



Compass

January 2011



Ten Pin, Corner Pocket ... *page 17*

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Candidates & Vote ... *page 5***

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Do It Yourself ... *page 17***

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Club's General Manager ... *page 21***

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On the cover

George Black, Sylvia Gutierrez and Oscar Alvarez get together for some indoor sports. See the article on page 17. Photo by Steve Greenfield

Board of Directors Election Coming Up Vote Your "Feelings"

David Conner, Director, SCLH Board of Directors



Time certainly does fly when you are having a good time! Happy New Year from your Board of Directors. After a brief respite for the Holidays it's time to roll up our sleeves and get back to work! Frankly, our Board work may be less arduous than the holiday preparation and celebration!

Prior to becoming our third President, Thomas Jefferson served for six years as part of our Diplomatic Corp in France. Upon his return, he remarked to his colleagues that Europeans seem to be born and bred to prefer a government that can be "felt" and God forbid that we create a government that our countrymen can't "feel." Well, from time to time we are certainly aware and do feel the many layers of our Government, Federal, State, County City, and Home Owners Association? Did I say Home Owners Association? Yes I did, that organization under the purview of your elected Board of Directors that perhaps we are closest to and affects our lives the most. As Board members, we often ponder the question, "How does the community feel about this governance that is so close

to their daily lives?" I can assure you that we all want our residents to feel professionalism, confidence and fairness from your governing Directors as well as accessibility to them. An atmosphere of exclusive, haughty restrictiveness is not what our community is about and should always be guarded against.

As you are reading this, your election ballots are being mailed to your homes. It is that time of year once again where we have the opportunity to choose our leadership and pick those whom we feel will best serve the community. There are four Board of Director openings. Two of our current Directors are termed out and must take a year off. We have two incumbents, two former Directors and the Chair of our Finance Committee for a total of five candidates running for four positions. These candidates represent varied essential qualifications and styles. We strongly urge that you exercise your right to make queries, and select those most qualified and whom you think will help us all to "feel" a part of this dynamic community.



Secrets to Longevity — Optimizing Your Real Age Tuesday, February 8, 7:00-8:30 PM Presentation Hall (KS)



Led by national seminar speaker and professor of Nutrition, Dr. Carol Jong, PhD, RD, this timely and informative seminar provides you with a holistic understanding of the current theories of aging, its mechanisms and what you can do to optimize your real age. You will discover the secrets of the longest-living populations in the world, the single most important dietary change associated with longevity, the role of nutraceuticals, and other contemporary scientific findings about how you can influence your own life span — through nutrition, lifestyle and genetics — to live longer and live better. **Cost: \$5 per person. Register at the Fitness Centers.**

Upcoming Association-Related Meetings & Presentations

Date • Time • Place January 15-February 29

Candidate Forum	Saturday, January 15, 2:00 PM, Ballroom
New Residents Orientation	Tuesday, January 18, 1:00 PM, Solarium
Candidate Forum	Wednesday, January 19, 7:00 PM, Ballroom
Golf Cart Registration	See listing in "In This Issue" on page 2.
Finance Committee	Thursday, January 20, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, January 24, 9:00 AM, Heights/Gables
Board of Directors Meeting	Thursday, January 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, January 27, 10:30 AM, Heights
Board of Directors Executive Session	Thursday, January 27, 11:00 AM, Heights
CCOC/Chartered Clubs/Community Orgs.	Tuesday, February 1, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, February 1, 1:30 PM, Oaks
Compliance Committee	Wednesday, February 2, 10:30 AM, Oaks
Elections Committee	Friday, February 4, 10:00 AM, Multimedia
Properties Committee	Tuesday, February 8, 1:00 PM, Fine Arts
Listening Post	Wednesday, February 9, 9:00 AM, Solarium
ARC/Architectural Review Committee	Monday, February 14, 9:00 AM, Heights/Gables
Finance Committee	Wednesday, February 16, 9:00 AM, Oaks
Board of Directors Special Meeting	Thursday, February 17, 9:00 AM, Ballroom
Annual Meeting of Members	Thursday, February 17, 2:00 PM, Ballroom
Board of Directors Organizational Mtg.	Thursday, February 17, 3:00 PM, Ballroom
ARC/Architectural Review Committee	Monday, February 28, 9:00 AM, Heights/Gables

Lincoln Hills Community Forums

Should You Write A Book	Tuesday, January 18, 6:00 PM, Presentation Hall (KS)
All Systems Go-Living with Zest & Sense	Wednesday, January 26, 7:00 PM, Presentation Hall (KS)
Save \$\$\$ on Home Maintenance	Tuesday, February 8, 1:00 PM, Front Ballroom
It's Saudi Duty Time!	Tuesday, February 22, 2:00 PM, Ballroom
Fibromyalgia & Chronic Fatigue Syn.:	Wednesday, February 23, 7:00 PM, Presentation Hall (KS)

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

What a Difference a Year Makes!

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Shown below are some of the new offerings started in 2010, many of which will be built upon in 2011:

- The public can now learn about Lincoln Hills on a public website: www.suncity-lincolnhills.org;
- Meridians, Community Standards and Fitness have their own WebPages for your convenience;
- The *Compass* can be viewed and printed on the Activities website and also the public website;
- Wednesday Farmer's Markets located here at Lincoln Hills offer fresh, seasonal products and handmade goodies May through December;
- Dinner packages at Meridians including reserved performance seating are available in conjunction with indoor and outdoor events;
- A variety of menu selections and price-points are available to guests attending our parties;
- Summer "Street Dances" are held at the Sports Pavilion;
- Collaboration between several Clubs and staff are yielding a variety of new

continued on page 5

Calendar of Events

January 15 - February 15

Date	Event	Page #
01/15	Bus Trip: Radio Disney Passport Activity	41*
01/17	Fine Arts Show Registration	23
01/17	"The History & Nature of the Universe"	23
01/17	"Genealogical Research/Newspapers"	28
01/18	Author Presentation : Mr. Jollytologist®	41
01/18	New Resident Orientation	41
01/18	Forum: "Should You Write a Book?"	84
01/19	Bus Trip: Sac. Kings vs. Portland Trailblazers	45
01/20	Book Discussion: <i>The Help</i>	25
01/20	"Understanding Veterans' Services"	36
01/20	Bus Trip: Crocker Art Museum	50*
01/21	KS Music Night: Valerie V Quintet	41
01/22	Country DJ Dance	41
01/24	KS at the Movies: "Notting Hill"	41
01/25	Bus Trip: CA Academy of Science	41
01/26	January Resolutions for Caregivers	22
01/26	Forum "All Systems Go — Aging..."	84, 85
01/27	"Pruning, New Plants, Garden Trends"	28
01/27	Bus Trip: Disney Museum in SF	42
01/27	A Night of Illusion with A. Methyus	42
01/31	Bus Trip: Silver Legacy in Reno	42
01/31	Tom Rigney and the Flambeau	42
02/01	Comedy Night at KS	43
02/02	"The Effects of Light Pollution"	23
02/03	"The World of Exchange Traded Funds"	30
02/03	Bus Trip: Buddy Holly Story/Reno	43
02/07	Depression Glass Presentation	23
02/07	KS at the Movies: "The Notebook"	43
02/08	Bus Trip: Crocker Art Museum	43
02/08	Quilter/Author <i>Folded Fabric Elegance</i>	31
02/08	Forum: "Save \$\$\$ Home Maintenance"	21, 84
02/09	"Laptop Security for Travelers"	26
02/10	"Crossing the Blind Line"	22
02/10	Bus Trip: Sac Ballet/"Romeo & Juliet"	43
02/11	Computer Clinic: "Reading Fry's Ads"	27
02/11	"Valentine Flower Arrangements"	28
02/11	Pre-Valentine's Dinner Dance	43
02/12	Bus Trip: Port & Chocolate	50*
02/14	Audubon Society Presentation	24
02/14	Rodgers & Hammerstein... With Hart	45

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

Did You Know? Association phone numbers and hours are now located inside the back cover of your *Compass*.

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Your Vote is Your Voice — And the Only Person Who Can Silence Your Voice is You

Who is Running for the Board of Directors?

Candidates for the BOD are:

- John Snyder
- David Conner
- Martin Rubin
- Frances Swanson
- John Kightlinger

Names arranged in random order from a drawing by the Election Committee and will be placed on the ballot in this order.

Meet the Candidates

Attend the final Candidate Forum where you will meet the Candidates. Have an opportunity to ask questions both in the Forum and in person.

- January 19
OC Ballroom – 7:00 PM

Ballots

Ballots will be mailed on January 14. Watch for yours! To insure that your vote is counted, follow the instructions on your ballot.

- **Do not** sign the inside envelope.
- Any cross-outs will invalidate your ballot.
- **Do** sign the outside envelope.

What if I Mismatch my Ballot?

Replacement Ballots will be available at the OC front desk

**Ballots must be received
by February 15**



What a Difference a Year Makes!

continued from page 3

- dances and bus trips to the roster of activities for residents. The end result, a success for all — sold out events and increased Club interest. Special thanks to the LSV/NEV, Veterans, Country Couples, Needle Arts and Rods and Relics for sharing their resources and ideas with us;
- Learning that sometimes it is better to give you what you want rather than what you need, the Fitness Department now offers an increased number of “Strictly Strength” classes from which to choose;
 - Membership gives residents a notebook with a copy of our 10-year Memory Book and Association information when registering for membership. The information encourages residents to participate in the amenities offered in Lincoln Hills and tells about some of the resources available through Association-sponsored Clubs and other local organizations;
 - A new Club Expo format is used modeled after the one held during the 10-year anniversary. Over 70 Clubs hold activities during a full-day event in Kilaga Springs and Orchard Creek Lodges. (Mark your calendar for Wednesday, March 9, from 10:00 AM – 4:00 PM);
 - The Tour de Lights event last month met with rave reviews as did the fireworks on New Year’s Eve.

Thank you for sharing your ideas with staff, volunteering and making suggestions for places to go, things to do, and improvements to our programs and services. The New Year is off to a great start and we look forward to sharing other new initiatives with you in the months to come.

See you in the Lodge!

New Year, New Manager

*Heather Peters, Community
Standards Manager*



It’s the start of a New Year, and now more than ever I feel especially grateful to be working at Sun City Lincoln Hills again. After all these years, I had almost forgotten how beautiful this community is until witnessing the sunrise over the rolling hilltops driving into work. What’s more, watching the residents bustle here and there as they set off to their next event or activity is extremely inspiring!

In all of the beauty and splendor, I’ve had a few residents say to me, “You have the worst job in the world working for the Complaint Department,” and I always reply and disagree. The Community Standards Department is responsible for many things, one being Compliance issues. Our Department is a place where complaints may be lodged or homes cited for non-compliance. Some of the most gratifying things are being able to educate someone who may have questions about the Governing Documents or my favorite, turning what might be considered a negative situation into a positive one.

I’ve found that as long as we apply the Golden Rule — “*One should treat others as one would like others to treat oneself*” — mutual respect, communication and kindness go a long way.

As I start my new chapter here at Sun City Lincoln Hills, please know my door is always open should you have any questions, comments or concerns. I may be reached at 625-4006 or via email at Heather.Peters@scilhca.com. The next time you’re at Orchard Creek Lodge, do stop in and say hello as I’d love to meet you!



Our apology to Donna Ross who was incorrectly identified as Donna Bell in last month’s issue.

Donna and Clydette Mayfield, left, donated their time and talent to decorating the Lodges for the holidays.

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Almost Year End: All Segments in Excellent Shape

Finance Committee Personnel Changes

John Snyder, Finance Committee Chair



The Finance Committee met December 16 and reviewed and accepted the November 2010 financials for the Association. For the month of November, overall operations were \$33,800 better than budget. For the month, better than budget results of Maintenance \$20,500, Administration \$14,500, Landscape \$6,600, Activities \$6,700, Spa at Kilaga Springs \$3,800 and Fitness \$2,400 were offset by worse than budget results for Food & Beverage \$20,700.

Year-to-date operations were \$483,000 better than budget. Year-to-date better than budget results of Landscape \$184,400, Administration \$131,900, Maintenance \$107,300, Food & Beverage \$53,800, Activities \$9,100 and Fitness \$800 were offset by worse than budget results for Spa at Kilaga Springs \$4,300.

All segments of operations are in excellent shape. Thanks to Member participation, the Spa at Kilaga Springs had excellent results in November and in one month cut its year-to-date budget deficit in half. Food & Beverage results of operation for the month, even though less than budget, were better than expected. Operating results for November had the added unbudgeted expense of the Meridians' two-for-one promotion, the higher cost of our Thanksgiving celebration and a reduced number of catering events. The Directors and staff of all segments have produced excellent operating results.

As a result of term limits, Michael Drucquer will attend his last Finance Committee meeting in January. His tireless participation and insight have been an inspiration and a strength on which all members of the Committee have come to rely. I know I speak for each Finance Committee member past and present in thanking Michael for

his years of diligent work on behalf of the Association.

The Committee's January meeting will also be my last. I have participated on the Finance Committee for over five

I highly recommend volunteering and participation on the Association's committees and support groups as doing so allows for the appreciation of the many varied elements and people, both staff and residents, that comprise our Association. For you who have not participated directly, select an area of interest and get involved. It's very rewarding.

years and as its Chair for more than the last two. Because of my dealings with Staff, members of the Board and Committees both current and past, and fellow members of the Association, my experience has been extraordinarily rewarding. For this I extend a very hearty thank you! Further, I highly recommend volunteering and participation on the Association's committees and support groups as doing so allows for the ap-

preciation of the many varied elements and people, both staff and residents, that comprise our Association. For you who have not participated directly, select an area of interest and get involved. It's very rewarding.

The Committee has unanimously selected Hank Lipschitz to be its next Chair, subject to the Board's acceptance at its January 2011 meeting. Hank has served on the Finance Committee for 20 months and as Vice Chair since July of 2010. As some of you already know, Hank is highly motivated, extremely focused and extraordinarily sharp. He has been a valuable member of the Committee, and will be an excellent Chair.

If you have general questions or need information on the above I may be reached at finance.committee@suncity-lincolnhill.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, January 20, at 9:00 AM.

Communications: At Your Service!

Michele Hutchinson, Communications and Community Relations Committee Chair

Have you checked out our new Public Website at www.suncity-lincolnhills.org? It has a wealth of information about our lovely community including the *Compass* now online! Have you signed up to receive E-Bulletins? Were the 'Did You Know' boxes in the *Compass* helpful? What about our Community Forum presentations – attended one yet? They are informative, interesting, and varied. Hopefully you will find them of value. To recap last year's programs: there were 11 presentations on health education-aging gracefully; four on community issues; four covering political/economical concepts; three on cultural/historical events and

2 on technology for a total of 24 presentations. Not bad for our first year. And, for the rest of the story: There are videos available for review on our resident website – www.lincolnsuncity.org and there are five DVDs available on loan for several of the presentations. We were fortunate to sponsor seven resident speakers, three groups and eight panels, all with good information for our community.

What is in line for 2011? For the

continued on page 36



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Improvements: Something for Everyone

Gay Mackintosh, Properties Committee Chair

The Properties Committee looks forward to a bright new year for our Association. A rewarding part of our work is helping to ensure that our community is kept fresh and up to date, maintaining the value of our physical assets and making improvements to meet homeowners' changing needs.

Recent or soon-to-come improvements offer something for everyone. Just a few examples: our fourth regulation-size Pickleball Court, new Ballroom stage curtains, updated furnishings in

the Orchard Creek Community Living Room, and state-of-the art salt water purification system for the pools and spas.

Less noticeable to homeowners but important to keeping our dues low are such cost-cutting projects as retrofitting our 1,823 street lights with energy-saving LED fixtures and redesigning the OC trash service area to accommodate compacters.

We invite you to join us on the second Tuesday of every month at 1:00 PM.



New Pickleball Court in use for a tournament in December. Improvements include fencing, a gate to access the three original courts, additional lighting

Resolutions & Lists | Joke or Real?

Bob Murdock, Chartered Clubs & Community Organizations Committee Chair

We have all heard jokes about individual New Year's Resolutions. What we don't want is to have our Club New Year's Lists (resolutions & needs) be in the *joke* category. Here are some tips to assure that your Club needs are in the *real* category for 2011.



For any elections — start early to appoint an election committee, remember the four-year term

limits for both Steering Committee members and /or Club officers.

Club finances — be sure adequate records are maintained so the required forms can be submitted to the Association.

Club meeting room needs — be sure to submit your room requests and audio/visual needs early with Club and Group Coordinator Judy Hogan.

Club Special Event facility needs — be sure these requests are submitted early to Club and Group Coordinator Judy Hogan.

Club events on-site and off-site — have all your members sign a recommended Event Release Form.

If your Club contacts have changed, have you submitted a new/revised Club Contact Form to Judy Hogan?

If your Club has a website, is that information listed correctly on the Association website?

Club Special Event banners — Before ordering your banners, consult with Lifestyle Program Manager Lavina Samoy. Lavina will assist you to assure your banner meets Association standards.

When approved banners are completed, they are to be delivered to Lavina Samoy at Kilaga Springs three weeks prior to the event.

For your Club's Special Event, flyers can be placed in the Plexiglas sections below the counter between the TVs in OC Lodge, or handed out by Club members. They are not to be placed on the counters at OC or KS Lodges.

Clubs may submit two Special Event posters to Judy Hogan. Posters should be the standard 11" x 17". They will be placed on the posting boards at OC and KS Lodges no more than 30 days prior to the Event.

Did you know, Clubs are allowed one free *Compass* flyer insert a year? Contact Advertising Coordinator Judy Olson.

Proper planning can help your Club activities run smoothly — so check your list and have great Club fun in 2011. Happy New Year!

The *Compass* Roving Reporter "Hey Buddy, Got a Light?"

Steve Russo

"Holy Christmas Tree, Batman — Wow what lights!" is what Robin would probably have said to Batman had they been on our *Tour de Light* bus trip.



From top, Senior Director Chris O'Keefe provided lively commentary on several tours; Margaret Campbell enjoys the *Tour de Lights* with program in hand

Nine sold-out busloads of people left Orchard Creek Lodge at three different times after first enjoying coffee, cider, cocoa and cookies in the Ballroom. They hoped to see homes

continued on page 15



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new filter, refill up to 5 quarts
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\$24⁹⁹

Most vehicles.



See store for complete service description and details. Redeem this coupon at your participating Firestone Complete Auto Care store. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value. Offer void where prohibited.

save now thru 4/30/11

FREE alignment check

with the purchase of 2 or more tires



Not to be combined with another offer on same product and not to be used to reduce outstanding debt. No cash value. Offer good at participating Expert Tire stores. See store for full details. In-store installation required.

save now thru 4/30/11

interstate battery

we'll test your battery for free because getting stuck is not an option

\$10 OFF

Large selection to choose from. 75 or 85 month batteries that offer long life and reliable starting power. Installed, savings off in-store regular price. Subject to availability. See store for a copy of nationwide written limited warranty.



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save now thru 4/30/11

FREE brake inspection

no purchase necessary



See store for complete service description and details. Redeem this coupon at your participating Firestone Complete Auto Care store. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value. Offer void where prohibited.

save now thru 4/30/11

“Top Trend for Day Spas: Aging... Raging”

Tina Ginnetti, Spa Manager

Gift Certificate sales in December were great as usual. We are excited about our gift card online program as you can go to our website at www.kilagaspringsspa.com and check your balance, add to your gift card, order and send to another person with an actual gift card to be mailed or print an instant certificate to give if time is running out.

The #1 Top Trend for Day Spas

Aging... Raging: Spas are showing ever more awareness of the needs of older spa-goers and are beginning to incorporate different therapies focusing on rejuvenation of joints, pain relief and mobility. (Rejuvenation alternatives being chiropractors, naturopaths, orthopedics.)

Cheryl Baugh, Spa provider here for six years has recently completed a course called “Freeing.” Unlike massage, freeing basically works along the spine and with the joints to create space and allow release for range of movement. It can be incorporated into the massage. I had one session on my ankle, which had been stiff and locked for over a year and not only did the pain disappear, the mobility increased. Not everyone is the same and results vary, and the sessions should be in a series of four and then a re-evaluation for future appointments. It is not invasive or painful, no manipulation or cracking, and is done within the scope of massage therapy practice. Introductory rate is \$60 per hour, series of four \$200.



Cheryl Baugh

The #10 trend... Surprising Special Events. Spas are developing distinctive specialty programs to draw patrons seeking a unique group experience. While destination spas have been offering yoga and healthy cooking weeks for years, retreats now span everything from a high-flying “Trapeze Experience” to a

creative jewelry-making class...”

We at the Spa are opening our doors to all SCLH Clubs and Groups. Call us if you would like to have an event or special day at the Spa. Our Spa parties are always a success, leaving people de-stressed, bonded, healthier and happier! Ask about our Group rates.

Highlighted Product of the Month

Herbsaway Beverage – was developed to support *Wellness*, with nutritional supplements from within. By drinking the antioxidant concentrates, you help support the innate functions



of cells and promote health, wellness, and beauty. Antioxidants are “White Knights” that protect your cells from oxidation. As we grow older we make less and need more. Our blend consists of natural flavors, acai, gogi, Indian gooseberry, mangosteen, black cherry, pomegranate, grape pomace, stevia leaf, citric acid and gum acacia. \$29.95 bottle.

Monday thru Friday

9:00 AM-6:00 PM

Saturday

9:00 AM-5:00 PM

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www.kilagaspringsspa.com



Exciting Food and Events that Capture the Season and Entice Your Taste Buds

Jerry McCarthy, Director of Food & Beverage

We are looking forward to a very exciting 2011! Meridians has already rolled out its first new menu of the year. Come and enjoy the exciting lunch and dinner entrées and new favorites that Chef Roderick has created using fresh seasonal items. We are working on menus that are local, fresh, and sustainable whenever possible that capture the winter season. There are new and exciting changes at Kila-ga Springs Café as well which is now open at 6:00 AM Monday through Saturday. Come in and enjoy a morning coffee and catch up on the news with *The Sacramento Bee* or *USA Today*.

Our annual Super Bowl Party in the Ballroom and Sports Bar is on February 6. First-come, first-served so don't be late. Super Bowl activities will start with the pregame, appetizer and drink specials will be offered along with complimentary snacks. Also, it's not too early to start thinking about Valentine's Day. Last year was a sellout, you will want to make your reservations now.

The best way to stay in touch with Meridians is on our website www.meridiansrestaurant.com, I will be announcing all of our special events there.

Or sign-up to receive Food & Beverage e-blasts. Based on the tremendous success of our last e-coupon, keep your eyes open for more exciting discounts for residents only. Check with our host on how to sign-up for the e-blast now. Here's a sneak peak: we have plans for St.

Patrick's Day, Mardi Gras, Crab Feed, Spring Luncheon Series in the Secret Garden, Summer Dinner Series in the Secret Garden, Easter Brunch, Mother's Day Brunch, the list goes on and on. In addition, we will be announcing new menus and all events on a monthly basis. Sign up now and don't miss out.

Once again, thank you for a great 2010 and we look forward to serving you in 2011. The entire team from the Food & Beverage Department wishes you and your family a Happy New Year.



“It's not too early to be thinking about Valentine's Day. Last year was a sellout, you will want to make your reservations now.”



Could You Be a Fitness Fanatic?

Fitness Center News
Brandy Garcia
 Director of Fitness

Fitness Fanatic of the Month

Come one, come all, come as many times as you can! Each month a resident who uses the Fitness Centers will be rewarded. At the beginning of each month, all gym-goers who met the minimum visit number for the previous month will be entered into a drawing for a gift card prize. Every resident is eligible to play, just make sure to swipe your card when you visit either Fitness Center. Listed below are the month's minimum visits required and the drawing prize. Good luck!

- January** — 24 visits In hopes of helping those New Year's resolutions being met — **\$100 gift card for SCLH.**
- February** — 20 visits Celebrate your love with movie tickets and a **\$75 gift card for a local restaurant of your choice.**
- March** — 18 visits For all the spring cleaning in the house — **\$75 gift card for Home Depot.**
- April** — 20 visits Enjoy getting some new items for your wardrobe with a **\$100 gift card for Target.**
- May** — 16 visits Got a grad to buy for? Here's a **\$75 gift card for Best Buy.**
- June** — 12 visits Time for a road trip — a **\$75 gift card for gas!**
- July** — 15 visits Happy Birthday USA! Buy something for yourself with this **\$75 gift card to Roseville Galleria.**
- August** — 15 visits Stock up for fall with a **\$75 gift card for Costco.**
- September** — 12 visits In honor of National Fruits and Veggie month — **\$75 to spend at our Farmer's Market.**
- October** — 20 visits For all those Thanksgiving groceries— **\$100 gift card for Raley's.**
- November** — 18 visits Get your Christmas shopping done early — **\$100 gift card for the Roseville Galleria.**
- December** — 15 visits Got any last minute plans to travel for the New Year? Here's a **\$75 gift card for Southwest Airlines.**

Group Exercise News

Look out 2011, we are going to get fitter than ever with these new classes! Please see our new brochures for more details on these classes.

