



Compass

October 2011

**2012 Association Dues
Reduced ... pages 2 & 9**

**New Website
Registration ... page 3**



Return of the Handy Helpers ... page 5

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On the cover

Handy Helpers got together for this photo prior to their Neighbors InDeed annual Workshop. Information on page 5. Photo by Jeff Andersen



Run It Like a Business, Because It Is! Board of Directors Report

Peter Gilbert, President, SCLH Board of Directors

At our final Board meeting in September we adopted our budget for the Association for 2012. I am very happy to report to all of you that we were able to pass a budget that will lower your dues from \$315.00 per quarter to \$312.00. Obviously it does not represent a great savings for each of us, but it does however represent the desire of our Board of Directors and staff to spend your money wisely and to lower dues when it is possible.

I will leave the Board in February along with Bill Kassel. We will have

dues of \$143.00 per home and we are now at \$104.00 per home, \$468.00 per year less for each homeowner!

This was one of the items on which we tried to apply very conservative decision making during our time on the Board. It has taken a lot of work by the Board, committees and staff to make this happen. Unlike some government agencies, we as elected representatives can raise the dues with little or no control from the folks who elected us. We have tried to treat each dollar we spend and each dollar we save with equal importance.

I am very happy to report to all of you that we were able to pass a budget that will lower your dues from \$315 per quarter to \$312. Obviously it does not represent a great savings for each of us, but it does however represent the desire of our Board of Directors and staff to spend your money wisely and to lower dues when it is possible.



Board members, Properties Committee members & staff welcome the Sylvania truck for the first of many LED street light replacement projects

served the community for four years. In that time we have raised the dues by an average of 25 cents per month per home since we were elected. As a basis for comparison, Sun City Roseville has

As a resident of the community, I encourage each of you to consider the work of our staff. If you are pleased with their efforts, from our Executive
continued on page 37

Calendar of Events

October 15-November 20

Upcoming Association-Related Meetings	
Date • Time • Place	October 15-November 28
New Residents Orientation	Tuesday, October 18, 1:00 PM, Solarium
Golf Cart Registration	Thursday, October 20, November 3 & 17, 8:00 AM, OC Lodge
Finance Committee	Thursday, October 20, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, October 24, 9:00 AM, Solarium
Board of Directors Meeting	Thursday, October 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, October 27, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, October 27, 11:00 AM, Oaks
CCOC/Chartered Clubs/Community Orgs.	Tuesday, November 1, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, November 1, 1:30 PM, Oaks
Compliance Committee	Wednesday, November 2, 10:30 AM, Solarium
Elections Committee	Friday, November 4, 9:00 AM, Multimedia
Properties Committee	Tuesday, November 8, 1:00 PM, Fine Arts
Listening Post	Wednesday, November 9, 9:00 AM, Solarium
ARC/Architectural Review Committee	Monday, November 14, 9:00 AM, Heights/Gables
Finance Committee	Wednesday November 16, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, November 17, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, November 17, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, November 17, 11:00 AM, Solarium
ARC/Architectural Review Committee	Monday, November 28, 9:00 AM, Heights

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

Lincoln Hills Community Forums are found on page 86.

Connections

Resident Website Goes Live November 28

Direct Dial Phone Numbers Come to KS October 17

Jeannine Balcombe, Senior Director of Lifestyle and Communications

In just six weeks the Association's new resident website will launch! The website is developed and managed by staff and we will be able to update and respond quickly to recommendations of the Board, Communications & Community Relations Committee (CCRC) and residents. The site will be easy-to-use and will feature Association information including Board and committee agendas, minutes and reports; events including webpage links for full details about events, trips and classes; and a brand new club interface to include club news, events, photographs, videos and club file space.

The home page will have an "at a glance" view of meetings, current events, classes and offerings from Meridians and The Spa. Beginning January 2012, you will also have the ability to purchase events and classes on-line.

We are excited to have you see and use the features of our new website. We

"go live" November 28. Residents must register to access the website using email address, full name, and member ID (Village and Lot number) located on your Membership ID card. Each resident that has a log-in must have a unique email address. **We offer three ways to register:**

1. You may register in person. Bring your Membership ID card, along with your email address, to the Fitness or Activities Desks (OC/KS) Tuesday, November 15, between 8:00 AM-5:00 PM. Staff will input your registration directly which will allow you to access the new site November 28.

2. You may complete a quick form on November 15 and staff will input the information for you. This process will add an additional step as you will receive an email that requires your registration confirmation before your login account is activated. Access to the website will be available to you November 28.

3. Register after the website goes *continued on page 43*

Date	Event	Page #
10/17	Home, Health & Business Showcase	11, 45
10/17	"Cemetery, Mortuary, Obits" Genealogy	26
10/17	"Coffee, From Farms to Roasting"	34
10/17	Tap Co. Talent Show Audition Deadline	36, 41
10/18	"New Lincoln Blvd. Plans & Electric Vehicles"	31
10/18	New Resident Orientation	45
10/18	Bus Trip: Grand Sierra Hotel, Reno	45
10/19	Bus Trip: Benecia Glass Tour	59*
10/20	Book Discussion: <i>Cutting For Stone</i>	22
10/20	"Overview of Army Airborne Operations"	36
10/18	Bus Trip: San Francisco Shopping	45
10/21	Halloween "Spooktacular" Dance	45
10/23	Bus Trip: Off to the Races	59*
10/24	Tap Company Talent Show Auditions	36, 41
10/25	Forum: Handy Helpers Return	5, 86
10/26	"Helpful Answers to Hard Questions"	20
10/26	Overnight: Chukchansi/Yosemite	59*
10/27	Speaker: Twin Peaks Farm & Orchards	26
10/27	"Am I Getting Enough Sleep?"	89
10/28	Friday Night Karaoke	45
10/29-30	Readers Theater: Black Chapel II	33
10/31	"Show & Tell" with Gem/Mineral Society	26
11/01	Comedy Night at KS	45
11/01-02	"Organizing Your Estate"	89
11/02	"2012 The Next End of World Question"	20
11/02	An Evening of Fashion, "Paris Runway"	45
11/03	Forum: End of Life Options	19, 86
11/03	CPR/AED Class	89
11/04	Friday Night Open Mic	31
11/06	Bus Trip: "HAIR" SF Golden Gate Theatre	46
11/07	"Items Used By Farm Homesteaders"	20
11/07	"Genealogy website 'Find a Grave'"	26
11/07	Concert: The Songs of Irving Berlin	46
11/08	Needle Arts Annual Fashion Show	31
11/08	Vaudeville Troupe Auditions/January Show	36
11/08	Presentation: "Disney Museum"	46
11/08	"How to Get Financially Educated"	89
11/09	"The World of Google"	24
11/10	Neighborhood Watch Annual Meeting	7
11/10	"Update on Latest Low Vision Devices"	25
11/11	"Google is More Than a Search Engine"	24
11/11	Bus Trip: "BINGO" The Musical, Cosmopolitan	46
11/11-12	Holiday Arts & Crafts Fair	24, 41
11/13-14	Overnight: Calistoga Spa & Culinary Tour	47
11/14	"Hawk Talk" by Jay Sheets	22
11/16	Bus Trip: San Francisco Shopping	47
11/17-19	Players Group "Christmas Belles"	33, 47

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

Sun City Lincoln Hills'

New Year's Eve 2012

Best of Winemaker's Dinner

\$120

Solarium, 7:30-9:00

Register at Kilaga Springs

Comedy Show with Dinner

\$72 & \$82

Ballroom, 7:30-9:00

Register at Kilaga Springs

Intimate Dinner

\$65 & \$75

Pre-Function & Meridians, 8:00-9:00

Register at Orchard Creek

Dancing to the tunes of DJ Greg

Ballroom, 9:00-12:30AM

Karaoke

Community Living Room, 9:00-12:00

Mini Comedy Show with Sean Peabody

Sports Bar, 9:30 & 10:30

Flowing Champagne at 11:30

Fireworks at Midnight!

Register and review menus at Activities Desks.



Return of the Handy Helpers!

Neighbors InDeed Community Forum October 25

Doug Brown

The Handy Helpers are coming soon to a theater — well, make that Ballroom — near you!

Lincoln Hills residents flocked to the OC Ballroom one cloudy February day earlier this year. The occasion? Neighbors InDeed's Handy Helpers were giving home maintenance tips that saved participants money, time, and energy. As the Ballroom doors opened, an expected audience of 200 swelled to a capacity crowd of 400, spurring SCLH staff to quickly open the center doors and set up an extra 200 chairs. Whew!

The audience walked away with brains full of ideas about light bulbs, sprinkler systems, garage doors, furnace filters, and more.

On Tuesday, October 25 from 1:00-3:00 PM in OC Ballroom, the Handy Helpers are back! If you missed the last one, mark your calendar for this one. The session, as before, is sponsored by the increasingly-popular series of Lincoln Hills Community Forums.

What will you learn in this session? Here are some of the topics planned by Handy Helpers Coordinators Larry Schurr and Herman Tijsseling:

- **Ten-year replacements.** Thought everything in your house would last

forever? Think again. A significant number of our 10+ year-old homes are now needing new **water heaters, garage door springs, and smoke alarms.** Come and get tips on diagnosis, replacements, and how to find reputable agencies to do this work for you.

- **Heating and AC systems.** Your furnace and AC unit should last about 20 years, but are you getting annual inspections and tune ups?
- **Plumbing and water use.** Are you safeguarded from damaging leaks (or worse, flooding) from toilet connectors, refrigerator filter hoses, and other water supply connectors? Are your sprinkler/dripper settings now where they should be for the fall and winter months?



CFL light bulb brightness comparison – with incandescent (far left)

- **Energy saving measures.** Are you being a good steward of the earth by minimizing your use of electrical and

Board of Directors Election Dates

Mark your calendar with the following dates for the 2012 SCLH election of three Directors to the Board:

- **Friday, December 2** — Deadline for the candidate ballot statements to be submitted
- **Tuesday, January 10, 2012** — Candidate Forum Session #1
- **Friday, January 13, 2012** — Election Ballot mailed
- **Saturday, January 14, 2012** — Candidate Forum Session #2
- **Wednesday, January 18, 2012** — Candidate Session #3
- **Thursday, February 16, 2012** — Election Ballots counted and results posted

gas energy? Switched to CFL bulbs yet?

You will get authoritative information on these and more issues at the forum on October 25. Don't miss it!

Meanwhile, don't hesitate to call Neighbors InDeed at 223-2763 to have one of those great-looking Handy Helpers on the front cover help you with one or two of many possible minor home maintenance tasks.

Holiday Hours / Thanksgiving

	Wednesday, November 23	Thursday November 24	Friday, November 25	Saturday, November 26
Administration:	8:00 AM-8:00 PM	Closed	Closed	Closed
Activities Desk:	8:00 AM-5:00 PM	Closed	10:00 AM-4:00 PM	8:00 AM - 8:00 PM
Fitness Centers:	5:30 AM-8:30 PM	6:00 AM-11:30 AM	6:00 AM-5:30 PM	7:00 AM-8:00 PM (The Wave)/6:30 AM-6:00 PM (KS)
The Spa at KS:	9:00 AM-6:00 PM	Closed	9:00 AM-6:00 PM	9:00 AM - 6:00 PM

Holiday Hours / Christmas & New Years

	Saturday, December 24	Sunday, December 25	Monday, December 26	Saturday, December 31	Sunday, January 1	Monday, January 2
Administration:	Closed	Closed	Closed	Closed	Closed	Closed
Activities Desk:	8:00 AM-1:00 PM	Closed	10:00 AM-4:00 PM	8:00 AM-1:00 PM	Closed	8:00 AM-8:00 PM
Fitness Center:	7:00 AM-3:30 PM	Closed	6:00 AM-5:30 PM	7:00 AM-3:30 PM	7:00 AM-3:30 PM	6:00 AM-5:30 PM
The Spa at KS:	9:00 AM-2:00 PM	Closed	9:00 AM-6:00 PM	9:00 AM-2:00 PM	Closed	9:00 AM-6:00 PM

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MetLife

13346

Capital Projects Finalized for 2012 Budget

Gay Mackintosh, Properties Committee Chair

The Properties and Finance Committees met jointly on September 15 and agreed to recommend seven of the nine Capital Asset Acquisitions requested for 2012.

Both committees voted to deny the Tennis Group request for an **electronic card-reader entry system** as too costly (\$33,151). We suggested removing the hard-to-open combination locks on a trial basis, as all the other sports courts are unlocked. We supported staff's recommendation to deny the Painters Group request for **15 additional art display panels** (\$2,205) because the Club is not contributing towards the cost.

The seven proposals recommended to the Board on September 22 were:

- **\$6,742 for sous-vide cooking system** to help ensure consistency and reduce waste, particularly for catered events
- **\$28,898 for AV upgrades at Presentation Hall (KS)**, adding side screens and new projection equipment
- **\$22,369 for Rainbird weather station** to provide real-time data for irrigation management, with projected return on investment just over a year
- **\$9,875 for HVAC upgrade in restaurant storage "Blue Room"** also used for staff breaks
- **\$10,438 for biometric scanners (finger vein)** at ten locations as a convenient option to ID cards for Community members
- **\$3,499 for Life Trail fitness station** as an extra amenity for residents who prefer exercising outdoors
- **\$2,300 net after contribution for four NEV/golf cart charging stations** at OC

The Board rejected the request for NEV charging stations. They approved the Life Trail fitness station pending approval of a better location. Approved Capital Asset funds thus total \$81,821.

The Board also approved all 116 Maintenance Reserves Expenditures

recommended by the two committees, totaling \$1,272,046.

Properties Committee Openings

Interested in helping maintain the value of our Association's physical assets? We invite you to apply for the Properties Committee. We work with Senior Director of Facilities Chris O'Keefe to ensure that all our facilities



Have Dessert With Your Neighbors

**Neighborhood Watch Annual Meeting
November 10**

Patricia Evans

All residents are invited to catch up on the activities of Neighborhood Watch by attending our dessert potluck Annual Meeting on Thursday, November 10, at 7:00 PM in the Social Kitchen (KS). Executive Director Allen Gillespie will bring you up to date and give you an opportunity to ask questions about the safety and security of SCLH.

A highlight of the evening will be a major "changing of the guard" with our election of new Board members. To insure a regular injection of fresh ideas and enthusiasm, Neighborhood Watch limits Board members to two two-year consecutive terms. We will, therefore, be thanking three Board members for their excellent service as we say goodbye to Barbara Moss, Will Small, and Pauline Watson. In addition, we will express our enthusiastic appreciation to our present Executive Director, Allen Gillespie, as he leaves office.

Fortunately, we have five candidates to present for election: Joan Brandt-Love, Mary Cranston, Shirley Guzman, Elaine Small, and Ron Wood. Larry Wilson and Nancy

are safe, attractive, and adaptable to residents' changing needs. Recent major projects include the Sports Bar expansion and new Maintenance Building, with conversion to LED Street Lighting in progress (see photo on page 2).

Pick up a Committee Application at the Membership Desk or download from the Website (Document Library). Engineering, facilities management, or construction experience a plus. Call Gay Mackintosh at 408-5092 for more information.



Whitaker will continue serving. Yes, we still have some openings for Board candidates. If you would like to learn more about this community service opportunity, please call one of the contacts below.

Mail Station Captain's Workshop. On October 20 we will present the final workshop for this year explaining and simplifying Mail Station Captains' responsibilities. If you would like to attend, please contact Pauline Watson at frpawatson@sbcglobal.net, 543-8436.

See page 31 for three easy ways to participate in Neighborhood Watch.

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



NW officers prepare for Annual Meeting. From left, Allen Gillespie, Pauline Watson, Nancy Whitaker, (Larry Wilson, not shown)

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

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



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Lots of Good Financial News and a Final 2012 Budget

Hank Lipschitz, Finance Committee Chair

September was a very busy month for your Finance Committee. We held three Budget meetings plus our regular Finance Meeting on September 15.



Our results through August continue better than budget. Operating activity for August was \$44,819 better than budget bringing us year-to-date to \$334,482 better than budget. The positive results were spread among all departments.

I will note just a couple of things such as the Kilaga Springs Spa turned a profit this month; we show savings on our new employee benefits program; and we are lower on bad debt expense. With “normal” August weather our utility costs are back to budget, but overall “another good month”!

As of August 31, our Operating Fund had a balance of \$3,529,947 of which \$590,657 were in Restricted Funds. The Reserve Fund balance was \$5,400,700 at month end. As per our policy, virtually all of our funds are in FDIC-insured accounts or US Treasuries.

We had 186 homes with past due assessments totaling \$110,000. While this is lower than the 196 in the second month of the previous quarter the amount is bit more than the \$95,700 owed at the end of May. Given the difficult economic times we are doing well.

Now for some more good news.

As noted in President Peter Gilbert’s article (page 2), our budget for next year will lower assessments to \$104 per month from the current \$105. During our meetings, we heard how each department has achieved improvements and is controlling expenses. The 2012 Budget calls for Operating Expenses to be \$3.81 per month lower than 2011 budget.

Our analysis of the Reserve Funding requires that we increase the 2012 amount by \$2.81 to a total of \$12.71 per month. Even with this significant increase in reserve funding we are still able to reduce the assessment. This is a direct result of the hard work of your Association Staff.

The LED Street Light project savings may be the largest project undertaken, but there have been numerous others that have helped produce significant savings. Congratulations to all those on staff, the committees, and of course the Board of Directors.

I want to add that all departments have continued to improve the budget process, which makes the job of the Finance Committee a lot easier. Soon you will receive the detail budget package that explains our budget in much greater detail.

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, October 20, at 9:00 AM.

Activities News & Happenings

Expanding Our Lecture Series of Stimulating Topics

Seeking Homegrown Instructors

Lavina Samoy, Lifestyle Program Manager

Albert Einstein once said, “Education is what remains after one has forgotten what one has learned in school.”



Programming for classes in 2012 is underway. We are looking to expand our lecture series with interesting topics that stimulate the mind and imagination. There is no better place to look for great teachers than our own backyard. If you have a passion for history, art, literature, movies or travel and have experience in public speaking or education, we hope you will consider joining our Lincoln Hills teaching staff. Please email Diane Kemper, Class Coordinator, at diane.kemper@schca.com or call her at 408-4013 ext. 105



Diane Kemper
Activities Class
Coordinator

with your class ideas and overview. If you know any instructors from inter-

“There is no better place to look for great teachers than our own backyard. If you have a passion for history, art, literature, movies or travel and have experience in public speaking or education, we hope you will consider joining our Lincoln Hills teaching staff.”

esting classes you have taken in our area, we would also appreciate your recommendations.

continued on page 89

Statement of Operations YTD 8/31/2011

Budget vs Actual DEPARTMENTAL ACTIVITY	Revenue	Expense	Favorable
	(Expense) Actual	(Revenue) Budget	(Unfavorable) Variance
Homeowner Assessments & Other	\$5,144,758	\$5,142,403	\$2,355
Administration (expense)	(1,247,546)	(1,353,380)	105,834
Kilaga Spa	(2,400)	(6,018)	3,618
Fitness	(284,232)	(285,985)	1,753
Activities	(137,960)	(154,431)	16,471
Rec. Center / Maintenance	(1,545,993)	(1,628,712)	82,719
Landscape Maintenance	(1,602,907)	(1,710,720)	107,813
Food & Beverage	(100,354)	(114,273)	13,919
Capital Asset	94,962	94,962	0
Net Revenues (Expense)	\$318,328	(\$16,154)	\$334,482

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Compass Magazine Profits Boost Our Bottom Line

Advertising revenues help keep our dues low

Lora Finnegan

The *Compass* you're holding right now is different from most magazines. You'll see no lengthy staff box listing famous writers and editors or—more significantly—a big publishing company. That means *Compass* profits don't go to some big publishing house and its shareholders—they stay right here.



The *Compass* magazine is a tangible way that the Sun City Lincoln Hills Community Association keeps residents' monthly Association dues down. The magazine is written largely by SCLH

[Advertising Coordinator Judy]

Olson says that each issue generates about \$13,500 per month in net advertising revenue... "That's a healthy contribution to the Association's bottom line."

volunteers, but Association staffer Judy Olson acts as Advertising Coordinator. Olson says, each issue generates about \$13,500 *per month* in net advertising revenue... "That's a healthy contribution to the Association's bottom line."

So be patient if you have to flip through roughly 34 pages worth of advertisements scattered through the *Compass*, as well as the list of Vendor Presentations ("You Are Invited" on page 39), the occasional "Paid Presentation" box and those single-sheet inserts stuck inside the magazine each month—it all generates additional revenue. And chances are, those ads or flyers speak to some product or service you just might need. For more details on how to best use services of the advertisers appearing in the *Compass*, see Gay Sprague's related story on page 17.

This month, the second Home, Health & Business Showcase of the year will be spread across Orchard Creek Lodge on Monday, October 17, from 10:00 AM to 2:00 PM. Held each April and October, the Home, Health & Business Showcase began as a way to



The *Compass* Roving Reporter

Anxious About Your Driving Test?

Joan Logue

Recently, John Locher from the DMV presented a Community Forum about senior driving issues. In case you missed the Forum or the podcast of it on the

showcase *Compass* advertisers, but has grown beyond that base. The Showcase brings in more revenue, since the 90 some vendors pay to appear. It is another tool to help keep SCLH dues low.

"I encourage SCLH residents to support the *Compass*," says Olson, "and the companies whose ads and inserts appear in the magazine, as well as to come on out for the Home, Health & Business Showcase." And why not? In a way, we're just helping ourselves.

Association website, following is a summary of the presentation.

Seniors are among the best drivers. No, not high school seniors, senior adults! Sometimes the media puts us
continued on page 86

Top Ten No-Nos

David Stone, Compliance Committee Chair

As we have welcomed more than 500 new owners in the last year, it may be a good time to summarize the top ten types of violations seen by the Compliance Committee (with apologies to Dave Letterman). In no particular order:

Front yard maintenance. Attack the weeds, keep lawn green and cut, prune and trim trees and bushes, and rebark when needed.

Get ARC approval. Don't start any exterior projects on house or front yard without checking whether ARC approval is needed. Honor set-back requirements.

Pet conduct. Keep dogs on leash, control barking, and keep those cats from roaming.

Vehicles. No overnight street parking, no car parking in golf cart spaces, and no dripping fluids on driveways. Certain RVs may park on streets for 48 consecutive hours not to exceed 120 hours cumulative per calendar year.

No business. Don't conduct a business from your home unless it generates no traffic, noise, and doesn't involve employees or contractors.

Open Space. Do not enter or allow pets to enter the Open Space preserves, and do not spray, water, cut, plant or store in the preserves.

Underage. With certain detailed exceptions, residents must be 55 years or older. Persons under 55 may reside as guests for up to 60 days per calendar year.

Frogs, bunnies, gnomes. Keep those front yard decorations out of sight unless approved by ARC.

Trash containers. Keep out of sight except on collection days.

Compliance Committee. Where you will be invited if you ignore the above.

Because of space limitations, I have not included much detail for the items listed, and have not listed the many other provisions of the governing documents that residents must abide by. If you are uncertain about a project or activity, refer to the governing documents which can be accessed on the SCLH website or at the Kilaga Springs Library, or contact Heather Peters, Community Standards Manager, at 625-4006, heather.peters@sclhca.com.



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Exercising Mistake Free!

Fitness Center News

Brandy Garcia,
Director of Fitness

As a Fitness Professional who teaches classes and trains residents on a regular basis, I see and hear some common mistakes exercisers make. Here are some of those mistakes and how to fix them:

Not eating before exercising.

If you are a morning exerciser some pre-exercise nourishment is especially important. Please grab just a little bit of something before you come in. It does not need to be a full meal; a piece of toast or half of a banana will suffice. While you are sleeping, your body metabolizes your dinner and then when you wake six-to-ten hours later your "fuel tank" is empty. Your car doesn't work without any gas and neither will your body.

Not warming up.

A five-minute warm-up cardio session at light intensity gets your blood flowing. It is not meant to be hard or strenuous. This warm up should be done at the beginning of your workout regardless of whether you are doing weight training or cardio exercises first.

Not doing strength training correctly.

This could mean a number of things. If you are a woman, please make sure to do some strength training—you will not become so muscular you will look like Arnold Schwarzenegger. Strength training increases muscle mass, which keeps you living independently for as long as possible. It is also super important for bone health. Two to three times a week is sufficient to increase strength and muscle mass and not run the risk of overtraining.

Group Time at the Tennis Courts

Effective November 1, the Lincoln Hills Tennis Group will have the following times on the tennis courts:

- 6:30 to 11:30 AM in the summer (Courts 1-9)

Fall & Holiday Happenings at Meridians

Make your reservations now!

