, pleasure and privilege to write these monthly articles in our first year as a sanctioned Club. This will be my last article, as my memory is not as sharp as it used to be. Also, my memory is not as sharp as it used to be. Keep up the good work, everyone! Howard Friedman

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



• **Line Dance** •

Our Ice Cream Social was a delicious success. We danced from 3:00 to 6:00 PM at the Sports Pavilion and in addition to dancing we enjoyed fabulous ice cream sundaes. What more could you want on a lovely fall afternoon? Thanks to Mike for his DJ skills and thanks also to all of the instructors who helped us to enjoy the event.



Members of Line Dancer Group attending Citrus Heights Seminar

Looking ahead, a dedicated group of line dancers is rehearsing with Dolly who puts on a fabulous Holiday Show. Buy your tickets as soon as they are available! You don't want to miss seeing these gals strut their stuff.

December will bring our Holiday Party on December 6 and Sandy's Holiday Party on December 21.

Come and join the line dancing community. Classes are available for every level and special events are scheduled on a regular basis. We are looking forward to including you.

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



• **LSV/NEV** •

**Low Speed Vehicles/  
Neighborhood Electric Vehicles**

Our September meeting spotlighted our members who are involved in service to others. We heard about the fascinating history of Toys for Tots from Harry Maker. We also recognized members who are helping at Ride to Walk, Fieldhaven and Kids to Carnegie — the Lincoln High School Select Choir that will be going to Carnegie Hall.

Join us in October at Kilaga Springs for coffee at 9:00 AM and our general meeting at 10:00 AM with Kent Nakata, Lincoln City Councilman. Bring your Club renewal dues and/or a new toy for the Toys for Tots drive and receive extra tickets for this month door prize drawing!

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

**Website: Lincolnhillslsv.com**



• **Mah Jongg, National** •

We meet every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Please join us for an intense afternoon playing this fascinating tile game. We welcome all skill levels and have a great instructor for new players. Winter will be here soon and a new game will be a perfect way to spend it.

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



• **Motorcycle** •

Dennis Bair led us on a ride in early October that showcased the central valley to our destination of Reiff's Gas Station Museum in Woodland. It was definitely a "must see" experience with a great lunch following. The ride home coincidentally intersected with our leader's favorite winery so we had to stop for a break.



Motorcycle Group's Dave & Kathy Fernandes

Head Road Captain Dave Fernandes is planning our last ride of the season on November 13. He is calling it the "Frozen Buns" or the "Icicle" ride due to the time of year. It will also be a "Mystery" ride due to the uncertainty of the weather.

The next meeting is at 6:00 PM on October 28 in the Fine Arts Room (OC). This will be the last meeting of the year other than our annual Holiday Dinner in December. It will also be our election of Officers for 2011 so be sure to attend.

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

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



• **Music** •

Showcase 7 has been put to bed, and performers and all those associated in this event, are deserving of well earned rest. They put on a fine show. Kudos go to Tanya Malone who produced and directed this memorable performance and display of local talent. There's no rest for the weary as most of the cast are still entertaining with their many "gig" requests. Congratulations and thanks to all.

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**

Join us and share in the fun!

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** •

Beautiful! This time of year and the Paper Arts Window is vibrant with the hues of fall. Stunning reds, yellows and oranges brighten the cards that have been prepared for your enjoyment. The talented ladies always decorate the area with surprises. How do they come up with so many new ideas?

Terri Eifert led the project for October. One of the cards we made was a colorful autumn card. Another card gave us a start on preparing for Thanksgiving with precious chicks dressed like strutting pilgrims.

We were joined by a new member, Rayetta Williams, who has had previous experience in Paper Arts. The Group is looking forward to her ideas and expertise.

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

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



• **Photography** •

The final program of the year on November 10 will be our own Gary Sloan walking us through the free foto editing program "Picasa." For those who have only a little interest in improving the digital images they capture to those who are more particular, Picasa provides a very good selection of useful tools to use. You may be surprised at the easy magic this program can perform at your own fingertips.



Photography Group: "Nordstrom Maze" by jeffa

The photo challenges this year from Rhonda Campbell have been fun to do and interesting to see. The challenges are to capture images with a certain objective in mind. We've tried making black and white from color shots, freeze frame and blurred images showing motion, close-up shots, and bird's eye / worm's eye images. For a bird's eye view of what we do and when we do it, go to our website.

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



• **Pickleball** •

I want to tell you about the mental game of Pickleball, just the facts. This aspect of Pickleball deserves attention from neurobiologists, psychologists, gerontologists and philosophers since Pickleballers' mental gymnastics transcend those of quarterbacks reading four receivers in a split second, golfers calculating a 10 yard putt, cyclists blocking leg pain as they climb the Alps in the Tour de France, chess players imagining the board six moves into the future, power lifters facing down barbells 20 pounds heavier than



Pickleball Group: Faces in the crowd at the Holiday/Anniversary party on September 15. Club Social Director Kathy Dillon (top left) made it all happen

they have ever jerked; yes, Pickleballers face a mental challenge greater than any of these, a challenge involving numbers of such complexity they would flummox mathematicians of set theory, chaos theory, and quantum mechanics, arcane expressions such as 1-2-2 (or was it 2-1-1, or perhaps 1-1-2?), expressions defining not only quantity, but also sequence and topology: they have to figure out what the score is. Article by Jim Westby.

**Contact: Linda Brandelius 434-6610, linda1042@att.net Website: LHpickleball.blogspot.com**



• **Players** •

Readers Theater brings you tales of mystery and terror this Halloween. In "The Thought," a nightclub "mentalist" receives thoughts of murder during a performance. Who will be killed? When? Who is the murderer? In



Players Group: "Leiningen versus the Ants;

"Leiningen versus the Ants," a man faces a wall of voracious ants two miles wide and ten miles long. Can he defend his plantation against insects that devour everything in their path? Free — Saturday, October 30, 7:00 PM, and Sunday, October 31, 2:00 PM, at the Presentation Hall (KS).

Christmas arrives in November as The Players present "Christmas Magic," a moving story of love and hope. See Santa, his elves, reindeer, dancing toys, orphans, and much more. In addition to your friends and neighbors, a talented group of local

children will entertain you. Evening performances — 7:00 PM, November 18, 19, and 20. Family Matinee — 1:00 PM, November 20. Adults — \$12, children — \$8.

**Contact: Ron Morris 434-6534**



• **Poker** •

The Poker Club 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.

The Quarterly Hold'em tournaments are open to all residents, first come-served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday October 16.

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

**Contacts: Kathy Otagiri 408-2907; Steve Kriner 543-9874; Lois Clausen 408-2426**



• **RV** •

The RV Group is open to all residents but you must have a RV to attend the rallies. We meet on the second Thursday of each month, 4:00 PM in the Presentation Hall (KS). The election for 2011 officers will be held at our next business meeting on November 11.



RV Group: Happy Campers near Bryce Canyon; Happy Hour hosts Marilyn & Dave Poole with Diane Rey and Ken Burtchaell (seated)



Our thanks to the following members who volunteered as Wagon Masters this past year: Bob & Sharlene Zielinski and

Ralph & Martha Chotoian (Bakersfield); Art & Dianne Deardorf and Howard & Kathy Stohlman (Palm Desert); Natalie Bradford and Frank Bortoli and Robin Drake (Buellton); Diane Rey and Ken Burtchael (Chowchilla); John & Ginny Babel and Jan Lucas (Pismo Beach); Hal & Phyllis Levin and Les & Sandy Levi (Albuquerque Balloon Festival, and other destinations along the way); Dennis & Donna Malone and Ben & Mary Lou Sliger (Plymouth).

**Contact: Dick Howard 434-8253**

**Website: www.lvhrvg.com**



• **SCHOOLS Volunteer** •

It was very difficult to select one outstanding volunteer from 275 residents who volunteer in the SCHOOLS project. All of them make terrific contributions to the students in our Lincoln schools. The Leadership team chose Rita Gruenwald, a new resident of SCLHS, as she is an exceptional role model for all of us. Rita has been volunteering *every morning* in a four/five combination class, and then in the afternoon tutors at the *Pal Youth Center* during the Homework Hour. Rita is a very skilled and dedicated retired teacher, advocates for all students, is dependable, and passionate about education. It is our pleasure, honor and privilege to say, "Hats Off to Rita. .

If you are interested in tutoring students and want to participate in a win-win inter-generational activity, please contact the following people.

**Contacts:**

**Sandy Frame 408-1453 or**

**sfllincoln4fun@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**

In September, CJ Noddings and her Sutter Roseville WAGS program, Wonderful Animals Giving Solace, generated a lot of enthusiasm among members and non-members alike.

In October we will celebrate autumn with a potluck at the Sports Pavilion. We'll share our bounty and fellowship and play some Bocce Ball. It will be at 3:00 PM on October 21 and will replace the usual meet-



Shown are Sherman & Sandy Waldman and Katie, a "WAGS" volunteer team from SCLH

*SCOOP: CJ Noddings from Sutter Roseville spoke at our September meeting how "Wonderful Animals Giving Solace" provide warmth and comfort to hospital patients.*

ing. Join in the fun and bring some food to share and your own beverage. See you there. (No Dogs, Please.)

On November 18, we are back to OC to hear Dr. Powell DVM, from the Atlantic Street Emergency Vet Clinic who will give a dynamic presentation about Emergency Care for our canine companions. You can't afford to miss this important information.

Planning is underway for our Holiday Party. It's a Potluck, with Live Auction, Santa and Sing-alongs.

Check our website for upcoming events. Article by Dianne George.

**Contact: scoop@sclh.com**

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



• **Second Cup of Coffee** •

What an informative session 250 residents enjoyed in the OC Ballroom September 20 listening to the League of Women Voter panelists discussing "Facts Concerning State Election Initiatives" and answering many questions in a joint session with the Community Forum team.

On Monday, October 18, Jean Richards will introduce Deborah Studebaker, dietitian and nutritionist, addressing "You Are What You Eat." Bad habits and poor decisions support this behavior. Q & A follows.

On Monday, November 15, Bill Kitchin will introduce one of our popular local KCRA Channel 3 meteorologists. Weather affects our daily plans, from home HVAC needs, travel preparations, outerwear, and physical behavior. Q&A follows.

There will be no December meeting.

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

**oplesch@sbcglobal.net**  
**Website: http://sites.google.com/site/secondcupoffeegroup**



• **Singers** •

"Beautiful December" is the title of the Christmas Concerts for 2010. "Beautiful December" is the

title of one of the songs, as well as, "Feliz Navidad," "Dream On," and "O Holy Night."

The December Concerts will be presented at OC Ballroom on December 12, 13 and 14. December 12 is a matinee at 2:00 PM with a choice of lunch and show tickets or show tickets only. December 13 and 14 will be evening performances at 7:00 PM with a choice of dinner and show tickets or show tickets only. The Lincoln High School Choir has been invited to participate in the program.

