

April 2011



Compass

The Official Magazine of Sun City Lincoln Hills



Census Lists Lincoln as Fastest Growing CA City... *page 3*

Wellness Days, May 23, 24 & 25... *pages 9 & 89*

The Spa at Kilaga Springs Pampers Men Too... *page 15*

Pooches on Parade, May 5... *page 19*

Our Roving Reporter Visits the Club Expo... *page 21*

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On the cover

Jeannine Balcombe photographed Deirdre Ryan with dog Clancey, Kay Kerenyi with dog Gus, and Dick & Carol Perry with Scarlet as they were walking along Canyon Oaks Trail.



Thank You, Voting Residents and Election Committee!

Board of Directors Report

Bill Kassel, Director, SCLH Board of Directors

Now that elections are over and our new members of the Board of Directors are seated, it is my pleasure to welcome John Snyder and Marty Rubin to the board. I want to thank the 3436 household members who cast their votes in this election and gave us another conscientious board. Unfortunately, this number of ballots cast represents only 51% of the total eligible residents. We hoped for a better voter response.

To the Election Committee, thank you for your yearlong planning and meetings, and for hosting the Candidate Forums. The committee worked very hard to get a big turnout vote this time so it wasn't for lack of effort. To the volunteers who devoted most of their day counting ballots, a big thank you. I see many of the same people returning year after year to help the committee accomplish this tedious task. We are indeed blessed to have

such devoted people in our community.

Many are aware that at the March Finance Committee meeting, we were given the end of year financial results. That report showed that the Association had a surplus of more than \$380,000 for 2010, a product of cost effective management. The most notable departments under budget were Administration, Maintenance, Landscape, and Food & Beverage.

The Board continues to press Del Webb/Pulte in our lawsuit to correct construction defects found at Orchard Creek, Kilaga Springs and in some non-building areas. Some of these defects are ADA issues and are a high priority to get corrected.

We hope that you will mark your calendars to attend our board meeting on the fourth Thursday of each month so you can hear our discussion and provide input on issues affecting you and the Association.

Board Members Recognized for Service



At their March 24 Board meeting, Ken Silverman, left, and Denny Valentine, right, were presented with a framed resolution and SCLH-logo Gortex jacket in recognition of their four years of service as Board of Directors. Shown above, from left, Ken Silverman, Nina Mazzo, Marty Rubin, Bob Cook, Sheilah & Denny Valentine

Upcoming Association-Related Meetings & Presentations

Date • Time • Place April 15-May 26

New Residents Orientation	Tuesday, April 19, 1:00 PM, Solarium
Golf Cart Registration	Thursday, April 21, May 5 & 19 See page 16.
Finance Committee	Thursday, April 21, 9:00 AM, Oaks
Board of Directors Workshop	Friday, April 22, 9:00 AM, Front Ballroom
ARC/Architectural Review Committee	Monday, April 25, 9:00 AM, Heights/Gables
Board of Directors Meeting	Thursday, April 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, April 28, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, April 28, 11:00 AM, Oaks
CCOC/Chartered Clubs/Community Orgs.	Tuesday, May 3, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, May 3, 1:30 PM, Multimedia
Compliance Committee	Wednesday, May 4, 10:30 AM, Oaks
Elections Committee	Friday, May 6, 10:00 AM, Multimedia
ARC/Architectural Review Committee	Monday, May 9, 9:00 AM, Heights/Gables
Properties Committee	Tuesday, May 10, 1:00 PM, Fine Arts
Listening Post	Wednesday, May 11, 9:00 AM, Solarium
Finance Committee	Thursday, May 19, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, May 23, 9:00 AM, Heights
Board of Directors Meeting	Thursday, May 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, May 26, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, May 26, 11:00 AM, Oaks

Lincoln Hills Community Forums

Co-living with Wildlife in Lincoln Hills	Thursday, April 21, 4:00 PM, P-Hall (KS)
DMV Update for Senior Issues/Car-Fit	Thursday, April 28, 1:00 PM, Front Ballroom
Lincoln Hills Snake Update and Help	Tuesday, May 3, 3:30 PM, P-Hall (KS)
Your Cosmic Neighborhood	Wednesday, May 4, 7:00 PM, Ballroom
Adult Immunization	Wednesday, May 18, 7:00 PM, P-Hall (KS)
Put Green\$ Technology Into Your Pockets	Thursday, May 26, 1:00 PM, Ballroom

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



The 2010 Census data has just been released, and our city of Lincoln was listed as the fastest growing city in the state of California among incorporated places with a population of 10,000 or more. Lincoln went from 11,205 residents in 2000 to 42,819 residents in 2010, a 282% change in 10 years. With approximately 11,800 residents in SCLH, our community represents about 37% of the total population change. For Census details, go to: www.census.gov/prod/cen2010/briefs/c2010br-01.pdf

As you can imagine, this is getting the attention of others. The first week in April, reporters and photographers from the *Los Angeles Times* paid us a visit to be able to report on what is bringing people to Lincoln. I felt

great pride as the reporters interviewed and took photos of residents enjoying the lifestyle here. While interviews were arranged, it was the spontaneous interviews and photos that had the reporters on two separate occasions spontaneously state that everyone appeared happy and healthy and that they felt a “real sense of community here.” The pride welled inside me. I will keep you posted via e-bulletin and the *Compass* when the articles appear on the *LA Times* website and in print.

Lifestyle Survey

Inserted in your *Compass* this month is a Lifestyle survey. Please take the time to review the questions and an-

continued on page 37

Calendar of Events

April 15 - May 15

Date	Event	Page #
04/15	Home, Health & Business Showcase	43
04/16	Semi-annual Parking Lot Sale	43
04/16	Dance: Jukebox Saturday Night	43
04/17	Semi-annual Line Dance	30
04/18	Lecture: History & Nature of the Universe	22
04/18	Speaker: Immigration & Naturalization	28
04/18	Speaker: Lincoln Transportation Update	33
04/19	New Resident Orientation	43
04/21	Speaker: FAA Flight Safety Officer	22, 36
04/21	Speaker: Nutritional Supplement Safety	22
04/21	Forum: Co-Living with Wildlife/LH	24, 84
04/21	Book Discussion: <i>Sunday at Tiffany's</i>	24
04/21	Bus Trip: Capitol Corridor to SF Pier 39	43*
04/23	Workshop: "Izzy" Dolls	31
04/23	Annual Spring "Egg Hunt"	43
04/23	Bus Trip: San Francisco for the Day	44
04/25	Show: Saxophobia	44
04/26	Bus Trip: Illuminaire at Eldorado/Reno	44
04/27	Bus Trip: Capitol Steps/Crest Theatre	44
04/28	Presentation: Create Lush Gardens	28
04/28	Auditions: Calvacade of Stars	36
04/28	Bus Trip: Ruth Bancroft Gardens	44
04/28	Forum: DMV Reviews Senior Issues	86
04/28-29	Auditions: "Tales of Snow White"	32
04/29	Open Mic: Just for Fun Musicians/Singers	31
04/29	Ultimate Chili Showdown vs. Chef	45
04/30-05/01	Annual Amateur Rose Show	28
05/01	Bus Trip: Lodi Street Faire	45
05/01-03	Concert: LH Community Chorus	34, 45
05/02	Workshop: Immigration & Naturalization	28
05/02	Document Destruction	49
05/03	Forum: More Local Snakes Info: "Help"	86
05/03	Speaker: Select Plein Air Site/Values/Colors	31
05/03	Presentation: Reverse Heart Disease Risk	89
05/04	Our Cosmic Neighborhood	22, 86
05/04	Bus Trip: Treasure Island with Jerry	49
05/05	Speaker: Investment/Natural Resources	30
05/05	Pooches on Parade	19, 33
05/05	Concert: Cinco de Mayo/Dinorah Band	49
05/06	Bus Trip: Grand Night for Singing	49
05/10	Comedy Night at KS	49
05/10	Speaker: Finance as a Second Language	89
05/11	Speaker: Getting Started with Picasa	26
05/12	Speaker: Spirituality Can Help	28
05/12	Speaker: Nutritional Supplements	Safety 28
05/12	Spring Fashion Show	49
05/13	Clinic: Picasa Web Albums Part II	26
05/13	Bus Trip: Quidam at Power Balance	49
05/13	Bus Trip: Beale Air Force	57*
05/15	Artisans in the Lodge	22

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

Meridians



Easter Brunch Buffet

Sunday, April 24th

10:00am to 3:30pm

\$28.95++

Children 7 to 12 years \$15.00++
Adults over 90 & children under 6 are free

Reservations and prepayment are requested
Please call 625-4040

Go to www.meridiansrestaurant.com for details

MERIDIANS MOTHER'S DAY BRUNCH

Sunday, May 8th

10:00am to 3:30pm

\$28.95++ adults

Children 7 to 15 years 15.00++

Adults over 90 and children under 6 are free

Reservations and prepayment are requested
Please call 625-4040

Go to www.meridiansrestaurant.com for details

Hey Bob, What Are the Rules for Youngsters in the Community?

Bob Cook, SCLH Executive Director

I still get asked this at least once a month so I am updating my article on a subject published about a year ago.

I am doing so because the problem still exists and does not seem to be improving.

There are problems these economic times are bringing us as neighborhoods and as a community.

We are receiving a significant number of reports of individuals and families not age qualified and living with our qualified residents. Additionally, I have heard of concerns from area schools where children have been registered with addresses within Sun City Lincoln Hills.

I can appreciate the difficult decision it can be for residents who want to support their loved ones. Unfortunately, they cannot be permanent residents in Sun City Lincoln Hills. The CC&Rs are very clear on this issue. The Association encourages guests in our community, for that reason, guests can visit 60 calendar days a year.

People ask me, why should the Association care? The Association cares because your friends and neighbors moved into the community with certain expectations about life here. The Governing Documents are written to support that expectation. The Association also cares because it must meet certain residency criteria to qualify as an age restricted community. All residents agree to the CC&R stipulations when they purchase a home in the community.

I recently spoke with a homeowner who told me how they polled their friends and neighbors and, to a person; they said it was ok for them to support their children by allowing them to live here. It would only be until they could find a job and afford to move elsewhere. That was over a year ago. Seeking permission in that way places the neighbors in a difficult position. I believe I would say yes instead of alien-

ating a friend even if I had reservations. It is also very difficult to go back to a neighbor three months, six months or a year later and voice discomfort with the situation.

So please, if you are in this situation or considering it, I encourage you to make the hard decision by respecting and honoring your commitment to your

neighbors and community before continuing or proceeding. Consequences for failure to follow the CC&Rs are notice of non-compliance. Most non-compliance issues are resolved at this point. If necessary, however, a hearing before the board is scheduled, followed by a fine that can be up to \$100 per day until compliance is achieved.

Ideas Spring Forth

Gay Mackintosh

Properties Committee Chair

Association members are the source of many ideas for improvements that come to the Properties Committee. In March we approved residents' requests to install two new benches on the connecting Elderberry and Canyon Oaks Trails (off Hidden Hills Lane, Villages 21, 22A and B). The mid-way benches will enable more residents to enjoy two of our most beautiful trails.

Clubs also bring requests to the Committee. We are now considering suggestions for NEV/golf cart charging stations available to all our residents in the Orchard Creek parking lot. Also under consideration is a request from the Softball Group for a storage structure at Del Webb Field to accommodate equipment now housed off-site.

The Properties Committee evaluates

proposed projects on the basis of better meeting the needs of our residents and enhancing the value of our community assets. We recommend cost-effective projects to the Finance Committee and ultimately to the Board of Directors for final approval.

Equipment/construction costing \$2,000 or more is considered a capital improvement. Requests are due by June 30 for consideration during the budget process for 2012. Clubs often contribute towards the cost of capital improvements they request.

We are pleased to welcome Jim Leonhard as our liaison from the Finance Committee and Gary Younger as our liaison from the Board, with Jerry Harner continuing as our representative to Finance. They help ensure

timely communications among the committees and Board, expediting the approval process for worthy projects.

Our next Properties Committee meeting is May 10, at 1:00 PM in the Fine Arts Room (OC).



Canyon Oaks Trail greens up for spring; two new benches like this one will be installed at Canyon Oaks and Elderberry Trails



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Complaint or Concern?

Heather Peters, Community Standards Manager

Do you have a complaint or concern? To better support residents and staff, the Community Standards Department encourages residents who have a complaint or concern to fill out a "Complaint Report." The complaint form allows residents to give a brief



description of the concern and assists the Community Standards Department in investigating the issue.

Complaint Report Forms are available at either the Membership Desk (OC) or online at www.lincolnsuncity.org. For the latter, at the top of the home page, select Document Library then click on Forms, then Association

Resident Forms to Complaint Report. Once the form is completed, be sure to drop it off in the ARC/Compliance box located in the Business Office next to the Membership Desk (OC). The Community Standards Department will then follow-up with an investigation.

The form asks you to include a brief

description of your concern, along with your name and address. However, if you wish to remain anonymous, you're welcome to complete the form without providing your personal information.

Please feel free to contact Heather Peters, Community Standards Manager, at 625-4006 or Cece Dirstine, Community Standards Coordinator, at 625-4008 should you have any questions.

Aging is Normal

Should I Be Shot?

The Immunizations You Need

Shirley Schultz

"I have to get a shot!" you say. This should not be confused with a shot that you get in a bar, of course! We have come to refer to an immunization or a vaccination as a "shot," which in medical terms is the administration of

foreign material (the vaccine) to stimulate your immune system to produce antibodies to destroy or disable the foreign agent. The immune system is the natural disease-fighting system of the body and, when healthy, can recognize invading bacteria and



continued on page 11

Financial for 2011 Continue Ahead of Budget

Have You Enrolled in Automatic Withdrawals for Association Dues?

Hank Lipschitz, Finance Committee Chair

The Finance Committee met on March 17, and accepted the February 2011 Financial Statements and also recommended that the Board accept them. Results for the two months show that our Association continues to be ahead of budget as



shown in the accompanying chart. For the two months of 2011 we are \$97,813 ahead of budget. All departments continue to be at or better than budget. As of February 28, we had \$3,175,000 in our Operating Fund accounts and \$5,166,000 in our Reserve Fund.

The number of past due assessments declined from 387 at the end of January to 281 at the end of February. Our past due assessments are higher than in the past because a number of residents short paid when the dues increased this year. I personally find the easiest way to pay is to use the Association's ACH withdrawal authorization. This form, which can be obtained at

the Activities Desks (OC/KS) or from the SCLH website, allows the Association to withdraw your dues during the first week of each quarter. It is automatically adjusted for any changes in dues. Currently we have 1,370 properties enrolled.

An added benefit for those using ACH is that you can request that statements be emailed to you. This includes those of you who pay online through

your bank. This saves trees, time and postage. Easy to enroll, if interested, this is another form available at either Activities Desk or from our website.

If you have general questions or need information on the above I may be reached at finance.committee@lincolnsuncity-lincolnhills.org. 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, April 21, at 9:00 AM.

Statement of Operations YTD 2/28/2011

Department & Activity	Revenue (Expense) Actual	Revenue (Expense) Budget	Favorable (Unfavorable) Variance
Homeowner Assessment & Other	\$1282153	\$1286225	(\$4072)
Administration	(\$344718)	(\$370502)	\$25784
Kilaga Spa	(\$7989)	(\$8503)	\$514
Fitness	(\$71373)	(\$75044)	\$3671
Activities	(\$41638)	(\$48833)	\$7195
Rec. Center/Maintenance	(\$375375)	(\$390588)	\$15213
Landscape Maintenance	(\$361598)	(\$386630)	\$25032
Food & Beverage	(\$78875)	(\$103351)	\$24476
Capital Asset	\$23741	\$23741	\$0
Net Revenues (Expense)	\$24328	(\$73485)	\$97813

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Megan Cowart

Wellness Program Coordinator



Inspired ~ Engaged ~ Well

Wellness Days Are Here!

Fitness Center News

Brandy Garcia, Director of Fitness



The creation of *Wellness Days* is motivated by the desire to help individuals jump-start their wellness goals. This series of events will



provide residents with the opportunity to do some “soul searching” regarding everyday life choices and overall wellness. Participating in *Wellness Days* will help you maximize your

individual potential for a great life through classes, health screenings, and seminars. Achieving wellness is a life-long process of moving towards enhancing your physical, intellectual, and emotional well-being; *Wellness Days* is designed to give you the tools to do just that!

Recent studies have shown that while your actual health is important, it is your *perception* of your health that is more significant. In a study of 244 people ages 100 and older, Leonard Poon, Director of the Institute of Gerontology at the University of Georgia College of Public Health, found that “critical life events and personal history, along with how people adapt to stressful situations and cope with them, were crucial to explaining successful aging.”

We are fortunate to have as our keynote speaker at this year’s *Wellness Days*, Dr. Walter M. Bortz, MD. A professor of medicine at Stanford University, Dr. Bortz is the recipient of many awards including the American Society on Aging Presidential Award in 2002 and the Avenidas Lifetime Achievement Award in 2007. The author of multiple books including *Dare to be 100*, he has devoted his life to research regarding aging and longevity. His work has focused on the importance of physical exercise and a positive attitude in promoting successful aging.

In his book, *We Live Too Short and Die Too Long*, Dr. Bortz notes that there are now over three million people in the

United States over the age of 85, and he estimates our potential life expectancy to be 120 years. He will share with us the latest research regarding longevity, his own findings while serving as a primary care physician for dozens of 100-year-old patients, and what it takes not only to live a long life but also to achieve a better quality of life in the

time we have. Dr. Bortz exudes a true passion for living life and is sure to inspire you to do the same through his seminar, “Dare to Be 100.” Don’t miss this one!



Dr. Bortz: “Dare to Be 100”

Have you wondered how to improve your fitness, health, or emotional well being? We will have some answers to this question during our **Be Engaged, Be Inspired, Be Well** Wellness Days, happening May 23, 24, 25 of this year. Here is an outline of what we have in store for you:

Monday, May 23

9:00 AM-1:00 PM: Fitness Class Palooza

Community Living Room (OC) and The Wave Fitness Center.

We will be holding 25-minute classes of just about every type of group exercise, specialty, and small group training classes we offer. Sign-ups will start on May 17. All classes will be free of charge. So now is your time to come try a new class.

2:00-3:00 PM: Transitions and Emotional Aspects of Aging

A presentation by Trish Germulla, MFCC

Front Ballroom (OC), Register/Fitness Desks. **Free!**

Tuesday, May 24

10:00 AM-2:00 PM: Health Screenings

Ballroom (OC). A variety of screenings will be offered, some examples are body fat testing (hydrostatic), blood pressure, muscular strength and endurance, balance, etc. **A pharmacist will be on hand to answer any questions you have about your medications and possible interactions between medications or between medications and supplements. You are welcome to bring your meds with you.**

2:00-3:00 PM: Supplements & the role they play in improving your health

Front Ballroom (OC). Dr. Carol Jong, RD. Register/Fitness Desks. **Free!**

Wednesday, May 25

8:30 AM: Wellness Walk

Start your day off on the right foot with a walk through our beautiful wetlands. A portion of the proceeds will be donated to Lincoln Hills Foundation. All participants receive a T-shirt with their registration.

Register/Fitness Desk starting May 1,

10:00-11:30 AM: Learn to Change Your Habits at Any Age, a motivational talk by national speaker Dr. Bortz

Ballroom (OC), Learn about aging, longevity, and living a long, robust life from someone who walks the walk and talks the talk.

Register/ Fitness Desks. **Free!**



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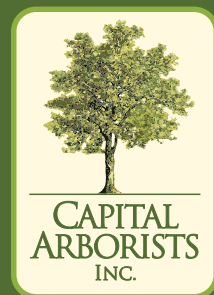


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The Spa at Kilaga Springs

Try Our Lomi Lomi Hawaiian Massage!

Tina Ginnetti, Manager, The Spa at Kilaga Springs

In the spotlight: The Spa welcomes back Stephanie Kuna, massage therapist, whose specialty is “Lomi Lomi.” This is a beloved Hawaiian tradition that works the muscles with continuous, flowing strokes – encouraging the recipient to relax, let go and simply be. As your body surrenders to the experience, the more relaxed and aware your body will become. The unbroken motion relaxes the muscles while gentle stretches and rotations of the joints are also incorporated to further release tensions and restore the flow of energy. The outcome is greater clarity, joy and health!

Introductory offer for Lomi Lomi through May 31: \$70 for one hour. After May 31, \$75. Couple this massage with a fabulous Salt Scrub using the scents of Plumeria and Gardenia for an additional \$20.

Stephanie’s many other credentials include Sports, Hot Stone, Swedish, Deep Tissue, Reiki, Ayurvedi Herbal Body Treatments, Reflexology, and Shirodhara, a relaxing technique in which warmed oil is poured over a client’s forehead, followed by head and shoulder massage with a warming neck wrap to seal in the moisture.



In her 15 years of experience, Stephanie has traveled to China many times to learn more about reflexology. She has also traveled to Thailand to study Thai Massage, a form of massage where the client remains fully clothed and receives a massage through a series of intense stretches. This massage results in lengthening of the muscles, more mobility, release of toxins from the cells and increased energy. We hope to be set up for the

Thai massage by mid-spring.

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Make Your Reservations for Easter and Mother’s Day Now

Jerry McCarthy, Director of Food & Beverage

Meridians introduced the new spring menu a few weeks ago. Hopefully you have had the opportunity to experience the new offerings from Chef Roderick. A number of exciting luncheon items like Jerked Chicken Salad and Trio of Artisan Flatbreads can be found mixed in with your favorite choices. In addition, the dinner menu has over six new items including Roasted Boneless Trout and Veal Rib Cutlet. Even though we have experienced the largest raw food cost increase in 36

years according to the Labor Department, Meridians and Orchard Creek Lodge have kept all entrées reasonably priced and offer exceptional value. Remember every dollar that you spend with the Food & Beverage Department helps keep your dues down!

Easter and Mother’s Day are just around the corner. Reservations and *continued on page 15*



Aging is Normal

continued from page 7

viruses and produce antibodies against them. Immunizations prepare the body to ward off disease by having an army of antibodies on board before the bad guys get there.

In viral diseases, the virus is weakened or killed before it is put into the vaccine, and this will fool your immune system to think that it is the live virus and hence to produce antibodies against it. In vaccines against bacterial diseases, there is usually only a small amount of dead bacteria in the vaccine, just enough to stimulate the formation of antibod-



ies against the “real thing” if it should invade. An abundance of antibodies in your system of course reduces the likelihood of contracting the disease. It generally takes a week or two after you are vaccinated for your body to build the antibodies against that agent.

The Centers for Disease Control and Prevention (CDC) annually reviews the recommended Adult Immunization Schedule to ensure that it reflects current recommendations for licensed vaccines. Each year, for example, the CDC tracks which of many Influenza viruses are predicted to be most harmful in the population, and three to five different strains will be included in that year’s “Flu Shot.” It is different each year, so

you have to get the immunization each year if you want to be protected from those “bad” viruses for that year.

There are several immunizations recommended for adults at various intervals. To learn about this important subject, **mark your calendar now to attend the Community Forum on May 18 by Dr. Kenneth Lee, “To Be Shot or Not – Adult Immunizations”** (see page 86). Some of the vaccines you can expect to hear about are tetanus, pertussis (whooping cough), and zoster or shingles.



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It's Neighborhood Watch Party Time

Patricia Evans

The annual potluck dinner for Neighborhood Watch will be on Thursday, May 12, from 6:30-8:30 PM in the Multipurpose Room (KS). All Mail Box Captains, Coordinators, and Board members, including advisory/support members, are invited to enjoy the evening together. These



volunteers number over 800!

Please send \$4 per person to Nancy Whitaker before May 5 to reserve your spot for this evening of camaraderie. Space is limited and we encourage early reservations. A-J diners, please bring a salad/vegetable, and K-Z, a main dish, both for 8-12. Dessert and coffee will be furnished. Drawings and gift packages will add to the fun.

The evening will celebrate the annual Kick-off of preparations for National

Night Out on Tuesday, August 2. On National Night Out we join the entire nation in partying with our neighbors to increase our friendship and dedication to mutual assistance.

Volunteer Opportunities: If you do not have an active Mail-box Captain on your block, or in an adjacent area, we encourage you to consider this fulfilling community service. Call one of the contacts below to learn how we can assist you. We also need Village Coordinators in 1AB, 5AB, 8A, 13, 17, 24D, 30B, 35B, and 39.

New at our website! We are constantly upgrading and bringing new features to our website at www.lincal.net/watch. We invite you to let your fingers do the walking to become better acquainted with Neighborhood Watch. For example, we have recently



Neighborhood Watch potluck dinner committee members plan for a fun evening. From left: Chair Nancy Whitaker, Bill Smith, Carol Smith, Carol Shuey, Larry Whitaker, Co-Chair Pauline Watson, (not shown, Barbara Galea, Cora Peterson, Terry Pisani)

posted new information about contractor scams and how to avoid being a victim. Please turn to page 31 for more information.

