



Compass

September 2012



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Trade your membership card for your finger? ... page 3

Your Most Important Security ... pages 12-13

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On the cover

Neighbors gather for a National Night Out party

More photos on pages 12 & 13

Photo by De Cahill

Board of Directors Report

Safe and Sound

Gay Mackintosh, Secretary, SCLH Board of Directors

- Safety
- Security
- Community

These are vital to enjoying our lifestyle here at Sun City Lincoln Hills. The Board of Directors works hard to ensure that our community is safe and sound. In response to this summer's burglaries, we added a second Curator Security vehicle to enhance our nighttime security presence. And in August, the Board reconstituted a Security Task Force to investigate options for heightened security.

This special task force is chaired by Board Treasurer John Kightlinger. Barry Johnson, a resident with many years of law-enforcement experience, is serving along with other experienced volunteers. The Security Patrol Task Force is charged with investigating options and making recommendations to the Board for increased community safety.

While it is the Board's primary responsibility to safeguard our communal assets, through our Association we support several layers of security efforts — from our fellow residents organized through Neighborhood Watch to the COPS program at the city level.

Neighborhood Watch

Neighborhood Watch (NW) is a Shared Interest Group like our many other community clubs — the difference being that everyone living here is a member. Communities throughout the nation with NW programs have a proven track record of decreased crime rates.

Our 850 active NW volunteers are organized around 594 mailbox stations. NW works to strengthen neighborhood ties through events such as National Night Out and educational outreach. See NW Executive Director Larry Wilson's article on page 12. Neighborhood Watch also coordinates activities with our Community Emergency Response Team (CERT), Citizens on Patrol (COPS), and Neighbors InDeed.



Neighbor watching out for neighbor is a key element in maintaining personal safety and security. NW members (that's all of us) can act as the eyes and ears of the Lincoln Police Department by **observing and reporting** suspicious activities. Confrontation must be avoided as the safety of our residents is paramount. Neither our Community Association nor Neighborhood Watch authorizes resident patrols.

Curator Security

Curator is the security firm under contract to help protect our community property. Recommendations from the 2008 Security Patrol Committee resulted in expanded post orders and reporting. While Curator personnel cannot enter private property, they do patrol our streets, log any streetlights out, and report unusual activity. A second Curator patrol car now provides an increased security presence during the wee hours of the night.

Citizens on Patrol (COPS)

Some 38 COPS volunteers from throughout our city work under the auspices of the Lincoln Police Department. COPS car and bike patrols cruise streets and trails. Vacation home checks are a major service provided by COPS, and Interim Police Chief Paul Shelgren hopes to expand to nighttime as well as daytime checks. You must make a written request for COPS volunteers to enter your property, preferably two weeks in advance. Vacation Check Request forms are available on the Neighborhood Watch website.

Community security includes keeping SCLH financially sound. Board members' fiduciary responsibility requires us to be always mindful of potential liability that could devastate our Association's resources. This basic duty must inform our decisions as we

Please see Safe and Sound on page 5

Calendar of Events

September 15-October 20

Date	Event	Page #
09/17	"Black Holes Explained"	23
09/17	"Online Internet Genealogy"	29
09/18	"New Guidelines: Simplified CPR" LSV/NEV	31
09/18	Comedy Night at KS	47
09/18-19	Auditions: "Entertainment Extraordinaire"	36
09/19	Bus Trip: Lodi Wine Tasting	47
09/20	Book Discussion: <i>The Glass Blower of Murano</i>	25
09/20	"The Honor Flight Network" Veterans	36
09/21	KS Music Night: Cheri Murphy Quartet	47
09/21	Bus Trip: Tour of Champions Gymnastics	48
09/22	Bus Trip: USS Potomac	61*
09/23	Bus Trip: Giants vs. San Diego Padres	61*
09/24	"Meteorites and Possible Tektites"	28
09/24	Forum: "Just the Facts Please"	34, 90
09/24	Dance: An Evening of Ballroom Dancing	48
09/25	Bus Trip: The Taste of San Francisco	61*
09/25	"Financial Wellness: Trading vs. Investing"	93
09/27	"Sleep Problems"	28
09/27	"Cooking in Placer County" Cookbook/Joanne Neft	28
09/27	Bus Trip: Safari West Preserve — Santa Rosa	48
09/28	Summer Concert: Stompy Jones	48
10/01	KS at the Movies: "Phantom of the Opera"	49
10/02-04	Bus Trip: Hearst Castle & Cambria	61*
10/03	"The Big Bang — Greatest Show on Earth"	23
10/04	"Foreign Treasury Rates & Currency Markets"	30
10/04	Forum: "Meet Candidates: Lincoln City Council"	90
10/05	Concert: The Bronx Wanderers / Rock & Oldies	49
10/06	Bus Trip: Fleet Week Hornblower Lunch/Cruise	49
10/07	Bus Trip: Great Italian Festival & "Jersey Nights"	50
10/08	"The Birds of Panama"	24
10/08	Comedy Night at OC Ballroom	50
10/09	"Wilderness First Aid"	30
10/10	"E-Readers"	26
10/11	"Can Low Vision Rehabilitation Help?"	28
10/11	"Nutritional Supplements: What Research Says"	28
10/11	Bus Trip: Quiltfest — Santa Clara	50
10/11	Forum: "Hospice Myths & Facts"	44, 90
10/12	"E-Readers Follow-up & E-Books Q&A"	26
10/15	"Black Holes Explained"	23
10/15	Genealogy: "New Family Search"	29
10/15	Document Destruction	50
10/15	Oktoberfest Celebration	50
10/16	Home, Health & Business Showcase	50
10/16	New Resident Orientation	50
10/16	Bus Trip: Apple Hill	61*
10/17	Forum: "Managing Stress & Depression"	90
10/18	Book Discussion: <i>To America</i>	25
10/19	Bus Trip: Beale Air Force Base	61*
10/20	Bus Trip: San Francisco Saturday Shopping	53
10/20	Improve Digestion & Immunity/Nutrition	93

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

Upcoming Association-Related Meetings

Date • Time • Place September 15-October 31

Golf Cart Registration	Thursday, Sept. 20, Oct. 4 & 18, 8:00 AM, OC Lodge
Finance/Properties Committee Meeting	Thursday, September 20, 9:00 AM, Oaks & Gables
ARC/Architectural Review Committee	Monday, September 24, 9:00 AM, Solarium
Board of Directors Meeting	Thursday, September 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, September 27, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, September 27, 11:00 AM, Oaks
Strategic Advisory Committee	Monday, October 1, 11:00 AM, Gables
CCOC/Chartered Clubs/Community Orgs.	Tuesday, October 2, 9:30 AM, Oaks
Compliance Committee	Wednesday, October 3, 10:30 AM, Oaks
Elections Committee	Friday, October 5, 10:00 AM, Fine Arts
ARC/Architectural Review Committee	Monday, October 8, 9:00 AM, Heights
CCRC/Communications & Comm. Rels.	Tuesday, October 9, 10:00 AM, Solarium
Properties Committee Meeting	Tuesday, October 9, 1:00 PM, Fine Arts
Listening Post	Wednesday, October 10, 9:00 AM, Solarium
Strategic Advisory Committee	Monday, October 15, 11:00 AM, Gables
New Resident Orientation	Tuesday, October 16, 1:00 PM, Solarium
Finance Committee Meeting	Thursday, October 18, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, October 22, 9:00 AM, Heights
Board of Directors Meeting	Thursday, October 25, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, October 25, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, October 25, 11:00 AM, Oaks

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

Connections

Using Your Finger in Lieu of Your Membership Card

Jeannine Balcombe, Senior Director of Lifestyle and Communications



What is Finger Vein Recognition?

Wikipedia best describes it as "a method of biometric authentication that uses pattern-recognition techniques based on images of human finger vein patterns beneath the skin's surface. . . Finger Vein ID is a biometric authentication system that matches the vascular pattern in an individual's finger to previously obtained data. To obtain the pattern for the database record, an individual inserts a finger into an attester terminal containing a near-infrared LED (light-emitting diode) light and a monochrome CCD (charge-coupled device) camera. The hemoglobin in the blood absorbs near-infrared LED light, which makes the vein system appear as a dark pattern of lines. The camera records the image and the raw data is digitized, certified and sent to a database of registered images. For authentication purposes, the finger is scanned as before and the data is sent to the database of registered images for comparison."

How often have you been turned away from the Fitness Center or Activities Desk because you did not have your ID card? Beginning November 1, the Association will provide you the option of using your finger vein pattern for membership recognition in place of your membership ID card. Imagine that, no more frustrations from forgetting your card! A dedicated staff person will be at Orchard Creek Lodge Activities/Membership and Kilaga Springs Fitness Center to capture your finger vein pattern various hours September 17 through October 17. (We are sure to see you, but call if you want specific times.) Implementation will begin November 1. The initial process to capture your finger vein pattern will require your membership ID and will take about two minutes. A picture of your pattern will be taken three times and then the best picture will be stored in the database. The database we use to store your membership information is not tied to any confidential information and is, therefore, at no risk to you or your personal records. For an explanation of the process, please see the inset box to the left. We look forward to having you use this technology to provide you with greater ease and use of your amenities. See you in the Lodge!

It's Coming....

New Year's Eve Masquerade Ball

at Orchard Creek Lodge

December 31, 2012



*See complete details in
October Compass!*

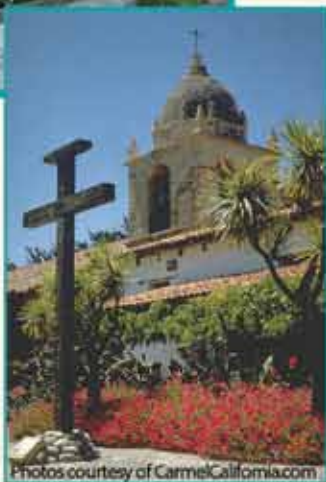


Tour Carmel & Pebble Beach

Three-day, two-night vacation includes walking tour of Carmel-By-The-Sea, local shopping excursions, casual and fine dining opportunities, docent-lead tour of historic Carmel Mission Basilica, and a scenic cruise down 17 Mile Drive.

Read trip details on page 57.
Register at the Activities Desk or Online,
www.suncity-lincolnhills.org

Tour questions?
Contact Katrina Ferland (916) 625-4002



Photos courtesy of CarmelCalifornia.com

\$318 Double
\$468 Single

Board of Directors' Election Dates

Interested in running? There will be four seats available on the Board.

- **September 19 to October 19**, not later than 4:00 PM
Candidates may file their intention to run for the Board of Directors
- **October 22** — Final Slate of Candidates announced
- **November 9** — Deadline for Candidate ballot statements and Member Issues Statements to be submitted by 4:00 PM
- **January 16** — Candidate Forum Session #1
- **January 18** — Candidate Forum Session #2
- **January 19** — Candidate Forum Session #3
- **January 14-18** — Elections Packets Mailed
- **February 21** — Election ballots counted and results posted

Note: If you missed the September 12 Candidate Information Session, please contact Frances Swanson, Elections Committee Chair: electionscommittee@suncity-lincolnhills.org.

Citizens On Patrol (COPS Volunteer Program)

The Lincoln Police Department is recruiting for its Citizens On Patrol Academy. The program is open to Lincoln residents who are 18 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff

(informational, "meet and greet") or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information contact Roy Osborne at 645-4081.

Be Part of the Lincoln Hills CERT!

Community Emergency Response Team (CERT) Class Scheduled

- Dates: October 24, 25, 30 & 31
- Time: 8:30 AM to 4:00 PM
- Place: Fire Station 34 at Joiner Parkway & First Street in Lincoln

CERT class is a four-day course on Disaster Preparedness, Fire Suppression, Light Search and Rescue, and Disaster Medical Operations, with an emphasis on team building and safety. CERT training involves some lifting and you should be in average physical health.

The CERT class will be taught by Aaron Bjorgum from the city of Lincoln Fire Department at Station 34 on Joiner Parkway. This four-day

class (with graduation at Orchard Creek Lodge – date to be announced at the class) is free and includes textbook and lunch. To be certified, you must attend all classes. Due to the size of the classroom, the class will be limited to 15 participants, so it is important that you register quickly.

For questions, contact CERT Chair Bill Becker at 543-3493 or CERT Training Coordinator Lee Guth at 626-0484 (H) or 503-351-9209 (M).

Please note: There is additional information to pick up at the time of registration.

Seeking Members: Elections Committee for the 2014 Election

The Elections Committee is responsible for the nomination and qualification of candidates for election to the Board of Directors and is responsible for conducting the election. Unlike other Standing Committees of the Board, the Elections Committee and its chair are appointed each year for the next election.

The Board is accepting applications for the 2014 Elections Committee through September 2012. The Term of the appointment is April 1, 2013 through March 30, 2014. The Board will interview applicants in October 2012 and appoint the 2014 Committee and Chair in November 2012. Applications are available at the Orchard Creek and Kilaga Springs Activities Desks or download the Committee Application from the Association resident website.

Safe and Sound

continued from page 2

consider options for security enhancements.

Representing our Community Association, the Board encourages each of us to take responsibility for securing our homes and watching out for our neighbors. Want to be more actively involved? Volunteer to work with COPS, CERT (training announcements on this page), or Neighborhood Watch. We all can help keep Sun City Lincoln Hills safe and sound.

Did You Know?

You should sign up for E-bulletins to receive up-to-the-minute news, reminders and alerts. Choose what bulletins you receive. Unsubscribe at any time. Register at www.suncity-lincolnhills.org/residents/e-bulletin.html.





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Strategic Advisory Committee

“Not Just a One Trick Pony”

Jim Leonhard, Strategic Advisory Committee Chair, SAC@suncity-lincolnhills.org

SAC is pleased to report that the resident surveys were completed on schedule. Over 1,500 residents participated in the survey process — an indicator of our residents’ high interest level in the future of Sun City Lincoln Hills. Thanks to all who took the time to provide their views.



One Trick — The Surveys

Conducted by BW Research Partnership (BWR), the surveys included a **telephone survey** and a **self-selected survey** (utilizing online and paper vehicles).

More than 600 residents, demographically representative of our population, were randomly chosen to answer questions in a 10 to 14 minute phone interview. The telephone survey findings will provide us with:

- A baseline assessment of current residents’ satisfaction and priorities to be tracked over time; **not** what **future/potential** residents value and prioritize.

- A representative view from all residents including the silent majority that are typically less engaged; **not** a detailed customer satisfaction profile on specific amenities or facilities.
- A quantitative evaluation of resident priorities; **not** a qualitative explanation of why or how, **nor** to educate/inform residents about what is available or possible in the community.

We anticipate the findings are likely to produce more questions than answers, thus directing attention to those issues requiring further investigation.

In addition to the telephone survey, more than 900 other residents expressed their views via the self-selected survey. With Lee Guth’s competent oversight, a dedicated team of SAC members and residents spent over 27 hours entering responses from the paper survey into BWR’s database.

The Findings

BWR compiled and reviewed the

findings from both surveys during a SAC workshop on August 27. BWR urged us to rely primarily on the telephone survey findings, while utilizing the self-selected findings judiciously as they are not demographically verified.

SAC’s Other Tricks

While the telephone survey findings are important, we must emphasize that they are but **one** input to SAC’s work. We will analyze the findings concurrently with additional information including interviews with staff, other communities and entities; analysis of demographic and usage data; input from clubs; and perhaps additional focused resident input. All of these will serve to identify current trends, future needs and priorities as SAC moves toward completing the comprehensive five-year strategic framework.

In conjunction with CCRC, SAC will sponsor a **Community Forum on November 9 from 10:00 AM to 1:00 PM in the Ballroom**, at which time BWR will present their final survey assessment to the community at large. See page 90 for more information

Activities News & Happenings

Have You Ever Attended a Class at SCLH?

You Need to Read This Article

Lavina Samoy, Lifestyle Program Manager

Rooms and Classes

We are always looking to raise your lifestyle experiences a notch higher. This includes the classes we offer through the Activities Department.



With over 70 different classes sharing our facility with meetings for boards, committees, groups, and private bookings, our Class Coordinator, Betty Maxie, has the challeng-

ing job of preparing a program that is exciting, well priced and enjoyed by a great number of residents within the limits of our facility. Betty is a retired professional and a long-term resident of Lincoln Hills, member of a number of

clubs and a participant in various classes through the years.

To prepare for 2013 classes, Betty is requesting all students complete a Class Survey at this month’s session to reflect your evaluation and suggestions and hand it to a Monitor. We also ask that you sign the Attendance Sheet after each lesson for the remainder of the month. Data will be used to improve class content, methodology, and to maximize facility utilization.

Please register before the listed RSVP date in the *Compass*/Online. Classes that do not meet the minimum registration by the listed RSVP date will be canceled temporarily. We will work with the

Please see Activities News on page 11



Scenes from Grandkids Camp



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“Others Do It!”

Kimberly Parsons, Community Standards Manager

I often wonder how many times we rationalize and justify our own actions based on the fact that “Other’s Do It!” We’ve all been there and have used that same phrase to justify the choices we’d made. But one element remains true in this phrase; it does not make a wrong – right.

Why do I bring this up you ask? Because I care about this Community and all of you in it. I am hearing this phrase used more and more. If choices are made with this as our foundation, whatever we build on it will be shaken and may need to come down. Each of you has worked very hard to get where you are today. This Community was established to celebrate your achieve-

ments and lavish you with beautiful surroundings, your own restaurant, fitness centers, a day spa and more! It takes a Community effort to maintain the beauty and stature of the environment around you.

That being said, as you make choices with your landscape, paint, parking your vehicles on the street, allowing your pets to roam, disregard Quiet Enjoyment, rent your home and much more; consider the long-term effects using this phrase to justify your actions that this will have on the Community you worked so hard in life to be a part of. This Association has established



Rules & Guidelines, otherwise known as your Governing Documents, to protect the future of this Community. Each of you is a very special part of that future.

When in doubt; find out. As your Community Standards Manager, I am here to answer any questions you have about our Governing Documents and how they affect your choices; partnering with you in keeping this Community beautiful. Together, let’s change the meaning of how we know the phrase “Other’s Do It” and make it a positive; adhering to our standards.

It’s a joy to work with each of you.

Happy Fall!



It’s Budget Time for 2013

Hank Lipschitz, Finance Committee Chair

September is the month when we pull together the 2013 budget. It is based on actual results achieved to-date and adjusted for the changes we expect to happen next year. The accompanying chart shows that all Departments continue to do well. July results were just \$718 below budget and favorable by \$269,262 for the seven months to-date.

For the month, Food & Beverage missed budget by \$10,424 because of

a fall off in Catering revenue and a Personal Property Tax payment budgeted for next month of \$9,869.

At July 31, the Operating Fund totaled \$5,707,238 of which \$396,195 was in Restricted Funds and \$1,645,159 was in Settlement Proceeds. The Reserve Fund had a balance of \$5,116,283. All funds are invested in FDIC-Insured Accounts or U.S. Treasuries. At the Finance meeting, we also discussed the preliminary Capital Budget in some detail. There are a number of projects that represent significant investments in facilities requested for next year and we will continue to work with the Properties Committee to make

a recommendation to the Board of Directors.

As of July 31 we had 256 homes with past due assessments of \$129,200. This is comparable to April’s 245 homes past due for \$134,700.

The budget process for fiscal 2013 will take place in a series of meetings before the Finance Committee. Staff will present their department budgets and goals; then, in a joint meeting with the Properties Committee, review Capital improvements for next year which will determine the recommendations to the Board for 2013. I encourage resident participation during these important meetings and hope you will attend them. Our goal is to keep dues as low as possible, while looking for ways to enhance the amenities offered by our Association.

If you have general questions or need information on the chart, 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 Thursday, September 20, at 9:00 AM.



Statement of Operations YTD 07/31/2012

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$4,384,115	\$4,365,979	\$18,136
Administration (Expense)	(1,138,198)	(1,193,944)	55,746
The Spa at Kilaga Springs	3,553	(8,089)	11,642
Fitness	(244,758)	(247,923)	3,165
Activities	(115,322)	(127,967)	12,645
Rec. Center / Maintenance	(1,355,645)	(1,397,801)	42,156
Landscape Maintenance	(1,387,064)	(1,434,275)	47,211
Food & Beverage	(27,517)	(106,077)	78,561
Capital Asset	47,956	47,956	0
Net Revenues (Expense)	\$167,120	(\$102,141)	\$269,262



What is Needle Arts all about?

Think you'd like to join the fun?

Come to our general Membership Meeting on the second Tuesday of the month at 1:00 pm in the Presentation Hall at Kilaga Springs. Most months we feature a presentation by various expert crafters plus a "show and tell" period that gives our members a chance to show off their creations.

Breakout Groups meet at the Sewing Room (OC) almost every day of the week and include most areas of "needle arts" ... from Applique to Knitting/Crocheting, Quilting to Wearable Arts, Beading, Cross-stitch, Rug Braiding and Needlepoint. And Hardanger... do you know what that is? There is something for everyone, even Community Service.



**Wearable Arts
Fashion Show**
November 20, 2012
Orchard Creek Ballroom
1:00 to 3:00 pm

The ladies in our Wearable Arts group will showcase the lovely creations they have made this year in a spectacular fashion show.

Mentor Day
October 9, 2012
Orchard Creek Ballroom
1:00 to 3:00 pm



Wondering what Needle Arts really does? Come see all the Breakout Groups giving demonstrations in their particular expertise.



Fitness News

Looking Forward to Fall with These Great Class Changes!

Brandy Garcia, Director of Fitness

Group exercise news: New fall schedule coming soon! The following are a few changes you can expect to see starting Monday, October 1.

Orchard Creek Fitness Center

- **New name:** Mondays, Wednesdays and Fridays, 7:25 AM, Stretch Express at Orchard Creek will be **Stretch Plus Express**. This 30-minute class can increase range of motion, flexibility & muscle strength. Stretching is the best compliment to exercise you can do for body.
- **New class:** Wednesdays and Fridays, 12:00 PM, **H.I.T Express** at Orchard Creek. This class includes high intensity intervals to increase heart rate and cardio endurance. A great way to boost your energy midday!
- **Cancelled:** Tuesdays, Thursdays

H.I.T, 4:45 PM, is cancelled. Check out the new time above.

- **New name:** Saturdays, 9:00 AM, Yoga I will now be called **Yoga Basics**. Come learn the fundamentals of Yoga in a non-intimidating environment.
- **Cancelled:** **Outdoor pool class** on Mondays and Wednesdays, 5:00 PM, **H2O Circuit** will have its last class on Wednesday, September 26.
- **New class:** Sundays, 11:00 AM, **Piloga** at Orchard Creek with Lola. You have been waiting for it, and it's finally here — a Sunday class! Piloga is just the right mix of Yoga and Pilates that incorporates a fun class while building core, back strength and improved flexibility.

Kilaga Springs Fitness Center

- **New name:** Mondays, 8:30 AM, Yoga I

will now be called **Yoga Basics**. Come learn the fundamentals of Yoga in a non-intimidating environment.

- **Time & format change:** Fridays Cycle Express, 8:15 AM, will move to **7:55 AM** and be a 55-minute class. The new name of the class will be **Hi-NRG Cycle**. You will need to use a cycle punch for this class.
- **New format:** Strictly Strength on Saturdays, 11:00 AM, at Kilaga Springs will now be **Yoga with Weights**. Enjoy a dynamic Yoga class to focus on muscle toning, strength and coordination. You can develop flexibility, keeping muscles and joints limber and active. Yoga with weights will help you relax, breathe well, re new energy and keep you feeling your best.

Group Exercise Class Schedule: page 80
Complete listing of Fitness classes: pages 79-87



Meridians is Making a Splash!

Jerry McCarthy, Director of Food & Beverage

Meridians is making a splash at the Orchard Creek Lodge pool. You can enjoy happy hour every

Thursday evening, 5:00-8:00 PM. We are offering live music, happy hour drink specials, and delicious food. Come down and relax by the pool with your neighbors and enjoy the warm summer evenings.

Another big splash is the **Crab Feed Night!** Because of the high demand and the first night (October 10) being sold out, we have added a second night: Thursday, October 11. Make your reservations at 625-4040 now for all you can eat salad, pasta, and fresh Dungeness crab.

I want to thank everyone for your continued support. We are on track to have one of the best financial results since 2007. We will continue to improve on those results as we move forward.

