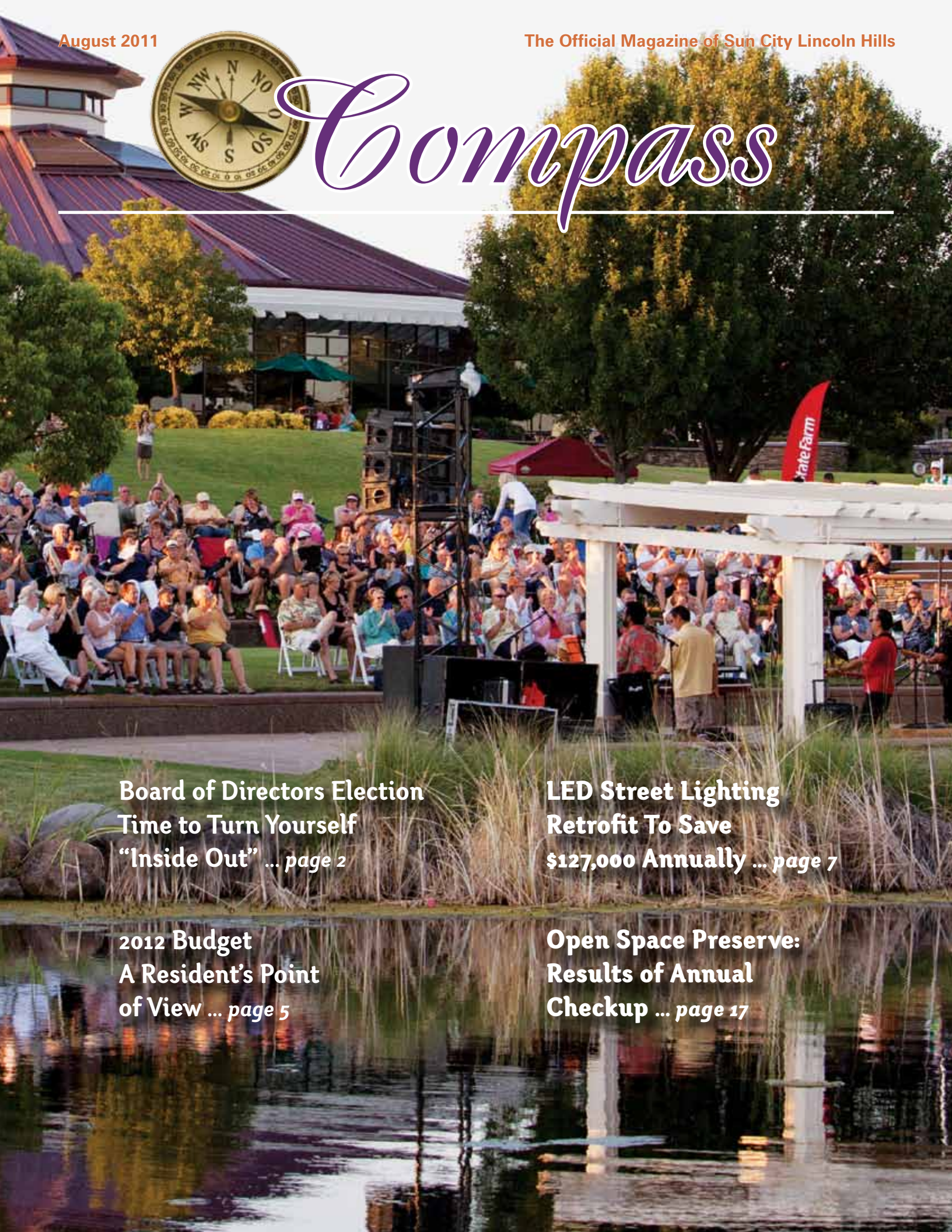




# Compass



**Board of Directors Election  
Time to Turn Yourself  
“Inside Out” ... page 2**

**LED Street Lighting  
Retrofit To Save  
\$127,000 Annually ... page 7**

**2012 Budget  
A Resident’s Point  
of View ... page 5**

**Open Space Preserve:  
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### On the cover

Three entertaining outdoor concerts remain in this year's Summer Concert Series. Indulge your senses with great music, food, scenery and friends! See pages 41, 42 & 47 for details. Photo by De Cahill

## Consider Turning Yourself "Inside Out" Board of Directors Report

John Kightlinger, Secretary, SCLH Board of Directors



We all know the saying, "Time flies when you're having fun." Well, the residents of SCLH must be having fun. We see the lodges, fitness centers and sports complex being used every day. Behind these scenes are the staff, committees and the Board of Directors all helping to keep your fun coming.

Over half of 2011 is history and our Association is starting to plan for 2012.

Starting August 31, the first of three budget meetings will be held where the different staff functions present their 2012 business plans and budgets. This is where the Associations' monthly dues are established. Residents are encouraged to make your voices heard by attending these meetings. Meeting dates are listed on page 5 and posted on the bulletin board in Orchard Creek Lodge.

Another issue that is fast approaching is the election of Association Board of Directors. Your first thought is probably that they are elected in February. You are correct; however the elec-

tion process starts on September 16, with the Candidate Information Session which is open to all residents, see the article below. This session will feature several present and past Board members discussing their experiences while on the Board and answering your questions. You need to start thinking about whom you would like elected to the Board to fill the three openings in the 2012 election. We did not have an election in 2010 because only three candidates ran but we feel that such a low number of candidates is not good for our Association. Get involved in the Association and file an application for candidacy. See how the Association looks from the "inside out," rather than the way most of our residents see it, "outside in." As a Board member I can tell you it is an amazing experience to see how our Association operates and our assets grow!

Election ballots will be mailed in six months, hope to see your name on it.

## Board of Directors Election February 2012

### Open Informational Meeting

Friday, September 16 • 10:00 AM • OC Ballroom

Planning is underway for the forthcoming election of members of the Board of Directors. Three seats will be up for the election in February 2012. Candidates are needed to volunteer their time and service to serve on the Board of Directors. For that purpose, an open informational meeting will be held for:

- Any resident considering being a candidate;
- All residents who want to understand the duties & commitment necessary

Those unable to attend may pick up packets of material useful to prospective Board Members, available at the Membership Desk (OC) after September 16. The meeting will be videotaped and available for viewing on the Association Website.

Those wishing to be considered must file an application to Election Committee Chair Bob Free, on or before 4:00 PM on October 12.

Information may be obtained by email at: [elections.committee@SCLHCA.com](mailto:elections.committee@SCLHCA.com).

### Compliance Committee Opening

If you're interested in finding out more about joining our team, you can download a Committee Application at our website [www.lincolnsuncity.org](http://www.lincolnsuncity.org). Click on Document Library then Forms to Association Resident Forms. Or you can pick one up at the Membership/Activities Desk (OC).

# Calendar of Events

August 15 - September 15

## Upcoming Association-Related Meetings & Presentations

Date • Time • Place August 15-September 26

Golf Cart Registration	Thursday, August 18, September 1 & 15, 8:00 AM, OC Lodge
Finance Committee	Thursday, August 18, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, August 22, 9:00 AM, Heights
Board of Directors Meeting	Thursday, August 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, August 25, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, August 25, 11:00 AM, Oaks
Finance Committee First Budget Mtg.	Wednesday, August 31, 9:00 AM, Front Ballroom
CCOC/Clubs & Community Orgs.	Tuesday, September 6, 9:30 AM, Oaks
CCRC/Communications & CRC	Tuesday, September 6, 1:30 PM, Oaks
Compliance Committee	Wednesday, September 7, 10:30 AM, Oaks
CERT/Community Emergency Response	Thursday, September 8, 10:00 AM, Heights/Gables
ARC/Architectural Review Committee	Monday, September 12, 9:00 AM, Heights
Properties Committee	Tuesday, September 13, 1:00 PM, Fine Arts (OC)
Listening Post	Wednesday, September 14, 9:00 AM Solarium
Properties & Finance Comms. Joint Mtg.	Thursday, September 15, 9:00 AM, Oaks
Finance Committee Second Budget Mtg.	Tuesday, September 20, 9:00 AM, Front Ballroom
Board of Directors Meeting	Thursday, September 22, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, September 22, 10:30 AM, Solarium
Board of Directors Executive Session	Thursday, September 22, 11:00 AM, Solarium
ARC/Architectural Review Committee	Monday, September 26, 9:00 AM, Heights
Finance Committee Review Final Budget	Monday, September 26, 9:00 AM, Front Ballroom
Board of Directors Special Meeting Approve Final Budget	Monday, September 26, 9:30 AM, Front Ballroom

## Lincoln Hills Community Forums

Forgotten War/Korea & Chosin Reservoir	Thursday, August 18, 1:00 PM, Presentation Hall (KS)
Consumers Beware!	Tuesday, August 30, 1:00, Front Ballroom
Eat Well! Cook Less!	Wednesday, August 31, 7:00 PM, Presentation Hall (KS)
Tooth or Consequences: Dental Health	Tuesday, September 13, 7:00 PM, Presentation Hall (KS)
DMV Senior Issues Including Car-Fit	Tuesday, September 20, 1:00 PM, Front Ballroom
California Forward: 'Smart Government'	Thursday, September 29, 1:00 PM, Front Ballroom

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

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Wow, another month gone already, if you haven't made it to an outdoor summer concert, you better make plans now, only three concerts remain including Bluegrass greats on August 18; pure country music on September 7; and our summer finale features swing revival on September 23. The music and venue are great and what could be more fun hanging out with your friends, family and neighbors? Purchase tickets at the Activities Desks.

The fitness staff is celebrating the fall season with a new Fun-For-All event September 19-22. Read about the variety of events and games on page 9.

There is a wide array of fall events, classes and bus trips to satisfy your

interests. Come to the Lifestyle 2012 budget presentations on Wednesday, August 31 at 9:00 AM in the Front Ballroom to learn how we plan and manage to bring you the best! See you in the Lodge.



Summer Concert Series 2011

Date	Event	Page #
08/15	"The History & Nature of the Universe"	21
08/15	"Coroner's Records" Genealogy	27
08/15	KS at the Movies: "Must Love Dogs"	41
08/15	Music Circus "I Do! I Do!"	41
08/16	Bus Trip: RiverCats vs Isotopes	59*
08/18	Strikes Thursday Bowling Registration	24
08/18	Forum: "Forgotten War/Korea & Chosin"	35, 86
08/18	Summer Concert: The Grascals	41
08/21	Open Line Dance	29
08/21	Bus Trip: "Billie Elliott"/Orpheum	59*
08/22	"The Dos & Don'ts of Framing"	21
08/22	Evening Community Social Dance	41
08/23	Rocklin Tuesday Bowling Registration	23
08/24	"Patient Care Within A Hospital"	21
08/24	Auditions for "Christmas Belles"	31
08/24	Music Circus: "Miss Saigon"	59*
08/25	Bus Trip: "Hairspray" Eldorado/Reno	41
08/26	Friday Night Music Group Open Mic	29
08/27	Bus Trip: San Francisco for the Day	41
08/27-28	Sun Eagles Annual Softball Invitational	33
08/29	"Simple Jewelry Techniques"	27
08/29	"The Logs in a Story, i.e., Prologue"	35
08/29	Book Presentation: <i>Chai Heroines</i>	41
08/30	KS Music Night: Keith Williams Sextet	41
08/30	Forum: "Consumers Beware"	86
08/31	Forum: "Eat Well! Cook Less!"	19, 86
08/31	Bus Trip: Giants vs. Cubs/AT&T Park	59*
09/01	"The Year's Financial Developments"	28
09/02	At the Hop / 50's Dinner Dance	42
09/03	Bus Trip: Baseball Reno Aces/Tucson Padres	42
09/04	Bus Trip: Locke & Suisun RR Museum	59*
09/05	KS at the Movies "Oceans Twelve"	42
09/06	Chorus: Residents/Enjoy Singing Welcome	25
09/07	"Mooning Way Through Solar System"	21
09/07	Summer Concert: Buck Ford Country Band	42
09/08	"Nutrition for the Eyes"	26
09/10	Semi-Annual Parking Lot Sale	42
09/10	Bus Trip: Six Flags Discovery Park	43
09/10-11	Annual Arts Association Studio Tour	21, 37
09/12	"A Costa Rican Birding Trip"	23
09/12	SCHOOLS 2011/12 Volunteer Registration	31
09/12-13	Halloween Readers Theater Auditions	31
09/12	Bus Trip: Grand Sierra Hotel & Casino/Reno	43
09/13	"The Needlework Business"	30
09/13	Forum: "Tooth or Consequences"	19, 86
09/13	"Dealing with Financial Stress"	89
09/14	"The Aesthetics of Photography"	25
09/14	Flower Arranging Presentation	27
09/14	Photography: Semi-Annual Show & Tell	30
09/14-15	Music Group Showcase #8	29, 43
09/15	Bus Trip: Picasso Exhibit at the deYoung	47

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



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## The Budgets Are Coming! The Budgets Are Coming!

Bob Cook, Executive Director, SCLH Community Association

No it is not the British. It is the time of year that staff members develop their departmental budgets for the 2012 operating year starting January 1. Many residents see this process as a dry one that is just about numbers and accounting. It is really much more. Association senior staff will spend significant time talking about how this year has gone and what they expect 2011 year end to look like financially. They will also spend time reviewing any new initiatives that are planned to enhance resident experience in Sun City Lincoln Hills in 2012 or before. For me, this is the best part of the process. Last year was the first time we did this and, for those in attendance at the meetings, it confirmed the talent and quality of

my team as the steward of the various Association operating department's activities that ultimately impact your Association dues.

All of the meetings scheduled in the timeline below are open to all residents. The meetings are held under

### Budget Meetings

- Finance First Budget Meeting (Food & Beverage, Activities, Fitness)
- Properties & Finance Joint Meeting (Review Capital Asset Requests)
- Finance Second Budget Meeting (Admin., Spa, Landscape, Maintenance)
- Finance Meeting (Review 2012 Final Budget)
- Board Special Meeting (Approve 2012 Final Budget)
- Budget & Disclosure Packets Mailed

the auspices and oversight of either the Finance and Properties Committees or the Board. Each meeting will have dedicated time for resident input and questions. Those who have attended in past years have come away comfortable with the direction and financial strength of your Association. Most of those folks return every year; I encourage you to join them. It really is worth it.

Date & Time	Room
August 31 • 9:00 AM	Fr. Ballroom
September 15 • 9:00 AM	Oaks/Gables
September 20 • 9:00 AM	Fr. Ballroom
September 26 • 9:00 AM	Oaks/Gables
September 26 • 9:30 AM	Oaks/Gables
October 24 to November 4	

## Budget Time in Lincoln Hills

### A Resident's Point of View

Gay Sprague

While creating a budget isn't the "sexiest" topic I could have chosen, it is absolutely vital in keeping our financial house in order here in SCLH. Make no mistake, our Management Team, Finance Committee and Board of Directors are "in the zone" — creating, analyzing, and eventually approving our 2012 budget!

Where does one begin? The amenities that come to my mind consist of more than 3,000 acres, approximately 200 of which are well-manicured landscaped acres, miles of designated walking trails that surround our mature preserve areas, stocked fishing pond, regulation softball field complete with stadium seating and electronic scoreboard, sports plaza with 11 tennis courts, four pickleball courts, basketball court, horseshoe pits, bocce courts, and a playground for our grandchildren.

We also have two beautifully designed lodges that comprise more than 100,000 square feet, complete with

two state-of-the-art fitness centers, four swimming pools, a wellness day spa, a full service restaurant, sports bar, and coffee/sandwich shop.

It's no less than incredible how vast our amenities are, and amazing the bang we get for our buck! We have use of all these amenities, as well as over 80 sanctioned clubs, dozens of classes every week, meeting rooms, grand ballroom, outdoor amphitheater, indoor presentation hall...the list goes on. Currently, all 6,784 homes pay dues of \$105 per month. On the surface, it seems impossible this would pay for perhaps the best management team in the industry, the ongoing maintenance of our vast amenities, and reserving for the future while still appropriating for capital improvements.

How do we operate so successfully at this monthly dues rate? Trust me, it isn't magic or luck. These talented people, whether paid or volunteers,



work diligently to ensure they are meeting their fiduciary obligation, which is to *maintain, protect* and *enhance* our assets. This doesn't happen just at budget time. It happens twelve months (365 days) a year.

Keep it coming! Thank you management, committee and board!



The close play at home base on Del Webb Field — Safe or Out? The call... OUT! Photo by Tony Machado

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## LED Street Lighting Retrofit Yields Major Savings

Gay Mackintosh, Properties Committee Chair

Our LED Street Lighting Retrofit Project is underway!



The Association will save at least \$10,000 a month in PG&E bills and maintenance costs by replacing our 1,471 metal halide “acorn top” neighborhood lights and 544 pendant main street/parking lot lights with energy-saving LEDs. The payback period will be less than seven years.

Following several months of intensive analysis by the Properties and Finance Committees, our recommendation to contract with Sylvania Lighting Services was accepted by the Board of Directors in July.

Seven vendors responded to our Request for Proposals. Sylvania offered the shortest payback period and lowest net cost, in addition to these advantages:

- Seven-year warranty on installation as well as product

- New acorn-top globes
- Single source for fixtures and installation
- 55 watt fixtures for both acorn tops and pendants reduces inventory costs
- Turnkey operation
- Solid vendor reputation and experience.

In addition to major cost savings, LEDs offer high quality, focused illumination and dark sky compliance. Test fixtures installed here for up to two years have proved successful.

Special thanks to Pete Savoia and Jim Leonhard (our Finance Committee liaison) for their extraordinary commitment of time and expertise in analyzing details of this complex project.

A ribbon cutting was held Wednesday, July 27 at the new Joiner Parkway Maintenance Facility. On hand were, from left in photo: Sr. Director, Facilities & Maintenance Chris O’Keefe; Board members Gary Younger, David Conner, Marty Rubin, Bill Kassel, John Kightlinger, President Peter Gilbert, (not pictured, John Snyder); Properties Committee members Gay Mackintosh, Bill Frazier, Chuck Vickers (past Chair), Dan Hardesty, Pete Savoia, Jerry Harner (Bill Cooper and Sam Rahman not pictured); Executive Director Bob Cook.



Ribbon Cutting at Joiner Parkway Maintenance Facility  
Photo by Barry Mackintosh

## Our Strong Financial Position Allows SCLH to Tackle Big Projects

Hank Lipschitz, Finance Committee Chair

It’s hard to believe we are halfway through the year and are continuing to show very favorable results. At our July 21 meeting we received the Financial Statements that show us \$37,059

and \$251,512 better than Budget for the month and year-to-date, respectively. A number of factors that I have previously mentioned account for much of the variance, but our staff continues to seek to

improve results in many small ways and those efforts add up too. The “big three” departments that account for much of the favorable results are Administration, Rec. Center/Maintenance and Landscape, but all departments are tracking well.



As of June 30 we had \$3,752,000 in the Operating Fund with \$600,000 in Restricted Funds. The Reserve Fund had \$5,296,000 at month end. Virtually all of our funds are in FDIC-insured accounts or US Treasuries.

As of June

*The proposal is to replace 2,015 lights at a net cost of approximately \$860,000 with a 6.75 year payback. This project will save us \$80,000 in electricity and \$47,000 per year in maintenance costs for a total annual savings of \$127,000.*

Homes with past due assessments decreased again from 196 in May to 138 with delinquent amounts about the same  
*continued on page 35*

### Statement of Operations YTD 6/31/2011

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$3,852,751	\$3,854,677	(\$1,926)
Administration (Expense)	(948,206)	(1,022,099)	73,893
Kilaga Spa	(6,082)	(5,119)	(963)
Fitness	(218,021)	(216,002)	(2,019)
Activities	(92,943)	(115,617)	22,674
Rec. Center/Maintenance	(1,118,703)	(1,191,282)	72,579
Landscape Maintenance	(1,170,152)	(1,266,889)	96,737
Food & Beverage	(91,421)	(81,958)	(9,463)
Capital Asset	71,222	71,222	0
<b>Net Revenues (Expense)</b>	<b>\$278,445</b>	<b>\$26,933</b>	<b>\$251,512</b>

## Smart Meters & Solar • Free Event

August 25 • 6:30 PM • Oaks (OC)

The first 20 guests receive a free solar gift!  
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## "Fall Fun-For-All"

### Fitness Center News

Brandy Garcia, Director of Fitness

There is something for everyone, so come join in the fun September 19-22! Spectators welcome! Register for one event (\$12), or for two or more events (\$17). Registration includes your choice of a hat or visor, event festivities, and our closing ceremonies potluck for SCLH residents only. All events will go rain or shine. Please check your Fitness Center for details as well as to register!!! Registration starts August 17.



### Monday, September 19

#### • Dance Competition 2:30-4:00 PM, Ballroom

"Dancing with the Stars" Lincoln Hills Style! Everyone can be a dance star when they participate in the SCLH Dance Competition! A panel of Lincoln Hills "Dance Celebs" will judge categories in Ballroom, Group Dance, and International Dance Styles. Sure to be a glitzy afternoon filled with an amazing display of dance competition.

### Tuesday, September 20

#### • Competitive Triathlon 8:00 AM, KS

Join us for our 4th Annual "Competitive" Triathlon! Quarter mile swim, nine mile bike route, and 3.1 mile run. We are looking forward to seeing all of your hard work pay off and your fine display of good competitive sportsmanship. Leave the kick off from KS. Individual and team times will be recorded. Times will be posted at the closing ceremonies in male, female, and team categories.

### Wednesday, September 21

#### • Recess 9:00-11:00 AM, Sports Pavilion

Remember Recess, the best part of the school day! Well, play time is back! Join us as we bring you some of your recess favorites like "Simon Says," "four-square" and "jacks"! Complete eight of

## It's Lonely to Be a Side Yard...

Heather Peters, Community Standards Manager

I'm writing on behalf of little patches of land we call side-yards. Every now and then when driving through the community, I'll notice homes with the most beautiful landscaping in their front yards however, there's a little patch of earth next to the side-yard of their property that looks a little cheerless with a few weeds and bare ground cover.

If you plan on landscaping your front yard, please try to remember the side-yards of your property. They too, should be included in the re-landscaping and re-

freshing process. Not only does it make all areas of the yard look uniform, the entire yard (front and side) will look consistent and cheerful!

Below is a light-hearted poem regarding the topic of gardening and fighting weeds. For me, this poem encapsulates the beauty and humor in gardening while hopefully providing some perspective.



### ~~~Weeder's Thoughts~~~

I have raked the soil and planted the seeds  
Now I've joined the army that fights the weeds.  
For me no flashing saber and sword,  
To battle the swiftly marching horde;  
With a valiant heart I fight the foe,  
My only weapon a trusty hoe.  
No martial music to swing me along,  
I march to the robin redbreast song.  
No stirring anthem of bugle and drum  
But the cricket's chirp and the honeybee's hum.  
No anti-aircraft or siren yell  
But there's Trumpet-creeper and Lily-bell.

With a loving heart and a sturdy hand,  
I defend the borders of flower-land;  
While high over Larkspur and Leopardbane,  
A butterfly pilots his tiny plane;  
But I shall not fear his skillful hand,  
My enemy charges only by land.  
Would those who lead nations in war and hate  
But lay down their guns at some garden gate,  
There, bury- their bombs and their bloody deeds,  
And join the grand army that's fighting the weeds.  
-Alma B. Eymann

the 10 events to enter into our drawing for a great prize.

#### • Water Games 12:00-2:00 PM, The Wave

Splish Splash we're having fun in the pool! Join us for noodle games and crazy relays or get your group together for a synchronized swimming competition! We are looking for creativity, skill, and great costumes, as well as some good old fashioned fun in the pool. See you at the party!

### Thursday, September 22

#### • Amazing Race 10:30 AM-12:30 PM, The Wave

Calling all SCLH sleuths! Bring your detective skills for Lincoln Hills first Amazing Race. De-code clues, test your agility skills, answer trivia, and muster up your competitive spirit to win this Amazing Race.

#### • Closing Ceremonies 1:00-3:00 PM, Sports Pavilion

No event is complete without a party! In the true spirit of closing ceremonies, all event winners will be announced and event drawings will be held at our celebratory potluck. Come to be social, come for the food, or just come for fun!

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13346

## Throwback Thursdays: Ten Dinner Entrees Under \$10

**With Free Ice Cream for Dessert!**

*Jerry McCarthy, Director of Food & Beverage*



**Throwback Thursdays** continue to “rock-n-roll” every Thursday evening at Meridians. We are offering 10 different 50’s-style dinner entrées for under \$10: including *Pot Roast, Meatloaf, Chef’s Salad, Roasted Turkey, and many more*. Each 50’s entrée comes with *free ice cream for dessert!* Come beat the heat (and high prices) in the cool Meridians Restaurant. The entire Sports Bar menu will also be available.

