



Compass

February 2012



Carpe Diem ... pages 5 & 6

**A Message from Your Outgoing
Board President ... page 2**

**Come Enjoy Meridians'
New Look! ... page 5**

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On the cover

Nine years ago these single women reached out to form a gourmet dinner club. Today, they continue to enjoy their monthly gatherings and a whole lot more. Read more about "reaching out" on pages 5 & 6. Photo by De Cahill

A Challenging & Productive Four Years

Board of Directors Report

Peter Gilbert, President, SCLH Board of Directors



It has been a challenging and productive four years since Bill Kassel and I were elected to serve as Board Members.

We ran on the promise that we would listen to the residents; work to keep the maximum light on the issues before the board and treat everyone with respect. Your comments over the years have been that we have done a good job of creating the right environment so that the business of our Association has been handled in a professional manner.

We were also able to start and complete several major projects and initiatives in our community to help make this a better place to live.

Here are some:

- Complete the remodel of our great restaurant, Meridians.
- Install LED lighting, saving the community over \$100,000 per year.
- Reduce the Food & Beverage loss from \$400,000 to less than \$50,000 with breakeven on the horizon.
- Construct a storage building significantly below original estimates.
- Develop a new generation website that will reduce staff time and speed up the process needed to make changes each month.
- Build Pickleball courts to support a new and exciting sport for our residents.
- Obtain a settlement with the developer allowing our community to become ADA-friendly and fully compliant; fund any future construction defect costs that develop in our community.

- Update the CC&R's to better address our needs. Approved by the residents.
- Approve a vein scan process that will eliminate the need to present a card when using any Association facility. To be installed this year.
- Keep our dues at a reasonable level by installing money saving initiatives where needed.
- Approving the reorganization of staff for a net lowering of employee costs.

- Working with our Executive Director to make this a great place to work and a great place for the residents to conduct their business with the Association staff.

"I had a great time serving the wonderful place that we all call home."

And we were able to do all of this and more while raising the dues only \$1.00 per month total over four years.

How did all this happen? With a very committed board, a very professional staff and outstanding Association committees filled with hard-working residents and employees all committed to the success of our community.

So you see, serving on the Board becomes a very good experience and a very productive venture when you are able to attract such outstanding folks to help get the job done.

Why don't you consider joining the team? It is rewarding in more ways than one. There are openings on a few committees where you can get started. I had a great time serving the wonderful place that we all call home. You can too!

Thanks for your support. I hope to see you around our Lincoln Hills.

Upcoming Association-Related Meetings
Date • Time • Place February 15-March 31

Golf Cart Registration	Thursdays, February 16, March 1 & 15, 8:00 AM, OC Lodge
Board of Directors Special Meeting	Thursday, February 16, 9:00 AM, OC Ballroom
Annual Meeting of Members	Thursday, February 16, 2:00 PM, OC Ballroom
Board of Directors Organizational Mtg.	Thursday, February 16, 3:00 PM, OC Ballroom
Board of Directors Meeting	Thursday, February 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, February 23, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, February 23, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, February 27, 9:00 AM, Heights
Elections Committee	Friday, March 2, 9:00 AM, Multimedia
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, March 6, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, March 6, 1:30 PM, Oaks
Compliance Committee	Wednesday, March 7, 10:30 AM, Solarium
Properties Committee	Tuesday March 13, 1:00 PM, Fine Arts
Finance Committee Meeting	Thursday, March 15, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, March 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, March 22, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, March 22, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, March 26, 9:00 AM, Gables/Heights

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

Connections

Resident Website & Online Purchases Are Off to a Great Start

Mark Your Calendars for the Club Expo on March 13

Jeannine Balcombe, Senior Director of Lifestyle and Communications



It is a pleasure to see you in the Lodge and I appreciate when many of you stop me to say hello, pay a compliment to staff, and offer suggestions. Thank you for continuing to recognize the efforts of our excellent staff and our commitment to providing you with great customer service, program variety, and new technology to improve our communications and registration options.

Staff is proud of the successful launch of our Resident Website and Online Event Purchases. We want to recognize and thank the Communications and Community Relations Committee (CCRC) for all the contributions and support provided, and especially the CCRC Technology Team comprised of Jim Datzman, Bruce Holder, Dan Karleskint, Michele Hutchinson, and Ken Silverman.

Since our launch of the Resident Website on November 28, we have registered 2,453 residents. Residents registered for E-Bulletins now number 1,754. Since online event purchases began one month ago, 174 households have purchased 432 tickets totaling over \$11,000 in sales. We received excellent feedback from registrants and as a result, made several updates to make the process clearer. We hope you will return often to the website and feel secure making online purchases.

For some tips on using the website,
Continued on page 19

Want help with Website and/or Registration?

Ken Silverman will be offering two presentations to demonstrate



- how to navigate the website,
- make online purchases,
- enjoy all the great features, and

• answer your questions

Monday, February 27 • 11:00 AM & Saturday, March 10 • 9:00 AM

in the Presentation Hall (KS)
 Sessions should last about an hour and will be followed by time for individual follow-up.

Calendar of Events

February 15-March 20

Date	Event	Page #
02/15	Forum: "My Racing Heart"	17, 86
02/16	Book Discussion: <i>Half Broke Horses</i>	23
02/16	Speaker from UCD Veterinary Genetics Lab	32
02/16	Speaker: Staff Sgt. Emmett Spraktes	35
02/17	Cabaret-style Show: Jeri Sager	43
02/19	Bus Trip: Chinese New Year/SF	52*
02/20	"What Siblings Will Tell You" Genealogy	27
02/20	"Ocean & River Cruising"	32
02/21	Comedy Night at KS	43
02/21	"WWII 10th Mountain Div./Ski Industry"	32
02/22	"Compassionate Communication"	21
02/22	Forum: "Smart Phones/Computer in Hand"	86
02/23	Book Discussion: <i>From Fatigued/Fantastic</i>	26
02/23	Program Coordinator Master Gardeners	27
02/24	Bus Trip: Pacific Orchid Exposition/SF	43
02/25	Bus Trip: Stitches West/Santa Clara	43
02/26	Red Carpet Oscars Party	43
02/26	Bus Trip: Rigoletto/Sacramento Opera	43
02/27	"Encaustic Techniques / Plaster"	21
02/27	Open Show/Contest Best Cabochon/Jewelry	27
02/29	Bus Trip: Red Hawk Casino	43
02/29-3/01	"Players Group: Disappearance/Pigs"	44
03/01	"Issues Regarding Global Economy"	28
03/01	Bus Trip: Speaker Series Sacramento	52*
03/05	Demo: Three Genealogy Programs	27
03/05	KS at the Movies: "The Help"	44
03/06	Painting Demo: Frank Ordaz	30
03/06	Concert: Tom Rigney and The Flambeau	44
03/07	"Fatal (?) Attraction / Gravity"	21
03/07	Bus Trip: Oakland Aviation Museum	44
03/08	"Helping Others Understand" Low Vision	26
03/08	Forum: How to Use the New Kindle Fire	86
03/09	Senior Softball League Draft	33
03/12	"Bluebirds, Swallows, Hummingbirds"	23
03/13	Bus Trip: "Mama Mia" Sacramento	52*
03/14	"Yahoo Mail"	25
03/15	Book Discussion: <i>Unbroken</i>	23
03/15	Bus Trip: "Bouquets to Art," de Young	45
03/16	"Google's G-Mail"	25
03/17	Concert: Men of Worth/St. Patrick's Day	45
03/19	Bus Trip: Charming Healdsburg	45
03/19	"Letting Go"	89
03/20	Needle Arts Sue Pharis Show & Tell	30
03/20	Comedy Night at KS	45

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

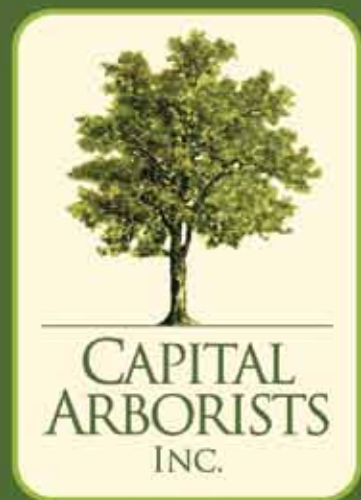


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Meridians Remodel is Completed

Come in and enjoy our new look!

Jerry McCarthy, Director of Food & Beverage



Come in and experience the newly-remodeled Meridians. You're going to love the new dining room with its warm earth tones and new design that allows for more natural lighting to fill the space. New carpet, tables, and chairs now give the restaurant an updated and fresh look.

"Just around the corner is Mardi Gras, which we will be celebrating on February 23. The buffet dinner will have traditional favorites such as..."

And of course, Chef Roderick has created a new menu to go along with the new look and feel. Enjoy breakfast, lunch, dinner, or just a cocktail during happy hour to see all the new exciting upgrades.

To go along with all of the new upgrades you can still expect some of your favorite features: Live music on Friday and Saturday nights, Prime Rib Wednesday, Sunday Brunch, and happy hour seven days a week.



Chef Roderick shows off the newly remodeled Meridians bar

Special events. Meridians is also hosting a number of special events. Just around the corner is **Mardi Gras**, which we will be celebrating on Thursday, February 23. The buffet dinner will have

Continued on page 19

"Reaching Out" Near and Far

Doug Brown, Resident Editor

Remember the famous 1984 Bell Telephone advertising slogan, "Reach out and touch someone"? Twenty-eight years later, we're reaching out and touching all kinds of "someones" right here in Lincoln Hills.



Last year the *Compass* featured our "sense of community." This year, is it time to take more action — to "seize the day"? Is it time to reach out beyond the clubs and

sports and formal groups you already know about? To the wider community that includes the whole city of Lincoln?

How can I reach out to those who are "near" to me, you ask? Read Joan Logue's article on page 6 and you'll begin to get the idea. There are dozens of neighborhood cadres who gather to play table games. Wine clubs and gourmet (or not so gourmet) dinner groups reach out *across* neighborhoods. Are you part of one of these informal gatherings? If not, and you want to be, ask a friend or neighbor for some recommendations.

Here are some *reaching-out* stories from your neighbors.

Are you game?

Lynn met friends at an exercise class where they chanced upon their common interest in table games, and suggested roping their husbands in on Mexican Train. Three years later, they're playing Mexican Train every month.



Residents from Village 23: "We have a second Saturday Breakfast every month and have for the past five years. We love the Meridians menu and they are so accommodating every month"

Village crier? Carol's Village has a newsletter — does yours? If not, how about starting one?

Got books? Everyone loves reading books. Pat started the "Lovely Ladies Book Group" four years ago, with eight women still meeting monthly.

Waffles, anyone? Shirley was talking with friends about how they enjoy an occasional breakfast out. Years later they still gather every other Saturday patronizing a Lincoln restaurant.

Back to the Salt Mine? Judy's "ladies night out" group takes on the project of supporting Lincoln's thrift shop through donations of cash and canned food.

Wheeling meals? Sid saw a chance to reach out by joining Meals on Wheels and is greatly appreciated when a meal arrives at someone's front door.

Where's Mother Goose? When Mary arrived here with a knack for reading stories to tots, she joined the Lincoln Library's "Mother Goose on the Loose" program for preschoolers.

Are you reaching out, near and far? Ask around. Know someone too shy to reach out? Invite them to your next gathering. Want to start your own group? All it takes is an idea, a few people, a date, and a place. Go for it.



Singles — Reach Out and Create a New Life for Yourself

Joan Logue, Roving Reporter

After becoming single, you hear that you must create a “new normal.” What exactly does that mean? When my husband died here 10 years ago, I needed to find out. First, I checked my calendar and it was pretty empty. That scared me, because I wasn’t one to sit around and watch TV all day! What do I want to do? Who am I?

I thought back to my teen years and tried to remember what my dreams and goals were. What were my interests then? I wanted to be wife, mother, and teacher and I fulfilled that dream by having two children and teaching for 35 years, but now what? I decided to attend some earthenware classes as I used to

“After becoming single, you hear that you must create “a new normal.” What does that mean? When my husband died here 10 years ago, I needed to find out.”

like doing that. It was fun and productive, but I still needed more.

Meanwhile, through a friend I met some other single women who wanted to start a gourmet dinner group. Yes! That sounded like fun as I enjoy entertaining anyway. This group has been going for nine years now and we have become very close friends. We lost one member to Cancer last year and we all took turns helping her through several years of struggle. We know that we can call the others in the middle of the night if necessary. That is the scary thing about living alone: who is there to help when needed? The women in our group often travel together and sign up for events together. I took up scrapbooking and have three albums of photos of each of our dinners. We’re running out of “themes” now! Once a month we have a dinner and the hostess plans the theme

and menu and hands out the recipes so each person makes one dish. We’ve had lots of fun!

Over the years I have been a leader of the Support Team, (now Neighbors InDeed), on the Neighborhood Watch Board, and a member of the Communications and Community Relations Committee and Community Forum Task Force. Also I volunteer for the SCHOOLS group and at my church. Yes, I keep very busy now, and I love my life! I also at-

tend many, many events that are offered here and travel when I can. Life couldn’t be better.

I know that it’s difficult to see this life ahead of you when you’re at the beginning of a new road, but you have to create it for yourself. Don’t wait for an invitation. Reach out and invite others to do things with you. Attend some classes or clubs, volunteer. Reach out and find a new friend. Invite that person over for dessert, or wine & cheese. Ask them to invite another. Decide on common interests and pursue them together. Voila! Your new normal! No one needs to be lonely living here in Lincoln Hills.

Activities News & Happenings

Buy Seats Online for Trips, Events and Classes!

Lavina Samoy, Lifestyle Program Manager

“What new technology does is create new opportunities to do a job that customers want done.”

Tim O’Reilly,
Founder & CEO of O’Reilly Media

Enjoy the convenience of buying tickets from the comfort of your home! Register for classes, trips and events using “Online Sales” from our community website. Launched on January 10, over 180 households have already purchased their tickets for shows, concerts, dances, seats for bus trips

and a variety of classes online. We are grateful for all your feedback and staff is actively working on improving the site and the current process to make it easier and more user-friendly.

If you haven’t tried it, first step is to complete the Website Registration by going to: www.suncity-lincolnhills.org/residents, click on “Register” and follow the instructions.

Residents enjoy the privilege of discounted ticket prices and ac-

cess to all activities the Lifestyle offers. But in order to take advantage of these privileges, you must log-in as resident. The website automatically charges the public rate if you do not use your resident log-in.



“Residents enjoy the privilege of discounted ticket prices and access to all activities the Lifestyle Department offers. But in order to take advantage of these privileges, you must log-in as a resident.”

If your chosen activity is closed for online registration, please call the Activities Desk at 625-4022 for possible spaces or to be added to the Wait List. Tickets are sold between the Ac-

tivities Desks and website, so closed online registration does not always mean that the activity is sold out. Give us a call and our Activities Monitors are happy to check availability for you.

If you have questions or comments regarding the website, registration or online sales, please contact our webmaster directly at: webmaster@suncity-lincolnhills.org. Staff will respond to you in a timely manner.

Continued on page 9

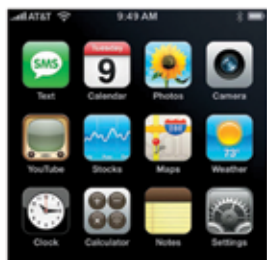


There's An App for That! II

The Macintosh User Group Extends
An Invitation to all Sun City Residents
To App Night

Do you own an iPad, iPhone, or iPod Touch and want to see and learn about Apps?
Do you have a favorite App you would like to share with others?
Don't own one of these devices and are interested in learning about them?

There also will be a Tech there to help answer your questions about these devices.



Join us for "APP Night" in the
Ballroom at Orchard Creek
March 13th - 7PM



Lincoln Hills Genealogy Club

Do you want to start searching for your family
history but don't know where to begin?



The Lincoln Hills Genealogy Club
can help:

- Special topic speakers each month
- Access to Genealogy Databases
- Experienced, helpful members

**General
Meeting
Third Monday
6:30 PM
P-Hall (KS)**

For information, contact John Travis at 543-5277

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Still Need to Plan Your Path?

Fitness Center News

Brandy Garcia, Director of Fitness

Did you miss our "Plan Your Path" program? If so, no need to fret. This ser-

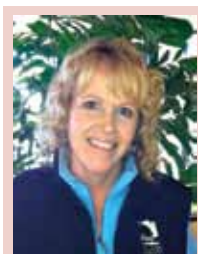


vice is one of many that we offer to residents on an ongoing basis. During our Plan your Path program we sat down with residents and helped them plan to

reach their health or fitness goals. Stop by, email, or call one of the fitness staff to talk with us about how we can help you Plan Your Path.

Welcome Aboard Deborah!

Have you noticed a new face at the Kilaga Springs Fitness Center? Her name is Deborah McIlvain and she is our new Fitness Coordinator at Kilaga Springs. She comes to us with over 17 years of experience in the fitness industry. She has managed over five different group exercise programs, two different personal training programs, multiple front desk staff, and has coordinated/overseen multiple incentive programs and special events for different fitness centers. Deborah has experience with teaching group exercise classes, doing one-on-one personal training, and small group training.



Deborah McIlvain

Her primary job duties here in Lincoln Hills are to serve as the main contact for the personal trainers, small group training instructors, and the Bodybugg program. Her students describe her as energetic, bubbly, smiling, and motivating. And they are right!

Stop by and introduce yourself to Deborah and help us welcome her to our wonderful community!

"What attracted me to this position you might ask?"

Kimberly Bahan, Community Standards Manager

It is with great joy that I introduce myself to you. My name is Kimberly Bahan and I am your new Community Standards Manager. I am a 12-year Lincoln resident and have two sons; Brad who just graduated this past June and Joshua who is a freshman at Lincoln High School. I come from a long history in Marketing/Communications and Public Relations, as well as having worked in the Construction Industry for several years.

What attracted me to this position you might ask? The number one reason is "You." I am here to help you with any Design Guideline/ARC questions you may have, as well as answer any questions about our CC&R's (Covenants, Conditions & Restrictions), and will be handling the Marketing for our beautiful Kilaga Springs Day Spa. If you have a matter with Compliance that requires my assistance, I will work to find a solution that is fair and beneficial for all involved. CC&R's for me also means: Caring, Considerate & Respectful. I *care* about what matters to you, I will *consider* every option and will do so with the utmost *respect*.

Buy Seats Online

continued from page 6

Remember, all sales are final unless the activity is cancelled or we receive a request for refund within 24 hours of purchase. Request for an online sales refund must be emailed to the webmaster. An in-person sales refund request must be directed to the Activities Desk at either Lodge.

Haven't bought online yet? We recommend the following activities for your enjoyment: March 7 trip to the Oakland Aviation Museum led by Jerry Moorman; The History of Jazz, Part 4, begins February 29, experience this multi-media presentation with instructor Ray Ashton; or purchase tickets to the "Red Carpet Oscars Party" February 26. Dress the part and watch the Academy on the Grand Ballroom's big screens.

A few reminders as we move forward into 2012 are:

- If you have a new renter in your property, let us know.
- Selling your home? Be sure your Realtor understands our guidelines.
- Check your bark areas for drip lines showing and dirt exposure. If you can see it, so can we.
- Keep all weeds pulled and shrubs trimmed.
- Always be considerate of those around you.

I welcome hearing about residents you think are doing a great job maintaining their property. Send me an email at Kimberly.Bahan@schca.com and tell me all about it.

As I said before, I am here for you. However I can assist you in these areas, please let me know. And, if ever you are in Orchard Creek Lodge, stop in and introduce yourself; I'd love to meet you! Looking forward to serving you.

Check out the complete list of activities available for sale!

Whether you buy online or in-person, it is always our pleasure to serve you.



Did You Know?

E-bulletins keep our residents informed of much around our community. Sign up so you are immediately notified of situations as they happen. Power outages, special events, sometimes even a two-for-one coupon at Meridians (for E-bulletin users only).



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New Street Lights Put Light Where It Should Be

Dan Hardesty, Properties Committee Chair



A lot of work is being done every month to keep our beautiful facilities looking their best. At the January Properties Committee meeting, Chris O'Keefe reported that a few projects were in process that should be completed by the time you read this. Whew!!

- New carpets and vinyl flooring in The Wave Fitness Center
- Tiles at the indoor pool
- Streetlight installation
- Meridians Restaurant remodel
- New furniture added to the

Orchard Creek Lodge pre-function area

- New chairs in the Fine Arts Room
- New floors and furniture in the Kilaga Springs Café
- Wood floor refinished in Kilaga Springs
- New boiler for the Orchard Creek pool should arrive to replace the one that keeps failing

I am personally fascinated by the Light Emitting Diode (LED) technology that is behind our new streetlights. Sure, at 55 watts, they are energy efficient but do they put out enough light?

To compare the old and new lights our facilities staff measured the light level in foot candles (fc) at street level for several distances. As you can see the new lights provide better lighting across the street away from the pole.

Lighting Type	Distance from Pole			
	5'	10'	15'	20'
New 55 Watt LED	.7 fc	1.1 fc	1.0 fc	1.0 fc
Existing 100 Watt	1.6 fc	.6 fc	.6 fc	.8 fc

In addition the glare is reduced and the light back toward the houses is reduced resulting in less glare in your bedroom.

The Facilities Committee meets in the Fine Arts Room (OC) at 1:00 PM on the second Tuesday of each month. We look forward to seeing you there.

A New Year Starts — 2011 Ending Well Ahead of Budget

Hank Lipschitz, Finance Committee Chair



We now have preliminary results for the full fiscal year. Please note the results are not final until we get the report from our auditors next month. There were a number of items that caused December to be over budget by \$61,529 however we show that

we were \$400,569 less than budget for the full year. Areas that accounted for higher expenses in December were Administrative expenses, Fitness and

Rec. Center Maintenance. All departments were at or below budget for the year. Some of the Admin spending was related to timing of printing and distribution of budgets to residents, higher costs for legal, IT and New Year's fireworks. Other expense items were running electrical lines to Ballroom for the restaurant and clearing culverts for storm drainage.

On December 31, we had \$3,503,603 in our Operating Fund which includes \$588,172 in restricted cash and our Reserve Fund had a balance of \$5,464,400.

All of our funds are in FDIC-insured accounts or US Treasuries according to our policy. While the Reserve Fund is higher than projected at the beginning of the year we have

yet to pay any funds for our LED street lights (that will change soon).

There was another small improvement in the number of homes with past due assessments. At year's end there were 126 homes that were behind totaling \$97,200 past due compared to 138 homes at the end of September with \$103,100 past due.

