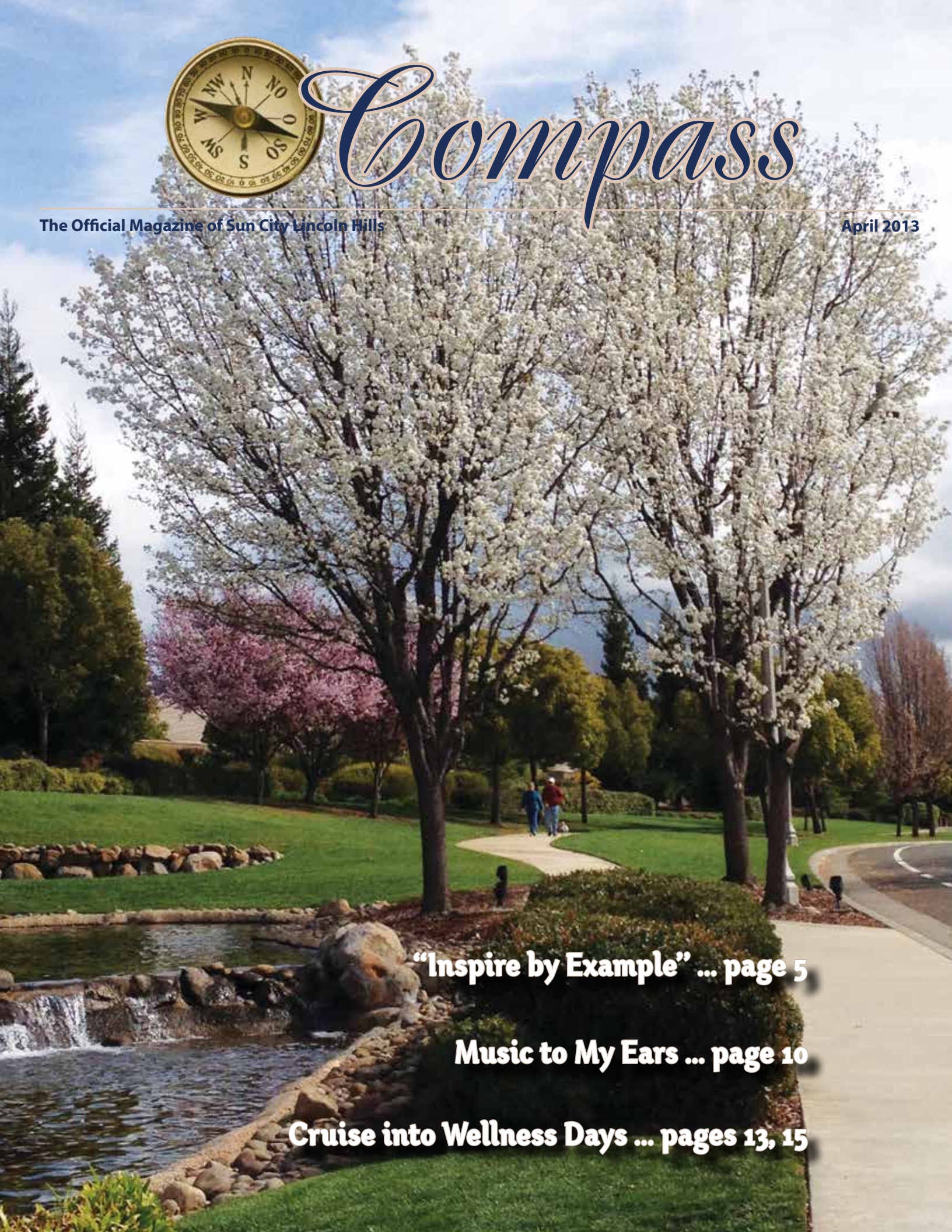




Compass

The Official Magazine of Sun City Lincoln Hills

April 2013



“Inspire by Example” ... page 5

Music to My Ears ... page 10

Cruise into Wellness Days ... pages 13, 15

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On the cover

Lincoln Hills is filled with beautiful walking trails

Board of Directors Report

Gay Mackintosh, Secretary, SCLH Board of Directors

"To be the most desirable active adult community on the West Coast, providing residents with an extraordinary experience in an attractive environment." This is the vision for Sun City Lincoln Hills developed by the Strategic Advisory Committee (SAC). According to the SAC's 2012 resident survey, many of us feel we're already there.

How can we best use our resources to fulfill this vision?

The SAC's Strategic Framework calls for an ongoing effort to build on our strengths and adapt to changing circumstances. That special committee dedicated more than 4,000 person-hours in assessing the current state of our community and developing proposals to keep our vision always in sight. The Board of Directors held an open workshop with residents on March 20 to review those proposals.

At the March 28 Board meeting, we acted on recommendations in the areas of governance, facilities, remaining competitive with similar communities, life transitions, and ongoing strategic frameworks. We agreed to promote better interaction among committees and use multi-discipline task forces to evaluate and justify significant investment projects. To encourage volunteerism, committees and the Board will expand recruiting efforts, maintain a shared file of applicants, and participate in

the upcoming Volunteer Symposium.

To determine if SCLH needs a Disaster Plan and what form it might take, President Silverman is asking CERT volunteers to investigate what's already in place at the City/County level and how we fit in. The Communications and Community Relations Committee (CCRC) will spearhead an annual amenity comparison to ensure that our community remains competitive in attracting new active adult residents. The 2012 survey revealed that 77 percent of residents intend SCLH to be their last home and 54 percent would like the Association to play some role in easing life transitions.

The SAC suggested considering options that don't involve operating or financing direct services. In response, the Board has authorized a task force to develop an educational outreach program focusing on challenges to aging in place.

Finally, to keep us on track, the Board is appointing a team to audit progress quarterly on the SAC proposals and update our strategies. Annual demographic analyses and resident surveys will monitor trends to enable timely course corrections.

Your participation at committee and Board meetings will help realize our shared vision.



View the SAC Final Report and Appendices in the Community Living Room (OC) or on the SCLH Website



The BOD (back row) presented committee recognition awards to (front, from left) Klara Kleman, Carol Larsen, Shirley Ludwico, Jerry Harner, and Bob Murdock. Not pictured was

Glenda Cobb. Please consider volunteering for a committee. Attend the April 26 Volunteer Symposium between 10:00 AM and 1:00 PM to learn more

Calendar of Events

April 15-May 20



Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

The 2013 Annual Club Expo was a great success with most of the 54 clubs that participated reporting they had residents express interest in getting involved. We are an active bunch. Thank you all for coming out to support the clubs and expand your areas of interest.

major events are scheduled this month and May that you won't want to miss:

- The Business Expo April 17. There will be 90 different businesses throughout OC Lodge between 10:00 AM and 2:00 PM. This is your opportunity to meet with vendors, suppliers and service providers and learn about their offerings.
- April 26 is our annual Volunteer

Symposium. As described in Doug Brown's "Inspire by Example" article on page 5, there are many reasons to volunteer in your community. We will have about 35 organizations and their volunteers represented in OC Ballroom to talk with you about how your time, talent and interests may be a match for giving back to the community. We hope to see you there.

- The Annual Parking Lot Sale is May 18. This is always a fun social event, a great place to find a new treasure, and of course the perfect *Please see "Connections" on page 37*



2013 Club Expo

Be sure to read pages 45 and 46 for all the latest "Community Perks" staff have planned for you, everything from document destruction to free movies. Three

major events are scheduled this month and May that you won't want to miss:

Date	Event	Page #
04/15	"What Can a Genealogist Use from DNA Results?"	29
04/15	"Real NCIS Stories"	33
04/15	Document Destruction	45
04/16	e-Waste Recycling	45
04/16	New Resident Orientation	45
04/16	Bus Trip: San Francisco Pier 39	59*
04/17	"Preparing Manuscripts for Publishing"	37
04/17	Home, Health & Business Showcase	45
04/18	Book Discussion: <i>Dreams of Joy</i>	25
04/18	Speaker: Placer County Veterans' Svcs. Officer	36
04/19	"Fashion is Blooming" Spring Fashion Show	49
04/20	Bus Trip: Mare Island	59*
04/22&23	Auditions for Vaudeville Troupe Show	36
04/23	Bus Trip: Hearst Castle	59*
04/23	Forum: "Snakes: Facts, Fiction, and Phobias"	96
04/24	Caregivers Support Group: "Veterans Issues"	23
04/24	Forum: "Bone Health is Important"	96
04/25	Garden Group: "UC Davis Arboretum All-Stars"	28
04/26	Music Group "Open Mic Night"	31
04/26	Volunteer Symposium	5, 45
04/26	Concert: Will & Anthony, "Broadway, Our Way"	46
04/26	Bus Trip: Asparagus Festival	59*
04/27	Softball Fan Appreciation Day	34
04/27-28	Annual Amateur Rose Show & Competition	28
04/29-30	"Organizing Your Estate"	93
04/30	"What Should I Expect from a Financial Advisor?"	93
05/01	Forum: "America's Race Back to Space"	96
05/02	Speaker: Mike Swagger, Guggenheim Funds	30
05/02	Bus Trip: Colusa Casino	51
05/04	Grandkids Pavilion Picnic	49
05/05-07	LH Community Chorus Spring Concert	45
05/06	Genealogy: "DNA Sharing"	29
05/07	Bus Trip: Girl/Pearl Earring, deYoung Museum	53
05/08	Computer Group: "Mastering the Cloud"	27
05/09	Eye Contact Grp. "Crime Prevention/Personal Safety"	28
05/09	Bus Trip: "Menopause the Musical"	51
05/10	Bus Trip: "Pirates of Penzance" Three Stages	51
05/13	Speaker from Native Bird Connections	25
05/14	Comedy Night at KS: Del Van Dyke	46
05/15	"What's Up in the Night Sky" Community Star Party	39
05/15	Forum: "DMV Update for Seniors"	96
05/16	Bus Trip: Terracotta Warriors	59*
05/16	Book Discussion: <i>Shadow of the Silk Road</i>	25
05/18	Annual Parking Lot Sale	46
05/19	Artisans in the Lodge	31, 43
05/20	Lincoln's Largest Employer, Sierra Pacific Lumber	33
05/20	KS at the Movies: "Hope Springs"	46

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

Upcoming Association-Related Meetings

Date • Time • Place April 15-May 31

New Resident Orientation	Tuesday, April 16, 1:00 PM, Solarium
Golf Cart Registration	Thursday, April 18, May 2 & 16, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, April 18, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, April 22, 9:00 AM, Heights
Board of Directors Meeting	Thursday, April 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, April 25, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, April 25, 11:00 AM, Oaks
Compliance Committee Meeting	Wednesday, May 1, 10:30 AM, Oaks
Elections Committee Meeting	Friday, May 3, 10:00 AM, Fine Arts
CCOC/Chartered Clubs & Community Orgs.	Tuesday, May 7, 9:30 AM, Solarium
CCRC/Communications & Community Rel.	Tuesday, May 7, 1:30 PM, Solarium
Listening Post	Wednesday, May 8, 9:00 AM, Solarium
ARC/Architectural Review Committee	Monday, May 13, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, May 14, 1:00 PM, Fine Arts
Finance Committee Meeting	Thursday, May 16, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, May 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, May 23, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, May 23, 11:00 AM, Solarium
ARC/Architectural Review Committee	Tuesday, May 28, 9:00 AM, Heights

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

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“Inspire by Example”

Eleventh Annual Volunteer Symposium Coming Up

Doug Brown, Resident Editor

“I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can.” — George Bernard Shaw



In a celebration of National Volunteer Week, Lincoln residents will soon be treated to yet another exhibition of magnanimity in the **Volunteer Symposium in Orchard Creek Ballroom, 10:00 AM to 1:00 PM on Friday, April 26**. Come on out for an impressive display of service opportunities!

Lincoln Hills is aptly described as an *active* adult community, but not just active in hobbies, sports, gaming, arts, and music. We are also a laudable example of a community that reaches out to neighbors in SCLH, Lincoln, and surrounding communities.

What are the benefits of volunteering? Vonda Carlson, who has eagerly volunteered with many Lincoln organizations over the 12 years of her residence here, declares that *volunteers live longer!* And serving others gives her “a reason to get up in the morning.”



Marian Kinsella, who coordinates the monthly *Compass* distribution, states that volunteering is “a great way to meet people.” There are about 50 volunteers every month at the *Compass* insert “stuffing party,” and they are thankful to be able to *give back*. Mark Dentinger, having twice served as president of the Lincoln Hills Foundation, notes that rewards come from “the *privilege* of being able to help so many seniors in our area.”

Lincoln Hills thrives on our hundreds of volunteers, from directors on our Board and club leaders—who spend multiple hours each week fulfilling their roles—to those who give an hour a week perhaps tutoring a schoolchild or assisting in our Neighborhood Watch network. And *all* are worthy givers of their time.



Surely, you say, there are plenty of other capable long-time volunteers serving our community? Who am I to think I could help? Think again: The recent SCLH Strategic Advisory Committee report stated a goal for SCLH: to recruit approximately .1%, or 11, new participants each year into Association governance in our community—to generate *new* board and steering committee members, to encourage “new blood” in our organizations.

Are you ready, in George Bernard Shaw’s words, to exercise your “privilege”? To “inspire by example”? Will it be Friends of Lincoln Library, the Police Athletic League, Neighbors InDeed, Seniors First, or one our many clubs? Don’t miss your chance on April 26 to sample a diversity of opportunities to serve.



Photos, clockwise from top: Volunteers are needed within several city of Lincoln organizations; many help collate the inserts in our monthly magazine every 14th of the month at 1:00 PM; Volunteer to be an Ambassador for the Association; perhaps you have an interest in volunteering to support our technical needs in clubs or committees; Volunteers Jerome and Bob assist with monitoring events like our summer Amphitheater concerts; Volunteers Gay and Joan are active leaders in their clubs and the Association

CCRC Committee Opening

The CCRC (Communications and Community Relations Committee) has an opening to be filled. If you have an interest in the flow of communications and/or have an interest investigating future technical enhancements within our community along with providing communication, or technical insights and support to the committee, the CCRC has a place for you on its committee. Please contact CCRC chair, Wolf Oplesch at ccrc@schca.com for more information, or complete an application available at the Activities Desk and online.

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At the March 28 Board of Directors (BOD) meeting, the BOD voted to post and publish, for member comment, the following two policy changes. The changes are related to non-resident participation in classes and Appendix A Schedule of Charges. Please submit any comments for review by the BOD to

Executive Director Bob Cook, Robert.Cook@scilhca.com. Deadline is May 15.

DRAFT	
Appendix A	
SCHEDULE OF CHARGES	
Description	Amount
Renter's Administrative Transfer Fee	\$40
Lease Renewal Fee	\$15

DRAFT

Activities Classes Open to Guests and Public

Purpose: To extend Activities Class registration to include guests and public for selected classes. Classes open for outside registration will include the following:

- Lecture type classes held in Presentation Hall (KS)
- Classes recommended to be taken with a partner; e.g. Country Couples Western Dance, West Coast Swing, Ballroom Dance

Justification:

- Singles and/or residents whose partners are infirmed or not interested in dancing have a difficult time learning

the dance because of the absence of a regular partner. Although some classes provide a partner for students without partners, having a partner that you normally dance with at events/parties makes for a better, faster and more enjoyable learning experience.

- Students without partners may have to wait for their turn to dance with the designated partner to be available when more than one "single" student is enrolled in the class.
- Allowing a regular guest partner to enroll in the class

will enhance not only the learning experience but also the social and leisure interests of residents.

- Lecture classes held at Presentation Hall (KS) allow a large number of registrants which if maximized, can provide high revenue for the Association.

Procedure:

- Lecture classes held at Presentation Hall (KS) — guests/public may register after RSVP date to prioritize residents' needs. Priority registration is provided to residents with a two-week cut-off prior to class start date.
- Classes with Partners — residents must register their guests. Guests may not register themselves independently of resident; resident must provide guest's name and birth date upon registration. Resident will be responsible for their guests' behavior. Guests will sign a hold harmless form prior to start of class session.
- A premium fee will be added to public purchase for classes.

Do Not Go There... Please!

David Stone, Compliance Committee Chair

The "There" mentioned in the title of this article refers to the Lincoln Hills Open Space Preserve. Under a permit issued by



the U.S. Army Corps of Engineers, allowing Del Webb to develop Lincoln Hills, and to mitigate the loss of waters and wetlands, Del Webb set aside some 489 acres as a preserve

protected in perpetuity by a conservation easement awarded to the Wildlife Heritage Foundation.

The goal of the easement is to preserve the abundance and diversity of the native plant and animal species in the Open Spaces. To protect these spaces, the easement provides very specific and

mandatory restrictions on the activities allowed in the preserves. Among the many activities prohibited are off-trail pedestrian or pet access, depositing any type of vegetation or debris on the preserve, watering, planting or applying herbicides or pesticides, trimming or maintenance of any vegetation, removing or adding any rocks, minerals or vegetation, feeding any animals or birds, storing or dumping any wastes, fill materials, or goods, operating motorized vehicles, and failing to remove pet waste. A full list of these restrictions can be found in the governing documents on the Association website or at Orchard Creek Lodge.

What does this mean to our residents? If you live in a residence on an Open Space, do not allow your sprinklers to overspray, do not mow, weed, spray or otherwise disturb the natural habitat over your knee wall, do not store or dump furniture or gardening or construction debris on the Open Space, and do not access or allow visitors to access the preserve. Enjoy the preserve from the comfortable confines of your property.

If you use the trails, stay on the trails (pets too!), pick up pet waste, do not remove

any vegetation or rocks, and do not bring your golf cart or other motorized vehicle on the trails. Enjoy the preserve from the comfortable confines of the well maintained trails (see photos).

Our uses and maintenance of the Open Spaces are monitored by various agencies and if we violate the restrictions, the Association can be severely penalized. Further, if maintenance of the Open Spaces as an important element of our lifestyle and property values is not sufficient incentive to respect these habitats, a violation can bring you to hearing before the Compliance Committee, with recommended fines beginning at \$300. Our Open Spaces are a valuable asset of Lincoln Hills. Let's appreciate them and preserve them for ourselves and future residents of our fabulous community.





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Getting to Know the Events/Classes Website

Lily Ross, Lifestyle Assistant Manager

The launch of the new Events/Classes site has been a true labor of love by the staff of SCLH. With the assistance of the software designers as well as our website developer and webmaster, we have made enhancements to ensure that all residents have secure access to the site. It has been our objective to provide a website that is secure, is streamlined with our other publications in look and feel, and has an array of user-friendly tools designed with you in mind.

A few items to point out:

Logging in Online: When you login to the Resident Website, make sure that the top of the screen says "Welcome, (Your Name)!" Ensure that the Events/Classes page welcomes you by name. By doing this, you are assured that your login has been successful and secure.



Make sure that the top of the screen says, "Welcome, (Your Name)!"

Wishlist: You may have noticed an icon that looks like a scroll near the shopping cart of Trips and Classes. You can click on this icon to add the enrollment to your Wishlist. When you are ready to enroll, click on "Wishlist" at the top of the page, then add each item on your Wishlist to

your Shopping Cart. Items will remain on your Wishlist until you either delete or add them to your Shopping Cart and pay for the enrollment.

Timing Out: To keep the registrations pool available, your session will time out after 20 minutes of inactivity and your shopping cart will be emptied. Because of this, it is a good idea to add items to your wishlist, and then transfer them over to your shopping cart when you are ready to make payment.

Will Call: We have simplified ticketing for online buyers. No need to locate an email or waste precious printer ink, we will do the printing for you! On the day of the event, stop by the Activities Desk at the location of the event, any time after 12:00 PM, and you can pick up your event ticket. No need for an extra trip to the Lodge or early arrival to get your tickets as the Will Call process is sure to be smooth and timely. Other benefits of standardized tickets include increased ticketing security, easily verified information, more efficient collection from ticket takers and, of course, smoother entry into events.

I wish you happy shopping and look forward to hearing back from you about your simplified online registration experience!



CERT

Disaster Preparedness: Part Four Evacuation Plans and How to Implement Them

Bill Beal



Last month we talked about storing food and water. Today we'll explore how to prepare for an evacuation. We live along two major transportation routes so there's always the possibility of an incident that could force us to evacuate. Should such an event occur, we may have only minutes to leave.

The sirens just went off, an evacuation order has been issued, and you have just six minutes to get on the road. What now neighbor?

No sweat; you're prepared. You get the keys; into the trunk go your Grab and Go bags, and your poodles are in the back seat. Lock the doors, turn off the lights, and in fewer than six minutes you're on your way. Well done neighbor!

The secret to your success was simple:

- Your keys are kept in the same place at all times
- The car always has at least half a tank of gas

Please see "Disaster" on page 21

If You Use Social Media, You Are Invited to "Like" & Follow Us

Jennifer Hugunin, Advertising & Promotions Manager

Did you know that Sun City Lincoln Hills' public businesses are on Facebook and twitter? If you use social media, we invite you to "Like" and follow: *The Spa at Kilaga Springs, Meridians Restaurant, Orchard Creek Lodge and SCLH Entertainment.*

We've also created a *Sun City Lincoln Hills* Facebook page and twitter account, which encompasses *all* the businesses and shares their posts. Think of it as a "one-stop-hub" for all the pages. Rather than visiting each business's page individually, you may choose to Like/follow just this one. And don't forget to share our pages with your friends and family. See you online!

Sun City Lincoln Hills

Facebook: search *Sun City Lincoln Hills*

Twitter: SC_LincolnHills

Sun City Lincoln Hills Entertainment

(Summer Amphitheater Concert Series and events, performances concerts open to the public)

Facebook: search *Sun City Lincoln Hills Entertainment*

Twitter: SCLH_Events

The Spa at Kilaga Springs

Facebook:

www.facebook.com/SpaAtKilagaSprings

Twitter: KilagaSpa

Meridians Restaurant

Facebook: search

Meridians Restaurant

Twitter:

Meridians_SCLH

Orchard Creek Lodge

Facebook:

www.facebook.com/OrchardCreekLodge

Twitter: Orchard_Creek



Activities News & Happenings

Music to My Ears!

Lavina Samoy, Lifestyle Manager

When I hear residents talk about how much they enjoyed a concert or the fun they had with their friends on a trip, or how much they are improving on their dance classes, it is music to my ears! It shows that staff's dedication is paying off. We are all grateful for your continued patronage and support.



This summer, get ready to be wowed once more with our Summer Concert Series! On page 44, we proudly announce our complete 2013 Summer Amphitheater Concert Series line up starting with the father of "The Twist" himself, **Chubby Checker & The Wildcats** on June 7. Two more original bands: rock group **Jefferson Starship**, and the legend-

ary Grammy-nominated California surf band **Papa Doo Run Run**, who will bring their hit songs on July 26 and August 23 respectively. Three excellent tribute bands: **Beate's Tribute "Paperback Writer"** on June 25, **Chicago Tribute Authority** on July 26, and **James Garner's "Cash Tribute Show"** on September 5 add to the variety of musical genres you love and expect from us. Closing the series on September 20 is last year's hit group, **The Bronx Wanderers**, who will perform their nostalgic rendition of hits from the 50's and 60's.

You can enjoy all these great performances for only **\$109** when you purchase the series package. The series package and discounted ticket prices for each show are available until May 14 at the Activities Desks and online. Now, that's music to your ears!

Be sure to read the Amphitheater Guidelines on pages 44-45. Note that for

safety, guests may set up their chairs no earlier than 5:00 AM on concert day.

For all wine lovers, join our overnight trip to **Healdsburg and Sonoma** on May 22. Katrina, our Trip Coordinator, will be hosting the trip. Residents continue to sing praises for her organized, relaxed, and fun way of delivering a complete travel experience.

Looking to improve your musical abilities? Pick up a guitar and register for **Guitar I — Beginner Level** (details on page 81). **Beginners Vocal Boot Camp** will accept new students in June. Both music classes are taught by Bill Sveglini. Check out the various **dance classes** starting on page 72 to keep your mind and body strong.