Many changes are happening this year. Twenty-one new members make the total membership of 130 voices. The Singers are becoming more professional and buying their own music. The Singers are asked to check the Association website for practice sessions. Separate sectional practices are planned.

**Contact: Bill Sveglini 434-5655**

**Website: www.lincolnsuncity.org;**

**Groups: Singers**



• **Singles** •

**Dynamic Singles**

The Holiday Season is upon us. If you were one of 250 members in the Singles Club, you could have lots of people to "dance" with, party with, dress up with for the Costume Party—more! See [www.lincolnhillssingles.org](http://www.lincolnhillssingles.org) for details. Highlights:

- October 19: "Let's Dance" with DJ Tom, Meridians, 6:00 PM; Carol 408-3061
- October 27: Sacramento Kings Opening Night Party, Sports Bar, 5:00 PM; Marilyn Sharp 434-6898
- October 28: Halloween Costume Party / Buffet / Live Music, Ballroom, 6:00 PM, Edy Ternullo 543-9990
- November 7: Birthdays Celebration, Sports Bar, 9:00 AM; Eileen 434-6383
- November 11: Veterans Day / General Meeting, Cocktails 6:00 PM, business 6:30 PM, Ballroom, Social Event follows
- November 18: Table for Eight, Joe's Crab Shack, 12:00 PM, Marilyn Sharp 434-6898
- December 9: Holiday Party (no general meeting)
- December 29: Pre-New Year's Eve Party Wanna join? Marty Joseph 543-0803!

**Contact: Sarah Lambrose 543-0035**

**Website: www.lincolnhillssingles.org**



• **Ski** •

First and foremost, the Ski Club thanks Sylvie Roberts for her help in organizing our September



pre-season party, and Mike & Sharon Murray for opening their house to hungry and thirsty skiers, spouses and friends. This annual event always whets members' skiing appetites and this upcoming season is no exception. Our party featured a review of last season and a preview of our February 27-March 4 trip to Mount Bachelor, Oregon.

Mark your calendar for our first formal meeting to be held October 21 in the Multipurpose Room (OC) at 4:00 PM. We will discuss events planned for this season including a holiday social, a January après-ski dinner and more details on our Oregon ski trip. New members are always welcome!

**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 •

September 20 was perfect weather-wise, and our championship game lived up to the day. *First Bank*, managed by Ed Welch, took on Dale Hurlbut and *Rebark*. The game was exciting right to the end. The score was tied at 13 going into the sixth, but *Rebark* took a three-run lead. Top of the seventh, *First Bank* came back and took a two-run lead. Bottom of the seventh, *Rebark* was down two with two outs, but had the bases loaded and one of their best hitters coming up. He popped up, but the catcher couldn't handle the fast-spinning ball. Some fans cheered and some hearts sank. On the next pitch, the ball looped high above first base, but this time the fielder caught it and thus ended one of the most dramatic championship games in our 11-year history. *First Bank* 18 – *Rebark* 16. Congratulations to all – it was spectacular.

**Contact: Dave Rich 543-8614, richerino@aol.com**  
**Website: LHSSL.org**

### Coyotes

The 70s competed in the Sun Eagle Tournament placing second with a 4-1 record, led by Larry Manley, John Wible, and Bob Napoli and went 2-3 in Medford with Ron Morin, John Parks, and Rowan Carlson leading the offense. The 65s compiled a 3-2 record in Manteca helped by Gym Mikaelson's homer and went 4-1 in Medford. The 65s finished their Sierra League season with a double-header win against Suisun. The 60s Black

played in the Sparks tourney and came away with second place and a 4-1 record. Terry Padovan, DJ Cox, John Griffin, Carlos Zavala, and John Gho all had homers. Their final Sierra League doubleheader was an offensive juggernaut against Placerville winning both games. The 60s Blue competed in Medford and went 4-1 for second place led by Bruce Chappell, Dale Hurlbut, Kenny Fedder, Randy Dvorak, and Dick Hughes. Nick Eterovich pitched all five games.

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



### • Sports Car •

Autumn is upon us, the leaves are beginning to turn color and fall. Our Sports Car Club is in the waning days of an eventful trip year. We still have great events planned before the damp weather. The Fort Bragg/Little River Inn event is occurring as we read this article. A multi-night Oregon Coast trip and the ever popular Ironstone Winery Concours d' Elegance have been completed.

Social activities complete the year. A fun-filled Halloween gathering with fanciful



*Sports Car Group: "Dude Ranch Enthusiasts"*

costumes and music for dancing is on the calendar. The Christmas party is in the planning stages and should be a Grand Finale to an eventful year. Also as part of our outreach program, we will have a gift wrapping session for the needy in early December.

The Sports Car Group meets the first Monday of each month at 6:30 PM. The November meeting will be in the OC Ballroom Breakout Room.

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



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

Several things are happening at our Square Dance Club. There is going to be a Halloween Square Dance party in October. People are encouraged

to wear a costume but if you don't want to wear a costume come in black or orange colors. Plan to have fun. Also a new beginner's round dance class has started.

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, papafrank@yahoo.com**



### • Table Tennis •

On Sunday, September 19 our Group had another tournament in which parity reigned supreme. Five teams with four players comprising each team competed. Each team played a total of eight games. The final score was four wins and four losses for each of the teams. This goes to prove that anyone can be a winner. All you have to do is participate.

Following is a list of our weekly winning sessions: Friday 8:00-11:00 AM; Sunday 12:30-4:00 PM; Tuesday 5:30-8:30 PM.

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



### • Tap Company •

Wow!! The first general Tap Board meeting was held on September 15 with many items on the agenda. The meeting highlight was voting on the logo contest which was hard to do because we had five wonderful logos from which to choose. The chosen logo was designed by Linda Marchus. Congratulations Linda, the design was exceptional. Celeste Morris informed everyone that the Performance Guidelines are nearing completion so we will be in compliance with the Community Associations guidelines. The mirrors for the Performance groups should be delivered very soon.

Ladies and gentlemen—just around the corner, auditions for the talent show take place on October 25. So much hard work and excitement go into this wonder-

ful local community endeavor, so hurry to Orchard Creek, grab an audition form and get ready for an amazing 10<sup>th</sup> Anniversary Talent Show. For information regarding auditions, contact director Barbara Greenfield at 408-5017.

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



• **Tennis** •

We are extremely proud of the two LHTG Men's Senior 65+ teams who competed in the USTA Sectional Competition in Alameda playing against other teams from all over Northern California. Carl Gronau's outstanding 4.0 team won their final match to become the USTA Northern California Super Senior 65 4.0 Sectional Champions. Jack William's 3.0 team lost a heartbreaker their final sectional match capping a very fine competitive season. Congratulations to both teams!



Tennis Group, from top: 4.0 USTA NorCal Champions; 3.0 USTA NorCal Finalists

The Men's Doubles Tournament was held September 16. Perfect weather and fine tennis was the order of the day. The 4.0 division was won by Ron Cheatham and John Baarts; the 3.5 division was won by Larry Magna and Lee Giaras; the 3.0 division was won by Jack Williams and Warren Mikol.

Social drop-in tennis for all residents is held 8:00-10:00 AM on Wednesday and Saturday.

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



• **Travel** •

The next Travel Group meeting is Thursday, October 21,

7:00 PM, KS. Guest speaker is Ms. Ilene Ferguson, President, Alamo Travel & Tours.

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), Canyon Country, Arizona/Utah (Apr 2011), Celebrity Alaska Cruise (May 2011), Columbia & Snake River Cruise (Jun, 2011), Russia River Cruise (Jul 2011), Italian Lakes Tour & Princess Greek Isles Cruise (Sep 2011). See our website for details on all trips.

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; Sharon Watkins 434-9504 Website: www.LHtravelgroup.com**



• **Vaudeville Troupe** •

"Smooth Sounds"... "Unique Talent"... "High-Energy"... "Creative Ideas"...

A few of the comments heard after watching the auditions of our new group of talented individuals. We added several new members to our Troupe of Vaudevillians and are now moving on to perfecting an exciting "Entertainment Extravaganza" for January.



Vaudeville Troupe: the "real" Dennis Beldon, see him in January!; Rita Ryan will wow you with her unique vocal stylings

Mark your calendars for these important Vaudeville Troupe dates:

- Early November(TBD): Buy tickets for our show: "The Cavalcade of Stars." Our shows sell out fast!!! *Don't miss out on the fun!!*
- January 7-8, 2011: 2:00 PM and 6:00 PM Performances (Friday and Saturday)
- January 29, 2011: 2:00 PM — Members of the Vaudeville Troupe will be per

forming some of our favorite acts at OC Ballroom in the LHS Fundraiser: "Choir to Carnegie." Also participating in this worthy, once-in-a-lifetime opportunity: LH Singers and LHS Choir.

Contact Marina or any Troupe Member to purchase tickets for this fantastic Show/Fundraiser. Families welcome!

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



• **Veterans** •

Lt. Col. Joseph Santucci, a Beale AFB pilot who successfully landed a crippled U-2 during a night training mission and won the Air Force's most prestigious flight safety award, will be the featured speaker at the October 21 meeting of the Veterans Group at 1:00 PM



Veterans Group speaker Lt. Col. Santucci was awarded the Koren Kolligian Jr. Trophy for outstanding achievement in airmanship and flying proficiency (U.S. Air Force photo)

in the Presentation Hall (KS).

During a training mission in 2009, Santucci encountered an in-flight emergency. When he turned off his autopilot, the nose of the aircraft violently pitched downward. Only by pulling the yoke tightly to his chest was he able to keep the plane level. Holding the manual control with both arms, he began a slow descent and ultimately was able to safely recover the aircraft.

Plan to attend the Group's annual Veterans Day ceremony on November 11 in the Ballroom (OC). Music will begin at 10:30 AM, with the formal ceremony beginning promptly at 11:00 AM. Fly the flag.

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



• **Water Volleyball** •

Come join us in the pool! Water volleyball is open to all residents of any skill level. You can try it out without joining. Training is available at 5:30 PM on the first and third Mondays of each month. We have open play, competitive (advanced) play, and league play. Did you see us, or more likely

hear us, in the outdoor pool at OC on September 12? It was a lot of fun. Come join the fun, meet new people, and get some non-strenuous exercise at the same time. Play is available at KS on:

- Open Play: Saturdays at 9:00 AM and second, fourth (and fifth) Mondays at 5:30 PM.
- Open or League Play (all levels): Wednesdays & Thursdays 6:45 PM.
- Advanced Play (rated players only): Mondays, 6:45 PM.
- Training: First and third Mondays, 5:30 PM.