Meridians and the Sports Bar are also featuring **mesquite grilled entrées** each Monday night. Watch as we cook your entrée to perfection over the mesquite BBQ grill. Your barbecued entrée comes with *Summer Garden Salad, Corn on the Cob, Chef’s Coleslaw, Baked Beans and Bread*. Entrées start at only \$11.95. Buy nine BBQ entrées and the next BBQ entrée is *free!* Chef Roderick’s summer menu is offering new favorites like *Grilled Shrimp Salad, Chicken Chow Mein, Forest Mushroom Risotto, Grilled New York Steak, Pan Seared Tilapia, and much more!*

Chef Roderick brings the Farmers Market to life with dinner and a cooking demonstration. Chef will be exploring the bountiful options of summer flavors by preparing dinner from fresh seasonal ingredients Thursday evenings August 18 and September 15. The **cooking demonstration and three-course dinner** will begin at 6:00 PM in the Secret Garden. Reservations and prepayment are requested. Call 625-4040 for reservations. Don’t wait — the first event was sold out.

It’s time to call to make reservations for other upcoming special events at Meridians. We will be hosting a **three-course memorial dinner and show** to commemorate the 10<sup>th</sup> anniversary of September 11<sup>th</sup> featuring Peggy and Paul Schechter. The 10<sup>th</sup> anniversary show will be held at 5:30 PM in Meridians on September 11. Reservations are

required. **Deli Night** on September 20 and the **Crab Feed Night** on October 10 have always been a huge success. Come in with your friends and neighbors for these special events.

## Spa Earns “Best of Lincoln” Award!

*Tina Ginnetti, Manager, The Spa at Kilaga Springs*

Congratulations to the Spa Team for taking the “Best of Lincoln” award for *Best Massage, Best Skincare, and Best Day Spa*, for the fourth year in a row! I applaud my team for their professionalism and very hard work.

The Spa continues to see new faces as a result of all the new and exciting services we have been adding to our menu. As of August 1, we have re-done our menu of services to demonstrate the full scope of all that we have to offer. Our offerings go way beyond traditional massages, facials, manicures and pedicures. In addition, we continue to see an increase in the number of men in the Spa for facials, massages, pedicures, and toenail trimming, a specialty for those who are not able to do it for themselves or who may have diabetic issues.

New services we have added or added back to the menu include *Lash and*

It’s not too early to book your December holiday catering needs with us. Please remember we offer full service catering in the Ballroom, Kilaga Springs, the Sports Pavilion, or your home. Call Meghan at 625-4043 to make all of the arrangements. Go to our website for details and menus.

*Please see our ad on page 36.*

*Brow Tinting, Sunless Tanning* for those who want to save their skin but keep the glow, and *Make-up Applications*. In taking the Spa to the next level of skincare, we have also added our “*Peptide Facial*,” which uses pharmaceutical-grade organic products for those clients looking for an alternative to Botox, Juvederm, and other more aggressive treatments. We are pleased to announce that this service is now available at the Spa for the many people who have been requesting it. The Introductory special price for this facial is \$99, regularly \$120. Please call or stop by for further information and consultation. *Please see our ad on page 38.*

We thank all of you for the great support this year, please stop by for a new menu or go online to [www.kilagaspringsspa.com](http://www.kilagaspringsspa.com).



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## Attention Library Users!

Both Kilaga Springs Library and Orchard Creek Community Living Room are for SCLH residents. Once items are donated to the KS Library and are processed and shelved by volunteers, they become property of your Association. It has come to our attention that there has been an attempt to sell books stamped “Kilaga Springs Library” to the local used bookstore. Items should not be given away or sold. Books, audio books on cassettes and CDs, DVDs, and children’s books are to be returned in a timely manner. Within 30 days seems a reasonable time to listen to or read a book. If you have borrowed and not returned reference items, Harry Potter Books, audio books on CD, DVDs and any other library materials please return them now. Many other residents would like to borrow them.



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from 10-11:30 am

### Schedule #2

September 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup>  
from 10-11:30 am

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### Schedule #1

August 29<sup>th</sup>, 30<sup>th</sup>, September 2<sup>nd</sup>, 8<sup>th</sup> & 9<sup>th</sup>  
from 8 to 9:30 am

### Schedule #2

September 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup> & 23<sup>rd</sup>  
from 8 to 9:30 am

Contact the Golf Shop for Further Program Details.

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## National Night Out Parties Increase Our Home Security!

### Symposium Presents Security Information

Patricia Evans

Once a year we join the entire nation in celebrating National Night Out to renew our acquaintance with our neighbors. This year we have an additional motivation through concern with our home security. A friendly neighborhood is a safer neighborhood!



Neighborhood Watch is offering specific ideas to secure your home at a Symposium for Mail Station Captains, Village Coordinators, and Board members on Tuesday, August 16, from 1:00-2:30 PM in the Front Ballroom (OC). Do call one of them to obtain these helpful suggestions, or refer to our website at [www.lincal.net/watch](http://www.lincal.net/watch).

Some of the important information to be presented at the Symposium follows:

Burglarized homes are being entered through the side garage door. To make this difficult, install a removable metal rod (cost \$20) across the inside of the side garage door, or install a security screen door. Do always lock your garage to house door! If you have not had Del Webb replace the screws in your doors with the three-inch variety, contact them at [sacreno@delwebb.com](mailto:sacreno@delwebb.com).

Burglars are heading straight for the master bedroom/bathroom to gather jewelry, so do find more innovative locations for valuables, the laundry room perhaps?

Apparently burglars are watching to capitalize on even a short residential absence. Take a minute as you leave to notice any loitering people or suspicious cars so that you can note the license number and description.

Actions speak louder than words! We can make SCLH a tough place to burglarize because in SCLH we look after each other!

Learn more about securing your home on page 30.

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



Village 41A — photo by Vicki White



Village 16 — photo by Patrick Jewell



Village 40AB — photo by Jeff Andersen



Village 30 — photo by Klara Kleman

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## Open Space Preserve Passes Its Annual Checkup New weed species seen in otherwise healthy ecosystem

Lora Finnegan, *Roving Reporter*

“The preserve is what separates us from any other HOA,” says Christopher O’Keefe, SCLH Senior Director, Facilities & Maintenance. Indeed, it is a uniquely beautiful wildland covering some 487 acres in five different areas and laced with 12 miles of walking paths. Take a stroll and you’ll find our Open Space



A coyote seen from Elderberry Trail

is a haven to dozens of resident bird species, hundreds of plant species, and animals from bobcats to coyotes.

Recently, the preserve underwent a sort of ‘annual checkup’ as detailed in the *Sun City Lincoln Hills Open Space Preserve, 2010 Annual Monitoring Report*. The 16-page report was presented at

the July Board meeting by both O’Keefe and Patrick Shea, Executive Director of the Wildlife Heritage Foundation.

Since the Wildlife Heritage Foundation is the conservator for the preserve’s conservation easement, Shea and a biologist visit the preserve several times to research the report. They monitor various biological aspects, evaluate the ecosystem’s health, and generally look out for problems with fences, signage, trash, erosion, and potential fire hazards. They also check for any prohibited activities within the preserve.

The report notes that successive wet winters and the flow of water from the irrigation district has meant that salt marshes are not drying out as they used to. And the report notes that some invasive species, relatively new to our area, have cropped up and will need to be controlled: stinkwort (*Dittrichia graveolens*), Klamath weed (*Hypericum perforatum*), and skeleton weed (*Chondrilla juncea*). Of course, more familiar



Our Open Space includes acres of uniquely beautiful wildland

invasive weeds are also monitored; the pernicious star thistle has ‘really come back with a vengeance,’ according to O’Keefe. And the Himalayan blackberry is another aggressive problem plant that regularly requires control efforts.

The report recommends that grazing continue (it helps control thatch and weeds) and that the newly-arrived invasive species get pulled out by hand; it further suggests adding some signage (mostly, signs labeling areas as Open Space and has language restricting access to these areas). In conclusion, the report contends that the preserve is functioning well overall. “The health of the ecosystem is excellent,” notes Shea. I don’t know about you, but this reporter would love to get such a clean bill of health at her next annual checkup!

## The Lincoln Hills Foundation Presents Hats Off II

### Honoring our Community Volunteers

Doris Petro, *Lincoln Hills Foundation*

In the May *Compass* we requested that you nominate community members you thought should be recognized.

Many people responded and this year’s honorees were chosen from those numerous nominations. The

*Hats Off II* honorees of 2011 do not represent groups; they were nominated as individuals by our community members.

We invite you to join us for a wonderful dinner to applaud those who

have given to our community. Yes, it is time once again for the Lincoln Hills



Last year’s Hats Off honorees

Foundation to give a party so we can recognize the people who make Lincoln Hills such a special place to live. We are honoring the volunteers of 2011 on **Friday, October 14** in the Orchard Creek Ballroom. We invite you to join us at *Hats Off II*.

The honorees for 2011 are: Mark Burke, Pearl Chang, Jim Datzman, Mark Dentinger, Shelly Ebenholtz, Bob Free, Vic Freeman, Michele Hutchinson, Dan Karleskint, Dan Larsen, Gay McIntosh, Rich Ragan, Ken Silverman, Denny Valentine, Marcia VanWagner, Pauline Watson, Larry Whitaker, Neighbors InDeed, and SCLH Community Association Board of Directors.

*continued on page 87*







## Conversation with Officer Dave Krause

Lincoln Police Department / Regarding Recent Burglaries

Al Roten

We have heard that Lincoln Hills has been experiencing a series of burglaries. In order to get the facts on this, I talked with Officer Dave Krause of Lincoln Police Department and found that Lincoln Hills is a low crime area and we are generally quite safe. However, we have been the focus of a rash of “crash and grab” burglaries.

Since January 2011, Lincoln Hills has experienced 15 reported events of this type. Some were successful break-ins and some were attempts. In each case entry was by the side garage door or rear glass door. In some cases, doors were left unlocked and in others a glass

“There are three commonalities to these [burglaries]: 1) An empty house. 2) Entry and exit has taken less than four minutes... 3) Gold jewelry is taken.”

rear door was smashed or the walk-in garage door was forced and the door framework splintered.

There are three commonalities to these events: 1) An empty house. 2) Entry and exit has taken less than four minutes so the culprits are gone before an alarm or police call response can take place. 3) Gold jewelry is taken. Other valuables such as TV sets, electronics, cameras, watches, purses, or wallets were bypassed. The culprits seem to be professional criminals. They somehow determine that the home is unoccupied, and no fingerprints are left behind.

Why take only gold pieces? In order to get rid of electronics, watches, etc., the item needs to be sold on the internet or to a pawn shop and records are kept of these transactions. Within a relatively short time, the price of gold has skyrocketed from \$300 per ounce to the current level hovering around \$1600! There is

no legal requirement to record these transactions, so liquidation is easy. No questions asked.

What to do? First, we must be alert. When we are around outside our homes or leaving, look around for occupied parked cars or strangers walking. Make note of vehicle type, color and license number. Second, it is important to call

the police at 645-4040 and report anything suspicious. Third, lock outside doors whether you are home or not. There are commercial hardware items available for securing your garage walk-in door. Fourth, get creative with storage of your valuables. The bad guys rush directly to the master bedroom and look for jewelry boxes and likely drawers.

Our police are linking these events and working to apprehend these culprits. We can help.

### Aging is Normal

## About Eating and Chewing

Shirley Schultz

You cannot get proper nutrition if you do not eat the right food, and you probably cannot eat the right food if you do not have good dental health. The upcoming health Community Forums are going to address both of these issues.

Many people in the senior age group have grown tired of and bored with food preparation and cooking, especially in situations where health issues have mandated changes to their earlier dietary habits. It is common for people who have suffered a major loss in their life, such as death of a spouse, loss of job status, etc., to lose interest in cooking for themselves. It is easy to see why such people could potentially become nutritionally deficient or eat in a way that works against their own best health. It is often not a question of knowing what one should eat. It is a question of not wanting to expend the energy it takes to gather and prepare healthy food that tastes good. If you are in this category, plan to attend the practical presentation on August 31, “Eat Well! Cook Less!” See page 86.

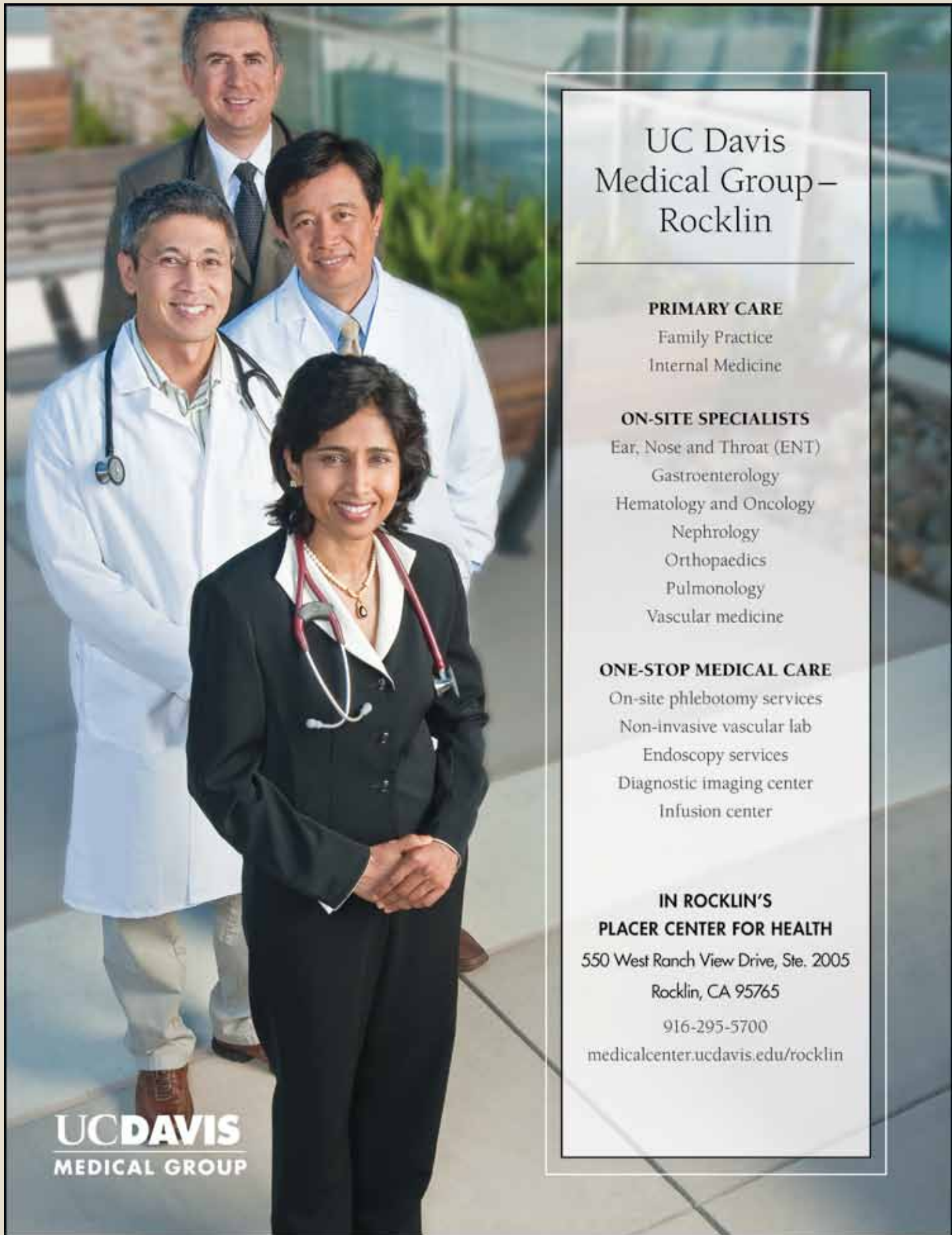
The “tooth” (truth) of the matter is that one needs good teeth and oral health to be able to enjoy proper nu-

trition. The “tooth-sayer” says that residents in Lincoln Hills are more successful in keeping their teeth than are seniors living elsewhere. We must be attentive to taking care of our teeth because, with aging, one’s dental care needs are likely to change. Oral and dental diseases were called a “silent epidemic” by the U.S. Surgeon General in 2000, but this issue has been largely ignored in recent debates over health care reform.

Most seniors on Medicare have no dental coverage. Without

insurance, those who previously had dental coverage are shocked to find out how much it can cost. It is not surprising that some are seeking dental care outside of the U.S. – in Mexico and other countries – or that they are jumping at the chance to obtain discounted rates for dental work through online companies. Others are simply not getting the dental care they need. All will find the upcoming presentation on September 13, “Tooth or Consequences: Dental Health” very informative on how to maximize your dental health while minimizing your future dental expenses. See page 86.





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## Club News



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

On August 24 at 1:00 PM in Multipurpose Room (OC), Sutter Roseville Medical Center staff members will offer an informative program that will make you an educated consumer of hospital services. Michaela Robertson, RN, Case Manager; Vivian Daly, RN, Case Manager, former ER Discharge Planner, and Dennis Cox, LCSW, Hospice Planner will answer questions you may have concerning patient care within a hospital. This will be especially important if your memory challenged loved one must be admitted to a hospital. How can you help make the experience easier for all concerned?

Of course questions may apply to your own possible hospital admission. What will the hospital stay be like? What happens when you are ready to leave the hospital? What should you discuss with the discharge planner? If appropriate, how can the Hospice Planner assist.

Meetings are open to all residents who are caregivers, and to their family members or supporters.

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



### • Antiques Appreciation •

Our August program was a presentation by Jean Cross on Lincoln's Gladding McBean. Jean was a part-time sculptor for the architectural terra cotta department of Gladding McBean.

The theme for the September meeting will be Kitchen Collectibles. One of our members will present this program and will share some of her vintage kitchen items. Members are invited to bring one or two antique or vintage items that they would find in their kitchens. Examples of antique or vintage kitchen collectibles that one would expect to see are: salt & pepper shakers, egg beaters, whisks, aprons, measuring utensils, linens, glasses, pitchers, bowls, appliances, cookbooks,

rolling pins, crockery & cookie cutters.

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

**Contacts: Pat LePage 543-9564;  
Jane Delno 543-6855  
Antique Appraisals: 408-4004**



### • Arts Association •

Join us Monday, August 22, as Patrick Osborne gives us the lowdown on the dos and don'ts of framing. Patrick promises to cover all aspects of what framing *should* do for your art. Patrick manages Wholesale Art and Framing in Rocklin and is extremely knowledgeable about how framing should enhance artwork and he promises to let us in on some of the tricks of the trade. Mark down August 22 at 2:00 PM in Presentation Hall (KS) to have your framing questions answered.

The annual Studio Tour is on Saturday, September 10, and Sunday, September 11. Artists will have their works on display and will be happy to discuss their inspiration and method of work. Our committee is finalizing the map showing the studio locations. Look for these maps in the Lodges September 3. Plan now to set aside a few hours to see the many talents of your neighbors.

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



### • Astronomy •

Cosmology Interest Group, August 15 in the Fine Arts Room, 7:00 PM (OC). Lecture series Cosmology, "The History and Nature of the Universe." Contact Morey Lewis (408-4469) for information.

Wednesday, August 17 (third Wednesday) 7:00 PM Planetarium Show at Sierra College. Professors Dick Marasso and Barry Rice will give a planetarium show and presentation on Astrobiology in the Sierra College Planetarium. Contact Nina Mazzo (408-7620) to sign up. Charge of \$5 per person and \$2 parking fee.

Thursday, August 25. Blue Canyon

Star Party. Call Nina Mazzo for details and to sign up.

Wednesday, September 7. Anthony Oreglia will present "Mooning Our Way Through The Solar System."

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, Presentation Hall (KS). What's Up



Don Wilson —  
Cosmology  
Subgroup  
May  
Meeting

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**



### • Ballroom Dance •

Do you want to add a little spice to your life? Then come and join us in August for the fun dance, the NC two-step. In September, we'll be teaching the popular Fox Trot. The atmosphere is fun, casual and supportive.

We meet on Tuesdays from 2:00 to 5:00 PM. During the first hour, the dance of the month is taught. Even if you've never danced the dance before, it's not a problem, the dance is taught at the beginner level. There's plenty of time to practice with help from the instructors. The second hour is free dancing, with time to practice the new lesson as well as dance to a variety of music, geared to lots of other dances. The last hour, 4:00 to 5:00 PM, is for more advanced steps for the dance of the month. Our annual membership dues are only \$5. That includes weekly lessons. So come join us on Tuesdays. It's fun, and best of all, it's free.

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



Ernie & Linda  
Wilson enjoy  
ballroom dancing



**Bereavement Support**

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be August 17 and September 14. Each month we go to a different restaurant 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 Tuesday, September 6 at Meridians. Please meet at the restaurant at 11:30 AM. We usually meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurants. 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.



*Club Championship Winners: Dale Hurlbut, Wayne Bullen, Phil Delaney, and Allan Peters;*



*Shooters at services for John Sefakis; also in red shirts at services in honor of John*



**Tournament Winners:**

- Eight Ball Singles July 6
- AM Winner: Oscar Alvarez
  - Runners-up: J T Long, Ken Klein and Jim Fulton
  - PM Winner: Joe Ferrando
  - Runner-up: Phil Delaney
- Nine-Ball Singles July 12
- AM Winner: Bob Armour
  - Runner-up: Oscar Alvarez
  - PM Winner: Joe Hobby
  - Runners-up: Phil Delaney, Dave Wofford and Sam Munoz
- Eight-Ball Doubles July 20
- Winners: Phil Delaney and Bob Wehner
  - Runners-up: Jim Mason and Bob Maske
- Congratulations to Eight-Ball and Nine-Ball Singles Club Championship Tournament winners:
- June 22, Eight-Ball winner Dale Hurlbut, runner-up Wayne Bullen.
  - June 29, Nine-Ball winner Phil Delaney, runner-up Allan Peters

We are sad to announce the loss of our friend and long time pool shooter John Sefakis. He will be sorely missed by all.

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

**Challengers Billiards**

The Challengers Group is for mid-level to advanced players. We play every Friday from 9:45 AM-12:00 PM at the Billiards Room (KS). Partners Eight Ball (1/15) is our game. The last Friday of each month is sign-up day for the following month's play days. During the summer months we frequently have openings for drop-in players. Drop-in players are selected 10 minutes before play is to begin so just show up. New men and women players are welcome!

Special thank you to all who volunteered and helped make our recent BBQ successful. We had a record turnout.

Congratulations to recent winners:

Six of seven games: Willie Wright, Joe Hobby, Del Torres, Peshu Irani, Johnny Johnson, Ken Klein, Dan Oden, George Black, Joe Perez.

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

**Couples Billiards**

This first week we had two teams winning six games and one loss. Those teams were Doyle Coker/Cindy Atkinson and Joe Perez/Rita Baikauskas. Two teams won five games; they were Dale Houck/Chiquita Fratto and Jim/Barb Conger.

The following week Joe/Nicki Hobby won six games with one loss. Bob Hodge/Sylvia Gutierrez and Ron/Sherry Weech tied with five games won and two losses.



*Record turnout and good food for second annual*

*BBQ for the Couples, Upstarts, Players and Challengers Billiards Groups!*

We had a three-way tie with five wins and one loss: Roger Corley/Gail Harmon, Peshu Irani/Howard Skulnick, and Joe/Nicki Hobby.

This last week, Dan Oden/Gail Harmon won all six games. Jim/Barb Conger won five games. Al Johnson made the eight ball on the break. Good job everyone.

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

**Players Billiards**

Ready for some fun and challenging games? Every Thursday from 2:30 to 4:30 PM in the Billiards Room (KS), mid-level players get together for six games

of Eight Ball. We play by the American Poolplayer Association rules. There is an advance sign-up binder on the fireplace in the Billiards Room (KS). We sign up on the last Thursday of the month for the following month. Standby players frequently get to play especially in the summer and around holidays. Join us!

Congratulations to recent winners:

- Six games: Dale Houck, Peshu Irani, Del Torres
- Five of six games: Rita Baikauskas, Sandy Pavlovich, Phil Berleghi, Frank DeMasi, Chiquita Fratto, Dan Oden, Ken Hawley, Larry White

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

### Upstarts Billiards

*"Call it a bridge or call it a crutch; One thing's for sure, we don't like it much."*

Come join us! We're a group of beginners-to-average players who play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM at the Billiards Room (KS). We have a lot of fun doing so and we always welcome extra players.

- Six game winners: Sylvia Gutierrez, Dan Oden
- Five game winners: Rita Baikauskas, Margrit Blanc, Bill Clark, Al Gutierrez, Peshu Irani, Rande Janzen, Jim McCarthy, Sandy Pavlovich, Jutta Reckling, Audrey Thrall

Sign-ups are the last Thursday each month at 11:30 AM, Billiards Room (KS).

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

### 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 •

The Bird Group meets the second Monday each month, 1:30 PM, Presentation Hall (KS). September's meeting (September 12) will feature Da-

vid Masche's Costa Rican birding trip.

We are forgoing August bird walks due to the hot weather. On September 9 the Bird Group will go to the Lincoln Wastewater Treatment Plant to look for shore birds and water fowl. American avocets, black-neck stilts, grebes and a variety of ducks are some of the birds we expect to see there.