Jerry McCarthy, Director of Food & Beverage

The **new fall menu** just came out at Meridians. A couple of our most popular choices include: *Smoked Chicken Flatbreads* and "Street" Tacos at lunch. Dinner time offers popular items such as *Spiced Rum Braised Beef Short Ribs* or *Blackened Sea Scallops*. To enhance our offerings at Meridians we have added **Super Saver Tuesdays**. Every Tuesday we offer ten entrees for under \$10. You can find such favorites as *Pot Roast*, *Chicken Picatta*, and *Shrimp Louie*. Save room for *Homemade Apple Pie* for only \$1. Tuesday nights are receiving great reviews!

Don't be late in making your reservations at Meridians for a wonderful feast for family and friends on **Thanksgiving Day, November 24 from 11:30 AM to 4:00 PM**. Reservations are limited.

The cost for adults is \$25.95, children under 12, only \$12.50, and everyone under six or over 90 are free! In addition, all non-alcoholic beverages are included in the one low price. Come enjoy the *Slow Roasted Free Range Turkey & Prime Rib, Stuffing, Seasonal Vegetables*, and much more. Always leave room for one of Chef Roderick's wonderful desserts. We are requesting reservations and prepayment for this event.

- 7:30 AM to 12:30 PM in the winter (Courts 1-9)
- During these times the designated tennis courts will be used for LHTG members and their guests. Please refer to the LHTG website and bulletin board for specific guidelines on group time.
- The change from summer to winter times will be done when Daylight Savings



The entire menu is available at the hostess stand or on the Meridians website, meridiansrestaurant.com.

It is not too late to finalize your details for the holiday season. Call Sales Manager Meghan Louder at 625-4043 to reserve your room and finalize all the details of your successful Holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer simple luncheons to elaborate dinner parties, and we are able to help with food or bars for every event. Enjoy the holidays with family and friends and let us do all the work!

~ Please see our ad on page 38. ~

Pies for the Holidays is coming back!

Chef Roderick and his culinary team are baking pies every day from November 20 to December 30 Last year Meridians sold over 1,500 freshly baked pies.

The Meridians Ye Old Pie Shoppe will be open before you know it. To order warm, out-of-the-oven pies please call 625-4040. We will be offering Pumpkin, Apple, and Pecan Pies.



changes to Standard time and vice-versa.

Courts 10 & 11 will be left open to any Lincoln Hills resident tennis player and maximum play time will be 60 minutes when others are waiting.

On Sunday mornings when Court 11 is used for lessons, courts 9 & 10 shall be the open courts in place of courts 10 & 11.

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November 2nd, 9th, 16th, 30th & December 7th



5 Lessons \$99 • Tuesdays 8:30–10am
November 1st, 8th, 15th, 29th & December 6th

Intermediate Class • 4 Lessons \$75 • Thursday 8:30–10am
November 3rd, 10th, 17th & December 1st

Check out our website for details. Call the Golf Shop to save a spot.

All programs are four 90 minute sessions. DVD'S of material covered included.

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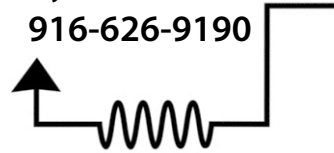
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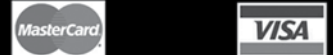
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Wellness Is Our Business! Meditation Coming to The Spa November 2

Tina Ginnetti, Manager, The Spa at Kilaga Springs

The history of medicine:
 2000 BC Here, eat this root.
 1000 AD The root is heathen.
 Here, say this prayer.
 1850 AD That prayer is superstition.
 Here, drink this potion.
 1940 AD That potion is snake oil.
 Here, swallow this pill.
 1985 AD That pill is ineffective.
 Here, take this antibiotic.
 2000 AD That antibiotic is artificial.
 Here, eat this root!

Well, perhaps that's not exactly how it went down, but the health trends today are all about **Wellness**. The word *Wellness* has ancient roots, however, it was coined in the early 1940s and is resurrecting itself as the biggest move-

ment of the decade. What Wellness means to us is nutrition, fitness, herbal remedies, and stress reduction through various therapeutic massage modalities, beauty and anti-aging regimes, and more. Complimentary alternative medicine will be the focus in spa services we introduce for 2012.

Monthly meditation sessions

We will begin monthly meditation sessions here at The Spa starting November 2, at 8:00 AM, facilitated by Pam Elliott. Start your day with peace and a positive attitude. Monthly meditations will continue on the first Wednesday of every month at 8:00 AM in the Sanctuary at The Spa.

Please see our ad on page 62.

Save the Dates:

• **Customer Appreciation Night**
 Thursday, November 10
 5:00-7:00 PM

Holiday gift items, special offers, socializing, and light appetizers.

• **Gentlemen's Night**
 Thursday, December 15
 5:00-7:00 PM

Holiday gift items, socializing, and light appetizers – let us take the stress out of your holiday shopping.

Monday thru Friday

9:00 AM-6:00 PM

Saturday

9:00 AM-5:00 PM

Please note our new phone number: 408-4290

www.kilagaspringsspa.com



The Compass Roving Reporter

How Many of Our Advertisers Are You Using?

Gay Sprague

Now that we know the positive financial impact our *Compass* advertisers have on our Homeowners' Association budget (see Lora Finnegan's article on page 11), it only makes sense that we homeowners use their services where possible.

Advertisers come to the *Compass* from many sources, such as word of mouth from residents satisfied with a service and companies specializing in age-restricted communities. Association staffer Judy Olson, Advertising Coordinator, oversees the *Compass* advertising, interviews ad seekers, and works closely with the *Compass* Graphics Coordinator. (The Association does *not* check for insurance coverage, references, etc., as this is not its prerogative. This is the individual resident's responsibility.)

The last inside page of each monthly *Compass* provides an index of all advertisers, currently numbering more than 150. This serves as a handy guide for residents when looking for a particular

resource. When you need a contractor/professional/vendor, and you don't have a reference, why not start with a *Compass* advertiser? (While meticulously checking this list in preparation of this article, I was pleasantly surprised to discover I am using 11 of our vendors!)

As with any service provider, you should *always* do your due diligence prior to hiring anyone, such as:

- checking references;
- asking for current proof of insurance being listed as an additional insured (where applicable);
- copy of current contractor's license; and
- checking with the Better Business Bureau.

As an added precaution, check your individual homeowner's insurance policy to determine if you have the appropriate liability coverage, should the unforeseen occur.

Word of mouth is our best resource.

When you find a really *good* contractor, vendor, handyperson, professional, etc., by all means, let your friends and neighbors know. If you found them in the *Compass*, let them know. If not, encourage that provider to advertise in the *Compass*!

Aging is Normal

Hospice: Comfort Care for the Final Stage of Life

Shirley Schultz



The word *hospice* comes out of medieval times from the Latin word *hospes*, meaning to host a guest or a stranger referred to a place of shelter and rest for weary or ill travelers on a long journey. Mme Jeanne Garnier in Lyon, France first applied the term to the care of dying patients in 1842. The modern hospice movement came to fruition under Dame Cicely Saunders who started St. Christopher's Hospice in London in 1967 to offer a place better suited for pain control (palliative care, or *continued on page 19*)



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The *Compass* Roving Reporter

Our Dues at Work for Our Safety

Al Roten

Some residents may not be aware that all broad sidewalks along Lincoln Hills' main thoroughfares are the responsibility of our Association to maintain. If you are one of the many walkers and joggers in our community you may have noticed that raised edges between poured sections of concrete have been ground to smooth joints.

Since the main roads of our community have been completed as much as 12 years ago, the trees and shrubs have been growing in good health. As one should expect, the underlying roots have lifted some concrete sidewalk sections causing lips which may catch a walker's shoe to cause tripping.

Early this year, Chris O'Keefe, our Senior Director of Facilities had all sidewalks under the Association's responsibility surveyed to identify potential tripping hazards. It must be noted that sidewalks within our neighborhoods are the maintenance responsibility of the city of Lincoln.

Past practice for correction of raised edges of concrete has been to cut out sections and re-pour new concrete. This process will still be used for seriously raised concrete sections.

However, it was found to be far more economical to grind minor mismatched sections. A contractor was hired to grind all these to smoothness. The plan is that this survey and corrective action will be an annual process.

We can now walk or jog in safety

from these tripping hazards. However, whenever we walk, we must be aware of surface conditions and take care since one may be tripped up by even minor unevenness.

This work was completed within the allocated maintenance budget which is just another example of the heads-up management we have come to rely upon for our enjoyment.



Hazardous, mismatched sidewalk sections like the one in photo 1 are repaired by grinding them to smoothness (photos 2 & 3) so they are level as in photo 4

Hospice

continued from page 17

comfort care) and preparing for death for terminally ill patients who opted to not pursue further hospital treatment.

Today, hospice is not a place but rather an ideal and philosophy of care for the person with a life-limiting illness and their loved ones who are facing a difficult journey. The purpose is to help them be as pain-free and comfortable as possible, to be cared for, and to gather courage to face the remaining days of their journey together. In the United States there are over 3000 hospice and palliative



care programs offering specialized care to people with terminal illnesses, either at home or in a hospice unit.

In 1969, a book by Dr. Elizabeth Kubler-Ross titled *On Death and Dying* sparked a revolution in health care in this country regarding the care of those who are facing the end of life. She interviewed over 500 dying patients to learn about their experiences and to bring the discussion of death out into public awareness. As an advocate for dying with dignity, she argued that home care was preferable to institutional care.

Since most people find it difficult to talk about dying, there are many unan-

swered questions that arise related to hospice.

- What exactly happens during hospice care?
- How do I know when hospice is appropriate for me or my loved one?
- How do I get access to the hospice system?
- Who pays for hospice?

Obtain useful answers to these questions and take advantage of valuable information from a panel of experts by attending the Community Forum on "End of Life Options" on Thursday, November 3, at 7:00 PM (see page 86).



Club News



• Alzheimer's/Dementia • Caregivers Support Group

For our Caregiver's Support Meeting on Wednesday, October 26, Elizabeth Rawson, our Family Advisor from Del Oro Resource Center, has developed a program she calls "Helpful Answers to those Hard Questions."

Elizabeth has assisted our group for many years and has an understanding of the kinds of issues and concerns our caregivers face. For example, do those who don't understand the daily caregiving issues think that you are exaggerating the situation? Do people ask hurtful questions?

Elizabeth and other caregivers will join together, share their experiences, and together will brainstorm some helpful answers. Most participants find these sessions to be very useful.

If you are a caregiver for a loved one with impaired memory, we hope you will join us on October 26 at 1:00 PM in the Multipurpose Room (OC).

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



• Antiques Appreciation •

Our program in September was put on by one of our members who displayed and told about her collection of antique and vintage kitchen items, such as antique "electric" mixers to wire rug beaters to the quintessential item which was a Civil War-era butter churn with original paint! We all had a fun trip down memory lane!

For our October program, a representative from John L. Schuch Rare Coins in Roseville gave a very interesting presentation. This was an opportunity for our members to have an expert share his knowledge about old coins that they may have long wondered about. This program was very informative and timely!

On November 7, two of our members will give us a presentation on items used

by the original farm homesteaders!

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



• Arts Association •

Fall is here and the Arts Association is full of activities.

It's time for our artists to socialize at our Halloween Potluck. Mark down Saturday, October 22 at 5:30 PM for an evening of food, drink and entertainment. Contact Ron Clawson at cearon1@yahoo.com or 543-0064 for details. Deadline to RSVP is today, October 15, so respond right now.

Our October general meeting is a prep for our November elections. It will be a "Meet the Candidates" forum, with each officer candidate or potential board members telling what they hope to accomplish for the Arts Association in 2012. Get on the bandwagon on Monday, October 24, at 2:00 PM in P-Hall (KS).

A reminder for artists to get busy on their entries for November's President Challenge. The theme is "Colors of Fall and Winter." Entries will be divided into traditional art and non-traditional, with a prize for each category.

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



• Astronomy •

• Monday, October 17. Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM.

• Wednesday, November 2, 6:45 PM, P-Hall (KS). Prof. Chuck Pullen from Sierra College will present "2012 — The Next Great End of the World?" Hype has been building for several years



*Anthony Oreglia
presenting "Mooning
our Way Through
the Solar System"*

over the end of the Mayan Calendar on December 23, 2012. Some are making it into a prophecy of the end of days. Others are tying a host of conspiracies into the "Mayan Apocalypse" including UFOs, and shadow governments. Learn about the real Mayan Calendar, past predictions of doom, and the business of selling the end of the world.

• December 11, 12:00-3:00 PM, Social Kitchen (KS), Christmas Social.

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

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



• Ballroom Dance •

If it's been a while since you've danced, our Tuesday dance sessions, 2:00-5:00 PM are just right for you. The first hour takes you through basic moves for the dance of the month. The second hour, "open dancing," gives you time to practice, with help from teachers if desired. The third hour gives experienced dancers the opportunity to learn more advanced steps. Research shows Ballroom Dancing wards off dementia, controls weight, lowers cholesterol and blood pressure. It tones nearly every muscle and improves balance. Dancing exercises body and mind, helping us to stay fit. We enjoy getting together on Tuesday afternoons, and welcome new members. Annual dues are \$5 per member which includes the lessons at no cost — a bargain! Join us in the Multipurpose Room (KS) for October; we'll learn the classic Waltz. November we'll dance the EC Swing.

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



• Bereavement Support •

The Bereavement Group of-



Bereavement Group Lunch at Meridians

fers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be November 16 and December 14. 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 Tuesday, November 8, at *Bucca di Beppo*. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurants. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



• Billiards • The Shooters

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

Tournament Winners:

- Eight Ball Singles September 7 — AM Winner Oscar Alvarez; Runner-up Bob Wehner; PM Winner Dale Hurlbut; Runners-up Steve Brown and Joe Hobby, Bob Doney and Les Birch
- Nine-Ball Singles September 13 — AM Winner J T Long; no Runner-up; PM Winner Phil Delaney; Runners-up Joe Hobby and Dale Hurlbut
- Eight-Ball Doubles September 21 — Winners Don Araldi and Bob Maske; Runners-up Steve Brown and Ted Ko-

maki; Dale Hurlbut and Peshu Irani

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

Challengers Billiards

Annual maintenance was performed on the pool tables in the Billiards Room (KS) in September. Repairs included new felt covering for the table tops and railings. Thank you to fellow residents for supporting our facilities.

Players are required to verbally call the pocket when attempting to make the eight ball and win the game. Circumstances sometime occur when the player does not have a direct shot at the eight ball thus increasing the difficulty. Twice this month Chiquita Fratto overcame this problem by performing a cross table bank with the cue ball and striking the eight ball into the called pocket, thereby winning the game. Great shooting Chiquita!

Recent winners: Seven games — Wayne Bullen; six of seven games — Ted Baker, Willie Wright, Howard Skulnick, Joe Hobby, Bill Huth, Joe Heruty, Oscar Alvarez, Ken Klein, Carlos Barrantes, George Black, Ron Weech.

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

Couples Billiards

Every Wednesday from 4:00 to 6:30 PM we play couples billiards at KS. Sign up in the book on the fireplace in advance.

The only six-game winners for this whole reporting period were: Joe Perez and Rita Baikauskas. Three teams did win five games that week. They were:

Joe/Shirley Varner, Bob Hodge/Sylvia Gutierrez and Ron/Sherry Weech.

This week there were no six-game winners; however, four teams won five. Those players were: Joe/Shirley Varner, Bob Rand/Carlos Barrantes, Jim/Barb Conger and Del/Veronica Torres.

Again this week, we had no six-game winners and no five-game winners. However; five teams won four games. Those players were Howard Skulnick/Peshu Irani, Joe/Nicki Hobby, Jim/Barb Conger, Bob/Sherl Dougherty and Ron/Sherry Weech.

Last week didn't produce any six-game winners either. Tying five wins were Joe/Nicki Hobby and Ron/Sherry Weech.

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

Players Billiards

Cooler weather and a cool thing to do... playing pool! Come join us every Thursday from 2:15-4:30 PM for six games of Eight Ball with other mid-level players. It's free, fun and you get lasting honor and glory! There is an advance sign-up binder on the fireplace and standby players can play frequently. You will play with different partners and opponents most games. We play by the American Poolplayers Association rules.

Congratulations to our recent winners — Six games: Dale Houck; Five of six games: Willie Wright, Jim Frederick, Peshu Irani, Dan Oden, Lisa Pabst, Frank DeMasi, Sylvia Gutierrez, Bob Dougherty, George Black, Gail Harmon

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

Upstarts Billiards

*"Rolling balls from hither to yon;
We could play from dawn to dawn."*

Would you like to see what the fun is about? We are beginners-to-average players who play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM in the Billiards Room (KS). We usually have room for extra players if you'd like to come join us!

Winners — Six games: Dan Oden stands apart from the crowd!; five

games: Gary Averett, Bob Bienkowski, Bill Clark, Peshu Irani, Phyllis Papagannis, Bob Rand.

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

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

Instruction Group

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

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



• Bird •

The Bird Group meetings are on the second Monday of each month at P-Hall (KS) at 1:30 PM.

On November 14 the meeting will present *Hawk Talk* by Jay Sheets. Yes, he will bring live hawks for show and tell. Should be fun and all are welcome.

The Bird Group's outing on Monday, October 24, will travel to Galt to the Consumnes River Preserve. Possible sightings include Sandhill cranes, shore birds, ducks, and a variety of land birds. Then on Friday, November 4, the group will travel to Vic Fazio Yolo Wildlife Area in Davis.

This is a fun group for nature lovers. Please join us!

**Contacts: Ruth & Don Baylis,
Lh_bird_group@yahoo.com
Website: www.lhbirdnest.org**



• Bocce Ball, Mad Hatters •

Sunrise is getting later and later, which means it's time for our annual reminder that the Mad Hatters switch playing hours from 8:00 AM to 1:00 PM beginning the first Thursday in November. Sad to say, but this seasonal change to afternoon play always means we lose some people to other activities. One major advantage to afternoon play is that you can sleep late in the mornings, and you also get to attend board meetings on Thursday morning without missing Bocce. Hopefully we'll gain a few people back as people realize

they can get outside and get some sunshine and play Bocce at the same time. The secret to playing Bocce comfortably during the colder months is to stay flexible with clothing, and dress in layers. The Mad Hatters will not be playing Bocce on Thanksgiving, November 24.

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



• Book Group, OC •

Cutting for Stone by Abraham Verghese will be featured at our October 20 meeting. You will enjoy this saga about twin brothers born to a nun and a doctor at a mission hospital in Ethiopia. Passion, betrayal, and political turmoil add to suspense of this story spanning decades and continents.

It is the time of year again where we select our books for next year. Check our website for recommendations and come to our October meeting to discuss them. We meet on the third Thursday of each month from 1:00 to 2:30 PM in the Multipurpose Room (OC). Newcomers are always welcome.

- November 17: *The Glass Castle* by J. Wall
- November 17: Group votes on readings for 2012
- December 15: Holiday Luncheon

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



• Bosom Buddies • Breast Cancer Survivors

October is National Breast Cancer Awareness Month with many exciting activities:

- Saturday, October 8: Hot Pink 5K Fun Run/Walk at the Fountains
- Wednesday, October 12: Fighting for the Cure; Lincsters Lady Niners and Ladies XVIII Golfers
- Thursday, October 13: Bosom Buddies Special Event at KS
- Friday, October 16: ACS Making Strides

Against Breast Cancer, State Capitol Many of our members participated in one or more of these events. Our group was "Group of the Month" at the Spa at KS. On October 13 we were honored with an exciting wine tasting/buffet followed by tours and Spa demonstrations. Each member chose a mini massage, etc., of their choice. There also was a trunk showing of jewelry and clothing by Anna's Boutique.

Our November meeting is being planned and will be appealing to all. For more information and how to join, please contact President Patty McCuen or any officer.

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



• Bowling • Rocklin Tuesday AM

Season 2011-2012 has started out with lots of big bangs and friendly competition, Almost is in first place, High Hopes and All Spares are tied for second. Jerry Gordon, Doug Tran and Dave Quirarte for men high games. Bobbie Spiess, Pat Fisk and Dolores Snowden for women high games. We have 16 full teams/looking for subs. Please contact Joan (below).

**Contacts: Frank Schmidig 434-5972;
Jerry Gordon, 408-5989;
Margaret Peyton 543-7344;
Joan Gates 253-9415;
Kathy Chapin 543-3475**

Strikes Thursday PM

Our league started the new season with some very serious bowling! Roy Hackman rolled a 755 followed by Bob Burrows with a 742 and Horace Snowden ended with a 658. The men bowling over 200 included Marv Zamba, Ron Basnett, Mick Brown, Wayne Bullen, Cal Meissen, Paul Lundberg, Mike Freiria, Jim Immel, Carl Zierman, Dave Fisk, Paul Carroll, Jerry Gordon, Dennis Salisbury, Paul Krcha, Lloyd Ellis and Rex Miller. Pretty much covers most of our guys!

The ladies did some serious bowling

as well. Connie DeGroot with a 114 average bowled 75 pins over average with a 189. Jeanne Janis led the gals with a 553 series that included a 201 game and a 573 series the following week. Linda Zierman had a nice 520 series as did Pat Fisk who followed with a 516.

Congratulations to all!

Contacts: Cathy Riewerts 408-5709, cleer50@yahoo.com;

Terri Krcha 543-6111 paulandterri@sbcglobal.net



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

Thursday night bridge seems more and more popular. To play, either call 434-6165 to get on the list or just show up a few minutes early. No calls needed for cancellations.

We start promptly at 6:00 PM in the Terra Cotta Room (KS) and finish by 8:30 PM. We use party bridge scoring similar to the other Thursday night bridge group.

September 1 winners — First: Kelly & Neal O'Boyle; Second Tie: Linda Theodore and Janet Pinnell, and Chris & Ken Jacobson; Fourth: Paddy Martin and Barbara Bryan. Linda and Janet also had a grand slam and high round.

September 15 winners — First: Edith Wolf and Erika Kesting; Second: Linda Theodore and Janet Pinnell; Third: Nancy Turrini and Lydia King; and Fourth: Helen Helm and Arlean Pardon. Nancy and Lydia also had the high round score.

Contact: Rose or Joe Phelan 408-4066, joephelan@sbcglobal.net, roseph@sbcglobal.net

Thursday Evening
Second & Fourth

Thursday Night Bridge Results: Due to the tank fire in Lincoln the fourth Thursday night bridge was cancelled. Kilaga Springs Lodge was one of three Lincoln emergency shelters to house people who had to evacuate their homes.

September 11 results: First: Ben & Kay Newton; Second: BJ Parkinson and Ginny McGuirk; Third: Ken &

Chris Jacobson; Fourth: Barbara Cser and Sharon Baker.

Please join us for a fun night of bridge on the second and fourth Thursday nights. We play in the Terra Cotta Room (KS) at 6:00 PM. Call Chris or Ken Jacobson for reservations.

Contacts: Chris & Ken Jacobson 408-8709



• **Bridge, Duplicate** •

At the Santa Clara All-Western Championships, SCLHDBC representatives Bill Witte, Joanne Mitchell, and Bob and Joan Rouse each harvested more than 13 Master Points. Dick Profitt, Steve Upadhye, and Lynne and John White took more than three.

Our top point-getters at the Sacramento Fall Sectional in Orangevale were: Sue Schmidt, Margaret Riegert, Lynne & John White, Steve Upadhye, Sheila Ross, Lynn Puri and David Glasspiegel.

The 11:45 AM Wednesday lessons schedule:

- October 19—Rules
- October 26—Balancing Bids
- November 2—Negative and Support Doubles
- November 9—Bidding Beyond the First Round
- November 16—Two Club Bids With Fewer Than 22 Points

October 30-31 is our Napa trip; and save Wednesday, December 7, for our holiday celebration.

All residents are welcome to our sessions in the Multipurpose Room (KS):

- 12:30 PM Wednesdays;
- 5:00 PM Fridays;
- 12:30 PM Saturdays.

The Wednesday session includes a section restricted to those with less duplicate bridge experience.

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



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta

Room (KS). Check-in time is no later than 12:50 PM. You need a reservation to play but you do not need a partner. You can make a reservation or cancellation by calling Geri Sonneburg or Ruth Werfel at 253-3882.

Congratulations to the players who bid and made a Grand Slam!! Joan Schabilion & Geri Sonneburg; B.J. Parkinson & Randy Rasmussen

Winners, September 2 through 16: First — Shirley Bry, Lee Holman, Jane Nichols; Second — Harry Collings, Peg Schmidt, Joan Schabilion; Third — Dolores Marchand, Bob Fouts, Dee Williams; Fourth — Randy Rasmussen, Minnie Lou Fouts, Phil Sanderson.