As Maya Angelou once said: "Everything in the universe has a rhythm, everything dances." Allow us to fill your lives with music everyday!

It's All about Safety and Accessibility

Pete Savoia, Properties Committee Chair

Last year the Association received a monetary settlement from Pulte to upgrade our facilities to meet the requirements of the Americans with Disabilities Act (ADA). A comprehensive review of these requirements identified 180 corrective actions. The two areas requiring the most attention are wheel chair



safety and accessibility and safety for the visually impaired.

Wheel chair safety was the reason for the major project at the Presentation Hall to reduce the slope of the aisles. This project, completed earlier this year, also included provision for a portable ramp to allow access to the right side of the stage. The current upgrade of the Amphitheater includes leveling of the concrete area in front of the stage and correcting the slope of walkways. The photo shows our newly constructed stage and the work being done on the walkway. Safe access to the pool at Kilaga Springs is provided by a poolside lift device. Similar lift devices

will be added to the lap pool at Orchard Creek, and the spas in both Fitness Centers to benefit wheel chair users and those with ambulatory difficulties.

A second ADA requirement for wheel chairs is to ensure the occupant can easily utilize items such as water fountains, bathroom fixtures, countertops, and sinks. It is also necessary to provide tables that allow sufficient leg room in our Libraries and other rooms. The drinking fountains at Orchard Creek and the Sports Pavilion have already been lowered, and further accessibility items have been identified for implementation throughout our facilities.

The applicable ADA requirements for the visually impaired fall into three categories: signage, detectable warnings, and protruding objects. Signage is governed by the ADA requirements on location and size of lettering. Detectable warnings include truncated

domes (the knobby yellow metallic plates on sidewalks warning of transition into areas with vehicular traffic) and grooves in the sidewalk to indicate a ramp. Protruding objects are items such as wall-mounted display cases that unsafely extend into walkways. There are many items in these three categories that will be corrected in our buildings and parking lots.

The completion of these ADA improvements will enable fuller and safer utilization of our great facilities for those of us who can benefit from these fixes now, and for those of us who will benefit in the future.



Our new Amphitheater stage during regrading of the wheel chair accessible path to the stage



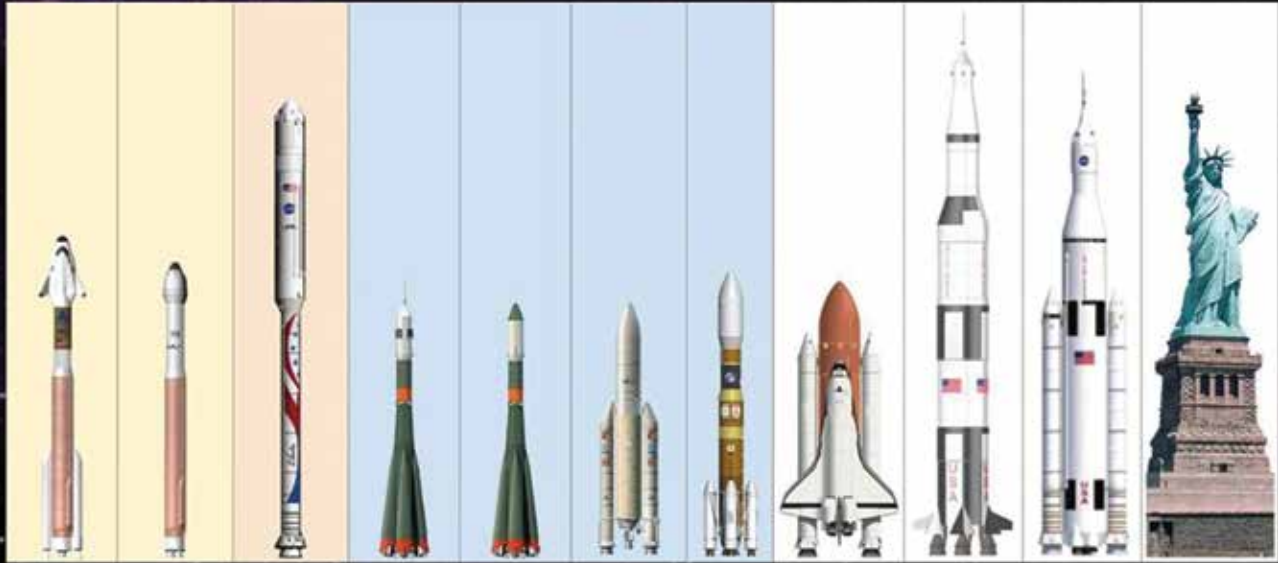
SCLH Community Forum

Wed May 1 *** Orchard Creek Ballroom *** 7:00 PM



The Race Back to Space

Nick Poppelreiter



There's An App for That!

The Macintosh User Group Extends
An Invitation to all Sun City Residents
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Do you own an iPad, iPhone, or iPod Touch and want to see and learn about Apps?
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There also will be a Tech there to help answer your questions about these devices.



**Join us for "APP Night" in the
Ballroom at Orchard Creek
May 14th - 7PM**



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Aging Well

The Skeleton in You

Shirley Schultz, Health Reporter



Perhaps not everyone has a skeleton in the closet, but everyone has a skeleton inside of his or her body. Your 206 bones are actually living, growing tissue made up of three components that make them both flexible and strong: collagen that gives bones some flexibility, calcium-phosphate mineral complexes forming hard and strong bones, and living bone cells that remove and replace bone tissue that is weakened.

Your bones are subject to changes as you age. A peak bone mass is reached and then you start to slowly lose more bone than you form. Both men and women usually have increased bone loss starting in middle age, a condition referred to as osteopenia or osteoporosis. Due to a sharp drop in estrogen, it is estimated

that women can lose up to 20 percent of their bone density in the five to seven years after menopause.

Osteoporosis means "porous" bone. It means that the bones have lost density or mass. Decreased bone density means weaker bones which are more likely to break. The National Osteoporosis Foundation estimates that about 10 million Americans have osteoporosis and that about 34 million are at risk of developing it. They further estimate that 50% of women over 50 and one in four men will suffer a fracture in their lifetime due to osteoporosis.

Osteoporosis is a "silent" disease that can sneak up on you because you can't see it or feel it. Unfortunately, a bone fracture is often the first symptom. The uncontrollable risk factors for osteoporosis include being over age 50, being female, menopause, family history, and being too small and thin. However, there are risk factors that you can control such as not getting

enough calcium or vitamin D, not eating enough fruits and vegetables, getting too much protein, sodium and caffeine, having an inactive lifestyle, smoking, and drinking too much alcohol.

A host of health conditions may cause bone loss: rheumatoid arthritis, inflammatory bowel disease, weight loss surgery, diabetes, hyperthyroidism, premature menopause, testosterone and estrogen levels in men, blood and bone marrow disorders, and eating disorders to name a few. Many prescription and over-the-counter medications such as aluminum-containing antacids, Prilosec, Prozac, and Prednisone can contribute to osteoporosis. Visit the National Osteoporosis Foundation website at www.nof.org for much more information.

Do not miss Dr. Okimura's presentation about bone health on April 24 (see page 97).



Wellness & Fitness News

Cruise Into Wellness Days

Christine Epperson, Wellness Program Coordinator

Port of Health: Screening Day

Tuesday, May 21

Free! 9:00 AM-12:00 PM, OC Ballroom.

Free! Health Screenings are very important to understanding your overall wellness. They include: Blood pressure; Vision; Muscular Imbalances; Gait Analysis; and more! Our professional Personal Trainers will also be on hand to provide fitness-related screenings and answer any questions. Learn about your health and ways to improve!

Older – Wiser – Sexier: Improving Intimacy

Tuesday, May 21 — 820701-04

Free! 1:30-2:30 PM, OC Ballroom. Dr. Fran Fisher, Ph.D., is a clinical and educational sexologist specializing in sex therapy and intimacy coaching. She holds a Doctorate in Human Sexuality from San Francisco's Institute

for Advanced Study of Human Sexuality and has a private practice in Granite Bay where she has created a safe environment for all people to speak freely and be respected without judgment. Affectionately referred to as *Dr. Fran*, she helps explore ways to improve your romantic life, deepen your intimacy and enrich your sex life. Her seminars are enlightening, enriching and presented with warmth and humor. As a former Catholic Nun from Manchester, England, practicing RN and sexologist, Dr. Fran's broad life experiences reach and touch people of all ages. She speaks from the heart and the truth. Register: Fitness Centers/Activities Desks/online. Registration begins May 1.

Wellness & Fitness Palooza Excursion

Wednesday, May 22

Free! 7:45 -10:30 AM, KS Fitness Center.

Open to the entire SCLH Community! Sign up for your favorite classes or try a new one. Sign-ups open at 7:30 AM; space is limited so come early and join us for our SCLH team warm-up at 7:45 AM. A variety of classes will be offered: experience Small Group Training, Cycling, Strength, Aqua, Mind & Body and more!

Being Fit For Life

Wednesday May 22 — 820702-04

Free! 10:45 -11:45 AM, P-Hall (KS).

Olympic Gold Medalist Debbie Meyer will share her story and tips on staying "Fit For Life." Debbie Meyer joined Mark Spitz, Don Schollander and Johnny Weissmuller when she was named among the world's best swimmers of the century by sportscasters across the country. More than 20 years after her phenomenal Olympics performance, Debbie Meyer is still considered one of the greatest female swimmers of all time. For someone who never took a swimming lesson, her accomplishments are impressive. Come pick up a tip or two from Debbie! Register: Fitness

Please see "Cruise into Wellness Days" on page 95

Wellness & Fitness Classes: pages 83-95

✓ Bucket List

Traveling Couple

Gay Sprague, Roving Reporter

Gene & Bobbie LaFaunce moved to SCLH eleven years ago. They met earlier as couples, and married 12½ years ago after each lost their spouse. As "life doesn't always go straight" they wanted to squeeze as many trips into their schedule as possible.

Their first trip was in their small RV

cross country for Bobbie to meet Gene's family in Georgia. And they never looked back.

Their next trip was to China with the SCLH Travel Group, where they walked the Great Wall, and saw the Terracotta Warriors, and the Three Gorges Dam. The next year, they cruised the Panama Canal; next was Yellowstone and the Black Hills by RV. Both agree their most enjoyable trip was rafting the Colorado River for eight days, saying it was "glorious" and "graffiti free."

Gene and Bobbie's next trip was cruising Italy, France and Spain; then cruising the Caribbean; and with three SCLH couples, they RV'd to Alaska, up the inside passage, where they enjoyed three days of perfectly clear views of Mt. McKinley!

This was followed by trips to Australia, New

Zealand, and Fiji; a four week tour of Ireland, Scotland and Russia; South Africa and Zimbabwe (where they rode an elephant). Next month, they will embark upon a four week cruise to Hawaii, Tahiti, and Samoa.

The next two years? A 2014 three-week trip sailing around the Cape Horn. Gene will turn 90 in 2015, and they are planning an RV Tour of the Civil War Sights. Gene is a huge Civil War buff!

When not traveling, Gene plays golf, Bobbie plays bocce ball, and they attend the Lincoln United Methodist Church. They both agree the secret to their wonderful life together is "holding hands" and "lots of hugs!"

Please send a paragraph or two of details about what you've crossed off your bucket list to Gay@GaySprague.com so we can keep the great variety of bucket list accomplishments coming to you monthly!



From left — Driver, Bobbie & Gene LaFaunce

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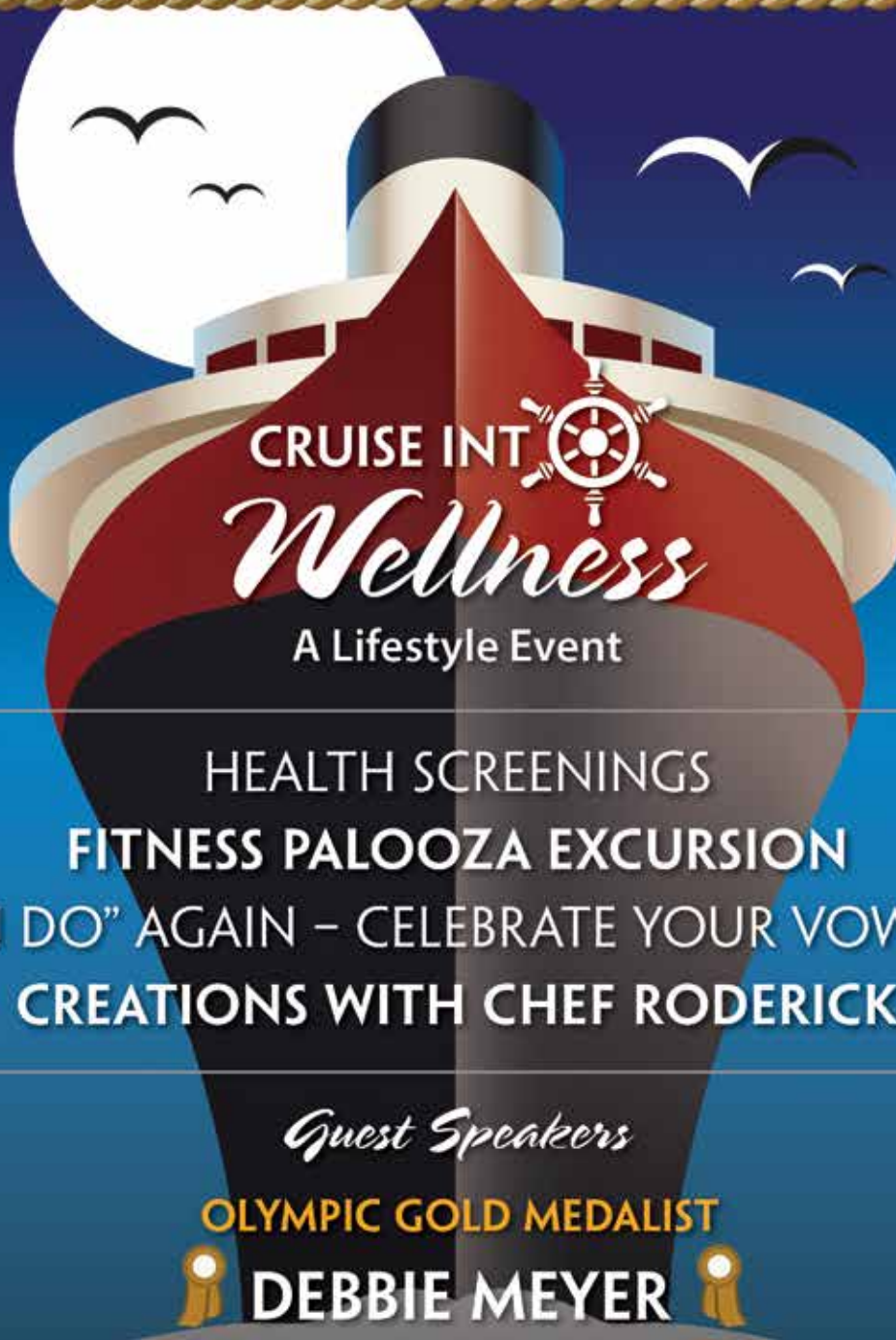
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21



22



23



24

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Don't Miss Upcoming Special Events at Meridians

Jerry McCarthy, Director of Food & Beverage

Meridians is just coming off a very exciting March! We celebrated one of the most successful Easter Brunch Buffets ever in Lincoln Hills. Attendance continues to grow for all the holidays and special events. Please make sure that you are signed up for the SCLHCA E-Bulletins to receive special residents-only offers from Meridians. The E-Bulletin and visiting our website is the best way to stay informed about upcoming offers and special events.

Mediterranean Night every Thursday is always a pleasure at Meridians. Three-course dinners start at only \$12. Buy nine Mediterranean entrees and the tenth is *free!* We have many fun and exciting events coming in the near future. Chef Roderick is hosting a **Winemaker's Dinner** featuring Wise Villa Winery on April 25. Also in April we are featuring a Murder Mystery Dinner. Join us for a Roaring 20's interac-

tive murder mystery dinner. Each guest will be right in the middle of the action. **Murder at the Juice Joint** is April 30. And of course we are celebrating Cinco de Mayo with live mariachi music during brunch. **Cinco de Mayo** will be on—you guessed it—Sunday, May 5. The Sunday brunch will be filled with your favorite Mexican

“Join us for a Roaring 20's interactive murder mystery dinner. Each guest will be right in the middle of the action. Murder at the Juice Joint is April 30.”

dishes. We will also have dinner specials starting for only \$8.95. Mother's Day is Sunday, May 12. Our **Mother's Day Brunch Buffet**, which is already starting to fill up, will feature delicacies such as: *omelet station, crab cake station, a carving station* to

include *herb crusted prime rib, strawberry & goat cheese salad, seafood risotto, kids buffet, dessert extravaganza*, and so much more. Go to our website for the entire menu and make your reservations before we fill up!

You will be able to get a sneak peek behind the scenes of your Meridians kitchen with the **Annual Kitchen Party** in June. Summer wouldn't be complete without the **Brew Master Dinner** in which Chef Roderick is pairing five wonderful courses with five hand-selected brews from the Gordon Biersch Brewery. We also are planning Happy Hour at the Pool, Father's Day, Farmer's Market Cooking Series, and many more opportunities for good food and great fun.

It's not too late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering in the Ballroom, Kilaga Springs, Sports Pavilion, and your home. Call Meghan at 625-4043 to make all of the arrangements.

~Please see our ad on page 62.~

The Spa at Kilaga Springs

Stress Reduction Therapy, Skin Treatments

Tina Ginnetti, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

The **Global Press** report from the last quarter of 2012 noted that more than two-thirds of travel agents report that people are now more interested in traveling to spas specifically for programs like stress-reduction, fitness, and weight loss. Many people find spa therapy a regular part of a highly stressful life, not an extra. These days everyone is constantly complaining about their stressful lifestyles. You work five days and by the time the weekend occurs, you're completely exhausted. Going to a spa is a necessity in these times and definitely not a thing of luxury.

The month of April is actually "Stress Awareness Month" nationwide. Sources of stress include illness, finances, employment, loneliness, environmental toxic

exposure, poor food quality, lack of clean water, over-medication and the list goes on. And we know that senior residents in Lincoln Hills are not exempt from stress!

I often hear people say they are coming in to "treat" themselves. I am happy people realize spa is something they would like to do more often as a treat, however, I also want to emphasize that they really are "treating" themselves as in taking direct action to heal the body on many of the levels of stress listed above.

Two new therapies are now available. As oncology esthetics becomes more widely known, more spas will offer services that accommodate the specific needs of cancer patients. Our new **Oncology Skin Therapy Treatment** will help recapture

that lost feeling of physical confidence, personal well-being, and self-esteem. This very gentle treatment assists in the challenges with skin while undergoing Chemotherapy and cancer recovery. Thirty minutes, \$45.

Hydropeptide Calming Recovery Facial. Of the 62% of anti-aging customers worldwide, 41% suffer from Rosacea and sensitive skin. This month is also "National Rosacea" month. In an effort to address this, HydroPeptide has released their newest Blueberry Peel and Mask Facial, where even sensitive skin will be left glowing. It refreshes without irritation, and helps to start combating sensitivity with peptides and a botanical stem cell that helps to promote an even skin tone by reducing visible signs of redness.

Introductory offer April 15-May 15, \$80; Reg. \$85.

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~Please see our ad on page 82.~



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Members of the Library Steering Committee

Nina Mazzo, Library Volunteer

This month I would like to introduce you to the members of the Library Steering Committee. While we have varied backgrounds, we share a love of reading. We are the folks who take care of all aspects of our wonderful Libraries, from coordinating the resident donations to organizing the many volunteers (over

40) to processing and shelving the books. We handle over a couple of hundred books a week – we are a well-used recreational Library!

Aside from the various sections in the KS Library, you will find a separate area by the sofas for the newer bestseller books.



In the Investment section, you will find Mutual Fund and Investment Newsletters along with other related materials. Nearby is an area holding various books on general business and economic themes.

Orchard Creek's Community Living Room contains an assortment of Fiction. Recently, I discovered a suspenseful, fast-paced book by Steve Berry titled *The Alexandria Link*.

The Library at Kilaga Springs Lodge is a recreational Library, so pickup a cup of coffee at the Café, take it to the Library and enjoy a book or the daily newspaper. Conversations occur and volunteers are regularly shelving books, so if you need quiet, you might want to read in the Living Room area. No "shushing" here!

Contacts: book donations call Sandy Melnick (408-1035); Sandy Maloff manages the volunteers (408-2368); Cleon Johnson manages the Investment materials (408-5648); Nina Mazzo (408-7620) maintains the Community Living Room (OC).



From left, front: Sally Scotch, Sandy Maloff, Nina Mazzo, Sandy Melnick, Glynna Widdows, Bobbi Swenson, Karin Kiisk; back: Cleon Johnson, Adrian Felice, and Gerry Widdows. Photographer Irwin Maloff

Thanks Go to Two Committee Members Terming Out Finances Remain in Good Shape

Hank Lipschitz, Finance Committee Chair

It's April and spring and change is in the air. It is time to say a big thank you to committee members Mike Hilton and Carl Gronau for serving on the Finance Committee for four years. They have helped keep our Association running well and financially strong and having completed their maximum term, will be moving on. Our community is very



fortunate to have volunteers such as Mike and Carl that selflessly donate their time to all of us.

February results show our Association continues to run favorable to budget. The month overall had a favorable variance to budget of \$17,197 and brings us to \$71,703 favorable for the year. Administrative showed favorable results due to lower professional expenses. With revenue 18% above a year ago, the Spa at Kilaga Springs

was able to show a profit \$3,487 in spite of the expansion going on. Rec. Center Maintenance was also better than budget with \$10,642 favorable and offset the higher utility costs that caused Landscape Maintenance to have a negative variance of \$9,515. Lastly, lower revenue at Food & Beverage caused us to have a negative variance to budget of \$20,527.

Operating Fund cash showed a balance of \$4,940,449 at month end, with \$913,980 in restricted Building/Capital Enhancement Fund and \$1,565,513 in the Settlement Proceeds Fund. Our Reserve Fund had a balance was \$4,583,440. All of our funds are in FDIC-insured accounts or US Treasuries per our policy.

Homes with past due balances declined to 161 units and at total of \$88,900 owing. This is in line with past quarter.

If you have general questions or need information on the above I may be reached at the new email address finance.committee@sclhca.com. 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, April 18, at 9:00 AM.

Statement of Operations YTD — 2/28/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$1,255,935	\$1,254,264	\$1,671
Administration (Expense)	(326,578)	(364,776)	38,198
The Spa at Kilaga Springs	2,023	(7,910)	9,933
Fitness	(61,721)	(69,880)	8,159
Activities	(46,764)	(51,160)	4,396
Rec. Center / Maintenance	(355,893)	(387,775)	31,882
Landscape Maintenance	(347,211)	(347,544)	333
Food & Beverage	(80,199)	(57,330)	(22,869)
Capital Asset	0	0	0
Net Revenues (Expense)	\$39,592	(\$32,111)	\$71,703

Dr. DeCell has closed her Lincoln, CA psychological services office and is leaving the area. She wishes to thank those who have chosen to trust her with life's most important matters. She has felt privileged to know you all and she sends warm wishes to each of you.

Dr. Almeda DeCell, PHD
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Neighborhood Watch

Neighborhood Watch Alerts Expand with DialMyCalls.com

Annual Spring Potluck, Thursday, May 9

Patricia Evans



“Get it while it’s hot,” the newspaper seller on the corner used to yell. Now we can use a telephone system, DialMyCalls.com, to communicate Neighborhood Watch alerts to residents who do not use a computer, or would like a notification that an alert is on their computer. By using DialMyCalls.com, Mail Box Captains can send a simultaneous message by telephone.

Alerts are notices sent out by Neighborhood Watch when burglaries or serious threats of crimes have occurred in SCLH. Our computer distribution system is effective, but contacting residents without computer access has been a problem. Mail Box Captains have been delivering printed messages or making individual telephone calls to these residents. Neighborhood Watch is concerned that every resident receive these notices promptly.