Check out our website (below) for a list of local birds and which ones are nesting here. There are roughly 170 local species with 53 species nesting here. A new species to the area, the Eurasian-collared Dove, has been reported in Lincoln recently.

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

**Website: www.lhbirdnest.org**



### • Bocce Ball, Mad Hatters •

How many Mad Hatters can remember how the name "Mad Hatters" came about? We're sure that many of our newer members don't have a clue. In any case, it doesn't really matter. We bring it up because the "Mad Hat" tradition seems to be fading. In the past, many members would wear "outrageous" hats when they came to play. We have several people who are still wearing their distinctive headgear, whether it be straw hat or baseball bling, but we'd like to encourage everyone to find something in their closet to madden up the morning (Thursdays at 8:00 AM). This could be the excuse you've been waiting for to go buy some new hats. Along with mad hats we'd also like to take this opportunity to remind you to wear your SCLH name tags.

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



### • Book Group, OC •

For the next two months, travel back in history with the OC Book Club starting at our August 18 meeting with a trip to Haiti (1770-1810) in its French colonial years via *Island Beneath the Sea* by Isabel Allende. Then, at our September 15 meeting, experience San Francisco first through the eyes of

a young Chinese boy at the outset of WWII & later through his mature adult eyes as he reflects back on everything that happened in *Hotel on the Corner of Bitter and Sweet* by Jamie Ford.

Our meetings take place on the third Thursday of each month in the Multipurpose Room (OC) from 1:00 to 2:30 PM. Newcomers are always welcome.

- 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;**

**Dale Nater 543-8755,**

**Darlis Beale 408-0269;**

**Linda Derosier 543-6307**

**Website: <http://lhocbookgroup.blogspot.com/Wiki>;**

**http://ocbookgroup.pbwiki.com/**



### • Bosom Buddies • Breast Cancer Survivors

Happy Summer to all!

Due to so many people travelling in the month of July, we did not have our regular meeting. The next meeting will be a luncheon on Thursday, August 11 at Awful Annies. This will be an installation of our new officers for 2011-2012. They are: Patty McCuen, President; Patti Barnes, Secretary; and Sue Rosen, Treasurer. The Vice President position is still open. If you are interested in attending, please call Cindy Redhair, 409-0954.

We all look forward to an interesting, fun year ahead. Come join us!!!

Bosom Buddies meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

**Contacts: Marianne Smith**

**408-1818; Sally Lewis 434-7381**

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

**[www.lincolnhillsbosombuddies.org](http://www.lincolnhillsbosombuddies.org)**



### • Bowling •

#### Rocklin Tuesday AM

Now that August has arrived, we need to schedule at least one winter activity. *Bowling...*

A general meeting is to be held on August 23 at 10:00 AM in the Presentation Hall (KS). It is important for all to be

there. Newcomers welcome! The Bowling Season starts Tuesday, September 6, at 10:00 AM.

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

### Strikes Thursday PM

It's that time of year once again when we all get together for our general meeting before the start of our fall/winter season. The meeting will be held on Thursday, August 18 in Presentation Hall (KS) at 4:30 PM. The first week of bowling will be September 8.

Reminder that we will be collecting the sanction fee of \$21 at the meeting. Your check should be made payable to GSA. See you all soon!

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



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

Ken Gladden won the "Player of the Year" honors for year-long scoring. He placed in the top three eight times with four different partners. Runner up went to Edith Kesting and Erica Wolfe. Tournament of Champions (top six qualifying year-long teams) was won by Stan Mutnick and Bruce Fink with Ken Gladden and Robbie Duggan second. July 7 results: First Ken Gladden and Robbie Duggan; second Edith Kesting and Erika Wolfe who also had high round; third Allan & Bev Blaine

July 21 results: First Janet Pinnell & Linda Theodore who also had high round; second Ken & Chris Jacobsen; third Don & Santa Anderson

Joe & Rose Phelan are now the directors and you can contact them to sign up to play at 408-4066.

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

### Thursday Evening Second & Fourth

Winners!!!

June 23 winners:

- First: Joe & Rose Phelan
- Second: Erika Wolf and Edith Kesting
- Third: Harry & Peg Collings
- Fourth: Ben & Kay Newton

July 14 winners "

- First: Bob & Cathy Brynjulson
- Second: Ben & Kay Newton
- Third: Erika Wolf and Edith Kesting
- Fourth: Wayne and Marge

Please join us for a fun night of bridge on the second and fourth Thursdays nights. It was a good night for the Brynjulsons as they won high round with a grand slam and also first place. We play in the Terra Cotta Room (KS) at 6:00 PM. Call Chris or Ken for reservations.

**Contacts: Chris & Ken Jacobson**  
**408-8709**



### • Bridge, Duplicate •

Lincoln duplicate bridge competitors finished on top in three of four sections during our exchange with the Sun City Roseville Bridge Group on July 18. Overall top scoring pair, Lincoln's Alice Brown and Rose Ann McElrath, exceeded the magic 70% level in winning Section B East-West at 70.99%.

Those members most successful at the recent "California Capital Regional" included Sheldon Fein, Judy Beck, Rose Ann McElrath, Dawna Farrington, Barbara Loweree, Bill Witte, Joanne Mitchell, and Jack Uppal.

Scheduled topics for upcoming 11:45 AM Wednesday lessons:

- August 17 — Responding to "two-club" opening bids
- August 24 — Opening leads
- August 31 — Western cue bids and responses
- September 7 & 14 — Defensive signals

Our sessions are played three times weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays with 49er section; 5:00 PM Fridays; 12:30 PM Saturdays with 299er section.

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



### • 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, meet new people and play 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 Peggy Schmidt or Lee Holman at 409-0883.

June 24 through July 22 winners:

- First: Ralph Madsen, Ron Ross, Dee Williams, Lee Holman, Shirley Bry
- Second: Dee Williams, Harry Collings, Barbara Moran, Eleanor Amar, Les Schabillion
- Third: Carol Mayeur, Grenville Jones, Phil Sanderson, Bob Fouts, Flo Baldwin
- Fourth: Bob Fouts, Febe Harrington, Bev Van der Beets, Bev Dwyer, Ralph Madsen

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



### • Bunco •

July was a busy month with vacations and family activities yet Bunco was still well attended. The summer potluck afterward had a somewhat smaller crowd but those in attendance enjoyed delicious dishes and time spent visiting with their fellow Bunco players in a more relaxed setting. The Pavilion misters really helped to cool down the venue and beat the high temperatures.

If you are looking for a couple of hours of fun escaping the heat, join us every third Thursday in the Cards Room (OC) at 9:00 AM. The entry fee is \$5 with no annual membership fee ever required. Our six winners below walked away with SCLH gift cards in addition to having a great time.

Last month's winners:

- Most Buncos – Marion Glidewell
- High Score – Kathrine Markham
- Most Wins – Sharon Chipman
- Low Score – Bea Angel
- Most Losses – Sudie Moreland
- Traveler – Betty Wink

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





**Ceramic Arts**

Members honored for winning entries in the Creative Arts Ceramics competition at the 2011 California State Fair are:

- Janice Davisson, first and second place for her two sculptures, *Rooney* and *Unfulfilled*;
- Sherri Melchner, third place and honorable mention for her *Ancient Mask* and *Asian Figurine* sculptures.
- Marilyn Anhalt had two sculptures, *Ya Ya's* and *Pachamama*, selected for the Placer County Exhibit.

CAG "Workshops" are held at OC on *Saturdays, 9:00 AM-3:00 PM*, and *Sundays, 12:00-4:00 PM*; KS workshops are *Monday, 1:00-4:00 PM* for Earthenware, and *Sundays 1:00-4:00 PM* for Spanish Oils.

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

Access to studios is granted only when a registered monitor is present.

We extend our appreciation to our volunteer monitors. Thank you all for your continuing support.

**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](http://www.lincolnsuncity.org), Groups, Ceramic Arts**



State Fair first place award winning sculpture by Janice Davisson

**Chorus**

(Formerly Singers)

The Lincoln Hills Community Chorus is the new name for the Singers. Chorus will be the short version of the name.

The Chorus will resume fall practice on September 6 at 2:30 PM in the Presentation Hall (KS). Residents who enjoy singing are invited to join the group. Music for the Christmas program will be distributed.

Contact the director, Bill Sveglini, if you are interested in joining.

**Contact: Bill Sveglini 434-5655**  
**Website: [www.lincolnsuncity.org](http://www.lincolnsuncity.org)**  
**Groups: Singers**



**Computer**

**Main Meeting: September 14, 6:30 PM** — "The Aesthetics of Photography:" While using a series of 60 photographs, many methods to improve your photographs will be discussed. Specifically: selecting the best viewpoint for the most impact; determining if a wider view or narrower view will be more effective; eliminating unwanted objects to simplify and



Bert Donlon

unify the image; cropping the image; using leading lines; finding the best lighting for particular subjects; and studying shape, form, color, texture, and value. Many are ideas we simply don't

think of when photographing and being aware of them will greatly improve your images.

Bert Donlon taught photography for 25 years at Los Gatos High School.

*September 16<sup>th</sup> clinic is cancelled.* In the clinic's place will be a BBQ picnic at the Sports Pavilion

Ask the Tech: September 26, 10:00 AM — Informal Q & A session for any and all technical questions. Meetings at Presentation Hall (KS).

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



**Mac User**

Do you enjoy discovering new ways to use your Apple products and digital photography? The general meeting on August 23 will be a fun and informative evening with focus on digital photograph and Apple applications and also with iPad and digital photography. Evening presenter: Irwin Maloff.

General meetings start at 6:30 PM with Ask the Tech followed by the speakers at 7:00 PM. Presentation Hall (KS).

September 27 will be the annual catered BBQ for members, held in the Ballroom.

New to the Mac? The Newbies meet twice monthly and have currently cov-



Bob Bowman from Apple speaking on the anticipated release of the Mac OSX Lion

ered iPhoto as their topic, with discussion geared to the new user. Newbies meet Thursday, August 4, at 7:00 PM in the Fine Arts Room (OC) and Wednesday, August 17, at 9:30 AM in Presentation Hall (KS).

Technical help and advice on advance purchases of hardware and software purchase is available to members by calling support line (668-0649).

**Contacts: Bill Smith,**  
**wsmith986@gmail.com;**  
**Website: [www.lhmug.org](http://www.lhmug.org)**



**Country Couples**

Summer is flying by and the CC's Group has been busy dancing and socializing. Monday evening practices have morphed into a good reason to work hard on the new dances so we can justify a group yogurt party at Home Spun Yogurt Shop. It is not unusual to see eight or nine couples around a group of tables enjoying each other's company.

The social aspect of the CC's dance seems to have developed quite naturally, and that is what makes this group so special. If you enjoy dancing and friendly people you should give the CC'S a try. You are welcome to come and observe the Monday lessons at KS (7:00-9:00 PM), or the Saturday practices at OC (4:00-6:00 PM).

If you have any questions please contact one of the members below.

**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.

Reminder: If we have an odd number of players, a player will sit out for a game each round. Nobody enjoys being the "sit out" but if you are asked to do it, please do so gracefully so everyone can have a chance to play. It is not fair to expect one player to not play at all.

**Contact: Bob George 543-7966,**  
r.j.george@att.net



• **Cyclist** •

A cycling magazine, geared to "less mature" riders than LH Cyclists, recently polled its readers about how they logged their miles. Twenty-nine percent used training software or a website. Twenty percent used a spreadsheet, a similar number (18%) used the old paper and pencil. Our favorites are those who use multiple methods to document every tenth of a mile, by the day, week, month and year.

But what's wrong with the 19% who don't keep track? We know cyclists who



Monthly hamburger lunch

Cruisin' Sun City Roseville



have years and years of records. Many riders, even casual ones, find it informative to make notes on average speeds, destinations and write a few words on some or all rides.

There are benefits to keeping track of more than miles. Knowing when your bike was last tuned up or when repairs were made can prove to be very helpful. What kind of ride historian are you?

**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.LHcyclist.com**



• **Dominoes** •  
**Mexican Train**

The summer is half over, trips are done, and the gardens are looking fine. Now is the time to see us about learning to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

You are cordially invited to join one of our times: Wednesday at 9:00 AM or 12:30 PM, Cards Room (OC). Free classes are held at the 9:00 AM session. It's a great time of fun and social interaction.

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



• **Eye Contact** •  
**Low Vision Support**

Next meetings: September 8, Presentation Hall (KS), 1:00-3:00 PM

1:00 PM: Nutrition for the Eyes, Jeffrey Anshel, OD, FAAO, President, Ocular Nutrition Society. People who consistently follow a healthy diet including fruits, vegetables and whole grains show a decreased risk of cataracts and other eye disease. Research suggests that antioxidants and other important nutrients reduce the risk of cataracts and AMD. Vitamin A protects blindness, and vitamin C aids in preventing or alleviating glaucoma. Omega-3, an essential fatty acid, alleviates symptoms of dry eye syndrome and macular degeneration damage. Beta-carotene protects against night blindness and dry eyes. Don't forget lutein and zeaxanthin and zinc. Fish is linked to reduction of cataracts and lowering the progression of many eye diseases.

2:00 PM: Open Discussion. With the importance of nutrition, we will join together to talk about our eating habits. Bring a recipe. Remember what Shirley Schultz told us — "Read the label."

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



• **Fishing** •

Another month has gone by and while the weather alternates between scorching and cool, the fishing has remained pretty good. While our three-day campout/fishout to Fuller Lake was cancelled, at least one member made the trip anyway and reported that he quit counting after catching and releasing 30 trout, that's hot fishing. Another group fished Alaska, returning with boxes of Halibut and Salmon fillets and Kokanee fishing remains productive. Also, some of the subgroups are getting active, for example a bank fisherman's trip to Donner Lake on July 26.

Upcoming events include a Donner Lake (and nearby fisheries) fishout, the Lincoln Kids Fishing Derby, the fall salmon BBQ, all in September, and more to follow for the rest of the year. The year is starting on an upbeat, the lakes and reservoirs are full and fishing well, rivers and streams are coming into shape and the future looks promising.

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



• **Garden** •

# ICE CREAM SOCIAL

Catered by Meridians  
Thursday, August 25  
Time: 2:00-4:00 PM

- Sports Pavilion
- Lemonade
- Ice Cream
- Iced Tea
- Cookies
- Festive Food
- Fun

Entertainment by the Gardeners.

Sign-in and wear name tags please, members only.

Contest: Best decorated hats in three categories:

- Garden Theme



Ice Cream Social; Hat Contest

- Tallest
- Most Original

Note: All contestants receive one extra raffle ticket! The three contest winners receive an additional grand prize!

Bring your garden questions for Master Gardeners. Chair: Joyce Higgins, 408-7107.

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Judie Leimer 408-4308, [judeleimer@sbcglobal.net](mailto:judeleimer@sbcglobal.net)**

**Flower Arrangers Group**

Meet September 14, 10:00 AM-12:00 PM (OC), \$3. The presenter, Mary Lou Thorpe, is a florist and extremely talented. Bring a vase, flowers, and greens. For registration, contact Gloria.

**Contact: Gloria Stroemer: 645-4699**



**•Gem and Mineral Society•**

August 29 at 4:00 PM, Sierra Room (KS): An instructor from the Carmichael California Institute and Jewelry Training will present a special program that will provide a look at and demonstrate simple jewelry techniques such as sand casting. Come and see and then you can try it at home! The program is open to all interested residents. There will be a short business meeting prior to the program.

Monday shop days continue from 8:00 AM to 12:00 PM.

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

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



**• Genealogy •**

General Meeting: Monday, August 15, from 6:30 to 8:30 PM in the Presentation Hall (KS). Marilyn Ulbricht will present the program on "Coroner's Records." Come find out where to obtain such documentation and how to obtain valuable information from it. Marilyn is a long-time Genealogist and Historian and should prove to give us lots of needed information.

September General Meeting will be on the 19th and will cover "The New Family Search Program."



*Top: Ice Cream Social Committee and servers, from left: Marge, Darlene, June and Rosalie; members enjoying successful Ice Cream Social*

There will be no September Computer workshop or "one-on-one" help session due to the Labor Day Holiday.

September Steering Committee Meeting will be held September 12 in the Multimedia Room (OC) from 12:30 to 2:30 PM. This meeting is open to all members who wish to attend. The Club Library will be available during this time also.

**Contact: BJ Ollas 543-4682; Kathleen Propersi 543-0376**  
**Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



**• Golf, Ladies •**  
**Lincster Lady Niners**

Our membership keeps growing. A big Lincster welcome to Donna Benedict and Barbara Murray.



*Donna Benedict; Barbara Murray*

Donna and her husband Dennis moved to Lincoln from Folsom six years

ago. She had a career as legal secretary and in retirement is enjoying knitting, bridge and arts & crafts.

Barbara and her husband Richard are four-year residents via Roseville and Carson City. Before retiring she was an owner of auto race tracks going back 36 years. Also look for her at Lowe's where she now works part-time.

Mark your calendars now for the Club Championship Wednesday and Thursday, September 21 and 22. See details on the Lincster website.

**Contact: Carol Golbranson 543-8647**  
**Website: [www.lincsters.com](http://www.lincsters.com)**

**Ladies XVIII**

Our tournaments have been "colorful" lately. In our Pink Ball contest, each of 13 teams was given the challenge to play with one pink ball and return it safely at the end of the round. Eight of the 13 were successful.

Our big event was the Red, White, and Blue Tournament which fielded 69 players. In this total team score format, the victorious group, again this year, was the Blue Team. As you can see in the photo,



*The victorious Blue Team*

Captain Pat McNiff (with the lei on) will go to any lengths to rally her team to victory. (She's the one with the blue hair!) Afterward, the ladies enjoyed a lovely luncheon. Champagne was provided by Meridians. Thank you!

Details for our "Are You Ready for Some Football?" Fall Mixer on September 22 can be found on our website. Come and join us for a fun day.

**Contact: Lani Dodd**  
**[doublebogey1@att.net](mailto:doublebogey1@att.net)**  
**Website: [lhlgviii.com](http://lhlgviii.com)**



**• Golf, Men's •**

The August 8-9 Member/Member and horserace was a great

gathering and a lot of fun!! Don't miss out on this next year!! Results are posted on our website!



From left: Glen Arney, Stan Perry and Arnie Garcia enjoying the NCGA Qualifier held in July

Congrats to Tony Dipaola, Doug Swanson, Roger Cummings and Walter Burke for taking the top spots in the July 19 NCGA Qualifier; good luck at Teal Bend guys!! Mentions to Herb Ingraham who took first place in Flight Two.

The JFF Flights One-to-Four were captured by Frank Tokarz, Ralph Barkey, Dudley Lewis and John Duggan all with low nets in the 60's!! Wow!!

Don't forget to sign up for our annual Sun City Cup vs. Roseville on August 22 and watch the ongoing Presidents Cup results posted at the Golf Shop.

CVS players will play Woodbridge and Northridge in the month of August!! "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** •

Hand and Foot is a fun and easy card game to learn and we are always happy to teach new players. 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:** The early mornings are refreshingly cool here in Lincoln. Come and join us for a nice walk! We begin at 7:30 AM.

**Hikers:** The biggest issue facing the Hiking Group here in August is — you guessed it — *snow*. The tremendous

snowpack in the Sierras is wreaking havoc on the hiking schedule. Scheduled



That's snow in those hills!; hike leader Dennis Ratay hiking the shore of Lake Tahoe; on the way to Coit Tower

hikes to Castle Peak and Mt. Anderson have been postponed. Hikes in the Sierras have to be thoroughly researched to ensure the trails are open and snow free. Potential last minute changes to the hiking schedule is reason enough to check the website frequently.

Meanwhile hikes to the shore of Lake Tahoe and Coit Tower in San Francisco via the ferry from Vallejo were huge successes.

Check the website for the updated three-month hike schedule and hike descriptions.

With a hike a week, there has to be a special hike just waiting for *you!*

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



• **International Folk Dance** •

We extend a cordial invitation to join us at Kilaga Springs Lodge every Tuesday for dances from around the world. We begin at 2:30 PM with easy dances and progress to more advanced ones, ending our weekly session at 4:00 PM. Beginners are always welcome. There is usually a review of each dance, except for the ones that we really know well.

Our dances have been around for centuries so we are really following in the footsteps of our ancestors. Of course, many of these dances have been modi-

fied through the years, but always within the parameters of tradition. Sometimes it is hard to remember the name of a dance from a foreign country, but the music always recalls the steps.

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



• **Investors' Study** •

Everyone is welcome at our September 1 meeting from 2:00 to 3:30 PM, Presentation Hall (KS). Russell Abbott, Certified Portfolio Manager will speak on the year's developments, unfolding nationally and internationally even as this goes to print! He manages over \$200 million of assets for individuals, retirement plans, and endowments and holds degrees from UCLA and Pepperdine Universities. From 3:30 to 4:00 PM, join us in the Social Kitchen (KS) for refreshments and your questions.

On the second Monday of the month (September 12), Bill Ness leads the Active Investor class in the Multimedia Room (OC) at 3:00 PM. On the third Monday (September 19), in the same place, Steve Greenfield leads Options class at 5:00 PM.

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



• **Lavender Friends** •

The membership is looking forward to the "Hot August Night" potluck at KS. We have several members who enjoy playing Water Volleyball on a regular basis. They play four times a week and they have over 100 people who play on a regular basis. They host picnics and potlucks and have a chance to play Volleyball on the grass a few times during the warmer months. They have mixed groups, teams, tournaments and cross skill play. They play at the Wave Lane Pool so that anyone can come and play and/or cheer for their



International dancing is fun!

favorites. Yes, fun play is the main event and exercise and skill building are a by-product. First hour on Monday for skill building and beginners, then they have team play. If you are interested, come and enjoy some of our Lavender Friends and other residents for an hour or so of exercise and fun.

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



• **Line Dance** •

Here are a few excerpts from a recent article published in *AARP The Magazine*. Dance as a curative exercise isn't a new phenomenon. The dance therapy movement was born decades ago when Marian Chace first introduced dance to psychiatric patients at St. Elizabeths Hospital in Washington, DC in the 1940's.

Some of the physical effects are obvious. Dance can, among other things, boost cardiovascular health, bone strength, improve balance, body alignment and flexibility. But there's evidence it does much more. Today, dance is used in treatment for everything from eating disorders to autism, depression, dementia, and Parkinson's. Dance may not be the answer to every health crisis, but there's no doubt that it can benefit the body and mind in many ways.

On August 21 we will have our next open line dance in the Ballroom (OC) from 1:00-4:00 PM. There is no charge and all are welcome.

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



• **LSV/NEV** •

**Low Speed Vehicles/Neighborhood Electric Vehicles**

I hope all of you are having a great summer. The LSV Group takes the month of August off, but we will be back in full swing in September! Membership reminders will be going out soon, and dues may be paid by mail or at the Sep-

tember meeting. We are also planning the fall LSV Rally and Potluck. Our Poker Run will start off with a barbecue and potluck at the Sports Pavilion ~ dessert and prizes will follow the rally. Plan on joining us Sunday, September 25 from 12:00 until about 3:00 PM for a great time. Cost is \$3 per person and reservations can be made at the September meeting or by contacting Diane Maker at 408-3797.

**Contact: Buzz Rognlien 408-4540**



• **Mah Jongg, Chinese** •

Summer is finally here and so are the hot days of summer. Consider coming out of the heat and into the coolness of the Lodge to learn a new game. If you can play rummy, you can learn to play this ancient Chinese tile game. We play every Monday at 8:45 PM in the Cards Room (OC).

**Contacts: Rita Yankee 408-4405; Virginia Haradon 408-5536; Ada Squires 543-3499**



• **Mah Jongg, National** •

Our group meets each Tuesday in the Cards Room (OC) from 12:30 to 4:00 PM. This ancient tile game is played and loved by many. Join us and find out what it's all about. You'll be glad you did. We have a great teacher who makes things fun at the beginners table. This is not the Mah Jongg game you'll find on your computer.

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



• **Motorcycle RoadRunners** •

Although our Father's Day ride/ luncheon is a tradition, this year's had a first — the first led by a lady — Road Captain Nancy Platt. Nancy led



*Nancy Platt leading Elkhorn ride*

our ride to Stonyford on her Heritage Softail Harley Davidson. We toured through small rural towns with pictur-

esque countryside and even unexpected window shopping at a boot/hat shop.

July's ride was to Copperopolis through great wine country with a delicious lunch at the country club there.

In the interim, we had our annual summer party at KS. Judy Sondergard and her committee had great decorations, music, and games.

If our activities sound good and you are a resident with a roadworthy motorcycle, come to our meeting and check us out. We have trips planned the second Saturday each month. Occasional impromptu rides add interest in off weekends.

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

**Contact: Peter Boyle 408-1955, Boylep18@yahoo.com Website: http://web.me.com/rettavincnt**



• **Music** •

Mark your calendars for another exciting music event presented by community musicians. The Music Group will sponsor our eighth annual entertainment Showcase on September 14 and 15 in the Ballroom (OC). Ticket options include a Meridians dinner and show package with premier seating for \$38, or show-only tickets for \$10. Tickets are sold at the Activities Desk. Doors open at 6:30 PM for 7:00 PM shows. See page 43 for more information.