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



• **Bunco** •

It's amazing how fast 2011 has flown by. Plans are in the works for our annual December holiday luncheon for the December 15 games. More info to follow. Next year our Steering Committee will be Ginna Martinez, Sandy Pavlovich and Ann Stults. Thank you ladies for taking the helm and also a big thank you to Claudette Rhoads-Kinman, Paulette Rhoads, Marian Skillman, and Ann Stults for their service this past year.

Bunco is held every third Thursday in the Card Room (OC) at 9:00 AM. Entry fee is \$5 with *no* annual membership fee. New players always welcome even if you've never played before. This is a game that has a very fast learning curve.

Last month's winners: Most Buncos Shirley Mohler; High Score Sara Klesius; Most Wins Marion Glidewell; Low Score Paulette Rhoads; Most Losses Shirley Studabaker; Traveler Andie Aguirre.

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



• **Ceramic Arts** •

CAG Members Annual Potluck & General Meeting: Friday, October 28, 6:00-9:00 PM at KS. Free to member and guest. Elections for Steering Committee positions to be held. Sign up in studio to attend.

Holiday Arts & Crafts Fair: November 11 & 12. Ceramic Arts – Pottery, Spanish Oils, Earthenware — available in locations throughout OC, including Ceramics Studio. Support your fellow artists and invite your friends.

CAG “Workshops” are held at OC on *Saturdays, 9:00-3:00 PM*, and *Sundays, 12:00-4:00 PM*; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays, 1:00-4:00 PM for Spanish Oils. “Open Studio” is available to all residents: OC *Fridays only, 1:00-5:00 PM*, and KS *Sundays only, 1:00-4:00 PM*. Check bulletin boards for holiday closures.

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



• **Chorus** •
 (Formerly Singers)

The Lincoln Hills Community Chorus is six weeks into rehearsals for our Christmas concert. On “opening day,” 124 choristers signed up and we welcomed a number of new members.

Bill Sveglini has been directing the Chorus in songs that include a rousing rendition of the familiar “Angels We Have Heard On High” and a sprightly “When I

Hear Those Jingle Bells.” John Hersch is our accompanist.

Concert dates are Sunday, December 11 (matinee at 2:00 PM), Monday, December 12 (7:00 PM), and Tuesday, December 13 (7:00 PM) in OC Ballroom. Tickets will go on sale October 17: Show-only prices are \$12 for residents and \$16 for non-residents. Meridians Dinner + Show packages for \$41 will also be available as usual for all three concerts.

Check out our new Chorus website, listed below.



Conductor Bill Sveglini conversing with Chorus member Karen Hardage

Contact: Bill Sveglini 434-5655
Website: www.lincolnhillschorus.org



• **Cloggers** •

Seems to be a busy time of year, getting ready to vote for new officers in November, a Christmas party in December and deciding on auditioning for the Annual Talent show. If keeping busy keeps you young, then the cloggers should be looking younger every day.

A favorite workshop is coming up; Saturday, October 22, in Santa Rosa, CA, at the Fairgrounds. Halloween decorations are outstanding throughout the big convention room. All clogging levels will be offered by outstanding instructors. Delicious food throughout the day; mustn’t worry, you’ll dance it off. Members are urged to attend; have fun doing what you like.

For residents who would like to check us out. At KS on Tuesdays, the Beginners’ class is 12:00-1:00 PM; check progress from Beginners in classes, 11:00 AM-12:00 PM; 12:00-1:00 PM; 1:00 PM-2:00 PM. It’s like driving a stick shift, neutral, first, second, third, and drive! Join us!

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



• **Computer** •

• **Main Meeting: November 9, 6:30 PM: “The World of Google”** by David Whorf. Google is truly the elephant in the room. Larry Page and Sergey Brin brought the atmosphere of a college campus to a mega-giant of information technology.

Hiring only the finest and brightest from leading universities across the country, they have created an environment unrivaled by any other large IT company. The problem with this is just trying to keep up with the multitude of creative output from their fledglings! Now Google is transitioning into other less data-driven venues challenging other well established realms.



David Whorf

Can Google survive on its mantra “Do no Evil?”

• **Clinic: November 11, 3:30 PM:** Google is more than a search engine, David expands on what it does and is doing.

• **Ask the Tech: November 28, 10:00 AM,** informal Q & A session for any and all technical questions.

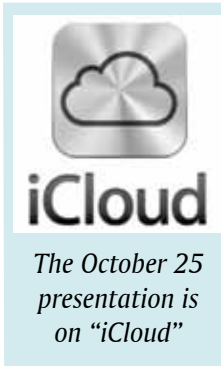
All meetings at P-Hall (KS).

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



Mac User

General meetings for fall will include iCloud, and Digital Photography, originally scheduled for August. Our next meeting is Tuesday, October 25, starting at 6:30 PM with Ask the Tech – this is your opportunity to bring questions and problems you may be having with your Mac and other Apple devices, followed by our presentation on “iCloud” by Ken Silverman at 7:00 PM.



Members enjoy a variety of special interest groups including Newbies, MAC+ and Educational Seminars. A variety of topics are covered and members will receive an email a few days prior to each meeting with details.

Members enjoyed a great time at the Picnic in the Ballroom and the special video greeting by Steve Wozniak. Special thanks to Bonnie Esker for putting on the entertaining event.

Contacts: Bill Smith, wsmith986@gmail.com;
Support Help Line: 668-0684
Website: www.lhmug.org



• **Country Couples** •

The September 16 Country Couples Saloon Dance proved to be another successful event, and this time the dance floor was filled with dancers wearing a variety of costumes in the style of what may have been seen in an old west saloon. The attendees were also treated to a surprise guest, one of the most famil-



Clockwise from left: Jess introducing Victoria; saloon lady Sheena, Ginny holding Scott prisoner



iar figures in fashion history, Victoria Maneeckan.

The saloon ladies attending the dance avoided Victoria, but the men were often seen in her presence throughout the evening. In any event Victoria added some entertainment to the Saloon dance even though she was not able to keep up with the dancers. The photos show a few attendees including one of Jess introducing Miss Maneeckan.

Special thanks to the saloon decorating committee for a job well done.

The next event will be the October 15 workshop, dance and catered dinner at Sun City Roseville.

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



Cribbage

Urgent: The Cribbage Club really needs some additional people to help with running the Tuesday morning tournaments. We have had the same small group of players doing this for several years and some of us are weary. Let us know if you would be willing to serve. This does not have to be an “every week” thing if we can get several people to take turns.

The Cribbage Club plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00

AM, in the Cards Room (OC). We mostly play four-handed partner games, playing a two-handed game when required by the number of players. We use a rotation system to mix up the players rather than having a partnership stay together all morning.

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



Cyclist

Several club members attended a Municipal Advisory Committee meeting recently at the Mt. Pleasant Hall, where the agenda item was “bicycle safety” in rural Placer County. You know, where we ride. While LHC may not have been the subject of all the complaints, here is what we can do to help driver/cyclist relations. 1) Stop at stop signs. 2) Don’t be a “rolling roadblock.” Ride single file and/or be sure to pull over as far as is safe when cars approach. While cyclists may legally “take the lane” on narrow roads, it frustrates drivers. 3) Be friendly; thank drivers for being patient and say “hello” to walkers. Don’t be rude, even if a driver is. 4) Don’t litter. 5) Don’t stop in the middle of the road to eat, drink or make a phone call.

LHC can and should be setting the example for all clubs and riders.

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



Dominoes Mexican Train

The rains are coming and fall is here. If you are not walking in the rain, come and join us this month. This is a great time to learn to play Mexican Train Dominoes. It’s a lot of fun and we have a good time.

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

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



Eye Contact Low Vision Support

Meeting: November 10, P-Hall (KS).

1:00 PM: “Update on Latest Low Vision Devices and Technology” — American Foundation for the Blind

2:00 PM: Open discussion with Megan Cowart, SCLH Wellness Program Coordinator. Megan would like our ideas of what the Wellness Program can do for us.

Health Notice from Vanderbilt School of Medicine: “Eye Antibiotics Can Cause Drug-Resistant Bacteria.” In a study of 24 patients who received monthly injections in one eye for four consecutive months, each was given one of four antibiotics to use following the injection, a procedure commonly done to prevent infection. After each treatment, culture samples of the surface



From Top: Oak Park Trail; Bikes waiting; Rattlesnake Road color

and inner lid of both the treated and non-treated eyes were taken. Researchers found that a large percentage of the bacteria samples seemed resistant to the antibiotics and that more caution is needed in antibiotic procedures, prescriptions and usage to avoid drug-resistant bacteria.

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



• **Fibromyalgia/CFS** •
Chronic Fatigue Syndrome

If either you or a loved one suffer from either of these conditions, join us on Thursday, October 27, 1:00-3:00 PM in the Multimedia Room (OC). Our November meeting will be held on the 17th in the Fine Arts Room (OC), 1:00-2:30 PM. We meet on a monthly basis and have recently been approved as an "official" SCLH support group. Our purpose is to provide positive support for residents with fibromyalgia and/or chronic fatigue syndrome. We offer information, educational material and support. We offer exercise options for those who are interested. Join us to share your experiences as we move through this journey together. If you are interested, please join us at the October 27 meeting. If you have questions, please call Jackie or Sandy (below).

Contacts: Sandy Barry 521-2309,
Wayne Ford 408-1530,
Jackie Wilson 253-3744, or
Ursula Neil 253-7345



• **Garden** •

General Meeting: Thursday, October 27, 2:00-4:00 PM, KS. Guest Speaker Carol Iwasaki is part of the family that owns and operates *Twin Peaks Farm and Orchards*. She shares her wealth of knowledge in the importance of agriculture and the community alliance with family farmers. She follows her grandparents' ways and recipes for



Carol Iwasaki, *Twin Peak Orchards*; *Time to Plant Bulbs*

soups, pies, jellies, and jams. *Twin Peaks* nears their 100th Anniversary and Carol is bountiful in the local Japanese-American

history of fruit production here in Placer County. According to Carol, *Twin Peaks* is the only farm in California that grows the true *Hykume persimmon* variety.

Carol will be bringing items to sell including, jams, jellies, honey, and soups!
Reminder: You must be signed in before 2:00 PM to be eligible for an opportunity for door prizes donated by Home Depot!

Holiday Brunch: December 2 (10:00 AM-12:00 PM) \$20, tickets for sale at this meeting.

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

Flower Arrangers Group

The Flower Arrangers Group met earlier this week. Mary Hobbit, a talented local flower arranger, returned to share her expertise again! She demonstrated two Halloween floral arrangements. Group members brought add-ins to include in their own arrangements (spiders, webs, crooked branches, etc.) and had great fun!



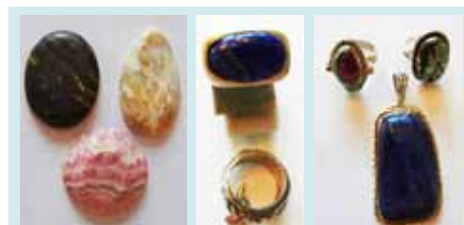
Autumn Flower Arranging

Contact: Gloria Stroemer: 645-4699



• **Gem and Mineral Society** •

No trick here... but a treat is offered as everyone is invited to a Show & Tell with Gem and Mineral Society members who will exhibit and describe their work. Show & Tell items fall into the categories of the photos below. The fun happens at our next meeting on Monday, October 31, at 4:30 PM in the Sierra Room (KS).



Don't miss seeing Show & Tell items at October 31 meeting in the categories shown above from left: *Lapidary; Lost Wax Casting; Jewelry Fabrication*

The Gem and Mineral Society meets monthly on the last Monday of every month at 4:30 PM in the Sierra Room (KS). Our meetings are open to anyone who is interested in the beauty and fascination of gem stones from mother earth.

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



• **Genealogy** •

General Meeting: Monday, October 17, 6:30-8:30 PM in P-Hall (KS). Topic: "Cemetery, Mortuary and Obituaries" presented by Glenda Lloyd. The November 21 meeting topic will be "Internet Archives and Online Books."

Genealogy Computer Workshop: Monday, November 7, 6:30-8:30 PM, Multimedia Room (OC). Topic: We'll review the popular website "Find a Grave." This website has been developed by volunteers and shows pictures of gravesites and includes other information, all making it easier for Genealogist to find their family members via the web; it also gives them an opportunity to enter data. This class will demonstrate the use of the site and show members how to enter obituaries and put in pictures and other information.

Individual help on any other Genealogy-related issues will be available in the room next door at the same time. The Club Library will be open for checking in/out books/magazines.

Steering Committee Meeting: Monday, November 14, Multimedia Room (OC). Club members welcome.

Contact: BJ Ollas 543-4682;
Kathleen Propersi 543-0376
(computer workshop)
Website: www.webflavors.com/lincoln



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

Our Lincster Club Championship was held September 21-22 with the following results:

D flight – Claren Bolton, first; Barbara Wobser, second and Barbara Gorden,

SCLH Club	Days / Times	Contact	Location
Alzheimer./Dementia Caregivers	4th Wednesday, 1:00 PM	Cathy VanVelzen 409-9332 / Judy Payne 434-7864	Multipurpose Room OC
Amateur Radio	3rd Wednesday, 7:00 PM	Douglas Thom 409-0757	Multimedia Room OC
Antiques Appreciation	1st Monday, 9:30 AM	Pat LePage 543-9564 / Jane Delno 543-6855	Multipurpose Room OC
Arts Association	4th Monday, 2:00 PM	Bill Szabo 434-6677	Presentation Hall KS
Astronomy	1st Wednesday, 6:45 PM	Ron Olson 408-1435 / Nina Mazzo 408-7620	Presentation Hall KS
Aviation	2nd Thursday, 7:00 PM	Marty Maisel 408-4803 / Georgia Vonk 408-0573	
Ballroom Dancing	Tuesdays, 2:00 PM	Ruth Algeri 408-4752 / Diane Biagini 253-3811	Multipurpose Room KS
Billiards	Mtg., 3rd Friday. 12:00 PM Every Other Month Tournament Days / Hrs. posted in Billiards Rm.	Sam Munoz 408-3037 / Jim Immel 434-2918	Multipurpose OC Billiards Room
Bird	2nd Monday, 1:30 PM	Ruth Baylis 408-7545	Presentation Hall KS
Bocce Mad Hatters	Thursdays, 8:00 AM	Glen Stanphill 408-8885	Sports Plaza
Book, OC	3rd Thursday, 1:00 PM	Penny Pearl 409-0510 / Dave Nater 543-8755	Multipurpose Room OC
Bosom Buddies	2nd Thursday, 1:00 PM	Patty McCuen 408-4185 / Val Singer 645-8553	Multipurpose Room OC
Bowling	Tuesdays, 10:00 AM	Betty Curtis 543-6866	Rocklin Lanes
Bridge, Duplicate	Wednesdays, 12:30 PM Fridays, 5:00 PM Saturdays, 12:30 PM	Kent White 434-1699	Multipurpose Room KS Sierra/Terra Cotta Room KS Sierra/Terra Cotta Room KS
Bridge, Partners	1st & 3rd Thursday, 6:00 PM* 2nd & 4th Thursday, 6:00 PM*	Ken Gladden 409-0804 Ken & Chris Jacobson 408-8709	Sierra/Terra Cotta Room KS Sierra/Terra Cotta Room KS
Bridge, Social	Friday, 1:00 PM* *Reservations required to play	Lois Burke 409-0223 / Ruth Werfel 543-6054	Sierra/Terra Cotta Room KS
Bunco	3rd Thursday, 9:00 AM	Claudette Rhoads Kinman 543-6347	Card Room OC
Ceramics Art Studio	Saturdays, 9:00 AM-4:00 PM Sundays, 1:00 PM	Mike Daley 543-9449 / Marilyn Anhalt 408-8196 Terri Pisani 408-4037	Ceramics Room OC Terra Cotta Room KS
Chorus	Tuesdays, 2:30 PM	Bill Sveglini 434-5655 / Dave Machado 645-7867	Presentation Hall KS
Clogging	Saturdays, 11:00 AM-2:00 PM	Barbara Sowers 408-5061 / Anita Tyson 543-5330	Fine Arts Room OC
Computer	2nd Wednesday, 6:30 PM	Bob Ringo 543-5310 / Terry Rooney 543-9474	Presentation Hall KS
Computer / Mac User	4th Tuesday, 6:30 PM	Bill Smith 543-9957 / David Perkins 543-8127	Presentation Hall KS
Country Couples	Monday, 7:00 PM	Ernie Wilson 434-6588 / Tom Hargis 434-6934	Multipurpose Room KS
Cribbage	Tuesdays, 8:30 AM	Jerome Wilcox 543-3117 / John Poshepny 543-8463	Card Room OC
Cyclists	Mondays, Wednesdays, Fridays 9:00 AM	Steve Valeriote 408-5506 / Ken Corcoran 253-3413	Parking Lot KS
Dominos, Mexican Train	Wednesday, 9:00 AM & 12:30 PM	Carl Sabol 408-4365 / Marianne Cooper 434-5167	Card Room OC
Eye Contact	2nd Thursday, 1:00 PM	Barbara Smith 645-5516 / Joan Brant-Love 434-6095	Presentation Hall KS
Fibromyalgia/CFS	4th Thursday, 1:00 PM	Sandy Berry 521-2309	Multimedia OC
Fishing	2nd Monday, 7:00 PM	Tom Webb 408-0400 / Gardner Curtright 408-7160	Presentation Hall KS
Garden	4th Thursday, 2:00 PM	Judie Leimer 408-4308 / Ann Anderson 408-2842	Presentation Hall KS
Gem & Mineral Society	Last Monday, 4:00 PM	Deanna Hanks 543-3013 / Marie Glover 253-3779	Sierra Room KS
Genealogy	3rd Monday, 6:30 PM	B.J. Ollas 543-4682 / Kathy Propersi 543-0376	Presentation Hall KS
Golf, Ladies Golf XVIII Golf, Lincster Lady Niners	Tee Time Thursdays — contact Golf Shop Meeting, 2nd Wednesday, 12:00 PM Tee time, Wednesday, 8:00 AM	Joyce Herrerias 543-9269 / Rebecca Shoaf 543-6846 Carol Golbranson 543-8647 / Pat Ward 253-7042	Golf Shop TBA Golf Shop
Golf, Men's	Call for Tee Time	Ken Jacobson 408-8709 / Scott Shoaf 543-6846	Golf Shop
Hand & Foot (Card Game)	Thursdays, 9:00 AM	James Brittain 408-5524 / Denise Jones 543-3317	Terra Cotta Room KS
Hiking / Walking	1st & 3rd Tuesday; call contact for time	Dennis Ratay 543-9935 / Penny Williams 408-1681	Fitness Center Parking Lot
International Folk Dance	Tuesdays, 2:00 PM	Ingrid Lapin 543-3012	Placer Room KS
Investors' Study	1st Thursday, 2:00 PM	Doug Hohman 295-2446	Presentation Hall KS

SCLH Club	Days / Times	Contact	Location
Lavender Friends	Call for details	Phil Washburn 408-7549 / Richard Wong 408-7549	
Line Dance	Sundays, 2:00 PM	Kathy Lopez 434-5617 / Barbara Riddle 408-1456	Fine Arts Room OC
Low Speed Vehicle / NEV	3rd Tuesday, 10:00 AM	Buzz Rognlien 408-4540	Presentation Hall KS
Mahjong, Chinese Mahjong, National	Mondays, 9:00 AM Tuesdays, 12:30 PM	Rita Yankee 408-4405 / Virginia Haradon 408-5536 Jolene Robinson 543-8162 / Valerie Gee 645-6816	Card Room OC Card Room OC
Motorcycle RoadRunners	4th Thursday, 6:00 PM	John Hanaway 847-1593	Multipurpose Room OC
Music	4th Wednesday, 6:00 PM	Mike Percy 434-7818 / Angelo Gianni 408-2544	Fine Arts Room OC
Needle Arts	General Meeting, 2nd Tuesday, 1:00 PM Open Sewing, 4th Tuesday, 1:00 PM (Spec. Sewing Interest Groups. Schedule -----See Sewing Room Bulletin Board)	Janet Becker 543-3493 / Kristina Volker 543-9668	Presentation Hall KS Sewing Room OC
Neighborhood Watch	General Meetings OC, Varies	Pauline Watson 543-8436 / Al Gillespie 434-5979	
Painters	1st Tuesday, 2:00 PM	Diane Pargament 408-0221 / Joyce Bisbee 408-0240	Fine Arts OC
Paper Art	1st Thursday, 9:00 AM	Sue Manas 408-1711	Multipurpose Room OC
Pedro	1st & 3rd Friday, 9:00 AM	Phyllis Hunter 408-5843 / Denise Jones 543-3317	Card Room OC
Photography	2nd Wednesday, 8:30 AM	Klara Kleman 408-4496 / David Kaufman 543-3333	Presentation Hall KS
Pickleball	Every Day 8:00 AM-8:00 PM except Tuesday, closed 12:00-2:30 PM	Jerry Zimowske 408-1319 / Mona Wheeler 408-1454	Pickleball Courts
Pinochle -- Single Deck Double Deck	Wednesdays, 5:30 PM Fridays, 12:30 PM	John Winning 408-2745 / Phyllis Brill 408-1433	Card Room OC
Players	2nd Monday, 4:00 PM	Ron Morris 434-6534	Presentation Hall KS
Poker	Mondays, 1:00 PM; Tuesdays, 5:00 PM	Mike Goldstein 543-8238 / Steve Kriner 295-8012	Multipurpose Room OC
Rummikub	Tuesdays, 12:45 PM	Xky Dixon 408-4240	Multipurpose Room OC
RV Travelers	2nd Thursday, 4:00 PM	B.J. Acosta 408-7115 / Bob Zielinski 408-1852	Presentation Hall KS
SCHOOLS Volunteers	TBA	Cindy Moore 408-1452 / Sandy Frame 408-1453	Breakout Rooms OC
S.C.O.O.P. Dog	3rd Thursday, 3:00 PM	Shirley Mohler 408-5788	Fine Arts Room OC
Scrabble	Mondays, 1:00 PM	Joan Spurling 543-6232	Card Room OC
Second Cup of Coffee	3rd Monday, 9:00 AM	Wolfgang Oplesch 408-1788	Presentation Hall KS
Shanghai	Thursday, 12:30 PM & 2nd & 4th Friday, 6:00 PM	Ann Holbak 408-2061 / Chuck Kaul 408-4153	Card Room OC
Singles	Activities Planning & General Meeting 2nd & 4th Thursday, 6:00 PM	Marty Joseph 543-0803	Front Ballroom OC
Skiers	3rd Thursday, 4:00 PM, October thru March only	Mike Hilton 408-0346 / Chuck Frevele 409-0828	Multipurpose Room OC
Softball	General Meeting, 1st Tuesday, 3:00 PM	Jim Stocker 253-7281 / Mike Hilton 408-0346	Breakout Rooms OC
Sports Car	1st Monday, 6:30 PM	DiAnn Rooney 543-9474	Presentation Hall KS
Square Dancing	Mondays, 1:00 PM	Frank Reina 543-3132 / Chuck Vickers 408-4082	Multipurpose Room KS
Table Tennis	Sundays, 1:00-4:00 PM; Tuesdays 6:00-9:00 PM Fridays, 8:00-11:00 AM	Howard Parker 408-4655	Multipurpose Room KS
Tap Company	Saturdays, 8:00 AM	Becky Sprong 408-1389	Fine Arts Room OC
Tennis	Wednesdays & Saturdays, 9:00 AM	John Flaherty 434-6184 / Cathy Garrison 409-0430	Tennis Courts
Vaudeville Troupe		Marina Eugenios 408-3654	
Veterans	3rd Thursday, 1:00 PM	Richard Williams 543-4887 / Jon Hodson 543-4687	Presentation Hall KS
Water Volleyball	2nd, 3rd & 5th Mondays, 5:30 PM; Wednesday & Thursday, 6:45 PM; Saturday 9:00 AM	Jim Putthuff 543-0067 Jerry DiGiacomo 408-7072	Swimming Pool KS
West Coast Swing	Thursdays, 6:45-8:45 PM	Dottie Macken 543-6005 / Eldon Davisson 408-8542	Multipurpose Room KS
Woodcarvers	Wednesdays, 1:00 PM	John LePage 543-9564 / Joe Propersi 543-0376	Sierra Room KS
Writers	2nd, 4th & 5th Monday, 6:30 PM	Alan Lowe 408-1274 / Jim Fulcomer 543-9201	Ceramics Room OC



From top: Darlynnne Giorgi and Cindy Atkinson preparing for awards luncheon; Club Champion Phyllis Patrick;



First place winners Clareen Bolton; Carol Sexton; Pat Ward; Phyllis Patrick



third place; C flight – Carol Sexton, first; Sharon Duley, second and Marcia Bush, third place; B flight – Pat Ward, first; Kay Howard, second and Marie Bossert, third place; In A flight Kate Gold took the prize for third place. Linda Salmon and Phyllis Patrick were tied at the end of the tournament and after one play-off hole Phyllis squeezed out the win for first place and overall club champion. A game well played by all.