“Many Mail Box Captains find the instructions at the DialMyCalls.com website easy to follow,” said Sharon Englehardt, DialMyCalls.com Coordinator. “However, I will be glad to come to your house to assist you. Just contact me at 408-4869 or bobengle1@sbcglobal.net.”

Alerts are investigated and verified by Barry Johnson, Neighborhood Watch

Liaison to the Lincoln Police, and Mary Cranston, Alerts Program Coordinator, before being distributed. You can receive these computer notices by signing up at our website, www.SCLHWatch.org, or asking your Mail Box Captain to forward them to you.

The Annual Spring Potluck will be held Thursday, May 9, in the Multipurpose Room (KS) at 6:30 PM. Please see page 31 for information on making your reservations.



Village 19B Mail Box Captains discuss using DialMyCalls.com with the Coordinator: (clockwise from left) Gary & Pat Taylor, Suzette Yuill, Sharon Englehardt, DialMyCalls.com Coordinator

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

Disaster

Continued from page 9

- You each have your own Grab & Go bag
A Grab & Go bag is a duffle bag or back pack containing at a minimum:
 - Water (four 16 oz. bottles)
 - 24 hour supply of ready-to-eat food
 - Pet food, medications and water bowl
 - A complete change of seasonal clothing and comfortable shoes
- Check book and cash

- Copies of important documents and prescriptions
 - Medications, toiletries, an extra phone charger and address book
- Until the all clear sounds, you’ll have the essentials needed to make an evacuation bearable.

Next month in Part Five we’ll talk more about your water supply. Until then, be safe.



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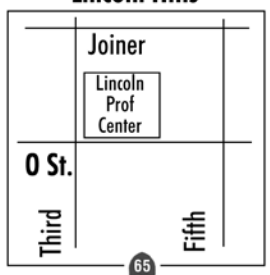
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Club News



Alzheimer's/Dementia

Caregivers Support Group

Veteran's Issues will be the topic for the April 24 meeting of the Support Group, at 1:00 PM in the Multipurpose Room (OC). "Non-Service Connected Disability Pension with Aid and Attendance and Long-Term Medi-Cal" is the title of the first presentation by Shawn Coffey-Bryant of U.S. Senior Vets. Shawn will be followed by Cynthia Nunez, Director of the Sacramento Valley National Cemetery at Dixon.

Our monthly programs, fourth Wednesday of the month, range from expert presentations of interest to caregivers to discussions led by our family advisor. During these latter sessions you can get answers to your questions, and hear tips and ideas to help you develop techniques to make caregiving easier.

Due to the generous support of the Lincoln Hills Foundation, we have a large selection of relevant books and DVDs on Alzheimer's/Dementia and related topics that can be borrowed and shared with family and friends.

**Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9332;
Maria Stahl 409-0349**



Antiques Appreciation

On April Fool's Day our program was one of the best we've had! No fooling! We were treated to a viewing of antique china that would make anyone's day a special one, even April Fool's Day! Many lovely pieces were displayed and stories were shared and we all learned a lot! This was one of my favorite programs because I also collect antique china, but only Haviland, all different patterns!

Our member in charge of the Antiques Club Window, who does such a beautiful job each month, decorated it for the month of March with old irons that she collected from different members (as she always does) and it was outstanding! Be sure to see this month's with Antique Jewelry!

If you collect or just appreciate an-

tiques, please join us on the first Monday of every month at 10:00 AM in the Multipurpose Room (OC).

**Contacts: Jan Robinson 408-8737;
Jane Delno 543-6855
Antique Appraisals 408-4004**



Astronomy

Monday, April 15: Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. Alex Filippenko DVD Series, "Black Holes Explained," Lecture 10. This lecture discusses Stephen Hawking's theory on the evaporation of Black Holes. Contact Morey Lewis (408-4469) for more information.



John Neil presenting "Prehistoric Astronomy Observatories" at the March meeting; Jim Fulcomer, LHAG Poet Laureate, reciting his latest poem, "The Mayan Calendar"



Wednesday, May 1, 7:00 PM: SCLH Community Forum at OC Ballroom. Nick Poppelreiter, guest speaker, will present "The Race Back to Space." From commercial spaceflight to NASA's next big rocket, come find out what the score is in America's attempt to get back into space.

Wednesday, June 5, 6:45 PM, P-Hall (KS): Robert French from the SETI Institute will present "Saturn's Rings — New Results from Cassii."

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

**Contacts: Ron Olson 408-1435,
rolson@starstream.net;
Nina Mazzo 408-7620**

**ninamazzo@me.com
Website: www.lhag.org**



Ballroom Dance

Come and join us for the classic East Coast Swing. The Ballroom Dance Group's classes are on Tuesdays at KS. Experienced instructors teach at the beginning level from 2:00 to 3:00 PM. There is a variety of music for general dancing from 3:00 to 4:00 PM. Instruction at the intermediate level is from 4:00 to 5:00 PM. The classes are free for members of the Ballroom Dance Group. Annual dues are just \$7 per year per person.



*From top:
Chris & Pete Henshaw;
Chuck Koehler and Gail Harmon;
Dorothy & Bob Benson*

The dance taught for the month of April is East Coast Swing and for May, the dance will be Night Club Two Step. Students experience a social atmosphere of relaxed learning and fun. The club also holds potlucks and supports other local dance events. Dancing confers mental, social, and physical health benefits. You'll enjoy the easy learning environment.

The Spring Potluck will be on April 30 from 2:00-5:00 PM.

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



Bereavement Support

The Bereavement Group offers support and friendship through sharing

with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be April 17 and May 15. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, May 9 in the Solarium at Meridians. *For this lunch you need to call Joan and RSVP with menu choice by May 1.* 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 1:00-4:00 PM
First Wednesday
- Nine-Ball Singles 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, March 06 — Winner: Dick Rooney; Runners-up: Walt Jagielski, Phil Delaney and Ed Ryan.
Nine-Ball Singles, March 12 — Winner: Carl Callaway; Runners-up: Rich Runyen, Peshu Irani, Dick Rooney, Clyde McFadden and Jim Mason.
Eight-Ball Doubles, March 20 — Winners: Phil Delaney and Darrel Rinde; Runners-up: Ted Baker and Sam Parsons, Norm Hagerty and Jerry Scott.
**Contacts: Jim Immel 434-2918;
Darrell Rinde 253-7602**

Challengers Billiards

Every Friday from 10:00 AM-12:00 PM you can find us in the Billiard Room (KS). We play seven games of eight ball (1-15). New players are always welcome.

Every year, we celebrate players who win all seven games in a tournament. Congratulation to the 2012 winners: Joe Hobby, Bill Kim, Ken Klein, Doyle Coker, Margie Kim, Del Torres and Ed Welch.

Here are our recent winners:

First place — Seven games: George Black; Six of seven games: Bob Wehner,



2012 Challengers Billiards Seven Games winners! From left, K. Klein, D. Torres, J. Hobby, M. Kim, B. Kim, D. Coker, (E. Welch not pictured)

Dave Craig, Ken Klein, Chiquita Fratto, Ed Welch, Joe Hobby, Del Torres.

Second place — Six and a half of seven games: Doyle Coker; Five and a half of seven games: Steve Fowler, Bill Kim; Five of seven games: Margie Kim, Dan Oden, Ted Baker, Peshu Irani, Lisa Pabst, Ron Weech.

Special congratulations to Del Torres on pocketing the Eight Ball on the break.

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

Couples Billiards

On week one, three teams tied with five wins: Doyle Coker/Bob Soriano, Joe Perez/Rita Baikauskas and Ron/Sherry Weech. Chiquita Fratto/Dale Houck and Al/Betty Jones won four games.

Three teams also tied on week two winning five games: Dan Oden/Gail Harmon, Bob Soriano/Doyle Coker and Al/Betty Jones. Two teams again won four games: Roger Corley/Sandy Pavlovich and Howard Skulnick/Peshu Irani.

Week three, Jim & Barb Conger were the only team to win six games. There were no five game winners, but six teams tied winning four games.

There were no six game winners on week four. Joe/Nicki Hobby were the only team to win five games. We did have four teams to tie winning four games. Unfortunately, due to lack of space it is sometimes impossible to list all winners when we have so many tie games.

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

Players Billiards

Come to the Billiards Room (KS) Thursdays, 2:15-4:30 PM, to find a bunch of folks playing and having fun! For mid-level skilled players, we play six games of Eight Ball. Everyone gets a different partner and opponent most games. Arrive at least 15 minutes before start time to get checked in if you signed up in advance. If you're on standby or haven't signed up, there still may be room to play. We sign up the last Thursday for the following month. Occasionally, someone runs the table like Joe Perez did during one game, everyone cheers!

Recent winners — Six Games: Ed Welch, Bill Huth, Bob Bienkowski; Five/six games: Phil Berlenghi, Lisa Pabst, Sylvia Gutierrez, Doyle Coker, Howard Skulnick, Chiquita Fratto, Larry White, Dennis Dreiling; Four/six games: Dennis Dreiling, Dan Oden, Hugh Duberley, Veronica Torres, Del Torres, Dave Craig, Bob Soriano, Howard Skulnick, Sylvia Gutierrez, Doyle Coker, Lisa Pabst, Joe Perez.

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

Upstarts Billiards

"Call it a bridge or call it a crutch

One thing's for sure; we don't like it much."

Do you play Billiards? Upstarts Billiards is for beginners-to-average players; we play standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM at the Billiards Room (KS). We're always willing to have new players join us!

Winners — six games: Gary Averett, Phyllis Borrelli, Ray Hinkley, Connie Hoetger, Mike Pawlowski;

five games: Margrit Blanc, Bill Clark, Frank DeMasi, Ron Farebrother, Phyllis Papagiannis, Randy Ransdall, Bianca Reckling, Gary Smith.

Sign-ups are the last Thursday, every month, at 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 expert help the second and fourth Mondays, 9:15-11:00

AM. Sign up in advance, Billiards Room (OC).

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



Bird

Monday, May 13, the Bird Group looks forward to an interesting and informative program by Jenny Papka from Native Bird Connections. This group of educators provides respectful captive lives for non-releasable wild birds; and then they share these beautiful birds with us. We are always surprised by the size and beauty of the raptors Jenny brings. Do join us at P-Hall (KS) at 1:30 PM for this fun presentation.

A springtime walk is planned for the Canyon Oaks Trail on April 26. This is a wonderful opportunity to enjoy one of the pretty wetland areas of Lincoln Hills and to also checkout the birds that have returned to nest in our area. On May 3 the field trip is to Camp Far West and the Spenceville Wildlife Management Area, always beautiful in the spring!

**Contact: Kathi Ridley 253-7086,
kathiridley@yahoo.com
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents**



Bocce Ball, Mad Hatters

Karen Weiser stopped by before she left for Southern California and gave us two bags full of "Mad Hats" she didn't want to take with her. If you see us wearing more bizarre hats than usual that's why. Maybe we should declare one Thursday a month as Mad Hat Day and really go crazy. Thanks Karen.

We hate to sound like a broken record but people keep asking us what they need to do to join our group and the very simple answer is just show up at the Bocce



"Mad Hats"

Courts on Thursday mornings and let us know you're interested in playing. We are currently playing Bocce at 10:00 AM but beginning Thursday, May 2, we will switch to our summer start time of 8:00 AM. Don't worry, we won't force you to wear a crazy hat. Feel free to call us. Our numbers are below.

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



Book Group, OC

Dreams of Joy by Lisa See, the riveting sequel to *Shanghai Girls*, will be featured at our Thursday, April 18 meeting. Another historical novel, this one deals with American-born Joy, upset over being lied to, traveling to Communist China to seek her birth father.

Our meetings take place on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome!

Remaining Schedule:

- May 16 *Shadow of the Silk Road* by Colin Thubron
- June 20 *Steve Jobs* by Walter Isaacson
- July 18 *The Columbus Affair* by Steve Berry
- August 15 *Gone Girl* by Gillian Flynn
- September 19 *The Tennis Partner* by Abraham Verghese
- October 17 *The Queen of Water* by Laura Resau
- November 21 *The Coffee Trader* by David Liss
- December 19 Holiday Luncheon

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



Bosom Buddies

Breast Cancer Survivors

Dr. Steve R. Martinez, Associate Professor of Surgery, Division of Surgical Oncology, Department of Surgery, UC Davis Cancer Center was our guest speaker on April 11. The title of his presentation was "Getting Past Information Overload:

What You Need to Know and What You Need to Ask for Your Initial Breast Cancer Surgical Consultation." It included three areas on breast cancer, very much as he would include on an initial consultation:

- Surgical treatment of the breast;
- Surgical evaluation of the lymph nodes;
- Everything else – Our member's questions and miscellaneous information.

It was a privilege to have Dr. Martinez as our speaker and we learned a lot from him.

Hope to see you at the May 9 meeting. Remember, you can always bring a friend.

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



Bridge, Partners

Thursday Evening First & Third

If you are interested in playing Partners Bridge with a relaxed, fun group of people, please join us. Give us a call and we will put you and your partner on the list or just show up and take your chance to play. 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. We have 12 to 15 tables.

March 7 winners include — First: Joe & Rose Phelan who had a high round of 1850; Second: Gail & Harry Ramdsen; Third: Madine Buchmiller and Olga Hayden; Fourth: Ron & Patty Dawson.

March 21 winners include — First: Martha & Lorel Lundstrom who had a high round of 2430; Second: Bruce Fink and Stan Mutnick; Third: Lydia King and Nancy Turrine; Fourth: Reta Blanchard and Bev Ansbro.

**Contact: Lorraine or Bob Minke
408-4009, tahoebob1@sbcglobal.net**

Thursday Evening Second & Fourth

The winners for February 24 were: First place: Bev Dwyer and Carol Mayer; Second: Nora Charles and Olga Hayden; Third: Bev & Alan Blaine; Fourth: Marisa Stone and Barbara Bryan. March 14 winners: First place: Kay & Ben Newton; Second: Edith Keating and Erika Wolf;

Third: Marisa Stone and Barbara Bryan; Fourth: Helen Helm and Arlene Parton. Come and join us for Partners Bridge second and fourth Thursday nights. We play at 6:00 PM in the Terra Cotta Room (KS). Chris and Ken Jacobson will be home April 1.

**Contacts: Chris & Ken Jacobson
408-8709; Warren & Jerry
Sonnenburg 253-3882**



Bridge, Duplicate

New — Our “Monthly Meet & Greet.” Are you thinking about playing duplicate bridge for the first time? Do you have questions? Then we’re here for you! Call Dede Ranahan at 408-4541 for details.

Results of February’s Roseville exchange were not favorable for Lincoln Hills participants. Sun City Roseville regained bragging rights by taking four of the six sections. The pairs of Suzanne Cirerol and Kathy Kimura and Joan & Bob Rouse were SCLHDBC first-placers.

Bob Schooling has earned the ACBL “Life Master” designation.

Piper Smith-Fein & Sheldon Fein doubled winning the Wednesday and the Saturday Club Championships for the winter quarter. Martha & Ralph Chatoian are the Friday winter Champions.

Upcoming lesson topics: April 17 — Gayle Koedel — What Does That Mean?; April 24 — 4-24 — 2C Opening Bids; May 1 — Panel.

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

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

**Contacts: John White 253-9882;
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 a fun afternoon of Social Bridge. You must make a reservation to play & please call if you need to cancel. You do not need a partner but must arrive by 12:50 PM.

Winners for February 15 through March 8 are — First: Dolores Marchand, twice, Jim Busey and Ed Page; Second: Carol Mayeur, Joe Phelan, Helen Helm and Chet Winton; Third: Elinor Amar, Ralph Madsen, twice, and Mo Scarpitti; Fourth: Judy Ganulin, Arlean Parton, Carol Mayeur and Mary Nieman.

Congratulations to Joan Schabilion and Judy Granulin, they bid and made a grand slam.

Reservations in March & April: Helen Helm, 408-0428.

Reservations in May: Rosie Peasley, 253-7414.

Contact: Jodi Deeley 208-4086



Bunco

The SCLH community offers many recreational choices for our residents... some require membership fees and large commitments of time. Bunco is played on a drop-in basis and costs \$5 each session. We all have busy schedules so it’s nice to have an activity that occurs once a month and for only a couple of hours. You can meet new people or catch up with old friends. If you need a little laughter and excitement in your life, try Bunco!

Join us every third Thursday at 9:00 AM in the Cards Room (OC). SCLH gift cards are awarded to players for the six categories noted below. This is purely a game of luck and first-time players are always welcome to join us and learn while you play.

March winners: Most Buncos Claire Frenna; High Score Shirley Mohler; Most Wins Bev Fedder; Low Score Sandy Pavlovich; Most Losses Joanne Cardoza; Traveler: Bea Angel.

Contact: Ann Stults 543-6782



Ceramic Arts

This is the time of the year when we look to try something new! If you have been contemplating a ceramic class, now is the time!! Check the *Compass* classes section to see the classes that are available. We have two great instructors eager to show you what you can accomplish. Give it a try and sign up now!

Third reminder: Dues were due/payable in January. You *must* be a CAG Member to participate in Saturday and Sunday

CAG Workshops (after third visit). See a Monitor or contact Ed Hanson for more information.

CAG “Workshops” are held at OC *Saturdays*, 9:00 AM-3:00 PM, and *Sundays*, 12:00-4:00 PM; KS workshops are *Mondays*, 1:00-4:00 PM for Earthenware and *Sundays*, 1:00-4:00 PM for Spanish Oils. “Open Studio” is available to all residents: OC *Fridays only*, 1:00-5:00 PM and KS *Sundays only*, 1:00-4:00 PM. Check bulletin board and studio windows for changes in times/closures.

**Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910;
KS Earthenware Terry Pisani
408-4037; KS Spanish Oils
Margot Bruestle 434-9575
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts**

Lincoln Hills Community Chorus



Chorus

We’re not really a professional group — we just sound like one. That’s because we have a truly professional conductor, Bill Sveglini.

Bill holds music conservatory degrees and sang and played guitar with major artists and bands like the Lettermen. He continues to teach guitar and voice and to write, arrange, and conduct choral music.

Since becoming our conductor in 2008, Bill has steadily raised our performance level by rigorously training us to give you our very best. He’s made the Lincoln Hills Community Chorus something we can all take pride in.

If you’ve attended our recent concerts, you already know this. If not, here’s your next chance to find out. See page 45 to obtain tickets for “An American Fanfare,” featuring show tunes, folk music, spirituals, pop classics, and other favorites by the



Bill Sveglini in rehearsal

likes of Irving Berlin and Cole Porter. We guarantee you'll love it!

Contacts: Bill Sveglini 434-5655,

Sveglini@gmail.com

Sid Frame 408-1453,

sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Cloggers

While observing clogging, watch the feet! You will see involved foot-work beating out song rhythm.

Clogging is compared to a drum, it sounds the beat! Percussion is done by the double taps on the down beat. Each step is precise.



Cloggers Beginner Class, Tuesdays at KS, 10:00-11:00 AM

Instructor, Janice Hanzel (first row, left)

Beginners are learning the importance of accuracy and precision. The new Beginners' class is having fun learning and are rewarded when dancing to a fast song and hear themselves sounding out the beat. If the step is not correct, you can hear it, a good learning tool. As to arms, they are relaxed; hands clap during some steps keeping the beat. It's a fun dance. Those of you wanting something new, try clogging. Come in and watch class, you're most welcome. Men don't be shy, give it a try.

Cloggers remember the three-day convention in Modesto, April 5-7. All events held in the DoubleTree Hotel.

Contact: Anita Tyson 543-5330



Computer

- Main Meeting, May 8, 6:30 PM "Mastering the Cloud"

by Len Carniato: With the explosion

of mobile devices available today, computer usage has gone far beyond our home Desktop and Laptop. No longer is our data tied to our home



May 8 meeting, "Mastering the Cloud" by Len Carniato

computers, and no longer are we required to drag a copy of it around on a flash drive, our SmartPhone, or on a Tablet. It's very useful to be able to share or better yet "synchronize" data among the several devices we use. Google, Microsoft, SugarSync, Drop Box, and others are making it easier to use "The Cloud," to make the stuff you need available almost everywhere you want to have it.

- Clinic, May 10, 3:30 PM: Demos plus Q&A regarding Cloud Data Services.
- Ask the Tech, May 27, 10:00 AM: Informal Q & A session for any and all technical questions.

Meetings at P-Hall (KS).

Contact: Bob Ringo

president@sclhcc.org

Website: www.sclhcc.org



Mac User

May is "There's an App for That!" month.

The Mac User Group, also known as the "everything Apple" user group, presents the third annual "App Night," Tuesday, May 14, 7:00 PM in OC Ballroom. This event



Andy Petro at last year's App Night

highlights the wide variety of apps for the iPad, iPhone and iPod Touch devices.

The club cordially extends an invitation

to residents to attend this special meeting. Come and learn more about what apps are available and share your favorite ones for these popular modern devices.

The club's monthly seminar May lineup complements the "App Night" main event with more related topics for the newbie and experienced user:

May 2 and 9 seminars feature apps for Mac Desktop and Laptop.

May 15 Newbie iDevice seminar is Book Apps for your iDevice.

May 23 Educational seminar explores app enabled accessories for your devices.

For more information about April and May events, check the club's website.

Contacts: Bill Smith, 543-9957,

wsmith986@gmail.com;

Website: www.lhmug.org



Country Couples

Members enjoyed an afternoon dance on March 23, our Pisces Dance Party celebrating those members with March birthdays. Members provided snacks to stay energized while dancing to the tunes offered by DJ Gordon Hunt.

Due to the popularity of the Beginners lessons on Monday evenings, the lessons have been separated for New Beginners at 7:00 PM and Intermediate Beginners at 8:00 PM. For the months of April, May and June, members with more dance experience (Intermediates) may review the more advanced dances at the Fine Arts Room (OC) on Thursdays at 4:00-5:00 PM. No new dances at this level will be taught for this time period.

The next club-sponsored dance will be held Friday, May 17, from 5:00 to 9:00 at KS. Dancers can dress up like Miss Kitty or Marshall Dillon and have their pictures taken in front of the "Black Horse Saloon" for our annual Saloon Dance.

Contacts: Kathy or Rene Lopez 434-5617



Cribbage

The club plays from 8:30 AM to 12:00 PM on Tuesdays in the Cards Room (OC). The first half hour is warm-up practice followed by a six game mini-tournament starting at 9:00 AM. We play mostly four-handed partner games and

rotate so we have a continual rotational mix of players.

Come and join the group.

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



Cyclist

During our annual meeting, we were informed about an insurance program that our officers are looking into for our member cyclists.

Program: Limit of coverage is \$1 million per claim afforded to club members with Sun City Lincoln Hills Community Association listed as an additional insured. There is also a second payer medical insurance component to help defray medical expenses incurred as a result of an accident on a scheduled ride. Riders are covered on Lincoln Hills Cyclists scheduled and supervised rides only. There is a \$500 deductible applied to each claim.

Cost: Will be covered by the club. To be eligible, the rider must:

1. Be a resident of Sun City Lincoln Hills.
 2. Have paid club dues in full for the current year.
 3. Have signed a waiver for the current year.
- Riders who fail to meet these requirements are not authorized to participate in LHC supervised rides.

**Contacts: Steve Valeriote 408-5506,
jillsteval@sbcglobal.net
Website: www.LHcyclist.com**



Dominoes

Mexican Train

It is time to learn a great family game. Join us at the Card Room (OC) on Wednesdays. We have two sessions, one morning and the other afternoon. This is a great way to learn to play the game and have fun with your neighbors. We have sessions starting at 9:00 AM and 12:30 PM. You are cordially invited to join one, or both, of our sessions. Free classes are being held at 9:00 AM.

**Contact: Cora Peterson 543-7144;
Sandy Pavlovich 543-0467**



Eye Contact

Low Vision Support

Next meeting: Thursday, May 9, 1:00-2:00 PM, P-Hall (KS): "Crime Prevention

and Personal Safety." Bobbi Moore, Safety Specialist, will provide individuals who are blind or visually impaired with the confidence and ability to handle themselves in dangerous situations.

