



# Compass

September 2011

**2012 Capital Projects  
Reviewed ... page 11**

**Food & Beverage presents  
Deli Night, Wine Dinner,  
and Crab Feed ... page 11**

**“Peer Connect” Program  
Launched ... page 7**

**Sun City Lincoln Hills  
Aids Evacuees ... page 15**





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### On the cover

*Paying tribute to America in memory of September 11, 2001, are retired residents, from left: Dick Schultz, Air Force; Larry Wilson, Army; Hap Arnold, Marines; Wayne Ford, Air Force; Richard Conigliaro, Air Force; Marcia VanWagner, Army; Roger Espiritu, Navy; Karl Schoenstein, Fireman*



## Street Lights and BOD Elections

### Board of Directors Report

Marty Rubins, Director, SCLH Board of Directors

There are a lot of things happening in Lincoln Hills. The big one is the street light retrofit with LED's by Sylvania Lighting Services.

The retrofit is scheduled to start in the middle of this month, and may have started by the time you read this. The work will initially be done on the main streets such as Del Webb Blvd and Sun City Blvd and all the streets with pendant lights. After that the Villages will be done, and it is estimated that the entire project will be completed in 90 days, barring delays because of early winter rains.

As you may already know, there are 2015 lights to be retrofitted with a cost savings of approximately \$80,000 from PG&E and \$47,000 in maintenance per year for a total of \$127,000. The electricity saving is based on the smaller wattage used because of the LED lamps, and our contract calls for Sylvania to do all maintenance for seven years. The estimate for full payoff is less than seven years, and leaves us with savings on electrical costs of \$80,000 per year going forward. This does not take into

account future savings from probable yearly electrical rate increases. The total cost of the project is \$859,000. Of which \$448,000 is from our Reserve Account and the balance is from unrestricted funds. The annual savings from the project will be allocated to our Reserve Account until the contributed amount is replenished.

To continue with what John Kightlinger wrote last month, the Board of Director election is coming up shortly and it is important for the well being of the Association and community that we have new residents running for the Board. Two years ago we had three openings and three candidates with no choice and no election. Not good for keeping the Association vibrant and responsible, and one of the reasons I ran for the Board last year was to give the residents a choice. I know the job takes time and effort, but like most volunteer work, is very fulfilling. Keeping your mind, as well as body active, is a great prescription for a long and healthy life. So take responsibility and run for the SCLH Board of Directors. Sign-up is September 23 to October 12.

## Board of Directors Election Dates

**Interested in running? September 16 could be a key date!**

### Important Dates:

- September 16 – Candidate Information Session / Get your questions answered
- September 23 – Candidates may file their intention to run for the Board of Directors
- October 12 – Deadline for Candidates to file intention to run for the Board of Directors
- October 14 – final slate of Candidates announced
- December 2 – Deadline for Candidate ballot statements to be submitted
- January 10, 2012 – Candidate Forum Session #1
- January 13, 2012 – Election Ballots mailed
- January 14, 2012 – Candidate Forum Session #2
- January 19, 2012 – Candidate Forum Session #3
- February 16, 2012 – Election Ballots Counted and results posted

# Calendar of Events

September 15-October 17

Upcoming Association-Related Meetings & Presentations	
Date • Time • Place	September 15-October 27
Golf Cart Registration	Thursday, September 15, October 6 & 20, 8:00 AM, OC Lodge
Properties Committee	Thursday, September 15, 9:00 AM, Oaks/Gables
Finance Committee	Thursday, September 15, 10:00 AM, Oaks/Gables
Finance Committee Second Budget Meeting	Tuesday, September 20, 10:30 AM, Front Ballroom
Board of Directors Meeting	Thursday, September 22, 9:00 AM, OC Ballroom
Board of Directors Special Meeting	Thursday, September 22, 10:30 AM, OC Ballroom
Board of Directors Executive Session	Thursday, September 22, 11:00 AM, Solarium
ARC/Architectural Review Committee	Monday, September 26, 9:00 AM, Heights/Gables
Finance Committee Final Budget Meeting	Monday, September 26, 9:00 AM, Front Ballroom
Board of Directors Final Budget Meeting	Monday, September 26, 9:30 AM, Front Ballroom
CCOC/Chartered Clubs/Community Orgs.	Tuesday, October 4, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, October 4, 1:30 PM, Oaks
Compliance Committee	Wednesday, October 5, 10:30 AM, Oaks
Elections Committee	Friday, October 7, 10:00 AM, Multipurpose
ARC/Architectural Review Committee	Monday, October 10, 9:00 AM, Heights/Gables
Properties Committee	Tuesday, October 11, 1:00 PM, Fine Arts
Listening Post	Wednesday, October 12, 9:00 AM, Solarium
New Residents Orientation	Tuesday, October 18, 1:00 PM, Solarium
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, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, October 27, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, October 27, 11:00 AM, Oaks
Lincoln Hills Community Forums	
DMV Senior Issues Including Car-Fit	Tuesday, September 20, 1:00 PM, Front Ballroom
California Forward: 'Smart Government'	Thursday, September 29, 1:00 PM, Front Ballroom
Talking to Your Doctor	Thursday, October 6, 7:00 PM, Presentation Hall (KS)
Handy Helpers Return	Tuesday, October 25, 1:00 PM, Front Ballroom

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

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Your Association was proud to offer safe harbor, food and many comforts of home to over 200 Lincoln residents at Kilaga Springs Lodge during the downtown evacuation. Thank you for your care and support to those in need. *Compass* roving reporter, Lora Finnegan captured the essence of our team efforts and community spirit in her article on page 15.

Since August, 2010, your Association has welcomed approximately 508 new owners and 307 renters to our community. To better connect these new residents and those yet to move here to our activities, residents and Association, we have created a new program called **"Peer Connect."** Tamara Coil explains the program on page 7 and we look forward to meeting with those of you interested in participating as a volunteer "Peer Mentor" in this new and exciting program.



Our bi-annual **Home, Health & Business Showcase is Monday, October 17**, from 10:00 AM to 2:00 PM throughout Orchard Creek Lodge. Please, take time to visit with and thank our *Compass*

*continued on page 39*

Date	Event	Page #
09/15	Book Discussion: <i>Hotel Corner/Bitter&amp;Sweet</i>	23
09/15	Music Group "Showcase #8"	41
09/17	Bus Trip: Sausalito for the Day	41
09/19	"New Family Search.org Website"	27
09/19	"Stay Healthy"	32
09/19	Bus Trip: Calistoga Art Experience/Shopping	41
09/20	Comedy Night at KS	41
09/20	Forum: DMV Reviews Senior Driving Issues	86
09/21	Bus Trip: "Hairspray at the Eldorado/Reno"	41
09/22	Master Gardener "Community Gardens"	26
09/22	SCHOOLS Volunteers Orientation Workshop	31
09/23	Summer Concert: Sugah Daddy Swing Band	42
09/24	Bus Trip: Draft Horse Classic/Grass Valley	42
09/26	Pam Berry's "Fiber Art"	21
09/26	Bus Trip: Silver Legacy/Reno	42
09/27	High Tea/Hat Designing/Lady Carolyn	42
09/27	Bus Trip: "Shrek the Musical"	43
09/28	"How to get the most from doctor visit"	21
09/29	Ski Pre-Season Potluck and Social	32
09/29	Forum: Wanted, "Smart Government!"	86
10/01	Bus Trip: Colfax Railroad Days	43
10/03	"Hands-on Family Search.com Website"	27
10/03	KS at the Movies: "Moulin Rouge"	43
10/04	Art Supply Rummage Sale	30
10/04	Comedy Night at KS	43
10/04	Bus Trip: Crocker Museum Tour	47
10/05	"The Origin of our Moon"	21
10/05	Bus Trip: Veteran's Home/Wine Tasting	47
10/06	Hiking, "The Land of the Standing Rocks"	27
10/06	"Social Security Changes Affect Finances?"	28
10/06	Oktoberfest Celebration	47
10/06	Forum "Talking to Your Doctor"	86
10/07	"Legends/Mysteries — Winter Holidays"	33
10/07	Bus Trip: Beale Air Force Base	57*
10/08	Bus Trip: SF Hornblower Fleet Cruise	57*
10/10	"Birding in Columbia with Santiago"	22
10/11	Needle Arts Mentor Day	29
10/11	Bus Trip: Speaker Series McCullough	57*
10/11	Investment "Do It Yourself or Seek Advice"	89
10/12	"Ins & Outs of Backing Up & Restoring"	25
10/12	Lincsters/XVIII Breast Cancer Tournament	27
10/12	Concert: Piano for Left Hand Alone	47
10/13	"Hallucinations & Low Vision"	26
10/13	Dr. Ron Cole: "Eccentric Viewing"	26
10/14	"Podcasts on the PC"	25
10/15	Speaker: Veteran's Home of CA-Yountville	34
10/15	Bus Trip: Quilt Festival/Santa Clara	47
10/17	"Rogers Family Coffee Roasting Company"	32
10/17	Tap Company Audition Form Deadline	33
10/17	Home, Health and Business Showcase	48

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







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## Home Is Where the Excitement Is

Bob Cook, Executive Director, SCLH Community Association

Everyone is aware that these are difficult times economically. It seems that every day the news is bad. Because of our demographic, I can certainly understand that our community may be more concerned than most others. It has required many of you to curtail some of your recreational activities until



the economy returns to some sense of normalcy. Staff has been hard at work looking for ways to save on operating expenses. Over the past year, some departments have reorganized to improve productivity, others have achieved economies in printing and mailing costs, another has found a way to reduce the cost we pay for commissions on credit card purchases. We cannot forget to mention the great savings from the streetlight project. These are just a few. All departments are looking at bulk purchasing opportunities resulting from our new maintenance facilities. This is all done because it is the right way to

run a business with the effect of keeping money in your pockets through maintaining dues at a low level.

So where is the excitement that I talk about in the title of this article? The excitement is in all the classes, events, food and beverage specialty nights, fitness classes and programs, spa promotions and much more. By participating in all that there is to offer, you assist in maintaining lower dues. Some of you have heard me say that purchasing your entertainment at home is like paying yourself. It is unrealistic to believe that all of you will spend 100% of your entertainment dollars here at Sun City Lincoln Hills. I would just like you to think about what you spend here versus outside the community. If it is 50/50 here versus outside, think about 60% here. It will make a major difference. I have always said



*Exciting and rewarding events like last year's New Year's Eve Celebration await you*

that we cannot expect the residents to support our offerings just because we are a part of the Association. We need to earn your business and loyalty. In the almost six years I have had the pleasure to be at Sun City Lincoln Hills I have had many comments about our activities and entertainment offerings. I can honestly say the comments have never been better. So, the next time you are planning to do something, think about the opportunities at home where your choices are convenient, exciting *and* rewarding.

### Activities News & Happenings

#### Going Places

Carol Percy, Trip Coordinator,  
Educational and Extended Travel

Our overnight trips to Yosemite National Park have been a huge success. Our two trips in May and in June quickly filled up and with a long waiting list, we offered a third trip in October, which again, sold out. Was it the magic of Yosemite?



*From left, Robyn Crosby, Joan Churich and Marlene Wenzler with Yosemite as a backdrop*

"I just loved the whole trip," said Linda Matthews, a two-year SCLH resident. "I really liked staying at the Casino and I loved the Tram tour. We got to see so many amazing things like the waterfalls and rock climbers."

Robyn Crosby, a SCLH resident and retired career travel agent, said the Yosemite trip was an experience that many people might never have had the opportunity to enjoy. "For those who are not able or willing to drive or to travel alone, the bus trip was great. I liked the convenience of being with friends, and the safety net of an organization taking care of trip details. My feeling is this should end up being an annual trip. It was an incredible opportunity at a really good rate."

Upcoming trips that promise to be as exciting include the Calistoga Spa/Culinary Tour set for Sunday and Monday, November 13-14 (see page 52). The trip offers

the opportunity to relax and de-stress before the holidays. Enjoy world-class cooking demonstrations (and tastings!) at the Culinary Institute, followed by a private gourmet luncheon. Then partake in a regimen of relaxation and healing with private spa treatments (massage, mud bath, facials at a 20% discount!) and a soak in healing hot mineral waters. On December 7, we'll escape for an overnight trip to Reno's Eldorado Hotel and Casino for gaming, entertainment and holiday shopping (see page 55). Highlights include a ticket to the charming extravaganza, "Peter Pan," a tour of a vintage car museum with a collection of over 200 luxury cars previously owned by celebrities and a stop at the acclaimed "Legends" Outlet Mall for last minute bargains. Join us and experience for yourself the fun of our overnights.



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## The Lincoln Hills Volunteer Spirit

Wayne Ford

“Where do we get such men?”

Such is the classic line by Admiral

Tarrant in the 1954 movie:

“The Bridges at Toko Ri”

The movie is about US

Navy aviators fighting from

an aircraft carrier in the

Korean War. After hearing

that several of his brave

men have been killed, the Admiral is

shown alone, saddened and musing the

line above.

One might ask a similar question

here in Lincoln Hills when realizing

the tremendous effort put forth by our

resident women and men volunteers in

all areas of the community. Contributing

both inside Lincoln Hills and in the

surrounding area, an impressive record

of service has been built in the few

short years of our existence. Trying to

list all volunteer efforts would be futile

as many are low key and never widely

acknowledged.

Some of the higher profile volunteers

were recognized at last year’s “Hats

Off” tribute by the Lincoln Hills Founda-

tion. Others, including Neighbors in

Deed, club officers and board members,

Association directors and committee

members, schools volunteers, Neighbor-

hood Watch, and so many more put in

countless hours. Area volunteer groups

like the Lincoln Volunteer Center marvel

at the energy flowing from our ranks.

So the question is: Why do so many

of our number step forward to labor so

long and hard without a paycheck? It’s

not boredom; we have so much to do

here we cannot possibly do it all. Build-

ing a resume is not needed. So what

drives us?

It seems obvious to me that the

answer lies in the spirit of community

so strongly felt here and the desire to

contribute individual skills and energy

to maintain and improve that spirit. And

that is why you cannot move too far in

any direction in Lincoln Hills without

bumping into a volunteer.



## A New Way to Get Connected

### Volunteer Peer Connect Program Launched

Tamara Coil, Lifestyle Events & Volunteer Coordinator

**P**eer Connect is a new Lifestyle Volunteer Program that will help people become more connected to the community. Over the past year Lincoln Hills has had more than 500 new residents and our public website and staff receives an average of four inquiries per month from potential residents interested in learning more about our premier active-adult community.

The launch of Peer Connect will fulfill a growing need to help new residents explore lifestyle offerings, Association practices, and to connect them to the people and things they may want to get involved with. This unique program offers opportunities for residents to volunteer in another meaningful way by becoming a resident **Peer Connect Mentor**.

The program matches a peer mentor with a new or potential resident based on shared interests, activities, and lifestyle goals. As Peer Connect Mentors you have experienced this transition and will represent SCLH as well as estab-

lished residents to share stories about activities and groups, offer insight about community venues, and assist others through the transition of meeting new people.

As a new resident in Lincoln Hills, someone may want to be shown around the community, attend a special event, understand how to register for a class, or have an introduction to a group they are interested in joining. Future residents may be interested in more practical information, like understanding how to utilize the *Compass* as a tool to find their way in the community, or personal tips, such as how one begins the process of “belonging” to this community.

If you are interested in volunteering as a mentor or would like help new residents to “connect the dots” of our Del Webb lifestyle, please contact me at (916) 625-4019 or email me at: tamara.coil@sclhca.com. I look forward to meeting with you.



### Neighborhood Watch



## Nancy & Larry Whitaker Super Star Volunteers

Patricia Evans

We have a peach of a pair of volunteers in Nancy & Larry Whitaker! They have been active in Neighborhood Watch since moving to SCLH in 2003.

Nancy had not finished unpacking boxes when she became Mail Station

Captain, and three years ago

she added 38B Village Coordina-

tator to her responsibilities. This

past year she was elected to the

NW Board of Directors, and is

now Treasurer. Nancy’s Board

position includes assisting the

Coordinators for Villages 28,

29, 38ABCD, and 39. She and

her Coordinators chaired the

spring potluck for Mail Station

Captains, Village Coordinators

and Board members. She

has also assisted in some

of the very popular train-

ing classes for Mail Station Captains.

Larry established and programmed

*continued on page 19*



Nancy and Larry Whitaker shown with the home screen of our Neighborhood Watch website.



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*Wise Villa is located 4 miles East on Wise Road  
from Hwy. 65, in the rolling Sierra Foothills.  
(intersection of Garden Bar & Wise Road)*



## New Season, New Events

### More Clubs Sponsored

Tina Ginnett

Manager, The Spa at Kilaga Springs



August started off with a great event sponsoring the Needle Arts Group. There were over 80 people in attendance receiving mini demos at The Spa, wine tasting, a fashion show, and great food from Meridians.

In September, we sponsor the **Tap Group**; October will be the **“Bosom Buddies”** for Breast Cancer Awareness month; and November will again feature the **Needle Arts Group**. In December we will have two **Open Houses**: one for **“Customer Appreciation”** and then a **“Gentlemen’s Night”** for an evening of holiday festivities. Please watch for those dates.

Kudos to you, the residents, for your great referrals as well as from your response to our *Compass* advertising, new resident orientations, and club events. We had 69 new clients in July and 38 of those were new residents or residents who had never been to The Spa.

July also presented **“The Peptide Facial”** which was born out of requests to offer a spa facial which would perform with results from pharmaceutical grade ingredients equivalent to Retinol, and offer an organic alternative to injected fillers. The results and feedback are incredible and the home maintenance products are flying off the shelves. If you are looking for real anti-aging results in wrinkling and lifting, this is the facial for you. **Special through October 15: \$99 (regularly \$120).**

Another service we introduced was

**“Sunless Tanning,”** a great way to stay bronzed especially with all the fall and winter cruises coming up. No streaking, no orange, just a great bronze color.

If there are services you would like to see at The Spa, please feel free to email us with your suggestions.

For current specials don’t forget to go online to our website at [www.kilagaspringsspa.com](http://www.kilagaspringsspa.com). You can also purchase gift cards online at any time and don’t forget to shop Aveda if you can’t make it into The Spa.

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## Financial Results Continue to Be Excellent

### Time to Plan Our Next Fiscal Year

Hank Lipschitz, Finance Committee Chair

As we have seen all year, we continue to be running ahead of Budget. The Financial Statements presented at our August 18 meeting show our Association to be \$38,153 and \$289,666 better than Budget for the month and year respectively. For July half of our positive results are due to lower electric and water charges caused by our “mild”

summer. The other major factor is the \$19,170 better than Budget results for Food & Beverage.

At July 31, our Operating Fund had a balance of \$4,178,893 of which \$592,264 were in Restricted Funds. Our Reserve Fund had a balance of \$5,328,600. As per our policy, virtually all of our funds are in FDIC insured accounts or US Treasuries.

rose to \$144,500 from \$85,100 in June, which is also in line with the prior quarter amount of \$148,100.



We now begin the budget process for fiscal 2012. In a series of meetings before the Finance Committee, staff will present their department budgets and goals. This, along with the Properties Committee review of Capital improvements for next year, will determine the recommendation to the Board for 2012. We welcome resident participation during these meetings and I urge you to attend these important meetings. As always, our goal is to keep our dues as low as possible while looking for ways to enhance the amenities offered by our Association.

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

The next regularly scheduled Finance Committee meeting will be held on Thursday, September 15, at 9:00 AM.

### Statement of Operations YTD 7/31/2011

Budget vs Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$4,502,600	\$ 4,501,790	\$810
Administration (expense)	(1,106,226)	(1,191,940)	85,714
Kilaga Spa	(6,387)	(3,960)	(2,427)
Fitness	(250,937)	(250,382)	(555)
Activities	(118,532)	(134,229)	15,697
Rec. Center / Maintenance	(1,332,703)	(1,411,824)	79,121
Landscape Maintenance	(1,389,623)	(1,491,222)	101,599
Food & Beverage	(85,537)	(95,245)	9,708
Capital Asset	83,092	83,092	0
<b>Net Revenues (Expense)</b>	<b>\$295,747</b>	<b>\$6,080</b>	<b>\$289,667</b>

At month-end, we had 290 homes with past due assessments. While this is higher than the 138 from the prior month it is close to the more comparable April’s 300. This is our usual pattern for the first month of the quarter. The amount of past due assessments

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## "Fresh For Fall"

### New Seasonal Menu and Special Events at Meridians

Jerry McCarthy  
Director of Food & Beverage



*"On behalf of the Food & Beverage Department, thank you for your continued support. We are on track to have one of the best financial results since 2007. We will continue to improve on those results as we move forward."*

The comment cards that are offered with each meal have been a tremendous help to the entire staff. Be sure to use the comment cards to recognize one of our "all-star" staff and/or one of your favorite dishes. Help us celebrate the success and work on the opportunities for improvement.

Based on your feedback on the comment cards we continue to focus on being more consistent. We have been working tirelessly to improve each dish that we serve and improve the quality of service for each dining experience. We realize that consistency is key to our ongoing success.

The new **Fall Menu** will be coming out at the end of September. The fresh seasonal items that are highlighted represent the best local meat, seafood, and produce that can be purchased. Chef Roderick's Fall Favorite entrée paired with Francis's wine choice can't be beat. Make sure to look for such wonderful dishes as: *Heirloom Tomato Caprese Salad, Smoked Chicken Flatbreads, Blackened Sea Scallops, Braised Lamb Shank*, and so much more. There are items for all tastes and all budgets.

Join us at Meridians on Tuesday, September 20 for **New York Deli Night**. Chef Roderick will also be holding another **Wine Dinner** on Thursday September 22, which will bring wines from Italy to life. Chef has planned a fantastic five-course dinner to pair with five wines from throughout Italy. And circle your calendar for our **All You Can Eat Crab Feed** on Monday, October 10. Please go to [meridiansrestaurant.com](http://meridiansrestaurant.com) for all

special event details and menus.

**Monday Night Football** in the Sports Bar is going full tilt. We have drink specials and Happy Hour all game long. Come in and watch the games with your friends.

It is time to start thinking about the holiday season. Call Sales Manager Meghan Louder at 625-4043 to reserve your room and finalize all the details

of your successful Holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer everything from simple luncheons to elaborate dinner parties and Orchard Creek Lodge is able to help with food or bars for every event. Enjoy the holidays with family and friends and let us do the all work.