The Music Group's popular Friday Night Open Mic will be held on August 26 from 6:30-8:30 PM in Presentation Hall (KS). Musicians and music lovers are invited. Sign-ups begin at 6:15 PM. Sorry, no karaoke.

Music Group meetings are held every fourth Wednesday (except in November and December), in the Fine Arts Room (OC). Meetings run from 6:30 until about 8:00 PM but drop-ins are welcome.

**Contacts: Carol Percy, 543-1365, crpercy444@gmail.com; Julie Rigali, 408-4579, jrigali@yahoo.com. Website: www.lincolnsuncity.org, Groups, Music.**



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

Our general meeting on September 13 will feature Diane McGregor speaking on the "Needlework Business." As each speaker seems to be better than the one before, Diane should not disappoint anyone in the room.

The remainder of the year will bring us Mentor Day on October 11, for members of the community to visit and see what Needle Arts are all about. November will highlight the Wearable Arts Group's wonderful Fashion Show. December 13 is the Holiday Tea. Mark your calendar and plan to attend.

General meetings are held on the second Tuesday of each month at 1:00 PM at Kilaga Springs. 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, vlhildebrand@att.net**



• **Neighborhood Watch** •

Neighborhood Watch wants you, your home, and your car to be safe! We can make it so difficult for burglars to access our homes that they move on to easier pickings! We can influence persuading the crooks to go away!

It sounds simplistic, but it is hard to overemphasize the importance of locking all doors and windows, not leaving the garage door open, and securing the side garage door with a metal removable bar or a security screen door. Stealing jewelry is the most popular goal, so do hide it in an unusual place. Always lock cars parked in your driveway and leave nothing of value visible.

A recent *Consumer Reports* survey found that 19% of the people interviewed occasionally leave a door unlocked when they are out. Twenty-six percent said they occasionally leave their windows unlocked when they are not at home. Don't let this happen here!

**Contacts: Allen Gillespie 434-5979,**  
**allenmgillespie@gmail.com**

**Pauline Watson 543-8436,**  
**frpawatson@sbcglobal.net;**  
**Website: www.lincal.net/watch**



• **Painters** •

At our July membership meeting it was announced that the club has arranged for a bus trip to the Crocker Museum in Sacramento for August 23 where three shows will be featured and we will have two hours to view them with three or four docents. We can opt for lunch in the Cafe or have our own bag lunch in the park across the street. The cost for the bus trip is \$24 with entry to the museum, \$7. Fees for the bus trip were collected at the August 2 membership meeting. If you did not pay, email one of the contacts listed below to inquire if you can still pay the fee.

At our August meeting we viewed a video on California Impressionists. Our September meeting will feature an Artists' Swap. In October, a panel will answer artists' questions. Non-members are welcome to attend three to six meetings.

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



• **Paper Arts** •

Asian, the August window theme, is a Group favorite and once again they outdid themselves. Give yourself a treat and come see what they created. The window was put together by Claudette Kinman and Paulette Rhoads.

A great presentation by guest instructor Debbie Chronister of Stampin' Up gave us two finished cards to take home ready to use plus ideas for other Paper Arts projects. She also introduced new skills to keep us busy and challenged. After the meeting we had a great time at lunch with Debbie. Another of our famous parties!

Club elections were held. New officers: Sue Manas, President and Reg Fabian, Treasurer.

Retiring President Barbara Bolenbaugh and Treasurer Phyllis Zailer were warmly thanked for all the hard work

and excellent service they have put in. We are grateful for their leadership.

Paper Arts meets the first Thursday each month, 9:00 AM, Fine Arts Room (OC).

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



• **Pedro** •

Pedro is a fun, slightly challenging bidding card game and we are a fun group. If you have never played, or if it's been a long time, we are happy to teach you the basics or refresh your memory. We play in the Cards Room on the first and third Friday of every month from 9:00 AM to 12:00 PM. We hope to see you there.

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



• **Photography** •

We will be presenting a profusion of eclectic captures (aka the semi-annual Show & Tell) on September 14, and this time it'll include the bated-breath revelation of a special photo set — 36 views of the Golden Gate Bridge. Of the bazillions of photos taken by our members, only 36 will constitute the LHPG artistic tribute to a world-class icon.

The images will further be on view at Mina's Coffee House beginning September 17. Patrons can expect to fork over munificent sums for any acquisitions from this collection.

Please note: the "First-born for Art" barter program has been suspended for this display. The attached photo of the bridge goes for a nickel (wood varieties eschewed).

**Contact: Klara Kleman 408-4496,**  
**klemanklara@sbcglobal.net**  
**Website: SCLHphoto.com**



"Ft. Point Bridge View" by jeffa



### • Pickleball •

The Pickleball Club has a new website! The address is simply: [lhpickleball.com](http://lhpickleball.com). Here you'll find all the information you need to get involved in the sport.

If you want to join the club, there's an online form that you can print and fill out, and if you are interested in club goals and projects, you can read bylaws and board meeting minutes. A court schedule is posted along with information about upcoming special events.

There are plenty of links to pages with information about equipment, technique, and strategy. If you want to buy a paddle, you can reach the club's equipment manager through the site or follow links to online equipment vendors.

If you need to email or call a fellow pickleball player, the club roster is also posted on the site. The website is a great resource for anybody who already plays pickleball and for anybody thinking about playing.

**Contact: Jerry Zimowske 408-1319,**  
[jjimowske@ssctv.net](mailto:jjimowske@ssctv.net)

**Website: [lhpickleball.com](http://lhpickleball.com)**



### • Players •

Remember the dream you had to be an actor and have your name on the marquee? Here is your chance.

The next Players production will be our annual October Halloween Readers Theater show. This year's show will be a sequel to the wildly acclaimed "Black Chapel-Tales of Terror" (remember the rats?) presented two years ago. There will be three episodes: "The Sisters," "Shadow of Death," and "The Diary of Sophronia Winters." You will be thrilled, chilled and thoroughly entertained.

Auditions will be held September 12, Multipurpose Room (OC), 5:00-8:00 PM, and September 13, Fine Arts Room (OC), 6:00-9:00 PM. Production dates: October 29, 7:00 PM, and October 30, 2:00 PM. Both shows at Presentation Hall (KS). Admission is free.

The Players are also busy at work with their November production of "Christ-

mas Belles." Auditions are August 24, Multipurpose Room (OC), 6:00-9:00 PM and August 25, Fine Arts Room (OC), 6:00-9:00 PM.

**Contact: Ron Morris 434-6534**

**Website: [www.lincolnhillsplayers.com](http://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.

Winners of the Lois Clausen Memorial July 16 tournament were: Eighth: Ed Aubin; Seventh: Pat Fraas; Sixth: Ed Amaral; Fifth: Jerry Watkins; Fourth: Dan Brace; Third: Frank Kratzl; Second: Art Sachs; First: Case Lambregtse.

Next tournaments: Saturday, October 15, 1:00-5:00 PM.

Questions, or to be added to our email distribution, see contacts.

Note: The Club lost another long-time member, Milt Cachopo. He will be missed.

**Contacts: Mike Goldstein**  
**543-8238; Steve Kriner 295-8012**



### • RV •

The July 13 inaugural Summerfest was a huge success, with current RV Group members being joined by former members gathered at the Sports Pavilion for a total of 104 people enjoying a fine potluck dinner and great companionship. Club president Bob Zielinski hopes to have this as an annual event.

At their last meeting, members were treated to a presentation from Affordable RV of Newcastle and learned about battery maintenance and new products in the RV market. The presentation was done by owner Dora Lemke and three

members of her staff, which included two sons.

The members who attended the rally in June at Infinion Raceway in Sonoma County reported that they saw some exciting NASCAR races and had a fun time.

Some members are currently at a five-day rally in Bodega Bay and next up is the Wine Crush September 30-October 3 at 49er Village in Plymouth.

**Contact: Bob Zielinski 408-1852**

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



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

We are very busy getting ready for the 2011/12 school year. All current volunteers and interested residents are encouraged to attend the *Annual Meeting* on Monday, September 12, at Presentation Hall (KS), 9:00-11:00 AM. Supt. of WPUSD, Scott Lehman, will be our speaker. The *New Volunteer Workshop* will be held on Thursday, September 22, from 9:00 AM-3:00 PM, OC, lunch included.

Please notice the SCHOOLS insert in this *Compass*. We invite you to join the over 200 current volunteers who are making a difference in the lives of Lincoln students by sharing their talents, time and interests.

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



### • SCOOP • Sun City Organiza- tion of Pooches

Nick Bilkic, regrettably, stepped down as Co-leader, and remains a member of SCOOP. His expertise and great sense of humor will be missed.

"Small dog" backyard-parties continue, providing lots of conviviality. Members, potential members, and small dogs, may attend. Meet new friends of the two-legged/four-legged variety! Visit our website for upcoming dates/times.

SCOOP meetings: Third Thursdays, 3:00 PM (OC). Exceptional speakers covering a wide variety of topics, remain our focus. Mark your calendar!

Christmas Potluck Extravaganza! *Friday, December 16, at 5:30 PM, (KS)*. It's not



*Dr. Sue Thompson, Veterinarian/ Licensed Certified Animal Chiropractor*

*with Maggie Mae, owners: Ron/ Judy Bond; Jacquie/Don Lemke and Lily's portrait, won at Pooches On Parade, donated by BFFPetPaintings.com - Love on Canvas;*

too early to save the date! Food, libation, entertainment, and, back by popular demand, our live auction offering fabulous goods from local vendors/artisans. Santa has also been known to drop in. All profits go to "One More Dog," a rescue group for puppies/dogs, most of which are either on their last day at shelters or have been given up by soldiers.

**Contact:** [scoop@sclh.com](mailto:scoop@sclh.com)

**Website:** [www.sclh-scoop.com](http://www.sclh-scoop.com)



• **Scrabble** •

The word of the month is *orphic* (mystical). Add an *m* for morphic, a wonderful hook and basic strategy. Maybe *choir* is on the rack, but not as playable until rearranged to form *chiro* (marine fish) or *ichor* (watery discharge). We are always learning new words from one another, followed by the familiar refrain: "I didn't know that was a word."

Drop in and join in on Mondays at 1:00 PM in the Cards Room (OC). All levels of play are welcome, and the beginners find themselves improving each week. The cheat sheets and dictionaries

are supplied, to make it easier to play. Each game takes 45 minutes to an hour, and players may come and go.

We are a friendly group that is free to join and requires no real commitment. What do you have to lose? Give it a try.

**Contact:** **Candy Koropp 409-5017**



• **Second Cup of Coffee** •

On Monday, September 19, Bill Kitchin will introduce resident Lee Belshin as he presents "Staying Healthy." Lee's professional 30+ years experience as an insurance & health educator and author has led to numerous speaking opportunities as a motivational and "stand-up" comic. Q&A follows.

On Monday, October 17, Mark Denzinger will introduce Lincoln's "Rogers Family Coffee Roasting Company." How does the coffee bean, its roasting and packaging, and why Lincoln, make Costco's San Francisco Bays Coffee special? Plant tours will be discussed. Q&A follows.

The November 21 program is being confirmed.

All meetings start at 9:00 AM in Presentation Hall (KS).

**Contact:** **Wolf Oplesch 408-1788**  
[oplesch@sbcglobal.net](mailto:oplesch@sbcglobal.net)

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



• **Shanghai** •

What is Shanghai? It is a city in China. To shanghai is to trick someone into working. To shanghai is to put aboard a ship by force – first used in 1871.

Shanghai is also a fun group card game played every Thursday, and some Friday nights. We are now offering free lessons. For more information call one of the contacts.

**Contacts:** **Howard Beaumont 408-0395; Ann Holbak 408-2061**



• **Singles Dynamic Singles** •

Summer is finally in full swing and we're enjoying our hot August nights.

Hey all you singles out there – have you joined yet? So what are you waiting for! Join *now!*

Upcoming Singles Events:

— August —

- 16) 7:00 PM – Let's Dance at Meridians
- 19) 2:00 PM – Rogers Coffee Plant Tour, Lincoln (Lou 408-4422)
- 25) 6:30 PM – Singles Social at OC Ballroom
- 30) 6:00 PM – Table for Eight, Chef's Table, (reservations, call Marilyn 434-6898)

— September —

- 1) 4:30 PM – Cocktails at Turkey Creek Golf Course
- 8) 6:30 PM – General Business Mtg. at Orchard Creek Ballroom
- 9) 2:00 PM – Rogers Coffee Plant Tour, Lincoln (Lou 408-4422)
- 10) 9:00 AM – Second Saturday Breakfast at the Sports Bar, Meridians

Our weekly Sport Activities:

- Mondays, 7:00 PM — Tennis, Sports Park (Dennis 408-2423)
- Wednesdays, 7:00 PM — Bocce Ball, Sports Park (Dennis 408-2423)
- Fridays, 4:30 PM — Golf/18 holes (Jerry 543-8776/Joyce 408-5560)

**Contact:** **Marty Joseph 543-0803**  
**Website:** [www.lincolnhillssingles.org](http://www.lincolnhillssingles.org)



• **Softball, Senior League** •

The regular season ends August 17. Playoffs start August 22 with the winner crowned August 31. There has been lots of action; tight grips, big hits, and big mitts! Teams are in pursuit



*Clockwise from top: Joe Bellah lines one to center; John Habein fires to second; Larry Richardson makes good contact*



of the Recreation League Title. Format is double elimination with the lower six finishing teams having to 'play in' to the double elimination rounds. Check website below or the Field's bulletin board for latest standings and team information. If you see games at the ball field, stop and say hello. Look for Hot Dog Days. Those hot dogs/all the fixings are really good! Sunday practices continue, 9:00-11:00 AM.

A casual League in autumn is around the corner for those who want to try out softball. No standings are kept and players can try different positions in a game. The fall league is a great way to see if you'd like to play in next year's regular season.

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

**Coyotes**

Coyote 70s: Won their fourth tournament of the year by taking the Western Nationals 70AAA Silver championship in Woodland going undefeated on the third and last day (photo). Led by Jim Berry (.792, 2 triples), Pete Savoia (.769), Jim Sandin (.750 & pitched all seven games), John Parks (.741, 5 homers, 17 RBI), Gym Mikaelson (.692, 2 homers, 3 triples, 18 RBI), Ed Sorensen and Jim Haworth each had a home run. Next up is Yuba/Folsom, followed by Lodi. Coyotes 60s Black: Placed second in Tuolumne with a record of 3-2; all three wins coming with rallies in the final inning. Hom-



Back row: Gym Mikaelson, Ed Sorensen, Jim Berry, Pete Savoia, Jim Sandin, George Bungarz, Jim Haworth; front row: Rowan Carlson, Wally Etterbeek, Frank Pulino, John Parks, Bob Hunter, John Wible

ers were hit by Bec Cannistraci, Carlos Zavala, John Moran, Mike Hilton, and Ed Lazarek. They also competed in the Western Nationals, finishing second, led by all-tourney players Terry Padovan, D.J. Cox, and Hilton. Coyotes 60s Blue: The team won its third tournament going 4-1 in Penn Valley.

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



**Sun Eagles**

How long has it been since you enjoyed America's favorite past time of watching a ball game while munching on a large hot-dog? On August 27 and 28, Lincoln Hills Sun Eagles will be hosting their Annual Invitational Softball Tournament at Lincoln Hills Del Webb Field. There will be food, prizes, and fun available. The games will start on both days at 8:00 AM. Come out and enjoy the world famous "meal deal" and softball at the old ballpark. See you there!



**Sports Car**

On July 20, 20 cars joined in the fun for a leisurely ride up the very scenic Feather River Canyon with a mid-morning break at the historic



Cars lined up at Peterson's corner; Retta and Dale on the road

gold rush town of Beldon. A delightful lunch was served at the Graeagle Meadows Country Club. A quick jaunt up Gold Lake Road to the pass offered some spectacular vistas before we dropped down into Sierra City for a mid afternoon ice cream social alongside a babbling brook. Homeward bound, we followed the Yuba River Canyon on yet another very scenic byway. Dale Brinsley led the ride assisted by co-leaders Bob Beasley and Gary Rainbow.

On August 20 we will have our annual trip to Big Springs Gardens. This is a wonderful forest and garden setting just north of Sierra City that we would recommend to everyone.

There is more to come this year, including overnight trips to Clear Lake, Sonora and Mendocino.

**Contact: Pat Heesch 408-1500,  
pheesch@aol.com  
Website: LHsportscars.com**



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

The Fourth of July square dance Root Beer Float Party was a huge success. Everyone had a good time. We also had are first annual knobby knee contest. A picture of the two winners is shown to the right. A new beginner square dance class will start on September 12 at 2:30 PM. Come and join in the fun and learn the Official American Folk Dance. 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.



Knobby knee contest winners

Look for the flyer in the July *Compass* for information about new class 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,  
papafrank@yahoo.com**



**Super Seniors**

As summer comes to a close and we revel in our good memories of warm lazy

days, delicious ice cream, and wonderful vacations let's take on something new. Let's talk about *Connections*. It is so important in life to be connected to family, friends, neighbors, health, good will, fun, self, and the many resources here in Lincoln Hills and in the community.

This month we will explore the possibilities and benefits of connecting. We will have guests tell us about some great groups and helpful and necessary resources. And we will connect with each other with discussions, ideas, and games. There will be new information, reminders, fun, and prizes.

Join us Friday, September 2, 10:00 to 11:30 AM in the Gables Room (OC)

Chit Chatters will meet Friday, September 16, 10:30 AM in Kilaga Springs Café.

**Contacts: Arloa Walter 408-0848**

**Chit Chatters: Dani Van Tatenhove 543-9194**



• **Table Tennis** •

The Steering Committee a while back established color codes for four skill levels: Newcomers, Novices (green), Intermediate (red), and Competitive (Blue). This procedure was developed not to segregate players, but to make it a more enjoyable experience for everyone.

Please contact Ron Greeno or Jerry Cress, our Play Managers, if you are new to our group and would like a further explanation. Sessions: Sundays 12:30-5:00 PM; Tuesdays 6:00-9:00 PM; Fridays 8:00-11:00 AM, (KS).

**Contact: Howard Parker 408-4655**

**Joe De Souza 543-4868**



• **Tap Company** •

Dust off those tap shoes... summer break is over! While it was great to relax a little it's even better to get back to our regular technique class schedule.

Congratulations to newly-elected Steering Committee officers: President Becky Sprong; Vice President Muriel Menig; Secretary Josie Scriven; and Treasurer Molly Seamons.

Congratulations, also, to the new class representatives: Monday 10:00



*New Board members, from left: Celeste Morris, Molly Seamons, Muriel Menig, Becky Sprong, Josie Scriven and Marsha Jacobs*

AM Claudia Moelk; Monday 11:00 AM Sallee Wash; Monday 12:00 PM Linda Marchus; Tuesday 9:00 AM Wendy Jean Iannico; Tuesday 10:00 AM Norma Baldi; Wednesday 10:00 AM Judy Carlson.

Many thanks to the outgoing Board for a job well done.

Directors for the 2012 Talent Show, "Remember When" — Music of the 20's through the 70's, are Carol Rose and Isobel Hersch; Producer will be Steve Garavito. With this combined artistic talent, it's bound to be a fabulous show.

**Contacts: Becky Sprong 408-1389, beckysprong@sbcglobal.net;**

**Muriel Menig 434-2634, murielmenig@att.net**



• **Tennis** •

This year our Men's 4.0, 65's team captained by Carl Gronau won the USTA league championship and will represent LHTG at Sectional play at Harbor Bay Tennis Club in Alameda, September 19. The team had a very successful year winning nine and losing only one match.

Also, our Women's 3.5, 65's team captained by Sharon Klotz had a great season with seven wins and three losses. July 25 was their final playoff match with Lake Wildwood to determine who heads to Alameda in September for the 65's Sectionals. Whoever won was named the USTA sectional champions as there is no National playoffs for that division. (Due to this article's deadline, you'll have to check out our website for the winners at [www.sclhtg.com](http://www.sclhtg.com).)

Don't forget all residents are welcome to play drop-in tennis every Wednesday and Saturday from 8:00 to 10:00 AM. All levels of play welcome.

**Contacts: John Flaherty 434-6184,**

**[johnpflaherty@gmail.com](mailto:johnpflaherty@gmail.com);**

**Christy Link 543-6504,**

**[aclink@aol.com](mailto:aclink@aol.com)**

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



• **Vaudeville Troupe** •

Thank you all for making our July Vaudeville Shows another "Success"!! We loved performing our Show, "The Cavalcade of Stars" in Vaudeville's "Cabaret-Style Theater" at Kilaga Springs in July. We are already busy working on the next Vaudeville Show for January 2012!! Auditioners welcome to try-out in October (Date: TBD) and get a spot in our *next show in January 2012!* You will be awed by the generosity and kindness of spirit that



*From top: gorgeous brides and talented trio, "Chapel of Love" in July Show; sexy, talented "Sinatrettes" in July Show's "Witchcraft;" surprise guest "Elvis" (Jody Douglas) wowed audiences with "Love Me"*



our Troupe shares with one another! Bring your unusual and exciting talent to our auditions and you will experience the fun and professionalism that is "Vaudeville"!!

On August 5, The Vaudeville Troupe "Put on a Show" for the Super Senior Group at their August meeting in the Gables Room (OC). Many happy Super Seniors were there to see their special Vaudeville Show!

**Contact: Marina Eugenios 408-3654, [marinaeug@sbcglobal.net](mailto:marinaeug@sbcglobal.net)**

**Troupe Website: [YouTube.com/user/marinaeugenios](http://YouTube.com/user/marinaeugenios)**



• **Veterans** •

Three August activities are planned.

On August 18, the Veterans Group is teaming with the Community Forum to present the film “Chosin,” which will be shown at 1:00 PM in Presentation Hall (KS). Produced by combat-decorated Iraq War veterans Brian Iglesias and Anton Sattler, “Chosin” is the only



The film features rare archival footage and first-hand stories of US veterans, the “Chosin Few,” who survived the campaign

documentary film on the legendary Chosin Reservoir Campaign of the Korean War.

Two days later, on Saturday, August 20, the Veterans Group’s annual Ice Cream Social will be held in the Social Kitchen (KS).

Then, on Monday, August 29, the group is supporting the “Battle at the Capital” golf outing which will be played on the Lincoln Hills courses. This golf event is part of the week-long “Battle at the Capital” festivities. All proceeds benefit the Wounded Warrior Project. Anyone interested in playing in, or volunteering at this tournament should get in touch with Rich Williams, 543-4887.

**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 out without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play. League play just ended, but we’ll start another one in the fall. Did you see us in the outdoor lap pool on Sunday, July 17? If not, we’re doing it again on Sunday, August 14, 6:00 to 7:30 PM. Indoors, outdoors, on land... you never know where we might show up next.

Come join us in the pool and beat the heat, have a lot of fun, get a good low-stress workout, and meet new people. 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** •

Highlights for the next few weeks include a combined West Coast Swing and Nightclub Two-Step workshop on August 18 from 6:00 to 9:00 PM, KS.

We also invite you to attend our second and fourth Friday practice sessions from 5:30 to 7:30 PM, Fine Arts (OC). The next two will be on August 26 and September 9. Whether you’re a beginner or expert, this is a great opportunity to practice with an instructor always on site.

We have reciprocal membership in the Capital Swing Dancers. Their monthly dance is on Saturday, August 20 at the Fair Oaks Community Clubhouse.

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

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



• **Writers** •

The extra Monday that the calendar provides us in August will be well served. On the fifth Monday (August 29), the Writers Group has a guest speaker to go along with the readings from our regulars. The speaker this month will be Harmony Byron, who has a wealth of writing experience to share.

Harmony has been an English Professor at UCLA and has writing and production experience at the Disney Studios. She will focus on the “logs” in a story — the prologue, the dialog and the epilogue. Anyone who has an interest is invited to drop in and listen — you need not be a regular member for this session. We meet regularly on the second and fourth Mondays each month at 6:30 PM in the Ceramics Room (OC). For more information, please contact Jim or Alan.

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

**Finance**

*continued from page 7*

at \$85,000 at month end. While we continue to be cautious about the financial health of our residents, perhaps we have seen the worst of the delinquency issues.

The Finance Committee heard a presentation from staff to accelerate the replacement of our street lights that you have heard about in various prior communications. We now have firm numbers for the project. The proposal is to replace 2,015 lights at a net cost of approximately \$860,000 with a 6.75 year payback. This project will save us \$80,000 in electricity and \$47,000 per year in maintenance costs for a total annual savings of \$127,000. The return on the project will be approximately 15% over the 17-year expected life. The Finance Committee recommended the project be approved by the Board and supplemental funding from Unrestricted Funds be applied to Reserve Fund for this project. This means the project will not require any new homeowner assessments.

If you have general questions or need information on the above I may be reached at [finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org). The monthly and year-to-date financial statements are available on the Association’s website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, August 18, at 9:00 AM.