Contacts: Allen Gillespie, Executive Director, 434-5979, allenmgillespie@gmail.com; Pauline Watson, Secretary, 543-8436, frpawatson@sbcglobal.net; website www.lincal.net/watch.



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The Spa at Kilaga Springs: A Healthful Amenity for Men and Women

Al Roten



With the winter we have just endured, I think about comfort, safety, and health. This brings to mind our travels to Calistoga to enjoy the warm and relaxing spa experience. But here we are in wonderful

Lincoln Hills with

our own full service Spa at Kilaga Springs. So, why travel to Calistoga, or anywhere else for health and comfort services? We can go to the serene environment at Kilaga Springs with a staff of experienced therapists dedicated to helping us achieve longevity and health.

In January, my wife Ethel and I decided to treat ourselves to nail treatments. I expect men other than me are tired of cutting holes in our socks with untrimmed toenails! Also, reaching my nails gets harder and harder all the time. Wow, what a treat it was to be pampered with a warm soak and skillful trim! Ethel added a manicure with special attention due to her diabetes and the health threat to nails with that condition.

About one third of nail service customers at our spa are men, and men are about 25% of overall spa patrons. In my experience, it is a quiet, calming place for a time of pampered relaxation.

It is interesting to note that the World Health Organization has termed "spa" as Complimentary Alternative Medicine because the services provided promote and preserve good health. Many physicians are referring patients to spas for skin care and therapeutic processes. The spa articles in the last several issues of *Compass* have discussed various methods of massage and skin care and their benefits.

Skin care services are for us men, too. Even though we have learned that wrinkles don't hurt, as we age we do need to take better care of our skin. Age takes moisture and elasticity from our

skin, and we must be aware that the sunshine we were exposed to 30 or 40 years ago may show up as cancer cells. Professional staff members of our spa know what to look for during massage and skin care services and

will point out areas of concern for referral to our physicians.

"So why travel to Calistoga, or anywhere else, for health and comfort services? We can go to the serene environment at Kilaga Springs with a staff of experienced therapists dedicated to helping us achieve longevity and health."



Nail Technician Jennifer Ngo-Henry at the Spa at Kilaga Springs provides Al Roten with a relaxing and skillful pedicure

The Spa at Kilaga Springs is here to serve our health and comfort needs. It is an amenity constructed in response to surveys conducted during development of Lincoln Hills. As we turn to this facility for our health services, we contribute to maintenance of our Association dues at the comfortable low rate we so much enjoy.

Food & Beverage

continued from page 11

prepayment are requested. Chef Roderick has created two completely separate menus including Action Stations, Carving Stations, Grand Buffets, and Dessert Extravaganzas for each day. Don't miss out, space is limited.

Always check our website, www.meridiansrestaurant.com, to stay on top of the exciting special events, promotions, and discounts we offer. Circle your calendar and plan to join us for Easter Brunch, Cinco de Mayo (*free* live music at lunch), Mother's Day Brunch, Piano Bar on the second Tuesday of each month, and much more.

We are working with the Lincoln Hills Golf Club to offer a special *Nine and Dine* promotion for one low price on Tuesday afternoons starting in June. Also in June we will hold our first ever Brew Master Dinner. This will include

five brews from Gordon Biersch; Chef has paired five courses to match. Come in and enjoy "Tapas Tuesdays" every Tuesday evening. Chef Roderick has created a wide selection and variety of Tapas to please everyone's palate and budget. Take time now to sign up for the Food & Beverage E-blast. It's an easy way to be informed and receive special offers.

Did You Know?

By July 1 of this year, California's SB 183 will require our homes to have carbon monoxide detectors. They are easy to install in any electrical outlet, and can be purchased at local home maintenance stores for \$20 to \$30. Don't procrastinate on this — it could save your life!



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Golf Cart Inspections at Orchard Creek Lodge



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

**Golf Cart Registration (City/Lincoln) 8:00 AM at OC Lodge
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Annual Spring Trunk Show

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Neighbors InDeed — It Takes a Village

Palm Desert Del Webb Models Our Own NID

Doug Brown

When Neighbors InDeed (NID) was born as the “Support Group” in Lincoln Hills 11 years ago, no one dreamed it would become a model sought after by other active adult communities. But, yes, the work of those early pioneers, coupled with some amazing recent systematization, is now being modeled by at least two other Del Webb communities!

In March, Sun City Palm Desert launched its own version of NID with



Sun City Palm Desert, where residents consulted with our own Neighbors InDeed for advice

“Neighbors 4 Neighbors” (N4N). This was made possible in part by consultations between our own President Joan Brant-Love and Palm Desert’s Joan LeVantine, in a fact-finding process that finally resulted in Palm Desert’s establishing a very similar non-profit 501(c)(3) organization.

N4N offers “Helping Hands” and “Gadget Gurus,” transportation services, “Critter Care” (for pets), and friendly “Checking In” telephone calls.

Other Sun Cities have similar organizations. Close by, Sun City Roseville Foundation sponsors “Neighbors Helping Neighbors,” which lends help with minor home maintenance issues. Near Las Vegas, Sun City Anthem started “Neighbors Assisting Neighbors” in 2003, part of their Foundation for Assisting Seniors, providing services to residents in need.

Our own NID offers assistance through Handy Helpers, Medical Equipment Loans, and information on local services and businesses.

All of these neighborly organizations are based on the growing nationally-known “Village Concept” – check out www.beaconhillvillage.org -- begun in Boston’s Beacon Hill district. These are volunteer-driven neighbor-

hood organizations whose goal is to help active adults remain independent in their homes and to enhance their quality of life. Yes, in the words of the now famous African proverb (borrowed by Hillary Clinton in her 1996 book), “it takes a village.”

Standing Room Only in OC Ballroom for Handy Helpers Workshop

NID volunteers were astounded with the turnout for NID’s first ever publicly offered “How To” Workshop in OC Ballroom. With an expected audience of 200, the early minutes of the February workshop saw Association staff quickly and efficiently opening up the whole Ballroom and adding 200 more chairs to

Photos, from top: President Joan Brant-Love and Handy Helper Coordinators Larry Schurr and Herman Tijsseling lead NID’s “How To” workshop in OC Ballroom

Packed house in OC Ballroom for NID’s “How To” workshop

Handy Helper Coordinator Larry Schurr is surrounded by participants following NID “How To” workshop



accommodate the demand. What a turnout!

The audience went away with valuable information on home maintenance provided by Handy Helper Coordinators Larry Schurr and Herman Tijsseling – everything from garage door care to irrigation to CFL bulbs.

If you missed it, another workshop is scheduled for the Fall. Watch your *Compass* for announcements. Meanwhile, don’t hesitate to call 223-2763 to take advantage of your own Neighbors InDeed “village” here in Lincoln Hills.





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Annual Pooches on Parade Event May 5

Enjoying our Four-Legged Friends

Gay Sprague



Our continuing *Compass* theme this year is “Sense of Community” and what better exemplifies this than our annual Pooches on Parade extravaganza? This event is one where our dogs draw many of our neighbors together for social discourse. Even my dog-less friends look forward to the event to watch all the pooches’



interaction, which assures an abundance of smiles and laughter.

Through many documented studies, having a dog has been found to be positively associated with forms of social interaction, and with perceptions of neighborhood friendliness. Social capital, a sociological concept which re-

fers to connections within and between social networks, is another mechanism by which our dogs exert an influence on human health. We now know that some of the simplest pleasures in our lives are among the most important to our health and well-being. Walking within our community on our beautiful trails, enjoying our lush landscaping, and interacting with our dogs and neighbors, have all been shown to play a significant part in supporting our physical and mental health.

There is a growing interest in the relationship between dogs and health, with a range of therapeutic, physiological, psychological and psychosocial benefits now well researched. Many of our local hospitals and nursing facilities regularly schedule dog visits for their patients, who respond immediately in positive ways. Hospice dogs are now routinely used with favorable results.

Pooches on Parade will be held at our Amphitheater, beginning at 9:30 AM on Thursday, May 5. (Admission is free!)



Come early, bring your dog, chair, friend/neighbor, and expect to have a fun-filled social morning with our four-legged friends.

Remember, in America, we love our dogs. A lot. In Sun City Lincoln Hills, we love our dogs even more!



Photos: The 2010 Pooches on Parade brought many residents and their pooches out for the festivities and fun. Top right, organizers of last year's event

Pooches on Parade
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Another Successful Clubs Expo

Carol Percy

The Annual Sun City Lincoln Hills “Clubs Expo” held on March 9 in the Orchard Creek Lodge was a ‘standing-room-only’ event. Club representatives ranged from Amateur Radio to Water Volleyball. Of the many clubs that embody the “active” in our Active Adult Community, members were available to answer questions about skiing, golfing and table tennis.

For Phil Sanderson, the SCLH Ski Club offers fun, fitness and friendship. An advanced skier, Sanderson said he enjoys outings with fellow skiers, which includes carpooling to Lake Tahoe ski areas, as well as extended jaunts to premium out-of-state destinations.

Founded in 2000, the club welcomes skiers from beginning to advanced levels and provides group benefits such as pre- and post-season fitness sessions.

For golfers, SCLH’s clubs for men and women are an exciting benefit of living in an active adult community.

“Anyone who golfs can join,” said Bruce Hogan, a member of the board of directors for the Men’s Golf Club. Members have the opportunity to establish a handicap and participate in over 15 events per year, including monthly no-fee tournaments. Hogan said the club is a great way to meet fellow golfers with similar skill levels.

Women’s golf includes two organizations: the Linster Lady Niners, a nine-hole group, offers members four

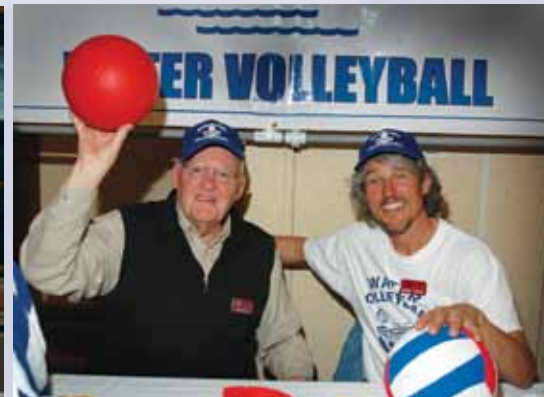
experience levels of play based on a member’s handicap index. “Even though we pay attention to the rules, we’re a more casual group and we have a lot of fun,” Captain Carol Golbranson said.

The Ladies XVIII, an 18-hole group, provides organized weekly tournaments, an annual club championship, and match play events. Members have access to invitations, guest days and away-play days. Captain Joyce Herrerias said, “we refresh, learn and apply USGA rules and our members maintain a handicap with the USGA golf index system which allows us to play at any golf venue on an equitable level.”

If you’d like to try out a club before joining, the Table Tennis Group offers drop-in sessions, three player levels and free use of equipment.

The group meets three days per week at Kilaga Springs Lodge. There are no annual dues, but donations are accepted to purchase new balls.

Table tennis is a perfect sport for any age, said former board members Bob Chaney and Henk van Empel, but the sport offers seniors a way to have fun, improve eye-hand coordination, and stay active for life. The group’s oldest member is 92.



Some of the clubs participating in the Expo, clockwise from top: Bird, Singles, Book, Table Tennis, Water Volleyball, and Ladies XVIII Golf

Photographs by Maggie McGurk

Beginning with last month's issue, the *Compass* has followed the direction of the Board of Directors by reducing the words "Groups and Clubs" to just "Club" when referring to Association Club business. While the *Compass* header now shows "Club News," the chosen name of each group, club, or support group remain the same.



Club News



• Alzheimer's/Dementia • Caregivers Support Group

Hospice is a word we tend to shy away from, but perhaps we should take the opportunity to learn about it before we really need those services. On April 27 at 1:00 PM in the Multipurpose Room (OC), our speaker will be Cathy Preble, owner of a free-standing Hospice Agency, First Call Home Care and Hospice.

Hospice is described as a type of care for terminally ill patients that focuses on relieving pain and providing comfort to both patient and family. Cathy will explore the process of entering Hospice Care and will talk about services from which we might benefit.

Plan to attend this meeting to have your questions answered on this very important topic. We meet the fourth Wednesday of each month to share caregiving concerns, and on alternate months to hear an interesting presentation.

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



• Antiques Appreciation •

On April 4, our well-known guest speaker, Marshall Martin from Antiques Road Show, presented an extremely well received program in his area of expertise — collecting Antique and Collectible Dolls. Mr. Martin spoke on various types of dolls including bisque, china, composition, etc. Several members brought in dolls from their collections for a Member Show and Tell.

Our May 2 meeting will take us on a field trip to an extremely interesting Roseville treasure — the Telephone Museum. Members attending will meet at OC at our regular meeting time, 9:30

AM, and car pool.

The annual Spring Potluck will be held at KS on April 29 starting at 5:30 PM. Its theme will be "The First Nantucket Tea Party." Please join us for this fun, social event.

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 •

At April's meeting all participants will create a piece of art. Duane Spurling has prepared a large canvas for use. Bring your own medium and "throw yourself" into the painting. The completed piece will be raffled off at Artisans in the Lodge, with proceeds to the Lincoln Foundation. Come to P-Hall (KS) on Monday, April 25, at 2:00 PM and be part of the action.

Speaking of Artisans in the Lodge, mark your calendar. Sunday, May 15, from 9:00 AM to 3:00 PM, artisans will take over OC Lodge hallways from Meridians to the Community Living Room for an indoor street fair. For early bird Holiday shoppers, here's the perfect opportunity to start on your gift list with unique items. Don't forget to buy a ticket for the fabulous art piece created at our April meeting! Ready for some fun? See you at the Lodge May 15!

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



• Astronomy •

• Monday, April 18. Cosmology Interest Group, Fine Arts Room (OC), 7:00 PM. A DVD lecture series is being presented on "The History and Nature of the Uni-

verse." Contact Morey Lewis (408-4469) for information.

• Wednesday, May 4, Ballroom (OC), 7:00 PM. *Note: location and time change.* The Astronomy Group will present a Lincoln Hills Forum "Our Cosmic Neighborhood." See page 86 for more information.

• Wednesday, June 1, P-Hall (KS), 6:45 PM. Anthony Oreglia will present "Mooning Our Way Through the Solar System."

• Binocular Interest Group (BIG). Rossi Lane Site. Notices will be sent to



*John Combes
presenting
"The Stormy
Sun" at
the March
Meeting*

members with the schedule as viewing weather is the main factor. Contact Nina Mazzo for information.

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, P-Hall (KS) except May (see above). What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring 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**



• Aviation •

At 1:00 PM on Thursday, April 21, the Aviation and Veterans Groups will hold a joint meeting at P-Hall (KS). The featured speaker will be Tom Molokie, a Flight Safety Officer with the Federal Aviation Association (FAA). Tom is currently serving as an inspection pilot with the Flight Inspection Field Office (FIFO) in Sacramento, ensuring the integrity of the nation's



Tom Molokie, shown here with son Daniel, will be our presenter April 21

airway procedures, navigational aids and airport instrument approaches. The Sacramento FIFO office functions primarily in the Northwest and Western-Pacific regions of the continental United States.

At the age of 13 Tom began taking flying lessons. He soloed at 16 and earned his pilot's license at 17. Tom attended the Air Force Academy and finished first in his class in pilot training at Laughlin AFB, TX. After separating from the Air Force in 2004 he was hired by the FAA where he flies the Lear 60 and Beech King Air 300 for his inspection duties.

Contact: Marty Maisel 408-4803, martymf@starstream.net



• Ballroom Dance •

You too can look like a dancer on "Dancing With The Stars." Come join us to learn the moves of the timeless and elegant Foxtrot in April. May will feature the East Coast Swing. The atmosphere is fun, casual, and supportive. And it is the best bargain in town! It's *free*! Qualified instructors teach residents a new dance every month. And did I mention that it's *free*?

Beginning lessons are held each Tuesday 2:00-3:00 PM in the Multipurpose Room (KS). Between 3:00-4:00 PM we have open dancing. You can practice your new moves with instructors available to refine your skills. From 4:00-5:00 PM, we conduct intermediate lessons on the dance of the month to augment the basic steps you learned earlier. Come join us every Tuesday... it's fun and, yes, it really is *free*.

Contacts: Chris Henshaw 543-9848; Ruth Algeri 408-4752



• 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 April 20 and May 18. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, May 10, at *Jumbo Chinese* in Lincoln. We meet in front of OC Lodge and leave at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



• Billiards •

The Shooters

- Eight-Ball Singles 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 March 2:

- AM Winner: Hal Berman
- Runners-up: Oscar Alvarez and Jim Fulton
- PM Winner: Phil Delaney
- Runners-up: Dale Hurlbut and Jim Yoest

Nine-Ball Singles March 8:

- AM Winner: Jim McKee
- Runners-up: Hal Berman and Oscar Alvarez
- PM Winner: Phil Delaney
- Runners-up: Ed Ryan, Joe Hobby, John Sefakis, Jim Pacini and Steve Brown

Eight-Ball Doubles March 16:

- Winners: Sam Munoz and Ted Komaki
- Runners-up: Flavio Lombella and Carl Callaway

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

Challengers Billiards

Join our mid-level to advanced-level

skilled players every Friday from 10:00 AM to 12:00 PM for seven games of Eight Ball (1/15). The games are timed at 17 minutes each to keep the games moving. You will play with different partners and opponents most games. Sign up on the last Friday of the month for games in the following month. We play by the American Poolplayers Association rules. Additionally, there is an extra page of rules for the Eight Ball (1/15) game in the rule book on the fireplace. Have a good time while improving your game!

Congratulations to our recent monthly winners:

- Seven games: Del Torres, Bill Kim
- Six of seven games: Doyle Coker

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

Couples Billiards

Depending on how many players we have, some weeks we play seven games with some players sitting out a game.

This first week two teams tied for first place winning five games and losing one. Those players were Carlos Barrantes and John Sefakis and Ron & Sherry Weech.

Carlos Barrantes and John Sefakis came in first again. This time they won all six games. Bob Kershner and Rita Baikauskas won five games and lost one. Joe & Nicki Hobby won five games and lost two.

Winning five games and losing one was Carlos Barrantes and John Sefakis and Peshu Irani and Howard Skulnick. Ron & Sherry Weech won five games and lost two.

The final week Ron & Sherry Weech won all six games. Al & Betty Jones and Doyle Coker and Lydia King won five games and lost one. Carlos and John didn't play this week!

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

New! Players Billiards

This is a new Group that was formed so that more folks can enjoy playing this fun game in a tournament atmo-

sphere! For mid-level skilled players every Thursday from 2:30-4:30 PM in the Billiards Room (KS) we play six games of Eight Ball. Sign up is on the last Thursday of the month at 2:00 PM for games the following month. We play by the American Poolplayers Association rules and have different partners and opponents most games. It's free and fun... come join us!

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

Upstarts Billiards

This message is for beginner or casual pool players who want to participate in organized billiards events, but for whatever reason have not previously done so. With the creation of a new "Players Group" which will attract the mid-level player, we anticipate more opportunity to add new participants to the Upstarts Group. If you are a beginner or casual player, this is your chance to join other players with similar skills. Our new play time is every Thursday from 11:45 AM-2:00 PM at the Billiards Room (KS). We play regular Eight Ball. Sign-up for the May play dates will be conducted on Thursday, April 28, at approximately 11:30 AM (KS). Men and women players are welcome.

Congratulations to our recent winners:

- Six games: Hugh Duberley, Doyle Coker, Bob Rand
- Five of six games: Frank DeMasi, Dan Oden, Al Gutierrez, Jack Fabian, Del Torres, Chiquita Fratto, Peshu Irani

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

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



• Bird •

Springtime will bring the chirp of song birds to our neighborhood and a fun time for bird watching. Many of us feed the birds in our backyards for added pleasure.

Join us at the next Bird Group meeting on May 9 at P-Hall (KS) at 1:30 PM. We meet on the second Monday each month.

The Auburn Gold Country Wildlife Rescue Group will give a talk at P-Hall (KS) on April 21, 4:00 to 6:00 PM. This should be an informative wildlife experience for all of us.

Friday, April 22, the Bird Group will look for birds on the Canyon Oaks Trail here at Lincoln Hills. On May 6, the Group will travel to Spenceville Wildlife Area to look for a wider variety of bird species.

The meetings and walks are open to all residents.

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

Website: www.lhbirdnest.org



• Bocce Ball, Mad Hatters •

Everything did not go as scheduled with the resurfacing of the Bocce Courts and they are working on them as this is written. There was a delay due to weather and scheduling backlogs. Hopefully the weather will get better so they can finish in a timely manner.

Spring is officially here so it is time for our usual reminder about our change to summer playing time. Beginning Thursday, May 5, the Mad Hatters will begin play at 8:00 AM. Hopefully all our Snowbirds will be back in town and ready to play. As an added incentive to get up early and come join us we will provide coffee and donuts that morning.

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



• Book Group, OC •

Growing up in the shadow of a powerful mother can be a daunting task for a young girl. In our

April selection, *Sunday at Tiffany's* by James Patterson, we see the consequences of such an upbringing. Please join us on April 21 at 1:00 PM in the Multipurpose Room (OC).

Newcomers are always welcome.

Future Readings:

- May 19: *Undaunted Courage* by Stephen E. Ambrose and Barrett Whitener
 - June 16: *The Girl with the Dragon Tattoo* by Stieg Larsson
 - July 21: *My Stroke of Luck* by Kirk Douglas
 - August 18: *Island Beneath the Sea* by Isabel Allende
 - September 15: *Hotel on the Corner of Bitter and Sweet* by Jamie Ford
 - October 20: *Cutting for Stone* by Abraham Verghese
 - November 17: *The Glass Castle* by J. Wall
 - December 15: Holiday Luncheon
- Contacts: Penny Pearl 409-0510; Darlis Beale 408-0269; Dale Nater 543-8755; Linda Derosier 543-6307**
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



• Bosom Buddies • Breast Cancer Survivors

The March 10 meeting was held at Thunder Valley as part of the Soroptomist Awards. Our Group was awarded the Ruby award for outstanding community service. This was an exciting evening and the food was great, too.

Our April 7 meeting offered a wonderful presentation by Dr. Pawar on osteoporosis. We learned a lot from this well-informed professional about osteoporosis in women and how to take care of ourselves with assistance for prevention.

May 21 is Relay for Life at Lincoln High School. We will be participating in the survivor's lap at 9:00 AM. If you have not been part of this worthwhile event before, it is very rewarding. For registration and more information, contact Cheryl Karleskint at 408-2731.

If you are a survivor or currently in treatment, we invite you to join us.

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



• **Bowling** •
Rocklin Tuesday AM

We're coming down the home stretch with three weeks to go. Two teams are tied for first place on the second half of the league.

For a few weeks there was a lull in the 200 hundred game categories. This past week the 200 games were back in full swing. Dave Quirarte got the ball rolling with back-to-back 213 and 233, Al Jones, Horace Snowden, and Bill Bjorge were also in the running. Jerry Gordon maintains the high average for men. Horace Snowden is close behind and Doug Tran is not giving them any slack.

Pat Fisk continues to keep the high average for the ladies. Betty Tucker has the second highest and Bobbie Spiess rounds out the group. Also, Betty Tucker has graciously agreed to share the sweeper responsibility with Pat Fisk.

Please give us a call if you would like a spot on this fun league. We bowl on Tuesday mornings at AMF lanes in Rocklin. The time is 10:00 AM.

Contacts: Betty Curtis 543-6866;
Margaret Peyton 543-7344;
Joan Gates 253-9415;
Kathy Chapin 543-3475

Strikes Thursday PM

We are seeing a lot of great bowling these past few weeks from both the men and the gals. Michael Parkes with a 105 average bowled a 165 while his better half, Linda, with a 122 average rolled a 188 giving her the high handicap of 275. Dave Borden had a great 624 series that included a really nice 236 game as wife Janet with a 96 average bowled a 158.

Mick Brown came in with a 234, Randy Dvorak a 257, Dick Bronson a 236 and Dennis Salisbury rolled his first 600 series with a 603. For the ladies, Dolores Snowden shot a nice 204 game and Dee Maher, not to be

outdone bowled a 212.

Congratulations to all!

With only eight weeks left of bowling, and a number of teams very close in the standings, it will be interesting to see who ends up in first place.