New Format! Circuit & Abs class on Tuesdays and Thursdays at The Wave at 8:00 AM will now be **Core & Strength**. First class Tuesday February 1. A class combining strength training and core work for a full body workout.

New Format! Tuesdays, 9:00 AM Cardio Step & Sculpt at The Wave will

become **Active & Fit** on February 1. This combination class will include a cardiovascular component, weight training, and Piloga stretching. Each segment will be approximately 20 minutes. Get ready for a great head-to-toe workout!

New Format! Thursdays, 9:00 AM Cardio Step & Sculpt at The Wave will become **Step It Up** on February 3. Enjoy a dance-based choreographed workout on the step. Step up and be challenged!

New Class! Chair with Flair on Mon-

days and Wednesdays at The Wave at 1:00 PM. This class combines seated and standing low impact aerobic moves. Use of hand weights, bands, and small balls are offered for resistance and strength. Great for all levels of fitness as the option to stay seated or stand up is emphasized in class. Come join the fun starting January 31!

Change! Fit Fun 101 on Fridays at KS at 10:30 AM will become an additional **Strictly Strength** class. Effective

Fitness Class Schedule!

Purchase a Punch Card at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Core & Strength	Low Imp. Hi-NRG Cyc*	Core & Strength	Low Impact	Card.Dnce. Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	On The Ball • Water Wks	
9:00 AM	Low Impact	Active & Fit	Low Impact	Step It Up	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Yogafied	Cardio Dance	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works	Strictly Strength*	
10:30 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Aqua Nice & Easy	Basic Joint Efforts	Aqua Nice & Easy	sic Joint Efforts	Aqua Nice & Easy	
1:00 PM	Chair with Flair		Chair with Flair			
2:30 PM	Fall Proof\$		Fall Proof\$			
4:45 PM		Shape Up		Shape Up		
5:00 PM		Mixed Level Cycle*		Cardio Salsa*		
6:00 PM		Aqua Tone		Aqua Tone		

The WAVE Classes
 Indoor Pool WAVE
 Classes at KS •
 No Charge \$

See pages 69-75 for a complete listing of Fitness classes.

February 4.

New Format! Fall Proof on Mondays and Wednesdays at 2:30 PM at KS will be changing formats effective January 31. This new format will allow students to focus primarily on balance exercises and also integrate the chair exercises. 30 minutes and still *Free!*

New Class! Thursdays at 5:00 PM at KS **Cardio Salsa**. Shake up your workout! Add some Latin moves and international zest to your Cardio workout. Starting February 3.

New Format! Thursdays at 7:30 AM **Hi NRG Cycle** at KS will now be **Mixed Level Cycling**. A group cycle class that is great for all levels. A low impact workout on the bike that is easy on the joints while improving cardiovascular endurance. Starting February 3.

Change! Tuesdays 5:20 PM **Break It Up** at KS will be moving up to 5:00 PM and will become **Mixed Level Indoor Cycling**. Join us for a great cardiovascular workout that is low impact!

Personal Training Swim Packages for February

Certified Personal Fitness Trainer and Swim Coach, Marilyn, is offering *Learn to Swim* and *Learn to Swim Better* swim packages for the month of February. These are one-to-one, 30-minute sessions. Purchase a package of five lessons for \$150 and get one 30-minute free session. Sign-ups can be made at either gym. If you have any questions, Marilyn can be reached at 543-6245.

Did You Know?

With these very dark early mornings and evenings, please think "safety" and while walking don't wear dark colored clothing as it is hard for drivers to see you, even in pedestrian crosswalks. Try to wear something light-colored or even a reflector gadget so you are visible and easily noticed while walking.



Health Nut of the Month

Darrell Burruss

Darrell and his wife Frances left Bakersfield six years ago and moved to SCLH. Prior to Bakersfield, they lived in the Bay area where Darrell was an attorney. They have three children and nine grandchildren.

To exercise his mind, Darrell does a lot of volunteering and is currently serving as the Chair of the Placer County Assessment Appeals Board.

To exercise his body, Darrell has been an avid "Workout-aholic" since 1976 when he found out after his father's heart bypass surgery that the condition may be genetic and could already be working its evil magic in

Darrell's body. He did not want to take the medication the doctors were recommending and opted for the exercise and diet regimen to bring his cholesterol under control. He is a life member in a gym in the Bay area and uses their facilities whenever he is traveling. When not traveling, Darrell really enjoys the facilities at the Kilaga Springs Fitness Center. He tries to get to the gym at least four times a week and does both strength and aerobic training while at the Fitness Center.

Darrell and Frances both enjoy Genealogy and art collecting. He also likes to hunt and shoot.

Keep up the exercise, Darrell, and thanks for using the Fitness Center regularly!

Aging Gracefully

Shirley Schultz

"Aging Is Normal" is the theme for the Community Forums on health topics for 2011. Ideally, each of us has been tuned in to this concept long before retiring and before crossing that arbitrary line to becoming a "Senior Citizen."

Visualize yourself on your birth day. In reality, you have been aging ever since that day. Aging is a process that is indeed normal, although there are those transhumanist voices out there who hold that at least some key parts of the human body can be changed fundamentally through technology so that aging will not occur. We all age at different rates, depending on many factors such as genetics, environmental influences, and how we look after ourselves. We were born with our unchangeable genetic markup, but then there are things we can do to influence the aging process and how it affects us.

Our society does not take kindly to aging and would have us believe that there must be a magic pill or some type of treatment or procedure that will keep its occurrence at bay. The ancient Hebrews must have known something that we do not since Methuselah is

said to have lived to age 969 (at least to their way of counting). The truth is that knowledge about the process and behavioral changes based on that knowledge are the best tools we can have to ensure healthy aging. If you understand how and why your body ages, then you can take responsibility for doing what you need to do to slow down the process.

It is a common societal stereotype that aging means infirmity, disease, and dementia. We need not subscribe to this stereotype. "Many people sail through the aging process without walkers or pacemakers. Age-related diseases: diabetes, heart disease, cancer, stroke, osteoporosis, and dementia leave us disabled rather than the normal aging of our bodies." (Eskaton) There are ways to prevent or alter some of these things. Beyond the body, there are psychological aspects to successful aging whereby we grow emotionally and adapt to bodily changes that come with age. Those who successfully master the later part of their life gain a sense of in-

continued on page 85



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Your Help Would Be Appreciated A Neighborhood Watch New Year's Challenge

Patricia Evans

This is how it works! Our Neighborhood Watch Executive Board members are each assigned Villages and charged with maintaining active Village Coordinators. Every Village Coordinator is responsible for having a Mail Box Captain in each of their units. But keeping all our positions filled is like punching a pillow. No sooner do we fill one position than life changes dictate that another becomes vacant. We are constantly challenged to find replacements!



SCLH has 77 Villages and 594 Mail Box Stations which means that we need 671 volunteers to keep all of these positions filled. This is an awesome

number and we are asking for your assistance to meet our goals!

Our Executive Board members are being asked to fill in for Village Coordinator vacancies. Our Village Coordinators are being asked to substitute for units without a Mail Box Captain. In this way we hope to fill our Neighborhood Watch needs.

Please expect our call to ask if you (or someone you know) will be willing to serve. And these positions require only a few hours per month of your time. It is not necessary to live in the Village you serve. Surprise us and call us first! See Contacts below.

Residents in active Village/Mail Box areas know how important our organization is to our safety, security, and the enjoyment of knowing our neighbors. "I love it," is the usual response when asked how they like living here. You can help make a difference!



Our new Neighborhood Watch Executive Board, at your service: (clockwise from top left) Elaine Small, Will Small, Pauline Watson (Secretary), Larry Wilson (Assistant Executive Director), Nancy Whitaker (Treasurer), Ken Sheehan, Janet Pawloski, Barbara Moss, Allen Gillespie, Executive Director

You are invited to attend our semi-annual Executive Board Meeting, January 21, Heights Room (OC), 10:00 AM-12:00 PM, to learn more about our vibrant organization.

Please turn to page 22 for a thumbnail sketch of Mail Box Captain duties.

Neighborhood Watch Contacts: Allen Gillespie, 434-5979, allenm40@gmail.com; Pauline Watson, 543-8436, frpawatson@sbcglobal.net. **Website:** www.lincal.net/watch

You are invited to attend our semi-annual **Executive Board Meeting, January 21, Heights Room (OC), 10:00 AM-12:00 PM**, to learn more about our vibrant organization.



"Got a Light?"

continued from page 9

glittered and dressed with beautiful Christmas decorations and were not disappointed.

Our bus supervisor, CiCi Durston, kept us informed with information and tidbits about the



Professional carolers lifted the spirits at the Holiday Reception before and after the tour

beginnings and evolution of Christmas lights. She told me most of the information she had gathered came from the Internet.

There were plenty of ooh's and aah's as the bus wound its way through the Lincoln Hills community. The word I heard mentioned most on the bus was "creative." And honestly, that was the best adjective to sum up the tour.

As seems to be the custom in Lincoln Hills, new friendships were made or re-established. I sat next to a friend I had not seen for two years, Jim Walker. He made friends with the lady in front of him and so on. A new resident, Denise Souza, was in awe of the friendly and good-hearted nature



Prairie View Lane, Village 31C had many decorated homes, a neighborhood that was "over the top"

of the new people she met that day. It is wonderful to live in a community of such imaginative people who want to share this experience with each other. This was the first year for *Tour de Lights* and hopefully the beginnings an annual event and many beautiful friendships.

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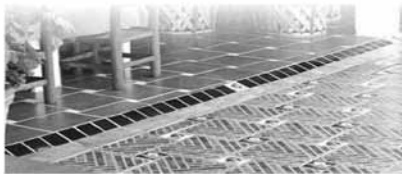
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Our Compass cover this month is photographer Steve Greenfield's tribute to indoor sports at Lincoln Hills.



The *Compass* Roving Reporter Ten Pin, Corner Pocket

Steve Russo

The holidays are over and those of us who may not be couch potatoes, might be looking for things to keep our interests indoors rather than out in the cold. Well gang, here are some ideas to kick around.



Table tennis

At both Orchard Creek and Kilaga Springs there are billiard rooms, four tables and six tables respectively. They are available to residents. Two of the residents, Clem Pereira and Andy Martel have been playing billiards for over 55 years.

Table Tennis is another indoor sport that is starting to be noticed and enjoyed by residents. Kathy Conway, an

eight-year resident told me that players range from beginner to excellent and that most of the time doubles are played. Better known as Ping Pong, table tennis enthusiasts gets together three times a week and the game is always enjoyed by all participants.

Then, of course, there is bowling for those who want to push the envelope of fun and excitement. Whether you join a league or go with friends, neighbors, or by yourself, bowling is a fun and great way to spend a winter afternoon or evening. Eight-year resident Bill Bigone, loves it and says that bowling not only is good exercise, but gives you and your spouse a chance to participate in something together.

We are lucky to have two indoor pools to keep you active. Both are heated and are usually wide open for usage. Showers and lockers are also available. Sore bones or muscles? Fine as a hot tub is also available.

Finally, there are card games for those who want to exercise their brains and still want to maintain couch potato status. Organized poker games are avail-



Water volleyball and bowling

able on Mondays and Tuesdays. Bridge, cribbage, and other card games are played not only at organized times, but many if not all are enjoyed at residents' homes.

The important thing is keeping active during the winter months. Many new friendships are developed, and is part of the enjoyment of living in a place that provides these opportunities.

For more information on any of the above, in the *Compass* go to the yellow tabbed pages under groups and clubs and check it out.



Neighbors InDeed Helps You "Do It Yourself"

"How To..." Community Forum February 8

Doug Brown

Helen Homeowner was reasonably good at doing odd jobs around the house to keep things in working order. When she moved into her Lincoln Hills home, she knew she should change smoke alarm batteries periodically, wash the furnace filter from time to time, program thermostats to accommodate the seasons, and all that good stuff.

Helen had heard about Neighbors InDeed's **Handy Helpers**, and, yes, she knew that with a simple phone call to 223-2763, they would come over and of-

fer free assistance on small maintenance jobs. But, she thought, as long as things ran smoothly in the house, why bother them with a call? Then things began to happen...

- the garage door got stuck one frosty winter morning
- a smoke alarm kept chirping after attempts to change the battery
- a GFI outlet tripped off on the patio and she didn't know how to reset it
- the 11-year-old water heater began to act up
- the light bulbs on the outside house number burned out

Well, Helen soon felt she could

use some advice – and maybe some help. So, she signed up for an upcoming Neighbors InDeed "How To..." workshop. Wow! She quickly discovered there were some unique quirks in our Lincoln Hills homes and that the collective wisdom of Neighbors InDeed volunteers was extremely helpful!



Larry Schurr, Handy Helpers Coordinator, provides information on garage door openers for participants at a recent workshop




continued on page 21

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


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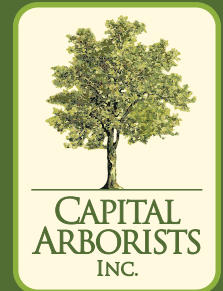


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A Conversation With Lincoln Hills Golf Club

Sean Silva, General Manager

Al Roten



Change happens! We are seeing changes in management of the Lincoln Hills Golf courses here in the midst of our home development. We sat down with Sean Silva, the new General Manager of our Golf Club. Sean arrived to take on the challenges of managing the Lincoln Hills courses in mid-August, 2010. His life has been a continuing whirlwind of activity ever since, as he embraces the challenges and opportunities of his responsibilities.

Golf in our locale is not new to Sean. He previously was employed by ClubCorp, and managed both Empire Ranch and Turkey Creek courses. For non-golfers, the Empire Ranch Golf Course is integral to homes, much like Lincoln Hills. So, the unique challenges of managing the sport among homes are well known.

Sean emphatically affirms his commitment to the position that our golf courses are part of the community and that being a good neighbor is an essential element to successful management. A great deal of his time is spent reviewing email from, or listening to, concerns of our residents.

The unique soil conditions of the Lincoln Hills courses present difficult course maintenance challenges. Therefore, constant attention is being directed toward watering schedules and seasonal seeding of grasses appropriate to our locale. Billy Casper Golf, our course owners, has committed to Audubon Certification which attempts to strike an appropriate balance between tailored terrain and environmental friendliness to natural conditions and habitat for the critters of this area. Sean is well versed in the various levels of Audubon compliance and is attentive to community interface.

Sean expresses a double-edged mantra: Commitment to being a healthy part of the community, and that golf customers are guests of his enterprise. He is

dedicated to paying attention to issues raised by our residents and to initiating programs which will bring our resident golfers to consider the Lincoln Hills courses as their home for learning and playing the sport.

While he was settling into this new job, Sean saw that scheduling golfers was not as timely and smooth as it should be. Investigation indicated that there was a failure in the communication network: this was raised as an urgent need and investment was made in the system. Significant improvement has been realized.

A new feature called Gold Rush Membership has been initiated. Golfers who join this can earn free golf rounds by making Lincoln Hills their regular playing course. Sean declares that this is the best value in the marketplace. An existing Adaptive Golf Program which caters to golfers with various physical limitations is being continued with enhanced awareness and participation. Planning is ongoing toward development of additional programming, clinics,

"Do It Yourself"

continued from page 17

A few days later, with the assistance of a Handy Helper, all of her "issues" were taken care of, and she felt wiser and more capable.

Would you, like Helen, like to have a quick two-hour primer on how to handle common home maintenance problems in your home? Would you like to be a little more savvy about preventing problems?

On Tuesday, February 8, from 1:00 to 3:00 PM, in the Front Ballroom (OC), you can attend a free Home Maintenance Workshop, sponsored by our SCLH Community Forums. You'll receive information on smoke alarms, garage doors, water heaters, electrical outlets, heating/AC, plumbing, and more! See page 84.

You'll also be given timely information on **ten-year replacements**. What items typically need replacing in ten-



Sean Silva

years, camps, and classes that embrace our residents. Also, programs to integrate our courses with the community are being developed in conjunction with local schools and charities.

Lastly, Sean is forming an advisory committee made up of people of course management, our Homeowners Association, and the various golfing groups of our home courses. This advisory group will meet quarterly to schedule events, discuss lessons learned, and develop initiatives to enhance cooperation between the golf courses and the community.

Please welcome Sean Silva as a good neighbor and member of the community.

President of NID Joan Brant-Love and Handy Helpers Coordinator Herman



Tijsseling pause for a smiling Kodak moment while reviewing thermostat program features

year-old homes?

Handy Helper Coordinators Larry Schurr and Herman Tijsseling, with the help of Neighbors InDeed President Joan Brant-Love, will conduct the Workshop. Don't miss this one!

And, of course, as always, if you need some free help with minor maintenance jobs in your home, don't hesitate to call Neighbors InDeed at 223-2763. Within 24 hours you'll receive a callback to set up a time to have a Handy Helper drop by. Nothing like getting everything in your home in running order for the New Year!



Support Groups & Clubs



• Alzheimer's/Dementia • Caregivers Support Group

The theme for the January 26 caring/sharing meeting of the Alzheimer's Support Group will be "January Resolutions for Caregivers." The holiday season can be wearing on caregivers so, it's important for them to understand the importance of taking care of their own needs. The meeting is at 1:00 PM, Multipurpose Room (OC).

If you are caring for a loved one with Alzheimer's/Dementia, participating in a support group is an important step to take. Join us for our monthly meetings with programs that alternate between informative presentations and caring/sharing sessions.

Note: John Schafer, MD, a neurologist affiliated with the Mercy Medical Group, will be the speaker at our February 23 meeting.

We have a large selection of books and DVDs you can borrow for your own use or to share with family and friends.

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



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be January 19 and February 16. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, February 10 at the Casino Buffet. We meet in front of OC Lodge or in the Lobby and leave at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



• Bosom Buddies • Breast Cancer Survivors

If you are a survivor of breast cancer, are in treatment or have just been diagnosed with breast cancer, Bosom Buddies would like to hear from you. Come to one of our meetings and let us know who you are. Start the New Year with a resolution to improve your health and bring only positive influences into your life. We offer information that may be helpful in learning about treatments and research being done in the field of breast cancer. Best of all, we offer friendship and along the way a lot of fun thrown in for good measure.

Bosom Buddies meet the second Thursday each month at 1:00 PM, Multipurpose Room (OC). If you would like to join us for lunch before our meeting and have an opportunity to talk with some of our members, call Marilyn Poole at 434-8902 for reservations.

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



• Eye Contact • Low Vision Support

Next meeting: February 10, Presentation Hall (KS)—1:00-3:00 PM

1:00 PM: Crossing the Blind Line. Presented by Blind Industries and Services of Maryland, a unique nonprofit organization founded in 1909 that rehabilitates and provides services to alter attitudes to the positive of the visually impaired. All accomplished by offering rehabilitation programs and services of over 150 products—writing tablets, easel pads, office paper products, janitorial supplies, sewing Army work-out uniforms and, grocery tote bags.

2:00 PM: Not yet confirmed: Speaker from California Department of Rehabilitation. Learn about Super-foods for eye health. What are Super-foods? What can they do for eyes? What is the latest on the vitamin D issue that is making news? These are a few of the questions answered in this presentation for those with retinal diseases. This December presentation, "Super Foods for 2011,"

is available at: www.mdssupport.org/nsg/troyersession5/index.html.

**Contact: Barbara Smith 645-5516,
Cathy McGriff 408-0169**



• Neighborhood Watch •

Keeping in touch with our neighbors is the pleasurable duty of our Mail Box Captains. Safety and security are increased when residents know each other as friends.

We encourage you to become a Mail Box Captain for your unit or adopt an adjacent area. Start the New Year with a fulfilling community service commitment! The most important thing Mail Box Captains do is prepare a roster of their residents with a person to contact in case of a personal or property emergency. This enables us to expect the unexpected. When a new resident arrives, the Mail Box Captain meets, greets, and updates the roster.

The Mail Box Captain also forwards email alerts concerning scams, the rare crimes in SCLH, and Neighborhood Watch information. We encourage socializing and taking care of each other in the neighborhood.

Please call one of the contacts below for more information!

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



• Super Seniors •

Super Seniors and their friends are in for a real treat on Friday, February 4, when the Entertainers' Vaudeville Troupe performs



*Super Seniors:
"Entertainment
Extraordinaire"*

"Entertainment Extraordinaire." The show starts at 10:15 AM at the Gables/Oaks Room (OC). They guarantee to put a smile on your face and amaze you

with their energetic, fabulous talent. Be sure to mark your calendars for February 4, 10:00 AM, and bring a friend, all are welcome to attend this very special performance for the Super Seniors.

**Contacts: Cindy Atkinson 408-5960.
Chit Chatters: Dani Van Tatenhove 543-9194**



Shared Interest Groups & Chartered Clubs



• Antiques Appreciation •

Our very first meeting of the New Year on January 3 was a traditional Member Show and Tell. We had a variety of interesting and varied items that many of our members brought to share with our group. It's always fun to start the New Year showing a few treasures acquired over the



Antiques Appreciation Club
Board of Directors

holidays as well as older collectibles and antiques such as glassware (Cranberry and the like), pottery, vases, etc.

Next month we're very pleased to have two members/collectors put on a presentation on Depression glass. Join us on February 7 for this program

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

**Contacts: Pat Le Page 543-9564;
Jane Delno 543-6855;
Antique Appraisal Contact:
408-4004:**



• Arts Association •

New Year, new start! Our January meeting is an "open forum." Information will be given for upcoming programs and shows.

Attendees can ask questions and suggest ideas. Come and make LHAA even better in 2011. *Please note: The January meeting is on Monday, January 31, due to a scheduling conflict.*

Welcome new board members – Ron Clawson, Beryl Spurling, Duane Spurling, Kate Uppal and Richard Wong. There are still openings on the board. Contact Bill Szabo at billcats1@earthlink.net or 434-6667 for information.

Fine Arts Show registration is January 17. Information/entry forms are at www.lharts.org or contact Joyce Bisbee at joybis@aol.com or 408-0240. The Fine Arts Show is on February 25 & 26.

Time to join LHAA or renew membership. LHAA isn't limited to artists/artisans – art lovers are welcome. Dues are \$15 per household. Contact Ron Clawson at cearon1@yahoo.com or 543-0065. A membership application is at www.lharts.org.

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



• Astronomy •

Monday, January 17. Cosmology Interest Group, Fine Arts Room OC (7:00 PM). A DVD lecture series is being presented on "The History and Nature of the Universe." Contact Morey Lewis (408-4469) for information.

Wednesday, February 2, 6:45 PM, Presentation Hall (KS). Jack Sales of the International Dark-Sky Association will talk about the effects of light pollution on our lives and what has been done in some cities.



Astronomy Group's
Tom Eason
presenting *The Physics of Star Trek & Star Wars*
at the December Meeting

Wednesday, March 9, Ballroom (OC), the Astronomy Group will again participate in Lincoln Hills Group Expo.

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

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

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

**Contacts: Ron Olson 408-1435,
rolson@starstream.net;
Nina Mazzo 408-7620
ninamazzo@sbcglobal.net
Website: www.lhag.org**



• Ballroom Dance •

The Ballroom Dance Group Invites you... to ring in the New Year by learning to dance, for free. Yes, it's true. Every Tuesday throughout the year (except December) our qualified instructors teach SCLH residents a new dance every month. There is no charge for these lessons as we love sharing the beauty of dance with others. As you read this in January we are teaching the Rumba to help shed those holiday pounds: in February the graceful and timeless Waltz is featured.

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

Contact: David Hathaway 408-0228



• Billiards •

The Shooters

- Eight-Ball Singles 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
- Nine-Ball Singles 10:00 AM-12:00 PM and 1:00-4:00 PM Second Tuesday
- Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
All games at KS
Tournament Winners:
- Eight Ball Singles December 01

AM Winner: Hal Berman
 Runners-up: Roy Hackman and Ted Baker
 PM Winner: Joe Hobby
 Runners-up: Steve Brown and Tony Felice

- Nine-Ball Singles December 14
 AM Winner: Oscar Alvarez
 Runners-up: Roy Hackman and Dave Craig
 PM Winner: Jim Lawrence
 Runners-up: Don Araldi, Phil Delaney, John Sefakis, Jim Yoest and Joe Ferrando
 - Eight-Ball Doubles December 15
 Winners: Bob Wehner and Oscar Alvarez
 Runners-up: Jim Pacini and Clyde McFadden, C V Orr and Jim Fulton.
 Gabriel Espiritu and Dale Hurlbut
- Contacts: Jim Immel 434-2918
 Sam Munoz 408-3037**

Challengers Billiards

Start the year off with some fun while improving your Billiards skills! Every Friday from 10:00 AM-12:00 PM, we play seven games of Eight Ball (1/15) in the Billiards Room (KS). The games



Billiards: Prize winners at the Couples/Upstarts/Challengers Billiards Groups Holiday Party

are timed at 17 minutes to keep things moving. We pair up with different partners and opponents most games. There is an advance sign-up binder on the fireplace. We play by the American Poolplayers Association rules and the rule book is on the fireplace for review. The Shooters Group plays by these rules as well. Come join us and get some practice playing this strategic game! Sign up and show up!