The new **Fall Menu** will be coming out at the end of September. The fresh seasonal items that are highlighted represent the best local meat, seafood, and produce that can be purchased. Chef Roderick's Fall Favorite Entrée paired with Kristy's wine choice can't be beat. Make sure to look for such wonderful dishes as: Oysters Rockefeller, pear and pomegranate salad, blackened chicken tacos, braised short ribs, a new variety of petite desserts, and so much more. There are items for all tastes and all budgets.

Join us at Meridians on November 1 for a hands-on **cheese making class** with Chef Roderick and Sacha Laurin, the cheese maker from Winters Cheese. Chef has planned a fantastic selection of six cheeses with wine pairings. The class participants will make Camembert and Ricotta cheeses during class. Space is very limited so call 625-4040 to make your reservation today. Please go to www.meridiansrestaurant.com for all special event details and menus.

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

It is time to start thinking about the **holiday season.** Call Meghan Louder

Activities News

continued from page 7

instructor to develop ways to increase enrollment. Classes that continually underperform may be replaced with



Betty Maxie

new classes to revitalize the program. This gives us room to grow.

For class suggestions and feedback, please contact Betty Maxie at

408-7859 or betty.maxie@schca.com.

Thank you!

Thank you to all the clubs and volunteers who shared their time and talent during the very successful Grandkids Camp and the Frankie Avalon Concert last month. We could not have done it without you! A special shout-out goes to all CERT members! With over 2,100 in the audience for Frankie Avalon and 130 grandkids plus their grandparents and families participating at this year's Grandkids Camp, CERT members in

at 625-4043 to reserve your room and finalize all the details of your festive holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work.

~Please see our ad on page 82.~

their green vests provided a sense of safety and order to both events.

Interested in becoming a CERT member? Register for the free class that starts on October 24 (details on pages 5 & 68.)

Tickets still available...

... for the last Amphitheater concert on *September 28* by San Francisco-based jaunty rhythm and blues band, *Stompy Jones* (details on page 48).

... for an exciting *Two-night/Three-day tour of Carmel and Pebble Beach*, November 12-14 (details on page 57).



CERT members



Frankie Avalon entertained over 2100 of us in person and on the big screen



Neighborhood Watch National Night Out

A Friendly Neighborhood is a Safer Neighborhood!

Patricia Evans



Over 105 NNO parties celebrated increased security through renewing our neighborhood friendships. And there are more to come! Some Villages have designated a date during cooler weather as their National Night Out party.

Please turn to page 32 for innovative ideas from this year's parties, and a message from the Neighborhood Watch Board.

Village 15



Village 10 Mailbox 3 & 4



How Does NW Strengthen Your Personal Safety Awareness?

Larry Wilson, Executive Director, SCLH Neighborhood Watch

The two things burglars want to avoid are barking dogs and an active Neighborhood Watch.

All of us are concerned about the burglaries that have occurred in SCLH. Let me tell you about the active Neighborhood Watch program in SCLH.

You are the most important member of our Neighborhood Watch team. You know your neighbors who are members of your mail station team. Your mail station team is a member of your Village team and all teams belong to SCLH Neighborhood Watch. We draw our strength from you.

The purpose of SCLH Neighborhood Watch is to strengthen your personal safety awareness; to observe and report suspicious or unusual activity in your neighborhood, and to communicate official alerts through the Neighborhood Watch Alert Network. Your eyes, plus the thousands of other eyes in our community, contribute to our strength.

How does Neighborhood Watch strengthen your personal safety awareness? Neighborhood Watch develops neighborhood ties by encouraging you to know your neighbors so you can recognize an unusual occurrence when it happens. Neighborhood Watch asks you to **observe** unusual or suspicious activity and to **report** to the Lincoln Police Department (LPD). When confirmed, the LPD works through your Neighborhood Watch Police Liaison, Barry Johnson, and your Neighborhood Watch Alerts Coordinator, Mary Cranston,

Village 26C Mailbox 9



Village 15





to notify you through the Alerts Network.

Neighborhood Watch also provides educational materials on how you can enhance your personal security. Neighborhood Watch has *Safety and Home Security Tips* and other flyers on the website: <http://lincal.net/watch/>.

What can *you* do? First, take care of your own personal security. If you were a burglar, would you prefer a locked or unlocked door or window? Then interact with your neighbors and build your team by watching out for each other. There is strength in numbers! Neighborhood Watch has found that an involved community decreases opportunities for criminals to commit crime rather than attempting to change the criminal's behavior or motivation. If nothing changes, nothing changes!



“Your neighbors are your most important security.”

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The Handy Helpers Strike Again!

Neighbors InDeed Community Forum Coming Up

Doug Brown, Resident Editor

Is your home ready for the winter months ahead? Are you doing what you can to keep your house as secure as possible?



Come on out to the third episode of the **Handy Helpers' presentation** on how to maintain just about everything in your house on

Wednesday, October 24, 1:00-3:00, OC Ballroom (see page 90).

Neighbors InDeed (NID) Handy Helper coordinators Larry Schurr and Herman Tijsseling will again lead you in "everything you always wanted to know about maintaining your home," with many tips and pointers on what you can do *yourself* in and around your house. Virtually all of the common concerns will be covered: smoke alarms, HVAC maintenance, irrigation systems/timers, garage door maintenance, and other plumbing and electrical issues.

One new issue will be some advice on security: how to keep your home as safe and secure as possible. You'll get information on security myths and facts along with a few suggested "do's" and "don'ts."

Medical Equipment Loans. Every now and then someone says, "I didn't know NID loans medical equipment!" Well, yes it does! And did you know family and friends of SCLH residents are welcome to borrow the equipment, too? Would you believe, in the five years of the program, about 1500 pieces of equipment have been gratefully borrowed? Residents recovering from surgery, recuperating from illnesses, or simply suffering from a minor accident have all benefitted from this door-to-door delivery free of charge! Call 223-2763 if you need something.

Beware of Scams! Neighbors InDeed volunteers get a frequent earful about various home maintenance scams that residents have either fallen victim to

The Spa at Kilaga Springs

No Cookie Cutters Here!

Tina Ginnetti, Manager, The Spa at Kilaga Springs

As we transition into fall, the season of harvest, I remind all of you to remember your health and wellness and turn your focus to natural processes that pave the road to a quality of life.

In previous articles, we have introduced you to the many specialties our technicians offer. Our variety of massage techniques validate that we do not simply do a "cookie-cutter" massage and that we customize your massage to your needs with every visit, as well as having numerous techniques to assist you in your healing process.

Shout outs to the following providers:

- Sandi Perchal recently completed a class for skincare for Cancer Patients
- Cheryl Baugh just completed a class for Injury Management on the Rotator Cuff,
- Crystal Martell just completed a class on Applied Kinesiology.

You have a truly educated and competent team to take pride in.

And now, our final September presentation of staff:

Linda Hausman, Lead Esthetician, has been with SCLH for 11 years. She is truly dedicated to her clientele



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or have wisely avoided. Perhaps a "routine" check of home equipment resulted in a "recommendation" of over \$1,000 of (unnecessary) repairs/replacements? Or maybe equipment was "replaced" that didn't need to be? NID simply recommends that *all* residents get a second and/or third opinion from independent contractors. This could save you some grief and \$\$\$!

Got Lemonade? On a happier note, one Lincoln Hills couple recently helped their three grandchildren set up a sidewalk lemonade stand. The handwritten note sent to NID, showing the three

and adheres to the highest professional levels of service. Through the years, Linda has focused on mature skin and specializes in the care of Sensitive Skin and Rosacea.

Linda has gained a wonderful reputation throughout the community due to the protocol she follows in her services as well as her prescription for her clients' at-home maintenance.

Finally, our second Annual Retreat, "**The Season of Harvest**," will be held **Sunday, October 7**, from 10:00 AM-3:00 PM at the KS Fitness Center and the Spa at Kilaga Springs. The day will consist of TaiChi/ Chi Gong, Meditation and Conversation, a 30-minute Massage, Lunch, and a take-away token. Seating is limited. Please register at the Activities or Fitness Desk starting September 17. Cost \$95.



Linda Hausman
Lead Esthetician



Contributions to Neighbors InDeed come from many sources

angels (see photo above), said: "Hi! My Please see Handy Helpers on page 90

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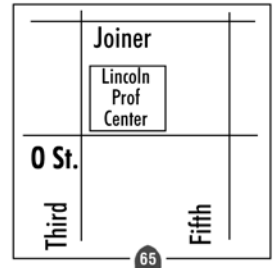
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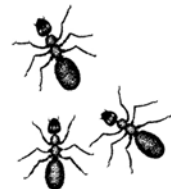
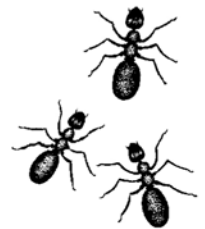
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Gay Sprague
Roving Reporter



With friends and family members in attendance, Ken Drake celebrated his 94th birthday on August 19 at the OC Ballroom doing what he loves best, line dancing, with approximately 100 celebrants!

From an early age, Ken loved music, ballroom dancing, and square dancing, and even met his lovely wife, Betty, at a Singles Dance Club. Because he had wanted to learn to line dance for quite some time,

shortly after moving to Lincoln Hills, Ken began taking lessons and line dancing with a passion. He said he learned from the best, taking lessons from Yvonne, Sandy, Audrey and Carol, and he enjoys each of their classes and styles. Ken now line dances four times

Please see Bucket List on page 37



Ken, center, dancing with celebrants as instructor, Audrey, right, leads

Preventive Maintenance

Hospice: Comfort for Your Loved One and for You

Shirley Schultz

"Hospice allows you the choice of staying in your own home surrounded by your loved ones while still receiving good medical care and comfort." Janet Hamil, SCLH resident and volunteer with Vitas Hospice.

"It was wonderful...The presence of hospice personnel is comforting and helpful to the entire family. As a conduit between the patient and the doctor, hospice offered a calm milieu for the entire household." Ester Oppenshaw, SCLH resident whose husband received hospice for three months.

"Hospice provided loving and consistent care."
Please see Hospice on page 44



Bingo is Back!

Dennis Wagner, Lincoln Hills Foundation

The Lincoln Hills Foundation's Bingo summer break is over and we are ready for fun. On September 19 we resume Bingo with a 4:00 PM dinner buffet in the Secret Garden followed by Bingo beginning at 5:30 PM! Please see additional information in the Bulletin Board section on page 39. Did you know that Bingo dates back to 1530, to an Italian lottery called *Lo Giuoco del Lotto D'Italia*? It migrated to France in the late 1770s,



where it was called *Le Lotto*, and was played mostly by wealthy Frenchmen. The Germans also played a version of the game in the 1800s, but they used it as a child's game to help students learn math, spelling, and history.

Played first in America in 1929 at a carnival near Atlanta, it was called "Beano." New York toy salesman Edwin S. Lowe renamed it "Bingo" after he overheard someone accidentally yell "bingo" instead of "beano." He hired a Columbia University math professor, Carl Leffler, to help increase the number of combinations in Bingo cards. By 1930, Leffler had created 6,000 different Bingo cards, with no two alike.

A Catholic priest from Pennsylvania later approached Lowe about using Bingo for fundraising. It quickly became very popular at churches for raising funds and providing fun. Today more than \$90 million dollars are spent by people playing Bingo each week in America alone.

There are sacred rules to Bingo. Make sure you keep them:

The Ten Commandments of Bingo!

- Thou shall not sit in thy neighbor's lucky seat.
- Thou shall not stare at thy neighbor's cards.
- Thou shall not use thy caller's name in vain.
- Thou shall not holler false bingo.
- Thou shall not threaten to kill thy caller.
- Thou shall not wish bad luck on thy neighbor.
- Thou shall not steal thy partner's money for bingo.
- Thou shall not lie about how much thou won.
- Thou shall not lie about how much thou lost.
- Thou shall not say "Ahhh #@%?#" when thy neighbor wins.

It is a fun, fun game. So join us September 19 for Dinner and Bingo. All Bingo proceeds are used by the Foundation to fund organizations that assist seniors in need in the Lincoln area. Please visit the Lincoln Hills Foundation site at www.lincolnhillsfoundation.org.



A 4:00 PM dinner buffet is available in the Secret Garden before Bingo begins at 5:30 PM

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A Day Trip into Our Past

Al Roten, Roving Reporter

We live in an area rich with a colorful past and an interesting present. I recommend an enjoyable day trip of about 20 miles, which may take an hour by car or a little longer by bicycle. Of course, you may make the trip much longer if you stop to really look at your surroundings, savor the history, and enjoy a sampling of food and drink.

We are off on Twelve Bridges, with a right on Sierra College Boulevard and a short left on English Colony Way. English Colony sets the northern boundary of

Citrus Colony, a community formed in 1888 by J. Parker Whitney and associates to attract emigrants from England to settle on sites suitable for citrus growing. The northern and southern borders of Citrus Colony are delineated by over a thousand 120-year-old palm trees. Citrus Colony struggled along until 1905 when it was disbanded due to financial failure. The road over rolling hills takes us through the heart of Mandarin Orange territory.

As we cross the railroad tracks, we see the 1878 granite post office and branch library, originally built as Penryn/Gold Hill Masonic Lodge. The village of Penryn, is named after the Welsh hometown of founder Griffith Griffith. Griffith came to California in 1864 in search of gold, but settled into the granite quarry trade of his homeland. At the intersection with Taylor Road is the Griffith Quarry Museum, with a short walk to the quarry. Granite from this source was used to build our state capitol. On our left is the 1930s Valencia Club. Across Taylor is the Trailhead Coffee Shop & Cycling Lounge where serious bicyclers gather. Taylor Road is part of historic US



Penryn Masonic Temple, 1878

Highway 40, the only route to Tahoe or Reno until 1958.

Two miles south on Taylor brings us to Loomis, named after the 1860s Southern Pacific agent, James Loomis. This was a center of Placer County fruit and flower packing and shipping from the late 1800's to early 1940s. Today, new uses have been found for the large packing sheds. In October, look for Loomis's unique annual Eggplant Festival. Main Drug Store has been in operation since 1945, and still offers a row of stools at the old fashioned soda fountain.

Once our curiosity is satisfied with the wonders of Penryn and Loomis, it's time to return home from this brief historic jaunt.



Orange Grove & Palms

"Books fall open and you fall in"

Nina Mazzo, Library Volunteer

While alphabetizing the bookshelves recently, a book fell off the shelf and when I stopped to pick it up, started to thumb through the pages and was delighted to discover an author I had not read and discovered it was packed with amaz-



ing tidbits of life in the Americas over 500 years ago. This nonfiction book is titled *1493 — Uncovering the New World Columbus Created* by Charles C. Mann. It is located in the History/Politics section. The author discusses the concept of transculturation which is simply a person taking something from one place and bringing it to their home and then transforming and adapting it to fit their lifestyle. Examples of this concept include something as simple as oranges in the U.S., tomatoes in Italy

and chocolate in Switzerland.

Looking for some intrigue? Check out *The Alexandria Link* by Steve Berry located in the paperback fiction section of the library. The legendary lost library of Alexandria is at the heart of this fast-paced thriller. It is an intriguing use of ancient history with lots of action.

Thank you to the residents who continue to donate gently used books published after 2004 to our Library. Please call Sandy Melnick (408-1035) for donation information.

Our libraries cannot accept books written in the 1990's or before, simply donate directly to Salvation Army or Goodwill. We no longer take VHS tapes and would appreciate more DVD donations. Other contacts: Sandy Maloff (408-2368) for information on volunteering in our library and Cleon Johnson (408-7620) maintains the investment section.

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Thursday, October 11 • 10:30 AM • Oaks Room (OC) • Free

Presenter: Tony Ayoubi Free

This seminar will help you understand the 2013 changes in Medicare, prescription plan, Medicare Supplement and different enrollment periods. Learn tips on how to take advantage of some guaranteed rights to lower your premiums and still keep the same or better coverage. RSVP to Tony Ayoubi at 844-9008.

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Club News



• Alzheimer's/Dementia • Caregivers Support Group

As a caregiver for a person with impaired memory, you may have questions or concerns that can be effectively answered at a Caring/Sharing Support meeting. If you have questions, others in attendance most likely will be interested in the answers as well.

On Wednesday, September 26 at 1:00 PM in the Multipurpose Room (OC), attend a meeting of your Caregiver's Support Group with Elizabeth Rawson our Family Advisor from del Oro Caregiver Resource Center. Spend time with Elizabeth and others who will offer suggestions for dealing with the specific issues with which you are coping.

In addition to an exchange of ideas, there is a wonderful library of useful books and DVDs available that you can borrow and peruse in the privacy of your home, or share with family and friends.

We hope you will join us on the fourth Wednesday of each month.

**Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9322;
Jean Ebenholtz 434-6852**



• Antiques Appreciation •

A great time was had at our September meeting! It was Labor Day and that's when we have "Show and Tell"! The members took advantage of the opportunity and brought an antique or collectable treasure to show and tell about. We saw many beautiful antiques and things that people have been collecting for many years! It seems that someone always sees something they have at home or have been collecting also and it leads to lively discussion. Some of the items shown were very old and very valuable and had to be handled with great care! Others were fun and interesting and way too many to itemize here! This a sample of what we're all about!

If you collect antiques or just appreciate them, we'd love to have you join us

on the first Monday of every month at 9:30 AM in the Multipurpose Room (OC).

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



• Astronomy •

Mondays, September 17 and October 15. Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. A DVD lecture series "Black Holes Explained" is the subject of the Cosmology meetings. Contact Morey Lewis (408-4469) for more information.

Wednesday, October 3, P-Hall (KS) at 6:45 PM. Don Wilson will present "The Big Bang — Greatest Show on Earth," a presentation on Cosmology.



Professor Dick Marasso presenting "Cosmic Effects" and a Planetarium Show at Sierra College on August 15

Wednesday, November 7. Note! This and the December meeting will be at Sierra/Terra Cotta Rooms (KS) across from the Billiards Room. Tom Eason will present "What's Out There Beyond Neptune, the Outer Solar System."

Meetings: Astronomy Group meetings normally held the first Wednesday of the month in P-Hall (KS); however, in November and December due to P-Hall renovation, meetings will at Sierra/Terra Cotta Rooms (KS). What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring your astronomy questions during the Q&A period.

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



• Ballroom Dance •

If it's been a while since you've danced, our Tuesday dance sessions from 2:00 to 5:00 PM

are for you. The first hour takes you through the basic moves for the dance of the month. The second hour is "open dancing" which gives you time to practice with help from the teachers if desired. The third hour gives experienced dancers the opportunity to learn more advanced steps.



Dancers Bart & Diane Giamona

Research shows that Ballroom Dancing wards off dementia, controls weight, lowers cholesterol and blood pressure. It tones nearly every muscle and improves balance.

We really enjoy getting together on Tuesday afternoons, and welcome new members at any time. Our annual dues are only \$5 per member. That includes all the lessons. Come and join us at KS for the month of October when we'll be learning the exotic Tango. In November, you can look forward to dancing the ever popular EC Swing.

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



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be September 19 and October 17.

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 Friday, October 5, at *Original Pete's*. 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, August 01 Winners — AM: Oscar Alvarez; Runners-up: Ted Baker, Ken Klein and Ted Komaki; PM: Steve Brown; Runner-up: Phil Delaney.
- Nine-Ball Singles, August 14 Winners — AM: J T Long; Runner-up: Norm Hagerty; PM: Spiros Halikas; Runners-up: Ken Klein and Phil Delaney.
- Eight-Ball Doubles, August 15 Winners: Ted Komaki and Bob Maske; Runners-up: Les Birch and Steve Brown

LH Billiards Travel Team traveled to Roseville August 17 for our quarterly tournament. Our team was awesome: final score 40 to 24! Two of our eight teams were undefeated: Ed Ryan/George Pini and John Myres/Phil Delaney. Everyone played well and a good time was had by all. Next match will be November.

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

Challengers Billiards

The Challengers Group is for mid-level to advanced players. You can find us at the Billiards Room (KS) every Friday from 10:00 AM to 12:00 PM. We play seven games of Eight Ball (1/15). Players will have a different partner for each round of play. The last Friday of each month is sign-up day for the following month. New players are welcome.

Last month's winners: First place — Seven games: Doyle Coker; Six of seven games: Joe Hobby, Joe Antoun, Joe Perez, Rita Baikauskas; Second — Six of seven games: Bob Wehner, Willie Wright; Five of seven games: Dave Craig, Ted Baker, Bill Kim, Steve Fowler, Oscar Alvarez, Del Torres, Ziggy Brien,

George Black, Ron Weech. Congratulations to all.

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

Couples Billiards

The players are all doing so well these days that we have too many tied scores to be able to list all their names. Good job everyone!

Week one, there was a two-way tie winning five games — Joe/Nicki Hobby and Doyle Coker/Gary Smith had the honors. Two teams tied with four wins — Dan Oden/Gail Harmon and Dale Houck/Chiquita Fratto.

Week two, Joe Perez/Rita Baikauskas took first place winning five games. Six teams tied for second place with four wins.

Week three, Joe/Nicki Hobby again took the spotlight with five wins. Four teams tied with four games. Ron Weech ran the table in one of his games.

Week four, Ron/Sherry Weech won all six games. Three teams tied with five wins.

Week five, Roger Bryan/Sandy Pavlovich was the only team to win five games. Five teams tied winning four games.

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

Players Billiards

Back to school, back to pool! Every Thursday, our group tournament takes place in the Billiards Room (KS) from 2:15-4:30 PM. For mid-level skilled players, we play six games of Eight Ball. There is an advance sign-up binder on the fireplace. We play by the APA rules. It's fun and the games move quickly. Come join us!

Congratulations to our recent winners — Six games: Dennis Dreiling, Del Torres, Oscar Alvarez; five of six games: Doyle Coker, Carlos Barrantes, Dale Houck, Larry White, Oscar Alvarez; four of six games: Dennis Dreiling, Sylvia Gutierrez, Phil Berlenghi, Gail Harmon, Chiquita Fratto, Del Torres, Ken Hawley, Bob Soriano, Jack Fabian, Howard Skulnick, Bob Wehner, Dave Craig.

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

Upstarts Billiards

*"Want to see a cue ball with spots?
Then come on down to the hall.
'Cause we've got a ball with dots,
And it's sure a funny lookin' ball."*

If you have played Billiards in the past and/or would like to learn — have we got a group for you! Our Upstarts Billiards Group is beginner-to-average players, playing standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM at the Billiards Room (KS). We're always on the lookout for new players and would love to have you join us.

Winners five games — Bob Bienkowski, Margrit Blanc, Phyllis Borrelli, Doyle Coker, Dennis Dreiling, Richard Gsell, Ray Hinkley, Connie Hoetger, Mike Pawlowski, Bob Rand, Bianca Reckling; winners four games — Bill Clark, Sandy Greer, Paul Lundberg.

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

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

Instruction Group

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

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



• Bird •

The Bird Group meets once a month on the second Monday at P-Hall (KS) at 1:30 PM. At the October 8 meeting, John Sterling will present "The Birds of Panama." Check it out! It should be interesting.

The group plans a bird watching trip to the Lincoln Wastewater Treatment Plant on Friday, September 21. Expect to see shore birds at the plant. During the first week of October, several members of the group are taking a two-day trip to Moss Landing. A pontoon trip is scheduled which will provide lots of time for sighting not only shore birds

but sea birds as well.

Contacts: Ruth & Don Baylis,
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents



• **Bocce Ball, Mad Hatters** •

We were adding names to our Bocce Group email list and were struck by how many new people we have. Our mailing list is up to 60 people. The other thing that struck us as strange was the number of people we have as “users” on the SCLH website under the Bocce Ball, Mad Hatters Clubs page. We only have 31 registered users on the SCLH website. That’s only half of you. If you haven’t already, we’d like to encourage you to register on the resident website. To register, go to www.suncity-lincolnhills.org/residents/; then go to “Clubs” and “subscribe” to our group. We do use the SCLH website to post bulletins, pictures and events. If you need help registering, please call Paul. You can also contact the Webmaster through the link at the bottom of the page.

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



• **Book Group, OC** •

The Glass Blower of Murano by Marina Fiorato is the story of Corradino Manin, a famous Venetian glassblower, in the late 1600’s. Join us on September 20 as we follow his path from his tragic childhood to his violent death and then skip to present day and his talented descendant as she seeks her roots and a place in this male-dominated industry.