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



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

The winners for March 3:

- First: Ben & Kay Newton
- Second: Barbara Kelly and Hal Meyer and high round
- Third: Ann Leitze and Romala Powell
- Fourth: Bruce Fink and Stan Mutnick

March 17 winners:

- First: Sharyn Alexander and Ken Gladden
 - Second: Ed & Del Page and high round
 - Third: Gerry & Warren Sonnenberg
 - Fourth: Roger & Karen Lopossa
- Call Ken to sign up or show up at KS at 5:45 PM for competitive but social bridge.

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

Thursday Evening
Second & Fourth

Winners for February 24:

- First: Joe & Rose Phelan
- Second: Judy Olson and Ann Leitze
- Third & Fourth: Dee Williams and Lydia King, Barbara Bryan and Jean Patterson

Winners for March 10:

- First: Leif & Darlene Andreason
- Second & Third: Erica Wolf and Edith Kesting, Barbara Cser and Sharon Baker
- Fourth: Ben & Kay Newton

Thanks to Warren and Gerry for filling in for us, we will see you in April. The second and fourth Thursday night bridge meets in the Terra Cotta Room (KS) at 6:30 PM.

Contacts: Warren & Gerry
Sonnenburg, 253-3882



• **Bridge, Duplicate** •

Squeak Conner kicked off the Wednesday morning lesson series on February 9. Eighty members attended her discussion on "doubling."

Automatic scoring of the SCLHDBC sessions has been in effect since the delivery of our Bridgemate computerized scoring pads. Pete Marsh taught two "How to Score Using Bridgemate" lessons.

Members: Please reserve Saturday, June 11, which is the date of our potluck dinner, Multipurpose Room (KS).



Doris Bierer celebrating her 90th birthday with her first motorcycle ride

Scheduled topics for upcoming Wednesday lessons: April 20 & 27—"Rebids" and May 4 & 11—"Overcalls."

Our three open sessions are played weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays; 5:00 PM Fridays; 12:30 PM Saturdays.

A monthly sanctioned SCLHDBC session (master points awarded) has commenced in the Multipurpose Room (OC) on the fourth Friday of each month at 10:00 AM. These Friday games are limited to mentors and their mentorees.

Contacts: Kent White 434-1699,
akw@starstream.net;
Elise Homer 543-0650,
hit4home@starstream.net
Website: www.sclhbridge.com



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come and join us for an afternoon of fun, meeting new people and playing social bridge. Check in time is no later than 12:50 PM. You do not need a partner, but you do need

to make a reservation to play. You can make a reservation or cancellation by calling Ruth Werfel at 543-6054.

Winners from February 25 through March 18 were:

- First: Flo Baldwin, Vivian Frederick, Febe Harrington, Harry Collings
- Second: Harry Collings, Ann Franco, Harry Collings, Lois Burke
- Third: Joan Schabilion, Judith Jesness, Dee Williams, Dede Ranahan
- Fourth: Febe Harrington, Harry Collings, Judith Jesness, Ralph Madsen

Contacts: Lois Burke 409-0223; Ruth Werfel 543-6054



• **Bunco** •

There was a lot of green worn in the Bunco game room and luck of the Irish was definitely present. Though the skies have been sending us lots of rain, the clouds parted and left us with a beautiful March day to enjoy our Bunco play.

Everyone is invited to join in the fun as we roll the dice for the chance to win SCLH gift cards. It is not unusual for a first-timer to walk away with a gift card as it is all a game of luck. Please join us every third Thursday of each month in the Cards Room (OC) at 9:00 AM. The entry fee is \$5. There is never an annual membership fee.

Last month's winners:

- Most Buncos – Donna Bishop
- High Score – Linda Ray
- Most Wins – Ruth Lantosh
- Low Score – Yvonne Rand
- Most Losses – Sara Klein
- Traveler – Barbara Lynch

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



• **Ceramic Arts** •

When we opened the kiln after the bisque fire, we couldn't resist taking the photo (below). It appears that the horse is holding the owl in a protective embrace, while the dolls look on. Come join us in our wonderful world of clay.



Inside the kiln after the bisque fire

Save the date: Semi-annual membership meeting, Wednesday, May 11, 10:00 AM, (OC).

CAG "Workshops" 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.

"Open Studio" times, available to all residents, are: OC Fridays only, 1:00-5:00 PM, and KS Sundays only, 1:00-4:00 PM.

Access will be granted only when registered monitor is present. *No exceptions.*

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Margot Bruestle 434-9575; OC Pottery — Marilyn Anhalt 408-8196 and Mike Daley 543-9449
Website: www.lincolnsuncity.org, Groups, Ceramic Arts



• **Cloggers** •

Reading *DoubleToe* Magazine's recent issue, Miss North Carolina Adrienne Core wins "Preliminary Talent" at Miss America with "Clogging." North Carolina University has a clogging team, "Wolfpack Clogging Team." Lincoln Hills has a clogging team, "Lincoln Hills Performance Team." Members performed in the Annual Talent Show April 7, 8, & 9.

Orangevale Workshop was a success. In memory of Doug Chin, several of his favorite dances were done. Aftershock Clogging Team did a great job.

Upcoming "California Spectacular" is June 3-5 in Fresno, CA. There will be 17 National Instructors. Workshops consist of Clogging, Zumba, Country Line Dancing, Tap, Hip Hop. It is held in the Radisson with a special rate for Cloggers. Pre-register now, deadline is

May 16. Details, www.californiaspectacular.com.

Clogging classes are held in KS on Tuesdays, 11:00 AM until 2:00 PM. Several levels are taught. See page 66 for more information. *Come join in, be our guest.*

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



• **Computer** •

• **Main Meeting: May 11, 6:30 PM: Getting Started with Picasa, Part I.** This great program is free! Combined with this two-part seminar, you will gain enough skill to take advantage of its capabilities. Picasa & Picasa Web Albums make it easy for you to organize and edit your digital photos.

Learn to Import, Organize and Edit your photos with Picasa. This session demonstrates the program's powerful editing tools and how to "clean up" those not-so-perfect photos.

• **Clinic, May 13, 3:30 PM: Picasa Web Albums, Part II, Learn how to upload your photos, albums and movies to the web and then share them.** Learn how your family and friends may view, download or order prints directly at major retail stores such as Walgreens and Costco.

• **Ask the Tech: May 23, 10:00 AM: Informal Q & A session for any and all technical questions.** All meetings P-Hall (KS).

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



• **Mac User** •

"Security 101" is the topic of our April 26 general meeting. Irwin



April General Meeting topic is "Security 101" by Irwin Maloof

Maloff will discuss methods of backing up your computer; virus protection; password protection; and protecting your mail privacy. Meeting begins at 6:30 PM with Irwin and Ken for Ask the Tech followed by Irwin, 7:00 PM, P-Hall (KS).

The Mac Lab now has nine new 21.5" iMac's with the latest Apple software. Pages, Numbers, iLife. Come take a look. The large TV is used during instruction, not for general use.

Looking forward to App Night in May. Be thinking about a favorite App you would like to share with others. If you don't own one of these devices this is a wonderful opportunity to come and check it out.

Contacts: Bill Smith,
wsmith986@gmail.com; Bonnie
Esler, gesler@att.net
Website: www.lhmug.org



• Country Couples •

"Spring has sprung" and the Country Couples (CC) Group continues to grow in numbers. In early March we participated in the Group Expo at OC. A booth was managed by several members and CC's dances were demonstrated in the Fine Arts Rom (OC).

Saturday, March 26, was another CC's Dance at Sun City Roseville hosted by Jim & Jeanie Keener, CC's Dance instructors. It was well attended by SCLH Country Couples who enjoyed the barbecue and dancing.

As a reminder, several experienced CC dancers donate their time to help dancers learn and/or practice the dances taught during the Monday evening classes. Practices are held every Saturday, 4:00-6:00 PM in the Fine Arts Room (OC). The 4:00 -5:00 session is for all level of dancers, and the last hour is for skill levels at or above the intermediate level.

Thanks to the Hessons, Nevins', Hargis', Lopez', and Wilsons for giving their time and effort.

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



• Cribbage •

The Cribbage Group plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00 AM, in the Cards Room (OC). We mostly play four-handed partner games, playing a two-handed game when required by the number of players. We use a rotation system to mix up the players rather than having a partnership stay together all morning.

Come out and join us. We always welcome new players, regardless of their level of experience. If you've never played, but would like to learn, please give one of us a call and we'll set up some beginning lessons.

Despite the rainy weather, we continue to have around 20 players on a Tuesday morning, but we have room for more players.

If you would be willing to help by volunteering to open and close on an occasional morning (we'll show you how) please speak to Jerry or George.

Contact: Jerry Wilcox 543-3117,
jerry.wilcox@gmail.com;
George Funk 543-4206,
06viper@pacbell.net



• Cyclist •

Being of the "Lincoln Hills age," we can testify that biking as a way of traveling is not only for the young. One doesn't need spandex and carbon fiber, and unless you want it to be, biking is not all that strenuous. No matter how, where, when, why or what you ride, a cyclist is a cyclist.

It's the liberating feeling, being close enough to people, weather and the occasional free-roaming animal (even dogs?), combined with traveling in a way that does not remove you from what is going on around you, that is the pleasure of riding.

Observing and engaging in a community is one of life's great joys. Being a social creature is part of what it means to be human and riding is a very human thing to do. Don't let the love of your bike or the recording of miles overshadow the joy of the ride.



*End of the paved road;
2.5 miles for a donut*

Contacts: Steve Valeriote 408-5506,
jillsteval@sbcglobal.net; Bob Burns
543-3382, sclhbob@sbcglobal.net;
Ken Corcoran (925) 699-5151,
kenandemilie@gmail.com
Website: www.LHcycclist.com



• Dominoes • Mexican Train

I want to thank Ron Thomas, Sandy Pavlovich, Gail Moore, Dottie Duffney, Margaret Dobbs, Bruce Dobbs, Carolyn Rogers, and Sandy Cleaver of the Mexican Train Group for their help with the Group Expo. It's great to have members who want to help our Group expand and a nice way for new people to learn about our Group.

Come and join us this month. This is a great time to learn to play Mexican Train Dominoes.

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 held at the 9:00 AM session. It's a great time of fun and social interaction and we have a good time.

Contact: Carl Sabol 408-4365;
Cora A. Peterson 543-7144



• **Eye Contact** •
Low Vision Support

Next meeting: May 12, 1:00-3:00 PM, P-Hall (KS).

1:00 PM Spirituality Can Help, Colleen O'Donnell, Visual Rehab and Research Center, Henry Ford Health System. It provides comprehensive rehabilitation to help people with low vision conditions to make the most of available eyesight. Anyone whose vision is not good enough to accomplish desired life activities may benefit from the Vision Rehabilitation Program.

2:00 PM: Nutritional Supplement Safety, resident Shirley Shultz will speak to us on proper nutrition. She has been involved in the formation of many of the Lincoln Hills Clubs and is a facilitator of *Super Seniors*, a social Group for our over 80 years-of-age residents. She was an Air Force Nurse Practitioner and continues to be involved in a long list of services. She also writes health articles for the *Compass*.

Contact: Barbara Smith 645-5516;
Cathy McGriff 408-0169;
Margie Campbell (a ride) 408-0713



• **Fishing** •

Last year we were asking, "When will it rain?" and this year the question is, "When will it stop raining?" This is the perfect example of feast or famine. As a result we have cancelled fishouts in February and March because of bad weather and members who ventured out anyway found the fishing difficult and the catching terrible. I guess the fish are also just hunkered down waiting for the sun. Oh well, we still have the summer and fall ahead and fishermen by nature are eternal optimists. So we have outings planned for Pardee this month and Shasta in May.

At our March meeting, members were treated to an excellent presentation by Derek Hendrickson of Angler Management on fishing beautiful trout water on the middle fork of the American River. And finally, we hope you stopped by our booth at the Club Expo to see what we are about.

Contact: Wally DelaBarre 434-1712,
wallydb@att.net



• **Garden** •

Thursday, April 28 — *General Meeting*, 2:00-4:00 PM, KS. "How to Create Beautiful Lush Gardens" will be presented by Roberta Walker — a landscape designer in the Sacramento area. She is an expert on drought-tolerant landscapes and has been featured in *Sunset Magazine*. She has also filmed segments for "HGTV," and "Gardening by the Yard."



Annual Amateur Rose Show;
Lush Landscapes Presentation

April 30-May 1. *Annual Amateur Rose Show & Competition!* Registration Saturday, 9:00-10:00 AM; show ends Sunday, 3:00 PM. Each member may bring up to three single roses in the categories (1-6) below and one arrangement. Please bring them in individual/disposable water bottles (labels removed) and register them at OC lobby between 9:00-10:00 AM Saturday. Contact: Norita Ferguson 408-4630.

Roses accepted in seven categories: (1) Red/Purple/Maroon; (2) White/Cream/Yellow; (3) Pink/Peach/Mauve; (4) Orange/Coral; (5) Multi-colors; (6) Miniatures; (7) Floral arrangements using roses, pick-up any non-disposable containers by Sunday, 3:00 PM.

Thanks for supporting the Plant Sale this year!

Contact: Lorraine Immel 434-2918,
limmel@ssctv.net; Judie Leimer
408-4308, judeleimer@sbcglobal.net

Flower Arrangers Group

Meets second Wednesday, May 11, OC, 10:00 AM-12:00 PM, \$3. The theme will be "Roses!" For registration, contact Gloria.

Contact: Gloria Stroemer 645-4699



• **Gem and Mineral Society** •

Many thanks to all residents who visited our Group Expo booth at OC Lodge March 9. We enjoyed visiting with you! *Please accept our invitation to join us for our Group's informal social event on Monday, May 30, at 4:00 PM at the Social Kitchen (KS).* Our members will provide refreshments.

Gem and Mineral Society members and visitor guests please RSVP to President Deanna Hanks, 543-3013, by May 23.

Please also consider visiting us on Mondays and/or Wednesdays at the Sierra Room (KS) from 8:00 AM to 12:00 PM to experience firsthand what we are all about and see our members and shop machinery in action.

Contact: Deanna Hanks 543-3013,
dhcio@aol.com; Dave Fisk 434-0747
(lab info & reservations)

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



• **Genealogy** •

General Meeting: Monday, April 18, from 6:30 to 8:30 PM at the P-Hall (KS). Topic: Immigration and Naturalization. Speaker: Linnea Brown. Her presentation will include how to find out the different U.S. points of entries our ancestors used; understand the process of immigration and naturalization; where these records are today and how we can access them.

Computer Workshop: Monday, May 2, from 6:30 to 8:30 PM in the Computer Room (OC). Topic: Immigration and Naturalization. Space is limited, so sign up early, or bring your own laptop. Individual help will be available in the Multimedia Room (OC) next door. The Club library will be open for Club members to borrow or return reference books / magazines.

Steering Committee Meeting: Monday, May 9, 12:30 PM. Multimedia Room (OC). Club members are welcome.

Contact: BJ Ollas 543-4682;
Kathleen Propersi 543-0376
(Computer Workshop)

Website: www.webflavors.com/lincoln



Golf, Ladies
Lincster Lady Niners

Our first tournament of the year, Bring a Friend, on May 4, is fast approaching. If you have not yet submitted your application to play, you may want to call Linda Zierman (408-2397) or Barbara Conger (434-1985) to see if there are any openings.

Although publicity shy about her accomplishments, we would be remiss not to mention that Lena Ingraham was named PWGA most improved golfer of



Lincsters at recent PWGA workshop; PWGA handicap chair Marsha Loomis presenting award to Lena Ingraham

the year for northern California in the nine hole division.

Based on survey feedback, a committee was formed to select new Lincster golf shirts. Information on their progress will be forthcoming.

Contact: Carol Golbranson, 543-8647

Website: <http://www.lincsters.com>

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

Inclement weather has not deterred the ladies from shooting good scores this month. February 24 and March 3 saw Ofra Unger and Judy Habecker, and Peggy Carr, Diane Galten, and Lissi Bedford win first place in their respective flights.

In a game of "Who? Me?" on March 10, the team of Elaine Kalani, Bonnie Hing, Gisela Zander, and Lois Adams took top honors with a team score of 154.

Our March 17 tournament was a

"Rainy Day Potluck." Nine shots ahead of the second place team were Donna Brinkerhoff, Lyn Chauvet-Thompson, Ofra Unger, and Remy Raquiza scoring an 85 net total.

Check this column next month for the "blooming good" results of our *Spring Fling April 21*.

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



Golf, Men's

The LHMGC again salutes all players in the March 8 ABCD tourney which was contested in an average of just over four hours ten minutes!! Great going guys!! Every team showed up on time and the day was blessed with great weather!!! The team of John Vass, Chuck Frevele, Duane Hansen and Fred Wilcox controlled Flight #1 with a fine 64! Bruce Hogan, Dan Kramer, Ron Waisner and Bob Emge took honors for Flight #2 with a great 68!



March 8 ABCD tourney, from left Ron Cook, Bob Henning, James Chan and Jim Pinnell; Steve Brown, Robert Brynjulson, Larry Mowrer and Bob McGrath

As golf season is upon us, we all should be planning for the April 19 NCGA four-person team qualifier and Just for Fun event followed by the member/member in May which will be played over two days on both courses with the famous Horse Race after day one. Good luck to everybody!!!

"Hit 'em straight guys!"

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



Hand & Foot

Spring is here and it is the perfect time to learn a new card game. Hand and Foot is a fun and easy card game to learn and we are always happy to teach new players.

Hand & Foot meets every Thursday from 8:30 AM to 12:00 PM in the Terra Cotta & Sierra Room (KS).

**Contacts: Jim Brittain 408-5524;
 Jerry Watkins 408-7899,
sandpusher@sbcglobal.net;
 Denise Jones 543-3317,
djonesra@att.net; Lu Fox 408-1977,
lufoxhollow@aol.com**



Hiking and Walking

Walkers: A limited number of walkers have been showing up for walks in the rain. It has been quite pleasant since mud is not a problem and the air is so fresh and clean.



Clockwise from left: McKeon-Ponderosa Trail; View of the I Street bridge; Ridge Line trail at Cold Creek Canyon

Hikers: With the weather improving, now is the time to enjoy a Spring hike. The line-up of upcoming hikes takes us farther from Lincoln with some longer hikes.

The relatively flat Sly Park hike is in the area of Pollack Pines. Spenceville, north of Lincoln, sports the unique Fairy Falls. And the Robie Trail, Bruin Ranch and Cold Creek Canyon represent new hikes and new adventures.

Cold Creek Canyon will be most challenging for a short five-mile hike. Its 1500 foot elevation gain and monstrous steps will tax the experienced hiker but will reward them with a unique ridgeline trail and outstanding views

overlooking Lake Berryessa.

See the website for the latest details and hike descriptions.

Contacts: Hiking:

**Dennis Ratay 543-9935,
Denratay@sbcglobal.net**

Walking: Margie Campbell 408-0713

Website:

<http://lincolnhillshikers.org/>



• International Folk Dance •

The International Folk Dancers meet Tuesdays in the Social Kitchen (KS), 2:00-4:00 PM. Our ethnic repertoire includes circle dances, line-type dances, slow and fast dances, as well as partner dances (we do the pairing so everyone can participate).



One of our various hand holds

The universally-accepted basic hand hold is with the right palm up and the left palm down. Several other hand holds add variation to our dancing.

The music for each dance almost dictates the steps. We may not remember the name of each dance since most of them are from other countries, however, the music usually creates instantaneous recognition.

Why not give International Dancing a try. It is an easy-on-the-joints exercise, memory booster, stress reducer, and fun activity. Put aside the worries and concerns we all have today for a little while and join us for fun and relaxation. Let the dancing begin!

Contacts: Lois Eckhoff, 434-8643;

Ingrid Lapin, 543-3012

Website: <http://schlfolkdance.tripod.com>



• Investors' Study •

All meetings, P-Hall (KS) 2:00-4:00 PM, first Thursday of the month.

• May 5, Abhi Kamerkar, VP and Value Equity Portfolio Advisor for Prudential. Jennison Dryden will explore the changing investment

world of natural resources including gold, silver, oil, and commodities. He has a B.A. and M.B.A. from Rutgers University.

• Active Investor Class, Bill Ness, 3:00 PM, (OC), second Monday, May 9.

• Options, Steve Greenfield, 5:00 PM, Multimedia Room (OC), third Monday April 18.

All residents welcome.

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



• Lavender Friends •

Several members will be entering their crafts in various shows around SCLH. Jacquie is currently showing her oil painting at Lincoln Arts in downtown Lincoln. Richard will be showing his one-of-kind jewelry at various events this year and his website is: www.defferentstones.com. Our webmaster Nancy is currently working with eight different published websites and if you want more info and assistance in creating your website, you can contact her at nancy@designqc.com. We have a few more artists, as well as people who do volunteer work, that I plan to mention in next month's article.

As you can see, we are a very diverse group of people with a similar perspective on life. A good time was had by all at our St. Pat's potluck and the monthly coffee at Judy's and Jackie's home.

**Contacts: Jacquie Hilton 543-9349,
jacquiehilton@starstream.net;
Herman Osorio 408-8094,
Hosorio2010@hotmail.com
Website: www.lavenderfriends.com**



• Line Dance •

Our semi-annual dance in the Ballroom will be Sunday, April 17. Everyone is invited to join us from 1:00-4:00 PM. If you want to see what line dancing is all about, this is a great chance to watch and even join in.

A misconception about line dancing is that it is all country music. Not so. As in ballroom dancing there are many line dance styles. To name a few, we have cha chas, waltzes, rumbas and many more. Each of our instructors is well versed in teaching these different styles. Enroll in a class and see what it's all about. Remember, you don't have to have a partner to line dance.

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



• LSV/NEV •

Low Speed Vehicles/Neighborhood Electric Vehicles

Spring is here and it's time to be enjoying our vehicles! Our spring car rally will be a barbecue/potluck followed by a scavenger hunt. It will be on May 22 this year, hoping that the rain will be a thing of the past. Sign up at the General Meeting.

April's meeting will feature one of our quarterly "Coffee Times." We will have coffee and snacks at 9:00 AM in the Social Kitchen (KS) This will be followed by our General Meeting at 10:00 AM in P-Hall (KS). We have scheduled a visit by John Locher, Senior Ombudsman for the DMV. Some of our members got space on our first suggested overnight trip to Yosemite through the Association. Watch the *Compass* for our next trip to the Railroad Museum and Lunch. Lots of things are being planned so come to the meeting to see what is going on!

**Contact: Buzz Rognlien 408-4540
Website: Lincolnhillslv.com**



• Mah Jongg, National •

Our Group meets in the Card Room (OC) each Tuesday from 12:30 to 4:00 PM. Come and join us to play this great tile game. We welcome all skill levels and have a great teacher for anyone who would like to learn.

This is not the tile matching Mah Jongg game found on the computer.

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



• **Motorcycle** •
RoadRunners

The riding season has commenced with an adventurous tour of the Garden Highway and Delta area. Six bikes took off from our rendezvous at the Standard Station, going over to Nicholas and catching the Sacramento River. The road was a bit rough but the scenery was great. After a quick tour of Sac, we ventured onto the Delta for a



Riders on
Delta tour

picturesque ride along the waterways to the little town of Rio Vista. Our lunch break took us to the famous Foster's Big Horn restaurant where we took in all the Big Game trophies collected by the proprietor over many years. Our return tour took us through the rustic back road areas of Vacaville

Road Runners meet the fourth Thursday of the month, 6:00 PM, Multipurpose Room (OC). Guests are always welcome.

"Ride safe, ride with friends!"

Contact: Peter Boyle 408-1955,
Boylep18@yahoo.com

Website:

<http://web.me.com/rettavincen>



• **Music** •

The Music Group will hold another Open Mic event for all types of just-for-fun musicians/singers on Friday, April 29, 6:30-8:30 PM at P-Hall (KS). Bring your instruments and perform. Provided will be four boom mics, a guitar amp, mixer and piano. Drop-in sign-ups begin at 6:15 PM with five-to-ten minute time slots. It's also open for those who want to join the audience and hear some good music. There is no charge.

The Group's February 25 inaugural Open Mic event was fun for everyone, performers — soloists and groups — and audience alike.

The Group's monthly meetings are

designed for fun, members performing either in groups or as soloists and there is always group singing by all members. The Group is always looking for new members.

Regular scheduled meetings are held in the Fine Arts Room (OC) every fourth Wednesday, except November and December, at 6:30 PM. Walk-ins welcome.

Contacts: Ralph Chatoian 408-2375,
ralphchatoian@sbcglobal.net; Julie
Rigali 408-4579, jrigali@yahoo.com
Website: www.lincolnsuncity.org,
Groups, Music



• **Needle Arts** •
Threads of Friendship

Our April speaker was Sheila Beswick with a presentation on "A Life in Needlework." Sheila will also hold a three-part workshop for a beginner level crochet purse that is felted commencing Saturday, April 16.