**Contacts: Gary Haight 408-3658, gary@sapros.com; Darryl Hornsby 543-3804, clayhornsby@sbcglobal.net**  
**Website: www.lincolnsuncity.org**



### • West Coast Swing Dance •

Autumn has arrived and our second and fourth Friday practices continue to be a big hit. We can all get help working on our dance skills and have a good time doing it! Our next practice is on October 22, Fine Arts (OC) 5:30-7:30 PM. 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. The September Club Dance began with a short Nightclub Two-step lesson and then over two hours of swing, ballroom, Latin, and country 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 •

Jan Wolfe and her husband of 40 years, Hank, moved to SCLH six years ago. A retired operating room RN, Jan was inspired to begin carving in 1990 by a magazine article on hand carved Santas. “I joined the Woodcarvers Group four years ago with



*Woodcarvers focus: Jan Wolfe*

zero experience,” Jan says. “The group has helped in picking tools and demonstrating their use.”

Hank says, “Moving to SCLH was a way to support Jan’s artistic hobbies.” Jan also does oil painting and traditional New England rug hooking.

As an OR RN, Jan enjoyed working the “complicated” surgeries; she’s now working on an intricate Santa and a number of oil paintings. Her advice to new woodcarvers is simple and straightforward; “buy just a few *good* tools and keep them sharp.”

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



### • Writers •

In August, the Writers Group had the luxury of an extra Monday meeting. We usually try to have a guest speaker with experience in writing or publishing in their background. We had the pleasure of one of our own, Dory Maske, who told us about her protocols for using the Internet as a publisher for her stories, an exciting and essentially free new opportunity for writers to get their works out electronically. There is a lot more to this, but many of us who have been stymied in the past by this onerous task, can now get it done!

This is the purpose of our Group —to find those among us who have stories to tell, or ideas to share, to come and meet with their fellow scribes. Our meetings are held on the second, fourth and occasional fifth Monday of each month, Ceramics Room (OC), 6:30 PM.

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



## Stephen King and Halloween

*Nina Mazzo, Library Volunteer*

*“Terror – often arises from a pervasive sense that things are in the unmaking.” Stephen King*

Stephen King and Halloween – a good combination. Recently I read his book *The Colorado Kid*. Normally, he is not an author on my must-read list, however there is an intriguing new TV series called “Haven” based on that novel. The book reads more like a detective story with likable small town characters instead of his typical edge-of-your-seat thriller. We have several Stephen King books in both the Kilaga Springs Library and the Community Living Room (OC).

Charlie Brown is a fun read in October as you watch Sunday football and think of Charlie and his nemesis Lucy. You will find a

couple of Charles Schultz’s books in Kilaga’s children’s section.

Thank you for remembering our need for both paperback and hardcover books that meet our criteria of publication after the year 2002. Call Sally Scotch (543-0792) to coordinate a time for you to drop off your donated books. Space constraints limit our ability to manage older books but the Library at Twelve Bridges can take those donations.

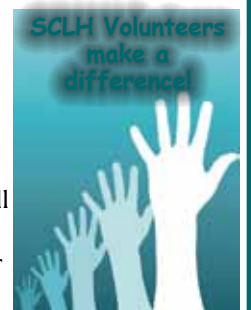
We would also like to increase our inventory of large print books as well as audio books on CD.

Other contacts: investment materials

are maintained by Cleon Johnson (408-5648) and Orchard Creek reading area contact is Nina Mazzo (408-7620).

### We Need Volunteers!

Do you have two hours once a week to help us keep the shelves in the Kilaga Springs Library and the Community Living Room (OC) in alphabetical order? If so, call Sandy Maloff at 408-2368 for further details.



## Bulletin Board

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

**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 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 November 11 General Meeting of the **Lincoln Democratic Club** will feature Dan

### SCLH Holiday Arts & Craft Fair

Beautiful handcrafted holiday items designed and created by residents will be available for purchase at the 11<sup>th</sup> Annual SCLH Holiday Arts & Craft Fair on November 12 & 13. Vendor tables will be located throughout OC Ballroom, the Community Living Room and classrooms. Open to the public. **Volunteer Bakers Needed:** Home baked goods are needed for our Bake Sale during the Fair. All Bake Sale proceeds are donated to local Lincoln non-profits. For information or to volunteer, call Sandy Hamer 408-4249. **Volunteer Drivers Needed:** Registered NEV drivers are needed during the Fair to shuttle vendors to their vehicles between Del Webb Blvd. and OC Lodge. For more information or to volunteer, please call Mary Hodson 543-4687. **Vendor tables still available.** Need a second table for the Arts & Craft Fair? Cost \$78 per table. Contact Sue Cooper 408-7173 or [julyscooper@yahoo.com](mailto:julyscooper@yahoo.com).



**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.

- Oct. 19 • 6:00 PM, Premier Power, Heights
- Oct. 20 • 6:30 PM, Eliminating Back & Neck Pain — Dr. Leamon: Oaks (OC)
- Oct. 21 • 9:00 AM to 4:00 PM, Porcello Estate Buyers: Heights (OC)
- Oct. 21 • 9:30 AM, All About Eyes — Dr. Wilmarth: Gables (OC) / Ad page 58
- Oct. 21 • 2:00 PM, SPUL Seminar — Nationwide Insurance: Gables (OC)
- Oct. 26 • 10:00 AM and 2:00 PM, Kaiser Permanente: Heights (OC)
- Oct. 30 • 10:00 AM-1:00 PM, Book Signing, *Horse at the Corner Post*, D.L.Branco: Oaks (OC)
- Nov. 07 • 10:00 AM to 2:00 PM, Birchfield Jewelers: Oaks (OC)
- Nov. 9 • 6:00 PM, Spinal Aid Center Presentation — Dr. Zorich: Oaks (OC)
- Nov. 10 • 6:30 AM, Eliminating Back & Neck Pain — Dr. Leamon: Oaks (OC)

Morain, Senior Editor of *The Sacramento Bee*. He serves as the Communications Director at Consumer Attorneys of California and was previously a Staff Writer with the *Los Angeles Times* for 28 years. Dan has written numerous editorials and articles related to the State of California and current issues related to the economy, politics and recession. Lincoln Democrats are asking attendees to bring food (canned goods, dry mixes, cereals, box juices, potatoes, flour, sugar, etc.) to the meeting to support our Thanksgiving dinners for Lincoln families. We will meet at Presentation Hall (KS) at 6:30 PM to fill and decorate the Thanksgiving food boxes, presentation at 7:00 PM. The public is invited!! Date: Thursday, November 11, 6:30 PM.

**Glaucoma Support Meeting:** November 10, 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.

**Italian Club:** We welcomed 15 new members, both couples and singles, at our September "New Member Orientation" where they met one another and the Board to form new friendships and learn more about our monthly Club activities. October featured a bus trip to the 29<sup>th</sup> Great Italian Festival in Reno. November, we're planning our annual

sellout Turkey Bingo and catered dinner for Friday, November 12. Save December 5 for our annual Christmas Dinner Dance at Meridians. Learn more about our Club and monthly events on our website, [www.lhitalianclub.com/](http://www.lhitalianclub.com/). Flyers describing our events are posted there. If you are of Italian heritage and like to socialize and have fun, this Club is for you. Single members can always invite a guest to attend our events. More info or to join: Membership Chair Rose Cesarz, 434-5301. Ciao

**Neighbors InDeed**, offering free services to Lincoln Hills residents, reminds you that with the fall season now upon us, your outdoor irrigation needs may be changing. With cooler nights and more overnight condensation, you can dial down your timers. Neighbors InDeed suggests (a) watering fewer days per week – for example, going from every other day to every three days, or (b) watering for fewer minutes at each watering time. You'll be conserving water and lowering your water bill. Do you need help in reprogramming your timer? Call 223-2763 and a Handy Helper will come to assist you. While you're at it, has your furnace/AC filter been cleaned in the last six months? Now is a good time to get ready for the winter heating season. Call Neighbors InDeed (223-2763) and a Handy Helper can do both jobs for you in one call!



## AUDITIONS 2011 TALENT SHOW Lincoln Hills Tap Company Celebrating ten years of talent!

Monday, October 25  
6:00 to 9:00 PM  
Ballroom (OC)

The *lollapalooza* 10th anniversary talent show entitled "10" and sponsored by the Lincoln Hills Tap Company is scheduled for early April, 2011. Auditions for singers, comedy skits, ensemble groups and dancers will be held Monday, October 25 in the Ballroom. Please check the Business Office next to the Activities Desk (OC) for audition forms. More info: Director Barbara Greenfield, 408-5017 or [barbieg1@sbcglobal.net](mailto:barbieg1@sbcglobal.net). **WOW, 10 years — amazing, huh?**



## Community Veterans Day Ceremony

Residents and guests are invited to attend a community Veterans Day ceremony honoring all who have served in America's armed forces, on Thursday, November 11, in OC Ballroom.

Presented by the Lincoln Hills Veterans Group, the program will feature music by the Lincoln Hills Singers and the Roseville Community Concert Band. The ceremony will include the posting of the colors by the National Sojourners in Continental Army uniform, patriotic readings and special recognition of those who served and are



still serving in Operations Iraqi Freedom and Enduring Freedom in Southwest Asia.

Music will begin at 10:30 AM followed by the formal ceremony promptly at 11:00 AM.

Every Sunday from 12:00 - 4:30 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.

**Peripheral Neuropathy Support Group.** There will *not* be a meeting of the Peripheral Neuropathy Group in October. The last meeting of the year will be held on November 17. For information about this and other Neurological afflictions, please contact Jim Fulcomer at 543-9201.

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

**Republican Club:** This will be the last meeting before we vote on November 2. Plan to

attend, October 20, 6:00 PM in Presentation Hall (KS). Tom McClintock will be our guest speaker. It is imperative that everyone vote Republican on Tuesday, November 2.

**Shooting Group:** Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but haven't in years, we encourage you to try the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays, Thursdays for Skeet and Five Stand. Fall and winter we meet at 9:00 A.M. For shooting schedule hours, please contact Michael Pargament. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Each month we gather at a member's home for hors d'oeuvres and drinks. A great opportunity to enjoy each other's company and meet member's spouses. If 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.



## In Memoriam

### Mary Alice Finnegan

Mary Alice loved traveling. Born in Canada, she grew up in Seattle, then moved to San Diego where she met her husband, William Francis Finnegan, Jr., (deceased). They lived in South San Francisco for many years and journeyed all over the world. Not long ago, she cruised on the luxurious Queen Mary 2. Mary Alice was a lively SCLH Ambassador and Singles Club member, an avid bridge player, and a generous cook known for her deserts. Mary Alice leaves five children, four grandchildren, and three great-grandchildren.

### Celia McVarish

Celia passed away recently at age 92. She and her husband, Joe, were among the first to move into SCLH in 1999. She lost Joe seven years ago and joined the Bereavement Group where she met many wonderful friends who were there for her to the end. Celia enjoyed passing out the *Compass* and lunching with her friends. She leaves a son and daughter and her beloved dog, Benji.

*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.*

Submit Bulletin Board items to Judy Hogan at [judy.hogan@sclhca.com](mailto:judy.hogan@sclhca.com) by the 20th each month. Bulletin Board topics and items include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

**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**

## "Christmas Magic" November 18, 19, 20

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. Performances all three days at 7:00 PM; Saturday Family Matinee 1:00 PM. \$12 for adults; \$8 for children ages 12 years and under.