Congratulations to our recent monthly winners:

Six of Seven Games: George Black,

Carlos Barrantes, Dan Oden

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

Couples Billiards

We had a great turnout for our yearly Christmas party. Thanks again to Jim & Barb Conger for running our Couples Group every Wednesday evening.

If we have more than 24 players in an evening, we play seven games. Many evenings we have 24 players so only six games are played and no one sits out. The games are not timed, but we encourage players not to spend too much time on their turn.

The first evening, Carlos Barrantes and John Sefakis were the only players to win five out of six games.

Doyle Coker & Gail Harmon won six games and lost none. Joe & Nicki Hobby won six games and lost one.

Gail Harmon & Dan Oden were the only players to win six games.

The last week of play Rita Baikauskas & Joe Perez were the only players to win five out of six games.

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

Upstarts Billiards

Happy New Year to all residents! Our Group would like to begin the New Year by expressing to all residents how much we appreciate the wonderful facilities in which we enjoy our favorite pastime, pool. These great facilities belong to all of us so if you have a New Year resolution to try something new, how about trying pool? Our Group is for beginner-to average players. We play each Thursday from 1:00-3:00 PM at KS. Eight Ball is our game.

Congratulations to our recent winners:

Five of Six games: Carlos Barrantes, Dan Oden, Al Gutierrez, Dale Houck, Bob Wehner, Bob Rand, Willie Wright, Phyllis Borelli, Gary Hoffman

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

Instruction Group

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

Contact: Jim Immel 434-2918



• Bird •

Birds are plentiful in Lincoln Hills this month. Check your feeders and surrounding yard for Juncos, White Crowned Sparrows, Yellow Rumped Warblers, Gold Finches, Blue Birds, Flickers, and more!

Our February 14 meeting will feature Heath Wakelee from Sierra Foothills Audubon Society. Please join us at 1:30 PM, KS, for this informative program.

The annual trip to Linden (east of Stockton) to view raptors will be on January 28. Watch your email for meeting time and place to carpool. On Friday, February 11, we will walk the Ferrari Pond and Anglers Cove trails in Lincoln Hills. There should be a lot of ducks, geese, and shorebirds on this trip.

Thanks to all who volunteered for the Christmas Bird Count. As usual, it was a big success!

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

Website: www.lhbirdnest.org



• Bocce Ball, Mad Hatters •

We were lamenting the notion, the other day that we hadn't seen many of the "old timers" on the Bocce Courts for a while. Then we looked around at who was there and it dawned on us that we were becoming the old timers. A lot of the people we



Bocce Ball's Gene, Bobbie and Bob waiting for the rain to stop

were playing with have been around four years or more and Glen, Marilyn, Gary and Bob are still playing. Miriam,

Ed and Frank have moved on but they'd be delighted to know we tell the new folks about the Group's heritage. We'd like to see more of the old crowd more often. You know who you are.

We've just passed the winter solstice, the days are getting longer, and by the time you read this it will be a New Year. Our Group is still meeting at 1:00 PM on Thursday, but it won't be long before I have to remind you it's spring.

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



• Book Group, OC •

At our December 16 holiday party, Club member Irene Douglass, shared her experiences living in Pakistan in the 60's. At that time, her husband, who was working on the Mangla Dam project, was able



*Book
Club:
Irene
Douglass*

to bring his family to live with him in Lanhoor and Mangla. Life was no picnic for the family; Irene relates having to sew all their clothes by hand as there were no ready-to-wear items for sale. Inspired by this experience, Douglass is writing a book entitled *An American in Pakistan: Memories of Magla Dam*. She shared a few amusing anecdotes from the book; we cannot wait to read the entire publication.

Please join us on January 20 when we discuss *The Help* by Kathryn Stockett. We meet the third Thursday of each month at 1:00, Multipurpose Room (OC). Newcomers are always welcome.

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



• Bowling • Rocklin Tuesday AM

The month of December saw no let-up with the continuing barrage of 200 games. Nine 200 games were bowled the week of December 7, it was our busiest week yet. Not exactly slacking, the following week saw five 200+ games rolled. Horace Snowden topped the list at a whopping 275 game. Wow, that raises the bar a few notches. The week of December 21, our Christmas party day, Doug Tran had the lead with a great 248 game. Horace Snowden was working his way back with a 210. Mike Hart a 211, and John Monique had a 213 game.

For the ladies, Jeanne Zincke holds the lead with her 218 game, followed by Pat Fisk, 207, and Feli Kimball, 190. When we resume bowling in the new year, we will learn what team won the first half.

Contact: Betty Curtis 543-6866

Strikes Thursday PM

Happy New Year! Let this coming year be better than all the others.

The year ended with some terrific bowling with Mike Freiria, the never-ending bowling machine, rolling a 691 series. Bob Barrows didn't do too badly either with a 629 series. The list of guys bowling over a 200 game include Horace Snowden, Carl Zierman, Veto Scurto, Jim Immel, Cal Meissen, Paul Carroll, Billy Clift, Dave Borden, Marv Zamba, Paul Krcha and Terry Stockdale.

For the ladies, Janet Ruitter had a very nice 187 clean game. Good job Jan! Betsy Freiria holds high scratch series, Sharon Dvorak scratch game, Cathy Reiwerts handicap series and Anita Miller handicap game.

Our league welcomed the new year on our first week back after the holidays with many wonderful goodies to munch on and lots of good cheer for the coming year.

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



• Bridge, Partners • Thursday Evening, First & Third

Start the year off right and join the Partners Bridge on the first and third Thursday evenings. We are a friendly but competitive bunch with low-intermediate-to-advanced bridge skills.

Winners of the December 2 meeting:

- First: Alan & Bev Blaine
 - Second: Leif & Darlene Anderson
 - Third: The Phelans
 - Fourth: Ruth Weurful and Gay Gladden, who also had high round
- Winners of the December 16 meeting:
- First: Erika Wolf and Edith Kesting
 - Second: Dede Ranahan and Ken Gladden, who also had high round
 - Third: Kaye Andrews and Sharyn Alexander

We meet in KS at 5:45 PM and play starts by 6:00 PM on the first and third Thursdays of the month. Call Ken (below) to sign up or for questions.

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

Thursday Evening Second & Fourth

Winners for December 9

- First: Bob & Lorraine Minke
- Second: Ben & Kay Newton
- Third: Ann Ulrich and Robbie Duggan
- Fourth: Bob & Cathy Brynjulson

Ben & Kay Newton had a grand slam this evening, Congratulations

January, February, and March contacts are Warren & Gerry Sonnenburg (below). We play at 6:00 PM in the Terra Cotta Room (KS) Come and join us.

**Contacts: Warren & Gerry
Sonnenburg, 253-3882**



• Bridge, Duplicate •

It's the start of a new year, what better time to meet new people and enjoy playing some duplicate bridge. We have games on Wednesday at 12:30 PM Friday at 5:00 PM and Saturday at 12:30 PM. All games are stratified such that you compete against players of similar experience. Wednesday there's also a limited game for less experienced players. All games

are played at Kilaga Springs.

We just had a very successful holiday party with good food, entertainment and libations with the Club treasury picking up a large portion of the cost. We completed the Club championship with Tony Trig and Jack Uppal just edging out George Wusching and Wally Hobson for the Wednesday championship and John & Muriel Menig winning the Friday championship.

We had a very successful year in 2010 and look forward to even better things in 2011 including many new members.

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



• **Bridge, Social** •

Our new Board Members for 2011: President Lois Burke; Vice President Ruth Werfel; Secretary Gerry Sonneburg; Treasurer B.J. Anderson-Acosta; *Compass* Reporter Beryl LeVine; and Board Members Joan & Les Schabilion, Peggy Schmidt and Lee Holman.

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Check-in time is no later than 12:50 PM. You do need a reservation to play but you do not need a partner. *You can make a reservation or cancellation by calling B.J. Anderson-Acosta at 408-7115.*

Winners from November 26 through December 17 were:

- First Place: Jim Haugaard (Twice), Eleanor Amar, Dee Williams
- Second Place: Gene Huntley, Judith Jesness, B.J. Parkinson, Bob Jensvold
- Third Place: Tom Quay, Daisy Venning, Gene Huntley, Randy Rasmussen
- Fourth Place: Dolores Marchand, Hal Smith, Tom Quay, Ann Jensvold

Contact: Dee Williams 408-5582, djohn32@sbcglobal.net



• **Bunco** •

Happy New Year to all! December Bunco was very well attended... most likely because afterwards everyone met at Mimi's Café to share

a delicious holiday meal and fun gift exchange. Let's keep the momentum going. In the New Year, the Steering Committee would like to encourage any interested players to occasionally gather afterwards at a nearby restaurant to continue their visiting. It can sometimes be very hard to visit during an action-packed bunco session.

Bunco is held on the third Thursday of each month in the Cards Room (OC) at 9:00 AM. There is a \$5 entrance fee but never an annual membership fee. Make a New Year's resolution to join in the excitement.

Last month's winners:

- Most Buncos – Shirley Studabaker
- High Score – Delores Hahn
- Most Wins – Ace Phillips
- Low Score – Chris Edwards
- Most Losses – Vickie Cooper
- Traveler – Sara Klesius

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



• **Ceramic Arts** •

Annual dues only \$12 for January 1-December 31, 2011. Complete the membership form emailed to you or obtain one from your studio monitor. Questions, call Mike Daley 543-9449.

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

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

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

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Marty Berntsen 408-2110; OC Pottery — Marilyn Anhalt 408-8196

and Mike Daley 543-9449

Website: www.lincolnsuncity.org, Groups, Ceramic Arts



• **Cloggers** •

Start off the New Year "clogging." A great exercise, stimulating, fun and a chance to meet others. Sign up in "Beginners Clogging" with Janice. She makes it easy by including instructions on balance and giving an alternative step when one is too difficult. Men, try it; after all, years past, you played a big part in its beginnings.

Clog II and the Performance Team remain under the direction of Susi Thomas. They continue to bring clog-



Cloggers: Kiwanis 2010 Christmas

ging into performances at OC and have been a favorite among audiences.

Officers remain the same: President Barbara Sowers; Vice President Anita Tyson; and Representative Connie Stephens. As President, I look forward to 2011 with increasing membership, parties, workshops and a "Demo-Team" under the direction of Janice. Come and be a part of it!

Check *Compass*; be a "Clogger." Keep clogging, an American Heritage, alive.

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



• **Computer** •

• **Main Meeting: February 9, 6:30 PM: Topic: Laptop Security for Travelers by Bob Ringo and Morrow Moore.** Thinking of taking your laptop on the road? Some 600,000 are stolen each year, more are lost. You



Computer Group's Bob Ringo & Morrow Moore

need to take some steps to keep your laptop safe and in your possession. If you want to recover your lost laptop, you should take all the precautionary measures that will make it easier for you to do so in case of loss or theft. This presentation will show you step-by-step the things you can do to protect your laptop while away from home.

- Clinic February 11, 3:30 PM. To some, reading Fry's ads is overwhelming. The goal of this presentation is to enable you to read the many pages of Fry's ads with a more complete enjoyment and understanding.

- Ask the Tech: February 28, 10:00 AM. Informal Q&A session for any and all technical questions. All meetings at Presentation Hall (KS).

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



Mac User

Congratulations to the 2011 Board of Directors: President Bill Smith; Vice President Henry Sandigo; Secretary Robbie Lambert; and Treasurer Gerry Esker.



MAC Group: New Board for 2011: from top left; Gerry Esker, Bonnie Esker, Bill Smith, Henry Sandigo, Irwin Maloff, Robbie Lambert, Bill Roberts and Jim Haugaard. Bottom from left: Ken Silverman and Bob Gentry. Photo courtesy of Sandy Maloff

Additional volunteer positions include: continuing Membership Chair Bonnie Esker; Member Relations assistance Bill Roberts; Program Director of Technology Irwin Maloff; Education Chair Ken Silverman; Mentoring and Support Jim Haugaard.

General meeting is Tuesday, January 25. Our meetings begin with Ask the Tech at 6:30 PM and Ken Silverman will start at 7:00 PM demonstrating Apple

TV and answering questions about this product. Such as; Do I want one, what does it do, and how do I set it up? Presentation Hall (KS)

Contact: Bill Smith:
wsmith986@gmail.com
Website: www.lhmug.org



• Country Couples •

Country Couples (CC's) closed out 2010 with a very successful Christmas Dance at KS. There were all sorts of delicious potluck dishes and plenty of good DJ dancing music provided by Jim and Jeanie.



*Country Couples
 2010
 Christmas
 Dance*

The dance floor remained crowded most of the evening, as everyone seemed to be enjoying themselves, working in time to socialize with each other.

A very special thanks to everyone on the various committees who worked to make this dance such a success!

Mark your calendars for the CC's dance at KS on February 4, 5:30-8:30 PM. Also, the Pony Express Dance Club has invited Country Couples members to their Valentine Ball February 5, at the Veteran's Memorial Hall in Loomis. If interested, contact Ernie Wilson or Tom Hargis for ticket information.

Keep on dancing towards a healthy and enjoyable 2011.

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 always welcome new players.

Attendance has been up and down but we always have enough players for a good time. Join us for a session and see.

We'll be electing new Steering Committee members very soon. I'll be leaving the Committee to allow new members to participate, although I'll continue to help whenever possible and to write these articles. Let us know if you'd like to participate in running the Club.

At the end of November, we celebrated Mary Norris' 100th birthday. Mary is a regular with us, playing nearly every week and usually in competition to win the day's event. Happy Birthday once more, Mary, we're glad to have you in our Group.

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



• Cyclist •

What a deal! For \$1 a month (that's less than, well, just about anything) LH Cyclists get more than just learning about the best roads to ride and the good health that comes from riding a bike. But how does the club spend the dues?

Of course, a small amount must go to maintenance of the website and for supplies needed by the officers to conduct Club business. There are also costs associated with the annual potluck and the "Ride the Hills" event with Sun City Roseville.



*Cyclists
 Group, from top:
 In Meadow Vista;
 Crossing into the
 Forbidden Zone*

The Ride Leaders' breakfast tab is picked up by the Club (they are the real worker bees in this hive) and a similar amount is set aside for recognition of

outgoing officers and the occasional raffle/drawing. Finally, the Club makes a donation to John Sazawa to help with the wonderful job he does recycling cycles. All that for \$12 a year.

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



• **Dominoes** •
Mexican Train

We are in the New Year and need to make new resolutions. One resolution could be to learn to play Mexican Train Dominoes. Come spend the new year with us on Wednesdays, it's a great time to learn Mexican Train Dominoes. It's a lot of fun and we have a good time.

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

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

• **Folk Dancing** •

Please see International Folk Dance.



• **Garden** •

Happy New Year! The 2011 Programs include exciting topics, dynamic speakers, flower shows, tours, classes, and socials! We welcome new and renewal members. Membership registration (\$15) will be available at the January meeting. Contact: Joan Scarper: 434-7233.

Our January 27 General Meeting (KS, 2:00-4:00 PM) will feature Scott Paris presenting "Winter Tree Pruning, New Spring Plants, and Trendy Gardening Facts!" Scott is owner of High-Hand Nursery in Loomis and has spent more than 20 years as a landscape contractor in the area before developing High-Hand in 2003.

Please save any plants, bulbs, garden



Garden Group: Winter Gardening in Lincoln Hills;



January 27 Pruning Presentation

books and yard décor for the Plant Sale in March. Contact Marie Salers, 408-3895, for more information.

Contact: Lorraine Immel 434-2918,
limmel@ssctv.net

Flower Arrangers Group

Friday, February 11, OC, 1:00-3:00 PM. Register at the January general meeting, or contact Gloria Stroemer: 645-4699. The presenter, Carolyn Flynn from Auburn Arrangers will show us how to compose a Valentine arrangement using the principles of good flower design (composition, balance, focal points, texture and space). Bring a container, oasis, flowers, greens and \$3.

Contact: Gloria Stroemer: 645-4699



• **Gem and Mineral Society** •

Newly elected officers: President Deanna Hanks; Vice President Marie Glover; Secretary Jim Luckey; Treasurer John Neil; Field Trip Director Ron Clawson.

Official meetings will be held quarterly at 4:00 PM, Sierra Room (KS), on February 28, May 30, August 29 and November 28. The Club is a member of the CFMS and the NorCal Field Trip Cooperative.

The February 28 program, 4:00 PM, should be of interest to anyone interested in jewelry and creating it. Mel Huth, California Institute of Jewelry Training, will be speaking on the process and treatment used to color stones.

Our Club sponsors the Lapidary and Jewelry shop. Hours: Mondays 8:00 AM to 12:00 PM, 12:00-4:00 PM by appointment and Wednesdays 8:00 AM to

12:00 PM. Each two hours spent in the lab: \$5. All funds go toward equipment and supplies.

All interested persons are invited to attend meetings and are welcome to join our Group.

Contact: Deanna Hanks 543-3013,
dhcio@aol.com;
Dave Fisk 434-0747 (lab info & reservations)
Website: <http://sites.google.com/site/lincolnhillssuncitygems/home>



• **Genealogy** •

There will not be a computer class or Sunday Discussion session in January.

General Meeting: On Monday January 17, 6:30-8:30 PM, Presentation Hall (KS). Election and installation of new Club officers will be held. Speaker: Lynne Roberts. Topic: "Genealogical Research with Newspapers." Lynn has been an enthusiastic researcher for years, a frequent speaker at the Family History Center, and has discovered newspapers to be one of the most informative and entertaining sources of information. She will share what she has learned and what is most useful in family research projects. A mini-social will be held after the meeting. Visitors and new members are always welcome. Annual membership dues: \$15 per household.

The Steering Committee will be meeting on Monday, February 14, 12:30 PM in the Multimedia Room (OC). All Club members are welcome to participate.

Contact: Marilyn Morgan 408-5753
Website:
www.webflavors.com/lincoln



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

The 2010 awards were presented during the Lincster holiday luncheon held December 8. Most improved golfer Lena Ingraham received a standing ovation when it was reported she had dropped eight points off her handicap. The most dedicated Lincster was Kate Gold and the Captain's Points award went to Pat Watkins. Margie



Lady Niners enjoying potluck lunch, from left, Linda Lowe, 2009 captain Marcia Bush and 2011 captain Carol Golbranson; 2011 executive board, secretary Barbara Mumma, captain Carol Golbranson, secretary Shirley Varner, co-captains Ive Laske and Pat Ward (missing: tournament chair Connie Stephens)

Jewett received the Golden Putter for the second year in a row.

Following lunch, outgoing Captain Linda Lowe thanked her board and introduced the 2011 Executive Board.

On December 22 the Lincsters began their winter shotgun start time of 1:00 PM which will continue thru April.

Contact: Linda Lowe 543-5932

Website: www.lincsters.com

Ladies XVIII

The highlight of December for our golf group was the wonderful holiday luncheon held on December 2 in OC Ballroom. The ladies enjoyed a delicious meal of either filet mignon or salmon and all the trimmings, catered by Meridians. Yum!

Captain Rebecca Shoaf was honored for her superb leadership of our organization. Also recognized were most improved golfer, Elaine Kalani, and all the winners of most birdies, chip-ins, and best eclectic scores for the year.



Rebecca Shoaf, Ladies XVIII Captain 2010

It was a delightful event, chaired by Donna Sosko and her committee. Congratulations to all and thank you for a year of great golf events.

Our new captain for 2011 is Joyce Herrerias. We're looking forward to all the exciting activities she and her board have planned for us.

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

Website: lhlgxviii.com



• Golf, Men's •

First and foremost, the LHMGC wishes all resident golfers a warm and happy 2011. On behalf of the Board of Directors we salute the participation and the support during the 2010 Tournaments which turned out so well. The competitive side of all of you came out strong this past year and we all feel that 2011 will be no different!! Good luck to all of you!

We kicked off the New Year with the January 11 "Sloshfest" on the Hills course with the results being posted both on our website and at the Golf Shop! Remember that on February 1, the first NCGA Qualifier and the Just for Fun Tournaments will be contested on the Orchard Course with a morning shotgun and winning teams moving on to local regional play.

"Hit 'em straight Guys"

**Contacts: Ken Jacobson
408-8709, jakemust@sbcglobal.net;**

Steve Brown 626-9075,

sbusaman@aol.com

Website: www.lhmgc.com



• Hand and Foot •

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

Hand & Foot meets every Thursday from 8:30 A.M. to noon in the Terra Cotta & Sierra Rooms. (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: Still working on those extra holiday pounds? Join us for a nice walk. Don't forget to dress appropriately for the cold and bring water.

Hikers: This year the Hiking Group will be participating in the Group Expo on March 9th. Make your calendar and come by our table to learn about the



Hiking Group, from left: Catta Verdera; Middle Loch Leven Lake; lunch at Upper Loch Leven Lake;



variety of planned hikes and how you can begin to participate. We typically schedule a hike a week. Certainly there is one just for you, as we target all skill and endurance levels.

While rain has wreaked havoc with the hiking calendar, we have still scheduled a variety of hikes in these winter months. Some upcoming hikes are short, easy and relatively close by; others offer more of a challenge and are in locations such as Nevada City and Sonoma.

Be sure to check the website for details and last minute cancellations in the event of rain.

Contacts: Hiking:

Dennis Ratay 543-9935,

Denratay@sbcglobal.net

Walking: Margie Campbell 408-0713

Website:

<http://lincolnhillshikers.org/>



• International Folk Dance •

It's never too late to make New Year's resolutions. Why not make one to try International Dancing this year? We meet Tuesdays in the Social Kitchen (KS), 2:00-4:00 PM. We do circle dances, line type dances, and partner dances—some are easy, some harder, all are lots of fun.



Folk Dancing Group: Come dance with us

Join us and celebrate with people all over the world as we participate in dances that define the various countries. While the majority of our dances are international, we have learned some American dances, too.

Dancing is good for health, memory, and balance, as well as stress reduction. Put aside the worries and concerns we all have for a few hours and join us for fun and relaxation. We meet for lunch on occasion, have fun parties, and enjoy our travels around the world.

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



• **Investors' Study** •

• Active Investor Class, Bill Ness facilitator, 3:00 PM (OC), Second Monday of the month. Next class, March 14.

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

Meetings, Presentation Hall (KS) 2:00-4:00 PM, first Monday of the month:

• February 3, 2011, C J Neshor from iShares, a division of Blackrock Investments will speak on the world of Exchange Traded Funds (ETFs).

All residents are welcome

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



• **Lavender Friends** •

The Lavender Friends Club is a social organization serving Lesbians, Gays, Bisexuals, Transgendered and those in friendship who live in SCLH. A very special thanks to Michelle, Claudia, Jan and Judy who organized our Fifth Annual Holiday Party at Turkey Creek Golf Club. The Lavender Hearts committee received a big thank you from the Salt Mine for all the canned food donations that we collected for them. They also provided two families with a holiday dinner and a \$50 gift certificate thru Peace for Families of Auburn and Roseville. This organization provides a safe house for

victims of domestic violence, and provides social support system. Thanks to Phil, Herman, Robyn and Yvonne who have agreed to serve on our new Executive Board effective January 2011. Don't forget that our annual dues of \$5 per member are due by January 31.

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



• **Line Dance** •

December's potluck get-together saw a new slate of Steering Committee members elected to serve for the next two years. New members: Karen Jolliff, Kathy Lopez, Marsha Hathaway, Terry Schultze, Dennis Dawson, Barbara Riddle. They are looking forward to working with all our dancers. Give them a warm welcome and share your ideas with them.

Do sign up for one of the many classes so that you can be part of the line dance community.

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



• **LSV/NEV** •

Low Speed Vehicles/ Neighborhood Electric Vehicles

We start off the year with our general meeting and pre-meeting coffee hour on Tuesday, January 18. The coffee will be ready at 9:00 AM in the Social Kitchen (KS) followed by our meeting in the Presentation Hall (KS) at 10:00 AM. We will be discussing insurance issues with our speaker Julie Dominek. In February we hit the road again with a bus trip to the Port and Chocolate Festival and lunch on the river. Check your *Compass* for details!

Contact: Bev or Buzz Rognlien, 408-4540 Website: Lincolnhillslsv.com



• **Mah Jongg, National** •

Our Group plays in the Card Room (OC) every Tuesday from

12:30 to 4:00 PM. This ancient tile game is more challenging than you can imagine. You will love the fun you can have. There are no dues to join and we teach beginners. Ring in the New Year by joining us in 2011.

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



• **Motorcycle RoadRunners** •

With our new officers installed, the RoadRunners Motorcycle Group is making plans for this year's ride agenda. The Road Captains are the ones who plan and lead the monthly Club trips. This entails actually riding the planned route in



John Hanaway RoadRunners Club President with his new ride

advance of the official ride and being sure there are adequate rest stops, bathroom facilities, restaurants and gas stations, and ensuring that the roads are in good condition. With our new and enthusiastic group of Ride Captains, this should be an adventurous and fun-filled riding year.