Stephanie Spikell will be teaching a workshop on "Izzy" dolls an April 23. The dolls are a community service project that is then sent to our soldiers overseas for distribution to children affected by war.

The May meeting will be our annual luncheon and silent auction at Orchard Creek. There may be limited spaces available, or your name may be added to the waitlist.

Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room window for times. Please contact Membership Chair Linda Moran, at 543-4401, to join us and see how fiber arts thrive in our community!

Contact: Vicki Hildebrand
408-4019, vhildebrand@att.net



• **Neighborhood Watch** •

One principle purpose of Neighborhood Watch is to increase our well-being through knowing that neighbors are looking out for each other. We want to mitigate as many incidents as possible by having information available to cover personal and home emergencies. These unwelcome emergencies have a habit of arising unexpectedly!

Our Mail Box Captains collect the names of your relatives and neighbors who have the information to assist you in unexpected situations. They list your pets needing care if you are suddenly not available. Many include a neighbor who has a key to their house.

Being prepared is like having insurance. We hope we never have to use it, but we would be very uncomfortable without it. We are prepared to handle the unexpected. At the very least, when neighbors are friendly and know each other it makes for a warm and comfortable neighborhood atmosphere!

Contacts: Allen Gillespie 434-5979,
allenmgillespie@gmail.com
Pauline Watson 543-8436,
frpawatson@sbcglobal.net;
Website: www.lincal.net/watch



• **Painters** •

An invitation to artsy residents: If you have even the slightest thought to try your hand at painting — or are an experienced artist — we encourage you to attend our next meeting to meet some very active artists and learn whether we may offer something you are looking for. This meeting is May 3 at 2:00 PM in the Fine Arts Room (OC) and will feature Jim Brunk discussing how to pick a plein air landscape site and talking about values and colors. Members and interested guests will learn from this presentation, get a feel for what we are trying to do, and have an opportunity to share their ideas.

Our new board is now considering ideas for future meetings, activities, and places in the area where our work may be shown.

Contact: Lynne Fee,
lynnefee@aol.com;
Diane Pargament 408-0221



• **Paper Arts** •

The colorful cards in the display window (OC) will inspire you for Easter and spring creations. Done in fresh happy colors that you will enjoy, your cards will be lovely.

The *Paper Dolls*, a great group of la-

dies that meets to inspire each other, were in charge of the project. Chris Geist was their leader as they guided us through an envelope made of a paper napkin ironed on to freezer paper with a card to go with it to make on card stock. So cute and useful!

Thank you to all who gave for postage to mail the military cards. It's a big project for us!

Think about items you want to bring to the Garage Sale and Salad Bar in June!

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



• **Pedro** •

Join us to learn a fun, slightly challenging bidding card game with a fun Group. If you have never played Pedro or haven't played in a long time, we will be happy to teach you the basics or refresh your memory.

We play in the Card Room (OC) on the first & third Friday of every month from 9:00 AM to 12:00 PM. Our next play dates will be April 15 and May 6.

Contacts: Denise Jones 543-3317, djonesea@att.net; Phyllis Hunter 408-5843, phyllishunter3@att.net



• **Photography** •

Opportunities for flora and fauna pictures have been on this month's field trip calendar with a shoot hosted by Larry White along the Ferrari Pond Trail, and a self-directed tour of the April Orchid Show in Sacramento. Other field trips include: the Beale AFB Open House, including the Thunderbirds Demonstration Team, at the end of this month; a late afternoon light outing at the Horton Iris Farm led by Bob Crisp in May; photographing the Lincsters Bring a Friend Tournament; and then out to the UC Davis Arboretum with Bill Jensen.

We're also looking into the possibility of setting up a repeat, one-day Lincoln Hills Portrait Workshop. We did



"Horton Farm Iris" and "Thunderbirds 2008" by jeffa

this a couple of years ago and it was fun for the models as well as the photographers. Other potential venues include a Canon Master of Light workshop and a Redneck Yo-Yo Competition (logging rope and truck rims).

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



• **Pickleball** •

With around 200 Club members plus a high level of community interest, pickleball is experiencing some growing pains. Waits for court time can be long on weekdays mid-morning. Scheduled league play, tournaments, coaching, and introductory sessions add to the activities at our four courts.

A Club committee is working on guidelines for managing drop-in times and integrating them with the other activities at the courts. Remember, the courts are open to all residents on a first-come, first-served basis.

A great way to guarantee playing time every week and get fun, competitive games is to join one of the ladder leagues. Currently around 70 Club members have joined. Check the Club website to learn more.

A Club tournament is scheduled for April 27, 8:00 AM-5:00 PM. Come to the courts to watch the action. There will be no open play during this time.

Article by Jim Westby.
Contact: Jerry Zimowske 408-1319, jzimowske@ssctv.net Website: LHpickleball.blogspot.com



• **Players** •

The next Players production will be a Readers Theater presentation called "Tales of Snow White." Norah Prouhet will direct. Come and watch this humorous modern day interpretation of the classic story. Auditions will be held April 28 and 29 (6:00-9:00 PM both days) in the Fine Arts Room (OC). Production dates are June 4 (7:00 PM) and June 5 (2:00 PM). Both performances are at P-Hall (KS). Admission is free.

The Players August production is called "The Disappearance of the Three Little Pigs." This production, directed by Dolly Schumacher-James, brings to life some of the characters you remember from your childhood. Come meet "Henny Penny," B. B. Wolf, Humpty-Dumpty and many others. Auditions will be held May 26 (5:30-8:30 PM) at P-Hall (KS). Production dates: August 3, 4, 5 & 6 at P-Hall (KS).

Contact: Ron Morris 434-6534 Website: www.lincolnhillsplayers.com



• **Poker** •

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

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

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

Any questions, or to be added to our email distribution, please contact one of the members listed below.

Contacts: Mike Goldstein 543-8238; Lois Clausen 408-2426; Steve Kriner 295-8012



• **RV** •

This month's rally will be at the beautiful Durango

Park in Red Bluff, April 25-28. Our Wagon Masters are Marilyn & Dave Poole, assisted by Robin Drake and Frank Bortoli. Besides enjoying the park's amenities there will be a jet boat ride on the Sacramento River; catered breakfast; golfing at a local country club and catered dinner at Luigi's across from the park. Marilyn reports there are 12 rigs signed up. Happy camping!

Infineon Raceway Rally is June 23-27. Wagon Master John Eberhardt sent out an email flier and more details will follow when Larry Flood and Les Levi return from wandering in the southwestern desert.

Save this date: Friday, July 15... We will celebrate Summerfest 2011 with a potluck dinner in the Pavilion. Bob Free has graciously volunteered to be the "Wagon Master" assisted by Marilyn Poole and Natalie Bradford.

Contact: Bob Zielinski 408-1852
Website: www.lhrvg.com



• **SCHOOLS Volunteers** •
Sun City Helping Our Outstanding Lincoln Schools

Many thanks to our SCHOOLS volunteers that have been helping with Jog-A-Thons, Book Fairs, and a number of fund-raisers in the Lincoln elementary schools. They are very much appreciated by the Parent Organizations.

Isabelle Keeling, a first grade teacher at Creekside Oaks, recently shared her insights about our volunteers. "I am so privileged to have such caring, calm, patient, and nurturing adults influencing and motivating my students. What a difference they have made in my classroom. I like the way they listen, laugh and celebrate our successes. I also benefit from these giving people as I have formed some wonderful friendships. It is a win-win adventure for everyone."

It is never too late to inquire about SCHOOLS. If you enjoy being with kids and are willing to be finger-printed and have a TB test, then you are just right for volunteering in our local schools.

Contacts:
Sandy Frame 408-1453 or
sflincoln4fun@starstream.net
Elementary: Eileen Marks 409-0320,
emarks@aol.com; Cindy Moore
408-1452, cindymoore@me.com
High School: Rita Gruenwald
larita@wavecable.com



• **SCOOP** •
Sun City Organization of Pooches

Tails are wagging, sewing machines are humming... Pooches on Parade is coming! Join us Thursday, May 5 at the Amphitheater (OC). Participant registration begins at 9:00 AM; the parade at 10:00 AM. All residents and their pets are invited to strut before the judges. Come one, come all! It's free! Bring a bottle of water, lawn chair, sun hat, a friend and your own friendly dog, even if you choose not to parade him. It's fun. (See article on page 19.)

There will be a DJ with music, free prize drawings, and a special opportunity drawing for a painting by Paula Hintz, One on One Training with Blair Diamond and a personalized drawing of your pet by David Kennett. Linda Derosier will entertain as she describes the well-dressed pups.



Judy Bond and Terri Rafferty representing SCOOP at the Groups Expo

Meetings are the third Thursday in the Fine Arts Room (OC). Enjoy great speakers as we learn more about our best friends. Article by Dianne George.

Contact: scoop@scfh.com
Website: www.scfh-scoop.com



• **Scrabble** •

We hear some excuses about why people don't want to play Scrabble, including "I can't spell." We have excuses to cover that situation. For example: "Oops! I put that tile in the wrong place." "This is an alternate spelling." "Why isn't it

in the dictionary?" "Chaucer spelled it this way." "This is the way we spell it back home where I grew up." "In German, this is how it's spelled." "Are you sure about that?" "My spelling teacher taught it that way to me." and "Oh, all right, I'll just exchange my tiles."

See? No excuses. We play every Monday at 1:00 PM in the Cards Room (OC). Come and play, too.

Contact: Darlis C. Beale 408-0269



• **Second Cup of Coffee** •

On Monday, April 18, Tom Cosgrove, Lincoln City Council and Transportation Specialist, will address "Lincoln's Transportation Update." Topics as the SR65 by-pass, the Lincoln Hills Traffic and Safety Implementation Plan, and General Road Maintenance are the hot-buttons! Q&A to focus only on these issues.

On Monday, May 16, a panel of Lincoln restaurants will entertain "Waking-up in LH to Breakfast Options." This effort supports our current initiative to become more involved with Lincoln establishments. Meridians/KS Cafe, Mimi's, Awful Annies, Kim Kitchen, Waffle Farm, etc., will be represented. Q&A ongoing.

On Monday, June 20, Stan Silva & Community Forum will re-introduce Tom Fisher, Entrepreneur/Sierra College educator. Venue change/time: OC Ballroom, 10:00 AM. "Mysteries of the Peruvian Nazca lines... really, Space Aliens... ?" visually presents on our large screens this newly discovered phenomena concerning these geological formations. Q&A follows.

All meetings, except June 20, at P-Hall (KS) at 9:00 AM.

Contact: Wolf Oplesch
408-1788,
oplesch@sbcglobal.net
Website: http://sites.google.com/site/secondcupofcoffeegroup



• **Singers** •

The Singers have changed their name to Lincoln Hills Community Chorus. The title of the spring concerts will be "America: Sweet

Music Here.” Americana music will be featured, such as, “Sweet Caroline,” “In the Morning, Joy” and “American Anthem.”

The Hills Brothers and Sunny Singers will perform following intermission. The Lincoln High School Select Chorus will participate following their excursion to Carnegie Hall in New York.

The spring concerts will be held in OC Ballroom on May 1 for a matinee at 2:00 PM; May 2 and 3 for performances at 7:00 PM. Lunch or dinner is available preceding the concerts. Menu selections are made at the Activities Desk. Reservations need to be made at Meridians. The tickets for concert-only are \$12 each. Tickets for lunch/dinner plus performance are \$40 each.

Contact: Bill Sveglini 434-5655
Website: www.lincolnsuncity.org;
Groups: Singers



• **Singles** •
Dynamic Singles

- 1) We now have nearly 250 members!
- 2) We just had New-Member Get-Togethers for 50, to talk mentoring, trips, elections, fun; Newbies set the agenda!
- 3) We just had our “Annual Auction — “ladies turn”!
- 4) April 19: “Let’s Dance” at Meridians at 7:00 PM!
- 5) April 20: “Table for Eight” at Casa Ramos at 6:00 PM.
- 6) April 28: “What’s your Game” Social at OC at 6:00 PM.
- 7) May 5: “Cocktails at Woodys,” Rocklin, at 4:30 PM.
- 8) May 12: General Meeting/Social, at OC at 6:00 PM

And we have ongoing sports programs!

Contact: Sarah Lambrose 543-0035
Website: www.lincolnhillssingles.org



• **Ski** •

Club members could write a book about the 2010-2011 season. It started early with copious amounts of snow in December and held



Club members at Mt. Bachelor, Oregon; Audrey Morse and Silvie Roberts at Sugar Bowl, St. Patrick’s Day

fast in January and early February. Since mid-February to preparation of this article, it has snowed more often than not. Seven skiers enjoyed a fabulous powder day at Sugar Bowl on Saint Patrick’s Day. Spring skiing should be phenomenal.

In late February and early March, 20 skiers and 10 non-skiers ventured north to Sunriver, Oregon with many of the skiers spending four days on the slopes of Mt. Bachelor. Non skiers enjoyed the shops and restaurants of Bend and Sisters, Oregon.

We cap off the year with a party to be held Tuesday, April 19, at 5:00 PM at the home of Bill & Lillie Smith. This is a potluck, bring your own beverage event. Please RSVP early to Sylvie Roberts at 408 0344.

Contacts: Bill Smith; Audrey Morse; Mike Connolly; Mike Hilton;
258-2150, lhskiclub@gmail.com
Website: www.lhskigroup.org



• **Softball, Senior League** •

Batter up! The Senior Softball Recreation League season has now started. Opening Day was an event all its own, complete with hot dogs, bake sale, drawings for great prizes, team introductions and local dignitaries.

As players came to bat they were introduced over the loudspeaker complete with their cities of origin. Del Webb Field (of dreams) will have games on Mondays and Wednesdays all summer long. There will be breaks around

Memorial Day and the 4th of July. Come by, sit in the stands and watch friends and neighbors be boys and girls again!

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

Coyotes

As of this writing, only the Coyote 70s have played a tournament, with the two 60s teams having their tournaments rained out. The 70s played in Manteca’s Big League Field of Dreams, where six fields are modeled after famous stadiums: Yankee Stadium, Fenway Park, Wrigley Field, Angel Stadium, Tiger Stadium, and the Polo Grounds. The 70s won one game at Fenway, went



The 70s played in Manteca’s Big League Field of Dreams

1-1 at Tiger Stadium, and 0-2 at Yankee Stadium to finish 2-3 for the tourney. The offense was led by Pete Savoia (.765 ba, 3 dbls), Larry Manley (.706, 2 trp ,2 dbl), Gym Mikaelson (hr, 12 rbi), Bob Hunter (4 hr, 9 rbi), and Jim Sandin



LINCOLN HILLS COYOTES
8TH ANNUAL INVITATIONAL
SOFTBALL TOURNAMENT

When: June 18 & 19
 Where: Del Webb Field
 Teams: 70+
 Food, fun & prizes
 Games start at 8:00 AM
 There is nothing like a day
 at the old ballpark

(hr). Hopefully, the 70s and 60s Blue will have played in the Yuba City/Rusch Park tournaments at the end of March if Mother Nature allowed it. Remember to mark your calendars for

the annual Coyote Invitational (see box) on June 18/19.

Contact: Bob Hunter,
bluespritzer@yahoo.com



• Sports Car •

The Sports Car Club has scheduled several events every month during the summer.

The Club headed to Mountain View March 12 for a tour of the newly remodeled Computer History Museum. There were lots of back roads and dinner at the Buckhorn Restaurant in Winters.

We celebrated St. Patrick's Day on March 18 with a corned beef and cabbage lunch at Boxing Donkey Irish Pub in Roseville.

Our annual day trip through the scenic Delta was on April 2 with lunch at the Point Restaurant in Rio Vista and wine tasting on the way back.



Coffee
at
Sunny's

We had 22 cars heading for Pacific Grove on April 12-14 for a stay overlooking the ocean at the Seven Gables Inn.

We will have a fun day of wine tasting on April 27 at the Lucas Winery in Lodi and lots of Delta area backroads back.

Meetings: 6:30 PM – First Mondays at P-Hall (KS).

Contact: Peter Boyle 408-1955,
boylep18@yahoo.com
Website: LHsportscars.com



• Square & Round Dance •

Sun City Squares

The Square Dance Club is starting a new beginner's class on September 5 at 2:30 PM. All residents are invited, but it is preferred that you bring a dance partner with you (male or female) as square dancing is a couples dance.

The times for each level of dancing are shown. Meeting Times:

- Mainstream/Plus Instruction
Mondays, 2:30-4:00 PM (KS)
- Full Plus Level
Mondays, 1:15-2:30 PM (KS)
- A-2 DBD Level

Thursdays, 1:00-3:00 PM (KS)

• Round Dancing
Fridays, 2:00-4:00 PM (KS)

• Round Dance Practice
Saturdays, 7:00-8:30 PM (OC)

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



• Super Seniors •

See the Stars! Enjoy a presentation by two members of the Astronomy Group, Tom Eason and Joel Thomas, at the May 6 meeting. They will give a little information about their Group's activities, background about objects currently visible in the sky, a slide show, and discuss several unique objects within and beyond our Solar System. After this stimulating presentation, there will be time for fun and games that will tickle your funny bone and lift your spirits. You may even win a prize! *Super Seniors meeting, Friday, May 6, 10:00-11:30 AM, the Gables (OC). Facilitator: Shirley Schultz.*

The informal *Chit-Chatters* meet Friday, May 20, 10:30 AM, Multipurpose Room (OC).

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



• Table Tennis •

This might be a good time to remind both our old-timers and newcomers of some of the rules we abide by. While not written in stone like the tablets Moses brought down from the Mount, following them promotes a more harmonious environment for everyone's enjoyment.

Wearing non-marking shoes would be appreciated. If there are people in the queue waiting to play, please limit your wins to two before rotating out. And please play a game now and then with people who may not be as skilled as you.

For the newcomer or non-skilled player, it is best to come a little later in the session. For example, Tuesday

night we start at 6:00 PM. If you would come, say, at 7:30 PM, there would be a lot more tables available as some of our regulars would have left by then.

Sessions: Tuesday 6:00-9:00 PM;
Friday 8:00-11:00 AM; Sunday 12:30-5:00 PM.

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



• Tap Company •

The show has ended but the memories will linger on.

We will not soon forget the 10th Annual Anniversary Talent Show as it provided outstanding talent and direction in a new and vibrant way.

Kudos to Barbara Greenfield, Pat Pelton, and Ninette Murray for their creative genius. Thanks to all of the choreographers, their attention to detail was invaluable. To all of the coaches for our performing groups, a huge "Well done" as they helped perfect the various numbers. Thanks to the tech team, what would we do without you!! But what about those fabulous performers? Please take a bow, you were outstanding.

The Nominating Committee has begun its search for new people to join the steering committee.

Everyone who performed and watched the Kings Game had a wonderful time. The ladies were great thanks go Alyson Meador and her wonderful choreography.

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



• Tennis •

The USTA season is off and running. Lincoln Hills has five registered teams. Home matches will be posted at the Pavilion for those who would like to come out and root them on.

- Men's Super-Senior 3.5 A –
Ira Greenspane
- Men's Super-Senior 3.5B – Rene Foug
- Men's Super-Senior 4.0A –
Jack Geisen

- Men's Super-Senior 4.0B – Carl Gronau
- Women's Super-Senior 3.5 – Sharon Klotz

Additionally, last season's men's 3.5 USTA team captained by Miguel Cuevas is in the running for District playoffs. If they win the final match against Gold River, they will have advanced to Districts by the time you read this.

LH's Intramural teams began April 6 and will go until May 25. Matches consist of men's, women's and mixed teams.

FYI — Due to daylight savings, drop-in tennis on Wednesdays and Saturdays will now be from 8:00 to 10:00 AM. All residents are welcome.

Contacts: John Flaherty 434-6184, johnpflaherty@gmail.com;
Christy Link 543-6504, aclink@aol.com
Website: www.sclhtg.com



• **Travel Group** •

The Travel Group's status has changed to a shared interest club therefore information for this and future *Compass* issues will be found on the Bulletin Board pages.



• **Vaudeville Troupe** •

April 28: Auditions will be held at P-Hall (KS) from 6:00-8:00 PM. We're looking for creative, unusual and unique acts to round out our fabulous July 8-9 Show. Bring your music, comedy, fun-loving nature and audition for us. If you have a love of theater, take part in our fabulous "Production Numbers" where you might be an "Extra" or "Person in a Crowd"!! We are 100+ members strong with new "Vaudevillians" joining all the time... July 8 and 9 — The Vaudeville Troupe Show: "The Calvacade of Stars." All of our high-energy, fast-paced, and thoroughly entertaining Shows are in the comfort of P-Hall (KS) which we call "Vaudeville's Cabaret-Style Theater. Tickets on sale in May at both Activity Desks (OC/KS). Don't miss out! We sell out fast!!



From top: Vaudeville's "Sinatrettes" at rehearsal for upcoming July Show (Jerry Mandolfo, musical advisor!); Vaudevillians get ready to perform at Expo; Donna Katzl, Lydia King, Brigitta Agopian at Expo

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



• **Veterans** •

Tom Molokie, a flight safety officer with the Federal Aviation Administration (FAA), will be the guest speaker at the April 21 joint meeting of the Veterans and Aviation Groups at 1:00 PM in P-Hall (KS). All interested residents are invited to attend.

Tom's love of aviation goes back to his youth in Readfield, Maine, where he began taking flying lessons at 13, soloed at 16 and earned his pilot's license at 17. He is an Air Force Academy graduate who finished first in his



Tom Molokie shares his passion for flying with his son Daniel

class in pilot training. He subsequently flew C-21A VIP-transport flights out of Andrews AFB, MD, and KC-135 missions from Fairchild AFB, WA.

Tom was hired by the FAA in 2004 and serves as an inspection pilot with the Flight Inspection Field Office (FIFO) in Sacramento. Flight inspection ensures the integrity of instrument approaches and airway procedures across the nation.

Contact: Rich Williams 543-4887, rgwdew@att.net
Website: lhvets.org.



• **Water Volleyball** •

Water volleyball is open to all residents of any skill level. You can try it without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play. Our Thursday league will be ending soon, but a new Wednesday league will start in a few weeks.

Did you see our booth at the Groups Expo on March 9 (including video of the Group in action)? Come join us in the pool and get your exercise without worrying about the weather. It's always a lot of fun, it's a good low-stress work-



Keeping it on a higher plane

out, and it is a great way to meet new people as well. See you in the pool!

- Play available (KS):
- Open Play: Saturdays 9:00 AM
 - Second, fourth, (& fifth) Mondays 5:30 PM
 - Open/League Play (all levels): Wednesdays/Thursdays 6:45 PM
 - Advanced Play (rated players only): Mondays 6:45 PM
 - Training: First/third Mondays 5:30 PM

Contacts: Jim Puthuff 543-0067,
jputhuff@softcom.net;
Jerry DiGiacomo 408-7072,
itsmrd@sbcglobal.net
Website: www.lincolnsuncity.org



• **West Coast Swing Dance** •

Our Spring Dance and potluck on April 8 was a huge success with many new dancers in attendance. On March 9, we participated in the Club Expo where we had an information booth as well as dance demonstrations by several of our members. Then



West Coast Swing members

on March 19, several of our couples participated in our “Club Nite Out” and took advantage of our reciprocal privileges and attended the Capital Swing Dance Club monthly dance in Fair Oaks.

Come join us at our next workshop on May 19, 6:00-9:00 PM (KS). Lessons will include West Coast Swing and Nightclub Two-Step.

Our practice sessions on the second and fourth Fridays continue to be wildly popular. Here’s your chance to practice your West Coast Swing dancing with a teacher always on site. The next practice sessions are April 22 and May 13, 5:30-7:30 PM, Fine Arts (OC).

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



• **Woodcarvers** •

Woodcarving is not just for guys! The Woodcarvers Group has some outstanding female carvers: Stefanie Spikel, Doris Ellison, and Jan Wolfe displayed their work and answered many

questions at the recent Group Expo. These great artists learned like the rest



Woodcarvers collage

of us... by chipping away at a hunk of wood while asking a lot of questions.

A support library, workshops and plenty of advice from carvers like Stefanie, Doris, Jan and others, are available for members during this Group’s meetings on Wednesdays between 1:00 and 5:00 PM at the Sierra Room (KS).

The Woodcarvers are dedicated to advancing all forms of woodcarving from knives and gouges, to mallets and chisels, to power tools. Members are encouraged to share their varied approaches with others who may be interested.

Remember what big Al Weidlich says...”There’s always another eye below the one you just screwed up!”

Visitors are always welcome!