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

Spring has sprung! We welcome anyone who is living with fibromyalgia and/or chronic fatigue syndrome to join us on the fourth Thursday of the month for information, support and encouragement. We meet from 1:00-3:00 PM in the Multimedia Room (OC).

Our April meeting will be Thursday, April 25, and will be a presentation by Christine Epperson on fitness, including a tour of the Fitness Center (OC). We will also have an open discussion to share ideas and concerns. Our May meeting will feature a discussion led by Jackie Wilson on irritable bowel syndrome. Our goal is to provide positive emotional support along with information. If you have any questions, please call one of these contacts:

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



Fishing

Decision time! Trolling for trout and Coho salmon or kokanee, fish the delta for stripers, go sit on the banks of Collins lake, hit one of the bass lakes to scare up some pre-spawn lunkers? This retired life is rough! Who knew there were so many decisions?

Let the Fishing Group make life easier for you. We have sub-groups of fishermen who take their individual specialty seriously. Come join our 7:00 PM second Monday meetings and find a group that matches your interest. Specialty group members will help you make the tough decisions. This spring we have trips to Henderson Springs for trophy trout April 8 thru 11, Shasta lake house-boating May 6 thru 9, Fall River for native trout May

13 thru 16, spring BBQ May 20. We also have ad-hoc trips pop up all the time as news of a hot bite appears on local fishing blog pages.

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



Garden

Garden Tour, April 20: Historic Cemetery, Sacramento. Carpool at 8:30 AM at the Fitness Center (OC), \$5 per driver per member. A small donation is appreciated at the garden. Rita Grella (408-2367).

General Meeting, April 25, 2:00-4:00 PM (KS). "UC Davis Arboretum All-Stars" with Karrie Reid — a life-long gardener with a passion for beautiful plants, landscaping, and sustainable practices.

Annual Amateur Rose Show & Competition, April 27/28, OC Foyer: Members may bring (home-grown) three single roses each in water in a plastic water bottle and one rose arrangement *per residence* to the competition. Check-in 10:00-11:00 AM. Vases may be used for arrangements but



Rose Show entrants; Rose Show extras



must be picked-up by 4:00 PM Sunday. Cash prizes will be awarded to the top three winners in each of seven categories: (1) red/purple/maroon (2) white/yellow/cream (3) pink/peach/mauve (4) orange/coral (5) multi-colors (6) miniatures — a spray is OK (7) rose arrangements. Contact: Norita Ferguson (408-4630).

**Contact: Lorraine Immel 434-2918,
limmel@ssctv.net; Virgil Dahl
408-3748, hasbeenvd41@att.net**

Bonsai Group

The Bonsai Group meets the third Thursday of the month. April's meeting will be at Matsuda's Nursery. The class



Larry Clark teaches Bonsai pruning techniques

will be on "Making a Pomegranate Bonsai." Class fee \$20.

Contact: Joyce Thomsen 434-1786



Gem and Mineral Society

Our program for April will be presented by Wally Hobson. I hope you all enjoyed the thunderegg presentation last month.

We are still looking for at least six other programs, so send your names and ideas to Dave Polson at dcpolson@mac.com, or email or call Dave Fisk.



Queen Jasper belt buckle

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. First 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, and October. Sign up at the Activities Desks (OC/KS). The lost wax class will be in June instead of May this year. Dave has grandpa duty.

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

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



Genealogy

"What Can a Genealogist Use from DNA Test Results?" April 15 at 6:30 PM Genealogy Club Meeting at P-Hall (KS) is the time and place of the general meeting presented by Jim Rader.

Tonight is the night! Rader has been a

civil engineer, computer programmer, and an adult education instructor. His Genealogy lecturing began in 1991. Anthropology or Genealogy? Which DNA tests are useful in following your ancestors? And how do you interpret the results? Those questions may be answered for you, so be there! Door prize also!

Computer classes are continuing the first and second Monday of each month. They are held in the Computer Room (OC) at 6:30 PM. Volunteers are needed as coaches. Please consider being a volunteer to assist your fellow members in ancestry research. *DNA Sharing* is the scheduled topic for the Monday, May 6 meeting at OC, 6:30 PM. Check webpage for details.

Contacts: Maureen Sausen 543-8594;

Joanne Schumacher 209-3366;

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

In addition to the regular Wednesday play days, the Lincsters Lady Niners offer members the opportunity to play 18 holes of golf on Mondays. GAG (Go Away Girls) play on the first and third Monday, and 'Monday Mamas' play on the second and fourth Monday. Sign-ups are available on the Lincster website.

'Monday Mamas' play at either Turkey



Margie Jewett

Creek Golf Course or on one of the Lincoln Hills Courses. Margie Jewett, a long time Lincster, makes the arrangements. Margie moved to Lincoln Hills ten years ago. She is a native Californian who retired from the State of California where she was the Branch Manager of the Recycling Department. In addition to golf, Margie and her husband, Larry, travel extensively in their motor home. Monday Mamas runs like clockwork, all because of Margie's organizational skills.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.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



Healthy Eating

As a nation, prepared foods and fast foods in the American diet have left us overweight and undernourished. We've been seduced by the convenience of these calorie-rich, salt-laden but nutrient-deficient foods, and we've become distracted from using the



Lillian's Chinese Cooking Workshop;
Charlene's Herbs & Spices Workshop

good sense our parents and grandparents learned years ago about food choices. To break this growing dependence on convenience we should concentrate more on the greater importance of healthful lifestyles, including our food choices.

The Healthy Eating Club encourages its members to educate themselves on the importance of food choices that are nutrient-rich, enjoyable and practical. Our club doesn't prescribe diets, nor do we have all the answers to our nation's dietary ills, but we surely do try to do *better* — and to enjoy ourselves in the process — at our monthly meetings and in our small

workshop gatherings. April's meeting is the 29th at 2:00 PM in P-Hall (KS).

Contact: Don Rickgauer 253-3984



Hiking and Walking

Walkers: Wednesday walks begin at 8:00 AM. Begin your day with a refreshing walk. Check the website for weekly starting locations.

Hikers: The hiking season is in high gear. The recent hike across the Golden



A few snow geese in flight; at the Consumnes River Preserve; headed to the Golden Gate

Gate Bridge against a solid blue sky was a photographer's dream. The birds put on quite a show at the Consumnes River Preserve. This easy hike amongst the birds was perfect for first time hikers. Check out the Photo Gallery on the website.

The upcoming hike schedule has some of our favorites. They include the Benicia Shoreline (on a Sunday for a change), Malakoff Diggins State Park, home to the site of the world's largest hydraulic mining site from the gold mining era; Feather Falls, an old favorite in Oroville; the historic Woodland walk; and the Poorman Creek Trail along the Yuba River.

Check the website where just the right hike is waiting for you!

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



Investors' Study

We continue our year of great speakers — based on feedback from the community — with Mike Swagger, Chief Market Strategist for Guggenheim Funds. Mike is responsible for analyzing trends in the economy and financial markets. He will give us his insight on the investment year ahead and what to keep in mind for investment decisions. In addition, our consultant, Russ Abbott, will update us on his playbook and provide a financial how-to on a current topic. Yearly fees of \$15 per household are due; a bargain for



"Doug Coté, Chief Strategist for ING, with members"

the insight these valuable speakers bring to our meetings. All residents are welcome. Our meeting will be Thursday, May 2, in P-Hall (KS) from 2:00 to 3:30 PM with refreshments served afterwards.

The Active Investors will meet on Monday, May 13, at 3:00 PM in the Fine Arts Room (OC).

Contact: Nicki Koch, nicki.k@sbcglobal.net



Lavender Friends

The Lincoln Rotary Foundation will be having their Second Lincoln Wine & Art Festival on Saturday April 27

at Beermann Plaza. Of course I and several other SCLH artists will be there to sell our crafts.

Several members enjoyed themselves at our April potluck breakfast at Patti's house. The surprise dishes are always wonderful.

The Happy Hour Book Club is reading *Westley the Owl* by Stacy O'Brien this month. They really enjoyed Sonia Sotomayor's memoir *My Beloved World* and *The Day the World Came to Town 9/11* by Jim Defede. Don't forget the PFLAG of Greater Placer County holds its meeting on the second Monday of the month at 7:00 PM in Conference Room A at Sutter Auburn Faith Hospital in Auburn, CA. If you want more information about our club, check our website or contact Jacquie or Richard.

Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; Richard Wong 408-7549, wong-r@sbcglobal.net
Website: www.lavenderfriends.com



Mah Jongg, Chinese

Chinese Mah Jongg is a game of tiles that is similar to playing rummy. We welcome anyone who would like to learn this fascinating and challenging game. Come join the fun every Monday at our new starting time of 8:30 AM in the Cards Room (OC). If you have any questions, please feel free to call Dianne or Bruce.

Contacts: Dianne Vincent 543-0543; Bruce Castle 408-7476



Mah Jongg, National

Within the United States, second in popularity to the traditional Chinese game is the game supported by the National Mah Jongg League, often referred to as "American Mah Jongg." Those of us who play this game in SCLH refer to it as "National Mah Jongg." Unlike Chinese Mah Jongg, we use the annual Official Standard Hands and Rules card issued by the National Mah Jongg League. Feel free to stop in to see the new 2013 card. We welcome anyone who might be interested in playing this delightful tile game for women and men both. You will find a beginners table as well as tables for

all levels of play. We meet Tuesdays from 12:30 to 4:00 PM (OC).

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



Motorcycle RoadRunners

We are deeply saddened by the sudden loss of our VP, Chief Road Captain, and friend, Dave Fernandes, an original starting member of the Motorcycle Club. He was instrumental in club organization and ongoing practices. Being responsible for the club's safety procedures, he continuously recommended new considerations in riding safety. He will be missed in our touring activities.



Dave in his regalia
for ride

Our first ride of the season took us to Woodland, through Capay Valley and on to Williams for lunch at Grazeola's. Ten riders on the tour and we dedicated the ride to the memory of Dave. Doug Sterne was ride organizer and Road Captain.

If you are interested in the club activities and have a roadworthy motorcycle, please come to our meeting and check us out. We have a social gathering with dinner at a local restaurant after the meeting.

RoadRunners meet the fourth Thursday, 6:00 PM, Multimedia Room (OC). Guests welcome.

**Contact: Peter Boyle 408-1955,
Boylep18@yahoo.com
Website: www.brinz.net/
roadrunners_2013/roadrunners_2013.
html**



Music

Don't fret if you missed the fabulous February 22 "Open Mic Night." Another is coming up on April 26, 6:00-8:30 PM, P-Hall, (KS). Musicians and music lovers are welcome. Sign-ups for performers start at 5:30 PM. Audience participation is encouraged and appreciated but no karaoke. Subsequent meetings: fourth

Friday of alternating months.

The LH Ukulele Players continue to meet each Wednesday, 1:00-3:00 PM, at OC for a strumming, singing jam session in a very fun, supportive atmosphere. Call Ron or Molly (409-0463) for information.

The Music Group General Meeting is held fourth Wednesdays: Fine Arts Room (OC), 6:30 -8:00 PM. Drop-ins welcome. Bring voices and/or instruments, sign up to perform, or just enjoy the music and socialize. The Music Group's summer picnic is coming up on May 18th at the Sports Pavilion so put the date on your calendar.

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



Needle Arts

Threads of Friendship

"Hats Off to Needle Arts" is the theme for the annual spring luncheon, silent auction and fashion show which will be held Tuesday, May 14, at OC Ballroom. Silent auction tables will open at 11:00 AM and lunch will be served at noon with "no host bar." Tickets for Needle Arts members are \$25, guests are \$30. Reservations go quickly, so sign up right away for a very exciting spring event. Contact Joan Daley, the Membership Chair, for information about tickets.

General meetings are held in the P-Hall (KS), 1:00 PM, the second Tuesday each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room window for times. Please contact Membership Chair Joan Daley 543-9449 to join and see how fiber arts thrive in our community!

**Contact: Twila Miller 408-3790,
itstwi@sbcglobal.net**



Neighborhood Watch

We'll have fun revisiting The Fonz and the Happy Days Gang when we enjoy our Annual Spring Potluck on May 9 from 6:30-8:30 PM in the Multipurpose Room (KS). This is our

Kick-Off for National Night Out and Co-chairs Pauline Watson and Dan Larsen are planning an evening of camaraderie and information.

Please send \$4 per person for your reservation to Pauline Watson before May 4. Because space is limited, you will want to put it on your immediate to-do list. If your last name begins with A-O please bring a hot dish; if P-Z please bring a salad or vegetable (both to serve 10 people).

All Mail Box Captains, Village Coordinators, Board Members, Advisory and Support Groups Members and their spouses are encouraged to attend. If you are thinking about becoming a Neighborhood Watch volunteer, please join us to become better acquainted.

**Contacts: Larry Wilson 408-0667,
mvw6@sbcglobal.net;
Pauline Watson 543-8436,
frpawatson@sbcglobal.net
Website: www.SCLHWatch.org**



Painters

At our April 2 meeting we once again learned about art supplies from Doug Howard from Utrecht and experienced a demo by Daniel Munday, also from Utrecht. Thank you Doug and Daniel. We learned much of value from you as always.

Our May meeting agenda was not available at the time of this writing.

Mark your calendars for "Artisans in the Lodge" May 19, 9:00 AM to 3:00 PM at OC. You do not need to be a Painters Club member to participate in the show and residents and non residents are encouraged to come and view the arts and crafts on sale.

June 4, we will enjoy our annual Artists Luncheon in the Secret Garden (OC).

June 13, SCLHCA, in collaboration with the Painters Club, has arranged a bus trip, open to all SCLH residents, to the Oakland Museum, featuring "Masterpieces of California Landscapes."

Written by Jacquie Hilton.

**Contacts: Bob Porter, bob@prady.com;
Joyce Bisbee joybis@aol.com; Jim
Brunk (plein air paint-outs) brunk@
starstream.net, 434-6317
Website: www.lhpainters.org**



Paper Arts

Just as spring is a time of renewal, we started the season off with our annual Demo Days, with members teaching and sharing new techniques and ideas for Paper Arts. It was a fun day and hopefully we'll put those new ideas to work before we forget!

Members recently attending the Scrapbook Expo in Pleasanton reported that great buys and good times were had by all.

And speaking of Expos, we participated in the Association's Group Expo and had a large display of all things included in Paper Arts. Last year's Expo brought us lots of attention and resulted in many new members. Judging from this year's participation, we're looking forward to more new members.

Be sure to check out the lovely cards.

**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

The warmer photo season has arrived with a bunch of venues for us to shoot — from our own backyards to more far-flung events like Woodland's Scottish Games, Marysville's Air Show, and Vallejo's Pirate Festival. We're also invested in the annual Group project which this year is Lincoln, CA. The mucky-mucks of Lincoln could be clambering for our shots to further embellish the sterling image of our town, and we're happy to make a contribution... Future displays in Lincoln of LHPG work will include photos of Gladding McBean and Yosemite at Simple Pleasures Restaurant, and another show at Umpqua Bank.



*"Back Yard Coyote"
by Phil Robertson;
"Clayton Biglow 2"
by Tom Roach*

Pictured here are Wiley Coyote by Phil Robertson from his back yard and Clayton Biglow by Tom Roach at the Lincoln CHSRA Rodeo. Other "Animals" will be the subject of the May photo challenge be they wild, tame, married, onerous, placid or however it is that they became a photo subject.

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



Pickleball

In March the Pickleball Tournament Committee put together a fun St. Patrick's Day Tournament. By the looks of the pictures everyone had a great time. There were some pretty wild outfits!

We hope that as you read this article our new pickleball courts are being built. Because of limited access to the courts, Cal Meissen's Saturday training courses will be temporarily suspended until the courts are completed. Also, during construction you will be limited to "drop in" sign-up only. Parking may also be a concern, please park your golf carts in the designated parking areas; even better, if possible, walk to the courts.

In mid June we are planning on hosting our Second Annual Wells Fargo Advisors Tournament. Be sure to check the May *Compass* for more detail.

Our next Pickleball meeting will be held in the Ceramic Room (OC) at 2:00 PM on May 8.



St. Patrick's Day Tournament

**Contact: Scott Sutherland 253-3997,
swsuther@sbcglobal.net
Website: www.lhpickleball.com**



Players

Everyone knows that comedy is a universal language but the same words can often mean different things. The next Readers Theater program will present two takes on this. In one corner we have NBC with an episode of "Cheers" where everyone knows your name, and in the opposite corner an episode of the BBC comedy hit "Waiting for God" where no one knows your name at the Bayview Retirement Home. Auditions will be held the last week of April. Contact Bob Murdock for more information. There are 10 male roles and six female roles. Join in the fun and audition for a part! If you prefer to watch, performance dates are Saturday, June 2 at 7:00 PM and Sunday, June 3 at 3:00 PM in P-Hall (KS). See you there!

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

**Contact: Bob Murdock 408-8511,
bamabc@sbcglobal.net
Website: www.lincolnhillsplayers.com**



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM in the Multipurpose Room (OC), Tuesday, 5:00-8:30 PM and *new* Fridays 1:00-4:30 PM in the Fine Arts (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-served, as they usually fill up quickly with a 48-player cap. Our remaining 2013 tournaments will be Saturday, July 20 and October 19.

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;

Joe Frenna 543-8634



Rummikub

The Rummikub Group meets every Tuesday from 12:30-4:00 PM in the Multipurpose Room (OC). Anyone is welcome to join in, whether you are a beginner or a seasoned player! We are a relaxed group of fun ladies and gents who enjoy playing and socializing. If you think you might be interested, feel free to drop by. Thank you to all of the regulars who come every week, and we look forward to meeting newcomers in the future. If you have any questions, please contact:

Contact: Amy Kee 543-7167,

amybkee@yahoo.com;

Xky Dixon 408-4240



RV

First rally of the year is underway in Southern California this month.

Borrego Springs is the first venue, April 15-19, and activities include desert hikes, golf, campfires by the lake and wine tasting. Then it's off to the Chula Vista RV Resort and Marina, April 19-24, with trips to Balboa Park, the San Diego Zoo and the U.S. Midway Museum. Final stop on the journey will be at Pismo Sands RV Resort in Oceano, April 24-28, where they will at-

tend the Great American Melodrama and Vaudeville to see Les Miserables.

At its March meeting, Dean Schumacher was voted in as the new sheriff, replacing John Babel. He will be handing out 50-cent fines for those who forget to wear name tags at meetings and rallies.

Also at the meeting the RVers heard a presentation by Mike Bryant of A Plus Detail, about taking care of their rigs.

Contact: Michael Genest 209-3370

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

Introducing Jerry Speno, a loyal volunteer since 2003. He started at First Street School two mornings a week. A few years later his daughter and family moved to Lincoln, so Jerry transferred to Foskett Ranch to be with his granddaughter. Currently "grandpa" Jerry volunteers in two classrooms to be with both grandchildren. He reports that Foskett Ranch is a great school with a very appreciative staff. "I love being around kids and helping them learn. Volunteering has taught me to be calm, encouraging, positive, gentle and patient. I encourage the kids to never give-up and learn from their mistakes. I want to encourage residents who like to be with kids to just give tutoring a two-month trial. You would be surprised by how attached you become to the students and the wonderful feeling you get when you step inside their classroom."

Our annual picnic, June 5, 5:00-8:00 PM, Sports Pavilion.

Contacts: Sandy Frame 408-1453,

sflincoln4fun@starstream.net

(Elementary); Cindy Moore 408-1452,

cindysmoore@me.com



SCOOP

Sun City Organization of Pooches

Back by popular demand, we are set for Pooches on the Patio on May 21 in the Secret Garden (shaded patio area off the OC Ballroom). Breakfast will be served buffet style and all well-behaved Pooches on leashes are welcome to accompany their owners. Reservations, please.

The morning dog walks continue with their owners, beginning at Anglers' Cove (off Ingram Parkway). Depending upon popularity of these walks, they may be scheduled weekly. Call Laura Wermuth for more information, 253-7092.

Our "speaker meeting" in March was a huge success! Matt Green, behavior specialist from Placer County SPCA, answered questions regarding dog training/behavior. Members attending received insight as to why their dogs act the way they do.

Pooches on Parade at Orchard Creek Amphitheater has been postponed until October. More information will follow.

Kudos/thank you to Doug Thom, our new Webmaster!

Have questions about membership? Call Mary Shelton, 409-9923.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Lots of new players are joining our group and becoming regulars each Monday. Typically, we have three or four tables going and always have room for more. To join us, you are invited to drop-in and begin playing; there is no need for reservations or permission to play.

Some players wonder what to do with a rack of vowels. The tournament player would turn in at least four tiles. However, if your rack looks like this: *aiioaeu*, here are a few ideas to connect with one consonant on the board. *Adieu, aioli, alae, audio, emu, tiara*, are a few words that could count as "vowel dumps." And, more ideas come with experience.

The Scrabble Group meets every Monday at 1:00 PM in the Cards Room (OC).

Contact: Candice Koropp 409-0607



Second Cup of Coffee

"Real NCIS Stories" presented by Tom Brannon, Lincoln Hills resident and retired NCIS Agent for the Second Cup of Coffee Group on Monday, April 15, from 10:00 AM to 12:00 PM.

"Lincoln's Largest Employer, Sierra Pacific Lumber," with Mark Luster, Commercial Director, our presenter on Monday, May 20, from 10:00 AM to 12:00 PM.

Join us for these interesting and com-

selling programs. Our monthly meetings are held the third Monday of each month from 10:00 AM to 12:00 PM at P-Hall (KS). All are welcome.

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



Shanghai

Shanghai is a group card game played with three to six per table. It is fun and very interactive. We play every Thursday at 12:00 PM in the Cards Room (OC). We also play on the second & fourth Friday nights at 5:45 PM. Wish to learn? Contact Howard or Chuck for a free lesson. You may also just drop in to watch.

Contacts: Howard Beaumont 408-0395; Chuck Kaul 408-4153



Singles

Dynamic Singles

Egg hunts were a delightful way to spend time with our grandkids. Haven't seen a lot of April showers yet!

Upcoming Events —
 April:

- 16) 7:00 PM – Let's Dance (drop-in event) at Meridians
- 18) 6:00 PM – Dining Out at Paul Martin, Roseville (RSVP Darline 434-6472)
- 25) 6:00 PM – Guy's & Gal's Auction/OC Ballroom (Linda 628-5158/ Edy 543-9990)

May:

- 02) 4:00 PM – Cocktail Time at Orchid Thai/Lincoln (Carol 408-3061)
- 05) 4:30 PM – May Birthday Celebration at Meridians Sports Bar (Anita 408-2444/Eileen 434-6383)
- 06-07) 8:00 AM-9:00 PM – Yosemite Two-Day Trip, Cost \$250 single/\$185 double (RSVP Edy 543-9990)
- 09) 6:00 PM – General Meeting / Election of Officers/OC Ballroom (Linda 628-5158)
- 11) 9:00 AM – Second Saturday Breakfast at Meridians Sports Bar (Gail 543-8587)
- 15) 4:30 PM - Dining Out at Catta Verdera/Lincoln (RSVP Darline 434-6472) (Note: change of day)

Weekly sports:

- Bocce: Wednesday, 6:30 PM
- Golf: Friday AM (Bill 253-7551)
- Hiking: First/third Wednesday (Richard 408-5376)

Contact: Linda Bacon 628-5158
Website: www.singleslincolnhills.org



Softball, Senior League

Ah, spring! Trees are in blossom, days are getting longer and warmer, clocks have sprung ahead, and the sounds of softball have returned to Del Webb Field.

This year's draft resulted in 12 very evenly matched teams, on paper at least, so it's time to play ball and find out how we really did. Our first games were the first week of April, and our annual Fan Appreciation Day will be held on Saturday, April 27. For anyone who loves America's pastime, come on out to the ball park,



From top: Tuck Halsey, Jim Jones, George Bungarz, Randy Wilcox,

Ron Miller sing the National Anthem; Barbara Murray, Mikie Briggs and helpers selling drawing tickets; Larry McMaster/David Alley present the colors

eat a hot dog or two, win some fabulous prizes, and have a great time. Bring your grandkids and watch 178 "seniors" act like

Little Leaguers all over again.