~ Please see our ad on page 16. ~

## Nine Capital Projects under Review for the 2012 Budget

Gay Mackintosh, Properties Committee Chair



As you read this, the Properties and Finance Committees are finalizing recommendations on Capital Asset Acquisitions for 2012. Nine projects have been proposed, totaling \$119,477:

1. Food & Beverage staff request a *sous-vide* cooking system that can help ensure consistency and reduce waste, particularly for catered events (\$6,742).
2. At the Board's request, Ken Silverman has designed AV upgrades for the Presentation Hall (KS), adding side screens and new projection equipment (\$28,898).
3. Maintenance staff recommend a Rainbird weather station to provide real-time data as part of our water management program (\$22,369).
4. Staff propose an HVAC upgrade for the restaurant storage "Blue Room" also used for staff breaks (\$9,875).
5. The Tennis Group requests an electronic keyless card-reader entry system to better control access to the courts (\$33,151).
6. Lifestyle staff propose biometric scanners (finger vein) at ten locations as an option to ID cards for Community members (\$10,438).
7. Fitness staff request a Life Trail fitness station as an extra amenity for residents who prefer exercising outdoors (\$3,499).
8. The NEV Group proposes four NEV/golf cart charging stations at The Wave overflow parking lot and offers a contribution of \$700 towards the \$3,000 cost (\$2,300 net).
9. The new Painters Club requests 15 additional art display panels and mounts for use at arts and crafts shows (\$2,205).

The Softball Group withdrew a proposed equipment storage structure because the custom roof plus city requirements for engineering, stone facing, and handicapped access ballooned the estimated cost to \$52,000.

The Properties Committee considers each request on its merits as enhancing the value of our Community's assets for the benefit of all homeowners. Aesthetics are a particular concern in any public areas. Potential cost-savings, as from the proposed weather station, are also a consideration. Our recommendations then go to the Finance Committee.

Both committees will present recommendations at the Board meeting on Thursday, September 22, at 9:00 AM. Join us then to find out which of the nine Capital Asset Acquisitions will be included in the 2012 budget.

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## Something For Everyone!

**Fitness Center News**

Brandy Garcia,  
Director of Fitness

### Fall Fun-For-All

See the insert in this month's *Compass* for details about this fun first-time event planned for September 19-22. There is something for everyone!

### Pool Etiquette and Safety

The number of times residents and guests have used the pools at the Wave and Kilaga Springs fitness centers since the beginning of this year: 51,125. That is a lot of traffic!

As more individuals come to learn the health benefits of the water, I anticipate an increase in the use of our pools. So to aid in tranquility of pool use I offer these safety and simple etiquette rules:

- Please dry off before leaving the pool area! This ensures no one slips on your drips.
- Please shower before entering the pool!
- If you are a lap swimmer please be mindful and share your lane with another swimmer. We have a limited number of lanes and an unlimited number swimmers.
- If you use training gear that has hard edges or corners, please make sure to stay on your side of the lane. We want to make sure no one gets cut!

Pick up a copy of the lap swimming/walking rules at either fitness facility.

Our staff will be happy to answer questions or any concerns you may have.

### Group Exercise Class Changes

Group Exercise class changes are starting on October 1. For a complete list of new classes, class changes and cancelled classes, see page 35.

**Group Exercise Class Schedule:**  
page 76  
**Complete listing of Fitness classes:** pages 75-79

### The *Compass* Roving Reporter

## Sun City Lincoln Hills Aids Evacuees During Tanker Fire Emergency

Residents and staff alike join Red Cross to volunteer help

Lora Finnegan

When a disaster hits, residents of Lincoln and Sun City Lincoln Hills really pull together. That's what happened on August 23, when a burning rail car loaded with liquid propane forced the evacuation of an estimated 4,800 homes and businesses in town and local officials requested the use of our Kilaga Springs Lodge as one of three Lincoln emergency shelters.

As firefighters worked feverishly to ward off an explosion that threatened to flatten nearby houses, schools, and businesses, SCLH stepped in to offer aid and comfort to an estimated 78 Lincoln residents that had been evacuated. (At our press time, the fire still raged but officials hoped the fire would be extinguished by the next morning.)

In the crisis, an amazing partnership developed. Led by volunteers from the Red Cross (Capitol Region Chapter), with support of the Salvation Army, Lincoln Hills' own Community Emergency Response Team (CERT—made up of trained SCLH residents and staff) pitched right in. Alongside Lincoln Hills' entire facilities team, the group mobilized quickly.

"When we got the word that we'd be turning this over to an evacuee center, we got everything set up in about a half hour," says Christopher O'Keefe, Senior Director, Facilities and Maintenance for Sun City Lincoln Hills. But it wasn't easy. "Some of my guys have been here 24/7," he notes. A number of Lincoln businesses sent food and bottled water, Meridians provided evacuees with meals and beverages, and our Activities Department donated games for the kids. Many SCLH residents personally offered their help as well.

"I'm amazed at the outpouring of help from Lincoln Hills," says Red Cross volunteer spokesman John Wagner, explaining how SCLH residents were willing to open their homes to evacuees, provide food, give them counseling, or even take care of their pets. Wagner wouldn't have been surprised if he knew us better. O'Keefe explains it best: "It's rewarding—people helping people."

Sitting inside Kilaga Springs Lodge, a gracious, gray-haired woman who identifies herself as 'evacuee M.W. and a Lincolnite since 1982,' admits she was pretty scared at the peak of the crisis. "My home is just four blocks from the site of the fire!" She jokes that, while she'd rather have avoided the crisis altogether, the Lodge became her "port in the storm—and a lovely one at that." What was it like spending the night at the Lodge? "I think everybody here did a fine job taking care of us," she says. "I just wish the cots could have been Tempur-Pedic mattresses!"



*Kilaga Springs Lodge was one of three evacuation centers*



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## Trees

Bill Attwater

Architectural Review Committee Chair



In his famous poem, "Trees," American poet Joyce Kilmer\* wrote: "I think that I shall never see, a poem lovely as a tree." Yes, trees are lovely; they soften the environment, provide shade, and our CC&Rs require that at least one tree be planted in the front yard of each home. But all trees are not created equal. So to assist our residents, the Sun City Lincoln Hills Architectural Review Committee (ARC) has published a guide of recommended trees to plant along with trees to avoid.

The "trees to avoid" list was compiled by a consensus of the ARC. Some of the trees on this list were originally contained in the recommended tree list. However, experience has shown that some trees, such as Weeping Willow, are not suitable for the size of lots in Lincoln Hills. Others, such as Cottonwood and Fruitless Mulberry, have the potential for root damage to lawns, walkways, and sidewalks. Still others have such shallow roots that the ground under the tree cannot be planted with flowers or shrubs; examples include Modesto Ash and White Alder. Finally, some of the trees just create a lot of litter (for example, Silk Trees) and have been a maintenance problem.

The guide to trees is contained in the "Recommend Plant List—Appendix F & I" of the ARC's Design Guidelines. The plant list is available from the kiosk located in the Business Office to the right of the front desk at Orchard Creek.

The plants listed in the Guidelines are recommendations. If you wish to plant a tree that is not recommended, the ARC will consult the *Sunset Western Garden Book* for assistance. The ARC is here to help you find the tree that best meets your needs.

\*Joyce Kilmer was a Sergeant in the American Army during WWI; he was killed in action in France in 1918.

## Aging is Normal

### Get the Most Out of Your Visit to the Doctor

Shirley Schultz

Doctor: "Hello, John. Good to see you. How are you today?"

John Doe: "I'm fine."

Doctor: "Any problems or changes that you have noticed?"

John: "No. I'm doing fine."

Doctor: "Tell me what medicines you are taking now."

John: "Umm, umm – I take a pink pill in the morning for my blood pressure, and I take two of those big white pills with breakfast and dinner, and...."

Does this conversation sound remotely familiar to you? Quite possibly a similar conversation plays out hundreds of times a day between doctors and patients from Lincoln Hills. It is certain that John Doe is not going to get the most benefit and may not get what he needs out of the doctor's visit based on the conversation above. No one is "fine," or he or she would not be in the doctor's office!

There is a chance that John has ignored or forgotten that he has had some symptoms or problems that would shed significant light to help the doctor make the best assessment of his health and to custom-make a plan that works and is agreeable to John.

Perhaps there was a problem with a headache, chest pain, lightheadedness, loss of balance, difficulty passing urine, or stomach upset (which is the reason John quit taking the prescribed purple pill). Perhaps John has seen another health care provider who has added or made some changes to his regimen. Or, perhaps John has decided to try some alternative medicine from the health foods store. If John only knows his medications by the color or shape of the pills, then he has set himself up

for a potentially dangerous outcome.

To get the most out of one's doctor visits, a person needs to prepare for them. The doctor does not have super-human insight just by looking, and do not assume he/she has complete records. What you communicate to the doctor is a major factor in your getting your needs met appropriately. This is a rather daunting task for some. The upcoming Community Forum, Talking to Your Doctor (see page 86) will offer very helpful ideas on how to get the most out of your doctor visit. Plan to attend on October 6.



## Nancy & Larry Whitaker

*continued from page 7*

our website, [www.lincal.net/watch](http://www.lincal.net/watch), in 2004 and is still constantly improving it. About half of our residents now automatically receive website security alerts. As a 2006 Neighborhood Watch Board member, Larry also instigated our National Night Out celebrations, which have progressed from five parties to over 100.

Other community services benefit from Nancy and Larry's expertise. Larry is a former SCLH director, a past president of the Lincoln Rotary, and a past Rotary assistant district governor. Larry

serves and Nancy assists on the Lincoln Fiscal Sustainability Committee, reviewing city finances for future stability.

Larry is an Air Force veteran and subsequently established several communication companies. Nancy has worked at NASA and has a doctorate in chemistry and life sciences.

For the latest highlights on our website including National Night Out photos please turn to page 29.

Neighborhood Watch Contacts are listed on page 30. Neighborhood Watch Website: [www.lincal.net/watch](http://www.lincal.net/watch).

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## Club News



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

Dr. Irina Korman, Internist with Kaiser Lincoln, will be our featured speaker on Wednesday, September 28 at 1:00 PM in the Multipurpose Room (OC). This will be an opportunity for caregivers to ask questions and hear suggestions from Dr. Korman on how to get the most from a visit to your doctor.

Monthly meetings alternate between having a guest speak on a topic of importance to caregivers, and caring/sharing meetings led by a Family Advisor. In addition, we have a large selection of books and DVDs that may be borrowed and read at home or may be shared with family and friends.

Support groups can play an important role as caregivers seek information and understanding of the situation in which they find themselves. We hope you will join us on the fourth Wednesday of each month for our meetings.

**Contacts: Judy Payne 434-7864;**

**Cathy VanVelzen 409-9322;**

**Nancy Mitchell 253-9962**



### • Arts Association •

Thanks to all who toured Lincoln Hills for the recent Studio Tour. We hope you had as much fun as the participating artists. Art isn't always paint on canvas, so our September meeting features Pam Berry's fiber art. Pam, a resident here, has been honored nationally for her creations. From wearable items to stunning wall hangings — all are "painted" with fabric. Pam also will lead an interactive session showing how Sharpie pens plus alcohol plus fabric equals art. Come join in the fun on Monday, September 26 at 2:00 PM at KS. Everyone is welcome!

Fall is upon us and that means elections. Our club depends upon the continuing guidance of our board. If it's time for you to give back to the Arts Association in some way, consider serving on the board. Contact Sandy Simon

at [simonini23@gmail.com](mailto:simonini23@gmail.com) or 645-5426 to discuss how your talents can help the Arts Association.

**Contacts: Bill or Cathie Szabo**

**434-6667, [billcats1@earthlink.net](mailto:billcats1@earthlink.net)**

**Website: [LHarts.org](http://LHarts.org)**



### • Astronomy •

The Lincoln Hills Astronomy Group (LHAG) is a shared interest group providing residents, from beginners to experts, a forum to increase their knowledge in Astronomy and improve observational skills. Activities to enrich this experience include educational presentations, hands-on demonstrations of equipment and tools, as well as observing sessions.



*Dr. Barry Rice  
August 17 presenting  
"Are There Aliens  
On Earth Now Or  
In The Past"*

Monday, September 19. Cosmology Interest Group. Fine Arts Room (OC) at 7:00 PM.

Wednesday, October 5, 6:45 PM, P-Hall (KS). Tom Eason will present "The Origin of Our Moon."

Wednesday, November 2, 6:45 PM, P-Hall (KS). Chuck Pullen, an instructor at Sierra College will present "The Mayan Calendar Prediction of the End of the World in 2012."

Meetings: Regular Astronomy Group meetings 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](mailto:rolson@starstream.net);**

**Nina Mazzo 408-7620**

**[ninamazzo@sbcglobal.net](mailto:ninamazzo@sbcglobal.net)**

**Website: [www.lhag.org](http://www.lhag.org)**



### • Ballroom Dance •

Stay active! Stay fit! Research shows that Ballroom Dancing wards off dementia, controls weight, blood pressure, cholesterol and blood sugar — all this while having fun! Come

join us in September to learn the popular Fox Trot. In October we'll be dancing everyone's favorite, the Waltz. The atmosphere is fun, casual and supportive. Remember, our membership dues are only \$5 per year; that includes weekly lessons at no additional cost.

Beginning lessons are held each Tuesday, 2:00-3:00 PM in the Multipurpose Room (KS). Between 3:00-4:00 PM we have open dancing. You can practice your new moves with instructors available to refine your skills. From 4:00-5:00 PM we conduct intermediate lessons of the dance of the month. We really enjoy getting together on Tuesday afternoons. Come join us — it's fun, and best of all, it's free.

**Contacts: Ruth Algeri 408-4752**

**Brigid Donaghy 543-6003**



### • Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be October 12 and November 16. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, October 12 at *Woody's* in Rocklin. 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](mailto: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



*Dancers  
Molly  
Seamons and  
Bruce Mayo*

Third Wednesday  
All games at KS.

#### Tournament Winners:

- Eight Ball Singles, August 3: AM Winner: Dale Hurlbut; Runner-up: Norm Hagerty; PM Winner: Phil Delaney; Runner-up: Joe Hobby.
- Nine-Ball Singles, August 9: AM Winner: Carlos Barrantes; Runners-up: Ken Klein, Norm Hagerty and Ted Baker; PM Winner: Dale Hurlbut; Runners-up: Hal Berman, Bob Maske, Joe Hobby and Phil Delaney.
- Eight-Ball Doubles, August 17: Winners: Bob Armour and Oscar Alvarez; Runners-up: Flavio Lombella and Steve Brown, Jim Yoest and Jim Pacini

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

#### Challengers Billiards

When a player unintentionally pockets a ball during the game, the other players usually smile or groan depending upon whose ball was pocketed. Since we play a modified version of Eight Ball called "1/15," the consequence of which ball was unintentionally pocketed can vary significantly. At our group play on Fridays, those little incidents may even earn the culprit a little extra ribbing from his/her friends.

Well, this month Ernie Recabaren had the Billiard Room roaring in laughter when his "trick" shot moved almost every ball on the table and resulted in his making three balls on one shot: his two ball; his opponent's 15 ball; and finally the eight ball (which of course means he lost the game).

Thanks Ernie, yours was the highlight shot of the month.

Recent winners — Seven games: Joe Hobby; Six of seven games: Dan Oden, Del Torres, Joe Hobby, Joe Perez, Ron Weech

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

#### Couples Billiards

We meet at KS every Wednesday from 4:00-6:00 PM. We play six-seven games

depending on how many players we have. Games are timed at 17 minutes.

Our first week Joe/Nicki Hobby won six games with no losses. Three partners won five games losing one: Carlos Barrantes/Bob Wehner, Del/Veronica Torres, and Ron/Sherry Weech.

The following week Howard Skulnick/Peshu Irani won five games losing one. This time we had a four-way tie: Jim/Barbara Conger, Al/Betty Jones, Dale Houck/Chiquita Fratto and Ron/Sherry Weech won four games and lost two.

Week three Joe Perez/Rita Baikauskas and Ron/Sherry Weech won five games and lost one.

Joe Perez/Rita Baikauskas won six games with no losses. Ron/Sherry Weech won five games and lost one.

The last week we had a three-way tie with Joe Perez/Rita Baikauskas, Ron/Sherry Weech and Dave/Jean Ell.

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

#### Players Billiards

Know how to play regular Eight Ball? Need to find some nice folks to play with and possibly win? Come join our group of midlevel players every Thursday from 2:15 to 4:30 PM in the Billiards Room (KS). We play six games with different partners and opponents most games. The advanced sign-up binder is on the fireplace and we sign up on the last Thursday of the month for the following month. It's fun and free!

Congratulations to our recent winners — Six games: Ken Hawley, Howard Skulnick; Five of six games: Peshu Irani, Chiquita Fratto, Jennie Wright, Del Torres, Lisa Pabst, Roger Corley, Howard Skulnick, Ken Hawley.

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

#### Upstarts Billiards

*"Low English, high English, no English at all; We're just lucky if we hit that ball."*

Would you like to join us? We're beginners-to-average players and we play standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM in the Billiards

Room (KS). It's loads of fun, and we can always use extra players.

Winners six games: Nobody; too bad, so sad!; Winners five games: Ann Bienkowski, Bill Clark, Richard Gsell, Gary Hoffman, Rande Janzen, Dan Oden, Sandy Pavlovich, Bob Rand, Audrey Thrall.

Sign-ups are the last Thursday every 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 meets on the second Monday of each month at P-Hall (KS) at 1:30 PM. October's meeting (October 10) will present "Birding in Colombia with Santiago." *Don't miss this interesting show!*

Monday, October 3, the Bird Group plans a tour to the Davis Water Treatment Plant, Davis Wetlands and the Burrowing Owl Preserve. The shore birds will start migrating about this time of year so we hope to have a wide variety of birds to view.

For those interested, the Monterey Bay Birding Festival will be held September 22 through 25. Go to [www.Montereybaybirding.org/](http://www.Montereybaybirding.org/) for details and registration.

**Contacts: Ruth & Don Baylis,  
Lh\_bird\_group@yahoo.com  
Website: [www.lhbirdnest.org](http://www.lhbirdnest.org)**



#### • Bocce Ball, Mad Hatters •

We are excited that attendance at our Thursday morning Bocce sessions continues to be very strong. We'd like to take this opportunity to invite new residents to come and join us at 8:00 AM. It would be really great to say we used 11 courts at one time (we are required to leave one court open for others).





*August on the Bocce Courts*

The Mad Hatters/Red Hats tournament has been tentatively scheduled for Saturday, October 8. Usha has started a list of team members so please let her know if you will be able to attend. We would like to have at least 20 people signed up.

If you are using the SCLH Association Bocce sets in the Bocce locker, please make sure all 12 sets are back in the locker before you take the key back. We found a set left out on the sidewalk the other day.

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



• **Book Group, OC** •

On September 15 we will discuss *Hotel on the Corner of Bitter and Sweet* by Jamie Ford. The story opens as elderly Henry Lee passes the Panama Hotel in Seattle. This brings back memories of his experiences during World War II as a child whose father made him wear a sign stating "I am Chinese" so that he would not be mistaken for Japanese. The book weaves back and forth from the present to 1940 as he relives the terrible injustice perpetrated upon the Japanese living in the city at that time. Please excuse my error last month when I said this story took place in San Francisco.

We meet on the third Thursday of each month in the Multipurpose Room (OC), 1:00 to 2:30 PM. Newcomers are always welcome.

- October 20: Cutting for Stone by Abraham Verghese
- November 17: The Glass Castle by J. Wall
- December 15: Holiday Luncheon

**Contacts: Penny Pearl 409-0510;  
Dale Nater 543-8755,  
Darlis Beale 408-0269;  
Linda Derosier 543-6307**

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



• **Bosom Buddies** •  
**Breast Cancer Survivors**

The August installation of officers luncheon at Awful Annie's was a big success with 27 ladies attending. The food, of course, was delicious. New officers are: President Patty McCuen, Vice President Val Singer, Treasurer Sue Rosen and Secretary Patti Barnes. Cindy Jacobs, from wigsRyou was our guest at the September 8 meeting. She brought a lovely assortment of wigs and scarves and demonstrated many different ways to wear them. There really was something for everyone. We welcome guests and hope to see you at the next meeting on October 13.

**Contacts: Marianne Smith  
408-1818; Sally Lewis 434-7381  
Websites: [www.lincolnsuncity.org](http://www.lincolnsuncity.org)  
[www.lincolnhillsbosombuddies.org](http://www.lincolnhillsbosombuddies.org)**



• **Bowling** •

**Rocklin Tuesday AM**

Attendance was very good at our general meeting to kick off 2011-2012 season. New officers were introduced: President Frank Schmidig; VP Jerry Gordon; Secretary Joan Gates; Treasurer Kathy Chapin. At this time we have openings for a full team and a fourth bowler on an existing team. League fees remain the same, \$11 per person. We are able to enjoy and participate in a sport which is good exercise, good fellowship and economical. We have free bowling for practice from Rocklin Lanes (schedule to be announced), discounts at the snack bar and free coffee. We have a new General Manager who is eager to work with the leagues. First day of bowling is September 6, please come early, 9:30 AM, for lane assignments, etc. 'Come on Out and Join Us,' we are a fun group! Any questions, call Joan.

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



• **Bridge, Partners** •

**Thursday Evening  
First & Third**

More and more people are coming to play bridge so why not join them for a fun evening. Just give us a call and we'll put you on the list.

We start promptly at 6:00 PM in the Terra Cotta Room (KS). You'll be done by 8:30 PM. We are now using the party bridge scoring, the same as the other Thursday night group.

August 4 winners — First: Stan Mutnick and Gay Gladdens; Second: Ben & Kay Newton; Third: Kelly & Neal O'Boyle; Fourth: Sheila Ross and Ann Ulrich with Reta Blanchard and Bev Ansbro taking the high round prize.

August 19 winners — First: Rose & Joe Phelan who also won high round; Second: Ann Ulrich and Sheila Ross; Third: Kay & Ben Newton; and Fourth: Erika Wolf and Edith Kesting.

**Contact: Rose or Joe Phelan  
408-4066, [joephelan@sbcglobal.net](mailto:joephelan@sbcglobal.net),  
[roseph@sbcglobal.net](mailto:roseph@sbcglobal.net)**

**Thursday Evening  
Second & Fourth**

- July 28 Winners: First Carol Mayeur and Bev Dwyer; Second Ann Ulrich and Sheila Ross; Third Sasha & Tom Eason; Fourth Ben & Kay Newton
- August 11 Winners: First Ken Gladden and Edith Kesting; Second Delores Marchand and Stanley Mutnik; Third Rose & Joe Phelan; Fourth Dee Cole and Ed Hartnett

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 (below) for reservations.

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



• **Bridge, Duplicate** •

Membership in the SCLH Duplicate Bridge Club for 2011 has exceeded 275.

Spring 2011 Club Champions: Wednesday Laurie Vath and Rab Puri; Friday Sarah Towne and Cynthia Turner; Saturday Sheldon Fein and Piper Smith-Fein.

The Wednesday lessons schedule: September 21 Rule of Eight; September 28 Roman Key; Cards 1430/3014.

Save the dates: October 30 is the 2011 Napa trip; and December 7 will be our holiday celebration.

Residents and especially those participating in Association-sponsored bridge classes are cordially invited to attend our Lincoln Hills duplicate bridge sessions. They are played three times weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays; 5:00 PM Fridays; 12:30 PM Saturdays. The Wednesday session includes a "49er" group restricted to those with less duplicate bridge experience — fewer than 50 Master Points. On Saturdays, a "299er" section is limited to players under 300 MPs.