Allowing good weather, our rides will commence in March when we will begin our regularly scheduled monthly rides. Occasional impromptu rides help fill in the off weekends.

RoadRunners meet the fourth Thursday of the month at 6:00 PM, Fine Arts Room (OC). Guests are always welcome.

"Ride safe, ride with friends!"
Contact: Peter Boyle 408-1955, Boylep18@yahoo.com Website: <http://web.me.com/rettavincent>



• **Music** •

Time to wish everyone a Happy New Year!! We hope

to have as successful and enjoyable a year in 2011 as we had in 2010. The festivities are over, and preparations are in the works for the coming entertainment events utilizing new material and old favorites. Our new members are looking forward to their first participation in the new Showcase and we welcome their enthusiasm to strut their stuff with the "veterans."

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

For information on future events, visit the Music Group on the residents' Website (below).

Contacts: Charles Murray 408-1486, KZ2B@sbcglobal.net; Julie Rigali 408-4579, jjrigali@yahoo.com

Website: www.lincolnsuncity.org, Groups, Music



• Needle Arts • Threads of Friendship

Jan Lois Kershner, an acclaimed stitchery artist who specializes in landscape interpretation and Sashiko embroidery was our wonderful speaker for January.

February 8, we will welcome an equally well renowned speaker, Rami Kim. Rami is an artist/quilter/instructor known nationally and internationally. She is a 14-time Best of Show winner, distinguished for her innovative art to wear. Her latest book is *Folded Fabric Elegance* about her 3-D texture techniques and projects.

Please contact Membership Chair Linda Moran, 543-4401, to join us and see how fiber arts thrive in our community! Subgroups, most Sewing Room (OC):

- Appliqué: Fourth Friday, 1:00-4:00 PM
- Beading: First/third Fridays, 1:00-4:00 PM; Multipurpose Room (OC)

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

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



• Paper Arts •

Punches in Art are featured in the January window. You will be amazed at the diversity of size and shape that you will see in the Paper Arts display. They range from tiny hearts to frames, snowflakes and lace. Yes, lace! The punches are so much fun to use. See for yourself in the hall at OC. Phyllis Hunter comes up with such imaginative themes!

The project for the January meeting was perfect to start the New Year. With Vi Henry in charge, her crew of Terri Effect, Phyllis Vickers, Paulette Rhoads, Marilyn Congello and Claudette Kinman led everyone through the first part of a beautiful and efficient Calendar. The final part will be completed in February. Can't wait to use it!

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

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



• Pedro •

Winter is here and it's cold and rainy outside. This is the perfect time to learn a new card game. If you have never played Pedro before we will be happy to teach you the basics.

Pedro is a slightly challenging bidding card game and is played all over the world.

We play in the Card Room (OC) on the first & third Friday of every month from 9:00 AM to 12:00 PM. Our next play dates will be January 21 and February 4.

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



• Photography •

Our members led us to some interesting field trips over the course of last year: Larry White's Ferrari Trail; Bill Jensen's Hays Museum, UC Davis Arboretum and Coloma Gold Rush Days; Bob Crisp's Beale AFB, Human Model, and Sikh Temple shoots; Carole Haskell's Old City Rose Garden; Jim Luckey's Downtown Sacramento; Ron Bauer's



*Photography Group:
Pondering Egret, by jeffa*

Gibson Ranch; the Placer Land Trust; Mary Massey's Draft Horses, and Pete Henshaw's Preston Castle.

Who knows (we sure don't) where we'll be going in 2011, but for sure there are endless shooting opportunities right where we live: sunrises, sunsets, wildlife, (usually less wild) human-life, florals, landscapes, events, happenstances and even our shoes when the button clicks accidentally. Or the only picture of our favorite niece that only shows her forehead. Ouch.

Our Special Interest Groups (SIGs) are smaller interactive sessions that separately review digital editing techniques,

camera controls, general discussion and printing. Check us out.

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



• **Pickleball** •

A break in December's rains allowed the Club's Winter Tournament to happen as planned. Three groups played in a mixer format that guaranteed new opponents and new partners each match. The recently



Pickleball Group December Tournament Medalists, from top, all from left — Group one: Sharon Arnette, Tom Naylor, Crissy Beadle, Sharon Davis, Bob Church. Missing, Roger Lapossa; Group two: Paul McClellan, Sherill Slotsve, Karen Lapossa, Bill Fagan, Marisa Flynn, Richard Holm; Group three: Carl Lee, Sue Jonas, Cal Meissen, Lin Filbin, Barry Cunningham, Audrey Morse

completed fourth court got its first tournament play.

With the new fourth court, waits are reduced during popular play hours. The Club is grateful to the Association for providing these first-class courts. Everybody should be grateful that we have outstanding facilities for the fastest growing sport in senior communities. The courts belong to all residents

and everybody is encouraged to play whether they belong to the Club or not. However, there are benefits to Club membership—tournaments, social events, and updates about activities in the Pickleball world—so everybody who plays should consider joining the Club. A membership form is available on the Club website; dues are \$15 a year. Article by Jim Westby.

Contact: Jerry Zimowski 408-1319
jzimowski@ssctv.net
Website: LHpickleball.blogspot.com



• **Players** •

On February 4 and 5, the Players will present a Reader's Theater production of two plays: "The Ugliest Woman Alive" and "The Plotters." Both of these plays deal with people who are not happy with their current lives and



Players Group's Happy Cast of Rumors

want to change them forever. However, some things do not happen as planned. Come and join the fun at Presentation Hall (KS), 7:00 PM on the 4th and 2:00 PM on the 5th. Admission is free.

The Players March main stage production of "Rumors" is also in rehearsal. This play, about four couples and their attempt to hide the events of the evening, may well be the funniest production the Players have ever produced. You won't want to miss this one. Production dates are March 2 and 3 in the OC Ballroom, 7:00 PM on both days with a 2:00 PM matinee March 3.

Contact: Ron Morris 434-6534



• **Poker** •

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

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

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

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

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

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



• **RV** •

The RV Group ended 2010 with a wonderful Holiday Banquet Dinner in the Ballroom (OC); beautiful decorated tables; delicious food; and dancing to the music of The Lincoln Highway Band. Thank you to all the



RV Group, from top: 2011 Officers: Secretary Blance Eberhardt, Treasurer BJ Acosta, President Bob Zielinski, Vice President Diane Rey; Lincoln Firemen and Bob Zielinski

members for your generous gifts of toys that were distributed to local families in need by the Lincoln Fire Department.

Spring Rallies:

* March 19-21, Bakersfield RV Resort. Wagon Masters: Sharlene & Bob Zielinski and Martha &

Ralph Chatoian.

- * March 22-27, Emerald Desert Resort in Palm Desert. Wagon Masters: Chatoian and Zielinski.
- * March 28-31, Flying Flags, Buellton. Wagon Masters: Marilee & Doug Swanson and Julie & Marco Benassini.
- * April 24-28, Durango RV Park, Red Bluff. Wagon Masters: Marilyn & Dave Poole and Robin Drake & Frank Bortoli.

Applications for rallies are available on the website. Next meeting Thursday, February 10, 4:00 PM, Presentation Hall (KS).

Contact: Bob Zielinski 408-1852

Website: www.lhrvg.com



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

Happy New Year! As the leadership team reflects on 2010, we are proud and pleased to have supported so many students in WPUSD. As our schools face more severe cutbacks, volunteers will continue to play a significant role in academic achievement with local students, kindergarten through high school. Now that you have recovered from the holidays, are you wondering what might make 2011 a very special year? We invite you to try a unique volunteer experience. We place SCLH's residents throughout the year as teachers continue to request help and support. If you enjoy being with kids, are reliable and motivated, why not give volunteering a go. Your commitment to being a SCHOOLS tutor is flexible and individualized to meet your needs, lifestyle and interests. The only requirements are a TB test and fingerprinting. Please call for more information.

Contacts:

Sandy Frame 408-1453 or

sflincoln4fun@starstream.net

Elementary: Eileen Marks 409-0320,

emarks@aol.com; Cindy Moore 408-1452, cindysmoore@me.com

High School: Rita Gruenwald larita@wavecable.com



• **SCOOP** •
Sun City Organization Of Pooches

Scoop's holiday party rocked and raised \$1760 for their charity — *the party of the year!* Smiles and laughter prevailed the entire night. No one left early. Wayne Leslie provided piano for background and sing-alongs. Bob Remensperger sang his "Dog Song." Everyone contributed to our delicious potluck. The cakes were showpieces. Santa (Don Sweet) listened to our Christmas wishes.



Scoop Group, from top left: Santa (Don Sweet) consulting with one of his elves, Maggi

Georgi; Rachel LaForest kept auction bidding lively and gave great support to the animals at "A Chance for Bliss"; Our cheerful co-leader Shirley Mohler and our wonderful piano man, Wayne Leslie, during the festivities

Then the Live Auction began! Master Auctioneer Linda Derosier did her research and kept it lively! There were plenty of generous but friendly competing bids. The end result was that, while having fun, SCOOP members raised \$1760 for "A Chance for Bliss", a local animal sanctuary.

Thanks to all who supported this event, our sponsors and to planners Jacquie Lemke, Linda Derosier, Dianne George, Gay Sprague, Jill Mallory, Shirley Mohler, Judy Bond, Terri Rafferty, Cheryl Sweet, Helen Harvell, Burna Jamieson and Diane Rice. Dog Lovers are *the best!* Article by Dianne George.

Contact: scoop@sclh.com

Website: www.sclh-scoop.com



• **Scrabble** •

Aah—middle of January. It's a bit cold outside.

Those New Year's Resolutions are getting to be challenging by now. Must be time for something else to do. Well, how about a nice board game in cozy warm room with some friendly, thoughtful people?? I think I'll go play Scrabble. Fabulous idea!

We hope that's what you're thinking because it really is a good idea. The Scrabble Club just plays Scrabble. We have no dues. We have no fund raisers. We require no reservations We just meet once a week and play Scrabble.

Been a while since you played? Never played before? No problem! We'll explain the rules. We'll give you suggestions. We will encourage you to do better. Of course, we can't do anything about the weather, so bundle up then come on into the Cards Room (OC) at 1:00 PM on Monday. You'll be glad you did.

Contact: Darlis C. Beale 408-0269



• **Second Cup of Coffee** •

On Monday, January 17, Bill Richardson, our traditional kick-off speaker, will present his video-sound bytes for "2010 College Football Highlights: You Make The Call!" Bill knows the rules affecting big, often controversial plays. Q&A buzz during the session. KS/Presentation starts at 9:00 AM; come early.

On Monday, February 21, the meeting will take place in the Social Kitchen (KS) area starting at 9:00 AM. Some retired SNORE alumni will lead the attendees to "Remember those Roundtable Discussions." With a free cup of coffee, and sitting at round tables, we will discuss a selected topic, and get to know each other better.

On Monday March 21, Mark Dentinger will familiarize the audience with Lincoln's new Rogers Family Coffee-Roasting Company. This *new* city-outreach effort will be most informative, also fitting our Group's ID. Did you know that Costco's San Francisco Bay Coffee comes from Rogers? Q&A will be

fun! 9:00 AM, Presentation Hall (KS).

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



• **Singers** •

The Singers had sell-out performances for the “Beautiful December” concerts. The women were elegant in their black sequin capes with red poinsettias; the men in red shirts with black sequin ties.

The Singers will support the Lincoln High School Select Choir in the fundraiser concert on January 29. The high school choir has been invited to sing at Carnegie Hall in New York City. Contact Marie Cooper for information at 434-6718.

Practices resumed on January 11 at 3:30 PM at in the Presentation Hall (KS). Anyone interested in singing in the Spring Concert needs to contact Bill Sveglini.

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



• **Singles** •
Dynamic Singles

2011 Membership Qualifications for SCLH Dynamic Singles Club

1. Must be Single
2. Must be a resident of SCLH
3. Must be able to Think, Hear, Talk, Read, Enjoy — and Spread the Word !
4. Must have a desire for Social Interaction with like-minded Dynamic Singles !
5. Must like Getting Involved, Participating in Activities, Contributing to a Group, Dining, Dancing, Traveling, and/or Participating in low-key Recreation
6. Must have \$15 for Annual Membership

That’s it ! No technical knowledge, no special equipment !

- * January 18, 7:00 PM, Let’s Dance, Meridians
- * January 27, 6:00 PM, Pre-Super

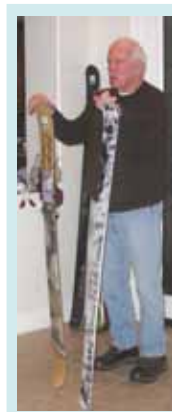
Bowl Party, (KS)
 For more info: www.lincolnhillssingles.org or call Richard Fuller, 409-9209
Contact: Sarah Lambrose 543-0035
Website:
www.lincolnhillssingles.org



• **Ski** •

Our first holiday wine and cheese event was held in December, a glowing success with 50 skiers, friends and spouses attending. The event was hosted by Mike & Sharon Murray with Audrey Morse and Sylvie Roberts organizing it. Ken Brooks, REI, made his third annual appearance showing the latest in equipment and apparel. Looks like the holiday party will need to be an annual event!

Plan to attend our mid-afternoon après ski meal on January 27 at Rainbow Lodge (details forthcoming). It is also not too late to come on board for the February 27-March 5



*Ski Club:
Ken Brooks*

trip to Mount Bachelor (contact M. Connolly or M. Hilton).
 Who ever did the “snow dance” stop now (20 feet in December at some locations). Looks like a banner year so get to those slopes soon.

Next meeting: Tuesday, January 18, 4:00 PM in the Fine Arts Room (OC). Ken Brooks, REI, “demos” latest skis.

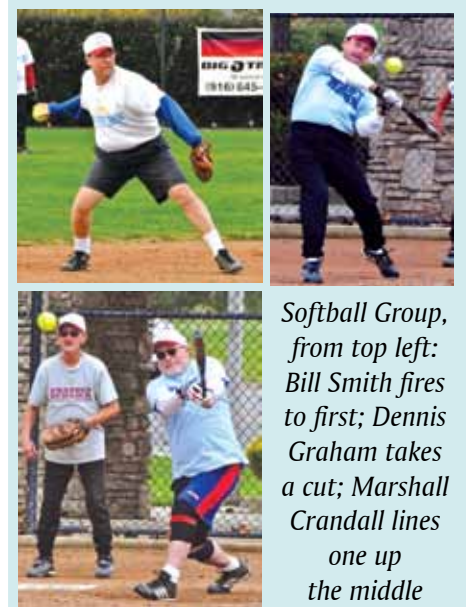
Contacts: Bill Smith; Audrey Morse; Mike Connolly; Mike Hilton;
258-2150, lhskiclub@gmail.com
Website: www.lhskigroup.org



• **Softball, Senior League** •

Mid December saw the end of the winter softball league. Even with several games getting rained out, good fun was had by all that participated.

December saw the very successful Toy Drive for families of our Troops



Softball Group, from top left: Bill Smith fires to first; Dennis Graham takes a cut; Marshall Crandall lines one up the middle

from Beale AFB. A big thank you goes to Dr Jim Stocker for coordinating the Toy Drive and the collecting toys. Softball practices will continue on Sunday from 10:00 AM to 12:00 PM, weather permitting. Applications for the 2011 season, due from each player, are available on the LHSSL website, at the field, or from individual Board members. Completed applications, a check for the 2011 season, (amount is listed on the application), must be mailed or given to Mike Hilton by February 15. Contact information is on the website and on the applications. There will be a draft of player’s later this spring. Opening Day is early April.

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

Coyotes

The Coyotes’ four teams enjoyed their annual breakfast on December 7 at the OC Ballroom. John Gho, Coyotes social director, once again put together a terrific buffet breakfast. Chair J.R. Jackson held sway after all who ate finished their meals and gave information regarding the past season and future events for the coming year. Each of the Coyote managers: Dale Stephens (60s Blue), Carlos Zavala (60s Black), Ron Greeno (65s), and Bob Hunter (70s), gave a summary of how each team did

in 2010. In 2011 the Coyote Round Robin, where the teams play each other, will be March 19, and the annual Coyote Invitational, this year hosted by the 70s, will be held the weekend of June 18/19. The Thursday winter Sierra League games are continuing through March. As of this writing, the Coyotes have a record of 6-2 and have had two rainouts.

Contact: Bob Hunter,
bluespritzer@yahoo.com



• **Sports Car** •

The Sports Car Group has wound up a fun-filled year that included 17 social events and 16 tours.

The socials included parties, bowling, brunches, lunches, ladies tea and happy hours. The tours included day trips to Tahoe, Big Springs Garden, Iron Springs Winery, overnights to Reno, NAPA, Fort Bragg, Rio Vista, Black Chasm Caverns, Pacific Grove, Quincy Dude Ranch, Oregon Coast and racing at Thunder Hill. We donated time at Shriners Hospital and wrapped Christmas Presents for needy families. Our roster includes 96 cars. This has been a very exciting year!



Sports Car Group: New Board

The first meetings for 2011 are important. We will be planning tours for the New Year. This is the time to get involved and let us know where you would like to go.

Meetings: 6:30 PM — First Mondays at Presentation Hall (KS).

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



• **Square & Round Dance** •

Sun City Squares

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)



Square Dance Club Christmas Party!

The Square Dance Club ended the year with a very successful Christmas party. Fun was had by all.

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



• **Table Tennis** •

The Table Tennis Group held its Annual General Meeting, on January 9. At that time some of the positions were filled with new members. The various positions included General Manager, Communications Officer, Scribe, Treasurer, Play Manager, Social Manager and Ambassador.

The campaigns for some of these positions included heavy lobbying efforts by all the aspiring candidates. By the time of the election, most of the campaign war chests had been depleted, the mud-slinging completed and the ballots with hanging chads forfeited.

Play 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** •

Can you believe it's 2011? Even though 2010 was a banner year for the Tap Company

we are looking forward with equal enthusiasm to 2011. A Chair has already been selected for the upcoming summer luncheon and our new logo tee shirts and dance bags are selling like hot cakes. Technique classes are



Tap Company: "What is the beat on these drumsticks?" — a quandary of the "Fantaz-Stix" tap class rehearsing for the April Talent Show. Watch the Compass for ticket availability

underway and Performance Groups are working hard to ensure that you will appreciate and enjoy all of their hard work and efforts for the 10th Anniversary Talent Show in April. Make sure you mark your calendar for April 7, 8 and 9 because tickets will be available soon.

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



• **Tennis** •

Our annual general meeting was held in December to vote for our 2011 board of directors. The following members will be serving this year: John Flaherty President, Donna Bunyard Financial Director, Christy Link Communications Director, Cathy Garrison Social Director, Greg Didion Tournament Director, Carl Braganza President Elect.

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

Social drop-in tennis is open for all residents at any level. It is held 9:00-11:00 AM on Wednesday and Saturday. If you want to meet some new players or just get back on the court, drop-in tennis is a good opportunity.

Please check our website for more information about our Group including

how to join, USTA teams and scheduled activities.

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



• **Travel Group** •

The next meeting is Thursday, January 20, 7:00 PM, KS. Guest speaker is Ms. Ilene Ferguson, Alamo Travel & Tours.

The following trips have openings: Reno Snow Train (Feb 2011); Crystal Northwest Cruise (Apr 2011); Canyon



Travel Group in Tian' Anmen Square, Beijing

Country, Arizona/Utah (Apr 2011); Celebrity Alaska Cruise (May 2011); Yosemite (May 2011); Russia River Cruise (Jul 2011); Canadian Rockies (Sep 2011); New York City Holiday (Dec 2011); Hawaiian Islands Cruise (Apr 2012); Mid Atlantic Tour: Philly-Baltimore-Williamsburg-D.C. (May 2012). See our website for details on all trips.

You do not have to be a member to attend our meetings so please join us for an interesting and informative evening.

Contacts: Teena Fowler 543-3349; Karen Foley 645-5411; Linda Frazier 434-8266; Sheron Watkins 434-9504



• **Vaudeville Troupe** •

Once again the talented Troupe performed their high-energy, totally creative and fabulous "The Cavalcade of Stars" Show to a sold-out audience of loyal Vaudeville fans! Thank you everyone!! We had a ball!! We will again provide our "Entertainment Extraordinaire" in July!

Mark these Vaudeville dates on your calendar:

- Benefit Concert: January 29, 2:00



Vaudeville Troupe Members Sandy Klein, Rita Ryan, Jennifer Lauchner, Terry Solano and Marina

Eugenios at Marina's Holiday Party; Gorgeous "Take Back Your Mink" gal Shelagh Henderson from January's Show; Handsome "Tevey" from January Show's Fiddler Medley, Jim Henderson

PM — Members of the Vaudeville Troupe will be performing some of our favorite acts at OC Ballroom for the Lincoln High School Fundraiser: "Choir to Carnegie." Please spread the word so we can help generate lots of money for their "once-in-a-lifetime" opportunity!! Also participating in this worthy benefit concert: Lincoln Hills Singers and Lincoln High School Choir. Contact Marina or any Troupe Member to purchase tickets for this fantastic Show/Fundraiser. Families welcome! All proceeds go directly to the Lincoln High School Choir: \$10 per ticket!

• February 4: Vaudeville performs for Super Seniors at OC at 10:15-11:30 AM.

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



• **Veterans** •

Rick Buckman, Placer County's Veterans' Services Officer, will be the featured speaker at the January 20 general membership meeting at 1:00 PM in the Presentation Hall (KS).

The County's Veterans' Services Office promotes the interests and welfare of veterans and their dependents and survivors. It enhances their quality of

life through counseling, education, claims assistance and advocacy.

This program will give veterans a fuller understanding of the benefits they have earned and the services that the county office is prepared to provide.



Veterans Group: Retired Army chief warrant officer Rick Buckman served as a veterans' services representative in Humboldt and Mendocino Counties before taking his current responsibilities in Placer County in 2006

The Placer County Veterans Services Office is located at 1000 Sunset Blvd, Ste. 115, Rocklin. Phone: 780-3290. Office Hours: 8:00 AM-12:00 PM and 1:00-5:00 PM Monday through Friday.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on January 17, Martin Luther King, Jr. Day.

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



• **Water Volleyball** •

Water volleyball is open to all residents, any skill level. You can try it without joining. Training available (see below). We have open play, competitive (advanced) play, and league play. Look for a new league starting soon. Some of us went through withdrawals in December since we couldn't play due to the salt water conversion. We're anxious to see how the change will affect play.

Entertainment was great and food was delicious at our annual Christmas party/business meeting. Congratulations new steering committee: Bob Gorts, Dan Oden, Jim Puthuff, Paul Schechter, Jerry Speno. A big thank you to outgoing officers: Gary Haight, Darryl Hornsby, Diane Neuenswander, Rick Turpin, Phil Savio.

Play available (KS):

- Open Play: Saturdays 9:00 AM

Second, fourth, (& fifth) Mondays
5:30 PM

- Open or League Play (all levels):
Wednesdays/Thursdays 6:45 PM
- Advanced Play (rated players only):
Mondays 6:45 PM
- Training: First/third Mondays
5:30 PM

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



• West Coast Swing Dance •

Our December dance was the most festive and fun-filled yet with great music and dancing. We are looking forward to continuing this spirit at our Valentine Dance on Saturday, February 5 (KS). There will be a lesson at 6:00 PM with dancing from 6:30-9:00 PM and you are welcome to join us.

West Coast Swing practice sessions have resumed on the second and third Fridays of each month. The next sessions will be on January 28 and February 11, 5:30-7:30 PM, Fine Arts (OC). This is your chance to practice and on-the-spot help is available.

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

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



• Woodcarvers •

Founded in January 2005, this Shared Interest Group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet



Woodcarvers Plaque

and chisel, to powered tools. They're also focus on developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and a large support library are also available for members.

The Group was again honored at The Capital Woodcarvers show this past year; Novices and Master Carvers took home a number of ribbons. Woodcarver works have been featured at OC and, in *Chip Chats*, a national woodcarving magazine.

Group Leader John LePage and Steering Committee members, Harvey Moss, Richard Madsen, and Joe Propersi are available to discuss the Group or just stop by any Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS), to observe or kabitz... Visitors are always welcome!

Remember, Woodcarvers never die... they just keep chipping away!

Contact: John LePage 543-9564
Website: www.SCLHwoodcarversblogspot.com

Communications

continued from page 7

first quarter, we have scheduled Health Issues that include Aging, Fibromyalgia, and CAT/PET/TOM information. General topics include: writing novels, military experience, and climate science. We have scheduled a Home Maintenance Workshop and other sessions including information on Mosquitoes and other bugs. Also, there is a revised 'Speaker Interest Form: Volunteers needed and topics of interest'. This form is available on our website and in hard copy in the Activities Area. Our goal: to have something of interest for everyone. Our Forum Presentations are focused on you so give us your feedback at ccrc@suncity-lincolnhills.org.

The Communications Committee is made up of eight very hardworking residents whose goal is to aid Communications here in Lincoln Hills.