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**Crab Feed Night**  
 All you can eat Salad, Pasta, and Crab  
**\$26.95** Per person

**Monday, October 10th**  
**5:00pm to 9:00pm**

For reservations call Meridians 625-4040

## Bulletin Board

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

### Lincoln Hills Art Association 2011 Studio Tour

The Lincoln Hills Art Association annual Studio Tour: Saturday, September 10, 10:00 AM to 4:00 PM and Sunday, September 11, 12:00 to 4:00 PM.

Association artists will be showing their work in their home studios: ceramics, stained glass, fused glass, turned wood, jewelry in many styles, fiber projects, metal work, photography and painting in all aspects. Those looking for that special new piece might find it! Pick up tour maps of studio locations at OC or KS the week of September 5. Venues with demonstrations planned will be indicated as well as those with multiple participating artists.

### Essential Tremor Support Group

Tremor is the most common movement disorder causing tremors of the head, hands, voice and sometimes legs. A new Essential Tremor Support Group is starting. For further information please contact Paula at 771-4866 or Judy at 543-4882.

### Farmers Market

Each Wednesday, 8:00 AM-12:00 PM, Fitness Parking Lot (OC)

### Fibromyalgia/Chronic Fatigue Syndrome

Do you or your loved one suffer from either of these? Join us in the Multimedia Room (OC) on Thursday, August 25, 1:00-3:00 PM to discuss starting our own support group for information, education, and positive support. Three meetings have already been held with interested residents attending. We are meeting on a monthly basis and are in the process of submitting our request to establish this as an "official" SCLH support group. If interested, please join us at the August 25 meeting. For questions, please call one of the following: Jackie Wilson (253-3744), Sandy Barry (521-2309), Ursula Neil (253-7345), or Wayne Ford (408-1530).

**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.

<b>August 18 • 4:00 PM</b>	Valley Solar, Oaks <i>Compass advertiser, see page 88</i>
<b>August 22 • 11:00 AM</b>	Health & Wellness, Dr. Moynihan, Oaks
<b>August 24 • 9:30 AM</b>	Assisting Aging Parents, Oaks
<b>August 25 • 6:30 PM</b>	Smart Meters and Solar, Oaks <i>Compass advertiser, see page 8</i>
<b>August 30 • 9:30 AM</b>	Music Therapy: Innovations for Stroke, Oaks
<b>Sept. 13 • 6:00 PM</b>	Spinal Aid Presentation, Dr. Zorich, Oaks

### Lincoln Hills Foundation

2011-2012 Dine Around Shop Around (DASL) Coupon packets available for purchase: OC Lobby Wednesday, August 17, 8:00 AM-12:00 PM. You've heard about these popular coupon packets, good through July 31, 2012 for \$20 per packet. Also available by contacting LHF Treasurer Bob Free, 645-5380, or send \$20 to Lincoln Hills Foundation, P. O. Box 220, Lincoln, CA 95648. Coupon sales help provide grants to organizations serving seniors in Lincoln area as well as promoting local business. More info: [www.LincolnHillsFoundation.org](http://www.LincolnHillsFoundation.org).

### Glaucoma Support Meeting

September 14, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday every month; come join us. More info: Bonnie Dale, 543-2133.

### Italian Club

Each July we hold our gala Inaugural Dinner Dance. This is our opportunity to express gratitude to outgoing Board Members who served us so well and welcome the 2011-2012 Board. In OC Ballroom we enjoyed cocktails, dinner, dancing and viewing large screen photos of happy faces enjoying past club events. Congratulations Norm Cherubino, President; Joe Rancatore, VP; Mario Tantillo, Treasurer; Lilly LaPira, Activities/ Secretary; Rose Cesarz, Membership; Christine Cirrone, Publicity; Tom Freschi, Inventory; Len Carniato, Webmaster; Tony Dipaola, Photographer and Vic Albertazzi, Historian. Fabulous new social events are coming! If you, your spouse/significant other are of Italian heritage and love fun-filled social events, contact Rose Cesarz at 434-5301. Club info: [www.litalianclub.com](http://www.litalianclub.com).

### Marathon Bridge Players

Teams are now forming for the 2011-2012 Marathon Bridge groups. Teams play once a month from September to April cumulating with a group luncheon in May. More info or to sign up: Sandra Sullivan, 408-1480 or [sandrasullivan@pacbell.net](mailto:sandrasullivan@pacbell.net).

### Open Play

Every Sunday from 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 and have a fun afternoon. All residents are welcome. Tables are first-come, first-served.

### Portuguese Social Club

On July 18, our club enjoyed a Dessert Social and new members were welcomed to the club. We shared stories of our heritage, traditions we had in common and met new friends. Our next social is Saturday, August 20. We will be attending the Lincoln Portuguese Holy Spirit Association — Festa Das Contas at McBean Park. Tri-Tip Dinner and Dance will be enjoyed by all. Club objectives: a social club whose purpose is to promote the Portuguese Culture, acquaint its members with other Portuguese, meet new friends and enjoy social activities. Membership eligibility: any resident of Portuguese descent and his/her spouse or significant. If interested in joining: Doreen Traxel 543-4965 or Mary Luciano 543-9094.

### Racquetball Group

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

Boy Scouts Pack/Troop 160 — Scouting for Food

**Please bring nonperishable canned food**

**August 27 • 9:00 AM-12:00 PM**

to OC parking lot near Meridians or KS Lodge near parking lot entrance)

*Canned food will be donated to local shelter*

**You Do Not See Hunger, You Feel It!**

*continued on page 39*

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continued from page 37

### Sun City Scooters

Come join the newly forming Sun City Scooter Group. We meet the second Thursday of each month at 10:00 AM at Mina's Coffee Shop. If you want to learn the back roads that are safe for scooter travel to almost anywhere, join us as we explore our environs. Contact: David Whorf [dwhorf@yahoo.com](mailto:dwhorf@yahoo.com) or 543-2125.

### Shalom Group

The Men's Club met at Al Klein's and had a presentation about the Foothills Habitat for Humanity. Women's Club had a presentation by Placer Co.

Sheriff's Dept. on elder abuse. Havdalah service at Sports Pavilion, 7:00 PM, August 20; look for email with details. General meeting 22<sup>nd</sup>, 7:00 PM, KS. Nina Mazzo will give a talk, "The Moon, our Closest Neighbor." In September, the Women's Club meets on the 9th. Then, we get ready for the High Holidays, celebrated again at the McBean facility. Rosh Hashana evening service is September 28, morning service the 29th. Yom Kippur Kol Nidre service is on October 8, and the full day service on the 9th will conclude with a Break the Fast. More info: Al Klein. Check the calendar on [www.shalomsg.org](http://www.shalomsg.org), [contactshalomgroup@gmail.com](mailto:contactshalomgroup@gmail.com). Membership info: Natalie Flynn, at 434-5470.

### Shooting Group

Our purpose is to make friends among residents interested in shooting. If you used to shoot, 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. Summer months we meet at 8:00 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 gather at a member's home for hors d'oeuvres and drinks. A great opportunity to enjoy each other's company and meet member's spouses. If interested in joining us, contact John Kightlinger, 408-3928, for details of our next get together, or Michael Pargament 408-0221 or [jdparg@inreach.com](mailto:jdparg@inreach.com).

### Travel Group ([www.lhtravelgroup.com](http://www.lhtravelgroup.com))

Everyone welcome Thursday, August 18, 7:00 PM, KS. Ilene Ferguson, Alamo Travel, speaker. 2011 Trips: Rose Parade/New Year's Party (Dec) Linda; Branson (Dec) Louise. 2012 Trips: Reno Snow Train (Feb/Mar) Karen; Hawaii Cruise (Apr) Karen; South Africa (Apr); Philadelphia /D.C./ Williamsburg Baltimore (May) Teena; New Orleans/Memphis/Nashville (May) Linda; Northern Europe Cruise (Sep) Teena; Turkey with pre-trip Amsterdam-Istanbul cruise (Sep) Sheron 2013 Trips: Spain's Costa del Sol/Portugal's Riviera (Apr) Teena; Prague-Paris River Cruise (Sep) Teena Possible Trips: Sicily (Oct 2012) Linda; South America (Oct 2012) Louise; Australia/New Zealand/Tasmania (Feb 2013) Sheron; Portland Rose Parade (Jun 2013) Karen; Paris-Barcelona River Cruise (Sep 2013) Teena Join us for an informative evening in a travelogue-like format. Teena 543-3349 [sfowler@starstream.net](mailto:sfowler@starstream.net); Karen 645-5411 [klfandedf@starstream.net](mailto:klfandedf@starstream.net); Linda 434-8266 [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron 434-9504 [Sheron5@sbcglobal.net](mailto:Sheron5@sbcglobal.net); Louise 408-0554 [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net).

## In Memoriam

### Milton (Milt) Cachopo

Milt grew up in Santa Clara in the 30's. He worked in his father's grocery store and chose the same business in San Jose for himself. After more than 20 years, he ventured into several other businesses. He married Marilyn over 55 years ago and they moved here in 2002. He loved playing golf, bowling, traveling, dinner dances, eating out and poker games. He also loved making new friends. Milt is missed especially by his wife, three children, four grandchildren and many friends!

### Bert A. Davis

Born in Berkeley, CA, Bert served in the Reserves and married his devoted wife, Barbara 53 years ago. He worked for many years for Prescolite in Berkeley and moved here six years ago from Fremont. Bert was a member of the Knights of Columbus, an avid golfer and enjoyed all sports. Besides Barbara, he leaves one child and three grandchildren.

### Fred W. Lunsmann

A WWII Vet, Fred passed away after a brief illness on May 29. He was born in Iowa in 1915 making him 95 years old! Married to his beloved late wife, Hazel, for 57 years, Fred worked for 40 years with the Natural Gas Pipeline Co. of America in Chicago. In 2001 they moved to Lincoln Hills where his daughter, Carol McGovern, and her husband Terry live. Fred is also survived by another

daughter, Janet, five grandchildren and seven great grandchildren.

### Milton A. "Milt" Meininger, Jr.

Milt and Joy moved to Lincoln Hills from San Jose ten years ago, right after retiring from IBM where he worked for 22 years. Growing up in Michigan, he married Joy after graduating from college. Later he obtained his Masters and Ph.D. from Purdue. Over the years he worked for McDonnell Douglas, National Semiconductor, Hewlett-Packard and IBM. Milt loved working on genealogy, working out at Kilaga Springs and walking their dog. He leaves his dear wife, two sons, his brother and sisters and many other relatives and friends.

### William "Bill" Nutton

Bill was a newer resident, moving here with his wife, Marilyn, from Santa Maria, CA. They discovered Lincoln Hills after visiting Marilyn's twin sister. Bill had a long career as an independent contractor. He sold equipment and supplies to the automotive industry, which were used in the maintenance of vehicles. Bill is remembered for his wit, charm and friendly smile. Together Bill and Marilyn were known as "Nut-N-Honey" by their friends. Bill enjoyed playing golf and bridge.

*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.*

## Tap Company Talent Show

The 2012 Tap Company Talent Show will be **March 29, 30 and 31**. The title is "Remember When," music of the 20'-70's. **Auditions will be October 24, 5:00-9:00 PM** in OC Ballroom. **Forms can be picked up September 15** in the Business Office (OC). More information will be in the September Compass.

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## Special Events & Bus Trips

### Kilaga Springs — At the Movies! "Must Love Dogs"

**Monday, August 15 — Free**

PG; 98 minutes. "Must Love Dogs"



stars Diane Lane, John Cusack and Christopher Plummer.

Comedy/Romance. Show 1:00 PM. P-Hall (KS). Free.

### 2011 Music Circus Series

#### I Do! I Do!

**Wednesday, August 17 — 4531-02F**

The air-conditioned Wells Fargo Pavilion in Sacramento is the location for this musical classic done "Theatre in the Round."



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. The 1966 musical from Harvey Schmidt and Tom Jones is a tuneful treat featuring "My Cup Runneth Over." Please note the performance time of 7:30 PM. Leave OC at 6:00 PM, Return ~10:30 PM. \$65. RSVP ♦♦ Now.

### Amphitheater Summer Concert Series

**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 request! The band's innovative and upbeat blue-



grass sound has become a winning 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. See Amphitheater Guidelines on page 43. Friends, family and guests are welcome!

### Evening Community Social Dance Monday, August 22 — 5020-06

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, ballroom, west coast swing and line-dancing. The Nutones is a wonderfully diverse musical quartet accompanied by excellent vocals. Enjoy a no-host bar throughout the evening. Dancing in the Ballroom 6:30-9:30 PM. \$10. Now open to guests.



### "Hairspray" at the Eldorado, Reno Thursday, August 25 — 1772-06

The Eldorado is offering this hilarious Tony award-winning Broadway musical-comedy. Exciting music and a glitzy, colorful production about a Baltimore teen who finds love and fame. An engaging rags-to-riches tale set in the 1960s, the show is sure to entertain with period costumes and music. Arrive with plenty of time for gaming and a delicious buffet dinner (included) prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~10:30 PM. \$81. RSVP ♦♦ Now.



### San Francisco for the Day Saturday, August 27 — 1842-06

Here's another convenient opportunity to experience San Francisco as you wish! We do this trip the fourth Saturday



of each month. This trip drops you off at Pier 39 on the Embarcadero. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ Now.

### "Chai Heroines" with Monique Saigal — Book Presentation Monday, August 29 — 5300-06

Monique Saigal, a Professor of French at Pomona College, joins us to present her book, *Reclaiming the Past*, about Women in the French Resistance – the stories of 18 ("chai" in Hebrew) women who are little known but all fought during WWII in different ways. As a child Holocaust survivor taken in and raised by a Catholic family in



1942, Saigal recounts the clandestine activities performed by courageous women, including her grandmother, who saved her by sending her off in a train. Hear firsthand about countless interviews in France, Switzerland and California to discover secrets of the young women in the Resistance and the author's personal tragedy and growth. Book signing to follow presentation. P-Hall (KS) doors open at 1:30 PM, presentation 2:00 PM. \$6. Now open to guests.

### Kilaga Springs Music Night Presents Keith Williams Sextet Tuesday, August 30 — 5050-06

The regular attraction at the Power's Jazz Club will fill the air during our monthly Music Night when we present the Keith Williams Jazz Sextet.



Originally from England, Keith has toured extensively throughout Wales and the United Kingdom and has performed for the Prince of Wales. He has been featured at Caesars Palace in Las Vegas, the Frank Sinatra Celebrity Showroom and on Carnival Cruise Lines. Program includes standards of the Great American Songbook to more contemporary tunes you'll love to sing along with or just enjoy. The

sextet features keyboard, drums, upright bass, saxophone and guitar. One show only. 7:00 PM performance in P-Hall (KS). \$12. Now open to guests.

**"At the Hop" 50's Dinner Dance  
Friday, September 2 — 5011-07**

Blast back to the nifty 50's at the OC Sock Hop! Whether you're a greaser or a hipster, dress the part in poodle skirts, bobby socks and saddle shoes or rolled jeans, leather jackets, and converse sneakers. "At the Hop" SCLH style features Sacramento's premier rock 'n' roll dance band, The TuneUps, with their authentic music and performance excitement.



Dance to chart breakers including Jerry Lee Lewis, Bill Haley and the Comets, and of

course the King, Elvis Presley. Guest participation activities include a hula hoop contest and best dressed single and couple awards. After a plated dinner, stop by the soda station for old fashioned root beer floats and ice cream. Visit the Activities Desk for complete menu. Enjoy a no-host bar at 5:30 PM when OC Ballroom doors open, dinner 6:00 PM, dancing 7:00-10:00 PM. \$39. Now open to guests.

**Baseball**

**Reno Aces vs. Tucson Padres**

**Saturday, September 3 — 6301-07**

Get ready for a highly entertaining trip to Reno for gaming, baseball and

fun. Begin the afternoon with approximately two and a half hours at the Eldorado Casino for gaming and optional buffet dining on your own, followed by a trip to new Reno Aces ballpark stadium. Enjoy a bird's eye view of the game from the second



tier patio seating overlooking third base. Relax in luxury cushioned

seats with in-seat beverage service during the game, and premier access to Freight House District restaurants offering a selection of excellent dining options. Game begins at 7:05 PM. Leave OC at 1:00 PM return ~ 12:00 midnight. \$52 (includes ticket to the game). RSVP ♦♦ by 8/19.

**Just Added! Kilaga Springs — At the Movies! "Oceans Twelve"**  
**Monday, September 5 — Free**

PG; 125 minutes. "Oceans Twelve," sequel to Oceans Eleven stars George Clooney, Brad Pitt and Julia Roberts. Action, drama. Show 1:30 PM. P-Hall (KS). Free.



**Amphitheater Summer Concert Series**

**Buck Ford Pure Country Band**

**Wednesday, September 7**

**Concert Only — 5202-4FCO**

**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 Ford 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. See Amphitheater Guidelines on page 43. Friends, family and guests welcome!

**Semi-Annual Parking Lot Sale**

**Saturday, September 10 — 5121-07**

Shop or sell at our semi-annual Parking Lot Sale. Join us for a fun morning with residents selling their unwanted household items. You never know



what treasures you may find. Donuts and coffee will be on sale. Spaces are limited and go fast at only \$25

each. Residents must inform monitor during registration if they want their space to be adjacent to another vendor. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Vendors are limited to two spaces each and must abide by the guidelines provided during registration. Parking Lot Sale 7:30 AM- 12:00

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-

PM. OC Fitness Center Parking Lot. Shopping free. Vendor Space \$25. RSVP ♦♦ by 8/20.

### Six Flags Discovery Park

**Saturday, September 10 — 1990-07**

Meet the kids and grandkids in Vallejo at this amazing fun park known for its rides, attractions and interactive animal shows and exhibits. Exciting rides for the whole family, including thrill rides for teens and adults and three amusement areas for young children. Meet Shouka, the killer whale, Odin, the rare white Bengal tiger, and the two Siberian tiger cubs born in 2010. Swim with the dolphins or feed a sea lion, giraffe or exotic bird. Spend the day in the park with lunch on your own at over 25 restaurants and snack spots. Lots of photo opportunities. Leave OC at 9:00 AM, return ~ 6:00 PM. \$61 (includes park entrance). RSVP ♦♦ by 8/26.



### Grand Sierra Hotel & Casino – Reno

**Monday, September 12 — 1772-07**

This trip offers a change of scenery from our usual destinations in Reno.



The Grand Sierra is located in Reno but away from Virginia Street casinos

and offers many gaming opportunities, plus a 50-lane bowling alley, numerous restaurants, a movie theatre,

## 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 available for pick up in the Amphitheater 30 minutes before advertised doors open time. Pay \$3 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 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 first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert**. 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: grassy area at the left of the stage.
- **Smoking:** No smoking during the concert.
- **Ticket Pricing:** Public ticket price \$4 more than resident ticket price. 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 car-pool 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.

swimming pool and spa and several shopping opportunities. Choose the activity that suits you best! Trip includes a \$10 food coupon. Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. Additional trip scheduled on October 8, page 52. RSVP ♦♦ by 8/26.

### Lincoln Hills Music Group Presents "Showcase #8"

**Wednesday, September 14, 7:00 PM**

**Show only — 5130-07ASHO**

**Meridians Dinner**

**Package — 5130-07APKG**

**Thursday, September 15, 7:00 PM**

**Show only — 5130-07BSHO**

**Meridians Dinner**

**Package — 5130-07BPKG**

Lincoln Hills Music Group is celebrating ten years of music and fun by



## 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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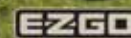


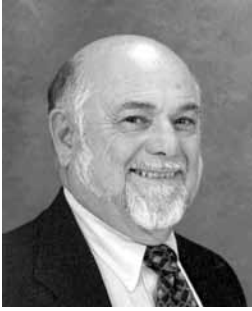
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presenting Showcase #8. The musical program will range from old standards, blues, jazz, show tunes, rock, country and comedy, to classics. Many members of the group are currently playing in public venues and look forward to sharing their talent with you. For those who wish to enjoy dinner at Meridians before the concert, including the convenience of reserved front section seating, we offer limited dinner and show packages for both evening performances. Please visit the Activities Desk for the "Showcase" special menu to include salad, entrée choice, dessert and coffee. Please be prepared to give your meal choice when you purchase tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Ballroom doors open at 6:30 PM for 7:00 PM shows both nights. Show only \$10. Dinner and Show Package \$38. Now open to guests.

### Picasso Exhibit at deYoung Museum

**Thursday, September 15 — 1762-07**

The deYoung hosts an extraordinary exhibition of more than 100 masterpieces by Spanish artist Pablo Picasso from the permanent collection at



Paris' Musee National Picasso. The exhibit, made possible by the museum's temporary closure due to renovation, comprises paintings, sculptures, drawings, and prints drawn from every phase of the artist's career. Bring your own lunch or enjoy lunch at the museum café. Price includes audio headset for use at the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$65. RSVP ♦♦ by 8/26.

### Sausalito for the Day

**Saturday, September 17 — 1840-07**

We have again arranged a bus trip to

the beautiful city by the Bay, Sausalito. The coach will drop you in downtown Sausalito and you can explore numerous options on your own, one being a ferry ride from Sausalito to San Francisco and back. (Check Sausalito Ferry Schedule on the Internet



for times.) The shopping is ample and interesting with numer-

ous restaurants by the water for lunch or snacks. Wear comfortable walking shoes and be prepared for cooler weather. We plan to leave Sausalito for Lincoln at 4:00 PM. Leave OC at 8:00 AM, return ~ 6:00 PM. \$34. RSVP ♦♦ by 9/2.

### Calistoga Art Experience and Shopping

**Monday, September 19 — 1922-07**

Two activities in one! This trip is led by one of our talented LH art instructors, Emmy-award winning artist Frank Ordaz. Enjoy an overview of art and architecture of the Venetian style from Frank to complement a tour of the Villa Ca'Toga while en route to the beautiful town of Calistoga. Following Frank's orientation, we'll spend the morning on a private docent-led tour of the magical Italian villa, led by no less than the owner



and artist, Carlo Marchiori. A classical and often whimsical study in period art, the villa,

which sits on the banks of the Napa River in Wine Country, features an entertaining education in architecture, paintings, sculpture, furniture and ceramics. After the tour, enjoy free time for lunch on your own at one of the fine local restaurants, have further discussions with Frank, or browse in the shops and galleries of charming downtown Calistoga. Leave Calistoga ~ 3:30 PM. Be prepared for lots of walking and stairs. For more details, Google: Villa Ca'Toga. Leave

the Lodge at 8:30 AM, return ~ 6:00 PM. \$73. RSVP ♦♦ by 8/19.

### Comedy Night at Kilaga Springs Tuesday, September 20

**6:00 PM performance — 5051-07A**

**8:00 PM performance — 5051-07B**

Headliner Robin Cee has traveled all over the world and performed on



Vibe-hosted by Sinbad, Evening at the Improv and BET. Robin is known as a one-woman variety show with jokes, song parodies and impressions.



Opener will be Rachel McDowell. P-Hall (KS). Doors open 30 minutes prior to show time. \$9. Now open to guests. Patrons enjoy KS

Café discount.

### Hairspray at Eldorado Hotel Wednesday, September 21 — 1790-07

Our second trip to El Dorado to see the Tony award-winning Broad-



way musical-comedy, "Hairspray." Arrive with plenty of time for gaming and a delicious buffet dinner (included) prior to the 7:00 PM performance.

See details on page 41, August 25 trip. Leave OC at 11:30 AM, return ~ 10:30 PM. \$81. RSVP ♦♦ by 8/29.

### Amphitheater Summer Concert Series

**Sugah Daddy Swing Band**

**Friday, September 23**

**Concert Only — 5202-4GCON**

**Dinner & Concert**

**Package — 5202-4GPKG**

You will be swinging with Sugah Daddy, a contemporary swing revival



band delivering the best in swing, boogie and blues music.

With 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. See Amphitheater guidelines on page 43. Friends, family and guests are welcome!

**Draft Horse Classic in Grass Valley  
Saturday, September 24 — 1820-07**

As the gentle giants take to the arena at the Grass Valley Fairgrounds, there's an air of excitement and wonder. Originally bred big to carry knights in armor, these splendid animals later put their brawn to work on America's farms. Today, they display their strength and precision in the show ring. Arrive in time for the 10:00 AM show (general admission tickets included). After the show, roam the grounds, listen to music, pick up a western item or two from vendors, indulge in tasty delicacies from Treat Street food vendors, and participate in a barn tour. These tours allow you to get up close to the horses and talk to their enthusiastic owners. You may bring your own food (no glass containers, please!). Leave the Lodge at 8:30 AM, return ~ 5:00 PM. \$40. RSVP ♦♦ by 9/9.



for a day of sightseeing, lunching, people watching, and excitement. The ride is beautiful and you will receive \$10 cash back and a \$5 food coupon. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$26. RSVP ♦♦ by 9/12.