In January Jim Leonhard's wife, Millia, had a severe bike accident and Jim has resigned from the Finance Committee to care for her. I want to thank Jim for his dedication and contributions to the Committee and wish Millia a speedy recovery. The Finance Committee met this month to fill our open positions and we were very fortunate to have two highly-qualified applicants to fill the openings: Dr. Harriet Kaufman and Jerry Lambert.

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

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

Statement of Operations YTD 12/31/2011

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$7,738,046	\$7,723,871	\$14,175
Administration (expense)	(1,862,987)	(1,962,596)	99,609
Kilaga Spa	3,872	(14,900)	18,772
Fitness	(431,617)	(424,981)	(6,636)
Activities	(198,686)	(231,803)	33,117
Rec. Center / Maintenance	(2,345,083)	(2,451,181)	106,098
Landscape Maintenance	(2,437,187)	(2,523,850)	86,663
Food & Beverage	(65,790)	(114,560)	48,770
Capital Asset	142,443	142,443	0
Net Revenues (Expense)	\$543,011	\$142,443	\$400,568



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The Spa at Kilaga Springs
New Products and Therapies

Tina Ginnetti, Manager, The Spa at Kilaga Springs

Great things are happening at your Spa. On March 1 we launch a new menu with a whole new look, and a new make-up product line.

La Bella Donna Mineral Make-up

Many of you have requested make-up here at the Spa and with very careful selection we have chosen **La Bella Donna Mineral Make-up**. La Bella Donna is carried in the finest spas in the United States because of its purity, mission statement and commitment to partnerships with their clients. Watch for our launch date the first part of March. A La Bella Donna rep will be here doing make-up makeovers with our own make-up artist, Laura Oakley, and

demonstrating their product line. Their goal is “to co-create with integrity in bridging the gap between wellness and sophisticated beauty.”

Botox, Restylane, Juvederm
Yolo Curve

The Spa is also partnering with Dr. **Mark Debruin**, providing you with a referral for injectables for Botox, Restylane, Juvederm and an elaborate laser system for Lipolaser called the Yolo Curve. Dr. Debruin is a well-respected physician who has practiced medicine for over 18 years, and is presently the chief of Hills Physicians. His practice incorporates

many fields which includes dermatology. You can learn more by going to his website at www.debruinmedicalcenter.com and be sure to mention the Spa as your referral.

Meditation

Every first Wednesday of the month from 8:00-8:30 AM in the Spa Sanctuary. This is a free community service.

In the Spotlight

Ellie Vandoren, National and State Certified massage therapist, creates a customized session to suit the unique needs of the person she is work-



Ellie Vandoren

Continued on page 17



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Neighborhood Watch

Good News for Home Security

Meet Mary Cranston, Alerts Program Team Coordinator

Patricia Evans



All of those emails you receive with security alerts and items of interest do not appear by magic. They have been carefully validated, checked and re-checked, by Mary Cranston, Alerts Program Team Coordinator, and her team members, Barry Johnson and Pauline Watson.

Mary has good news. “We have not had a home burglary in SCLH since September 16! A great deal of credit goes to the

resident volunteers who patrolled the entrances to SCLH for over two months, coordinated by Barry Johnson and Bruce Marovich. Three burglars identified with SCLH crimes have been arrested.” Stay alert, good

citizens! Our reputation of looking after each other and being a tough place to pull off a “job” will spread.

Mary is now also a Neighborhood Watch Director and will be assisting Villages 33, 34A, 34B, 35A, 35B, and 36.

A Bay Area native, Mary has experienced the U.S. “up close and personal” by living in a variety of locations from coast to coast plus Puerto Rico. Her husband’s job with an engineering/construction company also provided expatriate experiences in Malaysia and Korea.

In an additional community service capacity, Mary schedules volunteers for the Spay/Neuter Assistance Program of the Placer Society for the Prevention of Cruelty to Animals. She also works part-time for a local investment firm. And, somehow, she still

‘We have not had a home burglary in SCLH since September 16! A great deal of the credit goes to... ‘



Mary Cranston is a new Neighborhood Watch Director in addition to Alerts Program Team Coordinator

has time for her interest in photography, decorating, and reading.

For an update on a popular personal financial scam which has returned to haunt us, please turn to page 30.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
- Nancy Whitaker, 408-7393
nsymmes@hotmail.com

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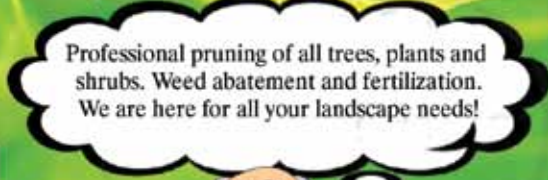
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Pave Paradise? Not Here!

Open Space — Another SCLH Amenity

Al Roten, Roving Reporter



Remember the Joni Mitchell song of the 1970s, “Big Yellow Taxi,” with the famous line, “They paved paradise to put up a parking lot”? That did not happen here in Lincoln Hills. The natural state of this land was mostly dry grazing ground. Development specified that 40% of the land would be open space, which resulted in about 700 acres for golf courses and 500 acres of natural preserve.

By nature, this property was dry except vernal pools during rainy seasons. When gold miners and farmers arrived, irrigation was introduced. Both Orchard Creek, through central Lincoln Hills, and the creek feeding Ferrari Pond and Ingram Slough in the northern section of the development are fed by irrigation waters rather than natural watershed. At times either Nevada Irrigation District (NID) or Placer County Water Agency (PCWA) may reduce the amount of water available to run through our property. Storm drains at our curbs carry excess water to the preserve areas, and empty in catch basins where water percolates into the aquifer.

Because our Open Space Preserve Permit specifies that these are the only waters allowed to be introduced into the preserve areas we cannot artificially keep our preserve spaces green throughout the year.

Low water flow and warm weather promote the growth of azolla (known as duckweed, mosquito fern, or water fern), the reddish growth we see on the surface of many ponds in Lincoln Hills. Heavy rains and cold weather may curtail growth of azolla. Our Maintenance Department must obtain permits to manually remove this growth, even if with limited long-term results.

While residents must stay on trails in our preserve areas, you can appreciate their beauty whether you are walking the trails or live on adjacent properties.

“The natural state of this land was mostly dry grazing ground. Development specified that 40% of the land would be open space, which resulted in about 700 acres for golf courses and 500 acres of natural preserve.”

“Our maintenance staff are providing additional firebreak mows in six-foot bands close to homes in late February/ March prior to the regular mow, plus a 30-foot cut in late September/ October”



“...the creek feeding Ferrari Pond and Ingram Slough in the northern section of the development are fed by irrigation waters rather than natural watershed”

Our maintenance staff and contractors are allowed in the preserves to control the fire hazard of dry grasses. The grazing program of the past few years does well at keeping down the build-up of thatch. We are required to have an annual spring firebreak mow in bands of 30 feet from homes. In addition, our maintenance staff are providing additional firebreak mows in six-foot bands close to homes in late February/March prior to the regular mow, plus a 30-foot cut in late September/October.

Enjoy these natural resources as you walk or cycle through our community!

Did You Know?

Looking for information on use of facilities, fees, hours and rates for our Association? All of that and a whole lot more about our wonderful community can be found within our *Lincoln Hills Community Directory and Resource Guide*. A table of contents on page 12

will direct you to a wealth of worthwhile information.



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Heart Beats

February is “National Heart Month”

Shirley Schultz

Not all heart beats are the same – and heart beats are not always regular. It is a normal occurrence that nearly everyone, at one time or another, has irregular heart beats or arrhythmias. Some people have regular heart beats that are too slow and some people have regular heart beats that exceed the normal 50 to 60 beats per minute, as high as 100 beats per minute. The question is when should one be concerned about irregular heart beats or those that are too slow or too fast? To answer this question, everyone in the senior age group should have at least a baseline electrocardiogram (EKG) and a consultation with their physician.

Heart arrhythmias may stem from several different causes: coronary artery disease, imbalances in blood electrolytes such as potassium or sodium,

injury from a heart attack, healing after heart surgery, and many other causes. Keep in mind that the irregularities might be benign. On the other hand, a significant number of people have heart attacks that they either are not aware of or that they did not consider to be a heart attack. If they survive the event, and when it shows up later on an EKG, it is called a “silent heart attack.”

Lifestyle changes can help avoid or control heart irregularities. If you know that certain activities cause you to have arrhythmias, then avoid those activities. Maybe that is why you don't see too many older people bungee-jumping! If you smoke, stop. Limit or avoid your intake of alcohol as it can act as a heart irritant. Stop or limit your intake of caffeine, including that contained in over-the-counter medications. Stimulants contained in

cold and cough meds can worsen heart irregularities. There are many different medications and treatments for heart arrhythmias depending on what the underlying problem is. You may already



have heard such terms as cardioversion, ablation therapy, pacemaker, and implantable cardioverter-defibrillator (ICD).

February is National Heart Month. How appropriate that the February Community Forum on **February 15** will see the return of the popular cardiologist, Dr. Hemphill, to speak on the topic of “My Racing Heart” (see page 86, but if you missed it, note that the presentation is available for listening to a podcast on the Resident Website).

Johnson (408-5648) ensures the binders contain the most recent information.



“Everything Starts Somewhere... ”

Library News

Nina Mazzo, Library Volunteer

The quote in the headline was made by author Lee Child who has written a prequel to his hugely successful Jack Reacher series and it is titled *The Affair*. The work is clever, the writing is clear and crisp and the clues to his main character's vengeful personality finally play out in this bestselling thriller. You will find this book in the Fiction section.

Another recently donated book worth checking out is *The Sherlockian* by Graham Moore. This book is a historical suspense novel. It is set in current times and the premise is that a Sherlock Holmes scholar announces he has found Arthur Conan Doyle's missing journal. The story contains several historical incidents and it is great fun to follow the steps of Arthur Conan Doyle in one chapter and then jump to present day with a modern day Sherlock Holmes. You

will find this book in the Fiction section.

Kilaga Springs Library is filled with a wonderful assortment of donated books and magazines. Pickup a hot cup of coffee in the Kilaga Springs Café and try a new author while sitting by the cozy fire.

The daily newspapers, *Wall Street Journal* and the information in the investment binders are paid for by our Association for the use of all residents in the Library area. Recently, we moved the binders containing the archival copies of *Compass* magazines to the reference section near the computer area and, like investment materials, they are not to be removed from the Library.

Contacts — book donations: Sandy Melnick (408-1035) please call if you have more than a few books to donate; volunteer opportunities: Sandy Maloff (408-2368); investment materials: Cleon

The Spa

Continued from page 13

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Connections

Continued from page 3

Ken Silverman will be offering two presentations in the Presentation Hall (KS) to demonstrate how to navigate the website, make online purchases, enjoy all the great features, and answer your questions. Please plan to attend either or both of the sessions Monday, February

27 at 11:00 AM and Saturday, March 10 at 9:00 AM. We anticipate one hour for each session with ample time after for individual follow-up.

Just a reminder that if you don't have a computer, there are two computers for your use in each Lodge, and if the OC Computer Room is available, you are welcome to use those computers as well.

Our annual **Club Expo** is Tuesday, March 13, between 10:00 AM and 2:00 PM at Orchard Creek Lodge. The Expo provides you the opportunity to visit with various Club members at tables they have set up throughout the Lodge. This is a great event, and it's never too late to get involved. We hope to see you there.

See you in the Lodge.

Meridians Remodel

Continued from page 5

traditional favorites such as: *Louisiana Jambalaya, Seafood Gumbo, Red Beans & Rice, Southern Fried Chicken, Salmon Cakes with Creole Remoulade*, and much more. Reservations are recommended.

It's also not too early to make your **Easter Brunch** reservations. The annual traditional event will once again be the talk of the community. Make your reservations now so you get the time slot of choice. Please visit our website at www.meridiansrestaurant.com for all the details and menus for upcoming events.

Orchard Creek Lodge just received a **very prestigious award** from *The Knot* wedding publication. Rated by local brides and voted *The Knot Best of Weddings 2012 Pick*, Orchard Creek Lodge was selected as one of the best wedding venues from Sacramento to Tahoe!

Please see our ad on page 42.



Meridians' restaurant supervisor Carol is at the new reception desk ready to welcome you and server Nick sprints like an Olympic runner to deliver an iced tea to a customer





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Club News



• Alzheimer's/Dementia • Caregivers Support Group

Caregivers often are frustrated when their loved one repeats questions or exhibits other problem behaviors. On February 22, at 1:00 PM, Denise Davis of the Alzheimer's Association of Northern CA will speak on the topic "Compassionate Communication and Challenging Behaviors." Denise will assist caregivers to communicate with compassion and less stress, when confronted with challenging behaviors.

Our monthly meetings take place the fourth Wednesday of each month in the Multipurpose Room (OC). These meetings alternate between presentations by guest speakers and group caring/sharing sessions led by Elizabeth Rawson, our Family Advisor, from Del Oro Caregiver Resource Center.

If you are a caregiver for a loved one with memory issues, please join us for these meetings. Sharing and learning from others is part of our support program.

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



• Antiques Appreciation •

At the first meeting of the new year there was a large turnout for so early in the year! It was "show and tell" and many members brought their treasures for our enjoyment. Among them were ancient carved dolls from Japan to 100-year-old shoes. And there was a very interesting "Silhouette" which is a black picture painted on the back of glass from the 1930's and 40's. The star of the show was an American Folk Art painting by Hartwell of Boston, 1750 to 1850 era, that hung over the mantle in an old home in Piedmont!!!

Our February program was a presentation on vintage costume jewelry from the 1930's and 40's. Members brought vintage jewelry to show, and a fun time was had by all.

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

**Contacts: Jane Robinson 408-7006;
Jane Delno 543-6855;
Antique Appraisals 408-4004**



• Arts Association •

We're looking forward to having Karen Brooks as our guest speaker/presenter at our February 27 meeting. Karen will share new encaustic techniques as well as her latest activities in plaster. Karen recently raised \$1500 for the American Cancer Society with her first "Collage for a Cure" benefit, which was inspired by her wanting to increase awareness by using art to do it. She is looking forward to sharing the success of "Three-Yards-of-Art," partly inspired by a collaborative art exercise the LHAA had last year. Karen is an adventurer, an explorer of art, art techniques and people with art curiosity! Mark your calendar now and join us for an enjoyable and creative afternoon!

LHAA meets every fourth Monday at 2:00 PM in P-Hall (KS). To join or renew your membership of \$15 per household, contact Suzanne Schmidt at 543-9569 or dichrogal@yahoo.com. Membership forms can be downloaded from our website.

**Contact: Beryl Spurling 477-9149,
bsspurling@yahoo.com
Website: LHarts.org**



• Astronomy •

The Lincoln Hills Astronomy Group, LHAG, is a shared interest group providing residents, from beginners to expert, a forum to increase knowledge in Astronomy and improve observational skills.

Mondays, February 20 and March 19: Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM. Contact Morey Lewis (408-4469) for more information.

Wednesday, March 7: P-Hall (KS) 6:45 PM. Morey Lewis will present "Fatal (?) Attraction — Everything You Wanted to Know About Gravity, but Were Afraid to Ask." Morey will explain the theory of

gravity and its effects.

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;
Nina Mazzo 408-7620
ninamazzo@sbcglobal.net
Website: www.lhag.org**

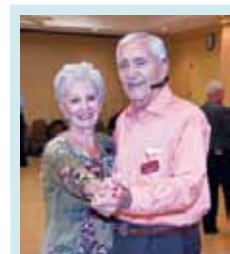


• Ballroom Dance •

If you think you can't dance, or it's been a while, our ballroom dance sessions Tuesdays, 2:00-5:00 PM are for you. The first hour teaches basic moves for the dance of the month. The second hour is "open dancing," for practice with help from teachers if desired. It's fun meeting some of the other dancers; watching others dance is another way to learn. Experienced dancers have a chance to brush up the third hour when instructors teach more advanced steps for the dance of the month.

We enjoy getting together socially, occasionally traveling to other dance locations with big bands. Twice a year we have potluck dinners with music to accompany dancing. Annual membership dues are only \$5. That includes weekly lessons, the best bargain you can find. Join us in the Multipurpose Room (KS) during February; we'll be dancing everyone's favorite, the classic Waltz. In March — the seductive Tango!

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



*Dance instructors
Shelagh & Jim
Henderson*



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are usually held on the third Wednesday of each

month at 3:00 PM at Joan Logue's home. The next support meetings will be February 15 and March 21. 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, March 7, at Golden Dragon. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the Compass, contact Joan.

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



• Billiards • The Shooters

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

Tournament Winners:

- Eight Ball Singles, January 04 — AM Winner: Oscar Alvarez; Runner-up: Ted Baker; PM Winner: Phil Delaney; Runner-up: Bob Doney.
- Nine-Ball Singles, January 10 — AM game cancelled; Runner-up: none PM Winner: Wayne Bullen; Runners-up: Oscar Alvarez, J T Long and Norm Hagerty.
- Eight-Ball Doubles, January 18 — Winners: Joe Ferrando and Ted Komaki; Runners-up: none.

Congratulations to Winners of Nine-Ball Singles Club! Championship tournament held January 13 — Winner: Dale Hurlbut; Runner-up: Phil Delaney. This tournament is played by winners of Nine-Ball Singles tournaments July through December 2011.

**Contacts: Jim Immel 434-2918;
Les Birch 408-1045**

Challengers Billiards

Sometimes we are asked, can I just drop in and play in the Friday morning tournament? The simple answer is yes, standby players are welcome. The Challengers Group is for mid-level to advanced players, so if you fit that

skill level, show up about 9:30 AM (play begins about 10:00 AM) and hopefully we will have an opening. If you want to secure a spot, our sign-up day is the last Friday of each month. I suggest you arrive early.

January 6 was a day for special achievements this month. Bill Kim accomplished a full table run-out to win the game for his team and Dan Oden pocketed the eight ball on the break (automatic win), twice in a seven game schedule.

Congratulations to our recent winners — Seven games: Carlos Barrantes; Six of seven games: Sherry Weech, Dan Oden, Joe Hobby, George Black, Willie Wright, Bill Kim.

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

Couples Billiards

The year is starting out with a bang! This first week we had Joe Perez/Rita Baikauskas winning five games and losing one. Ron/Sherry Weech and Joe/Nicki Hobby tied with four wins and two losses.

Week two Dale Houck/Chiquita Fratto and Bob Wehner/Peshu Irani won five games. There was a five-way tie with four wins. Those players were: Bill Clark/Marie Rucker, Joe/Nicki Hobby, Joe Perez/Rita Baikauskas, Dan Oden/Gail Harmon and Al/Betty Jones.

Dale Houck/Chiquita Fratto were the only ones to win all six games this reporting period. There was a three-way tie with five wins. Those players were Jim/Barb Conger, Ron/Sherry Weech and Carlos Barrantes/Bob Wehner.

The last week had a two-way tie with five wins. The players were Joe Perez/Rita Baikauskas and Ron/Sherry Weech. Two teams won four games. They were: Joe/Nicki Hobby and Bob Rand/Lydia King.

Congratulations to all.

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

Players Billiards

For the mid-level player, our group plays six games of Eight Ball every Thursday from 2:15-4:30 PM. Advance sign-up for March is on the last Thursday of February. Stand by players can frequently play. Pursue your love of bank shots and cut shots! It is free and fun... come join us!

Congratulations to our recent winners — Six games: Sylvia Gutierrez, Del Torres; Five of six games: Veronica Torres, Ed Welch, Willie Wright, Ziggy Brien, Dale Houck, Sandy Pavlovich, Dan Oden, Chiquita Fratto, Larry White, Jack Fabian, Roger Corley.

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

Upstarts Billiards

*"Whoever knew it could be such fun?
To sink those balls to the very last one!"*

Calling all billiards players! Our very own Upstarts Billiards is composed of beginners-to-average players who play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM in the Billiards Room (KS). We are always looking for new players to join us in our games. So why don't you come on down, and see what the fun is all about?

Billiards will be having a BBQ May 14 at the Sports Pavilion!

Winners Six games — Phyllis Borelli, Bob Rand; Winners five games: Ursula Allison, Dennis Drailing, Ray Hinkley, Peshu Irani, Edith Kesting, Larry Koenig, Linda Kuruhara, Jim McCarthy, Audrey Thrall, Ed Welch.

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

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

Instruction Group

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

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



• Bird •

The Bird Group meets on the second Monday of each month at 1:30 PM in P-Hall (KS). The March 12 meeting will feature Heath Wakelee who will speak on bluebirds, swallows and hummingbirds. These are local nesting birds that you may find in your yard. Look for early nests throughout our community.

The next field trip will be February 24 to Davis Wastewater Treatment Plant and local wetlands. On March 9 the bird trip will be to Bobelaine Refuge to look for forest birds and hawks.

Don't forget to stop by the Bird Group table at the Club Expo in OC Ballroom on Tuesday, March 13.

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

Website: www.suncity-lincolnhills.org/residents



• Bocce Ball, Mad Hatters •

Many of us attended a Celebration of Life for Marilyn Potts at her home last month. Marilyn was a long-time member of the Mad Hatters as well as Super Seniors and other groups. The number of Bocce players present was an indication of how important Bocce was in her very active life. We will miss her help on the courts. Marilyn died on New Year's Eve. We would like to say "blow the whistle Marilyn" one last time.

Our drive to get the Mad Hatters registered and "Subscribed" on the new SCLH website has met with some success but we are still missing about half of our group. We currently have 23 registered users but we should have about 50. Again, we would eventually like to use the website to distribute our email messages, so please remember to register and subscribe to our group.

Contacts: Paul Mac Garvey
543-2067, pmac1411@aol.com;
Bob Vincent 543-0543



• Book Group, OC •

Our February 16 meeting features *Half Broke Horses* by Jeanette Walls, memoir and prequel to *The Glass Castle*. The story depicts the life of Walls'

grandmother, Lily, in the early 1900's. Born in a one-room shack on the West Texas plains, as a child, she broke mustangs with her father. Later she became a school teacher, bootlegger, and even a bush pilot!

Join us the third Thursday each month, 1:00-2:30 PM in the Multipurpose Room (OC).

2012 Schedule:

- March 15 *Unbroken* by Laura Hildenbrand
- April 19 *Still Alice* by Lisa Genova
- May 17 *The Fort* by Bernard Cornwell
- June 21 *The Immortal Life of Henrietta Lacks* by Rebecca Skloot
- July 19 *Shanghai Girls* by Lisa See
- August 16 *The Confession* by John Grisham
- September 20 *The Glass Blower of Murano* by Marina Fiorato
- October 18 *To America* by Stephen Ambrose
- November 15 *State of Wonder* by Ann Patchett

Contacts: Penny Pearl 409-0510;

Dale Nater 543-8755,

Darlis Beale 408-0269;

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

blogspot.com/Wiki: <http://ocbookgroup.pbwiki.com/>



• Bosom Buddies •

Breast Cancer Survivors

A Happy belated Valentine's Day!