Contacts: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



• **Writers** •

The Writers Group enjoyed a favorable location just outside the Ballroom at the March Club Expo. Many interested people dropped by to see the displayed books authored by our members. Fifteen new people signed our “interest” form and we hope to see them at a meeting soon. Many admitted to us that they had always wanted to write their memoirs, but lacked inspiration. Our Group encourages people to get started and write down those precious memories before they slip away.

Even if they have a silly or sad poem;

take that first step and preserve those thoughts. Many of us have moved beyond personal recollections to fictional accounts of fantasy or crime. We invite perspective writers to drop in and listen to our members read. Maybe this will make writing a part of your life, with rewards you can only imagine. We meet the second and fourth Monday at 6:30 PM in the Ceramics Room (OC).

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

Connections

continued from page 3

swer them for us. It’s been five years since we last asked for your feedback regarding programming and we look to you for direction and feedback as we begin to plan our 2012 budget and programs. Thank you for your response by May 9. We kept the survey to one page front and back, but feel free to staple additional pages to your survey if you have more to say!

Summer Concert Series

This issue of the *Compass* outlines the variety of performers slated for the entire Summer Concerts in our outdoor Amphitheater. Invite your family and friends to join you for quality performers at a great price! We are trying something new this year... rent a folding chair for \$3 and eliminate the hassle of bringing your chair from home.

Please remember to complete your Lifestyle Survey! See you in the Lodge.

Did You Know?

Shutting off the main water valve to your home (inside) while gone in the summer months does not shut off irrigation water to the outside.



Bulletin Board

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

Fibromyalgia/Chronic Fatigue Syndrome

Do you or your loved one suffer with one these syndromes? Join us in the Multimedia Room (OC) on 3:00-4:30 PM on Tuesday, May 17, and Tuesday, June 2, to discuss starting our own support group for information, education, and positive support. Questions? Marcia VanWagner at 408-0667 or mmvanwagner@gmail.com.

Glaucoma Support Meeting

May 11, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month, please come and join us. At our May 11 meeting, Dr. Annie Baik will present "Glaucoma Treatment Options." To RSVP and for more information: Bonnie Dale, 543-2133.

Residents' Golf Club

Our Mission Statement reads: To promote interest and active participation, stimulate and encourage camaraderie in the game of golf among all residents of SCLH. The club's first tournament will be a 2:00 PM shotgun on Sunday, May 22. Green fees are \$29 plus a small prize fee. Join us for the 11:30 AM breakfast-lunch buffet at Meridians. More information to come. Two possible formats: golfers with handicaps — a two- or four-person Best Ball; those without handicaps, a scramble. Prizes will be awarded to winners of both groups. Applications available in the Golf Shop. Captains of the 18- and 9-hole men's and women's groups will receive an email notice with the application attached. Discussions are being held for a golf trip in the near future. Further info: Nadine Buchmiller, President, 408-7322, nadine@starstream.net.

Italian Club

Wine tasting in March was fun! Members and friends enjoyed tasting wines from seven local wineries. In April, by popular request, the annual Golf Tournament Monday, the 18th at Lincoln Hills: a shotgun start, putting contest, followed by a barbecue lunch. Even if you are not a golfer, you'll enjoy this event. On Saturday, May 21, join us for bocce ball & barbecue at the Sports Pavilion. Bocce Ball beginners can learn how to play and get right

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

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

- April 19 • 6:30 PM** What we can do about Free Radical Damage & Oxidated Stress, Oaks
April 27 • 9:00 AM Taking Control of your Financial Future, Solarium
April 27 • 6:30 PM Eliminating Back & Neck Pain, Dr. Leamon, Oaks
May 3 • 10:00 AM Nautilus Society, Solarium
May 10 • 6:00PM Spinal Aid Presentation, Dr. Zorich, Oaks

into the fun of it. There are always a bunch of water pistols around too to help members "cool off" on a hot day. Sunday, June 12 is the date for dinner at Il Fornaio. Italian heritage? Like to have fun? Check out our website at www.lhitalianclub.com or contact Membership Chair Rose Cesarz, 434-5301. Single members can invite a guest to attend our events.

Lincoln Multiple Sclerosis Group

meets on the first Tuesday of each month in Raley's Sterling Point Conference Room at 1:00 PM. All interested are welcome to attend this informal gathering to learn, share and meet the nicest people! Questions: Jerry Watkins, 408-7899.

Neighbors InDeed Golf Cart Clinic

announces a free Golf Cart/NEV Drive Through Clinic on Wednesday, May 18, 12:30-4:30 PM at the Sports Pavilion. Neighbors InDeed volunteers will be on hand to check the following: tire wear and pressure (and fill, if necessary), battery and terminal condition, lights, turn signals and horn, parking brake and seat belts, front shocks, front drive shaft, and more. Neighbors InDeed will not make repairs but will alert Golf Cart/NEV owners to any issues. Call Neighbors InDeed at 223-2763 for this appointment only event.

Open Play

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

Racquetball Group

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

Sequoia High School Reunion

Save the date: September 17. Sequoia High reunion barbecue, formerly the Foothills picnic. This year we are holding it at the Sports Pavilion. Invitations to be mailed at a later date. Contacts: Jane 408-0565, Norma 645-917, Jackie 434-6070, Hope to see you there.

San Francisco High School Reunion

If you haven't already heard the news, we are having a reunion on Saturday, April 30, 5:30-8:30 PM

Lincoln Hills Players Auditions May 26

Auditions for the wild & wacky, mini-musical production of "The Disappearance of the Three Little Pigs"
 Thursday, May 26, 5:30-8:30 PM, P-Hall (KS)

Performances for this grown-up nursery land farce:
 August 3-6

Contact director Dolly Schumacher James for script and information for this fun-filled show:
dancrdolly@yahoo.com or 408-0136



Lincoln Hills Foundation Bingo

Wednesday, May 18 • OC Ballroom

Doors Open 12:30 PM • Bingo Games 1:00 PM

\$20 for 12 games, 12 cards with six cards each. Up to \$1350 prize money.

Pop-ups four for \$1; daubers \$1 each; cold bottled water available.

No food or alcohol allowed. No one under 18 admitted.

Group of 10? Reserve your own table!

Info: Karen Foley, 645-5411.

Lincoln Hills Foundation website: www.lincolnhillsfoundation.org.



in the Multipurpose Room (KS). Bring your favorite hors d'oeuvre. We will have a no-host bar, karaoke and door prizes. Water and dessert will be provided. RSVP by April 20 by sending \$5 per person to Patti Barnes. Include the name of your high school. Since space is limited, tickets will not be sold at the door. Hope to see there.

Shalom

The Woman's Club met April 14, and heard about the three new theaters at Folsom College. The first Men's Club meeting in many months was held on the 20th, at the Winnick's home where 25 members showed up for a presentation on prostate cancer. Kaiser's Dr. Eschelle Stapp gave us all of the information that our urologists don't have time for at an office visit. A hike was scheduled at Hidden Falls Park on the 30th (rain?) The Woman's Club should have met on April 11, and the Passover Seder will take place on the 20 at OC. if your reservations aren't in, check your email for updates. Schedule changes may occur after this goes to press. Questions to the group or board: contactshalomgroup@gmail.com. Our website for pictures, calendars, and general interest is www.shalomsg.org. Membership info: Membership VP Natalie Flynn, 434-5470.

Shooting Group

Our purpose is to make friends among the residents

who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Fall and winter months we meet at 9:00 AM. 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 also 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 you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get together. Contact: Michael Pargament 408-0221, jdparg@inreach.com.

Travel Group

The next meeting is Thursday, April 21, 7:00 PM, KS. Ms. Ilene Ferguson of Alamo Travel is guest speaker. The following trips this year have openings: Alaska Cruise and Yosemite (May); Russia River Cruise (Jul); Canadian Rockies (Sep); NYC and Rose Parade (Dec). Trips in 2012: Hawaii Cruise (Apr); Washington D.C./ Mid-Atlantic Tour (late Apr); Turkey (Sep). See our website (www.lhtravelgroup.com) for details on all our trips. You do not have to be a member to attend our meetings so please join us for an interesting

evening of showcasing our trips with information and visuals in a travelogue-like format. Contacts: Karen Foley 645-5411; Teena Fowler 543-3349; Linda Frazier 434-8266; Sheron Watkins 434-9504.

Wildlife Heritage Foundation

will be hosting a nature walk in the Northeast Preserve of Lincoln Hills on Friday, May 27, at 9:00 AM. We will meet at the flagpole at KS. This is a guided nature walk with one of WHF's Biologists and is free for residents. Questions: Kelly, 434-2759. We will limit the group to the first 25 residents who sign up at the Activities Desk. Come join us for a great walk!

In Memoriam

Robert D. (Bob) Jensvold

Bob passed away recently after a short illness. He and Ann moved here over seven years ago from Orange, CA. Bob spent 39 years in the aerospace industry, much of which was under government contract. He also worked for GE, Bell Telephone Laboratories, North American Aviation, and Rockwell. His hobbies included following the stock market, the Computer Club and playing Bridge. Bob leaves his wife of 57 years, Ann, four daughters and five grandsons.

Walter McKean

Walter passed away on February 23. He came to Lincoln Hills from Millbrae, CA. A San Francisco native, Walt and his wife Joan were Lincoln Hills Pioneers moving into Village 16. He leaves his wife of 56 years, five children and six grandchildren.

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

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Landsharks • Friday, June 10

Concert Only — 5202-4ACON

Dinner & Concert Package — 5202-4APKG

The high-energy, interactive Jimmy Buffett and Beach Tribute Band that made their debut performance during our 10th Anniversary celebration, *The Landsharks*, opens our summer concert series with their popular play list. The Landsharks have appeared with the Beach Boys and Jimmy Buffett in Key West as well as at Margaritaville. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$18; Dinner & Concert Package \$51.



Motown Revue with Top Shelf featuring La Chic • Tuesday, June 28

Concert Only — 5202-4BCON

Dinner & Concert Package – 5202-4BPKG

Top Shelf will take you on a toe-tapping, finger-snapping narrated journey from the early days of Motown up to the '80s. La Chic will also be featured in the program including songs of Stevie Wonder, the Temptations, the Four Tops, Smokey Robinson, Diana Ross and more. Doors open at 6:45 PM for a 7:30 PM concert. Concert Only \$13; Dinner & Concert Package \$45.



Air National Guard 4th of July Concert Friday, July 1

Concert Only – 5202-4CCON

Dinner & Concert Package – 5202-4CPKG

The Air National Guard Band of the West Coast from Moffett Federal Airfield, CA, presents a patriotic program to celebrate the July 4th holiday. The concert and jazz band is one of the Air National Guard's premier bands and will perform under the direction of *Captain Vu Nguyen*. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only *free*; Dinner & Concert Package \$33.

Air National Guard Concert and Jazz Bands



Santana Tribute with the Rhythm Vandals

Tuesday, July 26

Concert Only — 5202-4DCON

Dinner & Concert Package — 5202-4DPKG

The Rhythm Vandals present a fiery tribute to the timeless music of Carlos Santana, a musician who helped shape the sound of rock and Latin since the late 60's. From searing guitar solos, to an amazing horn section and rhythmic beat of congas and drums, this set list plays like a greatest hits CD. Playing for over 10 years, the Rhythm Vandals have opened for Eddie Money, WAR and Tower of Power. Doors open at 6:45 PM for a 7:30 PM concert. Concert Only \$14; Dinner & Concert Package \$47.



Buck Ford Pure Country Band

Wednesday, September 7

Concert Only — 5202-4FCON

Dinner & Concert Package — 5202-4FPKG

A rising country star, the *Buck Ford Pure Country Band*, has a traditional, timeless country sound that never goes out of style.

Playing all over the country, songs will include original pieces written by Buck himself as well as covers of many other artists including

George Strait, Merle Haggard and George Jones. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$14; Dinner & Concert Package \$47.



Sugah Daddy Swing Band • Friday, September 23

Concert Only — 5202-4GCON

Dinner & Concert Package — 5202-4GPKG

Sugah Daddy, a contemporary swing revival band delivers the best in swing, boogie and blues music. With the talent of five fabulous lead vocalists, a poppin' horn section, and the band's utilization of up to 15 different instruments, you will be on your feet for a vast selection of tunes with one of the best known swing bands in southern California. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$15; Dinner & Concert Package \$48.



The Grascals • Thursday, August 18

Concert Only — 5202-4ECON

Dinner & Concert Package — 5202-4EPKG

2010 SPBGMA Bluegrass Band of the Year, *The Grascals*, will make a return performance to our stage based on overwhelming resident requests! The

band's innovative and upbeat bluegrass sound has become a hallmark on the Nashville scene. The band has played at The Grand Ole Opry, Radio

City Music Hall and Ryman Auditorium to list a few. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$17; Dinner & Concert Package \$50.



Amphitheater Guidelines

- **Chairs:** Residents may set up their chair anytime on the day of the event, but sprinklers may go off any time before 7:00 AM. First-come, first-served. Limited folding chairs for rent will be available for pick up in the Amphitheater 30 minutes before advertised doors open time. Pay for chair rental during registration.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed plastic bottles.
- **Not Allowed:** No chairs that exceed shoulder height, cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, animals (except guide dogs or service animals).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins. Dinner & Concert package available as an option.
- **Seating:** Seating is first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert**. Any chairs found the day before the event will be removed and stacked on the upper terrace. SCLHCA is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. **Lawn seating** for blankets will be in the grassy area at the left of the stage.
- **Ticket Pricing:** Public ticket price will be \$4 more than resident ticket price as listed on each event. Resident must present Resident Card at time of purchase to receive resident rate.
- **Tickets:** Wristbands must be worn during the concert.
- **Parking:** We have a limited amount of parking at Orchard Creek. Please carpool or walk. The parking area in front of the Del Webb offices is available after 5:00 PM. Street parking is only permissible wherever permit signs are posted.

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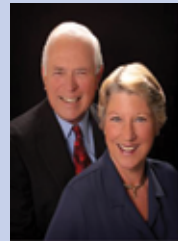
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Special Events & Bus Trips

Home Health & Business Showcase Friday, April 15

Stop by OC Ballroom between 10:00 AM and 2:00 PM to learn about latest products and services and meet your



Compass advertisers and other local businesses. Be sure to thank them for supporting the *Compass* and many of our Association and Club activities. Additional info: Judy Olson, 625-4014.

Semi-Annual Parking Lot Sale Saturday, April 16

Join us for a fun morning, 7:30 AM-12:00 PM to shop from 88 vendors at our semi-annual Parking Lot Sale in the lot facing OC Fitness Center. The sale is for residents selling their household items from clothes, accessories, furniture, more. Spaces are sold out.



Jukebox Saturday Night Saturday, April 16 — 5022-02

Guest DJ: Greg Dills of 'Music To Go.' Enjoy Saturday evening dancing with friends and neighbors at our popular Jukebox Saturday Night at KS! Like putting a quarter in the Jukebox, each guest can make a single song selection which the DJ plays in the first half of the event. A printed playlist is available to browse dance favorites. All types and dance music genres played from rock 'n roll, to salsa, country to ballroom plus the never-omitted "YMCA." No-host bar available at 6:45 PM; dancing 7:00-10:00 PM. \$10. Now open to Guests.



New Resident Orientation Tuesday, April 19

Offered quarterly and designed for all new homeowners, meet new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. 1:00-3:00 PM, Solarium. Light refreshments. Free. No RSVP ◆◆ required.



Capitol Corridor to Pier 39 in San Francisco

Thursday, April 21 — Sold Out

Seeking daring, fun-loving residents for a train trip adventure! Our trip begins at OC Lodge, where we board our coach for the Roseville Train Station to catch Train No. 529 heading for the Bay Area. Arrive at Emeryville and leave our train to board an Amtrak bus headed for San Francisco, arriving at Pier 39 around 10:00 AM. Enjoy time on your own to have lunch/shop/sight-see prior to catching the return bus. Bus leaves Pier 39 promptly at 4:00 PM for Emeryville to catch Train 540 heading for Sacramento. Upon arrival at the Sacramento train station, we board the Amtrak bus to Roseville where our coach to LH awaits. Food available on the train or bring your own snacks. Limited to 40 people and due to homeland security rules, no roster changes after April 10. Leave the Lodge at 6:30 AM, return ~ 8:00 PM. \$83.



SOLD OUT

Annual Spring "Egg Hunt" Saturday, April 23

Toddler 1-4 yrs. Old — 5400-02A

Kids 5-6 yrs. Old — 5400-02B

Kids 7-8 yrs. Old — 5400-02C

An eggciting time for kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festivities. A creative balloon maker will create crowns,

flowers, bunnies, more! Fun egg hunt prizes. Hunt begins sharply at 10:30 AM. Don't forget your camera for



great Bunny photo opps! Bags for egg hunting provided. Sign up your grandchildren, **toddler to eight years only please**, at the Activities Desk. Event will be cancelled if not enough interest by RSVP date or if it rains. Wristbands required to participate in all activities. \$3 per child. Limited space. RSVP ♦♦ Now.

San Francisco for the Day
Saturday, April 23 — 1845-02

Shop, have lunch and/or dinner, visit a museum, Chinatown or anywhere else you like. Our fourth Saturday trip



to San Francisco drops you off at Pier 39, your day to do as you wish. We will offer them as long as there is interest and participation. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ Now.

"Saxophobia" – Tribute To The Sax and Great Jazz Legends
Monday, April 25 — 5051-03

Return engagement! This musical trib-



ute to legendary artists who gave the sax its unique place in jazz provides a rare glimpse at some of the most unusual saxophones ever made. Rob Verdi's "Saxophobia" brings over ten instruments to our stage for an up-close view of a tiny curved soprano, slide sax, connosax, plastic alto, straight tenor, and even a six-and-a-half-inch tall contrabass saxophone. Hear a bit of "Yakety Sax," "Tequila," and "Pink Panther," including rich history and perspective about the sax. Rob has been a featured soloist with the Phoenix Symphony and performs with the Disneyland Resort jazz band, Side Street Strutters. Rob's 2009 performance met with rave reviews from residents; don't miss this show! Show 7:00 PM. P-Hall (KS). \$13. Now open to Guests.

Illuminaire at Eldorado in Reno
Tuesday, April 26 — 1771-02

This original futuristic, multimedia show offers the latest in high-end technology. Surreal costumes, props and sets mix with fantastic choreography. Special effects include stage lighting, projections, lasers, pyro-



technics. Arrive with plenty of time for gaming and buffet dinner prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~ 10:30 PM. \$84 (buffet included). RSVP ♦♦ Now.

Capitol Steps at Crest Theatre
Wednesday, April 27 — 4620-03

Does the political scene and people involved cause your blood pressure to soar? Then it is time for an evening with The Capitol Steps – a musical political satire group. The Steps began as a group of Senate staffers who set out to satirize the people



and places that employed them and has been around for 25 years. Not all current members of the Steps are former Capitol Hill staffers but taken together, the performers represent 62 years of collective House and Senate staff experience. They have recorded many albums and been featured on major news networks. Additional info at www.capsteps.com. Leave OC at 6:00 PM, return ~ 10:30 PM. \$62. RSVP ♦♦ Now.

Ruth Bancroft Gardens in Walnut Creek
Thursday, April 28 — 1750-02

Lots of walking! Gravel paths! The Gardens occupy land once part of a 400-acre fruit farm producing walnuts and Bartlett pears in the Ygnacio

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 90.
TWO FACILITIES: Orchard Creek Lodge (OC) & Kilaga Springs (KS)
RESERVATIONS: Reservations are required for all activities unless otherwise noted. *If an activity/class is cancelled, a refund will be given. No other refunds will be given.*
WANT TO SELL? Please contact Activities Desk if unable to attend an event or class.
WEATHER: Association trips and events

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

remains open until class is filled.
CLASSES (EXCEPT FITNESS): Register at least five working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
FITNESS CLASSES: Register for fitness classes at either Fitness Center.
SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable ex-

Valley. They are now owned as a non-profit organization ensuring it will be preserved in the spirit of its founder. Although interested in many plant



groups, Ruth's long-standing passion has been growing succulents. More info:

www.ruthbancroftgarden.org. Upon arrival, there will be a one to one-and-a-half hour docent-led tour of the gardens. Additional time will be available to tour the garden on your own and plants for sale if interested. We will then have lunch at Rocco's Ristorante, buffet-style including *Pasta and Sauce choices, Green and Caesar Salad, Garlic Bread, Cannoli, and non-alcoholic beverage*. Be prepared to give monitor your pasta and sauce preference when you register. Leave OC at 8:30 AM, return ~ 5:30 PM. \$56 (includes admittance and lunch). RSVP ♦♦ Now.

Ultimate Chili Showdown – You vs. Chef Roderick

Friday, April 29 — 5600-03

Be part of the excitement of our first Chili Cook-off showdown! Resident chefs will compete against our own Meridians Chef Roderick to win the title of Best Chili Cook! There will be two awards for the cook-off contest: *Judges' Choice* and *People's Choice*. Winner of the *Judges' Choice* will have their personal chili recipe featured at Me-



ridians as the Special of the Week! Entries will be judged in a blind tasting by a committee of representatives and announced during the event. Winner of the *People's Choice* category will be announced in the *May Compass*. Your \$20 ticket allows you entrance to the event to enjoy samples of each chili recipe, along with *Green Salad and Cornbread*. And if hot chili wasn't great enough, enjoy the cool cars display in cooperation with the Sports Car Group and music with DJ Jerry Tatum. Open seating at tables in the Sports Pavilion during the event and a no-host bar. Sports Pavilion/Parking Lot opens 4:45 PM; cook-off 5:00 PM; sports car display 5:00-7:00 PM; music 5:30-8:00 PM. \$20. Now open to Guests.



perform their annual spring concert, "America: Sweet Music Here," with familiar favorites "Ain't Misbehavin'," "As Time Goes By," and "Sweet Caroline" and new inspirational songs that include "There is Sweet Music Here," "Ye Shall Have a Song," and "Riversong." Select the Show Package option and have lunch or dinner at Meridians before the concert with convenient reserved front section Ballroom seating for the show. Entree choice: *Prosciutto & Swiss Cheese Stuffed Chicken Breast Roulade or Almond Crusted Boneless Trout Fillets*. Menu at Activities Desks. Meridians show package patrons: Be prepared to provide meal choice when you register and call Meridians, 625-4040, to reserve your table. Ballroom doors open 30 minutes prior to listed show time. Show-only \$12. Show Package \$40. Now open to Guests.

Lincoln Hills Singers "America: Sweet Music Here"

Sunday, May 1 - 2:00 PM Show Show Only — 5130-3ASH

Meridians Lunch & Show Package — 5130-3ALN
Monday, May 2 - 7:00 PM Show Show Only — 5130-3BSH

Meridians Dinner & Show Package — 5130-3BDN
Tuesday, May 3 - 7:00 PM Show Show Only — 5130-3CSH

Meridians Dinner & Show Package — 5130-3CDN
The 133-member Singers Group

Lodi Street Faire

Sunday, May 1 — 1820-03

Lots of Walking! Lodi, a charming town boasting great shops and restaurants, is again hosting its Street Faire. The semi-annual Faire attracts vendors from all over California sell-

REMINDERS

perience. Special needs patrons will be seated first. For special accommodations, please inform the monitor while registering. On bus trips we accommodate wheel chair bound passengers to the best of our abilities.

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

PARKING: For all trips, please park be-

yond the OC Fitness Center (The Wave). The bus will drop off there on return to Lincoln Hills.

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

HOSTING A BUS TRIP: Every bus trip has at least one person (*the Host*) representing the Association on board. The Host's responsibility is making sure the bus leaves and returns with the same number of people which includes counting people several times during the day when there are multiple stops. The Host

passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver.

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

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Just Added! Document Destruction Monday, May 2

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



New Date! Treasure Island with Jerry Moorman Wednesday, May 4 — 1841-01A

Halfway over the San Francisco Bay Bridge lies Treasure Island, the site of a former naval base. Step-on guide Jerry Moorman will offer information and history about this unique locale.



Lunch will be served at the Job Corp Culinary Academy on the island at 12:00 PM. Following lunch, our coach will take you to Pier 39 to sightsee/shop/tour for a few hours prior to departure for LH. Leave OC at 9:30 AM, return ~ 7:00 PM. \$61 (includes lunch). RSVP ◆◆ by 4/15.

Cinco de Mayo Music Celebration with Dinorah Thursday, May 5 — 5052-03

Celebrate Cinco de Mayo with a Latin-inspired music program presented by the Dinorah Band. During the show, enjoy a fiesta snack with a *Boat of Chips & Salsa* and a *Beer* as part of

your ticket. Dinorah has shared the stage with Mariachi Vargas de Tecalitlan, Patti LaBelle, Stevie Wonder, and more. Influenced by Latin rhythms and American Rock and Roll, the program includes merengue, bossa nova, cumbia, mariachi, salsa! Present your ticket at the Kilaga Springs Café for your fiesta snack during the show. Concert 7:00 PM. P-Hall (KS). \$18. Now open to Guests.