**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 afternoon from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Check-in time is no later than 12:50 PM. If you do not check in on time, you may not be able to play that day. You do not need a partner, but you do need to make a reservation to play. You can make a reservation or cancellation by calling Gerry Sonneburg or Ruth Werfel at 253-3882.

Winners from July 29 through August 19 were: *first place* — Harry Collings, Shirley Bry, Jim Collart & tied for first place — Flo Baldwin and Shirley Bry; *second place* — Gene Huntley, Betty Bugee, Shirley Bry; *third place* — Jeri Nesbitt, Karen Parrish, Phil Sanderson, Jim Colbert; *fourth place* — Lee Holman, Dolores Marchand, JoAnn Holston, Peggy Collings.

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



• **Bunco** •

We had a great turnout for Bunco this past month considering the many vacations during this time of year.

The low and high scoring players were quite far apart due to many buncos during the morning and quick scoring games at the lead table.



*From left: Sandy Pavlovich, Andie Aguirre, and Marlene Trifilo getting ready for the games to begin*

Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. The entry fee is \$5 with no annual membership fee ever required. New players are always welcome. Every player has an excellent opportunity to win a SCLH gift certificate for one of the following categories.

Last month's winners: Most Buncos Phyllis Papagiannis; High Score Claire Frenna; Most Wins Sandy Pavlovich; Low Score Doris Kerry; Most Losses Andie Aguirre; Traveler Debby Mayer

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



• **Ceramic Arts** •

Ceramic Arts Group (CAG) "workshops" are held at OC on *Saturdays, 9:00 AM-3:00 PM, and Sundays, 12:00-4:00 PM*; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays 1:00-4:00 PM for Spanish Oils. "Open Studio" available to all residents are: *OC Fridays only, 1:00-5:00 PM, and KS Sundays only, 1:00-4:00 PM*. Check bulletin boards for holiday closures.

Access to studios is granted only with a registered monitor present. Monitors are: (KS) Marti Bernsten, Margot Bruestle, Carolyn Morten, Terry Pisani, Carolyn Sanfillipo; (OC) Marilyn Anhalt, Margot Bruestle, Karla Crist-Penman, Mike Daley, Janice Davisson, David Hughes, Jane Lares, Sherri Melchner, Janet Roberts. Thank you for your continued dedication in keeping these workshops

available for fellow members. Did you notice Margot Bruestle volunteers at both studios!

**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 (formerly called the "Singers") will resume rehearsals for its Christmas concert series on Tuesday, September 6, at 2:30 PM in P-Hall (KS). Mark your calendar for December 11, 12, or 13 for our Christmas concert in the OC Ballroom!

A new Steering Committee was recently elected and at the last meeting, Chair-elect Dave Machado thanked the previous Steering Committee for its devoted service and gave special recognition to outgoing Chair Al Roten for his four years of unflinching commitment to the group. Thanks, Al!

We're happy to announce the brand new installation of our own website, which will be up and running by September 6. Find out more about this group of singers at [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org).

Want to join the Chorus? Contact our Director, Bill Sveglini, for information at 434-5655 (home), 899-8383 (cell) or [sveglini@gmail.com](mailto:sveglini@gmail.com).

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



• **Cloggers** •

Many classes are back in session, giving residents a big choice. Clogging is a good choice! It is a great mental and physical exercise to music, all kinds of music. There are two teachers, Susi Thomas and Janice Hanzel.

Janice Hanzel teaches beginners and intermediate including some plus. Susi Thomas teaches Clog II (intermediate/plus) and a Performance Team. Both



teachers have years of teaching experience. Janice Hanzel is CCI (certified clogging instructor).

Classes are listed in the *Compass*. All clogging classes are held on Tuesdays in KS. Members enjoy workshops and three-day conventions, located in different areas of the USA.

Next clogging workshop will be in Grass Valley Fairgrounds, September 24. It starts at 9:00 AM and goes through the day with a clogging exhibition 1:00-2:00 PM. Come and see different clogging clubs perform. Flyers are available in class.

Visit our clogging classes anytime.

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



• **Computer** •

• **Main Meeting: October 12, 6:30 PM** — “Ins and Outs of Backing Up and Restoring” by Grant Lee. One can’t spend enough time making sure your essential documents (like photographs) are protected from loss and most importantly making sure that you know how to restore them. Backup media choices have improved



*Speakers Grant Lee and Gary Sloan*

radically: external drives are dirt cheap and the new kid is the “cloud.” Restore programs are not all created equal, Grant will

describe some various techniques used – from simple ones that require more user intervention to the complex.

• **Clinic: October 14, 3:00 PM** — by Gary Sloan, using podcatchers to locate, download, and play free *Podcasts* of music, how-to’s, TV/radio shows. Play *Podcasts* on PC, CellPhone, mp3 player, TV. Ken Silverman discusses iTunes for podcatching/playing on iDevices/PC.

• **Ask the Tech: October 24, 10:00 AM** — Informal Q & A session for any and all technical questions. All meetings at P-Hall (KS).

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



**Mac User**

Membership in the Mac User Group provides a couple of unique opportunities. The first is our technical support line (668-0648) and the second is technical advice and help with Apple computer needs. Annual membership dues are \$15.

September 27 is our annual member BBQ Picnic in OC Ballroom which replaces our monthly general meeting. It will be held from 5:00 to 8:00 PM. RSVP must be in by September 15 and walk-ins will not be available the day of the event. \$25 per person (non members \$35); mail checks payable to LHMUG, c/o Bonnie Esker. The evening includes delicious food, no-host bar, and several prizes (an iPad 2, 16GB WiFi Only) along with many other prizes also – a winning combination for a fun event.

**Contacts: Bill Smith, wsmith986@gmail.com; Website: www.lhmug.org**



• **Country Couples** •

Fall is almost here and the 2012 Steering Committee election will take place in less than two months. If you haven’t already considered running for one of the seats on the committee, you are encouraged to set aside a few minutes to decide if you want to contribute to the Country Couples Group. If you are interested you should contact one of the following Nominating Committee members: Tom Hargis, thomas.hargis@att.net; Irene Hesson, ininsec@gmail.com; or Eldon Davisson, ejdav1@sbcglobal.net.

Any resident who is wondering what Country Couples Dancing is all about is welcome to come and observe the Monday lessons at KS (7:00-9:00 PM), or the Saturday practices at OC (4:00-6:00 PM).

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

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



• **Cribbage** •

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.

We have been having good turnouts but can always make room for one more player. We’re always happy to see new faces and will be glad to help you, whether you are a new player, an “old hand,” or somewhere in between.

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



• **Cyclist** •

There are many facets to the Lincoln Hills Cyclists. Of course, riding bicycles is the main activity. There are more than 150 riders in seven different groups and personal attention to make sure one gets into the right group. There are trips to places such as Canada, Europe and all over the U.S. These trips include the S.O.B’s (Spouses of Bikers).

Club members participate in bike advocacy in Placer County and are integrally involved in the annual Tour de Lincoln, benefiting the Lincoln Volunteer Center. Club activities include the summer potluck, Christmas Party and annual meeting; plus the Virgin Century, which appears to be on its way to becoming an annual event.

Finally, there is an amazing website, full of club information, pictures from trips and rides, plus much more. LHC is a



*From Top: lunch at Tahoe; Oak Park Trail; fueling up for the Crater Lake Century*

great place for you to make some good friends and get great exercise.

**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 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 us at our morning or afternoon session. We meet Wednesday at 9:00 AM or 12:30 PM in the Card Room (OC). Free classes are held at the 9:00 AM session. It's a great time of fun and social interaction.

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



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

Next meetings: October 13, P-Hall (KS), 1:00-3:00 PM.

1:00 PM: Hallucinations and Low Vision; Understanding Charles Bonnet Syndrome (CBS). Liz Trauernicht (Macular Degeneration Foundation) will interview an educator who has had hallucinations for years. CBS is a common condition among people with lost vision, primarily those with Age-related Macular Degeneration (AMD), as well as cataracts, glaucoma, and diabetes retinopathy. Hallucinations are usually temporary but may last a second, minutes, hours, days and year. The hallucinations are detailed and much clearer than normal vision. There is no medical cure for CBS.

2:00 PM: Eccentric Viewing — Medical Vision Technology (MVT). How fortunate we are! Dr. Ron Cole, himself, will tell us about his Eccentric Viewing (EV). EV is a program designed to teach low vision patients to use peripheral vision to see. Each patient has a personal occupational therapist for individual training. MVT is a group of ophthalmologists treating low vision diseases.

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



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

Do you or a loved one suffer from either of these? Join us in the Multimedia Room (OC) on Thursday, September 22, 1:00-3:00 PM. We are meeting on a monthly basis and have just been approved as an "official" SCLH support group. Our purpose is to provide positive support for residents with fibromyalgia and/or chronic fatigue syndrome. If interested, please join us at the September 22 meeting.

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



• **Fishing** •

We have had some pretty good outings over the past month with productive trips to Flaming Gorge, Oroville Reservoir, Lake Tahoe, Donner Lake (a bit slow here), and a very successful trip to Alaskan waters by Bob Alaimo and family who returned with loads of Salmon, Halibut and rock fish. Upcoming events include a fall trip to Shasta, probably in early October, Eagle Lake, and a three-day visit to Heidemans's Lodge to fish Donner Lake and nearby streams and lakes.

Two events in the past month stand out, the Grandkids day at OC Lodge in August where casting lessons were the fan favorite and the September 5 Lincoln Kids fishing derby at M&M Ponds where members helped kids catch fish, many for the first time. Great experiences because teaching a kid about fishing is as satisfying as a perfect cast to a rising trout. Life is good.

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



• **Garden** •

Thursday, September 22, General Meeting, 2:00-4:00 PM, KS. Bill Maynard, Sacramento County Master Gardener, will be the Guest Speaker.

He has been involved with community gardens for over 15 years and designing community gardens in the Sacramento area, as well as Los Angeles, Winters,



*Bill Maynard—  
Master Gardener Project*

and Marysville. He is also the Community Garden program coordinator for the city of Sacramento Department of Parks and Recreation. He has created a number of community gardens at churches, and also school gardens; and helped on Maria Shriver's *WE Garden in Capitol Park*, and the People's Garden at the USDA office in Washington DC. Bill was a visitor early on at Twelve Bridges Elementary School (one of the Garden Group's civic projects) to assist with start-up advice and was a speaker at the Twelve Bridges Lincoln Library.

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

**Flower Arrangers Group**

Flower Arrangers Meeting: Jeanne O'Connor will return by popular request to demonstrate her artistic ability to do marvelous things with flowers. Her arrangements are always spectacular yet easy to make when you find out her secrets! Bring your flowers and camera to memorialize her creations. The meeting is October 12 in the Multipurpose Room (OC) from 10:00 AM-12:00 PM.

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



• **Gem and Mineral Society** •

Have you ever wondered what the Gem & Mineral Society is all about? Have you ever wondered when you look at a particular piece of rock what it is, where it came from, how old it is? Have you ever wondered the same thing about gem stones? Some of our members can give you a lot of the answers to your questions. And the answers are fascinating. Every Monday



from 9:00 AM until 12:00 PM you can find members of our group in the Sierra



*What's the Gem & Mineral Society all about? Every Monday morning find group members in Sierra Room (KS). Above, before and after of two gemstones, blue — Larimar; pink — Rhodonite*

Room (KS). Come and visit and see our members using the various machines to cut and polish rocks and create beautiful things. The process for making the items in the photo is learned through taking the introduction to gem cutting class. We would love for you to consider membership in our group.

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

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



### • Genealogy •

**Monthly General Meeting:** Monday, September 19, 6:30 to 8:30 PM, P-Hall (KS). Topic: "The New Family Search.org website." This website belongs to the LDS and is a free site to anyone wishing to use it. Speaker will be Linda Todd who is a long-time genealogist, historian, and teacher; she speaks at many different functions and meetings.

**Genealogy Computer Workshop:** Monday, October 3, 6:30 to 8:30 PM, Computer Room (OC). Topic: "Hands-on Family Search.com Website" presented by Linda Todd. Space is limited so sign up at the next Genealogy meeting. Individual help will also be available in the room next door and the Club Library will be open for members to borrow or return reference books/magazine at this time.

**Steering Committee Meeting:** Monday, October 10, in the Multimedia Room (OC). Club members are welcome.

**Contact: BJ Ollas 543-4682;**

**Kathleen Propersi 543-0376**

**(computer workshop)**

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



### • Golf, Ladies • Lincster Lady Niners

Think pink and mark your calendars for Wednesday, October 12. That day is the joint Lincsters/XVIII Ladies Fight For The Cure breast cancer tournament. This year will be a nine-hole shotgun followed by a buffet lunch. All money collected, including individual donations, will benefit the Placer Breast Cancer Endowment. Registration forms are on the website.



*Grandmother's tournament sponsor Alyce Stanwood, right, presenting prize to winner Pat Ward*

The fact that the Hills greens were recently punched did not deter Marion Munoz one bit. She finished her game with only 16 putts. Way to go, Marion!

This year's winner of the Grandmother's Tournament was Pat Ward with a low net of 35. This event, sponsored by Alyce Stanwood, has been held since 2002 and is always great fun.

**Contact: Carol Golbranson 543-8647**

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

### Ladies XVIII

Our big summer event was our third annual "Captain's Cup Match Play Challenge." It was a three-week elimination tournament with the following teams proving victorious: Flight 1—Elaine Kalani/Pat McNiff; Flight 2—Remy Raquiza/Sandy Tamanti; Flight 3—Rosemary Heckman/Gail Osborne; Flight 4—Sandra Carr/Peggy Carr.

We enjoyed a wonderful luncheon after tournament play. Congrats to all winners and runners-up, and thanks to Sylvia Feldman for chairing a fun and well attended event.

Our "Tee for Two" play-day saw Linda Anselmo win over the field with a great 64 net.

"Are You Ready for Some Football?" mixer on September 22 promises to be a splendid day of golf and fun. Look for the results next time.

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



### • Golf, Men's •

Our annual member/member was full of excitement this year! Flight #1 was taken by Ron Cook and Steve Mumma, Flight #2 by Paul Yeager and Rick Garcia and Flight #3 by Glen Arney and Henry Olsen; great showing you guys!!

The "Horserace," a wildly contested battle was finally over on the fifth playoff hole with Bill Bowen and Bud Barnett claiming the prize for First Place! Good going Bill and Bud!!! Ron Cook took the putting contest!!

On August 22, the annual Sun City Cup pitted our 60 vs. Sun City Roseville's 60 in a test for the lowest average score in this event. LHMGC claimed victory for the third straight year!! Congrats goes out to all our competitors!!!!

The ABCD tourney is coming up and the Lone Ranger match is on October 4.

"Hit 'em straight, guys!"

**Contacts: Ken Jacobson  
408-8709, [jakemust@sbcglobal.net](mailto:jakemust@sbcglobal.net);  
Steve Brown 626-9075,  
[sebusaman@aol.com](mailto:sebusaman@aol.com)  
Website: [www.lhmgc.com](http://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).

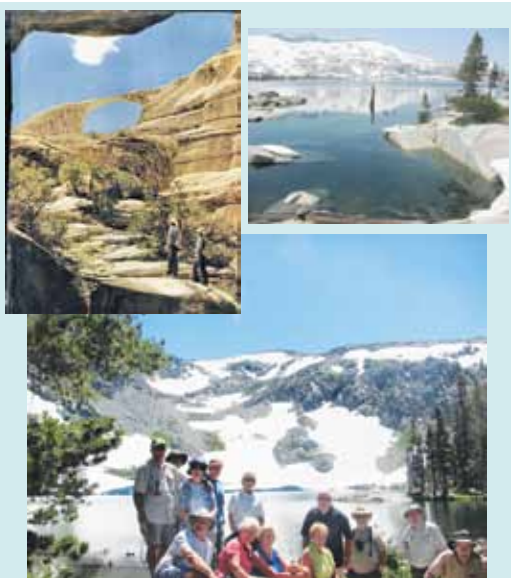
**Contacts: Jim Brittain 408-5524;  
Jerry Watkins 408-7899,  
[sandpusher@sbcglobal.net](mailto:sandpusher@sbcglobal.net);  
Denise Jones 543-3317,  
[djonesra@att.net](mailto:djonesra@att.net); Lu Fox 408-1977,  
[lufoxhollow@aol.com](mailto:lufoxhollow@aol.com)**



### • Hiking and Walking •

The annual Hiking Group meeting will take place October 6 at 4:30 PM at KS. Gay Mackintosh

will show a 1949 film made by her parents, Virginia & Ray Garner, as they explored the “Land of the Standing Rocks,” now Canyonlands National Park, Utah. Castle Arch and Virginia Park are



Clockwise from top left: The Garners climbed into Castle Arch in 1949, now part of Canyonlands National Park; Emigrant Lake; snow-covered shore of Aloha Lake

among the features they named. Gay will also present photos of her family’s return to Virginia Park in May. Mark your calendar and plan to attend and pay 2012 dues. Everyone is welcome.

*Walkers please note: Since summer has ended, Wednesday walks are now beginning at 8:00 AM on the winter schedule.*

Hikers: Tremendous snow still lingering in the Sierras produced a winter wonderland for August hikes to Aloha Lake, Emigrant Lake and Castle Peak. Check out hiking pictures above.

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

**Contacts: Hiking:**

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

**Walking: Margie Campbell 408-0713**

**Website:**

**<http://lincolnhillshikers.org/>**



• **International Folk Dance** •

Singles as well as partners are welcome to join the International Dancers. Our dances are varied open and closed circle dances, line dances,



*A couples dance*

and partner dances (those few dances can easily be danced with two ladies so everyone can participate). Some are easier than others, but all are fun. Lois Eckhoff, our teacher, reviews most of the dances and occasionally introduces us to new ones so we always have variety.

International Dancing is a great low-impact exercise and a memory boost. Don’t worry if steps are forgotten, Lois and the more advanced members are there to help.

We extend a cordial invitation to join us in the Social Kitchen (KS) every Tuesday. We begin at 2:30 PM with easy dances and progress to more advanced ones, ending our weekly session at 4:00 PM.

**Contacts: Lois Eckhoff, 434-8643;**

**Ingrid Lapin, 543-3012**

**Website: <http://schlhfolkdance.tripod.com>**



• **Investors’ Study** •

How might proposed changes to Social Security affect your financial future? Do candidates’ talk of changes like state control, privatization, or potential disabilities motivate you to get information from a reliable source? Bring a friend/bring a spouse to the presentation October 6 from 2:00 to 3:30 PM in the P-Hall (KS). A social half hour with refreshments and a chance to speak one-on-one with our advisor and presenters follows across the hall.

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

**Contact: Douglas Hohman**

**434-6001,**

**[djhohman825@yahoo.com](mailto:djhohman825@yahoo.com)**



• **Lavender Friends** •

Everyone had a fun time at our “Hot August Night” potluck with 50’s music. Want to thank both Claudia for hosting our first Game Night and John for hosting another coffee event at his house. Members who attended both events had a great time. Our next event will be on September 28 for a picnic at Lake Natomas. Still working on having a “Petite Sirah Wine Tasting” event at our house where the members bring a bottle and we do a blind tasting to see which member has the winning bottle.

This year several members traveled more and it’s nice when they return to hear about their adventures over coffee, breakfast or lunch.

**Contacts: Jacquie Hilton 543-9349,**

**[jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net);**

**Herman Osorio 408-8094,**

**[Hosorio2010@hotmail.com](mailto:Hosorio2010@hotmail.com)**

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



• **Line Dance** •

On August 21, we had our line dance social in OC Ballroom. Dancers from all levels made it a real success. There was also a logo contest and the dancers voted on their favorite. The winner of the logo contest is Donna Jenkins. She won \$50.

There is also a contest to choreograph a line dance. We have several dancers already competing. The deadline for this contest is November 15. The dancers will demonstrate their dance at our annual holiday potluck, December 5.

Our ice-cream social (make your own sundae) will be held the afternoon of Friday, October 14 at the Sports Pavilion. Of course, there will be plenty of line dancing for all levels.

**Contacts: Yvonne Krause 408-2040,**

**[ykrause@yahoo.com](mailto:ykrause@yahoo.com);**

**Carol Rotramel 408-1733,**

**[caroled@surewest.net](mailto:caroled@surewest.net)**



• **LSV/NEV** •

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

Have you noticed the change in routing of Highway 65? Plans are in the works for the new Lincoln Boulevard



and it will have an effect on the LSV's ability to access the downtown area. September speaker Mark Miller, Director of Public Services for the city of Lincoln, will tell us about these changes. We meet at P-Hall (KS) on the third Tuesday at 10:00 AM (September 20). Our new fiscal year is starting, plan on giving your dues to Jill Karr, Membership.

Only a few days left to sign up for the fall car rally and barbecue potluck — Sports Pavilion, noon, Sunday, September 25. After lunch, we will all go in search of the perfect poker hand. Everyone in the car plays, so there are lots of chances to win gift certificates to local businesses. Sign up at the meeting or call Diane Maker, 408-3797, to RSVP.

**Contact: Buzz Rognlien 408-4540**



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game of tiles. It is similar to playing rummy.

We make up our own hands and do not need to purchase anything else. Our group has been playing this game for the past 10 years and we have made many friends throughout the years. We welcome anyone who would like to learn this fascinating game. Come join the fun every Monday at 8:45 AM 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. This ancient tile game is played and loved by many. Join us and learn what it's all about. You'll be glad you did. We have a great teacher who makes things fun at the beginners' table. All skill levels are welcome.

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



• **Motorcycle  
RoadRunners** •

Summer might be coming to an end, but days are still hot! With this weather, RoadRunners prefer to ride in the cool, beautiful Sierras. Our

recent impromptu ride was just what our enthusiastic members were looking for. Head Road Captain, Dale Brinsley, lead the tour along Ice House Road near Georgetown.



*Dale and Loretta,  
trip leaders Ice  
House ride*

Although our club rides are scheduled the second Saturday of the month, an impromptu ride can happen anytime. The instigator simply sends out an email suggesting a ride. Members who are available show up at the stated time, and the ride commences.

We are looking at our final multi-day ride for the year, a tour of the Oregon Coast. A group of five motorcycles will be touring as you are reading this article. A report will be forthcoming.

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

"Ride safe, ride with friends!"

**Contact: Peter Boyle 408-1955,  
Boylep18@yahoo.com  
Website: [http://web.me.com/  
rettavincent](http://web.me.com/rettavincent)**



• **Music** •

Looking for an exciting evening of music entertainment? Let talented local musicians entertain you at the Music Group Showcase



*Music Group member  
Colleen Muscarella*

while you enjoy premiere seating and dinner sponsored by Meridians for \$38/package or show-only tickets for \$10. Tickets for show or dinner package are sold at the Activities Desks. Doors open at 6:30

PM for 7:00 PM shows. RSVP by 7/29.