The Recreation League plays every Monday and Wednesday, starting at 8:00 AM, and our Coyotes travel teams play every Thursday morning. Give yourself a treat and come to Del Webb Field.

Contact: Joann Hilton 408-0346, Jhilton777@gmail.com
Website: LHSSL.org

Coyotes

The winter Northern California season ended last month and the Coyotes finished with a 21-9 record. The Coyote Summer League has started and four nine-inning games have been played. The 70s came away with a 4-2 record in their first tournament which was played at Manteca's Big League Dreams Fields. With the offense led by George Bungarz/John Dambrosio/Mike Bunyard/Gym Mikaelson, the team had to beat two strong 65's teams to end up in second place. The 70s next played in Turlock, which will be reported on next month. The 65s played in Folsom and will play there later in April. The 55s played in Hayward and Turlock and will also be in Folsom. The 75s played in Turlock with Lodi next up.

There is nothing like a day at the old ballpark



LINCOLN HILLS COYOTES
 10TH ANNUAL INVITATIONAL
 SOFTBALL TOURNAMENT

WHEN: June 29 & 30
 WHERE: DEL WEBB FIELD
 TEAMS: 55's
 FOOD, fun & prizes
 Games start at 8:00 AM

Upcoming Coyotes Invitational

Remember to mark your calendars for the upcoming Coyote Invitational, which will be held June 29 & 30. Six top 55s teams, including the host Coyote 55s.

Contact: Bob Hunter, bluespritzer@yahoo.com



Sports Car

We are deeply saddened that our good friend and fellow club member Dave Fernandes passed away suddenly on February 26. There was a well attended service at St. Joseph's on March 15, and a wonderful reception at Catta Verdera Country Club afterwards. Dave is survived by his wife Kathy, and we hope she will continue to join in our activities.

On April 3, the ladies had lunch at High Hand Nursery, and the gentlemen toured Bill McAnally's (BMR) NASCAR facility in Roseville. They actually build NASCAR racing cars there.

On April 16 we head to Pacific Grove, and on April 23 we will have a trip to the Delta hosted by the LaFaves and Drakes, lunch at Giusti's Place.

We have highlighted Kathy & Tony Mason this month. Kathy is organizing our social events this year, and Tony is



*Kathy
& Tony
Mason*

coordinating our rolling events. We greatly appreciate their spirit and enthusiasm.

**Contact: DiAnn Rooney 543-9474,
dlrooney@mac.com**

Website: LHsportscars.com



Square & Round Dance

Sun City Squares

The Square Dance Club is planning another Review/Blast Class the first week of June and a new beginner class starting the first week in September. 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. Meeting times:

- Beginner/Mainstream 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

pjclvickers@starstream.net;

Bob Grupp 408-1868,

Bob@GruppHomes.com



Table Tennis

The Table Tennis Club is a recreational and sports organization. The club's purpose is to have fun. The play sessions, generally mixed doubles, are great for hand-eye coordination and balance with relaxed competitive play. In addition, there is great camaraderie. Equipment is provided. The Sunday ladder play ended on March 4 with Greig Nakamoto at the top. Ladder play may resume at a future date. Since most play is doubles, it is important for players to note when a served ball strikes the middle white line, the ball is in play — it is "in." The middle white line has no relevance during a singles game.

Play takes place Sundays (12:30-5:00 PM), Tuesdays (6:00-9:00 PM) and Fridays (8:00-11:00 AM) at KS. Tim Frank and Bob Grittner are eager to help anyone new to the game.

**Contact: Marsha Rocknich 434-1958,
erocknich@yahoo.com**



Tap Company

Whew! The annual Tap Company Show "Presenting Simply Broadway" is now a pleasant memory and was a resounding success! The house was packed for every performance and we thank everyone who came out to cheer us on.

With over 100 of us involved with this

show, that's a lot of people to thank. Let's just start with the behind the scenes unsung heroes who worked so hard to create this extravaganza. We can never do this show without the sound and lights crew, backstage crew, set construction crew, choreographers, coaches and all the others who work tirelessly every year to make our show the best it can be. And, a very special thanks to our Artistic Director Alyson Meador who year after year polishes us until we shine!

We're now happily back on the dance floor in our Technique Classes and dreaming up another spectacular show for 2014.

Contact: Becky Sprong 408-1389

beckysprong@sbcglobal.net

Janet Becker 543-3493,

beckerjm1962@gmail.com



Tennis

The Men's Singles Tournament completed on March 23, winners were 3.0 group Terry Padovan; 3.5 group Roger Byers and 4.0 group Russell Smith. Thanks to Greg Burke, organizer, and Pam Geernaert, food and drinks. USTA and SATA competitive team play is also in progress at this time. Consult the court usage calendar posted at the Tennis Pavilion for times and court assignments.

Women's Doubles Tournament was held on April 13.

To renew or join our club, please use the form found on the on the Tennis Group website. Annual dues are \$12.

Social Drop-in is held Wednesday and Saturday from 8:00 to 10:00 AM and is open to all residents.



Cast and Crew of the 2013 Tap Company Show

Contacts: Pat Campbell 543-0618, patacam@gmail.com; Sharon Klotz 543-6950, tennislady@yahoo.com; Website: http://sclhtg.com



Vaudeville Troupe

Join us at our fabulous and "Entertainment Extraordinaire" Vaudeville Show, July 12-13, Vaudeville's July Tribute: "Country Music: Past and Present." The Troupe already has their saddlebags "chock-full" of original ideas, skits and production numbers, "dang-sure" to entertain our loyal, enthusiastic audiences. "Always original!!!" "Only delivering professional performances." "High-spirits and energy throughout the show!" That's what the Vaudeville Troupe is known for and we never disappoint!!

Show tickets go on sale May 17 at the Activities Desks (OC/KS)!! Don't wait!! We always sell out every show! Only \$12. All shows performed in Vaudeville's intimate "Cabaret-Style Theater" — the newly renovated P-Hall (KS).



Vaudevillians relax at High Tea Event in Lincoln

Auditions coming up!! Auditions for this show will be held in P-Hall (KS) on April 22 & 23, 6:30-9:00 PM both days. Come out and join us in Vaudeville fun with your unique and unusual talents or just join a great group!!

Contact Marina Eugenios, Director/ Founder, with any questions.

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



Veterans

Placer County's Veterans' Services Officer, Jonn Melrose, will be the featured speaker at the April 18 general membership meeting at 1:00 PM in the P-Hall (KS).

The County's Veterans' Services Office, located at 1000 Sunset Blvd, Suite 115, in Rocklin, promotes the interests and welfare of veterans and their dependents and survivors, and enhances their quality of life through counseling, education, claims assistance and advocacy.

Melrose, who served in the U.S. Navy aboard a helicopter carrier and guided missile cruisers, worked with the Pension Maintenance Center in Milwaukee and the VA regional office in Reno before coming to the Rocklin office in 2008. His goals include outreach, educating other Placer County organizations about veterans' needs and concerns, and educating veterans and their families about the benefits available to them.

Contacts: Roger Espiritu 543-0395, usn2100@sbcglobal.net; Website: lhvets.org.



Water Volleyball

Water volleyball is open to all residents, any skill level. Membership is only \$10 a year (less than five cents a session). As of April 3, you can now play two hours more monthly for the same price, we are starting at 6:30 PM (vs. 6:45 PM) on Wednesdays and Thursdays.

Did you see our booth at the Groups Expo on March 26? If not, just show up and try it out up to three times without joining. We have open play, competitive

(advanced) play, and league play. Training is also available.

See you in the pool! It's a great way to meet new people and get a low stress workout.

Play available (KS):

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

Contacts: Steve Parke 543-0067, steven.parke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net www.suncity-lincolnhills.org/residents



West Coast Swing Dance

This year's activities are in full swing. The March Club Expo generated a lot of interest in taking lessons on Wednesday nights and joining our club. Please contact Dottie for more information.

Club Night Out is this Saturday, April 20 at the Capital Swing Dancers monthly dance at the Fair Oaks Park and Recreation Auditorium. Beginner lessons will be 5:30-6:30 PM with dancing until 10:30 PM.

Our Friday dance practice will be held on May 10, 5:30 to 7:30 PM, Fine Arts (OC.) Here's your chance to practice with a teacher always on site.

The club membership drive is in full swing. Please remember to renew this month. Contact Betty Maxie at 408-5392.

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

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



Writers
Authors & Writers
Resource Group

The Authors & Writers Resource Group welcomed author Jack L. Parker at our March 20 meeting. Mr. Parker shared his experiences in writing three adventure novels and his secrets to marketing.

On Wednesday, April 17, members Leo Craton, who recently self-published his book, *California Boy*, and soon-to-be

published author Quentin Grady, will share their experiences in preparing their manuscripts for publishing and how they went about choosing a company to publish their books.

If you aren't ready to publish your memoir, novel, poetry, prose, or other musings, but do want a supportive audience to share your writing, please join the Monday Night Writers Group. We welcome new members!

The Author & Writers Resource Group meets on the third Wednesday of each month at 4:00 PM in the Multipurpose Room (OC).

Monday Night Writers Group meets the second and fourth Monday of each month at 6:30 PM in the Ceramics Room (OC).

Contacts: Linda Bello-Ruiz 543-7952, lbello Ruiz@yahoo.com; Leo Craton 543-9012, craton1@att.net

Connections

continued from page 3

place for a community "yard sale." Let us take care of the advertising, setup and cleanup. Be sure to register for your space!

The weekly **Farmers Market is returning May 22** and Wednesdays thereafter from 8:00 AM to 12:00 PM. This is a sure



sign of spring and another "perk" to living in Sun City Lincoln Hills.

The new and improved online registration is off to a great start, albeit we had a few bumps the first week. Thank you for your patience as we worked out two login issues resulting from some names not matching our database and stored data in the user's web browser. Within the first week these issues were resolved. If you were frustrated and gave up, please try again. On page 9, Lily Ross provides helpful reminders and describes a couple of useful online registration tools. If you have questions about online registration, please email Lily at lily.ross@scelhca.com.

If you haven't registered for the website or E-bulletins, you are really missing out on up-to-the-minute information. If you need help registering, please contact our webmaster Bill Keevers, at webmaster@scelhca.com


See you in the Lodge!



The weather is perfect for walking. Visit the Kingfisher Trail on Blue Herron Loop and use this new outdoor amenity for a stretch before or after your walk. Refer to the Resident Directory fold out maps pages 3a and 3b for descriptions of and directions to our beautiful 19 trails. You might even see the sheep grazing as part of our weed abatement and fire control program




Artists at work. Photo by De Cahill



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For details and other tax-cutting assistance, contact:

Carolyn J. Riolo
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Bulletin Board

Please email your bulletin board articles to shelvie.smith@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.

Lincoln Hills Foundation Bingo

Wednesday, April 24: We want to give big thanks to all who have joined in the fun playing Bingo these past three months. It's a great opportunity to get out and spend time with friends and family... and there is a chance to win big money too!! Bingo will be held in the OC Ballroom with doors opening at 12:30 PM. Games start at 1:00 PM. The cost is \$20 for 12 games, 12 cards with six cards each. We offer \$1350 in prize money plus two door prizes. There are plenty of pop-up winners every month. Cold water available, but no food or alcohol allowed. No one under 18 admitted. It's always fun for sure. Have a group of 10... then reserve your own table by calling Jean Ebenholtz at 434-6852. Visit the Foundation website at www.lincolnhillsfoundation.org.

What's Up in the Night Sky? Wednesday, May 15

The Astronomy Group invites you to join us on Wednesday, May 15 for a community star party. Location will be the area behind OC Lodge on the Terrace and we will start around sunset. Telescopes will be setup for you to view: the Moon and its craters and mountains; Jupiter and its moons; Saturn and its rings and other interesting night sky objects. Start your evening by dining in Meridians where you will find a star party special – "The Shooting Star" – puffed pastry with scallops in white wine sauce and the drink special will be the "Jolly Jupiter" a rum based drink. Here's to clear skies!! Nina Mazzo, ninamazzo@me.com.

You are invited... To the following presentation:

This vendor presentation is open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

Wednesday, May 1 10:00 AM, Nautilus Society, Gables (OC)

Lincoln Democratic Club

"Climate Change and the Impact on Our Environment" will be the presentation at the May 2 meeting. Our speaker will be Robert Christopherson, a professor emeritus of Geography. Mr. Christopherson will share photos and information with us regarding his scientific expeditions to the Arctic and Antarctic. The club meeting will begin at 6:45 PM in the Placer Room (KS) (Social Kitchen), and all are welcome. Questions: June Paquette, 408-2263.

Family Mental Illness Support Group

A new group is forming for those of us who have family members who experience serious mental illness. Often we are the primary emotional, financial and/or social support for these family members and we need support ourselves. Potential topics for meetings include housing, peer programs, Prop 63 — the Mental Health Services Act, cultural competency concerns, 5150's, conservatorship and estate planning, boundaries and self-care, legal issues, criminal issues, homelessness and stigma. Add your own interests to this list of subjects to be discussed. The "umbrella" for this group will be confidentiality and understanding. More info: Dede Ranahan at dederanahan@gmail.com or 408-4541.

The Glaucoma Support Group

will meet on May 8, at 4:00 in the Multimedia Room (OC). This meeting is open to all who are living with Glaucoma as well as their family members. More info: Bonnie Dale, 543-2133.

Adaptive Golfers' Clinic

The 2013 adaptive golf clinic season begins on April 29. That's just a couple of weeks away! If you are an experienced or wannabe golfer who is currently disabled from a stroke, heart surgery or are in some other manner physically impaired, and you want to get back into golf, we invite you to join us in the Adaptive Golfers' Clinic here

at the Lincoln Hills Club golf facility on April 29 between 10:00 and 11:30 AM. In cooperation with Billy Casper Golf, we will have the driving range plus practice greens open with golf professional Steve Treadway and several volunteers to assist and guide disabled golfers. If you are interested, sign up now. Contact Paul Apfel 408-130 or paulapfel@gmail.com or Rich Uebele at 408-1290 or orruebele@starstream.net.

The Hellenic (Greek) Group

The SCLH Hellenic Group is an association of people with an interest in Greek culture, heritage, history, foods and all around fun. We welcome as new members anyone with the spirit of Zorba, Greek and non- Greek alike. We are a social, fun loving group who meet the fourth Wednesday of the month at a members' home for fun and fellowship. A sampling of our activities include Greek Easter (May 5 this year) celebration at the Lincoln Hellenic Park, train trips, wine tours, Sacramento River brunch cruises, etc. More info: Kathy Karavidas, (925) 872-0390 (cell phone).

The Lincoln Hills Italian Club

invites all residents of Italian heritage living in SCLH to join us Friday, May 17 for our annual Bocce Ball BBQ. Bocce begins 10:00 AM. BBQ and prizes to follow. Play the bocce ball games with us or just come for the great catered BBQ food, drinks and camaraderie! \$26. per person. RSVP required by May 8. Call Nancy Freschi 408-0277. Your check must be received by May 10. Please make checks payable to LHIC, note the check as Bocce BBQ, and mail to Mario Tantillo, Treasurer. We love all things Italian! We know how to have fun! We hold interesting and enjoyable events each and every month! If you, or your spouse/partner is of Italian descent and you reside in SCLH, you can join our club. Membership info will be available at the event.

Continued on page 43

Special Olympics Regional Bocce Tournament

Come cheer on our outstanding Special Olympics athletes Sunday, May 5, beginning at 9:00 AM!

More than 250 athletes from Placer, Nevada, Sacramento, Yolo, San Joaquin, Amador, El Dorado, and Calaveras Counties will be competing. The winners from this tournament will be eligible to advance to the Northern California Summer Games at

UC Davis on June 28-30.

Our athletes have been practicing for many weeks for this big event and they would truly appreciate being cheered on by you. SCLHCA has been supporting the Special Olympics Bocce Program for several

years by providing the venue for them to practice on Saturday mornings, and also holding the regional Tournaments. Without this generous support our program would not be what it is today. SCLHCA we thank you!



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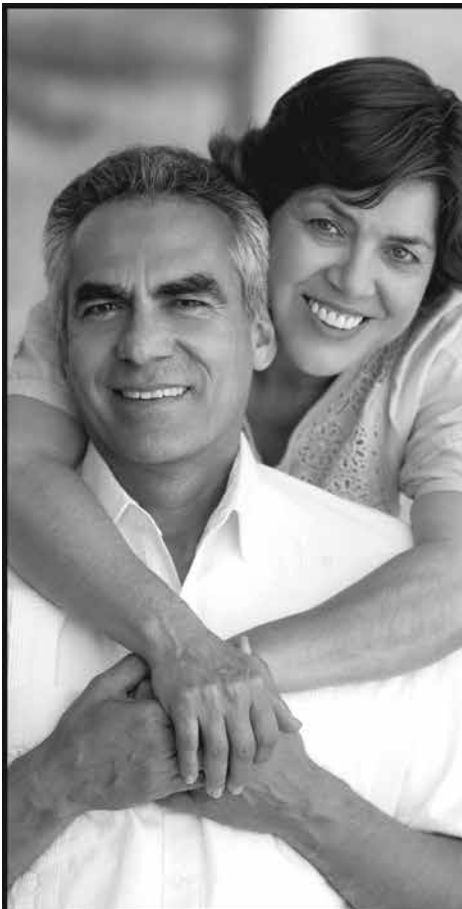
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Continued from page 39

Mixed Media Art Club

We are in the process of starting a new club and invite interested folks to attend our introductory meeting on Monday April 29 from 9:00-11:00 AM in the Ceramics Room (OC). Mixed Media is an art form that uses more than one medium on a canvas. A work might include natural products, i.e., leaves and natural fibers; found objects, i.e. stamps, coins; interesting papers; photos, etc., on a canvas using acrylic paints and dimensional elements. Mixed Media artists use a great deal of imagination, intuition and exploration.

More info: Nina Mazzo at ninamazzo@me.com or 408-7620.

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 SCLH residents are welcome. Tables are first-come, first-served.

Parkinson's Disease Support Group

meets each third Tuesday of the month at Raley's Meeting Room, from 10:00-11:30 AM. Come and learn more about PD. More info: Sharon, 408-4869, or Betty, 408-0195.

Racquetball Group

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

Shalom

The Ice Cream Social was a smashing success! Lots of ice cream, cookies, and homemade brownies. Too much food, but it was a cold evening, and we needed to stoke up. The Purim skit, action transposed to SCLH, was enjoyed by all. Speaker system problems drowned

In Memoriam

Maxine Bagnall

Born in Iowa in 1921, Maxine taught kindergarten through eighth grade in a rural, one-room schoolhouse. In 1941 she worked for the FBI in Washington, DC where she earned \$1440 per year and sang with the Columbia Light Opera. After transferring to the Los Angeles Bureau, she then worked as a stewardess with United Airlines. She also worked for IBM, Raytheon and Lockheed. While here she enjoyed singing with the Lincoln Hills Singers and playing cards. She volunteered at Adventure Church. She leaves her four children, and four grandchildren. Maxine is remembered as a beautiful, classy, flamboyant, feisty, flirty and fun-loving person!

Rick Rumrill

A World War II Navy Veteran, Rick was born and raised in New York. Most of his career was spent working for General Electric as an aircraft engineer. His work took him to Jordan, Brazil, Mexico,

and Taiwan. He also sold real estate in Apple Valley, California. He lost his wife, Patty in 2012. Rick enjoyed dog-walking with friends and was a member of "Roosters." He had four children (one deceased) three grandchildren, and four great-grandchildren.

Ramon L. Snyder, MD

Ramon grew up in Canton, Minnesota; he graduated from Notre Dame University and Tulane University with a degree in medicine. After graduation he enlisted in the US Air Force and eventually settled in California. Ramon practiced medicine for 35 years in Pinole, California where he served as Chief of Staff for Doctors Hospital, Pinole and many other committees within the hospital. He and his wife Linda traveled extensively over the years, Ramon also enjoyed his monthly poker group, wine club and Lincoln Hills Sports Car Club. He will be missed by his wife, children, grandchildren and friends.

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

out much dialog. The Passover seder occurs at OC a few days after this is written, It should be a good one. The first hint of bowling season starts on publication day (April 15). Jerry Gordon is the contact person. On Saturday, May 4, we will have the first group walk of the season at Hidden Falls Park, near Auburn. Contact Bob Aron or Jack Kretmar for info and sign-up. Browse our website (still www.shalomsg.org). Look at the "Links" site, and visit the huge selection of jokes, most of them very good and a few old ones.

The Travel Group — www.lh-travelgroup.com

The next meeting is Thursday, April 18, 7:00 PM (KS). Guest presenter: Joan Thornton, Grand Circle Tours. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee member contacts: Teena Fowler — 543-3349, sfowler@starstream.net; Linda Frazier — 434-8266, fraz1774@sbcglobal.net; Sheron Watkins — 434-9504, sheron55@att.net; Louise Kuret — 408-0554, lkuret@sbcglobal.net.

"Artisans in the Lodge 2013"

will be held this year on Sunday, May 19, from 9:00 AM to 3:00 PM.

The talented artists of Lincoln Hills will have their art and crafts on display and for sale.

This year the event is sponsored by the LH Painters' Club.

For info, contact Joyce Bisbee, atjoybis@aol.com.

SCENTS

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Summer Brings Big Stars to Sun City Lincoln Hills! 2013 Summer Amphitheater Concert Series

Mark your calendars for the 13th Annual Summer Amphitheater Concert Series at Sun City Lincoln Hills with big name stars and nostalgic music that will have you dancing and singing along. Relive “The Twist” with **Chubby Checker on Friday, June 7**, find “Somebody To Love” with **Jefferson Starship on Friday, July 26**, and “Be True To Your School” with **Papa Doo Run Run on Friday, August 23**, among others.

Go on a musical journey back in time with the exciting seven concert line-up listed below. Food and drink items will be available for purchase at the grab ‘n’ go and no-host bar stations in the Amphitheater once doors open.

Two ways to save money to see the shows: Purchase the Summer Concert Series Package and watch all seven concerts for only \$109. Or, if you will be away on some of the dates, buy now to take advantage of the early registration discounted rate. Both offers good from April 17 to May 14 only. Individual price is listed for each event. The Summer Amphitheater Concert Series is open to family, friends and the public with unlimited ticket purchase at the Activities Desks and online. See Amphitheater Guidelines for rules and ticket information.

Seven-Concert Series Package (\$109) — 5000-04

Available for purchase until May 14.

Chubby Checker & The Wildcats

Friday, June 7 — 5000-4A

“Let’s Twist!” Chubby Checker was put on the map when “The Twist” was the number one song on the charts. Concert 7:00 PM. Early registration discounted rate April 17-May 14, \$26. After May 14, \$29. More details on page 47.



Paperback Writer “Beatles Tribute”

Tuesday, June 25 — 5000-4B

Paperback Writer performs an award-winning Beatles Experience including “Penny Lane” and “Strawberry Fields.” Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$16. After May 14, \$19.



Chicago Tribute Authority

Tuesday, July 9 — 5000-4C

Tribute to the only American rock band to chart in the Top 40 in five consecutive decades with songs including: “Saturday in the Park,” “Just You ‘n’ Me,” and “Make Me Smile.” Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$15. After May 14, \$18.



Jefferson Starship

Friday, July 26 — 5000-4D

Steeped in the fantastic realms of science fiction and contemporary American shadow land, the most artistically and commercially successful rock group performs “Somebody to Love” and “White Rabbit.” Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$18. After May 14, \$21.



Papa Doo Run Run

Friday, August 23 — 5000-4E

Legendary Grammy Nominated California surf band brings hits songs including “Be True To Your School.” Best kept secret...

Papa Doo Run Run is who the Beach Boys call when they need someone to fill in with their band. Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$17. After May 14, \$20.