Venice Glass

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

Remaining 2012 Schedule:

- 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>; <http://ocbookgroup.pbwiki.com/>



• **Bosom Buddies** •

Breast Cancer Survivors

Our new officer’s luncheon, held in August at Beerman’s, was a huge success with 30 women attending!! The Victorian ambiance, food and warmth of the group was a great experience.



New officer’s luncheon in August

The September 9 meeting was fun and informative. Lisa Smith from the Fitness Center presented “Footsteps for Fitness” with simple exercises to keep us “fit.” This time we met in the Multipurpose Room (OC). As always, any breast cancer survivor is welcome to join our group. We meet on the second Thursday of the month, 1:00 PM at Orchard Creek Lodge. Hope you’ll check us out.

Contacts: Marianne Smith
408-1818; Sally Lewis 434-7381
Website: www.suncity-lincolnhills.org/residents



• **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 we finish at 8:30 PM. Please arrive a little early.

The August 2 winners were: First: Erica Wolf and Edith Kesting. Second: Sasha & Tom Eason who also had high round of 1980. Third: Arlean Parton and Helen Helm. Fourth: Don & Santa Anderson.

The August 16 winners were: First: Marisa Stone and Barbara Bryan. Second: Linda Theodore and Janet Pinnel. Third: Judy and Mary with high round of 1520. Fourth: Nancy Turrini and Lydia King.

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

Thursday Evening
Second & Fourth

The Second and Fourth Thursday Night Social Bridge is held in the Terra Cotta Room (KS).

July 26 results: First: Ralph Madsen and Chet Winton; Second: Bev Dwyer and Carol Mayeur; Third: Gay Gladden and Sue Peterson; Fourth: Don & Santa Anderson. High round for the evening was our First place team Ralph Madsen and Chet Winton with a 1780.

August 9 results: First: Ken & Chris Jacobson; Second: Bob & Lorraine Minke; Third: BJ Parkinson and Ginny McGuirk; Fourth: Barbara Cser and Sharon Baker. High round for the evening with an 1850, were Chris & Ken Jacobson.

Come join us for a fun evening of Bridge. We usually have 12 to 14 tables. Call Chris and Ken Jacobson.

Contacts: Chris & Ken Jacobson
408-8709



• **Bridge, Duplicate** •

A reminder that all bridge playing residents are invited on Wednesday October 3, from 11:45 AM to 12:15 PM in the Multipurpose Room (KS), to hear Joanne Mitchell discuss the pleasures of duplicate bridge play.

Lincoln Hills representatives reaped a harvest of Master Points at the California Capital Regional in Sacramento. Those earning more than nine MPs were: Tom Ross, Carol Ross, Barbara Wheeler, June Kennedy, Doug Allan,

Bob Rouse, and Joan Rouse.

Congratulations to Sheldon Fein for achieving the ACBL level of Gold Life Master.

Duplicate bridge is played three times weekly in the Multipurpose Room (KS):

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

Preceding all Wednesday sessions (except the first each month) is an intermediate bridge lesson. Wednesday's play includes a "199er" group for participants with fewer than 200 MPs; and during each Saturday session, a "299er" section is limited to players under 300 MPs.

Contacts: Kent White 434-1699,
akw@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). Join us for an afternoon of Social Bridge. You must make reservations to play and please call if you need to cancel the reservation. You do not need a partner. You can make reservations by calling Geri Sonnenburg at 253-3882.

Winners for July 20-August 17:

First — Jack Henricks, Eleanor Amar, Chet Winton, Manny Lotlikm, Febe Harrington; Second — Lois Burke, Carol Mayeur, Ralph Madsen, Chet Winton, Ann Jensvold; Third — Dee Williams, Judy Ganulin, Jim Busey, Marilyn Nutton, Harry Collings; Fourth — Phil Sanderson, Lois Burke, Peg Collings, Jim Collart, Ron Ross.

Contacts: Lois Burke 409-0223;
Geri Sonnenburg 253-3882



• Bunco •

Though our numbers were smaller this past month, there was a lot of action at the tables. Everyone in attendance enjoyed the fun and laughter along with their Bunco friends. If you have ever thought about a new activity at SCLH, give Bunco a try. This is a drop-in game which can fit into everyone's

schedule once in awhile and gives you an opportunity to meet new friends. If you've never played before, you will be a pro by the end of the session.

Bunco is held in the Cards Room (OC) every third Thursday at 9:00 AM. The entry fee is only \$5 and membership fees are never required. Winners for the six winning categories receive a SCLH gift card as their prize.

Last month's winners: Most Buncos Ginna Martinez; High Score Sara Klesius; Most Wins Donna Bishop; Low Score Doris Kerry; Most Losses Katherine Markham, Traveler Shirley Mohler.

Contacts: Ginna Martinez 408-0288;
Ann Stults 543-6782



• Ceramic Arts •

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM, and Sundays, 1:00-4:00 PM; KS workshops are Mondays, 1:00-4:00 PM for Earthenware, and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC *Fridays only*, 1:00-5:00 PM and KS *Sundays only*, 1:00-4:00 PM. Check bulletin boards and studio windows for any holiday times/closures.

Contacts: KS Earthenware Terry
Pisani 408-4037; KS Spanish Oils
Margot Bruestle 434-9575; OC
Pottery Paul Aldrete 408-7798;
Ed Hanson 253-3950;
Mike Daley 474-0910

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

Ceramic Arts

Lincoln Hills Community Chorus



• Chorus •

By the time you read this, the Chorus will have started rehearsals for the upcoming Holiday Concerts to be held on December 9, 10 and 11. These concerts are always popular so be sure to mark your calendars and watch for the announcement for ticket sales. It is a wonderful way to celebrate the holiday season!

If you are interested in joining the Chorus and missed the sign-up on September 4, please contact Sid Frame at sflincoln4fun@starstream.net or Bill Sveglini at sveglini@gmail.com.

Contacts: Bill Sveglini 434-5655,
Sveglini@gmail.com
Sid Frame 408-1453,
Sflincoln4fun@starstream.net
Website: www.lincolnhillschorus.
org



• Cloggers •

Reminder: "Late Harvest Stomp" NCCA workshop is October 20, in Santa Rosa, CA. It's held at the Sonoma County Fairgrounds, Kraft Hall. Dinner, pre-registration only, by October 6! This is a favorite among the cloggers. Make a fun weekend "getaway! Golf and wine tasting in area.

Check the "Classes" section on page 70 in this *Compass* for information about Clogging classes.

Contact: Anita Tyson 543-5330



• Computer •

Main meeting — October 10, 6:30 PM: "E-Readers" by Karl Schoenstein. What are they? What can they do? Isn't it another tablet? These and other questions will be discussed and we will try to give you some information to make some decisions. They haven't replaced books yet, but they are making inroads! Kindle, Kindle Fire and Nook are all big names and big players in the E-reader field. Kindle Fire and Google Nexus 7 have changed things and I will discuss where we are headed. Buying books from Amazon is easy, getting them from the public library not so easy.



Karl Schoenstein
discusses
"E-Readers" on
October 10

Clinic — Friday, October 12, 3:30 PM: Follow up questions and answers to main meeting and we will discuss where to get e-Books, some are free.

Ask the Tech — October 22, 10:00 AM: Informal Q & A session for any and all technical questions, includes Android. All meetings at P-Hall (KS).

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



Mac User

New York or Paris? Mac or PC? Having trouble making those tough choices? Come to a LHMUG meeting and get the information you need to make an informed (computer) decision – either hardware- or software-related. The Mac group hosts several meetings each month designed for both new and experienced users.



Bill Smith and Bob Bowman prepare for Mountain Lion presentation. Photo by Vicki White

Time Machine and the use of external hard drives is the subject for the September 19 Newbie meeting at 9:30 AM. Doug Thom and Ken Silverman will star in this production in P-Hall (KS).

Bob Bowman, a very knowledgeable Apple employee, showed the amazing new features of Mountain Lion to a packed room at the general meeting, August 15. This new operating system has been “cleared for download” to a computer near you!

Check the calendar at www.LHMUG.org for the latest information on meeting topics, times and places. It would be great to see you at a meeting.

Contacts: Bill Smith, 543-9957,
wsmith986@gmail.com;
Website: www.lhmug.org



Country Couples

Don't forget this year's last Country Couple's (CC's) Dance in SCLH. It is scheduled for September 21. The theme is “Old West Saloon Dance,” and if you are willing, it would add to the fun to attend dressed in western attire of that period. Be it bartender, gambler, gun slinger, school marm, preacher, sheriff, or even a lady of the night, try dress-

ing the part and enjoying the evening.

As a reminder, people who are taking CC's dance lessons on Monday evenings are invited to attend practice sessions held in the Fine Arts Room (OC). Beginner lessons are held Thursdays, 6:00-7:00 PM, and Intermediate and Advanced lessons are held Saturdays, 4:00-6:00 PM

Non-members who are interested in observing the style of Country Couples dancing are welcome to contact one of the members noted below for times and locations of lessons and practices.

Contacts: Ernie Wilson 434-6588;
Ralph Lacaze 408-2365



Cribbage

Cribbage Club plays 8:30 AM-12:00 PM Tuesdays, Cards Room (OC). A six-game mini-tournament starts at 9:00 AM, 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 players.

Thanks to Bob Frank for taking over the Cribbage Club. Bob is a long-time player in the club, respected and liked by all. He will be an asset to us as we move forward. Bob will take over writing these *Compass* articles very soon.

Contact: Bob Frank 408-7444;
Ken Von Deylen, 599-6530



Cyclist

The car behind you slows for a few seconds, and then passes your group safely. A car coming in from a side road pauses for five seconds to let the first car pass, then turns in your direction. That driver slows to say to your group, “We have to risk our lives, just so you can get a little exercise!” and drives on.

Your group was riding as far to the right as safe. The first car that passed you showed a bit of patience and respect. Even the driver in the car who spoke to you did everything right and was inconvenienced for about five seconds. And yet, that driver felt the need to say something.

We are like a slow-moving vehicle and



*Crossing I-80; Ride to Glory;
Riding in Old Sac*

will sometimes get in the way, which seems to upset some drivers, even when everyone follows the law. Be courteous. Be careful. Be right.

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



Dominoes Mexican Train

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

Both the morning and afternoon sessions of Mexican Train Dominoes are popular. You are cordially invited to join one of our times: Wednesday at 9:00 AM or 12:30 PM in the Cards Room (OC). Free classes are held at 9:00 AM.

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



• **Eye Contact** •
Low Vision Support

Next meetings: October 11, 1:00 PM, P-Hall (KS).

1:00: "Can Low Vision Rehabilitation Help?" Low vision therapist, Leslie Burkhardt, MSLVT, will discuss how Low Vision Rehabilitation can educate people about vision loss, how it helps regain limited functions by vision loss. She has an easy-to-follow free large print book, *Visual Skills Workbook*, of lessons to help patients with vision loss.

2:00 PM: "Nutritional Supplements: What the Research Says." SCLH's Shirley Schultz, retired Nurse Practitioner, will present the latest research findings regarding some of the more popular nutritional supplements.

Contacts: Barbara Smith 645-5516;
Chelsea@starstream.net
Cathy McGriff 408-0169;
Margie Campbell (a ride) 408-0713



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

If you, a friend, or a loved one suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, September 27, at 1:00 PM in the Multimedia Room (OC). Our meeting will focus on dealing with sleep problems and will be presented by Sandy Barry. This will be followed by an open discussion. We will again be offering a survey on our group's work and how it can better serve residents who are living with these conditions or those who have a family member/friend living with them. Future presentations will focus on ways in which various forms of meditation can be helpful and will include the sharing of personal experiences.

Our group meets on the fourth Thursday of the month and new attendees are always welcome. Our goal is to provide positive emotional support and information along with suggestions for mental and physical well-being. If you have questions, please call one of the contacts below.

Contacts: Sandy Barry 209-3247;
Jackie Wilson 253-3744;
Marjory Barlow 408-1400



• **Fishing** •

It is September and the summer fishing season is drawing to a close. Fishing has been great with king salmon and kokanee both providing great action. Coming up for the fall are still some great opportunities. Included in the fall play-book are king salmon on the Sacramento and American Rivers, striper action in the river and the delta, and of course steelhead



From top: Jim Gilchrist and typical Flaming Gorge catch; Gilchrist and Hannon hamming it up; Jim Jacobs with Kokanee

action following the salmon. Don't forget Pyramid Lake opens October 1 and fall trout fishing still has some good days available.

Still on tap socially are the salmon barbecue on October 1 (\$5 for members and spouses \$10 for other guests). Also don't forget to plan now for the Christmas dinner (December 12) at Turkey Creek. Last year's event was fantastic.

Contact: Jerry Messier 434-6917,
jmessier@starstream.net



• **Garden** •

Do you want more shade next year? Fall is an ideal time to plant trees as they benefit from winter rains. Viewing the beautiful color changes soon may inspire you to add a tree(s) in your yard. Plant bulbs in fall for spring colors!



Red Maple Shade Tree; Guest speaker Joanne Neft's book; Brown bag plants for civic projects

Join us September 27, KS, 2:00-4:00 PM for the general meeting. (Any member who signs-in by 2:00 PM will be eligible for door prizes!) Joanne Neft will be the guest speaker and her presentation will be on "Buying and Cooking in Placer County." Joanne (with Laura Kenny) launched the Placer County *Real Food* cookbook, which will be available at this meeting.

As a fund-raiser for civic projects, the Garden Group will have "Brown Bag" plants for you at garden functions. There will be ongoing sales of surplus bulbs, seedlings, propagations, etc., from our members. Bring them in brown lunch sacks to meetings (labeled with the contents).

Contact: Lorraine Immel 434-2918,
limmel@sstcv.net; Virgil Dahl
408-3748



• **Gem and Mineral Society** •

Tim Unruh is scheduled to discuss meteorites and possible tektites on September 24; in November we are shooting for a film from California and American Federation of Mineralogical Societies (CFMS), along with show and tell and a rock sale. In August, Mary Schisler presented copper collecting and copper-related materials.

Gem and Mineral Society meets monthly on the last Monday, 4:00-5:30 PM. Sierra Room (KS).

Lapidary and Jewelry Shop hours:

Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Monday morning Shop Master: Dave Fisk. Monday afternoon Shop Master: Ron Clawson.

We belong to the California and American Federation of Mineralogical Societies.

Lapidary and Lost Wax classes are taught in January, March, May, September and October. Sign up at the Activities Desk (OC/KS).

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

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



• **Genealogy** •

Our General Meeting, on the third Monday, is September 17, 6:30 PM in KS. Judy Hoffman and Bob Ringo will demonstrate Online Internet Genealogy classes — streaming live.

The Computer Workshop on October 1, in the Computer Room (OC) at 6:30 PM, will cover the thought process of finding your “lost” ancestors, using an example from the group. (Sign up at the General Meeting, above.)

The October 15 General Meeting, will be on the “New Family Search,” a major development. Bob Ringo has been working with it, and Zella Taylor will give interesting background information.

We are seeking volunteers to be officers next year; and program suggestions are welcome. Come, steer this active group.

Contact: BJ Ollas 543-4682;

Judy Hoffman 408-8878

Website: www.webflavors.com/lincoln



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

Thanks go to Carol Greany, Connie Stephens, their committee and LH Golf Club for such a successful Home and Home Tournament. The Lincsters hosted players from Lake of the Pines, Indian Creek and Sierra Pines.

Best individual scores went to Shirley Malick and Marcia Bush. Home and



From top: Marcia Bush, Marion Munoz, Pat Shafer, Linda Zierman; Connie Stephens and Committee; Shirley Malick

Home Team Winners were (front nine) First: Kari Armstrong, Vineta Eubank and Sonja La Lou Taverna; Second: Patty Alderete, Lois Gilbert and Hideko Gongaware; Third: Pat Dangerfield, Carol Golbranson, Ive Laske, and Connie Stephens; (back nine) First: Linda Zierman, Diane Feist and Jeannine Wunsch; Second: Phyllis Patrick, Kathy Linder and Joyce Hopkinson; Third: Harlean Ellis, Marcia Bush and Darlene Flora. Closest to the Pin were: Pat Shafer and Harlean Ellis. Longest Drive winners were: Kari Armstrong and Mary D’Agostini.

Congratulations go to Kristi Love, July Golfer of the Month. Kristi is a new member of the Lincsters and plays in flight C.

Contact: Carol Golbranson

543-8647

Website: www.lincsters.com

Ladies XVIII

The first part of July, we had our annual Red, White and Blue Tournament. The past two years were won by the Blue Team, but on July 5, the Red Team took over and won. A fun time was had by all (see photos).

The Captains Cup Match Play finals were held August 2. We had four flights — First Flight winners: Lani Dodd and

Judy Habecker; Second Flight: Robin Lock and Linda Sommerhausen; Third Flight: Linda Newberry and Didi Martin; Fourth Flight: Rosemary Heckman and Gail Osborne. The Tournament took



Red Team; White Team; Blue Team

three weeks to complete, everyone had a great time. We gave away the awards at a luncheon in the Secret Garden (OC).

Contact: Chris Jacobson

Jakemust@sbcglobal.net

Website: lhlxviii.com



• **Men’s Golf** •

August and September are busy months for the LHMGC. We have been finishing the President’s cup match play tournament, the Club Championship and the Lone Ranger Tournament with the Stableford two man tournament coming up on October 2. The winner of the match play will be announced at our annual meeting.



Penny Carolan, Carolan Real Estate, presenting Doug Swanson with the check for the natural eagle on #6 Hills course

The Low Gross Club Champion was Joe Angel and the Low Net Champion was Glenn Arney. Flight winners were Bill Bowen, Tony Dipaola and Simon Palaroan. Just for fun winners were Charley Kendall and John Duggan. Lone Ranger Winners will be announced next month. President cup Flight winners were Richard Albright, Dennis Cumiford, Ralph Barkey and John Duggan. They will play off to determine the President's Cup Champion. Doug Swanson scored an eagle on the sixth hole on the Hills and got a healthy check from Penny Carolan of Carolan Real Estate.

Contacts: Dave Jensen
jansendw@sbcglobal.net; Gene Andrews eandgolf@sbcglobal.net
Website: www.lhmg.com



• Hand & Foot •

Hand & Foot is a fun and easy-to-learn card game and we are always happy to teach new players. We meet Thursdays. 8:30 AM to 12:00 PM, 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 •

Mark your calendar for October 9 at 10:30 AM at P-Hall (KS) for the Hiking & Walking Group annual meeting. The subject of the meeting will be Wilderness First Aid, a very important topic for all who venture into

the outdoors — whether one is a hiker, walker, camper, or simply on vacation enjoying the beauty of Mother Nature! The speaker will be Heath Wakelee, a certified Wilderness First Aid instructor. His talk will center on what to do in the event of an emergency or accident in the outdoors. The information he will offer could save a life — so don't miss this great opportunity to gain these important insights!



*Hiking the Truckee River;
 Wednesday morning LH Walkers;
 Hiking the Tahoe shoreline*

Walkers: Wednesday walks begin at 7:30 AM. Check the website for weekly starting locations.

Hikers: The latest calendar of hikes is on the website with just the right one waiting for you!

Contacts:
Hiking: Dennis Ratay 543-9935,
Denratay@sbcglobal.net
Walking: Glynna Widdows 408-4819,
Gwiddows@sbcglobal.net
Website:
<http://lincolnhillshikers.org/>



• Investors' Study •

While interest rates are low in the U.S., many countries' treasury rates are actually very high. Even if you're not a professional trader, you can take advantage of these attractive yields as well as opportunities in the currency markets. The Investor Study Group will discuss these two important topics, along with our usual monthly market update and playbook check, on Thursday, October 4, from 2:00 to 3:30 PM in P-Hall (KS). Russ Abbott, our consultant, will lead the discussion and joining him will be Mike Murphy from Eaton Vance. Please join us. Refreshments will be served after the meeting.

The Active Investors will meet again on Monday, October 8, at 3:00 PM in the Multimedia Room (OC) (contact William Ness, 434-6564, bilnes@att.net).

Contact: Doug Hohman, 295-2446
djhohman825@yahoo.com



• Lavender Friends •

Now that the summer traveling season is coming to a close, we are looking forward to hearing from our RV members on their adventures. Twenty-eight members had another great gathering at the appetizer potluck. Thank you Rich and Phil for hosting this event and Patti for organizing it. We had quite a variety of appetizers and Terry and Gina's fruit pizza was a big hit. Our September Breakfast outing was well attended. Our next events will be the October 27 potluck and our end-of-the-year Christmas Dinner/Dance event. The Parents, Families & Friends of Lesbians and Gays (PFLAG) of Greater Placer County holds its meetings on the second Monday of the month at 7:00 PM in at Sutter Auburn Faith Hospital, Conference Room A, in Auburn. If you want more information about our club, check our website or contact Jacquie or Herman (below).

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

Lincoln Hills

• **Line Dance** •

Over 80 people attended our dance and ice-cream social last month. From the introduction levels to the intermediate levels there were dances for everyone to enjoy. In addition to the great ice cream, we also celebrated Ken Drake's 94th birthday. Ken is still enrolled in line dance and enjoys it very much. Ken has a great hobby and makes bowls and trivets from wine corks. He was presented with two very large bags of corks that the line dancers have been saving for him. This is sure to keep him busy for a while.

Yvonne Johnson is having her annual workshop called, "Keepin' It In Line." It will be held at Rusch Community Park in Citrus Heights. The workshop is \$45 and includes lunch. Contact Carol or Yvonne for more information.

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



Ken cutting his cake

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

Tuesday, September 18 will be the first meeting in our new membership year. Our 9:00 AM get-together at P-Hall (KS) will feature a special presentation by Dr. Roger Espiritu and Dr. Federico Gregorio. Their subject will be the new Heart Association guidelines which simplify CPR. In addition to their talk, we will see a six-minute video, and have discussion questions. Please RSVP for this important program to let us know that you are coming; and feel free to invite friends and neighbors. Email your RSVP to Robin Crosby at robynznest@starstream.net. One never knows when this knowledge will be vital.

Membership dues are payable at the meeting. We will be taking sign-ups for our Sunday, September 23 fall barbecue and potluck. Cost is \$3 per person to help defray the cost of food. We will also

have games and prizes! Let us know if you would be willing to serve on next year's board.

Contact: Buzz Rognlien 408-4540

• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game of tiles or as the Chinese call them, "cards." It is a fascinating game to learn and lots of fun to master. Come join the fun every Monday at 8:30 AM in the Cards Room (OC). If you have any questions, please call one of the contacts below.

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

• **Mah Jongg, National** •

The National Mah Jongg Group gathers in the Cards Room (OC) on Tuesdays from 12:30-4:00 PM. If you are new to the game, you will be directed to the beginners' table where you will be introduced to the American Mah Jongg game that uses 152 tiles, unlike the Chinese version that uses 144 tiles. To begin with, you will learn that the tiles consist of jokers, flowers, dragons, winds, cracks, dots and bams. By the end of the afternoon, you could easily have completed a "Mah Jongg." If you have played National Mah Jongg before, there will be seats available for you at other tables in the Cards Room. Come join the fun and meet new friends!

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

• **Motorcycle** •
RoadRunners

Our riding season continues despite unfriendly hot weather. The Ebbetts Pass ride was postponed until a week later when weather conditions improved. Seven riders started the tour but technical difficulties caused several to drop out. Those who continued had an enjoyable ride, with weather conditions changing from good — to rain — to hot for the homeward leg. With just a few rides left for the season, we hope the weather will cooperate: the Pollock Pines/Back Roads in October and



Rider enjoying Ebbetts Pass

the Icycle-Mystery ride in November.

Our annual Christmas social gathering is in planning stages and is always a grand way to celebrate the conclusion of our touring year.

If you have a road-worthy motorcycle and our activities sound interesting, come check us out. RoadRunners meet the fourth Thursday of the month, 6:00 PM in the Multipurpose Room (OC). Following the meeting, members go to a local restaurant for a dinner/social get-together.

Contact: Peter Boyle 408-1955,
Boylep18@yahoo.com
Website: http://web.me.com/rettavincent/roadrunners_2012/roadrunners_2012.html

• **Music** •

The next free and vastly entertaining "Friday Night Open Mic" will be held on October 26 6:30-8:30 PM in P-Hall (KS). Sign-ups begin at 6:15 PM and all musicians and music lovers are welcome. No karaoke, but audience participation is encouraged.

Also popular, free, and equally entertaining are the Lincoln Hills Ukulele Players who meet every Wednesday at OC. Everything from Hawaiian to Country to the Beatles is played in a relaxed, supportive environment. Beginner ukulele classes are available — call Ron or Molly, 409-0463, for information.