• Writers •

The Holiday activities meant the Writers Group had a shortened meeting schedule in December. We will change considerably in January when the calendar provides a fifth Monday. Ordinarily, we have two meetings each month, but when an extra Monday happens, we have a “bonus” meeting day and reserve that day for a guest speaker — usually an author or publisher who might inspire or assist us in our literary quest. So, to all those latent Hemingways or Shakespeares, plan to meet with us to share your talent.

We meet the second, fourth, and this month, fifth Monday at 6:30 PM in the Ceramics Room (OC). If you want to read your composition, we ask you to bring several extra copies to pass out for members to make notes and comments on — a useful, low-impact critique if you will. For more information, contact Alan Lowe or Jim.

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

Rumors still fly around and we often hear 'I didn't know that' or comments such as, 'They are doing *what?*... Why is *this* happening... Who made *that* decision?' The easiest way to avoid falling into the Rumor trap is to attend our Listening Post sessions with our Executive Director, Bob Cook. They are held on the second Wednesday of each month at 9:00 AM in the Solarium (OC). That is the place to put rumors to rest and to be in the know. If attending a Listening Post session is not convenient for you, email a question to listeningpost@schca.com or you can click on it on the resident website front page) and you will receive an answer within just a few short days. **So Keep Informed with SCLH Communications.** The tools are there, and it is our responsibility to learn to use them.

Bulletin Board

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

The AARP Tax-Aide Program

provides free tax counseling and tax return preparation for low-to-middle income taxpayers. This 40-year-old joint IRS and AARP administered program is staffed by volunteers from Sun City Lincoln Hills who are trained in preparing federal and California income tax returns. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board, which allows clients to have tax refunds deposited directly into their bank accounts within two weeks. Priority will be given to persons aged 60 and older. Call 878-6249 for more information.

The Chess Club

is accepting new members. If you have played chess before or want to learn how to play the royal game, now is the time to do it. Beginners and other club members are welcome. Please contact Leo Chaiko at 409-9122 or leocarol@att.net. We play every Wednesday in the Community Living Room (OC), 1:30-4:30 PM. The Card Room is open every Sunday 12:00-4:00 PM for Open Play, including chess.

Lincoln Hills Italian Club:

Felice Anno Nuovo! Happy New Year! Best wishes for a happy, healthy, and prosperous year. We'll start off 2011 with our annual Crab Feed on Friday, January 21 at McBean Park Pavilion. This event always sells out. Club members and friends will enjoy an evening feasting on crab, shrimp, and pasta. In January we are excited about a new eight-week course "Wings Over Italy," for members only. This course on Italian

You are invited... to the following presentations held in OC Lodge — The following are vendor presentations open to SCLH residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

- Feb. 8 • 6:00 PM Spinal Aid Presentation — Dr. Zorich: Oaks (OC)
- Feb. 15 • 10:00 AM SolareCity Presentation: Oaks Room; see ad page 85

culture and language will be taught by a member, a retired educator who lived and taught in Italy. In February, we are busy putting plans in place for an Italian Sock Hop and Pasta Dinner. If you are of Italian heritage, consider joining our Club. For information, check our website at www.lhitalianclub.com or contact Membership Chair Rose Cesarz at 434-5301. Single members can always invite a guest to attend our events. Ciao!

Games: Open Play

Come join residents from 12:00-4:30 PM every Sunday in the Card Room (OC) for "Open Play." You must bring your own card, board or tile games. Tables are first-come, first-served.

The Lincoln Multiple Sclerosis Group

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

The Peripheral Neuropathy Group

is being disbanded. No meetings are scheduled for 2011. For information about this, or the condition, please contact Jim Fulcomer at 543-9201.

Racquetball Group:

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

the court!! Contact: Armando Mayorga, 408-4711. amoon38@sbcglobal.net.

Shalom Group:

We are past the winter equinox and hopefully the rains won't slow us down. The General Meetings resume and will take place January 24, 7:00 PM, KS. In February, the first event scheduled is the Woman's Club meeting at Oracle on 14th, at 11:30 AM. Call Bev or Robin for information about the program. Membership information may be obtained from Natalie Flynn, our new Membership VP at 434-5470. Use contactshalomgroup@gmail.com for questions and inquiries of the group or the board. Please use our website (www.shalomsg.org) for pictures, calendars, and general information.

Shooting Group:

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Fall and winter months we meet at 9:00 AM. For schedule, please contact Michael Pargament. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Each month we also gather at a member's home for hors d'oeuvres and drinks. A great opportunity to enjoy each other's company and meet member's spouses. If you are interested in joining us, contact John Kightlinger

Did You Know?

It is always a good idea when leaving your home for a few days or longer to shut off the main water valve to your house. Where is it located? It's on the side wall toward the very front of the inside of your garage. In case of emergency you will want to be able to access it easily so don't block it with large or heavy items.



Let's Play Bingo!

Wednesday, January 19

OC Ballroom

Doors 1:00 PM ; Games 1:30 PM

Start the new year visiting with friends and neighbors and enjoying an afternoon of fun and games.

Bingo is sponsored by the Lincoln Hills Foundation, a non-profit organization supporting programs for seniors including Neighbors InDeed, Super Seniors, wheelchairs for Twelve Bridges Library, Meals on Wheels, much more.

Up to \$1350 in prize money can be won (based on the number of attendees). Each \$20 packet contains six cards per sheet and 12 sheets for 12 fun-filled games. Daubers are available for purchase. No one under 18 is permitted. No alcohol allowed.

Call Karen Foley, 645-5411, for more info or to reserve a table for ten.

Visit our website and printout a coupon for free popups:

www.lincolnhillsfoundation.org



The Eighth Annual Fine Arts Show

Friday, February 25
9:00 AM – 6 PM

Saturday, February 26
9:00 AM – 3:30 PM

The Signature Artwork for this year's show
Brass Sculpture "Lady" by Lee Porter
Photography by Rhonda Campbell



at 408-3928 for details of our next get together.
Contact: Michael Pargament, 408-0221 or jdparg@inreach.com.

Attention Wine Drinkers,

Are you interested in forming a wine tasting group?

Bring your friends and neighbors to the first planning and organizational meeting on Thursday, January 20. The meeting will be held in the Multimedia Room (OC) at 7:00 PM. For more information please call Charmian at 253-7163.



**Members of Needle Arts —
Community Service Projects —**
make blankets and quilts to donate families in need in the community.

Clockwise from back left: Kristina Volker, LaVerne Haubl, Heather Ellis, Nicole Kassel, Jean Jones, Bev Johnson, Cyrenna Burgess, Nancy Rich, Linda Bird, Darlene Davis

Space: The Final Frontier

Nina Mazzo, Library Volunteer

News releases in the field of Astronomy are becoming almost daily occurrences. They include the fact that there are actually trillions of stars let alone the billions that Carl Sagan noted and the amount of planetary systems similar to our own are no longer the stuff of science fiction. Discoveries of distant planets are challenging all to think deeply about extraterrestrial life (unusual organisms not necessarily ET) although I am holding out hope in my lifetime.

So, with these recent discoveries in mind, I headed to Kilaga Springs Library's Nonfiction Science section and found two that are easy (not too technical) and interesting reads: *Packing for Mars* by Mary Roach and *Death*

from the Skies! by Philip Platt. Science Writer Mary Roach takes a look at the practical parts of space exploration. After all, space does not have air, gravity, hot showers, fresh produce, privacy etc., etc. Astronomer Phil Platt presents some of the scary end-of-the-world calamities we might face – comets, asteroids, and maybe a black hole or exploding galaxy.

As we start the New Year, this is a great time to remind all residents about our wonderful Library (KS) and Community Living Room (OC). All the folks who help shelve and maintain are resident volunteers. Donation criteria: publication after year 2002 and in gently-used condition; audio books on CD; movies on DVD and current issues of magazines are greatly appreciated. Call Sally Scotch (543-0792) for book donation and/or pickup.



In Memoriam

Ben Ford

Ben was known as the "Mayor of Belladonna Lane" and the "Gatekeeper" of Village 41A because he always had his flag flying at the entrance to the Village and was a very friendly guy. He served in the US Marine Corps and was very active with the Semper Fi Association and their annual Toys for Tots drives. Preceded in death by his wife, Maida, he is survived by his daughter, grandchildren and two sisters.

Ellen Larsen

Ellen Mari Larsen passed away at home on November 15 from ALS. In her retirement she enjoyed her home, her family, and she loved to travel. She was especially appreciative of the many volunteers from Fieldhaven who helped her with her cats during her illness so that they could remain at home with her. Her two beloved cats, Allie and Lizzie have been adopted into a wonderful new home and are doing well.

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.

Contact information: volunteer opportunities: Sandy Maloff (408-2368); Cleon Johnson (408-5648) maintains the investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).

"Everywhere I have sought rest and not found it, except sitting in a corner by myself with a book." Thomas á Kempis.

Please note: The Kilaga Springs Library is missing a large number of books on CD, DVDs audiocassettes, and Videos that were borrowed over the holidays. Please return them.

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Did you know...

that Sutter Roseville Medical Center offers many programs and services designed for your community? These include:

- **Cardiology:** Heart healthy solutions, prevention and treatment of heart conditions
- **Gynecology:** Prevention, diagnosis and treatment of women's changing needs including advanced surgical procedures
- **Neurology:** Skilled diagnosis and advanced treatment of complex conditions effecting the brain, spine and central nervous system
- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery



sutterroseville.org



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Medical Center**
A Sutter Health Affiliate

Where to Find Special Events, Bus Trips, Classes and Presentations

Special Events & Bus Trips 41-50

Sold Out Events 50

Art Classes 53-54

- Drawing
- Oils, Pastels & Acrylics
- Mixed Media Collage
- Watercolor

Bridge Classes 54

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Special Events & Bus Trips

Radio Disney Passport Activity

Saturday, January 15 — Sold out

OC Ballroom doors open at 9:45 AM; activities and games 10:00 AM-12:00 PM. Toddler to 12-years-old.

"Mr. Jollytologist®" — A Book

Author Presentation

Tuesday, January 18 — 5300-11

Allen Klein, MA, CSP* (aka "Mr. Jollytologist®") is an award-winning professional keynote speaker and bestselling author who shows audiences worldwide how humor can help them deal with everyday trials. This



month's book presentation on *The Healing Power of Humor* shows proven documentation on the therapeutic benefits of humor. With laughter,

lecture and playful exercises, participants will learn tools and techniques to enhance their life, help triumph over tragedy, and how to laugh at not-so-funny things. Allen is the 2009 recipient of the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. Opportunity for Q&A and book signing. Presentation Hall (KS) doors open at 1:30 PM for the 2:00 PM presentation. \$6. Now Open to Guests!

New Resident Orientation

Tuesday, January 18

Offered quarterly and designed for all new homeowners, we will introduce you to new residents and the Com-



munity Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and groups. Join us from 1:00-3:00 PM in the Solarium. Light refreshments. Free. No RSVP required.

Kilaga Springs Music Night

Presents the Valerie V Quintet

Friday, January 21 — 5053-11

Start the New Year off with some

wonderful jazz music by the Valerie V Quintet. The program "Swinging Sultry Standards" includes popular tunes from the Great American Songbook. Valerie V performs with an amaz-



ing group of musicians. Valerie V on vocals, Chet Chawalik on piano, Scott Stringer on sax, Nahum Zdybel on guitar and Mat Marucci on drums. This group has shared the

stage with musicians including Tom Braxton, Mary Stallings and Doug Webb. Presentation Hall (KS) doors open at 6:30 PM, concert 7:00 PM. \$11. Now open to Guests!

Country DJ Dance

Saturday, January 22 — 5022-11

Kilaga Springs is going country! Join friends and neighbors for a Saturday evening Country DJ Dance and des-



sert in cooperation with the Country Couples Dance Group. Enjoy country and rockabilly music all night for singles and

couples: popular songs to line dance, swing, two-step and more. DJ Dennis and Connie have a play-list with something for everyone, or make a special song request. Take a break from dancing and visit the cake and coffee table for a light dessert. A no-host bar will be available when doors open at 6:45 PM with dancing 7:00-10:00 PM. \$15. Now open to Guests!

Kilaga Springs — At the Movies!

"Notting Hill"

Monday, January 24

PG; 124 minutes. "Notting Hill" stars Julia Roberts and Hugh Grant. A timeless comedy romance. Some nudity and sexual content. Presentation Hall (KS) doors open 1:00 PM for a 1:30 PM show. Free.



California Academy of Science

Tuesday, January 25 — 1843-11

We have arranged another trip to San Francisco's Golden Gate Park to

spend the day at the California Academy of Sciences. This facility opened in September 2008 and houses, under one living roof, the Morrison Plan-



etarium, the Steinhart Aquarium and the Natural History Museum. Exhibits are continually changing

and guarantee an interesting, informative day. Bring your lunch or have lunch on your own; the Academy has two restaurants – the Academy Café, cafeteria style casual dining, and the Moss Room for more elegant dining. The website www.calacademy.org offers menus and prices. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$56. RSVP ♦♦ Now.

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

For the young at heart, discover the beginnings of Mickey Mouse as we visit the Walt Disney Family Museum in San Francisco at the Presidio. Exhibits include rare film clips, concept art, scripts, musical scores, and cameras that Disney and his staff used in creating characters and films. There are also drawings Disney made in his youth and cartoons from Laugh-O-gram films, Disney's first company. See the unique "Snow White" Academy Award, a full-size Oscar and several miniature castings. Bring lunch/



ing characters and films. There are also drawings Disney made in his youth and cartoons from Laugh-O-gram films, Disney's first company. See the unique "Snow White" Academy Award, a full-size Oscar and several miniature castings. Bring lunch/

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

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

"A Night of Illusion" with Aedryan Methyus

Thursday, January 27 — 5051-11

Magic and illusion will fill Presentation Hall (KS) as we present Aedryan's one-man cabaret show. Experience a theatrical night with outrageous audience participation, comedy magic and unique illusions with music and hypnotic elements. With his lovable, witty and comical charm, Aedryan takes the audience on a ride full of mystery and surprises.



See sleight of hand magic, mentalism, mind-reading and interactive magic right in the hands of guests. One hour show. Presentation Hall (KS) doors open at 6:30 PM for 7:00 PM performance. \$13. Now open to Guests!

Silver Legacy in Reno

Monday, January 31 — 1770-11

Today we are again heading over the mountains to visit Reno's Silver Legacy Hotel & Casino for a day of sight-seeing, lunching, people-watching, and excitement.



The ride is beautiful and you will enjoy spending \$10 cash back and a \$5 food coupon. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$24. RSVP ♦♦ by 1/21.

Tom Rigney and the Flambeau Monday, January 31

Show Only — 5052-11SHO

Meridians Dinner & Show Package — 5052-11DIN

Tom Rigney and the Flambeau will bring the house down with their fiery cajun and zydeco two-steps, low-down blues, funky New Orleans grooves, and beautiful ballads. Tom gives life to his violin with original compositions and favorite musical numbers. Caroline will amaze you yet



again with her fast fingers on the keyboard. For those who wish to have dinner at Meridians before

the concert including the convenience of reserved front section Ballroom seating, we offer limited show package tickets. Please visit the Activities Desk for the special concert menu and provide a meal choice when you purchase tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. This band has been highly celebrated at the Sacramento Jazz Jubilee. Ballroom doors open at 6:30 PM, concert begins 7:00 PM. Show

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 86.

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-

only tickets \$13. Show Package \$41. Now Open to Guests!

Comedy Night at Kilaga Springs Tuesday, February 1

6:00 PM performance — 5051-12A

8:00 PM performance — 5051-12B

Headliner Chas Elstner has been a stand-up comic for over 24 years with appearances on *VH-1's Standup Spotlight*, *Entertainment Tonight*, *Showtime Comedy Allstars IV* and more. He has opened for many recording artists including Gloria Estefan & The Miami



Sound Machine and was a featured clown in the Ringling Bros., Barnum & Bailey Circus. Show opener Michael Capozzola is a San Francisco-

based comedian who has contributed to *Mad Magazine*, *The New York Times* and *National Lampoon*. When not performing at comedy clubs and universities, Michael produces and hosts the Cartoon Art Museum's annual "Comics for Comix" fundraiser. Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; doors open 7:30 PM for an 8:00 PM performance. \$9. Now Open to Guests! Comedy Night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) the day of the show.



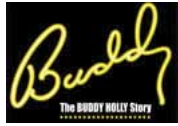
Sound Machine and was a featured clown in the Ringling Bros., Barnum & Bailey Circus. Show opener Michael Capozzola is a San Francisco-

based comedian who has contributed to *Mad Magazine*, *The New York Times* and *National Lampoon*. When not performing at comedy clubs and universities, Michael produces and hosts the Cartoon Art Museum's annual "Comics for Comix" fundraiser. Presentation Hall (KS) doors open at 5:30 PM for a 6:00 PM show; doors open 7:30 PM for an 8:00 PM performance. \$9. Now Open to Guests! Comedy Night patrons receive \$1 off any \$4 food & beverage purchase at KS Café (extended hours to 8:00 PM) the day of the show.

The Buddy Holly Story at the Eldorado in Reno

Thursday, February 3 — 1770-12

On February 3, 1959, the man who changed the face of popular music tragically died in a plane crash at age 22. This performance at Reno's Eldorado tells the story of the three years in which he became the world's top recording artist. The show features over 20 of Buddy Holly's greatest hits including "Peggy Sue," "That'll Be The Day," "Maybe Baby," "La Bamba," and the Big Bopper's "Chantilly Lace." Arrive in Reno with plenty of time for gaming and a buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$77 (buffet included). RSVP ◆◆ Now.



On February 3, 1959, the man who changed the face of popular music tragically died in a plane crash at age 22. This performance at Reno's Eldorado tells the story of the three years in which he became the world's top recording artist. The show features over 20 of Buddy Holly's greatest hits including "Peggy Sue," "That'll Be The Day," "Maybe Baby," "La Bamba," and the Big Bopper's "Chantilly Lace." Arrive in Reno with plenty of time for gaming and a buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$77 (buffet included). RSVP ◆◆ Now.

Just Added! Kilaga Springs — At the Movies! "The Notebook"

Monday, February 7

PG; 123 minutes. "The Notebook"



stars Rachel McAdams and Ryan Gosling. Behind every great love is a great story, perfect for pre-Valentine's

day date. Some nudity and sexual content. Presentation Hall (KS) doors open 1:00 PM for a 1:30 PM show. Free.

Crocker Art Museum

Tuesday, February 8 — 1760-12

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

in 1885. You will arrive in time for a 11:00 AM docent-led tour and will have plenty of time to view exhibits on your own. The Museum Cafe offers hot food to order and several "grab and go" selections for lunch on your own. If you choose to bring your own lunch, you have the option of lunching at the



Crocker Park across the street. The cafe does not allow outside food. Leave the Lodge at 9:30 AM, return ~ 4:30 PM \$32. RSVP ◆◆ by 1/19.

Romeo & Juliet at Sacramento Ballet

Thursday, February 10 — 4620-12

The Sacramento Ballet was founded in 1954 and is highly regarded as a community cultural asset and consistently receives outstanding reviews for its artistic quality. See the pas-



sionate story of the world's greatest love story. Dazzling pageantry, scenery, costumes, dancing and glorious music join in compelling drama and emotion. We have reserved Orchestra seating for the 7:30 PM performance at the Sacramento Community Theatre. Leave the Lodge at 6:00 PM, return ~ 11:00 PM. \$82. RSVP ◆◆ Now.

ionate story of the world's greatest love story. Dazzling pageantry, scenery, costumes, dancing and glorious music join in compelling drama and emotion. We have reserved Orchestra seating for the 7:30 PM performance at the Sacramento Community Theatre. Leave the Lodge at 6:00 PM, return ~ 11:00 PM. \$82. RSVP ◆◆ Now.

Romance Is In The Air — "A Pre-Valentine's Dinner Dance"

Friday, February 11 — 5050-12A

Romance will fill the air as you

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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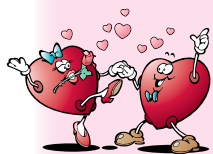
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dance the night away to the sweet sounds of the 15-piece Metro Swing Orchestra. Enjoy big band music, popular ballads, Glenn Miller, Harry James and upbeat rhythms such as "New York, New York" that will inspire the dancer in you. Lead your sweetheart to the dance floor to freestyle, waltz, fox trot, rumba or swing on this special occasion. To complement the evening's romantic flavor, Chef Roderick will prepare



tantalizing plated dinner choices: *Pan Seared Snapper* or *Fennel Crusted Pork Tenderloin*. A no-host

bar will be available throughout the evening. For a complete menu please visit the Activities Desk. Entrée selection required at the time of purchase. OC Ballroom doors open at 5:30 PM, dinner served at 6:00 PM, dancing from 7:00-10:00 PM. \$45. Now Open to Guests!

Valentine's Day Concert — "Rodgers & Hammerstein... With Hart Cabaret Tribute"

Monday, February 14 — 5050-12B

Celebrate love and friendship with a Valentine's concert program honoring the works of three great Broadway and American Classic Songbook composers. From "The Sound of Music" and "The King & I," to "Pal Joey" and "Babes In Arms"...



these songs are timeless. Performed by two of theater's brightest upcoming stars and musical director

Joan Cifarelli at the piano, Chelsea Nenni and Zachary Franczak bring the humor and joy of these brilliant minds to center stage in an award-winning musical revue. The



program features favorites including "Do-Re-Mi," "Isn't It Romantic," "My Funny Valentine," and many more. Oscar Hammerstein and Lorenz Hart

had Richard Rodgers in common, but what they all shared is 'Heart.' A

no-host bar will be available when Ballroom doors open at 6:30 PM for a 7:00 PM performance. \$18. Now Open to Guests!

Stitches West at Santa Clara Convention Center

Saturday, February 19 — 1780-12

Knitters and stitchers — this is your trip! Today our bus takes us to the Santa Clara Convention Center for the annual Stitches West event. You'll find ideas that are crazy enough to inspire and not too crazy to knit. The bus will arrive around 10:30 AM for plenty of time to visit the Market, filled with everything pertaining to stitching and knitting. There will be classes available and opportunities for lunch on your own at the Convention Center. We will depart the Convention Center at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$42. RSVP ◆◆ Now.



inspire and not too crazy to knit. The bus will arrive around 10:30 AM for plenty of time to visit the Market, filled with everything pertaining to stitching and knitting. There will be classes available and opportunities for lunch on your own at the Convention Center. We will depart the Convention Center at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$42. RSVP ◆◆ Now.

"Piano Portraits" – A William Wellborn Classical Piano Concert Monday, February 21 — 5052-12

William Wellborn began his musical studies at the age of 12, traveling to 20 states and six countries with appearances at the American Liszt



Society, the New Orleans Institute for the Performing Arts and the Chopin chez George Sand festival de piano in France. This

classical recital program will include music by Schumann, Chopin and Liszt. William has appeared as a soloist with the Sudeten Philharmonic in Poland and gives lectures and master classes for organizations around the world including the Conservatory of Paris. A faculty member of the San Francisco Conservatory since 1989, Wellborn teaches advanced students from around the world each summer at the Franz Liszt Summer Piano Academy in Hungary. Ballroom doors open at 6:30 PM for a 7:00 PM performance. \$12. Now Open to Guests!

Avenue Q at the Orpheum Theatre in San Francisco

Wednesday, February 23 — 1790-12

"Avenue Q" is the smash-hit Broadway musical about real life in New York City as told in a smart, risqué and entertaining way by a cast of people and puppets. A hilarious show full of heart and hummable tunes, "Avenue Q" is about trying to make it in NYC



with big dreams and a tiny bank account. This is an adult Muppet show that

is savvy, sassy and very funny! Our coach will drop you off at Union Square for dinner on your own and then transport you to the Orpheum Theatre. Leave the Lodge at 2:00 PM, dinner at Union Square from 4:30-7:30 PM and then on to the Theatre for the 8:00 PM show. Orchestra Seating. Return ~ 12:30 AM. \$100. RSVP ◆◆ by 1/19.

Kilaga Springs Music Night Presents Sister Swing

Thursday, February 24 — 5053-12

Do you enjoy music from the 30's and 40's pure Andrews Sisters style? Don't miss Music Night as we bring back Sister Swing, an exciting trio of singers which has captured the sound of the 1930's and 1940's girl groups, and brought it to the 21st century. Influenced by three-part harmonies of groups like the Andrews Sisters and



the Boswell Sisters, Leigh Hannah, Valerie Marston and Paula Chafey-Merrill bring a new sound to an old style.

This trio has performed since 1996 at events including singing for Bob Hope. An evening with Sister Swing will take you back in time to an era of glamour, romance and innocence. Presentation Hall (KS) doors open at 6:30 PM, concert 7:00 PM. \$11. Now Open to Guests!

San Francisco for the Day

Saturday, February 26 — 1840-12

Shop, have lunch and/or dinner, visit Pier 39 or a museum, or visit Chinatown. Residents have suggested that we offer a bus trip to San Francisco the fourth Saturday of each month.