James Garner’s “Cash Tribute Show”

Thursday, September 5 — 5000-4F

Celebrate the legendary ‘Man in Black’ — Johnny Cash, with “Folsom Prison Blues” and “Ring of Fire.” Historical accounts and personal anecdotes about America’s most beloved singing storyteller. Concert 7:00 PM. Early registration discounted rate April 17-May 14, \$13. After May 14, \$16.



The Bronx Wanderers

Friday, September 20 — 5000-04G

Capture the magic of the ‘50s and ‘60s doo-wop and rock and roll era with exceptional vocals and musicianship including “Sleep Walk,” “In My Room” and a great Frankie Valli medley! Concert 7:00 PM. Early registration discounted rate April 17-May 14, \$14. After May 14, \$17.



~Please see the Summer Concert Series ad on page 86.~

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 starting at 5:00 AM on the day of the event. **Chairs placed prior to 5:00 AM will be removed from the area.** SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. Do not move chairs al-

ready in place. **Lawn seating** for blankets will be in the grassy area at the left of the stage. Door open 45 minutes before showtime.

- **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 allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions available 45 minutes before concert begins.
- **Ticket Pricing:** Series Package and Early Registration discount pricing available until May 14. See individual articles in Enter-

tainment section for prices. Tickets are non-refundable.

- **Tickets: Wristbands** must be worn during the concert. Online buyers can pick up wristbands from Will Call at OC Lodge after 12:00 PM on the day of performance.
- **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.
- **Dancing:** No dancing directly in front of stage. Dancing will be allowed in designated areas.
- **Entertainers:** Please be respectful of all performers/singers/entertainment at venue by avoiding direct physical contact of any nature with them during performances.

Entertainment

—Club Performance—

The Lincoln Hills Community Chorus Spring Concert – “An American Fanfare”

Sunday, May 5, 2:00 PM Show — 5105-03A

Monday, May 6, 7:00 PM Show — 5105-03B

Tuesday, May, 7:00 PM Show — 5105-03C

The Lincoln Hills Community Chorus has an enjoyable array of music for your listening pleasure. Hear many favorites such as “Danny Boy,” “This Land is Your Land,” “Save the Last Dance for Me” and many others. The December concerts sold out, so be sure to get your tickets early! The chorus members love to sing for you and appreciate your support. Ballroom (OC). Shows at 2:00 PM and 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$18.** General admission \$13.



—Community Perks—

Document Destruction

Monday, April 15

10:00 AM-12:00 PM, OC Fitness Center 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!



e-Waste Recycling

Tuesday, April 16 — Free

9:00 AM-12:00 PM. OC Fitness Parking Lot. Free! Be good to our environment. To make it easier for you, Sims Recycling will



be at OC Parking Lot (Fitness side) to accept your unwanted electronic gadgets, working or broken, including: computers, laptops, TV, radios, etc. The list of all acceptable electronics for recycling available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!

New Resident Orientation

Tuesday, April 16 — Free

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



Home, Health & Business Showcase

Wednesday, April 17 — Free

10:00 AM-2:00 PM. Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your *Compass* advertisers and other local businesses that will showcase their products. Please come by Orchard Creek Lodge to thank them for supporting the *Compass* and many of our Association and Group activities. Business Showcase Contact: Judy Olson, 625-4014.



Inspire by Example! Volunteer Symposium

Friday, April 26 — Free

Beginning at 10:00 AM, your Association is joining the National Volunteer Week efforts to encourage volunteerism in our community. Join over 30 Placer County nonprofit organizations in the Ballroom as they showcase their organizations and volunteer opportunities in a fair-like set up. Stop by the Ballroom to talk with representatives from organizations from Lincoln City Archives to Sacramento Zoo and find where your interests may fit with the many volunteer needs these organizations have. Symposium Contact: Jeannine Balcombe, 625-4020.



Continued on page 46

Annual Parking Lot Sale Saturday, May 18 — 5118-03

Join us for a morning sale, 7:30 AM-12:00 PM either to shop or sell. With only one date in 2013, don't miss your chance to participate in the annual Parking Lot Sale. The sale is intended for residents selling their unwanted household items. Limit of two spaces per household. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Donuts and coffee will be on sale. Spaces go fast, reserve yours now. Vendors must abide by the guidelines received during sign-up process. Home or local businesses may purchase a booth for an additional fee. Fitness Center Parking Lot (OC). \$28 per space. Limited spaces available for home or local business, \$75. Booths will be checked by staff and additional fee will be charged for anyone that has not registered as a business.



—Comedy—

Comedy Night at KS: Del Van Dyke Tuesday, May 14

6:00 PM performance — 5114-03A

8:00 PM performance — 5114-03B

Raised in Marin County, CA, Del Van Dyke began performing comedy in 1984 on the local San Francisco comedy scene. By the late 80's Del was headlining major clubs on the West Coast and took first place in the Northern California, Inland Empire, and Alameda County Comedy Competitions. He has appeared on network and cable TV, headlined for musical acts such as The Pointer Sisters and The Neville Brothers, and entertained our armed forces serving overseas. P-Hall (KS). \$12.



—Concerts—

KS at the Movies: "Hope Springs" Monday, May 20 — Free

PG; 100 minutes. Starring Meryl Streep, Tommy Lee Jones and Jean Smart. Comedy/Drama. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS).



Certified Farmers Market at Lincoln Hills Every Wednesday starting May 22

Support your local farmers and join us every Wednesday at the Fitness Parking Lot from 8:00 AM to noon. Local Certified Farmers will be selling fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on the weather and availability of crops, the plan is to hold the Farmers Market on Wednesdays until November. If you are interested to be one of our vendors for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



Will & Anthony in Concert – "Broadway, Our Way" Friday, April 26 — 5126-02

Enchanting audiences across the country and around the world, Will & Anthony Nunziata bring their acclaimed concert with a fresh and nostalgic take on standards, show tunes and contemporary music. Comedic brotherly rapport, golden voices and piano accompaniment make up a program of songs including: "Make Someone Happy," "Just in Time," "The Prayer," "Once In A Lifetime" and signature mash-ups of songs such as "What Kind of Fool Am I" and "Who Can I Turn To." Will and Anthony have performed at New York City's premiere nightclub, Feinstein's at Loews Regency, Avery Fisher Hall, Jazz at Lincoln Center's Rose Hall, Boston Symphony Hall, and as headliners with the Colorado, Cape Cod, and Cleveland Pops Orchestras. *Theatre Scene Magazine* recently wrote that "the brothers play off each other in a way that Dean Martin and Frank Sinatra bounced off one



Reminders

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 98.

• **Two Lodges:** Orchard Creek (OC) & Kilaga Springs (KS)

• **Reservations:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.**

• **Want to sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

• **RSVP Date** ♦♦: If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for **Trips:** Residents may purchase as many spaces 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 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 seven 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.

• **Weather:** Association trips & events are held regardless of inclement weather.

• **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from

another in those irreverent Rat-Pack days of another era." Ballroom (OC), 7:00 PM. General admission \$16.

Swingin' Blue Stars of the USS Hornet — "Remember the USO"

Thursday, May 30 — 5130-03

Join us for an entertaining concert in honor of Memorial Day with a group of ladies who specialize in performing songs from the 40's and 50's. The program includes close harmony, swing style music made popular by 1940's female vocal groups such as the Andrews Sisters. Sing along to the saucy and romantic WWII tunes that will take you down memory lane. Formerly known as the Singing Blue Star Moms, all members had the common bond of sons, daughters or other family members that were enlisted or veterans of the U.S. Military. Songs including: "Rum & Coca-Cola" and "Boogie Woogie Bugle Boy" are favorites when the ladies perform at VA Hospitals, The American Legion, The Shriners, with Glenn Miller Orchestra and fairs and festivals around the country. Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$18.** General admission \$16.



Summer Amphitheater Concert Series: Chubby Checker & The Wildcats

Friday, June 7 — 5000-4A

"Let's Twist!" Chubby Checker was put on the map when "The Twist" was not only the number one song on the charts, but also introduced the concept of "dancing apart to the beat." Over the next few years, endless songs incorporating "The Twist" into its name sprang up such as "Peppermint Twist," "Twist and Shout" and "Twistin' the Night Away." Remember



the popular dances these songs brought to life including: "The Jerk," "The Hully Gully," "The Boogaloo" and "The Shake." Chubby Checker is the only artist to have five albums in the Top 12 all at once and nine double-sided hits. Doors open at 6:15 PM for a 7:00 PM concert. General admission early registration discounted rate April 17- May 14, \$26. After May 14, \$29. Enjoy bigger discount by purchasing the complete Summer Amphitheater Concert Series package, \$109.

KS Music Night Presents The Patchouli Quartet

Friday, June 14 — 5114-04

Music Night brings back the Patchouli Quartet to play the songs you love to sing along to. After years of playing in "The Cast Musical Band," the Quartet decided to follow Sana and Terry's passion and go acoustic. Their specialty is old and new folk music with vocals, guitars and bass, with featured electric guitar and drums prerecorded by Terry. The program includes Aretha Franklin's "Chain Of Fools," the Jeff Healy Band's "Angel Eyes," Simon and Garfunkel's "Mrs. Robinson," and many more. Expect excellent harmonies from lead vocals Sana Christian and Terry Allwein who will be adding new repertoire versus last year's show. One show only. P-Hall (KS), 7:00 PM. General admission early registration discounted rate April 17- May 14, \$13. After May 14, \$16.



Slim Jenkins — Voodoo Blues & Dirty Swing Concert

Thursday, June 20 — 5120-04

San Francisco's Slim Jenkins is a celebration of great American roots music and its tradition of innovation and energy. Harking back to the heyday of hot jazz and blues, Slim Jenkins evokes a world of sultry and smooth, or jumping and hot music to keep the



Continued on page 49

Reminders

wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.

• **Showtime:** For Entertainment, doors open 30 minutes prior to showtime unless noted.

• **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows. Seats located on *stage right (section A)* and *middle front (section B)*.

• **Events that Include a Meal:** Ticket sales for Entertainment that includes a

meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.

• **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For Entertainment, 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 OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

• **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.

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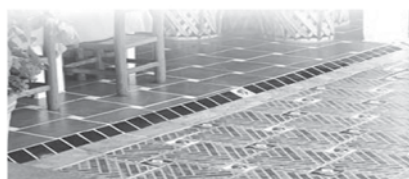
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audience energized and alive. Slim Jenkins never loses sight of the balance between tradition and innovation that defines classic American music. The program includes a repertoire that evokes our musical history with music such as "Burnt Toast & Black Coffee," "It Ain't Love," "Cleopatra" and "Coal Miner." Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$19.** General admission early registration discounted rate April 17- May 14, \$14. After May 14, \$17.

Summer Amphitheater Concert Series: Paperback Writer "Beatles Tribute"

Tuesday, June 25 — 5000-4B

Paperback Writer will take you on an award-winning Beatles Experience through the musical years of the worlds' most successful and popular rock group of all time. Hear the melodic hits from the early years of the Ed Sullivan Show and The Beatles' first full length film, "A Hard Day's Night," performed with "spot on" authenticity. Hit songs will come to life with costumes and flair including: "Magical Mystery Tour," "Penny Lane" and "Strawberry Fields." Doors open at 6:15 PM for a 7:00 PM concert. Early registration discounted rate April 17-May 14, \$16. After May 14, \$19. Enjoy bigger discount by purchasing the complete Summer Amphitheater Concert Series package, \$109.



—Fashion Events—

"Fashion Is Blooming" — A Spring Fashion Show Friday, April 19 — 5119-02

Spring will be in full bloom with a beautiful collection of fashions and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport and semi-formal occasions will be presented by Pottery World, Sun River and more. Enjoy beautiful clothing, accessories and a few fun surprises during the show. Chef will present a spring luncheon with choice of *Rice Noodle Shrimp Salad* or *Creamy Chicken Alfredo Pasta with a Chocolate Truffle Cheesecake* for dessert. If buying a table with friends and neighbors, please provide 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. Ballroom doors open 11:00 AM; lunch served 11:30 AM; show 12:30 PM. \$31. Even if you do not attend the show, come shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.



—Grandchildren Activities—

Grandkids Pavilion Picnic — Featuring Radio Disney Saturday, May 4 — 5104-03

Petting zoo, carnival games, prizes and Radio Disney make the perfect spring day with your grandchildren! The first Grandkids Pavilion Picnic will feature games and music with Radio Disney and the Mercedes Benz "Gift of Reading" program where you can share the magic of books through hosted interactive outdoor fun. Enjoy a kid-friendly Picnic Box Lunch for a casual meal including choice of: *Hot Dog, Turkey or Roast Beef Sandwich with Chips, Cookie and Bottled Water.* Entertain the kids with animals in the petting zoo, play games for prizes, watch a magic show and more! Sports Pavilion, 11:00 AM-3:00 PM. Sign up your grandchildren, **toddler to 12-years-old only please**, at the Activities Desks. Wristbands required to participate. Complete menu available online and at Activities Desks. General admission \$22 per child. Purchase of additional Picnic Box Lunch only for adults \$10. Limited space. Event will be cancelled due to low enrollment or rain.



—Party—

"I Do" Again — Celebrate Your Vows Ceremony and Reception presented by Activities & Fitness Departments for "Wellness Days" Thursday, May 23 — 5123-03

Nothing is more important in life than your emotional wellness and close relationships. We cordially invite you to say "I Do" all over again in front of friends, neighbors and family at our vow celebration party during Wellness Days. The Ballroom will be transformed into a beautiful ceremony and reception venue where couples will enjoy all the magical moments of exchanging rings, having the first dance (again), cake cutting and more. The ceremony officiant and DJ Tom will serenade you and get your family and friends on the dance floor after dessert. To complement the day's romantic flavor, view Chef Roderick's tantalizing cocktail hour menu, including a bruschetta bar and antipasto skewers, online and at Activities Desks. Ticket price includes appetizers, cake and champagne toast. No-host bar will be available throughout the party. Ballroom (OC). Ceremony 1:00 PM, Cocktail hour 2:00 PM, Reception & Dancing from 2:00-5:00 PM. General admission \$25.



Continued on page 51



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—Casino/Racing—

Colusa Casino

Thursday, May 2 — 1950-03

A very popular casino trip! Enjoy a nice spring drive and great view of the world's smallest mountain range, the Sutter Buttes. Receive casino credits: New members \$30; Current members \$10, Premier \$15 and Elite \$25. All residents and their guests over 50 years of age will receive additional slot and/or food credits depending on the casino promotion for May. Leave OC 10:00 AM, return ~ 5:00 PM. \$21. RSVP ♦♦ by 4/15.



Off to the Races

Thursday, June 6 — 1846-04

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the comfort and luxury of the Turf Club with an 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, 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 5/15.



Reno Silver Legacy

Tuesday, June 11 — 1772-04

Nice summer day trip to Reno 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. \$32. RSVP ♦♦ by 5/15.



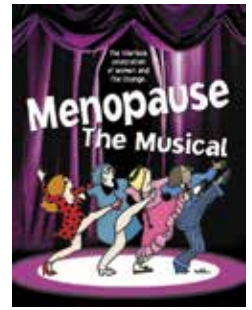
—Performances—

Menopause the Musical — Eldorado Hotel & Casino

Thursday, May 9 — 1777-03

Inspired by a hot flash and a bottle of wine, "Menopause the Musical" is featured at the Eldorado Reno showroom. Come meet four women at a Bloomingdale's lingerie sale with nothing in common but a black lace bra and hot flashes, night sweats, memory loss, chocolate binges, not enough sex, too much sex and more. A joyful parody of 25 re-lyricized classic

baby boomer hits, this 90-minute show features chart-toppers "I Heard it Thru the Grapevine; You No Longer See 39" and the disco favorite "Stayin' Awake!" See what millions of women (& men) worldwide have been laughing about for over 10 years! Arrive with plenty of time for gaming and an included buffet dinner (*gratuity included*) prior to the 7:00 PM show. Leave OC at 12:00 PM, return ~ 11:00 PM. \$84. RSVP ♦♦ by 4/15.



Pirates of Penzance at Three Stages

Friday, May 10 — 4591-02

Now in its fourth decade — and with over 2,000 performances to their credit — America's preeminent Gilbert & Sullivan repertory ensemble performs to a full orchestra and chorus at Three Stages at Folsom Lake College. On the coast of Cornwall, a band of tenderhearted pirates celebrates the coming of age of Frederic, who was mistakenly apprenticed to the pirates until his 21st birthday. Now, Frederic has vowed to devote his life to the extermination of piracy — until a ludicrous leap year snag threatens to keep him apprenticed to the pirates for life! Throw in a bevy of beauties, a brash Pirate King, the delightfully stuffy Major-General Stanley and you've got what *The New York Times* calls "an endearing production with high musical standards and spirited performances." Enjoy a matinee performance and return in time for dinner at our own Meridians with a discount of 20% off your meal that evening; must present original trip receipt to server to receive discount (not including alcohol, tax & tip). Leave OC at 1:30 PM, return ~ 6:30 PM, \$73. RSVP ♦♦ Now.



2013 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classical musicals as well as the Music Circus Premiere of the original "Chicago." All shows will be done "Theatre in the Round." Please note performance time of 7:30 PM for all shows except "The King and I" which starts at 8:00 PM. "The King and I" and "Chicago" now available! \$76 each show.



Wizard of Oz

Wednesday, June 26 — 4531-03A

Join Dorothy, Toto, Tin Man, Scarecrow and Cowardly Lion as they band together on an adventure along the Yellow Brick Road to Oz and face the wrath of the Wicked Witch. The production will be true to the movie that has enchanted fans of all ages for decades. Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 4/15.



Continued on page 53

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Showboat**Wednesday, July 10 — Sold Out**

Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ◆◆ by 4/15.

Sugar**Wednesday, July 24 — 4531-03C**It's the classic movie *Some Like it Hot* — and it's live on stage, with a brassy

score to highlight the hilarious antics! Two male musicians, disguised as women in an all-female band while fleeing the Chicago mob, experience a series of comical mishaps. Music by Jule Styne and lyrics by Bob Merrill, the team that composed "Funny Girl." Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ◆◆ by 4/15.


The King and I**Thursday, August 8 — 4531-03D**

One of Rodgers and Hammerstein's most treasured musicals. East meets West, cultures clash and reconcile. A classic tale of passionate but forbidden love, filled with indelible, exhilarating moments featuring a breathtaking score and the songs "Shall We Dance?," "Getting to Know You," and "Something Wonderful." Leave OC at 6:30 PM, return 11:30 PM. RSVP ◆◆ by 5/15.


Chicago**Wednesday, August 24 — 4531-03E**

First time ever at Music Circus, the sizzling, sexy Kander and Ebb smash hit, with choreography by the legendary Bob Fosse. Murderesses Roxie Hart and Velma Kelly find themselves on death row together and fight for the fame that may keep them from the gallows. Featuring the songs "All That Jazz," "Razzle Dazzle," and "Cell Block Tango." Leave OC at 6:00 PM, return 11:00 PM. RSVP ◆◆ by 5/15.


—Fair/Festival—**Sunset Celebration Weekend****Sunday, June 2 — 1930-04***Sunset* Magazine is holding its 16th annual open house "Sunset Celebration Weekend" on their beautiful seven-acre headquarter grounds in Menlo Park. Offerings include test kitchen and garden tours, stage presentations by *Sunset* food, travel, home, and garden experts, and hands-on projects.*Sunset* invited five up-and-coming interior designers to work on a *Sunset* Home re-imagined and inspired by *Sunset* issues from the 1940's to the 1970's interpreted how we live today. There is wine and microbrew tastings along with wine seminars. (Wine seminar tickets sold onsite, cash or check only.) Special guests this year include, Susan Feinger from Too HotTamales on the *Food Network* and a Top Chef Master, and also from Top Chef, Fabio Viviani and Yagit Pura. You'll have plenty of time to enjoy the vendors and presentations with lunch on your own. Leave OC at 8:00 AM, return ~ 6:00 PM. \$58 (includes admission). RSVP ◆◆ by 5/15.**—Food and Wine—****Amador County Wine Tasting****Friday, June 14 — 1810-04**

Experience the essence of Tuscany in the Shenandoah Valley of Amador County as we go wine tasting and enjoy a pasta buffet at Villa Toscano Winery in Plymouth. Enjoy wines produced from some of the oldest vines in California. Next, a special tour and tasting at Borjon Winery, recently featured in a Chef Roderick Wine Dinner and served at our own Meridians. On our way home, we will stop at Serafina Cellars, a first generation winery from a fifth generation winemaker making well balanced, food friendly wines, styled to compliment favorite meals. Amador County is famous for its Old Vine Zinfandels, Barberas and Primitivos and is approximately 90 minutes southeast of Sacramento. Leave the driving to us, enjoy an air-conditioned motor coach and relax! Depart OC at 9:00 AM, return 5:00 PM. \$66. RSVP ◆◆ by 5/15.

**—Gardens/Museums—****Girl with the Pearl Earring — deYoung Museum****Tuesday, May 7 — 1764-03**The deYoung will be the first venue in the American Tour of paintings from the Royal Picture Gallery Mauritshuis, The Hague. This jewel box of a museum, housing one of the world's most prestigious collections of Dutch Golden Age paintings, has not lent a large body of works from its holdings in nearly 30 years. The exhibition features 35 paintings representing the range of subject matter and technique characteristic of 17th-century painting in the Dutch Republic. Among the works traveling to the United States is the celebrated masterpiece *Girl with a Pearl Earring* by Johannes Vermeer and the enchanting *The Goldfinch* by Carel Fabritius. The painting of *Vase of Flowers* by the gifted Rachel Ruysch, one of the few female painters of the Dutch Golden Age, is being restored especially for the American Tour. You will also enjoy the companion exhibit of "Rembrandt's Century" offering a wide range of artworks from the 17th century. For more information on these and other currently running exhibits, please go to <http://deyoung.famsf>.*Continued on page 54*

org/deyoung/exhibitions. Lunch on your own at the museum cafe or bring your own. Admission includes Audio Guide rental. Leave OC at 8:30 AM, return ~ 6:00 PM. \$66. RSVP ◆◆ by 4/15.

Oakland Museum Thursday, June 13 — 1766-04

In cooperation with the Lincoln Hills Painters Club, we present an educational trip to the Oakland Museum of California. When the Oakland Museum of California first opened its doors more than 40 years ago, it brought together three historically independent disciplines — art, history, and natural sciences — under one roof celebrating the many facets of California. View the museum's art collection — one of the largest and most comprehensive holdings of California art in the world dating back to 1916. It features over 70,000 works by California artists from the early 1800s to the present with focus on our region. Featuring works of all disciplines, the collection includes painting, sculpture, photography, craft and decorative arts, conceptual work, and new media. The collection is particularly strong in California landscape paintings from the 1850s to the 1880s; Gold Rush-era artwork and daguerreotypes; furniture and decorative arts from the Arts and Crafts period, including a large collection of painting, craft and decorative art, and furniture by Arthur & Lucia Mathews; Bay Area figurative painting and sculpture; California ceramics and jewelry by Margaret De Patta. Additional exhibits will include California Landscapes and artwork of Hung Liu — one of the most prominent Chinese painters working in the United States today. For more information, please go to <http://museumca.org/exhibitions>. Bring your own lunch or purchase at the museum cafe. Leave OC at 8:30 AM, return ~ 5:00 PM. \$41. RSVP ◆◆ 5/15.



Big Springs Gardens Friday, June 28 — 1754-04

Get out of the valley heat! In cooperation with the Lincoln Hills Garden Group, we are going back to Big Springs Gardens for the spring & summer blooms! Big Springs Gardens is 118 acres of flowering plants, shrubs and trees surrounded by Tahoe National Forest. Imagine the beauty of Claude Monet's Giverny gardens so close to home, there's even a replica of Monet's famous bridge. Find well-groomed and graveled trails, steps of indigenous stone and easy walking on self-guided tours that takes in the slope of the land and the exquisite vistas. A scrumptious buffet lunch is included and served on the outdoor dining terrace with umbrellas in a tree-sheltered area. Buffet includes a salad bar, fresh fruits, pasta, cold entrees, desserts and beverages.



ages. Wine and beer available for purchase. There is a slight hill from the parking lot to the main area. Leave OC at 8:30 AM, return ~ 5:30 PM. \$75 RSVP ◆◆ by 5/15.