**Silver Legacy in Reno  
Monday, September 26 — 1773-07**

Head over the mountains to visit Reno's Silver Legacy Hotel & Casino



**Afternoon Tea Party!  
High Tea, Fancy Hat Designing  
& Lady Carolyn Presentation  
Tuesday, September 27 — 5070-07**

Every fanciful day should start with an Afternoon Tea Party! Legend has it that afternoon tea was started in the mid-1800s by the Duchess of Bedford and soon spread across high society and became a favorite pastime of ladies of leisure. So gather your friends, neighbors and family for a High Tea like no other. You will start off by designing and decorating a fanciful hat of your own to complement your elegant tea party outfit. Select from a colorful array of hats and then visit the decorating tables, where glue guns, scissors and other materials like dainty flowers, feathers, delicate trims and jewels are at hand to make your stylish hat. Once everyone is wearing their hat creations, tea will be served. Enjoy a lovely menu of tea, scrumptious tea snacks and delectable desserts served in an elegant fashion as you get to admire the hats of your fellow tea guests. During the Tea Party you will have the opportunity to hear Lady Carolyn Loftis as she weaves her way through the threads of fashion history using historic clothing. More than just a presentation, view the clothing as she shares entertaining stories about people who wore them, the occasions and special circumstances in which they were worn. The elegant outfits come to life for you as you learn about the materials they are made of, how much weight women may have worn with each outfit, accessories, and more. If you are buying a table with friends and neighbors, please have a complete list of guests at your table upon registration. Visit the Activities Desk for menu. Join us for a ladies afternoon and get a new hat to take home



its name from President Grant's running mate, Schuyler Colfax, during his visit to the area when the Central Pacific Railroad was completed in 1865. Today, Colfax revels in its railroad history. There will be multiple Western Pacific Railroad Museum Train cars to tour, including two locomotives, two or three cabooses, dining car, etc. There also will be model trains and a steam engine train to view, all at no fee. A Quilt Show will be held, free motor-car rides and many other events are scheduled throughout the day. For complete schedule, see [www.colfaxarea.com](http://www.colfaxarea.com) on the internet and click on "Colfax Railroad Days 2011" for details. Buffet dinner, included — catered by locals and served at the Sierra Vista Community Center — will have an emphasis on "locally grown" food. Dinner is served from 3:00-6:00 PM. Don't miss this fun "local" event. Leave OC at 11:00 AM, depart Colfax at 5:00 PM and back in LH ~ 6:00 PM. \$47 . RSVP ♦♦ by 9/16.



with you! OC Ballroom doors open at 11:00 AM; Hat designing 11:00 AM-12:00 PM; Tea served 12:00 PM. Lady Carolyn Presentation 1:00 PM. \$39. Now open to guests.

See details on page 57. RSVP ♦♦ Now.



**Shrek the Musical • Tuesday,  
September 27 — 4563-05A**

**Colfax Railroad Days Celebration  
Saturday, October 1 — 1761-08**

Join in this weekend's celebration of Colfax's historical past. Colfax got



its name from President Grant's running mate, Schuyler Colfax, during his visit to the area when

the Central Pacific Railroad was completed in 1865. Today, Colfax revels in its railroad history. There will be multiple Western Pacific Railroad Museum Train cars to tour, including two locomotives, two or three cabooses, dining car, etc. There also will be model trains and a steam engine train to view, all at no fee. A Quilt Show will be held, free motor-car rides and many other events are scheduled throughout the day. For complete schedule, see [www.colfaxarea.com](http://www.colfaxarea.com) on the internet and click on "Colfax Railroad Days 2011" for details. Buffet dinner, included — catered by locals and served at the Sierra Vista Community Center — will have an emphasis on "locally grown" food. Dinner is served from 3:00-6:00 PM. Don't miss this fun "local" event. Leave OC at 11:00 AM, depart Colfax at 5:00 PM and back in LH ~ 6:00 PM. \$47 . RSVP ♦♦ by 9/16.

**Comedy Night at Kilaga Springs  
Tuesday, October 4**

**6:00 PM performance — 5054-08A**  
**8:00 PM performance — 5054-08B**

Headliner Jimmy Shubert's comedy act is usually performed from an observational point of view, in comedic short-story form, and poking fun at





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pop culture. He has recurring roles on the TV sitcom "King of Queens," in Fox Searchlight Pictures' "One Hour Photo" starring Robin Williams and in comedy clubs throughout North America. Show opener Adam Stone. P-Hall (KS) doors open 30 minutes prior to showtime. \$9. RSVP ♦♦ by 8/29.



### Crocker Museum Tour

**Tuesday, October 4 — 1760-08**

Our Painters Group has requested this delightful trip to view the magnificent paintings and porcelains of American artist, Franz Bischoff, known primarily for his beautiful floral paintings and California landscapes. Inspired by the California countryside, Bischoff painted local farms, fishing wharfs, and coastal landscapes. Recognized during his career for use of color and vivid composition, his paintings display a reverence for nature. The tour will be led by a Crocker docent and promises to be both educational and entertaining. Enjoy lunch on your own at the Crocker Museum Café which features soups, salads, sandwiches and hot entrees. Leave OC at 9:00 AM, return ~ 4:00 PM. \$29. RSVP ♦♦ by 9/23.



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### Veterans Home of California — Yountville and Wine Tasting

**Wednesday, October 5 — 1764-08**

The Veterans Group has suggested a visit to the scenic Napa Valley to visit the largest veterans home in the U.S. Founded in 1884, VHC-Yountville provides residential accommodations and a wealth of recreational, social and therapeutic activities, such as theater, golf, a library, fitness center, baseball stadium, bowling, etc. Veterans desiring to be considered for membership must be residents of California, age 62 or



older and have served honorably. Our coach will arrive in Yountville in time for a bus tour of the facilities followed by a box lunch. Give the Monitor your choice of sandwich (see sandwich choices at Activities Desk). Box lunch will include *sandwich, chips, fruit and beverage*. Following lunch, the coach will stop at Cosentino Winery in Yountville for wine tasting. This winery was founded in 1980 and offers excellent award-winning red wines for your tasting pleasure. Coach will depart Yountville for LH at 3:00 PM. Leave OC at 8:00 AM, return ~ 5:30 PM. \$60, includes lunch and tasting. RSVP ♦♦ by 9/16.

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### Oktoberfest Celebration

**Thursday, October 6 — 5045-08**

We're bringing back last year's sold out event. Our celebration will include traditional Oktoberfest music with the Karl Leberherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, contests, and dancing. Enjoy traditional German tunes as your dinner music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will mesmerize you with their elegant costumes and traditional waltz numbers performed to the music recordings of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous buffet of traditional German foods. For a complete menu, please visit the Activities Desk. Enjoy a no-host bar when Ballroom doors open at 5:30 PM, dinner at 6:00 PM, show at 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. \$39. RSVP ♦♦ by 8/29.



With a focus on teaching, Keith published nearly 150 titles and 35 CDs of piano music for students in the U.S., Canada and Far East. Keith became a passionate proponent of piano music for the left hand alone and began a new journey of music making. Once you hear Keith play the piano keys, the issue of one hand vs. two simply

### Beale Air Force Base

**Friday, October 7 — 1765-08**

We have arranged another visit to

Beale AFB nearby, this time with a different departure time and itinerary. Originally suggested by the Veterans Group, this trip is popular with residents. Limited to 40 people, residents must sign up individually by September 15 as security clearance by Beale is required for each participant. Your coach heads north from Lincoln Hills for approximately 45



minutes and arrives in time for tours of the Space Suit exhibits and a static display of airplanes

at Beale. These tours are followed by a buffet lunch (included) at the Base Club. The afternoon includes a presentation by the Military Working Dogs followed by a visit to the Chapel for a Chaplain briefing. When registering for this trip, each person must bring their driver's license as the monitor will need to note name, driver's license number and state and the 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 8:15 AM, return ~ 3:30 PM. \$46 includes buffet lunch. RSVP ♦♦ by 9/15.

### "Piano for Left Hand Alone" – A Keith Snell Classical Piano Concert

**Wednesday, October 12 — 5056-08**

As a child and young adult, Keith Snell was described as a piano prodigy with international awards, and a best-selling CD as a Columbia Artist. Unfortunately, by 1986, signs of focal dystonia in his right hand began to hamper his control and caused him to withdraw as a professional pianist.



With a focus on teaching, Keith published nearly 150 titles and 35 CDs of piano music for students in the U.S., Canada and Far East. Keith became a passionate proponent of piano music for the left hand alone and began a new journey of music making. Once you hear Keith play the piano keys, the issue of one hand vs. two simply

evaporates. The program will include Bach/Brahms' "Chaconne," Scriabin "Prelude and Nocturne" and Liszt's "Hungary's God." Keith resides in New Mexico and often teaches in England. Don't miss this unique performance. Ballroom doors open at 6:30 PM for a 7:00 PM performance. \$12. RSVP ♦♦ by 8/29.

**Quilt Festival, Santa Clara**  
**Saturday, October 15 — 1782-08**

Attention all Quilters/Crafters! This is your day to feast your eyes on everything involving needle arts. The Pacific International Quilt Festival will be held at the Santa Clara Convention Center and will have a spectacular



collection of over 800 quilts and works of wearable and textile art. This well-recognized and largest quilt show on the west coast has not only astounding works of quilt art but also offers a 300 strong Merchants mall which has the best in fabrics and notions, machines, wearable art and everything for the quilter, artist and home seamstress. This Festival also features over 60 workshops and lectures presented by an international teaching staff. For additional information regarding workshops, etc., check the website: [www.quiltfest.com](http://www.quiltfest.com). Price includes admission and lunch is on your own. Leave OC at 8:00 AM, return ~ 7:30 PM. \$54. RSVP ♦♦ by 9/30.

**Grand Sierra Hotel in Reno**  
**Tuesday, October 18 — 1940-08**

Here's another visit to the Grand Sierra Hotel in Reno. The hotel offers many gaming opportunities, plus a 50-lane bowling alley, restaurants, a movie theatre, swimming pool and spa and several shopping opportunities. Choose the activity that suits you best! Trip includes a \$10 food



coupon. Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. RSVP ♦♦ by 9/30.

**Benicia Glass Tour and Lunch**  
**Wednesday, October 19 — 1763-08**

Join us for an exciting and educational tour of the Benicia Glass Factory in charming downtown Benicia. We'll begin with a private demonstration of glassblowing at the world-famous



Nourot Glass Studio that specializes in Venetian-style techniques brought over from Italy.

You'll have time to shop for fine art gifts — exquisite vases, bowls, glasses and paper weights before we head over to the historic Union Hotel for lunch. Gabriel, the chef-owner of the hotel's restaurant, will prepare a delicious meal with your choice of Ravioli, Fettuccine with Filet Mignon or Penne Pasta, Cheese-cake with Raspberry or Chocolate Sauce and coffee, tea or soft drink. After lunch stretch your legs and wander through quaint antique stores, art galleries and shops. Tour, meal, tax and tip are included. Leave OC at 8:00 AM, return ~ 5:00 PM. \$57. RSVP ♦♦ by 10/7.

**San Francisco Shopping**  
**Thursday, October 20 — 1783-08**

**Lots of Walking!** Fall is in the air! This is your chance to spruce up your winter wardrobe. Join us for a beautiful shopping day in San Francisco – bus will drop you in Union



Square. Get your Macy's 10% discount card for the day as you board the bus. To make your shopping more comfortable and fun, we have made arrangements with the bus company to meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load all your packages from your morning shopping so you can do more shopping. Lunch on your own.

Leave OC at 8:30 AM, return ~ 7:00 PM. \$34. RSVP ♦♦ by 10/3.

**Halloween "Spooktacular" Dance**  
**Friday, October 21 — 5010-08**

Grab your Halloween mask, cape or wand for a fun-filled night with dancing, good food and spooky activities. Dress-up to compete in the "Spooktacular" costume contest and dance the night away to bewitching music with the Groove



Thang Band. This seven-piece band has been called the best "get off your seat and dance" entertainment cover band in northern California. Enjoy a variety of music for singles and couples including freestyle, pop, ballroom, west coast swing, line-dancing and more. Your ticket includes "spirited" or "unspirited" punch bowl beverages throughout the evening. If you are buying a table with friends and neighbors, please have a complete list of guests at your table upon registration. Ballroom doors open at 6:30 PM; dance 7:00-10:00 PM. \$20. RSVP ♦♦ by 8/29.

**We're Off To The Races**  
**Sunday, October 23 — 1845-08**

We're visiting Golden Gate Fields in Albany again to enjoy the heart-



pounding intensity of live horse racing. Enjoy the comfort and luxury of the Turf Club as you enjoy an elegant, elaborate buffet while watching the races. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM-2:30 PM and complementa-

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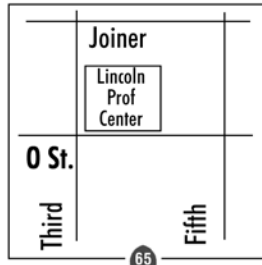


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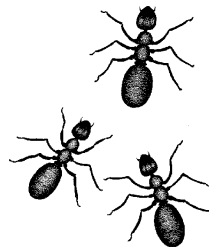
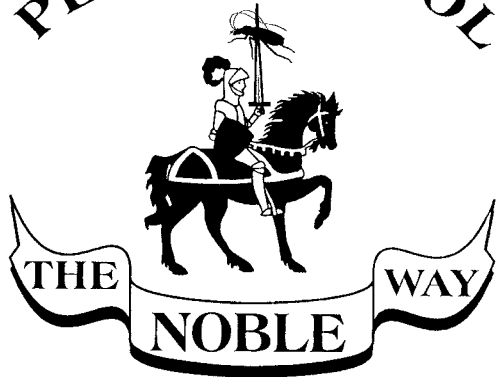


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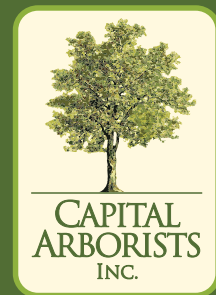
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ry racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$61. RSVP ◆◆ by 9/30.

### New Lower Price! Friday Karaoke Night

Friday, October 28 — 5050-08

Relax and unwind, end your week on a high note! Join friends and neighbors at a night of merriment and sing your blues away at our Karaoke Bar. Complete with lyrics and music to over 1,500 songs, anyone can be a singing star. Grab the mic and sing your heart out, it's all for fun. OC doors open at 6:30 PM, Karaoke 7:00-9:30 PM. \$5. RSVP ◆◆ by 8/29.



### Teatro Zinzanni Dinner and Cabaret Show

Thursday, November 10 — 1791-08

Set along San Francisco's waterfront on Pier 29, Teatro Zinzanni offers a bewitching European cabaret show with original music, circus acts,



comedy and inter-active theatrical antics performed by world class entertainers in a rare antique circus tent.

While watching the show, enjoy a delicious five-course gourmet dinner with choice of entrée. Ask for complete menu from the Activities Desk when you register. Show, dinner, tax and gratuity included. Beverages are not included in show price. Leave OC at 3:45 PM, return ~ 12:15 AM. \$180. RSVP ◆◆ by 9/28.

### Calistoga Spa and Culinary Cooking Tour — Overnight Sunday & Monday, November 13-14 — 1823-08

We're off for an overnight tour set in the beautiful wine country of Calistoga that will feed your senses and bring you home rested and relaxed. We'll begin with a private cooking

demonstration at the Culinary Institute of America located in the historic Greystone Cellars where Chef Susan Duquet will prepare a menu of tasty tidbits while we sip wine. Following the demonstration, we'll be treated to a gourmet three-course lunch that will include five mini appetizers, a main entrée, and a luscious chocolate



lava cake for dessert. After lunch, we'll have time to browse for kitchen gadgets in the Greystone

gift store or explore nearby shops in St. Helena. Then we'll arrive at our inn located in downtown Calistoga. Spend the afternoon and evening relaxing in one of the Calistoga Spa Hot Spring's three heated mineral pools or indulging in a private spa treatment (discount coupons provided) and dinner on your own at one of many fine nearby restaurants. It is recommended that you call ahead for spa treatments. The inn is a block from more spas, restaurants, art galleries and shops. On day two, we'll have time for a soak in the mineral pools and a leisurely breakfast on your own before leaving the inn at 11:00 AM. Last stop on the trip is Satui Winery for lunch on your own and wine shopping. Leave OC at 8:00 AM November 13, return ~ 3:30 PM on November 14. \$244 per person double occupancy. \$285 single occupancy. RSVP ◆◆ by 10/28.

### Sacramento Speaker Series 2011 – 2012

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offer three pricepoints. Gold and Silver seating is reserved while Bronze option is open seating in the second tier. Our bus normally arrives at the theatre by 7:30 PM, so Bronze should get a good choice for seating.

- \$450 Gold Seating (six speakers) — 4621-05
- \$355 Silver Seating (six speakers) — 4622-05
- \$265 Bronze Seating (six speakers) — 4623-05

#### • David McCullough (A) Tuesday, October 11

David McCullough is a two-time winner of both the National Book Award and Pulitzer Prize. In 2006, he received the Presidential Medal of Freedom. His widely-read biography, John Adams,



was turned into a critically-acclaimed mini-series on HBO in 2008. On May 26, he published The Greater Journey: Americans in Paris, a story of American artists and scientists who studied in Paris and how their experiences changed America.

#### • David Gergen (B) Tuesday, November 29

David Gergen is a senior political analyst for CNN and has served as an adviser to four U.S. presidents. He is a professor of public service at the Harvard Kennedy School and director of its Center for Public Leadership. In 2000, he published the bestselling book, Eyewitness to Power: The Essence of Leadership, Nixon to Clinton. He is also a member of the Washington D.C. Bar and Council on Foreign Relations; he holds 19 honorary degrees.



#### • Condoleezza Rice (C) Wednesday, January 11, 2012

Condoleezza Rice served as Secretary of State, as well as National Security Advisor, under President Bush. Dr. Rice pioneered a policy of Transformational Diplomacy with a focus on the Middle



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East. She is involved in humanitarian pursuits and has authored several books. She is a professor of Political Economy in the Graduate School of Business, the Thomas and Barbara Stephenson Senior Fellow on Public Policy (Hoover Institution) and Professor of Political Science at Stanford University.

• **Richard Roeper (D)**  
**Wednesday, February 1, 2012**

For eight years, Richard Roeper was the co-host of the nationally syndicated "Ebert & Roeper" program.



Roeper currently reviews movies for the Chicago Sun-Times, ReelzChannel, and on his site, www.richardroeper.com. As writer for the Sun-Times, Roeper has won numerous honors including the National Headliner Award as the best columnist in the country. He has written eight books, on topics ranging from Hollywood flops to gambling in American to urban legends.

• **Peter Greenberg (E)**  
**Thursday, March 1, 2012**

Peter Greenberg is America's most recognized, honored and respected front-line travel news journalist. He is a travel editor for CBS News and ap-



pears on The Early Show. He is an Emmy Award-winning investigative reporter and producer and was named one of the most influential people in travel by Travel Weekly. He also hosts a nationally-syndicated radio show that is broadcast each week from a different remote location around the world.

• **Lisa Ling (F)**  
**Tuesday, April 3, 2012**

Sacramento native Lisa Ling is the field correspondent for the Oprah Winfrey Show and former contributor



to ABC News' Nightline and National Geographic's Explorer. Ling got her start in journalism at age 21 when she covered the civil war in Afghanistan for Channel One News. She later became a co-

host of ABC Daytime's Emmy-winning show, The View. This year, she will have her own series on the Oprah Winfrey Network called Inside with Lisa Ling.

**Broadway Sacramento 2011-2012**

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation, polish and professionalism of Broadway are all here. All performances at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$78 each, except where noted.



• **Shrek the Musical • Tuesday,**  
**September 27 — 4563-05A**

In a faraway kingdom turned upside down, things get ugly when an unseemly ogre – not a handsome prince – shows up to rescue a feisty princess. Throw in a donkey who won't shut up, a villain with a short temper, a cookie with an attitude and you've got the kind of mess that calls for a real hero. Luckily, there's one on hand, his name is Shrek. RSVP ◆◆ Now.



• **Rain, a Tribute to the Beatles**  
**Tuesday,**  
**December 27 — 4563-05B**

Together longer than the Beatles, Rain has mastered every song, gesture and nuance of the legendary foursome, delivering a totally live, note-for-note performance in this multimedia concert that's as infectious as it is transporting. From the early hits to later classics ("I Want to Hold Your Hand," "Hard Day's Night," "Hey Jude" and more), this tribute will take you back to a time when all you needed was love and a little help from your friends! RSVP ◆◆ by 11/1.



• **West Side Story**  
**Tuesday,**  
**January 24, 2012 — 4563-05C**

More than 50 years ago, one musical changed theater forever. It's back mesmerizing audiences again and soars as the greatest love story of all time, as powerful, poignant and timely as ever. The score includes such favorites as "Tonight," "I Feel Pretty," and "Somewhere." RSVP ◆◆ by 12/16.



• **Mamma Mia!**  
**Tuesday,**  
**March 13, 2012 — 1790-06**

Mamma Mia!, the ultimate feel-good show, has audiences coming back again to relive the thrill. Have the time of your life at this smash hit musical that combines ABBA's greatest hits, including "Dancing Queen" and "The Winner Takes it All," with an enchanting tale of love, laughter and friendship. RSVP ◆◆ by 2/24/12.



• **Million Dollar Quartet**  
**Tuesday,**  
**April 17, 2012 — 4563-05D**

This hit musical is inspired by the true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered together in Memphis for one of the greatest jam sessions of all time. Million Dollar Quartet brings that legendary night to life with an irresistible tale of broken promises, secrets, betrayal and celebrations featuring timeless hits. Don't miss your chance to be a fly on the wall of fame. RSVP ◆◆ by 3/1/12.



• **Wicked • Tuesday,**  
**May 29, 2012 — Sold Out!**

• **New Date and Price**  
**Wicked • Tuesday,**  
**June 12, 2012 — 4563-05E1**

Long before that girl from Kansas arrives in Munchkinland, two girls



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- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact —

**Carolyn J. Riolo**  
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meet in the land of Oz. One — born with emerald green skin — is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the



Wicked Witch of the West and Glinda the Good Witch makes for a wonderful musical. On Broadway and around the world, Wicked has worked magic on critics and audiences alike. \$101. RSVP ♦♦ by 4/1/2012.

## Sold Out Trips/Events thru September 20

### Trip/Event • Date • Departure Time

- August 16, RiverCats vs. Isotopes, Raley Field, 5:30 PM
- August 21, "Billie Elliott," Orpheum, 2:00 PM
- August 24, "Miss Saigon," Bus 1 & 2, Wells Fargo Pavilion, 6:00 PM
- August 31, Giants vs. Chicago Cubs, AT&T Park, 9:30 AM
- September 4, Locke and Suisun Railroad Museum, 9:00 AM

## Art Classes

### —Drawing—

#### Portrait Drawing from the Model Wednesdays, August 24- September 7 — 1014-07A October 12-

November 2 — 1014-08A

1:00-3:30 PM (OC). August/September class \$45 (three sessions); October/November class \$60 (four sessions).



Instructor: Claire Michelet. 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 sessions. New students: email instructor at [clmichelet@earthlink.net](mailto:clmichelet@earthlink.net)

for information or questions. RSVP ♦♦ by 8/17 or 10/5.

#### Drawing Shells

#### Wednesdays, August 24- September 7 — 1014-07B

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$45 (three sessions). Explore the fascinating and beautiful world of seashells. Delve into the drawing process while observing and drawing from the instructor's personal seashell collection.



There will be a one-on-one help during class. Continuing students and all levels welcome. Use the drawing medium of your choice, from pencils, ink and watercolor to dry pastels. A supply list will be given upon registration. RSVP ♦♦ by 8/17.

#### Drawing Class – Still Life Wednesdays, October 12- November 2 — 1014-08B

9:30-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Join Claire as you sketch, set and compose a still life. Practice forming good shapes, using lines, creating volume and depth and handling backgrounds. One-on-one help is provided as you develop your work. Choose from the medium of your choice: pencils, colored pencils, charcoal, chalks and ink to dry pastels. All levels welcome. Supply list furnished upon registration. RSVP ♦♦ by 10/5.

### —Oils, Pastels & Acrylics—

#### Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, September 14- October 12 — 1030-08

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



tor 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. He has a master's degree in art from Colorado State College. RSVP ♦♦ by 9/28.

#### Painting Pastels and Oils with Joan Mondays, September 19- October 17 — 1052-08

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 by ♦♦ 9/12.

#### Oil Painting with Frank Ordaz Fridays, September 9-30 — 1016-07

9:00 AM-12:00 PM (OC). Instructor: Renowned portrait artist Frank Ordaz. \$130 (four sessions). Come along on a painting journey to Venice and create a painting of this enchanting city with artist Frank Ordaz. Bring a 16" x 20" canvas to class and learn how to transform a blank space into a wonderful scene of key attractions of this marvelous canal-linked city. Frank will teach some history of the Venetian style in painting and will instruct how to put together a strong composition that you can be proud to

hang on your wall. Key emphasis will be given to understanding the light at sunset and getting that “glowing” look. Learn how to mix colors so that they are vibrant and not muddy. Bring along your paints, brushes and palette



knives and any photos you can find on the internet and try something a little different this time around. Frank will also supply reference photos.