Our speaker for our February 9 meeting was the director of First Call Hospice & Home Care. The presentation included types of services provided by Hospice which includes care for patients and caretakers too.

We encourage any breast cancer survivor to attend our meetings on the second Thursday of the month.

Contacts: Marianne Smith

408-1818; Sally Lewis 434-7381

Website: www.suncity-lincolnhills.org/residents



• Bowling •

We began the New Year with lots of hopeful expectations and sadness too. George Gibbons, a member of our league for many years passed away, January 7. As a memorial to him and his family and friends we held a moment of silence in his memory. He will be greatly missed by all. As secretary, we shared several moments of laughter about averages, awards and some funny comments about my secretarial duties! Yes, he definitely will be missed by all.

Hopeful was the key word, beginning the new year. Going into the second half, many position changes and individual awards. First place, Hill Toppers, Stillman & Joan Gates, Al & Betty Jones, Close second (two game) Happe Hour, Jon Amsbaugh, Audrey Devitt, Frank and Ruth Schmidig..

Also welcome back Lou Pansky, recovered from surgery.

Again, we need subs! Contact Joan Gates, 253-9415.

Contacts: Frank Schmidig

434-5972; Jerry Gordon, 408-5989;

Margaret Peyton 543-7344;

Joan Gates 253-9415;

Kathy Chapin 543-3475



• Bridge, Partners •

Thursday Evening First & Third

If you're interested in playing partners' bridge with a relaxed, fun group of people, please come join us. If you give us a call we'll put you on the list — or just show up and take your 50/50 chances.

We start promptly at 6:00 PM in the Terra Cotta Room (KS) and you will be done not later than 8:30 PM. Please be there a little early.

The January 5th winners were — First: E. Wolf and E. Kesting who also won high round; Second: Neal & Kelly O'Boyle; Third: Carol Mayeur and Dolores Marchand; Fourth: Wayne & Marge Phillips.

The January 19 winners were — First: Bob & Lorraine Minke; Second: Lydia King and Nancy Turrini; Third: E. Wolf and E. Kesting; Fourth: Delores March-

and Carol Mayeur, Bev Ansbro and Reta Blanchard won high round.

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

**Thursday Evening
Second & Fourth**

These are the results of the second Thursday Night Bridge in January — First place: Dwight Curry and Jack Hendricks; Second place: Warren & Gerry Sonnenburg; Third place: Erica Wolf and Edith Kesting; Fourth place: BJ Parkinson and Ginny McGuirk.

We're getting good turnouts so come and enjoy the game of Bridge. We play every second and fourth Thursday night at 6:00 PM in the Terra Cotta Room (KS).

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



• **Bridge, Duplicate** •

The exchange with the Sun City Roseville Bridge Club is scheduled for Wednesday, March 7. We will be hosting this event in the OC Ballroom.

The SCLHDBC lesson schedule outline for 2012 has been developed. With all lessons on Wednesdays of each month: there will be none on the first, "Kent's Tips" on the third, and a panel discussion when there is a fifth. Second and fourth Wednesdays will emphasize elementary to intermediate topics.

Tom & Carol Ross won a Senior Pairs table at the Monterey Clambake Regional in early January and took home 20+ Master Points. Bob Rouse collected more than 16, and Joyce Clark and Margaret Riegert each won over eight Clambake MPs.

Our sessions are played three times weekly in the Multipurpose Room (KS).

- 12:30 PM Wednesdays (with 49er Section)
- 5:00 PM Fridays (enhanced Master Points)
- 12:30 PM Saturdays (with 299er Section)

All residents are cordially invited to participate.

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



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come and join us for an afternoon of Social Bridge. You must make a reservation to play and please call in case you need to cancel that reservation. You do not need a partner to play. You can make reservations by calling Beryl LeVine at 434-6638.

Winners for December 23 through January 20 were — First: Ann Jensvold, Peg Collings, Febe Harrington, Phil Sanderson, Jim Busey; Second: Jack Hendricks, Ralph Madsen, Eleanor Amar, Dee Williams, Ann Jensvold; Third: Lois Burke, Helen Helm, Jodi Deeley, Ralph Madsen, Bev Dwyer; Fourth: Warren Sonnenburg, Shirley Bry, Harry Collings, Helen Helm, Beryl LeVine.

**Contacts: Lois Burke 409-0223;
Beryl LeVine 434-6638**



• **Bunco** •

Our Bunco Club welcomed the New Year with a bang. A lively group met for our first Bunco games of 2012 and had a great time.

There is never a membership fee to participate in Bunco, so this is a great activity with little cost and maximum fun. Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM with an entry fee of only \$5. New players are always welcome and beginners can pick it up very quickly. New players have often been known to win one of the gift cards on their very first visit.

December winners: Most Buncos Donna Bishop; High Score Marsha Pimentel; Most Wins Sara Klesius; Low Score Lottie Prather; Most Losses Phyllis Papagiannis; Traveler Shirley Mohler.

January winners: Most Buncos Claire Frenna; High Score Phyllis Papagiannis; Most Wins Shirley Studabaker; Low Score Sudie Moreland; Most Losses

Sharon Chipman; Traveler Ann Stults.

**Contacts: Ginna Martinez 408-0822;
Ann Stults 543-6782**



• **Ceramic Arts** •

A friendly reminder: annual dues are due/payable. New Membership Chair Ed Hanson asks that they be paid to him by mail (see Directory for address). He is also asking that an update on all your information: address, phone, email, etc., be included with your payment. Forms available in the Pottery Rooms – check with monitors/ instructors. (Your dues cover January 1 through December 31.) Dues help defray costs of studio supplies, needed equipment and part of the potluck dinner; they're still a great bargain, \$12!!

CAG "Workshops" are held at OC on Saturdays, 9:00 AM-3:00 PM, and Sundays, 12:00-4:00 PM; KS "Workshops" are Mondays, 1:00-4:00 PM, for Earthenware and Sundays, 1:00-4:00 PM, for Spanish Oils. "Open Studio" available to all residents: OC on Fridays only 12:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Please check bulletin boards/studio windows for changes/closures.

**Contacts: KS Earthenware — Terry
Pisani 408-4037; KS Spanish Oils
— Margot Bruestle 434-9575; OC
Pottery — Paul Alderete 408-7798
and Ed Hanson 253-3950**

**Website: www.suncity-lincolnhills.
org/residents, Groups,
Ceramic Arts**



• **Chorus** •

On the "opening day" of rehearsals for the spring concert season, Chorus members welcomed five new members and began the four-month process of learning a new set of songs. The concert features numbers composed by such notables as Johnny Mercer, Jerome Kern, Hoagy Carmichael, Ira Gershwin, Rodgers and Hammerstein... and more.



*Paul Melkonian,
new Chorus
accompanist*

We welcomed our new accompanist, Paul Melkonian (see photo), who has experience as a choral accompanist at Capital Christian High School, First Church of God, Sacramento, Sun City Roseville, and he teaches piano. Paul lives in Sacramento with his wife Yvonne and daughters Elisha and Rebecca. His degrees include an MA in Piano Pedagogy from Chico State.

Mark your calendars for Sunday, April 29 (2:00 PM), Monday, April 30 (7:00 PM), and Tuesday, May 1 (7:00 PM) for the spring concerts. Tickets (\$12) go on sale March 17.

Contacts: Bill Sveglini 434-5655, Sveglini@gmail.com;
Dave Machado 645-7867, dlm1126@starstream.net
Website: www.lincolnhillschorus.org



• Cloggers •

Those unable to attend the workshop in January, don't feel totally left out, more are scheduled. March 10, the workshop is in Danville. There will be several instructors teaching and food galore. Seems more like a party. NCCA — three-day Convention will be in Modesto, March 30-April 1, at DoubleTree Hotel. Hotel and Workshop Halls all under one roof. Special Hotel rates for cloggers. Pre-registration was due by February 11. Flyers in classroom.

Got pictures of our group? Show them to Anita Tyson or Connie Stephens. They are working on the cloggers portion of the big SCLH Website. If you are computer savvy, let them know — you're greatly needed!

Cloggers dancing under Janice Hanzel for the first time will find her classes fun by her relaxed nature, exciting by her teaching methods, and enjoyable by a variety of music during class time.

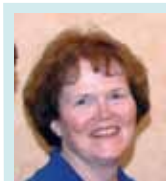
"Why Not Become One of Us?"

Contact: Anita Tyson 543-5330, sheandme@starstream.net



• Computer •

March 14, 6:30 PM, "Yahoo Mail" by Rita Wronkiewicz. We'll focus on the latest version, which Yahoo has encouraged everyone to upgrade to. With so many of us getting our email addresses "hacked" (including me!), we'll delve into the details of your Yahoo account setup and explain which settings are critical for you to fill in so that you are as safe as possible from such attacks.



Rita Wronkiewicz

March 16, 3:30 PM, "G-Mail" by Terry Rooney. Google's Gmail has made some major changes to its software. There are now a number of different "styles" to look at your email — the old classic, or several new ways which allow you to see only your "high priority" or "unread" messages. Learn how to make it work for your needs.



Terry Rooney

Ask the Tech: March 26, 10:00 AM, Informal Q & A session for any and all technical questions.

All meetings at P-Hall (KS).

Contact: Bob Ringo
president@sclhcc.org

Website: www.sclhcc.org



Mac User

March 13 is "App Night in the Ballroom." Be sure to attend this showcase of the best apps for your iDevices. Categories include Food, Photography, Travel, Productivity, and much more!



App Night; photo from Irwin Maloff

Last month we introduced a "Hands-On Workshop" to coincide with Newbie presentations. Spotlight was January's topic and six people attended the workshop. February's is Mac

Essentials. The Workshop will be February 15 in the Multimedia Room (OC) at 4:00 PM.

Watch the *Compass* for details of the May 19 trip to the Computer History Museum which offers a wide variety of information, exhibits, research and a rich library of multimedia content garnered from some of the most influential people of the computing era. The event includes a docent-led tour and lots of time to see the Museum and have lunch. Sign up as soon as you see the *Compass* announcement.

Notify Bonnie Esker promptly of any changes in your email address.

Contacts: Bill Smith,
wsmith986@gmail.com;

Support Help Line: 668-0684

Website: www.lhmug.org



• Country Couples •

January brought a new event to Meridians, "Tuesday Night Specials." A special menu of ten dinner choices for ten dollars each including dancing in the Ballroom was provided each Tuesday, and the word is they were very well attended. This is a prime example of the LH Staff realizing the need of a group(s) of residents and taking action to meet the need while increasing revenue at the Lodge. Hopefully this can continue to benefit of all involved.

The new Steering Committee has held its first meeting. The following members were selected to fill the positions on the Committee — Chair Ernie Wilson; Vice Chair Ralph Lacaze; Secretary Kathy Lopez; Treasurer Arnie Sondergard; Public Relations Arlene Lawrence.

If you enjoy dancing and socializing with people, you should give CC's a try. You are welcome to contact one of the members noted below for times and locations of lessons and practices.

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



• Cribbage •

The Cribbage Club plays from 8:30 AM to 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, adding a two-handed game or having a sit-out when required by the number of players. We use a rotation system to mix up the players rather than having a partnership stay together all morning.

Contact: Jack Poshepny 543-8463

kenandemilie@gmail.com

Website: www.LHcyclist.com



• **Dominoes** •
Mexican Train

Spring is just around the corner and warmer weather is coming. This is a great time to learn to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

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

Contact: Carl Sabol 408-4365;

Cora A. Peterson 543-7144



• **Eye Contact** •
Low Vision Support

This is the third meeting under the ILVSG's new policy of presentations — 30-minute limit/pre-recorded web-casts. We will continue to meet the same day and time.

March 8, 1:00 PM: "Helping Others Understand." The topic is "suggestions of ways to increase understanding of visual impairment by family members, friends, and care givers." Open discussion will follow the webcast to continue suggestions to help care-givers understand that we know what we can do and what we can't do. Care-givers from Right at Home will join in the discussion. Retaining independence is crucial; we know what we can do and can't do. Invite your family, friends and care-givers to listen to us and learn more.

Contact: Barbara Smith 645-5516;

Cathy McGriff 408-0169;

Margie Campbell (a ride) 408-0713



• **Fibromyalgia/CFS** •

Chronic Fatigue Syndrome

If you, a loved one or friend suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, February 23, 1:00-3:00 PM in the Multimedia Room (OC). The meeting will feature a presentation and

discussion of the book *From Fatigued to Fantastic* by John Teitlebaum.

Our purpose is to provide positive support for residents with these conditions. We offer information and educational material as well as emotional support. We also offer information on exercise options and other suggestions for your mental well-being. Our meetings take place each fourth Thursday of the month from 1:00-3:00 PM, except when they coincide with a major holiday. Join us to share your experiences as we move through this journey together. If you have questions, please contact Jackie or Sandy.

Contacts: Jackie Wilson 253-3744;

Sandy Barry 209-3247



• **Fishing** •

With the Holidays behind us and the New Year begun, we are ready for another great year of fishing and good fellowship. After last year's abundance of rain, this year started out dry but we caught a break in the last couple weeks of January. Let's hope it continues. However, the warm weather did make it possible to fish some lakes normally snowed in by now.

Aside from some early fishing, the major social event in recent time was the Tenth Annual Crab Feast where 200 guests enjoyed appetizers, shrimp cocktails, Gene's famous clam chowder, lots of fresh crab and ice cream as well as raffles, door prizes and the normal good fellowship.

We have finished planning the first six month's fish-outs with Lake Shasta house boat trips, the Fall River, Eagle Lake, Henderson Springs, Pyramid Lake, Upper Sacramento River, and more on the agenda. Sound interesting? Come join us.

Contacts: Wally DellaBarre

434-1712, wallydb@att.net



• **Garden** •

Membership-2012 registration is available this month for both new and renewal members at \$15 per year. Sign-up at the General Meeting (February 23) or by contacting Chair Joan



• **Cyclist** •

A group of us passed a couple of pedestrians a few weeks back — we weren't even in Placer County — and we heard one say to the other, "They never stop at stop



*From top:
First ride
of the new
year; On the
road repairs;
Survivors of
Mary Lane*

signs." I was talking to a motorcycle-riding friend of mine who said, "I hate cyclists. They never stop at stop signs". A different group of us were crossing the road when a driver said, "It's a good thing I stopped. You cyclists never stop at stop signs." Add your own experience here.

A stop sign half-way down a hill in the middle of nowhere takes the fun out of a descent. Those stop signs at the top of a "T" intersection seem unnecessary for bikes. Running a stop sign is a way to catch up with the group. A perception can become a stereotype when it's true. LH Cyclists should be the ones changing that perception.

Contacts: Steve Valeriote 408-5506,

jillsteval@sbcglobal.net; Bob Burns

543-3382, sclhbob@sbcglobal.net;

Ken Corcoran (925) 699-5151,

From top: Marie Salers helping Twelve Bridges teacher Thomas Toy with campus planting; Membership Chair Joan Scarper is ready for 2012 members; Twelve Bridges Library plants are donated and maintained by the Garden Group



Scarper (434-7233). Any 2011 member who has not renewed by March 1 will be dropped from membership and have to reapply.

The General Meeting, February 23, KS, 2:00-4:00 PM will feature Kevin Marini, UC Davis. Kevin has a degree in Anthropology and is currently the Program Coordinator for the Master Gardeners and Composter Programs. He is a delightful and entertaining speaker. Members will receive door prize tickets for garden items donated by Home Depot!

Heads-Up for the "Flower Show" next month-March 22-23! This is a display for the community of the types of flowers (daffodils, camellias, iris, sweet peas, etc) growing in our Lincoln Hills gardens. Members who participate will be rewarded with an extra door prize ticket! More information will be forthcoming.

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

Flower Arranging Class

Our class is held the second Monday of the month. Our March meeting will be Monday the 12th from 1:00-3:00 PM in the Ceramics Room at OC. Contact Gloria for reservations and information.

Contact: Gloria Stroemer 645-4699

Gem and Mineral Society

The Gem and Mineral Society's next monthly meeting will be on Monday, February 27, in the Sierra Room (KS) at 4:00 PM. The meeting will

be an open show/competition for Best Self Produced Cabochon and Best Hand Wrought Piece of Jewelry. Any resident can attend and enter the show. Prizes will be awarded. The lab continues to be open each Monday from 9:00 AM-12:00 PM, and first Monday from 1:00-3:00 PM.

We are a member of the California and American Federation of Mineralogical Societies. To get on our email list, email Dave. Our interests are gemology, mineralogy, fossils, cabochon gem making, casting and fabrication jewelry, faceting and photography, to name a few. Guests are always welcome.

Contact: Dave Fisk 434-0747, dave.fisk@yahoo.com (also for lab info & reservations)

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



Genealogy

The next General Meeting of the Genealogy Club will be Monday, February 20, at 6:30 PM in P-Hall (KS). Pam Dallas, a well-known national speaker, will present "What Siblings Will Tell You," another source for our research.

On March 5 we have our usual First Monday Computer Workshop in the Computer Room (OC) at 6:30 PM. Kathleen Propersi will demonstrate many of the Free genealogy programs and databases. With only 12 computer stations, it is best to sign up ahead of time at the February 20 general meeting.

Genealogy "Help" sessions, where you bring the questions, are available on Mondays, March 5 & 12, at 6:30 PM in the Multimedia or Computer Room (OC). Other help opportunities are announced at the General Meetings.

Look for the active Genealogy Table at SCLH Club Expo on March 13. You will see how research is done.

Contact: BJ Ollas 543-4682; Kathleen Propersi 543-0376 (computer workshop)

Website: www.webflavors.com/lincoln



Golf, Ladies Lincster Lady Niners

Our first 1:30 PM tee time was held on January 4 with warm weather and impressive scores. Seven players broke 50.

The Lincster Board met at the home of Connie Stephens. Dates were an-



Maureen Bailey, WNHGA's most improved player; Connie Stephens, Tournament Chair and Cindy Atkinson, Secretary

nounced for the 2012 tournaments:

- Bring a Friend: May 16 — Chair Jan Varin
- Home & Home: July 31 — Chair Carol Greany
- Club Championship: September 12/13 Chair Linda Lowe

Volunteers are welcome to help with all tournaments.

Any Lincster wishing to play more golf, check our website and sign up for a round with "The Go Away Girls" and "Monday Mama's." Monday is play day for both groups. Also, golf is available through WNHGA. For more information contact Alyce Stanwood, WNHGA Liaison, or check our Lincsters website.

A few Lincsters have been invited to attend the PWGA Sacramento Area Workshop scheduled for February 21. Contact Liaison Linda Lowe for further information about PWGA.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

The first three weeks of January saw no rain, that was good for the 18-hole ladies.

January 5 was a stableford points Tournament with Michele Poirier the winner of the first flight. Donna McDonald the second flight winner. Judy Engelmann winner of the third flight and Bonnie Devers the winner of the fourth flight.

January 12 had some good games. Gross Winners that day were Rosie Warren first flight with an 80. Edda Ashe an 88 for the second flight. Mary Holland a 98 for the third flight and Bonnie Devers with a 97 in the fourth flight.

January 19 had a small field with putts being one of the features. Sykvia Feldman with 28 putts in the first flight, Karen Thom 35 putts in the second flight, Carol Perry 30 putts in the third flight.

Contact: Chris Jacobson
Jakemust@sbcglobal.net
Website: lhlgxviii.com



• **Golf, Men's** •

As reported last month, the Winter Slosfest Tournament was held without the Slos. No rain till much later. Flight Winners were: Flight one Joe Angel with a net 62, Flight two Dennis Cumiford — 61, Flight three George Wuschnig — 66, Flight four Chuck Edmonds — 62, Flight five Roy Craig — 65, Flight six Jim Anderson — 65.

The following all placed in the money: Ron Cook, Ed Lazarek, Tom Hanlon, Stan Hing, Denis Niemeyer, Leo Sofianos, Lou Lovotti, Jason Hong, Rich Yamasaki, Norman Jackson, Ron Hartman, Bob Varley, Wally Gibson, Dean Brumley, John Griggs, Jim Page, Robert McGrath, Ed Morgan, Allen Garfein, Bob McCollum, Gary High, Lloyd Ellis, Richard Hansen, and John Duggan. Congratulations to all the winners.

A good tournament with lots of payouts. Closet to the pin winners: Mercer Tyson, Bob McGrath, Mike Anderson and Bill Bowen. Next tournament: the ABCD Florida Scramble, February 28. Still time to join us.

Contacts: Scott Shoaf,
scottshoaf@sbcglobal.net; Gene
Andrews, eandgolf@sbcglobal.net
Website: www.lhmgc.com



• **Hand & Foot** •

Hand & 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 and Sierra Rooms (KS).

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



• **Hiking and Walking** •

Walkers: The Walking Group invites you to join us in our weekly Wednesday walks. Early morning is a great way to begin the day. Walks begin at 8:00 AM. Check the website for weekly starting locations.



*From top:
Hiking
Hidden
Falls,
Lincoln;
Sue Geisler
leads the
Auburn
Canal
hike; the
Auburn
Canal*

Hikers: We have a great variety of hikes coming up this next month. We start with an 8.5 mile San Francisco hike that concludes with a trek over the Golden Gate Bridge. Next we have a more strenuous hike in the Sutter Buttes led by a docent. Sutter Buttes is the smallest mountain range in the world. Then we have two easy hikes, one here around Twelve Bridges and then our old favorite, the Cascade Canal in Grass Valley. We conclude with a more strenuous hike in the Sonoma area.

Check out the full schedule of hikes and all the detailed descriptions on our website where just the right hike is waiting for you.

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

Walking: (Presently open)
Website:
http://lincolnhillshikers.org/



• **Investors' Study** •

Join us Thursday, March 1, from 2:00 to 3:30 PM for our monthly Investors' Study Group meeting in the P-Hall (KS). As always, our consultant Russ Abbott will first give us monthly updates on the markets. Then we are honored to have Pierre Rogers from Prudential Investments as our guest speaker. He will talk about issues regarding the Global Economy and positives and negatives that could arise due to Europe and the US economy. He will address how your portfolio might be vulnerable and where the opportunities might lie for the future. Pierre was one of our best speakers last year, and we welcome him once again.

Refreshments will be served afterward across the hall in the Social Kitchen (KS). All residents are welcome. If you're interested in joining, dues are \$15 per family per year, which includes 10 monthly meetings and access to the ISG website.