—Tours—

Lands End/Cliff House — San Francisco Wednesday, May 29 — 1922-03

Join us for a lovely day at "Lands End" in Golden Gate National Park where at every turn of the trail on this wild and rocky northwestern corner of San Francisco there is another stunning view. Along the way you'll see hillsides of cypress and wildflowers, views of old shipwrecks, access to the epic ruins of Sutro Baths, pocket beaches, and a new Lookout Visitor



Center. Join our step-on guide Gary Holloway as he takes us to see the Lands End Lookout and historic exhibits with a short history walk, including magnificent vistas of the Golden Gate Bridge and the Marin Headlands. We will enjoy a special three-course lunch at the world-famous Cliff House with views of the ocean. Following lunch, Gary will lead a one-hour walking tour of the Sutro Heights historic area, once the estate of Adolf Sutro, the city's wealthiest citizen and mayor, who made his millions in Virginia City, Nevada. Beautiful statuary, unsurpassed vistas and much history await us on these heights. Gary will also narrate a driving tour of the adjacent neighborhoods, finding such historic landmarks at the old Playland at the Beach complex, and more. Our residents thoroughly enjoyed his narration and knowledge on previous trips, and you're sure to learn something new. Trip limited to 49, sign up early! Leave OC 8:00 AM, return ~ 6:00 PM. \$125. RSVP ◆◆ by 4/15.

USS Potomac Saturday, July 27 — 1832-04

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 narrated three-hour "Bridges of the Bay" cruise to the Golden Gate, Richmond/San Rafael and Bay Bridges with their unique history, construction and points of interest. Box lunch included (choose onboard). Buy early — sales end June 10 due to deadlines by vendor. Leave OC at 7:30 AM, return ~ 3:30 PM. \$105. RSVP ◆◆ by 5/15.



Continued on page 56



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Saturday, June 29 — 1844-04

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—Sports—

San Francisco Giants

The 2012 World Series Champs are back to defend their title! We have five games for you to see the Giants in action. We have added a mid-week day game in August against the Boston Red Sox for an exciting inter-league game. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave the Lodge at 10:00 AM, return ~ 7:00 PM, except where noted (*). RSVP ♦♦ Now.



- **Giants vs. Los Angeles Dodgers — Sold Out!**
Sunday, July 7 — 6360-01A
- **Giants vs. Chicago Cubs**
Sunday, July 28 — 6360-01B
Seats in Lower Box Section 131. \$90.
- **Giants vs. Boston Red Sox**
Wednesday, August 21 — 6360-01C
Seats in Lower Box Section 135. \$110.
* Bus departs 9:45 AM for 12:45 PM game.
- **Giants vs. Arizona Diamondbacks**
Sunday, September 8 — 6360-01D
Seats in Lower Box Section 131. \$86.
- **Giants vs. San Diego Padres**
Saturday, September 28 — 6360-01E
Seats located in Lower Box Section 135. \$86.

Oakland A's vs. San Francisco Giants

Monday, May 27 — 6320-01B

We're heading to the Oakland A's. Celebrate Memorial Day rooting for your favorite team during



the "Battle of the Bay" against the World Series champs San Francisco Giants! Arrive in time to enjoy some ballpark munchies before settling in for some great baseball! Field level seating, lower box section 102. Game time 1:05 PM. Depart OC at 10:00 AM, Return ~ 7:00 PM. \$77. RSVP ♦♦ Now.

River Cats

The River Cats are the Oakland A's AAA farm team with up and coming future stars! Enjoy four games at beautiful Raley Field in West Sacramento. Same as last season, seats are located in Senate Box Sections 110 & 111 (in the bowl area directly behind home plate). Games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. \$40 each. RSVP ♦♦ Now.



- **River Cats vs. Tacoma Rainiers**
Monday, June 17 — 6300-01A
- **River Cats vs. Fresno Grizzlies**
Thursday, July 11 — 6300-01B
- **River Cats vs. Albuquerque Isotopes**
Thursday, August 1 — 6300-01C
- **River Cats vs. Fresno Grizzlies**
Monday, August 26 — 6300-01D

Overnight & Extended Travel

Overnight! Healdsburg/Sonoma Wine Country

Tuesday, May 21, through Wednesday, May 22 — 1972-02

Join us on an overnight trip to Healdsburg and Sonoma for wine tastings and tours of some of the fine wines served in our own Meridians. Complete menu description for all included lunches available at the Activities Desks and from our website. Please be prepared to give your meal choice or any dietary restrictions at time of registration.



Trip inclusions:

- Garden tour and tasting at Kendall-Jackson Wine Center
- Picnic boxed lunch specially prepared by Meridians' Chef Roderick with options: *Grilled Chicken Focaccia or Prosciutto & Provolone Baguette or Roast Beef & Roasted Red Pepper Ciabatta.*
- Tastings at Murphy-Goode & La Crema tasting rooms in downtown Healdsburg
- Tour, tasting and boxed lunch at Sebastiani Vineyards & Winery in Sonoma. Boxed lunch choices: *Grilled Seasonal Vegetable Sandwich, Chicken Salad Sandwich on Baguette, or Organic Green Salad with Roasted Chicken with Champagne Vinaigrette and Sliced Baguette & Butter*

Continued on page 59

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The Honorable Mark Curry presents award to Ms. Marilyn Clark

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Overnight Trip: Fort Bragg/Skunk Train
Wednesday, June 19 to Thursday, June 20 — 1970-03

Join us in the luxury of our motor coach as we head around Clear Lake and



through the coastal redwoods for a visit to Fort Bragg and a ride on the Skunk Train. We'll stop at Robinson Rancheria in Nice for an included sandwich & soup lunch and time for gaming. We arrive in Fort Bragg in time to check out Glass Beach and then head downtown for exploration and dinner on your own. We will be staying at the Emerald Dolphin Inn. On Thursday, enjoy the hotel's complimentary continental plus breakfast in own private room, then head out on the World-Famous Skunk Train for a leisurely trip through the redwoods, with a stop for a BBQ buffet lunch (included) and then on to Willits, where we will meet our bus for the return trip home. Stop at Colusa Casino for gaming and an included buffet dinner on way home. Both casinos offer gaming credits if you sign up for their rewards card. **Lots of walking.** Wear comfortable shoes and bring a warm sweater or jacket. *A signed liability waiver is required for each participant.* Leave OC at 8:30 AM June 19, return ~ 9:00 PM June 20. No online sales. Purchase at Activities Desk (OC/KS) only. \$242 per person double occupancy. \$303 single. RSVP ♦♦ by 4/15.



Multi-day trip! Ronald Reagan Presidential Library and Museum
Sunday, July 21 through Wednesday, July 24 — 1971-02

Buy your space now, last day of purchase is April 29! In our first ever collaboration with Road Scholar Learning Adventures, formerly Elderhostel, we offer our residents an exclusive program to explore the presidency of Ronald Reagan, 40th President of the United States. Since the Ronald Reagan Presidential Library opened in 1991, more is now known about President Reagan's life from research and his private diaries. Enjoy the 2011 museum renovations and new interactive exhibits telling the



story of Reagan's life and engage in multiple experiences such as acting in a movie with Reagan, and setting the table for a state dinner. Perched on a mountaintop with sweeping views of the mountains, valleys and the Pacific Ocean, this 100-acre site offers memorable experiences for people of all ages. Some highlights include:

- Board Air Force One, the "Flying White House," view the Oval Office and Reagan's final resting place, and hear personal stories about the Reagans from those who knew them.
 - Lunch in Air Force One Pavilion
 - Private access to the Presidential Gift Collection which is not on display at the museum
 - Special speakers and classes about the life of Ronald Reagan
 - Walking tour of downtown Ventura and lunch at The Greek at the Harbor
 - Group leaders from Road Scholar
 - Meals included: *three breakfasts, three lunches, and three dinners*
- Obtain a detailed itinerary at the Activities Desks. Leave OC 8:00 AM, Sunday, July 21, return Wednesday, July 24 ~ 9:00 PM. *A signed liability waiver is required for each participant.* \$813 per person double occupancy. \$998 single. Road Scholar offers reasonably priced Travel Insurance for this trip. Please contact Katrina Ferland if you are interested. RSVP ♦♦ Now.

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Sold Out Trips thru May 20

Trip • Date • Departure Time

- SF Pier 39, April 16, 8:00 AM
- Mare Island, April 20, 8:00 AM
- Hearst Castle, April 23, 8:00 AM
- Asparagus Festival, April 26, 9:00 AM
- Terracotta Warriors, May 16, 8:00 AM

Continued on page 61

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Mondays, May 6-20 — 105110-04

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$39 (three 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 4/29.



Impressionistic Landscape Painting with Oils and Acrylics

Wednesdays, May 1-29 — 113110-04

Wednesdays, May 1-29 — 113120-04

Morning class 9:00-11:30 AM; afternoon class 1:30-3:00 PM, (OC). Instructor: Artist/resident Marilyn Rose. \$65 (five sessions). AM and PM classes are not interchangeable. For all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class demonstrations, masterwork examples and individual instruction will be used to help students understand various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for material list. **About the instructor:** Marilyn has 20 years experience as a plein air and studio landscape painter and five years experience as an art instructor in classes and workshops, including the School of Light and Color in Fair Oaks. Her website address is www.artistmarilynrose.com. RSVP ♦♦ by 4/24.



—Watercolor—

Watercolor Workshop with David Lobenberg

Thursday May 30 — 121100-04

9:00 AM-1:00 PM (OC). Instructor: David Lobenberg. \$75. Create a watercolor painting of a lovely iconic scene. Instructor will provide the outline drawing to be traced onto your watercolor paper. You will then follow step-by-step painting method. No one is left behind! Learn how to slowly "build" the painting

while following instructor's lead with plenty of time to answer questions between each step. Also learn creative color mixing, working with an easy-to-handle and limited color palette, and how to use exciting and creative brush strokes, especially on the pine trees. This workshop is perfect for beginners to more advanced painters. RSVP ♦♦ by 5/23.



—Drawing—

Multi-Media Drawing

Wednesdays, May 1-22 — 132110-04

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$64 (four sessions). Do you love to draw and learn new techniques? From beginners to the experienced, this class will put fun into your drawing! Get your favorite media ready and experiment and play as you move from one creative exercise to the next, from theme to theme and from figuration and abstraction to imagination. Whatever your preference, pencil, ink, pastels and more, this class will improve your skills. The first part of class will be dedicated to fun and stimulating exercises. The second part focuses on your personal project. Supply list will be provided upon registration. RSVP ♦♦ by 4/24.



Bridge

Beginning Bridge with Laurie

Thursdays, June 6-July 25 — 162110-04

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$60 (eight 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. Have you ever had 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 5/29.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, May 1-29 — 206110-04

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:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor



Continued on page 63



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at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 4/24.

Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. Drop-in sessions for Lladro hobbyists who can work independently. Workshop is not for beginners and does 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." 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, May 7-28 — 212110-04

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP ♦♦ by 4/30.



Advanced Ceramics

Tuesdays, May 7-28 — 212210-04

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 4/30.

Ceramics — All Levels

Thursdays, May 2-30 — 221110-04

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$67 (five sessions). Open to all skill levels. 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 project 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 Monitor when you register. RSVP ♦♦ by 4/25.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. \$17 per session. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** previous enrollment in Advanced Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for assuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registering at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

Computer

—Tablets & Other Devices—

iPad and iPad Mini

Saturday, April 20 — 242110-03

1:00-4:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of — and into — your iPad or iPad Mini than you ever thought possible. Learn all about iOS6 (the operating system for this device) settings, like Air Play and Internet. This class will demonstrate the many iPad settings and applications on the large screen in P-Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information; how to get all that "stuff" into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. Class size is limited so sign up early. RSVP ♦♦ now.



Android — 101 Smart Phone and Tablet

Tuesday April 30 — 255110-04

9:00-12:00 AM (OC). Instructor: Len Carniato. \$30. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recom-



Continued on page 67



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mending and discussing and then set up on your own device.
Prerequisite: Be an Android device owner (bring to class). RSVP
 ◆◆ by 4/26.

—Social Media—

Facebook 101

Saturdays, May 4 & 11 — 272110-03

9:00-11:00 AM (OC). Instructor: Janet Dixon-Dickens. \$40 (two sessions.) Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile on Facebook and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ◆◆ by 4/27.



Twitter 101

Saturdays, May 18 & 25 — 273110-03

9:00-11:00 AM (OC). Instructor: Janet Dixon-Dickens. \$ 40 (two sessions). Still don't get Twitter and tweeting? More and more this micro-blogging network is becoming a very useful tool for finding out what's going on with the people and things that matter to you the most. In this course, you will learn the various ways you can use Twitter to enhance your own life. The course format will use short videos and hands-on instruction. **Prerequisite:** Must have personal working email. Class size is limited so sign up early. RSVP ◆◆ by 5/11.



—Mac—

Beginning Macintosh — Level 1 How to Use Your Macintosh Computer

Thursday, May 16 — 263110-04
 1:00 -5:00 PM (OC). \$40 (class material: \$5 Payable to instructor). Instructors: Andy Petro and Henry Sandigo. Are you new to the world of Apple computers? If you are, then this class is for you. **Prerequisite:** have an Apple computer: an iMac, a Mac mini, a Mac Pro, a MacBook Air, or a MacBook Pro. Explore the Mac OS X Mountain Lion system and all the items that appear on your computer Desktop including: the Finder, the Dock, the Spotlight, the Notification Center, and Documents and Files. We review all the connection ports on the Mac. We also cover keyboard shortcuts and navigation technique for using the mouse and trackpad. There is only room for nine students using the lab's iMac's — but, if you have your own MacBook Air or Pro, there is connection space for two, but you must have **OS X Mountain Lion (Version 10.8.2)** installed on your laptop.

To sign up using your laptop please contact Henry or Andy to verify your version of OS X prior to registration. Questions about the class? Call Andy Petro at 253-9130 or Henry Sandigo at 434-7792. RSVP ◆◆ by 5/9.

—PC Operating System—

Organizing Your Windows Information Files & Folders

Thursday, April 18 — 2542-02A

10:00 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. The average PC user collects many types of information — music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your file in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun! RSVP ◆◆ by 4/11.



Security for Your Windows Computer

Tuesday, April 23 — 2542-02B

10:00 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. Windows comes with several built-in security features. Learn to use these free security programs which include Windows Defender, User Account Control, Windows Firewall, and more and keep your personal computer secure from the bad guys. You will come away from this class with a better understanding of what Windows security features are available and how they work together; also a better idea of what can go wrong with Windows and how you can fix it. RSVP ◆◆ by 4/16.



Tips & Tricks for Beginning PC Users

Monday, June 3 — 282110-04

9:30-12:00 AM (OC). Instructor: Bob Ringo. \$15. 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 com-



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More Tips & Tricks for Beginning PC Users

Wednesday, June 5 — 282210-04

9:30-12:00 AM (OC). Instructor: Bob Ringo. \$15. 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 5/29.

—Genealogy—

Searching Like a Pro

Thursday, April 25 — 2690-02

Or Monday, June 17 — 283310-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. In the fall of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class you will learn how to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented in this class will be equally applicable to anyone searching the Internet. RSVP ◆◆ by 4/18 or 6/10.



Getting Started with Family Tree Maker

Friday, April 26 — 2690-02B

Or Friday, May 24 — 285110-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo \$15. **Prerequisite:** Basic computer skills. Family Tree Maker (FTM) is advertised as "the number one selling genealogy software." As with other genealogy software, FTM allows the researcher to keep track of information collected during family history research and to create reports, charts, and books containing this information. Beginners enjoy the easy navigation and tree-building tools in FTM. In this class you will create a sample database with a few individuals in your family to get you up and running using FTM. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. RSVP ◆◆ by 4/19 or 5/13.

Getting Started with RootsMagic

Tuesday, May 14 — 286110-04

1:00- 3:30 PM (OC). Instructor: Bob Ringo \$15. **Prerequisite:** Basic computer skills. RootsMagic is a genealogy database

program. The main function of RootsMagic is to provide you with a place to enter information about your family history. While RootsMagic is an easy program for beginners to learn to use, it is one of the most powerful genealogy programs on the market. In this class, you will create a sample database with a few individuals in your family to get you up and running using RootsMagic. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. RSVP ◆◆ by 5/7.

Family Search Made Easy

Friday, May 17 — 287110-04

9:30-AM 12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. 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 Family Search. RSVP ◆◆ by 5/10.



GEDCOM – Exchanging Data Between Family History Programs

Thursday, May 23 — 289110-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. GEDCOM, an acronym for GENEalogical Data COMMunication, is a specification to provide a flexible, uniform format for exchanging computerized genealogical data. The purpose of a GEDCOM file is to foster the development of a wide range of inter-operable software products to assist genealogists, historians, and researchers. Most popular genealogy family history programs support importing from and/or exporting to the GEDCOM format. In this class you will learn how to import and export information between the three most popular family history programs — Family Tree Maker, Legacy Family Tree, and RootsMagic. RSVP ◆◆ by 5/16.

Getting Started With Legacy Family Tree

Monday, May 20 — 284110-04

9:30-12:00 AM (OC). Instructor: Bob Ringo \$15 **Prerequisite:** Basic computer skills. Legacy Family Tree is genealogy software for Windows that assists family historians in tracking, organizing, printing, and sharing family history. It is one of the best genealogy programs on the market today. In this class, you will create a sample database with a few individuals in your fam-

Continued on page 70

ily to get you up and running using Legacy Family Tree. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. RSVP ♦♦ by 5/17.

Places and Mapping in RootsMagic

Tuesday, May 28 — 288110-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo \$15. **Prerequisite:** A familiarity with RootsMagic. RootsMagic includes a worldwide place database with over 3.5 million place names. This place database can be directly accessed in the RootsMagic Gazetteer and is also used by RootsMagic's geocoding and mapping features. Learn to master these valuable features of RootsMagic by actually applying them on one of the Computer Lab's workstations. RSVP ♦♦ by 5/21.

—Digital Editing—

Creating Memories with your Computer using "Windows Movie Maker"

Wednesday, Thursday, Friday, May 8-10 — 255510-04

9:00-11:00 AM (OC). Instructor: Len Carniato. \$60 (three sessions). With "Windows Movie Maker" (free from Microsoft) you can turn photos and videos into polished movies and DVDs. Learn to tell your story in your own way. In this lecture/lab class, you'll get plenty of hands-on experience learning to make your own movie memory. Bring your vacation, party or even topical or memorial photos to class and leave with a finished movie on DVD that will play on any TV, or share via email, YouTube, and others! **Prerequisite:** Comfortable using your Vista or Win7 PC and know basic computer skills. RSVP ♦♦ by 5/1.



—Photo—

Picasa 101

Wednesday, Thursday, Friday, April 24, 25, 26 — 256110-03

1:00-3:00 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. Picasa is a free and intuitive program designed for the "amateur" digital photographer that can be installed in any computer. 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. **Prerequisite:** Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ by 4/23.

Basic Digital SLR Photography

Thursdays, April 25 & May 2 — 262110-03

12:00-3:00 PM (OC). Instructor: Roy Salisbury. \$39 (two sessions). The class focuses on mastering the key features of

your Single-Lens Reflex (SLR) camera. You will learn about Aperture and f/stops and what impact they have on your pictures' depth of field. You will finally be able to move beyond Automatic to the Creative Modes of Shutter Priority, Aperture Priority, Program, and Manual. ISO, White Balance, and bracketing also will be discussed. The goal of the class is to have you walk away understanding many of the advantages you have with an SLR camera so that you can get those special photos that mean so much to you. Micro four thirds cameras are welcome too. An SLR camera has a removable lens, plus the ability to control speed and exposure separately (such as S, or Tv, A or Av, M). Bring along your owner's manual for better learning. Handout fee (\$3) payable to instructor. RSVP ♦♦ by 4/18.



Cooking

Cooking with Chef Roderick: Sauces

Tuesday, May 14 — 322110-04

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. After many requests, Chef will be doing an introduction to sauces. Class will cover the five mother sauces and a few classic sauces that can be served with just about anything. Students receive a copy of the recipes used for the demonstration. Space is limited. Sign up early. RSVP ♦♦ by 5/7.



Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, May 7-28 — 317110-04

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$32 (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 how to make greeting cards along with a cute box. Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 4/30.



Card Making Level 2

Mondays, May 6-27 — 317210-04

Or Fridays, May 10-31 — 317220-04

Monday class 9:00 AM-12:00 PM (KS), Friday class 9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$38 each (four sessions). **Prerequisite:** Completion of Intro to Card Making 101, or instructor's approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided. RSVP ♦♦ by 4/29 or 5/3.



Continued on page 72



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Dance

—Clogging—

Beginning Clogging

Tuesdays, May 7-28 — 332110-04

10:00-11:00 AM (KS). Instructor: Janice Hanzel. \$15 (three sessions, no class May 14). Open to new and returning students, for dancers who have never clogged before and those who want to just have fun at an easy pace. Class introduces and moves through the eight basic traditional clogging movements: *Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel* at a relaxed pace. We'll learn fun clogging dances with basic clogging steps like *Push Off, Triple, Rock Back, Triple Kick, Basic, Clogover Vine, Joey, Brush and Turn* to name a few. Bluegrass to Big Band, Gospel to Contemporary Pop will round out music choices. Join Janice, a certified clogging instructor with over 30 years of teaching experience in the noisiest of American Folk Dance. Special attention to balance skills is part of the lessons. So whether you want to *sit and dance, dance with your hands, or clog with your feet* – come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 4/29.



Step Review through Intermediate Clogging

Tuesdays, May 7-28 — 332210-04

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 4/29.

Performance and Technique Clogging

Tuesdays, May 7-28 — 332310-04

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take *Step Review through Intermediate Level Clogging*. Challenge yourself with some higher level clogging. Review 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 4/29.

—Country Couples Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, May 6-20 — 344210-04

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$15 (three

sessions). Western dancing is done to many types of music, country being the 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. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 4/29.



Country Couples Western Dance Intermediate Level Three & Four

Mondays, May 6- 20 — 344410-04

8:00-9:00 PM (KS) Instructors: Jim & Jeanie Keener. \$15 (three sessions). Western dancing is done to many types of music, country being the most popular. The dances that will be taught this month are *Swing Switch* and the *Horseshoes*. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 4/29.

—Hula—

Beginning Hula

Thursdays, May 2-30 — 390110-04

12:00-1:00 PM (KS). Instructor: Pam Akina. \$35 (four sessions; no class May 23). For new or less experienced hula students. Learn the beautiful art form of hula from the Hawaiian Islands using the basic steps *kaholo, ka`o, hela*, and *ami*, you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 4/25.



Intermediate/Advanced Hula

Thursdays, May 2-30 — 390210-04

1:15-2:15 PM (KS). Instructor: Pam Akina. \$35 (four sessions; no class May 23). Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval **required** for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 4/25.

—Jazz—

Jazz Technique

Saturdays, May 4-25 — 353110-04

Or Tuesdays, May 7-28 — 353120-04

Saturdays 3:00-4:00 PM, Aerobics Room (OC); \$32 (four sessions). Tuesdays 1:00-2:00 PM (KS). Instructor: Melanie Green-

Continued on page 75

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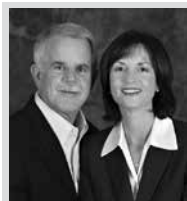
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wood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. The first class will be used by instructor to evaluate student skill level for future class programming. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 4/27 or 4/30.



—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.

Intro to Line Dance

The first step to learning line dancing. This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. Although students register on a month-to-month basis, the Intro Classes will be offered as an eight-week session. This will allow students to practice dances that they have learned for a longer period of time. Every month, a new eight-week Intro class will start, either on Thursday at 4:30 PM with Yvonne or Monday at 6:00 PM with Audrey. Class listing indicates which session is open to new students.