The music group's popular Friday Night Open Mic will be held on Friday, November 4 from 6:30 – 8:30 PM in P-Hall (KS). Musicians and music lovers are invited. Sign-ups begin at 6:15 PM.

Sorry, no karaoke.

Music Group meetings are held monthly, every fourth Wednesday (except in November and December), in the Fine Arts Room at the OC Lodge. 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](http://www.lincolnsuncity.org),  
Groups, Music.**



• **Needle Arts  
Threads of Friendship** •

Our wonderful speaker for September was Donna Hussein sharing her work with the Sutter Cancer Center Quilt Auction to be held on Saturday, November 5, at 2800 L Street in Sacramento.

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

General meetings are held at KS, 1:00 PM, 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, [vhildebrand@att.net](mailto:vhildebrand@att.net)**



• **Neighborhood Watch** •

Let your fingers do the walking to find the latest additions to our website, [www.lincal.net/watch](http://www.lincal.net/watch). On the home page you will find a link to an array of our August 2 National Night Out photos from many different Villages. Look for your friends and neighbors! Also featured is our Safety and Home Security Symposium on August 16 which had a standing room only attendance.

To find information from our recent very popular Mail Station Captain's Training Seminars, click on Documents

and scroll down to Captain's Workbook. You will find basic resources including duties and responsibilities, resident contact information, computer guidelines, and a reference section of Neighborhood Watch names and dates. If you would like to attend one of our fall training sessions, call Pauline Watson at 543-8436.

Watch for the new videos which our Webmaster is planning. And for general information, click on Help in the top right hand corner.

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



• **Painters** •

Thirty Painters Club members and guests journeyed to the Crocker Museum August 23 where, led by experienced docents, we marveled at the work of well-known Impressionist Artists and enjoyed lunch together in the cafe. This was the experience of a lifetime!

At our September 6 meeting we featured "Ask the Experts," a panel discussion on painting in all media with Q & A from the audience.

The main attraction at our October 4 meeting will be an "Art Supply Rummage Sale" with proceeds going to the club. Artists are asked to bring art supplies that they no longer need and these items will be offered for sale at extremely reasonable prices. This sale, which will be held in the Fine Arts Room (OC) is open to all artists, so tell your friends!

At our November 1 meeting we will have a "Snow Scenes Art Challenge"!

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



• **Paper Arts** •

This month's project leaders, Elly Goleno and Susan Long, helped us make three creative cards featuring pinwheels, a dress and a sailboat. A variety of styles we can create on our

own. Thank you Elly, Susan, and your table captains.

Our new president, Sue Manas, presented her new Board members: Reggie Fabian, Treasurer; Mina Bahan, Communications; Char Sly, Historian; Pam Haines, Sunshine; Bonnie Esker and June Paquette, Window Display; Phyllis Zailer, Military Cards; June Paquette, *Compass*; and Barbara Bolenbaugh, Mentor and Classes/Events.

Past President Barbara Bolenbaugh recognized her retiring Board members with — what else — a hand-crafted gift! A big "thank you" to all members that help support the activities of the club.

Check out our window display this month. A dual theme of Kids and School Days prompted lots of creative ideas from our members.

Members — please keep supporting our troops with cards for our Military Heroes.

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



• **Pedro** •

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

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



• **Photography** •

In response to the huge outpouring of excitement over the "36 Views" now on display at Mina's CH&G, an Artist Reception to nourish photographers' egos and patrons palates will be held at Mina's on September 22 at 4:00 PM. This gala event will include beverages, appetizers and a live music performance by equally live keyboardist Paul Daher. Everyone is welcome. Valet parking by Lightfinger & Chopshop.

The last two General Meeting presen-

tations of the year will include the October 12 demonstration by Vicki White of the iPad apps she uses in the field to store, sort and edit her photos. Then on November 9, Patrick Jewell will be letting us look 'over his shoulder' as he sets up and makes the shot. This would be his eloquent response to, "That's a great photo! You must have a really good camera!" As a painter's art is contingent upon a brush.

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



• **Pickleball** •

With nearly half of the Pickleball Club's membership playing in the weekly ladder leagues, it's quite an accomplishment to be ranked number one. The rankings are based on the percentage of points won during the previous 10 ladder matches. There are three leagues: A, B, and C; and players in the B and C leagues who hold a percentage of more than 85 over 10 weeks move to the next higher ladder. Our number one player, D.J. Cox, has an 89% record, and has been on top of the A league for several months. Congratulations to him and also to Lee Mallin and Bill Jordan at the top of the B league, and to Amy Correale and Donna Gianni the C league leaders. League play is at 8:00 AM Tuesday, Thursday, and Friday.

**Contact: Jerry Zimowske 408-1319,**  
**jzimowske@ssctv.net**  
**Website: lhpickleball.com**



• **Players** •

The next Players production will be our annual October Halloween Readers Theater show. This years' show will be a sequel to the wildly acclaimed "Black Chapel-Tales of Terror" (remember the rats?) presented two years ago. Production dates are October



"GG Bridge Fiesta 1937" by jeffa



29 at 7:00 PM and October 30 at 2:00 PM. Both shows will be at P-Hall (KS). Admission is free.

The Players are also working on their November production of "Christmas Belles." This play is the product of famed comedy writers Jessie Jones, Nicholas Hope and Jamie Wooten (writer of many episodes of the "Golden Girls" TV show). It is set in the small town of Fayro, Texas where the Futrelle sisters — Frankie, Twink and Honey Raye experience a hilarious holiday journey through a misadventure-filled Christmas Eve that is guaranteed to bring joy to your world!

Production dates are November 17, 18, 19 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 tournaments will be Saturday, October 15, 1:00-5:00 PM.

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** •

Some 24 rigs will be headed to the 49er Village RV Resort in Plymouth September 30 to October 4 with the highlight of the trip the Amador County Wine Crush scheduled for the weekend of October 1-2.

Wagon Masters for the trip are Ron & Donna Rasch and Ralph & Mary

D'Agostini. There will be wine tasting, music and lots of food provided at the Wine Crush, with 42 wineries participating. Also on the agenda will be area tours and golf at Castle Oaks Golf Course in Lone.

Date has been set for the group's Christmas dinner in OC Ballroom — December 10 — and plans are now being made for 2012 rallies. It was reported at the last meeting that there are now 98 rigs registered in the RV Group.

**Contact: Bob Zielinski 408-1852**

**Website: www.lhrvg.com**



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

*Help!* We have a really big challenge this 2011/12 school year. *Twenty* teachers have requested *volunteers*, kindergarten through grade five, with flexible times, Monday through Friday. Fifty new volunteers are needed to fill these requests. Because our current SCHOOLS volunteers have made such a positive impact on students, requests from teachers occur throughout the year.

If you enjoy being with kids, why not give volunteering in the elementary schools a try? A teaching background is not required, just the desire to share your talents, skills, knowledge and experiences. Tutoring students is a win-win intergenerational experience and we provide an Orientation Workshop (September 22 at OC) to get you started. Call today for details.

**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**

Lincoln's Fire Chief Captain Dave Whitt was guest speaker at our August 18 meeting. Captain Whitt is experienced, knowledgeable, well trained, and

lived up to his reputation, serving as our afternoon "king of wit."

A fireman serves as Public Safety Officer and Firefighter, according to Whitt, as he delineated priorities of a "Rescue Triage:" #One—Fireman; #Two—"Team" of firemen; #Three—Victim/s. The Captain explained that only after one and two occur, can three be accomplished.

Using smoke detectors, regularly changing batteries, and having a fire extinguisher in the kitchen were stressed as measures to protect people/pets. Emphasis was placed on performing exit drills in the home. In answer to a question, Captain Whitt said when a rescue is underway, firemen look for humans first, and then do their best to rescue animals. Examples of dog rescues were given.

SCOOP meetings: *Third Thursdays, 3:00 PM, OC.*

**Contact: scoop@sclh.com**

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



• **Scrabble** •

Christopher Sykes of Ontario, Canada, set a new record with 720 points in a game — no phonies or triple-triples. Here at SCLH, scoring is considerably less than that, but a 400+ game by a player has been recorded. In mid-August, five of eight players in the Card Room recorded 14 Bingos — setting a record. What's next?

One way to get a higher score is to use hooks or add-ons. Think of common word additions like *out*, *over*, *pre*, and *post*; or endings like *ing*, *ier*, *est*, *ist* or *iest* to stretch words to high count squares. Additionally, our looser rules, allow players to use cheat-sheets and scrabble dictionaries. We realize the memory gets a little fuzzy with age. How do you spell *mnemonic* devices?

Scrabble meets at the Card Room (OC) each Monday at 1:00 PM. All comers are welcome. This group is free, no dues or meetings to attend. Drop in and join a table of players, make new friends, and be witness to a new record for Sun City Lincoln Hills.

**Contact: Candy Koropp 409-5017**



• **Second Cup of Coffee** •

On Monday, September 19, Bill Kitchin will introduce resident Lee Belshin as he presents “Stay Healthy.” Lee’s professional 30+ years experience in the insurance industry, in public health education, and as an author has led to numerous opportunities as a motivational speaker and “stand-up” comic. Q&A follows.

On Monday, October 17, Mark Dentinger will introduce Pete Rogers from Lincoln’s “Rogers Family Coffee Roasting Company.” What makes a good coffee bean? How important is its roasting, quality control efforts, and its packaging? Why Lincoln? Fact: Costco’s San Francisco Bay Coffee is from Rogers! Plant tours will be discussed. Q&A follows.

The November 21 program is being confirmed.

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

**Contact: Wolf Oplesch 408-1788**

**oplesch@sbcglobal.net**

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



• **Shanghai** •

Want to have a lively, energetic, brisk, vivacious, jolly, sociable, perky, jovial, high-spirited, cheerful, active, invigorating, peppy, and a great deal of gregariousness? Join us in playing a card game called Shanghai. We are now giving free lessons. Please call one of the names listed below.

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



• **Ski** •

We kicked off our pre-season festivities on August 12 with 14 club members enjoying a gourmet meal at Lake Mary on the Sugar Bowl ski resort property. It was such a treat that we will no doubt promote a similar outing next summer.

Next up is our annual pre-season potluck and social that will occur on September 29, 5:00 PM, at the home of Bill & Lillie Smith. If you have not already signed up, please contact a Board mem-

ber, listed below, to attend. Also, bring your completed member survey forms to the party (if we don’t already have



*Clockwise: Sue Worrall and Mike Hilton on Mt. Bachelor lift; Audrey Morse and Sylvie Roberts enjoying last year’s great snow; Bill Smith readies for schuss on Silverbelt, Sugar Bowl*

them), and help us select this season’s getaway trip locations among other activities.

Informational meetings commence October 18 in the Fine Arts Room (OC) at 4:00 PM. The regular meeting schedule is the third Tuesday of each month (October-March) concluding with our annual party on April 17.

**Contacts: Mike Hilton, Sue Worrall, Chuck Frevele 258-2150, lhskiclub@gmail.com**  
**Website: [www.lhskigroup.org](http://www.lhskigroup.org)**



• **Singles** •  
**Dynamic Singles**

Our summer social events have been a great deal of fun for all members. We are still growing strong with activities, prizes and fun!

Join us *now* for just \$15 a year.

Upcoming Singles Events:

September

- 18) 4:30 PM – September Birthday Party *note date* at Meridians Sports Bar
- 20) 7:00 PM – Let’s Dance at Meridians
- 21) 6:00 PM – Table for Eight at Via Roma (Sheri 775-240-4315)
- 22) 6:30 PM – Italian Dinner Social with entertainment at the Sports Pavilion, Tickets \$10 (call Linda 434-7881 or Kathy 209-3307)

- 23) 2:00 PM Lake Francis Camping in cabins, Dobbins, CA, Cost \$110, return September 25 (call Rita 408-2367)

October

- 2) 4:30 PM – October Birthday Party at Meridians Sports Bar
- 5) 4:30 PM – Cocktails, Sunrise Grill
- 8) 9:00 AM – Second Saturday Breakfast at Meridians Sports Bar
- 13) 6:30 PM – General Business Meeting

**Contact: Marty Joseph 543-0803**

**Website:**

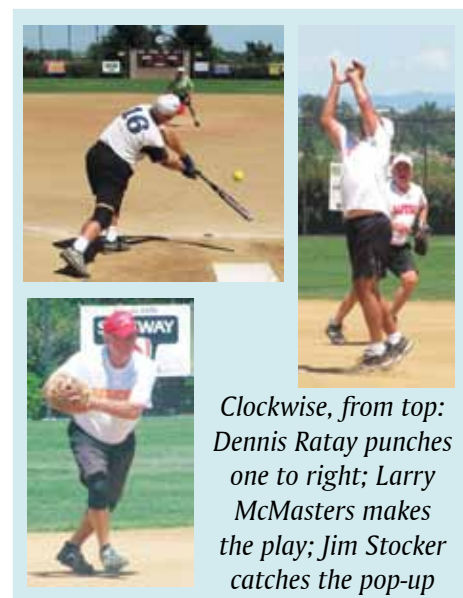
**[www.lincolnhillssingles.org](http://www.lincolnhillssingles.org)**



• **Softball, Senior League** •

Wow! We had an exciting end of the Recreation League a few weeks ago. The double elimination tournament saw lots of action plays. *Congratulations to Golden State Collision for winning it all in 2011!* The Regular Season Standings ended this way:

1. Golden State (.796)
2. Future Ford (.630)
3. Safeway (.558)
4. CB Sun Ridge (.558)
5. A+ Dental (.538)
6. Carolan Prop (.537)
7. Wells Fargo (.519)
8. Rebound Rehab (.500)
9. Umpqua Bank (.481)
10. Reback Time (.462)



*Clockwise, from top: Dennis Ratay punches one to right; Larry McMasters makes the play; Jim Stocker catches the pop-up*



11. Don's Awnings (.423)
12. Swanson & Schaack (.404)
13. First Bank (.315)
14. B Jowers (.286)

Check the website or the Field for win/loss records. Sunday morning practice continues, 9:00-11:00 AM. A casual League for fall starts late September. No standings are kept and players can try different positions in a game. Come out and play!

A big thank you to the businesses that sponsored our teams this year!

**Contact: Mike Hilton 408-0346,**

**Mhilton14@aol.com**

**Website: LHSSL.org**

### Coyotes

*60s Blacks:* Finished second in Pleasanton with a 3-2 record with John Griffin's offense and Ed Lazarek throwing out two runners. In Manteca they had a 2-3 record. Mike Hilton had a game-winning hit and an outstanding defensive relay secured another win. Bob Fernandez was top hitter and homers were hit by Carlos Zavala (2), John Griffin (2), Lazarek (2), and one by Terry Padovan, John Gho, and D.J. Cox. *60s Blues:* Finished second in Yuba City. Offensive stars John Dambrosio, Jim Jones, and Dale Hurlbut aided by the defense of Ron Greeno and Hurlbut. *70s:* At Yuba City they won the championship game to finish second based on tie-breaker rules. Offensive stars were Pete Savoia, Gym Mikaelson, Larry Manley, and John Parks. They compiled a 2-3 record in Lodi. At Manteca a 3-2 record with offense by Mikaelson, Tuck Halsey, Rich Huskey, and Bob Napoli.

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



### Sports Car

On August 20 we held our annual trip to Big Springs Gardens. This is a wonderful forest and garden setting just north of Sierra City. We had 25 cars, 50 people attend. The route took us on scenic roads north of Auburn via Baxter Grade, and then Hwy 49. We had a wonderful BBQ at Big Springs. Thanks to Michelle Breckon and Karen Kremesec,

Dick & Mary Ann Brewster, and Virgil & Pam Berry for co-leading this trip.



*Big Springs Gardens*

After our visit to the Gardens, we traveled to Lynn & Pat Heesch's house in Truckee for an afternoon social. Thanks to Lynn and Pat.

There is more to come this year. We will have overnight trips to Clear Lake, Sonora and Mendocino, and another day at the Thunder Hill track. Social events will include Pizza and Bocce Ball, an Oktoberfest party, and the end of year dinner dance.

**Contact: Pat Heesch 408-1500,**

**pheesch@aol.com**

**Website: LHsportscars.com**



### Square & Round Dance

#### Sun City Squares

Meeting times:

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

**Contacts: Chuck Vickers 408-4082,**

**pjclvickers@starstream.net;**

**Frank Reina 543-3132,**

**papafrankr@yahoo.com**



### Super Seniors

Come to our October meeting and be fascinated by the legends and mysteries surrounding our winter holiday celebrations. This will be a journey back to the European continent as it was over 2,000 years ago. It will be spooky and interesting fun. At the meeting we'll also make plans to observe a more recent celebration — Make a Difference Day

on October 22. And, of course, there'll be a game or two and prizes!

All of this merriment takes place on Friday, October 7, 10:00-11:30 AM, Gables Room (OC).

Other dates to remember:

- Chit-Chatters, Friday, October 21, 10:30 AM, KS Café.
- Lunch Bunch outings October 12, 13, and 14 at the Lincoln Senior Café, Lincoln (reservations required 72 hours in advance 645-1419). Lunch Bunch info, Shirley Schultz, 645-7539.
- Super Seniors Holiday Luncheon Gala on Friday, December 9, 12:00-2:30 PM, KS.

**Contacts: Marsha Hathaway**

**408-0228; Chit Chatters:**

**Dani Van Tatenhove 543-9194**



### Table Tennis

Following is an update and reminder for everyone attending our play sessions:

Please wear comfortable, non-marking shoes. Remember that when there are players waiting in the queue, please leave the table after you have won two games in a row.

For the less-skilled and novice player, it is advisable that you show up a little later in the play session where there will be more tables available, as our regulars on many occasions leave after about an hour and a half to two hours into the session.

Keeping these pointers in mind will assure that everyone will have a more enjoyable experience.

Play sessions: Sundays 12:30-5:00 PM; Tuesdays 6:00-9:00 PM; Fridays 8:00-11:00 AM, (KS).

**Contact: Howard Parker 408-4655**

**Joe De Souza 543-4868**



### Tap Company

News Flash! Audition forms are now available! You won't want to miss your opportunity to be a star in the 2012 Talent Show. The title is "Remember When"... music from the 20's to the 70's. The auditions will be held on October 24 from 5:30 to 9:00

PM in OC Ballroom. Please be prepared with music for your three minute, or less, act. You can pick up your audition form in the Business Office next to the Activities Desk (OC). Your form must be returned no later than October 17.

Don't forget to sign up for the next session which begins the first week in October. We'd sure like to see our alumni return to the fold. Even if you've been away for an extended period, there is a class and a place for you.

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



**Tennis**

The year 2012 is almost here. With that in mind, our LHTG board is asking members to step up to the plate and volunteer for next year's board openings. We ask any members who may be interested in taking on these opportunities to come to our remaining board meetings. Here you will be able to see what each job entails. At the end, feel free to ask the board any questions you may have concerning the jobs. Job descriptions will be posted at [www.sclhtg.com](http://www.sclhtg.com). Additionally, we will tutor nominees during the remaining year as well as mentor after the turnover.

All of us enjoy the many activities and functions our boards have organized and which we have come to expect each year. We need you to "Get on Board" and share your talents by taking a director's position. Please feel free to contact any board member for more information.

**Contacts: John Flaherty 434-6184, johnpflaherty@gmail.com; Christy Link 543-6504, aclink@aol.com**  
**Website: [www.sclhtg.com](http://www.sclhtg.com)**



**Vaudeville Troupe**

Thank you all for making our July Vaudeville Shows another sold-out "Success"! We loved performing our Show, "The Cavalcade of Stars" in Vaudeville's "Cabaret-Style Theater" at P-Hall (KS) in July. We are already busy working on the next Vaudeville



*Vaudevillian Doug Hinchey in his surfer golf cart; fabulous vocalist Jody Douglas wows audience at the Super Senior Show on August 5*



Show for January 2012!!

Mark your calendars: Auditions are on Tuesday, November 8, 6:30-8:30 PM in the P-Hall (KS). Performers are welcome to try-out and get a spot in our next show, scheduled for *January 6 & 7, 2012!* You will be awed by the generosity and kindness of spirit that our Troupe shares with one another! Bring your unusual and exciting talent to our auditions and experience the fun and professionalism that is "Vaudeville"!!

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



**Veterans**

Retired Navy Commander **Marcella McCormack**, administrator of the Veterans Home of California-Yountville will be the featured speaker at the September 15 general membership meeting at 1:00 PM in P-Hall (KS). Located in the heart of scenic Napa Valley, the Home offers residential living with recreational, social, and therapeutic activities on-site.

After her 20-year military career, McCormack and her husband moved to Napa Valley and currently live in one



*Founded in 1884, and with more than 1,100 residents today, the Veterans*

*Home of California-Yountville is the largest veterans' home in the United States*

of the 22 homes on the grounds. "The best part of living at the Home is the daily interaction with the members," McCormack said. "It makes the Home truly a home."

See the Activities Department trip to visit the home and more in Yountville on page 47.

Details on the Home are available online at [www.calvet.ca.gov/VetHomes/Yountville.aspx](http://www.calvet.ca.gov/VetHomes/Yountville.aspx).

**Contact: Rich Williams 543-4887, rgwdew@att.net**  
**Website: [lhvets.org](http://lhvets.org)**



**Water Volleyball**

Water volleyball is open to all residents of any skill level. You can try it out without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play. Did you see us in the outdoor lap pool on Sunday, August 14? Also, another day of "land volleyball" is coming soon. Indoors, outdoors, on land... you never know where we might show up next.

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

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

**Contacts: Jim Puthuff 543-0067, jputhuff@softcom.net; Jerry DiGiacomo 408-7072, itsmrd@sbcglobal.net**  
**Website: [www.lincolnsuncity.org](http://www.lincolnsuncity.org)**



**West Coast Swing Dance**

Our combined West Coast Swing and Nightclub Two-Step workshop on August 18 was a huge success.

We will not have our usual fourth Friday practice on September 23 but will resume our normal second and



fourth Friday schedule in October. You are invited to attend on October 14 and 28 from 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 for our next dance to be held on Friday evening, October 21 (KS) with a WCS lesson at 6:00 PM followed by dancing, from 6:45-8:45 PM.

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•

A number of our members heard comments about the Prize-Winning article in the July *Compass* and the great pieces in the display window at OC Lodge. In summary, the comments were “these folks are really talented... I’d be afraid to join that group.”

Just to be clear... these folks are really talented and the only thing most of us ever carved before joining the group was a turkey! This writer never carved, had no tools, had no idea what he was getting into and, has won five ribbons.

The group meets every Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS). Although focused on all forms of woodcarving, this group also focuses on developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of help, advice and a large support library are always available, and visitors are always welcome.

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



#### •Writers•

No summer doldrums are evident in the Writers Group, as both new and prior members present their

current projects for our listening pleasure. While the mystery novels, fantasy stories and memoirs continue, now articles and short stories are pouring in. We are encouraged by the number of interested new writers who drop in to share their writings with us.