*More details on page 43.*



### Christmas Magic



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## Special Events & Bus Trips

### Home, Health and Business Showcase • Friday, October 15

Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your *Compass* advertisers and other local busi-

#### Home-Health-Business Showcase



nesses showcasing their products. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the *Compass* and many of our Association and Group activities. Additional info: July Olson, 625-4014.

### Karaoke Night Monday, October 18 — 5051-08

Bring your singing voice to our Annual Karaoke Night and sing along with neighbors and friends. If you enjoy performing, this is your night to shine. Our Ballroom is transformed into a Karaoke



Bar complete with lyrics and music to guide you. Your ticket gets you one free drink of white or red wine, beer or soda and party mix on each table. Additional drinks may be ordered on “pay as you order” basis. Tables and seats are not reserved, first-come, first-served. OC Ballroom doors open at 6:30 PM, Karaoke 7:00-9:30 PM. \$9. Now open to Guests!

### New Resident Orientation • Tuesday, October 19

Offered quarterly and designed for all new homeowners, we will introduce you to new residents and the Community Association management staff. Orientation provides valuable information about



your Association committees, lifestyle programming, and groups. Join us from 1:00-3:00 PM in the Solarium. Light refreshments will be served.

Free. No RSVP ◆◆ required.

### San Francisco Shopping Wednesday, October 20 — 1840-08

**Lots of Walking!** Shop ‘til you drop at Union Square! This trip and one scheduled for mid-December are our last San Francisco shopping trips this year! Shop, browse, or people watch. Get your

Macy’s 11% discount card for the day as you board the bus. To make your shop-



ping 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.

### Evening Community Social Dance Halloween “Spooktacular” Thursday, October 21 — 5023-08

Calling all dancers and music lovers for a bewitching night of great music and fun costumes for a low price! Grab your Halloween mask, cape or wand for a night



filled with dancing and spooky activities. Enjoy a variety of music for singles and couples includ-

ing freestyle, pop, ballroom, west coast swing and line-dancing with the *Nutones*. Dress-up to compete in the “Spooktacular” costume contest. Enjoy a no-host bar throughout the evening. Ballroom doors open at 6:00 PM, dancing 6:30-9:30 PM. \$10. Now open to Guests!

### Vacaville Outlets Shopping Trip Monday, October 25 — 1780-08

Let the shopping begin! We are off to Vacaville to visit the Outlets. Find impressive savings with over 100 stores. Enjoy approximately six hours of shopping for everything from designer fashions to housewares to home furnishings. Receive a VIP Coupon Book and a detailed



map and directory of the center upon arrival. There are several dining

options at the Outlets for lunch on your own or bring your own bag lunch. Leave the Lodge at 9:00 AM, leave Outlets at 4:00 PM arrive LH at approximately 5:30 PM. \$27. RSVP ◆◆ Now.

### New Time! Kilaga Springs — At the Movies! “The Producers” Monday, October 25

PG; 135 minutes. Golden Globe nominated movie “The Producers” starring Na-



than Lane, Matthew Broderick and Uma Thurman. A remake of Mel Brook's comedy musical. **New time** — doors open 1:00 PM for a 1:30 PM show, Presentation Hall (KS). Free.

**Beach Blanket Babylon**  
**Wednesday,**  
**October 27 — 1790-08A**

Center balcony (non-reserved) \$82 seating available. Another trip to see famous Beach Blanket Babylon in San Francisco! This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. Even if you have seen the performance before, the show continually evolves its hilarious parodies of popular icons, updating spoofs and



adding new characters and songs throughout the year. Due to rising ticket prices, we have purchased non-reserved seating in the center box and center balcony sections. The center balcony section is right behind the center box. Enjoy dinner on your own prior to the 8:00 PM show in the North Beach area with many restaurants within walking distance of the theater. Leave the Lodge at 2:00 PM, return ~ midnight. RSVP ◆◆ Now.

Center balcony (non-reserved) \$82 seating available. Another trip to see famous Beach Blanket Babylon in San Francisco! This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. Even if you have seen the performance before, the show continually evolves its hilarious parodies of popular icons, updating spoofs and

**Oktoberfest Celebration**  
**Friday, October 29 — SOLD OUT**

Come polka! Our celebration includes traditional Oktoberfest music with the Karl Lebherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, contests and dancing. Enjoy German tunes as your dinner music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will mesmerize you with elegant and traditional waltz numbers performed to the music recording of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous buffet of traditional German foods. For a complete menu, please visit the Activities Desk. Enjoy a no-host bar when Ballroom doors open at 5:30 PM, Dinner at 6:00 PM, show begins at 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. \$39.



**SOLD OUT**

**Reno Silver Legacy**  
**Monday, November 1 — 1770-09**

Today's bus heads over the beautiful Sierras to Reno's Silver Legacy for a day



of sightseeing, gaming, lunching, people watching and excitement. Receive \$10 cash back and \$5 food coupon. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$24. RSVP ◆◆ Now.

**Comedy Night at Kilaga Springs**  
**Monday, November 1**  
**6:00 PM performance — 5056-09A**  
**8:00 PM performance — 5056-09B**

Headliner Tim O'Rourke has performed at comedy clubs nationwide and appeared and done voice impressions for television shows including *The Drew Carey Show*, *The Family Guy* and *The Fairly Odd Parents*. A resident favorite from last year's line-up, show opener Mike Betancourt has an incredible way of changing voices and creating characters. 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. Now open to Guests!



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.

REMINDERS

**ACTIVITIES & FITNESS DESK HOURS & PHONE #S:** Please see page 78.

**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. Classes for residents only. 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 you. If special accommodations are needed, please inform the monitor while registering.

**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 and using the fitness facilities. Many have allergies exacerbated by scents. Thank you for your consideration.



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**Just Added! Meet Your Chef  
Tuesday, November 2 — 5600-10**

Join us at Social Kitchen (KS) and meet our very own chef, Chef Roderick. Chef



will present and discuss the exciting new Meridians menu and listen to your questions, suggestions and feedback for Meridians, Kilaga Springs Café, and Catering menus.

Everyone will have a taste of the excellent dish he is preparing. This event requires registration due to limited seating. Doors open at 9:00 AM, presentation starts 9:00 AM sharp. Free. RSVP by ♦♦ 10/29.

**Le Grand Cirque at Eldorado Casino – Reno • Wednesday, November 3 — 1771-08A**

Enjoy the beautiful ride through the Sierras to Reno and experience plenty of time for gaming and leisure. The wonderful show *Le Grand Cirque* at the



Eldorado Hotel & Casino will be the highlight of the trip. This production is a jaw-dropping, visual feast of breathtaking group acrobatics and

white-knuckle stunts. This international company of champion acrobats and performers has been hand-picked from around the globe for their death-defying abilities and precision skill. The result is a fast-paced, heart-pounding spectacle that will keep you on the edge of your seats! You will arrive in plenty of time for gaming and people-watching before a dinner buffet followed by the 7:00 PM performance. Buffet dinner begins at 4:30 PM. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$74 includes show and dinner. RSVP ♦♦ Now.

**Off to the Races  
Thursday, November 4 — 1840-09**

We're visiting Golden Gate Fields in Albany to again enjoy the heart-pounding intensity of live horse racing. Experience the comfort and luxury of the Turf Club as you enjoy an elegant, elaborate buffet



while watching the races. Dress code: Collared shirts and dress slacks are preferred for men while

women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM – 2:30 PM and complimentary racing program. Leave the Lodge at 10:00 AM, return ~ 7:00 PM. \$59. RSVP ♦♦ Now.

**"Spurs 'n' Hats" Country DJ Dinner Dance  
Friday November 5 — 5024-09**

Cowboy hats, jeans and boot scoot 'n' boogie music will take over the Ballroom at our country DJ dance in cooperation with the Country Couples Dance



Group. Singles and couples will enjoy country and rockabilly music played by DJ Dennis & Connie McGuire all

night long. Popular songs will get you on the dance floor to line dance, swing, two-step and more. Chef Roderick will prepare a casual country western buffet menu to kick the night off. For a complete menu, visit the Activities Desk. A no-host bar will be available when Ballroom doors open at 5:30 PM, dinner at 6:00 PM, dancing 7:00-10:00 PM. \$26. Now open to Guests!

**Hillsborough Antique Show & Sale  
Saturday, November 6 – 1781-09**

This is a trip designed for you antique hounds! Travel to the Event Center in San Mateo for the Hillsborough Antiques Show & Sale, one of the oldest antiques



shows on the West Coast. This show supports the United Voluntary Services, a worthy organization. Shop 300 specialty exhibitors from North America and Europe. We plan a stop for lunch at Fresh Choice Restaurant in San Mateo, offering many options buffet style for salads, pasta dishes, soups, desserts, etc. Trip cost includes show admittance, lunch and non-alcoholic beverage. Additional items at your own cost. Leave the Lodge at 9:00 AM, return ~ 6:30 PM. \$62. RSVP ♦♦ Now.

**"Sparkle & Snow"  
Holiday Fashion Show  
Tuesday, November 9 — 5011-9**

Holiday fashion will sparkle in the Ballroom. Watch friends and neighbors showcase the latest designs from some of your favorite stores to help you ring in the holiday season. Enjoy an appetizing luncheon with choice of *Salmon Salad* or *Turkey Wrap* served with mimosa beverages prior to show. Come early to



shop unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM. Shop even if you're not attending the Fashion Show. We will also offer the popular Gentleman's table this year for men who would like to join us! Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman's table. 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, visit the Activities Desk. OC Ballroom doors open at 11:00 AM; lunch served 11:30 AM; show 12:30 PM. \$29. Now open to Guests!

**West Side Story at Orpheum Theatre • Wednesday, November 10 — 1790-09**

More than 50 years ago, a show about New York City changed musical theatre forever. One of the most memorable musicals and greatest love stories of all



time, "West Side Story's" newest production

comes to San Francisco. Don't miss this thrilling presentation! Music includes "Tonight," "America," "Maria," "I Feel Pretty" and "Somewhere." Bring a sack lunch to be enjoyed on the bus. Our tickets are orchestra seating at the 2:00 PM production. Our coach will drop you off at Union Square after the show for dinner on your own. Depart Union Square at 8:00 PM for Lincoln Hills. Leave the lodge at 11:00 AM, return ~ 10:30 PM. \$105. RSVP ♦♦ Now.

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## Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City/Lincoln)  
8:00 AM at Orchard Creek Lodge  
Thursday, October 21  
Thursday, November 4  
Thursday, November 18

... Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday at 8:00 AM. Free bicycle registration available same days 7:00-9:00 AM.

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**Simon & Garfunkel Tribute Concert featuring AJ Swearingen and 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. Now open to Guests!