Check the class supply list that prints with class registration. Students who join the educational trip hosted by Frank on September 19 to CaToga Villa in Calistoga which exemplifies Venetian Art, will receive a \$5 discount on the class fee. See page 47 for details. Questions? Email: Frank@frankordaz.com. RSVP ♦♦ by 9/2.

### **New! Acrylic Painting with Anthony Rogone** Mondays, September 19-October 10 — 1110-08

12:00-3:00 PM (OC). Instructor: Local Artist Anthony Rogone. \$70 (four sessions). Bring the fun back into painting!



Recapture the joy you experienced creating art as a child. Develop the skills and techniques you need to express yourself

with the versatile medium of acrylics. Watch the step-by-step demonstrations and receive one-on-one instruction that will help you break the rules and take risks; embrace your artistic inspirations and create your own dynamic designs; and experiment with the limitless possibilities. A supply list will be given upon registration. RSVP ♦♦ by 9/12.

### **Mixed Media**

#### **Mixed Media Collage • Thursdays, September 8-29 — 1140-07**

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$74 (four 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. Supply list provided upon registration. Questions? Call Jo at 543-1357. RSVP ♦♦ by 9/1.

### **Bridge Classes**

#### **Competitive Bridge (Intermediate Level) • Saturdays, September 17-October 22 — 1520-08**

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. The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited. RSVP ♦♦ by 9/10.

### **Ceramics Classes**

#### **—Earthenware—**

#### **Airbrushing Workshop** Monday, October 31 — 1104-08A Firing Fee — 1104-08B

8:30 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. Class \$52, additional firing fee: \$7. Back again for all you airbrush enthusiasts! This is an open workshop on Greenware. Students may bring their choice of items. Class is for all levels

that will teach blending, shading, cross-shading and reverse-shade on ceramics. Students will finish three pieces within the day. Many folks love



this class; they repeat it often, bringing different pieces each time. We complete a plain piece, animal or two or a bird. Class fee includes airbrush

usage, color, paper-work, and instruction from an airbrushing expert. Class starts at 9:00 AM with a 45-minute lunch break. Questions: contact davidhoffceramics@gmail.com or (559) 456-4726. Please make sure you receive a supply list when you register. Class will not be cancelled, regardless of number of registrations. RSVP ♦♦ by 10/24.

#### **—Lladro—**

#### **Spanish Oil Painting** Wednesdays, September 7-October 5 — 2061-07

#### **October 12-November 9 — 2061-08**

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 re-



quired 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 8/25 or 10/5.

#### **Lladro Workshop • Wednesdays, August — 2063-01H September — 2063-01I**

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For

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During a visit to Dr. Wong's office, my wife had a fainting spell. He checked her blood pressure and found it dangerously low. He wanted to call an ambulance but she refused. When I arrived he advised me to take her directly to the emergency room. When her BP was stabilized and after remaining overnight for observation, she was released.

Thank you Dr. Wong. We are very grateful for all the service you and your staff provide. — Jim and Kishi McKee, Sun City Lincoln Hills



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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,

September 6-27 — 2014-08A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four 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 8/30.

#### Advanced Ceramics • Tuesdays, September 6-27 — 2014-08B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four 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 8/30.

#### Beginning Hand Building Potter's Wheel Techniques with Terry

Thursdays,

September 1-29 — 2015-08

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$67 (five sessions). This class will introduce you to hand building techniques and working on the potter's wheel for those interested. Individuals with any level of experience are also welcome. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Frequent demonstrations are given introducing new and exciting projects. New students: please ask for supply list when you register. RSVP ♦♦ by 8/25.



### Computer Classes (PC & Mac)

#### —Microsoft 2007—

#### MS Excel as a Database

Mondays & Wednesdays,

October 3-12 — 2651-08

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). We all have to keep information about things, our collections, party planning, club membership lists, our address book. Using Excel provides a great way of doing this and when combined with Word for Mail Merge, it is wonderful. As the holidays approach, use your Excel to create an address book in mail merge for labels for holiday cards and preparing tax documents. Excel is wonderful for both of these tasks. RSVP ♦♦ by 9/26.



#### Facebook 1: Getting Started

Monday & Wednesday,

September 19 & 21 — 2693-08A

1:00-4:00 PM. (OC). Instructor: Cami Cordell. \$36 (two sessions). **Prerequisite:** Student must have an email account. Want to reconnect with long lost friends but don't know how or where to find them? Get into Facebook, a fun way to search and reconnect with friends, old school chums, and family across town or

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continents. A quick way

to stay up-to-date with life stories and photos with people you like. Class teaches the basics: how to sign up, set up a profile, post first comments. Create an event, post a picture, and invite friends to your Facebook site; more if time permits. Class will offer two hours of lecture and one hour lab practice per meeting. \$2 fee for handouts payable to instructor. About the Instructor: An educator for over 15 years, Cami has extensive experiences both in elementary education and adult instruction developing and implementing various curricula. RSVP ♦♦ by 9/12.

#### Facebook Lab

Friday, September 23 — 2693-08B

9:00-11:00 AM (OC). Instructor: Cami Cordell. \$13. Two hours of lab help. Students can take this class after they have completed The World of Facebook class. Residents will be able to log in and ask questions accordingly. RSVP ♦♦ by 9/16.

#### New! Blogging Class

Monday & Wednesday,

October 17 & 19 — 2693-08C

1:00-3:30 PM (OC). Instructor: Cami Cordell. \$30 (two sessions). Do you know how to blog? 'A blog' is basically a journal that is available on the web. The activity of updating a blog is "blogging" and someone who keeps a blog is a "blogger." Postings on a blog are almost always arranged in chronological order with the most recent

additions featured most prominently. Bring a flash drive or your digital camera to upload pictures to the site.



Blogging will open new avenues for exchanging recipes, family pictures, destination views — really anything.

Join Cami as she takes you on a “blogging” trip using Google Blogger. RSVP ♦♦ by 10/3.

## —Digital Photography—

### How to Use a Digital Camera Wednesdays, September 28- October 12 — 2624-08

1:00-3:30 AM (OC). Instructor: Roy Salisbury \$45 (three sessions). Are you tired of not knowing how to use your digital camera? Take this class and learn from our instructor! Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, as well as 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. He is an adjunct instructor at many local schools and American River College for the past 12 years and came highly recommended by residents. RSVP ♦♦ by 9/21.



### Photoshop Elements 9 – Level I Tuesdays, October 18- November 1 — 2522-08

6:00-8:30 PM (OC). Instructor: Roy Salisbury \$45 (three sessions). **Prerequisite:** Basic computer knowledge recommended. Photoshop is the #1 consumer photo editing software. You will learn hands-on how to improve and be creative with your photos.



Repair or restore your photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 9.0 owners. After class, students may access PC lab to work on their photo projects. \$2 handout fee payable to instructor. RSVP ♦♦ by 10/11.

## Computer Classes (Mac)

### Digital Photography and All Things Apple • Saturdays, September 17 & 24 — 2521-08

1:00-4:00 PM (OC). Instructor: Irwin Maloff. \$60 (two sessions). **Prerequisites:** Having a digital camera, MAC or iPhone or iPad or all four. We will cover basic camera functions and the settings that will give you optimum results in various situations. Students will have the opportunity to take pictures using their digital camera, iPhone and iPad, learn how to import pictures into their Mac, and iPad. Students will use iPhoto and or Mobile Photo Apps and learn how to organize their photos, do basic editing, and share their photos using email. RSVP ♦♦ by 9/10.



## Cooking

### Cooking with Chef Roderick Seafood Specialties Tuesday, October 11 — 4014-08

Learn the different approaches to seafood cooking techniques from grilling, searing and poaching. Be prepared to learn from our very own Chef and savor the food samples from the demo. Participants receive a copy of the recipe. RSVP ♦♦ by 10/4.



## Crafts

**One Stroke™ Basics**  
Sunday, September 25 — 1040-08  
1:00-4:30 PM (OC). Instructor: Carol

Sveglini. \$25. This class will focus on using different kinds of brushes for the One Stroke technique. See what kind of things you can create with these brushes, i.e., filbert brush, angle brush, round brush, fan brush.



With the fan brush you can create fur on an animal or ocean waves. The round brush can be used to make comma strokes,

etc to use in borders. Angle brush can be used to make the center part of the rose a little easier to paint and the filbert brush can be used with many different kinds of flowers. All levels are welcome! \$5 material fee to offset cost of brushes and paints. Limited amount of surfaces for sale. You are not required to purchase a surface. RSVP ♦♦ by 9/18.

## 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—

### Saturday Ballroom Workshops

Try this new class format from veteran ballroom dance couple, Steve & Nancy Fontaine. Choose your favorite dance that needs polishing or one you've been wanting to learn:



### Country Two-Step • Intermediate Workshop • Saturday, September 10 — 3520-07C

10:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$10.



Two hours of Two-Stepping! Work on Country Two-Step at the intermediate

level continuing where we left off last month in the beginning level. Polish your leading and following and bring



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**Night Club Two Steps — Beyond the Basics Workshop • Saturday, September 17 — 3520-07D**

10:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$10. Two



hours of Night Club Two-Step. This workshop will cover the basic of this beautiful dance as a review for the intermediate dancer, and give the beginner a good foundation to build on. We will put together a combination of moves that both levels can enjoy. RSVP ♦♦ by 9/10.

**Four Count Swing Workshop Saturday, September 24 — 3520-07E**

10:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$10. Two hours of Swing and Fun. Learn some great new moves in this upbeat dance. We will put together a combination of Beginning to Intermediate moves that can be done to any single rhythm swing, while learning to lead and follow the combination. RSVP ♦♦ by 9/17.

**—Clogging—**

**Beginning Clogging/Technique Class • Tuesdays,**

**September 6-27 — 3572-08B**

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Brand new Beginner's class. 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 during technique time. 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, and we'll have lots of fun. RSVP ♦♦ by 8/30.

**Clogging with Janice • Tuesdays, September 6-27 — 3572-08A**

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four 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 ♦♦ by 8/30.

**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, September 6-November 1 — 3573-07A**

(No class September 13.) 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 8/30.

**Clogging Performance Tuesdays, September 6-November 1 — 3573-07B**

(No class September 13.) 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 8/30.

**—Hula Dance—**

**Beginning Hula • Thursdays, September 1-29 — 3901-08A**

12:15-1:15 PM (KS). Instructor: Auntie Naomi Kalama. \$40 (five 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 enjoying the easy sounds of the Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ♦♦ by 8/25.

**Hula Continuation • Thursdays, September 1-29 — 3901-08B**

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$40 (five sessions). Continue to polish your graceful hula moves. Class is for students who have finished at least two sessions of Beginning Hula. RSVP ♦♦ by 8/25.

**—Line Dance—**

**Line Dance I/Beginner with Audrey Thursdays, September 15 - October 27 — 3602-07A**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$35 (seven sessions). This class reviews fundamentals of line dancing, including basic steps such as 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 (above). This class is not for newbies in the dance. RSVP ♦♦ by 9/8.

**Line Dance II — Beginner-Intermediate with Audrey Mondays, September 12-October 31 — 3602-07B**

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions.) **Prereq-**

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**quisite:** 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 9/5.

**Line Dance III • Intermediate with Audrey • Thursdays, September 15-October 27 — 3602-07C**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$35 (seven 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 9/8.

**Line Dance IV/Advanced with Audrey • Mondays, September 12-October 31 — 3602-07D**

3:45-4:45 PM (OC). Instructor: Audrey Fish. \$40 (eight sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 9/5.

**Line Dance Beginner Plus with Sandy • Tuesdays, August 23-September 27 — 3705-07A**

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$30 (six sessions). **Prerequisite:** Must have completed

at least six months of Beginner Line Dance I. **Note:** This class replaces the Wednesday 8:00-9:00 AM Line Dance Beginner Plus with Sandy schedule advertised in last month's *Compass*. 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 ♦♦ by 8/16.

**New Day, Time and Location!**

**Line Dance Beginner Plus with Sandy • Tuesdays,**

**October 4 – 25 — 3705-08A**

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$20 (four sessions). To accommodate residents' request for a later time slot for this class, we have moved the Line Dance Beginner Plus to Tuesdays, from 9:00-10:00 AM. See class description above. RSVP ♦♦ by 9/28.

**Line Dance II Beginner-Intermediate with Sandy Wednesdays, August 24-**

**September 28 — 3705-07B**

**October 5-26 — 3705-08B**

9:00-10:00 AM (KS). August/September class \$30 (six sessions); October class \$20 (four sessions). Instructor: Sandy Gardetto. **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 ♦♦ by 8/17 or 9/28.

**Line Dance III with Sandy Wednesdays, August 24-September 28 — 3705-07C**  
**October 5-26 — 3705-08C**

10:00-11:00 AM (KS). August/September class \$30 (six sessions); October class \$20 (four sessions). Instructor: Sandy Gardetto. 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. At this level, there is no limit 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 ♦♦ by 8/17 or 9/28.



**Line Dance I/Beginner with Yvonne Mondays, September 12-October 31 — 3605-08A**

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). In the mid-1800's, settlers arrived in the US and brought with them new dance steps for non-partner dancing. They shuffled their feet, clicked their heels, wore fancy clothes and line dancing was born. As with the other beginner classes, this class will teach you the basic fundamental steps of line dance. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ by 9/5.

**Line Dance Beginner Plus with Yvonne • Mondays, September 12-October 31 — 3605-08B**

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). For those who have had beginner line dance, this class is a step up from that level and will teach you even more steps and combinations. This is a transition class from line dance I into line dance II. The dances become a bit more challenging but, at the same

time, will 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 a good way to exercise your mind and body. RSVP ♦♦ 9/5.

**Line Dance II/Beginner-Intermediate with Yvonne**  
**Thursdays, September 22-**  
**November 17 — 3605-08C**

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$45 (nine sessions). What our settlers started back in



the mid-1800's has spread throughout the world. In addition to the great choreographers in the USA, there are also thousands of line dances coming into the country from around the world each week.

This class will incorporate more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ by 9/15.

**Country Couples Line Dancing — Intermediate Continuing**  
**Mondays,**

**September 12-26 — 3530-08**

(No class September 5.) 7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$4 per person for one hour or \$8 per person 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 min-

utes of instruction and 15 minutes of practice with assistance from instructor and lead students for each hourly segment of class. Different dance lessons are taught every hour. To receive schedule of dance classes, email [diane.kemper@sclhca.com](mailto:diane.kemper@sclhca.com). RSVP ♦♦ by 8/29.

**—Tap Dance—**

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in Folsom. She has been sharing her love for the art form with our community since 2000. Students, Beginners to Advanced, may choose from several technique classes. Performance

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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, October 3-**

**November 28 — 3553-08A**

(No class November 21.) 10:00–11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/26.

### Technique Class

**Mondays, October 3-**

**November 28 — 3553-08B**

(No class November 21.) 11:00 AM–12:00 PM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/26.

### Advance Performance

**Mondays, October 3-**

**November 28 — 3553-08C**

(No class November 21.) 12:00–1:00 PM (KS). \$56 (eight sessions). This class is only for advanced students approved by instructor. RSVP ◆◆ by 9/26.

### Beginning Tap

**Tuesdays, October 4-**

**November 29 — 3553-08D**

(No class November 22.) 9:00–10:00 AM (KS) \$40 (eight sessions). Introduction to the 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 already existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do feel comfortable. Register now if you are interested in trying Tap Dance! RSVP ◆◆ by 9/27.



### Technique Class

**Tuesdays, October 4-**

**November 29 — 3553-08E**

(No class November 22.) 10:00–11:00

AM (KS). \$40 (eight sessions). RSVP ◆◆ by 9/27.

### Technique Class

**Thursdays, October 6-**

**November 17 — 3553-08F**

10:00–11:00 AM (KS). \$35 (seven sessions). RSVP ◆◆ by 9/29.

### Performance

**Thursdays, October 6-**

**November 17 — 3553-08G**

11:00 AM–12:00 PM (KS). \$49 (seven sessions). Prerequisite:



Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2012 Talent Show must enroll in any of

the September performance class sessions. RSVP ◆◆ by 9/29.

### Performance

**Thursdays, October 6-**

**November 17 — 3553-08H**

12:00–1:00 PM (KS). \$49 (seven sessions). Prerequisite: Concurrent enrollment in a Technique class.

Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the September performance class sessions. RSVP ◆◆ by 9/29.

### Performance

**Fridays, September 30-**

**November 18 — 3553-08I**

12:00–1:00 PM (KS). \$56 (eight sessions). Prerequisite: Concurrent enrollment in a Technique class.

Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the September performance class sessions. RSVP ◆◆ by 9/23.

### Tap for Fun with Judy!

Join us and 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!

**Mondays, August 22-**

**October 17 — 3551-07A**

(No class September 5.) 4:45–5:45 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 8/15.

**Fridays, August 26-**

**October 14 — 3551-07B**

1:00–2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 8/19.

## —West Coast Swing— (California's State Dance)

**Beginning West Coast Swing**

**Levels I & II • Wednesdays,  
September 7-28 — 3510-08A**

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 8/31.

**Intermediate West Coast Swing**

**Levels I & II • Wednesdays,  
September 7-28 — 3510-08B**

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 8/31.

**Advanced West Coast Swing**

**Wednesdays,  
September 7-28 — 3510-08C**

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 8/31.



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class. RSVP ♦♦ by 8/30 or 9/28.

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### —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-Outdoor Bootcamp • Mondays & Wednesdays, September 12-

October 5 — 835000-02

9:00-9:50 AM Outdoors (OC). Instruc-

tor: Domine Suchomel. Enjoy the

outdoors, good company and a

program designed to put the fun

back into fitness with a combina-

tion of cardio, strength, flexibility,

stamina, endurance and posture ex-

ercises. Training will include a variety

of resistance bands, cones, cardio

drills and plyometrics. You will look

and feel better while you reach your

health and fitness goals.

Come take on the challenge to a bet-

ter you. **Four week session \$135.**

Register/Fitness Centers.

### SGT – Aligned & Defined Pilates Mat Training

Mondays & Fridays, September 12-

October 7 — 835000-P3

7:00-8:00 AM, Aerobics Room (KS).

Tuesdays & Thursdays

September 13-

October 6 — 835000-P4

7:00-8:00 AM, Aerobics Room (OC).

Instructor: Paula Ainsleigh. Trans-

form the way your body looks, feels

and performs and join experienced,

certified Pilates professional Paula

Ainsleigh for a small group Pilates

Mat series for beginners. This safe,

sensible but challenging exercise sys-

tem will improve your core strength,

posture, flexibility, mobility, balance,

muscular endurance, agility, concentra-

tion and economy and quality of

motion, preventing injuries and al-

leviating many chronic ailments. This

small group training will include an

initial postural assessment, individu-

alized instruction within the group

setting and a Pilates exercise program

for you to do at home, at the club or

when you travel. A variety of small props will be used for the classes and the last session will be a circuit format and include exercises on the Pilates Reformer. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Centers.

### SGT-Hydro Training • Mondays & Wednesdays, September 7-

October 3 — 835000-H3

4:30-5:30 PM Indoor Pool (OC). *In-*

*structor:* Lisa Himes. Because of the

properties of water, aquatic exercise

is comfortable, safe, and a healthy

form of exercise. Aquatic exercise is a

wonderful type of fitness program be-

cause not only does it lessen gravity's

downward pull on the body, reducing

stress on muscles and joints, but the

hydrostatic pressure and buoyancy

prevent the heart rate from elevat-

ing as much as it would on land, so a

person can exercise harder in water

than on land without overexerting.

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directions and lends itself to slower,

smoother movements. "No longer a

teenager and not yet a centenar-

ian" ... come join this water training

experience that is designed to target

cardiovascular fitness, endurance,

strength and flexibility while using

water resistance to tone and define.

Come challenge your body and im-

prove your quality of life through

hydro exercise. **Four week session**

**\$135.** Register/Fitness Centers.

### SGT-TRX Interval Training Mondays & Wednesdays,

September 12-

October 5 — 835000-T6

2:30-3:30 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





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leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four week session \$135.** Register/Fitness Centers.

**SGT — Bootcamp • Mondays & Wednesdays, September 12-October 5 — 835000-B7**

5:00-6:00 PM, Aerobics Room (KS). Instructor: Shawna Buschmann. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those 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 – “Fun”ctional Fitness Tuesdays & Thursdays, August 30-September 27 — 835000-F8**

(No class September 6.) 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 — Bodybugg • Mondays & Fridays, August 29-September 30 — 835000-K**

(No class September 5 or 16.) 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.

**—Circuits, Weights, Stretches—**

**W.O.W. — Working Out with Weights Tuesdays, September 13-October 18 — 750500-06**

11:35 AM-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. You will begin 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 & why you need to change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through



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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		Water Works	
8:00 AM	Low Impact	Core & Strength	Low Imp. Hi-NRG Cyc*	Mixed Level Cycle*	Low Impact	Card.Dnce. Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Core & Strength	Yoga I • Water Wks	
9:00 AM	Low Impact	Active & Fit	Low Impact	Low Impact*	Step It Up	Low Impact
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	Yoga I Fusion*
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	Splash Dance	Basic Joint Efforts	Splash Dance	Basic Joint Efforts	Splash Dance	
12:45 PM	Arthritis Found. Aqua		Arthritis Found. Aqua			
1:00 PM	Chair with Flair		Chair with Flair		Basic Chair	
2:15 PM	Fall Proof\$		Fall Proof\$			
4:30 PM		H2O Circuit		H2O Circuit		
4:45 PM		Shape Up		Shape Up		
5:00 PM		Mixed Level Cycle*		Cardio Salsa*		
5:50 PM	Cardio Salsa					
6:00 PM		Aqua Tone		Aqua Tone		

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### Reach for the Top/Stretch & Tone! Mondays,

**September 5-26 — 805000-08**

12:00-1:00 PM

### Tuesdays,

**September 6-27 — 801000-08**

11:30 AM-12:30 PM

### Thursdays,

**September 8-29 — 80300-08**

11:30 AM-12:30 PM

### Thursdays,

**September 8-29 — 80400-08**

12:30-1:30 PM. Aerobics Room (The Wave). Instructor: Lin Hunter. This class is a combination of stretch-

ing, 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 your mobility. 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 Desks.



ing, 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 your mobility. 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 Desks.

### Balletone • Tuesdays,

**September 6-27 — 700000-08**

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 per-

fect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session \$35.** Register/Fitness Desks.

### —Tennis Lessons—

#### Pro Tennis Lessons • Sundays,

**September 25- October 30**

**Beginners — 790700-08**

8:00-9:00 AM

**Intermediate — 790600-08**

9:00-10:00 AM

**Advanced — 790500-08**

10:00-11:00 AM. Tennis Courts

#10/11. Instructor: Mike Gardetto.



Mike is USPTA-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 Desks.

### —Dance/Fitness Centers—

#### Zumba KS • Monday, August 29-

**September 26 — 810000-08**

(No class on September 5.) 3:45-4:45

PM, Aerobics Room (KS). Instructor:

Nicole Robinson. 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.

**Four-class session \$32.** Register/Fitness Desks.

#### Belly Dance • Mondays,

**September 12-**

**October 3 — Cancelled**

4:00-5:00 PM Aerobics Room (The

Wave). Instructor: Anna Woods. Get a great core workout to fabulous rhythms and beautiful music. Strengthen abdominal muscles, legs, back and **CANCELLED** 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 teaching experience. Anna welcomes you to try one class for free! **Four-week session \$36.** Register/Fitness Desks.

#### Performance Dance with Dolly

**Fridays,**

**September 9-30 — 771200-08**

2:30-4:00 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. **Four week session \$46.** Register/Fitness Centers.

### —In the Pool—

#### Core-N-More Suspended Aquatic Exercise

**Wednesdays,**

**September 7-28 — 760000-09**

**Thursdays,**

**September 8-29 — 760100-09**

**Wednesdays AM & Thursdays PM,**

**September 7-29 — 760200-09**

Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM. Indoor Pool (The



Wave). Instructor Andrea. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercises are performed without touching the pool bottom,

eliminating impact and increasing resistance. This high calorie burning, aerobic/interval class combines exercises and will improve core strength; tone and strengthen major muscles; and improve balance, flexibility, and brain function. The belt allows participants to control exercise intensity



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and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824. **Four-week session, \$35 one day/week or \$50 two day/week.** Register/Fitness Desks.

### Beginning Swimming: Water 101 Thursdays, August 25-

**September 15 — 780200-08**

1:00-2:00 PM Indoor Pool (KS). Instructor: Mario Mijango. Learn basic water skills including: floating, gliding, bobbing & breath control, treading water and sculling. By the end of the four-week session Mario will have you swimming the front crawl from one end of the pool to the other – with rotational breathing, flutter kicking and the famous “pull up the zipper and over the barrel” technique. Learn to use kickboards, fins, paddles, and pull buoys to train like the pros. No experience necessary, just bring your adventurous side. Mario is a seasoned swimmer, triathlete and fitness trainer, and was even an LA County lifeguard, just like the Baywatch guys. Class size is limited to six participants so you’ll have plenty of “Mario time”. The next four-week session will be focused on mastering swimming strokes and learning training techniques. **Four-week session is \$150.** Register/Fitness Desks.