Mark your calendar now for the Music Group Holiday Party to be held Friday, November 16 at 5:30 PM in the Placer Room (KS). Details to follow.

The Music Group meets every fourth Wednesday in the Fine Arts Room (OC) from 6:30-8:00 PM. Drop-ins are welcome. Bring your voices and instruments, sign up to perform,

or just enjoy the music and socialize.

Contacts: Judy Skillings 253-7237,
kenskillings@gmail.com;
Julie Rigali 408-4579,
jjrigali@yahoo.com
Website: www.suncity-lincolnhills.org/residents, Groups, Music



• Needle Arts • Threads of Friendship

In September, we had another nationally-known quilt maker, Freddy Moran. Her philosophy is: “Experience the joy of your own quilts. It doesn’t make any difference what other people think of your own quilt. It’s yours...”

Our in-house workshop was presented by Betty Kisbey. A fabric picture frame was completed by all lucky persons who attended.

October 9 is our mentor day providing an opportunity for the Lincoln Hills community to come to Orchard Creek Lodge and be introduced to the many needle arts opportunities available.

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

~Please see our ad on page 10. ~

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



• Neighborhood Watch •

New ideas for National Night Out parties surfaced this year. Residents from Villages 35A/B “beat the heat” by getting together for breakfast; Villages 13 and 17 chose the cool of Thunder Valley Casino to visit together during a meal. Village 5A/B had a pink ice cream truck cruising the area with cool treats. Ice cream socials were also popular!

“We always have a great time!” said Village 3B’s Bob Varley. Residents enjoyed karaoke, line dancing, and collecting children’s back packs and food for the Salt Mine. Marilyn & Les Thomas, Village 43A/B, have an annual

open house with potluck hors d’oeuvres and desserts.

If you enjoy new experiences and meeting new people, Ron Wood would like to hear from you: ron2029wood@att.net or 434-0378. We need three residents for the nominating committee and three people to run for director. Many life experiences can qualify you for either of these positions!

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



• Painters •

At our September meeting, club member and resident, Jan Saia, who will teach a Still Life Painting Class beginning September 20, honored us with an oil painting demo.

Bonnie Dunlap is offering to lead a three-month “Writers’ Block” discussion group, beginning in September, focused on the 12-steps outlined in Julia Cample’s book, *The Artists’ Way*.

In October, celebrated artist, David Lobenberg, who did the large painting hung in our Kilaga Springs Cafe, will be featured. In November, we will have a “miniatures challenge” with members sharing 5x5” to 8x10” pieces.

If you are thinking about participating in the regular plein air outings, club board member, Jim Brunk, encourages you to contact him.

Remember to tune in to KVIE, Channel 6 on September 28, 29 & 30. Club members Nancy Sloan, Jan Saia, Jim Brunk, Paulette Pesavento, Diane Pargament, and Tommie Moller will be featured. *Written by Jacquie Hilton.*

Contacts: Lynne Fee,
lynnfee@aol.com;
Diane Pargament 408-0221,
dkpara@starstream.net;
Website: www.lhpainters.org



• Paper Arts •

This month’s window reflects a “School Days” theme marking the end of summer, with fall just around the corner. How the time does fly!

We continue to enjoy learning new techniques from one another. Vi Henry, our “Show and Tell” queen, always has new ideas and fun things to share with us. Thanks, Vi.

Mary Massey is our new liaison with the Salt Mine food closet. Mary is an active volunteer at the food closet and will deliver our monthly food donations as well as keep us informed of community needs. Our thanks to Bonnie Esker for initiating this project some years ago and to Mary for continuing the effort.

Members continue to impress us with their original ideas as well as providing classes to the rest of us. Lorie Lucchetti and Jackie Fong showed us their beautiful Christmas Memory Books; they are offering group classes to create them.

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



• Pedro •

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

Pedro meets in the Cards Room (OC) on the first and third Fridays of the month from 9:00 AM to 12:00 PM. We hope to see you there.

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



• Photography •

Well, the Brillo Brothers have flaked on the live broadcast of the Photography Group’s October 10 “Sacramento Images” show in P-Hall (KS), but Campbell Creations (John and Rhonda) — ‘36 Views of the GG Bridge,’ Blue Line Gallery, etc., etc., etc. — remains the artistic team to put the picturesque puzzle of images together. I.M. Creepé — aka “ZZ Toupé” (pictured) — founder of Creepé Cosmetology College of Armpit, CA — remains a possible host if his glasses don’t fog.

We’ve a trip to Yosemite being put together which may include an infrared night shoot at 11:00 PM as we wait for



“ZZ Toupé”
by jeffa

bears to visit the smoked ham left on the outside table. Images taken from within the cabin through the glass are acceptable, though first consideration will be given for those (surviving) shots taken from the tree limb outside.

Cub journalist Jack Wartlieb leads the shoot armed with his modified Nikon.

**Contact: Gary Sloan 434-5445,
Gsloan33@yahoo.com
Website: SCLHphoto.com**



• **Pickleball** •

Does your pickleball paddle have a hole in it? With the number of swings and misses I've seen I think it is a common problem. An easy fix is to get in touch with Scott Sutherland at swuther@sbcglobal.net and purchase a new paddle. He is a member of the Pickleball Club and can guarantee “no holes!” With your new paddle you can take free lessons with Cal on Wednesdays and Saturdays from 1:00-2:00 PM.

All ladder play will change to the winter schedule starting October 1 at 1:00 PM. The Women's Ladder will also start up again on Monday, October 1.

Anyone is welcome to join the Pickleball Club for \$15 per year. All club members are welcome to join ladder play. Go to the website below and check it out.

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



• **Players** •

Auditions were recently held for “Yankee Doodle Dandy,” a show featuring the music of George M. Cohan. This rousing musical fest will be performed November 15-18. Check the *Compass* Special Event Section for more details.

The spooktacular cast of Dracula has also been chosen. This Readers Theater production will be on Saturday, October 27 at 7:00 PM and Sunday, October 28

at 2:00 PM. Both performances are in P-Hall (KS). Halloween shows always fill up so be there when the doors open half an hour before showtime. There will be ghouls to assist you!

Final preparations are being made for the Tenth Anniversary Celebration, “An Enchanted Evening.” You may begin checking in at 5:15 PM on Wednesday, October 3 for the event which goes until 10:00 PM. Attire is “dressy casual.”

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

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



• **Poker** •

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

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

The Quarterly Hold ‘em tournaments are open to all residents, first-come, first-serve, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday, October 20.

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

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



• **RV** •

Some of the RV Group's members are participating in the final traveling event of the year. A recent trip started September 10 in Paso Robles at the Wine Country RV Resort, and then on September 14, the RVers packed up and headed for the Gilroy Garlic USA RV Park where that rally will run through September 18.

Wagon masters in Paso Robles were Dick & Carol Perry, assisted by Gary

Neto and Mary Humbert, and activities included wine tasting trips, catered dinner and golf.

Dennis & Donna Malone are the wagon masters in Gilroy, assisted by Jim & Jayne Clark. Highlights include a catered chicken barbecue, potluck breakfast and golf.

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

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



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

Welcome back to SCHOOLS. By this time you should be all settled in for the new school year! If you have not yet contacted your teacher, be sure to email him/her or even better, stop by their classroom so you can check on when they need you in their classroom.

The WPUSD calendar can be found on their website www.wpusd.k12.ca.us/District/Calendars/index.html. Please use this resource to update your calendar so that you can keep up with the schedule.

Throughout the year, the SCHOOLS Group gets together to meet and greet one another. Watch for an email. If you would like to join our group, contact us and we will provide you with the needed paperwork and information. We wish all of you a fun and fulfilling new school year!

**Contacts: Sandy Frame 408-1453,
sflincoln4fun@starstream.net
(Elementary); Eileen Marks
409-0320, emarks@aol.com;
Cindy Moore 408-1452,
cindysmoore@me.com;
La Rita Gruenwald,
lariat@wavecable.com**



• **SCOOP** •
**Sun City
Organization of Poches**

At our August 16 SCOOP meeting, Roxanne Higgins and her therapy dog, Lucy, were recognized for their work

with “Lend a Heart, Lend a Hand,” animal-assisted therapy.

Roxanne, a SCOOP member, was the guest speaker accompanied by Lucy. Along with her friend Nicky and her dog Gillian, they gave a PowerPoint presentation about the “Lend a Heart, Lend a Hand” animal-assisted therapy organization. Members in attendance learned of the many good works done through this program, and what it takes to become part of their volunteer group.

Due to Mary Jo Harper’s resignation due to family obligations, Laura Wer-muth was introduced as the new SCOOP Secretary. Welcome, Laura!

One More Dog Rescue (OMDR) is the recipient of our *only* fundraiser this year and will be held in conjunction with our Holiday Party on December 14. Save the date and plan to attend!

Meetings/dates/times: see our website.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



• **Scrabble** •

After playing scrabble on August 6, our group met for its bi-annual dinner at Meridians Monday BBQ Night. Everyone had a chance to talk and get to know fellow players a little bit better. A few supportive spouses joined in.



Ten Scrabble players and four guests

We have nearly ten new players since January, and continue to extend an open door to anyone who wants to meet new people and exercise their gray matter.

In mid-August one of our tables witnessed an unusual occurrence — four successive bingos. Three were on first turns. Geez, Louise! What are those odds? Congrats to Ira, Sandy, Barb and Candy.

Come and join us on Mondays at

1:00 PM, in the Cards Room (OC).

Contact: **Candy Koropp 409-0607**



• **Second Cup of Coffee** •

One of the most important programs the Second Cup of Coffee Group will present this year has been scheduled for Monday, September 24, from 10:00 AM to 12:00 PM in the OC Ballroom. The program is being co-sponsored with the Community Forum. The Placer County League of Women Voters presents “Just The Facts, Please! General Election State Initiatives.”

Approximately ten minutes will be allotted to each initiative. There will be video coverage with a center screen for easy viewing, and handouts available for the audience to follow. A Q&A period will follow presentations. Come early for best seating. We will be better citizens if we are informed and educated on all of the issues for the upcoming important November election.

Contact: **Wolf Oplesch 408-1788**

oplesch@sbcglobal.net

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



• **Shanghai** •

Join us and learn how to play Shanghai, a fun group card game. We offer free lessons. We play every Thursday at 12:00 PM and every second & fourth Fridays at 5:45 PM. Contact one of the names listed below.

Contacts: **Howard Beaumont**

408-0395; Ann Holbak 408-2061



• **Singles** •

Dynamic Singles

Our August 23 Social was “Card Shark” Nite or better known as Poker, Blackjack, Texas Hold’em and a Dice Game. Empire Mine Picnic & Bus Tour was fun followed by a RiverCats Game. At our September 13 General Meeting, members enjoyed a new game called “Dime Surprise.”

Upcoming Singles Events:

September

18) – 7:00 PM – Let’s Dance at

Meridians (Carol 408-3061)

20) – 4:30 PM – Table for Eight at

Kobe’s, Lincoln

(Darline 434-6472)

27) – Bocce Ball Tournament at Bocce Courts (Dennis 408-2423)

October

04) – 4:30 PM – Cocktail Time at Woody’s, Rocklin

07) – 4:30 PM – October Birthday Celebration at Sports Bar

11) – 6:30 PM – General Meeting at Orchard Creek Ballroom

13) – 9:00 AM – Second Saturday Breakfast at Sports Bar

Our Weekly Sport Activities:

• Mondays – 7:00 PM – Tennis resumes in October at Sports Pavilion (Dennis 408-2423)

• Wednesdays – @6:30 PM – Bocce Ball at Sports Pavilion (Dennis 408-2423)

• Fridays – Golf/18 holes (Jerry 543-8776)

Contact: **Linda Bacon 628-5158**

Website: www.lincolnhillssingles.org



• **Ski** •

We have no meetings or get-togethers for September, but please mark your calendars for our annual pre-season potluck party to be held October 23. This meeting will take the place of our usual October general membership meeting. The party will be hosted by Bill & Lillie Smith, and begins at 5:00 PM. RSVP instructions and directions will be sent out in October.

The dates for the Fitness Center’s Ski Conditioning Small Group Training classes, noted earlier, have changed slightly. The first eight-class session runs from October 25 to November 20, and will be held on Tuesdays and Thursdays from 4:30-5:30 PM.

Contacts: **Mike Hilton,**

Sue Worrall and Bob Vincent

258-2150, lhskiclub@gmail.com

Website: www.lhskigroup.org



• **Softball, Senior League** •

The 2012 Spring Season ended August 29 in hard-fought finals with Golden State Collision Center, having won all their prior playoff

games, facing Umpqua Bank, with just one loss.

In the first game, Umpqua, led by manager Mike Caporale and teammates Allen Appell, Owen Brosh, Gary Bump, Tom Gatti, John Gho, Mike Hazelhofer, Gary Jones, Lyle Moore, Rich Murray, Frank Pulino, Barry Sasabuchi, Brad Schall, and Jerry Speno, started quickly and led throughout the game, winning 12-5.

That forced a second game, with the winner claiming the championship. This time Golden State Collision manager Paul McClellan and teammates Bob Barrows, Joe Bellah, Will Bellah, Virgil Dahl, Randy Dvorak, Ernie Elliott, Mike Freiria,



Golden State Collision Center
with the championship trophy

Gerry Gates, Bob Hunter, Norm Jacobsen, Dennis Krauss, and Larry Weber showed why they were the top-rated team coming into the playoffs with an awesome display of hitting and stellar defense, winning 19-14. Congratulations to all.

Contact: Mike Hilton 408-0346,

Mhilton14@aol.com

Website: LHSSL.org

Coyotes

60s — Carson City — went 5-0 to win first tournament of 2012. With three come from behind wins led by *Bec Cannistraci/Steve Lambert/John Griffin* and defense by *Lambert/John Gho*. Pleasanton — came in second with a 4-1 record. *Cannistraci/Gho/J.R. Jackson/Mike Hilton/Terry Truesdale/Ed Lazerak* led the offense. Tracy — 5-0 and won their second tournament with offense from *Jackson/Ron Greeno/Griffin/Dambrosio*. Manteca — third place and 3-2. They completed a triple play and the offense

was led by *Hilton/Cannistraci*. Next up is Medford, OR, in September.

65s — Manteca — second place led by *DJ Cox/John Dambrosio/Jim Jones/Kenny Fedder/Montie Boatwright/Randy Dvorak*. Next up is Medford, OR, and Las Vegas Worlds Masters.

70s — Aurora, CO — 4-3 record led by *Roger Lopossa/Gym Mikaelson/Rich Huskey/Pete Savoia/Larry Manley/John Wible*. Manteca — 3-2 record led by *John Parks/Roger Lopossa* with terrific defense by *Huskey/Forrest Burkett/Wible/Parks*. Next up is the Sun Eagles Tournament and Medford, OR.

Contact: Bob Hunter,

bluespritzer@yahoo.com



Sports Car

On September 11-12, we traveled through beautiful mountains to the Green Horn Creek Guest Ranch nestled in the pines just east of Quincy. The event included lunch, lodg-



Green Horn Creek Guest Ranch

ing, horseback and wagon ride to dinner in the forest. We hiked, fished, played horseshoes and just plain relaxed.

We are looking forward to a tour of Old Sacramento's underground with lunch on the Delta King, and also a fun Halloween Party with lots of costumes. We are also looking forward to our year-end holiday party on December 6 which will be at Catta Verdera Country Club.

Please check out our website. Dick Brewster has recently updated the photos of members and their cars, and we have 78 member pictures on the site.

We will not be following our regular meeting schedule due to P-Hall (KS) remodeling. The next meetings are on October 1 and October 20 at KS at 6:30 PM.

Contact: Pat Heesch 408-1500,

pheesch@aol.com

Website: LHsports cars.com



Square & Round Dance Sun City Squares

On September 10 our new beginner class was off to a roaring start!!!

We are planning to start a beginners' class this fall. Now is the time to check the club out, drop by on Monday after 1:00 PM.

Call Chuck or Bob to sign up today!!!

We are always ready to add experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- Beginner Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level
Mondays, 2:15-3:30 PM (KS)
- Advanced Class Mondays,
3:30-4:00 PM (KS)
- A-2 DBD Level — Thursdays,
1:00-3:00 PM (KS)

Contacts: Chuck Vickers 408-4082

pjcvickers@starstream.net;

Bob Grupp 408-1868,

Bob@GruppHomes.com



Table Tennis

On August 12, our most venerable president, Marc Fong, established a ladder system for our Red and Blue players. At this writing, our members are engaged in epic struggles to see who becomes top dog — eh, player.

As a reminder to our ladder members, please notify Marc if you cannot make any upcoming event.

For our casual players or drop-ins, there will always be at least two tables reserved for open play.

Sessions: Tuesdays, 6:00-9:00 PM; Fridays, 8:00-11:00 AM; Sundays, 12:30-5:00 PM.

Contacts: Marc Fong 408-1826;

Joe De Souza 543-4868



Tap Company

In August, we officially started preparations for the 2013 Tap Company "original Broadway musical," *The Heart of Broadway*.

Dancers have begun learning new choreography, costumes have been ordered, sets have been designed and toe-tapping excitement is definitely in the air. With a different format for the upcoming show, preparations started much earlier than years past. We've already had auditions to determine our cast, our solo singers, and our singing ensemble members. But we're not quite done as we have auditions for the specialty acts on Monday & Thurs-



Gearing up for the 2013 Tap Company Show

day, October 22 & 25, both from 5:30 to 8:30 PM. We're looking for group dancers, harmonica players, clowns, guitar players, jugglers, and mimes. So get your act together and show us what you can do! Audition forms will be available at the Activities Desk (OC) in October. For questions call Linda Marchus at 253-3880, or Peggy Schechter at 253-7492.

Contact: Becky Sprong 408-1389
beckyspring@sbcglobal.net
Janet Becker 543-3493,
beckerjm1962@yahoo.com



• **Tennis** •

A busy fall has arrived. The Joe Camahort Memorial started the season well. Now the Men's Doubles and Women's Doubles Club Championship Tournaments sponsored by Wells Fargo Advisors will occur on Friday, October 28 and Saturday, October 29. Sign up with your partner for the combo skill level brackets of 5.0, 6.0, 7.0, and 8.0. Preliminary rounds for both men and women will be on Friday, and the finals on Saturday. Snacks and lunches will be provided both days. Winners' names will be engraved on the Cham-

ionship plaque.

Following the championships will be our annual Oktoberfest on Saturday, October 13 — a fun mixed doubles event sponsored by Swanson-Shaack Physical Therapy. Afterwards, a German-themed lunch will be provided. Entry forms for both events are available on our website (below) and in the folder rack at the Sports Pavilion.

Fitness sessions start October 4, and the Tom Isaac Clinics start October 15.

Contacts: Roger Clapp
434-6687, rwclapp@hotmail.com;
Carl Braganza
408-2898, cfbraganza@gmail.com
Website: www.sclhtg.com



• **Vaudeville Troupe** •

Mark your calendars today!!!

Our next Vaudeville Show will be on January 11 & 12, 2013, with our Tribute: "Music from our Favorite Movies." Wait until you see what's on the line-up!!! You will be amazed, thrilled and inspired by our Show! Plan to sit back in the comfort seating at P-Hall (KS) and "get nostalgic" when you hear some songs from our past... You'll ask the questions: "What was I doing?; Where was I when I first heard that song?; Who was I in love with???"

We always bring to you "Entertainment Extraordinaire" at every Vaudeville Show which we like to call "The Cavalcade of Stars."

Auditions for this show will be September 18, Multimedia Room (OC) and September 19, Fine Arts Room (OC) both days 6:00-9:00 PM. Don't hesitate to audition with new, unique and wacky



Vaudevillians Dennis Beldon and Barbara Swerdlow win first place in the Thunder Valley Jitterbug Contest; Trouper Doug Hinchey (aka Popeye!!) meets Frankie Avalon

acts — we welcome new people to our family of Vaudevillians!

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



• **Veterans** •

World War II veterans Frank Lawrence and Joey Chisesi, who last year participated in an Honor Flight trip to Washington, D.C., will speak at the September 20 meeting, 1:00 PM, P-Hall (KS).

The Honor Flight Network (HFN) is a non-profit organization created to honor America's veterans for all their sacrifices. The organization transports veterans to the nation's capital to visit and reflect at their memorials.

In its seventh year, 2011, HFN safely transported 18,055 veterans to see their memorials at no cost to the veterans themselves.

U.S. Army veteran Frank Lawrence fought in the Battle of the Bulge and received the Bronze Star. Joey Chisesi served in the U.S. Navy as a corpsman.



Enjoying the August 18 ice cream social were, from left, Ed & Karen Foley, event organizer Lillian Nawman and Shirley Schultz. Photo by Dick Schultz

Contacts: joeycathie@sbcglobal.net;
Website: lhvets.org.



• **Water Volleyball** •

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

On August 19 we had our final out-

door water volleyball event of the year; on September 16 from 4:00-8:00 PM we'll be at the Sports Pavilion enjoying a potluck and land volleyball.

Our club has established a Welcoming Program for people who wish to try water volleyball. Just come in at 5:30 PM on Mondays and introduce yourself.

Play available in the KS pool:

- Open Play: Saturdays, 9:00 AM; first, second, fourth, (fifth) Mondays, 5:30 PM.
- Open/League Play (all levels): Wednesdays, 6:45 PM
- Advanced Play (rated players only): Mondays, 6:45 PM; Thursdays 6:45 PM
- Training: Third Monday, 5:30 PM.

Contacts: Jim Puthuff 543-0067, jputhuff@softcom.net;

Carol Cope 408-5596, cande@aol.com

www.suncity-lincolnhills.org/residents



• West Coast Swing Dance •

Our next club event is the Annual Sunday Tea Dance & Ice Cream Social, September 30, 2:00-5:00 PM, OC Ballroom. You don't want to miss it! Advanced sales only — members no charge; non-members and guests \$8. For tickets and more information, contact Kathy Lopez at 434-5617.

Club Night Out will be Saturday, September 22 — Capital Swing Dancers monthly dance in Fair Oaks. It will include a beginners' lesson (5:30 to 6:30 PM) and dancing until 10:30 PM.

Dance Practice for WCS Dance Class students: Friday, October 12, 5:30-7:30 PM, Fine Arts Room (OC).

Save the date: Thursday, October 18, is our next West Coast Swing & Night Club Two Step Dance Workshop, 6:00-9:00 PM, (KS). Members \$6; non-members and guests \$12. Contact Kathy Lopez for ticket sales, 434-5617 — advanced sales only.

Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net;

Eldon Davisson 408-8542, ejdav1@sbcglobal.net



• Woodcarvers •

Woodcarver Focus: Bob Younker. An avid woodworker for 40+ years, focusing on one-off furniture, desks, and cabinets, Bob Younker always admired pictures of furniture with carving and thought joining the Woodcarvers Group would be a good way to learn about the tools and skills.



Woodcarver Bob Younker

As a new carver, Bob quickly learned how to sharpen and take care of his carving tools. His advice to new carvers is simple, "Don't get discouraged. It is fun and the group is very supportive and a pleasure to be with."

Bob and his wife, Vivianne, have lived in the community 10 years. They moved here from Westchester, CA, where Bob worked at LAX as an engineer/software developer for Flying Tigers/FedEx.

Vivianne supports Bob's Woodcarving, woodworking and oil painting. He says, "She likes my work."

Bucket List

Continued from page 19

each week, in addition to swimming three days a week, and square dancing.

During the depression, Ken decided to leave his home state of Nebraska for California. Not wanting him to go west alone, and after selling their farm, his parents and younger siblings moved with Ken to Oakland. Ken later enlisted in the Army just before Pearl Harbor in 1941, and served four years. After working at Treasure Island and Alameda Naval Air Station, he retired and eventually moved to SCLH in 2002.

When asked about other bucket list items, with a big smile on his face, Ken said line dancing is the "last item

The Woodcarvers meet Wednesdays between 1:00 and 5:00 PM at the Sierra Room (KS) and visitors are always welcome to observe or kibitz!

Contact: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



• Writers •

The worthy and determined practitioners of the craft of writing have endured this hot summer and are looking forward to the promised cooler days ahead. Will cooler heads prevail and create new and dynamic works of fiction and opinion? We can only hope. If you have been teetering on the cusp of creativity and are searching for a venue to state your opinions or dazzle the world with some eye-popping fiction, then drop in to the "original" Writers group to listen, share and even comment on what is presented. We have an avid group of people who delight in manipulating words and ideas and we welcome new contributors who can entertain in this art form. The Writers Group meets twice a month at 6:30 PM in the Ceramics Room (OC), the second and fourth Monday and the fifth, when one occurs. For more information, please call Jim (below).