The creativity is evident by the wide range of subjects presented. If you have an “itch” that needs scratching along

these lines and are curious about getting started, we are here to help and cheer you on. We meet regularly on the second and fourth Monday of each month at 6:30 PM in the Ceramics Room (OC). For more information, please contact Jim or Alan (below).

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

## Fitness Class Changes

*continued from page 15*

### New Classes

- **Step & Sculpt:** Wednesdays, 11:30 AM at KS. A moderate intensity class that involves easy to follow step combinations, and exercises to strengthen and tone all the major muscle groups. Class starts on 10/5.
- **Cycle & Strength:** Fridays, 8:30 AM at KS (formerly Yoga 1). A moderate to high intensity cycling class that combines spinning and muscle conditioning exercise. Class is designed in a half cardio and half strengthening format. Class starts on 10/7.
- **Cardio Dance & Sculpt:** Mondays and Fridays, 10:00 AM at The Wave (formerly Cardio Dance) a fun, high energy dance aerobic workout which includes sculpting exercises. Class starts on 10/3.
- **Dance Fit:** Mondays and Wednesdays, 5:30 PM at The Wave (formerly Cardio Salsa). A cardio dance workout with exciting music including all the cultural flavors of the world — from Latin to Swing, belly dance and Jazz! Class starts on 10/3.

### Classes Changes

- **HiNRG Cycle:** Tuesdays, 7:30 AM at KS. Class starts on 10/4.
- **Step it Up:** Tuesdays and Thursdays, 8:00 AM\* at the Wave (\*Note new class time.) Class starts on 10/4.
- **Low-Impact:** Saturdays, 8:00 AM at

The Wave. New class name, formerly called Cardio Dance. Class starts on 10/1.

- **Core & Strength:** Tuesdays and Thursdays, 9:00 AM\* at The Wave. (\*Note new class time.) Class starts on 10/4.
- **Cardio Salsa:** Wednesdays, 10:00 AM at The Wave. New class name, formerly called Cardio Dance. Class starts on 10/5.
- **H2O Circuit:** Tuesdays and Thursdays, 5:00 PM, Indoor Pool at The Wave.\* (\*Note new class time and location.) Class starts on 10/4.
- **H.I.I.T (High Intensity Interval Training):** Tuesdays and Thursdays, 4:45 PM. Class format change. A full body workout incorporating cardio, lower body, upper body, and core exercises. High intensity intervals and cardiovascular endurance are mixed together for a great workout. Modifications will be provided to incorporate students of every level.

### Cancelled Classes

- **Aqua Tone:** Tuesdays and Thursdays, 6:00 PM at The Wave. Last class will be held on 9/29.
- **Mixed Indoor Cycle:** Tuesdays, 5:00 PM at KS. Last class will be held on 9/26.
- **Yoga 1:** Fridays, 8:30 AM at KS. Last class will be held on 9/30.

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## Bulletin Board

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

### Arts & Crafts Fair and Bake Sale

Volunteers Needed, Love to Bake? The LH Arts & Crafts Fair and Bake Sale is seeking volunteers to bake items to be sold during the Fair November 11 & 12. All profits from this annual bake sale go directly to local charities. Last year's charities included: the Salt Mine, First Street School, Field Haven Cat Rescue, Lincoln Ride to Walk, Lincoln Youth Center - PAL and Alpha Hansen Women's Home. Call Sandy Hammer 408-4249. Also seeking volunteers to assist as needed during Fair, call Jane Turalak 408-0565.

### Glaucoma Support Meeting

October 12, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month, please come join us. More info: Bonnie Dale, 543-2133.

### Lincoln Hills Foundation

Join us when we recognize the commitment of your neighbors who make a difference in SCLH and the community of Lincoln. The Lincoln Hills Foundation presents Hats Off II, a tribute and awards ceremony on Friday, October 14, in OC Ballroom. Social hour begins at 5:00 PM followed by a gourmet dinner. Reservations (\$50 per person) will be accepted until October 1, and forms can be obtained at [www.LincolnHillsFoundation.org](http://www.LincolnHillsFoundation.org), in OC display racks, and near the *Compass* distribution table

### Did You Know?

Do not call our Association's Security for suspicious activity in your neighborhood. Call 911 or the Police Non-Emergency number: 645-4040. Always get a license number and or description of car and persons if possible. If you can't write down a number, call your own phone and record the information.



**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.  
**September 20 • 10:00 AM** Monolith Financial Group, Jeff Mitchell, Oaks  
**September 23 • 10:00 AM** Medicare and You, Oaks  
**September 26 • 9:00 AM** Lifeline Health Screening, Oaks  
**September 27 • 9:00 AM-12:00 PM** Safelight Auto Glass, OC Parking Lot  
**September 28 • 10:00 AM** Nautilus Society, Oaks  
**September 29 • 10:00 AM-5:00 PM** Cash 4 Jewels, Solarium  
**October 6 • 9:00 AM-3:00 PM** PGS Gold Buyers, Solarium  
**October 11 • 6:00 PM** Spinal Aid Presentation, Dr. Zorich, Oaks

on September 17. This year's honorees are Mark Burke, Pearl Chang, Jim Datzman, Mark Dentinger, Shelly Ebenholtz, Bob Free, Vic Freeman, Michele Hutchinson, Dan Karleskint, Dan Larsen, Gay Mackintosh, Rich Ragan, Ken Silverman, Dennis Valentine, Marcia VanWagner, Pauline Watson, Larry Whitaker, Neighbors in Deed, and the Board of Directors of SCLH Community Association. More info: Vern Chong 408-0306.

### Italian Club

It's Great To Be Italian! We get to relish in the culture, history, art and culinary magic of Italy at each of our monthly events. But we wondered how much we really knew about Italy and challenged everyone to find out at our fun-filled "How Italian

Are You?" game during a wonderful luncheon at La Provence, Roseville. Over 40 men and woman club members found out... with laughter, cheers and prizes to boot! In September two great events are planned — a lovely day on the Sacramento River at our "Champagne Brunch Cruise" and a special hands-on "Cooking with Chef Mitch" class at IL Fornaio, Roseville! We can never have too much fun! Are you/your partner of Italian descent and want more fun in your life? Membership info: Rose Cesarz 434-5301. Club info: [www.ilitalianclub.com](http://www.ilitalianclub.com). Read the newest edition of *il Bollettino*. Salute Tutti!

### Open Play

Every Sunday from 12:00-4:30 PM in the Cards  
*continued on the following page*

## Village 31A's 10<sup>th</sup> Annual Pumpkin Roll

Village 31A will be having their 10<sup>th</sup> annual Pumpkin Roll October 31.



It began with one street in the Village and has expanded to include the entire Village. Contestants meet at 5:30 PM at a chalk line drawn at one end of their street. Each person rolls their pumpkin (must be a certain cir-

cumference) down the street. Winning man and woman then go to the SW corner of the Village to compete in the Village Roll-off. Prizes and a perpetual trophy are awarded to the Village man and woman with the longest roll.

After the Pumpkin Roll, all Villagers meet at one home for pumpkin pie and hot spiced cider. An exciting way to spend Halloween in Lincoln Hills!

*Photos: Left, Barbara Dyer, winner of the 2010 roll-off; below, the men on Maple Grove Lane are "ready to roll."*



continued from the preceding page

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.

### Racquetball Group

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

### Shalom Group

Summer is about over. It is now time for the High Holidays which our group will celebrate at the McBean facility. The Rosh Hashanah evening service is on September 28, and the morning service, the 29th. Yom Kippur Kol Nidre service is on October 8; the full day service on the 9th will conclude with a Break the Fast. More info: Al Klein. There are two golf tournaments scheduled, one on September 17. Space available: Robert Hyman. The other is a miniature golf event October 12. Use the calendar on [www.shalomsg.org](http://www.shalomsg.org) for updates. Questions: [contactshalomgroup@gmail.com](mailto:contactshalomgroup@gmail.com). Membership info: Natalie Flynn 434-5470.

## We Appreciate Resident Authors

### Library News

Nina Mazzo, Library Volunteer

"A novel is the chance to try on a different life for size." M. Garretty

We appreciate resident authors donating their books to our Library. This month we have two authors we would like to thank for donating autographed copies.



Jo Ann Brown-Scott has written *The Creative Epiphany*. This book is filled with stories from a varied group of people including teachers, artists, and military. As Jo Ann says, "A creative epiphany brings discovery, illumination, new understanding into your life." Her book is



## Lincoln Hills Foundation Bingo

Wednesday, September 21 • OC Ballroom

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

Come join the Lincoln Hills Foundation for fun and games and a chance to win playing Bingo!

**\$20 for 12 games, 12 sheets with six cards each. Up to \$1350 prize money.** Pop-ups four for \$1; daubers \$1 each; cold bottled water available. No food or alcohol allowed. No one under 18 admitted. Group of 10? Reserve your own table!

More info? Call Dennis Wagner: 360-213-5984

Visit the Lincoln Hills Foundation website at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org).



### Lincoln Hills Shooting Group (LHSG)

The purpose of the LHSG is to make friends among the residents who are interested in shooting. All interested in shooting or reloading are welcome. Ladies: In September we are hoping to have several of you that are shooters, or interested in shooting trap, join us on Tuesday morning. Same day, place, and time as the guys, but we will shoot on a different field. You don't need any experience, just an interest. We take it nice and slow and easy. If you wish to learn to shoot clay targets in a safe, friendly and relaxed atmosphere, call Jean at 408-3821. The LHSG meets at 8:00 A.M. Tuesdays for Trap, International Trap and Sporting Clays, Thursdays for Skeet and Five Stand. More information: Michael Pargament 408-0221 or [jdparg@inreach.com](mailto:jdparg@inreach.com). Residents interested in rifle or pistol shooting can contact each other through our Group.

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

The next Travel Group meeting is Thursday, September 15, 7:00 PM, KS. Guest speaker is Jay Fehan of Collette Vacations. Trips with openings: Branson (Dec 2011), 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/TurkeyTour (Sep 2012), Sicily (Oct 2012), 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 our website for details on all trips. You don't have to be a member to attend our meetings so please join us for an interesting and informative evening in a travelogue-like format. Committee

*continued on the following page*

contains fiction paperbacks and you will find quite a variety of authors, including: Binchy to Brown; Child to Crais; Scottoline to Wiggs; Perry to Reichs and Macomber to Michaels.

Our Library is kept current through your donations. Many thanks to Sue & Arnie Schwartz for their large donation of Audio CDs. We continue to take hardbound and paperback books in gently-used condition and published after 2003. In addition to books, we can use books on CD and movies on DVD. Contacts: donations — Sally Scotch, 543-0792; volunteer opportunities — Sandy Maloff, 408-2368; investment materials — Cleon Johnson, 408-5648 and Community Living Room (OC) — Nina Mazzo, 408-7620.

located in the nonfiction section. The second author is Bruce Robinson and his book is titled *Legends of the Strait: A novel about Benicia, California during the Prohibition Era*. This book is historical fiction and Bruce has done a great deal of research on this unique town filled with a treasure trove of characters and their stories. He uses the Prohibition Era (1919-1933) to demonstrate the many changes occurring in society including the electric light and telephone to the combustion engine and motion pictures. Please note you will find this book in the fiction section on the "R" shelf.

The Community Living Room (OC)



*continued from the preceding page*  
 Member Contacts: Karen Foley 645-5411 or klfand-  
 edf@starstream.net; Teena Fowler 543-3349 or  
 sfowler@starstream.net; Linda Frazier 434-8266 or  
 fraz1774@sbcglobal.net; Sheron Watkins 434-9504  
 Sheron5@sbcglobal.net; Louise Kuret 408-0554 or  
 lkuret@sbcglobal.net.



## Certified Farmers Market

**Wednesdays**

**8:00 AM-12:00 PM**

**Fitness Center Parking Lot at  
Orchard Creek Lodge**

*Space available for artisans*

*Call Judy Hogan 625-4021*

## Connections

*continued from page 3*  
 advertisers — and other businesses — for their support of the *Compass* and many of your Club activities.

Be sure to read the *Compass* insert about the **“Fall Fun-For-All” events happening September 19-22**. Designed to be fun with movement in mind, we hope you will register to participate or come out to cheer on your neighbors and just plain have fun!

Interested in learning about your family heritage? Resident Bob Ringo is sharing his passion for **genealogy in three new classes** that utilize easy-to-navigate software programs designed with beginners in mind. Read page 63 for details.

Looking to head out for a fun

getaway? Carol Percy describes our new ventures on page 5 in her **“Going Places”** article.

On page 41 we provide you with a sneak preview of our **Lincoln Hills New Year’s Eve Spectacular** so you can begin making plans with your friends. The midnight fireworks show was a big hit last year and will be repeated again. Tickets go on sale October 17 so plan ahead as this event will sell out.

The final budget presentations take place Tuesday, September 20, at 9:00 AM in OC Ballroom. Landscape, Maintenance, Spa and Administration Departments will be presenting their 2012 budget and business plans. We hope you will join us.

Enjoy the autumn. I look forward to seeing you in the Lodge.

### Noreene Abarr

Noreene was an “Army brat” and lived all over the world while growing up. She settled in San Jose, CA, for many years before moving here in 2003. Her favorite activities were cooking, reading and collecting cookbooks. She also loved spending time with her granddaughters. The Gourmet Gals will miss her spark and sense of fun! Noreene is survived by her son, daughter-in-law and two darling granddaughters. She also leaves one sister, nieces and nephews, her two dogs and many friends!

### Diane Peery Barkey

Diane attended UCLA, performed professionally as a dancer and danced at the Moulin Rouge in Hollywood. She also modeled and performed in two films. Years later she owned her own Gift Basket Business in Rohnert Park. An avid reader, she had hundreds of books, which her husband is now donating to local Libraries. Here she was a member of a Book Club, Arts Association and Premier Dancers. She leaves her dear husband of 55 years, Ralph, their two children and four grandchildren.

## In Memoriam

### Erna N. Brown

A native of California, Erna was born and raised in Santa Rosa. She worked for many years as a nurse at Kaiser Hospital in Sacramento. Continuing education was important to her. She went on to get her Master’s degree, helped her niece with funding for college, and also set up a scholarship fund at a local nursing school. She was very passionate about animals. She especially loved her cat and faithful companion of 17 years, Shelby. Erna is remembered by friends, family and neighbors for her integrity, friendship, and generosity.

### Marshall Kee

Marshal Kee, age 60, passed away on August 2. He was a founding member of the “Lincoln Highway Band,” “Crossroads,” and a local piano teacher. Marshal was a successful sales manager for 35 years in Southern California. He was a devout Christian, and a devoted husband, father and grandfather. He is survived by his wife, five children, and seven grandchildren.

### Helen Louise Nadolski

Helen and Myron, her husband of 51 years, spent many years in the USAF living all over. Their passion was dancing, but Helen had athletic and musical talents too. Here, she helped form the Lady Niners nine-hole golf group and was a member of the Red Hats. At one time she worked as an administrative assistant in the office of the Secret Service in Sacramento. She had other careers and hobbies, and she loved to laugh. Helen will be missed by her husband, sister, and many other relatives and friends.

### Sidney Raifaisen

Born in the Bronx, NY, Sid joined the Air Force where he became a Champion Boxer, competing in the Golden Gloves and Pan Am Games. After moving to Sacramento, he spent 40 years working for Capital Cigar and Candy Co. He enjoyed camping, hunting, fishing and later golf and working out at The Wave. Sid loved making people laugh! He belonged to the Men’s Golf Group and a Mariner Group/Centerpoint Community Church. Sid is survived by his wife, Charlotte, four children, seven grandchildren and one great-grandchild.




*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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

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## Special Events & Bus Trips

### Lincoln Hills Music Group Presents "Showcase #8" • Thursday, September 15 — 5130-7BSHO

Lincoln Hills Music Group is celebrating ten years of music and fun by presenting Showcase #8. The musical



program will range from old standards, blues, jazz, show tunes, rock, country and comedy, to classics. Many members of the group are currently playing in public venues and look forward to sharing their talent with you. Ballroom doors open at 6:30 PM for 7:00 PM shows. \$10. Dinner and Show Package sales are closed. Now open to guests.

### Sausalito for the Day Saturday, September 17 — 1840-07

We have again arranged a bus trip to Sausalito. The coach will drop you in downtown Sausalito and you can explore numerous options on your own, one being a ferry ride from Sausalito to San Francisco and back. (Check Sausalito Ferry Schedule on the Internet for times.) The Shopping is ample and



interesting with numerous restaurants by the water for lunch or snacks. Wear comfortable

walking shoes and be prepared for cooler weather. We plan to leave Sausalito for Lincoln at 4:00 PM. Leave OC at 8:00 AM, return ~ 6:00 PM. \$34. RSVP ♦♦ Now.

### Calistoga Art Experience and Shopping Monday, September 19 — 1922-07

Two activities in one! This trip is led

### Save The Date! Lincoln Hills' New Year's Eve Spectacular Saturday, December 31, Orchard Creek Lodge

Get ready to have fun on what could be the party to end all parties! It's Lincoln Hills' 2012 New Year's Eve Spectacular! Toast the New Year in style with a customized party experience with choice of Winemaker's Dinner, Comedy Dinner Show, plus karaoke, music and delectable food. Champagne will flow before the clock strikes midnight and watch the night sky light up with a magnificent Amphitheater fireworks display. More party details and pricing to follow in next month's *Compass*. Tickets go on sale starting October 17. Set the date with your friends!



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



Marchiori. A classical and often whimsical study in period art, the villa, which sits on the banks

of the Napa River in Wine Country, features an entertaining education in architecture, paintings, sculpture, furniture and ceramics. After the tour, enjoy free time for lunch on your own at one of the fine local restaurants, have further discussions with Frank, or browse in the shops and galleries of charming downtown Calistoga. Leave Calistoga ~ 3:30 PM. Be prepared for lots of walking and stairs. For more details, Google: Villa Ca'Toga. Leave the Lodge at 8:30 AM, return ~ 6:00 PM. \$73. RSVP ♦♦ Now.

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

6:00 PM performance — 5051-07A

8:00 PM performance — 5051-07B

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



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



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

Café discount.

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

"The music, songs, and dance routines were fantastic! I highly recommend this entertaining show, a fun trip!" — Linda Matthews, Lincoln Hills resident who attended the August trip. This is our second trip to the El Dorado Hotel to see the Tony award-winning Broad-



way musical-comedy, "Hairspray." Be ready for exciting music and a glitzy, colorful production about a Baltimore teen who finds love and fame.

An engaging rags-to-riches tale set in the 1960s, the show is sure to entertain with period costumes and music. Arrive with plenty of time for gaming and a delicious buffet dinner (included) prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~ 10:30 PM. \$81. RSVP ♦♦ Now.

**Amphitheater Summer Concert Series**

**Sugah Daddy Swing Band**

**Friday, September 23**

**Concert Only — 5202-4GCON**

**Dinner & Concert**

**Package — 5202-4GPKG**

Our last Amphitheater Concert for the year! Get down and boogie with Sugah Daddy, a contemporary swing revival band delivering the best in swing, boogie and blues music. With

five fabulous lead vocalists, a poppin' horn section, and the band's utilization of up to 15 different instru-

ments, you will be on your feet for a vast selection of tunes with one of the best known swing bands in Southern California. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$15; Dinner & Concert Package \$48. See Amphitheater guidelines on page 43. Friends, family and guests are welcome!



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

As the gentle giants take to the arena at the Grass Valley Fairgrounds, there's an air of excitement and wonder. Originally bred big to carry knights in armor, these splendid animals later put their brawn to work on America's farms. Today, they display

their strength and precision in the show ring. Arrive in time for the 10:00 AM show (general admission tickets included). After the show, roam the grounds, listen to music, pick up a



western item or two from vendors, indulge in tasty delicacies from

Treat Street food vendors, and participate in a barn tour. These tours allow you to get up close to the horses and talk to their enthusiastic owners. You may bring your own food (no glass containers, please!). Leave the Lodge at 8:30 AM, return ~ 5:00 PM. \$40. RSVP ♦♦ Now.

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

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



watching, and excitement. The ride is beautiful and you will receive \$10 cash back and a \$5 food coupon. Leave the Lodge at

8:00 AM, return ~ 6:30 PM. \$26. RSVP ♦♦ Now.

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

Every fanciful day should start with an Afternoon Tea Party! Legend has it that afternoon tea was started in the



mid-1800s by the Duchess of Bedford and soon spread across high society and became a favorite pastime of ladies of leisure. Gather your friends, neighbors and family for

a High Tea like no other. You will start off by designing and decorating a fanciful hat of your own to complement your elegant tea party outfit. Select from a colorful array of hats and then visit the decorating tables, where glue guns, scissors and other materials like dainty flowers, feathers, delicate trims and jewels are at hand to make your stylish hat. Once everyone is wearing their hat creations, tea will be served. Enjoy a lovely menu of tea, scrumptious tea snacks and delectable des-



serts served in an elegant fashion as you get to admire the hats of your fellow tea guests. During the Tea Party you will have the opportunity to hear Lady Carolyn Loftis as she weaves her way through the threads of fashion history using historic clothing. More than just a presentation, view the clothing as she shares entertaining stories about people who wore them, the occasions and special circumstances in which they were worn. The elegant outfits come to life for you as you learn about the materials they are made of, how much weight women may have worn with each outfit, accessories, and more. If

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

**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.

**SPECIAL ACCOMMODATIONS:** We strive



you are buying a table with friends and neighbors, please have a complete list of guests at your table upon registration. Visit the Activities Desk for menu. Join us for a ladies afternoon and get a new hat to take home with you! OC Ballroom doors open at 11:00 AM; Hat designing 11:00 AM-12:00 PM; Tea served 12:00 PM. Lady Carolyn Presentation 1:00 PM. \$39. Now open to guests.

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



Limited tickets available for this engaging movie animation turned Broadway musical! See details on page 57. RSVP ◆◆ Now.

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

Join in this weekend's celebration of Colfax's historical past. Colfax got its name from President Grant's running mate, Schuyler Colfax, during his visit to the area when the Central Pacific Railroad was completed in 1865. Today, Colfax revels in its railroad history. There will be multiple Western Pacific Railroad Museum Train cars to tour, including two locomotives, two or three cabooses, dining car, etc. There also will be model trains and a steam engine train to view, all at no fee. A Quilt Show will be held,



free motor-car rides and many other events are scheduled throughout the day. For complete schedule, see [www.colfaxarea.com](http://www.colfaxarea.com) on the internet and click on "Colfax Railroad Days 2011" for details. Buffet dinner, included — catered by locals and served at the Sierra Vista Community Center — will have an emphasis on "locally grown" food. Dinner is served from 3:00-6:00 PM. Don't miss this fun "local" event. Leave OC at 11:00 AM, depart Colfax at 5:00 PM and back in LH ~ 6:00 PM. \$47. RSVP ◆◆ by 9/16.