This first trip will drop you off and pick you up at Union Square but future trips may

have other San Francisco drop off/pick up destinations. These day trips are yours to do as you wish. We will continue to offer them as long as there is interest and participation. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$41. RSVP ◆◆ by 2/14.

Chinese New Year

Sunday, February 27 — 1921-12

Crowded Streets! This traditional trip to celebrate Chinese New Year in San Francisco has been very popular with our residents. Step-on guide Jerry Moorman will lead us on an interesting tour of Chinatown, one of the oldest and most colorful neighborhoods of San Francisco. You will have time for shopping on your



own before and after lunch. After a wonderful Chinese family-style lunch at one of the well-known Chinatown restaurants, you will have

the opportunity to take a short walking tour with Jerry. We end the day with a special Musical Spectacular, "The Crafty Matchmaker," at the largest Buddhist church in America, Buddha's Universal Church. Set in the time of ancient China, this is a true story of a greedy, conniving matchmaker which unfolds into a tragic triangle of love and resentment. Presented in a mixture of Cantonese and English, this production is filled with drama, action and humor. Leave the Lodge at 8:30 AM, return ~ 7:00 PM. \$64 (includes lunch & show). RSVP ◆◆ by 2/11.

"Grand Night for Singing"

at Cosmopolitan Cabaret

Wednesday, March 2 — 1794-01

Tonight's trip is a winner for all Broadway musical lovers. This music revue features songs from all eleven Rodgers and Hammerstein collaborations and received a Tony Award nomination for best musical. The



cast, consisting of three women and two men, showcase the timeless and universal nature

of Broadway's best known and most beloved song-writing team. Showtime is at 7:00 PM. We will arrive in time for dinner on your own. Located close to the Crest Theatre, the area boasts many restaurants – Cosmo Café, Esquire Gill, Crest Café, and more. Leave the Lodge at 3:45 PM, return ~ 10:00 PM. \$49. RSVP ◆◆ by 1/31.

"Rumors"— A Lincoln Hills Players Production

• **Wednesday, March 2, 7:00 PM**

Show Only — 5031-1ASH

Meridians Dinner & Show

Package — 5031-1ADN

• **Thursday, March 3, 2:00 PM**

Show Only— 5031-1BSH

Meridians Lunch & Show

Package — 5031-1BLN

• **Thursday, March 3, 7:00 PM**

Show Only— 5031-1CSH

Meridians Dinner & Show

Package — 5031-1CDN

What should you do if you arrive at a party to celebrate a significant ten year anniversary and find the host is unavailable and allegedly shot? His wife is missing and it is not known if she is involved. When four prominent New York couples arrive at the celebration, they try to assess the situation and come up with plausible explanations for what happened. Unfortunately, the explanations drift away from the facts of what occurred and move into the arena of indiscretions, reputations and relationships of each couple. The ensuing attempts at cov-

er-up make for sidesplitting comedy. This is author Neil Simon at his best. Directed by Judith Jesness, this may be the funniest show you will see in 2011. For those who wish to dine at Meridians before the concert and en-



joy the convenience of reserved front section Ballroom seating, we offer limited show package tickets. Please visit the Activities Desk for the special show menu and provide a meal choice when you register. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Purchase tickets early. Ballroom doors open at 1:30 PM for the 2:00 PM show and 6:30 PM for the 7:00 PM shows. Show only \$12; Lunch or dinner package \$40. RSVP ◆◆ by 1/29.

Comedy Night at Kilaga Springs

Tuesday, March 8

6:00 PM performance — 5050-01A

8:00 PM performance — 5050-01B

Headliner Stephen B has 27 years of comedy experience and is one of the funniest, most polished comedians that you will ever see! Stephen's upbeat, fast-paced and clean show



has been the opening for hundreds of musical acts including Al DiMeola, Kansas and Michael Bolton, as well as major corporations such as Intel, IBM and Cisco.

Show opener G. King has opened for top comedians including Charlie Murphy, Tony Roberts and Damon Wayans



Jr. A native of Vallejo, CA, he has performed at comedy clubs all over the West Coast captivating audiences with his views on life. Presentation Hall (KS) doors open at



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

Red Hawk Casino

Thursday, March 10 — 1940-01

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. This casino has six restaurants including a non-smoking extensive buffet and offers our passengers a Reward Card containing \$15 for slot play or a \$20



certificate for match play (blackjack, etc.). Be sure to bring your identification with you in order to

receive your Reward Card. Enjoy an exciting day gaming and eating in the beautiful foothills near Placerville. Leave the Lodge at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ by 2/18.

Russian Triumph at Mondavi Theatre

Sunday, March 13 — 1821-01

The Auburn Symphony returns again to the Mondavi Center in Davis with wonderful classical music in this beautiful venue complete with marvelous acoustics. From the magical



colors of Debussy (Prelude to the Afternoon of a Faun) to the heroic brilliance of Liszt (Piano

Concerto No. 2 in A Major – Soloist: Richard Cionco). These are followed by the vast range of Shostakovich's epic 5th Symphony. An event not to be missed! Performance is at 3:00 PM. Leave the Lodge at 1:30 PM, return ~ 6:00 PM. \$64. RSVP ♦♦ by 2/9.

Stompy Jones Jumpin' Rhythm Concert

Wednesday, March 16

Show Only — 5040-1SHO

Appetizer & Show

Package — 5040-01PKG

Stompy Jones is a San Francisco based

sextet renowned for jumpin' rhythm, wailing improvisations, hip charm and an explosive stage show. Their unique sound is described as a romping, joyous, and an overwhelming style of jazz that came to be known as Rock and Roll! Formed in 1998 at San Francisco's Hi Ball Lounge, this jump band recreated the jaunty blues sound of Louis Jordan and the Tympany Five. For a lounge feel, guests will be seated at tables of ten where you can enjoy the no-host bar throughout



the show. If you would like to have a light snack during the concert we are offering the Appetizer & Show Package which includes a combo plate of chicken quesadillas and potato skins. Purchase early if you would like to reserve an entire table. The Band forms a unique sound with Little David Rose's stand-up bass, drums of Lee Beary, Scott Lawrence on piano, Robert Dehlinger's trumpet, Erv Ervin's saxophone and vocals of Christopher Binnings. OC Ballroom doors open at 6:30 PM, concert begins 7:00 PM. Show-only tickets \$13. Show Package \$25. RSVP by ♦♦ 1/29.

Bouquets to Art at deYoung Museum

Wednesday, March 16 — 1761-01

Lots of Walking! The 27th annual Bouquets to Art exhibition returns to the deYoung Museum featuring floral displays complementing the Museum's permanent collection. The deYoung houses one of the finest collections of American paintings in the country as well as oceanic and African art, sculpture, ceramics, textiles, and more. Admission good for all exhibits. Audio Self Guided Tours available for a fee. Bring your own lunch or

visit the Museum cafe for lunch on your own. Leave the Lodge at 8:30



AM, depart the Museum at 3:30 PM, and be back here in LH ~ 6:00 PM. \$51. RSVP ♦♦ by 2/16.

Stanford Shopping Center

Tuesday, March 22 — 1780-01

In response to requests, this trip offers the opportunity to visit this beautiful uncovered shopping center for shopping, browsing, lunching on your own. This location is known for its beautiful grounds, upscale shopping, and lovely places for lunch, both



served and counter ordered. Visit their website at www.stanfordshop.com for store/restaurant directory. Coach will depart Stanford Shopping Center at 3:00 PM. Leave the Lodge at 8:00 AM, return ~ 6:00 PM. \$39. RSVP ♦♦ by 3/7.

Flower & Garden Show at San Mateo Event Center

Thursday, March 24 — 1840-01

Lots of Walking! See what's new, get fresh ideas for spring and learn how to create a garden that is both beautiful and healthy for the environment. Meet professional gardeners and nursery owners who can answer your questions and help solve garden and landscape problems. There will be a wide selection of specialty shops



featuring unique flowers, plants, etc. Food is available at the Show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Leave the Lodge at 9:00 AM, return ~ 7:00 PM. \$56. RSVP ♦♦ by 3/7.

“Disco Fever” Dancing ‘n’ Desserts
Friday, March 25 — 5011-01

Boogie back to the 70’s at our ‘Disco Fever’ Dance and Dessert event. Remember *Saturday Night Fever*, mirror balls and Studio 54? Bring back these cool images as you dance the night away to iconic tunes from the Bee Gees, Blondie, Donna Summer and more with The Groove Thang band. This seven-piece band has been called the best “get off your seat and



dance” variety entertainment cover band in Northern CA and will keep you on

the dance floor. Come dressed in your 70’s best with a flashy leisure suit, platform shoes, afro wigs and shiny hot pants. Join in with guest participation activities and best dressed contest. Start the night off with a fabulous dessert trio plate created by Chef Roderick. Complete menu available at the Activities Desk. Don’t miss this crazy bash from the past... Bell bottoms optional! No-host bar at 5:30 PM when Ballroom doors open, dinner at 6:00 PM, dancing from 7:00-10:00 PM. \$22. RSVP by ♦♦ 1/29.

San Francisco for the Day
Saturday, March 26 — 1842-01

Shop, have lunch and/or dinner, visit Pier 39 or a museum, or visit Chinatown. Residents have suggested that we offer a bus trip to San Francisco the fourth Saturday of each month.



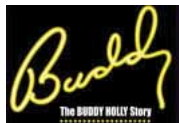
This is our second trip of this type and the drop off destination will be Westfield Shopping Center on Market

Street. These day trips are yours to do as you wish. We will continue to offer them as long as there is interest and participation. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ by 3/14.

Buddy Holly Show at The Eldorado in Reno

Tuesday, March 29 — 1771-01

We have arranged another opportunity to enjoy some of the great music recorded by Buddy Holly during his short career. Buddy Holly died in a plane crash at age 22 in 1959, but his songs live on. This performance at Reno’s Eldorado tells the story of the three years in which he became the world’s top recording artist. The



shows features over 20 of Buddy Holly’s greatest hits including “Peggy Sue,” “That’ll Be The Day,” “Maybe Baby,” “La Bamba,” and the Big Bopper’s “Chantilly Lace.” Arrive in Reno with plenty of time for gaming and a buffet dinner prior to the 8:00 PM performance. Leave the Lodge at 12:30 AM, return ~ 11:30 PM. \$77 (buffet included). RSVP ♦♦ by 3/1.

Treasure Island and Pier 39 with Jerry Moorman

Wednesday, March 30 — 1841-01

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



about this unique island in the middle of the Bay. Trip includes delicious lunch on the island served

at the Job Corp Culinary Academy at 12:00 PM. Following lunch, you will again board our coach heading for Pier 39 for an opportunity to sight-see/shop or tour for a couple of hours prior to departure for Lincoln Hills. Leave the Lodge at 9:30 AM, return ~ 7:00 PM. \$59. RSVP ♦♦ by 3/11.

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

This is the last show of the Broadway Sacramento Series available for purchase. The world’s most famous nanny arrives in Sacramento! This

Tony award-winning production is everything you’d hope for in a Broadway musical. Produced by Disney and Cameron Mackintosh, the show includes such wonderful songs as



“Chim Chim Cher-ee,” “A Spoonful of Sugar,” and, “Supercalifragilisticexpialidocious.” The *New York Daily News* hails “Mary Poppins” as “a roof-raising, toe-tapping, high-flying extravaganza!” Reserved orchestra seating for 8:00 PM performance. Leave the Lodge at 6:30 PM, return ~ 11:30 PM. \$82. RSVP ♦♦ by 5/1.

Sacramento RiverCats (Raley Field, Sacramento)

We have four opportunities this season to watch RiverCats play. Same as last season, all RiverCats games’ seats are in Senate Box (in the bowl area directly behind home plate). All selected games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ by 2/21.



RiverCats vs Oklahoma City RedHawks
Thursday, May 19 — 6270-01A
 \$38.

RiverCats vs Reno Aces
Monday, June 27 — 6270-01B
 \$38.

RiverCats vs Fresno Grizzlies
Friday, July 15 — 6270-01C
 \$40.

RiverCats vs Albuquerque Isotopes
Tuesday, August 16 — 6270-01D
 \$38.

Sold Out Trips/Events
thru February 20

Trip/Event · Date · Departure Time

- Crocker Art Museum – January 20 – 9:30 AM
- Port & Chocolate – February 12 – 10:00 AM
- Speaker Series – Hofmeister – February 16 - 6:30 PM

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2011!**



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Art Classes

—Drawing—

Portrait Drawing from the Model Wednesdays,

February 2-23 — 1014-01

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn to sketch and draw portraits from a live model. Train your eyes and go to the essential of an expression or a move-



ment by doing quick sketches. Practice lines, values, shading, and volumes while drawing longer poses.

Model fee: \$12-20 (depending on the number of participants). Model will be present during all four sessions. A supply list will be given upon registration. **New students:** email instructor at clmichelet@earthlink.net, for more information or questions. RSVP ◆◆ by 1/25.

Drawing Class – Interiors Wednesdays,

February 2-23 — 1011-01

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Come and explore how to draw interiors, the artistic representation of the inside of a building or a room. Learn how to render light and the special atmosphere of interiors. Depict the interiors you live in and start appreciating them in a new way. All levels welcome! Supply list furnished upon registration. RSVP ◆◆ by 1/25.

Beginning Drawing Workshop Saturday, February 5 — 1010-12B

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$39. Have you ever wanted to learn how to draw? Then this one-day workshop is for you! Expect fun exercises and many visual and technical short cuts as you get initiated into the drawing process. One-on-one help in the afternoon as you develop your work. Use the following drawing mediums: pencils, charcoal, and chalks. A supply list will

be given upon registration. Class will take a 30-minute break at 12:00 PM for lunch. RSVP ◆◆ by 1/31.

—Oils, Pastels & Acrylics—

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, February 9-

March 2 — 1031-01

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$52 (four sessions). Choose between Oil and Acrylic as a medium. Complete original paintings based on students' photographs or from instructor's large photo selection. First-time students will be contacted by instructor



to spend time with him reviewing a notebook composed for their use. Included will be a suggested supply list, palette layout of color and the Munsell Color Theory. New students will learn to analyze or "read" paintings by well-known artists. Strong emphasis is placed on understanding an ideal composition using elements of art structure. A variety of art books and magazines from Tom's library are available for study during class or check out. Continuing students encouraged to enroll. *About the instructor:* Tom was an art instructor for 35 years and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley with a master's degree in art from Colorado State College. RSVP ◆◆ 2/2.

Painting Pastels and Oils with Joan Mondays,

February 7-March 7 — 1052-01A
Or Tuesdays, February 8 –
March 8 — 1052-01B

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 registering. RSVP ◆◆ by 1/31 or 2/1.

—Mixed Media Collage—

Mixed Media Collage • Thursdays, March 10-31 — 1140-01

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$72 (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 you have saved for years into mixed media collage art and unique, 3-D paper assemblages, all suitable for framing. This free-spirited collage art uses your favorite colors, textures and images in paper or fabric scraps plus small objects in the creation of brand new art. One-on-one guidance will be provided. There is no possibility for mistake in creating this artwork — it is easy, fun and will open your eyes to a fresh, new art using many materials you already have. Class is open to beginning and continuing mixed media artists. A supply list provided upon registration. If you have any questions about the class, please call Jo at 543-1357. RSVP ◆◆ by 3/3.

—Watercolor—

Watercolor Painting • Mondays, February 7-28 — 1112-01

12-3:00 PM (OC). Instructor: Anthony Rogone. \$70 (four sessions). Find the "wow" in your watercolor paintings — all skill levels welcome. Learn to



mix and mingle paint and water to create dazzling effects. Wet-into-wet, layering transparent glazes and negative painting are some of the included techniques. Combin-

ing collage with your painting will enhance your work. Beginner or seasoned pro, this class is for you. Check supply list on your receipt. RSVP ◆◆ by 1/31.

Bridge Classes

Competitive Bridge (Intermediate Level) • Thursdays, January 27-March 10
10:00-12:00 (OC). Instructor: Laurie Vath. \$45. Class is full.

Beginning Bridge with Gayle Tuesdays, January 25 - March 29 — 1510-12A

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$50 (10 sessions.) This course is for people who have never played Bridge before but think they may be interested in learning it. Bridge is considered by many to be the most exciting and challenging card game in the world. Sign up and check it out. You may discover a new passion that gives your brain a workout! RSVP ◆◆ 1/18.



Bridge Plus with Gayle Thursdays, January 27-March 31 — 1510-12B

12:30-2:30 PM (KS). Instructor: Gayle Koedel. \$50 (10 sessions.) This class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This ten-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge. RSVP ◆◆ by 1/20.

Ceramics Classes

—Earthenware—

Dynamic Designs with Piping Sunday, March 20 — 1103-01A
Firing Fee — 1103-01B
8:30 AM-4:30 PM with an hour lunch

break (KS). Instructor: David Hoff. Class \$52, additional firing fee: \$7. David Hoff is delighted to be returning to Lincoln Hills again in 2011 teaching two projects featuring piping and painting.



Piping is a raised stand up design work that does not flatten out during glaze firing. Moorcroft Potteries are well known for this style of work. Please check out their website. You will learn how



to make and use a piping material with Slip and French Dimension. When the raised stand up design has dried, we will proceed to decorate the pieces in Concepts. When pieces are finished, students will need to Clear Glaze the piece and fire to cone 06. All supplies will be available for purchase from the instructor including special piping bottle (\$4.75) & bisques. We will be using 2 pieces of Duncan Bisque. David will also have these with him. All color and miscellaneous supplies are included in class fee, patterns and paper work will be included as well. RSVP ◆◆ by 3/6.

—Lladro—

Spanish Oil Painting Wednesdays, February 9-March 9 — 2061-01

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. **Pre-**



requisite: Beginning students required to attend five *consecutive* classes in order to complete first-time instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price based on use upon project

completion. Students must contact instructor at least two weeks before class start to place figurine order for class. Please call Barbara at 645-7263. RSVP ◆◆ by 2/2.

Lladro Workshop • Wednesdays, January — 2063-01A

February — 2063-01B

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

—Pottery—

Beginning/Intermediate Ceramics with Jim • Tuesdays, February 1-22 — 2014-01A

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 their skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in this medium. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim to accomplish your goals. First-time students will be provided clay and may use instructor’s tools to



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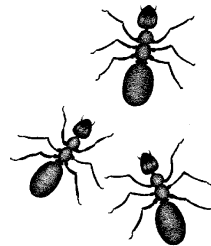
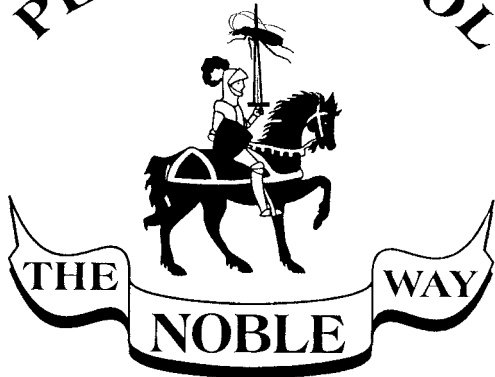
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create their first art piece. Supply list will be provided after the first meeting for future classes. RSVP ◆◆ by 1/25.

Advanced Ceramics • Tuesdays, February 1-22 — 2014-01B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). This course is for self motivated students/artists with established ceramic skills. There will be assignments and demonstrations given by the instructor as well as individual guidance in order to further refine students' techniques and projects. RSVP ◆◆ by 1/25.

Beginning Hand Building Potter's Wheel Techniques with Terry • Thursdays, February 3-24 — 2015-01

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). Have you ever wanted to work in clay but



did not know where to start? Terry's beginning Ceramics class will allow you to work at your own pace receiving individual instruction to achieve your personal goals. She brings 34 years experience teaching Ceramic and Drawing and Painting to help you work independently on any project you choose. Terry gives frequent demonstrations introducing you to new and exciting projects. Bring tools and materials to class for a fun and successful experience. For new students, please ask for supply list when you register. RSVP ◆◆ by 1/26.

Computer Classes (PC & Mac)

iPad Class –

Saturday, February 19 — 2660-01

9:00 AM-12:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad then you ever thought possible. Learn all about iOS4 (the operating system for this device) settings, like Air Play and Air Print. This class will demonstrate the many settings and applications on

the large screen in the Presentation Hall (KS). Both PC and Mac users can benefit from learning system settings



and Syncing your information; how to get all that 'stuff' into the unit and discover additional tools and reference areas. Learn to make folders on your device. Bring your iPad– we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP ◆◆ by 1/31.

Computer Classes (PC)

–Operating System–

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

Or Thursdays, February 24 & March 3 - 2540-01

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



want to learn the very basics: how to use the mouse, when to click and double-click, how to copy and paste, save and print documents; how to find, move, copy, or delete files; and how to create folders. We will work on keyboarding skills as well. Class is taught in a combination of lecture and hands-on format. \$2 handout fee is due at class payable to instructor. RSVP ◆◆ now and by 2/14.

–Microsoft 2007–

Word Phase One

Mondays & Wednesdays, January 31-February 9 — 2651-12

9:00-11:00 AM (OC). Instructor: Angela Blas \$48. This class provides you with some of the basic features of Microsoft Word 2007. Now that

you know how to enter data and do simple editing it's time to learn the "good stuff." If you have been using Word, this class will introduce



you to new shortcuts, and tips. We will cover auto correct, the format paintbrush, the show hide mark, the smart tag; copying and moving text; switching between documents; formatting techniques and especially paragraph formatting, line spacing, bullets, alignments and indents, borders and shading. Begin to explore inserting symbols, special characters, and text boxes. RSVP ◆◆ by 1/24.

Excel Basics

Tuesdays & Thursdays, February 8 -17 — 2640-01

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48. Well it's the first of the year and you know what that means! Yes time to get your "stuff" together for 2011 Taxes. This class will introduce you to the basics of Microsoft Excel. With this knowledge, you can begin to organize your tax information as well as many other financial papers such as Budgets whether personal or for a group. During class, you will be introduced to Excel 2007. You will learn how to use Excel – from entering data into an Excel spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting the excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple things like add, subtract, multiply, divide, average and sum — see not too scary. Hope to see you for this exploration of the basic functions of Excel. RSVP ◆◆ by 2/1.

Word Phase Two

Mondays & Wednesdays, February 21-March 2 — 2651-01

9:00-11:00 AM (OC). Instructor: Angela Blas \$48. This class will provide the student with additional practice

with Word 2007. We will explore the advanced features of word, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels, tables. These are some of the topics we will cover, and as always, Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. Join us for a fun class. Prerequisite: lots of practice with Microsoft word or Word Phase One or Word Basics. RSVP ◆◆ by 2/14.

—Social Networking—

Email Basics • Tuesday & Thursday, January 25 & 27 — 2581-12

9:00-11:00 AM (OC). Instructor: Cami Cordell. \$30. **Prerequisite:** Familiarity with computer plus Internet and Windows experience recommended.



Today's world almost requires everyone to communicate with email not only for business but to keep in touch with family and friends anywhere! Class will teach students how to open a gmail account or enhance their skills with their own email provider using Outlook Express. Learn basic knowledge of composing, sending, receiving and forwarding emails. We will work on attaching photos and documents to your email. Learn to make your email interesting by using different options such as font, font size, color, adding background and inserting your own signature. Organize emails by adding folders and creating an address book for contacts. Instructor will cover junk emails and how to block them. Class will be a combination of instruction and hands-on experience. Additional \$2 payable to instructor for hand-outs. RSVP ◆◆ by 1/18.

The World of Facebook Monday & Wednesday, February 14 & 16 — 2694-01

9:00 - 11:00 AM (OC). Instructor: Cami Cordell. \$30 (two sessions). **Prereq-**

quisite: Student must have an email account. Want to reconnect with long lost friends but don't know how or where to find them? Get into Facebook, a fun way to search and reconnect with friends, old school chums,



and family across town or continents. A quick way to stay up-to-date with life stories and photos with people you like. Class covers

how to sign up, set up a profile, post first comments. Create an event, post a picture, and invite friends to your Facebook site and others. Class is taught with a combination of lecture and practical application. Students are provided one-on-one coaching with instruction tailored to skill level of each student. With the constant changes and updates in Facebook, everyone is considered a beginner. \$2 fee for handouts payable to instructor. *About the Instructor:* An educator for over 15 years, Cami has extensive experience in elementary education and adult instruction developing and implementing various curricula. RSVP ◆◆ by 2/7.

-Digital Photography -

How to Use a Digital Camera Thursdays,

February 10 & 17 — 2624-01

9:00-11:30 AM (OC). Instructor: Roy Salisbury \$30. Are you tired of not



knowing how to use your digital camera? Take this class and learn from our new 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 2/3.