Contact: Jim Fulcomer 543-9201; jfulcomer@mac.com

on his bucket list." After at least 14 cruises, extensive travelling, especially in Hawaii, Ken says he is very content living actively in Lincoln Hills. In addition to line dancing, wood working/cork projects, and gardening, Ken enjoys his son, six grandchildren, and 10 great-grandchildren.

Ken attributes his longevity to dancing, exercising, maintaining a positive attitude, and eating a "sensible" diet.

As an added note: *Ken's favorite line dance is the waltz, especially to "Waltz Across Texas" featuring Willie Nelson.*

What have you accomplished on your Bucket List? Send a paragraph or two of details to bucketlist@suncity-lincolnhills.org.



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Bulletin Board

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

AARP Foundation Tax Aide

Will You Join Us? Do you like talking to people, meeting new people, or working on the computer? Are you looking for a rewarding opportunity to make a difference in your community? AARP Foundation Tax-Aide is looking for volunteers to help taxpayers complete their 2012 tax returns in Lincoln during the 2013 tax-filing season. The training and certification class will be the second week of January, 2013, in Roseville. Some knowledge of computers is required to assist in providing our free electronic filing service (e-file). Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 1 through April 15. Volunteers are also needed to make appointment or greet our clients. No class or test is required! For more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2013 tax season please email lincmb1@aol.com with your name, address, and phone number.

The Chit Chatters —

a group within the former Super Seniors — continues to meet for coffee on the third Friday of the month at 10:30 AM at KS Café or the KS Living Room if the Café is filled. This month's meeting will be on September 21 and next month on October 19. The Chit-Chatters are Seasoned Seniors and

You are invited...

To the following presentations:
These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

Every Wednesday	8:00 AM-12:00 PM , Farmers Market, Fitness Center Parking Lot (OC)
Friday, September 21	10:00 AM , Medicare and You, Oaks
Tuesday, September 25	6:00 PM , Cuba Today & Legal Travel to Cuba, Oaks
Tuesday, October 9	6:00 PM Spinal Aid Presentation, Dr Zorich, Solarium <i>Please see our insert in this month's Compass</i>
Thursday, October 11	10:30 AM , Medicare & Prescription Changes for 2013, Oaks <i>Please see our ad on page 8 in this month's Compass</i>

older residents of SCLH and proud members of The Greatest Generation. They'd love to have you stop by for a visit — the more, the merrier. Contact: Marsha Hathaway 408-0228.

The Lincoln Democratic Club

will hold its monthly meeting October 4 at KS, beginning at 6:45 PM. Kathy Souza, from the League of Women Voters, will be the featured speaker and will address key initiatives that are on the November ballot. All interested residents are invited to attend.

LH Foundation's Early Buffet and Bingo

Our summer break is over and we are ready for a great evening of dinner and bingo!! It starts on September 19 with a dinner buffet in the Secret Garden (adjacent to the main Ballroom). Cash and carry food will be served from 4:00-5:00 PM. Food selections include burgers, hotdogs, sandwiches, salads, fruit cups, drinks and more!! Prices from \$1-\$5.50. Bingo ticket sales begin at 5:00 PM with Bingo starting at 5:30 PM in OC Ballroom. Cost is \$20 for 12 games, 12 cards with six cards each. Up to \$1350 in prize money plus door prizes!! No one

under 18 admitted. It is always fun for all. Reserve your own table for groups of 10 by calling Dennis Wagner, 360-213-5984. Visit the Lincoln Hills Foundation site at www.lincolnhillsfoundation.org. We are Seniors Helping Seniors.

Lincoln Area Archives Museum

Would you like to know more about our fine city of Lincoln? There is a great continuing opportunity to learn while you help the efforts of our local history museum foster appreciation of our past. Learn what went on as our predecessors searched for precious metals or brought commerce to the New West in mid 1800s. Help for a few hours a week is welcome in a wide range of tasks. Visit the museum at the end of Beerman Plaza, or call Shirley Russell at 645-3800. Hours are 9:00 AM to 12:00 PM Monday-Wednesday and 9:00 AM to 4:00 PM Thursday-Friday There is a place for you at Lincoln Area Archives Museum.

Glaucoma Support Meeting

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

Continued on page 43

Plan To Join The Big Party

Celebrate Downtown Lincoln's Escape From The Commute

Save **Saturday, October 20**, to join in celebrating *the conversion of Highway 65 to Lincoln Boulevard through Downtown Lincoln*. The Hwy 65 Bypass ribbon cutting is scheduled for October 5 and a great event is being planned *a short time later* as we recapture our Historic Downtown as a pedestrian-friendly place to come for shopping, food and drink

A committee of local residents has been working on an event to reclaim Lincoln Boulevard as our own.

Plans include:

- Dedication Ceremony at 9:00 AM
- Parade down Lincoln Blvd.
- Pet Parade
- Car Show
- Kid Zone with Sidewalk Chalk
- Live Entertainment
- Dancing on the Blvd.
- Food & Craft Fairs until 1:00 PM
- Downtown Merchants' "We'd-Love-Your-Business" Open House

Planning – and the search for funding – for Lincoln Bypass goes back to October 17, 1989, when the Loma Prieta earthquake that rocked northern California caused funds for transportation projects to be funneled to the Bay Area to meet the critical need for emergency rebuilding of infrastructure damaged by the 7.1 magnitude quake.

Now, we can look forward to renewed transformation of Downtown Lincoln. Be sure to join in sharing in this important event.

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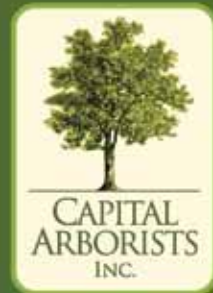
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Continued from page 39

Grupo de Conversacion

Nos reunimos cada semana para practicar y mejorar nuestra español. We meet every Tuesday, from 4:00-5:00 PM in the Living Room area (KS). More info: 434-6898.

Italian Group

With so many Italians loving the game of bocce, our club started a Bocce Mini League. This eight-week league was successful (friendly competition, socializing and fun being our main objectives!) we have gone on to a second session beginning mid-September. More info: www.lhitalianclub.org or contact Tom Freschi (408-0277) or Christine Cirrone (209-3426). On Sunday, September 16 at Catta Verdera we will hold a very special event – “Mangiamo Formaggi.” This tasting and discussion of wine and cheeses is presented by former KRON 4 hostess, Ms. Orietta Gianjoio. Plan to be there! Thursday, October 25 is our exciting Halloween Spooktacular! Costume Party/Dance at Catta Verdera Country Club... details coming soon. Remember, if you, or your spouse/significant other, are of Italian descent, you can join our club. More info: our fabulous website www.lhitalianclub.org or Membership Chair, Marie Berleghi, 543-3731.

The Multiple Sclerosis Group

meets monthly 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 from 12:00-4:30 PM is “Open Play”

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

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (916-781-2323). Club in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net.

LH Residents Golf Club

is a gathering of SCLH's golfers with established handicaps. Dues are \$13 the first year and \$5 each year after. We currently play an organized tournament every third Sunday. More info: Tom Moore, VP, 409-0174 or grayhackle@sbcglobal.net. LHRGC is sponsoring its second annual all inclusive golf trip February 5-12, 2013. More info: Joyce Herrerias, joyce.herrerias@gmail.com or 832-3215.

The Right Foods Movement

A new club is forming for residents interested in learning how to cut through all the mis-information and confusion that complicates the process of selecting and preparing healthy food for ourselves and our families. Our main objective is to provide examples of sensible, intelligent eating, the cornerstone of a healthier lifestyle. Members will share in scientific evidence prescribing the many ways we can attain and maintain this lifestyle change and the resulting health benefits, including permanent weight loss.

More info: Don Rickgauer, 253-3984. All residents are welcome to the first meeting Wednesday, September 19, 4:00 PM, Fine Arts Room (OC) where we will discuss ideas from the National Institutes of Health about paths to a healthier lifestyle. Come join other like-minded neighbors that share your interest in a healthy lifestyle.

Sequoia Foothill 19th Reunion

At SCLH, October 6, 12.30 PM. Contact: Jane 408-0565.

Shalom

Happy New Year! By the time you read this, New Year's may be over!! Rosh Hashanah evening service starts at KS at 7:00 PM on the 16th, and the morning service, on the 17th, starts at 10:00 AM. The Yom Kippur services start at the same times on the 25th and 26th. There will be a break-the-fast at 6:30 PM. I hope we all have a good year, as the prayer goes — a year of peace. Use the Shalom calendar to keep up on date changes. Questions: contactshalomgroup@gmail.com. Membership info: Natalie Flynn.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger, 408-3928, johnnpat@sbcglobal.net.

The Travel Group

Our website has changed www.lh-travelgroup.com. The next meeting is Thursday, September 20, 7:00 PM, KS. Guest speaker: Jay Fehan,

Continued on page 44

THE VAUDEVILLE TROUPE
PRESENTS
“A MUSICAL TRIBUTE TO THE MOVIES”

Auditions: September 18 & 19

The next Vaudeville Show will be on January 11 and 12, 2013:
“A Musical Tribute to the Movies.”

Auditions for this show will be September 18, Multimedia Room (OC), and 19, Fine Arts Room (OC), from 6:00-9:00 PM both days. More info: Marina Eugenio, Troupe Director, 408-3654 or marinaeug@sbcglobal.net.



**Certified Farmers
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**Fitness Center Parking Lot at
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Continued from page 43

Collette Vacations. Available Trips: Albuquerque Balloon Fiesta (Oct 2012), New Year's San Diego (Dec, 2012), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Panama Canal Cruise (May 2013), Paris to Normandy Cruise (May 2013), Portland Rose Festival (Jun 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013); Jackson Hole-Rapid City (Aug 2013); Amsterdam-Vienna River Cruise (Sep 2013); Eastern Canada: Montreal-Quebec City-Ottawa-Niagara Falls-Toronto (Sep 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; Karen Foley — 645-5411, klfandedf@starstream.net.

Hospice

Continued from page 19

tent regular medical and emotional care for my mom, who had a lot of anxiety and pain along with her dementia. Our family felt secure and comforted in their caregiving.” Mary Brown, SCLH resident whose mother recently received hospice care.

There are two truly universal experiences: birth and death. No one can choose when to be born, and a rare few claim that they have memory of their birth experience. The opposite end of the life spectrum is different in that we very well may be able to make choices about the manner in which we experience our final days. Statistically, only 10% of us will die suddenly; the other 90% will have some protracted decline before life's journey ends. It is well worth the peace of mind to know the facts about end-of-life options and to plan.

Evolving from the Latin word *hospes*, which means “to host weary or ill travelers on a long journey to a place of shelter and rest,” hospice today is not a place but a *philosophy* of care for

In Memoriam

Jack Gaddis

Born in Massachusetts, Jack was raised in San Mateo where he graduated from Santa Clara University as a civil engineer. He worked for Kaiser Chemical Aluminum and Amdahl Corp. He served for 20 years in the USMC. Jack had a zest for life, loved traveling and attending all his grandchildren's activities. He was a 49er faithful and loved to play golf. Jack attended Second Cup of Coffee, investment presentations and enjoyed time with other Veterans. Known as an Officer and a Gentleman, Jack leaves his wife of 41 years, Patty, a daughter, son, their spouses and four grandsons.

Emma Lee Jarrell

Emma grew up in Texas and at age 14 entered college. Her one regret was that family economics did not allow her to graduate as her dream was to be a lawyer. She and her husband moved to California in 1963. She became a partner in a consulting business that guided manufacturers through the UL licensing process. She enjoyed the rural setting of Lincoln, and loved gardening, reading and watching birds in her yard. She is survived by a daughter, three granddaughters and one great-grandson.

Elmer “Strop” Stroppini

A California native, Strop graduated with a degree in civil engineering from

UC Berkeley. He worked for the Bureau of Reclamation and the Corps of Engineers. He was a Veteran of WWII serving in the European Theatre. He then worked for the Department of Water Resources where he eventually would design and oversee construction of all the dams on the State Water Project, especially the Oroville Dam. An athlete all his life, he enjoyed tennis and golf. He enjoyed stock trading analytics. His last passion was bridge which he played exceptionally well. Thirteen years ago he lost his wife of 56 years, Ann. He is survived by his two children, four grandchildren and four great-grandchildren. He is greatly missed by his soul-mate for the past 12 years, Jean Werthman.

Carletta Neeley Taylor

Growing up in Illinois, Carletta moved to Washington State after high school, where she got her teaching degree. She earned a Masters in Counseling from Gonzaga University and taught English and Social Studies in the Spokane School District for 28 years. She got her insurance license and securities broker license and had a 30-year second career helping others in need with their financial planning. Preceded in death by her husband, Don, she is survived by her son, daughter, and families including three grandchildren and one great-grandson.

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.

the person with a life-threatening illness, and for their loved ones facing a difficult journey. The purpose is to help the person be as pain-free and comfortable as possible, to be cared for, and to gain courage to face the remaining days of the journey together.

For the past few years, there has been a Community Forum on hospice care. Because of the universality of the subject and the positive attendance

at the sessions, we again offer a different viewpoint by a new hospice organization in our area called Green Valley Hospice. A professional panel will present an interactive program, “**Hospice: Myths and Facts,**” on **October 11** (see page 90). *Note that this presentation will be in the afternoon so that those not wishing to venture out after dark can hear and ask questions about a very important subject.*

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For more information and directions, visit delwebb.com/Arizona.

At least one resident must be 55 years of age or better, a limited number of residents may be younger and no one under 19 years of age. Some residents may be younger than 55. Community Association fees required. Complete offering terms for the homeowner's association is in an offering plan available from sponsor. Void where prohibited. Prices reflect base prices and are subject to change without notice. Lot premiums may apply. Details available upon request.
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Special Events

Comedy Night at Kilaga Springs Tuesday, September 18

6:00 PM performance — 5018-08A

8:00 PM performance — 5018-08B



Headliner Michael Finney is an award-winning comic magician, receiving the Academy of Arts Award for Comedy Magician of the Year and Magical Arts Parlor Magician of the Year Award.

After opening and running a comedy club in Phoenix, he was a finalist on Star Search with Ed McMahon and began touring comedy clubs across the United States. He has



appeared on HBO's "Comic on the Road," Fox's "Comic Strip Live," "Evening at the Improv" and more. He has made two appearances on the George Lopez Show and performed at the 2001 Inauguration of President Bush. Show opener is "Sacramento's Sweetheart," Stephanie Garcia. P-Hall (KS). \$10.

Lodi Wine Tasting • Wednesday, September 19 — 1822-07

Do you enjoy 7 Deadly Zins & Earthquake wines at Meridians? Come and visit the winery where it all happens, Michael David Winery. We will be treated to a special seated tasting of five wines and lunch during our

Save The Date! Lincoln Hills New Year's Eve Masquerade Ball Monday, December 31 • Orchard Creek Lodge

Enter a world of enchantment, dancing and entertainment at the New Year's Eve Masquerade Ball! Ring in 2013 with a customized party experience including magical entertainment, an assortment of delectable dinner entrees and the best dance music in town with the Freestyle Band and DJ Tom. Free-flowing champagne to toast the New Year will culminate with a breathtaking fireworks display at the Amphitheater. Mark your calendars as we unmask more party details in next month's *Compass*. **Tickets will go on sale starting October 24.** Create your own unique mask for the occasion at our New Year's Eve Mask Making Party on November 30. Feathers, beads, glitter and glitz will be plentiful as we offer all the supplies to make or purchase a mask. See Mask-Making Party details on page 59.



visit. There are Bocce Ball courts for your enjoyment or toss the bags at the "Cornhole" game. Lunch choices are: *Roasted Turkey and Cheddar Sandwich, Greek Salad or Spinach Salad.* All lunches include chips, fruit & bottled



water. (Complete menu available at Activities Desks (OC/KS).) After lunch our bus will take you on a private tour with a step-on guide at Woodbridge Winery during their "crush" season.

Tour ends with a tasting that includes a complimentary wine glass. We will end the day at the Lodi Wine & Visitors' Center. Depart OC 10:00 AM, return ~ 6:00 PM. \$61. RSVP ♦♦ Now.

KS Music Night Presents Cheri Murphy Quartet Friday, September 21 — 5021-08

Amazing music will fill the air as Cheri Murphy and her jazz quartet light up the stage. Dubbed by *The Sacramento Bee* as "Sacramento's legendary saloon singer," Cheri has been a regular at the world-famous Sacramento



Music Festival, Sacramento Traditional Jazz Society, Saca Mansion and many other hotels, country clubs, and

jazz events. She began her singing career at 16 years-of-age with the Clyde Mitchell Big Band and recorded her first song at the age of 18. The Cheri Murphy quartet is known for

Amphitheater Guidelines

- **Chairs/Seating:** Guests must provide their own seating for the concert. Seating is first-come, first-served. Guests may set up their chair anytime **on the day of the event.** Be aware that sprinklers may go off any time before 7:00 AM. SCLH is not responsible for loss of unattended chairs/blankets. Please put your name on your chairs. Do not move chairs already in place. **Lawn seating** for blankets: the grassy area at the left of the stage.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.

- **Not Allowed:** Chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals with vest on).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins.
- **Ticket Pricing:** Series package and early registration price are now closed. Please see individual articles

in Special Events Section for prices. Tickets are non-refundable.

- **Tickets: Wristbands** must be worn during the concert. Online buyers must print and bring the eTicket that was emailed to them for wristband exchange up to two hours prior to concert in the OC lobby. One eTicket = one wristband.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed wherever permit signs are posted.

popular jazz standards and tributes to big band singers. One show only, 7:00 PM. P-Hall (KS). \$11.

Tour of Champions Gymnastics — Power Balance Pavilion

Friday, September 21 — 1793-07

Did you catch Olympic fever? Want to see the high-flying gymnasts in person? The Tour of Gymnastics Champions will be unlike any gymnastics tour ever produced, providing fans with a high-flying dynamic experience



that will celebrate the sports' beauty and skill. Bigger and better than ever, the show's format will

pair elite gymnastics skill with modern performance art that will push the boundaries of athleticism and keep fans cheering for more. Nastia Liukini, 2008 Olympic all-around champion, will lead an impressive cast including members of the men's and women's 2011 World Championships and 2012 Olympic teams. With performances by local gymnasts in each market, the tour will highlight and celebrate the sport at every level. Bronze seating corner section 222 lower rows. Depart OC 6:15 PM, return ~10:45 PM. \$75. RSVP ♦♦ Now.

An Evening of Ballroom Dancing! Plus Dance Lesson

Monday, September 24 — 5024-07

Fox Trot 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, from 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 Fox Trot at the start of the event. For enjoyment and to gain more confidence in your dance steps, the lesson will close with the band playing a Fox Trot 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.

Safari West — Santa Rosa

Thursday, September 27 — 1752-07

A hit with residents, we go back to Safari West. The ongoing mission of Safari West Preserve is wildlife preservation through breeding, education, research and public interaction. Safari West Wildlife Preserve is home to over 80 species of animals. Upon arrival, we will enjoy a BBQ buffet lunch. The group then boards a safari

trek vehicle for a journey through the Sonoma Serengeti for a glimpse of majestic Giraffes and many other four-legged friends and then on to



visit the White Rhinos in their creek-side enclosure. The second half of your trek is by foot and you will be escorted into a large bird aviary where you will come upon several

beautiful and strange birds from around the world. On your walk, you will encounter Cheetahs, Colobus Monkeys, and African Porcupines and have the pleasure of watching the Ring-Tailed Lemurs frolic on their very own island. Gift shop on the grounds. Please bring a hat and sunscreen and wear comfortable walking shoes. Leave OC 8:00 AM, return~7:00 PM. \$112. RSVP ♦♦ Now.

Amphitheater Summer Concert

Series: Stompy Jones

Friday, September 28 — 5100-4G

Stompy Jones is a San Francisco-based sextet renowned for jumpin' rhythm, wailing improvisations and an explosive stage show. The golden age of rhythm and blues will be recreated as this jump band plays the jaunty blues sound of Louis Jordan and the Tympany Five. Formed in 1998 at San Francisco's Hi Ball Lounge, their unique sound is a style of jazz that came to be known as Rock and Roll

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 94.

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 & 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.

with a stand-up bass, drums, piano, trumpet, saxophone and vocals. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and



drink items: *Ribs and Slaw*, and a *Martini*. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:45 PM; Concert 7:30 PM. \$18. See Amphitheater Guidelines on page 47. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

Just Added! KS at the Movies!
"Phantom of the Opera"
Monday, October 1

PG; 143 minutes. Enjoy "Phantom of the Opera" starring Gerard Butler, Emmy Rossum and Miranda Richardson. Musical/Romance. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free. This movie will get you in the mood for our December concert with Broadway's longest running Phantom — Franc D' Ambrosio.

Offering New Section-Reserved Seating! • "The Bronx Wanderers" Rock and Oldies Concert
Friday, October 5 — 5005-08

The Bronx Wanderers capture the magic of the '50s and '60s doo-wop and rock & roll era. Their music has heart, soul, purity and a sound that will tell you a story with each tune. Born and raised in the Bronx, New York, it was Rock & Roll Hall of Fame legend Dion DiMucci who worked with Yo' Vinny (Wanderers lead vocalist) on the path to becoming a musician. Vinny was able to work with Dion on the albums "Return Of The Wanderer"



and "Fire In The Night," and some years later after starring in lead roles in off-Broadway productions, he decided to form a band with his two sons. With exceptional vocals and musicianship, dynamic enthusiasm and a genuine love of the music they perform, The Bronx Wanderers include vocals, keyboard, drums, guitar and saxophone. This group is noted for popular tunes including "Sleep Walk," "In My Room" and a great Frankie Valli medley! Ballroom (OC) 7:00 PM. Premium seating may be available for those who wish to enjoy the convenience of reserved front-section Ballroom seating in stage right and middle rows. During registration, please note to monitor that you wish to have premium

reserved seating in Section A: Stage right section and best available seating will be provided. Section B: Middle section is *sold out*. No need to stand in line prior to the concert. Premium seating sold only at OC \$19. General seating \$17.

Fleet Week Hornblower Luncheon Cruise
Saturday, October 6 — 1831-08

Time for the trip everyone looks forward to! We reserved space with Hornblower Cruises for your enjoyment of Fleet Week festivities. Streets are crowded so we've opted for the cruise only. Watch the Blue Angels



soar! The US Navy and Marine Corps flight team, the Blue Angels, have been inspiring and dazzling audiences since 1946. The Air Force Raptor F-22 will be making its first appearance ever at Fleet Week. Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat gourmet buffet lunch (included) aboard the sternwheeler San Francisco Belle. Af-



ter lunch, step onto the deck, relax in the sun and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it gets cold on the Bay. Sample menu available at

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. Passengers are dropped off by the Fitness Center entrance on return to LH.

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

HOSTING A BUS TRIP: Interested in hosting the trip you are on? Please advise the monitor when you register. We always welcome volunteers to host the trips.

EVENTS THAT INCLUDE A MEAL: Ticket sales for special events that include a meal will close three business days prior to event date or upon sellout. All other special events are open for sale until show date unless sold out.

SCENTS: When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.

the Activities Desks (OC/KS). One city block walk to the boat. Leave OC at 10:30 AM, return ~ 7:00 PM. \$125. RSVP ♦♦ Now.

Great Italian Festival & Jersey Nights Matinee

Sunday, October 7 — 1773-08

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, an Italian



Farmers Market, Bocce Ball and more! You'll have a few hours to enjoy the

festival and lunch on your own before heading inside the Eldorado to catch the 3:00 PM matinee performance of the spectacular production "Jersey Nights" celebrating the hit songs of Frankie Valli and the Four Seasons with singers, dancers and video production. "Jersey Nights" delivers first class musical arrangements, perfect harmonies, authentic costumes and all of the Four Seasons greatest hits. Included is an Italian buffet dinner after the show. Leave OC at 9:00 AM; return ~9:00 PM. \$84 RSVP ♦♦ Now.

New Location!