## Amphitheater Guidelines

- **Chairs:** Residents may set up their chair anytime on the day of the event, but sprinklers may go off any time before 7:00 AM. First-come, first-served. Limited folding chairs for rent available for pick up in the Amphitheater 30 minutes before advertised doors open time. Pay \$3 for chair rental during registration.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed plastic bottles.
- **Not Allowed:** No chairs that exceed shoulder height, cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, animals (except service animals).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins. Dinner & Concert package available as an option.
- **Seating:** Seating first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert**. Chairs found the day before the event will be removed and stacked on the upper terrace. SCLHCA is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. **Lawn seating** for blankets: grassy area at the left of the stage.
- **Smoking:** No smoking during the concert.
- **Ticket Pricing:** Public ticket price \$4 more than resident ticket price. Resident must present Resident Card at time of purchase to receive resident rate.
- **Tickets:** Wristbands must be worn during the concert.
- **Parking:** We have a limited amount of parking at Orchard Creek. Please car-pool or walk. The parking area in front of the Del Webb offices is available after 5:00 PM. Street parking is only permissible wherever permit signs are posted.

### Just Added! Kilaga Springs — At the Movies! "Moulin Rouge" Monday, October 3 — Free



PG; 127 minutes. "Moulin Rouge" stars Nicole Kidman and Ewan McGregor. Drama/Musical/Romance. Show 1:30 PM. P-Hall (KS). Free.

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

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

## 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.

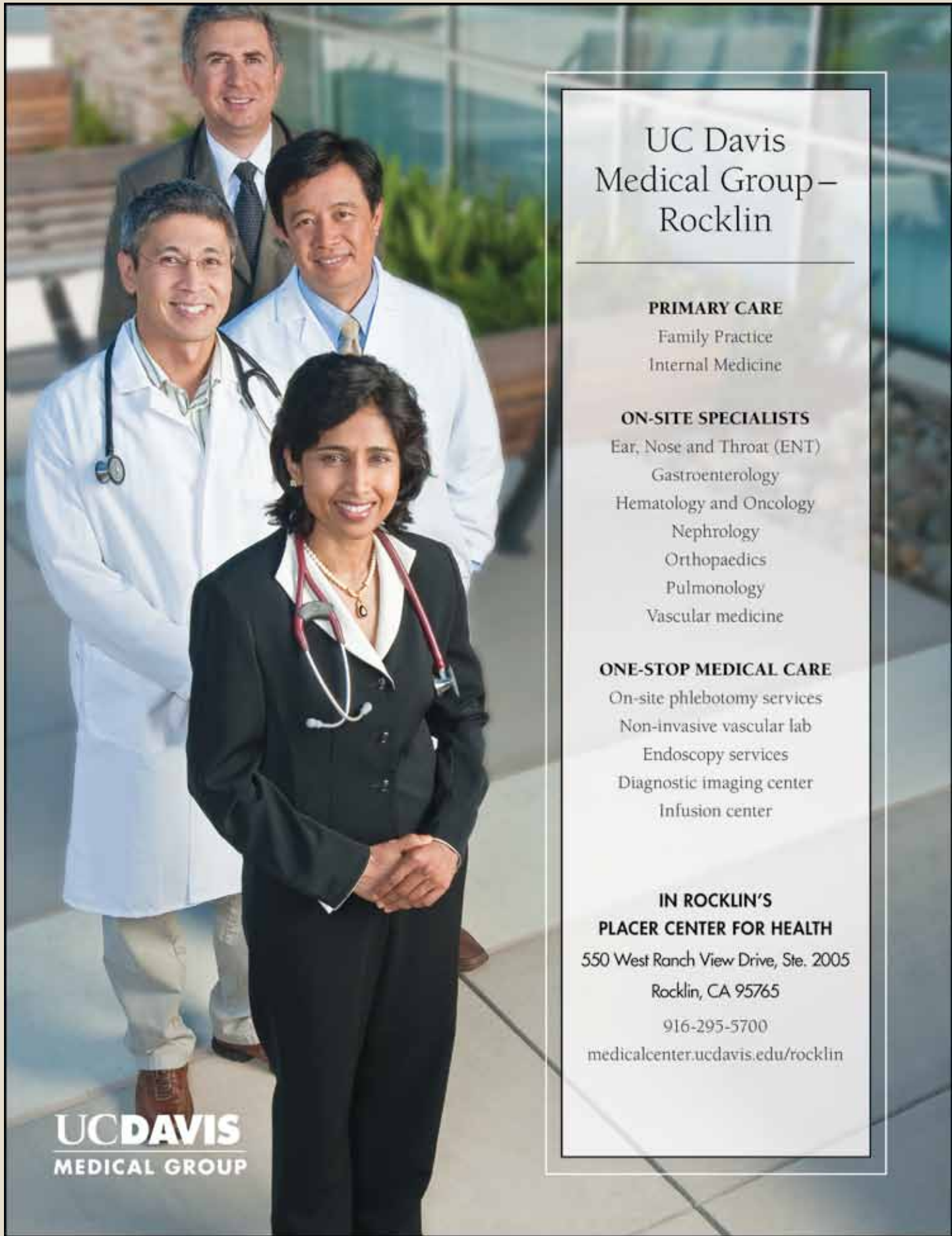
**PARKING:** For *all* trips, please park beyond the OC Fitness Center (The Wave). The bus will drop off there on return to Lincoln Hills.

**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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**Introduction to Golf Women's Beginners** 9–10:30am • October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>

**Mixed Beginners** 8:30–10am • October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>

**Intermediate Class** 8:30–10am • October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>

**Short Game Clinic – Cost \$50** 8:30–10am • October 3<sup>rd</sup>

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.*

### **Golf Lessons with Patty Snyder, LPGA Life Member & former LPGA Tour Player**

One Hour "Drop In" Saturdays • All Saturdays through Oct. 29<sup>th</sup>, 8–9am • \$20 per person.

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Headliner Jimmy Shubert's comedy is usually performed from an observational point of view, in comedic short-story form, poking fun at pop culture. He has recurring roles on TV sitcom



"King of Queens," in Fox Searchlight Pictures' "One Hour Photo" starring Robin Williams and in comedy clubs throughout North America. Show opener Adam Stone. P-Hall (KS) doors open 30 minutes prior to showtime. \$9. Now open to guests.

### Crocker Museum Tour Tuesday, October 4 — 1760-08

Our Painters Group has requested this delightful trip to view the magnificent paintings and porcelains of American artist, Franz Bischoff, known primarily for his beautiful floral paintings and



California landscapes. Inspired by the California countryside, Bischoff painted local farms, fishing wharfs, and coastal landscapes. Recognized

during his career for use of color and vivid composition, his paintings display a reverence for nature. The tour will be led by a Crocker docent and promises to be both educational and entertaining. Enjoy lunch on your own at the Crocker Museum Café which features soups, salads, sandwiches and hot entrees. Leave OC at 9:00 AM, return ~ 4:00 PM. \$29. RSVP ♦♦ by 9/23.

### Veterans Home of California — Yountville and Wine Tasting Wednesday, October 5 — 1764-08

The Veterans Group has suggested a visit to the Napa Valley to visit the largest veterans home in the U.S. Founded in 1884, VHC-Yountville provides residential accommodations and a wealth of recreational, social



and therapeutic activities, such as theater, golf, a library, fitness center, base-

ball stadium, bowling, etc. Veterans interested in membership must be residents of California, age 62 or older and have served honorably. Our coach will arrive in time for a bus tour of the facilities followed by a box lunch. Give the Monitor your choice of sandwich (see sandwich choices at Activities Desk). Box lunch will include *sandwich, chips, fruit and beverage*. Following lunch, the coach will stop at Cosentino Winery in Yountville for wine tasting. Founded in 1980, this winery offers award-winning red wines. Coach will depart Yountville for LH at 3:00 PM. Leave OC at 8:00 AM, return ~ 5:30 PM. \$60, includes lunch and tasting. RSVP ♦♦ by 9/16.

### Oktoberfest Celebration Thursday, October 6 — 5045-08

Our Oktoberfest celebration includes traditional music with the Karl Leberherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, contests, and dancing. Enjoy traditional German



tunes as dinner music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will mesmerize you with elegant costumes and traditional waltz numbers performed to the music recordings of Vienna's "Waltz King," Johann



Strauss, Jr. Feast on a sumptuous buffet of traditional German foods. Complete menu at the Activities Desk. Enjoy a no-host bar when Ballroom doors open at 5:30 PM, dinner at 6:00 PM, show at 7:00 PM. Please inform the Monitor upon registration if you have any dietary restrictions. \$39. Now open to guests.

### "Piano for Left Hand Alone" – A Keith Snell Classical Piano Concert Wednesday, October 12 — 5056-08

As a child and young adult, Keith Snell

was described as a piano prodigy with international awards and a best-selling CD as a Columbia Artist. By 1986, signs



of focal dystonia in his right hand caused him to withdraw as a professional pianist. With a focus on teaching, Keith published nearly 150 titles and 35 CDs

of piano music for students in the U.S., Canada and Far East. He became a passionate proponent of piano music for the left hand alone and once you hear Keith play, the issue of one hand vs. two simply evaporates. The program includes Bach/Brahms' "Chaconne," Scriabin "Prelude and Nocturne" and Liszt's "Hungary's God." Keith resides in New Mexico and often teaches in England. Ballroom doors open at 6:30 PM for a 7:00 PM performance. \$12. Now open to guests.

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

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



a spectacular collection of over 800 quilts and works of wearable and textile art. This well-recognized and largest quilt show on the west coast has astounding works of quilt art and offers a 300-merchant mall with the best in fabrics, notions, machines, wearable art and everything for the quilter and home seamstress. This Festival features over 60 workshops and lectures presented by an international teaching staff. For additional information regarding workshops, etc., check the website at: [www.quiltfest.com](http://www.quiltfest.com). Price includes admission and lunch is on your own. Leave OC at 8:00 AM, return ~ 7:30 PM. \$54. RSVP ♦♦ by 9/30.

**Just Added! Home, Health & Business Showcase**  
**Monday, October 17**

Stop by OC Ballroom 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, 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 ◆◆ by 9/30.



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

**Lots of Walking!** Join us for a beautiful shopping day in San Francisco – bus will drop you in Union Square. Get your Macy's 10% discount card

for the day as you board the bus. To make your shopping more comfortable and fun, the bus company 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 ◆◆ by 10/3. Next shopping trip scheduled on November 16, see page 52 for details.

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

Grab your Halloween mask, cape or wand for a fun-filled night with dancing, good food and spooky activities. Dress-up to compete in the "Spooktacular" costume contest and dance the night away to bewitching music with the Groove Thang Band. This seven-piece band has been called the best "get off your seat and dance" entertainment cover band



in northern California. Enjoy a variety of music for singles and couples including freestyle, pop, ballroom, west coast swing, line-dancing and more. Your ticket includes "spirited" or "unspirited" punch bowl beverages throughout the evening. 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). Ballroom doors open at 6:30 PM; dance 7:00-10:00 PM. \$20. Now open to guests.

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

We're visiting Golden Gate Fields in Albany again to enjoy the heart-pounding intensity of live horse racing. Enjoy the comfort and luxury of the Turf Club as you enjoy an elegant, elaborate buffet while watching the races. Dress code: Collared shirts and

dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants,



t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM-2:30 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$61. RSVP ◆◆ by 9/30.

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

Relax and unwind, end your week on a high note! Join friends and neighbors at a night of merriment and sing your blues away at our Karaoke Bar 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 mic and sing your heart out, it's all for fun. OC doors open at 6:30 PM, Karaoke 7:00-9:30 PM. \$5. 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 threat, 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 casino's including Laugh's Unlimited, Atlantis Casino, Jackson Rancheria and Punchline. Brad has worked with Dana Carvey, David Coulier and Rocky LaPorte just to name a few.

Show opener Marc Yaffee. P-Hall (KS) doors open 30 minutes prior to showtime. \$9. RSVP ◆◆ by 9/29.



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### 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 and women’s wear. Enjoy a fabulous champagne and dessert menu as you watch friends and neighbors showcase winter



collections and fashion trends from some of your favorite stores. New clothing vendors

to the Lincoln Hills Fashion Show will help light up the piste d’envol (runway) as models present formal and casual wear that will help you ring in the winter season. Buying a table with friends and neighbors? Please have a complete list of guests at your table upon registration. Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman’s table. Menu at Activities Desk. Ballroom doors open at 6:30 PM with no-host bar and dessert; fashion show 7:00 PM. \$29. RSVP ♦♦ by 9/29. 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.

### Down the Delta with Jerry Thursday, November 3 — 1921-09

Spend a relaxing day cruising through the beautiful Sacramento River backcountry with private guide, Jerry Moorman. Through facts and entertaining stories, Jerry will educate us about historic Delta towns like Locke, Isleton, and Rio Vista. A unique example of a historic Chinese-

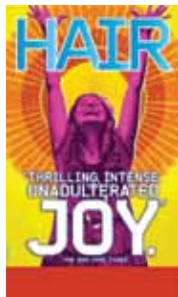


American rural community, Locke was founded around 1913 after a fire caused a large migration of Chinese workers to flee the town of nearby Walnut Grove. Locke was built completely “by the Chinese for the Chinese” with a Chinese-language school,

general stores, and restaurants. Located on Andrus Island amid the slough wetlands of the Sacramento Delta, Isleton has many well-preserved 19th-century era storefronts along its main street. Rio Vista was made famous in 1985 by a lost humpback whale that strayed from the Pacific Ocean. While in Rio Vista, we’ll stop for a delicious lunch at The Point Waterfront Restaurant, known for spectacular river views. Lunch is included, with a choice of *Roast Turkey, Glazed Ham or Seafood Crepes, non-alcoholic beverage and Chocolate Cake with Raspberry Sauce*. After lunch, Jerry will take us for a stroll through Old Town Sacramento sharing favorite spots by the river, historical Gold Rush anecdotes and secrets of the transcontinental railroad’s beginnings. Be ready with your food choice when you register. Complete menu available at Activity Desks. Leave OC at 9:00 AM, return ~ 6:00 PM. \$63. RSVP ♦♦ by 10/7.

### HAIR at 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, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Leave OC at 11:00 AM, return ~ 10:30 PM. \$125. RSVP ♦♦ by 10/10.



### “Steppin’ Out With My Baby... The Songs of Irving Berlin” A Linda Purl & Lee Lessack Concert Monday, November 7 — 5051-09

Award-winning star of Broadway, film and television, 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 roles in “Matlock” and “Happy Days,” she has moved critics with her critically-acclaimed shows, song styling and impressive range. Her stage credits include Broadway’s Tony-nominated *The Adventures of Tom Sawyer*; Broadway’s *Getting and Spending*; *Oliver* and *The King and I* in the Tokyo Toho Imperial Theatre. Legend Lee Lessack has appeared in virtually every major cabaret venue around the country and concert stages around the world. Linda has been described as an act that takes your breath away, so do not miss this unique performance. A no-host bar will be available when Ballroom doors open at 6:30 PM for a 7:00 PM performance. \$16. RSVP ♦♦ by 9/29.



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

If you have attended Ray’s class on Disney Musicals, this trip will complete the experience. 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 Disney Museum, see family mementos and photographs, rare film clips, drawings, cameras, and artifacts from the film-maker’s long career. Ray Ashton



will be on-hand at the museum to answer questions and provide insights into Disney's work. We'll have time to enjoy exhibits and pick up a souvenir in the gift shop or a snack in the museum café. Last stop at Pier 39 for shopping and dining options. **Note:** Patrons must park their cars and check in at OC for this trip. We will load the bus at 7:45 AM from OC for P-Hall (KS), then load the bus from KS after the presentation and head 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 ♦♦ by 10/7.

**Teatro Zinzanni Dinner and Cabaret Show**  
**Thursday, November 10 — 1791-08**

Set along San Francisco's waterfront on Pier 29, Teatro Zinzanni offers a bewitching European cabaret show with original music, circus acts, comedy and inter-active theatrical antics



performed by world class entertainers in a rare antique circus tent. While watching the show, enjoy a delicious

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

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

The Cosmopolitan Cabaret at 10<sup>th</sup> and K Streets in downtown Sacramento seats 200 people in upscale yet casual



space allowing a more intimate theater experience. Set

in the basement of St. Bartholomew's, join us as the game of BINGO, a 15-year feud and a blood transfusion all

collide in a high stakes, hilariously funny new show. 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. Located close to the Crest Theater, the area boasts many restaurants – Cosmo Café, Esquire Grill, Crest Café and more. Leave OC at 5:00 PM, return ~ 11:30 PM. \$58. RSVP ♦♦ by 10/14.

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

We're off for an overnight tour set in the beautiful wine country of Calistoga that will feed your senses and bring you home rested and relaxed. We'll begin with a private cooking demonstration at the Culinary Institute of America located in the historic Greystone Cellars where Chef Susan Duquet will prepare a menu of tasty tidbits while we sip wine. Following the demon-



stration, we'll be treated to a gourmet three-course lunch that will include five

mini appetizers, a main entrée, and a luscious chocolate lava cake. After lunch, we'll have time to browse for kitchen gadgets in the Greystone gift store or explore nearby shops in St. Helena. Then we'll arrive at our inn located in downtown Calistoga. Spend the afternoon and evening relaxing in one of the Calistoga Spa Hot Spring's three heated mineral pools or indulging in a private spa treatment (discount coupons provided) and dinner on your own at one of many fine nearby restaurants. It is recommended that you call ahead for spa treatments. The inn is a block from more spas, restaurants, art galleries and shops. On day two, we'll have time for a soak in the mineral pools and a leisurely breakfast on your own before leaving the inn at 11:00 AM. Last stop on the trip is Sattui Winery for lunch on your own and wine shopping. Leave OC at 8:00

AM November 13, return ~ 3:30 PM on November 14. \$244 per person double occupancy. \$285 single occupancy. RSVP ♦♦ by 10/28.

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

Start your holiday shopping in San Francisco's upscale and trendy shops.



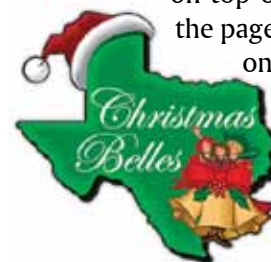
Our comfortable coach will drop you in Union Square. Lunch on your own. Leave OC at

8:30 AM, return ~ 7:00 PM. \$34. Same trip details as October 20 trip on page 48. RSVP ♦♦ by 10/31.

**The Players Group Presents -**  
**"Christmas Belles"**  
**Thursday, November 17, 7:00 PM**  
**Show Only — 5131-9ASHO**

**Friday, November 18, 7:00 PM –**  
**Show Only — 5131-9BSHO**  
**Saturday, November 19, 1:00 PM**  
**Matinee Show Only – 5131-9CSHO**  
**Saturday, November 19, 7:00 PM**  
**Show Only — 5131-9DSHO**

A church Christmas program spins hilariously out of control in the southern farce about squabbling sisters, family secrets, a surly Santa, a vengeful sheep and a reluctant Elvis impersonator. And



on top of everything else, the pageant will be shown

on cable access television for the first time ever in Fayro Texas. Get ready to laugh and sing your way through a

comedy directed by Diane Bartlett that is filled with Texas humor and down home Christmas spirit. A comedy written by three very talented playwrights who were born in the South and raised in the pre-Wal-Mart days where Southern heritage is cherished. The hilarious holiday journey through a misadventure-filled Christmas Eve is guaranteed to bring joy to your world! Evening performances start at 7:00 PM,



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with doors opening at 6:30 PM. Doors will open at 12:30 PM for the 1:00 PM matinee performance on Saturday, November 19. \$12. RSVP ♦♦ by 9/29.

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

A new destination! This trip is for new car enthusiasts as we are off to San Francisco to attend the 54<sup>th</sup> annual San Francisco International Auto Show. This year's show features the 2012 model vehicles from over 30 major manufacturers. There are no advance ticket



sales, you must purchase your own admission upon arrival at the Moscone. Admission price is \$9 per person. There will be food options available within the Moscone or you can have your hand stamped for readmission and enjoy dining anytime at one of the nearby restaurants outside the Moscone. Don't miss this opportunity to see what is new in car design and economy for 2012. Leave OC 10:00 AM, return ~ 7:30 PM. \$37 (does not include admission). RSVP ♦♦ by 11/7.

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

First stop on this beautiful fall ride to visit the Apple Hill area in the foothills is High Hill Ranch to browse gift shops for specialty items and purchase apples and apple products – maybe an apple pie for Thanksgiving.



The Pie House Restaurant will host lunch for our group at noon, *Quarter Barbecue Chicken,*

*Macaroni Salad, Dinner Roll/Butter, Apple Pie a la Mode and beverage.* Time for more shopping before departing for Jodar Vineyard and Winery tasting room. Taste handcrafted 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, re-

turn ~ 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. They offer a lunch buffet as well as some 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**

With two sellout LH performances that residents have described as the most amazing and entertaining demonstration of mental gymnastics, you do not want to miss *Mentalmania!* Mark Stone performs the "funniest mindreading and E.S.P. show in America today." astounding audience mem-



bers 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, and amazed the hosts with his uncanny abilities and comedic banter. Do not confuse him with a psychic who tells people what will happen to them in the future or makes contact with those in the spiritual world. This is a thought-provoking experience with a world renowned performer. If you have seen the show before, there

will be new surprises this time around! P-Hall (KS) doors open at 6:30 PM for 7:00 PM performance. \$13. RSVP ♦♦ by 9/29.

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

Treat yourself to dinner and an uplifting 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 20<sup>th</sup> 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.

**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 new Three Stages at Folsom Lake College. Make this your best



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"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 ♦♦ by 10/14.

### Broadway Sacramento 2011-2012

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway



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

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

In a faraway kingdom turned upside down, things get ugly when an unseemly ogre – not a handsome prince – shows up to rescue a feisty princess.



Throw in a donkey who won't shut up, a villain with a short temper, a

cookie with an attitude and you've got the kind of mess that calls for a real hero. Luckily, there's one on hand, his name is Shrek. RSVP ♦♦ Now.

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

Together longer than the Beatles, Rain has mastered every song, gesture and nuance of the legendary foursome,

delivering a totally live, note-for-note performance in this multimedia concert that's as infectious as it is



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

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

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



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

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



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

Long before that girl from Kansas arrives in Munchkinland, two girls 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 October 20

#### Trip/Event • Date • Departure Time

- October 7 — Beale AFB — 8:15 AM
- October 8 — Hornblower Fleet Cruise Bus 1 & 2 — San Francisco 10:30 AM
- October 11 — Speaker Series — McCullough @ Sacramento Community Theatre 6:45 PM
- October 19 — Benicia Glass Tour — 8:00 AM

### Art Classes

#### —Drawing—

#### Portrait Drawing from the Model Wednesdays, October 12-November 2 — 1014-08A

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



Practice lines, values, shading, and volumes while drawing longer poses. Model fee: \$12-

20 (depending on the number of participants). Model will be present during all sessions. New students: email instructor at [clmichelet@earthlink.net](mailto:clmichelet@earthlink.net) for information or questions. RSVP ♦♦ by 10/5. *Note: Interested in becoming a model for the class? Please contact the instructor, [clmichelet@earthlink.net](mailto:clmichelet@earthlink.net).*

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

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Join Claire as you sketch, set and compose a still life. Practice forming good shapes, using lines, creating volume



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and depth and handling backgrounds. One-on-one help is provided as you develop your work. Choose from the medium of your choice: pencils, colored pencils, charcoal, chalks and ink to dry pastels. All levels welcome. Supply list furnished upon registration. RSVP ♦♦ by 10/5.