Downloading and Resizing Digital Photos • Tuesdays,

February 22 & March 1 — 2622-01

9:00-11:30 AM (OC). Instructor: Roy Salisbury \$30. Do you have problems



downloading your photos? Do people send you photos that are too large for your computer screen? Do you have a problem emailing photos? Learn how to download/transfer photos from your camera to the computer, resize photos for e-mailing to your family, desktop photo, or posting to the internet. Class will teach you how to name your photos and organize your photo files in folders. \$2 handout fee payable to instructor. RSVP ◆◆ by 2/15.

— Computer Classes (Mac) —

Your Mac and Digital Photography Saturdays,

February 12 & 19 — 2521-01

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



Macintosh and a digital camera. Our class will cover basic camera functions and the settings that will give you optimum results in various situations. Students will take pictures and learn how to import them into their Mac. Students will use iPhoto and learn how to organize photos, do basic editing, and share photos using email. Class size is limited so sign up early. RSVP ◆◆ 2/7.

Introducing the Mac Saturday, February 26 — 2523-01

9:00-11:00 AM. (OC) Instructor: Jim Haugaard. \$30. No computer experience necessary. This class is for those

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Beginning Pages (Mac Word Processor) • Saturday & Sunday, February 5 & 6 — 2512-12

1:00-4:00 PM (OC). Instructor: Ken Silverman. \$60. **Prerequisite:** Basic Macintosh knowledge required. This is a two-day hands-on workshop with six total hours. Pages is the Macintosh word processor and page layout program. Learn to create basic word processor documents, use templates and text tools, add graphics and pictures, what the Inspector is and how it works. Exporting functions will be shown so that others without Pages can read your documents. This is a beginning class for word processing and will not go into depth on page layout. RSVP ◆◆ by 1/31.



Cooking

Cooking with Chef Roderick – Savory Soups!

Tuesday, February 8 — 4013-01
9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Enjoy learning how to prepare three delicious soup recipes from our very own chef. Chef Roderick will be preparing Mushroom soup, Chicken Tortilla and his famous lentil soup. Not only will you learn how to prepare it, students



receive great tips and well as sample his wonderful creations. Students receive recipe copies so they are ready to prepare the dishes at home. RSVP ◆◆ by 2/1.

Crafts

—Mosaic—

Mosaic 101: Beginners Mosaic Class Stepping Stone Stained Glass

Tuesday, February 22 — 3093-01
1:00-4:00 PM. (KS). Instructor: Bill Sutherland. Class fee: \$18. Materials fee: \$20 (with nipper) or \$5 (without nipper) payable to instructor on day of class. Make your garden dazzle with our Stepping Stone Stained Glass Mosaic project! Join this fun class and discover the art of glass mosaic. This



beginning mosaic class will teach students how to create a stepping stone with stained glass as pattern medium in a concrete setting. Resident Bill Sutherland, who has 30 years of glass work experience both in stained glass and fused glass art, will lead students in making an eight-inch square stepping stone with a beautiful pattern that will be a great addition to your garden or as a gift to friends. Though design pattern is provided, each project will be unique based on the choice of colors and cuts of glasses used by student. For those who have taken this class before, you may bring your own pattern that fits a 7 ½" x 7 ½" size stepping stone. Pattern should be on printer paper enlarged to desired size. Join us in this easy, fast and friendly project that you can duplicate at home after the class. Men and women are encouraged to join. Class size is limited to 10. All materials needed for the class are covered by the materials fee and include nippers, stained glass pattern, glass, concrete, mold and step-by-step directions. If you have a nipper,

please bring to class. See project sample in OC display window. Each class creates different project designs. RSVP ◆◆ by 2/15. **Note: January 25 class is full.**

—Origami—

The Simple Art of Japanese Papercrafts

Mondays, March 7-28 — 3041-01
2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$32. After the introduction of papermaking in Japan from China in the sixth century AD, papermaking-papercrafts-origami underwent a rapid change in both technique and raw materials used, thus creating unique Japanese paper, or Washi (special traditional Japanese paper). In this session, we will learn the difference between original paper and Washi to create many gifts and other ideas in step-by-step oriental style. Use ordinary origami paper, craft paper and Washi to create a Samurai Helmet, Lunch box, Tea plate and plate of Cherry Blossoms and more. Students must bring Origami papers (6x6", 8x8" & 12x12"), pencil, ruler, glue stick and scissors to class. Beginners are welcome! Check the display window (OC) for project samples. RSVP ◆◆ by 2/28.



China in the sixth century AD, papermaking-papercrafts-origami underwent a rapid change in both

technique and raw materials used, thus creating unique Japanese paper, or Washi (special traditional Japanese paper). In this session, we will learn the difference between original paper and Washi to create many gifts and other ideas in step-by-step oriental style. Use ordinary origami paper, craft paper and Washi to create a Samurai Helmet, Lunch box, Tea plate and plate of Cherry Blossoms and more. Students must bring Origami papers (6x6", 8x8" & 12x12"), pencil, ruler, glue stick and scissors to class. Beginners are welcome! Check the display window (OC) for project samples. RSVP ◆◆ by 2/28.

Dance

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

—Ballroom Dance—

Beginning Ballroom – Night Club Two-Step Routine • Saturdays, February 12-26 — 3519-01A

10:00 -11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$15 (three sessions). Night Club 2 Step is a beautiful couple's dance that is done

to mostly slower style music with wonderful sway and movement throughout the dance. We will work on beginning moves as well as leading and following skills. We will



choreograph the moves together in routine format to a specific song. However you will be able to dance the choreography to any

Night Club 2 Step music. We will continue the pattern next month in the intermediate class with more upper level moves. Be sure to learn this routine from the beginning! Join us for this wonderful dance. RSVP

◆◆ by 2/7.

Intermediate Ballroom — Rumba Saturdays,

February 12-26 — 3519-01B

11:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$15 (three sessions). More of the dance your love! In this class we will pick up where the beginning class left off in January to continue learning the steps as well as leading & following tips. We will take your Night Club 2 Step to the next level of skills with more beautiful moves and style. Join us to improve your dancing. RSVP

◆◆ by 2/7

—Clogging—

Clogging with Janice • Tuesdays, February 1-22 — 3572-01A

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 the Beginning Clogging steps. This fun class will stimulate your dancing skills. Continue

with more steps and dances. This is an ongoing class. We have so much fun in class. Join fellow cloggers and dance the hour away. Dr. Oz would be proud! RSVP

◆◆ 1/25.

Beginning Clogging • Tuesdays, February 1-22 — 3572-01B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Kick start the New Year with the fun dance called Clogging. You have seen it on "America's Got Talent." It's been demonstrated that it helps reduce dementia levels and stimulates the brain. Get your body moving and learn America's Folk Dance. Beginning Clogging class is open to new students. Returning students can hone their skills. Janice is a certified clogging instructor with 30 years of teaching experience nationwide and internationally. Clogging is an American Folk Dance with deep roots in the many dances of the world most notably 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 are recommended, or "tennis" shoes. Bring your enthusiasm, a bottle of water, a towel to mop your brow, a friend, and we'll have lots of fun. RSVP

◆◆ by 1/25.

Clogging with Susi

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

Clogging II • Tuesdays, March 1-April 19 — 3573-01A

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 2/22.

Clogging Performance • Tuesdays, March 1-April 19 — 3573-01B

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 2/22.

—Hula Dance—

Hula Continuation • Thursdays, February 3-24 — 3903-01

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$32 (four sessions).



A continuing, not beginning class. Naomi Kalama is a well-known instructor and per-

former who teaches Hula, dance of the Islands. Enjoy a fun, relaxing class while experiencing soothing sounds of Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP

◆◆ by 1/27.

—Line Dance—

Intro to Line Dance • Thursdays, February 10-March 31 — 3602-12

4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). This new class meant for real beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to



line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance termi-

nology. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP

◆◆ by 2/3.

Line Dance I/Beginner with Audrey Thursdays, March 3-April 21 — 3700-01A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This beginner class will teach you the fundamentals of line dancing, including the basic steps, such as the grapevine,

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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. RSVP ◆◆ by 2/24.

New location! Line Dance II/ Beginner- Intermediate with Audrey • Mondays, February 28-April 18 — 3700-01B

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, sometimes done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge, or if you've had previous dancing experience and catch on easily. RSVP ◆◆ by 2/21.

Line Dance III/Intermediate with Audrey • Thursdays, March 3 -April 21 — 3700-01C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This level of line dance is offered to those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." It will be a lot of fun, and great exercise. RSVP ◆◆ by 2/24.

Line Dance IV/Advanced with Audrey • Mondays, February 28-April 18 — 3700-01D

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 2/21.

Line Dance Beginner Plus with Sandy • Wednesdays, February 16-March 9 — 3701-01A

8:00-9:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. This class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns and



many more. Students are expected to understand and execute basic line dance terminologies as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, so join in on all the fun while exercising. RSVP ◆◆ by 2/9.

Line Dance II Beginner-Intermediate with Sandy Wednesdays, February 16-March 9 — 3701-01B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. The suggested prerequisite for this class is Line Dance I for at least six months. Understanding the basic terminology of line dance steps is a requirement before enrolling in this class. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ◆◆ by 2/9.

Line Dance III with Sandy Wednesday, February 16-March 9 — 3701-01C
10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions).

Steps or Step Combinations within this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot;



full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts and many more. Within this level, there is no limitation on the number of turns but caution

is requested not to exceed what the dancer is capable of achieving both comfortably and safely. The class, though complex, will be fun, pushing students' skills to a higher level. RSVP ◆◆ by 2/9.

Line Dance I/Beginner with Yvonne Mondays, March 7-April 25 — 3703-01A

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). In the mid-1800's, settlers arrived in the US with new dance steps for non-partner dancing. They shuffled their feet, clicked their heels, wore fancy clothes and line dancing was born. As with other beginner classes, this class teaches fundamental steps of line dance, including grapevine, jazz box shuffle, quarter and half turns at a slow temp. If you haven't line danced before, we recommend taking Intro to Line Dance first. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ◆◆ by 2/28.

Line Dance Beginner Plus with Yvonne • Mondays, March 7-April 25 — 3703-01B

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, teaching more steps and combinations. This is a transition class from Line Dance I into Line Dance II. Dances become a bit more challenging but will also incorpo-





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rate what has been learned at the beginner levels, making the dances fun and exciting. You don't need a partner, it's a great way to keep in shape, the music is fun and it's good exercise for your mind and body. RSVP ◆◆ by 2/28

Line Dance II/Beginner-Intermediate with Yvonne
Thursdays,

February 10-March 31 — 3703-01C
9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). What our settlers started back in the 1800's has spread throughout the world. In addition to the great choreographers in the USA, there are thousands of line dances coming into the country from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ◆◆ by 2/3.

Country Couples Line Dancing — Beginners • Fifth Monday,
January 31 — 3531-12A

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$8 per person. All couples who enjoy dancing: Join Jim and Jeanie for this fun instructional evening! They have been dancing and teaching country couples dancing for 20+ years. This beginning class



includes popular country circle dances. Classes are designed to teach basic two-step dance, waltz, swing, and cha cha and basic circle dances at the social dance level. Wear casual, loose fitting clothing to class. Music is a mix of country and other types to fit the dance steps. *This class is strictly for beginners and will be scaled down to basics and taught in slow pace.* This class will equip students with skills required to transition to hourly intermediate classes. RSVP ◆◆ by 1/24.

Country Couples Line Dancing — Intermediate Continuing • Mondays,

February 7-28 — 3531-01
7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$16 per person for one hour, four sessions or \$32 for two hours, four sessions. To meet the varying lifestyles of our residents, we now offer hourly or two-hour sessions for the class. For \$16, students may choose to attend weekly hourly class or two sessions for two hours each and for those who are really into the dance, enjoy two-hour class every week for \$32! This class is geared for couples who have taken the class before and are ready for more challenging routines. Intermediate level includes waltz, cha cha, swing, two-step, and circle dances that are more complicated and require greater skills than the beginner class. Music is a combination of country and types that fit the dances. Class format: 45 minutes 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. List of dance lesson schedule available from instructor on the first day of class. RSVP ◆◆ by 1/31.

—Tap Dance—

Tap Classes with Alyson!

Enjoy Tap lessons from one of the area's best instructors! If you have tapped before or dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in northern California dance schools and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love of tap with our community since 2000. Students, Beginners to Advanced, may choose from several technique classes. Performance classes, except for the Advance Performance class, will take a hiatus



until September. All performance students must be enrolled in a Technique class. Choose any of the classes below that fit your schedule and comfort level.

Technique Class
Mondays, February 28 —

April 18 — 3554-01A
10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/21.

Technique Class
Mondays, February 28 -

April 18 — 3554-01B
11:00 AM-12:00 PM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/21.

Advance Performance
Mondays, February 28-

April 18 — 3554-01C
12:00-1:00 PM (KS). \$50 (eight sessions). Class is only for advanced students approved by instructor. RSVP ◆◆ by 2/21.

Beginning Tap • Tuesdays,
March 1-April 19 — 3554-01D

9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time you will move into one of the four existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do feel comfortable. Register now if you are interested in trying Tap Dance! *Minimum of 10 students required for the class.* RSVP ◆◆ by 2/22.

Technique Class • Tuesdays,
March 1-April 19 — 3554-01E

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/22.

Technique Class • Thursdays,
March 3-April 21 — 3554-01F

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 2/24.

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Performance • Thursdays,**March 3-April 21 — 3554-01G**11:00 AM-12:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 2/24.**Performance • Thursdays,****March 3-April 21 — 3554-01H**12:00 -1:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 2/24.**Performance • Fridays,****March 4-April 22 — 3554-01I**12:00-1:00 PM (KS). \$50 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. RSVP ◆◆ by 2/22.**Tap for Fun with Judy!**

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

Mondays, February 28-**April 18 — 3551-01A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 2/21.

Fridays, March 4-**April 22 — 3551-01B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 2/25.

**—West Coast Swing—
(California's State Dance)****Beginning West Coast Swing****Levels I & II • Wednesday,****February 2-23 — 3512-01A**

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks). Learn the basics of West Coast

Swing, California's State Dance from veteran West Coast Swing dance instructor, Dottie. Dottie will teach you the basics of this great dance and will show you how it can be applied to various types and styles of music. You need to complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ◆◆ by 1/25.

**Intermediate West Coast Swing****Levels I & II • Wednesdays,****February 2-23 — 3512-01B**6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four weeks). **Prerequisite:** Must have completed West Coast Swing Beginning levels one and two. RSVP ◆◆ by 1/25.**Advanced West Coast Swing****Wednesdays,****February 2-23 — 3512-01C**7:00-8:00 PM (KS). \$24 (four weeks). **Prerequisite:** Must have completed West Coast Swing Intermediate I and II. RSVP ◆◆ by 1/25.**Driver Training****AARP Driver Safety Course****Wednesday & Thursday,****February 2 & 3 — 6056-12B**

8:30 AM-1:00 PM (OC).

Or Monday & Tuesday,**March 7 & 8 — 6055-01**

1:00-5:30 PM (OC). AARP Member (\$22) for two-day session; AARP Non-Member (\$24). Instructor: Roger



Kane. Resident must present a current AARP Membership Card when you register and pay at the Activities Desk to receive the discounted class fee. In cooperation

with AARP, the Association brings back the convenience of offering a Driver Safety Course in our community. This eight hour course is for persons 50 or over. Persons over the age of 50 may be eligible for a dis-

count on their auto insurance. You should check with your provider to determine the amount. The course covers normal age-related physical changes in vision, hearing, reaction time, and how to adjust your driving to accommodate these changes. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver license, your AARP Membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Limited spaces, register early. Class cost covers a \$10 Association administrative fee and AARP fees. Minimum of 20 students required for class. RSVP ◆◆ by 1/25 or 2/28.

Fitness

Register for these classes at the Fitness Centers starting January 17 at 10:00 AM.

—Small Group Training—

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 sections will have a **minimum of four participants, and maximum of six participants** to guarantee the success and individualized attention to everyone.

SGT- Bodybugg**February 7– March 7****Mondays & Fridays — 835000-D**

(No class 2/21.) 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. Not only do



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SGT — “Fun”ctional Fitness
February 3-March 1 — 835000-FF
Tuesdays & Thursdays

12:00 PM-1:00 PM. Aerobics Room (KS). Instructor Deanne Griffin. A fun filled Small Group Strength Training great for beginners, or anyone looking at a new method of training. This team oriented class will focus on “Functional Fitness” using a variety of equipment, and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you can 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 at the Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with Weights • Tuesdays, January 18-February 22 — 750500-12

11:30 AM-12:30 PM. Weight Room (KS). Join this six-week in-depth, informational strength training program that will take you from basic to advanced training techniques. Led by instructor/Personal Trainer Jill Boan, we begin with a total body



machine program focusing on proper settings and correct form and progress into free weights and cables. Learn how, when & why you need to change your weights, the best sets, reps and exercises for your body type. You will run away with written programs to carry you through the rest of your life! Limit six people. Change your life. **Six week session - \$75.** Register at the Fitness Centers.

Reach for the Top/Stretch & Tone!
Tuesdays,

February 1-22 — 801000-01

Thursdays,

February 3-24 — 803000-01

Tuesdays & Thursdays,

February 1-24 — 802000-01

11:30 AM-12:30 PM. Aerobics Room (The Wave). This class is designed and presented by Lin Hunter, is a combination of stretching, range of motion exercises, intervals of cardio



movements, balance moves, and toning with weights, bands, balls, and bars. All of this is done to fun music to get your energy level up, help you become stronger, strengthen

your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep you more mobile. Lin is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve

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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. Four-week session two days/week - \$55.** Register at the Fitness Centers.

Balletone • Tuesdays,
February 8-March 1 — 700000-01

4:00-5:00 PM. Aerobics Room (KS).

Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet inspired dance movements and the flow of yoga? A fun flowing cardio class that is perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increases cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four week session - \$35.** Register at the Fitness Centers

—Tennis Lessons—

Intermediate Tennis (Level 2.5)
Sundays, January 16-

February 20 — 790301-12

10:00-11:00 AM. Tennis Courts #10 & #11. Instructor: Bob Halpin. This



class is for players that are or should be rated at 2.5. This class will spend time practicing all strokes and game playing with strategy.

Class size is limited to 6 students and a minimum of 4. **Six week session - \$60.** Register at the Fitness Centers.

Intermediate Tennis (Level 3.0) •
Sundays, January 15-

February 19 — 790302-12

9:00-10:00 AM. Tennis Courts #10 & #11. Instructor: Bob Halpin. This class is for players that are or should be rated at 3.0. This class will spend some time in most classes on lobs, overheads, and strategy although all strokes will be practiced. There will be more game play than in Inter-

mediate 2.5 and more emphasis on strategy. Class size is limited to 6 students and a minimum of 4. **Six week session - \$60.** Register at the Fitness Centers.

—Pickleball Lessons—

Beginners Pickleball • Sundays January 15-

February 19 — 790100-12

1:00-2:00 PM. Pickleball court #4. Instructor: Bob Halpin. This is for players that have already taken the Pickleball Group's free introductory Pickleball lesson, but are not yet competitive with other Pickleball players. Class size is limited to four students. **Six week session - \$48.** Register at the Fitness Centers.

Intermediate Pickleball Sundays, January 16-

February 20 — 790101-12

2:00-3:00 PM. Pickleball court #4. Instructor: Bob Halpin. This class is aimed at the average Pickleball player that may need some work on techniques and needs to work on the dink and the advanced strategy that uses the dink. Class size is limited to four students. **Six week session - \$48.** Register at the Fitness Centers.



—Qigong—

Qigong • Thursdays, February 10- March 3 — 745000-01

3:30-4:30 PM Aerobics Room (KS). Instructor: Peter Petersen. Qigong (pronounced chi-gung) has been around for more than 5000 years and originated in China. This class is gentle and easy to learn, meaning it can be practiced by anyone, at any age or fitness level. Using simple gentle movements from the body, it becomes the art of energy management and can balance and unblock stagnate energy. The physical benefits include helping to eliminate chronic

pain, increased strength, flexibility stamina, range of motion of limbs, as well as bolstering a vital immune system. Negative emotions and memories are also allowed to be released from the mind, which reduces stress in the practitioner and allows one be more present in their everyday lives. **Four week session — \$40.** Register at the Fitness Centers.

—Dance/Fitness Centers—

Belly Dance • Mondays, February 7-28 — 770200-01

4:00-5:15 PM. Aerobics Room (The Wave). Instructor: Anna Woods. Come enjoy belly dancing and get a great core workout to fabulous rhythms and beautiful music. Through this dance, strengthen abdominal muscles, legs, back and more. The good news is, famous and graceful belly dancers come in all shapes and sizes. Wear comfortable clothing, exercise pants or tights. Anna has 15 years of stage performance and instructing. There will be a \$15 charge on the first day of class for hip belt. Anna welcomes you to try one class for free! Limit: five participants. **Four week session — \$36.** Register at the Fitness Centers.

Greek Line Dance • Fridays, February 4-25 — 770100-01

4:45-6:00 PM Aerobics Room (The Wave). Instructor: Anna Woods. Join us and learn fun, easy dance steps that move beautifully to Mediterranean music. It's also an awesome workout! These dances can be done at parties, just another way to have fun with friends and get great exercise at the same time. Anna's experience of 15 years teaching Mediterranean dances is an added plus. Classes welcome gentlemen as well. Anna welcomes you to try one class for free! Limit: five participants. **Four-week session — \$36.** Register at the Fitness Centers.

Performance Dance with Dolly Fridays,

February 4-25 — 771200-01

2:30-4:30 PM. Aerobics Room (The Wave) Instructor: Dolly Schumacher. For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite: By audition or teacher's approval only.** Two-hour classes. **Four week session — \$46.** Register at the Fitness Centers.

Dance for Life with Dolly Jazz/Musical Theatre, Wednesdays, February 2-23 — 770300-01

4:15-5:15 PM Aerobics Room (The Wave). Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. It's a blast of fun! Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater & lyrical styles. Something new in every class, feel your spirit soar! Come watch a class and see how much fun dance can be! **Four week session - \$32.** Register at the Fitness Centers.

Dance for Life with Dolly Creative Dance — Wednesdays, February 2-23 — 770400-01

5:30-6:30 PM Aerobics Room (The Wave). This class explores the fundamentals of all dance through ballet technique and creative expression. Increase your body awareness, balance, strength and grace through this beautiful dance. **Four week session - \$32.** Register at the Fitness Centers.

—In the Pool—

Core-N-More Suspended Aquatic Exercise with Andrea
**Wednesdays, January 26-
February 16 — 760000-01**
**Thursdays, January 27-
February 17 — 760100-01**

Wednesdays & Thursdays, January 26-February 17 — 760200-01

Wednesday classes 9:35-10:30 AM; Thursday classes 4:00-5:00 PM. Indoor Pool (The Wave). This class maximizes the benefits of water with the assistance of a Buoyancy Belt.



Exercises are performed without touching pool bottom, eliminating impact and increasing resistance. Class combines exercises that will improve core strength, tone and strengthen major muscles, offer aerobic challenges and improve balance and flexibility. The belt allows participant to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free trial class or with any questions at 844-8824. **Four-week session — \$30 one day/wk or \$50 two day/wk.** Register at the Fitness Centers.

Aqua Zumba • Mondays, February 7-28 — 813000-01

4:00-4:50 PM (The Wave indoor pool). Instructor: Christy Barry.

Aqua Zumba™ is Latin fitness dance in the water. This is a fun and energetic way to dance salsa, meringue, cumbia and hip hop to the catchy Latin music that makes Zumba™ so popular. If the pounding and twisting of land Zumba™ classes is too much for your knees and hips *or* you just want a high energy workout, then Aqua Zumba™ is perfect for you! The gentle environment of the water makes movement and transitions smooth and easy for the body to handle. *But* don't let that fool you! Because of resistance, you will burn major calories. "Ditch the workout and join the Pool Party™" **Four week session - \$40.** Register at the Fitness Centers.

—Nordic Walking—

Nordic Walking for Beginners Wednesdays,

February 2-23 — 750000-01

1:00-2:00 PM. Aerobics Room (KS). In-

structor: LH resident Mike Barkhurst, Nordic Walking Instructor with the American Nordic Walking Association, holds three personal trainer certifications in health and fitness. Walking



with Nordic Walking poles allows you to gain stability and balance while walking and lessens stress on all your joints up to 40% as compared to normal or power walking. The class is split into four one-hour sessions. The first is held inside where you will be given instruction on various types and kinds of Nordic Walking poles available for purchase. The next three sessions are conducted outside at OC. You will be taught the techniques of Nordic Walking. There is very little hiking done in the classes; it is left for you to do on your own as you get full use of a pair of Nordic poles for the four weeks. **Four-week session — \$50.** Register at the Fitness Centers.

—Yoga—

Gentle Hatha Yoga with Julie

Boone • Tuesdays,

February 1-22 — 710100-01

Or Thursdays,

February 3-24 — 710200-01

2:00-3:30 PM. Aerobics Room (The



Wave). Julie Boone continues to provide a gentle Hatha Yoga class in the Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging while still being "do-able." She is happy to connect with long-term students as well as yoga newcomers. Her motto is "Yoga is not supposed to hurt!" She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfort-

able. While a physically gentle class, it is not "easy;" strength, flexibility, and balance will be developed. Class is suitable for beginners and the continuing student. Limit: 20 participants. **Four-week session — \$49** Register at the Fitness Centers.