### —Yoga—

#### Extra Gentle Yoga (chair) Tuesdays,

**September 6-20 — 710000-08**

12:45-1:45 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. Practice will include gentle stretching,

energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to as-



sist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Three-week session \$30.** Register/Fitness Desks.

#### Gentle Hatha Yoga • Tuesdays, September 6-20 — 710100-08

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. All levels of experience are welcome. Limit: 20 participants. **Three-week session \$30.** Register/Fitness Desks.

#### Evening Yoga (Hatha-Traditional Yoga) • Tuesdays,

**September 6-27 — 711000-08**

6:30-7:45 PM Aerobics Room (KS). Instructor: Susan Hayes. An enjoyable evening yoga class to keep you in shape, at a relaxed pace. Yoga has been proven to increase energy, flexibility, balance, and strength — all while reducing stress. The weather



is warm outside, and cool inside; so, get your body moving! Everyone 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 Desks.

is warm outside, and cool inside; so, get your body moving! Everyone 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 Desks.

#### Evening Yoga and Meditation Thursdays,

**September 8-29 — 711100-08**

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: 13 students. **Four-week session \$40.** Register/Fitness Desks.

### -Tai Chi-

#### Tai Chi • Tuesdays, August 30- September 20 — 730100-08

**Saturdays,**

**September 3-24 — 730200-08**

Tuesdays 1:30-2:30 PM Aerobics Room (KS); Saturdays 10:00-11:00 AM Aerobics Room (Wave). Tai Chi is one of the original internal self-defense arts that build balance and coordination as well as posture and body tone.



Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses

her classes on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Four-week session \$40.** Register/Fitness Desks.

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## Gem Stone Cutting

### Intro to Gem Cutting Mondays, September 12- October 3 — 3082-08

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 contact Dave Fisk, 434-0747. RSVP ♦♦ by 9/5.



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 contact Dave Fisk, 434-0747. RSVP ♦♦ by 9/5.

### Lost Wax Jewelry Casting Mondays, September 12- October 3 — 3132-08

12:00-3:00 PM (class weeks one, two, & four); 8:00-9:00 AM and 12:00-3:00 PM (week three—September 26) (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, contact Dave Fisk, 434-0747. RSVP ♦♦ by 9/5.

### Jewelry Fabrication Mondays, September 12 - October 3 — 3161-08

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$75 (four sessions). Learn the basic techniques of metal jewelry

sawing and soldering, and more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler's buff and other tools. Upon completion of class, students may attend Gem and Jewelry Open Workshop for a nominal fee to use equipment. No makeup classes. Maximum six students. Materials fee \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the LA County Fair, at lapidary shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 9/5.



makeup classes. Maximum six students. Materials fee \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the LA County Fair, at lapidary shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 9/5.

## Glass Art

### —Fused Glass—

#### Fusing Glass Workshops • Mondays August — 3102-01H September — 3102-01I

12:30-4:00 PM except for 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 glass and fusing projects and work on your designs. Students will share workshop time with stained glass enthusiasts. Sierra Room (KS). Pay at Activities Desk each day you attend the workshop.

#### Revised Date! Fused Glass: Garden Stake • Tuesdays, August 23 & 30 — 3099-06

1:00-3:30 PM. Instructor: Bill Sutherland. \$30 (two sessions). Materials fee: \$50 payable to instructor at first class. Students will be guided in the construction of an 8-1/2" glass circle which will then be fused and installed into a wrought iron garden stake. Pattern chosen by student; glass will be cut and ground to shape, then ar-

ranged for pattern to be fused. After fuse has cooled, project will be installed in the stake and be ready for owner's yard. RSVP ♦♦ Now.

#### Fusing 101: Coasters • Tuesdays, September 6 & 13 — 3099-07

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 student which measures 4-1/2" square. After construction, project is fused; the next class will be spent cold working to finish the edges. RSVP ♦♦ by 8/30.

#### Fused Glass Jewelry & Other Small Treasures For Beginning & Continuing Students • Tuesdays, October 18-November 1 — 3098-08

9:00 AM-12:00 PM (KS). Instructor: Kate Uppal. \$40 (three sessions). Wondering how to make beautiful dichroic glass jewelry? Dichroic glass' ethereal, opal-like quality makes jewelry unforgettable. In this fun, creative class, beginning students use regular and dichroic glass to learn fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. Learn finishing techniques and proper methods for applying various findings to complete designs. Continuing students are encouraged to take their



designs to the next level, explore new techniques, improve on basics and invent a new look. Students receive individual attention to accomplish their goals. Students will have an opportunity to create several pieces including: pendants, earrings, bracelets and more. Beginning students pay \$40 supply fee to instructor on first day of class for project materials. Continuing students may bring their own 90 COE glass and supplies to class

or purchase it from the instructor. All students bring paper and pencils and tweezers; optional: camera. Sign up early, class size limited! *About the instructor:* Kate has been working and exploring different forms of fused glass and precious metal clay artwork for six years. She has studied under leading experts in glass fusing as well as dichroic jewelry and glass frit artwork. Her portfolio of jewelry and glass artwork expresses her fun loving character. RSVP ♦♦ by 10/12.

## —Jewelry—

### “Beading 102” – Chevron Bracelet Tuesday, October 4 — 3012-08A

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo \$20 (one session). The “sequel” to Beading 101. Ideal for beginners who want to learn bead weaving or for bead makers who want to add this bracelet to their design options. A base color of beads is



options. A base color of beads is

accented by chevron bands of one or many colors. So simple, easy and fast to make. Ideal for gifts – you’ll find yourself “addicted” to these as you discover new color combinations! For serious bead makers – a way to use your stash – dive into those seed beads, you’re bound to come up with several color combinations for this bracelet! Class is just one day – “speedy bead makers” may finish in class, but all will have the techniques to finish at home. Materials list available when you sign up, be sure to get it when you register. RSVP ♦♦ by 9/27.

### Tapestry Bracelet • Tuesdays, October 11-25 — 3012-08B

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo \$60 (three sessions). Indulge your need for color in this bracelet. Strips of beads are joined together to form a unique tapestry bracelet. The choice of width is yours — make it



### When Glass Meets Beads

#### Tuesdays, September 13-27 — 3010-07

9:00 AM-12:00 PM (KS). Instructors: Kate Uppal, Donnette Thomas and Cathie Szabo. \$60 (three sessions). Material fee for glass packet \$10, payable to instructor first day of class. A combination class that blends the best of fused glass and beaded jewelry. If you work in fused glass and want a different look for your pieces or if you’re a bead artist and want to explore a new direction or try something totally different, this class is for you. September 13 is devoted to making a fused glass piece(s). Beginning fused glass students welcome; most of the glass will be pre-cut. Your materials fee will supply you with enough glass to make two pendants. Pick up fused glass pieces on Wednesday, September 14, 9:00-10:00 AM, in the Sierra Room (KS) and get the appropriate materials list to get ready for your beading supplies. Over the next two weeks classes move into creating a beaded jewelry creation from many options offered. Instructions will be offered for all options and, depending upon the student and project’s complexity, one or two options may be completed over the length of the class. Class size limited to eight. *About the instructors:* Kate Uppal is an accomplished fused glass artist and has taught many SCLH classes in fused glass. Both Donnette Thomas and Cathie Szabo have years of experience in different forms of bead artistry and have taught SCLH beaded jewelry classes for many years. Their goal with this combined class is to explore the close relationship between the two artistic forms and, above all, to have fun! RSVP ♦♦ by 9/6.



as narrow or as wide as you like – it is easily adaptable. It’s all in the number and width of strips you make. Check samples in the Lodges’ display cases – see how easily design adapts to any width. Go for bold or subtle colors, they all work. Students should be comfortable working with smaller beads; experience with peyote stitch is a plus! Be sure to get the materials list when you register; guidelines will be given for supplies to buy for any width bracelet. RSVP ♦♦ by 10/4.

### Lion’s Head Necklace • Thursdays, October 20 & 27 — 3012-08

1:00-4:00 PM (KS). Instructor: Donnette Thomas. \$30. A very interesting and unique piece. When the instructor completed the lion’s head she had to laugh and question “did I really do that”? The head is made with a step-by-step pattern of polymer clay then attached with your choice of beads for the necklace part. Instructor has received many compliments whenever she wears her piece. See sample in OC and KS display cases. Sign up and we will have a great time! If you have any questions, contact instructor at 425-3666. RSVP ♦♦ by 10/13.



## —Stained Glass—

### Stained Glass Workshops Mondays

August — 3102-01H

September — 3102-01I

4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day.

Due to nature and expense of working with glass and equipment, workshop is for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. If you have experience working with glass but have not had instruction, inform monitor prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

## Music

### — Guitar —

Guitar I — Continuation • Fridays,  
August 19-October 7 — 4261-07A  
Or October 14-  
December 9 — 4261-08A

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(No class November 25.) 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 ◆◆ Now or by 10/7.



**Guitar II — Intermediate**  
**Thursdays, August 18-**  
**October 6 — 4261-07B**  
**Or October 13-**  
**December 8 — 4261-08B**

(No class November 24.) 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 ◆◆ Now or 10/6.

**Guitar III — Advanced • Thursdays,**  
**August 18-October 6 — 4261-07C**  
**Or October 13-**  
**December 8 — 4261-08C**

(No class November 24.) 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 ◆◆ Now or by 10/6.



— **History** —

**History of Jazz (Part 1) • Thursdays,**  
**September 1-29 — 4271-07**

(No class September 22.) 10:00 AM-12:00 PM (KS) Instructor: Ray Ashton. \$20 (four sessions). Come explore the history of America's only original musical art form — Jazz. We will spend our first session looking at the origins of Jazz: the artists, the times, and the only country where music like Jazz could even happen. Our journey begins in the heart of the 19th century in the great city of Jazz's birth; New Orleans. We will discover the strands of music that led to Jazz: Blues, Gospel, Ragtime, Classical, Military, Caribbean, and African. But most of all, we will meet the people, some well known and some not so well known, who pioneered a new kind of music, a music that exemplified a nation... Our Nation. Jazz in America. What a trip! RSVP ◆◆ by 8/25.



**The History of Jazz (Part 2)**  
**Thursdays, October 13 & 20,**  
**November 3 & 10 — 4271-08**

(No class October 27.) 10:00 AM-12:00 PM (KS) Instructor: Ray Ashton \$20 (four sessions). As we continue our journey through the History of Jazz we find ourselves with the "Jazz Age" in full swing. We travel to the South Side of Chicago, the clubs of Downtown Manhattan, and the Savoy in Harlem. We will hear the brilliance of Louis Armstrong change the world of music and the elegance of Mr. Ellington define an era. And get ready to dance, for it in this session that we will discover the music that will become the soundtrack of a nation on the brink of war. So ... Get ready to Swing! RSVP ◆◆ by 10/6.

— **Keyboard** —

**Play In a Day Keyboard Class**  
**Tuesday, September 6 — 4270-07A**  
**Or Tuesday, October 4 — 4270-08A**  
 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 8/30 or 9/27.

**Play In a Day Keyboard**  
**Continuation Class • Tuesday,**  
**September 13-27 — 4270-07B**  
**Or Tuesday,**  
**October 11-25 — 4270-08B**

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). **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. Class fee includes basic music book and handouts. RSVP ◆◆ by 9/6 or 10/4.

—Voice—

**Singers Vocal Boot Camp**

**Fridays, September 2-**

**October 7 — 4261-07D**

**Or Fridays, October 14 –**

**December 2 — 6131-08-**



10:45 AM-12:45 PM (KS).

Instructor: Bill Sveglini.

\$65 (eight sessions). Pre-

requisite: Completion of

first Vocal Boot Camp or

have studied music. This is a continu-

ation class of Vocal Boot camp. Continue to learn and improve on reading and following sheet music. Study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 8/26 or 10/7.

**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.*

**Bernina Serger Certification**

**Monday, September 12 — 4056-12H**

1:00-2:00 PM (OC). Instructor: Sylvia

Feldman. \$15. All supplies provided.

Class limited to three. RSVP ♦♦ by 9/5.

**Bernina Sewing Machine**

**Certification**

**Monday, September 12 — 4057-12I**

2:30-3:30 PM (OC). Instructor: Sylvia

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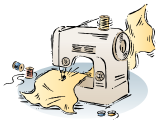
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Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 9/5.



**Janome Sewing Machine Certification**

**Monday, September 12 — 4057-121**  
3:30-4:30 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 9/5.

**—Creative Hardanger—**

**Norwegian Embroidery “Creative Hardanger” for Beginners**

**Tuesdays, September 6-27 — 4022-121**

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 geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small \$12.50, large \$20. RSVP ♦♦ by 8/30.

**Norwegian Embroidery “Creative Hardanger” Workshop**

**Every Tuesday — 4022-121**  
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, October 10-November 7 — 4071-08**

(No class October 31.) 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, finishing, 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 knitted projects while you improve your knitting 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 9/26.



**The Forgotten War — Korea & the Chosin Reservoir Campaign Thursday, August 18 — Free**

1:00-3:00 PM, P-Hall (KS). The Veterans Group and the Community Forum are jointly hosting today’s program. An 80’s Korean War documentary film on this campaign and retreat, shows what inhuman conditions and poor preparation



developed the word “Chosin Few,” the survivors. Guest and former Vet Group speaker Dan Richard, who was in this campaign and also interviewed for the documentary, will answer questions following the presentation.

**Consumers Beware! – Everything You Need to Know and More... Tuesday, August 30 — Free**

1:00-3:00 PM, Front Ballroom (OC). Speaker: Jane Kreidler from the Contractors State License Board. Come and get your questions answered about hiring handymen vs. licensed contractors. Do you know how CSLB can help you in a dispute? How much should you pay up front? What is included in a good contract? How can you check out contractors before hiring them? Come get these answers and more. You won’t want to miss this! We will also have an update on senior scams. Useful pamphlets will be available. This is the third of our series on home maintenance issues.



**Eat Well! Cook Less! Wednesday, August 31 — Free**

7:00-8:30 PM, P-Hall (KS). Don’t like to cook but love to eat? Love to eat, but want to eat healthy? Want to eat healthy, but want it to taste good? Want it to taste good, but be easy to fix? Fran Spitale, RD, Manager of the Nutrition and Weight Management Program at Kaiser Permanente, will help us take the difficulty out of eating well. Whether you’re trying to reduce your fat, sodium, carbs, or just calories, food can be prepared quickly, taste good, and be beautiful to look at. Ms. Spitale will show you a quick meal and answer your healthy eating questions. Also see Shirley Schultz’s article on page 19.



**Tooth or Consequences: Dental Health Tuesday, September 13 — Free**  
7:00-8:30 PM, P-Hall (KS). Our senior

years present dental challenges. Your teeth and gums have “a lot of miles on them.” How does this change the likelihood of successfully keeping your teeth? Are there consequences

to not having your own teeth? What treatments might you be facing? Is it worth time and money to keep your teeth? Larry Wilson, DMD, resident and former Professor of Dentistry at Oregon Health Sciences

University, an Army dentist for 22 years and with a private practice for 20 years, will give you tips on how to maximize your dental visits and use your dental care dollars wisely. Also Q&A. More information in Shirley Schultz’s article on page 19.

### DMV Reviews Senior Issues Including Car-Fit Program Intro Tuesday, September 20 — Free

1:00-3:00 PM, Front Ballroom (OC). Another opportunity for community residents to listen and question DMV’s Senior Ombudsman John Locher on driving issues. Concerns like: Current re-licensing timeframe; best time to take a required written/visual test — is Rocklin preferred to

Roseville DMV offices; How can we



talk to “someone real” at DMV?; what poor senior driving habits can be more easily corrected?;

and more. Last year, it was recommended to discuss DMV’s new Car-Fit Program; a specialist will present this informative program. Q&A will be welcome.

### California Forward: Wanted, ‘Smart Government’!

Thursday, September 29 — Free

1:00-3:00 PM, Front Ballroom (OC).

California Forward — a nonpartisan, nonprofit public interest organization — is working to increase performance, accountability, and transparency in all levels of



government by empowering local communities to find local solutions to local problems. That means moving resources from the state to the local level and ensuring those resources are spent wisely. Founded in 2008 to tackle state government dysfunction, this dynamic organization has already tackled several governance reforms

including: redistricting, top-two primary, and majority-vote budget. But, there is a lot of work left to do to move the Golden State forward. Please join us for this timely presentation, get an inside look at how reform is taking shape around the state, and join the movement toward a better California. Q&A follows.

### Talking To Your Doctor

Thursday, October 6 — Free

7:00-8:30 PM, P-Hall (KS). If you’ve left a medical appointment with more



questions than answers, this presentation is for you! Terry McPeek, RN, Care Manager, Certified and the Director of Eskaton’s Community Services program,

the Senior Connection, will share how to make the most of your time with medical providers. How should you prepare for your visit to get what you need? How to express your needs and prioritize your questions. Q&A follows. Terry has enjoyed a rewarding career in health services as a surgical nurse, a medical care manager, and a gerontologist. Don’t miss this informative presentation!

## Hats Off II

*continued from page 17*

Tickets for this dinner event will be available at the Orchard Creek Lodge on August 17 and September 17 — look for Foundation members near the *Compass* distribution table. Flyers and reservation forms will be available in the flyer racks at Orchard Creek and on

our website at [www.LincolnHillsFoundation.org](http://www.LincolnHillsFoundation.org). Send reservation forms to **Karen Foley, P.O. Box 220, Lincoln, CA, 95648**. Tickets are \$50 per person. Checks should be made payable to the Lincoln Hills Foundation. For further information concerning this event, contact Vern Chong at 408-0306.

The festivities begin at 5:00 PM in

the Pre-function Area with a no-host bar. At 6:00 PM a delicious dinner prepared by Chef Roderick will be served. The honorees will then be presented.

Don’t miss this chance to say “thank you” to these deserving people. We hope to see all of you on Friday, October 14 at *Hats Off II*.

### Commercial Presentation

(Paid Advertisement)

*This vendor presentation is open to SCLH residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.*

#### Music Therapy: Innovations for Stroke

Tuesday, August 30 • 9:30 AM • Oaks (OC) • Free

Presenter: Rachel Firchau

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RSVP to Rachel Firchau, 799-4371, by August 26

### 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.

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## Financial Wellness University

Russ Abbott, is leading another session designed to help residents understand, interpret, and utilize the world of finance so it can add to your overall wellness and enrich your lives. As with all of Russ' topics, this course has 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.

### Dealing with Personal and Headline Financial Stress, Tuesday, September 13 — 870000-08

11:00 AM-12:00 PM, P-Hall (KS). Finance and money for that matter can cause stress both personally and professionally. Learn how to

deal with this and not let the stress overcome your life.

#### Hands-on Session

### Tuesday, September 27 — 871000-08

The detailed hands-on session will be held from 10:30 AM-12:00 PM in P-Hall (KS). Learn how you should approach investing, budgeting, and handling money and also how to evaluate risk versus reward. \$5. Register/Fitness Centers or Activities Desks.

## Beautiful Minds Wellness Program, Tuesday,

### September 19-October 10 — 878000-08

Multipurpose Room (OC), 6:00-8:00 PM. This is an interactive program to unlock the potential of your mind. During the four-part series, participants will learn how exercise, nutrition, correct thinking, stress management and appropriate grief are essential for restoration and optimization of mental capacity. Lectures on each topic will be presented by Daniel Binus, MD, a psychiatrist specializing in using lifestyle treatment for mental health. Following each lecture, practical instruction by trained lifestyle coaches will be given to participants. **\$40 per person for all four sessions, + \$5 material fee to be paid to the instructor on first day of class.** Register/Fitness Centers or Activities Desks.

### 1. Brain Power Boost: Jump Start Your Beautiful Mind

How exercise can jump start your life to improve men-

tal and physical well-being. Includes 45-minute lecture and 30-minute interactive exercise demonstration.

### 2. Food for Thought: Nourish Your Beautiful Mind

How nutrition can combat mental illness and help you think more clearly. Includes 45-minute lecture and 45-minute cooking demonstration, food samples and menu ideas provided.

### 3. Think Right: Create Your Beautiful Mind

How changing your thoughts can change your life. Includes 45-minute lecture and 45-minute small group interactive discussion on applying correct thinking to improve emotional and mental intelligence.

### 4. Peak Performance: Optimize Your Beautiful Mind

How to maximize brain function for the rest of your life. Includes 45-minute lecture and 45 minute small group interactive discussion for each individual to develop an optimization plan to achieve peak mental performance.

### Getting Your Stuff Together: Organizing Your Estate Thursday, October 6 and Friday, October 7 — 863000-08

9:00 AM-12:00 PM, Multimedia Room (OC). Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? Expect the unexpected. One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to get your stuff together. The unexpected happens without warning. Be ready. **\$30 per person for both sessions, + \$25 material fee to be paid to the instructor on first day of class.** Register/Fitness Centers or Activities Desks.



Megan Cowart  
Wellness  
Program  
Coordinator

# Be

Inspired ~ Engaged ~ Well

*Lincoln Hills Wellness Program 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.*



## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

**Kilaga Springs: 1167 Sun City Blvd.**

KS Main Phone: (916) 408-4013

Directory assisted to specific areas

**Website for residents:**

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

**Public Website:**

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

### Accounting

**Controller** • Tim Mulligan 625-4013

[tim.mulligan@schca.com](mailto:tim.mulligan@schca.com)

### Administration

**Executive Director** • Robert Cook

625-4060 [robert.cook@schca.com](mailto:robert.cook@schca.com)

**Sr. Director, Lifestyle & Communications**

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**Sr. Director, Facilities & Maintenance**

Christopher O'Keefe 645-4500

[christopher.okeefe@schca.com](mailto:christopher.okeefe@schca.com)

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**Community Standards Manager**

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[heather.peters@schca.com](mailto:heather.peters@schca.com)

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[judy.olson@schca.com](mailto:judy.olson@schca.com)

**Club Coordinator & Bulletin Board**

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**Club Article Editor** • Wendy Slater

786-5955 [wslater@surewest.net](mailto:wslater@surewest.net)

### Fitness

**OC Fitness Center 625-4030**

**KS Fitness Center 408-4013x7**

**Director of Fitness**, Brandy Garcia

625-4031 [brandy.garcia@schca.com](mailto:brandy.garcia@schca.com)

**Asst. Director of Fitness**, Lisa Scroggs

408-4013x120 [lisa.scroggs@schca.com](mailto:lisa.scroggs@schca.com)

### Food & Beverage

**Meridians Reservations 625-4040**

**Director of F&B** • Jerry McCarthy

625-4049 [jerry.mccarthy@schca.com](mailto:jerry.mccarthy@schca.com)

### Food & Beverage / Catering

**Banquet Sales Manager** Meghan Louder

625-4043 [meghan.louder@schca.com](mailto:meghan.louder@schca.com)

### Lifestyle

**Activities Desks**

**Orchard Creek 625-4022**

**Kilaga Springs 408-4013x4**

**Bus Trip Coordinator** • Kay Kerenyi

625-4002 [kay.kerenyi@schca.com](mailto:kay.kerenyi@schca.com)

**Class Coordinator** • Diane Kemper

408-4013x103 [diane.kemper@schca.com](mailto:diane.kemper@schca.com)

**Club & Room Booking Coordinator**

Judy Hogan 625-4021 [judy.hogan@schca.com](mailto:judy.hogan@schca.com)

**Lifestyle Program Manager**

Lavina Samoy 625-4073 [lavina.samoy@schca.com](mailto:lavina.samoy@schca.com)

**Special Events Coordinator**

Tamara Coil 625-4019 [tamara.coil@schca.com](mailto:tamara.coil@schca.com)

### Membership

**Membership Clerk** • Bertha Mendez

625-4000 [bertha.mendez@schca.com](mailto:bertha.mendez@schca.com)

### Spa at Kilaga Springs

408-4013x6

**Spa Manager** • Tina Ginnetti

408-4013x116 [tina.ginnetti@schca.com](mailto:tina.ginnetti@schca.com)

### Wellness

**Wellness Program Coordinator** • Megan Cowart

625-4032 [megan.cowart@schca.com](mailto:megan.cowart@schca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

### Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration Office

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 7:00 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

### Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

### Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

## General Numbers

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### Golf Shop

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**Community Emergency Response Team**

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[finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org)

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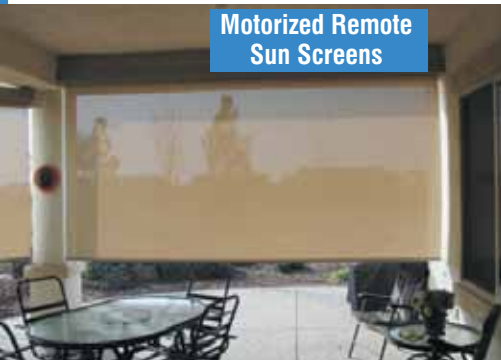
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