### 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 will 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 mediums: pencils, charcoal, and chalks. A supply list will be given upon registration. Class will take a 30-minute break at 12:00 PM for lunch. This workshop was highly received in other schools. RSVP ♦♦ by 10/22.

## —Oils, Pastels & Acrylics—

### Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, October 19 – November 16 — 1031-09

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$65 (five sessions). Choose Oil or Acrylic.

Complete original paintings based on students' photographs or instructor's large photo selection.



First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Included: a suggested supply list, palette layout of color and the Munsell Color Theory. Learn to analyze or "read" paintings by well-known artists. Strong emphasis placed on

understanding an ideal composition using art structure elements. Continuing students encouraged to enroll. About the instructor: Tom was an art instructor for 35 years in Walnut Creek School District and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College. RSVP ♦♦ by 10/12.

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

Or October 24 –  
November 21 — 1052-09

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Class is open to both pastel and oil painters. Under Joan's guidance, learn the art



of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students: please ask for supply list from the Activities Desk during registration. RSVP by ♦♦ 10/17.

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

12:00-3:00 PM (OC). Instructor: Local Artist Anthony Rogone. \$70 (four sessions). Develop the skills and



techniques you need to express yourself with the versatile medium of acrylics. Watch the step-by-step demonstrations and receive one-on-one instruction that will help you break the rules and take risks; embrace your artistic inspirations and create your own dynamic designs. A supply list will be given upon registration. RSVP ♦♦ Now.

### 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). Take your watercolor painting skills to the next level. Learn the ancient art form of Batik. This is a watercolor painting technique that was adapted from what is traditionally done on silk with dyes and wax. In this



exciting workshop we will use Japanese rice paper, watercolor paints, paraffin and beeswax. Explore all the creative possibilities and "happy" accidents that

develop with this painting method. You will leave with your own unique finished watercolor batik painting.

All skill levels are welcome. Whether you are a beginner or a seasoned pro, this workshop is right for you. Bring your own watercolors, rice paper will be available for purchase at the 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). This lively and improvisational fine art workshop will show you how to turn recyclables such as magazine pages,



wrapping paper and interesting beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. This free-spirited

collage art uses your favorite colors, textures and images in paper or fabric scraps plus small objects in the creation of brand new art. One-on-one guidance provided. There is no possibility for a mistake in creating this artwork — it is easy, fun and will open your eyes to a fresh, new art. Class is open to beginning and continuing mixed media artists. Supply list provided upon registration. Questions? Call Jo at 543-1357. RSVP ♦♦ by 10/13.

## Bridge Classes

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

9:30-11:30 AM (KS). Instructor: Laurie Vath. \$45 (six sessions). **Prerequisite:** Proficiency in the principles taught in Gayle's Bridge Plus Class. This class will focus on the competitive aspects of the game. It will include bidding and strategy such as balancing, sacrificing, and leads. The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited. RSVP ♦♦ 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. Back again for airbrush enthusiasts! This is an open workshop on Greenware. Stu-



dents may bring their choice of items. Class is for all levels that will teach blending, shading, cross-shading and reverse-shade on ceramics. Students will finish three pieces within the day. Many love

this class and repeat it often, bringing different pieces each time. We complete a plain piece, animal or two or a bird. Class fee includes airbrush usage, color, paperwork, and instruction from an airbrushing expert. Class starts at 9:00 AM with a 45-minute lunch break. Questions: contact davidhoffceramics@gmail.com or (559) 456-4726. Please make sure you receive a supply list when you register. Class will not be cancelled, regardless of number of registrations. RSVP ♦♦ by 10/24.

### —Lladro—

#### Spanish Oil Painting • Wednesdays October 12-November 9 — 2061-08

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend five consecutive classes in order to complete first-time instruction and



project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies,

\$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 10/5.

#### 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. Space limited; sign up early!

### —Pottery—

#### Beginning/Intermediate Ceramics with Jim • Tuesdays October 4 - 25 — 2014-09A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop



skills. Years teaching art and ceramics make Jim an excel-

lent 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 9/27.

#### Advanced Ceramics • Tuesdays October 4-25 — 2014-09B

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 9/27.

#### Beginning Hand Building Potter's Wheel Techniques with Terry Thursdays, October 6-27 — 2015-09

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). This class will introduce you to hand building techniques and working on the potter's wheel for those interested.



Individuals with any level of experience are also welcome. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Frequent demonstrations are given introducing new



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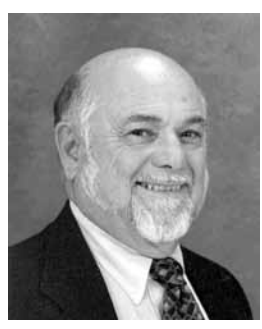
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## Computer Classes (PC & Mac)

### —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. Make yourself more comfortable with the computer. Learn to “talk the talk” and participate in conversations about



computers with a variety of people including your family, friends and more. We will cover the basics of Windows and how it

works. Have these questions and more answered: 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? 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 their computers and various software programs. RSVP ♦♦ by 10/17.

### —Microsoft 2007—

#### MS Excel as a Database Mondays & Wednesdays, October 3-12 — 2651-08

9:00–11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). We all have to keep information about things, our collections, party planning, club membership lists, our address book. Using Excel provides a great way of doing

this and when combined with Word for Mail Merge, it is wonderful. As the holidays approach, use your Excel to create an address book in mail merge for labels for holiday cards and preparing tax documents. Excel is wonderful for both of these tasks. RSVP ♦♦ by 9/26.

#### 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 will be covered. Exercises will be provided for experience working with large spreadsheets and combining data from different spreadsheets into a summary report. RSVP ♦♦ by 10/31.



### — Social Networking —

#### Blogging Class Monday & Thursday, October 17 & 20 — 2693-08C

1:00–3:30 PM (OC). Instructor: Cami Cordell. \$30 (two sessions). Do you know how to blog? ‘A blog’ is basically a journal that is available on the web. The activity of updating a blog is “blogging” and someone who keeps a blog is a “blogger.” Postings on a blog are almost always arranged in chronological order with the most recent additions featured most prominently. Bring a flash drive or your digital camera to upload pictures to the site. Blogging will open new avenues for exchanging recipes, family pic-



tures, destination views — really anything. Join Cami as she takes you on a “blogging” trip using Google Blogger. RSVP ♦♦ by 10/3.

### —Genealogy—

**New classes!** 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 RootsMagic Friday, November 4 — 2690-09A

1:00– 4:00 PM (OC) Instructor: Bob Ringo \$10. **Prerequisite:** Basic computer skills. RootsMagic is a genealogy database program. 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 one of the most powerful genealogy programs on the market. RSVP ♦♦ by 10/28.

#### Getting started with Legacy Family Tree

Friday, November 11 – 2690-09B  
1:00–4:00 PM (OC) Instructor: Bob Ringo \$10. **Prerequisite:** Basic com-

puter 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 11/4.

### Getting started with Family Tree Maker

**Friday, November 18 — 2690-09C**

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 11/11.

## —Digital Photography—

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

1:00-3:30 AM (OC). Instructor: Roy Salisbury. \$45 (three sessions). Are you tired of not knowing how to use your digital camera? Take this class and learn from our instructor! Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, as well as what all those icons do on your camera. We'll discuss useful hints for taking “gorgeous photos.” Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. \$2 handout fee payable to instructor. *About the instructor:* Roy got his first camera as a young boy and fell in love with the hobby. He is an adjunct instructor at many local schools and American River College for the past 12 years and came highly recom-



mended by residents. RSVP ♦♦ by 9/21.

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

6:00-8:30 PM (OC). Instructor: Roy Salisbury \$45 (three sessions). **Prerequisite:** Basic computer knowledge recommended. Photoshop is the #1 consumer photo editing software. You will learn hands-on how to improve and be creative with your photos. Repair or restore your photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 9.0 owners. After class, students may access PC lab to work on their photo projects. \$2 handout fee payable to instructor. RSVP ♦♦ by 10/11.



### Picasa 101

**Wednesday, Thursday & Friday  
October 19, 20, 21 — 2523-09**

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. Getting photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be daunting. Learn how to use Picasa, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. RSVP ♦♦ by 10/12.



## Computer Classes (Mac)

### Digital Photography and All Things Apple • Saturdays

**September 17 & 24 — 2521-08**

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



## Cooking

### Cooking with Chef Roderick

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**Tuesday, October 11 — Sold Out**  
9:00-11:00 AM (KS). Instructor: Chef Roderick.

## Crafts

### One Stroke™ Basics • Sunday September 25 — 1040-08

1:00-4:30 PM (OC). Instructor: Carol Sveglini. \$25. This class will focus on using different kinds of brushes for the One Stroke technique. See what kind of things you can create with these brushes, i.e., filbert brush, angle brush, round brush, fan brush. With the fan brush you can create fur on an animal or ocean waves. The round brush can be used to make comma strokes, etc to use in borders. Angle brush can be used to make the center part of the rose a little easier to paint and the filbert brush can be used with many different kinds of flowers. All levels are welcome! \$5 material fee to offset







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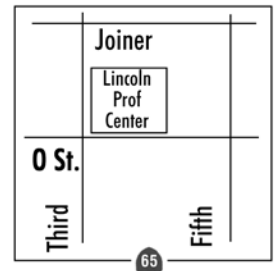


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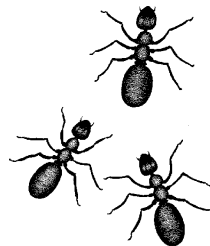
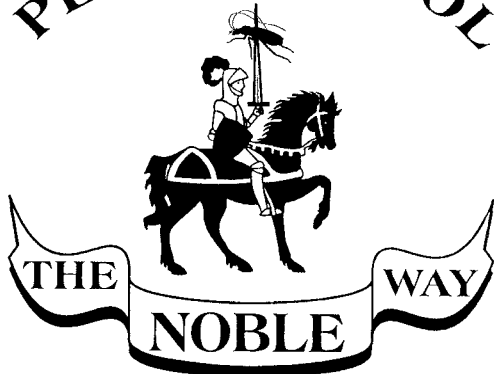
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cost of brushes and paints. Limited amount of surfaces for sale. You are not required to purchase a surface. RSVP ♦♦ by 9/18.

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

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$32 (four sessions). About 1400 years ago, exotic cultures were brought to Japan on the Silk Road. These blended with Japanese customs and were refined with aspects of nature opening the door to a world of unique patterns and beautiful colors. One of the ancient customs is the art of paper folding: Origami. Kathy was born in Japan and will teach you this art. In this session, learn how to create a Christmas basket (used 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 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've been wanting to learn:

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

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

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



### Four Count Swing Workshop Saturday,

September 24 — 3520-07E

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

### Beg Ballroom – Cha Cha Saturday,

October 15-29 — 3520-09A

(No class October 8.) 10:00-11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$15 (three sessions). 1...2...Cha cha cha! It's as easy as that. This great Latin dance is fun and playful with just enough Cuban hips for the beginner. We will focus on the rhythm, leading and following and fun while we learn the beginning steps. Cha cha cha with the Fontaine's on Saturday mornings! RSVP ♦♦ by 10/8.



### Intermediate Ballroom — Night Club Two Step • Saturday, October 15-29 — 3520-09B

(No class October 8.) 11:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$15 (three sessions). This dance makes you feel like you're on a cloud. Night Club Two Step just makes you feel like you are lighter than air! Ladies will learn to be light as a feather and the leaders will learn to move with style and precision in all the beautiful new moves. Start your morning floating with us! RSVP ♦♦ by 10/8.

## —Clogging—

### Clogging with Janice • Tuesdays, October 4-25 — 3572-09A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor's approval and/or previous clogging experience. Must be proficient in Beginning Clogging steps. This fun class will stimulate your dancing skills. More steps and dances, an ongoing class. Join fellow cloggers and dance the hour away. RSVP ♦♦ by 9/27.

### Beginning Clogging/Technique Class • Tuesdays, October 4-25 — 3572-09B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Brand new Beginner's class. Clogging helps reduce dementia and stimulates the



brain. Beginning Clogging class is open to new students. Learn to clog with your hands if you think you can't do it

standing up! Returning students can hone their skills during technique time. Janice is a certified clogging instructor with 30 years of teaching experience. Clogging is an American Folk Dance with roots in many dances — Irish, Scottish, German, African, Indigenous Peoples of America. It is not as hard as you think and we give you low impact clogging. No special shoes required; flat-soled shoes recommended or "tennis" shoes. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we'll have lots of fun. RSVP ♦♦ by 9/27.

### 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.

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**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 Continuation  
Thursdays, October 6-27 — 3901-09**  
1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$32 (four sessions). Continue to polish your graceful hula moves. Class is for students who have finished at least two sessions of Beginning Hula. RSVP ◆◆ by 9/29.



### —Line Dance—

**Intro to Line Dance  
Thursdays, September 22 –  
November 17 — 3603-09A**  
4:30-5:30 PM (KS). Instructor: Audrey Fish. \$45 (nine sessions). This new class meant for real beginners is designed to introduce basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I and it went too fast, this class is for you! You will be introduced to common line dance terminology. Join Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ◆◆ Now.

**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). This class reviews fundamentals of line dancing, including basic steps such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, we recommend taking Intro to Line Dance first (above). This class is not for newbies in the dance. RSVP ◆◆ by 10/27.

**Line Dance II — Beginner-Intermediate with Audrey  
Mondays, November 7 –  
November 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. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ◆◆ by 10/31.

**Line Dance Beginner Plus with Sandy  
Tuesday, October 4-25 — 3705-08A  
Or 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. This class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, so join the fun while exercising. RSVP ◆◆ by 9/28 or 10/25.

**Line Dance II  
Beginner-Intermediate with Sandy  
Wednesdays,  
October 5-26 — 3705-08B  
Or 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



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level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 9/28 or 10/26.

### Line Dance III with Sandy Wednesdays,

**October 5-26 — 3705-08C**

**Or 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 requested not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 9/28 or 10/26.



class from line dance I into line dance II. The dances become a bit more challenging but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting. You don't need a partner, it's a great way to keep in shape, the music is fun and it's a good way to exercise your mind and body. RSVP ♦♦ 10/31.

### Line Dance II/Beginner- Intermediate with Yvonne Thursdays, September 22- November 17 — 3605-08C

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$45 (nine sessions). What our settlers started back in the mid-1800's has spread throughout the world. In addition to the great choreographers in the USA, there are also thousands of line dances coming into the country from around the world each week. This class will incorporate more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ by 9/15.



### Line Dance I/Beginner with Yvonne Mondays,

**November 7-28 — 3605-09A**

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$20 (four sessions). In the mid-1800's, settlers arrived in the US and brought with them new dance steps for non-partner dancing. They shuffled their feet, clicked their heels, wore fancy clothes and line dancing was born. As with the other beginner classes, this class will teach you the basic fundamental steps of line dance. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ 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 you even more steps and combinations. This is a transition

### Country Couples Line Dancing — Intermediate Continuing Mondays,

**October 3-24 — 3530-09A**

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$32 (four sessions). 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 of the older ones and new ones. Beginners and all levels of experience invited. RSVP ♦♦ by 9/26.

### Country Couples Line Dancing — Beginners

**Monday, October 31 — 3530-09B**

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$8 per person. All couples who enjoy dancing: Join Jim and Jeanie for this fun instructional

evening! They have been dancing and teaching country couples dancing for 20+ years. This beginning class includes popular country circle dances. Classes are designed to teach basic two-step dance, waltz, swing, and cha cha and basic circle dances at the social dance level.



Wear casual, loose fitting clothing to class. Music is a mix of country and other types to fit the dance steps. This class is strictly for beginners and will be scaled down to basics and taught in slow pace. This class will equip students with skills required to transition to hourly intermediate classes. RSVP ♦♦ by 10/24.

## —Tap Dance—

### Tap Classes with Alyson!

Enjoy Tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout Northern California and is currently



Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been

sharing her love for the art form with our community since 2000. Students, Beginners to Advanced, may choose from several technique classes. New 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.

### Technique Class

**Mondays, October 3-**

**November 28 — 3553-08A**

(No class November 21.) 10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ♦♦ by 9/26.

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**Technique Class****Mondays, October 3-****November 28 — 3553-08B**

(No class November 21.) 11:00 AM-12:00 PM (KS). \$40 (eight sessions). RSVP ♦♦ by 9/26.

**Advanced Performance****Mondays, October 3-****November 28 — 3553-08C**

(No class November 21.) 12:00-1:00 PM (KS). \$56 (eight sessions). This class is only for advanced students approved by instructor. RSVP ♦♦ by 9/26.

**Beginning Tap****Tuesdays, October 4-****November 29 — 3553-08D**

(No class November 22.) 9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time you will move into one of the four already existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do feel comfortable. Register now if you are interested in trying Tap Dance! RSVP ♦♦ by 9/27.



Register now if you are interested in trying Tap Dance! RSVP ♦♦ by 9/27.

**Technique Class****Tuesdays, October 4-****November 29 — 3553-08E**

(No class November 22.) 10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ♦♦ by 9/27.

**Technique Class****Thursdays, October 6-****November 17 — 3553-08F**

10:00-11:00 AM (KS). \$35 (seven sessions). RSVP ♦♦ by 9/29.

**Performance****Thursdays, October 6-****November 17 — 3553-08G**

11:00 AM-12:00 PM (KS). \$49 (seven sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap

performance for the 2012 Talent Show must enroll in any of the October performance class sessions. RSVP ♦♦ by 9/29.

**Performance****Thursdays, October 6-****November 17 — 3553-08H**

12:00-1:00 PM (KS). \$49 (seven sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the October performance class sessions. RSVP ♦♦ by 9/29.

**Performance****Fridays, September 30-****November 18 — 3553-08I**

12:00-1:00 PM (KS). \$56 (eight sessions). **Prerequisite:** Concurrent enrollment in a Technique class. Residents who wish to be part of a tap performance for the 2011 Talent Show must enroll in any of the October performance class sessions. RSVP ♦♦ by 9/23.

**Tap for Fun with Judy!**

Join us and enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. Not a performing group, it is designed for people who love to dance and kick up their heels!

**Fridays, October 21 -****December 2 — 3551-09B**

(No class November 25). 1:00-2:00 PM (KS). Instructor: Judy Young. \$30 (six sessions). RSVP ♦♦ by 10/14

**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****October 5 - 26 — 3510-09A**

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions). Learn the basics of this great dance from veteran WCS instructor Dottie and how it can be applied to various types and styles of music. **Prerequisite:** Complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ♦♦ by 9/28.

**Intermediate West Coast Swing****Levels I & II • Wednesdays,****October 5-26 — 3510-09B**

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions). **Prerequisite:** Must have completed West Coast Swing Beginning levels one and two. RSVP ♦♦ by 9/28.

**Advanced West Coast Swing****Wednesdays, October 5-26 —****3510-09C**

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions). **Prerequisite:** Must have completed West Coast Swing Intermediate I and II. RSVP ♦♦ by 9/28.

**Driver Training****AARP Driver Safety Course****Wednesday, October 5 &****Thursday, October 6 — 6056-08**

8:30 AM-1:00 PM (OC). AARP member (\$22) for two-day session; AARP non-member (\$24). Instructor: Roger Kane. Resident must present current AARP membership card when you register and pay at the Activities Desks to receive the discounted class fee.



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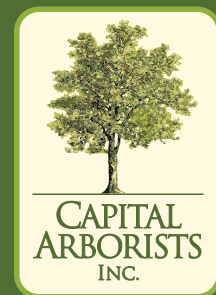
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## Fitness

Register for these classes at the Fitness Centers starting September 17, 10:00 AM.

### —Small Group Training—

*This program is designed to give the personalized workout of personal training with the effectiveness and excitement of working with a group. Small group training sessions will have a minimum of four and maximum of six participants to guarantee success and individualized attention for everyone.*



**SGT—Ski Conditioning**  
**Mondays & Wednesdays,**  
**October 24-**  
**November 16 — 835000-S3**  
**Tuesdays & Thursdays,**  
**October 25-**

**November 17 — 835000-S4**

Mondays/Wednesdays, 5:00-6:00 PM, Aerobics Room (KS); Tuesdays/Thursdays, 7:00-8:00 AM, Aerobics Room (The Wave). *Instructor:* Julia Roper. Ski conditioning small group training has been designed specifically



for skiers looking to get in shape for a more enjoyable, injury-free season. Training will consist of strength exercises specific to the muscle groups that are used on the mountain, as well as cardio specific exercises that mimic the movement patterns of skiing. This training is open to all levels of skiers, and all levels of fitness! **Four week session \$135.** Register/Fitness Desks.

### **SGT – Aligned & Defined Pilates Mat Training**

**Mondays & Fridays, October 17-**  
**November 11— 835000-P5**

7:00-8:00 AM (KS) Aerobics Room  
*Instructor:* Paula Ainsleigh. Transform the way your body looks, feels and performs and join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration, economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format and include exercises on the Pilates Reformer. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Desks.

**SGT—Hydro Training • Mondays & Wednesdays, October 10-**  
**November 9 — 835000-H4**

(No class October 31 or November 2.) 4:30–5:30 PM, Indoor Pool (The Wave). *Instructor:* Lisa Himes. Because of the properties of water, aquatic exercise is comfortable, safe, and a healthy form of exercise. Aquatic exercise is a won-

derful type of fitness program because not only does it lessen gravity's downward pull on the body, reducing stress on muscles and joints, but the hydrostatic pressure and buoyancy prevent the heart rate from elevating as much as it would on land, so a person can exercise harder in water than on land without overexerting. Also, water provides resistance in all directions and lends itself to slower, smoother movements. "No longer a teenager and not yet a centenarian" ... come join this water training experience that is designed to target cardiovascular fitness, endurance, strength and flexibility while using water resistance to tone and define. Come challenge your body and improve your quality of life through hydro exercise. **Four week session \$135.** Register/Fitness Desks.

**SGT-TRX Interval Training**  
**Mondays & Wednesdays,**  
**October 10-**

**November 2 — 835000-T7**

2:30-3:30 PM, Aerobics Room (KS). *Instructor:* Julia Roper/Brandy Garcia. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged body-weight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four week session \$135.** Register/Fitness Desks.



**SGT – “Fun”ctional Fitness**  
**Tuesdays & Thursdays,**  
**October 4-27 — 835000-F9**

12:00-1:00 PM, Aerobics Room (KS). *Instructor:* Deanne Griffin. A fun-filled Small Group Strength Training great for beginners or anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment

and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. **Four week session \$135.** Register/Fitness Desks.