Contact: Nicki Koch 543-3855,
nicki.k@sbcglobal.net



• **Lavender Friends** •

This will be our first year to participate in the Annual Club Expo on March 13. We will be working with Placer County PFLAG in support of their Gay-Straight Alliance Scholarship Program. The last two years, we have supplied Peace for Families in Auburn a Christmas dinner for two families. This agency offers Placer County victims of domestic abuse a safe house to escape their threatening home situation. We will have a clothing drive in 2012 to help meet their needs. Another organization that we will help is called "Seniors First" an organization that coordinates volunteers to visit "shut-ins" or "frail seniors" residing in Lincoln. Several members visited two SCLH seniors enrolled in the program with a lengthy visit and also a basket containing snacks and small gift items. If you want more information on

our LGBT club, check our website.

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

Lincoln Hills

• Line Dance •

Hats off to all the dancers in the introduction class. Most of them have never line danced before and are finding out that it really is fun. In each eight-week session they will learn eight to ten dances. As in all the line dance classes, we usually start out with two dances then add a dance each week. In the introduction class the steps are simple and basic but necessary if the dancer wants to move up to other levels. All the line dance classes have had a great response in attendance this New Year. Remember, it's a great way to stay fit.



Line Dance Performance Group
 "Out-Of-Line Dancers"

We held a logo contest a few months ago and the winner was Donna Jenkins. We now have the iron-on logo available for \$17. Please call Marsha Hathaway at 408-0228 to place your order.

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



• LSV/NEV •

Low Speed Vehicles/Neighborhood Electric Vehicles

Are you using your NEV this winter and keeping it fully charged? This is a great formula for keeping your vehicle in shape for more use in the warmer months. Ryan Kugel from EMI will be speaking to us at our February meet-

ing concerning these and other maintenance issues. Our general meetings are on the third Tuesday of the month at P-Hall (KS) at 10:00 AM. February's meeting will be on the 21st. Harry & Diane Maker have been busy planning some social events for this year. The first one is our Hound and Hare Road Rally which will be on May 20. Contact Gerry Lammerding for details at 408-0999 if you are interested in joining fellow NEV members on SCLH Association-sponsored trips.

Contact: Buzz Rognlien 408-4540



• Mah Jongg, Chinese •

We have celebrated the start of the Chinese Year of the Dragon. It is said that people who are born in the Dragon years are to be honored and respected, but they can also be tactless, conceited and quick tempered. However, the dragon tiles that we play with are not so contrary. There are three sets of dragon tiles and they are the white, green and red dragons. When played correctly, they are worth lots of points. Come join the fun of learning the different ways that these tiles may be played. We meet every Monday at 8:45 AM in the Cards Room (OC). Please call one of the contact people if you have any questions.

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



• Mah Jongg, National •

If you have or have not heard of National Mah Jongg and are looking for an enjoyable afternoon, join our group on Tuesdays from 12:30-4:00 PM in the Cards Room (OC). There are players of all levels. You are always welcome at the beginner's table. This popular Mah Jongg tile game originated in China and was introduced to the Western World in 1935 as National Mah Jongg.

Contacts: Marnie Isherwood
543-0219; Kris Astone 543-8998



• Motorcycle RoadRunners •

With an eye towards good weather, we start to prepare for the new riding season. The members will prepare their bikes for safety inspections and required tune-ups. The Road Captains will meet to plan the various tours club members would find interesting. Once the rides have been listed and assigned a Road Captain, details of the ride will be planned. Each Road Captain will pre-ride his tour and be sure the required rest stops, gas stations, restaurants, and restrooms will be available.

Our schedule always includes a planned monthly ride and an occasional impromptu ride is always welcome. There are usually one to two extended tours planned for the season for those wanting longer rides. All in all, it makes for a good agenda to satisfy most riding desires.

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

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



• Music •

On February 24, the group will hold its popular Friday Night Open Mic, 6:30-8:30 PM in P-Hall (KS). Talented musicians perform Rock & Roll, Folk, Country, and Opera. Audience participation is encouraged and both performers and music lovers are welcome. Sign-ups begin at 6:15 PM. Sorry, no karaoke.

Visit the new Sun City Ukulele Ohana group on Wednesdays at 1:00 PM and learn to play a new

instrument in a fun environment. They play everything from Hawaiian classics to Beatles. Call Ron Peck at 409-0463.

General music group meetings are held monthly, every fourth Wednesday



Scherer from the band
 "Wasted Youth"

in the Fine Arts Room (OC), 6:30 until 8:00 PM. Music appreciators and all levels of musicianship are encouraged to join in. The get-together includes live performances and sing-alongs.

Contacts: Carol Percy 543-1365, crpercy444@gmail.com; Julie Rigali 408-4579, jjrigali@yahoo.com
Website: www.suncity-lincolnhills.org/residents, Groups, Music



• **Needle Arts** •
Threads of Friendship

Our guest speaker for February was Joe Cunningham with a wonderful musical presentation on the historic Joe the Quilter of the 1700's.

Our speaker for March is Sue Pharis. Sue is a member of our Needle Arts group. She is a superior craftswoman with many prizes and best of show awards to her credit. In addition to her show and tell, she will tell us of her journey to her present day success.

For March our meeting date is changed to March 20 (third Tuesday), this month only.

General meetings are held at KS, 1:00 PM the second Tuesday each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Anne Garry, 543-7151, to join and see how fiber arts thrive in our community!

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



• **Neighborhood Watch** •

An old Nemesis has returned. And it is the perfect scam for SCLH. The telephone rings. It is a frantic "grandson" (or other "relative") calling from a foreign country breathlessly sobbing a story such as this: "I am in jail because of an accident which was not my fault and I need to pay a \$3,000 fine immediately. My life may even be in danger. I beg you to send the money by Western Union today!" The caller tries to elicit the name of a grandson and then pretends that is his name.

The panic in this message may overcome caution. One of our residents

recently sent money twice; the second time to get this "grandson" out of the hospital after the "accident."

If you receive a call with the possible characteristics of a scam, do insist on a number to call back, and contact relatives or friends to validate the situation!

Contacts: Larry Wilson 408-0667, mvw6@sbcglobal.net;
 Nancy Whitaker 408-7393, nsymmes@hotmail.com
Website: www.lincal.net/watch



• **Painters** •

Our January meeting featured a well received framing presentation by Tom Jones, owner of Sierra Framing in downtown Lincoln. In February, our own Tom Proctor provided an informative presentation on perspective, one of his favorite art topics, because, done poorly, it can ruin an otherwise well done piece.

Our March 6 presenter will be artist Frank Ordaz, who has a gallery in Auburn and is a guest teacher in Lincoln Hills. He will include a painting demo. Meetings are on the first Tuesday of each month at 2:00 PM in the Fine Arts Room (OC).

On March 13, we will have a table at the Club Expo. If you are interested in helping out during the day, contact Diane Pargament.

We are looking into holding a 50/50 fund-raiser show in early April.

Board members welcome suggestions for meeting presentations.

Anyone interested in membership, please contact Lynn Fee.

Contact: Lynne Fee
 lynnefee@aol.com;
 Diane Pargament 408-0221, dkpara@starstream.net;
 Jacquie Hilton,
 jacquiehilton@starstream.net
Website: www.lhpainters.org



• **Paper Arts** •

Love is in the air this month, as well as in our window display. Be sure to check out the hearts and flowers in the display case (OC)!

Our guest project leader this month was Gail Blask, a teacher and mentor

to many of us. We completed two fun projects – an embossed card and a gift set. We all enjoyed Gail's visit and using new products.



Jan Smelser, Char Sly, Gail Blask, Bonnie Esker and Sue Rosen with this month's projects

Membership dues are due and our group continues to grow with newcomers Pam Rogers and Julie Oppenheim attending a recent meeting. Welcome to all!

Our club is looking forward to participating in the Annual Club Expo to show off the various interests and talents of our members as well as highlighting club activities.

Thanks to Carol McGovern who is filling in for Barbara Bolenbaugh to keep us updated on classes, conventions and events. Our best wishes to Barbara for her continued recovery.

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



• **Pedro** •

Pedro is a fun and slightly challenging bidding game and we are a fun group. If you have never played the game before, or if it has been a long time, we are happy to teach you the basics or refresh your memory.

We play in the Cards Room (OC) on the first and third Friday of each month at 9:00 AM and 12:00 PM. We hope to see you there.

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



• **Photography** •

Courtesy of Les Thomas, we're off to Gridley to visit Gray Lodge on February 17 to photograph Sand Hill Cranes and

other flying critters. This preserve is well known for having thousands of birds flying, feeding and playing cribbage. If you've never seen a 3,000 hand of crib, you've missed out.

Then at the end of the month, the indomitable Bob Crisp will be leading us to Marysville's Bok Kai (water god) festival, including the parade, "bomb day," and a unique opportunity to picture the newly renovated temple.



"Sand Hill Crane" by Fendergradge Beeplestoop; "Bok Kai Clown" by jeffa

Beginning in March, we'll start focusing our field trips on Sacramento proper, the theme for our next group project. Our last project, the 36 Views of the Golden Gate Bridge was a clear success, enough so to warrant the Crocker Museum's acceptance of the LHPG work for display in December in commemoration of the Golden Gate's 75th anniversary. Pretty cool, eh?

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



• **Pickleball** •

Team Play started in January and will continue for eight weeks. There are eight teams with seven players on each team. This is a fun time to play with all different levels of players. Even



Team 2: Harry, Sharon, Barry, Carole, Marta

in the winter the courts are full with people trying to get some exercise. Ear muffs and gloves are helpful, however

there are still some who continue to wear shorts, burrrrr!

If you are new to pickleball come to the courts on Wednesdays or Saturdays at 1:00 PM and get free lessons and an orientation from one of our best players, Cal Meissen. Want to know what is going on at the courts? Take a look at our new bulletin board donated by Dr. Michael Forde, DDS.

We are planning our first annual Wells Fargo Advisors Spring Tournament open to all residents on May 8, 9 & 10. More information coming soon.

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



• **Players** •

Well, the Sherlock Holmes mysteries have been solved, and the cast of the Readers Theater production performed splendidly. They want to thank all who attended the



From top: Cast "hamming" it up; Ready for the Howl Hole; Jack B and Twinkle

shows for their continued support. The next Readers Theater will be June 2 and 3. This show will be a showcase of new talent.

In the meantime, the Three Little

Pigs are still missing. Dolly has her cast diligently looking for them, but even the noted detective Jack B. Nimble is stuck. Maybe you can help by attending a performance on Wednesday, February 29 or Thursday, March 1. Evening shows are at 7:00 PM in OC Ballroom. The matinee on March 1 is at 2:00 PM. This show is not to be missed and tickets will go quickly!

Players meetings: Second Mondays, 4:00 PM, P-Hall (KS).

Contact: Steve Garavito 434-6725
Website: www.lincolnhillsplayers.com



• **RV** •

Applications are going out to the members for the first two rallies of the year. First on the schedule will be an outing to the Sands RV & Golf Resort in Desert Hot Springs near Palm Springs in Southern California April 18 to 22.

Wagon masters for the rally are Bob & Sharlene Zielinski and co wagon masters are Ralph & Martha Chatoian. A golf tournament on the resort's nine-hole executive course will be one of the highlights of the trip.

Next on the agenda will be the Chico Almond Tree RV Rally May 3 to 7. Wagon masters will be Dick & Judy Naragon, assisted by Larry & Joan Flood and Dennis & Carolann Meddles. Plans include golf and tours in the area.

The club meets on the second Thursday of each month, 4:00 PM in P-Hall (KS).

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

New! ---- due to popular demand games will also be played Fridays, 1:00-4:30 PM.

For Texas Hold 'em players, there is a separate table available on Mondays,

Tuesdays and Fridays as well.

The Quarterly Hold 'em tournaments are open to all residents, first come-served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday, April 21.

Winners of the January 21 tournament are — Eighth: David Bordon; Seventh: Phil Delaney; Sixth: Sally Kremer; Fifth: Pat Fraas; Fourth: Art Sacks; Third: Ginger Nickerson; Second: Judy Schmidt; First: Jim Bloedorn (congrats to the winner).

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



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

Our dedicated volunteers are busy helping students and teachers of our outstanding Lincoln Schools. Although we often don't meet other SCHOOLS volunteers at school, we have the opportunity to meet at our annual SCHOOLS Potluck Dinner — February 16, 5:30 PM, KS. Members will receive a reminder email.

Current volunteers, remember that school is not in session February 13-20. For those who have not signed up for our program, it is not too late!! We still need volunteers. You don't have to be a teacher, you just have to want to make a difference in the lives of the children! Call today for details!!

If interested in becoming a SCHOOLS volunteer, there are two ways you can help: as a classroom volunteer or with special projects, i.e., Holiday Sales, Mother's Day Boutiques, and Book Fairs. Both positions offer volunteers a great deal of flexibility when it comes to scheduling.

Contacts: Sandy Frame 408-1453,
sflincoln4fun@starstream.net
(Elementary); Eileen Marks
409-0320, emarks@aol.com;
Cindy Moore 408-1452,
cindymoore@me.com;

La Rita Gruenwald,
lariat@wavecable.com



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

SCOOP's January 19 meeting at KS included "brunch" that members brought to share. Due to the positive response and great turnout, the Committee plans to hold several meetings during the year at this venue, with the same format. Pass the word to our members and prospective members about our changes. Check our website, and/or read our monthly column in the Compass for more details.

Cecilia Penedo, PhD, Associate Director of Service and Genomic Research and Development from the Veterinary Genetics Laboratory at UC Davis is our February 16 guest speaker, in the Fine Arts Room (OC), 3:00-4:30 PM. Mark your calendars now so we can ensure a large turnout for her.

Reminder: 2012 membership fees are now due and payable — \$12 annually (\$1 monthly) per household. See you February 16 at 3:00 PM for our next meeting!!!

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



• **Scrabble** •

Are you keeping that New Year's resolution to try something new this year? It's already mid-February, but not too late to play with the other word-builders.

Scrabble players meet each Monday, at 1:00 PM, in the Cards Room (OC). Just come to play, there is no fee or anything to join. Put words with friends "live" on your calendar, now. Play one game or three or four.

Arrive at one or come in later, we are flexible. A game lasts about 45 minutes.

No excuses. Our group typically plays with some memory joggers: cheat-sheets and dictionaries. However, if you would rather play a stricter-rules game, we can manage that too. Again, we are flexible.

Contact: Candy Koropp 409-5017



• **Second Cup of Coffee** •

Mark your calendars to attend the February 20 meeting of the Second Cup of Coffee Group at 10:00 AM, on Monday, February 20, at P-Hall (KS). A new steering committee will be presented to the audience by the Election Chair, and an ensuing vote will take place. Following the vote, we will have a presentation on "Ocean and River Cruising, and the audience is welcome to share their experiences in cruising."

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



• **Shanghai** •

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

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



• **Ski** •

Our January general meeting included a group snow dance, so blame us if you are snowed in while reading this!

Join us Tuesday, February 21, in the Fine Arts Room (OC) at 4:00 PM, for a presentation on the famed WWII 10th Mountain Division, and the wide-ranging impact its members had on the ski industry in the 1940s-60s. This will in-



Clark Smith (far left) leads members in snow dance

clude personal stories from an interview with a WWII veteran of this unit who

fought in northern Italy, as well as clips from a 1996 documentary on this topic.

At least 26 of us are headed to Sun Valley, Idaho, February 27-March 4, to ski and party on the Club's annual remote getaway trip. A Tahoe-region getaway trip is planned for sometime in March.

Our next general meeting will be March 20, and will include Officer elections and Club plans for the next ski season.

Contacts: Mike Hilton, Sue Worrall, Chuck Frevele; 258-2150, suncity-lincolnhills.org/residents; click Lifestyle; click Clubs; select Ski Club



• Singles • Dynamic Singles

The beginning of February had members enjoying Valentines Day with friends and families.

Upcoming Singles Events:

February

- 16) 4:30 PM – Table for Eight, Tahoe Joe's, Roseville (Darline 434-6472 reservations)
 - 21) 7:00 PM – Let's Dance at Meridians
 - 23) 6:30 PM – Singles Social – Poker Tournament at OC Ballroom
- March
- 1) 4:30 PM – Cocktail Time at Woody's
 - 4) 4:30 PM – March Birthday Celebration at Sports Bar, Meridians
 - 8) 6:30 PM – General Meeting at OC Ballroom
 - 10) 9:00 AM – Second Saturday Breakfast at Sports Bar, Meridians
 - 15) 4:30 PM – Table for Eight, TBD

Our weekly Sport Activities:

- Mondays at 2:00 PM – Tennis at the Sports Pavilion (Dennis 408-2423)
- Wednesdays at 2:00 PM Bocce Ball at the Sports Pavilion (Dennis 408-2423)
- Fridays – Golf – 18 holes – Start up/spring (Jerry 543-8776)

Hope you find an event listed above and plan on joining us for lots of fun!

Contact: Marty Joseph 543-0803
Website: www.lincolnhillssingles.org



• Softball, Senior League •

Softball season is just around the corner! Practices and drills continue Wednesdays and Sundays 10:00 AM-12:00 PM at Del Webb Field. Stop by, try some hitting & fielding, all levels welcome. Our new Board of Directors for 2012 are: President Rich Murray; 1st VP Bec Cannistraci; 2nd VP Doug Hinchey; Secretary Mike Hilton; Treasurer Bruce Briggs; Commissioner Vince Del Pozzo; Player Representative Bill Stroh.

We are planning to field 13 teams of 14 players each. The draft of players is March 9 with the season starting Monday, April 2. Applications are on the newly-updated website listed below. The League does add in players throughout the season. Thank you to Al Soares for updating and adding history of LH softball to our website. Saturday, May 12 is Fan Appreciation Day at Del Webb Field. Mark your calendars! Details in the next Compass.

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

Coyotes

The Coyote All-Stars have continued their winning ways in the Northern California All-Star Thursday doubleheader league. They are leading the league with a 18-4-2 record against the five other teams. As this is written only three dates have been cancelled due to bad weather since the season began October 6. With great pitching by Nick Eterovich and Kenny Fedder, and terrific offense and defense by Bob Fernandez, Jerome Bader, Ron Greeno, John Griffin, John Habein, Rich Huskey, J.R. Jackson, Ed Lazarek, Hal Kastner, John Moran, Carlos Zavala, Nick Fox, and John Dambrosio the team is averaging over 21 runs per game. I have the privilege of filling out the lineup for these sluggers. Two home dates in February are the 16 & 23. Come and watch great softball. Upcoming is the new Coyote Thursday Summer League. Watch the LHSSL website for news about it.

Contact: Bob Hunter, bluespritzer@yahoo.com



• Sports Car •

Tony & Kathy Mason led an impromptu trip to Grass Valley on January 11. Such trips are not formally on our schedule, but car club members are encouraged to invite others along when they go on local trips.



*Lunch at Paulette's;
Lined up ready to go*

This is a wonderful way to take advantage of sunny weather on short notice and share our favorite destinations. The group traveled up and over Bullard's Bar and on to Grass Valley by way of Hwy 49. Lunch was at Paulette's in Grass Valley.

The social committee, led by Edy Ternullo and co-chaired by Sunny Simons, met on January 4. The kickoff meeting had a wonderful turnout again this year with 15 ladies on the committee. The first social event is on February 24 and will be a Mardi Gras carnival party. We are also planning to have Monte Carlo style casino entertainment, so this will be an exciting and fun event.

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



• Square & Round Dance • Sun City Squares

Sun City Squares Dance Club began the year with a continuing effort to bring "Tons of Fun" for all in the New Year. Five Parties scheduled for the year and continued effort to help all dancers learn "Full Plus Level Calls." The club is always ready to add new experienced dancers and is looking forward to adding more beginner dancers in the Fall.

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;
Bob Grupp 408-1868,
Bob@GruppHomes.com



• **Table Tennis** •

On Sunday, January 22 the Table Tennis Group held its annual meeting to discuss relevant issues and elect two people to fill the current vacancies. These two individuals were Marc Fong and Gesa Payne.

The current lineup of the Steering Committee consists of the following: Marc Fong, Gesa Payne, Gary Haight, Jerry Cress, Wei Lu and yours truly, Joe De Souza.

Howard Parker has kindly agreed to stay on for another month or so until our next President is chosen.

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

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



• **Tap Company** •

It's not too late to give your Sweetie a delightful "After Valentines" treat! Surprise him/her with tickets to "Remember When," the Tap Company Talent Show. If you really want to woo him/her, get the Dinner/Show Package which comes with reserved front section seating and no waiting in line!

This year's show is filled with exciting dances, songs and novelty acts. Our award-winning dancers and professional quality vocalists will take you on a journey down memory lane with sensational music from your favorite decades! Whether you love the music of



*Male Singers with Dancers;
The Money Honeys*

the 20's or 70's, there is certain to be a familiar tune to set your hearts aglow.

Performances: March 29, 30 and 31 at 7:00 PM; Saturday Matinee at 2:00 PM. Ballroom doors open at 6:30 PM / 1:30 PM for Matinee. Residents \$13, Dinner/Show Package \$39, Tickets available at Activity Desks (OC/KS) 625-4022. Show contact: Carol Rose 543-8854.

Contact: Janet Becker 543-3493,
beckerjm1962@yahoo.com



• **Tennis** •

Valentine's Day has passed, and those of us who have survived are looking forward to upcoming social events planned for the LHTG Tennis Group. The next big event scheduled for April 20 & 21 will be the Men's and Women's Doubles Tournaments, the most competitive club event of the year, so plan ahead and recruit your partners. Single applicants will be paired up by the tournament committee. No activities are currently planned for March.

Special mention goes to Jim Walker and Mary Kay Beavers for winning the highly coveted award of USTA Northern California 60's mixed doubles players of the year for 2011. They were awarded a trophy on February 4 at an awards banquet in San Mateo. See their picture on our website.

Info for the Tennis Group (Forms for New Membership or Request for Board Action, Bylaws, Rules & Regs, Events Schedule, Photos, President's Newsletter, etc.) on our website.

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



• **Vaudeville Troupe** •

Well, we did it again!! Another fantastic, fun-filled Vaudeville Show, "The Cavalcade of Stars" as we like to call it, performed by our talented and high-energy Troupe of Vaudevillians, is history!! It was, by all accounts, a "Theatrical Event Extraordinaire" once again! Thanks to all of our loyal



Clockwise from top left: Vicki and John Parks in "Cajun Queen"; Vocalist Paul Carroll and "Cry Baby" Dennis Beldon; Little Egypt (Jody) and the Pharaohs (Michael, Neil and Rich)

"Troupies" for your wonderful comments and praise! The Troupe is now getting ready for our June 29 and 30 Vaudeville Show which will pay Tribute to all branches of our Armed Services! We are very excited about this new show so keep reading the Compass for details about it. Auditions will be held April 25 at P-Hall (KS), 6:30-8:30 PM so come join us by auditioning for the June show or just be part of a fun, high-energy Troupe! We look forward to seeing you all soon!

Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net

Troupe Website: YouTube.com/user/marinaeugenios



Lincoln Hills Veterans Group

• **Veterans** •

California National Guard Staff Sgt. Emmett Spraktes, who was awarded the Silver Star for exemplary action as a flight medic in Afghanistan, will be the featured speaker at the February 16 meeting at 1:00 PM in the P-Hall (KS).

Serving as the flight medic on a UH-60 helicopter crew on July 17, 2009, he responded in support of a platoon in the middle of a complex Taliban ambush in the Watapur Valley. Under heavy enemy



In civilian life, Emmett Spraktes is a California Highway Patrol officer who teaches emergency medical services at the West Sacramento academy

fire, Spraktes was lowered to the platoon's position where he treated and removed five injured soldiers from the firefight.

Veterans Group members are reminded that 2012 dues of \$10 are payable not later than February 29. Members who do not renew by that date are removed from the roster.

Contact: Joey Chisesi, 408-1705, joeycathie@sbcglobal.net, Website: lhvets.org.



• **Water Volleyball** •

Water volleyball is open to all residents of any skill level. You can try it out without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play.

Join us in the pool for some good clean 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; Jim Leonhard 550-7075, jhleonhard@gmail.com www.suncity-lincolnhills.org/residents



• **West Coast Swing Dance** •

This is an action-packed time of year for our club! We will begin by participating in the Annual Capital Swing Dancers' Presidents' Day Convention, February 16 to 19 at the Woodlake Hotel (formerly Radisson) in Sacramento. Activities include lessons, workshops, open dancing, competitions, and much more.

Our first dance of the year will be on Saturday, March 3, (KS) with a WCS lesson at 6:00 PM followed by dancing from 6:45 to 8:45 PM. These dances are always popular and fun.

The next monthly Friday evening dance practice will be held on March 9, 5:30 to 7:30 PM, Fine Arts Room (OC). Here's your chance to practice your West Coast Swing dancing with a teacher always on site.

Mark your calendars for SCLH Clubs Expo, March 13, 10:00 AM to 2:00 PM. We will be on-site with information about this great dance and video clips demonstrating West Coast Swing dancing.

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



• **Woodcarvers** •

Woodcarver Focus: Fred Hanna

Fred and Ruth moved to SCLH in 2002 from San Carlos after completing a 33-year career designing and building tools and dies for Silicon Valley electronic firm. As a Charter member of the group, Fred is now working on his 93rd carving!

Fred joined the group thinking, "If I

make a mistake, at least I don't have to get a new chunk of steel... a new chunk of wood yes but...". He also found the group to be a great way to enjoy some fellowship with folks engaged in the same activity.



Hanna Composite

Fred warns new carvers that they "should brace themselves for a fresh crop of corny jokes," and cautions them not to "drop a sharp knife while laughing...and for sure don't try and catch it."

The men and women of the group meet each Wednesday from 1:00-5:00 PM in the Sierra Room (KS). Visitors are always welcome.

Contact: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



• **Writers** •

Taking yet another clue from the calendar, the month of February provides some unique opportunities for writers. For the romantically challenged, Valentine's Day offers a vehicle that allows the romantic or sentimental writer to express their feelings and memories. We asked our members to come up with an essay or poem dealing with that subject. Then the fact that 2012 is a leap year, supplies a vein of material for the whimsical side of our creators. Those out there who have an urge to express in ink, give us a visit and bring in some of your scripts. We meet on the second and fourth Monday of each month at 6:30 PM in the Ceramics Room (OC).

Contact: Jim Fulcomer 543-9201;

jfulcomer@mac.com;

Bruce Robinson, Bruce8177@att.net



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February Activities:

Pairing Parties • Feb 3 & Feb 10
Major Event • Feb 11 • Valentines Party
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March Activities:

Pairing Parties • March 16 & 17
Major Event • March 24 • Spring Celebration!
Live Music, Food, Wine and FUN!

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Bulletin Board

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

AARP Tax-Aide Program

New Location! The Lincoln AARP Tax-Aide program's new location for the upcoming tax season is Lincoln City Hall, Third Floor, 6th and "F" Streets. This program provides free tax return preparation and counseling for low-to-middle income taxpayers. This joint IRS and AARP Foundation administered program is staffed by volunteers from Lincoln who are trained in preparing income tax returns. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board. Appointments can be scheduled for Monday or Wednesday from 8:15 AM to 3:30 PM in Lincoln by calling 878-6249. The Intake/Interview Sheet is required of all clients, and may be downloaded or completed online from www.irs.gov by entering Form 13614-c in the search box and pressing enter, then clicking on the form. The form is available in City Hall and in the rack under the agenda cabinet in OC lobby.

Club Expo

Would you like to know more about the 76 different Clubs in Sun City Lincoln Hills? The Club Expo is the "place to be" on Tuesday, March 13, from 10:00 AM – 2:00 PM. Most clubs will have members of their club there to introduce you to the club and answer all your questions. The diversity of our clubs offers "something for everyone." Please come to Orchard Creek Lodge and see what you have been missing. It is never too late to get involved, have fun, and meet new folks.

Chit Chatters (Formerly Super Seniors)

The Chit-Chatters — a group within the former Super Seniors — will continue to meet for coffee on the third Friday of the month, 10:30 AM, KS Café. This month's meeting will be on February 17, next month March 16. The Chit-Chatters are older residents of SCLH and proud members of The Greatest Generation. They've gathered stories, memories, and wisdom over a lifetime lived during the 20th century including The Great Depression, the War Years, and the Big Band Swinging Years up to our Age of Computers. Even if you were not previously a Super Senior, you are welcome to drop by for some lively conversation. In March the Chit-Chatters (and any former Super Seniors or newcomers to the group) will meet for a

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.
February 17 • 10:00 AM-5:00 PM Porcello Estate Buyers, Solarium
March 8 • 10:00 AM-1:00 PM Linda Mancini's Travel Party, Oaks
March 13 • 6:00 PM Spinal Aid Presentation, Dr. Zorich, Solarium
 Please see our insert in this month's Compass

Welcome to Spring Luncheon on Friday, March 23, 11:30 AM, at Mimi's. Please call the number below for reservations. Contact: Marsha Hathaway 408-0228.

Glaucoma Support Meeting

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

Italian Club

Sticking to your 2012 resolutions? Our club resolved to provide members with fresh ideas for activities in 2012 – the Activities Committee has made sure we're sticking to it! We have a fabulous lineup already set through May 2012. Included are our popular Crab Feed January 20 and Bocce Ball BBQ May 19. We've added a very enjoyable Cinema Night at the P-Hall (KS) February 25 and exciting "Best Mask" contest at our unique Venetian Carnevale March 24 at the beautiful Catta Verdera Country Club! New also is our "Free Pass" door prize at some monthly events. Win this and get free entry for two at our next event! If you've been considering joining our club or getting active again, now is a great time to do so. If you/your spouse/significant other are of Italian descent, contact Membership Chair Rose Cesarz, 434-5301, or visit www.lhitalianclub.com for membership information.

The Multiple Sclerosis Group

meets monthly on the first Tuesday at 1:00 PM in the Terra Cotta Room (KS). We usually have a topic of discussion or a speaker dealing with some aspect of Multiple Sclerosis. More info: Marilyn Sharp 434-6898.

Open Play

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

Racquetball Group

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

Continued on page 40



It's time to get Bingo fever back again!

Lincoln Hills Foundation Bingo

Wednesday, February 22 • OC Ballroom

Doors Open 12:30 PM • Bingo Games begin at 1:00 PM
and end around 3:00 PM

Come join the Lincoln Hills Foundation for a chance to win big bucks and prizes. It's a great way to spend your afternoon.

\$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!

It is always fun, fun, fun for all! More info? Call Dennis Wagner: 360-213-5984.
Visit the Lincoln Hills Foundation website at www.lincolnhillsfoundation.org.

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

- **Cardiology:** Heart healthy solutions, prevention and treatment of heart conditions
- **Gynecology:** Prevention, diagnosis and treatment of women's changing needs including advanced surgical procedures
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- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery



sutterroseville.org



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Continued from page 37

Shalom Group

The Chanukah party was a big success. The White Elephant pass-around gave us a lot of time for schmoozing. The Men's Club had an excellent presentation from Marty Maisel about Jimmy Doolittle, the leader of the 1942 air-raid on Tokyo. Thanks to Marilyn Cachopo for the use of her home, and Al Klein for the fine brunch. On Thursday, February 23, we will have a Desert Social at KS. Bring a photo of yourself as a teenager to Gloria Kenma before the meeting for use in an identification game. The Woman's Club and the Men's Club will probably have meetings in March. Dates do get changed and there are occasional additions, so check the SScalendar.contactshalomgroup@gmail.com to communicate questions to the group. Membership info: Natalie Flynn.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Fall and winter months we meet at 9:00 AM. For schedule hours, contact Michael Pargament. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Each month we also gather at a member's home for hors d'oeuvres and drinks — a great opportunity to enjoy each other's company and meet the member's spouses. If you are interested in joining us, contact John Kightlinger 408-3928 for details of our next get-together. Contact: Michael Pargament 408-0221 jdparg@inreach.com.

Did You Know?

Want to eliminate more snail mail? Sign up for online Association Dues billing and, better yet, avoid having to remember to write that check each quarter and sign up for automatic payment withdrawal through the ACH program. Contact Member services for the form!



The Travel Group

Visit our updated website at www.lhtravelgroup.com. The next meeting is Thursday, February 16, 7:00 PM, KS. Guest speaker: Jay Fehan of Collette Vacations. Available trips: 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), Alaska Cruise (Aug 2012), Turkey (Sep 2012), Albuquerque Balloon Fiesta (Oct 2012), New England Colors (Oct 2012), Palm Springs New Years (Dec 2012),

Vietnam/Cambodia/Mekong River (Jan 2013), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013). Friends and family may join our trips. You don't have to be a member to attend our meetings. Committee Member Contacts: Teena Fowler, 543-3349, sfowler@starstream.net; Linda Frazier, 434-8266, fraz1774@sbcglobal.net; Sheron Watkins, 434-9504, Sheron5@sbcglobal.net; Louise Kuret, 408-0554, lkuret@sbcglobal.net.

In Memoriam

Lola "Betty" Canfield

Born and raised in Pennsylvania, Betty was the wife of a career military man and lived in various places around the country. She spent 35 years in the retail industry and enjoyed sewing, upholstery, baking, reading, doing jigsaw puzzles and playing Mexican Train. She loved spending time with her only grandchild and her pets. She will be remembered for her fun personality, kindness, strength and independence. She is survived by her son, Howard, and daughter, Bonnie, of Lincoln Hills, and her granddaughter and son-in-law. She is also sadly missed by her cat and two granddogs.

children, three grandchildren, her mother, sister and many friends.

Mary Norris

Mary loved life at SCLH and enjoyed card groups and ladies' luncheons among other activities. She was 101 and is survived by son and daughter-in-law Charles and Jeanne Ann Kendall, three grandchildren and five great-grandchildren. Mary taught in the San Lorenzo school district. A native of Oklahoma, Mary dearly loved the Lord and her family.

Patricia Ann Schendel

Patricia was born in Iowa City and moved here from South Lake Tahoe in 2000. She was very involved with the Children's Ministries at Bayside Church in Roseville for many years. Known for her gift of laughter by those who knew her, she spent the last 10 months battling brain cancer. Patricia lived with her husband, Dewayne, and son, Donald. She is also missed by two more children, eight grandchildren and two great-grandchildren living in the Sacramento area.

*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.*

Yvonne Messick

Yvonne was born in the Netherlands and immigrated with her family to Montreal and then again moved to San Mateo, CA, at 14. As a beautiful young woman, she was chosen as the first "Miss Foster City." During college she spent one year at the Sorbonne in France, eventually becoming a teacher specializing in French. She met Jay 44 years ago and together they had three children. Later she went back to teaching in Dublin, CA, for almost 20 more years. She was a devoted and loving mother, wife and teacher. Yvonne is dearly missed by her husband, three



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Special Events & Bus Trips

Jeri... Live! — A Cabaret-style Broadway Show with International Star Jeri Sager

Friday, February 17 — 5017-12

Based in New York with performances all over the globe, Jeri Sager is a singing phenomenon and world-class



performer who musically and visually has been compared to a mix of Liza Minnelli, Julie Andrews, Mary

Martin and Barbra Streisand. The program includes "All That Jazz," "Somewhere Over The Rainbow" and other selections from the great American songbook. Jeri enjoyed critical acclaim for her portrayal of Fantine in "Les Miserables" and Eva Peron in "Evita." Her funny & insightful banter is only outdone by her glorious voice and stage presence that will take you from laughter to tears. Ballroom (OC) 7:00 PM. \$17.

Comedy Night at Kilaga Springs Tuesday, February 21

6:00 PM performance — 5021-12A

8:00 PM performance — 5021-12B



Headliner Todd Paul performs at thousands of comedy venues around the country including the Improv, Laughs Unlimited and The Comedy Stop in Las Vegas, Nevada and Atlantic City.



When he is not in a comedy club, he headlines events for corporations such as Ford Motor Corp., IBM, MGM Grand, and more. Show opener Ellis Rodriguez. P-Hall (KS). \$10.

Pacific Orchid Exposition – San Francisco

Friday, February 24 — 1751-12



Attention all gardeners and orchid lovers! Attend the largest and most prestigious orchid show in the country at Fort Mason Center in San Francisco.

The show boasts over 150,000 orchids in every color, shape and size. There will be docent tours, potting demonstrations, lectures and opportunity to purchase many orchid varieties. Enjoy live music, photo opportunities in front of a miniature Golden Gate Bridge adorned with exotic orchids and several food options for lunch on your own during your visit. Leave the Lodge 8:00 AM, depart Fort Mason at 2:30 PM, and return ~ 5:00 PM. \$43. RSVP ♦♦ Now.

Stitches West at Santa Clara Convention Center

Saturday, February 25 — 1781-12

Knitters and stitchers – this is your trip! Experience the annual Stitches West event at the Santa Clara Convention Center. You'll find ideas that are just crazy enough to inspire but not too crazy to knit. The bus will



arrive around 10:30 AM for plenty of time to visit the Market, filled with anything and everything pertaining to stitching and knitting. There will be classes available and opportunities for lunching on your own at the Convention Center. Depart the Convention Center at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$52. RSVP ♦♦ Now.

Red Carpet Oscars Party

Sunday, February 26 — 5026-12

Walk the Red Carpet just like the stars! Join friends and neighbors for the biggest movie event of the year at the Sun City Lincoln Hills Oscar Party. Dress the part in your glamorous red carpet attire to make our best



dressed list and compete to win movie tickets and other prizes if you can accurately select the most winners in each major category. Each couple or group will receive a professional red carpet 5x7" photo as a keepsake souvenir.

Enjoy a three-course dinner while watching the televised pre-show

festivities and 84th Academy Awards on the largest three-screen venue in Lincoln — the OC Ballroom. Dinner selections for the evening include choice of: *Seared Sea Bass with Tropical Crab Chowder* or *Chicken Kiev with Mushroom and Brie*. And the Oscar goes to... don't miss the winners for Best Picture, Best Actress and more. Pick up entry forms at Activities Desk starting February 1. Forms will be collected at the door prior to dinner service. Red Carpet photos will be taken by a professional photographer and available for pick-up from will call at OC Lodge March 6-9. Complete menu available at Activities Desk. No-host bar 4:30 PM, dinner 5:00 PM. \$38.

Rigoletto by Giuseppe Verdi at Sacramento Opera

Sunday, February 26 — 4600-11

A court jester procures women for the amusement of the Duke of Mantua, but he carefully guards his daughter, Gilda, from the evils of the



world. She falls prey to the charismatic Duke, however, and nothing can fully prepare us for the horror *Rigoletto* discovers while exacting

his revenge on the Duke. One of the most frequently performed operatic works in the international repertory. We have obtained orchestra tickets for the 2:00 PM performance. Leave OC at 12:30 PM, return ~ 6:30 PM. \$91. RSVP ♦♦ Now.

Red Hawk Casino

Wednesday, February 29 — 1940-12

Are you ready for a getaway day?



Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a nonsmoking extensive buffet and offers our passengers \$15 free play money. Be sure to bring your personal identification to receive your Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ by 2/17.

The Players Group Presents — “The Disappearance of the Three Little Pigs”

- **Wednesday, February 29, 7:00 PM Show Only — 5001-1SA**
- **Meridians Dinner/Show — 5001-1PA**
- **Thursday, March 1, 2:00 PM Matinee Show Only — 5001-1SB**
- **Meridians Lunch/Show — 5001-1PB**
- **Thursday, March 1, 7:00 PM Show Only — 5001-1SC**
- **Meridians Dinner/Show — 5001-1PC**

Once again, LH Players' Director/Producer Dolly Schumacher James invites you to enter her world of fun and fantasy with a talented cast and crew in this whimsical adult fairy tale. A charming detective Jack Be Nimble is hot on the trail of the missing swine. Meet such intriguing characters as



B.B. Wolf, owner of Howl Hole, plus dancing girls and cabaret singers. The cast has been rehearsing for weeks and even they don't know what happened to the Three Little

Pigs for sure! Don't miss an amusing diversion by a stewed chicken, a drink dispensing goose and a vampish starlet. With cartoon characters in pursuit, this mystery will be solved and you will be there to witness it. Three shows only. For those who wish to enjoy lunch or dinner at Meridians

before the show, including the convenience of reserved front section Ballroom seating, we offer limited show packages for all performances. Please visit the Activities Desk for the special menu and provide a meal choice when you buy your tickets. Meridians show package patrons must call Meridians, 625-4040, to reserve their tables prior to the show. Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). Show-only tickets \$12. Show Package \$36.

Just Added! Kilaga Springs — At the Movies! “The Help” Monday, March 5



PG; 146 minutes. “The Help” starring Emma Stone, Viola Davis, Allison Janney and Sissy Spacek. Drama. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.

Tom Rigney and the Flambeau Tuesday, March 6 — 5006-01



In response to numerous requests, we bring back Tom Rigney with his fiery and energetic band Flambeau in the Ballroom. Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and heartbreakingly beautiful ballads and waltzes will have you on your feet and singing along. Tom gives life to his

violin with his original compositions as well as some of his favorite musical numbers. Caroline on the keyboards will amaze you yet again with her fast fingers. No-host bar available when Ballroom (OC) doors open at 6:30 PM, concert 7:00 PM. \$16.

Oakland Aviation Museum with Lunch at Francesco's with Jerry Moorman

Wednesday, March 7 — 1760-01

Note: Bring your umbrella if rain is anticipated. The Oakland Aviation Museum, founded in 1981, is located in the historic Boeing School of Aeronautics hangar built in 1939 at Oakland International Airport's historic North Field. This hangar provides indoor and outdoor exhibition space, research library and aircraft restoration work areas. The Museum will offer a short facility tour and Jerry Moorman will offer historical information and little



known facts about the area. You will have some time on your own or with Jerry to visit smaller exhibits and the Museum Store if you wish. Lunch will be at nearby Francesco's Italian Restaurant, an Oakland tradition for over 43 years. Tell the Monitor your choice of *Francesco's Manicotti* or *Half Roast Chicken with Mushroom Sauce*. All lunches come with *Green Salad, Mashed Potatoes with the Chicken, In-*

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. *All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.*

WANT TO SELL? Please contact the Activities Desk (OC/KS) if unable to attend an event, trip or class.

WEATHER: Association trips and events are held regardless of inclement weather.

RSVP DATE ♦♦: If a RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After that RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. 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.

season Vegetable, Dessert and coffee or tea. Leave OC at 8:30 AM, return ~ 5:00 PM. \$80. RSVP ♦♦ by 2/15.

Bouquets to Art at deYoung Museum

Thursday, March 15 — 1761-01

Lots of walking! The 28th annual Bouquets of Art exhibition returns to the deYoung Museum featuring floral displays complementing the Museum's permanent collection. The deYoung houses one of the finest collections of American paintings in the country as well as oceanic and African



art, sculpture, ceramics, textiles and more. Admission good for all exhibits. Audio self-guided tours available for a fee. Bring your own lunch or visit the Museum café for lunch on your own. Leave OC at 8:30 AM, depart the Museum at 3:30 PM and return ~ 6:00 PM. \$57. RSVP ♦♦ by 2/15.

"Men of Worth" St. Patrick's Day Concert, Saturday, March 17

Show Only — 5017-01

Meridians Dinner/Show — 5017-01A

To celebrate the luck of the Irish, we bring back the maestros of music, mirth and melancholy with Scotsman Donnie Macdonald and Irishman James Keigher. Donnie reveals

his Hebridean heritage and humor through the traditional music, singing in both Gaelic and English while James hails from County Mayo in Ireland and weaves the imagery of his homeland vocally and instrumentally. A couple of the best Irish dancers in the area join Men of Worth on stage for an authentic St. Patrick's Day celebration. Critics around the country acclaim the duo's superb performance. Limited show package available with dinner at Meridians and reserved front section Ballroom seating.



Please visit the Activities Desk for the complete show package menu. Meridians show package patrons must call Meridians, 625-4040, to reserve their tables prior to the show. OC Ballroom doors open at 6:30 PM including no-host bar, concert 7:00 PM. Show only \$15, Dinner Package \$40.

Charming Healdsburg

Monday, March 19 — 1762-01

We're heading to the beautiful lush valley of Healdsburg in Sonoma County. Watch the scenery unfold as we drive through acres of vineyards. Enjoy the day on your own in this charming town that offers tasting rooms for the wine lovers in Downtown Plaza, excellent restaurants for lunch, and unique stores for the active shoppers. For those in search of

history, the local museum features fine examples of Pomo Indian basket-



ry, and the Public Library is home to the county's Wine Library. Leave OC at 8:00 AM, return ~ 6:00 PM. \$37. RSVP ♦♦ by 2/24.

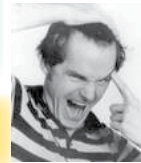
Comedy Night at Kilaga Springs

Tuesday, March 20

6:00 PM performance — 5020-01A

8:00 PM performance — 5020-01B

Headliner Leland Cotton Brown has been performing since 1979 when he started doing comedy sketches and music with three friends in a local pizza parlor in Walnut Creek, Ca. Starting in 1981 he placed in the San Francisco International Comedy Competition each year. Leland's act



of music, impressions and comedy has been perfected on the road while opening for Jerry Seinfeld, Dana Carvey, Ellen DeGeneres and more. Currently he is headlining comedy clubs throughout the US and regularly opens concert dates for groups like The Beach Boys and Righteous Brothers. Don't miss Leland's special knack for parody of musical styles from blues to Bach, country western, R.E.M, the B52's, Bob Dylan, Paul Simon and Nirvana. Show opener Alvin Williams. P-Hall (KS). \$10.