Chair Yoga with Julie Boone Tuesdays,

February 1-22 — 710000-01

12:45-1:45 PM. Aerobics Room (The Wave). Just in time to accommodate your New Year's resolutions! Julie has been sharing her love of Yoga with the residents of SCLHCA since 2000. This extra gentle class is only an hour long and is adaptable to meet the needs of any student. The practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Limit: 20 participants. **Four-week session - \$49.** Register at the Fitness Centers.

Evening Yoga with Susan Hayes Hatha (Traditional) Yoga

Tuesdays,

February 8-22 — 711000-01

6:35-7:45 PM Aerobics Room (KS). A fun evening yoga class designed to keep you in shape, at a relaxed pace. Yoga has been proven to increase



energy, flexibility, balance, and strength — all while reducing stress. As the seasons change, so should our exercise routines (or lack thereof).

Everyone is welcome - from absolute beginners to aspiring yogis. If you've never tried yoga before, this is the class for you! **Three-week session - \$30.** Register at the Fitness Centers.

Evening Yoga and Meditation with Susan Hayes • Thursdays,

February 10-24 — 711100-01

6:00-7:10 PM Aerobics Room (KS).

This is a relaxed evening yoga class consisting of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and optional meditation.

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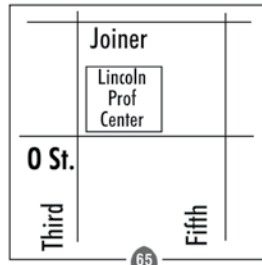
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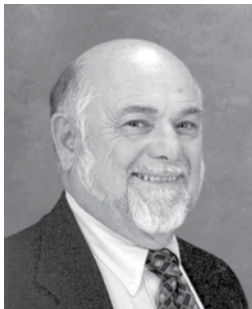


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Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays and Wednesdays the Lapidary Shop, the Casting Shop and the Fabrication Shop are open from 8:00 AM-12:00 PM (shared space)



Sierra Room, (KS). These workshops are open to experienced persons

(after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society will oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance Fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

Lower Price! Intro to Gem Cutting Mondays, March 7-28 — 3082-01

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$20. Supply fee \$15 payable to instructor. Class is limited to six students for optimum learning. This "hands-on" class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Any questions contact instructor Dave Fisk, 434-0747. RSVP ♦♦ by 2/28.

Lost Wax Jewelry Casting

Mondays, March 7-28 — 3132-01

12:00-3:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 12:00-3:00 PM for week three (March 21)

(KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor on first day of class. Learn the basic techniques of this millennia-old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other



tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Maximum of six students. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Questions? Contact instructor Dave Fisk, 434-0747. RSVP ♦♦ by 2/28.

Jewelry Fabrication, Mondays, March 7-28 — 3161-01

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo \$60. Materials fee - \$10 payable to instructor at first class. Learn the basic techniques of fine jewelry construction, then wear your



accomplishment. It's easier than you might think. Class requires additional small amount of metal purchase, (silver or gold)

available in class. Class size limited to six students. No make up classes. Students may continue to access the open workshop equipment upon completion of class for a nominal fee. About the Instructor: Chuck has been creating custom jewelry mountings for the past 50 plus years. His work has been displayed at the Los Angeles County Fair and numerous lapidary club shows. RSVP ♦♦ by 2/28.

Glass Art

—Fused Glass—

Fused Glass - Beyond the Basics, Tuesdays, January 25-February 8 — 3098-12

9:00 AM-12:00 PM (KS). Instructor: Kate Uppal. \$60 (three sessions). We'll take what you've learned in the beginning fused glass class and make your jewelry even more amazing. You'll be creating unique pieces that will thrill you every time you wear one. We'll start by working with fabulous glass decals. You'll learn how to incorporate their delicate designs into your jewelry. We'll explore the different kinds of high and low fired decals: enamel, 22 karat gold, and dichroic slides. We may also be able to try the new sepia and full color decals as well. You'll also learn how



to create dazzling patterns in dichroic glass by etching your design onto the dichroic glass and removing its delicate

layers. We'll use a variety of techniques to create your masterpieces – stickers, mas-tic, tape, stencils and even a sharpie pen. By the end of this three-week class you will have created a variety of extraordinary pendants. Materials fee \$40 payable to the instructor on first day of class; it includes dichroic glass, fusible glass, stencils, resist, decals, Dicro Slides, cream etch, and bails. Students bring their own craft knife, tweezers, paper and pencils; optional: paper punches and camera. RSVP ♦♦ by 1/18.

Fused Glass Jewelry and Other Small Treasures • Tuesdays, February 15-March 1 — 3098-01

9:00 AM-12:00 PM (KS) Instructor: Kate Uppal. \$60.00 (three sessions). For Beginning and Continuing students. Make beautiful dichroic glass jewelry! Dichroic quality, makes jewelry unforgettable. In this fun,



creative class, beginning students will use both regular and dichoric glass to learn the fundamentals of glass fusing:

designing, glass cutting, compatibility, safety, and kiln forming. You'll learn finishing techniques, and the

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proper methods for applying various findings to complete your designs. Continuing students will be encouraged to take their designs to the next level, explore several new techniques, improve on some of the basics and perhaps invent a new piece or two. All students will be given individual attention to accomplish their goals. Students will have an opportunity to create several pieces including: pendants, earrings, bracelets and more. Sign up early, class size is limited. Beginning students pay \$40 supply fee to instructor on first day of class which includes glass, bails, earring findings, copper inclusions, stringer and other 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. *About the instructor:* Kate Uppal has been working and exploring different forms of fused glass and precious metal clay artwork for the past 5 years. She has studied under some of the leading experts in glass fusing as well as dichoric jewelry and glass frit artwork. She has created a portfolio of jewelry and glass artwork which expresses her fun loving character. RSVP ◆◆ by 2/8.

Fusing Glass Workshops

January — 3102-01A

February — 3102-01B

4:00-6:30 PM on Mondays except for the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$12 each day. Items will be limited to a 6'x6' kiln space (see 2011 firing guidelines). Fusing enthusiasts now have a workshop where they can work on their projects. Bring your glass and fusing projects to the workshop and work on your designs. Students will be sharing workshop time with stained glass enthusiasts in the Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

—Stained Glass—

Stained Glass Workshops

January — 3101-01A

February — 3101-01B

4:00-6:30 PM on Mondays except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day. Due to nature and expense of working with glass and equipment, this workshop is



for experienced students only. A moderator will be in attendance to supervise students to safely use equipment but will not teach new methods. If

you have experience working with glass but have not had instruction, please inform the monitor prior to enrolling in the workshop to obtain clearance for equipment use. Stained Glass class will be offered next year. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Beginning Stained Glass

Tuesday, March 1-15 — 3091-01A

Basic Kit — 3091-01AB

1:00-4:00 PM (KS) \$45 class fee plus \$10 for basic kit payable at time of registration. Learn the beautiful skill of stained glass artistry. This three week class is designed to instruct the art and safety of cutting glass for art projects. Learn how to take a concept through to completion. Class includes cutting the pattern, layout and design, glass cutting and soldering techniques. Even if you have experience with stained glass, you must take this class to be certified to use the Association equipment. This will be a fun and creative class. Attendance at the first day of class is required since it covers essential information. RSVP ◆◆ 2/22.

Jewelry

—Beading—

Wire Cuff Bracelet

Thursday, February 17 — 3010-12

3:00-5:30 PM. (KS). Instructor: Donnette Thomas. \$20 (one day class). Start looking for your beads now. Pick a variety of beads with varying sizes,



large and small. You can also use buttons for this bracelet. Instructor will provide wire and you can choose between copper

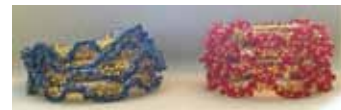
or silver (included in class fee). This is a repeat class that was highly liked by students in the past. It is easy and rewarding and bracelet design varies depending on your choice of beads or buttons. So even if you've done this before, come and join this fun class. Be sure to get supplies list when you register! RSVP ◆◆ by 2/10.

"Slinky" Bangle

Tuesdays, March 1 & 8 — 3013-01

9:00 AM – 12:00 PM (KS). Instructor: Cathie Szabo. \$30. **Great for Beginners and Experienced Beaders alike!**

What fun – a weavy, wavy bangle that looks like our childhood favorite



Slinky. So simple and so fun, you'll

find yourself making more than one. No worries about the right fit – the wire fits itself to you – how great is that. The secret to the waves? Different size seed beads and a bit of tension! Go for contrasting colors to show off your handiwork or go subtle with shades in the same color family. Check out the samples in the display window for ideas. Be sure to get your materials list when you sign up for class. If you have any questions about the class or wonder if you have the skills to do the project, contact Cathie at billcats1@earthlink.net or 434-6667. RSVP ◆◆ by 2/22.



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—Precious Metal Clay (PMC)—

Using Bezel Cups to Set Stones with PMC

Tuesday, January 18 — 3162-11

10:00 AM-5:00 PM (KS). Instructor: Jewelry artist, Patrik Kusek. Class fee: \$51. In this day-long session, learn to set stones in PMC using bezel cups. Bezel cups are great for setting all types of cabochons, especially stones that are not fireable. They offer an easy to use, professional looking option to stone setting. Class project will be a bracelet using the Aegean stamp collection or texture of your choice with PMC using bezel cups to add elegant stones to your designs. Learn to select the right bezel cups for the right stone; to prepare bezel cups for use with metal clay; to alter the



bezel cups to enhance your designs; troubleshooting tips if your cabochon is not cut properly; proper firing temperatures; plus lots of other tips for setting stones using bezel cups. Learn to size, assemble and finish your bracelet. Leave with a bracelet ready to be assembled. Please bring at least five cabochons (6mm. in size) to set in the bracelet. Class is appropriate for beginner and intermediate level students. You will receive handouts and resources and skills necessary to make fine silver jewelry from start to finish at home! Students have an option to purchase a \$43 Standard Kit which includes PMC, bezel cups (which are real silver) and consumables or a \$60 Deluxe Kit which includes everything in the standard kit *plus* everything else they need to assemble the bracelet: jump-rings, gemstones, toggles. RSVP ◆◆ by 1/3.

Music

Guitar I - Continuation • Fridays, March 4-April 22 — 4261-01A

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Must have competed at

least one session of Guitar I with Bill. This class is designed for the person that has not played before or hasn't played guitar for many years.



Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help in selecting one. Questions? Please call Bill at 434-5655. RSVP ◆◆ by 2/25.

Guitar II — Intermediate • Thursdays, -

March 3-April 21 — 4261-01B

8:00-10:00 AM (OC). Instructor: Bill



Sveglini. \$65 (eight sessions). This class continues the course of study in Guitar I. Course of study will include: reading music in the first position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge (notes, rests, measures, bar lines, etc.). Learn and play many old favorite songs in varied styles as well as sing while you play. The class promises to be a lot of fun. RSVP ◆◆ by 2/23.

Guitar III – Advanced Thursdays,

March 3-April 21 — 4261-01C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions).

Prerequisite: Students must have instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of mu-

sic. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ◆◆ by 2/23.

—Keyboard—

Play In a Day Keyboard Class

Tuesday, February 1 — 4270-01A

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, then 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 will teach students how to read music, learn to 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 the practice keyboards, workbook, a beginner music book and a CD with the musical background used on the class for each student. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ◆◆ by 1/25.

Play In a Day, Keyboard Continuation Class

Tuesday, February 8-22 — 4270-01B

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. The fun continues! From the successful Play In A Day Keyboard class, this three-week class will cover all the topics needed to play the piano, keyboard or organ. You

will learn music terminology, read notes, count and play all of the major and minor chords. You will also learn the basic set up of all brands of keyboards. The one-and-a-half hour class will provide both lecture and hands on activities. Keyboards are provided. Class fee includes basic Music book and handouts. RSVP **◆◆** by 2/1.

—Music History—

History of Movie Musicals

Part 3: The Disney Way

Thursdays,

February 3-24 — 4271-12

10:00 AM-12:00 PM Presentation Hall (KS). Instructor: Ray Ashton.

\$20 (four sessions). Our journey through the History of Movie Musicals continues with the films of Walt Disney and the Disney Studio. Part III takes us to the very beginning when

a young animator and true visionary, Walt Disney, defied the odds and created what will become the template of an art form that still flourishes today ... The Animated Movie Musical. We will visit the early work, the creation of the Mouse that changed everything, the first and some say the greatest Animated Movie Feature Films in history. We will spend time looking into the Disney philosophy, the inventions, and the talented people who made it all happen. Part 3 will take us from the early part of the 20th century to the 1960's and one of the most beloved films of all time ... **Mary Poppins**. Sign up quickly as class fills up fast. RSVP **◆◆** 1/26.

History of Movie Musicals

Part 4: Disney Animated Musicals-The Renaissance

Thursdays, March 10-31 — 4271-01

10:00 AM-12:00 PM Presentation Hall (KS). Instructor: Ray Ashton. \$20 (four sessions). Our history of movie musicals continues with Part 2 of Disney's

Animated Movie Musicals. We pick up after the death of Walt Disney and a very dark period at Disney Animation. Then we will discover how a group of young animators and a leadership rooted in the theater changed everything. We will meet the little Mermaid who restarted it all, the great composers and lyricists who inspired us, and the first animated film nominated for a Best Picture Oscar. We will journey to the New World, the African Savannah, the Arabian Desert, the Bells of Notre Dame, and the streets of New Orleans and New York. On our way we will meet great heroes, wonderful music, and a group of inspiring heroines never before experienced in the history of the movies. Sign up early as class fills up fast. RSVP **◆◆** by 2/24.

—Voice—

Singers Vocal Boot Camp

Continuation • Fridays, March 4-April 22 — 6132-01

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music.. This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP **◆◆** by 2/25.



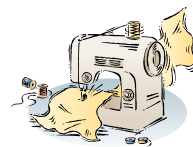
Sewing

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 440 Quilting Certification
Monday, February 28 — 4058-12C

4:00-5:00 PM (OC). Instructor: Sylvia Feldman. \$50. Learn comprehensive free-motion stippling for quilting with

fabric mover using our new Bernina 440 Quilting machine. There will be instructions on the use and care of the machine with all the features and enhancements the machine has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence and ease to use the machine. Class fee covers all materials needed for the training including batting materials, thread, fabric and step-by-step instructions. RSVP **◆◆** by 1/31.



Bernina Sewing Machine

Certification • Monday,

February 14 — 4057-12B

3:00-4:00 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to the class. RSVP **◆◆** by 2/7.

Bernina Serger Certification

Monday, February 14 — 4056-12B

1:30-2:30 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies will be provided during class. Class limited to three students. RSVP **◆◆** by 2/7. Bernina Sewing Machine Certification Monday, February 14 — 4057-012B 3:00-4:00 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins & needles. Please bring your own scissors to the class. RSVP **◆◆** by 2/7.

—Creative Hardanger—

Norwegian Embroidery "Creative Hardanger" –

Tuesdays, February 1-22 — 4022-12

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 the techniques in this beautiful embroidery form from Norway. First hour provides students

with general embroidery instruction. Remaining class time is geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small kit \$12.50, large \$20. RSVP ♦♦ by 1/25.

—Knitting—

Intermediate Knitting • Mondays, February 14-28 — 4070-01

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$45 (three sessions). **Prerequisite:** Must know how to Knit, Purl and Cast On. This class is for anyone who already knows how to knit but would like to improve



their knitting with help on ideas such as reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring the knitting you are working on plus the pattern or the supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. *About the instructor:* A 1992 International Design competition winner, Nancie not only designs but writes patterns for several yarn companies as well as writes articles and knitting designs for all of the major knitting magazines. Nancie has written nine books on Knitting and Crochet and two books on Quilting. RSVP ♦♦ by 2/7.

Travel

—Language—

101 French for the Traveler Saturdays, March 5- April 9 — 6091-01A

4:30-6:30 PM.(OC) Instructor: Claire Michelet.\$90. Learn the pronunciation, structure and special rhythm of the French language. Acquire phrases and essential vocabulary for travelers. Carry on simple conversa-



tions in French after completing the class. This a great class to take if you plan to tour and enjoy the sites of France. Material fee: \$15, covering a small text book and audio tape. RSVP ♦♦ by 2/19.

-Visual Tour Presentation-

Provinces of France, a Visual Tour Sunday, February 27 — 6091-01B

1:00-4:00 PM (KS). Instructor: Claire Michelet.\$20. Whether you've only traveled to France in your dreams or are a return visitor who can't get enough of it, this visual tour of France has something for you. Join us for a real Tour of France and visit each Province and Region of beautiful France. This two hours slide presentation will be followed by an hour of Q & A. RSVP ♦♦ by 2/13.



Paris, Visual Tour

Sunday, March 6 — 6091-01C
1:00-4:00 PM.(KS) Instructor: Claire Michelet. \$20. Have you been to Paris? Would you like to go to Paris? Join us to visit delightful places and discover unfamiliar sites, learn about its history, its geographical setting and its *arrondissements*. This two-hour slide presentation will be followed by an hour Q & A. Watch for future presentations: Versailles & surrounding castles and castles of the Loire Valley. RSVP ♦♦ by 2/20

Wardrobe Planning

I Have Nothing to Wear!
**Tuesdays, March 1, 8 & 29 and
Wednesday, March 30 — 6161-01**
9:30 -11:30 AM on Tuesdays and 9:00 AM-12:00 PM on Wednesday. (KS). Instructor: Marcia VanWagner. Do you have a closet full of clothes but nothing to wear? Has your lifestyle changed so your clothes do not work anymore? Having problems putting outfits together? This four-session series will inspire you to shop your

closet for the right clothes for the right occasion. Students are encouraged to enroll for the whole series but may also register on a per session



basis. Session 1 (March 1): Discover Your Style; Session 2 (March 8): Accessorize; Session 3 (March 29): Build a Wardrobe; Session 4 (March 30): Hands On... Put It All Together. Bring 8-12 wardrobe pieces and accessories for the fourth session and get hands-on assistance! Fun class with lots of handouts! \$35 for the full series or \$10 per session. RSVP ♦♦ by 2/14.

Writing

How to Tell Your Story to Your Kids and Grandkids

Mondays, February 7-28 — 6181-12
9:00 -11:00 AM (OC). Instructor: Fred Ekman. \$48 (four sessions). Have you ever thought of sharing some of your childhood memories, teenage years and beyond, with your kids and grandkids, but aren't sure how to get started?



This workshop will help you recall childhood words and phrases. The use of photos will help you remember special moments. Explore ways of telling your story without putting your readers to sleep, by writing in voice. In this workshop, we will capture 60 plus years in 15 year increments. Finally, we'll discuss examples of printing and binding options. Your finished auto-bio should make a great legacy to your family! Bring your laptop, or paper and pencil, and relive your past. For more information, or if you have questions about the class, contact Fred Ekman at fred@fredekman.com or 709-2496.

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Special Presentations

"Should You Write A Book?"

Tuesday, January 18 — Free

6:00-7:30 PM, Presentation Hall (KS). Joey Chisesi, an octogenarian SCLH resident, is an entertainer as well as an author. At this session, he will

discuss the effort and challenges in writing his current novel *A Dollar's Worth*. He knows that an author's work entails many steps: the concept, the story/content and possible research, its style, and then to the editor/publisher, and finally to the marketplace. Joey's interest in book writing started with college newspaper stories, to editor for the Veterans Post's *Smoke Signals*, expanded to broad interviews, and also productions for radio and TV spots. As a music conservatory graduate, he had stints as a piano player for Emie May Orchestra and Bob Meek Quintet. He is also a WWII Navy veteran.



All Systems Go — Thriving Through the Ages

Wednesday, January 26 — Free

7:00-8:30 PM, Presentation Hall (KS). What's normal as we age? Forgetting our keys, hearing loss, sore joints? What should we expect? When should we become concerned? Learn what's common, what to expect in our bodies as



we age, and how we can age gracefully. Dr. Shelley Garone is the Medical Director of Palliative Care and the Chief of Quality at Kaiser Permanente in the North Sacramento Valley area. Her clinical interests center

around helping patients and their families live well. She specializes in caring for people who live with chronic and progressive illnesses. She works to ensure that patients live as well as possible and are fully informed about the disease process and available treatment options allowing them to make decisions about their health care.

Save \$\$\$ on Home Maintenance!

Tuesday, February 8 — Free

1:00-3:00 PM, OC Front Ballroom. You don't need to hire a handyman for everything! Larry Schurr and Herman Tijsseling, Handy Helpers from Neighbors InDeed, will present information and tips on caring for your home. Some things you can do yourself, but Handy Helpers will also do it for you free of charge. Larry and Herman will be discussing smoke alarms, garage doors, water heaters, electrical outlets, heating & air conditioning, drip systems, and more. Don't miss this informative presentation. Questions will be answered.



It's Saudi Duty Time! • Tuesday, February 22 — Free

2:00-4:00 PM, Ballroom (OC). In 1990, Colonel Marcia VanWagner was the Chief Nurse of the 50th General Hospital, a US Army Reserve Unit in Seattle, WA. She had a full-time civilian job as a Pediatric Nurse Practitioner in Portland, Oregon. Life was good and predictable. Then Saddam Hussein invaded Kuwait and her life changed in an instant. In this presentation, Colonel Van Wagner will describe her ex-



periences as a female officer in a command position in a war situation in a foreign country and culture: Saudi Arabia during the First Gulf War. Overnight, her unit was expected to leave behind families, civilian

job responsibilities, put on their Army uniforms and go to war. Colonel VanWagner will address: **Integrating a US Army Hospital into the Muslim Host Nation Facility:** How the Saudi Arabian culture and Muslim religion impacted the US Army mission of providing medical care to coalition forces and **Living a War:** Daily life in a Combat Zone.

Fibromyalgia and Chronic Fatigue Syndrome:

What's New? • Wednesday, February 23 — Free

7:00 PM, Presentation Hall (KS). Sutter Independent Physician Anu Bhat, M.D. will present information on common Rheumatological diseases and their symptoms. Dr. Bhat will discuss coping with conditions such as Fibromyalgia and Chronic Disease Syndrome. Fibromyalgia is a chronic

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condition that includes widespread pain in muscles, ligaments and tendons, along with fatigue. Learn about the treatments that include both medication and self-care to minimize the symptoms and improve general health and well-being. Chronic fatigue syndrome (CFS) is a complicated disorder with symptoms of extreme fatigue that can get worse with physical or mental activity and does not improve with rest. While in many cases the causes of CFS are still unknown, doctors and researchers agree that this chronic condition should be taken seriously. Learn about the combination of treatments that can help relieve symptoms of CFS. Dr. Bhat is Board Certified in Internal Medicine and concluded a Fellowship in Rheumatology at University of California at Davis.



Cats, Pets, and Tom; Where Did My Memory Go?
Wednesday, March 2 — Free

7:00-8:30 PM, Presentation Hall (KS). Joan Brubaker, M.Ed, Psy, MA, Cognitive Psychologist, has a passion for answering the question: "what's driving the behavior?" Her current interest has focused on memory loss. She will translate recent neuropsychological research of memory which has combined CAT Scans, PET Scans, and Tests of Memory (TOM), into practical information to help you understand the changes of normal aging



and their effects on memory. She will highlight memory changes in normal aging, the kinds of memory affected or unaffected by normal aging, and the difference between normal aging memory changes and those that are not. In her own inimitable way, she will engage us in some specific techniques to monitor and improve our memory. There will be ample time for questions. Write down this date: March 2 to help you remember to attend this exciting presentation!

Aging Gracefully

continued from page 13

ner peace, authenticity, and wisdom. They approach the end of life with an inner calm. Conversely, those who go into the future looking into the rear view mirror tend to live with fear, anxiety, regrets, and sometimes despair. Knowledge about what to expect from the aging process and things we can do to age in a healthier and more positive way are the starting point for achieving that goal.

To enhance your knowledge about this important subject, **plan to attend the upcoming Community Forum on January 26, "All Systems Go — Thriving Through the Ages," by Dr. Shelly Garone, MD (see page 84).** Her presentation will shed light on things you should normally expect as you age, what preventive strategies should you take, and what are the things about which you should seek consultation and advice.

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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

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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

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Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

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Breakfast 7:00-10:00 AM

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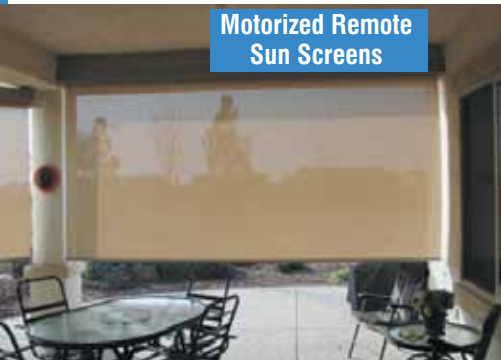
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