**"Suds" at Cosmopolitan Cabaret Wednesday, November 17 — 1793-09**

"Suds," the rocking '60s musical soap opera, 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 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 Café, Esquire Grill, Crest Café, and more. Leave the Lodge at 4:45 PM, return ~ 11:00 PM. \$50. RSVP ♦♦ by 11/1.

**"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 spectac-

ular. 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 ♦♦ by 10/20.

**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**

Don't miss this beautiful fall ride to visit the Apple Hill area in the foothills. First stop High Hill Ranch to browse their gift shops for specialty items and purchase apples and apple products – maybe an apple pie for Thanksgiving. The Pie House Restaurant will set aside an area for the group to have lunch at 12:00 PM. Give the Monitor your choice of a



*Quarter Barbecue Chicken or Veggie Burger to accompany Macaroni Salad, Dinner Roll/Butter, Apple Pie a la Mode and beverage of either Apple Juice, coffee or hot tea.*

Time for more shopping before departing for Jodar Vineyards and Winery tasting room. Taste handcrafted wines produced in small lots to achieve the Jodar-style balance of bold fruit with graceful oak tones. The \$5 (included) entitles you to tastings and souvenir wine glass. This winery's main focus is red wines and has limited tastings of white wines. Leave the Lodge 9:30 AM, return ~ 5:30 PM. \$48 (includes lunch, an apple fritter to take home, tastings, wine glass). RSVP ♦♦ by 11/1.

**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.

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Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ by 11/12.

**Just Added! 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. RSVP by ♦♦ 10/29. 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 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 ♦♦ by 11/1.

**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 in anticipation of its 25<sup>th</sup> Anniversary in 2011. The deYoung is the only museum in the world to host both exhibitions. Bring your own 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 shop-

pers. 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 will be back for a repeat performance, the Doug Pauly Group with guest vocalist Meleva Steiert. The program will include various styles



of American song including jazz, contemporary and Latin and some holiday tunes. Doug Pauly has been a professional guitarist since 1971

performing and arranging his own music ranging 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. RSVP ♦♦ by 10/29.

**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.

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**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 sacred 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. RSVP by ♦♦ 10/29.

**"Spirit of Christmas" at Eldorado in Reno**

**Thursday, December 16 — 1792-09**

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 ♦♦ by 11/5.

**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. RSVP ♦♦ by 10/29.

**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.



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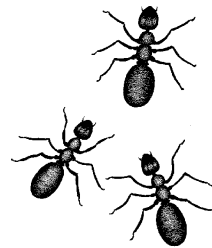
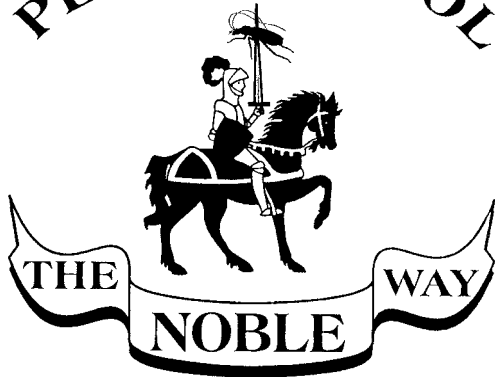
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**Twanna Turner and Blutoxia in Concert**

**Monday, December 20 — 5085-10**

Vocalist Twanna Turner, daughter of Rock & Roll legend and 2007 Grammy winner Ike Turner, will have a special concert performance in the Ballroom with her band Blutoxia. Twanna's electrifying voice and enthusiastic performance



brings her 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. RSVP ♦♦ by 10/29.

**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.

**Cirque Dreams Holidayze at Community Theatre •**

**Wednesday, December 29 — 4562-09**

A jaw-dropping winter wonderland! This original new musical extravaganza is filled with spectacle, imagination and whimsical dreams. Ornaments come to life as costumed characters and per-



form astonishing feats celebrating the holiday season. An international cast of acrobats, aerialists, singers, dancers

and musicians fill this Cirque Dream on stage, in the air and dangling from a 24' tall magical tree. This tribute to the holiday season for all ages has over 100 dazzling costumes, an original musical score and holiday favorites. Orchestra seating. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. \$67. RSVP ♦♦ by 11/6.

**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**

Welcome 2011 with 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 5 for the complete party invitation and details. Tickets go on sale starting October 25. Doors open at 7:30 PM, dinner served promptly at 8:00 PM, dancing 9:00 PM-12:30 AM, karaoke 9:00-12:00 AM. Tailored dinner options start at \$55 per person. Exciting updates to come. It will be a New Year's Eve Extravaganza you don't want to miss!

**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.



**Broadway Sacramento 2010-2011**

This fall's new Broadway Sacramento season includes five shows representing the variety of Broadway theatre and is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation 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 three remaining available shows below for day, date and price of performance.

**9 To 5 The Musical • Tuesday, March 15, 2011 — 4562-05C**

"9 To 5 The Musical" is a hilarious story of friendship and revenge in the Rolodex era. This new musical comedy, direct from Broadway, is based on the hit movie and features Dolly Parton's original hit title song. This is the story of three unlikely friends who conspire to take control of their company and learn there's nothing they can't do — even in a man's world. Outrageous, thought-provoking and even a little romantic, "9 To 5 The Musical" is about teaming up and taking care of business and it's about getting credit and getting even ... and it soon will arrive in Sacramento. \$67. RSVP ♦♦ by 2/1/11.



**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



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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**

The world's most famous nanny arrives in Sacramento! This Tony award-winning production is everything you'd hope for in a Broadway musical – and more. Produced by Disney and Cameron Mackintosh, the show includes such wonderful songs as “Chim 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 November 20

### Trip/Event · Date · Departure Time

- Le Grand Cirque at Eldorado – October 19 – 11:30 AM
- Beale Air Force Base – October 29 – 10:00 AM
- Oktoberfest – October 29 – 5:30 PM
- In The Heights – November 9 – 6:30 PM

## Art Classes

### –Drawing–

#### Beginning Drawing Workshop Monday, November 1 — 1011-10

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$39, handout fee \$4 payable to instructor. Have you ever wanted to learn how to draw? This workshop is for you! Fun visual exercises and many visual and technical short cuts will lead you to a lot of enjoyment as you get initiated to the drawing process. There will be one-on-one help as you develop your work. You will be able to use the following drawing media: pencils, charcoal, and chalks. A supply list will be given upon registration. Class will take a 30-minute break at 12:00 PM for lunch. RSVP ♦♦ by 10/25.

#### Drawing Architectures & Space Wednesdays,

**November 3-24 — 1010-10**

9:30-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn how to render architectures and space. Experiment with depth, monumentality, light and shades effects on façades, textures, architectural details, and surroundings. Use pencils, red chalks, and pen & ink & washes to capture the distinct effect of spatial dimensions. Will be covered the basics principles of perspective. A good amount of documentations will be provided. A supply list will be given upon registration. RSVP ♦♦ by 10/27.

#### Portrait Drawing from the Model Wednesdays,

**November 3-24 — 1014-10A**

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn how 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 10/27.

#### 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.

### –Mixed Media Collage–

#### Mixed Media Collage Mondays,

**November 8 - 28 — 1140-10**

12:00-3:00 PM (OC). Instructor: Jo Ann

Brown-Scott. \$54 (three sessions, no class November 22). Class is for new and continuing students. This lively and improvisational fine art class 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, tex-



tures 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 a 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. A supply list will be provided upon registration. At the end of the class, students will finish two frame-worthy pieces of Fine Art. Questions? Please call Jo at 543-1357. RSVP ♦♦ by 11/1.

### –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 composed 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*

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*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 ◆◆ by 11/10.

### Painting Pastels and Oils with Joan Mondays, November 1-29 — 1051-10A

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65. 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. Note: No Tuesday class for this session. RSVP ◆◆ by 10/25.

### —Watercolor—

### Watercolor Painting • Fridays, November 5, 19, December 3 & 10 — 1111-10

1:30-4:30 PM (OC). Instructor: Anthony Rogone. \$70 (four sessions). You will learn how to develop your "painter's eye" by using color to show shape and form. You will learn watercolor techniques through instructor demonstration, guided practice, and independent exploration. This fun way of painting keeps your watercolors fresh and spontaneous. The goal of this class is to see it, simplify it and paint it. RSVP ◆◆ by 10/22.

### Ceramics Classes

### Beginning/Intermediate Ceramics with Jim • Tuesdays, November 2-30 — 2012-10A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions, no class November 23). An introductory 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 10/26.

### Advanced Ceramics • Tuesdays, November 2-30 — 2012-10B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions, no class November 23). 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 10/26.

### Beginning Hand Building Potter's Wheel Techniques with Terry • Thursdays, November 4-18 — 2011-10

1:00-4:00 PM (OC). Instructor: Terry Acomando. \$40 (three sessions, no class November 25). Have you ever wanted to work in clay 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 10/28.



### — Earthenware —

### Airbrushing Workshop • Monday November 1 — 1100-09A Firing Fee — 1100-09B

8:30 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. Class \$52; additional firing fee \$7. David Hoff is returning to Lincoln Hills with his Airbrush Workshop. This class is open to anyone who wishes to complete pieces with the blended look of airbrushing. For those who have airbrushed before, bring a variety of different pieces. For newbies in ceramics airbrushing, bring the pieces suggested on the supply list.



No matter what your skill level, this will be a fun class and a great time to make personal gifts for the holidays. Class price includes airbrush usage and color needed for your pieces. However, students may bring their own pre-cleaned Greenware pieces to work on. Make sure you receive a copy of the supply list when you register. Class size is limited to 18, so sign up early. RSVP ◆◆ by 10/18.

### —Lladro—

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

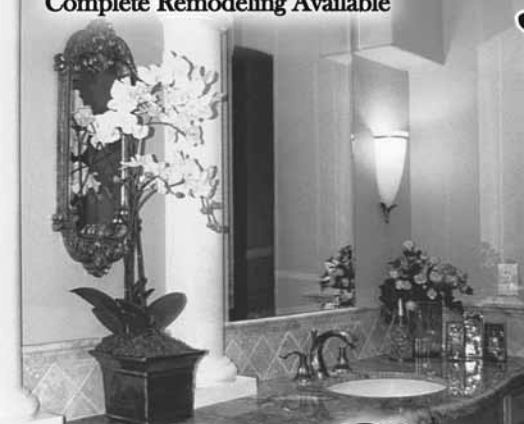
1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions, no class November 24). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend five *consecutive* classes in order to complete first-time instruction and 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, October — 2062-01J November — 2062-01K

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,

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etc., are available for purchase from instructor during workshop. Space limited; sign up early!

## 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 • Monday & Wednesday, November 8 & 10 — 2540-09

1:00-4:00 PM (OC). Instructor: Cami Cordell. \$34 (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 offers two hours of lecture and one hour lab practice per meeting. \$2 handout fee is due at class payable to instructor. RSVP ◆◆ by 11/1.