**—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? Join this six-week in-depth, strength training program



that will take you from basic to advanced training techniques. You will begin learning how to use the machines the right way and get a total body program focusing on proper set settings and correct form! Learn how, when & why you need to change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through 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 3-24 — 805000-09**

**Tuesdays, 11:30 AM-12:30 PM,**

**October 4-25 — 801000-09**

**Thursdays, 11:30 AM-12:30 PM,**

**October 6-27 — 80300-09**

**Thursdays, 12:30-1:30 PM**

**October 6-27 — 80400-09**

Aerobics Room (The Wave). Instructor: Lin Hunter. This class is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights,



bands, balls, and bars. All done to fun music to get your energy level up, help you become stronger, strengthen your muscles and joints, and build up cardio endurance. The

range of motion exercises and stretching will help prevent arthritis and keep your mobility. Lin is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Make-up days are

allowed. **Four-week session, one day/week \$30.** Register/Fitness Desks.

**Balletone • Tuesdays, October 4-25 — 700000-09**

4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session \$35.** Register/Fitness Desks.

**—Tennis Lessons—**

**Pro Tennis Lessons • Sundays, September 25-October 30**

**Beginners — 790700-08**

**Intermediate — 790600-08**

**Advanced — 790500-08**

Beginners 8:00-9:00 AM; Intermediate 9:00-10:00 AM; Advanced 10:00-11:00



AM, Tennis Courts #10/11. Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. **Six-week**

**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 Impact Hi-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		Shape Up		Shape Up		
5:00 PM		H2O Circuit		Cardio Salsa* H2O Circuit		
5:30 PM	Dance Fit		Dance Fit			

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session \$70. Register/Fitness Desks.

## —Dance/Fitness Centers—

### Zumba KS • Mondays,

October 3-24 — 810000-09

3:45-4:45 PM, Aerobics Room (KS). (No class October 31.) *Instructor:* Nicole Robinson. A cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and easy to do! Integrating Zumba into every day, you can achieve long-term benefits while experiencing an absolute blast in one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. **Four-week session \$32.** Register/Fitness Desks.



### Performance Dance with Dolly Fridays, October 7-28 — 771200-09

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,

October 5-26 — 770300-09

4:15-5:15 PM, Aerobics Room (The Wave). *Instructor:* Dolly Schumacher. Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater and lyrical styles. Something new in every class. Come watch a class and see how much fun dance can be! **Four week session \$32.** Register/Fitness Desks.

### Ballet • Thursday,

October 6-27 — 770401-09

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-round exercise conditioning program and it's fun! **Four week session \$32.** Register/Fitness Desks.

## —In the Pool—

### Core-N-More Suspended Aquatic Exercise

Wednesdays,

October 5-26 — 760000-10

Thursdays,

October 6-27 — 760100-10

Wednesdays AM & Thursdays PM,

October 5-27 — 760200-10

Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM, Indoor Pool (The Wave). *Instructor:* Andrea Salerno.



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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.

### Mastering Swimming Strokes Thursdays,

October 6-27 — 780200-09

1:00-2:00 PM, Indoor Pool (KS). *Instructor:* Mario Mijango. Learn to master all four swimming strokes and training techniques of the pros. Mario is a seasoned swimmer, triathlete and fitness trainer, and was even an LA County lifeguard just like the Baywatch guys. Class size limited to six participants so you'll have plenty of one-on-one time. **Four-week session is \$150.** Register/Fitness Desks.

## —Nordic Walking—

### Beginning Nordic Walking

Wednesdays,

October 5-26 — 750000-09

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 Method or Nordic Walking. In the beginner class,



you will learn the American Method of Nordic Walking 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.

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## —Yoga—

### Extra Gentle Yoga (chair)

Tuesdays,

October 4-25 — 710000-09

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 adapt-



able to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is

used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session \$40.** Register/Fitness Desks.

### Gentle Hatha Yoga • Tuesdays,

October 4-25 — 710100-09

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. **Four-week session \$40.** Register/Fitness Desks.

### Evening Yoga (Hatha-Traditional Yoga) • Tuesdays,

October 4-25 — 711000-09

6:30-7:45 PM, Aerobics Room (KS). *Instructor:* Susan Hayes. Seasons are changing, and so should your fitness

regime! Yoga has been proven to increase energy, flexibility, balance, and strength — all while reducing stress. As days get shorter and nights get longer, an evening yoga class is the perfect way to keep your body moving! Everyone is welcome to this fun-filled, informative class — from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Four-week session \$40.** Register/Fitness Desks.

### Evening Yoga and Meditation

Thursdays,

October 6-27 — 711100-09

6:00-7:30 PM, Aerobics Room (KS). *Instructor:* Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and optional meditation. Each student receives individual attention. Limit: 13 students. **Four-week session \$40.** Register/Fitness Desks.



## —Tai Chi—

### Tai Chi

Tuesdays, September 27-

October 18 — 730100-09

Saturdays,

October 1-22 — 730200-09

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 and coordination as well as posture and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses her classes on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and

internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Four-week session \$40.** Register/Fitness Desks.

## 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.

## Glass Art

### —Fused Glass—

#### Fusing Glass Workshops • Mondays October — 3102-01J

#### November — 3102-01K

12:30-4:00 PM except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$12 each day. Items will be limited to a six-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? Dichroic glass' ethereal, opal-like quality makes jewelry unforgettable. In this fun, creative class, beginning students use regular and dichroic glass to learn fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. Learn finishing

been working and exploring different forms of fused glass and precious metal clay artwork for six years. She has studied under leading experts in glass fusing as well as dichroic jewelry and glass frit artwork. Her portfolio of jewelry and glass artwork expresses her fun loving character. RSVP ♦♦ by 10/12.

#### 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 you will learn to make a gor-

geous 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—

#### “Beading 102” – Chevron Bracelet Tuesday, October 4 — 3012-08A

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo \$20 (one session). The “sequel” to Beading 101. Ideal for beginners who want to learn bead weaving or for beaders who want to add this bracelet to their design options. A base color of beads is accented by chevron bands of one or many colors. So simple, easy and fast to make. Ideal



for gifts – you'll

find yourself “addicted” to these as you discover new color combinations! For serious beaders – a way to use your stash – dive into those seed beads, you're bound to come up with several color combinations for this bracelet! Class is just one day – “speedy beaders” may finish in class, but all will have the techniques to finish at home. Materials list available

when you sign up, be sure to get it when you register. RSVP ♦♦ by 9/27.

#### Tapestry Bracelet • Tuesdays, October 11-25 — 3012-08B

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo \$60 (three sessions). Indulge your need for color in this bracelet. Strips of beads are joined together to form a unique tapestry bracelet. The choice of width is yours — make it as narrow or as wide as you like – it is easily adaptable. It's all in the number and width of strips you make. Check samples in the Lodges' display



cases – see how easily design adapts to any width.

Go for bold or subtle colors, they all work. Students should be comfortable working with smaller beads; experience with peyote stitch is a plus! Be sure to get the materials list when you register; guidelines will be given for supplies to buy for any width bracelet. RSVP ♦♦ by 10/4.

#### Lion's Head Necklace • Thursdays, October 20 & 27 — 3012-08

1:00-4:00 PM (KS). Instructor: Donnette Thomas. \$30. A very interesting and unique piece. When the instructor completed the lion's head she had to



laugh and question “did I really do that?” The head is made with a step-by-step pattern of polymer clay then attached with your choice

of beads for the necklace part. Instructor has received many compliments whenever she wears her piece. See sample in OC and KS display cases. Sign up and we will have a great time! If you have questions, contact instructor at 425-3666. RSVP ♦♦ by 10/13.

#### Feathery Lariat • Tuesdays, November 1-15 — 3012-09

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo. \$40 (three sessions). So pretty and feminine! The light and airy



techniques and proper methods for applying various findings to complete designs. Continuing students are encouraged to take their designs to the next level, explore new techniques, improve on basics and invent a new look. Students receive individual attention to accomplish their goals. Students will have an opportunity to create several pieces including: pendants, earrings, bracelets and more. Beginning students pay \$40 supply fee to instructor on first day of class for project materials. Continuing students may bring their own 90 COE glass and supplies to class or purchase it from the instructor. All students bring paper and pencils and tweezers; optional: camera. Sign up early, class size limited! *About the instructor:* Kate has





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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,**

**October — 3102-01J**

**November — 3102-01K**

4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS). Moderator

Jordan Gorell. \$12 each day. Due to nature and expense of working with glass and equipment, workshop is for experi-



enced 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 beau-

tiful language of a land of romance, good food and beauty. The course is designed for absolute beginners and those returning to the language. You will learn how to introduce yourself, how to count, how to ask basic information, what to say when buying in Italy, how to order a meal in a restaurant and more. The class will be geared to those that plan to take a trip to Italy or wish to communicate with family members or friends. RSVP ♦♦ by 10/12.

### Music

#### — Guitar —

**Guitar I — Continuation**

**Fridays, October 14-**

**December 9 — 4261-08A**

(No class November 25.) 8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Must have completed at least one session of Guitar I with Bill. Covers basic note reading, chords, strumming, finger picking,

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rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions: Bill, 434-5655. RSVP ♦♦ by 10/7.

**Guitar II — Intermediate •**  
**Thursdays, October 13–**  
**December 8 — 4261-08B**

(No class November 24.) 8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). Class continues Guitar I course of study and includes: reading music in the first position; learning basic chords and chord patterns; strumming and basic finger-picking and use of guitar pick. It provides basics of music knowledge (notes, rests, measures, bar lines, etc.). Learn to play many old favorite songs in varied styles and sing while you play. RSVP ♦♦ 10/6.



**Guitar III — Advanced**  
**Thursdays, October 13–**  
**December 8 — 4261-08C**

(No class November 24.) 10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). Prerequisite: Students must have instructor's approval to enroll. Class is a continuation of concepts taught at the intermediate level with the goal of becoming a skilled guitarist. We continue to study finger picking for various styles of music and introduce varied types of ensemble playing — duets, trios, and quartets. RSVP ♦♦ Now or by 10/6.

— **History** —

**The History of Jazz (Part 2)**  
**Thursdays, October 13 & 20,**  
**November 3 & 10 — 4271-08**

(No class October 27.) 10:00 AM-12:00 PM (KS) Instructor: Ray Ashton \$20 (four sessions). As we continue our journey through the History of Jazz we find ourselves with the “Jazz Age” in full swing. We travel to Chicago's South Side, the clubs of Downtown Manhattan, and Harlem's Savoy. We will hear the brilliance of



Louis Armstrong change the world of music and the elegance of Mr. Ellington define an era. Get ready to dance, it in this session that we will discover the music that will become the soundtrack of a nation on the brink of war. Get ready to Swing! RSVP ♦♦ by 10/6.

— **Keyboard** —

**Play In a Day Keyboard Class**  
**Tuesday,**  
**October 4 — 4270-08A**

**Or 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 9/27 or 10/25.



**Play In a Day Keyboard**  
**Continuation Class • Tuesdays,**  
**October 11-25 — 4270-08B**

**Or 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. Keyboards provided. Class fee includes basic music book and handouts. RSVP ♦♦ by 10/4 or 11/1.

— **Voice** —

**Singers Vocal Boot Camp**  
**Fridays, October 14–**  
**December 2 — 6131-08**

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot camp. Continue to learn and improve on reading and following sheet music. Study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 10/7.



— **Safety** —

**CERT Class**  
**October 18, 19, 24, 25 & 31**

8:30 AM-4:00 PM. Fire Station 34 at Joiner Parkway and First Street in Lincoln. Instructor: Aaron Bjorgum from the city of Lincoln Fire Department. Free. Be part of the Lincoln Hills CERT Team! CERT is a four-day course on Disaster Preparedness, Fire Suppression, Light



Search and Rescue, Disaster Medical Operations, with an emphasis on team building and safety. CERT training involves some lifting and you should be in average physical health. Class will be taught from the city of Lincoln Fire Department at Station 34 on Joiner Parkway. This four-day class (with graduation at OC Lodge on the 31<sup>st</sup>) is free and includes textbook and lunch. To be certified, you must attend all



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classes. Due to classroom size, class will be limited so important to register quickly. For questions, contact CERT Chair, Bill Becker at 543-3493 or CERT Training Coordinator, Lee Guth at 626-0484 (H) or 503-351-9209 (M). There is additional information to pick up at time of registration.

## 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.*

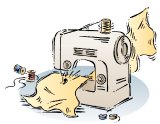
### Bernina Serger Certification

**Monday, October 10 — 4056-121**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limited to three. RSVP ♦♦ by 9/5.

### Bernina Sewing Machine Certification

**Monday, October 10 — 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 9/5.

### Janome Sewing Machine Certification

**Monday, October 10 — 4057-12J2**

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 9/5.

## —Creative Hardanger—

### Norwegian Embroidery “Creative Hardanger” for Beginners

**Tuesdays, October 4-24 — 4022-12J**

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions). Want to acquire a new and easy hobby? Join us in the Sewing Room as resident instructor Ana Bertha shows



you techniques in this beautiful Norwegian embroidery form. First hour provides general embroidery instruction. Remaining class time geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small \$12.50, large \$20. RSVP ♦♦ by 9/27.

### Norwegian Embroidery “Creative Hardanger” Workshop

**Every Tuesday — 4022-12J**

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop is for students who have taken the class in the past and require minimal instructor assistance. Class held in conjunction with Creative Hardanger for Beginners. Instructor will be present to answer questions and provide guidance for successful completion of your project. Enjoy the camaraderie and fun atmosphere at the workshop with friends who share your interest in the hobby. Students attending workshop must register and pay at the Activities Desk prior to start of workshop. Questions? Call Ana Bertha at 408-2670.

## —Knitting—

### Intermediate Knitting Mondays, October 10-

**November 7 — 4071-08**

**Or November 14-**

**December 12 — 4071-09**

(No class October 31 or 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. This class is for



anyone who knows how to knit but would like help reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. About

the instructor: A 1992 International Design competition winner, Nancie designs and writes patterns for several yarn companies as well as writes articles and knitting designs for the major knitting magazines. Nancie has written nine books on Knitting and Crochet and two books on Quilting. Class is limited to 10 spaces so sign up early. RSVP ♦♦ by 9/26 or 11/7.



### DMV Reviews Senior Driving Issues, Introducing New Car-Fit Program

**Tuesday, September 20 — Free**

1:00-3:00 PM, Front Ballroom (OC). Another opportunity for residents to listen and question DMV's Senior Regional Ombudsman John Locher on senior driving issues. Concerns like current re-licensing timeframe; best time to take a required



written/visual test and where, Rocklin or Roseville office; can one phone “someone real” at DMV; what wellness senior driving habits can be more easily corrected, etc. Last year, it was recommended to introduce DMV's new Car-Fit Program; a specialist will present this informative program. Literature will be available and Q&A welcome.

### California Forward: Wanted, “Smart Government”! Thursday, September 29 - Free

1:00-3:00 PM, Front Ballroom (OC). California Forward — a nonpartisan, nonprofit public interest organization — is working to increase performance, accountability, and transparency in all levels of government by empowering local communities to find local solutions to



local problems. That means moving resources from the state to the local level and ensuring those resources are spent wisely. Founded in 2008 to tackle state government dysfunction, this dynamic organization has already tackled several governance reforms, including: redistricting, top-two primary, and majority-vote budget. But, there is a lot of work left to do to move the Golden State forward. Susan Lovenburg, Regional Partnership Coordinator-Sacramento Area, will be our speaker. Please join us for this timely presentation and get an inside look at how reform is taking shape around the state. Consider joining the movement toward a better California! Q&A follows.

**Talking To Your Doctor**  
**Thursday, October 6 — Free**

7:00-8:30 PM, P-Hall (KS). If you've left a medical appointment with more questions than answers, this presentation is for you! Terry McPeck, RN, Care Manager, Certified and the

Director of Eskaton's Community Services program, the Senior Connection, will share how to make the most of your time with medical providers. How should you prepare for your visit to get what you need? How to express your needs and prioritize your questions? Q&A follows. Terry has enjoyed a rewarding career in health services as a surgical nurse, a medical care manager, and a gerontologist.



**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.

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## Financial Wellness University

Russ Abbott, is leading another session designed to help residents understand, interpret, and utilize the world of finance so it can add to your overall wellness and enrich your lives. As with all of Russ' topics, this course has two sessions. The first session will provide a broad overview geared towards the resident who wants an overall knowledge of the monthly subject matter. The second session is geared towards the resident who wants to take a more detailed look at the various financial concepts surrounding that same subject. Residents are free to take both sessions and should not worry about missing a month as each topic is independent of the other.



### Do it Yourself, Or Seek Advice, Tuesday, October 11 — 870000-09

11:00 AM-12:00 PM, P-Hall (KS). Investment control is a very personal thing. For some they would rather delegate this responsibility, others love and relish the responsibility. Learn how to evaluate which is best for you and make the right decision. Free! Register/Fitness or Activities Desks.



### Hands-on Session

#### Tuesday, October 25 — 871000-09

The detailed hands-on session will be held from 10:30 AM-12:00 PM in P-Hall (KS). Evaluate the different choices and which makes the most sense. What you should expect from an advisor and how much to pay. \$5. Register/Fitness or Activities Desks.

### Beautiful Minds Wellness Program, Mondays, September 19-October 10 — 878000-08

Multipurpose Room (OC), 6:00-8:00 PM. Instructor: Daniel Binus. This is an interactive program to unlock the potential of your mind. During the four-part series, participants will learn how exercise, nutrition, correct thinking, stress management and appropriate grief are essential for restoration and optimization of mental capacity. Lectures on each topic will be presented by Daniel Binus, MD, a psychiatrist specializing in using lifestyle treatment for mental health. Following each lecture, practical instruction by trained lifestyle coaches will be given to participants. **\$40 per person for all four sessions, + \$5 material fee to be paid to the instructor on first day of class.** Register/Fitness or Activities Desks.



### 1. Brain Power Boost: Jump Start Your Beautiful Mind

How exercise can jump start your life to improve mental

and physical well-being. Includes 45-minute lecture and 30-minute interactive exercise demonstration.

### 2. Food for Thought: Nourish Your Beautiful Mind

How nutrition can combat mental illness and help you think more clearly. Includes 45-minute lecture and 45-minute cooking demonstration, food samples and menu ideas provided.



Megan Cowart  
Wellness  
Program  
Coordinator

### 3. Think Right: Create Your Beautiful Mind

How changing your thoughts can change your life. Includes 45-minute lecture and 45-minute small group interactive discussion on applying correct thinking to improve emotional and mental intelligence.

### 4. Peak Performance: Optimize Your Beautiful Mind

How to maximize brain function for the rest of your life. Includes 45-minute lecture and 45 minute small group interactive discussion for each individual to develop an optimization plan to achieve peak mental performance.

### Getting Your Stuff Together: Organizing Your Estate Tuesday & Wednesday, November 1 & 2 — 863000-09

10:00 AM-1:00 PM, Multipurpose Room (OC). Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? Expect the unexpected. One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to get your stuff together. The unexpected happens without warning. Be ready. **\$30 per person for both sessions, + \$25 material fee to be paid to the instructor on first day of class.** Register/Fitness or Activities Desks.



## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

**Kilaga Springs: 1167 Sun City Blvd.**

KS Main Phone: (916) 408-4013

Directory assisted to specific areas

**Website for residents:**

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

**Public Website:**

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

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[tim.mulligan@schca.com](mailto:tim.mulligan@schca.com)

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**Club Article Editor** • Wendy Slater

786-5955 [wslater@surewest.net](mailto:wslater@surewest.net)

### Fitness

**OC Fitness Center 625-4030**

**KS Fitness Center 408-4013x7**

**Director of Fitness**, Brandy Garcia

625-4031 [brandy.garcia@schca.com](mailto:brandy.garcia@schca.com)

**Asst. Director of Fitness**, Lisa Scroggs

408-4013x120 [lisa.scroggs@schca.com](mailto:lisa.scroggs@schca.com)

### Food & Beverage

**Meridians Reservations 625-4040**

**Director of F&B** • Jerry McCarthy

625-4049 [jerry.mccarthy@schca.com](mailto:jerry.mccarthy@schca.com)

### Food & Beverage / Catering

**Banquet Sales Manager** Meghan Louder

625-4043 [meghan.louder@schca.com](mailto:meghan.louder@schca.com)

### Lifestyle

**Activities Desks**

**Orchard Creek 625-4022**

**Kilaga Springs 408-4013x4**

**Bus Trip Coordinator** • Kay Kerenyi

625-4002 [kay.kerenyi@schca.com](mailto:kay.kerenyi@schca.com)

**Class Coordinator** • Diane Kemper

408-4013x105 [diane.kemper@schca.com](mailto:diane.kemper@schca.com)

**Club & Room Booking Coordinator**

Judy Hogan 625-4021 [judy.hogan@schca.com](mailto:judy.hogan@schca.com)

**Lifestyle Program Manager**

Lavina Samoy 625-4073 [lavina.samoy@schca.com](mailto:lavina.samoy@schca.com)

**Special Events Coordinator**

Tamara Coil 625-4019 [tamara.coil@schca.com](mailto:tamara.coil@schca.com)

### Membership

**Membership Clerk** • Bertha Mendez

625-4000 [bertha.mendez@schca.com](mailto:bertha.mendez@schca.com)

### Spa at Kilaga Springs

408-4013x6

Spa Manager • Tina Ginnetti

408-4013x116 [tina.ginnetti@schca.com](mailto:tina.ginnetti@schca.com)

### Wellness

**Wellness Program Coordinator** • Megan Cowart

625-4032 [megan.cowart@schca.com](mailto:megan.cowart@schca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

### Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration Office

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — 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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Reduced Sunroom Heat



Retractable Window Awnings On Sunrooms

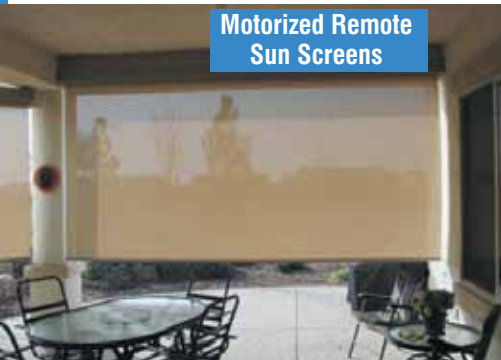
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

**Retractable Patio Covers**



Retractable patio awnings create an outdoor entertainment area while protecting you, your furniture, and your plants from the hot sun.

**Motorized Remote Sun Screens**



With shade screens at a 6% openness, you won't feel boxed in and your plants will love the diffused light.

Effective Sun Protection

**UV Protection Sun Screens**



Sollette sun screens allow afternoon entertaining without you and your guests having to retreat indoors because of bright, hot summer sun.

[www.donsawnings.com](http://www.donsawnings.com)

**Don's Awnings, Inc.**

(916) 773-7616

Roseville, CA

Lic. #408203

Financing available OAC



**Combination Lattice & Sun Screens**



I've got you covered...  
Call me today to get more enjoyment out of your home tomorrow!

**Don Libolt Owner-Builder**