**Comedy Night at OC Ballroom
Monday, October 8**

6:00 PM performance — 5008-08A

8:00 PM performance — 5008-08B

New location: OC Front Ballroom for the months of October, November and December. Headliner Todd



Johnson grew up in Idaho and brings a clean humor to his stage shows. He has performed all over the US and Canada including the Aspen Comedy Festival. He

was a finalist of the 29th International Seattle Comedy Competition in 2008 and has been featured on Mad TV Network show "Man Up Stand Up" and on XM/Sirrus. Show opener is G.



King. Receive \$1 discount off a minimum \$4 purchase from Meridians Main Bar and/or Sports Bar on day of event with ticket. Front Ballroom (OC). \$10.

QuiltFest

Thursday, October 11 — 1784-08

In cooperation with the Needle Arts Group, this trip is for Quilters/Crafters. This is your day to feast your eyes on everything involving needle arts. The Pacific International Quilt Festival held at the Santa Clara Convention Center offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on



the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Lunch on your own. For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:30 AM, return ~ 7:30 PM. \$59 (includes admission). RSVP ♦♦ Now.

Just Added! Document Destruction Monday, October 15

10:00 AM-12:00 PM, OC Fitness Parking Lot. Cintas offers state-of-the-art



shredding trucks onsite to provide the service. Paper clips and staples on files

okay but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the Parking Lot!

Oktoberfest Celebration

Monday, October 15 — 5015-08

Come polka with us! Our celebration

will include traditional Oktoberfest



music with the Karl Leberherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonder-

ful food, fun, contests and dancing. Enjoy traditional German tunes as your dinner music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will



mesmerize you with their elegant costumes and traditional waltz numbers performed

to the music recording of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous buffet of traditional German foods. Complete menu available at Activities Desks (OC/KS). Enjoy a no-host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. \$40.

Just Added! Home, Health and Business Showcase Tuesday, October 16

Stop by OC Lodge between 10:00 AM and 2:00 PM to learn about lat-



est products and services and meet your *Compass* advertisers and other local businesses. Be sure to thank them for supporting the

Compass and many of our Association and Club activities. Additional info: Judy Olson, 625-4014.

New Resident Orientation Tuesday, October 16



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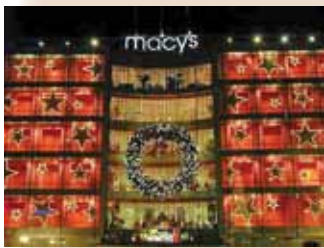
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Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. 1:00-3:00 PM, Solarium. Light refreshments. Free. No RSVP required.

San Francisco Saturday Shopping Saturday, October 20 — 1841-08

Time for our fall San Francisco trip. Don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square)



for a day of shopping, lunching and people watching. Includes a 10% off Macy's Cer-

tificate. To make your shopping more comfortable, our bus company will meet you at 2:00 PM at the side 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 8:00 AM, return ~ 7:00 PM. \$33. RSVP ♦♦ Now.

Offering New Section-Reserved Seating!

"The Music of Fleetwood Mac" Featuring Lorraine Gervais Monday, October 22 — 5022-08

The British-American rock band, Fleetwood Mac, was formed in London in 1967 with Mick Fleetwood, Peter Green and John and Christine McVie. Experience a classic night of music with the familiar hits and lyrics of "Black Magic Woman," "Need Your Love So Bad," "Little Lies," "Everywhere" and more with vocal-



ists Lorraine Gervais, Kate Haight, Allison Green and Kris Stepanion. Lorraine is a singer with a lifetime of singing soul, blues and jazz with a unique

style all her own. Through the years, she opened for Mavis Staples, Sista Monica, and the Pointer Sisters, Etta James and the Charlie Hunter Band. For this music performance, Lorraine brings together unmatched vocals and amazing musicianship. The band includes keyboard, guitars, bass and drums. Ballroom (OC) 7:00 PM. Premium seating available for those who wish to enjoy the convenience of reserved front-section Ballroom seating. During registration, please note to monitor that you wish to have premium reserved seating and preference of either: Section A: Stage Right Section *or* Section B: Middle Section, and the best available seating will be provided. No need to stand in line prior to the concert. Premium seating sold only at OC Lodge \$18. General seating \$16.

A Walk in the Castro Thursday, October 25 — 1924-08

As suggested by the Lavender Friends Group, the Castro District of San Francisco is one of the most fascinating areas of this great city. As the cultural and commercial center of the gay men and women population in San Francisco, it is a very liberal area with many theatres, book and video



stores, gift shops and small cafes. Explore and discover the heart of this neighborhood with our step-on-guide, Gary Holloway, as we walk thru memorial

parks, churches, shops and historic sites. Focus will be on the life and times of slain City Supervisor Harvey Milk. The walking tour will end at a favorite neighborhood restaurant, the



Sausage Factory, for lunch on your own. Other restaurants are also available for your dining pleasure. After lunch, we will have some time for shopping along Cas-

tro and the adjacent streets, followed by a tour of Gary Holloway's nearby 1875-vintage Victorian home. Come along for a day full of new and fun sights and activities that highlight a vibrant part of San Francisco. Leave OC at 7:30 AM, return ~ 6:30 PM. \$47. RSVP ♦♦ Now.

Halloween "Spooktacular" Dance Friday, October 26 — 5026-08

Grab your Halloween mask, cape or wand for a night filled with dancing, snacks and spooky activities for singles and couples. Dress-up to compete in the "Spooktacular" costume contest and dance the night away to bewitching music with the Groove Thang Band. Try your hand at the Bobbing Apples Game and compete against your friends and neighbors to win fun prizes. Relive Halloween



Trick or Treat fun with the Spooky Candy Buffet. Your ticket

includes the Candy Buffet and Halloween "spirited" or "unspirited" punch bowl beverages throughout the night. The seven-piece band has been called the best "get off your seat and dance" entertainment cover band in Northern CA. The transformed Ballroom will be a Halloween spectacle where you can enjoy a variety of music, audience participation, activities and treats. Tables will be first-come, first served open seating for all guests. No-host bar when Ballroom doors open at 6:30 PM; dancing and activities 7:00-10:00 PM. \$20.

USS Potomac — Characters on the Bay Thursday, November 1 — 1832-08

The "Floating White House," Franklin Delano Roosevelt's presidential yacht, has been refurbished and has quite a history, from FDR to Elvis and a front for drug smugglers. It is now docked

near Jack London Square at the Oakland Pier. We will be taking a special "Characters on the Bay" three-hour history cruise. Some of the Bay Area's most notable/notorious characters



will be on board to share their history. Characters include Lillie Coit,

Emperor Norton, Sally Stanford, Jack London, John Muir, "Birdman" of Alcatraz and FDR himself! Box lunch included (choose onboard). Enjoy some free time at Jack London Square upon return from the cruise. Buy early — sales end September 24 due to vendor deadlines. Leave OC at 7:30 AM, return ~ 6:30 PM. \$99. RSVP ◆◆ Now.

"Season of Color" – A Fashion Show Event

Friday, November 2 — 5002-09

Colorful fashions will fill the Ballroom as you watch friends and neighbors showcase the latest fall, winter and holiday designs from women's boutique and specialty stores including *Sun River*, *White House Black Market* and more. Enjoy an appetizing luncheon with choice of *Rice Noodle Shrimp Salad* or *Creamy Chicken Alfredo Pasta with a Chocolate Truffle Cheesecake for dessert*. If you are buying a table with friends and neighbors, please have a complete list of guests



at your table and their food choice upon registration. Advise the Monitor when purchasing tickets if you wish to be seated at the Gentlemen's table. For a complete menu, visit the

Activities Desks (OC/KS). OC Ballroom doors open at 11:00 AM; lunch served 11:30 AM; show 12:30 PM. Early registration discounted rate September 17-October 14, \$28. After October 14, \$31. *If you would like to walk the runway as a model, please fill out the information sheet at the Activities Desks (OC/KS) by September 20.* Come by the Lodge to shop the unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.

Apple Hill

Monday, November 5 — 1824-09

First bus sold out! Enjoy another Fall trip to Apple Hill in the Placerville foothills and stock up on your holiday pies. Visit High Hill Ranch with crafters, specialty shops, produce & goodies store. The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy lunch consisting of a *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, Apple Pie a la Mode and beverage.* (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill. Next stop is Larsen's Apple Barn and Bill's Apples/Felicia's Dolls. Arrive back at High Hill in time for a hay ride through the apple orchards and surrounding areas of High Hill Ranch. We even get a snack of an Apple Fritter and apple juice for the ride home. Depart 9:00 AM, return ~ 6:00 PM. \$51. RSVP ◆◆ by 10/4.



Reno Silver Legacy • Wednesday, November 7 — 1774-09
We're going to Reno for a fall drive up in the Sierras! Visit the Silver Legacy Hotel & Casino for the day and you'll get \$10 cash back & \$5 food credit. Try your luck at the slots or check out the Reno arts district.



Leave OC 8:00 AM, return ~ 6:30 PM. \$31. RSVP ◆◆ by 10/15.

Off to the Races

Thursday, November 8 — 1845-09

Enjoy a crisp autumn day by the bay at Golden Gate Fields in Albany with the heart-pounding intensity of live horse racing. Relax in the comfort and luxury of the Turf Club as you partake of an elegant and elaborate buffet while watching the races. Dress



code: Collared shirts and dress slacks are preferred for men while women

may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM – 3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ◆◆ by 10/5.

"Dueling Pianos" Featuring Guido Mastromatteo & Richard Cooper Top 40's, Oldies and Novelty Tunes Sing-Along Show

Friday, November 9 — 5009-09

Set the stage with two pianos and two outrageously talented entertainers for a world class Piano Duo. But this is not your traditional piano music, with top 40's hits, oldies, dance tunes, and novelty



songs all in one performance. You will see real baby grand pianos and experience how they have been retrofitted to fit electronic pianos inside. This live entertainment show is a combination of piano and singing by Guido Mastromatteo and Richard Cooper, audience sing-along, comedic bits and most importantly audience requests. The program may include song favorites like — "American Pie," "Piano Man," "Great Balls of Fire" and "Brown Eyed Girl" to name

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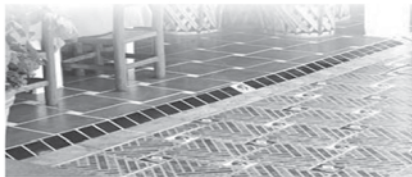
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just a few. Dueling Pianos was described as great fun the last time they performed for our residents, so we are bringing back one of the most entertaining acts in the country. It's a hand-clappin', toe-tappin' good-time sing-a-long show you will never forget! Ballroom (OC) 7:00 PM. Premium seating available for those who wish to enjoy the convenience of reserved front-section Ballroom seating. During registration, please note to monitor that you wish to have premium reserved seating and preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available seating will be provided. No need to stand in line prior to the concert. Premium seating sold only at OC Lodge \$17. Early registration discounted rate September 17-October 14, \$12. After October 14, \$15.

The Players Group Presents — "Yankee Doodle Dandy"

- **Thursday, November 15,**
7:00 PM — 5019-09A
- **Friday, November 16,**
7:00 PM — 5019-09B
- **Saturday, November 17,**
2:00 PM — 5019-09C
- **Saturday, November 17,**
7:00 PM — 5019-09D

The Lincoln Hills Players present "Yankee Doodle Dandy," a fast-paced musical based on the life of American hero George M. Cohan. This great song and dance man spent 56 of his 64 years on the stage. He wrote



40 plays, collaborated with other playwrights on 40 plays and shared in the production of another 150 during his lifetime. With over 1000 appearances as an actor and writing more than 500 songs, Cohan was the first superstar of American show business in an age without electronic mass media. Wearing many hats successfully in American performing arts, he triumphed as an actor, singer, dancer,

Three Days/Two Nights: Carmel & Pebble Beach • Monday, November 12 through Wednesday, November 14 — 1970-08

Looking for a nice relaxing trip before the holidays? California coastal weather in the fall is just beautiful! Join us on a three-day/two-night tour of the scenic Carmel and Pebble Beach. Stay at the beautiful Carmel Mission Inn and relax at the lounge or take a dip in the outdoor heated pool and spa after an active day of shopping and tours we have prepared for your enjoyment. Trip Inclusions:



- Docent-led tour of Carmel Mission Basilica with its three museums that include an art exhibit, local history and the story behind the restoration;
- Two-hour history and art walk in Carmel-By-The-Sea visiting special off-beat places, unique spots including Hugh Comstock's fairytale cottages, famous architecture, artists' homes & galleries, famous movie locations and much more!
- Time for shopping and dining on your own in Carmel;
- 17-Mile Drive experience in Pebble Beach with several stops for viewing and photography including time at The Lodge at Pebble Beach for shopping and dining;
- Daily hot breakfast at the hotel;
- Stop at Ghirardelli Chocolate Factory Outlet in Lathrop on our way home.



All meals are on your own excluding breakfast and we encourage you to make reservations at your favorite dining locations in the areas we are visiting. *A signed liability waiver is required for each participant.* \$318 per person double occupancy. \$468 single. Trip will be canceled if we don't meet our minimum by 10/11. Check out the website for Carmel Mission Basilica, www.carmelmission.org/ and Carmel-By-the-Sea Art Walk and History Tour www.carmelwalks.com/
RSVP ♦♦ Now.

songwriter, playwright, director and producer. Director Dolly Schumacher James has filled two hours with his songs, dance numbers and comedic scenes to recreate the period and take you on a sentimental journey to a time long ago. You will leave the theater humming his songs! Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). \$14.

Sacramento Opera: Il Barbiere di Siviglia — The Barber of Seville Sunday, November 18 — 4610-09

He's Seville's 'King of Lather and Foam'... and master of a few other tricks as well! Barber by day, match-maker by night, Figaro puts his wiles to work as he aids Count Almaviva in wooing the beautiful Rosina. She's such a catch that her sleazy guardian keeps her under lock and key with the intent of marrying her himself.

But no challenge is too great for Figaro's trickery. With laughter at every turn, the cunning Rosina is no slouch at manipulating things herself! This riotous musical comedy is one of the most popular in operatic repertoire. Sacramento Opera production at The Community Center Theater. Orchestra seating. Leave OC at 1:00 PM, return ~ 6:00 PM. \$85. RSVP uu by 10/5.



Comedy Night at OC Ballroom Monday, November 19 6:00 PM performance — 5019-09A 8:00 PM performance — 5019-09B



New Location: OC Front Ballroom for the months of October, November and December. Headliner Chicago Steve Barkley has

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shared the stage with Jerry Seinfeld and Robin Williams and won the First Place \$10,000 prize on America's Funniest People. Traveling the globe with his hilarious brand of comedy and sound effects, he has opened for Ray Charles, Neil Young, Herbie Hancock, and others. Show opener is Jason Armenio. Receive \$1 discount off a minimum \$4 purchase from Meridians Bar and/or Sports Bar on day of event with ticket. Front Ballroom (OC). Early registration discounted rate September 17-October 14, \$8. After October 14, \$10.



The Lion King — Orpheum Theater Wednesday, November 28 — 4550-09

Experience the phenomenon of Disney's "The Lion King." Marvel at the breathtaking spectacle of animals brought to life by award-winning director Julie Taymor, whose visual images for this show you'll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score including Elton John and Tim Rice's Oscar-winning song "Can You Feel the Love Tonight" and "Circle of Life." Let your imagination run wild at the Tony Award-winning Broadway sensation *Newsweek* calls "a landmark event in entertainment." We have matinee tickets in the orchestra section for San Francisco's most eagerly awaited return to SHN Orpheum. Feel free to bring a bag lunch on the trip down and enjoy dinner on your own after the show. Depart OC 10:30 AM, return ~ 10:30 PM. \$119. RSVP ◆◆ by 10/5.



An Irish Christmas — Three Stages Friday, November 30 — 4620-09

A celebration of Christmas in Ireland, with glorious music, traditional dance, lively storytelling, and plenty of Irish soul, An Irish Christmas will

feature Riverdance star Kevin Horton and Magic of the Dance stars Ciaran Maguire (who debuted in Riverdance at the age of 16) and Collette Dunne, plus the Kerry Trad Orchestra and a host of actors and singers in a sparkling Irish night! Three Stages Theater in Folsom. Leave OC at 6:00 PM, return ~ 11:00 PM \$58. RSVP ◆◆ by 10/5.



New Year's Eve Mask Making Party Friday, November 30 — 5030-09

Unmask the possibilities with friends and neighbors by creating your own masquerade ball mask for our 2013 New Year's Eve party. Masks, feathers, beads, glitter and glitz will be plentiful as we offer all the supplies to make a unique mask that will accessorize your outfit perfectly. *Ticket to mask making party will give you the option to make a mask or purchase a premade mask. Choice required during registration.* Open seating. Front Ballroom (OC), 2:00 PM. Early registration discounted rate September 17-October 14, \$6. After October 14, \$9. Mark your calendars for our New Year's Eve (NYE) party as we unmask more party details in next month's *Compass*. *NYE tickets go on sale starting October 24.*



Overnight Weekend! San Francisco Holiday Shopping Saturday December 1, Sunday December 2 — 1972-09

Ready to take in the pleasures of a holiday weekend in San Francisco



to shop, dine, spa or watch a show and not have to worry about driving or parking? Our first San Francisco overnight trip, enjoy the

holiday lights and decorations and see the city come to life at night. We've secured rooms at the Joie de Vivre Galleria Park Hotel next to the Crocker Galleria near Union Square as your base. There's a complimentary evening wine hour, free Wi-Fi, and a Keurig coffee maker in your room. You'll also receive a 10% off coupon for Macy's and a Passport to Savings booklet for the Westfield Shopping Centre. The hotel is close to Chinatown, with easy access to Muni bus, BART and cable cars. Overnight package includes a gift card for Sunday breakfast at Bread and Cocoa Café next to the hotel. (Feel free to bring it back to your room to enjoy and relax as we won't leave the city until 10:00 AM.) More shopping on the way home with a stop at the Vacaville Premium Outlets. You will receive a VIP coupon book, lunch on your own. *A signed liability waiver is required for each participant.* Leave OC 9:00 AM December 1, return ~ 5:00 PM, December 2. \$201 per person double occupancy; \$321 single. RSVP ◆◆ by 10/4.

Beach Blanket Babylon — Holiday Edition • Wednesday, December 12 — Sold out!

Leave the Lodge at 2:00 PM; return 11:00 PM.

Broadway Sacramento 2012-2013

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation, polish and professionalism of Broadway are all here. All performances at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$76 each, except where noted.

- **Memphis • Tuesday,
October 30 — 4563-06A**



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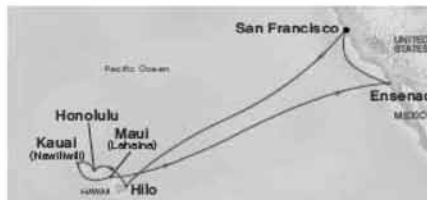


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nessee, comes a Tony Award-winning new musical that bursts off the stage with explosive dancing, irresistible songs and a thrilling tale of fame and forbidden love. RSVP ◆◆ Now.

- **Rock of Ages • Tuesday, January 22, 2013 — 4563-06B**

A hilarious, feel-good love story told through the hit songs of iconic rockers Journey, Styx, REO Speedwagon, Foreigner, Pat Benatar and others. An awesomely good time about dreaming big, playing loud and partying on! RSVP ◆◆ by 11/14.

- **Beauty and the Beast Tuesday, March 12, 2013 — 4563-06C**

The most beautiful love story ever told is a Broadway musical for all generations. Disney's eye-popping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. RSVP ◆◆ by 1/14/13.

- **Second Bus Added! Billy Elliot Tuesday, April 9, 2013 — 4563-06D1**

First bus sold-out! Based on the international smash-hit film and featuring music by Elton John, this joyous celebration of one boy's journey to make his dreams come true earned unanimous critical acclaim on Broadway and won 10 Tony awards. \$76. RSVP ◆◆ by 2/14/13.

- **Just announced! Les Miserables Tuesday, June 4, 2013 — 4563-06E**

Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schönberg's legendary musical, *Les Miserables*, with glorious new staging and dazzlingly re-imagined scenery inspired by the paintings of Victor Hugo. This new production has been acclaimed by

critics, fans and new audiences and is breaking box office records wherever it goes. \$80. RSVP ◆◆ by 4/14/13.

Sold Out Trips/Events Thru October 20

Trip/Event • Date • Departure Time

- USS Potomac, September 22. 7:30 AM
- Giants vs. San Diego Padres September 23, 10:00 AM
- Taste of San Francisco September 25, 8:00 AM,
- Hearst Castle & Cambria October 2-4, 8:00 AM
- Apple Hill, October 16, 9:00 AM
- Beale Air Force Base October 19, 8:15 AM

Art Classes

— Oils, Pastels & Acrylics —

Painting Pastels and Oils with Joan Mondays, October 15-November 12 — 1051-09

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 list at registration. RSVP ◆◆ by 10/10.

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, September 19-October 17 — 1033-08

October 24-November 14 - 1033-09 9:00-11:30 AM (OC). Instructor: Artist/resident Tom Proctor First class. \$65 (five sessions); **second class \$52 (four sessions.)** 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 re-viewing a notebook composed for their

use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ◆◆ Now or by 10/17.

New! Still Life Painting and Beyond — All levels Thursdays, September 20-October 11 — 1041-08

1:00-4:00 PM (OC). Instructor: Artist/resident Jan Saia. \$65 (four sessions). Professional artist and returning resident Jan Saia has been painting for over 20 years garnering numerous awards including "Best of Show" and the most recent KVIE Jurors Award. She is mostly known for her still life paintings but she also paints landscapes, portraits and figurative pieces. The goal of the class is to show how to strengthen the foundation of your work with focus on "values" as well as painting "form." Instructor will demonstrate over the four weeks and will give each student personal help and attention as needed. Note: Depending on success of class and student's feedback, class may be re-offered in the future. RSVP ◆◆ Now.

-Mixed Media-

Mixed Media Collage • Mondays, October 1-22 — 1140-08

12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions).



This lively and improvisational fine art class will show you how to turn "found objects" and recyclables such as magazine pages, wrapping paper, beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. Collage art is

free-spirited and inventive, using your favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake in creating this artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists. New students: Call Jo at 543-1357 for supply list. RSVP ♦♦ by 9/24.

Bridge Classes

Beginning Bridge with Gayle Tuesdays and Thursdays

October 16-November 15— 1510-08

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$50 (10 sessions). Learn the most exciting and challenging card



game in the world! Class is for those who have *never* played bridge, but are interested in learning it. Have you ever held a handful of diamonds? Do you have a heart? How about a dummy for a partner? (Oh, dear!) Discover a new passion that gives your brain a real workout! RSVP ♦♦ by 10/9.

Ceramics Classes

— Earthenware —

Airbrushing Workshop • Monday

October 22 — 1104-08 A

Firing Fee — 1104-08B

9:00 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. \$55, additional firing fee \$7. David Hoff, Fired Arts Educator returns to Lincoln Hills on Monday, October 22, for a day of brushwork and piping. Piping is raised stand-up glaze used for detailing and outlining a piece. The technique was developed extensively by Moorcroft Potteries in England. We now can duplicate the work using a glaze mix and decorating the piece. For this class, we will complete a Poinsettia design on a large platter and a colorful sea shell

piece. Each piece will be piped and decorated with Concepts. For something different with ceramic education this is a great class. Students may



purchase the piping bottles and ware will be brought in to decorate. No pre-shopping for this class. For those of you who do pottery, piping can be done on hand-built pieces; therefore you may want to join in on the class, learn the technique on the molded ware and then use the information to decorate your own pieces. All color, patterns and instructions are included in class fee. We ask everyone to arrive between



8:30 and 8:45 AM for set-up. Class is held in the Terra Cotta Room (KS). Note: Mark

your calendar for our last class this year — November 26. Class details in next *Compass*. RSVP ♦♦ by 10/15.

— Lladro —

Spanish Oil Painting Wednesdays, October 17- November 14 — 2063-09

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). This is a beginning and continuing class on how to paint porcelain figurines.

Prerequisite: Beginning students required to attend five consecutive classes in order to complete first-time



instruction and project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 10/10.

Lladro Workshop • Wednesdays, September — 2064-01I

October — 2064-01J

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,

October 2-30 — 2012-09A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$67 (five 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 9/25.

Advanced Ceramics • Tuesdays, October 2-30 — 2012-09B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). For self-



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motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 9/25.

Ceramics — All Levels • Thursdays, October 4- November 1 — 2011-09

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. Frequent demonstrations are given introducing new and exciting projects. **New students: Ask for supply list from the Activities Monitor when you register.** RSVP ♦♦ by 9/26.