REMINDERS

SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair 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) unless noted otherwise. The bus will drop passengers off in that location 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 in-

cludes 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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New methods of cleansing and detoxifying the body have now been found that make it possible to remove wastes, chemicals and toxins from the tissues faster and better than ever before. The results have been so encouraging that it appears these new methods might easily put an end to such chronic modern diseases as cancer, MS, rheumatoid arthritis, MRSA and others. If you cleanse your body in time by using these new detoxifying procedures, you are much more likely to prevent health problems or recover from any condition you may already have.

To gain some needed perspective, it's highly recommended that you read the book *CONQUERING CANCER* by Susan Gorkosky. This book will give you a detailed understanding of these exciting new procedures. In her book, Susan explains how she recovered from inoperable brain cancer after she was told she was terminal and nothing more could be done for her.

Brain tumors appear to respond to these cleansing procedures better than any other condition. For instance, another patient, a little girl only three years of age, was also declared terminal by one of the largest cancer institutes, whose specialists said they had had thousands of cases like her and had not been able to save anyone. The little girl had a large brain tumor. When the detoxifying methods were first applied, she was semiconscious and had eaten nothing for three days. Within a few hours after she began to be cleansed, she started to eat and drink, and she has been improving steadily. She is now four years old.

By using these same methods, many other patients apparently have recovered from several types of cancer, MRSA, fibromyalgia, rheumatoid arthritis and various other conditions.

The most important devices used in these new procedures for cleansing the body are: the imprinter, the low-level laser, the ionic foot bath, infrared domes and others. The imprinter immediately clears the body of infections, parasites and chemicals. As a result it makes MRSA and other infectious conditions impossible. The low-level laser neutralizes or removes the metals which are implicated in causing cancer and other chronic modern diseases. The ionic foot bath, when used together with the electrical stimulator, is a wonderful way of cleansing the body of all kinds of wastes.

IMPORTANT NOTE: The reader should clearly understand that none of these new methods are meant to be used as substitutes for conventional medical practices. Anyone under the treatment of a medical doctor should continue as long as he or she is receiving positive results.

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To contact Susan Gorkosky, please call:

(916) 543-6468

San Francisco Flower & Garden Show Thursday, March 22 — 1750-01

Lots of walking! See what's new, get fresh ideas for spring and learn how to create a beautiful garden that is healthy for the environment. Meet professional gardeners and nursery owners who can answer your questions and help solve garden and land-



scape problems. There will be a wide selection of specialty shops featuring unique flowers, plants, etc. Food available at the Show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Leave the Lodge at 9:00 AM, return ~ 7:00 PM. \$61. RSVP ♦♦ by 3/1.

New Event! Ballroom Dance with Ballroom Dance Lesson Friday, March 23 — 5023-01

Tango or waltz? In cooperation with our Ballroom Dance Group, take a spin around the beautiful OC Lodge dance floor for a dedicated evening of ballroom dancing with the *Nutones*. This wonderfully-diverse musical quartet accompanied by excellent vocals will play a variety of favorite ballroom music, tango and two-step to waltz, rumba and cha-cha. Open to all residents interested in learning ballroom dance or new to the Ballroom Dance Group, join Ruth & Sal Algeri



for a 30-minute dance lesson providing you basics of American Waltz at the start of the party. For enjoyment and to gain more confidence in your dance steps, the lesson will close with the band playing the American Waltz to practice the lesson. Couples and singles welcome. Ticket required to participate in dance lesson. No-host bar throughout the evening when OC Ballroom doors open at 6:15 PM, dance lesson 6:30-7:00 PM, dancing 7:00-9:30 PM. \$12.

San Francisco for the Day Saturday, March 24 — 1842-01

Shop, perhaps have lunch and/or dinner, visit Fisherman's Wharf or a museum, or check out Chinatown. This is your day to do as you wish. This trip will drop off and pick up at Pier 39. Use local transportation to get around the city – just be at Pier 39 in time for your return trip. Leave OC at 8:00 AM, leave Pier 39 at 6:00 PM, return ~ 8:00 PM. \$37. RSVP ♦♦ by 3/9.



"Benise – Nights of Fire!" at the Eldorado Hotel in Reno

Tuesday, March 27 — 1772-01

This is our second trip to see this Emmy award-winning production. "Nights of Fire" is a hot and spicy journey of music and dance that brings the audience on an unprecedented and spectacular adventure through Spanish Nouveau Flamenco, Cuban Salsa, Brazilian Samba, Argentinian Tango, Indian Bollywood, Parisian Waltz, exotic African Drumming and more. Featuring renowned Spanish Guitar musician Roni Benise, an amazing world class band of musicians, lavishly decorated stage and elaborately choreographed dancers, be prepared to celebrate love, music and life in a show that appeals to all ages, cultures and musical backgrounds. Arrive with plenty of time for gaming and a buffet dinner prior to the 8:00 PM performance. Leave OC at 12:30 PM, return ~ 11:30 PM. \$86 (includes buffet dinner and show). RSVP ♦♦ by 3/8.



Lincoln Hills Tap Company Talent Show "Remember When"

Thursday, March 29, 7:00 PM

Show Only — 5029-1SA

Friday, March 30, 7:00 PM

Show Only — 5029-1SB

Saturday, March 31, 2:00 PM

Matinee Show Only — 5029-1SC

Saturday, March 31, 7:00 PM

Show Only — 5029-1SD

Meridians Dinner/Show — 5029-1PD

Take a walk down memory lane with the talented cast of the Tap Company's Talent Show. "Remember When" features song and dance from the 1920s through the 1970s. Directors Carol Rose and Isobel Hersch have gathered an impressive cast of highly-talented Lincoln Hills' performers, and are hard at work rehearsing their acts for the best show ever! There will be award-winning dancers and professional quality singers, some of whom you already know. Expect a few surprises as talented new performers join the show. Whether you love the Charleston from the 20s, the jitterbug from the 40s, rock & roll from the 50s and 60s, or the disco fever of the 70s, you'll find something that gets your heart fluttering in this toe-tapping performance! For those who wish to have dinner at Meridians before the Saturday, March 31 performance, in-



cluding the convenience of reserved front section Ballroom seating, we offer limited show packages. Please visit the Activities Desk for the special menu and provide a meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). Show only tickets \$13, Show Package \$39.

"An Evening in Roma" — Celebration of International Song with Naresh Michael

Thursday, April 5 — 5005-02

The 'Andrea Bocelli' of Tango is how critics have described the music and song of Naresh Michael. Take an imaginary trip to Italy, France,

Germany and Argentina, as Naresh serenades you through his romantic international repertoire ranging from Jazz, Tango and Opera to Latin, Standards and contemporary Popera. Singing in English, Italian, German and Spanish, he will play his guitar and Bandonen, an Italian accordion-type instrument, along with a piano accompanist and violinist. This trio of professional performers present music inspired by Carlos Gardel and Mario Lanza, with a modern flavor of Josh Groban and Michael Buble. Don't miss this unique show that is sophisticated, fun and uplifting all in one. Ballroom (OC) 7:00 PM. Early registration discounted rate February 17 – March 14, \$13. After March 14, \$15.



**Comedy Night at Kilaga Springs
Monday, April 9**

6:00 PM performance — 5009-02A
8:00 PM performance — 5009-02B

Headliner Don Barnhart is the 2010 winner of the International Performing Artist's "Bob Hope Award" for his continued service performing and producing comedy shows for the troops stationed overseas. Don started his first USO tour back in 1992 while opening for comedy legends including Seinfeld, Leno, Jim Carey, and many more. Some highlights of Don's TV, radio and film credits include Star Search, Evening At The Improv, Comedy Central, "In The Army Now" and "Apollo 13." Show opener is Andy Gold. P-Hall (KS). Early registration discounted rate February 17 – March 14, \$8. After March 14, \$10.



**San Francisco Shopping
Wednesday, April 11 — 1841-02**

Lots of walking! Don't worry about the traffic, the bridge, parking, etc. Relax and let the bus take you to the

heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Get your Macy's 10% discount coupon as you board the bus. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$31. RSVP ♦♦ by 3/23.



**Second Bus – New Date!
USS Hornet in Oakland
Thursday, April 12 — 1830-02**

Lots of walking! This is our second bus to this destination. Suggested by the Veteran's Group, join us for an interesting and informative day aboard the USS Hornet, a Registered National Historic Landmark anchored at the former Naval Air Station in Alameda. Visit the navigation bridge, stand on the flight deck and take a close look at vintage aircraft including an



authentic Apollo Capsule. Imagine life on a floating city as you walk through Officers' Quarters, Crew's Deck, Medical Spaces, etc. USS Hornet participated in two significant events: World War II and the recovery of the Apollo II manned lunar mission. **Be aware:** Single elevator available to reach Flight Deck. To see other decks, other than the Main Deck where the Museum is, will require climbing some ladders. Tour will be led by retired military docents providing a personal touch to your experience. Visit will include a hot lunch in the Officers' Mess. Give the Monitor your food choice between *Meat Loaf and Baked Chicken*. Lunch will include *Mashed Potatoes and Gravy, Mixed Vegetables, Roll,*

Cookie and soft drink or water. After lunch, time for further ship touring on your own and a visit to the ship's store. Leave OC at 8:30 AM, leave the Hornet at 3:00 PM, return ~ 5:30 PM. \$55. RSVP by 3/16.

**Inspire by Example! Volunteer Symposium
Thursday, April 12**

Beginning at 10:00 AM, your Association is joining the National Volunteer Week efforts to encourage volunteerism in our community. Please join over 30 Placer County nonprofit organizations in the OC Ballroom as they showcase their organizations and volunteer opportunities in a fair-like set up. Please come by to talk with others and see where your interests fit with the many needs that organizations have. Free. Symposium Contact: Tamara Coil 625-4019.



**Second Bus – New Date
Million Dollar Quartet
Wednesday, April 18 — 4563-05D1**

Part of the Broadway Sacramento series, the first bus we offered to this event sold out quickly. We added a second bus offering orchestra rear seating for your enjoyment. This hit musical is inspired by the true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered together in Memphis for what would be one of the greatest jam sessions of all time. Million Dollar Quartet brings that legendary night to life with a irresistible tale of broken promises, secrets, betrayal and celebrations featuring timeless hits. Don't miss your chance to be a fly on the wall of fame. 8:00 PM performance. Leave OC at 6:45 PM, return ~ 11:30 PM. \$70. RSVP ♦♦ by 3/16.



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Sharon Worman
408-1555

Visit our Website at www.CBSunRidge.com for all current listings.

Spring Into Fashion With Macy's – A Men's and Women's Fashion Show Event

Friday, April 20 — 5020-02

With the beautiful bloom of spring, we invite you to be our guest at the first Lincoln Hills Fashion Show Event featuring clothing vendors for men and women from Macy's. Friends and neighbors will showcase the latest designs and trends featured as part of Macy's Spring and Summer Collection. Experience the Magic of Macy's



for a variety of casual, social, sport and semi-formal occasions. A printed line list will make it easy

for you to follow the show and mark the clothes you are interested in purchasing with the discount coupon provided to each guest. Fun surprises and prizes await guests and a special \$25 Macy's gift card will be awarded to one lucky winner. Luncheon includes choice of *Blackened Tilapia Fillet* or *Chinese Chicken Salad* served with a mimosa beverage and dessert. Buying a table with friends and neighbors? Please have a complete list of guests at your table as well as their food choice upon registration. Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman's table. Ballroom doors open 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. Early registration discounted rate February 17 – March 14, \$29. After March 14, \$31. Even if you do not attend the show, come shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.

Half Moon Bay Area with Jerry Moorman

Tuesday, April 24 — 1922-02

Today we travel to Pigeon Point Lighthouse south of Half Moon Bay. It is the tallest lighthouse on the West Coast and is still an active Coast

Guard navigation aid. This headland area, hence the lighthouse, took its name from the ship *Carrier Pigeon* that wrecked here in 1853. Jerry will provide historical details about the Lighthouse and the surrounding area. The



next stop will be Half Moon Bay for a look around prior to lunch on your own in an area that has many food options. The return to Lincoln will be dictated by the weather conditions. If good weather, we plan to travel north on coast highway stopping at the world famous surfing beach to check out the beautiful views. Less desirable weather will mean a trip over the mountains at Half Moon Bay to the freeway and the ride home. If time permits, perhaps a stop at the Vacaville Outlets. Leave OC at 8:00 AM, return ~ 6:00 PM. \$56. RSVP ♦♦ by 4/2.

Reno — Silver Legacy

Thursday, April 26 — 1770-02

Ever popular with our residents, we offer another trip 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 OC at 8:00 AM, return ~ 6:30 PM. \$27. RSVP ♦♦ by 4/9.

Annual Parking Lot Sale

Saturday April 28 — 5128-02

Join us for a fun morning, 7:30 AM-12:00 PM either to shop or sell. With only one date in 2012, don't miss your chance to participate in the annual Parking Lot Sale. The sale is



intended for residents selling their unwanted household items. Limit of two spaces per household. A six-foot table & two chairs will be provided per space.

The event will be advertised in local newspapers and online. Donuts and coffee will be on sale. Spaces go fast, reserve yours now. Vendors must abide by the guidelines they receive when signing up. RSVP ♦♦ by 4/12. Parking Lot facing The Wave (OC Fitness Center). \$28 per space. Spaces are not open to businesses or to conduct sales for a home business.

"With Love from Russia" at Mondavi Center

Sunday, April 29 — 1960-01

The Auburn Symphony returns to the beautiful Mondavi Center with wonderful classical music. The magnificent acoustics will bring out all the



glories of Rachmaninov's magnificent second Symphony, and combined choirs from Apollo Chorus

and Sierra College Choir join for Borodin's thrilling *Polovetsian Dances*. The afternoon begins with Shostakovich's *Festive Overture*. A spectacular event! Performance is at 3:00 PM. Leave OC at 1:30 PM, return ~ 6:00 PM. \$68. RSVP ♦♦ by 4/2.

"Man in the Mirror" at Eldorado in Reno

Wednesday, May 2 — 1775-02

This production celebrates the amazing music of the King of Pop, Michael Jackson, in a high octane theatrical spectacular that spans



over three decades of the greatest hits in pop history. Featuring Michael's number

one hits, this spellbinding musical show takes the audience on a musical journey through the career of one of the greatest entertainers of all time. Songs include: "Bad," "Thriller," "Beat It," "Man in The Mirror," "I'll Be There," and many more. This truly is the ultimate celebration of the pop music icon that will never be forgotten. If you like the music of Michael Jackson – you will love this show! 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 ♦♦ by 4/16.

**Placer Pops Chorale Presents
"American Tapestry-From Pops to Jazz" at Three Stages Theater
Saturday, May 12 — 4580-02**

Don't miss this chance to experience classic American music at its best, showcasing selections from pops to jazz at Three Stages Theatre in Folsom. See this entertaining group (formerly Sierra Community Chorus) perform iconic works from award-winning American composers including Rodgers and Hammerstein, Ellington, Gershwin and Sondheim. Hear tunes from "Oklahoma," "The Sound of Music," "South Pacific," "Into the Woods," along with hits like "Fascinating Rhythm," "Mood Indigo," and much more! Reserved premium seats for 7:30 PM performance. Early purchase encouraged. Leave OC at 6:00 PM, return ~ 11:00 PM. \$52. RSVP ♦♦ by 4/9.



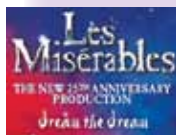
War Horse, presented in association with Handspring Puppet Company, is filled with stirring music and songs. At the heart of the show are life-sized puppets which bring breathing, galloping, charging horse to thrilling life on stage. This is a powerful story of Albert's beloved horse, Joey, who has been enlisted to fight for the English in World War I. Joey is caught in enemy crossfire and ends up serving both sides of the war. Albert embarks on a treacherous mission to find his horse and bring him home. What follows is a remarkable tale of courage, loyalty and friendship. War Horse is the recipient of six 2011 Tony Awards, including Best Play. Orchestra Seating. Following



the 2:00 PM performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Early Purchase Requested. Leave OC at 11:00 AM, return ~ 10:30 PM. \$95. RSVP ♦♦ by 6/1.

**Les Miserables at Orpheum Theatre
Wednesday, August 22 — 4551-02**

Based on Victor Hugo's classic novel, Les Miserables is an epic and uplifting story about the survival of the human spirit. The magnificent scores of this production includes the classic songs "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?," and many more. Cameron Mackintosh presents a new 25th anniversary production with glorious new staging and dazzling reimagined scenery. We have acquired mid-orchestra seating for the 2:00 PM performance. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Early purchase requested. Leave OC at 2:00 PM, return ~ 10:30 PM. \$120. RSVP ♦♦ by 6/1.



Baseball • RiverCats Baseball Games Now On Sale
We have five opportunities this season to watch RiverCats play at the beautiful Raley Field in Sacramento. Same as last season, seats are located in Senate Box (in the bowl area directly behind home plate.) All selected games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ by 2/17.



- **RiverCats vs. Tacoma Rainiers**
Monday, April 16, \$39 — 6273-12A
- **RiverCats vs. Iowa Cubs**
Monday, May 14, \$39 — 6273-12B
- **RiverCats vs. Fresno Grizzlies**
Friday, June 22, \$41 — 6273-12C
- **RiverCats vs. Tucson Padres**
Friday, July 20, \$41 — 6273-12D
- **RiverCats vs. Memphis Redbirds**
Friday, August 3, \$41 — 6273-12E

San Francisco Giants (AT&T Park)
Lots of walking! This year we are offering four opportunities to watch the Giants in action. These dates chosen because of the teams and afternoon starting time allowing us to return home by ~ 7:00 PM. No cans, glass bottles, alcohol, or hard-sided cool-



ers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave the Lodge at 10:00 AM, return ~ 6:30 PM.

• **Giants vs. Texas Rangers**
Sunday, June 10 — 6260-01A

Seats located in Lower Box Section 131 \$102. RSVP ♦♦ by 5/10.

• **Giants vs. Atlanta Braves**
Sunday, August 26 — 6260-01B

Seats located in Lower Box Section 131 \$102. RSVP ♦♦ by 7/26.

• **Giants vs. Los Angeles Dodgers**
Sunday, September 9 — 6260-01C

Seats located in Lower Box Section 135 \$102. RSVP ♦♦ by 8/9.

• **Giants vs. San Diego Padres**
Sunday, September 23 — 6260-01D

Seats located in Lower Box Section 135 \$77. RSVP ♦♦ by 8/23.

Sold Out Trips/Events Thru March 20

Trip/Event • Date • Departure Time

- Chinese New Year – SF – February 19 – 8:30 AM
- Speaker Series – Sacramento – March 1 – 6:45 PM
- Mama Mia – Sacramento – March 13 – 6:45 PM

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Art Classes

—Drawing—

Live Clothed Model Drawing

Wednesdays,

March 7 – 28 — 1013-02A

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). This class replaces “Portrait Drawing from the Model” with minimal changes to the class. Draw directly from a real human being. Study the human figure with short and long poses. Observe



the interactions of light and shade. Work with rhythm and movement. Develop your visual

ability to see and judge proportions. Simplify what you are seeing and express human nature in its many aspects. Model fee for four sessions: \$12-22 (depending on number of participants). Model will be present during all four sessions. **New students:** email instructor at cmichelet@earthlink.net, for more information, supply list or questions. *Note: If interested in becoming a model for class, contact the instructor.* RSVP ♦♦ by 2/23.

Drawing Trees • Wednesdays,

March 7-28 — 1013-02B

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Explore and learn how to draw trees, one of the most beautiful works of nature. Experiment with a variety of drawing techniques to render this amazing subject matter: from pencils, color and watercolor pencils, chalks, and pastels, to pen & ink & wash. All levels welcome. Check supply list on your receipt. RSVP ♦♦ by 2/23.

— Oils, Pastels & Acrylics —

Painting Pastels and Oils with Joan Mondays,

March 12-April 9 — 1050-02

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

pastel or oil painting. No previous



training necessary. Create a painting deserving of a beautiful frame. Class divided based on student’s art medium. **New students:** Ask for supply at registration. RSVP ♦♦ by 3/5.

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays,

March 14-April 18 — 1032-02

9:00-11:30 AM (OC). Artist/resident Tom Proctor. \$65 (five sessions, no class March 28). Choose Oil or Acrylic. Complete original paintings based on



own or instructor’s photos. Analyze (“read”) paintings by well-known artists. Understand what makes an ideal composition. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ♦♦ by 3/7.

Ceramics Classes

— Lladro —

Spanish Oil Painting • Wednesdays

March 14-April 11 — 2063-02

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 3/7.

Lladro Workshop • Wednesdays,

February — 2064-01B

March — 2064-01C

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time. Workshop is not for beginners and will not provide



moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided

for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for “firing” and assuring everyone follows guidelines and safety procedures. Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

— Pottery —

Beginning/Intermediate Ceramics with Jim • Tuesdays

March 6-27 — 2012-02A

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



Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 2/28.



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Advanced Ceramics • Tuesdays**March 6-27 — 2012-02B**

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 2/28.

Ceramics – All Levels • Thursdays, March 1 - 29 — 2011-02

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$67 (five sessions). **Open to all skill levels.** This class teaches hand building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list when you register. RSVP ♦♦ by 2/23.

Computer Classes – Mac**Creative Photoshop & iMovie****Saturday, February 25 — 2523-01**

9:00 AM-4:00 PM (OC). Instructor: John Campbell. \$45. **Prerequisite:** Some knowledge of Photoshop and iMovie and must bring your own computer (Mac). Photoshop is not available on the OC computers. In this one day class, using Photoshop, learn how to automatically make line drawings involving a set of filters and other creative techniques. Other art incorporating the line art will be explained. Students will receive three AppleScripts that will aid in the development. In class, students will make three actions that will automate the line art and iMovie development. Learn how to automatically create dissolves that give the illusion of tran-

sitions from line drawings to images in full color. In iDVD, produce a disk image movie that will play on an HD DVD player or computer. There will be a handout detailing all the steps for future reference. RSVP ♦♦ by 2/21.

iPad Class**Saturday, March 31 — 2523-02**

1:00-4:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad then you ever thought possible. Learn all about iOS5 (the operating system for this device) settings, like Air Play and Air Print. This class will demonstrate the many settings and applications on the large screen in P-Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information. Learn how to get all that “stuff” into the unit and how to make folders on your device. Discover additional tools and reference areas. Bring your iPad to use the Internet and check out the applications we discuss and demonstrate. \$5 material fee of payable to instructor at the class. RSVP ♦♦ by 3/24.