The Secret Garden was the location for the awards luncheon and presentation to the winners. An added treat was the number of prizes which were awarded by a drawing of names.

Contact: Carol Golbranson 543-8647
Website: www.lincsters.com

Ladies XVIII

Our first big event this month was the Sierra View Cup, patterned after the LPGA Solheim Cup format. The players were grouped into “American” and “European” teams. The American team proved victorious in this round, with a 41 point margin of victory.

The second special tournament was the “Are You Ready



We are ready for some football (and golf)!!

for Some Football?” mixer on September 22. Men & women joined in the fun of wearing their favorite football team’s colors, hearing fight songs, and enjoying a wonderful day of golf and good food. Thanks to Bev Ansbro for putting this great event together.

A special mention this month goes to new member, Rosie Warren, for carding a fabulous 71 on the Hills course. Wow!

Check our website for the Turkey Shoot flyer. You’ll get all the information you need to sign up for this fun November 17 event.

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



Golf, Men’s

Lots of congratulations go out following two big tournaments! The Presidents Cup Match Play Championship is over and the winners are: #1 John Vass; #2 Joe McLeod; #3 Glenn Arney; and #4 Richard Jones; Way to go guys!!

The fall ABCD tournament was set and on September 13, the first place team included (finally), our Men’s Club President Ken Jacobson, Bill Hynes, Jim McCarthy and Bill Fagan, who narrowly edged out the team of John Vass (who is this guy?), Bruce Hogan, Ralph Barkey and Lloyd Ellis. Both teams scored great 65’s with some tough pin placements... good shooting!!

Watch for the results of the upcoming October 4 Lone Ranger Tournament and the October 25 Monster Match. Both will be team play using our club’s tournament pairing program! Good luck everyone!!!!

“Hit ‘em straight, guys!”

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



Hand & Foot

Hand and Foot is a fun and easy card game to learn and we are always happy to teach new players. Thursday from 8:30 AM to 12:00 PM in the Terra Cotta & Sierra Room (KS).

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



Hiking and Walking

We would like to thank all those who attended our Annual Meeting and were treated to Gay Mackintosh’s informative and entertaining presentation on Canyonlands National Park in Utah and the role her parents played in its development.

Walkers: The Walking Group invites you to join us on our walks. Walks are invigorating, healthy and the fall weather is delightful. Early morning walks are a great way to begin the day. Take a walk with us. Walks begin at 8:00 AM.

Hikers: 32 hikers recently returned from a successful four-day getaway in Sequoia/Kings Canyon National Park. With a variety of hikes each day to



Clockwise: Hike Leader Gay Mackintosh overlooking Donner Lake; giant Sequoias; Jim Cutter climbs Morro Rock in Sequoia

waterfalls, huge Sequoia trees, granite mountain tops and unending canyons, hikers had a difficult challenge deciding just what spectacular scenery to take in each day. Special thanks to Ada Squires for a planning job well done!

Check out the new schedule of fall hikes.

Contacts: Hiking:
Dennis Ratay 543-9935,
Denratay@sbcglobal.net

Walking: Margie Campbell 408-0713
Website:
<http://lincolnhillshikers.org/>



• **International Folk Dance** •

The International Dancers meet Tuesdays at KS from 2:30-4:00 PM. Our ethnic repertoire includes circle dances, line type dances, slow and fast dances, as well as partner dances.



Join us for fun!

The basic hand hold is with the right palm up and the left palm down; arms can be held up in the V position or down. Several other hand holds add variation to our dancing.

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

Dancing is good for health, memory, and balance, as well as the reduction of stress. Why not put aside the many worries and concerns we all have today for an hour or so and join us for fun and relaxation. Let the dancing begin!

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



• **Investors' Study** •

Learning how to protect your finances for the future is a reason for joining this group. ISG does not invest; rather we learn concepts of protection and hear current events from varied sources. We don't sell anything and you needn't think of yourself as "an investor" to be welcome here. Guest presenters including top pros take questions via Skype and provide insights. Monthly meetings: 2:00 PM the first Thursday/



Members chatting about presenter's insights during social hour; group's consultant Russ Abbott, left, and leader Doug Hohman, right, with attendees

Members chatting about presenter's insights during social hour; group's consultant Russ Abbott, left, and leader Doug Hohman, right, with attendees

month in P-Hall (KS) followed by snacks in the Social Kitchen (KS). Off-shoot groups are led by Bill Ness and Steve Greenfield.

A club website is in the works with notes from our speakers, accessible to the 120 member households and you, too? It will allow access to playbook handouts our coordinator, Russell Abbott, has previously provided in hard-copy form. Joining this group could be your best investment in time. See you November 3!

Our Holiday Party is December 1, 4:00-7:00 PM.

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



• **Lavender Friends** •

Our picnic at Lake Natoma was fun, 19 members enjoyed the weather by taking a short hike or reading a good book. Another enjoyable event was the potluck at Lorena and Vicki's house. The date for our November Dinner Out will be announced shortly. Our Lavender Hearts Committee is working on three fundraiser events, which will include Progressive Potluck, Bingo Night and Holiday Cookie Exchange. They are requesting members to volunteer for the Secret Santa for Seniors Program, and the Salt Mine Canned Food Drive. They are also working with the Placer County PFLAG organization as volunteers for their events. Enjoy this fall weather before the heavy jackets come out of the closet. You can find more information on our website (next column).

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



• **Line Dance** •

All four instructors, Sandy, Audrey, Carol and Yvonne along with many of our line dancers attended the WOW Line Dance Spectacular in San Francisco last month. There were over 400 attendees from all parts of the world. A lot of well known choreographer/instructors came



From left: Luna, Michael Barr, John Kinser, Niels Poulson, Junior Willis, Roy Verdonk

from the United Kingdom, Sweden, Holland, Korea and of course, the USA, just to name just a few. This particular line dance event is only held once a year and in a different country each year. Next year they will be in Korea. We all had a lot of fun but were definitely worn out from three full days of line dancing.

Our annual holiday potluck is December 5th at KS from 5:00-9:00 PM. All the instructors will be there to teach dances of all levels. The dancers that entered the line dance choreography contest will do their dance and be judged by the instructors.

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



• **LSV/NEV** •
Low Speed Vehicles/Neighborhood Electric Vehicles

A great time was had by all at the fall barbecue and road rally. Congratulations to the winners who will be using their gift cards all around Lincoln!

We want to thank Harry & Diane Maker along with Frank & Carol McGara for putting on this great event.

Our speaker for October will be City Council member Tom Cosgrove. He will have information for us about the new Lincoln Boulevard plans and how it will impact the use of our electric vehicles. Join us on the third Tuesday of October (October 18) at 9:00 AM in the Social Kitchen (KS) for our quarterly pre-meeting coffee hour followed by our general meeting at 10:00 AM in P-Hall (KS).

Contact: Buzz Rognlien 408-4540



• Mah Jongg, Chinese •

Chinese Mah Jongg is a game of tiles that is similar to playing rummy. We welcome anyone who would like to learn this fascinating game. Come join the fun every Monday at 8:45 PM in the Cards Room (OC).

Contacts: Rita Yankee 408-4405;

Virginia Haradon 408-5536;

Ada Squires 543-3499



• Mah Jongg, National •

Our group meets each Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. You will surely look forward to this day each week when you learn to play this fascinating tile game. We welcome all skill levels and have a great instructor to teach beginners.

Contacts: Jolene Robinson

543-8162; Valerie Gee 645-6816



• Motorcycle RoadRunners •

It was hard to believe that two days prior, the club ride was postponed due to a heat wave! The following Monday, eight RoadRunners, dressed in full leathers for warmth, took off for

the Oregon coast. True to reputation, the coast was cool! The five-day trip, designed/led by Head Road Captain Dale Brinsley, took the group along Oregon's coast, through downtown Portland, and along the Columbia River past Mt. Hood. The weather held out, no rain but a bit of fog. The scenic trip made for great touring.

Our weekend touring rides are coming to conclusion with the Lake Berryessa ride behind us and the annual November Icicle ride in the works. Unless impromptu opportunities present themselves, the riding year has pretty much wrapped up.

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

"Ride safe, ride with friends!"

Contact: Peter Boyle 408-1955,

Boylep18@yahoo.com

Website: [http://web.me.com/](http://web.me.com/rettavincent)

rettavincent



• Music •

The Music Group's popular Friday Night Open Mic will be held November 4, 6:30-8:30 PM in P-Hall (KS). At the August event, about 15 soloists and bands performed to an appreciative audience who joined in singing and clapping along with the musicians. Performers and music lovers are welcome. Sign-ups begin at 6:15 PM. Sorry, no karaoke.

The Music Group's entertainment Showcase was held on September 14/15 in OC Ballroom. Directed by Julie Rigali-Barrett Smith and produced by Paul Daher, the Showcase was the group's eighth annual event celebrating music in SCLH. Fifty performers and stage crewmembers contributed to the show's success.

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

Contacts: Carol Percy, 543-1365, crpercy444@gmail.com; Julie Rigali, 408-4579, jjrigali@yahoo.com.

Website: www.lincolnsuncity.org, Groups, Music.



• Needle Arts Threads of Friendship •

Once again the Wearable Art Breakout Group will be presenting the Annual Fashion Show on Tuesday, November 8, 1:00-3:00 PM. This year it will be held in OC Ballroom. The Fashion Show is free and *open to the public*, so come prepared to enjoy all the fabulous fashions. As these are wearable art, the garments and accessories are not like anything you will find in a department store.

December 13 is the Members Holiday Tea. Mark your calendar and plan to attend.

General meetings are held at KS, 1:00 PM on the second Tuesday of each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Linda Moran, 543-4401, to join us and see how fiber arts thrive in our community!

Contact: Vicki Hildebrand

408-4019, vlhildebrand@att.net



• Neighborhood Watch •

Remember that famous poster, "Uncle Sam Needs You"? Well, good friends, your neighbors need *you* to help make our community safe and secure by participating in Neighborhood Watch!

This participation could be reaching out to your neighbors to become acquainted with a chat at the mailbox, or saying "Do come in for a cup of tea." The better we know each other, the more we will intuitively know when someone needs help, or when we need to write down the license number of a suspicious car.

This participation could also be filling one of the vacant Village Coordinator positions: 5AB, 8A, 13, 14, 24D, 30B, 32B, 35B, 39. We know that life changes our commitments, so we expect a rolling list of vacancies. And we always have



Oregon Coast riders

Mail Station units which would so much appreciate a Captain.

Call us about enriching your life through participation in Neighborhood Watch!

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



• **Painters** •

At our October 4 Membership Meeting, we had an “Art Supply Rummage Sale.” Those present brought art supplies they no longer needed which were offered to those present at very reasonable prices. Proceeds will be used by the club to meet expenses such as payment for invited speakers. Those present enjoyed the experience and our treasury is a bit more robust now.

Our November 1 meeting will feature an Art Challenge focused on “snow scenes” or “winter.”

December 6 we will enjoy “An Artist’s” Table Christmas Brunch in the Solarium (OC). Cost is \$16. Information on sign-ups will be available this month.

Before each Membership Meeting, we have 45-minute critique sessions of artwork shared by interested members.

Notice: Due to a “remodeling project” at OC, our January meeting will be moved to Wednesday, January 4, in the Fine Arts Room (OC).

Anyone interested in Painters Club membership, please contact Lynn.

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



• **Paper Arts** •

Fall is in the air as well as our window display this month. Enjoy the creative designs of our members in the center display case (OC).

Jan Marquez and Pam Haines led this month’s project and taught us how to use a scoring tool to create textured backgrounds for our cards. Thanks, Pam and Jan, as well as your table captain instructors.



Outgoing Paper Arts President Barbara Bolenbaugh (left) and new President, Sue Manas

Speaking of learning new techniques, we now have an agenda item devoted to sharing new techniques, asking questions, and showing off new tools/materials. We have a wealth of expertise and experience in our membership and we enjoy learning from one another.

Two new members were recently welcomed to the group — Margaret Gundersen and Claire Frenna. Welcome ladies, you have joined an active and talented group.

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



• **Pedro** •

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

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



• **Photography** •

In connection with Roseville’s Action Camera, two image wizards from Nikon camera will be presenting their wonder wares for the LHPG November 9 meeting – a good opportunity to see and hear about the Nikon line. The presentation by Patrick Jewell originally scheduled for this time will be given next year instead. To in some way compensate for this blatant commercial maneuver, the Board is releasing — as door prizes — the personal gifts received just prior to this nefarious arrangement: e.g., a full year’s supply of DSLR developer and fixer, a 30,000

foot free-fall race with re-entering space junk, a weekend wildlife shoot on Guano Island, and other superlative benefactions. Meanwhile, back at the ranch, potential visit to Nicholson Blown Glass Works in Auburn is on the



Hot Chicks by jeffa

table, an opportunity to photograph artisans at work. At least somebody is working. I’m working on a tan like the Summer Hot Chicks in photos.

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



• **Pickleball** •

Out! When is a ball out? It’s out when it comes to your side and you or your partner call it out.

Well, not exactly. You can call it out before it hits, and if it lands in, it’s still playable. Otherwise, the call itself, not where the ball landed, makes it out. Well, not exactly.

If your partner disagrees with your out call, the ball is in; or, if you are playing in a refereed match, your opponents can challenge your call. If the ref saw the ball in, it’s in. How do you know if a ball is out? If it lands outside the court boundary lines it’s out. Well, not exactly.

The ball is always in if you can’t make a call with certainty. If you didn’t see the ball land, you can ask your opponents to make the call, and their say is final.

Contact: Jerry Zimowski 408-1319, jzimowski@ssctv.net
Website: lhpickleball.com



Players

The Players next show will be “Black Chapel II,” a Readers Theater production directed by Bill McCarrell and Norah Prouhet, produced by Carol Houser. Performances: Saturday, October 29, 7:00 PM and Sunday October 30, 2:00 PM, both at P-Hall (KS). Doors open 30 minutes before each show. Remember, Readers Theater is free.



Have you been naughty or nice? Santa—Ken Reiss; soon-to-be mom—Ginny Sutherland

“Christmas Belles:” A church Christmas program spins hilariously out of control in Fayro, Texas. This southern farce features squabbling sisters, family secrets, a surly Santa, a vengeful sheep and a reluctant Elvis impersonator. Get ready to laugh through a comedy filled with Texas humor and down-home Christmas spirit. Diane Bartlett will direct, Craig Stults will produce.

Christmas Belles tickets are on sale now for 7:00 PM evening performances on Thursday, Friday and Saturday, November 17-19, plus a 2:00 PM matinee performance Saturday, November 19. All shows in OC Ballroom.

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



Poker

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

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

The Quarterly Hold ‘em tournaments are open to all residents, first come-

served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday October 15.

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

Contacts: Mike Goldstein 543-8238; Ginger Nickerson 253-3322; Steve Kriner 295-8012



RV

Bob Free, one of the founding fathers and past president of the RV Group, was among those honored on October 14 at the Lincoln Hills Foundation Hats Off II, a tribute and awards ceremony in OC Ballroom. Free has been very active in the Lincoln Hills Foundation and a strong contributor to the welfare and well-being of seniors in the Lincoln community.

Plans are moving along for the RV Group’s Christmas Dinner in OC Ballroom December 10. Music is going to be provided by the popular and talented Lincoln Highway band.

New members welcomed to the group are Dean & Betty Schumaker.

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



SCHOOLS Volunteers
Sun City Helping Our Outstanding Lincoln Schools

Our SCHOOLS volunteers are happily back in the classrooms helping out our outstanding Lincoln Schools. We had our Annual Meeting September 12 followed by a SCHOOLS Workshop Thursday September 22. The purpose of the workshop was to train our new volunteers. The good news is that we now have more volunteers. The good news is that we are able to assist even more teachers and their students. But we still need more help. As always, we sent an email to the teachers asking who needed help, and the response was far greater than the number of volunteers available. If you have an hour or so once/twice a week and want to make a difference in the lives of these students/teachers, contact us!! You do not have to be a

teacher. We will do our best to place you in a classroom that matches your needs and skill set.

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



SCOOP

Sun City Organization of Pooches

Marcy Lopez, founder of “One More Dog Rescue” (OMDR) was guest speaker at our September meeting. OMDR is a young, not-for-profit organization, relying solely on private donations/support. When a dog makes it to OMDR, it literally represents its last chance at life.

Marcy spoke about fundraising needs, continuing a vaccine program that’s struggling due to funding cuts, as well as keeping all necessary supplies on hand. She emphasized that rescue isn’t solely



Top: From left, Ali Gentry, Marcy Lopez (Founder & President of “One More Dog Rescue”) and Ali McCoy; Shirley Mohler, Steering Committee Co-Chair, and Marcy Lopez

getting and re-homing the dogs. She stated many dogs come very sick, needing a lot of medical attention before they can be adopted. While OMDR’s goal is to someday have its own facility, they now are totally dependent upon “Fosters” to keep the dogs and transport them to and from adoption events.

SCOOP’s major annual fundraiser is December 16. All money raised will go to OMDR — Motto: “Failure Is a Temporary State.” Visit their website at www.onemoredogrescue.com.

Contact: scoop@sclh.com

Website: www.sclh-scoop.com



• **Scrabble** •

The word for the month is *coaster*. How many words can be made from the letters in *coaster*? More than 50? 100?, more? Just think of the possibilities. This could keep one busy for quite some time; however, the answer appears at the bottom.

If you like to play “Wheel of Fortune,” do anagrams or word scrambles, then you may like scrabble. Seeing the options with the seven tiles drawn, is highly correlated to scoring. It is more fun to lay down tiles for 10 points or more.

Meanwhile, why not come to join the scrabble players on Mondays, in the Card Room (OC). We begin play at 1:00 PM. We recently welcomed new players, Jan and Tess. And, our “regulars” are more than happy to help new players get started.

According to the official scrabble website, 164 different words are within *tsecrao*, rearranged to *coaster*.

Contact: **Candy Koropp 409-5017**



• **Second Cup of Coffee** •

Monday, October 17, Mark Dentinger, will introduce our speaker Peter Rogers, VP Operations, from Lincoln’s Rogers Family Coffee Roasting Company. Peter will highlight “Coffee, from farms to roasting” as he talks about their history and success with Costco San Francisco Bay Coffee three-pound package. How about a future plant tour? Q&A will be fun.

Monday, November 21, resident Bruce Robinson will be introduced as he presents a slide show “Fact to Fiction... Benicia in the Prohibition era.” Bruce has just published his first historical novel *Legends of the Strait* which serves as backdrop to this session. History

was changing with transportation, architecture, culture and behaviors. Q&A follows.

There is no December meeting as the Holiday season takes over.

The meetings are at P-Hall (KS) starting at 9:00 AM.

Contact: **Wolf Oplesch 408-1788**

oplesch@sbcglobal.net

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



• **Shanghai** •

Join us in learning how to play Shanghai – a fun group card game. We are offering free lessons. We play every Thursday at 12:00 PM, and every second and fourth Friday nights at 5:45 PM. Contact one of the names listed below.

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



• **Ski** •

After enjoying our September pre-season party (planned by Sylvie Roberts and Sue Worrall, and hosted by Bill & Lillie Smith), we are now ready to ramp up for another great ski season. Join us on Tuesday, October 18, at 4:00 PM in the Fine Arts Room (OC), when we will discuss our planned events for this season, including socials, and local and getaway ski trips.

The next meeting, November 15, will be led by SCLH Fitness personnel who will guide us through simple but effective exercises to help us get ready for fun and injury-free skiing. Which reminds us, if you haven’t already, be sure and sign up for the Fitness Center’s ski conditioning Small Group Training sessions beginning either October 24 (Monday/Wednesday classes) or October 25 (Tuesday/Thursday



Ski Clubbers lined up for that first warm-up run

classes). We were the guinea pigs for this program in December 2010, and it was a resounding success.

Contacts: **Mike Hilton, Sue Worrall, Chuck Frevele 258-2150,**

lhskiclub@gmail.com

Website: www.lhskigroup.org



• **Singles** •

Dynamic Singles

Summer is almost over and leaves are falling. Members are having loads of fun.

Singles enjoyed a great Italian Dinner at the Sports Pavilion /entertainment: Paul Carroll.

Join us today for only \$15 a year and be able to attend the upcoming events:

~~ October ~~

- 18) 7:00 PM – Let’s Dance, Meridians (Carol 408-3061)
- 20) 5:00 PM – Table For Eight, Horseshoe Bar & Grill, Loomis (Darline 434-6472)
- 27) 6:30 PM – Halloween Costume Party, OC Ballroom (Marty 543-0803) \$35

~~ November ~~

- 03) 4:30 PM – Cocktail Time at Meridians Terrace
- 05) 9:00 AM – Breeders Cup, Golden Gate Fields, Bus Trip (Kathy 209-3307) \$58
- 06) 4:30 PM – November Birthday Party, Meridians Sports Bar
- 10) 6:30 PM – General Meeting/Turkey Bingo/Prizes
- 12) 9:00 AM – Second Saturday Breakfast, Meridians Sports Bar

Contact: **Marty Joseph 543-0803**

Website:

www.lincolnhillssingles.org



• **Softball, Senior League** •

In case you missed the Summer Recreation League results, the Golden State Collision team won the regular season with record of 21-5. They also cruised through the playoffs undefeated. Congratulations to Manager Paul McClellan & Players; Allen Appell, Bob Barrows, Randy Dvorak, Lou Eliseo, Art Fran-



Clockwise from upper left: Bill Fagan makes good contact; J.D. Dambrosio controls the bad hop; Dick Hughes pulls one to left

kel, Bob Hunter, Dwight Johnson, Paul Lewis, Ron Rodda, Al Sanders and Larry Webber. The Fall League is now in full swing, so to speak. Teams are playing Mondays, Wednesdays and Fridays for the months of October and November. Come out and watch, its good entertainment. The bulletin board at the Field has updates about softball activities for the rest of the year.

Sunday morning practice continues 9:00-11:00 AM.

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

Coyotes

60s Black: In Manteca they ended 2-3 led by Bob Fernandez, Carlos Zavala (2 hr, one a grand slam), John Griffin (2), Ed Lazarek (2), Terry Padovan, John Gho, and D.J. Cox. In Sparks they ended with 3-3 and 3rd place. Homers by Griffin (2) and Lazarek (2). In Medford they took 2nd and 4-1 led by Rich Murray, Lazarek (2 hr), Padovan, (grand slam), and Bec Cannistraci.

60s Blue: Compiled a 1-4 record in Manteca. In Medford they came in 3rd with a 3-2 record. **70s:** In Manteca they took for 2nd place led by Gym Mikaelson (.900 ba, 2 hr, 11 rbi), Tuck Halsey (.882), and Rich Huskey (.833, hr, 12 rbi). They took 2nd in the Sun Eagle's Tournament. In Turlock they took 1st place led by John Wible (.882), Pete Savoia (.875), Bob Napoli (.813), Bob Hunter (.750, 11 rbi), Mikaelson (.733, 12 rbi hr).

60s/Black: Manteca they ended 2-3 led

by Bob Fernandez, Carlos Zavala/2 hr/one a grand slam, John Griffin/2, Ed Lazarek/2, Terry Padovan, John Gho, and D.J. Cox. Sparks ended with 3-3 and third. Homers by Griffin/2 and Lazarek/2. Medford they took second and 4-1 led by Rich Murray, Lazarek/2hr, Padovan/grand slam, and Bec Cannistraci.

60s/Blue: Manteca a 1-4 record. Medford came in third with a 3-2 record. **70s:** Manteca they took second led by Gym Mikaelson/.900 ba/2 hr/11 rbi, Tuck Halsey/.882, and Rich Huskey/.833/hr/12 rbi. They took second in Sun Eagle's Tournament. Turlock took first led by John Wible/.882, Pete Savoia/.875, Bob Napoli/.813, Bob Hunter/.750/11 rbi, Mikaelson/.733/12 rbi/hr.

Contact: Bob Hunter,
bluespritzer@yahoo.com



• **Sports Car** •

Our Sonora Pass trip was on September 15-16. Eleven cars traveled the back roads to Villa Toscano for lunch, stopping at the Sobon and Mt. Brow Wineries, then through Shenandoah Valley to Sonora. Dinner at the National Hotel in Jamestown included stories of the celebrities who had eaten there and movies that were made in the local area.