### —Microsoft 2007—

#### MSWord: Mail Merge • Mondays & Wednesdays, October 25-November 3 — 2650-09

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48. This class is designed to



provide the student with the knowledge and practice to execute Microsoft Words' Mail Merge. This is a perfect time for this class so you can learn how easy it

is to send those holiday cards, invitations and other mailings. We will use Mail Merge to create labels, form letters, club documents, etc. This will simplify managing your address list, sending written communications and managing group lists. RSVP ◆◆ by 10/18.

#### Computer Greeting Cards Monday & Wednesday, November 8 & 10 — 2571-10

9:00-11:00 AM (OC). Instructor: Angela Blas. \$24; \$2 materials fee payable to instructor first day of class covers handouts and special paper for card making. Surprise friends and family by mailing or emailing them your very own holiday card! Create personal greeting cards using Microsoft Word 2007 and the Internet. Make holiday and birthday cards, announcements, invitations, gift tags, and more that express your personality. Learn to add graphics, photos, apply a variety of colors, fonts and effects to enhance your homemade creations as well as other tricks Word has to offer. This fun class requires basic knowledge of Microsoft's Word program and familiarity with computer. RSVP ◆◆ by 11/1.

### —Social Networking—

#### Facebook 1: Getting Started Tuesday & Thursday, October 19 & 21 — 2693-09A

9:00 AM-12:00 PM (OC). Instructor: Cami Cordell. \$34 (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 reconnect 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 teaches the basics: how to sign up, set up a profile, post first comments. Create an event, post a picture, and invite friends to your Facebook site; more if time permits. Class offers two hours of lecture and one hour lab practice per meeting. \$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 ◆◆ Now.

#### Facebook 2: Getting More Involved Tuesday & Thursday, November 2 & 4 — 2693-09B

9:00 AM-12:00 PM (OC). Instructor: Cami Cordell. \$34 (two sessions). **Prerequisite:** Facebook 1 and/or "Friend" the Instructor prior to class. Now that you know how to establish your profile and connect with friends using Facebook (FB), it

is time to embellish your site and learn to use more advanced and fun features — video, photos, live feed, notes, links, games, and more. Practice will be provided intermittently throughout class. Also, if you want to learn to use FB from your cell phone, bring phone to class. \$2 handout fee payable to instructor. RSVP ◆◆ by 10/26.

### —Internet—

#### Internet Safety and Security Friday, November 5 — 2591-10

9:00 AM-12:00 PM (OC). Instructor: Cheryl Arnold. \$24. **Prerequisites:** Basic knowledge of your favorite browser (Internet Explorer, Mozilla Firefox) and



familiarity with surfing the Internet. Before you begin holiday shopping this year, join us for some important information about Internet Safety & Security. We will explore basic terms relat-

ing to Internet Security, what risks are lurking on the World Wide Web, how to navigate the Internet safely, steps to take that will help protect your computer and personal information. Knowledge is power! An outline of the class will be provided with space to take notes. Thirty minutes at the end of class will be reserved for Q & A. RSVP ◆◆ by 10/29.

#### On-Line Shopping Tuesday, November 9 — 2680-10

9:00 AM-12:00 PM (OC). Instructor: Cami Cordell. \$24. 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 checkbook (or credit card) if they wish to purchase and send items for holiday delivery. \$2 handout fee payable to instructor. RSVP ◆◆ by 11/2.



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## — Mac Computer Classes —

### Your Mac and Digital Photography Saturdays, October 23 & November 6 — 2520-08

1:00–3:00 PM (OC). Instructor: Irwin Maloff. \$40 (two sessions, no class October 30). **Prerequisites:** Having a Macintosh and a digital camera. Class will cover basic camera functions and 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. Please note there is one week between the two sessions. RSVP ◆◆ Now.



### iPhone, iPod Touch, and iPad Class Saturday, November 6 — 2660-09

9:00 AM–12:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPhone, iPod Touch or iPad than you ever thought possible. The new iOS4 (the operating system for these devices) is part of the class. This class will demonstrate the many settings and applications on the large screen in the Presentation Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information; how to get all that “stuff” into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPhone, iPod Touch or iPad to class – we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP ◆◆ Now.



### Beginning Macintosh • Saturday, November 13 & 20 — 2514-09

9:00 AM–12:00 PM (OC). Instructor: Jim Hugaard. \$60. No experience necessary! This is a two-day hands-on workshop, six hours, for anyone who wishes to learn how to use the Macintosh computer. We will cover all areas of the Desktop including the Dock, Menus, Keyboard and the different functions of the Mouse. Beginning word processing will be covered using Text Edit, an Apple application. Use



our own desktop iMacs or bring your own laptop. RSVP ◆◆ Now or by 11/5.

## Cooking

### Cooking with Chef Roderick – Braising!

**Tuesday, November 30 — 4013-10**  
9:00–11:00 AM (KS). Instructor: Chef Roderick. \$15. Winter is the time for slow cooking. Chef Roderick will show how to infuse flavors for cold weather favorites like short ribs and lamb shanks. Students will receive printed copy of each recipe. RSVP ◆◆ by 11/23.



## Crafts

### —Decorative Painting—

#### Decorative Folk Art — Thanksgiving Tray • Sunday, October 17 — 1041-09

2:00–4:30 PM (OC). Instructor: Carol Sveglini. Class fee \$25. Get ready for Thanksgiving! We will be painting a tray decorated with a cornucopia filled with the bountiful harvest of pumpkins, eggplant, squash, apples, etc. This is easy to paint.



Beginners are always welcome. Instructor brings all the supplies, just come and have fun. Material fee is \$7 payable to instructor. RSVP ◆◆ Now.

#### Decorative Folk Art — Decorative Glass Block

**Sunday, November 7 — 1040-10**  
2:00–4:30 PM (OC). Instructor: Carol Sveglini. Class fee \$25. Fun and easy decor project for the holidays. We will be painting a One Stroke™ Poinsettia or Snowman on a Glass Block with enamel paints. These blocks have an opening and can be filled with water for a vase or put lights in them with ribbon around the edges and tied in a bow. Beginners are always welcome. Material fee: \$8 payable to the instructor, includes ribbon but students bring their own lights. Students may bring 1” or 2” ribbon to



match home decor if desired. RSVP ◆◆ by 11/1.

## —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! Class offers varied holiday projects including holiday decors, cards, napkin rings, a gift box and much more. Instructions for each project are provided so you can make this a fun project with your family. Students must bring Origami papers (6”x6”), pencil, ruler, glue stick and scissors to class. Beginners are welcome! Check the display window (OC) for project samples. RSVP ◆◆ by 11/8.



## Dance Classes

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

### —Ballroom Dance—

#### Beginning Ballroom – Salsa Saturdays, November 6-27 — 3519-10

10:00–11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions) No chips with this Salsa — just hot Latin dancing! This fast, fun dance is easy to learn with a three-step pattern basic. We put together simple patterns that are easy to remember and do. Join us for a fun-filled morning. RSVP ◆◆ by 11/1.



#### Intermediate Ballroom — Cha Cha Saturdays, November 6-27 — 3516-10

11:00–12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). Two... three... Cha Cha Cha! This is the class for the dancer who has done some Cha Cha before. You will need to know the basic steps and understand a little bit of the style and technique for this class. We will be working on intermedi-

ate level moves and slightly advanced combinations. Cha Cha Fast! Cha Cha Fun! We will Cha Cha right up to the holiday season burning those calories before they arrive! RSVP ◆◆ by 11/1.

### -Clogging-

#### **Clogging I with Janice • Tuesdays, November 2, 16 & 30 — 3517-10A**

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$15 (three sessions, no class November 9 & 23). **Prerequisite:** Instructor's approval and/or previous clogging experience. Must be proficient in the Beginning Clogging steps. This class goes beyond the basics and brings the students' skills to the next level of beginning Clogging. New dances and new steps will be taught. Music with the Big Band sound, Country, Bluegrass and some Pop will add variety. RSVP ◆◆ 10/26.



#### **Beginning Clogging • Tuesdays, November 2, 16 & 30 — 3517-10B**

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$15 (three sessions, no class November 9 & 23). Returning students can hone their skills. Janice is a certified clogging instructor with 30 years of teaching experience nationwide and internationally. Clogging is an American Folk Dance with roots in European folk dances and steps brought by settlers from Scotland, Ireland, England, Germany, Africa and Indigenous People of America, the Cherokee. Tap and Country Line Dancing have also found their way into American Clogging. No special shoes required; flat-soled shoes are recommended, or "tennis" shoes. Bring your enthusiasm, a bottle of water, a towel to mop your brow, a friend, and we'll have lots of fun. RSVP ◆◆ by 10/26.

#### **Clogging with Susi**

Instructor: Susan Thomas. Join this fun form of exercise and dance, clogging from Gaelic "clog" meaning "time." Clogging is "time dancing," your heels are the timekeeper. Come and experience the smooth transition from Clogging I to Clogging II where you will continue to learn new dances and new steps at the intermediate level.

#### **Clogging II • Tuesdays, November 2-23 — 3570-10A**

12:00-1:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). **Prerequisite:** Completion of Clogging I/Beginning Clogging or instructor's approval. RSVP ◆◆ by 10/26.

#### **Clogging Performance • Tuesdays, November 2-23 — 3570-10B**

1:00-2:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). **Prerequisite:** Completion of three sessions of Clogging II or instructor's approval. Learn intricate choreography and formation. Note: Students registered for the Performance class are not required to perform at events. RSVP ◆◆ by 10/26.

### -Line Dance-

#### **Intro to Line Dance • Thursdays, November 4-18 — 3703-09A**

4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$15 (three sessions). This new class for real beginners is designed to introduce basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I and it went too fast, this class is for you! Learn common line dance terminology. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ◆◆ by 10/29.



#### **Line Dance I/Beginner with Audrey Thursdays, November 4-18**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$15 (three sessions). Class is full.

#### **Line Dance II/Beginner — Intermediate with Audrey Mondays, November 1-29 — 3601-09B**

5:00-6:00 PM (OC). Instructor: Audrey Fish. \$25 (five sessions). This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, sometimes done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge, or if you've had previous dancing experience and catch on easily. RSVP ◆◆ by 10/25.

#### **Line Dance III/Intermediate with Audrey • Thursdays, November 4-18 — 3601-09C**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$15 (three sessions). This level of line dance is offered to those who want a bit more of a challenge than the Beginning / Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ◆◆ by 10/29.

#### **Line Dance IV/Advanced with Audrey • Mondays, November 1-29 — 3601-09D**

4:00-5:00 PM (OC). Instructor: Audrey Fish. \$25 (five sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ◆◆ by 10/25.

#### **Line Dance Beginner Plus with Sandy • Wednesdays, October 20-November 24 — 3701-09A**

8:00-9:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. This class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns and many more. Students are expected to understand and execute basic line dance terminologies as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, enjoy the fun while exercising. RSVP ◆◆ Now.