**Computer Classes – PC****Beginning Computer****Monday, Wednesday, & Friday March 12, 14 & 16 — 2600-02**

10:00 AM-12:00 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 family, friends and others. We will cover the basics of Windows and how it works. Have questions answered including: 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 3/5.

**Android Tablet Workshop****Friday, March 16 — 2531-02**

9:00-11:30 AM (OC). Instructor: Len Carniato. \$30. Google's Android is dominant and best alternative to iPad when it comes to Tablet computers. Unlike Apple's closed system of hardware and software, the open-source nature of Android makes it inviting for many manufacturers to produce an Android-based device. Come to this seminar, bring your Tablet, connect to our free and fast Wi-Fi, and discover how to customize your Tablet to perform “your way.” We will go through many of the settings that let your Tablet do amazing things, plus how to sync mail, contacts, calendar, data and much more. On the large screen, you will be able to see and preview the “Apps” we'll be discussing. RSVP ♦♦ by 3/9.

**–Digital Photography–****Windows Movie Maker****Tuesday, Thursday & Friday****February 21, 23 & 24 — 2571-01**

9:00-10:30 AM (OC). Instructor: Len Carniato. \$60 (three sessions). **Prerequisite:** Comfortable using your Vista or Win7 PC and know basic skills such as Email, Internet, Copy and Paste. With Windows Movie Maker you can turn photos and videos into polished movies. Learn to customize



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and use special effects, such as transitions, music, captions, narrative, and much more, to tell your story in your way. In this lecture/lab class, you'll get plenty of hands-on experience learning to make your own movie. Bring in your vacation, party or memorial photos and leave with a finished movie on DVD that will play on any TV, or to share via email, YouTube, Facebook and others. RSVP ♦♦ by 2/15.

Digital Photography

Monday, Wednesday, Friday

March 26, 28 & 30 — 2620-02

10:00 AM-12:30 PM (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 new



instructor! Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding

blurry photos, using the LCD screen, as well as what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos."

Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. \$2 handout fee payable to instructor. *About the instructor:* Roy got his first camera as a young boy and fell in love with the hobby. He is an adjunct instructor at many local schools and American River College for the past 12 years and came highly recommended by residents. RSVP ♦♦ by 3/19.

Picasa

Wednesday, Thursday, & Friday

March 28, 29 & 30 — 2570-02

9:00-10:30 AM (OC). Instructor: Len

Carniato. \$60 (three sessions). Photo editing using your computer is the rage these days and modern digital cameras make it easy to take great shots. Getting those photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be

daunting. Learn how to use Picasa, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Comfortable using your home PC and know basic skills such as Email, Internet, Copy and Paste. RSVP ♦♦ by 3/21.

— Microsoft 2007 —

Word Phase One

Mondays & Wednesdays,

February 20 – 29 — 2650-01

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Class provides you with some of the basic features of Microsoft Word 2007. Now



that you know how to enter data and do some simple editing, it's time to learn the "good stuff." If you have been using

Word, this class will introduce you to new shortcuts and tips. We will cover auto correct; the format paintbrush; the show hide mark; the smart tag; copying and moving text; switching between documents; formatting techniques; and especially paragraph formatting, line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. RSVP ♦♦ by 2/13.

Word Phase Two

Tuesday & Thursdays

March 6-15 — 2650-02

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Class provides the student with additional practice with Word 2007. Explore the advanced features of Word, such as integrating text and graphics, using smart art, styles, section breaks .creating flyers, brochures, special labels, tables. As always, Angela will provide

tips and shortcuts to do some tasks that previously seemed daunting. Join us for a fun class. **Prerequisite:** lots of practice with Microsoft word/Word Phase One/Word Basics. RSVP ♦♦ by 2/28.

Genealogy

Genealogy is the fastest growing hobby in North America. Classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives. Each



session includes two hours of lecture and one hour of student-monitored exercise

with the instructor available for questions and answers. Please bring a flash drive to class with you so you can take home any work accomplished during class. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. For the GEDCOM class you should also feel comfortable using one of the popular family history programs.

Getting Started with RootsMagic

Friday, February 24 — Sold Out

GEDCOM – Exchanging Data Between Family History Programs

Thursday, March 15 — 2690-02A

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. GEDCOM, an acronym for Genealogical Data COMmunication, is a specification to provide a flexible, uniform format for exchanging computerized genealogical data. The purpose of a GEDCOM file is to foster the development of a wide range of inter-operable software products to assist genealogists, historians, and researchers. Most popular genealogy family history programs support importing from and/or exporting to the



GEDCOM format. In this class you will learn how to import and export information between the three most popular family history programs — Family

Tree Maker, Legacy Family Tree, and RootsMagic. RSVP ◆◆ by 3/8.

Searching Like A Pro

Thursday, March 22 — 2690-02B

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. In the fall of 1999 the Google search engine went live and immediately changed the way researchers searched the web. At the same time the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class, learn to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented will be equally applicable to anyone searching the Internet. RSVP ◆◆ by 3/15.

Places and Mapping in RootsMagic

Friday, March 23 — 2690-02C

1:00-4:00 PM (OC). Instructor: Bob Ringo \$10. **Prerequisite:** A familiarity and previous experience using RootsMagic. RootsMagic includes a worldwide place database with over 3.5 million place names. This place database can be directly accessed in the RootsMagic Gazetteer and is also used by RootsMagic's geocoding and mapping features. Learn to master these valuable features of RootsMagic by actually applying them on one of the Computer Lab's workstations. RSVP ◆◆ by 3/16.

Getting More Out of Ancestry.com

Thursday, March 29 — 2690-02D

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may

very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ◆◆ by 3/22.

Getting Started with Legacy Family Tree

Friday, March 30 — 2690-02E

1:00-4:00 PM (OC). Instructor: Bob Ringo \$10. **Prerequisite:** Basic computer skills. Legacy Family Tree is genealogy software for Windows that assists family historians in tracking, organizing, printing, and sharing family history. It is one of the best genealogy programs on the market today. RSVP ◆◆ by 3/23.

Crafts

New Class! Intro to Card Making

101 • Fridays,

February 24-March 16 — 3170-01

9:00-11:00 AM (OC). Instructor: Dottie Macken.



\$28 (four sessions). Have you ever wanted

to make a card but weren't sure how to get started? This beginners' class will be a fun two hours of learning and showing you how to make four cards and a cute box. Classes are small so you will get lots of individual attention. All supplies and tools will be provided for you. Class size is limited so sign up early. See display case for samples. RSVP ◆◆ by 2/17.

New Class! Intro to Felting 101

Wednesday & Friday

March 21 & 23 — 3042-02

1:00-4:00 PM (OC). Instructor: Laura Healey. \$43 (two sessions). Nuno Felting is the fastest growing technique in modern felt making. Small amounts of wool are layered on a base of silk. During the felting process, the wool migrates through the weave.

The results are a fully integrated and highly-textured scarf. It is incredibly lightweight and has a beautiful drape. In this class, everyone will learn dif-



ferent techniques to felt fibers, ribbon and yarn into the base of a scarf. We will cover layout, felting, fulling and finishing. Students will bring home a completed scarf. All supplies will be provided and are included in the material fee. Material fee \$12 due to instructor first day of class. RSVP ◆◆ by 3/14.

Spring Celebration Origami

Mondays, March 5-

April 2 — 3040-01

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions, no class March 12). In the year 1680 of the Edo era, records of butterfly-shaped models displayed at wedding ceremonies appeared. Then, nearly 300 years ago, the oldest book in the world, "Senbazuru Orikata," that describes ways to fold paper cranes was published. Thus the tradition of



origami-making was born and has been passed on through generations. Origami's shapes reflect the climate & culture of Japan and aesthetic sensibilities of the Japanese people. March 3 is Girls' Festival Month and the class will celebrate a Girls' Festival to make a Hina Doll (a doll Emperor and Empress in ancient costume), Cherry blossom container, Iwaizuru-Celebratory crane, basket, and more. Please bring origami paper (6x6"), pencil, glue, and scissors. RSVP ◆◆ by 2/27.

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.

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Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City/Lincoln)
8:00 AM at Orchard Creek Lodge
Thursday, February 16
Thursday, March 1
Thursday, March 15

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



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—Clogging—

Beginning and Easy Clogging Tuesdays, March 6-27 — 3572-02A

1:00-2:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). This class is meant for dancers who have never clogged before and those “returning to clogging” who want to refresh their beginning skills. Class introduces and moves through the eight basic traditional clogging movements: Step – Rock – Brush – Drag – Slide – Double Toe – Toe

and Heel. Learn fun clogging dances with basic steps like Push Off, Triple, Rock Back, Triple Kick, Basic, and Turn to name a few. Bluegrass to Big Band to Contemporary Pop will help round out music choices. If there is enough interest, Buck Dancing will be introduced. Join Janice, a certified clogging instructor with over 30 years of American Folk Dance teaching experience. No special shoes required; flat-soled shoes recommended. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we’ll have lots of fun. RSVP ◆◆ by 2/28.



Fun and Intermediate Clogging Tuesdays, March 6-27 — 3572-02B

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. The next step beyond Beginner/Easy Intermediate Clogging, class introduces new dances taught at local/national workshops and steps to stimulate and bring your dancing skills to a new level. Music from Bluegrass to Lady GaGa and more. Learn and or review Samantha, High Horse, Layover, Scotty, and lots more – too many to list. If you’ve been away for a while, now’s the time to get back into clogging. Come join the fun. We’ll be learning dances from the National Clog Dancing List as well

as popular dances from NCCA. RSVP ◆◆ by 2/28.

Performance and Technique Clogging • Tuesdays, March 6-27 — 3572-02C

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take Fun/Intermediate Clogging. Janice brings her many years of expertise working with teams and groups. Performance routines will be created, fine tuned, and figures and movements added to enhance some of the dances taught in the Fun/Intermediate Class. Other routines will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner and team work will be part of the skills taught. Fine tune clogging skills during technique portion of class. Technique lessons are incorporated in each session to keep you dancing safely and hone feet movement so sounds are clean and clear. RSVP ◆◆ by 2/28.

—Country Couples Western Dance —

Country Couples Western Dance — Beginner Level 1 & 2 Mondays, March 5-26 — 3532-02A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions).



Western dancing is done to many types of music, Country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. In addition, we do freestyle dances like Two Step, Country Waltz, and Cha Cha. Instruction will be at a slower pace for beginners and those wanting a review of previously taught dances. If you don’t have a partner, many of the dances could be done as an individual. Dances being taught in February: Drifter, Swing Mixer, Traveling

four corners and two step. RSVP ◆◆ by 2/27.

Country Couples Western Dance — Intermediate Level 3 & 4 Mondays, March 5-26 — 3532-02B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). This class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances being taught in February: Joe’s diner, Sidekick, Additional Rumba stroll moves and a new circle dance. All are subject to change as we try to go at a pace suitable for participants. RSVP ◆◆ by 2/27.

—Dancing with Dolly—

Choreographer-Director Dolly Schumacher James, joins our exceptional list of dance instructors. Her dance classes were previously offered through the Fitness Department Class curriculum. Schedule and class location will remain the same.

Ballet • Thursday, March 1-22 — 3920-02C

5:45-6:45 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher James. \$35 (four sessions). 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 fun exercise conditioning program! RSVP ◆◆ by 2/23.

Jazz/Musical Theatre Wednesdays, March 7-28 — 3920-02B

4:15-5:15 PM Aerobics Room (The

Wave). Instructor: Dolly Schumacher James. \$35 (four sessions). 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! RSVP ♦♦ by 2/28.



Performance Dance with Dolly, Friday, March 2 - 23 — 3920-02A
2:30-4:00 PM Aerobics Room (The Wave). Instructor: Dolly Schumacher James. \$49 (four sessions). 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. RSVP ♦♦ by 2/24.

—Hula—

Hula • Thursdays, March 15-April 19 — 3901-02
1:15-2:15 PM (KS). New instructor: Pam Akina. \$48 (six sessions). Learn the beautiful art form of Hula from the Hawaiian Islands. This class is appropriate for new as well as experienced dancers. Using the basic steps



kaholo, ha`alewa (ka`o), hela, and ami, you will learn a beautiful hula auana (modern hula) from beginning to end. In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Hula is a wonderful workout for mind, body, and spirit! *About the Instructor:*

Pamaho`a (Pam) Akina began her hula training at age seven. As a young woman, she joined the Kailua Dancers professional entertainment group under Kumu Lokalia Stearns and performed with them for 16 years. She has 30+ years experience as a professional and competitive hula dancer. Pam is the director of Hula Pono dance school and performance group. RSVP ♦♦ by 3/8.

— Line Dance —

Intro to Line Dance • Thursdays, March 8-April 19 — 3603-02A

4:30-5:30 PM (KS), Instructor: Audrey Fish. \$35 (seven sessions). This new class, meant for real beginners, is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 3/1.



Line Dance I/Beginner with Audrey Thursdays, March 8-April 26 — 3603-02B

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This class is not for newbies in the dance; it 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, you should start with Intro to Line Dance (above). RSVP ♦♦ by 3/1.

Line Dance II/Beginner-Intermediate with Audrey • Mondays, March 5-April 23 — 3603-02C

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions.) **Prerequisite:** Completion of Line Dance I/Beginner Line Dance. This class is one notch above the beginner class,

offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 2/27.

Line Dance III / Intermediate with Audrey • Thursdays,

March 8-April 26 — 3603-02D
3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ♦♦ by 3/1

Line Dance IV/Advanced with Audrey • Mondays,

March 5-April 23 — 3603-02E
3:45-4:45 PM (OC). Instructor: Audrey Fish. \$40 (eight sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 2/27.

Line Dance Beginner Plus with Sandy • Tuesday,

March 13-April 10 — 3705-02A
9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$30 (five sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. Class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as

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grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute basic line dance steps as instructors lead and teach the dances using line dance



lingo. Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 3/6.

Line Dance II

Beginner-Intermediate with Sandy Wednesdays,

March 14-April 11 — 3705-02B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning/intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 3/7.

Line Dance III with Sandy Wednesdays,

March 14-April 11 — 3705-02C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter



pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts, many more. At this level, there is no limit on the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 3/7.

Line Dance I/Beginner with Yvonne Mondays,

March 5-April 23 — 3605-02A

9:00-10:00 AM (KS). Instructor:

Yvonne Krause. \$48 (eight sessions). As with the other beginner classes, this class will teach the basic fundamental steps of line dance. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ by 2/27.

Line Dance Beginner Plus with Yvonne • Mondays,

March 5 – April 23 — 3605-02B

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). For



those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from Line Dance I into Line Dance II. The dances become a bit

more challenging but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting providing exercise for mind and body at the same time. RSVP ♦♦ by 2/27.

Line Dance II/Beginner-Intermediate with Yvonne Thursdays,

March 1-April 19 — 3605-02C

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). What our settlers started back in the 1800's has spread throughout the world. In addition to the great choreographers in the USA, there are thousands of line dances coming into the country from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ 2/23.

— 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. Choose any of the classes below that fit your schedule and comfort level. Performance classes are taught October to March and begin again, each as a continuation, the following October.



Students enrolled in Performance class are encouraged but not required to enroll in a

Technique class. Performance students who choose to enroll in Technique class in concurrent sessions will receive a 50% discount on Technique class. Students who are only enrolled in Technique class will pay the regular fee of \$40. *Please note the codes below for the different prices. Please remember to take advantage of the \$20 Technique class (see *** on classes below), you must also enroll in a Performance class at the same time.*

Advanced Performance Mondays, February 27

April 16 — 3555-01A

10:00-11:00 AM (KS). \$56 (eight sessions). This class is by instructor invitation only. RSVP ♦♦ by 2/20.

Technique Class

Mondays, February 27-

April 16 — 3555-01B (\$40)

***** — 3555-01B1 (\$20)**

11:00 AM-12:00 PM (KS). Eight sessions. RSVP ♦♦ by 2/20.

Technique Class

Mondays, February 27-

April 16 — 3555-01C (\$40)

***** — 3555-01C1 (\$20)**

12:00-1:00 PM (KS). Eight sessions. RSVP ♦♦ by 2/26.

Beginning Tap

Tuesdays, February 28-

April 17 — 3555-01D

9:00-10:00 AM (KS) \$40 (eight ses-



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sions). Introduction to the basic steps and terminology of tap dance. This is the perfect time to discover the joy of tapping. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Or, if you are not feeling comfortable, you can remain in the beginning class until you choose to move on. *Minimum of 10 students required for the class.* RSVP ♦♦ by 2/21.

Technique Class

Tuesdays, February 28-

April 17 — 3555-01E (\$40)

*** — 3555-01E1 (\$20)

10:00-11:00 AM (KS). Eight sessions. RSVP ♦♦ by 2/21.

Technique Class • Thursdays,

March 1-April 19 — 3555-01F (\$40)

*** — 3555-01F1 (\$20)

11:00-12:00 PM (KS). Eight sessions. RSVP ♦♦ by 2/23.

Performance • Thursdays,

March 1-29 — 3555-01G

10:00 -11:00 AM (KS). \$35 (five sessions). For continuing students only. New performance class will start in September. RSVP ♦♦ by 2/23.

Performance • Thursdays,

March 1-29 — 3555-01H

12:00-1:00 PM (KS). \$35 (five sessions).

For continuing students only. New performance class will

start in September. RSVP ♦♦ by 2/23.

Tap for Fun with Judy!

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

Mondays, February 27 -

April 16 — 3556-01A

4:45-5:45 PM (KS). Instructor: Judy

Young. \$48 (eight sessions). RSVP ♦♦ by 2/20.

Fridays, March 2-

April 20 — 3556-01B

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 2/24.

West Coast Swing — (California's State Dance)

Beginning West Coast Swing

Levels I & II • Wednesdays

March 7-28 — 3513-02A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (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. Students must complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ♦♦ by 2/29.



Intermediate West Coast Swing

Levels I & II • Wednesdays,

March 7-28 — 3513-02B

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four sessions). **Prerequisite:** Must have completed West Coast Swing Beginning levels one and two. RSVP ♦♦ by 2/29

Advanced West Coast Swing

Wednesdays,

March 7-28 — 3513-02C

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four sessions). **Prerequisite:** Must have completed West Coast Swing Intermediate I and II. RSVP ♦♦ by 2/29.

Driver Training

AARP Driver Safety Program

Wednesday, March 14 & Thursday,

March 15 — 6055-02

1:00-5:30 PM (OC). AARP member (\$22) for two-day session; AARP non-member (\$24); Instructor: Roger Kane. Resident must present current

AARP membership card upon registration and pay at the Activities Desks to receive the discounted class fee. In cooperation with AARP, the Association brings back the convenience of attending a Driver Safety Course in our community. This eight-hour AARP Driver Safety Course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course



covers how to adjust your driving to accommodate normal age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver's license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 3/7.

Fitness

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

—Small Group Training—

Small group training can be a great option when you want to enjoy more personalized attention, but spend less than working directly with a personal trainer. Small group trainings are offered in a variety of formats and they



provide much more focused attention to the participant's goals than traditional large classes. If you have a goal in mind, and enjoy having someone there to ensure that you are doing the exercises correctly, small group training is a great option for you! Sessions will have a minimum of four and maximum of six participants, and are held twice a week for four weeks.

Interested in Playing Golf in 2012?



Introduction To Golf **\$75 per person**

Designed for men and women who are considering taking up the game of golf for the first time or returning to the game after years of not playing.

This four week program covers the basic fundamentals of putting, chipping, pitching and the full swing.

Class size is limited to 6. A DVD of the material covered is included. Clubs can be provided for the class periods.

Tuesdays: Women only • 10:30am - 12pm
March 27, April 3rd, 10th & 17th

Wednesdays: Mixed • 10:30am - 12pm
March 28th, April 4th, 11th & 18th

Level Two Player Improvement **\$75 per person**

This program includes the fundamentals of putting, chipping, pitching, green side bunkers and full swing.

Class size is limited to six students. A DVD of the material covered is included.

Thursdays • 10:30am - 12pm
March 29th, April 5th, 12th & 19th

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SGT – Hydro Training
Mondays & Wednesdays,
March 5-28 — 835000-HT

4:30–5:30 PM Indoor Pool (OC). Instructor: Lisa Himes. Because of the properties of water, aquatic exercise is comfortable, safe, and a healthy form of exercise. Aquatic exercise is a wonderful type of fitness program 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 overdoing. 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 Centers.

SGT — Bodybugg
Tuesdays & Thursdays,
March 6-29 — 835000-A2

3:30 PM-4:30 PM Aerobics Room (OC). Instructor: Deborah McIlvain. Don't just set a goal, make it a reality!! This

small group training will teach you how to balance the energy equation between calories taken in and calories burned to effectively help you reach your health and fitness goals. Receive nutrition information and small group support, and the work-



outs to kick start your success. Learn to train your body for maximum calorie burn and have results to prove it. Session includes discussion, maximal calorie burn and results! Bodybugg not required! Bodybugg Small Group Training, nutrition tracking software, plus Bodybugg device for **\$279**. For existing Bodybugg clients, or for residents who wish to participate without the use of the Bodybugg, **Four Week Session \$135.** Register/Fitness Centers.

SGT – X-Train (cycle/row/TRX)
Mondays & Fridays, February 27-
March 26 — 835000-X2
April 2-30 — 835000-X3

11:30 AM-12:30 PM Aerobics Room (KS). Instructor: Brandy Garcia. Don't miss this opportunity to enhance your fitness with cross training! Increase your strength and decrease your body fat with X-Train. This class will incorporate the TRX bodyweight suspension trainer to increase your strength, stamina, and energy. You will also learn to row



and ride a spin bike with ease, efficiency, and have fun! Entry level to advanced participants are welcome. First class will be a technique and equipment settings class. Then the fun begins for eight straight classes. **Four week session \$135.** Register/Fitness Centers.

SGT — Bootcamp
Mondays & Wednesdays,
March 12-April 4 — 835000-B3

5:00-6:00 PM Aerobics Room (KS). Instructor: Shawna Buschmann. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135.** Register/Fitness Centers.

SGT-TRX Interval Training
Mondays & Wednesdays,
February 27-March 21 — 835000-T2

2:30-3:30 PM Aerobics Room (KS). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build pow-

Group Exercise Class Schedule!

Purchase a Punch Card at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works	Hi-NRG Cycle*	Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Step It Up	Low Imp. Hi-NRG Cyc*	Step It Up	Low Impact	Low ImpactHi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Cyc&Strength*Water Wks	
9:00 AM	Zumba	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	Piloga Sculpt	Yogafied	Zumba	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works		
10:30 AM	H2O Circuit		H2O Circuit		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			
2:15 PM	Fall Proof\$		Fall Proof\$			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM	Zumba	H2O Circuit		Cardio Salsa* H2O Circuit		

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er, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four week session \$135.** Register/Fitness Centers.