The next day included heavenly views at Sonora Pass, elevation 9624, a quick tour at the Marine Corp Mountain Training Center, and lunch at Lake Topaz.

On September 7 the group went to Clear Lake. We had a wonderful ride through Winters to St. Helena for lunch at Sattui Winery. Then over Mt. St. Helena and Cobb Mountain to Lakeport for a great stay on Clear Lake. Everyone enjoyed the Luau, horseshoes and hula dancing. We had 16 cars, tasty food, a lot of laughter and good socializing. We'll do it again.

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



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

The beginner's class started on September 12 and the new dancers

are busy learning the square dance calls. The club is also getting ready for a square dance party on Halloween Day.

Meeting times:

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

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



• **Super Seniors** •

Come one, come all and join the Super Seniors at our November 4 meeting to get a taste of the rich talent in Lincoln Hills. The Players Group will entertain us with a short skit to whet our appetites for more of their holiday productions. This is a great chance to meet some individual players and find out if there is a place for you in the group.

This meeting also gives you the opportunity to sign up for our annual Holiday Luncheon which will be held on Thursday, December 8, from 12:00 until 2:30 PM.

We will also share important information on the future of Super Seniors, share favorite Thanksgiving stories and play ever popular games.

The Chit Chat Group will meet on October 20 at 10:30 AM in the Kilaga Springs Café. Contact Dani VanTatenhove (below).

Contacts: Marsha Hathaway 408-0228; Chit Chatters: Dani Van Tatenhove 543-9194



Trying on costumes for the upcoming Square Dance Club Halloween Party



• **Table Tennis** •

As the monthly contributor of these articles, yours truly has been experiencing some severe writer's block. So please allow me to quote a recent article from *The Sacramento Bee's Parade Magazine* entitled, "That Ping You Do."

"Ping Pong has moved out of the basement and into the big time. In fact, with 19.3 million devotees, it's now the fifth-fastest-growing sport in America, ahead of soccer, baseball, and football. And it's garnering a slew of new young stars, including Ariel Hsing, who won the U.S. national championships last month at 15.

"Susan Sarandon loves the game so much she's co-founded a chain of table-tennis clubs called SPIN. 'I'm helping it come out of the closet,' the Oscar winner said before SPIN Milwaukee opened last fall."

So if anyone would like to try it, please join us. All residents are welcome. Play sessions: Sunday 12:30-5:00 PM; Tuesday 6:00-9:00 PM; Friday 8:00-11:00 AM.

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

• **Tap Company** •

Hurry! Hurry! You have until October 17 to pick up and submit your audition form for the 2012 Talent Show entitled "Remember When" which features music from the 20's through the 70's. You must arrive



The Beginning Class; from left, LaDonna Comford and Linda Marchus

prepared with your own music for your number which should not exceed three minutes. The forms are available in the Business Office next to the Activities Desk (OC). The auditions will be held in OC Ballroom on October 24 from 5:30 to 9:00 PM.

The latest scuttlebutt is that the beginning class is having all the fun. Not only do they have our amazing Alyson teaching them, but they also have Linda Marchus and LaDonna Cumford as their coaches. Is that great or what! On top of all that, they hang at the cafe after class. It doesn't get much better than that.

**Contacts: Becky Sprong 408-1389,
beckysprong@sbcglobal.net;
Muriel Menig 434-2634,
murielmenig@att.net**



• **Tennis** •

The Men's Doubles Tournament was held on September 17 with 21 teams competing. Winners were: 4.0 - Jim Farrell and Jerry Dong; 4.0 - Bob Halpin and Steve Payne (Consolation); 3.5 - Mark Snapp and Bob Sanguinet (Blue team); 3.5 - Marc Fong and Greg Burke (Red team); 3.0 - Ben Sinsay and Dave Graves; Congratulations to all!

Our Oktoberfest Mixed doubles Tournament takes place on October 15. Results of this event will be posted on our website as well as information on our remaining events this year at www.sclhtg.com.

Additionally, on November 1, the LHTG will begin their new group playing hours which includes the 90-minute court maximum designated courts. Please see Brandy Garcia's article on page 13 for further information. Details on these changes can also be found posted at the Sports Pavilion and our website.

**Contacts: Carl Braganza 408-2898,
cfbraganza@gmail.com; Christy Link 543-6504, aclink@aol.com
Website: www.sclhtg.com**



• **Vaudeville Troupe** •

Mark your calendars: Vaudeville Troupe Auditions for January 2012 "Cavalcade of Stars" Show are

Tuesday, November 8, at P-Hall (KS), 6:30-8:30 PM.

You will be awed by the generosity and kindness of spirit that our Troupe shares with one another! Bring your unique and special talent to our auditions and you will experience the fun and professionalism that is "Vaudeville"!! **Auditions are for our Shows on January 6 and 7, 2012.**



From left: Talented, crowd-pleasing Lynn Sotir entertains with her vocals; Multi-talented Barbara Byllesby, Troupe member extraordinaire; Marina with Bruce Mayo and Al Guerin, sound booth crew;

Remember: Our Shows always sell out!! Buy your tickets early! Tickets for the January Show go on sale on November 17. They are still only \$10 for two hours of non-stop, crowd-pleasing entertainment for all ages! "The Cavalcade of Stars" is performed in the comfort and Cabaret-style of P-Hall (KS)! Always new and high energy acts as you like them. We'll see you and your friends in the audience in January!

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



• **Veterans** •

Retired Army Infantry Lieutenant Colonel and resident Paul Apfel will present an overview of Army airborne operations on Thursday, October 20, at 1:00 PM in P-Hall (KS). Apfel earned his Regular Army commission through the Reserve Officers Training Program at Canisius College, and for the next 20 years served in a variety of command and staff assignments, including two combat tours in Vietnam.



The Army's Basic Airborne Course develops leadership, self-confidence, and an aggressive spirit through mental and physical conditioning

In 1964, he commanded an infantry rifle company in the 101st Airborne Division at Fort Campbell, Kentucky. In 1965, his company deployed to Vietnam as one of the first American ground units to enter that war. He returned to Vietnam in March of 1968, during the TET offensive, to join the 1st Air Cavalry Division. Newly promoted to major, he was the division's intelligence plans officer, followed by duty as the operations officer for an infantry battalion.

Contact: Rich Williams 543-4887,

rgwdew@att.net

Website: lhvets.org.



• West Coast Swing Dance •

Our next club dance on Friday evening, October 21, (KS) will be a potluck and Halloween affair with a WCS lesson at 6:00 PM followed by dancing, 6:45-8:45 PM. A mask or costume is encouraged.

Our normal second and fourth Friday evening practices will be held October 21 and November 11, 5:30 to 7:30 PM, Fine Arts (OC). Whether you are a beginner or expert, this is a great opportunity to practice with an instructor always on site.

Please save the date of Saturday evening, December 3, KS, for our Holiday Dance. This will be a festive affair to kick off the Holiday season. Details will follow in the next *Compass*.

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

Contacts: Dottie Macken 543-6005,

justdottie@sbcglobal.net;

Eldon Davisson 408-8542,

ejdav1@sbcglobal.net



• Woodcarvers •

Woodcarvers Focus: John Le Page: John had only completed a few carvings prior to joining the Woodcarvers Group but then started carving seriously. "I've always enjoyed working with wood but, I'd scaled back my woodworking tools and projects. That's why the woodcarving I do with the group fills the need."



John & Pat LePage and some of John's Woodcarving pieces



John has a few simple Dos and Don'ts for new carvers: "*Don't* try to use dull tools; *Do* use a wood carvers glove to protect your hands from cuts, and *do* get your spouse involved in your projects.

Board of Directors

continued from page 2

Director Bob Cook on down, please let them know when you see them in the community. They deserve a big "Thank You." The same applies for your neighbors who serve on our Association committees. They contribute significantly to the overall success of our community.

You will have an opportunity to elect three board members in February. For our mutual benefit, select wisely so you and I can have the advantage of continued sensible fi-

My wife Pat is an accomplished painter and she encouraged me to carve and join the group. She has also helped me paint a few of my projects."

Stop by and see what we're chipping away at any Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS).

Contacts: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



• Writers •

It is always exciting when a member of our group writes a story that finds its way into print. Bruce Robinson, not a new member of the Writers, has just published a novel, "Legends of the Strait," a fictional tale about Benicia during the Prohibition Era. Bruce is a retired technical writer and has written his own memoirs, but well-researched fiction was obviously a new and enjoyable effort for him.

This is the sort of success we strive for in the Writers Group — someone who has a good story to tell and sees it through to publication. If you have a story, a poem, a memoir, or even a well-crafted opinion, join us for one of our bi-monthly sessions, Monday evenings at 6:30 PM in the Ceramics Room (OC). For more information, please contact Jim or Alan.

Contacts: Jim Fulcomer 543-9201,

jjfulcomer@mac.com; Alan Lowe,

slolowe@starstream.net

nancial control in the future. And you heard that from a conservative retired banker!

Before the end of the year, highly efficient LED lights will replace our entire inventory of street and parking lights. The Association will realize savings well over \$100,000 per year. Good staff work, along with a big effort from our Properties Committee, made this happen.

Also, thank you for your great ideas and encouragement. They have been invaluable to the Association and have made our job easy and enjoyable.



Meridians Thanksgiving Day Feast

Thursday November 24th
11:30 a.m. to 4:00 p.m.
For reservations call 625-4040

\$25.95 for adults
Children 12 and under are only \$12.50
and everyone under 6 or over 90 are FREE!
All non-alcoholic beverages are included.

The entire Menu is available at
meridiansrestaurant.com
Reservations and prepayment requested.



Bulletin Board

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

AARP Seeks Volunteers/Free Tax Assistance

AARP Tax-Aide is looking for volunteers to help taxpayers complete 2011 federal and state returns in Lincoln during the 2012 tax-filing season. This is a free community service program administered by AARP Foundation in cooperation with the IRS. Volunteers of all ages and backgrounds are welcome. The training and certification class is the second week of January in Roseville. Some knowledge of computers is required to assist in providing our free electronic filing service (e-file). Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 1 thru April 16. The AARP Tax-Aide program is a wonderful and rewarding experience. For more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2011 tax season, email Mark Burke, Local Coordinator, at lincmb1@aol.com.

The Compass Roving Reporter

Rescue Offers Tips for Dealing with Injured Animals

Carol Percy, Roving Reporter

The Titmouse hatchlings make a plaintive peeping sound as Deb Kirkpatrick, a self-described “bird mom” and volunteer at the Gold Country Wildlife Rescue center, lifts them from the incubator. Swaddled in a pink baby blanket, the tiny newborn birds are unbelievably vulnerable fluff balls of delicate feathers and tender beaks.

While Kirkpatrick feeds the chicks with an eyedropper, she talks about the joys and heartaches of wildlife rescue work.



Deb Kirkpatrick feeds chicks with an eyedropper

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

October 19 • 6:30 PM Mercy San Juan, Physician Presentation, P-Hall (KS)
Please see our insert in this month's Compass

October 21 • 6:00 PM Optimal Health & Anti Aging Solutions, Oaks

October 26 • 10:00 AM-5:00 PM Porcello Gold & Gems Buyer, Oaks

October 29 • 10:00 AM & 1:00 PM Smart Meters and Solar, Oaks

Please see our ad on page 42 in this month's Compass

November 7 • 10:00 AM Nautilus Society, Oaks

November 8 • 6:00 PM Spinal Aid Presentation, Dr. Zorich, Oaks

Please see our insert in this month's Compass

Glaucoma Support Meeting

November 9, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month, please join us. More info: Bonnie Dale, 543-2133.

Italian Club

Can you believe summer is ending and fall is just around the corner? You know what they say, “time flies when you’re having fun.” We at LHIC are determined to have all the fun we can so our seasons are never ending! This October we’re on our way to Reno for the Great Italian Festival. Always a full bus

on this exciting trip. Our exuberant and delightful tour leader, Adele Ronellone, is the perfect choice to lead this journey! November brings another best loved event, Turkey Bingo. . . yahoo! With Carmela Carniato in charge of this event, you can bet we’ll all be “gobbling up” every moment! Are you/your partner of Italian descent? Want more fun in your life? Membership info: Rose Cesarz, 434-5301. Club info, details of upcoming events: www.lhitalianclub.com
continued on page 41



Tiny newborn Titmice birds in a box in a warm, dark place for an hour or so until they recover

- Baby birds falling out of nests—put them back in the nest; it’s a fallacy that the mother will reject them.

- Birds caught in an enclosed area—open all doors and windows
- Birds caught by cats—call the rescuers; cat paws carry bacterial infection and if left untreated, the bird will die.
- Keep sticky flytraps away from the garden—hummingbirds get caught in them.

The group welcomes new volunteers and offers 30 classes with specific training in how to care for mammals, songbirds, water birds and raptors.

“My first year was hard. Every time I lost a bird I’d cry. But my mentor said, ‘Go into the other room and look at the 20 birds you saved.’ That got me through it,” Kirkpatrick said.

One of 65 dedicated members of the non-profit wildlife rescue center based in downtown Loomis, Kirkpatrick said the group rescued over 1400 animals in 2010, many of them from SCLH neighborhoods.

Earlier this year, this roving reporter attended a well-attended Community Forum in the Kilaga Springs Presentation Hall where Nancy Barbachano, the center’s avian medical advisor, gave a presentation on “Co-Living with Wildlife in Lincoln Hills.” Her goal was to educate the community about how to get along with local wildlife and what to do when finding injured animals.

She offered the following tips about dealing with wayward birds:

- Birds hitting windows—put them

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-The Christophersons

Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo
Certified Public Accountant
(916) 771-4134



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continued from page 39

com. Enjoy reading the newest edition of *il Bollettino*. Salute a Tutti!

Lincoln Hills Foundation Bingo

Come join the Lincoln Hills Foundation for a chance to win playing Bingo. Join us for fun and games on Wednesday, October 19. OC Ballroom doors open at 12:30 PM. Bingo games begin at 1:00 PM. Cost: \$20 for 12 games, 12 sheets with six cards each. Win up to \$1350 in prize money. Pop-Ups are four for \$1. Daubers are \$1 each. Cold bottled water available, no food or alcohol allowed. No one under 18 admitted. Join us for a fun time. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984.

Multiple Sclerosis Group

Tuesday, November 1, 1:00 PM, all interested are invited to meet our new leader of the Lincoln Multiple Sclerosis Group, Marilyn Sharp, in our new location, the Terra Cotta Room (KS)! Bring hobbies, crafts and collections for our "Show, Tell and Sell" event! More info: Marilyn, 434-6898.

Open Play

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

Auditions: Tappers 2012 Talent Show

Remember the songs of your youth? You will when the Tappers present "Remember When." But first you have to audition! We are looking for fresh new acts and anything is possible... where does your talent lie? Pick it up, dust it off and sign up for our auditions.

Audition forms with a suggested list of songs from the 1920's through the 70's are available in the Business Center (OC). Return forms by October 17. Then plan to join us at your assigned time on Monday October 24 in OC Ballroom.

Racquetball Group

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

SCLH Holiday Arts & Crafts Fair

Beautiful handcrafted holiday items designed and created by residents will be available for purchase at the 12th Annual SCLH Holiday Arts & Craft Fair on Friday, November 11 & Saturday, 12. Vendor tables will be located throughout OC Ballroom, the Community Living Room and classrooms. Open to the public.

Scooters

If you own a scooter and want to join us in forming a new scooter group named the "Sun City Scooter Group" contact David Whorf at 543-2125. "It's a hoot to scoot." We plan a very low key touring program to explore your local neighborhood. We meet the

second Thursday of the month at 10:00 AM at Mina's Coffee Shop. Rides last about two hours. Come join the group.

Shalom

The HH's are over, and the fall season begins. Tomorrow, on October 16, the Men's Club meets at 10:00 AM. If you haven't signed up, check with Jerry Gordon to see if there is space available. We have a social at KS on Thursday, the 27th, at 7:00 PM. November starts with the Woman's Group meeting on the 14th, at Oracle, at 11:00 AM. On Thursday, the 17th, we go to the McClellan Aerospace Museum at 2:00 PM. Call Gloria Kemna before October 25 for reservations. Finally, on the 28th, we have the general meeting at KS at 7:00 PM. Use our calendar on www.shalomsg.org for updates. Questions to the group: contactshalomgroup@gmail.com. Membership info: Natalie Flynn.

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

continued on page 43

Monthly Featured Books: A Highlight in KS Library

Library News

Nina Mazzo, Library Volunteer

"Why do writers write? Because it isn't there." T. Berger

Each month volunteer Verna Webb collects a handful of books with a theme (i.e., True Crime or other genre) and she places them on top of the bookcase to the left of the fireplace.



Recently I returned from the annual Mystery Writers convention, where I was in bibliophile heaven! Varied authors, publishers, editors, panel discussions, book signings, and booksellers, along with casual conversations over dinner are

simply wonderful. This year I discovered *No Rest for the Dead*. Over 20 authors composed this serial novel! It is a fast-paced mystery about the murder of a curator at the San Francisco Museum of Fine Arts. A different author pens each chapter yet the story is seamless. I have donated a copy to Kilaga Springs Library and you will find it in Fiction under the author Sandra Brown, as she is the first author listed. Andrew Gulli, the talented Managing Editor of *The Strand Magazine* who also contributes a chapter in the book, edits this book.

Magazines are kept current through your donations. Volunteer Karin Kiisk maintains this section and we ask that the current issue of a magazine not be removed from the Library. However, there is a box of older magazines kept on the side of the book return cart and you are welcome to take those magazines home.

We need more volunteers to help us maintain the shelves in Kilaga Springs Library and the Community Living Room (OC). Please call Sandy Maloff (408-2368) for further details. Other contacts: Cleon Johnson (408-5648) maintains the investment section and Nina Mazzo (408-7620) maintains the Community Living Room (OC).

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take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Fall and winter months we meet at 9:00 AM. For shooting schedule hours, please contact Michael Pargament. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Each month we also gather at a member's home for hors d'oeuvres and drinks. A great opportunity to enjoy each other's company and meet the member's spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get together. Contact: Michael Pargament 408-0221, jdparg@inreach.com.

The Travel Group www.lhtravelgroup.com

The next Travel Group meeting is Thursday, October 20, 7:00 PM, KS. Guest speaker Ilene Ferguson of Alamo Travel. Trips with openings: Rose Parade (Dec

2011), Hawaii Cruise (Apr 2012), South Africa (Apr 2012), Philly-DC-Williamsburg-Baltimore (May 2012), New Orleans-Memphis-Nashville (May 2012), Northern Europe Cruise (Aug 2012), Amsterdam-Istanbul Cruise w/Turkey Tour (Sep 2012), Sicily (Oct 2012), Palm Springs New Years (Dec), Vietnam/Cambodia/Mekong River Cruise (Jan 2013), South America (Jan 2013), Spain's Costa del Sol/Portugal's Riviera (Apr 2013), Prague-Paris w/Nuremburg-Luxemburg River Cruise (Sep 2013). Friends and family may join us on any of our trips. See website for trip details. You don't have to be a member to attend our meetings please join us for an interesting and informative evening in a travelogue-like format. Committee member contacts: Karen Foley, 645-5411, klfandedf@starstream.net; Teena Fowler, 543-3349, sfowler@starstream.net; Linda Frazier, 434-8266, fraz1774@sbcglobal.net; Sheron Watkins, 434-9504, Sheron5@sbcglobal.net; Louise Kuret, 408-0554, lkuret@sbcglobal.net.

Resident Website

continued from page 3

live, November 28. You will follow a regular registration procedure by logging onto the website and inputting required information. Staff will confirm member eligibility and provide you with links to continue the registration process. Access to the website will be available to you December 1.

In all cases your email address and personal password will be your login. We look forward to your feedback and hope to see you on November 15 for assisted registration.

Kilaga Springs Lodge offers direct telephone dialing beginning Monday, October 17. Please see the new telephone numbers at the back of the *Compass* (page 90) for the new numbers shaded in green. Direct dialing will provide increased convenience as it eliminates having to go through the menu options. In addition, our new provider, Tele Pacific Communications, will save the Association about \$1,000 per month!

Mark your calendars for **Thursday, December 15 for a Community Holiday Celebration.** Join staff, Board and committee members

along with other volunteers between 3:00-5:00 PM in the beautifully decorated OC Lodge. Visit with neighbors and enjoy music and light refreshments. While we are unable to offer the Tour de Lights this year, staff will compile a list of decorated homes to share with you. Please see page 55 for details and where to submit your address for the list. We look forward to celebrating the season with you.

Flu Shots: Because there are many options for obtaining a flu shot and/or pneumonia vaccine in local stores or at your doctor's office, OC Lodge will not be a site for obtaining a shot this year.

Enjoy the autumn weather. I will see you in the Lodge.



White Crowned Sparrow on Summerhill Trail. Photo by Tom Roach

In Memoriam

Charles O. Bayne

Charlie moved here from the Villages in San Jose in 2001. Charlie, who had been a Pasadena men's clothier, found a new talent when he acted in several plays, first at the Villages and then as an early member of the Lincoln Hills Players. His humor, timing and savoir faire showed through as he performed. He is survived by his daughter Cynthia, son Steven, their spouses and four grandchildren.

Robert D. Brennon

Born in San Francisco, Bob served in the USAF from 1948-1951. A pioneer in the field of Bio-Medical Simulation he worked with RCA and Sylvania, and then spent 28 years at IBM. He authored dozens of scientific papers. Bob was active with St. Vincent de Paul Society at St. Joseph's Parish in Cupertino and with the Knights of Columbus at St. Joseph's parish in Lincoln. Bob was an avid Bonsai gardener and belonged to the LSV Group. He was widowed in 1986 and had been married to his wife, Anna for 23 years. Bob is also survived by nine children and many grandchildren and friends.

Trudy Roselle

An active community volunteer, Trudy worked with the Chamber of Commerce, was a founding member of the Lincoln Soroptimist International and was active with cancer groups, bunco and lunch bunch groups. Born in Newfoundland, Canada, she was married to husband Bill for 29 wonderful years. She also leaves six children, their families and many friends.

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

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Special Events & Bus Trips

Home, Health & Business Showcase

Monday, October 17

Stop by OC Lodge between 10:00 AM and 2:00 PM to learn about latest products & services and meet your *Compass* advertisers and other



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

New Resident Orientation Tuesday, October 18

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

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

Here's another visit to the Grand Sierra Hotel in Reno. The hotel offers many gaming opportunities, plus a 50-lane bowling alley, restaurants, a movie theatre, swimming pool and spa and several shopping opportunities. Choose the activity that suits you best! Trip includes a \$10 food coupon. Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. RSVP ◆◆ Now.

San Francisco Shopping Thursday, October 20 — 1783-08

Lots of Walking! Join us for a shopping day in San Francisco – bus will

drop you off in Union Square. Get your Macy's 10% discount card for the day as you board the bus. For a more comfortable and fun shopping experience, our bus will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$34. RSVP ◆◆ Now. Next shopping trip scheduled on November 16 and December 22, see pages 47 & 56 for details.



Hotel (Post & Powell) to load your packages from morning shopping so

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

Grab your Halloween mask or wand for a night filled with spooky activities. Dress-up to compete in the "Spooktacular" costume contest and dance to the bewitching music of the "Groove Thang Band." This seven-piece dance and entertainment cover band will play music for singles and couples. Enjoy "spirited" or "unspirited" punch bowl beverages throughout the evening. Tables/seats are on a first-come, first served basis except for groups of ten (please have a complete list of guests at your table upon registration). Dance 7:00-10:00 PM. OC Ballroom. \$20. Now open to guests.



Lower Price! Friday Night Karaoke Friday, October 28 — 5050-08

Relax, unwind and end your week on a high note! Join friends and neighbors for a night of merriment at our Karaoke Bar lead by DJ Greg of Music To Go. Complete with lyrics and music to over 1,500 songs, anyone can be a singing star. Grab the microphone and sing your heart out, it's all for fun. Karaoke 7:00-9:30



PM. OC Ballroom. \$5. Now open to guests.

Comedy Night at Kilaga Springs Tuesday, November 1

6:00 PM performance — 5052-9A
8:00 PM performance — 5052-9B

Headliner Brad Bonar is a double treat with a hilarious stand-up stage act and comedy magic. His universal comedy stems from observations of family life and has made him a favorite at clubs and casinos including Laugh's Unlimited and Atlantis Casino. Brad has worked with Dana Carvey, David Coulier and Rocky LaPorte to name a few. Show opener Marc Yaffee. Shows 6:00 PM and 8:00 PM. P-Hall (KS). \$9. Now open to guests.