Computer Classes — Mac

Beginning Pages (Mac Word Processor) • Saturday & Sunday, September 15 & 16 — 2511-08

12:00-3:00 PM. (OC) Instructor: Ken Silverman. \$60. This is a two-day hands-on workshop with six total



hours. Pages is the Macintosh word processor and page layout program. How to create basic word processor documents, use of templates, text tools, how to

add graphics and pictures, what is the inspector and how it works will all be shown and discussed. Exporting functions will be shown so others without Pages can read your documents. This is a beginning class for word processing and will not go in depth on page layout. **Prerequisite:** Basic knowledge of Macintosh required — use of mouse, finding documents and basic terms. RSVP ♦♦ Now.

Basic Aperture • Saturdays, September 22 & 29 — 2521-08

1:00-3:00 PM (OC). Instructor: Irwin Maloff. \$40 (two sessions). This four-hour class starts with the basics of image management and takes you step-by-step through Aperture's powerful photo editing, and image-retouching features. Students will learn time-saving techniques for sorting, ranking, and organizing images. This class is for anyone that wants to learn the fundamental functionality of Aperture and Apple's ground-breaking photo editing and management software.

Prerequisites: Being familiar with Mac OS X and basic computer navigation. Knowledge of basic photography terminology is highly recommended. RSVP ♦♦ by 9/15.

New! Introduction to iPhoto 11 (Version 9) • Friday & Saturday, October 26 & 27 — 2570-09

9:00 AM-12:00 PM (OC). Instructor: Andy Petro. \$60 (two three-hour sessions). \$5 for handouts collected by instructor. Class will cover how to get your pictures from a digital camera, email, a CD and a SD card into iPhoto; get them out for printing; make 'table



top' books; and how to send your photos to others. Learn how to create

a slideshow of your photos that you can email or put on a DVD, calendars and cards. Discover how to keep track of your photos, edit them. Take out 'red-eye' automatically and much more. The class will also include how and why to set preferences, understanding different importing and exporting techniques. Use the 'Faces and places' in iPhoto. Room for nine students using the lab's iMac's — if you have your own laptop there is a connection space for four but you must have iPhoto '11 (Version 9) installed on your laptop. RSVP ♦♦ by 10/19.

Computer Classes — PC

Word Phase One Mondays & Wednesdays, September 17-26 — 2651-08

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class will provide 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,

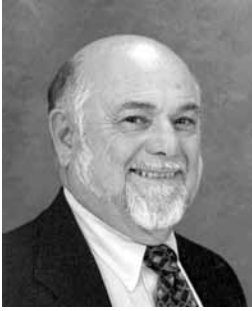
this class will introduce you to some new shortcuts, and tips. The class will cover auto correct, the format paintbrush, the show hide mark, the smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting, line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. RSVP ♦♦ Now.

Word Phase Two Mondays & Wednesdays, October 15-24 — 2651-09

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Class focuses on integrating text and graphics. We will explore the advanced features of word, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels and tables. Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. **Prerequisite:** lots of practice with Microsoft Word. Or Word Phase one or Word Basics. RSVP ♦♦ by 10/8.

Tips & Tricks for Beginning PC Users • Tuesdays, September 25 — 2540-08A

October 23 — 2540-09A
9:00-11:30 AM (OC). Instructor: Bob



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Ringo. \$12. The beginning computer user is often frustrated when it comes to cutting and pasting, using the



scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Prerequisites: Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 9/18 or 10/16.

More Tips & Tricks for Beginning PC Users • Thursdays, September 27 — 2540-08B October 25 — 2540-09B

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$12. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 9/20 or 10/18.

Android Tablet Class • Wednesday, October 10 — 2552-08B

9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$30. Google's Android is the best alternative to Apple when it comes to Tablets and Phones. Unlike Apple's closed system of hardware and software, the open-source nature of Android makes it inviting for many hardware manufacturers to produce Android-based devices. Come to this seminar, bring your Tablet or Phone, connect to our Wi-Fi,

and discover how to customize your Portable Computer to perform "your way." We will go thru many of the



settings that allow you to do amazing things, plus how to sync mail, calendar, data and much more. On the large screen, you'll be able to see and preview the "Apps" we'll be discussing. **Prerequisite:** Be an Android device owner and have a working "Gmail" account. RSVP ♦♦ by 10/3.

—Digital Photography—

Picasa

Wednesday, Thursday, Friday, September 26, 27 & 28 — 2552-08A 12:00-2:00 PM (OC). Instructor: Len Carniato. \$60 (three sessions). Modern digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Touching up and sharing with friends and family can be confusing, so take this class and learn how to use Picasa, a free and intuitive program designed for the "amateur" digital photographer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ by 9/19.

Photoshop Elements 9 — Level 1 Fridays, October 19-November 2 — 2570-08B



10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury. \$49 (three sessions). This is the number one consumer photo editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore your photos, correct colors, create

borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 5.0 to 10.0 owners. After class, students may access PC lab to work on their photo projects. **Prerequisite:** Basic computer knowledge recommended. Handout fee (\$3) payable to instructor. RSVP ♦♦ by 10/12.

-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 de-

tails of their lives. 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.

Getting More Out of Ancestry.com Monday,

September 24 — 2690-08A

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. 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 9/17.

New! Family Search Made Easy Monday, October 1 — 2690-08B

1:00-3:30 PM (OC) Instructor: Bob Ringo. \$15. New FamilySearch is an

online system that allows you to search for your ancestors from the world's largest genealogical database. Once you find a new ancestor you can retrieve information about this ancestor directly into a family history program like RootsMagic. Learn how to use RootsMagic to easily search the FamilySearch Family Tree and to share data and collaborate with others using this tremendous online resource. You will learn how RootsMagic can make your genealogy quest more productive using FamilySearch. If you are currently using a family history program other than RootsMagic you will learn how to easily import your family tree into RootsMagic so that you can reap the benefits of the new FamilySearch. RSVP ♦♦ by 9/24.

CERT

CERT Class

October 24, 25, 30 & 31 — 6013-09

8:30 AM to 4:00 PM. Fire Station 34 at Joiner Parkway and First Street in Lincoln. Be part of the Lincoln Hills Community Emergency Response Team (CERT)! CERT class is a four-day course on Disaster Preparedness, Fire Suppression, Light Search and Rescue, Disaster Medical Operations,



with an emphasis on team building and safety. CERT training involves some lifting and you should be in average physical health. The CERT class will be taught by Aaron Bjorgum from the city of Lincoln Fire Department at **Station 34** on Joiner Parkway. This four-day class (*with graduation at Orchard Creek Lodge – date to be announced at the class*) is free and includes textbook and lunch. To be certified, you must attend all classes. Due to the size of the classroom, the class will be limited to 15 participants so it is important that you register quickly. For questions, you can contact CERT Chair, Bill Becker, at 543-3493 or CERT Training Coor-

dinator, Lee Guth, at 626-0484 (H) or 503-351-9209 (M). *Please note: There is additional information to pick up at the time of registration.*

Cooking

Savory Soup

Tuesday, October 9 — 4014-09



9:00-11:00 AM. (KS).

Instructor: Chef Roderick Williams. \$15. Learn to prepare savory soups in time for the cold weather. Chef will be demonstrating recipes

focusing on fall flavors like *French Onion, Butternut Squash & Pear and Carrot & Ginger*. Student will receive a copy of the recipes and taste Chef's delectable creations. Space is limited, sign up early. RSVP ♦♦ by 10/2.

Crafts

—Card Making—

Intro to Card Making 101 •

Tuesdays, October 9-30 — 3170-09A

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$28 (four sessions).



Have you ever wanted to make a card but you weren't sure how to get started? This beginners' class will be a fun three hours of learning and

showing you how to make greeting cards along with a cute box. Classes are small so you will get lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 10/2.

Card Making — Level 2 • Fridays, October 5-26 — 3170-09B



9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$28 (four sessions). **Prerequisite:** Needs

to have completed Intro to Card Making 101, or have instructor's approval. We will continue to build on our card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided, and class size will be small so that you will get lots of individual attention. Class size is limited so sign up early. RSVP ♦♦ by 9/28.

—Origami—

Christmas Celebration • Mondays, November 12-

December 3 — 3040-09

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions).

Origami is a Japanese word for folding paper. An ancient craft handed down from Japanese ancestors, it prospered during the Tokugawa Era



and has been revived through the years for peace and leisure. New artists sprout profusely introducing original creations, some strictly adhering to the traditional purest form, while

others cultivate surprising figures of "Modern Origami." In this class, you will learn to make a new shape of Christmas tree, poinsettia, holiday cards/bookmark and more. See the display window (OC) for project samples. Class is for beginners and continuing students. Class is divided according to skill level and student's experience. Instructor will demonstrate and provide instructions on making basic folds to beginners to complete simpler versions of projects during the last two weeks of class. Beginners are expected to practice at home for skill improvement. Bring glue, pencil, ruler, scissors, origami paper 6x6," 8x8" and 12x12." RSVP ♦♦ by 11/5.



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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.

—Clogging—

Step Review through Intermediate Clogging • Tuesdays, October 2-30 — 3572-09A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions).

Prerequisite: Instructor approval and/or new and returning students with clogging experience. This class will feature review of steps from the dances we have learned so far — from fun to intermediate levels. We'll also be learning new dances from all levels to Intermediate from recent workshops and conventions. Come join our fun. All levels encouraged to participate. RSVP ♦♦ by 9/25.

Performance and Technique Clogging • Tuesdays, October 2-30 — 3572-09B

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$25 (five sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take Step Review through Intermediate Level Clogging. Janice brings her many years of expertise working with dancers of all levels and all ages. Challenge yourself with some higher level clogging. Review of steps from some of the Intermediate Level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 9/25.

—Country Couples Western Dance —

Country Couples Western Dance — Beginner Level 1 & 2 • Mondays, October 1-29 — 3532-09A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$25 (five 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. Instruction will be at a slower pace for beginners. *Dances for this session will be "Two Step moves, Renegade circle dance and Let's do that again."* If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 9/24.

Country Couples Western Dance — Intermediate Level 3 & 4 Mondays,

October 1-29 — 3532-09B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$25 (five sessions). 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 for this session will be "Cha Cha Lengua circle dance, Paradise Walk with turns circle dance, waltz moves and review of previous dance sessions including Sleeping Child circle dance."* RSVP ♦♦ by 9/24.

—Dancing with Dolly—

Beginning Performance Dance with Dolly • Wednesdays, October 3-31 — 3920-09D

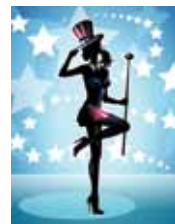
6:30-8:00 PM, Aerobics Room (KS). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$50. (five sessions). Ms. James brought musical theater to Lincoln Hills over 10 years ago after

an extensive background with her world-renowned school in the Bay Area. "Our community is filled with talent! Now, people have a chance to do something they always wanted — perform!" This new performance dance class will give students an opportunity to learn the basics of dance techniques and to perform in the main musical/variety shows in Lincoln Hills including "Yankee Doodle Dandy" which is scheduled for November. Routines designed for all levels of dance experience. Now is the time to try something new and feel the wonders of being on stage. RSVP ♦♦ by 9/26.

Jazz/Musical Theatre Wednesdays,

October 3-31 — 3920-09A

4:00-5:00 PM. Aerobics Room (OC). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$48 (five sessions). Exercises and tech-



nique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Strengthens balance, increases flexibility, coordination, rhythm and timing, all the while students are having fun. You will be encouraged to learn different styles of dance: Traditional & Modern Jazz, and Musical Theater with an emphasis on developing versatility in dance. Something new every week, no memorization. Come watch a class, see how much fun dance can be! RSVP ♦♦ by 9/26.

Ballet • Thursdays, October 4-25 — 3920-09B

5:45-6:45 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James, Master teacher & Choreographer \$36 (four sessions). For some reason when the word ballet is used, many women are intimidated. Don't be! Ballet is wonderful fun and the basic foundation for all types of dance: Jazz, Ballroom, Musical Theater, Tap, Country

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Advanced Performance Dance with Dolly • Fridays,

October 5-26 — 3920-09C

2:30-4:00 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$50 (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 9/28.

—Hula—

Hula • Thursdays, September 27-October 25 — 3901-08

Or November 1-29 — 3901-09

1:15-2:15 PM (KS). Instructor: Pam Akina. September class \$40 (five sessions); November class \$32 (four sessions, no class November 22).



Begin or continue your study of 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, ka`o, hela, and ami, you will learn a beautiful hula auana (modern hula) from beginning to end. In the Hawaiian tradition, we study

language, culture, and history as well, because hula is more than just hands and feet! Performance techniques are also taught. Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 9/20 or 10/25.

— Jazz —

Jazz Technique

Saturdays,

October 6-27 — 3930-09A

Or Tuesdays,

October 2-23 — 3930-09B

Saturdays 3:00-4:00 PM, Aerobics Room (OC), Tuesdays 1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Have fun learning different styles of jazz dancing emphasizing proper technique. Come learn from a former professional dancer who loves to teach dance and choreograph. Melanie will demonstrate various dance steps to insure proper execution. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Class is for all skill levels. This first series of classes will be used by instructor to evaluate student skill level for future class programming. RSVP ♦♦ by 9/29 or 9/24.

— Line Dance —

Intro to Line Dance • Thursdays, October 11-

November 29 — 3704-09

4:30-5:30 PM (KS), Instructor: Audrey Fish. \$35 (seven sessions, no class November 22). The first step to learning line dancing. This new class for real beginners introduces basic line dance steps, dances and terminology at a very slow and easy pace. Join Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. **Not** for experienced students. *Students who have*

completed the class at least three times should register for the next line dance level or higher to allow space and comfortable learning experience for beginning learners. RSVP ♦♦ by 10/4.

Line Dance I Beginner with Audrey Thursdays

November 1-29 — 3601-09A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$20 (four sessions, no class November 22). Class is not for newbies in the dance. Class reviews fundamentals of line dance, including basic steps such as grapevine, jazz box, shuffle quarter and half turns at a slow temp. If you haven't line danced before you should start with Intro to Line Dance. RSVP ♦♦ by 10/25.

Line Dance II Beginner Intermediate with Audrey • Monday,

November 5-26 — 3601-09 B

5:00-6:00 PM (KS). Instructor: Audrey Fish. \$20 (four sessions). **Prerequisite:** Completion of Line Dance I/Beginning



Line Dance. This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more challenge. Students must know basic line dance steps, such shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 10/29.

Line Dance III Intermediate with Audrey • Thursdays

November 1-29 — 3601-09C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$20 (four sessions no class November 22). For those who want a bit more of a challenge than the Beginning/Intermediate classes. 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 danc-

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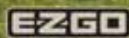
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er “above water” A lot of fun, and great exercise. RSVP ♦♦ by 10/26.

Line Dance Beginner Plus with Sandy • Tuesdays, October 16-November 27 — 3705-09A

9:00-10:00 AM (OC). Instructor: Sandy Garetto. \$42 (seven sessions). This



class is a step up from Beginner Line Dance I. Basic line dance terminology is used such as grapevine, coaster step, pivot quarter and half turns, coaster steps, jazz boxes, plus many more. Students should be able to understand and

execute basic line dance steps as the instructor leads and teaches dances using line dance terminology. This class will be learning slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 10/9.

Line Dance II Beginner-Intermediate with Sandy Wednesdays, September 26-October 24 — 3705-08A
Or October 31 – November 28 — 3705-09B

9:00-10:00 AM (KS). Instructor: Sandy Garetto. \$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 9/19 or 10/24.

Line Dance III with Sandy Wednesdays, September 26-October 24 — 3705-08B
Or October 31- November 28 — 3705-09C

10:00-11:00 AM (KS). Instructor: Sandy Garetto. \$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



to 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 9/19 or 10/24.

Line Dance I Beginner with Yvonne Mondays,

November 5-26 — 3602-09A

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). This class is a step up from the Introduction to Line Dance Class. If you have never danced before, it is highly recommended, but not necessary, to have taken at least one to three of the Introduction sessions in order to be familiar with basic line dance terminology. Although this is a beginner class, it is taught at a faster pace than the introduction level. RSVP ♦♦ by 10/29.

Line Dance Beginner Plus with Yvonne • Mondays,

November 5-26 — 3602-09B

6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from Line Dance I into Line Dance II. The dances are a bit more challenging but, at the same time, incorporate what has been learned at the beginner levels making dances fun, exciting and provides exercise for mind and body. RSVP ♦♦ by 10/29.

Line Dance II/Beginner-Intermediate with Yvonne Thursdays, October 11-

November 29 — 3602-09C

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

Yvonne Krause-Schenck. \$42 (seven sessions no class November 22). This class is taught at a faster pace than the beginner class and introduces more difficult combinations of steps, turns, syncopation and much more. The class is not for beginners and students at this level should know line dance terminology. RSVP ♦♦ by 10/4.



—Tap Dance—

Tap Classes with Alyson

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Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Performance. Students who are concurrently registered both in Performance and Technique class will only need to pay the discounted rate *** for one Technique class.

Performance Class • Mondays, October 1- 29 — 3555-09A (\$40)

10:00-11:00 AM (KS). Five sessions. Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 9/24.

Advanced Technique Class • Mondays,

October 1-29 — 3555-09B (\$25) * 3555-09B1 (\$13)**

11:00 AM-12:00 PM (KS). Five sessions. Class is geared more for tappers with advanced skill level but class is open for all who want a more challenging routine and dance steps. RSVP ♦♦ by 9/24.

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**Advanced Performance • Mondays,
October 1-29 — 3555-09C**

12:00-1:00 PM (KS). \$40 (five sessions). Only those who enrolled in August class may continue to take this preparatory performance class for 2013 Talent Show. RSVP ♦♦ by 9/24.

**Beginning Tap • Tuesdays,
October 2-30 — 3555-09D**

9:00-10:00 AM (KS). \$25 (five sessions). 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 9/25.

**Technique Class • Tuesdays,
October 2-30 — 3555-09E (\$25)
*** 3555-09E1 (\$13)**

10:00-11:00 AM (KS). Five sessions. RSVP ♦♦ by 9/25.

**Performance • Thursdays,
October 4-25 — 3555-09G**

10:00-11:00 AM (KS). \$32 (four sessions). Only those who enrolled in August class may continue to take this preparatory performance class for 2013 Talent Show. No new students will be accepted. RSVP ♦♦ by 9/27.

**Technique Class • Thursdays,
October 4-25 — 3555-09F (\$20)
*** 3555-09F1 (\$10)**

11:00 AM-12:00 PM (KS). Four sessions. RSVP ♦♦ by 9/27.

**Performance • Thursdays,
October 4-25 — 3555-09H**

12:00-1:00 PM (KS). \$32 (four sessions). Only those who enrolled in Au-

gust class may continue to take this preparatory performance class for 2013 Talent Show. No new students will be accepted. RSVP ♦♦ by 9/27.

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, October 15-
November 26 — 3581-09A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$42 (seven sessions). RSVP ♦♦ by 10/8.

**Fridays, October 12-
November 30 — 3581-09B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$42 (seven sessions, no class November 23.) RSVP ♦♦ by 10/5.

**— West Coast Swing —
(California's State Dance) —**

Class description of each class has been updated. Please read each class description before enrolling. Questions? Please contact Dottie at 543-6005.

**Introduction to West Coast Swing
Wednesdays,**

October 3-24 — 3513-09A

8:00-9:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). 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



the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 9/26.

**Intermediate I and II West Coast
Swing • Wednesdays,**

October 3-24 — 3513-09B

7:00-8:00 PM (KS). Instructor: Dottie

Macken. \$28 (four weeks). **Prerequisite:** Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with Instructor's approval. RSVP ♦♦ by 9/26.

**Intermediate/Advanced West Coast
Swing • Wednesdays,**

October 3-24 — 3513-09C

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 9/26.

Driver Training

**AARP Driver Safety Program
Monday & Tuesday,**

October 29 & 30 — 6055-09

1:00-5:30 PM (OC). Prices for two-day sessions: AARP Member \$22; non-AARP Member \$24. The course provides instruction on defensive driving techniques and California motor vehicle laws. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time



are covered. The eight-hour course is specifically geared to persons 50 or over. Attendees may be eligible for a discount on auto insurance (check with your provider to determine amount). Attendance at both days of the two-day course is required for a Certificate of Completion. You must be present to receive your certificate. Bring a valid Driver's License, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The 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 10/22.

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Fitness

Register for these classes at the Fitness Centers starting September 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.



SGT — Suspension Training for Golfers • Mondays & Wednesdays, September 24-October 17 — 835000-G7

4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Train to play your best golf ever! This small group training will take your golf fitness to the next level. Golf requires a combination of strength, flexibility, timing, balance, power and endurance.



This class will incorporate TRX, Bosu, Medicine Ball and large Stability Ball to create appropriate range of motion, balance and strength. All levels welcome. Four week session \$135. Register/Fitness Centers.

SGT — Bootcamp Mondays & Wednesdays, October 8-31 — 835000-A1 New! Tuesdays & Thursdays, October 9-November 1 — 835000-A2

Monday/Wednesday 5:00-6:00 PM; Tuesday/Thursday 6:15-7:15 AM, Aerobics Room (KS). Instructor: Rob-

ert Sanchez Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class no worries you can make it up in the other session offered. Talk with the instructor for more details! Four week session \$135. Register/Fitness Centers.

SGT — TRX Interval Training Mondays & Wednesdays, September 26-October 22 — 835000-T9

2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. 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, October 2-25 — 835000-F10

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 exercis-

es. 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,

November 2-30 — 835000-P10
(No class on November 23.) 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 series 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 of condition, Pilates will work for you. Four-week session \$135. Register/Fitness Centers.

SGT — Tabata BootCamp Mondays & Fridays, October 12-November 5 — 835000-Q8

11:30 AM-12:00 PM; first class is one hour, 11:30 AM-12:30 PM, Aerobics Room (KS). (First class 60 minutes.) Instructor: Deborah McIlvain. We are so excited to bring this cutting-edge

training program to Lincoln Hills. Tabata BootCamp will change what you thought was the road to fitness and fat burning! Forget hours and hours of cardio! Turns out that's *not* the fastest way to get fit! What is Tabata Training and how can it help you lose weight and get in shape *faster* than traditional exercise? Tabata training was developed by a Japanese researcher (Izumi Tabata) who found that short bouts of exercise (only four minutes!) using super high intensity intervals actually increased subject metabolism *more* than traditional exercise of 30-60 minutes! Our Tabata BootCamp workouts will be multi-level with modifications offered for those with any issues. You'll be able to get the fat burning, metabolism boosting benefits of this training program, and still "go at your own pace". The first session will be 1 hour, going over your personal goals, activity profile to help with your metabolism, body assessment and fitness assessment. Four week session \$135. Register/Fitness Centers.

SGT — Recreational Sport Training Wednesdays & Fridays, September 21-October 17 — 835000-R3

12:30-1:30 PM, Aerobics Room (KS). Instructor: Kara Lowe. This group training course targets your balance, ankle and knee strength, core conditioning, and improving your cardio-

vascular endurance. Take your pickleball, softball, biking, running, walking or tennis games to the next level with "The recreational sports guide to fitness"! Four week session \$135. Register/Fitness Centers.

SGT — Ski Conditioning • Tuesdays & Thursdays, October 25-November 20 — 835000-S4

4:30-5:30 PM, Aerobics Room (KS). Instructor: Julia Roper. Ski conditioning small group training has been designed specifically for skiers looking to get in shape for a more enjoyable, injury free season. Training will consist of strength exercises specific to the muscle groups that are used on the mountain, as well as cardio specific exercises that mimic the movement patterns of skiing. This training is open to all levels of skiers, and all levels of fitness!!! Four week session \$135. Register/Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with Weights • Thursdays, November 1-December 6 — 750500-09

(No class November 22.) 10:35 AM-11:30 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. Five-week session, \$75. Register/Fitness Desks/Online. RSVP ♦♦ by 10/25.