#### **Line Dance II Beginner-Intermediate with Sandy Wednesdays, October 20-November 24 — 3701-09B**

9:00-10:00 AM (KS). Instructor: Sandy

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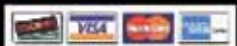
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Gardetto. \$30 (six sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. The suggested prerequisite for this class is Line Dance I for at least six months. Understanding the basic terminology of line dance steps is a requirement before enrolling in this class. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ◆◆ Now.

### Line Dance III with Sandy Wednesdays, October

**20-November 24 — 3701-09C**

10:00 -11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Steps or Step Combinations within this level could include: combination turns, i.e.,



half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts and many more. Within this level, there is no limitation on the number of turns but caution is requested not to exceed what the dancer is capable of achieving both comfortably and safely. The class, though complex, will be fun, pushing students' skills to a higher level. RSVP ◆◆ Now.

### Line Dance I/Beginner with Yvonne Mondays, October 18-

**November 29 — 3703-09B**

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$35 (seven sessions). In the mid-1800's, settlers arrived in the US with new dance steps for non-partner dancing. They shuffled their feet, clicked their heels, wore fancy clothes and line dancing was born. As with other beginner classes, this class teaches fundamental line dance steps including grapevine, jazz box shuffle, quarter and half turns at a slow temp. If you haven't line danced before, we recommend taking Intro to Line Dance first. Make new friends while enjoying the benefits of dance and exercise. RSVP ◆◆ Now.

### Line Dance Beginner Plus with Yvonne • Mondays, October 18-

**November 29 — 3703-09C**

6:00-7:00 PM (KS). Instructor: Yvonne

Krause. \$35 (seven sessions). For those who have had beginner line dance, this class is a step up, teaching more steps and combinations, a transition class from Line Dance I into Line Dance II. Dances become a bit more challenging but will also incorporate what has been learned at the beginner levels, making the dances fun and exciting. You don't need a partner, the music is fun, and it's good exercise for your mind and body. RSVP ◆◆ Now.



### Country Couples Line Dancing — Beginners • First & Third Monday, November 1 & 15 — 3530-10

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$14 per person (two sessions). All couples who enjoy dancing — join Jim and Jeanie for this fun instructional evening! They have been dancing and teaching



country couples dancing for 20+ years. This beginning class includes popular country circle dances. Classes are designed to teach basic two-step dance, waltz, swing, and cha cha and basic

circle dances at the social dance level. Dress is casual with loose fitting clothing. Class format: one and a half hours of instruction plus 30 minutes of practice with assistance from instructor and lead students. Music is a mix of country and types to fit the dance steps. Instructors will assess students' skill level on first day of class and may recommend transfer to appropriate class. RSVP ◆◆ by 10/25.

### Country Couples Line Dancing — Intermediate • Mondays, November 8 & 29 — 3530-10B

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$14 per person (two sessions). Class is for couples who have taken the class before and are ready for more challenging routines. Intermediate level includes waltz, cha cha, swing, two-step, and circle dances that are more complicated and require greater skills than the beginner class. Music is a combination of country and types that fit the dances. Instructors will assess students' skill level on first day of class and may recommend transfer to appropriate class. Class format: an hour and a half of instruction and 30 minutes of practice

with assistance from instructor and lead students. RSVP ◆◆ by 11/1.

## —Tap Dance—

### Tap for Fun with Judy!

Join us on Monday or Friday afternoon to enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. This is not a performing group, it is designed for people who love to dance and kick up their heels. If you have an hour or two, put on your tap shoes, feel the music beat and prepare to tap!



### Mondays, October 18- November 29 — 3580-09A

4:45-5:45 PM (KS). Instructor: Judy Young. \$35 (seven sessions). RSVP ◆◆ by 10/11.

### Fridays, October 22- November 19 — 3580-09B

1:00-2:00 PM (KS). Instructor: Judy Young. \$25 (five sessions). RSVP ◆◆ Now.

## —West Coast Swing—

*All West Coast Swing classes take a hiatus in December and resume instruction in January. Check December's Compass for new schedule!*

## Fitness

*Register for these classes at Fitness Centers starting October 17 at 10:00 AM.*

## —Circuits, Weights, Stretches—

### Beginning Circuit Class Wednesdays, November 3- December 22 — 830000-10

(No class November 24.) 5:00-5:30 PM. Weight Room (The Wave). Instructor: Julia Wells. Location: The Wave on Weight Room floor. \*\*\*Week one, class meets for an hour, 4:30-5:30 PM, to go over basics of warming up for circuit and weight machine adjustments. Class takes participants through a full-body strength-training circuit, increasing their knowledge of using the equipment safely and effectively while getting a great workout. Every two weeks the class will progress with a few new exercises to include balance, core, and cardio stations. For the

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### W.O.W. — Working Out with Weights • Tuesdays, November 30-

**January 11 — 750500-10**

(No class December 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 and why you need to change your weights, the best sets, reps and exercises for your body type. You will run away with written programs to carry you through the rest of your life! Change your life. Limit six people. **Six weeks — \$75.** Register at the Fitness Centers.



ing 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 and why you need to change your weights, the best sets, reps and exercises for your body type. You will run away with written programs to carry you through the rest of your life! Change your life. Limit six people. **Six weeks — \$75.** Register at the Fitness Centers.

### Reach for the Top/Stretch & Tone! Tuesdays, November 2-30 — 801000-10

**Thursdays, November 4-**

**December 2 — 803000-10**

**Tuesdays & Thursdays,  
November 2-**

**December 2 — 802000-10**

(No class November 23 or 25.) 11:45 AM-AM- 12:45 PM. Aerobics Room (KS). This class, formerly "Arthritis Take Control" and designed/presented by Lin Hunter, is a combination of stretching, range of motion 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 stronger, strengthen muscles and joints, and build 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 knowledge to help seniors enjoy exercise and improve health. Lin



strength muscles and joints, and build 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 knowledge to help seniors enjoy exercise and improve 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.

### Balletone • Tuesdays, November 2-30 — 700000-10

(No class November 23.) 4:00-5:00 PM. Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet inspired dance movements and the flow of yoga? A fun flowing cardio class perfect for burning calories and sculpting your whole body. Strengthens muscles and core, increases cardiovascular fitness, flexibility and coordination. Set to upbeat music. **Four-week series - \$35.** Register at the Fitness Centers.

### —Qigong—

#### New! Qigong

**Free Workshop: Thursday,**

**October 21 — 745000-WS**

**Classes: Thursdays, November 11-**

**December 9 — 745000-10**

(No class November 25.) 3:30-4:30 PM. Aerobics Room (The Wave). Instructor: Peter Petersen. Qigong (pronounced chigong) has been around for more than 5000 years and originated in China. This class is gentle and easy to learn, meaning it can be practiced by anyone, at any age or fitness level. Using simple gentle body movements, it becomes the art of energy management and can balance and unblock stagnate energy. 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. Come to this free introductory class on October 21. **Four-week series - \$40.** Register at the Fitness Centers.

### —Dance/Fitness Centers—

#### Zumba • Mondays, October

**18-November 29 — 810000-09**

(No class 11/22.) 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. **Six week session — \$48.** Register at the Fitness Centers.

### New day & location! Belly Dance Mondays, November 1-29 — 770200-10

**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, strengthened abdominal muscles, legs, back and more. 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! **Five-week session — \$45.** Register at the Fitness Centers.

enjoy belly dancing and get a great core workout to fabulous rhythms and beautiful music. Through this dance, strengthened abdominal muscles, legs, back and more. 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! **Five-week session — \$45.** Register at the Fitness Centers.

### New day & location!

**Greek Line Dance • Fridays,  
November 5-19 — 770100-10**

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! **Three week session — \$27.** Register at the Fitness Centers.

**Performance Dance with Dolly Fridays, November 5-December 3 — 771200-10**

(No class November 19.) 2:30-4:30 PM.

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Aerobics Room (The Wave). Instructor: Dolly Schumacher. For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite: By audition or teacher's approval only.** All classes are held in the Aerobics Room at The Wave. **Four-week session — \$45.** Register at the Fitness Centers.

### —In the Pool—

#### Beginning Swim Class with Marilyn Wednesdays, November 3-24 — 780300-10

4:00-5:00 PM. Indoor Pool (The Wave). Instructor: Marilyn Windham, Swim Coach. This class offers an opportunity for those who have wanted to get involved in swimming but weren't sure how. Those in the beginning level are ex-



pected to have some basic water skills, including being able to place your heads or faces under water,

having a general comfort level in the water, and may even include some navigation through water. Basic instruction will be given on dry land and in the water with emphasis on breathing, kicking, and proper stroke. The primary class emphasis is the instruction of the freestyle stroke. Minimum class size of two, maximum of eight swimmers. Goggles highly recommended. **Four-week session — \$40.** Register at the Fitness Centers.

#### Intermediate Swim Class with Marilyn • Tuesdays, November 2-23 — 785000-10

5:00-6:00 PM. Indoor Pool (KS). Instructor: Marilyn Windham, Swim Coach. This class is for those of you who already swim but want to improve your skills.



Those in the intermediate level are expected to swim at least one lap (across the pool) before resting, with general knowledge of the freestyle stroke. Primary emphasis is for intermediate swimmers to perfect their freestyle stroke through a variety of drills designed to refine the stroke and help correct faulty ones. Swimmers will also learn to do the backstroke. Minimum class size two, maximum ten swimmers. Goggles

highly recommended. **Four-week session — \$40.** Register at the Fitness Centers.

#### Core-N-More Suspended Aquatic Exercise with Andrea Wednesdays, October 20 - November 10 — 760000-10 Thursdays, October 21 - November 11 — 760100-10 Wednesdays & Thursdays, October 20-November 11 — 760200-10

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 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, November 3-24 — 750000-10

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

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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. **Four week session — \$50.** Register at the Fitness Centers.

### —Yoga—

#### Gentle Hatha Yoga with Julie Boone

#### Tuesdays, November 2 - December 14 — 710100-09 Or Thursdays, November 4 - December 16 — 710200-09

(No classes November 23 & 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.** Register at the Fitness Centers.

#### Evening Yoga with Susan Hayes Hatha (Traditional) Yoga Tuesdays,

#### November 2-30 — 711000-10

6:30-7:45 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 energy, flexibility, balance, and strength – all while reducing stress. As the seasons change, so should our exercise routines (or lack thereof). Everyone is welcome — from

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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.

### Evening Yoga and Meditation with Susan Hayes • Thursdays, November 4-18 — 711100-10

(No class November 25.) 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 12 students. Come join us! **Three-week series - \$30.** Register at the Fitness Centers.



### Gem Stone Cutting

#### Gem and Jewelry Open Workshop

Most Mondays and Wednesdays, the Lapidary Shop is open from 8:00 AM-12:00 PM. Most Mondays, the Lapidary Shop and the Casting Shop share

the space from 12:00-4:00 PM. Most Wednesdays, lab session from 6:00-8:00 PM, Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society 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.

### Glass Art

#### —Fused Glass—

#### Beginning Fused Glass Jewelry Tuesdays, October 19-November 9

1:00-4:00 PM (KS). Instructor: Kate Uppal. \$60 (three sessions, no class November 2). Class is full.