"Grand Night for Singing" at Cosmopolitan Cabaret Friday, May 6 — 1794-03

For all Broadway musical lovers, this revue features songs from all 11 Rodgers & Hammerstein collaborations. The cast, three women and two men, showcase Broadway's most beloved song-writing team. Showtime 8:00 PM. Arrive in time for dinner on your own. Located near the Crest Theatre; area boasts many restaurants – Cosmo Café, Esquire Grill, Crest Café, more. Leave OC at 4:45 PM, return ~ 11:00 PM. \$58. RSVP uu by 4/15.



Comedy Night at Kilaga Springs Tuesday, May 10 6:00 PM performance — 5053-03A 8:00 PM performance — 5053-03B

Headliner Milt Abel has 25 years of performances on "Comedy Central," "A&E Network," and "Showtime." Opening for countless performers like Robin Williams, Whoopi Goldberg, Jerry Lee Lewis and Gary Shandling, Milt delivers clean and clever comedy. Opener will be Moe Better Man. P-Hall (KS) doors open 30 minutes prior to show time. \$9. RSVP ◆◆ Now. Patrons enjoy KS Café discount.



Spring Fashion Show Thursday, May 12 — 5111-03

Spring will be in bloom in the Ballroom as friends and neighbors showcase the latest fashion from *Catherine's*, *Sun River*, *White House Black Market*, and more. Luncheon includes choice of *Roasted Steelhead Salmon*



Farfalle or *Chinese Chicken Salad* served with mimosa beverages prior to show. 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. Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman's table. Menu at Activities Desk. Lunch served in the Ballroom 11:30 AM; show 12:30 PM. \$29. Now open to Guests. Even if you do not attend the show, come shop unique vendors displaying the latest accessories and fashion items in the Pre-function Area, 10:30 AM-2:30 PM.

Cirque du Soleil presents Quidam at Power Balance Pavilion Friday, May 13 — 4562-03

Young Zoe is bored; her parents, distant and apathetic, ignore her. Her life has lost all meaning. Seeking to fill the void of her existence, she slides into an imaginary world – the world of Quidam – where she meets characters who encourage her to free her



soul. Quidam: a nameless passer-by, a solitary figure lingering on a street corner, a person rushing past and swallowed by the crowd. It could be anyone, anybody. This unique production promises to be different and interesting. Reserved seating in Lower Section 124 for the 3:30 PM performance. Leave OC at 2:00 PM, return ~ 7:15 PM. \$86. RSVP ◆◆ Now.

Just Added! Kilaga Springs — At the Movies! "Seabiscuit" Monday, May 16 — Free

PG; 140 minutes. "Seabiscuit" stars Toby McGuire and Jeff Bridges. Drama. Show 1:30 PM. P-Hall (KS). Free.

Evening Community Social Dance Thursday, May 19 — 5020-03

Calling all dancers to a night of great music, drinks and friends. The Evening Community Social Dance provides singles and couples



with a low-price event dedicated to three hours of dancing to a variety of music: — freestyle, pop, ballroom, west coast swing and line-dancing. The *Nutones* is a wonderfully diverse musical quartet accompanied by excellent vocals, whether you like to tango, cha-cha, swing, two-step, or simply show off your own dance steps. Enjoy a no-host bar throughout the evening. Dancing in the Ballroom 6:30-9:30 PM. \$10. Now open to Guests.

San Francisco Shopping Monday, May 23 — 1845-03

Lots of Walking! Shop 'til you drop at Union Square! Don't worry about driving, the bridge or parking! Shop/browse/ people watch. Get your Macy's 11% discount card for the day as you board the bus. To make your shopping more comfortable and fun, the bus will meet you at 2:00 PM at the St. Francis Hotel (Post & Powell) to load your packages so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$35. RSVP ♦♦ by 5/2.



comfortable and fun, the bus will meet you at 2:00 PM at the St. Francis Hotel (Post & Powell) to load your packages so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$35. RSVP ♦♦ by 5/2.

Just added! Kilaga Springs Music Night Presents Keith Williams Sextet Monday, May 23 — 5051-04

Amazing jazz music will fill the air

during our monthly Music Night with the Keith Williams Jazz Sextet. Program includes standards of the Great American Songbook to more contemporary tunes. The sextet features keyboard, drummer, guitar, more. One show only, maximum 150 seats available. 7:00 PM performance in P-Hall (KS). \$12. RSVP ♦♦ by 4/29.

Guide Dogs Graduation and Sausalito Saturday, May 28 — 1980-03

Lots of Walking. Feel free to bring a sack lunch to enjoy on the bus. Travel to San Rafael to attend a graduation ceremony at Guide Dogs for the Blind.



Witnesses to this event are urged to bring tissues because it's always a moving event, commemorating the efforts of students and their dogs over their past weeks in class. Puppy raisers say goodbye to their graduating dogs and graduating class members bid farewell to return to their homes and families with new partners by their sides. Graduation is followed by campus tours. Next stop is nearby Sausalito for shopping/dining/ocean watching time. Depart Sausalito at 7:00 PM. Leave the Lodge at 10:30 AM, return ~ 9:00 PM. \$43 includes a small donation to Guide Dogs. RSVP ♦♦ by 5/13.

Witnesses to this event are urged to bring tissues because it's always a moving event, commemorating the efforts of students and their dogs over their past weeks in class. Puppy raisers say goodbye to their graduating dogs and graduating class members bid farewell to return to their homes and families with new partners by their sides. Graduation is followed by campus tours. Next stop is nearby Sausalito for shopping/dining/ocean watching time. Depart Sausalito at 7:00 PM. Leave the Lodge at 10:30 AM, return ~ 9:00 PM. \$43 includes a small donation to Guide Dogs. RSVP ♦♦ by 5/13.

Balenciaga and Spain at deYoung Museum Wednesday, June 1 — 1760-03

The Needle Arts Group requested this trip but it has elements of interest



for all. The deYoung presents the first exhibition to examine the impact of Spain's culture, history and art on one of the greatest 20th century designers,

Cristobal Balenciaga. This exhibition showcases over 100 pieces of Balenciaga clothing, accessories and materials providing a view of historical and regional Spanish dress. Bring your own lunch or enjoy lunch at the Museum café. Price includes headset for use in the Museum. Leave OC at 8:00 AM, return ~ 5:30 PM. \$57. RSVP ♦♦ by 5/1.

Beale Air Force Base Friday, June 24 — 1765-04

Have you seen jets from Beale fly overhead and wondered what goes on at this nearby Base? Originally suggested by the Veterans Group, this trip is popular with residents. Limited to 40 people, residents must sign up individually by May 20 as security clearance by Beale is required for each participant. Your coach heads north from Lincoln Hills for approximately one hour and arrives at Beale in time for a buffet lunch (included) at the Base Club. The afternoon includes a tour and presentations by base personnel covering subjects such as *UMB* – an overall look at what happens at Beale; *U-2/RQ-4 Static* – the two aircraft that Beale flies and the people that work on them, and the Flight Tower where you can witness takeoffs and landings of base aircraft. When registering, each person must bring their driver's license as the Monitor will need to note name, driver's license number, state, and date of birth for security purposes. You will not be registered for this trip unless you appear in person at one of our Activity Desks. Leave OC at 10:00 AM, return ~ 5:30 PM. \$46. RSVP ♦♦ by 6/1.



for each participant. Your coach heads north from Lincoln Hills for approximately one hour and arrives at Beale in time for a buffet lunch (included) at the Base Club. The afternoon includes a tour and presentations by base personnel covering subjects such as *UMB* – an overall look at what happens at Beale; *U-2/RQ-4 Static* – the two aircraft that Beale flies and the people that work on them, and the Flight Tower where you can witness takeoffs and landings of base aircraft. When registering, each person must bring their driver's license as the Monitor will need to note name, driver's license number, state, and date of birth for security purposes. You will not be registered for this trip unless you appear in person at one of our Activity Desks. Leave OC at 10:00 AM, return ~ 5:30 PM. \$46. RSVP ♦♦ by 6/1.

New! Community Pavilion Picnic Friday, June 3 — 5250-04

Summer food and outdoor fun. Pack your picnic baskets with goodies from home or purchase the Picnic Box Lunch Package for a casual outdoor meal including *Fried Chicken, Potato Salad, Fruit Cup, and Cookies*. Enjoy



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I am a 93 year old man who has had dentures for the last 40 years!! When I would eat they moved around so much that it irritated my gums! Not to mention the mess trying to put the powder or gel that is supposed to hold them in place!

Then I found Dr. Wong. He was very thorough, gentle and very sensitive to my needs! My implants have made such a difference in my life! I am able to eat everything and anything — as a result, I have put some weight back on!! I honestly look forward to eating again! My only regret is that I did not have this done a whole lot sooner!!! Thank you Dr. Wong for taking good care of me!! — Herbert J. Zeiss, Sun City Lincoln Hills



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Simon & Garfunkel Tribute Concert featuring AJ Swearingen and Jonathan Beedle

Monday, June 6 — 5040-04

Described as one of the best performances of 2010, we bring back AJ Swearingen and Jonathan Beedle for an encore performance of their remarkable tribute to the music of



"Simon & Garfunkel." As two of the most popular recording artists of the 1960's, this magical duo will present a 25-song program including "Mrs. Robinson," "Strawberry Fields," "Sounds of Silence" and "Scarborough Fair." 7:00 PM performance in the Grand Ballroom (OC). \$14. RSVP ♦♦ by 4/29.

Mary Poppins

Tuesday, June 7 — 4562-05E

This is the last Broadway Sacramento Series show available for purchase.



This Tony award-winning production is produced by Disney and Cameron Mackintosh. Hear wonderful songs like "Chim Chim Cher-ee," and, "Supercalifragilisticexpialidocious." Reserved orchestra seating for 8:00 PM performance. Leave OC at 6:30 PM, return ~ 11:30 PM. \$82. RSVP ♦♦ by 5/1.

Blue Man Group at Golden Gate Theatre in San Francisco

Thursday, June 9 — 1791-03

Attending a Blue Man Group show, you don't see a show, you have an

experience. This unique theatrical production complete with Grammy-nominated live music, outrageous performances, and colorful paint is unlike anything you've ever seen. Dubbed "visually stunning," "wildly inventive" and "hysterically funny," experience a multi-sensory journey to explore music, art and your connection to the world around you. Our coach will drop you off at Union Square for dinner on your own and then transport you to the Golden Gate Theatre. Leave OC 2:00 PM, dinner at Union Square 4:30-7:30 PM and then on to the theatre for the 8:00 PM show. Orchestra seating. Return ~ 12:30 AM. \$93. RSVP ♦♦ by 4/29.



Amphitheater Summer Concert

Series: Landsharks

Friday, June 10

Concert Only — 5202-4ACON

Dinner & Concert

Package — 5202-4APKG

The high-energy, interactive Jimmy



Buffett and Rock 'n' Roll Tribute Band that made their debut performance at LH during our 10th

Anniversary celebration, *The Landsharks*, opens our Summer Concert Series with their popular play list. Doors open at 6:15 PM for a 7:00 PM concert. Concert only \$18; Dinner & Concert Package \$51. See concert details and Amphitheater Guidelines on page 41. Friends, family and guests are welcome!

Comedy Night at Kilaga Springs

Tuesday, June 14

6:00 PM performance — 5053-04A

8:00 PM performance — 5053-04B

Headliner Dan St. Paul has been featured on several episodes of "An Evening at the Improv," MTV, and Comedy Central. He has opened for



superstars Jerry Seinfeld, Natalie Cole and even the San Francisco Symphony. Dan's show is described as "combining a sharp, clean wit with an outstanding talent for creating characters." Show opener will be Bob Fernandez. P-Hall (KS) doors open 30 minutes prior to show time. \$9. RSVP ♦♦ by 4/29.



Silver Legacy in Reno

Wednesday, June 15 — 1770-04

Head over the mountains to visit Reno's Silver Legacy Hotel & Casino for a day of sightseeing, lunching, people



watching, and excitement. The ride is beautiful and you will enjoy spending \$10 cash back and a \$5 food coupon. Leave the Lodge at 8:00 AM, return ~6:00 PM. \$26. RSVP ♦♦ by 6/1.

Crocker Art Museum

Wednesday, June 22 — 1760-04

The Museum, newly-remodeled and expanded, exhibits the 1860's and 70's artwork collection of Edward &



Margaret Crocker as well as art purchased by the Museum since it was given to the city of Sacramento in 1885. Arrive

for an 11:00 AM docent-led tour with plenty of time to also view the exhibits on your own. The Museum Café offers hot food options to order and "grab and go" selections for lunch on your own. If you choose to bring your own lunch, you have the option of eating at the Crocker Park across the street. The cafe does not allow outside food. Leave the Lodge at 9:30 AM, return ~ 5:30 PM. \$33. RSVP ♦♦ by 6/1.

Summer Pavilion Dance

Friday, June 24 — 5250-04B

Guest DJ: DJ Tom. Summer nights

mean dancing outdoors! Join friends and neighbors for our first outdoor dance of the year with DJ Tom at the Sports Pavilion. Whether you like rock, country, oldies or something in-between, DJ Tom will have all your



favorites and play audience requests through the evening. The large dance space will be set-up for all genres of dancing including

freestyle and line-dancing, or sit down and socialize with friends as you enjoy the no-host bar. For singles, couples and groups. Pavilion check-in 6:45 PM, dancing 7:00-10:00 PM. \$11. RSVP ♦♦ by 4/29.

San Francisco for the Day
Saturday, June 25 — 1840-04

Shop, have lunch and/or dinner, visit a museum, Chinatown or anywhere



else you like. We do this trip the fourth Saturday of each month. This trip drops you off

at Union Square. These day trips are yours to do as you wish. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$45. RSVP ♦♦ by 6/13.

Amphitheater Summer Concert Series: Motown Revue with Top Shelf featuring La Chic
Tuesday, June 28

Concert Only – 5202-4BCON
Dinner & Concert Package – 5202-4BPKG

Top Shelf will take you on a toe-tapping, finger-snapping narrated



journey from the early days of Motown to the '80s. La Chic are featured singers with Top

Shelf to provide songs of Stevie Wonder, the Temptations, the Four Tops,

Smokey Robinson, Diana Ross, more. Doors open at 6:45 PM for a 7:30 PM concert. Concert only \$13; Dinner & Concert Package \$45. See concert details and Amphitheater Guidelines on page 41. Friends, family and guests are welcome!

Chukchansi Resort and Casino
Overnight/Yosemite
Wednesday, June 29/
Thursday, June 30 — 1771-04

Another opportunity to visit beautiful Yosemite Valley! Depart for Chukchansi Resort outside Yosemite and arrive in time for check-in, lunch (no host) and some free time. There is an indoor pool and spa so bring your swimsuit if you wish. Each person must be in possession of a valid



driver's license and sign up for a Players Card upon arrival. Upon receipt of Players Card, you are eligible for two \$5 food coupons and \$10 play. The food coupons can be used at lunch or breakfast. Dinner buffet is available and included. After breakfast (no host) Thursday, we head for the Valley floor of Yosemite. Arrive in time to stretch your legs prior to a two-hour docent-led Tram Tour of the Valley floor. Popular points of interest include Yosemite Falls, El Capitan, Bridalveil Falls, Half Dome, etc. Following the tour, lunch (included) will be at the Yosemite Lodge Food Court. Following lunch, we head for the Hilmar Cheese Company to tour their facility followed by a *Half Sandwich Buffet including Cheese Chowder, Green Salad, Side Salad, Dessert and coffee or tea* (included). Limited to 48 persons. Higher summer rates apply on this trip. Leave the OC on June 29 at 8:00 AM, return June 30 ~ 9:00 PM. \$212 per person double occupancy, \$210 per person double occupancy, \$259 per person single. Trip sells fast, register early. RSVP ♦♦ by 6/1.

Billy Elliot at Orpheum in San Francisco

Sunday, August 28 — 1790-03

"Billy Elliot the Musical" is a joyous celebration of a young boy's journey to make his dreams come true. Set in a small town, the story follows Billy as he stumbles out of the boxing ring and into a ballet class discover-



ing a surprising passion that inspires his family and community. A performance you do not want to miss!!

Orchestra seating. Leave OC at 2:00 PM, dinner on your own at Union Square, 4:30-7:00 PM, then on to the Theatre for the show at 7:30 PM. Return ~ 12:30 AM. \$130. RSVP ♦♦ by 5/27.

2011 Music Circus Series

This year's Music Circus summer season at air-conditioned Wells Fargo Pavilion in Sacramento has lined up a wonderful mix of Broadway blockbusters and seven musical theatre classics never before performed at the Pavilion. All shows will be done "Theatre in the Round." Please note new performance time of 7:30 PM. \$65 each show. Leave the Lodge at 6:00 PM, return ~ 10:30 PM.

The Producers

Wednesday, July 13 — 4531-02A

Winner of a record-breaking 12 Tony



Awards, this outrageous musical follows the adventures of a down-on-his-luck producer and his be-

leaguered accountant as they attempt to bilk investors by staging the worst Broadway show ever, only to find themselves with a hit on their hands. RSVP ♦♦ by 6/27.

Oliver

Wednesday, July 20 — 4531-02B

This dramatic musical adaptation of the Charles Dickens novel tells the story of an orphan in London's underground of pickpockets and ruffians who dared



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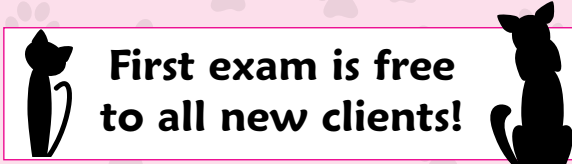


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to ask for more, Its Tony-winning score features the loved "Food, Glorious Food" and "Consider Yourself (at Home)." RSVP ♦♦ by 7/5.

Anything Goes

Wednesday, July 27 — 4531-02C
Sold Out!

Camelot

Wednesday, August 3 — 4531-02D
Sold Out!

Annie Get Your Gun

Wednesday, August 10 — 4531-02E
Sharpshooter Annie Oakley joins

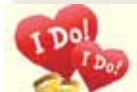


Buffalo Bill's Wild West Show and tries to win the love of chauvinist Frank Butler without changing who she is. Features Irving Berlin songs "Anything You Can Do, I Can Do Better," "There's No Business Like Show Business." RSVP ♦♦ by 7/25.

I do! I do!

Wednesday, August 17 — 4531-02F

The love life of one couple over 50 years from wedding night jitters to children to mid-life crises is the focus of this production. This 1966 musical from Harvey Schmidt and Tom Jones is a tuneful treat featuring "My Cup Runneth Over." RSVP ♦♦ by 8/1.



Miss Saigon

Wednesday, August 24 — 4531-02G
Sold Out!

Sacramento RiverCats (Raley Field, Sacramento)

We plan to attend four RiverCats games this season. Like last season, all seats are in Senate Box (the bowl area directly behind home plate). Games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ by 2/21.



RiverCats vs. Oklahoma City RedHawks

Thursday, May 19 — 6270-01A
\$38.

RiverCats vs. Reno Aces Monday, June 27 — 6270-01B

\$38.

RiverCats vs. Fresno Grizzlies Friday, July 15 — 6270-01C

\$40.

RiverCats vs. Albuquerque Isotopes Tuesday, August 16 — 6270-01D

\$38.

San Francisco Giants (AT&T Park)

Enjoy exciting baseball games with The World Series Champions, San Francisco Giants! Choose from the following opportunities to see them in action. Dates chosen based on teams and afternoon start times allowing us to return home by ~ 6:30-7:00 PM. No cans, glass bottles, alcohol, large bags (over 16x16x8") or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.



Giants vs. Colorado Rockies

Sunday, June 5 — 6260-02A

1:05 PM game. Leave Lodge at 10:00 AM, return ~ 7:00 PM. \$74. Lower Box Section 132. RSVP ♦♦ by 5/20.

Giants vs. Chicago Cubs

Wednesday, August 31

Section 132; \$79 — 6260-02C2

\$79. Lower Box. 12:45 PM game. Leave the Lodge at 9:30 AM, return ~ 6:30 PM. RSVP ♦♦ by 8/1.

Sold Out Trips/Events thru April 20

Trip/Event · Date · Departure Time

- Parking Lot Sale Spaces, April 16, 7:30 AM
- Beale Air Force Base, May 13, 10:00 AM
- Chorus in Folsom, May 20, 6:30 PM

Adventure

Nature Walk

Friday, May 27 — 6500-04

9:00 AM. Free. Hosted by the Wildlife

Heritage Foundation (WHF) discover the Northeast Preserve of Lincoln Hills. Guided by one of WHF's biologists, free for residents. Meet at the flagpole at Kilaga Springs. Questions? Please call Kelly, 434-2759. Limited to the first 25 residents who sign up at the Activities Desk.

Art Classes

—Drawing—

Chalk Pastels & Charcoal Workshop

Saturday, April 23 — 1014-03

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$60. Learn everything you want to know about chalks pastels and charcoal media in one day. Discover new ways to manipulate and make them permanent, up to painterly effects. We will cover use of red sanguine chalk, compressed and stick charcoals, mixed-media combinations with water-based media (inks and watercolor) and with oil media, and chalk pastels pencils. Class is for those who have taken basic drawing class/workshop. A supply list will be provided upon registration. RSVP ♦♦ by 4/16.



Portrait Drawing from the Model

Wednesdays,

May 4 - 25 — 1013-04

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn to sketch and draw portraits from a live model. Train your eyes and go to the essential of an expression or 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. **New students:** email instructor at cmichelet@earthlink.net for information or questions. RSVP ♦♦ by 4/ 27.



Skies & Clouds • Wednesdays, May 4 - 25 — 1015-04

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Did you ever marvel at the beauty of skies and found it challenging to represent it? Learn how to draw the vast expanse of the sky, render its depth, space and varying luminosities depending on time of the season and hour of the day. Special emphasis on clouds. This class is a must for all nature and landscape lovers. All levels welcome. A supply list will be provided upon registration. RSVP ♦♦ by 4/27.

—Oils, Pastels & Acrylics—

Oil Painting with Frank Ordaz – Fridays

May 6 – 27 — 1016-04

9:00 AM-12:00 PM (OC). Instructor: Renowned Portrait Artist Frank Ordaz. \$130. Award-winning painter Frank Ordaz is offering another portrait class that will turbo charge your painting experience. Learn to see values clearly and see the planes of the face. Study the work of John Singer Sargent and his timeless successful techniques in portrait painting. For the intermediate to advanced painter in oils.



Learn the Flemish approach and the Alla Prima Technique. Frank's teaching style combines entertainment and knowledge for a fun learning experience. See his work at Ordazart.com for samples portraits. Questions? Email: Frank@frankordaz.com. RSVP ♦♦ by 4/29.

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays,

May 4-June 29 — 1031-04

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$65 (six sessions). Choose Oil or Acrylic. Complete original paintings based on students' photographs or instructor's large photo selection. First-time stu-

dents will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Included: a suggested supply list, palette layout of color and the Munsell Color Theory. Learn to analyze or "read" paintings by well-known artists. Strong emphasis placed on understanding an ideal composition using art structure elements. Continuing students encouraged to enroll. *About the instructor:* Tom was an art instructor for 35 years in Walnut Creek School District and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley with a master's degree in art from Colorado State College. RSVP ♦♦ by 5/18.



Painting Pastels and Oils with Joan Mondays,

April 18-May 16 — 1052-3A

And May 23-June 27 — 1052-04A

Or Tuesdays, April 19-

May 17 — 1052-03B

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). 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 from the Activities Desk during registration. RSVP ♦♦ Now or 5/16.

Mixed Media Collage • Thursdays May 12-26 — 1140-04

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

uses your favorite colors, textures and images in paper or fabric scraps plus small objects in the creation of brand new art. One-on-one guidance 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. Class is open to beginning and continuing mixed media artists. A supply list provided upon registration. Questions? Call Jo at 543-1357. RSVP ♦♦ by 5/5.



Bridge

Competitive Bridge (Intermediate Level) • Saturdays,

May 14-June 18 — 1520-04

9:30-11:30 (KS) Instructor: Laurie Vath \$45 (six sessions). Prerequisite: Proficiency in the principles taught in



Gayle's Bridge Plus Class. This class will focus on the competitive aspects of the game. It will include bidding and strategy such as balancing, sacrificing, and leads. Class is a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early, class size is limited. RSVP ♦♦ 5/7.