An Evening of Fashion – "Paris Runway" • Wednesday, November 2 — 5110-09

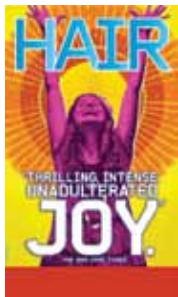
Bonjour, de Paris! You are invited to an evening of fashion and glitz featuring men's and women's wear. Enjoy a fabulous champagne and dessert menu as you watch friends and neighbors showcase winter collections and fashion trends from Sun River, REI and White House Black Market. New clothing vendors including Anna's Boutique and Macy's Men's Store will light up the piste d'envol (runway) with formal and casual wear perfect for the winter season. Buying a table with friends and neighbors? Please have a complete list of guests at your table upon registration. Gentlemen's table available upon request during registration. Menu at Activities Desk. OC Ballroom doors open at 6:30 PM with no-host bar and dessert; fashion show 7:00 PM. \$29. Now open to guests. Come by the Lodge to shop unique vendors



displaying the latest accessories and fashion items in the Pre-function Area from 5:00-9:30 PM.

**HAIR at SF Golden Gate Theatre
Sunday, November 6 — 1791-09**

Welcome to the Age of Aquarius! This Tony-winning production of HAIR is an electric celebration on stage! An exuberant musical about a group of young Americans searching for peace



and love in a turbulent time strikes a chord with audiences young and old. A few of the unforgettable songs include "Aquarius," "Let the Sun Shine In," "Good Morning, Starshine" and "Easy

to be Hard." Its relevance *undeniable*, energy *unbridled*, truth *unwavering*; it's HAIR. Following the 2:00 PM performance, coach will drop you off in Union Square (Post & Powell) for shopping/dining on your own. Leave OC at 11:00 AM, return ~ 10:30 PM. \$125. RSVP ♦♦ Now.

**"Steppin' Out With My Baby...
The Songs of Irving Berlin"
A Linda Purl & Lee Lessack Concert
Monday, November 7 — 5051-09**

We are bringing award-winning stars and music to OC Ballroom! Linda Purl partners with Cabaret Legend Lee Lessack to take you to a time when Irving Berlin enthralled audiences worldwide. While you may recognize

Linda from her television acting roles in "Matlock" and "Happy Days," she has received critical-acclaim for stage talent and impressive vocal range. Her credits include Broadway's Tony-nominated "The Adventures of Tom Sawyer," "Oliver" and "The King



and I" in the Tokyo Toho Imperial Theatre. Legend Lee Lessack has appeared in concert stages around the world. No-host bar, 6:30 PM ; Show 7:00 PM OC Ballroom. \$16. Now open to guests.

**Disney Museum with Ray Ashton
Tuesday, November 8 — 1763-09**

From Steamboat Willie to Snow White, from Dumbo to Bambi, Walt Disney's legacy has become an important part of our American heritage. Prior to seeing the actual exhibits at



the Disney Museum, Ray Ashton, LH's popular film and music instructor, will provide an exciting multimedia presentation in P-Hall (KS). Ray will serve as our private docent for a behind-the-scenes look into the world of the man who created Mickey Mouse. At the museum, see family mementos and photographs, rare film clips, and artifacts from the film-maker's long career.

Ray will be on-hand at the museum to answer questions and provide insights into Disney's work. There will be time to view exhibits and pick up a souvenir in the gift shop or a snack in the museum café. Last stop is Pier 39 for shopping and dining options. **Note:** Park your car and check in at OC. Bus loads at 7:45 AM for presentation at P-Hall (KS) prior to going to the Disney Museum. Bus will drop off everyone at OC after the trip. Leave OC at 7:45 AM ~ return 6:30 PM. \$59. RSVP ♦♦ Now.

**BINGO at Cosmopolitan Cabaret
Friday, November 11 — 1794-09**

The Cosmopolitan Cabaret at 10th and K Streets in downtown Sacramento provide an upscale yet casual theater experience for 200. Set in the base-



ment of St. Bartholomew's, BINGO is a hilariously funny new show about a game of BINGO and a 15-year feud and a blood transfusion. BINGO is perfect for a ladies night out where everyone gets to play (and even win!). Showtime 8:00 PM. Arrive in time for dinner on your own at any of the area's many restaurants – Cosmo Café, Esquire Grill, Crest Café and more. Leave OC at 5:00 PM, return ~ 11:30 PM. \$58. RSVP ♦♦ Now.

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 90.

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

RESERVATIONS: Reservations are required for all activities unless otherwise noted. Resident I.D. is required for registration. *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.

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

Enjoy an overnight trip set in the beautiful wine country of Calistoga that will feed your senses. We begin with a private cooking demonstration at the Culinary Institute of America in the historic Greystone Cellars where Chef Susan Duquet



will prepare tasty tidbits while we sip wine. After a gourmet three-course lunch, browse

in Greystone's gift store or explore nearby shops in St. Helena. Our next stop is Calistoga Spa Hot Springs in downtown Calistoga. Spend the afternoon and evening relaxing in one of three heated mineral pools or indulge in a private spa treatment (20% discount coupons provided, call ahead). Dinner is on your own... The inn is near spas, restaurants, art galleries and shops. We leave on day two at 11:00 AM providing time for a soak in the mineral pools and a leisurely breakfast on your own. Last stop is Sattui Winery in Napa for lunch on your own and wine shopping. Leave OC at 8:00 AM November 13, return ~ 3:30 PM on November 14. \$244 per person double occupancy. \$285 single occupancy. RSVP ♦♦ by 10/28.

**San Francisco Shopping
Wednesday,
November 16 — 1842-09**

Start your holiday shopping in San Francisco's upscale and trendy shops. Our comfortable coach will drop you in Union Square.



Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$34. Same trip details as October 20 trip on page 45. RSVP ♦♦ by 10/31.

**The Players Group Presents —
"Christmas Belles"**

**Thursday, November 17, 7:00 PM
Show Only — 5131-9A**
**Friday, November 18, 7:00 PM
Show Only — 5131-9B**
**Saturday, November 19, 2:00 PM
Matinee Show Only — 5131-9C**
**Saturday, November 19, 7:00 PM
Show Only — 5131-9D**

Get in the mood for the holiday season with the Lincoln Hills Players Group presentation of *Christmas*



Belles. This is a southern farce featuring squabbling sisters, family secrets, a surly Santa, vengeful sheep and a reluctant Elvis impersonator during a church Christmas program

that spins hilariously out of control in Fayro, Texas. The outrageously funny cast includes Bob Dale, Jeri Ferris, Steve Garavito, Judith Jesness, Bob

Murdock, Ken Reiss, Peggy Schechter, Pat Shafer, Ginny Sutherland, Barbara Swerdlow and Karen Ulijohn, and the fabulous Red Hat Carolers. The show is written by one of America's most popular comedy writing teams and directed by Diane Bartlett. Evening performances start at 7:00 PM, with doors opening at 6:30 PM. Doors will open at 1:30 PM for the 2:00 PM matinee performance on Saturday, November 19. \$12. OC Ballroom. Now open to guests.

**San Francisco International Auto
Show at Moscone Center
Monday, November 21 — 1761-09**

A new destination! For new car enthusiasts and the curious, we are off to San Francisco for the 54th annual San Francisco International Auto Show. The show features the newly designed 2012 vehicles from over 30 major manufacturers.



There are no advance ticket sales; you must purchase your own admission (\$9 per person) upon arrival at the Moscone Center. Food options available within the Center or have your hand stamped for readmission and enjoy dining anytime at one of the nearby restaurants. Leave OC 10:00 AM, return ~ 7:30 PM. \$37 (does not include admission). RSVP ♦♦ by 11/7.

REMINDERS

to make each event an enjoyable experience. 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 beyond the OC Fitness Center (The Wave). The bus will drop off there on return to Lincoln Hills.

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

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

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

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

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Apple Hill and Jodar Winery**Tuesday, November 22 — 1820-09**

First stop on this beautiful fall ride to the foothills' Apple Hill area is High Hill Ranch. Purchase fresh apples and apple products – maybe an apple pie for Thanksgiving- and other specialty items in their shop. Enjoy a hosted lunch at the Pie House Restaurant complete with *Quarter Barbecue*



Chicken, Macaroni Salad, Dinner Roll/Butter, Apple Pie a la Mode and beverage. There will be time for more shopping

before departing for Jodar Vineyard and Winery tasting room. Taste hand-crafted wines produced in small lots to achieve the Jodar-style balance of bold fruit with graceful oak tones. This winery specializes in red wines and has limited tastings of white wines. Leave the Lodge 9:30 AM, return ~ 5:30 PM. \$50 (includes lunch, an apple fritter to take home, tastings, wine glass). RSVP ♦♦ by 11/7.

Gold Country Casino in Oroville**Monday, November 28 — 1920-09**

A new gaming opportunity — Gold Country Casino in Oroville — about 70 miles north of Lincoln. The ride takes about one and a half to two hours and is followed by a four-hour visit at the Casino. Many gaming options are available along with dining on your own at the buffet or other fine dining options. Upon arrival, you will receive \$10 play card. A great, inexpensive getaway for the day! Leave OC at 9:30 AM, return ~ 5:30 PM. \$18. RSVP ♦♦ by 11/7.

**The Mentalist Mark Stone: "ESP and Mindreading Show"****Tuesday, November 29 — 5059-09**

Residents described the past two sell-out shows as the most amazing and entertaining demonstration of mental gymnastics ever! Don't miss *Mentalmania!* Mark Stone performs the "funniest mindreading and E.S.P. show in

America today," astounding audience members with his ability to read minds, make predictions, and "see" with his fingertips while blindfolded. He leaves audiences shaking their



heads in disbelief when he demonstrates super memory, clairvoyance, and telekinesis. Mark has made television appearances with Johnny Carson, Oprah, Regis

Philbin, and Maury Povich. Do not confuse him with a psychic, this is a thought-provoking experience with a world renowned performer. New surprises are in store for repeat patrons! Performance 7:00 PM, P-Hall (KS) \$13. Now open to guests.

Holiday Dinner Dance with The Freestyle Band**Friday, December 2 — 5012-10**

Celebrate the holidays with friends and loved ones while you enjoy a delicious plated dinner and dancing with this live band. Cheryl Tiburzi and The Freestyle Band are back with their unique variety of musical styles, including classic rock, big band, contemporary pop, blues, Latin and jazz. If you are buying a table with friends and neighbors, please have a complete list of guests at your table and their food choice upon registration. For a complete menu, please visit the Activities Desk. No-host bar at 5:30 PM, dinner at 6:00 PM, dancing 7:00 -10:00 PM. OC Ballroom. \$39. RSVP ♦♦ by 10/29.

**100 Years of Broadway at Three Stages Theatre****Sunday, December 4 — 1791-10**

The wonderful acoustics of the Three



Stages Theatre in Folsom will enhance your enjoyment of this show featuring five dazzling Broadway stars from such hit Broadway musicals as "Phantom of the Opera," "Les Misérables," "Chicago," "Little Shop of Horrors," "Jekyll and Hyde" and "Man of La Mancha". This tribute show contains two hours of Broadway treasures from Jerome Kern to Andrew Lloyd Webber, Cole Porter to Kander and Ebb. Balcony seating for the 7:00 PM performance. Leave OC at 5:30 PM, return ~ 11:00 PM. \$52. RSVP ♦♦ by 11/11.

Kilaga Springs — At the Movies! "DaVinci Code"**Monday, December 5 — Free**

PG; 127 minutes. "DaVinci Code" stars Tom Hanks and Audrey Tautou. Mystery/Thriller. Show 1:30 PM. P-Hall (KS). Free.

Eldorado "Peter Pan" and Vintage Car Museum Overnight • Wednesday/Thursday, December 7-8 — 1772-09

Treat yourself to dinner and show at the Eldorado Hotel & Casino in downtown Reno, located three blocks from the Truckee River. Arrive at the Casino with time for gaming or a river stroll before enjoying a delicious buffet dinner, followed by a performance of "Peter Pan" — the magical story of a boy who never grew up. After



the show, join the cast for holiday caroling. On Thursday, start with a breakfast buffet (included), followed by a visit to the world-famous National Automobile Museum (formerly the Bill Harrah collection). Step into a fantasy world of period street scenes from the 20th century featuring over 200 rare, experimental and one-of-a-kind cars. The collection includes Al Jolson's 1933 Cadillac V-16, Lana Turner's 1941 Chrysler, and James

Dean's 1949 Mercury from "Rebel Without a Cause." Next, we'll stop at the "Legends" outlet mall in Sparks for lunch-on-your-own and Christmas shopping before heading home. Hotel, show, dinner, breakfast, museum ticket, taxes, hotel portage and gratuities included. Leave OC at 1:00 PM December 7, return ~ 6:00 PM on December 8. \$145 per person double occupancy; \$165 single. RSVP ♦♦ by 11/11.

Kilaga Springs Music Night Presents the Doug Pauly Group with Meleva Steiert
Friday, December 9 — 5050-10

The most requested group from our Music Night line-up to date will be back for a repeat performance, the Doug Pauly Group with guest vocalist Meleva Steiert. The program will include various styles of American song including jazz, contemporary and Latin and some holiday tunes. Doug Pauly has been a professional guitarist since 1971 performing and arranging his own music ranging from George Gershwin to Jimi Hendrix. Meleva Steiert is a vocal instructor with the Sacramento Music Circus Summer Workshop and performs with many local groups. Concert 7:00 PM. P-Hall (KS) \$11. RSVP by ♦♦ 10/29.



Cornish Christmas at Grass Valley
Friday, December 9 — 1854-10

Lots of walking, uneven crowded streets wear comfortable shoes; dress warmly in layers. Recapture the spirit of Christmas past amid the charming surroundings of historic downtown Grass Valley, nestled in the Sierra foothills. Downtown will be closed to motorized traffic and filled with the sights and sounds of an old-fashioned Christmas —carolers, gospel music, carriage



rides, cloggers, bell ringers, harp music and, of course, Santa Claus. Tiny white lights outline the tops of the historical building facades throughout downtown. Delicious food and drink can be purchased (on your own) from a number of fine eating establishments and from food vendors who share the streets with hand craft vendors and holiday shoppers. Leave the Lodge at 4:30 PM, return ~ 10:00 PM. \$23. RSVP ♦♦ by 11/15.

Winter Crush: Olive Oil And Wine Tasting Tour
Saturday, December 10 — 1810-10

Join us for an Old World experience of olive oil and wine tasting. At the Winter Crush Festival in Corning, get a private tour of Lucero's olive oil manufacturing facility, followed by tastings and cooking demonstrations. At the Festival, enjoy lunch-on-your-own from fresh food vendors, live music, and shopping for a variety of gifts including premium olive oils infused with garlic, rosemary, mandarin, chocolate, etc. Tour includes a free bottle of fresh-pressed olive oil. From the Festival, we go to New Clairvaux — one of the more unusual wineries you will ever visit. Owned and operated by Trappist monks, known in Europe for their wine-making skills since 1100 A.D., the winery is a fascinating venue for both the history-lover and wine connoisseur. On a docent-led tour of the winery and grounds, see an 800-year-old monastic Charter House currently under reconstruction. Built with stones brought over from Spain in 1931 by William Randolph Hearst, the project is being overseen by the monks. Tours, olive oil and wine tastings, bottle of olive oil and wine glass included. Leave OC at 9:00 AM, return ~ 5:00 PM. \$48. RSVP ♦♦ by 11/11. For a preview of Lucero's olive oils and to learn more about the Festival, register for



Chef Roderick's Cooking class on November 8 (see page 64).

Champagne Brunch & Loomis Basin Holiday Home Tour

Saturday, December 10 — 1852-10
 Get into the holiday spirit on the Loomis Basin Holiday Home Tour. Five Loomis Basin homes decked out for the holidays will be featured. This year's tour includes charming, historic homes along with lavish, modern homes. This tour begins with special seating in the Sports Bar at Meridians for your Champagne Brunch followed by the tour. Featured on the tour is the historic English Colony Clubhouse once the social headquarters for Citrus Colony in



what is now Penryn. Constructed from locally quarried granite, the home has

been restored and has great valley views. The tour is supported by Loomis Basin Education Foundation for the improvement of educational opportunities for the district's children. We will tour each home for about 30 minutes. Wear comfortable walking shoes and be aware there may be steps on the tour. Brunch begins at 9:45 AM. Leave the Lodge following brunch at 11:00 AM and return ~ 5:00 PM. \$72 includes the champagne brunch and tour. RSVP ♦♦ by 11/21.

Lincoln Hills Chorus Presents "Celebrate the Season"

• **Sunday, December 11**
2:00 PM Show Only — 5011-10ASH
Meridians Lunch & Show Package — 5011-10APK
 • **Monday, December 12,**
7:00 PM Show Only — 5011-10BSH
Meridians Dinner & Show Package — 5011-10BPK
 • **Tuesday, December 13,**
7:00 PM Show Only — 5011-10CSH
Meridians Dinner & Show Package — 5011-10CPK
 "Celebrate the Season" with the 120-member chorus performing an

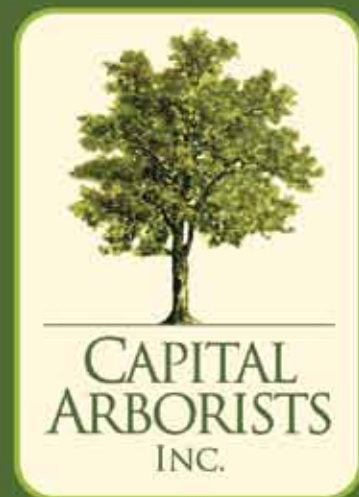


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eclectic blend of holiday songs. The program includes favorites such as "When I Hear Those Jingle Bells," "Angels We Have Heard On High," and "There's No Place Like Home For The Holidays." The tenors / baritones / basses will sing "An Elvis Christmas,"



and the sopranos and altos will harmonize "Lullay Alleluia." The chorus is directed by Bill Sveglini with piano accompaniment by John Hersch along with guest instrumentalists. For those who wish to have lunch or dinner at Meridians before the concert, including the convenience of reserved front section Ballroom seating, we offer limited show packages for all performances. Please visit the Activities Desk for the special menu and provide a meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Matinee, 2:00 PM and Evening shows, 7:00 PM. OC Ballroom. Show-only tickets \$12. Show Package \$41. RSVP by ♦♦ 10/29.

"Every Christmas Story Ever Told... and then some" at Capital Stages Wednesday,

December 14 — 1851-10

Instead of performing Charles Dickens' beloved holiday classic for the umpteenth time, three actors de-

ecided to perform "Every Christmas Story Ever Told" – which is a fast, fond, and furious look at the holiday traditions we all remember

(and a few we'd like to forget!). From Tiny Tim to the Grinch, from Frosty to "It's a Wonderful Life," nothing is spared in this rollicking tour de farce! See Christmas traditions around the World! Discover the origins of Fruitcake! No holiday tradition is left out

Holiday Community Celebration Thursday, December 15

Appreciate the beautifully decorated OC Lodge, visit with neighbors and enjoy light refreshments during a Holiday Community Celebration from 3:00-5:00 PM in the Community Living Room (OC). Staff, Board, Committee members and other volunteers will be on hand to share in the joy of the season and celebrate work well done in 2011. **The Tour de Lights event held last year was very popular. If you plan to decorate the outside of your home and want to make your address public for the Tour de Lights at Lincoln Hills, please submit your address and Village number to our Activities Desk or email the information to: Sarah.Ebster@sclhca.com by December 11. Staff will compile a list of decorated homes and make the list available to residents during our Holiday Community Celebration December 15.** Unfortunately renting buses to tour us around the neighborhoods like last year is too costly, so we encourage you to carpool with friends and neighbors to see the lights in the community.



of this classic to end all holiday classics. Enjoy this season performance at the new Cap Stage's midtown home



at 2215 J Street. Arrive in time for dinner on your own at several popular restaurants in the area prior to the 7:00 PM performance. Check your receipt for restaurant options. Leave OC at 4:15 PM, return ~ 10:30 PM. \$48. RSVP ♦♦ by 11/18.

San Francisco for the Day Saturday, December 17 — 1842-10

See San Francisco at its finest with holiday lights aglow and music in the air. These day trips are yours to do as you wish. There will be opportunities for last minute holiday shopping as this trip will drop you off at Westfield Shopping Center in downtown San Francisco. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ by 12/2.

Hometown Christmas at Three Stages Theater

Sunday, December 18 — 1850-09

The Placer Pops Chorale (formerly Sierra Community Chorus) is thrilled to continue as a featured partner at the beautiful Three Stages at Folsom Lake College. Make this your best holiday ever, and capture the spirit of the season with this dazzling Christmas concert! See this highly-

acclaimed vocal group perform the very best and most beloved Christmas favorites. Hear new and in-



novative arrangements of "White Christmas," "Believe," "Little Drummer Boy," "First Noel,"

and much more! Reserved premium seats for 2:00 PM performance. Early purchase encouraged. Leave the Lodge at 12:30 ~ return ~ 5:30 PM. \$49. RSVP ♦♦ Now.

Victorian Christmas • Wednesday, December 21 — 1862-10

Lots of Walking, uneven crowded streets, wear comfortable shoes, dress warmly in layers. A favorite with our residents. During the event, Nevada City's landmark historic district is closed to motorized traffic



and transformed back in time. Don't miss this opportunity to enjoy the romance of an old-fashioned holiday. Holiday celebrants fill

the streets, sampling the outdoor fare of friendly hawkers and vendors with food and goods offered by downtown restaurants and specialty shops. Christmas melodies, costumed characters and the glow of gas streetlights

remind visitors of another time and place. Dinner on your own. Leave OC at 12:30 PM, return ~ 7:30 PM. \$23. RSVP ♦♦ by 11/30.

San Francisco Shopping

Thursday, December 22 — 1841-10

Lots of Walking! Last chance for last minute holiday shopping! See San Francisco at its finest with Union Square stores decorated for the holidays. Join in the holiday hustle



and bustle without having to worry about driving and parking. Get your Macy's 10% discount card for the day as you board the bus. Our coach will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$34. RSVP ♦♦ by 12/9.

and bustle without having to worry about driving and parking. Get your Macy's 10% discount card for the day as you board the bus. Our coach will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$34. RSVP ♦♦ by 12/9.

Broadway Sacramento:

Rain, a Tribute to the Beatles

Tuesday, December 27 — 4563-05B

Enjoy reserved orchestra seating



plus a comfortable coach ride to the Sacramento Community Theatre to experience a multimedia concert from the best Beatles tribute band, Rain. Leave OC at 6:45 PM, return ~ 11:30 PM. \$78. RSVP ♦♦ by 11/1. See details on this page.

Red Hawk Casino

Thursday, December 29 — 1940-10

Ready to get away for the day? Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a nonsmoking extensive buffet and offers our passengers \$15 free play money. Be sure to bring your personal identification to receive your Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ by 12/15.



Lincoln Hills New Year's Eve Spectacular
Saturday, December 31, Orchard Creek Lodge
Solarium Winemaker's Dinner — 5031-10WM
Ballroom Comedy Dinner Show — 5031-10COM
Meridians — 5081-10MER
Pre-Function — 5081-10PF



New Year's Eve 2012 will be "Spectacular!" at Lincoln Hills with new party options for you and your guests. Customize your celebration with food, music and laughs before the clock strikes midnight.

For wine lovers, experience the "Best of Winemaker's Dinner" with a four-course meal and an exceptional pairing of wines from Chef Roderick in the Solarium. Headliner Sean Peabody will have you laughing during the one-hour Comedy Dinner Show in the Ballroom. For those who would like to have an intimate dinner with close friends, select your favorite entrée and seating in either the Pre-Function Area or Meridians. After dinner, everyone will enjoy dancing with DJ Greg of Music to Go, karaoke in the Community Living Room and 30-minute comedy stints in the Sports Bar. Champagne will flow before the clock strikes midnight as you watch the night sky light up with a magnificent Amphitheater fireworks display to ring in the New Year.

Guests may choose their tables during registration. Resident must provide all the names and entree selections as well as seating location for their party. Tickets for the Best of Winemaker's Dinner and Comedy Dinner show are exclusively available at KS; Tables at Pre-function and Meridians will be on sale only at OC. Tickets required for entry. No refunds. Menus available at the Activities Desks.