Waves! Beginning Circuit Class Mondays & Wednesdays

October 1-17 — 830000-09

5:00-5:30 PM; first class is one hour, 5:00-6:00 PM, Weight Room (OC). Instructor: Julia Roper. 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

Group Exercise Class Schedule! Purchase a Punch Card at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:25 AM	Stretch Plus Express*		Stretch Plus Express*		Stretch Plus Express*		
7:30 AM	Water Works	Hi-NRG Cycle*	Water Works	Mixed Level Cycle*	Water Works		
7:55 AM					Hi-NRG Cyc*		
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 Basics*Water Wks	Low Impact*	Water Works	Low Impact*	Water Works		
8:55 AM					Stretch Express		
9:00 AM	Zumba	Core & Strength	Zumba	Core & Strength	Low Impact	Yoga Basics* Fusion*	
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*		
10:00 AM	Core Connection	Yogafied	Core Connection	Yogafied	Cardio Dance&Sculpt	Strictly Strength*	
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works			
10:30 AM	Splash Dance		Splash Dance		Splash Dance		
11:00 AM	Everybody Can		Piloga		Piloga	Yoga With Weights*	Piloga*
11:30 AM	Arthritis Found. Aqua		Joint Efforts		Arthritis Found. Aqua		
12:00 PM			H.I.T.*		H.I.T.*		
1:00 PM	Chair with Flair		Chair with Flair				
2:00 PM	Balance Express		Balance Express				
5:00 PM	Zumba	H2O Circuit	Zumba	H2O Circuit			

OC Fitness Center Classes
 Indoor Pool OC
 Classes at KS-
 Express Classes OC
 Express Classes KS
 * effective October 1

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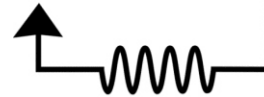
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Basic Chair and Balance

Fridays, October 5-26 — 806000-09

1:00-1:45 PM, Aerobics Room (OC). Instructor: Lola Lundquist. 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, \$16. Register/Fitness Centers/Online. RSVP ♦♦ by 9/28.

Reach for the Top/Stretch & Tone! Mondays,

October 8-29 — 805000-09

Tuesdays,

October 9-30 — 801000-09

Thursdays, October 11-

November 1 — 803000-09

Mondays 12:00-1:00 PM, Tuesdays & Thursdays 11:30 AM-12:30; Aerobics Room (OC). 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 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 special needs. Guaranteed! You will feel great when you leave this class! Make-up days are allowed. Four-week session, one day/week, \$32. Register/



Fitness Centers/ Online. RSVP ♦♦ by 10/1.

—In the Pool—

Core-N-More Deep Water Aerobics Mondays,

October 1-22 — 760100-09

Wednesdays, September 26-

October 17 — 760000-09

Mondays PM and Wednesday AM, September 26-

October 22 — 760200-09

Mondays 5:35-6:30 PM, Wednesdays 9:35-10:30 AM, Indoor Pool (OC). Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise



without touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class combines exercises that

will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. Four-week session, \$35 one day/week or \$50 two days/week. Register/Fitness Centers/Online. RSVP ♦♦ by 9/24.

Water Qigong • Wednesdays,

September 19 — Free Class

September 26-

October 17 — 813200-08

12:45-1:45 PM, Indoor Pool (OC). Instructor: Peter Petersen. Water-Gong is Qigong practiced in the water. Qigong is a moving meditation like Yoga, but it comes from China instead of India. Qigong differs greatly from Yoga in that the movements are very light, slow, and fluid, much like Tai Chi. Qigong is about bringing in healthy fresh, clean, energy to your

body. The benefits are increased flexibility, strength, balance, and bolstered immune system to name a few. Essentially, this form of Qigong creates a healthy balance between the mind, body, and spirit, keeping one healthy, happy, and at peace with oneself and in harmony with their surroundings. Four-week session, \$40. Register/Fitness Desks/Online. RSVP ♦♦ by 9/19.

—Walking—

Beginning Nordic Walking, Tuesdays,

October 2-23 — 750000-08

9:30-10:30 AM, Back Patio (OC). Instructor: Mike Barkhurst. Mike, a Lincoln Hills resident has three nationally recognized personal trainer certifications and two advanced teaching certification in the American and European Method or Nordic Walking. In the beginner class, you will learn the American Method of Nordic Walking using Exerstrider Poles. Each participant will have use of a pair of Exerstrider Poles for the entire four week session. There is very little hiking in the class as technique will be taught and critiqued during the four instructor led classes. Note: this class will only be offered four months out of the year. Four-week session \$55. Register/Fitness Desks/Online. RSVP ♦♦ by 9/25.

—Tennis—

Pro Tennis Lessons

October 7-November 11

Beginners — 790700-09

Intermediate — 790600-09

Advanced — 790500-09

Beginners 8:00-9:00 AM, Intermediate 9:00-10:00 AM, Advanced 10:00-11:00



AM; Tennis Courts #10/11. Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and

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—Mind, Body, Spirit—

Extra Gentle Yoga • Tuesdays,

October 9-30 — 710000-09

12:45-1:45 PM, Aerobics Room (OC).

Instructor: Julie Boone. Julie's popular



yoga classes are gentle and adaptable to meet the needs of any student. Julie's motto is "Yoga is not supposed to hurt!" Julie will help students modify

postures to find a level of stretch that is comfortable. If you have not tried yoga before, this is the class for you. Expect breathing exercises, standing poses, floor poses, and a brief guided relaxation. This class does not offer meditation instruction. Limit: 20 participants. Four-week session, \$44. Register/Fitness Centers/Online. RSVP ♦♦ by 10/2.

Gentle Hatha Yoga "Plus"

Tuesdays,

October 9-30 — 710100-09

2:00-3:30 PM, Aerobics Room (OC).

Instructor: Julie Boone. This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, and pranayama (breathing exercises). The "plus" is more time in deep relaxation, and additional instruction in meditation. 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, \$44. Register/Fitness Centers/Online. RSVP ♦♦ by 10/2.

Evening Yoga • (Hatha -Traditional Yoga) • Tuesdays,

October 16-30 — 711000-09

6:30-7:45 PM, Aerobics Room (KS).

Instructor: Susan Hayes. Warm summer evenings and extended daylight have arrived! Yoga will give you increased energy, flexibility, balance, and strength — all while reducing stress. This early 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! Three-week session, \$33. Register/Fitness Centers/Online. RSVP ♦♦ by 10/9.

Evening Yoga and Meditation Thursdays,

October 18 & 25 — 711100-09

6:00-7:30 PM, Aerobics Room (KS).

Instructor: Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and optional meditation. Each student receives individual attention, so enrollment is limited. Two-week session \$22. Register/Fitness Centers/Online. RSVP ♦♦ by 10/11.



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 bring about harmony of spirit and 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 Centers/Online. RSVP ♦♦ by 10/9.

Tai Chi Intermediate • Tuesdays,

September 18-

October 9 — 730300-09

Tuesdays, October 16-

November 6 — 730300-10

2:45-3:45 PM, Aerobics Room (KS).

This class is designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and a work toward a greater understanding of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two



White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Four-week session, \$40. Register/Fitness Centers/Online. RSVP ♦♦ by 10/9.

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Tai Chi Beginning

Tuesdays, September 18-

October 9 — 730100-09

Tuesdays, October 16-

November 6 — 730100-10

Saturdays, September 22-

October 13 — 730200-09

Saturdays, October 20-

November 10 — 730200-10

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli

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Spring Forest Qigong (SFQ)

Mondays,

October 1-29 — 745000-09

(No class October 8.) 1:00-2:30 PM, Aerobic Room (KS). Instructor Elizabeth Wescott. SFQ involves sitting and moving mediation practices. Utilizing breath, simple and gentle movement, visualization and meditation we find our way into a peaceful state of mind. All the while we are engaging our natural capabilities to heal and find balance. If you are seeking ways to increase your sense of ease or if you're looking for a quiet practice to support balance or healing you may wish join us. Four-week session \$40. Register/Fitness Centers/Online. RSVP ♦♦ by 9/24.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These work-

shops 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 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 • Monday

October 8-29 — 3082-09

1:00-3:00 PM. (KS) Instructors: Dave Fisk and John Neil. \$30 (four sessions). Supply Fee \$15 payable to instructor. Class limited to six students for optimum learning. This "hands-on" class provides instruction on safety and operation of lapidary equipment, and methods and materials for

creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP ♦♦ by 10/1.

Lost Wax Jewelry Casting –

Mondays, October 8-29 — 3130-09

(KS) Instructor: Dave Fisk (four sessions). *Class week 1, 2, and 4 — 9:00 AM-12:00 PM. Week 3 — 8:00 AM-9:00 AM, 2:00-4:00 PM.* (KS). Learn the basic techniques of this millennia old craft. Create wax model of desired



jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Maximum of six students. \$75 class fee, plus materials fee of \$20 payable to instructor at first class. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP ♦♦ by 10/1.

Jewelry Fabrication – Mondays,

October 8-29 — 3160-09

1:00-3:00 PM. Instructor: Chuck Defrenzo. \$60 (four sessions). Materials fee of \$10 payable to instructor at first class. Learn the basic techniques of metal jewelry sawing and soldering, and more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshop for a nominal fee to use equipment. No makeup classes. Maximum of six students. \$60 class fee requires separate acquisition of metal (gold/silver). RSVP ♦♦ by 10/1.

Glass Art

—Fused Glass—

Fusing Glass Workshops

Mondays,

September 17 — 3103-011

October 1 — 3103-01J

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12. Workshop is held once a month. 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. Pay Moderator each day you attend the workshop.

—Stained Glass—

Stained Glass Workshop

Mondays,

September 17 — 3103-01 I

October 1 — 3103-01J

4:00-6:30 PM. Sierra Room (KS). Moderator: Jordan Gorell. \$12. Workshop held once a month; 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

Bracelet Bonanza! • Tuesdays

October 9-23 — 3011-08B

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30 (three sessions). The holidays are coming! If your gift list includes ladies who love jewelry, why not give them a gift you made yourself. Join the class and learn two different bracelet looks — both easy to learn if you have a bit of patience and can work with small beads. Choose the checkerboard look that

uses the new Tila two-hole beads. Or “take a step up” with the ladder-look bracelet that employs bugle beads. Either one is sure to please any lady on your gift list. Or play Santa to yourself



and make them for you! Check the samples in the Lodges for a closer look. Be sure to get the materials list when you register. If you have questions about this project

or wonder if you have the skill for it and to get estimated cost of project materials, contact Cathie Szabo at billcats1@earthlink.net or 434-6667. RSVP ♦♦ by 10/2.

New! S-Curve Necklace/Bracelet Tuesdays, October 30 & November 13 — 3011-09

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$25 (two sessions; no class on Election Day, November 6). A statement piece if ever you saw one! Curvy sections of small pearls or beads twist and interconnect to form a gorgeous addition to any wardrobe. Here’s a chance to add some glam



and bling to your wardrobe. Think luxe when you select your color palette for this project. Project requires ability to handle small beads, a bit of patience and some time. Check the samples in the Lodges for a close

look. Be sure to get the materials list when you register. If you have any questions about this project or wonder if you have the skill for it and to get estimated cost of project materials, contact Cathie Szabo at billcats1@earthlink.net or 434-6667. She’ll be glad to answer any questions you have. RSVP ♦♦ by 10/23.

Movies

Christmas Movie Classics, November 26, 28 & 30 — 4272-09

9:00 AM-12:00 PM, November 26 and

30 and 10:30 AM-1:30 PM, November 28. (OC). Instructor: Ray Ashton. \$20 (three sessions). Get into the holiday spirit with three of the most beloved classic Christmas stories. With Ray’s help, you will have a better understanding and appreciation of these classics: *A Christmas Carol* (November 26) — take a look at Dickens’ own book and watch scenes from five different movies to tell this great story. *A Christmas Story* (November 28) — based on stu-



dents request, look at the back story of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart and a time before television in Jean Shepherd’s favorite Christmas tale. And last, *It’s a Wonderful Life* (November 30) — learn the story behind the making of Frank Capra’s great classic starring Jimmy Stewart and Donna Reed ... “what could have been” had our hero not been born. Find out how this wonderful movie came to be. RSVP ♦♦ by 11/19.

Music

—Guitar—

Guitar I — Beginner Level Wednesdays, October 31- December 19 — 4262-09 A

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). This class is designed for the person who has not played before or hasn’t played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help selecting one. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at

899-8383. RSVP ♦♦ by 10/24.

Guitar II — Guitar Intro Continuation Fridays, November 2- December 28 — 4262-09B

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 23). This class will continue to cover note reading. Chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor on the first day of class. Question? Please call Bill 899-8383. RSVP ♦♦ by 10/26.



Guitar III — Intermediate Thursdays, November 1- December 27 — 4262-09C

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 22). 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. The class promises to be a lot of fun. RSVP ♦♦ by 10/26.

Guitar IV — Advanced Thursdays, November 1- December 27 — 4262-09D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 22). **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 10/26.

Beginners Singers Vocal Boot Camp • Wednesdays, October 31-

December 19 — 6132-09A

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 people who want to be vocalists. 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 10/24.

Singer Vocal Boot Camp Continuation • Fridays, November 2-

December 28 — 6132-09B

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 23). **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 10/26.

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 10/26.

Play in a Day Keyboard Class Tuesday, October 2 — 4273-09

10:00 AM-12:00 PM (OC). Instructor: Karen Ramirez. \$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. At the end of the two-hour class, students will learn to play "Canon in D," "Ode to Joy" and a few other songs arranged for beginners. Class provides each student with a practice key board, Workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 9/25.

— History —

The History of Rock and Roll, Part Two • Wednesdays, October 3-24 — 4272-08

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). We continue our journey into the History of Rock and Roll following the "Day the Music Died." Rock has been left for dead and yet will find rebirth in the most unlikely places: places like the



Motor City, the beaches of Southern California, and a poor port city on the West Coast of England. The Second Generation of Rock will take the baton handed to

them by the founders of Rock and Roll and will rewrite the musical rules to take Rock and Roll to even greater heights. We will discover a turbulent time, a protest movement, a Fab Four, and a young Robert Zimmerman from Minnesota who will create a poetry that will move a generation and change the nature of Rock lyrics forever. So ... buckle up as we experience the "Sophomores of Rock and Roll." RSVP ♦♦ by 9/26.

Knitting

New! Basics of Knitting by Sylvia Feldman • Mondays, October 15 & 22 — 4070-09

10:00 AM-12:00 PM (OC). Instructor: Sylvia Feldman \$60 (two sessions). Always wanted to learn the knit and purl stitch? Want to know how to pick up dropped stitches? Instructor will review the two basic stitches of knitting, the knit and purl stitches, then expand to other stitches. If looking at a knitting pattern is like reading Chinese, then this class is for you? Learn how to read patterns, place markers and finish your project. Bring all your questions and a pair of knitting needles and yarn as this will be a hands-on class. This class will consist of two two-hour classes. Questions? Please call 543-3403. RSVP ♦♦ by 10/8.

Sewing

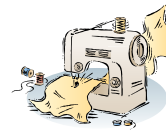
Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room (OC).

Bernina Serger Certification Monday, October 8 — 4059-11J

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ♦♦ by 10/1.

Bernina Sewing Machine Certification • Monday, October 8 — 4059-11J1

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 10/1.



Janome Sewing Machine Certification • Monday, October 8 — 4059-11J2

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 10/1.



Just the Facts Please! November 2012 State Ballot Initiatives
Monday, September 24 – Free

10:00 AM-12:00 PM, Ballroom (OC). Kathy Souza and Randy Swisley with the Placer County League of Women Voters (LWV) present unbiased reviews to current General State Election Propositions. As voting citizens, California provides an opportunity to participate in supporting qualified measures; this time, tax increases, crime/justice revisions, etc., are key issues. As each initiative is presented by LWV, Q&A time will be allotted respectively. Sponsored by Second Cup of Coffee Group and the Community Forum. It will be audio podcasted. Always a well-attended event, so come early!



Meet Your Candidates: Lincoln's City Council

Thursday, October 4 — Free
 3:00-5:00 PM, Ballroom (OC). SCLH has invited all Lincoln Council candidates to participate. Every candidate will introduce themselves and their personal election positions; then, each candidate will answer questions developed by the Community Forum Task Force representing open issues. If time, an open Q&A session will follow. All candidates will have a welcome table with handouts/promos in the Ballroom, ready to greet interested voters following the session! The session will be audio podcasted.



Hospice: Myths and Facts
Thursday, October 11 – Free

1:30-3:00 PM, Ballroom (OC). New in this area, the Green Valley Hospice Team will provide a panel presenta-

tion: Dr. Andres Tak, Medical Director, Anu-Aaltonen-Bond, RN, Director of Patient Care Services, Nicole Edwards, MSW, and Michele Casales, Chaplain. Hospice is a philosophy of care that accepts dying as a natural part of life, seeking neither to speed up the dying process nor to avoid it. Hospice helps patients focus on pain management,



comfort, and quality of life when they are no longer seeking curative treatment for a terminal illness in its end stages. Myths abound about hospice: that hospice is only for a few days, that it is expensive to the patient, that it is a place. This informative presentation will allow plenty of time for questions and answers.

Managing Stress and Depression
Wednesday, October 17 — Free

7:00 – 8:30 PM, Ballroom, (OC). Renee Nelson, MD, MS, Chief of Health Promotion at Kaiser Permanente, is a firm believer in taking care of mind, body, and soul with regular exercise, appropriate diet, proper rest, and plenty of fun. Stress is common in life and can impact one's health both mentally and physically if not dealt with constructively. Some become chronically angry which really becomes a façade to mask depression. Dr. Nelson will present different ways

to cope with anger and depression and will offer creative ways to manage stress and improve overall health — and even enjoy the process!

Handy Helpers, Back Again!
Wednesday, October 24 — Free

1:00-3:00 PM, Ballroom (OC). The very popular Handy Helpers are back to tell of recent scams and other important things to know about maintaining your house without spending a fortune or falling for scams. The latest seems to be a “free” plumbing inspection after which they find things to replace that don't really need replacing! Come early for a seat! (See article on page 15.)

Community Survey Analysis
Friday, November 9 — Free

10:00-1:00 PM, Ballroom (OC). The Strategic Advisory Committee (SAC), with their BWR Consultant and the Community Forum efforts, are co-sponsoring this event. We expect a large crowd, and time is allowed for a second presentation. The purpose of this first phase of the 2012 Strategic Framework Update, the Community Survey, was to define the demographics of our community, and also ask questions concerning interests, behaviors, and community needs. Telephone interviews and on-line/manual surveys comprised the effort. This session will be videotaped and podcasted.

Community Forums, Date, Time, Location

- 2012 Ballot Initiatives, Monday, September 24, 10:00 AM, Ballroom (OC)
- City of Lincoln Candidates Forum, Thursday, October 4, 3:00 PM, Ballroom (OC)
- Hospice: Myths and Facts, Thursday, October 11, 1:30 PM, Ballroom (OC)
- Managing Stress and Depression, Wednesday, October 17, 7:00 PM, P-Hall (KS)
- Handy Helpers Back Again, Wednesday, October 24, 1:00 PM, Ballroom (OC)
- Community Survey Analysis, Friday, November 9, 10:00 AM, Ballroom (OC)
- Challenges to Aging in Place, Wednesday, November 28, 7:00 PM, Ballroom (OC)

Handy Helpers

Continued from page 15
 grandchildren had a lemonade stand and we are donating the profits to Neighbors InDeed.” Awesome!

Would you like to become a NID volunteer? Need help from NID? In both cases, Neighbors InDeed is a phone call away at 223-2763.

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Financial Wellness: Trading versus Investing**Tuesday, September 25 — 870000-09**

10:30 AM-12:00 PM, P-Hall (KS). There are traders and then there are investors, which one are you and more importantly, which one do you want to be? Come learn the difference in both and how each invests. After this class, you will either change certain investment habits or confirm what you are already doing. \$5.

Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 9/19.

Introduction to Brain Health and Memory Wellness**Mondays and Thursdays, October 8-18 — 875000-09**

2:00-3:00 PM, Heights Room (OC). Memory Academy trained instructors Lola Lundquist and Erin Cantwell invite you to an interactive education program about keeping your brain healthy. This popular class provides tools and activities to aid healthy adults proactively to guard the brain from memory decay, decrease stress, improve memory, and sharpen concentration. As sciences has shown the brain is a complex and fascinating organ

that deserves extra attention as we age. Come join us for four fast-paced classes of fun and information, where you will learn about the physiology of the brain and aging, brain agility and memory exercises. Find out how to build a better brain through nutrition and exercise for enhanced brain health. (This program is for educational purposes and does not provide diagnosis or medical advice of any kind.) \$38. Register/Fitness Centers, Activities desks or online. RSVP ♦♦ by 10/1.

Fall Harvest Retreat • Sunday, October 7 — 820500-09

10:00 AM-3:00 PM. Sponsored by the KS Fitness Center & The Spa at Kilaga Springs. Join us for "The Season of Harvest" second annual Retreat at the KS Fitness Center. Our celebration of the Harvest Season will include meditation and conversation, Tai Chi, a 30-minute massage, lunch and a token to take with you for your spiritual journey to the

Winter Solstice. \$95. Limited seating — please register at the Fitness/Activity desks or online. RSVP ♦♦ by 10/1.

Improve your Digestion & Boost your Immunity through Nutrition • Saturday, October 20 — 860000-09

10:00-11:30 AM. P-Hall (KS). Instructor: Bronwyn Schweigerdt, R.D. Do you ever suffer from digestive problems? If you are like most Americans, digestive wellness is an ongoing issue. Keeping our digestion regular is a key, yet overlooked, component of boosting our immune system and warding off auto-immune diseases. In fact, it is even possible to reverse some auto-immune disorders! Come listen to nutritionist/author Bronwyn Schweigerdt share simple tips on how to heal our body's digestive and immune system through diet. Bronwyn has a Master's degree in nutrition from Boston's Tufts University, and is a popular speaker, author, and nutritionist. \$15. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 10/13.



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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.

Cancer Well-Fit • Thursdays, October 4-25 — 879200-09

October 4, 1:00-2:00 PM, Heights (OC) Nutritional Counseling; October 11 & 18, 1:00-2:00 PM Group Exercise Room (OC); October 25, 2:00-3:00 PM Group Exercise Room for Piloga (OC). Instructors: Dani Conway, Certified Nutritional Coach, Lola Lundquist, Certified Piloga instructor, Robert Sanchez, certified personal trainer. For those who are undergoing treatment or who have completed treatment, this program is designed to help aid in the healing process of cancer. Cancer Well-fit is a supportive program where participants meet once a week for four weeks to cover nutrition, strength training, cardio vascular training, and mind-body connection. Cost \$25. A physician's signed release form is needed to participate. Register/Fitness Centers, Activities Desks or Online. RSVP ♦♦ by 9/29.



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KS Main Phone: (916) 408-4013

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-Administration-

Executive Director • Robert Cook
625-4060 robert.cook@schca.com

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

jeannine.balcombe@schca.com

Sr. Director, Facilities & Maintenance

Chris O'Keefe 645-4500

chris.okeefe@schca.com

Accounting

Director of Finance • Bruce Baldwin 625-4013
bruce.baldwin@schca.com

Community Standards

Community Standards Manager

Kimberly Parsons 625-4006

kimberly.parsons@schca.com

Membership

Membership Clerk • Bertha Mendez
625-4000 bertha.mendez@schca.com

-Lifestyle-

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

Activities

Lifestyle Program Manager

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Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

Fitness Center Information Only 408-4634

Director of Fitness, Brandy Garcia

625-4031 brandy.garcia@schca.com

Asst. Director of Fitness, Lisa S. Smith

258-8289 lisa.smith@schca.com

-Food & Beverage-

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of F&B • Jerry McCarthy

625-4049 jerry.mccarthy@schca.com

Catering

Banquet Sales Manager Meghan Louder

625-4043 meghan.louder@schca.com

**-The Spa at Kilaga Springs-
408-4290**

Spa Manager • Tina Ginnetti

408-4071 tina.ginnetti@schca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 8:00 AM-4:00 PM

Meridians

Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

Curator Security, Inc.

916-771-7185

Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

SacReno@DelWebb.com

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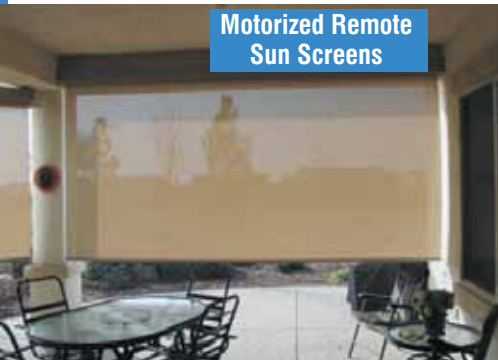
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