Ceramics Classes

Dynamic Designs with Piping

Sunday, May 1 — 1103-04A

Firing Fee — 1103-04B

8:30 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. Class \$52, additional firing fee: \$7. David Hoff returns to teach two projects featuring piping and painting. Piping



is raised stand-up design work that does not flatten out during glaze firing. Moorcroft Potteries are well known for this style of work. Learn to make and use a piping material with Slip and French Dimension. Class covers decorating pieces in Concepts,

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Feel free to staple additional pages to your one page, two-sided survey if you have more to say.

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—Lladro—

Spanish Oil Painting Wednesdays, May 25- June 22 — 2061-04

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). 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 based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 5/18.

Lladro Workshop • Wednesdays, May — 2063-01E June — 206401F

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time, Workshop is *not* for beginners and will not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for “firing” and assuring everyone follows guidelines and safety procedures. Fee includes firing and use of moderator’s

supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop. Space limited; sign up early!

—Pottery—

Beginning/Intermediate Ceramics with Jim • Tuesdays, May 3-31 — 2013-04A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim.



First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 4/26.

Advanced Ceramics • Tuesdays, May 3 - 31 — 2013-04B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). For self motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 4/26.

Beginning Hand Building Potter’s Wheel Techniques with Terry • Thursdays, May 5-26 — 2015-04

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). This class will introduce you to using the potter’s wheel and hand-building with clay. You will be able to work at your own pace receiving individual instruction to achieve your 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. New students: please ask for supply list when you register. RSVP ♦♦ by 4/28.



Computer Classes (PC & Mac)

iPad Class –

Saturday, May 28 — 2660-04

9:00 AM-12:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad then you ever thought possible. Learn all about iOS4 (the operating system for this device) settings, like Air Play and Air Print. Class demonstrates the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and refer-



ence areas. Learn to make folders on your device. Bring your iPad– we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. \$5 class material fee payable to instructor at the class. RSVP ♦♦ by 5/21.

Computer Classes (PC)

—Operating System—

Intro to PC: Beginner’s Guide to Computers • Monday & Wednesday, May 9 & 11 — 2541-04B

9:00-11:30 AM (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: to use the mouse, when to click/double-click, how to copy/paste, save/print documents; how to find, move,

copy, or delete files; to create folders. We will work on keyboarding skills as well. Class is combination lecture and hands-on. \$2 handout fee due at class, payable to instructor. RSVP ♦♦ by 5/02.



Computer II/Guide to Internet Tuesday & Thursday

May 24 & 26 — 2541-04A

9:00-11:30 AM (OC). Instructor: Cami Cordell. \$34 (two sessions). Intermediate level. Ask questions, experiment and review computer terms. Students

will learn Windows 7 navigation features, file management, and customizing. Class also explores the Internet, use a browser to

locate websites and search for information. Optional: Bring a USB drive to save your work. \$2 handout fee due at class, payable to instructor. RSVP ♦♦ 5/17.



—Microsoft 2007—

Word Phase 2 • Mondays & Wednesdays, May 16-25 — 2651-04

9:00-11:00 AM (OC). Instructor: Angela Blas \$48 (four sessions). Prerequisite: lots of practice with Microsoft word, Word Phase One or Word Basics. This class will provide the student with additional practice with

Word 2007. Explore the advanced features of word, such as integrating text and graphics, using smart art, styles, section breaks, creat-

ing flyers, brochures, special labels, tables. As always, Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. Join us for a fun class. RSVP ♦♦ 5/9.



Excel Basics Class • Tuesdays & Thursdays,

May 31-June 9 — 2641-04

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). Learn the basics of Microsoft Excel. With

this knowledge, you can begin to organize your financial papers such as budgets whether personal or for a group. Learn to use Excel—from entering data into a spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting an Excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple things like add, subtract, multiply, divide, average and sum. RSVP ♦♦ 5/24.

—Social Networking—

The World of Facebook Tuesday & Thursday

April 26 & 28 — 2540-03Cor

May 10 & 12 — 2540-04

9:00 AM-12:00 PM (OC). Instructor: Cami Cordell. \$36 (two sessions). This three-hour class will provide two hours of lecture and one-hour lab each session. Prerequisite: Must have email account. Want to reconnect with long lost friends but don't know how? Facebook is a fun way to



search and reconnect with friends, old school chums, and family. A way to stay up-to-date with life stories and photos. Learn to sign up, set up a profile, post first comments. Create an event, post a picture, invite friends to your Facebook site, more. Class is a combination of lecture and practical application. Students are provided one-on-one coaching with instruction tailored to skill level of each student on the last hour of the class. With the constant changes in Facebook, everyone is considered a beginner. \$2 fee for handouts payable to instructor. RSVP ♦♦ by 4/19 or 5/3.

Facebook Lab

Friday, May 13 — 2694-04

9:00-11:00 AM (OC). Instructor: Cami Cordell. \$13. Two hours of lab help. Take this course *after* completing The World of Facebook class. Residents will be able to log in and

ask questions. RSVP ♦♦ by 5/6.

Email Basics • Tuesday & Thursday, May 17 & 19 — 2581-04

9:00-11:00 AM (OC). Instructor: Cami Cordell. \$30 (two sessions). Prerequisite: Familiarity with computer plus Internet and Windows experience recommended. Today everyone seems to communicate with email for business and to keep in touch with family and friends anywhere! Learn how to open a gmail account or enhance skills with your own email pro-



vider using Outlook Express. Acquire basic knowledge of composing, sending, receiving and forwarding emails.

Attach photos and documents to your emails. Make emails interesting using different options—font, font size, color, backgrounds and your signature. Organize emails in folders and create an address book for contacts. Instructor will cover junk emails and how to block them. Class will be a combination of instruction and hands-on experience. Additional \$2 payable to instructor for hand-outs. RSVP ♦♦ by 5/10.

—Digital Photography—

Photoshop Elements 9 – Level I Thursdays, May 12- 26 — 2522-04

1:00-3:30PM (OC). Instructor: Roy Salisbury \$45 (three sessions). Learn the number one consumer photo editing software—Photoshop. Learn hands-on how to improve and be creative with your photos. Repair or restore photos, correct colors,



create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 9.0. After class, students

may access PC lab to work on photo projects. Prerequisite: Basic computer knowledge recommended. \$2 handout fee payable to instructor. RSVP ♦♦ by 5/5.



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How to Use a Digital Camera

Tuesday, April 26,

May 3 & 10 — 2624-03

6:00-8:30 PM (OC). Instructor: Roy Salisbury. \$45 (three sessions). Tired of not knowing how to use your digital camera? Take this class and learn from our new instructor! Class covers basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using LCD screen, and what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. \$2 handout fee payable to instructor. *About the instructor:* Roy got his first camera as a young boy and fell in love with the hobby. An adjunct instructor at local schools and American River College for the past 12 years, he came highly recommended by residents. RSVP ♦♦ by 4/26.



Picasa 101 – Monday, Wednesday & Friday, May 16, 18 & 20 — 2523-03

Or June 6, 8 & 10 — 2523-04
May classes 3:00-4:30 PM; June classes 9:00-10:30 AM (OC). Instructor: Len Carniato. \$50 (three sessions). Photo editing using your computer is the rage these days and modern Digital Cameras make it easy to take great shots. Getting those photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be daunting. Learn how to use Picasa in class, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer.



Prerequisite: Comfortable using your home PC and know basic skills such as Email, Internet, Drag, Copy and Paste. Open a "g-mail" account before starting class. RSVP ♦♦ by 5/9 or 5/30.

Computer Classes (Mac)

Mac Basics

Saturday May 14 & 21 — 2511-04

9:00 AM-12:00 PM (OC). Instructor: Irwin Maloff. \$60 (two sessions). **Prerequisite:** Having a Mac. New to the Mac? Learn basics of setting up your Macintosh to meet your own computing needs. A great class for switchers.



During the six-hour class, students will practice customizing the system preferences, mouse, dock, desktop, and toolbar. The menu bar and keyboard shortcuts will be explored. Keeping your Mac happy and backed up will be part of the class. RSVP ♦♦ by 5/8.

Crafts

One Stroke™ Rose Technique

Sunday, May 22 — 1041-04

1:00-4:30 PM (OC). Instructor: Carol Sveglini. \$25. Class will focus on learning to paint the One Stroke Rose. Also learn to paint leaves that go well with the One Stroke Rose.



This is a beginner class and includes a review of One Stroke basics so all levels are welcome. Students will review technique on paper with no specific project to finish. However, instructor will have limited supply of miscellaneous surfaces for sale (\$3-\$7) for students who want to finish a project while in class or bring home. Students are not required to purchase a surface. RSVP ♦♦ by 5/16.

Dance

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 for the next class. Thank you.

—Ballroom Dance—

Beginning Ballroom —Waltz

Saturdays, May 7-21 — 3519-04A

10:00-11:00 AM (KS). May 7 class will be held in Wave Aerobics Room (OC). Instructors: Nancy & Steve Fontaine. \$15 (three sessions) Waltz is pure elegance. The Slow Waltz is one of the most beautiful of the ballroom dances. And it is so easy to learn the basic movements. Come join us if you are new to Waltz, or if you want to brush up on basic skills. We will work on Beginning level moves with emphasis on fun while learning how to lead and follow in this wonderful dance. RSVP ♦♦ by 4/30.

Intermediate Ballroom — Foxtrot

Saturdays, May 7-21 — 3519-04B

11:00 AM-12:00 PM (KS). May 7 class will be held in Wave Aerobics Room (OC). Instructors: Nancy & Steve Fontaine. \$15 (three sessions). More moves, more fun! Take your dancing to the intermediate level and really look like Ballroom dancers. We will work on the technical aspect of the Foxtrot while we learn the new steps and combinations. You will be glad you did! Questions? Call the Fontaines, 773-2535. RSVP ♦♦ by 4/30.



New! Summer Workshop —

Beginning Rumba

Thursdays, June 2-23 — 3519-04C

11:00AM-12:00PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). In this class, we will work on the first half of an eight-week routine in Rumba, a beautiful Latin Dance. We will put together a routine to a specific song and learn the moves step by step during the four-week workshop. Students who wish to do the intermediate portion of the routine that continues in July will need to enroll in this class. RSVP ♦♦ by 5/26.

—Clogging—

Clogging with Janice • Tuesdays, May 3-31 — 3571-04A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). **Prerequisite:** Instructor's approval and/or previous clogging experience. Must be proficient in Beginning Clogging steps. This fun class will stimulate your dancing skills. More steps and dances, an ongoing class. Join fellow cloggers and dance the hour away. RSVP ♦♦ 4/26.

Beginning Clogging • Tuesdays, May 3-31 — 3571-04B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). You have seen it on "America's Got Talent." It helps reduce dementia and stimulates the brain. Beginning Clogging class is open to new students. Learn to clog with your hands if you think you can't do it standing up! Returning students can hone their skills. Janice is a certified clogging instructor with 30 years of teaching experience. Clogging is an American Folk Dance with roots in many dances — Irish, Scottish, German, African, Indigenous Peoples of America. It is not as hard as you think and we give you low impact clogging. No special shoes required; flat-soled shoes recommended or "tennis" shoes. Bring enthusiasm, a bottle of water, a towel to mop your brow, a friend, and we'll have lots of fun. RSVP ♦♦ by 4/26.



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. Experience the smooth transition from Clogging I to Clogging II where you will learn new dances and steps at the intermediate level.

Clogging II • Tuesdays, April 26-June 21 — 3573-03A

(No class May 10.) 12:00-1:00 PM (KS). Instructor: Susie Thomas. \$40 (eight sessions). **Prerequisite:** Completion of Clogging I/Beginning Clogging or instructor's approval. RSVP ♦♦ by 4/19.

Clogging Performance • Tuesdays, April 26-June 21 — 3573-03B

(No class May 10.) 1:00-2:00 PM (KS). Instructor: Susie Thomas. \$40 (eight 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 4/19.

—Hula Dance—

New! Beginning Hula • Thursdays, May 5-26 — 3901-04A

12:15-1:15 PM (KS). Instructor: Auntie Naomi Kalama \$32 (four sessions). No prior experience necessary. Naomi Kalama is a well-known instructor and performer. She will teach basic hula, the dance of the Islands. Join us for a fun and relaxing class while experiencing the easy sounds of the Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ♦♦ by 4/28.

Hula Continuation • Thursdays, May 5-26 — 3901-04B

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama \$32 (four sessions). Continue to polish your graceful hula moves with Auntie Naomi. Class is for students who have finishes at least two sessions of Beginning Hula. RSVP ♦♦ by 4/28.



—Line Dance—

Line Dance I/Beginner with Audrey Thursdays, May 12- June 30 — 3601-04A

2:30-3:30 PM (KS). Instructor: Audrey

Fish. \$40 (eight sessions). This class reviews fundamentals of line dancing, including basic steps such as the grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before,



we recommend taking Intro to Line Dance first which will be offered in June. This class is *not* for newbies in the dance. RSVP ♦♦ by 5/5.

Line Dance II/Beginner- Intermediate with Audrey • Mondays, May 16- June 27 — 3601-04B

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$30 (six sessions, no class May 30.) **Prerequisite:** Completion of Line Dance I/Beginning Line Dance. 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, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 5/9.

Line Dance III/Intermediate with Audrey • Thursdays, May 12-June 30 — 3601-04C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). For 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 5/5.

Line Dance IV/Advanced with Audrey • Mondays, May 16-June 27 — 3601-04D

3:45-4:45 PM (OC). Instructor: Au-

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drey Fish. \$30 (six sessions, no class on May 30). 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 5/9.

Beginner Line Dance Summer Workshop with Sandy

Fridays, May 6-27 — 3701-04D

12:00-1:00 PM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). Prerequisite: Must have completed Introduction to Line Dance class. Class is a step up from the Introduction to Line Dance class, designed to improve your line dancing skills. Continue to learn basic line dance steps, such as vines, triple steps, coaster steps, pivot turns, lock steps and jazz boxes plus many more combination steps. Workshop will run from May-August, students required to enroll monthly for the class. RSVP ♦♦ by 4/29.



Line Dance Beginner Plus with Sandy • Wednesdays,

April 20-May 25 — 3701-03A

Or June 1- July 6 — 3701-04A

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, many more. Students are expected to understand and execute basic line dance steps 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, so join the fun while exercising. RSVP ♦♦ Now or 5/25.

Line Dance II

Beginner-Intermediate with Sandy Wednesdays,

April 20 – May 25 — 3701-03B

Or June 1 – July 6 — 3701-04B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Prerequisite: Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. 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 or by 5/25.



Line Dance III with Sandy Wednesday,

April 20-May 25 — 3701-03C

Or June 1-July 6 — 3701-04C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Steps at 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, 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 comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ Now or by 5/25.

Line Dance I/Beginner with Yvonne Mondays, May 2-

June 27 — 3704-04A

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions, no class May 30). This class teaches and reviews fundamental steps of line dance, including grapevine, jazz box shuffle, quarter and half turns at a slow temp. It's a great way to make new friends while enjoying

the benefits of dance and exercise. If you haven't line danced before, we recommend taking Intro to Line Dance first. This class is *not* for newbies in the dance. RSVP ♦♦ 4/25.

Line Dance Beginner Plus with Yvonne • Mondays,

May 2-June 27 — 3703-04B

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$40 (eight sessions, no class May 30). For those who have had beginning line dance, this class is a step up from that level, teaching more steps and combinations. This is 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, it's a great way to keep in shape, the music is fun and it's good exercise for your mind and body. RSVP ♦♦ by 4/25.



Country Couples Line Dancing — Intermediate Continuing

Mondays, May 2-23 — 3531-04A

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$4 per person for one hour or \$8 for two hours per session. To meet the varying lifestyles of our residents, we now offer hourly or two-hour sessions for the class.



Schedule of type of dance to be taught for the month is available for review at Activities Desks. Enroll only in classes you want to learn. Class size limited

so pre-registration is important. This class is for continuing students 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 combination country and types that fit the dances. Class format: 45 minutes of instruction and 15 minutes of practice with assistance from instructor and led students for



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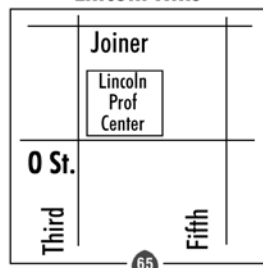


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each hourly segment of class. Different dance lessons are taught every hour. To receive schedule of dance classes, email diane.kemper@sclhca.com. RSVP ♦♦ by 4/25.

New! Country Couples Beginner Summer Workshop

Thursdays, May 5-26 — 3531-04B

11:00 AM-12:00 PM (KS). Instructors: Jim & Jeanie Keener. \$16 (four sessions). This class for beginners will teach basic two-step, waltz, swing, cha cha and basic circle dances at the social dance level. Wear casual, loose fitting clothing. Music is a mix of country and other types to fit the dance steps. Class is **strictly for beginners** and is scaled down to basics and taught at a slow pace. Students will learn skills required to transition to the intermediate classes taught on Monday evenings. RSVP ♦♦ by 4/28.

—Tap Dance—

Tap Classes with Alyson!

Enjoy tap lessons from one of the area's best instructors! If you have tapped before or wanted to try, join us! Instructor Alyson Meador has been teaching tap for 30 years and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been



sharing her love of tap with our community since 2000. Students, beginners to advanced, may choose from several technique classes. Performance classes, except for the Advance Performance class, will take a hiatus until September. All performance students must be enrolled in a Technique class. Choose any of the classes below that fit your schedule and comfort level.

Technique Class

Mondays, April 25-

June 20 — 3554-03A

10:00-11:00 AM (KS). \$40 (eight sessions, no class May 30). RSVP ♦♦ by 4/18.

Technique Class • Mondays,

April 25-June 20 — 3554-03B

11:00 AM-12:00 PM (KS). \$40 (eight sessions, no class May 30). RSVP ♦♦ by 4/18.

Advance Performance

Mondays, April 25

June 20 — 3554-03C

12:00-1:00 PM (KS). \$50 (eight sessions, no class May 30). Class is only for advanced students approved by instructor. RSVP ♦♦ by 4/18.

Beginning Tap • Tuesdays,

April 26-June 14 — 3554-03D

9:00-10:00 AM (KS). \$40 (eight sessions). Introduction to basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time you will move into one of the four existing Tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you are. Register now if interested in trying tap! *Minimum of 10 students required for the class.* RSVP ♦♦ by 4/19.

Technique Class • Tuesdays,

April 26-June 14 — 3554-03E

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ♦♦ by 4/19.

Technique Class • Thursdays, April

28-June 16 — 3554-03F

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ♦♦ by 4/21.

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. 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, April 25-

June 13 — 3551-03A

4:45-5:45 PM (KS). Instructor: Judy Young. \$35 (seven sessions). RSVP ♦♦ by 4/18.

Fridays, April 29-

June 24 — 3551-03B

(No class May 27.) 1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ♦♦ by 4/22.

—West Coast Swing— (California's State Dance)

Beginning West Coast Swing

Levels I & II • Wednesday,

May 4 - 25 — 3512-04A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions).



Learn the basics of this great dance from veteran WCS instructor Dottie and how it can be applied to various types and styles of music. **Prerequisite:** Complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ♦♦ by 4/27.

Intermediate West Coast Swing

Levels I & II • Wednesdays,

May 4 - 25 — 3512-04B

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions).

Prerequisite: Must have completed West Coast Swing Beginning levels one and two. RSVP ♦♦ by 4/27.

Advanced West Coast Swing

Wednesdays,

May 4 - 25 — 3513-04C

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions).

Prerequisite: Must have completed West Coast Swing Intermediate I and II. RSVP ♦♦ by 4/27.

Driver Training

AARP Driver Safety Course

Monday & Tuesday,

May 16 & 17 — 6056-04

1:00-5:30 PM (OC). AARP Member

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(\$22) for two-day session; AARP Non-Member (\$24). Instructor: Roger Kane. Resident must present current AARP Membership Card when you register and pay at the Activities Desks to receive the discounted class fee. In cooperation with AARP, the Association brings back the convenience of attending a Driver Safety Course in our community.

This eight-hour course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course covers how to adjust your driving to accommodate normal age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver's license, your AARP Membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Limited spaces, register early. Class cost covers a \$10 Association administrative fee and AARP fees. Minimum of 20 students required for class. RSVP ♦♦ by 5/9.



Fishing

Beginning Fly Casting

Wednesdays, April 20 — 6280-03

10:00-11:30 AM (OC). Instructor Tom Peirano. \$50. This one-session, introductory class is designed for beginners or those looking to improve



their casting skills. We'll cover basics, from proper grip to various casting techniques, to prepare you to cast

successfully on your own. Class size is limited to four students in order to provide more personalized instruction. Rods, reels and line will be provided for class. *About the instruc-*

tor: Tom Peirano has spent nearly 40 years fly fishing throughout the West and also serves as a fly fishing guide, www.tlpflyfishing.com, focusing on the American Feather and Yuba Rivers. RSVP ♦♦ Now.

Fitness

Register for these classes at the Fitness Centers starting April 17, 10:00 AM

—Small Group Training—

This program is designed to give the personalized workout of personal training with the effectiveness and excitement of working with a group. Small group training sessions will have a minimum of four and maximum of six participants to guarantee success and individualized attention for everyone.



SGT — Bodybugg • Mondays & Fridays, May 6-June 3 — 835000-H

(No class on May 30.) 11:30 AM-12:30 PM, Aerobics Room (KS). Instructor: Brandy Garcia. Don't just set a goal,



make it a reality!! This small group training will teach you how to balance the energy equation between calories taken in and calories burned to effectively help you reach your health and fitness goals. Receive nutrition information and small group support, and the workouts to kick start your success. Learn to train your body for maximum calorie burn and have results to prove it. Session includes discussion, maximal calorie burn and results! Bodybugg not required! 2011 Promotion: Bodybugg Small Group Training, nutrition tracking software, plus Bodybugg device for **\$279**. For existing Bodybugg clients, or for residents who wish to participate without the use of the Bodybugg, **Four Week Session \$135**. Register/Fitness Centers.

SGT "Fun"ctional Fitness

Tuesdays & Thursdays,

May 3-26 — 835000-F4

12:00-1:00 PM, Aerobics Room (KS).

Instructor: Deanne Griffin. A fun-filled! Small Group Strength Training great for beginners or anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. **Four week session \$135**. Register/Fitness Centers.

SGT — Boot Camp

Mondays & Wednesdays,

May 2-25 — 835000-B3

5:00-6:00 PM, Aerobics Room (KS).

Instructor: Shawna Buschmann. Take your workout to the next level! Boot Camp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135**. Register/Fitness Centers.

SGT-TRX Interval Training

Mondays & Wednesdays,

May 2-25 — 835000-T2

1:00-2:00 PM Aerobics Room (KS). *Instructor:* Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training

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SGT Outdoor Boot Camp

**Mondays & Wednesdays,
May 2-25 — 835000-01**

9:00-9:50 AM. Outdoor (OC). Instructor: Domine Suchomel. Cardio, strength, flexibility, stamina, endurance and posture will all improve with this fun filled outdoor workout. You will look and feel better while you reach your health and fitness goals. **Four week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with

Weights • Tuesdays,

June 7-July 12 — 750500-04

11:35AM-12:30 PM, Weight Room (KS). Instructor: Jill Boan. Want the most out of your Workout? Join this six-week in-depth, strength training program that will take you from basic



to advanced training techniques. Begin with learning how to use the machines the right way and get a total body program focusing on proper set

settings and correct form! Learn how, when and why you need to change your program, the best sets, reps and exercises for your body type as well as learn free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is Limited to six people. Change your life. **Six week session \$75. Make-up days are available.** Register/Fitness Centers.

Reach for the Top/Stretch & Tone!

Mondays, May 2-23 — 805000-04

12:00-1:00 PM

Tuesdays, May 3-24 — 801000-04

11:30 AM-12:30 PM

Thursdays,

Thursdays May 5-26 — 80300-04

11:30 AM-12:30 PM

Thursdays, Thursdays

May 5-26 — 80400-04

12:30-1:30 PM, Aerobics Room (The Wave). Instructor: Lin Hunter. This class is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to



get your energy level up, help you become stronger, strengthen your muscles and joints, and build up cardio endurance.

The range of motion exercises and stretching will help prevent

arthritis and keep you more mobile.

Lin is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! **Four week session, one day/week. \$30.**

Register/Fitness Centers.

Balletone

Tuesdays, May 3-24 — 700000-04

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 that is perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increases cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four week session \$35.** Register/Fitness Centers.

—Tennis Lessons—

Pro Tennis Lessons with Mike

Sundays, June 12-July 31

Beginners — 790700-04

Intermediate — 790600-04

Advanced — 790500-04

(No class June 26 or July 3.) Beginners 8:00-9:00 AM; Intermediate 9:00-10:00 AM; Advanced 10:00-11:00 AM. Tennis Courts #10/11. Instructor: Mike Gardetto. Mike Gardetto is USP-



TA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on

basics of forehand, backhand, and serves. Proper doubles strategies are also covered. **Six week session \$70.** Register/Fitness Centers.