For Winemaker's Dinner and Comedy Dinner Show guests, doors open 7:00 PM, dinner 7:30 PM. Meridians and Pre-Function Guests doors open 7:30 PM, dinner served 8:00 PM. Dancing 9:00 PM-12:30 AM, karaoke 9:00-12:00 AM, Mini-comedy shows at 9:30 PM and 10:30 PM, fireworks display at midnight. Tailored dinner options start at \$65 per person. Join friends and family for a night like no other! *Please see page 4 for complete party invitation and details.*

Broadway Sacramento 2011-2012

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



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

Together longer than the Beatles, Rain has mastered every song, gesture and nuance of the legendary foursome, delivering a totally live, note-for-note performance in this

multimedia concert that's as infectious as it is transporting. From the early hits to later classics ("I Want to Hold Your Hand," "Hard Day's Night," "Hey Jude" and more), this tribute will take you back to a time when all you needed was love and a little help from your friends! RSVP ♦♦ by 11/1.

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

More than 50 years ago, one musical changed theater forever. It's back

mesmerizing audiences again and soars as the greatest love story of all time, as powerful, poignant and timely as ever. The score includes such favorites as "Tonight," "I Feel Pretty," and "Somewhere." RSVP ♦♦ by 12/16.



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- **Oncology:** Prevention, diagnosis, and treatment of cancer
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- **Mamma Mia!**
Tuesday,
March 13, 2012 — 1790-06

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



- **Million Dollar Quartet**
Tuesday,
April 17, 2012 — Sold Out!
- **Wicked • Tuesday,**
May 29, 2012 — Sold Out!
- **Additional Date and Price**
Wicked • Tuesday,
June 12, 2012 — 4563-05E1

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One — born with emerald green skin — is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for a wonderful musical. On Broadway and around the world, Wicked has worked magic on critics and audiences alike. \$101. RSVP ♦♦ by 4/1/2012.



Sold Out Trips/Events Thru November 20

Trip/Event • Date • Departure Time

- Benicia Glass Tour, October 19 — 8:00 AM
- Off to the Races, October 23 — 10:00 AM
- Chukchansi/Yosemite Overnight, October 26 — 8:00 AM

Art Classes

—Drawing—

Beginning Drawing Workshop
Saturday, October 29 — 1010-09
9:30 AM-3:30 PM (OC). Instructor:

Claire Michelet. \$39. Have you ever wanted to learn how to draw? Then this workshop is for you! Fun visual exercises and many visual and technical short cuts will lead you to a lot of enjoyment as you get initiated to the drawing process. There will be one-on-one help in the afternoon as you develop your work. You will be able to use the following drawing media: pencils, charcoal, and chalks. A supply list provided at registration. Class will take a 30-minute break at 12:00 PM for lunch. This workshop was highly received in other schools. RSVP ♦♦ by 10/22.

Portrait Drawing from the Model Wednesdays, November 9-30 — 1013-10

1:00-3:30 PM (OC). Instructor: Claire Michelet, cmichelet@earthlin.net if questions. \$60 (four sessions). Model fee \$12-20 (depending on the number of students). Sketch and draw portraits from a live model. Find the essential of an expression or movement by doing quick sketches. Practice lines, values, shading, and volumes drawing longer poses. Model present during all sessions. RSVP ♦♦ by 11/2.



Note: If interested in becoming a model for class, contact the instructor.

Drawing Composition Wednesdays, November 9-30 — 1010-10A

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Open to all skill levels including students that have taken any Beginning one-day Workshops. Learn the decisive power of a compelling composition. This interactive class will address composition from several points of view: designing with shapes, recognizing patterns, framing, cropping, movement, the relationship between things, working with opposites, active and passive shapes, and more. Different themes will be addressed: Still life, landscape, etc. A

supply list provided at registration. RSVP ♦♦ by 11/2.

Drawing Portraits from Photographs • Saturday, November 19 — 1010-10B

9:30 AM-3:30 PM (OC). Instructor: Claire Michelet. \$39. Interested in learning to draw from family photographs? Learn cropping, scale, resizing, simplifying and discriminating between the photographic information, breaking the image down tonally, and creating a convincing life-like drawing. All levels welcome! Supply list provided at registration. RSVP ♦♦ by 11/12.

—Oils, Pastels & Acrylics—

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, October 19 – November 16 — 1031-09 Or November 30- December 28 — 1031-10

9:00-11:30 AM (OC). Artist and resident Tom Proctor. \$65 – October class (five sessions). \$52 – November class (four sessions, no class December 21). Choose Oil or Acrylic. Complete original paintings based on own or instructor's photos. Analyze ("read") paintings by well-known artists. Understand what makes an ideal composition. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ♦♦ Now or by 11/23.



Painting Pastels and Oils with Joan Mondays, October 24 – November 21 — 1052-09 Or November 28- December 19 – 1050-10

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 – October class (five ses-



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sions). \$52 – November class (four sessions). 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 beauti-



ful frame. Class divided based on student's art medium. New students: please ask for supply list from the Activities Desk during registration. RSVP by ♦♦ 10/17 or 11/21.

New! Watercolor Batik Painting with Anthony Rogone • Mondays, November 7–28 — 1110-09

12:00-3:00 PM (OC). Instructor: Local Artist Anthony Rogone. \$70 (four sessions). For all skill levels. Learn the ancient art form of Batik, a watercolor painting technique that was adapted from what is traditionally done on silk with dyes and wax. Class will use Japanese rice paper, watercolor paints, paraffin and beeswax. Explore all the creative possibilities and "happy" accidents that develop with this painting method. Students will finish own unique watercolor batik painting at the end of the class. Bring your own watercolors, rice paper will be available for purchase at class. Suggested materials list upon registration. RSVP ♦♦ by 10/31.



—Mixed Media—

**Mixed Media Collage
Thursdays, October 20, 27,
November 10 & 17 — 1140-09**

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$74 (four sessions).



Open to beginning and continuing mixed media artists. This lively and improvisational fine art workshop will show you how to turn your recyclables such as magazine pages, wrapping paper and interesting beads and trinkets into

mixed media collage art and unique 3-D paper assemblages, suitable for framing. Bring your personality in your artwork by choosing your favorite colors, textures and images in the materials you use. One-on-one guidance provided. Supply list provided upon registration. Questions? Call Jo at 543-1357. RSVP ♦♦ Now.

Ceramics Classes

—Earthenware—

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

8:30 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. Class \$52, additional firing fee: \$7. Open for all skill levels. This is an open workshop on greenware that will teach blending, shading, cross-shading and reverse-shade on ceramics. Students may bring their choice of three pieces of greenware to finish within the day. We complete a plain piece, animal or two or a bird.



Class fee includes airbrush usage, color, paperwork, and instruction from an airbrushing expert. Many love this class and repeat it often, bringing different pieces each time. Class starts at 9:00 AM with a 45-minute lunch break. Questions: davidhoffceramics@gmail.com or (559) 456-4726. Supply list prints with receipt registration. RSVP ♦♦ by 10/24.

—Lladro—

**Spanish Oil Painting • Wednesdays
November 16-
December 21 — 2060-10**

(No class November 23.) 1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). A beginning and continuing class on how to paint



porcelain figurines. **Prerequisite:** Beginning students required to attend five consecutive classes in order to complete first-time instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 two weeks before class start for figurine order. RSVP ♦♦ by 11/9.

**Lladro Workshop • Wednesdays,
October — 2063-01J
November — 2063-01K**

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time. Workshop is not for beginners and will not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for "firing" and assuring everyone follows guidelines and safety procedures. Fee includes firing and use of moderator's supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.



—Pottery—

**Beginning/Intermediate Ceramics
with Jim • Tuesdays
November 1-29 — 2012-10A**

(No class November 22.) 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



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develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 10/25.

Advanced Ceramics • Tuesdays November 1-29 — 2012-10B

(No class November 22.) 9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 10/25.

Beginning Hand Building Potter's Wheel Techniques with Terry Thursdays,

November 3-17 — 2011-10

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$41 (three sessions). Open to all skill levels. This class will introduce hand building techniques and working on the potter's wheel for



those interested. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Frequent demonstrations are given introducing new and exciting projects. New students: please ask for supply list when you register. RSVP ♦♦ by 10/27.

Computer Classes (PC & Mac)

—Operating System—

Beginning Computer • Monday,
Wednesday & Friday
October 24-28 — 2542-09

10:30 AM-12:30 PM (OC). Instructor: Roy Salisbury. \$45 (three sessions). Take a small step toward learning today's technology. Learn terminology, basic facts and try a gentle hands-on introduction to the computer. Become comfortable with the computer, learn to "talk the talk" and participate in conversations about computers. We will cover the basics of Windows and how it works. Learn: How do I find anything in the computer?;



Where are my photos & documents?; How can I put my files where I want to?; How does my browser work?; How can I search for what I want on the web?; and more. We will be using the Windows 7 computers in our lab, but the class will cover Windows XP, Vista, & 7. \$3 handout fee payable to instructor. *About the instructor:* Roy has been teaching at local Community Colleges and adult education for over 12 years and has taught thousands of students how to use computers and various software programs. RSVP ♦♦ by 10/17.

—Microsoft 2007—

Excel – Beyond Basics
Mondays & Wednesdays,
November 7-16 — 2640-09

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). Prerequisite: Knowledge of basic Excel or Excel experience. You have been asking for it, so here it is! Excel—Beyond Basics. This class will review Excel basics and move forward, providing the student with experience using formulas and functions. Among functions covered will be statistical functions, IF function (conditional statements and formatting), VLOOKUP and the sort command, formatting, graphing, and the concept of relative versus absolute addresses. Exercises will be provided for experience working with large spreadsheets and combin-



ing data from different spreadsheets into a summary report. RSVP ♦♦ by 10/31.

MS Word Mail Merge
Mondays & Wednesdays,
November 28-
December 7 — 2650-10

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). Prerequisite: Some experience with MS Word. Designed to provide students with knowledge and practice to execute Microsoft Word's mail merge, learn to create labels, form letters, club documents, etc. Mail merge is a great tool to use for all the holiday cards you will be sending. RSVP ♦♦ by 11/21.

— Social Networking —

Facebook Lab • Thursday
November 17 — 2693-08B

9:00-11:00 AM (OC). Instructor: Cami Cordell. \$13. Two hours of lab help for those who need more hands-on and one-one one help. Students must have taken a Facebook class. Residents will be able to log in and ask questions accordingly. RSVP ♦♦ by 11/10.

Facebook 1: Getting Started
Tuesday & Thursday
December 6 & 8 — 2693-10

9:00 AM-12:00 PM (OC). Instructor: Cami Cordell. \$36 (two sessions). **Prerequisite:** Student must have an email account and bring their email password to class. 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, grandchildren and family across town or continents. Learn the basics: how to sign up, set up a profile, post first comments. Create an event, post a picture, and invite friends to your Facebook site; more if time permits. Class will offer two hours of lecture and one hour lab



practice per meeting. \$2 fee for handouts payable to instructor. RSVP ♦♦ by 11/29.

—Genealogy—

Genealogy is the fastest growing hobby in North America. The following three classes will help you begin the exciting journey of discovering who your ancestors are and recording details of their lives. Each session will feature a different popular family history program – RootsMagic, Legacy Family Tree, and Family Tree Maker. If you are interested in comparing these three family history programs before settling on one, you should enroll in all three sessions.



Each class will teach students how to create a sample database with a few individuals in their family to get up and running using that program. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. All sessions include two hours of lecture and hands-on plus one hour of student monitored exercise with instructor available for question and answers.

Getting started with Legacy Family Tree

Friday, October 21 – 2690-10A
Friday, November 11 – Sold Out
1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. **Prerequisite:** Basic computer skills. Legacy Family Tree is genealogy software for Windows that assists family historians in tracking, organizing, printing, and sharing family history. It is one of the best genealogy programs on the market today. RSVP ♦♦ by 10/14.

Getting started with Family Tree Maker

Friday, October 28 — 2690-10B
Friday, November 18 — Sold Out
1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. **Prerequisite:** Basic computer skills. Family Tree Maker

(FTM) is advertised as “the #1 selling genealogy software.” As with other genealogy software, FTM allows the researcher to keep track of information collected during family history research and to create reports, charts, and books containing that information. Beginners enjoy the easy navigation and tree-building tools in FTM. RSVP ♦♦ by 10/21.

Getting Started with RootsMagic

Friday, November 4 — Sold Out
Friday, December 2 — 2690-10C
1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. **Prerequisite:** Basic computer skills. The main function of RootsMagic is to provide you with a place to enter information about your family history. While RootsMagic is an easy program for beginners to learn to use, it is also one of the most powerful genealogy data base programs on the market. RSVP ♦♦ by 11/25.

—Digital Photography—

Photoshop Elements 9 – Level I

Tuesdays, October 18-
November 1 — Sold Out
Or Thursday,
November 3 – 17 — 2521-10
6:00-8:30 PM (OC). Instructor: Roy Salisbury. \$45 (three sessions). **Prerequisite:** Basic computer knowledge recommended. Photoshop is the #1 consumer photo editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore your photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 9.0 owners. After class, students may access PC lab to work on their photo projects. \$2 handout fee payable to instructor. RSVP ♦♦ by 10/27.



Picasa 101

Wednesday, Thursday & Friday
October 19, 20, 21 — 2523-09
Or November 2, 3 & 4 — 2523-10

9:00-10:30 AM (OC). Instructor: Len Carniato. \$50 (three sessions). **Prerequisite:** Comfortable using your home PC and know basic skills, i.e., Email, Internet, Drag, Copy and Paste. Open a “g-mail” account before starting class. Photo editing using your computer is the rage and modern Digital



Cameras make it easy to take great shots. Enjoy your photos more by learning how to touch-up, organize, store and share your photos. Learn Picasa, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Picasa is a free program and can be installed on any computer. RSVP ♦♦ Now or by 10/26.

Cooking

Cooking with Chef Roderick Tasty Olive Oil Recipes

Tuesday, November 8 — 4014-10
8:45-11:00 AM (KS). Instructor: Chef Roderick. \$15. Featuring Lucero Olive Oil, Chef Roderick will introduce you to different cooking techniques using a variety of flavored olive oils. Ingredients found in olive oil offer a lot of health benefits, i.e., lowering cholesterol, normalizing blood clotting and insulin levels and helping blood sugar control. Discover how to prepare tasty healthy recipes from Chef! Class will start with a 15-minute presentation



from Lucero Olive Oil on products that will be used in class plus upcoming educational trip to Winter Crush on December 2 (see page 52 for details).

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Crafts

Origami — Christmas Celebration Mondays, November 14- December 5 — 3041-09

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$32 (four sessions). Rich in history, Origami — the art of paper folding — is one of Japan's ancient customs of interest to many people. Kathy was born in Japan and will



teach you this interesting and fun art form in time for the holidays. Learn to create a Christmas basket (using Christmas pattern/color papers, 12x12"

and/or 8-1/2x11"), Christmas tree with sparkles, ornament, and more. Bring 6x6" origami papers, pencil, roller, scissors, and multipurpose glue. (See display window [OC] for project sample.) Beginners are welcome. RSVP ♦♦ by 11/7.

Dance

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

—Ballroom Dance—

Saturday Ballroom Workshops

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

Cha-Cha Workshop • Saturday November 12 — 3520-10A

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



will start with beginning level moves and keep adding to the dance pattern as class progresses. Cha-cha is a fun and simple

dance and great to learn for going on a cruise or dance parties. RSVP ♦♦ by 11/5.

Rumba Workshop

Saturday,

November 19 — 3520-10B

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



is a slow romantic dance with great patterns to follow. Learn the pattern, the lead,

and the follow all within the two-hour workshop. RSVP ♦♦ by 11/12.

—Clogging—

Clogging with Janice • Tuesdays,

November 1-29 — 3571-10A

(No class November 22.) 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 Be-

ginning Clogging steps. This fun class will stimulate your dancing skills.

More steps and dances, an ongoing class. RSVP ♦♦ by 10/25.

Beginning Clogging/Technique Class • Tuesdays,

November 1-29 — 3571-10B

(No class November 22.) 12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Open to new stu-

dents. Clogging helps reduce dementia and stimulates the brain. Learn to clog with your hands if you think you can't do it standing up! Returning students can hone their skills during technique time. Janice is a certified clogging instructor with 30 years of teaching experience. Clogging is an American Folk Dance with roots in many dances — Irish, Scottish, German, African, Indigenous Peoples of America. It is not as hard as you think and we give you low impact clogging. No special shoes required; flat-soled shoes recommended or "tennis" shoes. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we'll have lots of fun. RSVP ♦♦ by 10/25.

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

Clogging II • Tuesdays,

November 8-29 — 3573-09A

12:00-1:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). **Prerequisite:** Completion of Clogging I/ Beginning Clogging or instructor's approval. RSVP ♦♦ by 11/1.

Clogging Performance • Tuesdays

November 8-29 — 3573-09B

1:00-2:00 PM (KS). Instructor: Susie Thomas. \$20 (four sessions). Prerequisite: Completion of three sessions of Clogging II or instructor's approval. Learn intricate choreography and formation. **Note:** Students registered for the Performance class are not required to perform at events. RSVP ♦♦ by 11/1.

—Hula Dance—

Hula Classes will continue to have classes until November 3 for the year. Class will take a hiatus until January.

—Line Dance—

Intro to Line Dance

Last session under Audrey Fish will end on November 17. Class will take a hiatus until January.

Line Dance I/Beginner with Audrey Thursdays, November 3 –

November 17 — 3603-09B

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



Fish. \$15 (three sessions). Class is not for newbies in the dance. Class reviews fundamentals of line danc-

ing, including basic steps such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, you should start with Intro to Line Dance (above). RSVP ♦♦ by 10/27.

Line Dance II — Beginner-Intermediate with Audrey Mondays, November 7-28 — 3603-09C

5:15-6:15 PM (OC & KS). Instructor: Audrey Fish. \$20 (four sessions.) Prerequisite: Completion of Line Dance I/Beginning Line Dance. This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. Note: November 21 & 28 will be at OC from 5:00-6:00 PM. All other classes are at KS. RSVP ♦♦ by 10/31.

Line Dance III • Intermediate with Audrey • Thursdays, November 3-17 — 3603-09D

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$15 (three sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ♦♦ by 10/28.

Line Dance IV/Advanced with Audrey • Mondays, November 7-28 — 3603-09E

3:45-4:45 PM (OC). Instructor: Audrey Fish. \$20 (four sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Stu-

dents should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 10/31.

Line Dance Beginner Plus with Sandy • Tuesday, November 1-22 — 3705-09A

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$20 (four sessions). Prerequisite: Must have completed at least six months of Beginner Line Dance I. Class is a step up from the Beginner



I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 10/25.

Line Dance II Beginner-Intermediate with Sandy Wednesdays, November 2-23 — 3705-09B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). Prerequisite: Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning/intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 10/26.

Line Dance III with Sandy Wednesdays, November 2-23 — 3705-09C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$20 (four sessions). Steps at this level could include:

combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts, many more. At this level, there is no limit on the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 10/26.



Line Dance I/Beginner with Yvonne Mondays, November 7-28 — 3605-09A

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$20 (four sessions). As with the other beginner classes, this class will teach the basic fundamental steps of line dance. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ 10/31.

Line Dance Beginner Plus with Yvonne • Mondays, November 7-28 — 3605-09B

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$20 (four sessions). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from line dance I into line dance II. The dances become a bit more challeng-



ing but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting providing exercise for mind and body at the same time. RSVP ♦♦ 10/31.

Line Dance II/Beginner-Intermediate with Yvonne

Class continues until November 17 from 9:00-10:00 AM (KS). Class takes a hiatus and will resume instruction in January.



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Country Couples Line Dancing — Intermediate Continuing

Mondays,

November 7 & 14 — 3531-10

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$16 (two sessions). Open to all skill levels and experience. Join the Keeners as they continue to trip the light fantastic. The first hour and a half will concentrate on instruction while the last half hour will be for practice and individual help. Students will need to sign up for all classes. Classes will consist of review of some past lessons and introduction of new dance routines. RSVP ♦♦ by 10/31.

—Tap Dance—

Tap Classes with Alyson!

All Technique and Performance classes held on Monday will have their last session November 28, Tuesday classes end November 29 and Thursday classes close its session on



November 17. All classes will take a hiatus until January 2012. Performance students

are encouraged but not required to enroll in a technique class. Those enrolled in both performance and technique classes for months of October and November this year will not have to pay for technique class in January.

Tap for Fun with Judy!

Join us and enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. Not a performing group, it is designed for people who love to dance and kick up their heels!

Frídays, October 21-

December 2 — 3551-09B

(No class November 25. December 2 class will be held in Fine Arts [OC]). 1:00-2:00 PM (KS). Instructor: Judy Young. \$30 (six sessions). RSVP ♦♦ Now.

Mondays, October 24-

November 28 — 3551-09A

4:45-5:45 PM (KS). Instructor: Judy Young. \$30 (six sessions). RSVP ♦♦ by 10/17.

—West Coast Swing— (California's State Dance)

Beginning West Coast Swing

Levels I & II • Wednesdays

November 2-30 — 3510-10A

(No class November 23) 8:00-9:00

PM (KS). Instructor: Dottie Lovato-Mackén. \$24 (four sessions). Prerequisite: Complete at least

three sessions of Beginning class in order to advance to next level.

Join this fun and social class. Learn the basics of this great dance from veteran WCS instructor Dottie and how it can be applied to various types and styles of music. RSVP ♦♦ by 10/26

Intermediate West Coast Swing

Levels I & II • Wednesdays,

November 2-30 — 3510-10B

(No class November 23) 6:00-7:00 PM

(KS). Instructor: Dottie Lovato-Mackén. \$24 (four sessions). Prerequisite: Must have completed West Coast Swing Beginning levels one and two. RSVP ♦♦ by 10/26.

Advanced West Coast Swing

November 2-30 — 3510-10C

(No class November 23) 7:00-8:00 PM

(KS). Instructor: Dottie Lovato-Mackén. \$24 (four sessions). Prerequisite: Must have completed West Coast Swing Intermediate I and II. RSVP ♦♦ by 10/26.

Driver Training

AARP Driver Safety Program

Wednesday, November 9 &

Thursday,

November 10 — 6055-10

8:30 AM-1:00 PM (OC). AARP member (\$22) for two-day session; AARP

non-member (\$24); free for Veterans* (Special Promotion for November.) Instructor: Roger Kane. Resident must present current AARP membership card when you register and pay at the Activities Desks to receive the discounted class fee. In cooperation with AARP, the Association brings



back the convenience of attending a Driver Safety Course in our community. This eight-hour AARP Driver Safety Course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course covers how to adjust your driving to accommodate normal age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver's license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 11/2.

**For November, your Association joined AARP in their special promotion in providing a free classroom course to all Veterans and their spouse in recognition to their service to our country. To register for free, Veterans must mention the announcement to the Activities Monitor during enrollment. Instructor will ask for some form of military identification before the start of the class to verify Veteran status. Please check receipt for list of acceptable military proof of identification.*





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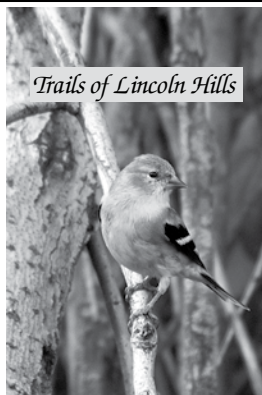
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Fitness

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—Small Group Training—

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SGT-Yoga Basics & Beyond Mondays & Fridays, October 28- November 21 — 835000-Y1

12:00-1:00 PM (KS) Aerobics Room
Instructor: Wendy Devore, RYT certified yoga instructor. This one-hour small group yoga class covers a basic understanding of essential yoga poses, alignment, strength, flexibility, and modifications. All levels welcome, especially the newer yogi who wants more attention to detail and injury prevention. **Four week session \$135.** Register/Fitness Centers.

SGT-TRX Interval Training Mondays & Wednesdays, November 7-

December 5 — 835000-T8
(No class November 23.) 2:30-3:30 PM Aerobics Room (KS). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Training combines TRX with intervals of cardio. All fitness levels benefit from TRX! **Four week session \$135.** Register/Fitness Centers.



SGT – “Fun”ctional Fitness

Tuesdays & Thursdays,

November 1- 29 — 835000-1F

(No class November 24.) 12:00–1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled Small Group Strength Training great for beginners or anyone looking for a new method of training. Team-oriented class uses a variety of equipment and features TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. You choose the intensity; all levels welcome. **Four week session \$135.** Register/Fitness Centers.