#### 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

October — 3101-01J

November — 3101-01K

4:00-6:30 PM on Mondays except for



the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Kate Uppal. \$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

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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

**October — 3101-01J**

**November — 3101-01K**

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 with fused glass enthusiasts. Pay at Activities Desk each day you attend.

## Jewelry

### —Beading—

#### Loop the Loop Bracelet • Tuesdays, October 19 & 26 — 3011-09

9:30 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30. Here's a bracelet that echoes your fun personality. Loops of beads al-

ternate all around an easily stitched base. Choose fun colors as an accent or classic colors to go with every-



thing. Familiarity with small beads and stitching is best for this project, but beginners can choose the "chunkier" option on the materials list for an easier introduction to bead stitching. And "old pros" at stitching can opt for either the "daintier" or the chunkier version. Instructions will include how to do both versions. Be sure you get the materials list when you sign up for the class. RSVP ♦♦ Now.

#### 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 collar. 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 – those cubes are small! Be sure to get the materials list when you register for the class. RSVP ♦♦ by 11/9.

### —Precious Metal Clay (PMC)—

#### Shadow Box Pendants

**Tuesday, November 16 — 3160-10**

10:00 AM-5:00 PM. (KS). Instructor: Jewelry artist, Patrik Kusek. Class fee: \$51 plus \$40 materials fee payable to



instructor on first day of class. Learn to make a Shadow Box Pendant using PMC (precious metal

clay). In this day-long workshop you'll learn the fundamentals of making a round shadow box pendant using a dry construction method. Create something with metal clay to put inside the shadow box or place a tiny object and seal with resin. Instructor's tools will also be available for students to use. Extra materials, tools, etc., will be available for purchase after class. RSVP ♦♦ by 11/9.

## Language

#### Beginning Conversational French Thursdays, November 4-December 2 — 6090-10A

9:30-11:30 AM (OC). Instructor: Claire Michelet. \$64 (four sessions, no class on November 25). Prepare for your travel in France and learn how to converse in French using real-life situations. Acquire basic French conversational skills and learn all the essential sentences that will make a difference in your stay abroad, plus an insight into local customs. This class is designed for true beginners and also for those who have no practice or relatively no recent practice of spoken

French and want to pick up from what they can remember. Topics covered in this class are: travel and transportation, hotels & accommodations, public and private services, shops, shopping & money matters. RSVP ♦♦ by 10/28.



#### Intermediate Conversational French Wednesdays, November 3-December 1 — 6090-10B

4:00-6:00 PM (OC). Instructor: Claire Michelet. \$64 (four sessions, no class on November 24.) Refine your conversational skills through a variety of inspirational and pertinent topics. Delve into French culture and gain an in-depth understanding of its particularities and differences. There will be a special emphasis on pronunciation, and rhythm of the French language. This class is designed for students who have a basic understanding of the French language. This class is not for beginners! Topics covered will be: French actuality, urban and rural France, and real life situations Part 1 (greetings, at the Restaurant, & shopping). RSVP ♦♦ by 10/27.

## Music

### —Guitar—

#### Guitar I – Introduction to Guitar Fridays, October 29-December 17 — 4261-09A

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$57 (seven sessions, no class November 26.) This class is designed for the person who has not played before or hasn't played guitar for many years. Class covers basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help in selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor first day of class. Questions? Please call Bill at 434-5655. RSVP ♦♦ by 10/22.



## —Music History—

### History of Movie Musicals, Part II Thursdays • October 28- November 18 — 4271-08B

10:00 AM-12:00 PM Presentation Hall (KS). Instructor: Ray Ashton. \$20 (four sessions). This class is *not* presented thru Osher Lifelong Learning Institute.



Part two begins with a look at two of the Movie Musicals greatest directors: Robert Wise and Bob Fosse. Study their unique visual styles and the way they changed Movie Musicals forever. See the majesty of the “Sound of Music;” remarkable artistic achievement of “West Side Story;” fabulous style of “Cabaret;” and the prophetic “All That Jazz.” In the final two classes, we will explore the resurgence of the Movie Musical in the 21st century visiting Broadway classics like “The Producers” and “The Phantom of the Opera,” popular hit “Mama Mia” and the disturbing Sondheim masterpiece “Sweeney Todd.” Get ready for a musical and theatrical treat as we enter the new millennium through the history of movie musicals. Sign up at the Activities Desk for this class. RSVP ◆◆ Now.

## —Voice—

### Singers Vocal Boot Camp Continuation • Fridays, October 29- December 17 — 6131-09

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$57 (seven sessions, no class November 26). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music. Note: *Class starts and ends one week*



*later than advertised in July Compass.* This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 10/22.

## Rescue & Preparedness

### Community Emergency Response Team Class

**October 20, 22, 26 & 27 — 6013-09**  
9:00 AM-4:00 PM (OC). Instructor: Aaron

Bjorgum from city of Lincoln Fire Department. **Free** (four sessions). Be part of the team! Would you like to be better prepared in the event of an emergency or disaster? Would you like to be part of a team helping your neighbors during and after an emergency or disaster? You are invited to register to take a CERT (Community Emergency Response Team) class. CERT is a 20-hour course on Disaster Preparedness, Fire Suppression, Light Search and Rescue, Disaster Medical Operations, with an emphasis on



team building and safety. CERT training involves some lifting and you should be in average physical health. This four-day class is free and includes text book and lunch. To be certified, you must attend all classes. For further information, contact CERT Chair Bill Szabo at 434-6667 or Luci Hightower, SCLHCA Executive Assistant, at 625-4062. RSVP ◆◆ Now.

## 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, October 25 — 4058-09 Or November 1 — 4058-10

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 ◆◆ 11/20 or 11/26.

### Bernina Serger Certification — 4055-011

Second Monday of the month, 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 — 4054-011

Second Monday of the month, 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 the class.

## —Knitting—

*Beginning Knitting will resume classes next year.*

### Intermediate Knitting Mondays, November 1, 15, 29- December 6 — 4071-10A

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions). **Prerequisite:** Must know how to knit, purl and cast on. This class is for anyone who



already knows how to knit but would like to improve their knitting with help on reading instructions, checking gauge, working intarsia, cables, lace, short rows,

and buttonholes, finishing, or improving general knowledge of knitting. Bring the knitting you are working on plus the pattern or the supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. RSVP ◆◆ by 10/25.

### Intermediate Knitting & Crochet Tuesdays, November 16, 30- December 7 & 14 — 4071-10B

1:00-4:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions, no class November 23). **Prerequisite:** For crochet, must know how to chain and single crochet and for knitting, must know how to knit, purl and cast on. This class will be a combination class between knitters and crocheters with instructor providing individual attention to students. Intermediate knitters; refer to Intermediate Knitting class details above. For crocheters: Bring a project you are working on, the hooks and normal supplies needed for crochet such as scissors, etc. Students will get help on projects from thread crochet to afghans and anything in between. Get your questions answered regarding reading patterns and more advanced stitches, etc. This is a fun class meant to help you advance your skills. You can bring more than one project. Nancy has written crochet books and

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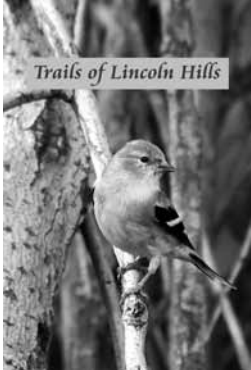
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**Writing**

**How to Tell Your Story**  
**Wednesdays, October 20-**  
**November 10 — 3140-09**

9:30 - 11:30 AM (KS). Instructor: Fred

Ekman. \$48 (four sessions). Have you ever thought of sharing some of your childhood memories, teenage years and beyond with your kids and grandkids, but aren't really sure how to get started? This workshop will help you recall childhood words and phrases. The use of photos will help you remember special moments. Explore ways of telling your



story without putting your readers to sleep, by writing in voice. In this workshop we will capture 60 plus years in 15 year increments. Finally, we'll discuss examples of printing and binding options. Your finished auto-bio should make great holiday gifts for the young ones! Bring your laptop, or paper and pencil, and relive your past. For more information, contact Fred Ekman at fred@fredekman.com or 709-2496.



**Just Added! Treasures of Russian Art II: Moscow's Personality and Cultural Attractions**  
**Friday, October 22**

1:30-4:00 PM, Presentation Hall (KS)  
 In January, 2010, Elena Polyudova, PhD



Art History, introduced her "Treasures of Russian Art" series to Lincoln Hills. Today, Elena plans to focus her presentation on exploring Moscow, the Russian capital. Two different insights will be shown: as a 25-year Moscow resident, her personal enrichment and enjoyable experience in this Rus-

sian city, and as an art critic, she will share cultural destinations. These attractions will include: the Kremlin, the Moscow subway, and Tretyakov Gallery. As a future visitor to Moscow and Russia, you will have a deeper appreciation and "map" for these places.

**The A, B, C ... and D's of Medicare**  
**Wednesday, November 3**

7:00-8:30 PM, OC Ballroom.  
 Margaret Reilly, HICAP (Health Insurance Counseling and Advocacy Program) Program Manager for the nine-county Sacramento region, is proud



of the advocacy and educational functions of HICAP. She has many years of nonprofit experience, focusing on Health and Human Services. Ms. Reilly will discuss the A, B, C ... and D's of Medicare and include what to expect from the *Affordable Care Act of 2011*. There will be ample time for questions. Please join us for this timely presentation as we enter the enrollment

period for Medicare options. Free.

**Smartphone... A Hand-held Personal Computer**  
**Saturday, November 20**

2:00-4:00 PM Presentation Hall (KS). Computer and Lincoln Hills gurus Terry Rooney and Ken Silverman will inform the attendees on this new, mobile technology. Starting with its recent history, the major products, like Apple's iPhone, Google's Android, Windows 7 Phone (by Microsoft) and others will be discussed. The myriad applications and opportunities will make this more fun! Naturally, its economics through the various service providers will lead to many questions. It is an extremely competitive environment and getting more so every month. Come early, and learn more about what 20% of the US population is already using. With the coming holidays, expected social and family connections, this session promises answers. Free.



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**Administration Office**  
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**  
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Breakfast 7:00-10:30 AM  
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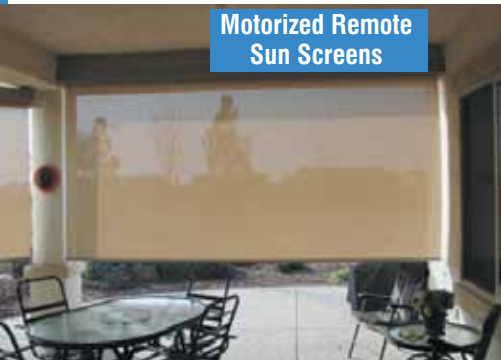
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**Don's Awnings, Inc.**

(916) 773-7616

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