Tennis Lessons with Bob

Sundays May 1-June 5

Beginners

5:00-6:00 PM — 790300-04

Intermediate

6:00-7:00 PM — 790301-04

Advanced

7:00-8:00 PM — 790302-04

Six week session \$60. Register/Fitness Centers.

—Pickleball Lessons—

Pickleball Lessons with Bob

Sunday May 15-June 19

Beginner — 790100-04

Intermediate — 790101-04

Monday, May 16-June 20

Beginner — 790102-04

Intermediate — 790103-04

Thursday, May 5-June 9

Beginner — 790104-04

Intermediate — 790105-04

Beginner — Sunday & Monday 2:00-3:00 PM, Thursday 3:00-4:00 PM; Intermediate — Sunday & Monday



3:00-4:00 PM; Thursday 4:00-5:00 PM. All lessons held in Pickleball Court

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#4. Bob played Pickleball in Arizona against all the top senior players and combines that experience with many years of experience teaching tennis both full time and part time. **Six week session \$48.** Register/Fitness Centers.

—Dance/Fitness Centers—

Zumba • Monday, April 25-June 6 — 810000-03

(No class May 30.) 3:45-4:45 PM, Aerobics Room (KS). Instructor: Nicole Robinson will lead you through 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 you entire body. **Six week session \$48.** Register/Fitness Centers.



more. The good news is that famous and graceful belly dancers come in all shapes and sizes. Wear comfortable clothing, exercise pants or tights. Anna has 15 years of stage performance and instructing. There will be a \$15 charge on the first day of class for hip belt. Anna welcomes you to try one class for free! Limit: five participants. **Four week session \$36.** Register/Fitness Centers.

Performance Dance with Dolly Fridays, May 6-27 — 771200-04

2:30-4:30 PM, 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. Two-hour classes. **Four week session \$46.** Register/Fitness Centers.

Jazz/Musical Theatre Wednesdays, May 4-25 — 770300-04

4:15-5:15 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes,

rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater and lyrical styles. Something new in every class. Come watch a class and see how much fun dance can be! **Four week session \$32.** Register/Fitness Centers.

Creative Dance • Wednesdays, May 4-25 — 770400-04

5:30-6:30 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. This class explores the fundamentals of all dance through ballet technique and creative expression. Increase your body awareness, balance, strength and grace through this beautiful dance. **Four week session \$32.** Register/Fitness Centers.

—In the Pool—

Core-N-More Suspended Aquatic Exercise

Wednesdays, April 20-May11 — 760000-04
Thursdays, April 21-May12 — 760100-04
Wednesdays AM & Thursdays PM, April 20—May 12 — 760200-04
 Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM. Indoor Pool (The Wave). Instructor Andrea will maximize the benefits of water with the assistance of a Buoyancy Belt. Exer-

Belly Dance

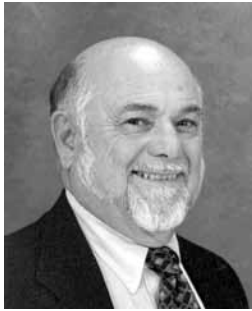
Mondays, May 2-23 — 770200-04
 4:00-5:15 PM, Aerobics Room (The Wave). Instructor: Anna Woods. Come enjoy belly dancing and get a great core workout to fabulous rhythms and beautiful music. Through this dance, strengthen abdominal muscles, legs, back and

Group Exercise Class Schedule!

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Core & Strength	Low Imp. Hi-NRG Cyc*	Core & Strength	Low Impact	Card.Dnce. Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	On The Ball • Water Wks	Yoga I Fusion*
9:00 AM	Low Impact	Active & Fit	Low Impact	Step It Up	Low Impact	
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	Strictly Strength*	
10:30 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Aqua Nice & Easy	Basic Joint Efforts	Aqua Nice & Easy	Basic Joint Efforts	Aqua Nice & Easy	
1:00 PM	Chair with Flair		Chair with Flair			
2:30 PM	Fall Proof*§		Fall Proof*§			
4:45 PM		Shape Up		Shape Up		
5:00 PM		Mixed Level Cycle*		Cardio Salsa*		
6:00 PM		Aqua Tone		Aqua Tone		

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combines exercises that will improve core strength, tone and strengthen major muscles, improve balance, flexibility, and brain function.

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—Nordic Walking—

Nordic Walking for Beginners

Wednesdays,

May 4-25 — 750000-04

1:00-2:00 PM, Outside back patio at The Wave. Instructor: Mike Barkhurst. Train with the best, Mike is a part of the American Nordic Walking Association and holds three personal trainer certifications in health/fitness. Walk-



ing 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. Class is split into four one-hour sessions. The first is held inside where you will be given instruction on various types and kinds of Nordic Walking poles available for purchase. The next three sessions are conduct-

ed 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/Fitness Centers.

—Yoga—

Gentle Hatha Yoga

Tuesdays, May 3-24 — 710100-04

Thursdays, May 5-26 — 710200-04

2:00-3:30 PM, Aerobics Room (The Wave). Instructor: Julie Boone. This class is offered in the Gentle Hatha Yoga Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging yet “do-able.” For long-term students as well as yoga newcomers. Julie’s 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. Though all level are welcome, Tuesday class is more suitable for beginners while Thursday class is aimed at continuing students. Limit: 20 participants. **Four week session \$49.** Register/Fitness Centers.

Chair Yoga

Tuesdays, May 3-24 — 710000-04

12:25-1:45 PM, Aerobics Room (The Wave). Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student. The practice will include gentle stretching, energizing breathing exercises, and guided relaxation.

Limit: 20 participants. **Four week session \$49.** Register/Fitness Centers.

Evening Yoga (Hatha-Traditional Yoga)

Tuesdays, May 3-24 — 711000-04

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. 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 daylight lasts longer, there’s more time to have fun outside of the house.

Everyone is welcome — from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Four week session \$40.** Register/Fitness Centers.

Evening Yoga and Meditation

Thursdays, May 5-26 — 711100-04

6:00-7:15 PM, Aerobics Room (KS). Instructor: Susan Hayes. This is a relaxed, early 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. Limit: 10 students. **Four-week session \$40.** Register/Fitness Centers.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays and Wednesdays, the Lapidary Shop, Casting Shop and Fabrication Shop are open from 8:00 AM-12:00 PM (shared space), Sierra Room, (KS). Workshops are open to



experienced persons (after orientation) or those who have completed

the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws,

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grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions: Dave Fisk, 434-0747.

Lower Price! Intro to Gem Cutting Mondays, May 2-23 — 3082-03

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$20 (four sessions). Supply fee \$15 payable to instructor. Limit: six students. This “hands-on” class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. Questions: Dave Fisk, 434-0747. RSVP ♦♦ by 4/25.

Lost Wax Jewelry Casting Mondays, May 2-23 — 3132-03

12:00-3:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 12:00-3:00 PM for week three (May 16) (KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor first day of class. Learn basic techniques of millennia-old craft. Create wax model



of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions: Dave Fisk, 434-0747. RSVP ♦♦ by 4/25.

Jewelry Fabrication, Mondays, May 2-23 — 3161-03

1:00-3:00 PM (KS). Instructor: Chuck Defrenzo \$60 (four sessions, no class May 30.) Materials fee: \$10 payable to

instructor at first class. Learn basic techniques of fine jewelry construction, then wear your accomplishment. It's easier than you might think. Class requires additional small amount of metal purchase, (silver or gold), available in class. Limited to six stu-



dents. No make-up classes. Students may continue to access the open workshop equipment upon completion of class for nominal fee. *About the Instructor:* Chuck has been creating custom jewelry mountings for 50+ years. His work has been displayed at the Los Angeles County Fair and numerous lapidary shows. RSVP ♦♦ by 4/25.

Glass Art

—Fused Glass—

Fusing Glass Workshops

April — 3102-01D

May — 3102-01E

4:00-6:30 PM on Mondays except for the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$12 each day.



Items will be limited to a six-foot square kiln space. Fusing enthusiasts: Bring your glass and fusing projects and work on your designs. 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.

Fusing 101: Coasters

Tuesdays, June 14 & 21 — 3099-04

8:30 AM-12:00 PM. Instructor: Bill Sutherland. \$36 (two sessions). Materials fee: \$20 payable to instructor at first class. Students will construct two coasters for fusing. Using cutting techniques which will be explained — coasters will be fabricated using a design chosen by the student which measures 4-1/2" square. After construction, the project will be fused; the next class will be spent cold-

working to finish the edges. RSVP ♦♦ by 6/7.

—Stained Glass—

Stained Glass Workshops

April — 3102-01D

May — 3102-01E

4:00-6:30 PM on Mondays except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day. Due to nature and ex-



pense of working with glass and equipment, workshop is for experienced students only. A moderator will be in attendance to supervise safe use of 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 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—

“Question Mark” Necklace

Tuesdays, May 3 & 17 — 3010-03

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30 (two sessions, no class May 10). **Must have some experience working with seed beads!** No “question” about it — you'll garner tons of attention with this necklace,



a special bead. How does it keep its shape and stay in place without a clasp? Join us and find out. The class promises to be lots of fun as we use unexpected materials. Check out samples in the display window (OC) for ideas. Please note: sessions are two weeks apart! Be sure to get your materials list when you sign up. If you have any questions about the class or wonder if you have skills to do the project,



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Movies

Four From Hitchcock

Alfred Hitchcock • Thursdays, May 5, 12, 19, & June 2 — 4271-03

9:00 AM-12:00 PM (KS). Instructor: Ray Ashton. \$20 (four sessions). Discover what many feel are the four greatest films from the legendary director Alfred Hitchcock. We will experience, in their entirety, “North by Northwest,” “Rear Window,” “Vertigo,” and the unforgettable “Psycho.” Before, during, and after the films there will be lecture and discussion about Hitchcock’s amazing direction as well as his process in creating these incredible movies. Each class will be roughly three hours since the movies themselves run approximately two hours. RSVP ♦♦ by 4/28.



Music

Guitar I — Continuation • Fridays, April 29-June 17 — 4261-03A

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Must have completed at least one session of Guitar I with Bill.



Covers basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions: Bill, 434-5655. RSVP

♦♦ by 4/22.

Guitar II — Intermediate • Thursdays,

April 28-June 16 — 4261-03B

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). Class continues Guitar I course of study and includes: reading music in the first position; learning basic chords and chord patterns; strumming and basic finger-picking and use of guitar pick.

It provides basics of music knowledge (notes, rests, measures, bar lines, etc.). Learn to play many old favorite songs in varied styles and sing while you play. RSVP ♦♦ by 4/21.

Guitar III — Advanced Thursdays,

April 28-June 16 — 4261-03C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions).

Prerequisite: Students must have instructor’s approval to enroll. Class is a continuation of concepts taught at the intermediate level with the goal of becoming a skilled guitarist. We continue to study finger picking for various styles of music and introduce varied types of ensemble playing — duets, trios, and quartets. RSVP ♦♦ by 4/21.



—Keyboard—

Play In a Day Keyboard Class Tuesday, May 3 — 4270-04A

10:00 AM-12:00 PM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard? If so, this is the class for you! The music experts of Music Exchange are bringing their wonderful “Play In a Day” music program to our community.



Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if

it’s possible to play a keyboard instrument. This fun class teaches students to read music, play chords and familiarize themselves with the keyboard. At the end of the two-hour class, students will learn to play “Canon in D,” “Ode to Joy” and several other songs arranged for beginners. Class will provide each student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class

size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 4/26.

Play In a Day, Keyboard Continuation Class • Tuesday, May 10, 17 & 24 — 4270-04B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). \$15 material fee payable to instructor on first day. **Prerequisite:** Must have completed Play In a Day Keyboard Class. From the successful Play In A Day Keyboard class, this three-week class will cover all topics needed to play the piano, keyboard or organ. Learn music terminology, read notes, count and play all of the major and minor chords. You will also learn the basic setup of all brands of keyboards. The one-and-a-half hour class provides lecture and hands-on activities. Keyboards provided. RSVP ♦♦ by 5/3.

—Voice—

Singers Vocal Boot Camp Continuation • Fridays, April 29-June 17 — 6133-03

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$65 (eight sessions).

Prerequisite: Completion of first Vocal Boot Camp or have studied music. 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 hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 4/22.



Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.

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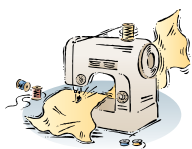


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Bernina 440 Quilting Certification Monday, May 2 — 4058-12E

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 features and enhancements it has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence to use the machine. Class fee covers all materials needed including batting materials, thread, fabric and step-by-step instructions. RSVP ♦♦ by 4/25.

Bernina Sewing Machine Certification • Monday, May 9 — 4057-12E



3:00-4:00 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and

needles. Please bring your own scissors to class. RSVP ♦♦ by 5/2.

Bernina Serger Certification Monday, May 9 — 4056-12D

1:30-2:30 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies will be provided. Class limited to three students. RSVP ♦♦ by 5/2

—Creative Hardanger—

Norwegian Embroidery “Creative Hardanger” for Beginners Tuesdays, May 3-24 — 4022-12E

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions). Want to acquire a new and easy hobby? Join us in the Sewing Room as



resident instructor Ana Bertha shows you techniques in this beautiful Norwegian embroidery form. First hour provides general embroidery instruction. Remaining class time is geared to practicing basic Kloster stitches. You will need to purchase a kit the first

day of class: small kit \$12.50, large \$20. RSVP ♦♦ by 4/26.

Norwegian Embroidery “Creative Hardanger” Workshop Every Tuesday — 4022-12E

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop is for students who have taken the class in the past and require minimal instructor assistance. Class held in conjunction with Creative Hardanger for Beginners. Instructor will be present to answer questions and provide guidance for successful completion of your project. Enjoy the camaraderie and fun atmosphere at the workshop with friends who share your interest in the hobby. Students attending workshop must register and pay at the Activities Desk prior to start of workshop. Questions? Call Ana Bertha at 408-2670.

—Knitting—

Intermediate Knitting • Mondays, May 2-23 — 4071-04

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 knows how to knit



but would like help reading instructions; checking gauge; working intarsia, cables, lace, short rows, and buttonholes; finish-

ing; or improving general knowledge of knitting. Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your projects while you improve your skills. *About the instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for several yarn companies as well as writes articles and knitting designs for the major knitting magazines. Nancie has written nine books on Knitting and Crochet and two books on Quilting. Class is limited to 10 spaces so sign up early. RSVP ♦♦ by 4/25.

Theatre

New! Improvisational Acting— Tuesdays, May 24 & 31, June 14 & 21— 6180-04

9:00 – 11:00 AM(OC). Instructor: Harmony Byron —\$35 (four sessions). The one predictable thing about live theatre is that something will go wrong! Improv is your survival strategy on how to handle crisis on the wing and have fun doing it. During the class, we will do theatre games and exercises for body, mind and voice. Also learn breathing and relaxation techniques, emotional recall, sensory awareness, body acting and explore the links between drama and comedy. Class is great for *all* the performance modes and good for everyone, even non-actors because it's fun and good for self confidence. *About the Instructor:* Harmony wrote and directed for Disney Studios. RSVP ♦♦ by 5/17.



Co-Living With Wildlife In Lincoln Hills • Thursday, April 21 — Free

4:00-6:00PM. P-Hall (KS). The Auburn-based Gold Country Wildlife Rescue (GCWR) non-profit organization is presenting an educational session on better understanding of animal



behavior and our ability to live together. Their mission is to rescue and rehabilitate

injured and orphaned animals. Nancy Barbichano, an Avian specialist, will be our featured speaker addressing our requested topic and answering attendee questions. Some earlier questions have been: what does one do with an injured bird after falling out of a tree, hitting a window, etc;

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can one prevent ravaging raccoons from destroying our fish ponds and landscaping; and what feeding solutions do hummingbirds really enjoy? Audience Q&A will be a major part of this presentation.

DMV Reviews Senior Issues Including Car-fit Program Introduction

Thursday, April 28 — Free

1:00-3:00PM. Front Ballroom (OC). DMV's Senior Ombudsman John Locher returns to update and listen to new Lincoln Hills senior issues. Most earlier discussion concerns focused on: re-licensing timeframe and the new card; how can one best contact DMV/real person-local office; and addressing common/poor senior driving habits. As promised earlier, DMV will introduce/initiate details of the Car-fit Program. Current and relevant DMV literature will be available. Q&A feedback ensures a successful program.



"More Local Snakes Information: Help..."

Tuesday, May 3 — Free

3:30-5:30PM. P-Hall (KS). As the ground gets warmer, many community residents begin sighting and often encountering snakes — small, fast and long, causing fear and worry for themselves and



their pets. Our wildlife includes venomous snakes! Dave Rich, resident, has volunteered to moderate this session. This session's purpose is to focus on local snakes, addressing known misconceptions, personal testimonial, normal fears, and resources, including medical and removal information. The resident panel includes John Parks, retired veterinarian, who was bitten last year by a baby rattlesnake and Dr. Howard Liebgold, consulting psychiatrist, specializing in fear. Other residents and information sources will be provided to address any medical treatment and snake re-

moval questions. Q&A will be part of presentation. You don't want to miss this helpful session.

Our Cosmic Neighborhood

Wednesday, May 4 — Free

7:00-9:00 PM, Front Ballroom (OC). The night sky is full of mystery. Exciting discoveries are being made within our solar system and beyond. The Community Forum with the Astronomy Group invites residents to hear four short, interesting and informa-



tive presentations: (1) "What's Up in the Night Sky" — Joel Thomas will take us on a tour of our local night sky that can be observed using only your naked eyes; (2) "The Year of the Solar System" — Anthony Oreglia will present the newest images and missions exploring our solar system; (3) "21st Century Astronomy" — Tom Eason will discuss how astronomers today are discovering secrets of the universe; and (4) "Cosmology" — Mory Lewis will explain what the universe is composed of as well theories on its origin.

To Be Shot or Not – Adult Immunizations

Wednesday, May 18 — Free

7:00-8:30 PM, P-Hall, (KS). Do you know what immunizations are recommended for adults? Hear the latest



about whooping cough, influenza, and shingles prevention. Dr. Kenneth Lee, M.D., Chief of Infectious Diseases at Kaiser Sacramento/Roseville and Clinical Professor of Medicine at UC Davis Medical Center, will discuss pros and cons of immunizations for adults and side effects of vaccinations; also travel immunizations if time allows. You won't want to miss this presentation by an expert who has over 30 years of experience in the field of infectious diseases. See page 7 for more information.

Put Some 'Green' in your Pocket

Thursday, May 26 — Free

1:00-3:00 PM. Ballroom (OC). We are privileged to have author and teacher Robert Christopherson and his wife Bobbé speak to us about the sustainability of our environment and resources; specifically, **energy, water, waste, and landscaping.** This Forum includes a panel of residents who



share experiences with solar, hybrid cars, recycling, conservation, and related topics. The Christophersons have lived here for 11 years and they continue to work and share their knowledge. They prepared handouts with resources and tips on 'green' living for attendees. Come learn how your decisions can make a difference in your pocketbook as well as in our world.

Erectile Dysfunction— Common and Treatable

Wednesday, June 15 — Free

7:00-8:30 PM. P-Hall (KS). Back by popular acclaim, Sutter Medical Group Urologist, Carolina Alwayay, M.D., will discuss Erectile Dysfunction (ED), another name for impotence, which is the inability to maintain an erection



that is firm enough or that lasts long enough to have sexual intercourse. She will explain how the majority of ED cases are caused by physical problems such as diabetes, medications, cardiovascular problems, alcoholism or surgery in the prostate, bladder, colon or rectal area, to name a few. Dr. Alwayay will also talk about the fact that ED is a common disorder that can be successfully treated and will present the different treatment options that are available depending on the diagnosis. Dr. Alwayay treats a broad range of urological disorders of the male and female and has a particular interest and experience in robot-assisted surgery using the da Vinci Surgery System.



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Lincoln Hills Wellness Program, **Be Inspired, Be Engaged, Be Well**, is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.



Reversing Heart Disease Risk

Tuesday, May 3 — 860000-04

10:00-11:30 AM, P-Hall (KS). Did you know the average heart beats 100,000 times each day? As the most important organ to life, discover the heart of the matter — foods and nutraceuticals that help prevent, manage and reverse heart disease. You'll discover your heart's desire, ranging from guarding the heart — with optimal diet, as evidenced from science and global cultures, to heart makeovers — research that proves you can actually reverse heart disease. **Cost is \$5.** Register/Fitness Centers.



Brain Health • Thursday, May 5-26 — 875000-04

1:00-2:00 PM, Group Exercise Room (KS). Instructor: Dr. Carol Jong, Ph.D, RD and Megan Cowart, SCLH Wellness Program Coordinator will take you through this four-class brain health series. It's sure to improve your overall brain health, can give you the tools to help protect you from dementias, increase your memory, and sharpen concentration. Everything you do affects your brain and daily life skills. Come learn about the physiology of the brain and aging, brain agility and memory exercises, building a better brain through nutrition, and exercising for brain health. **Cost is \$20.** Register/Fitness Centers.



Financial Wellness University

Russ Abbott, a financial professional will lead eight sessions designed to help residents understand, interpret, and utilize the world of finance so it can add to your overall wellness and enrich your lives. The course is divided into eight monthly topics, each with two sessions. The first session will provide a broad overview geared towards the resident who wants an overall knowledge of the monthly subject matter. The second session is geared towards the resident who wants to take a more detailed look at the various financial concepts surrounding that same subject. Residents are free to take both sessions and should not worry about missing a month as each topic is independent of the other.



The Psychology of Money

• **Finance as a Second Language**
Tuesday, May 10 — 870000-04

11:00 AM-12:00 PM, P-Hall (KS). Finance has its own language, bull versus bear, upside versus downside, and overweight versus underweight to name a few. Learn how to talk the talk to help give you a better understanding of finance. Free.

• Hands-on Session • Tuesday, May 24 — 871000-04

The detailed hands-on session will be held from 10:30 AM-12:00 PM in P-Hall (KS). Basic concepts of finance are covered including some of the language and what it means, how Wall Street works, and where to invest. **Cost is \$5.** Register/Fitness Centers.

~ Wellness Day's Program Highlights ~

Am I Going Crazy or Just Getting Older?

Monday, May 23 — 520110-04

1:00 PM, Ballroom. Speaker Trish Germulla is a licensed Marriage Family Therapist and Program Director for the Lighthouse Counseling and Family Resource Center here in Lincoln. Join Trish as we explore how the shared experiences of aging, as well the unique experiences in our individual histories, impact our emotional well-being. Trish will discuss current trends in the aging population, overview common transitions and challenges faced in this phase of life, and share ideas for maintaining strong emotional health. Register/Fitness Centers. **Free!**



Nutrition RX • Tuesday, May 24 — 520111-04

2:00 PM, Ballroom. Dr. Carol Jong, RD will be giving a nutritional supplement seminar that will help us better understand the mechanism and role of herbal and dietary supplements in disease prevention and treatment. Register/Fitness Centers. **Free!**



Charity Walk • Wednesday, May 25 — 520112-04

9:00 AM, OC Parking Lot. Bring your walking shoes bright and early on Wednesday as we do a one-mile walk benefiting the Lincoln Hills Foundation. This local charity provides grants to organizations that provide services to seniors in Lincoln. Some organizations that have benefited from grant monies include Neighbors Indeed, Meals on Wheels and the Del Oro Caregivers Resource Center. Register/Fitness Centers. **\$10 donation, includes Wellness Day's t-shirt!**



Dare to Be 100 • Wednesday, May 25 — 520113-04

10:00 AM, Ballroom. *Wellness Days* go out with a bang as professor of medicine at Stanford University and author of the book *Dare to Be 100*, Dr. Walter M. Bortz, MD, gives a motivating speech on successful aging that is sure to inspire you to live a great life. Register/Fitness Centers. **Free!**



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Hours

Orchard Creek & Kilaga Springs Lodges

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Sunday 8:00 AM-4:00 PM

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Saturday (First only) 8:00 AM - 12:00 PM

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Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 7:00 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

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Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

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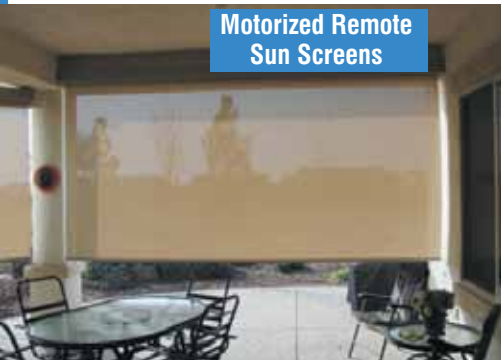
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