SGT – Aligned & Defined Pilates Mat Training

**Mondays & Fridays, November 28-
December 23 — 835000-P6**

7:00-8:00 AM Aerobics Room (KS). Instructor: Certified Pilates professional Paula Ainsleigh. Small Group Pilates Mat series for beginners transforms the way your body looks, feels and performs. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. Includes an initial postural assessment, individualized instruction in a group setting, and a Pilates exercise program you can do anywhere. Small props used for classes, last session in circuit format including exercises on the Pilates Reformer. For any fitness level. **Four week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

**W.O.W. — Working Out with
Weights • Tuesdays, October 25-
November 29 — 750500-09**

11:35 AM-12:30 PM, Weight Room

(KS). Instructor: Jill Boan. Want the most out of your workout? This in-depth, strength training program will take you from basic to advanced training techniques. You will begin learning how to use the machines the right way and get a total body program focusing on proper settings and correct form! Learn how, when and why you need to change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. **Six-week session \$75.** Make-up days available. Register/Fitness Desks.



Reach for the Top/Stretch & Tone! Mondays, 12:00-1:00 PM, October 31-

November 28 — 805000-10

Tuesdays, 11:30 AM-12:30 PM,

November 1-29— 801000-10

Thursdays, 11:30 AM-12:30 PM,

November 3-

December 1— 80300-10

Thursdays, 12:30-1:30 PM

November 3-

December 1— 80400-10

(No class week of November 20-26.) Aerobics Room (The Wave). Instructor: Lin Hunter. This class is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your



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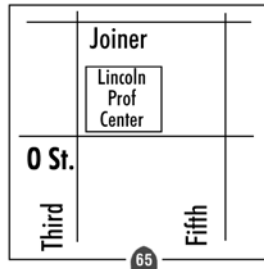
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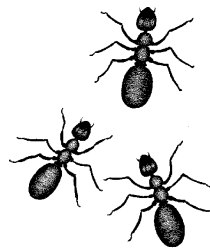
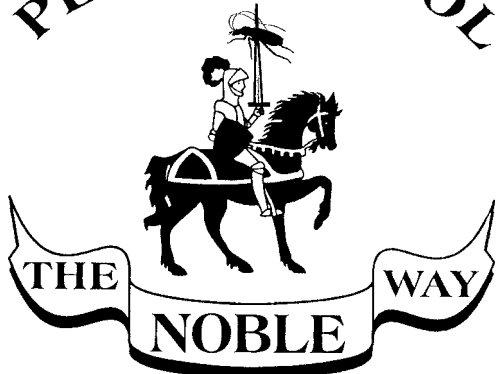


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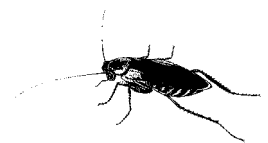
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 Thursday, November 3
 Thursday, November 17**

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**Balletone • Tuesdays,
November 1-29 — 70000-10**

(No class November 22.) 4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. Combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga in a fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session \$40.** Register/Fitness Desks.

—Dance/Fitness Centers—

**Hot Hula, Tuesday, October 25-
November 15 — 814000-10**

6:00-7:00 PM, Aerobics Room (The Wave). Instructor: Maria Fe Cornejo. Hot Hula Fitness® is a fun, new and exciting dance workout that provides a “total body workout” in 60 minutes. Hot Hula Fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, Hot Hula Fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels welcome. **Four-week session \$40.** Register/Fitness Desks.

**Free! Hot Hula Workshop, Tuesday,
October 18**

6:00 PM, The Wave. No need for sign-ups, come join the fun.

**Zumba KS • Mondays,
November 7-**

December 5 — 810000-10

(No class November 21.) 3:45-4:45 PM, Aerobics Room (KS). Instructor: Nicole Robinson. Experience an absolute blast in one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your



entire body and help you achieve long-term benefits. A cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and easy to do! **Four-week session \$32.** Register/Fitness Desks.

**Performance Dance with Dolly,
Wednesday,**

November 2-30 — 771200-10

(No class November 23.) 2:30-4:00 PM, (The Wave). Instructor: Dolly



Schumacher. For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines

are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher's approval only. **Four week session \$46.** Register/Fitness Desks.

**Jazz/Musical Theatre Wednesdays,
November 2-30 — 770300-10**

(No class November 23.) 4:15-5:15 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. Exercises and technique used to create simple combinations in upbeat music,

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rhythm & blues, show tunes, rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater and lyrical styles. Something new in every class. Come watch a class and see how much fun dance can be! **Four week session \$32.** Register/Fitness Desks.

**Ballet • Thursday, November 3-
December 1 — 770401-10**

(No class November 24.) 6:00-7:00 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. For some reason when the word ballet is used, many women are intimidated. Ballet is the fundamental training for every type of dance: Jazz, Ballroom, Musical Theater, Tap, Country Line Dance, Folk Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength! It's not about dancing for the stage, or on pointe; it develops posture, core strength, grace, footwork, timing — it's the best all-around exercise conditioning program and it's fun! **Four week session \$32.** Register/Fitness Desks.

—In the Pool—

**Core-N-More Suspended Aquatic
Exercise**

Wednesdays,

November 2-30 — 760000-11

Thursdays, November 3-

December 1 — 760100-11

**Wednesdays AM & Thursdays PM
November 2-**

December 1 — 760200-11

(No class November 23 and 24.)

Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM, Indoor Pool (The Wave). Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class combines exer-



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cises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week.** Register/Fitness Desks.

—Nordic Walking—

Beginning Nordic Walking Wednesdays,

November 2-30 — 750000-10

(No class November 23.) 10:00-11:00 AM, Back Patio (The Wave). Instructor: Mike Barkhurst. Mike has three nationally-recognized personal trainer



certifications and two advanced teaching certifications in the American and European Meth-

od of Nordic Walking. In the beginner class, you will learn the American Method using Exerstrider Poles. Each participant will have use of a pair of Exerstrider Poles for the entire four-week session. There is very little hiking in the class as technique will be

taught and critiqued during the four instructor led-classes. Note: this class will only be offered four months out of the year. **Four-week session \$55.** Register/Fitness Desks.

—Yoga—

Extra Gentle Yoga (chair)

Tuesdays, November 8-

December 20 — 710000-10

(No class November 22.) 12:45-1:45 PM, Aerobics Room (The Wave).

Instructor: Julie Boone. Julie has been sharing her love of Yoga with



residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student. Practice includes gentle stretching, energizing breathing exercises,

and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Six-week session \$59.** Register/Fitness Desks.

Gentle Hatha Yoga Tuesdays, November 8-

December 20 — 710100-10

(No class November 22.) 2:00-3:30 PM, Aerobics Room (The Wave).

Instructor: Julie Boone. This class

is offered in the Gentle Hatha Yoga Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging yet “do-able.” For long-term students as well as yoga newcomers. Julie’s motto is “Yoga is not supposed to hurt!” She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not “easy;” strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Six-week session \$59.** Register/Fitness Desks.

Evening Yoga (Hatha-Traditional Yoga) • Tuesday,

November 29 — 711000-10

6:30-7:45 PM, Aerobics Room (KS).

Instructor: Susan Hayes. If you’ve



never tried yoga before, this is the class for you! Gentle, fun, and a good workout! **One-time free session, open to any resident, offered on**

November 29, 6:30-7:45 PM. Monthly sessions will resume in December.

Group Exercise Class Schedule!

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works	Hi-NRG Cycle*	Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Step It Up	Low Imp. Hi-NRG Cyc*	Step It Up	Low Impact	Low ImpactHi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Cyc&Strength*Water Wks	
9:00 AM	Low Impact	Core & Strength	Low Impact	Core & Strength	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	
10:00 AM	Cardio Dance&Sculpt	Yogafied	Cardio Salsa	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works		
10:30 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Splash Dance	Basic Joint Efforts	Step/Sculpt* Splash Dan.	Basic Joint Efforts	Splash Dance	
12:45 PM	Arthritis Found. Aqua		Arthritis Found. Aqua			
1:00 PM	Chair with Flair		Chair with Flair		Basic Chair	
2:15 PM	Fall Proof\$		Fall Proof\$			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM		H2O Circuit		Cardio Salsa* H2O Circuit		
5:30 PM	Dance Fit		Dance Fit			
6:00 PM		Aqua Tone		Aqua Tone		

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-Tai Chi-

Tai Chi

**Tuesdays, October 25-
November 15 — 730100-10**
**Saturdays, October 29 -
November 19 — 730200-10**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (The Wave).

Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses



on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Four-week session \$40.** Register/Fitness Desks.

Gem Stone Cutting

**Intro to Gem Cutting • Mondays,
November 7-28 — 3082-09**

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$20 (four sessions). Supply fee \$15 payable



to instructor. Limit: six students. This "hands-on" class provides

instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. Questions contact Dave Fisk, 434-0747. RSVP ◆◆ by 10/31.

Lost Wax Jewelry Casting Mondays,

November 7-28 — 3132-09

12:00-3:00 PM (class weeks one, two, & four); 8:00-9:00 AM and 12:00-3:00 PM (week three—November 21) (KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor first day of class. Learn basic techniques of millennia-old craft. Create wax model of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions, contact Dave Fisk, 434-0747. RSVP ◆◆ by 10/31.



millennia-old craft. Create wax model of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions, contact Dave Fisk, 434-0747. RSVP ◆◆ by 10/31.

Glass Art

-Fused Glass-

**Fusing Glass Workshops • Mondays
November — 3102-01K**
December — 3102-01L

4:00-6:30 PM except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$12 each day. Items will be



limited to a six-inch square kiln space. Fusing enthusiasts: Bring glass and fusing projects and work

on your designs. Students will share workshop time with stained glass enthusiasts. Sierra Room (KS). Pay at Activities Desk each day you attend the workshop.

**Fused Glass Jewelry & Other
Small Treasures For Beginning &
Continuing Students • Tuesdays
October 18-November 1 — 3098-08**
9:00 AM-12:00 PM (KS). Instructor:

Kate Uppal. \$40 (three sessions). Wondering how to make beautiful dichroic glass jewelry? In this fun, creative class, beginning students use regular and dichroic glass to learn fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. Learn finishing techniques and proper methods for applying various findings to complete designs. Continuing students are encouraged to take their designs to the next level, explore new techniques, improve on basics and invent a new look. Students receive individual attention to accomplish their goals and have an opportunity to create several pieces including: pendants, earrings, bracelets and more. Beginning students pay \$40 supply fee to instructor on first day of class for project materials. Continuing students may bring their own 90 COE glass and supplies to class or purchase it from the instructor. All students bring paper and pencils and tweezers; optional: camera. RSVP ◆◆ Now.

**Advanced Fused Glass Workshop -
Bracelets in a Day • Tuesday,
November 8, 2011 — 3099-09**

9:00 AM-12:00 PM (KS). Instructor: Kate Uppal. \$30. **Prerequisite:** Participants must have completed previous fusing glass class with Kate or have



equivalent fusing and glass cutting experience. Come spend a fun afternoon creating beautiful fused

glass bracelets. In just three hours, learn to make a gorgeous dichroic bracelet using a glue-on finding and a fabulous dichroic stretch bracelet. A \$20 material fee includes all the glass and materials to make both kinds of bracelets. RSVP ◆◆ by 11/1.

-Jewelry-

**Feathery Lariat • Tuesdays,
November 1-15 — 3012-09**

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$40 (three sessions).



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So pretty and feminine! The light and airy St. Petersburg chain makes this lariat so delicate looking. Choose neutral colors for a sophisticated



accessory or a color that goes with a favorite outfit. Length is up to you — lariat is easily scaled to any size. Check the samples in the Lodges for a close-up look at this pretty lariat.

St. Petersburg chain is easily picked up by students who know other bead stitches — a chance to add to your repertoire of stitches. Students should be comfortable with working with smaller beads. Be sure to get the materials list when you register — guidelines will be given for supplies to buy for any length necklace. RSVP ♦♦ by 10/25.

—Stained Glass—

Stained Glass Workshops

Mondays,

November — 3102-01K

December — 3102-01L

4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day.

Workshop is for experienced students



only. A moderator is present to supervise safe use of equipment but will not teach new methods. If you have experience working

with glass but have not had instruction, inform monitor prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Language

— Italian —

New! Conversational Italian: Unit 1

Wednesdays, October 19 —

November 23 — 6060-09

10:15 AM-12:15 PM (KS). Instructor: Miriam Bormann. \$90 (six sessions).

Supplies — \$8 payable in cash to instructor first day of class. This course will introduce you to Italian, the beautiful language of a land of romance, good food and beauty. The course is designed for absolute beginners and those returning to the language. Learn how to: introduce yourself, count, ask basic information, order a meal in a restaurant; what to say when buying in Italy and more. Class is geared to those who plan to take a trip to Italy or wish to communicate with family members or friends. RSVP ♦♦ Now.



Movies

Christmas at the Movies

Thursdays,

December 1 & 8 — 4271-10

9:30 AM-12:30 PM (KS). Instructor:

Ray Ashton. \$10 (two sessions). Help us celebrate this holiday season as we



present a mini-course on “Christmas at the Movies.”

We will begin with different interpretations of the classic Dickens story “A Christmas Carol.” Second session will

present the great Frank Capra’s “It’s a Wonderful Life” (in its entirety) and discover a great behind-the-scenes look at this classic Christmas story. So ... join us and a merry time will be had by all! RSVP ♦♦ by 11/24.

Music

— Guitar —

Guitar classes taught by Bill Sveglini will continue until December 8 for Thursday session and December 9 for Friday session. Next set of classes will start in January.

—Keyboard—

Play In a Day Keyboard Class

Tuesday,

November 1 — 4270-09A

10:00 AM-12:00 PM (OC). Instructors:

Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard? If so, this is the class for you! The music experts of Music Exchange bring their wonderful “Play In a Day” music program to our community. Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it’s possible to play a keyboard instrument. This fun class



teaches students to read music, play chords and familiarize themselves with the keyboard. At the end of the two-hour class, students will learn to play “Canon in D,” “Ode to Joy” and a few other songs arranged for beginners. Class provides each student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 10/25.

Play In a Day Keyboard

Continuation Class • Tuesdays,

November 8–29 — 4270-09B

(No class November 22.) 10:00-11:30

AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange.

\$48 (three sessions). **Prerequisite:**

Must have completed Play In a Day

Keyboard Class. From the successful Play In A Day Keyboard class, this

three-week class covers all topics

needed to play the piano, keyboard

or organ. Learn music terminology,

read notes, count and play all of

the major and minor chords. Also

learn the basic setup of all keyboard

brands. The one-and-a-half hour class

provides lecture and hands-on. Key-

boards provided. Class fee includes

basic music book and handouts. RSVP

♦♦ by 11/1.

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—Voice—

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10:45 AM-12:45 PM Friday class from Instructor Bill Sveglini ends December 2. Next session starts in January.

Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.

Bernina Serger Certification

Monday, November 14 — 4056-12J

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limited to three. RSVP ♦♦ by 11/7.

Bernina Sewing Machine Certification

Monday, November 14 — 4057-12J

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 11/7.



Janome Sewing Machine Certification • Monday,

November 14 — 4057-12J3

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a

sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 11/7.

—Creative Hardanger—

Norwegian Embroidery “Creative Hardanger” for Beginners

Tuesdays,

November 1-29 — 4022-12K

(No class November 22.) 3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions). Want to acquire



a new and easy hobby? Instructor Ana Bertha shows you techniques in this beautiful Norwegian embroidery form.

First hour provides general embroidery instruction. Remaining class time geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small \$12.50, large \$20. RSVP ♦♦ by 10/25.

Norwegian Embroidery “Creative Hardanger” Workshop

Every Tuesday — 4022-12K

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop is for students who have taken the class in the past and require minimal instructor assistance. Class held in conjunction with Creative Hardanger for Beginners. Instructor will be present to answer questions and provide guidance for successful completion of your project. Enjoy the camaraderie and fun atmo-

sphere at the workshop with friends who share your interest in the hobby. Students attending workshop must register and pay at the Activities Desk prior to start of workshop. Questions? Call Ana Bertha at 408-2670.

—Knitting—

Intermediate Knitting

Mondays, November 14-

December 12 — 4071-09

(No class November 21.) 9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions). **Prerequisite:** Must know how to Knit, Purl and Cast On. Class is for anyone who knows how to knit but would like help reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring knitting and pattern you are working on



or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. *About the Instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for yarn companies and writes articles and knitting designs for major knitting magazines and written nine books on Knitting and Crochet and two books on Quilting. Class is limited to 10 so sign up early. RSVP ♦♦ by 11/7.



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**Handy Helpers Return
Tuesday, October 25 — Free**

1:00-3:00 PM, Front Ballroom (OC). The Handy Helpers are back to discuss home security issues, and how to prepare your home for winter. Last February, nearly 400 people attended and requested them to return. Larry Schurr and Herman Tijsseling will discuss ways to keep our homes safe from break-ins and also answer your home



maintenance questions. For peace of mind, don't miss this one!

**End of Life Options
Thursday, November 3 — Free**

7:00-8:30 PM, Front Ballroom (OC). Did you know that hospice provides care for most life-limiting diseases, not just cancer? What do you do when you believe a loved one may be ready for hospice? How do you communicate this with the physician? Find out about transitioning to hospice, free evaluations and consultations, and



the benefits of coordinated care with healthcare providers. Learn about AIM, a new Sutter program developed to help support patients and families that may not be ready for hospice. A panel of speakers from Sutter Hospice will address these topics: James McGregor, MD, Medical Director; Sharyl Kooyer, RN, BSN, Regional Administrator, and Dennis Cox, LCSW, AIM Social Worker. Panel will focus on quality care at the end of life. Q&A follows. See the article on page 17.

Community Forums	Date, Time, Location
• Handy Helpers Return	Tuesday, October 25, 1:00 PM, Front Ballroom (OC)
• End of Life Options	Thursday, November 3, 1:00 PM, Front Ballroom (OC)
• Personal Survival	Tuesday, January 17, 10:00 AM, Fine Arts Room (OC)

Anxious About Your Driving Test?

continued from page 11

in the "poor driver" category, but statistics show that we are actually very good drivers. For example, Lincoln has the highest percentage of seniors and the lowest crash rate in the Sacramento area. Some reasons are that seniors have over 50 years of experience and they self-restrict as they age. Most of us know when to stop driving at night or on the freeway.

What issues do seniors have to worry about as they age? First of all, vision! With cataracts, macular degeneration, and glaucoma developing in our senior years, we must maintain vision screening and use corrective wear if needed. Second, mobility can be an issue. You must be able to turn your neck to look

behind your car while backing up, and to use your legs, feet, hands and arms to operate your car. The last issue is dementia. Many times we become confused as we age, and recognizing a real problem before something bad



How do you prepare for taking a DMV test? You can get DMV publications online at: www.dmv.ca.gov. The "California Driver Handbook" and a great one called "Senior Guide for Safe Driving" will answer all of your questions.

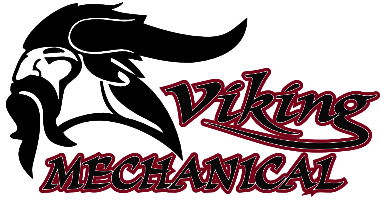
happens is important.

How do you prepare for taking a DMV test? You can get DMV publications online at: www.dmv.ca.gov. The "California Driver Handbook" and a great one called "Senior Guide for Safe

Driving" will answer all of your questions. Sample written tests are also on the same website. You do not have to pay for sample tests as long as you are on the official DMV site.

The DMV stresses that they do not discriminate against senior drivers. If you can pass all of the tests and have a clean driving record, then you will be able to renew your license. You can reach the DMV Ombudsman, John Locher, at 657-6464 if you have questions or concerns.

The next Community Forums will be "The Handy Helpers Return" on October 25 at 1:00 PM in the Ballroom, and "End of Life Issues" (about Hospice) on November 3 at 7:00 PM also in the Ballroom. See the Community Forum page at the back of the monthly *Compass* (this page in this issue) for all Community Forums.



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Am I Getting Enough Sleep?**Thursday,****October 27 — 874100-09**

6:00-7:00 PM, P-Hall (KS). Presented by Dr. Miranda from Sutter Health. Sleep is affected by the normal aging process. Discover what is considered “normal” sleep and learn about the wakeful circumstances that call for a physician’s evaluation. Sleep specialist Jose Miranda, MD, will also discuss the importance of sleep habits to promote wellness and optimal daytime performance. **Free!** Register/Fitness Centers or Activities Desks.

**Getting Your Stuff Together:****Organizing Your Estate****Tuesday & Wednesday,****November 1 & 2 — 863000-09**

9:00 AM-12:00 PM, Multimedia Room (OC). Instructor: Marcia Van-Wagner. The unexpected happens unexpectedly. Are you organized and ready? Expect the unexpected. One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to get your stuff together. The unexpected happens without warning. Be ready. **\$30** per person for both sessions, + **\$25** material fee to be paid to the instructor on first day of class. Register/Fitness Centers or Activities Desks.

**CPR/AED Class****Thursday, November 3 — 840001-07**

9:00-11:00 AM, Multimedia Room (OC). Instructor Mike Roper. While you cannot predict when an emergency will occur, you can be prepared! A CPR/AED certification course will give you the skills and knowledge you need to respond to a life threatening situation with confidence. Class includes hands-on instruction in Adult Cardiopulmonary Resuscitation (CPR), choking, and use of an Automatic External Defibril-



ator (AED). Participants will receive a CPR booklet, wallet guide, and certification card from medic first aid, valid for two years. **\$50**. Register at Fitness or Activities Desk.

Financial Wellness University

Russ Abbott is leading another session designed to help residents understand, interpret, and utilize the world of finance so it can add to your overall wellness and enrich your lives. As with all of Russ’ topics, this course has two sessions. The first session will provide a broad overview geared towards the resident who wants an overall knowledge of the monthly subject matter. The second session is geared towards the resident who wants to take a more detailed look at the various financial concepts surrounding that same subject. Residents are free to take both sessions and should not worry about missing a month as each topic is independent of the other.



Megan Cowart
Wellness
Program
Coordinator

Be

Inspired ~ Engaged ~ Well

Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

**How to Get Financially Educated,****Tuesday, November 8 — 870000-10**

11:00 AM-12:00 PM, P-Hall (KS). Getting educated in finance is very important, but who has the time and which class, book, or research should you choose. Learn how educating yourself reduces stress in your life and can make you richer. **Free!** Register/Fitness Centers or Activities Desks.

**Hands-on Session****Tuesday, November 22 — 871000-10**

The detailed hands-on session will be held from 10:30 AM-12:00 PM in P-Hall (KS). Specific investment websites are discussed, research firms are evaluated, and print media is analyzed. **\$5**. Register/Fitness Centers or Activities Desks.

Expanding Our Lecture Series

continued from page 9

An example of a good lecture series we currently offer is Ray Ashton’s Christmas Movies. See details on page 83.

We will continue to offer the same mix of similar classes in 2012 based on resident evaluation, class registration and instructor’s popularity with students. As Anthony J. D’Angelo states, “*Develop a passion for learning. If you do, you will never cease to grow.*” We look forward to learning and growing together.

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.lincolnsuncity.org

Public Website:

www.suncity-lincolnhills.org

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Club Article Editor • Wendy Slater

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KS Fitness Center 408-4634

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Asst. Director of Fitness, Lisa Scroggs

408-4872 lisa.scroggs@schca.com

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Meridians Reservations 625-4040

Director of F&B • Jerry McCarthy

625-4049 jerry.mccarthy@schca.com

Food & Beverage / Catering

Banquet Sales Manager Meghan Louder

625-4043 meghan.louder@schca.com

Lifestyle

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

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625-4002 kay.kerenyi@schca.com

Class Coordinator • Diane Kemper

408-4585 diane.kemper@schca.com

Club & Room Booking Coordinator

Judy Hogan 625-4021 judy.hogan@schca.com

Lifestyle Program Manager

Lavina Samoy 625-4073 lavina.samoy@schca.com

Special Events Coordinator

Tamara Coil 625-4019 tamara.coil@schca.com

Membership

Membership Clerk • Bertha Mendez

625-4000 bertha.mendez@schca.com

Spa at Kilaga Springs

408-4290

Spa Manager • Tina Ginnetti

408-4071 tina.ginnetti@schca.com

Wellness

Wellness Program Coordinator • Megan Cowart

625-4032 megan.cowart@schca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Office

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — The Wave 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

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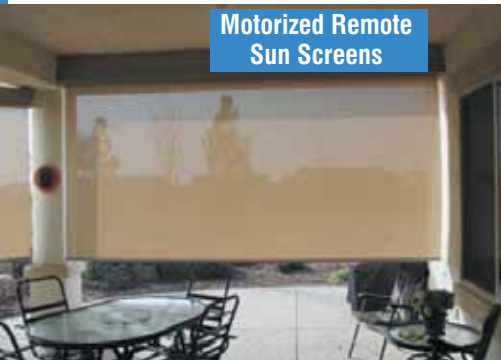
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