SGT – “Fun”ctional Fitness

Tuesdays & Thursdays,

March 6-29 — 835000-F3

12:00-1:00 PM Aerobics Room (KS).

Instructor: Deanne Griffin. A fun-filled small group strength training great for beginners or anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. **Four week session \$135.** Register/Fitness Centers.

SGT – Aligned & Defined Pilates

Mat Training

Mondays & Fridays,

March 19 -April 13 — 835000-B2

7:00-8:00 AM Aerobics Room (KS).

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 se-

ries for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. 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. As participants progress, variations and intensity options will be given. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with

Weights • Thursdays,

March 29-May 3 — 750500-02

11:05 AM-12:00 PM Weight Room

(KS). Instructor: Julia Roper. 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 and why you need to change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. **Six-week session \$75.** Register/Fitness Desks

Waves! Beginning Circuit Class

Tuesdays & Thursdays,

March 22-April 12 — 830000-02

2:30-3:00 PM; first class is one hour

2:30-3:30 PM Weight Room floor

(The Wave). Instructor: Megan Cowart. This class will take participants



through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the

class will progress with a few new exercises to include balance, core, and cardio stations. This class is for the beginner exerciser, or participants looking for assistance with a regular weight machine workout in a group setting. **Four week session, seven classes \$35.** Register/Fitness Centers.

Basic Chair and Balance

Friday, March 2-23 — 806000-02

1:00-1:45 PM Aerobics Room (The

Wave). Instructor: Megan Cowart. A beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio endurance, and brain exercise. This class is appropriate for people with limited mobility and various health issues. There will be *no* floor exercise. **Four-week session \$15.** Register/Fitness Desks.

Reach for the Top/Stretch & Tone!

Mondays, 12:00-1:00 PM,

March 5-26 — 805000-02

Tuesdays, 11:30 AM-12:30 PM,

March 6-27 — 801000-02

Thursdays, 11:30 AM-12:30 PM,

March 8-29 — 80300-02

Aerobics Room (The Wave). Instructor: Lin Hunter. This class combines



stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your

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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 former licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! 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.

—Dance/Fitness Centers—

Hot Hula • Tuesdays

March 6-27 — 814000-02

6:00-7:00 PM Aerobics Room (The Wave). Instructor: Maria Fe Cornejo. Hot Hula fitness® is a fun, new and exciting dance workout. It provides a “total body workout” in 60 minutes. Hot Hula fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, Hot Hula fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy Hot Hula fitness®. **Four-week session \$40.** Register/Fitness Desks.

Balletone • Tuesdays,

March 6-27 — 700000-02

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 \$40.** Register/Fitness Desks.

—In the Pool—

Core-N-More Deep Water Aerobics

• Mondays,

March 5-26 — 760100-02

Wednesdays,

February 29-March 21 — 760000-02

Mondays PM and Wednesday AM,

February 29-March 26 — 760200-02

Monday 5:35-6:30 PM, Wednesdays

9:35-10:30 AM, Indoor Pool (The

Wave). Instructor: Andrea Salerno.



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—Walking—

Beginning Nordic Walking,

Wednesdays

Will resume in May and June 2012.

New! Walk With Ease — Arthritis Foundation

Mondays/Wednesdays/Fridays,

February 20-March 30 — 752000-01

1:00-2:00 PM Fitness Center Lobby

(The Wave). Instructor: Chris Richter.

The Arthritis Foundation's *Walk With Ease* program is based on research and tested programs in exercise sci-

ence, behavior change, and arthritis management. This program offers support, information, and tools to help you make walking a regular part of your life. By using the *Walk With Ease* workbook and going to the classes, you'll learn how to manage pain and handle any challenges to your exercise plan. You'll also get the support and tools you need to help set and reach your goals. **Six-week session, \$45 (includes workbook); \$20 if a repeat participant.** Register/Fitness Desks.

—Tennis—

Pro Tennis Lessons

Sundays, March 25-May 6

Beginners

8:00-9:00 AM — 790700-02

Intermediate

9:00-10:00 AM — 790600-02

Advanced

10:00-11:00 AM — 790500-02

(No class April 8.) 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 class session \$75.** Register/Fitness Desks.

—Mind, Body, Spirit—

Extra Gentle Yoga (chair)

Tuesdays,

March 6-27 — 710000-02

12:45-1:45 PM Aerobics Room (The

Wave). Instructor: Julie Boone. Ju-



lie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student.

Practice will include gentle stretching, energizing breathing exercises,

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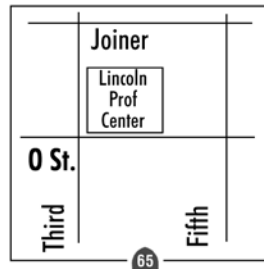
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and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session \$39.** Register/Fitness Desks.

**Gentle Hatha Yoga • Tuesdays,
March 6-27 — 710100-02**

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 \$39.** Register/Fitness Desks.

**Evening Yoga (Hatha-Traditional
Yoga) • Tuesdays,**

March 6-27 — 711000-02
6:30-7:45 PM Aerobics Room (KS). Instructor: Susan Hayes. The season is changing, and so should your fitness regime! Yoga has been proven to increase energy, flexibility, balance, and strength — all while reducing stress. The perfect spring cleaning opportunity to rev up your routine, 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,
March 8-29 — 711100-02**
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 • Tuesdays,
March 6-27 — 730100-02
Saturdays,
March 10-31 — 730200-02**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (The Wave). Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Four-week session \$40.** Register/Fitness Desks.



**Spring Forest Qigong (SFQ)
Thursday, March 1-22 — 745000-02**

2:15-3:45 PM, Aerobics Room (KS). Instructor: Elizabeth Wescott. SFQ is a simple, effective method for helping you heal physical, emotional pain and enhance the quality of your life and the lives of others. Anyone, regardless of ability, age or beliefs, can practice the techniques of SFQ to become

healthier and happier. In addition to the gentle exercise and meditation we’ll touch on a bit of philosophy and theory. **Four-week session \$40.** Register/Fitness Desks.

Gem Stone Cutting

Gem and Jewelry Open Workshop
Most Mondays and Wednesdays the Lapidary Shop, the Casting Shop and the Fabrication Shop are open from 8:00 AM-12:00 PM (shared space) Sierra Room, KS. These workshops are open to experienced persons (after orientation) or those who have



completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society will oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance Fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

**Intro to Gem Cutting
Mondays, March 5-26 — 3082-02A**

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 2/27.

**Lost Wax Jewelry Casting
Mondays, March 5-26 — 3082-02B**

1:00-3:00 PM (class weeks one, two, & four); 8:00-9:00 AM and 12:00-3:00 PM (week three—March 19) (KS). Instructor: Dave Fisk. \$80. Materials



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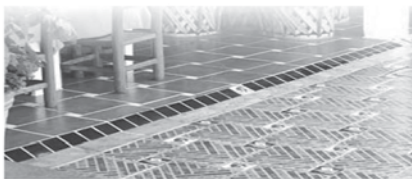
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of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven,

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 2/27.

Jewelry Fabrication

Mondays, March 5-26 — 3161-02

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$75. Learn basic techniques of metal jewelry sawing and soldering, more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler's buff and other tools. Upon completion of class, students may attend Gem & Jewelry Open Workshop for nominal fee to use equipment.

No makeup classes. Maximum six students. Materials fee \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at Los Angeles County Fair, lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 2/27.

Glass Art

—Fused Glass—

Fusing Glass Workshops • Mondays

February — 3103-01B

March — 3103-01C

4:00-6:30 PM except for last Monday

of the month, 6:00-8:30 PM, (KS).

Moderator: Jordan Gorell. \$12 each



day. Items 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.

—Stained Glass—

Stained Glass Workshops •

Mondays,

February — 3103-01B

March — 3103-01C

4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day. Workshop is for experienced students only. A moderator is present to supervise safe use of equipment but will not



teach new methods. If you have experience working with glass but have not had instruction, inform monitor prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

—Jewelry—

Drop Necklace • Tuesdays,

February 21-28 — 3012-01

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo \$25. Here's a class perfect for beginning or experienced beaders. The result is a necklace that's sure to complement an outfit.



A simple stitch (right angle weave for those keeping count) combines with drops to create the design. Choose pearls for an elegant look or semi-precious stones for a more casual one. For beginning beaders, here's a chance to add to

your repertoire of designs. For experienced beaders, here's a chance to learn and use right angle weave. Check the samples (OC/KS) for samples. Be sure to get the materials list when you register. RSVP ♦♦ Now.

Beaded Beads – Tuesdays

March 13-27 — 3013-02

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo \$30. For intermediate to advanced beaders. Looking for something unique to spark your beading designs? Beaded beads



might be the answer to your prayers. Composed of different sized beads, the beaded bead can become the perfect focal piece in a design. Or, gathering similar beaded beads together, a showstopper piece of jewelry can be achieved. Take a look at the sample beads in both Lodges. Guidelines will be given for several types of beaded beads, but creativity will be welcome and encouraged. Comfort and adeptness in handling small beads and different bead stitches is a must. A good stash of beads, some patience, and a bit of imagination will have you creating your very own beads in a short amount of time. Questions? Contact Cathie Szabo at billcats1@earthlink.net or 434-6667. Be sure to get the materials list when you register. RSVP ♦♦ by 3/6.

Music

—Guitar—

Guitar I – Introduction to Guitar
Wednesday

February 29-April 25 — 4262-02A

8:15-10:15 AM (KS). Instructor: Bill Sveglini \$70 (eight sessions; no class April 4). Designed for the person that has not played guitar before or hasn't played for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory pro-



viding a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help in selecting one. Check your receipt for Supply List. Most supplies will be available for purchase from instructor first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 2/22.

Guitar II –Continuation Beginner Level • Fridays, March 16-May 4 — 4262-02B

8:30-10:30 AM (KS), Instructor: Bill Sveglini. \$70 (eight sessions). This class will continue to improve on the knowledge and skills learned from Guitar I: note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. If you haven't taken Introduction to Guitar but think your skill level fits this calls, please contact the instructor Bill at 899-8383 to determine if your skills fit the requirements of the class and get supply list. RSVP ♦♦ by 3/9.



Guitar III — Intermediate Thursdays,

March 1-April 19 — 4262-02C
8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). This class continues the course of study in Guitar II. Course of study will include: reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 2/23.

Guitar IV — Advanced • Thursdays, March 1-April 19 — 4262-02D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$70 (eight sessions).
Prerequisite: Students must have

instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 2/23.

— History —

Jazz 4 • Wednesday, February 29-March 21 — 4272-01

4:15-5:45 PM (KS). Instructor: Ray Ashton \$25 (four sessions). We will conclude our journey through the history of that truly American art form... Jazz. Picking up where art 3 ended, we will explore the many different forms of Jazz that emerged in the middle of the 20th century and show how great Jazz artists became ambassadors for their music in the fields of Education, Movies, Dance, and Broadway. We will hear those great musicians who experimented and expanded Jazz to have a great influence on every type of music we hear today. Join us as we take our final wild ride through the History of Jazz Part 4. RSVP ♦♦ by 2/15.



— Keyboard —

Play In a Day Keyboard Class

Tuesday, March 6 — 4273-02A
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 stu-

dent 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 2/28.

Play In a Day Keyboard Continuation Class • Tuesdays, March 13-27 — 4273-02B

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 3/6.

— Voice —

Beginners Singers Vocal Boot Camp • Wednesday,

March 14 – May 2 — 6132-02A
10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for

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people who want to be vocalists. You do not need to be a member of the LH Community Chorus to enroll in this class. This is a beginners' class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ◆◆ by 3/7.



Singers Vocal Boot Camp Continuation • Fridays, March 16-May 4 — 6132-02B

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 3/9.

—Travel—

Provence/Côte d'Azur, a Visual Tour Saturday, February 18 — 6162-01A

2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Did you visit in the past Provence and the Côte d'Azur? Would you like to go to Aix en Provence, Nice, Cannes, Marseilles, or any other Provence destination? Join us to visit (or revisit) renowned places and discover new sites. This two-hour slide presentation will be followed by an hour Q & A. Watch for future presentations: Versailles & surrounding castles. RSVP ◆◆ by 2/11.



Versailles & Other Castles of Ile de France

Saturday, February 25 — 6162-01B
2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Visit the fabulous Versailles Castle, its extended gardens including the Domaine of Marie-Antoinette, and also Vaux-le-Vicomte,

Fontainebleau and other famous castles of Ile-de-France, the region surrounding Paris, and learn about their fascinating history. This two hour slide presentation will be followed by an hour of Q & A. RSVP ◆◆ by 2/18.

— Wardrobe Planning —

Suitcase Savvy

Wednesday, April 25 — 6160-02

9:00 AM-12:00 PM. P-Hall (KS). Instructor: Marcia Van Wagner, world traveler! \$15. Do you travel with too much luggage and too many shoes, but never the "right" outfit? Do the airline regulations have you confused? Can you really travel with only a carry-on? Men and women: Learn about the categories of clothes and how to use your itinerary to plan a travel wardrobe from your closet whether your trip is one week or one month. Learn how to pack efficiently with unique packing aids in the smallest and fewest bags. And don't forget those 10 essentials we all need but rarely remember to pack. RSVP ◆◆ by 4/18.



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 (OC).

Bernina Serger Certification

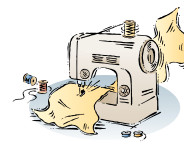
Monday, March 12 — 4059-11C

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limited to three. RSVP ◆◆ by 3/5.

Bernina Sewing Machine Certification

Monday, March 12 — 4059-11C1

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 3/5.

Janome Sewing Machine Certification

Monday, March 12 — 4059-11C2

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 3/5.

Knitting

Intermediate Knitting • Mondays, March 5-26, April 2 — 4071-02

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions; no class March 19). **Prerequisite:** Must know how to k, purl and cast on. Class is for anyone who knows how to knit but would like help reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. *About the Instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for yarn companies and writes articles and knitting designs for major knitting magazines and written nine books on Knitting and Crochet and two books on Quilting. Class is limited to 10 so sign up early. RSVP ◆◆ by 2/27.





My Racing Heart

Wednesday, February 15 — Free

7:00-8:30 PM P-Hall (KS). Shortness of breath? Racing heart? Palpitations? Fatigue? These are just some of the symptoms related to atrial fibrillation that Dr. Jonathan Hemphill, MD,



Cardiologist at Mercy San Juan Medical Center, will discuss. A-Fib is a common condition in which the heart beats irregularly. Learn how you can reduce your risk for A-Fib and the latest treatment options.

Smartphones: The Power of a Computer in your Hand

Wednesday, February 22 — Free

3:00-5:00 PM P-Hall (KS). Presenter: Terry Rooney, resident. In the last five years the so-called “smartphone” dominates the new technological developments. These hand-held devices allow you to not only make phone calls but also to send text messages, view websites, watch videos (movies, TV, etc.), listen to music and Internet radio, play games, do video-



conferencing, and make shopping easier than ever. The Apple iPhone introduced in 2007 was the first really popular smartphone, but in the last two years the Android system from Google has given Apple tremendous competition due to Android’s having multiple manufacturers (Motorola, Samsung, HTC, etc.), with bigger screens, real keyboards, and more flexible input-output (HDMI, USB, SD cards, etc.) This presentation will cover what’s available in the market

today and what you should consider when buying a smartphone.

How to Use the New Kindle Fire
Thursday, March 8 — Free



2:00 PM Front Ballroom (OC). What is the Kindle Fire and what can it do and not do? Come to the forum where Ken Silverman, resident, will demonstrate and talk about this device. Getting

your settings correct, getting Apps, music, photos and other content onto the Fire.

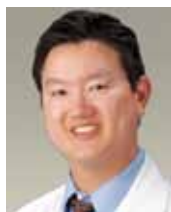
Prostate Cancer – A Current Perspective

Wednesday, March 21

– Free

7:00-8:30 PM P-Hall (KS). David Yee, M.D., M.P.H., Urologist with the Sutter Medical Group, will discuss

different aspects of prostate cancer, including the new studies on the ef-



fectiveness of prostate screenings. Dr. Yee treats a broad range of urological disorders of the male and female urinary tract, which includes the bladder, prostate, kidneys, and urethra. After a stint as a clinical instructor at Memorial Sloan-Kettering Cancer Institute, Dr. Yee returned to the Sacramento area to pursue his particular interest in robotic surgery, minimally invasive surgery, laparoscopy, oncology, kidney stones and benign prostate hyperplasia (BPH).

Landscaping and Irrigation Essentials

Thursday, March 22 — Free

1:00-3:00 PM Front Ballroom (OC).



Don’t miss this one! Our speaker will be Larry Grich from Crossroads Landscaping. Crossroads keeps our common property looking good all the

time! He will discuss the work that they perform plus basic information on landscaping and irrigation for residents. Join us and your questions will be answered!

Community Forums, Date, Time, Location

- My Racing Heart, Wednesday, February 15, 7:00 PM, P-Hall (KS)
- Smartphones, Wednesday, February 22, 3:00 PM, P-Hall (KS)
- How to Use Kindle Fire, Thursday, March 8, 2:00 PM, Fr. Ballrm. (OC)
- Prostate Health, Wednesday, March 21, 7:00 PM, P-Hall (KS)
- Landscaping/Irrigation - LH, Thursday, March 22, 1:00 PM, Fr. Ballroom (OC)
- How Nutrition Affects Health, Wednesday, April 18, 7:00 PM, P-Hall (KS)
- Panel Revw: Local Snake Situations, Thursday, April 19, 2:00 PM, Fr. Ballrm (OC)
- Financial Abuse & Scams, Wednesday, May 9, 2:00 PM, Ballroom (OC)
- Happy Feet, Wednesday, May 16, 7:00 PM, P-Hall (KS)

Commercial Presentation

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The following is a vendor presentation open to SCLH residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

Crystal Cruises • Cruise Presentation

Saturday, February 25 • 2:00 PM • Solarium (OC) • Free

Presenters: Diane Murphy-Dunn and Loretta Babich Slyh

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Brain Discovery 101 — A Memory Improvement and Brain Health Program

Thursdays, March 1-22 — 875000-02

1:00-2:00 PM Fine Arts (OC). Memory Academy trained instructors Lola Lundquist

and Megan Cowart will lead you through an interactive program that will help improve your overall brain health.

It will give you the tools to help protect you from memory decay, increase and improve your memory, and sharpen concentration. Everything you do affects your brain and daily life skills. Come learn about the physiology of the brain and aging, brain agility and memory exercises, building a better brain through nutrition, and exercising for brain health. **Four-week session. Cost is \$35. Register/Fitness Centers or Activities Desks.**



Are You at Risk for Heart Disease? The Awareness of Risk Factors & Types of Cardiac Events

Wednesday March 7 and 14 — 850000-02

6:00-7:00 PM Multipurpose Room (OC). Instructor: Emily O'Shaughnessy, B.S. Kinesiology and currently pursuing her Master's Degree in Exercise Physiology at Sacramento State University. Emily has over three years of clinical experience within cardiac rehab programs at surrounding community hospitals. This two-week series will focus on the awareness

of risk factors for heart disease and cardiac events that may result. Come learn about fitness and healthy lifestyles and how they are important in reducing risk factors for heart disease and possibly preventing future cardiac events from reoccurring. Cardiac rehab programs will also be discussed including how they play a significant role in the recovery process from a recent cardiac event. **\$5 for two week session. Register/Fitness Centers or Activities Desks.**



Letting Go • Monday, March 19 — 877600-02

2:00-3:00 PM Gables/Heights (OC). Instructor: Lee Mahla, CRTS. Feeling overwhelmed? Too much stuff? Don't know where to start? Lee, a professional organizer has walked hundreds of clients through the process of organizing and "letting go" of the stuff that weighs us down. Clearing your clutter can help to reduce stress and create safer, simpler living. **\$10. Register/Fitness Centers or Activities Desks.**



Financial Wellness

Your Money and Your Brain: Surprise, Regret and Happiness • Tuesday, March 27 — 870000-02

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. The third of three classes devoted to a book by Jason Zweig. We will take three chapters at a time and explore his findings on how you think about money and ways this thinking affects other parts of your life. Attending all three is not mandatory as each will be specific to three chapters only. **\$5. Register/Fitness Centers or Activities Desks.**



Megan Cowart
Wellness
Program
Coordinator

Be

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Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

Mini-Meditations for Health and Peace

Thursday, March 29 — 879000-02

10:30 AM-12:00 PM Multipurpose Room (OC). If you react to problems and would like to respond differently, Mini-Meditations are for you. They can be used any time, any place and even with your eyes open. Mini-Meditations (one to three minutes) are like pushing a pause button, so you don't react in a way that causes your heart to accelerate, your body to release adrenaline and cortisol, and the unnecessary tension all of which leads to illnesses. Your brain remains calm, so you can figure out what to do. When your brain is calm, your body is peaceful. This class teaches you how to breathe and be at ease. You will create your own personal Mini-Meditation based on how you want to be. There will be time to practice your Mini-Meditation, ask questions and create a usage plan. The class is taught by Vicky Jackson, PhD, meditation teacher at Sierra Community College. She is currently writing her third book, *From brain chatter to A Peaceful Mind*. She teaches clients how to access their Wise Self to solve growth challenges. *Bonus: Vicky will share a few new research projects about effects of meditation on Alzheimer's disease.* **\$10. Register/Fitness Centers or Activities Desks.**



Let's Talk About Advance Health Care Directives Friday, April 6 — 863100-02

9:00 AM-12:00 PM Fine Arts Room (OC). Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose who will be my agent? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. **\$10 Register/Fitness Centers or Activities Desks.**



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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

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Public Website:

www.suncity-lincolnhills.org

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Spa Manager • Tina Ginnetti

408-4071 tina.ginnetti@slhca.com

Wellness

Wellness Program Coordinator • Megan Cowart

625-4032 megan.cowart@slhca.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

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Reduced Sunroom Heat



Retractable Window Awnings On Sunrooms

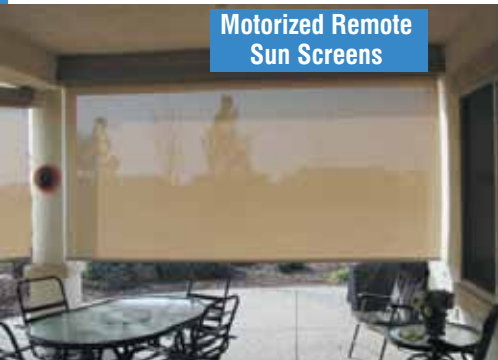
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

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

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