- **Mondays, May 6-20 — 360010-04**
6:00-7:00 PM (KS). Instructor: Audrey Fish.
\$18 (three sessions). For continuing students only. This session is closed to new students. RSVP ♦♦ by 4/29.
- **Thursdays, May 2-30 — 370010-04**
4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$30 (five sessions). This is the start of the eight week session. This session is open to new students. RSVP ♦♦ by 4/25.

Line Dance I Beginner

Class reviews fundamentals of line dance, including basic steps such as *Grapevine*, *Jazz Box*, *Shuffle Quarter* and *Half Turns* at a slow tempo. Not for newbies, students must be familiar with line dance terminology.

- **Mondays, May 6-27 — 370110-04**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck.
\$24 (four sessions). RSVP ♦♦ by 4/29.
- **Mondays, May 6-27 — 370120-04**
6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck.
\$24 (four sessions). **Note:** class was formerly called

Beginners Plus with Yvonne and continues to be a transition class between beginner and beginner/intermediate RSVP ♦♦ by 4/29.

- **Tuesdays, May 7-28 — 380110-04**
9:00-10:00 AM (OC). Instructor: Sandy Gardetto.
\$24 (four sessions). RSVP ♦♦ by 4/30.
- **Thursdays, May 2-30 — 360110-04**
New time 2:25-3:30 PM (KS). Instructor: Audrey Fish.
\$30 (five sessions). RSVP ♦♦ by 4/25.

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc.

- **Mondays, May 6-20 — 360210-04**
5:00-6:00 PM (KS). Instructor: Audrey Fish.
\$18 (three sessions). RSVP ♦♦ by 4/29.
- **Wednesdays, May 1-29 — 380210-04**
9:00-10:00 AM (KS). Instructor: Sandy Gardetto.
\$30 (five sessions). RSVP ♦♦ by 4/24.
- **Thursdays, May 2-30 — 370210-04**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck.
\$30 five sessions). RSVP ♦♦ by 4/25.

Line Dance III — Intermediate

Steps 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. 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. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, May 1-29 — 380310-04**
10:00-11:00 AM (KS). Instructor: Sandy Gardetto.
\$30 (five sessions). RSVP ♦♦ by 4/24.
- **Thursdays, May 2-30 — 360310-04**
3:30-4:30 PM (KS). Instructor: Audrey Fish.
\$30 (five sessions). RSVP ♦♦ by 4/25.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. She has an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance, both from California State University, Sacramento. For her masters' thesis study "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," Audrey used our residents as subjects and her study showed a significant improvement in balance after completing an eight-



Continued on page 77



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week line dancing intervention. She also works as a Personal Trainer and Fitness Instructor at Sun City Roseville. She thinks she has the best job in the world, for it allows her to teach, inspire, and enrich the lives of seniors and provide both physical and mental exercise daily.

• **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. At the age of eight, Sandy started dance instruction in Tap, Jazz, Ballet, and Ballroom including Baton Twirling. She was a competitive roller skater since 16, receiving the highest award in Artist Roller Skating. She competed for 10 years, in the Regional and the National Roller Skating Championships, and won a national placement medal in Masters Dance among others. She transferred her dedication to Line Dancing when she moved to Sun City Roseville in 1997. Sandy teaches in workshops in California and Hawaii, and has taken groups of line dancers on cruises.



• **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. Born to musical parents, Yvonne gets her inspiration for choreography when she hears a great song whether it's an old classic, a country song or any song that has a good beat. Her feet start moving and the wheels start turning as she imagines the dance coming together. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tango —

New! Argentine Tango Beginning
Thursdays, May 2-30 — 431010-04

6:00-7:00 PM (KS). Instructor: Morgan Heller. \$40 (four sessions, no class May 9). This class is for the person with no Argentine tango experience at all and focuses on posture, axis, and the fundamentals of walking, embrace and basic figures. Mr. Morgan has a long career in dance that includes over 25 years with ballet companies from the SF Bay area to NYC, New England to Nevada. In Nevada he also worked in casino shows and traveled the country with cabaret shows from Alaska to Florida and many points between. He discovered the Argentine tango about 15 years ago and now loves sharing his experience and love of dance. RSVP ♦♦ by 4/25.



—Tap Dance—

Tap Classes with Alyson

Enjoy tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying,

join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000.



Students who are concurrently taking Tap, Performance and Technique classes are qualified for a 50% discount on one Technique class. Student must register for both classes at the same time.

• **Beginning Tap**

Tuesdays, May 7-28 — 410110-04

9:00-10:00 AM (KS). \$20 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ♦♦ by 4/30.

• **Advanced Performance**

Mondays, May 6-20 — 410710-04

12:00-1:00 PM (KS). \$24 (three sessions). A preparatory performance class, no new students will be accepted. RSVP ♦♦ by 4/29.

Technique Classes

• **Advanced Technique Class**

Mondays, May 6-20 — 410510-04 (\$15)

11:00 AM-12:00 PM (KS). (three 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 4/29.

• **Technique Class**

Tuesdays, May 7-28 — 410520-04 (\$20)

10:00-11:00 AM (KS). (four sessions). RSVP ♦♦ by 4/30.

• **Technique Class**

Thursdays, May 2-30 — 410530-04 (\$25)

11:00 AM-12:00 PM (KS). (five sessions). RSVP ♦♦ by 4/25.

Tap for Fun with Judy

Judy's tap classes are meant for fun and students will not be having any stage performances. Judy was raised in a dancing family. Her mentor was her mother who had many studios in New York. She has been dancing, teaching and choreographing for many years.



• **Mondays, May 6-27 — 420110-04**

4:45-5:45 PM (KS). Instructor: Judy Young. \$25 (four sessions). From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 4/29.

Continued on page 79



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- **Fridays, May 3-31 — 420120-04**
1:00-2:00 PM (KS). Instructor: Judy Young. \$30 (five sessions), Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time, this class is all new. RSVP ♦♦ by 4/26.

—West Coast Swing—

*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, May 8-29 — 318110-04**

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 5/1.



Intermediate I and II West Coast Swing **Wednesdays, May 8-29 — 318210-04**

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 5/1.

Intermediate/Advanced West Coast Swing **Wednesdays, May 8-29 — 318310-04**

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 Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 5/1.

Driver Training

AARP Driver Safety Refresher Training **Saturday, May 11— 481010-04**

9:00 AM- 1:30 PM (OC). Instructor: Paul Jessen. AARP members — \$22; non-members -\$24. Fee includes a \$10 Association administrative fee. Session includes two short breaks. This half-day refresher course is available to past attendees of the eight-hour AARP Driver Safety Training, is geared to the "over 50" driver, and covers how to adjust our driving to age related changes in our bodies, as well as common sense ways to drive more safely. The course instruction uses videos, lively interactive discus-



sions, and provided workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must register and pay in advance at the Activities Desks. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited. RSVP ♦♦ by 5/4.

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 workshops are open to experienced persons (after orientation) or those who have completed the *Intro to Gem Cutting*, *Lost Wax Casting* or *Jewelry Fabrication* classes. Experts from the Gem & Mineral Society 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.



New Dates! Intro to Gem Cutting **Mondays, June 3-24 — 493110-03**

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil. \$30 (four sessions; no class May 27). 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 5/27.

New Dates! Lost Wax Jewelry Casting **Monday, June 3-24 — 493210-03**

Class week one, two and four — 9:00 AM-12:00 PM; week three — 8:00-9:00 AM, 1:00-3:00 PM. (KS). \$75 class fee, plus \$20 materials fee payable to instructor at first class. Instructor: Dave Fisk (four sessions; no class May 27). 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



Continued on page 81



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classes. Six-student maximum. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP ♦♦ by 5/27.

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, May 13 — GLASS

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12. Workshop is held once a month; *for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods.* Fuse and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Jewelry

Students bring their own supplies for all Jewelry classes. Supplies can cost \$10 to \$25 and higher per project depending on students' personal bead inventory. If you have any questions about any of the projects below or your ability to handle the project, or you would like to review the material list before purchasing a spot in the class, contact instructor Cathie at billcats1@earthlink.net or call 434-6667. You can review materials list online or ask for a copy from the Activities Desk.

Rose Pendant Necklace

Tuesday, April 23 — 513210-03

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo. \$20. How sweet – a rose pendant to welcome spring! So simple and classic it will suit everyone. Choose your color of rose, add some chain and beads — it's a cinch to make. For more "realism," scatter a few leaf beads throughout. This project is easy enough for beginners, yet so different that experienced beaders will want to add it to their repertoire. **Note: Some pre-class prep is needed, so be sure to get your materials in time to do a half-hour of prep work before class.** Be sure you get the proper materials list when you register — look for the name and code # for the Rose Pendant Necklace as well as the photo of the necklace. RSVP ♦♦ by 4/16.



New Twist on a Focal

Tuesdays, April 30-May 14 — 514110-04

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Cathie Szabo. Love necklaces that highlight one unusual or striking focal? Then this class is for you. Give an extra zing to that unusual focal with the techniques learned here. Twists accented



by crystals draw the eye to the centerpiece. Choose a focal that you like – a single stone, a "fan" of stones, a large flower or group of flowers – we'll make it work! The technique is easy enough for beginners who can manipulate small beads, yet unique enough for experienced beaders who want a different look in their repertoire. Be sure you get the proper materials list when you register — look for the name and code # for New Twist on a Focal, as well as the sample photo of the necklace. RSVP ♦♦ by 4/23.

Boulevard Bracelet

Tuesdays, May 21-28 — 514210-04

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. One look at this bracelet and you'll understand its name. Those wide boulevards separated by a grass and tree medium are echoed in this bracelet. (Wait – just look at Del Webb Boulevard or Sun City Boulevard!) Strips of beads are woven separately and then joined together with a crystal center strip. So easy to do, so different – you'll want to make more than one. Class is excellent for beginners as well as for experienced beaders who want to work with two new bead shapes. Be sure you get the proper materials list when you register — look for the name and code # for the Boulevard Bracelet, as well as the sample photo of the bracelet. RSVP ♦♦ by 5/14.



Music

—Guitar—

Guitar I — Beginner Level

Wednesdays, May 1-29 — 535110-04

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$44 (five sessions). Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session. Every other month starting with May, a new eight-week Guitar I will start. 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 can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. **This session is open to new students.** Questions? Please call Bill at 899-8383. RSVP ♦♦ by 4/24.



Guitar II — Guitar Intro Continuation

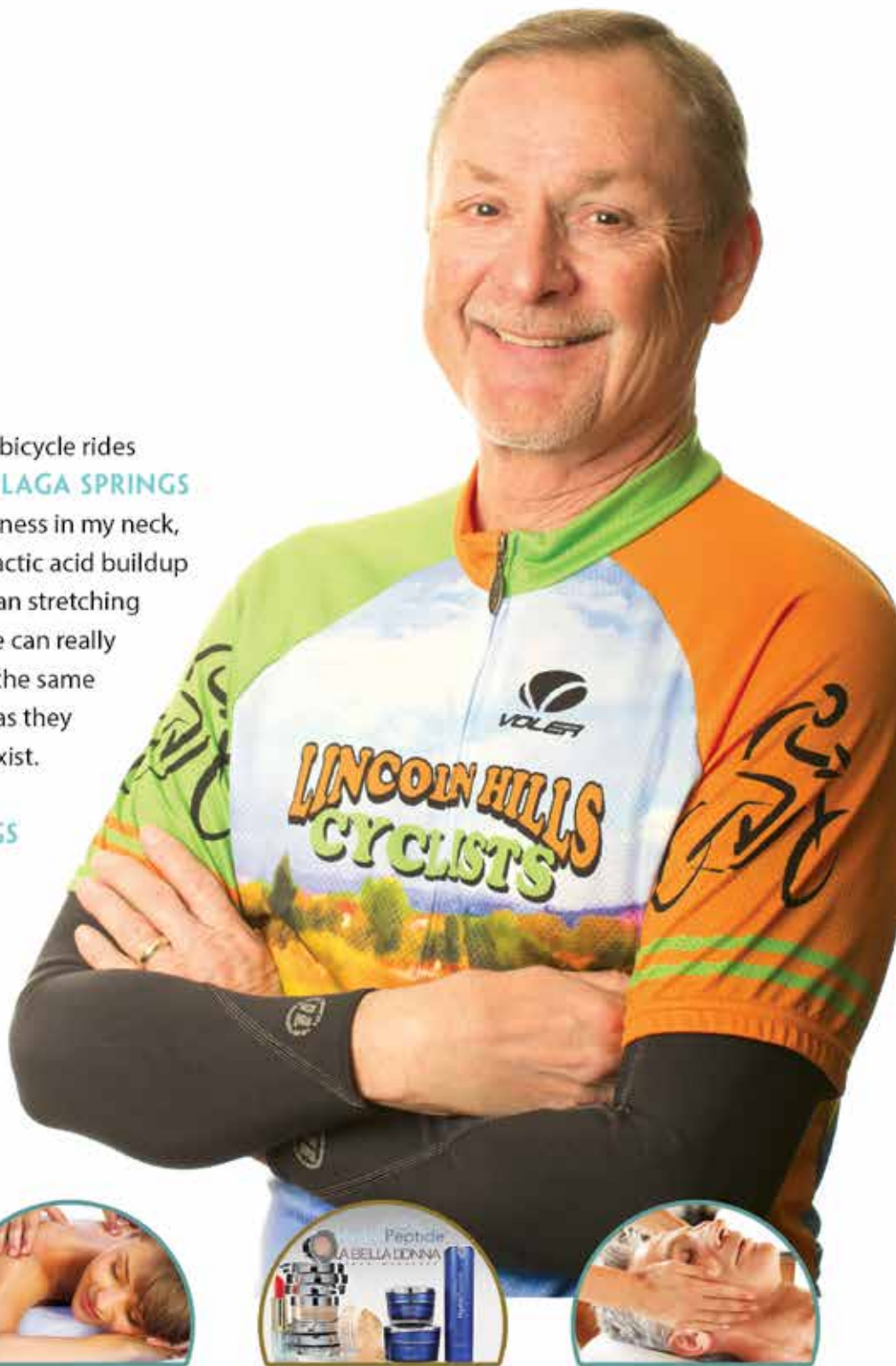
Wednesday, May 1-29 — 535210-04

10:15 AM-12:15 PM (KS). Instructor: Bill Sveglini. \$44 (five sessions). *Continued on page 83*

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sions). Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 4/24.

Guitar III — Intermediate Thursdays, May 2-30 — 535310-04

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$44 (five sessions). This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 4/25.



Guitar IV — Advanced Thursdays, May 2-30 — 535410-04

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$44 (five sessions). **Prerequisite:** 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 various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 4/25.

—Voice—

Beginner Singers Vocal Boot Camp Friday, May 3-31 — 536110-04

9:30-11:30 AM (KS). Instructor: Bill Sveglini. \$44 (five sessions). This is a continuing class. **Open to returning student only.** 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 beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student please contact Bill before enrolling: 899-8383. RSVP ♦♦ by 4/26.

Singer Vocal Boot Camp Continuation Fridays, May 3-31 — 536210-04

11:30 AM-1:30 PM (KS). Instructor: Bill Sveglini. \$44 (five sessions). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot Camp. Continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 4/26.

Sewing

Bernina Serger Certification Monday, May 13 — 591110-04

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15 All supplies provided. Class limit three. RSVP ♦♦ by 5/6.

Bernina Sewing Machine Certification Monday, May 13 — 592110-04

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 5/6.



Janome Sewing Machine Certification Monday, May 13 — 593110-04

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 5/6.

Wellness & Fitness Classes

Wellness & Fitness

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

Classes incorporating physical movement are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

—Environmental—

Experiences that involve caring for and appreciating nature.

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Happy Trails Outdoor Fitness Workout Daily, May 1-30 — 863201-03

Welcome to the Happy Trails Outdoor Fitness Workout! Spring is here, it's time to get outside and enjoy the beautiful weather! This is a fun and easy program that you can take with you anywhere! We'll combine some outdoor activities which include our life trail system, nutritional information and some tools to help guide you to a healthy lifestyle. See how you can use common outdoor objects to gain strength, tone and improve your

Continued on page 85

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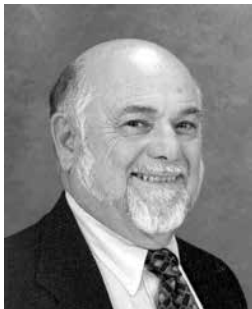
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cardiovascular endurance, you'll see great results while taking in the beautiful outdoors! This is done at your own time, speed and ability. We will provide you with an example workout packet that can be picked up at the front desk in the Fitness Centers when you register.

Nordixx Pole Walking

Tuesday, Thursday, Tuesday, May 14, 16, 21 — 750000-04

8:00-9:00 AM. Meet in the walkway entrance of the Orchard Creek Fitness Center. Instructor: Dr. Richard Del Balso. \$45. (three sessions). Nordixx Pole walking is the world's fastest growing activity that improves health and fitness. Just 30 minutes of Nordixx Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. This is low impact exercise with big impacting results! Dr. Richard Delbaso has his Doctorate degree graduating from Palmer College of Chiropractic in 1977. He recently retired from active practice and is also a certified strength and conditioning specialist. He became interested in Nordic pole walking last year and started teaching classes through Auburn Rec Department in January 2013. This class provides a great opportunity to get outside and enjoy the beautiful surroundings!

—Disease Prevention & Management—

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.

Arthritis Class L1-L2

Wednesdays, May 1-29 — 805000-04

Fridays, May 3-31 — 801000-04

Wednesday 12:10-12:55 PM; Friday 12:00-12:45 PM; Aerobics Room (OC).

Instructor: Lin Hunter. \$27 (five sessions). This class is great for those with arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP ♦♦ by 4/24.



New! Arthritis Foundation Land Class L1-L2

Tuesdays and Thursdays, 3:35-4:20 PM, Aerobics Room (OC). Instructor: Cathy Keller. \$4 per class. This exercise class is designed especially for those with arthritis, including, fibromyalgia, osteoarthritis, rheumatoid arthritis or for those wanting to prevent arthritis. This class uses range of motion, endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. This class is taught by Cathy Keller, an instructor who has been specializing in senior fitness and arthritis programs for over 13 years. Come prepared to improve your body, balance and most importantly have fun! Purchase a *Disease Prevention and Man-*

agement Punch Pass at the Fitness Desks or renew (add more classes) online.

Arthritis Class L2

Tuesdays, May 7-28 — 803000-04

Thursdays, May 2-30 — 803100-04

11:15 AM-12:15 PM, Aerobics Room (OC). Instructor: Lin Hunter. Tuesday \$25 (four sessions); Thursday \$31 (five sessions). This class will boost your stamina, improve flexibility, and strengthen core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. This class includes all of arthritis L1-L2 with an additional 15 minutes of standing conditioning exercises. Register: Fitness Desks or online. RSVP ♦♦ by 3/26.

Change! Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays starting May 1

11:30 AM-12:15 PM (OC). Instructors: Cathy Keller and Tami Fields. \$4 per class. This class is specially designed for people with arthritis; we will put our joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter you can't miss with this class! Now purchase a *Disease Prevention & Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

—Group Exercise—

A detailed explanation of these and other classes, locations, days and times can be found at the Fitness Centers or on the website under Fitness Centers. Purchase a Group Exercise Punch Pass for these classes.

Level 1

Balance Express	Chair with Flair
Basic Chair	Stretch Plus Express
Basic Low Impact	

Level 2

Ball & More	Mixed Level Indoor Cycling
Core 'n Strength	Splash Dance
Everybody Can	Strictly Strength

Level 3

Cardio Dance & Sculpt	Low Impact Aerobics
Cardio Strength	Step it up
Circuit	Water Works
Core 'n More	Zumba
Hi NRG Cycle	

—Lessons—

Pro Tennis Lessons

Sundays, May 19-June 23

Beginner 8:00 AM — 790700-04

Intermediate 9:00 AM — 790600-04

Advanced 10:00 AM — 790500-04

Courts #10/11. Instructor: Mike Gar-



Continued on page 89

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\$75 (six sessions). Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online. RSVP ♦♦ by 5/12.

Masters Swim Class

Mondays & Wednesdays, May 1-29 — 780200-04

12:00-1:00 PM, Indoor Pool (KS). Instructor: Joan Marenger. Cost: \$75 (eight sessions + optional one time US Masters Registration of \$48 paid to instructor). Masters Swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri, and then be able to save energy for the Bike and Run portion of the race. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. Masters Swimming is a great way for everyone to get in strength training and cardio exercise while having fun learning the proper bio Mechanics of all four swim strokes of Freestyle, Breaststroke, Backstroke and Butterfly. Advanced swimmers can get the training that they need for any of their goals or competitions that they are working towards, through intervals, distance and sprint training sets, etc. All levels are welcome! Register: Fitness Desks or online. RSVP ♦♦ by 4/24.

—Mind & Body Connection—

Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors.

Aqua Yoga L1

Mondays, May 6-27 — 832001-04

12:30-1:30 PM, Indoor Pool (OC). Instructor: Joanie Martin. \$32 (four sessions). Imagine weighing 80% less than your scale indicates! Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance, while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 4/29.

Evening Hatha Yoga L2

Tuesdays, May 7-28 — 711000-04

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). It's light enough, and mild enough, to try an early evening yoga class that will give you increased energy and improve your flexibility, balance, and strength, all while

reducing stress. Everyone is welcome to this fun-filled, informative class, although it is level 2. Register: Fitness Desks or online. RSVP ♦♦ by 4/30.

Evening Yoga and Meditation L1

Thursdays, May 2-30 — 711100-04

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$55 (five sessions). This early evening yoga class consists 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. Register: Fitness Desks or online. RSVP ♦♦ by 4/25.

Extra Gentle Yoga L1

Tuesdays, May 7-28 — 710000-04

Thursdays, May 9-30 — 710012-04

12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. \$44 (four sessions). This extra gentle class is an hour long and is adaptable to meet the needs of any student. *We use a chair for about half of the class.* The chair is used for some seated postures and to assist balance in while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is “yoga is not supposed to hurt.” If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 4/30.



Pilates Fit L2

Thursdays, 10:30-11:30 AM, Aerobics Room (KS). Instructor: Domine Trosky. \$3.50 per class. The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates fit. Based on original Pilates exercises. You will feel the benefits after your first workout and keep them for a lifetime. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Piloga L2

Mondays, Wednesdays & Fridays

11:00 AM-12:00 PM, Aerobics Room (OC). Instructor: Lola Lundquist. \$3.50 per class. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.



Continued on page 90

Piloga Flow L2

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). Instructor: Joanie Martin. \$3.50 per class. Piloga Flow is a unique non-impact class which combines Pilates and Yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ah-hhh! Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Tai Chi L1

Tuesdays, May 7-28 — 730100-04

Saturdays, May 4-25 — 730200-04

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. Tuesdays \$40 (four sessions); Saturday \$40 (four sessions). Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and 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. Register: Fitness Desks or online. RSVP ♦♦ by 4/30.

**Tai Chi Intermediate L2**

Tuesdays, May 7-28 — 730300-04

2:45-3:45 PM, Aerobics Room (KS). Instructor: Peli Fong. \$40 (four sessions). 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 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. Register: Fitness Desks or online. RSVP ♦♦ by 4/30.

Traditional Hatha Yoga L2

Tuesdays, May 7-28 — 710100-04

Thursdays, May 9-30 — 710120-04

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone.

\$44 (four sessions). This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 4/30.

**New! Rise and Shine Yoga L2**

First Class Saturday April 20!

Saturdays 7:00-8:00 AM. Aerobic Room (KS). Instructor: Ashley Freeman. \$3.50 per class. Get up and get energized with a slow flow style of Hatha Yoga that will lengthen and strengthen muscles throughout your entire body. Flowing sequences and static holds that include standing and seated postures. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Yoga Basics L1

Saturdays, 9:00-10:00 AM. Aerobics Room (OC). Instructor: Karen Kaffka. \$3.50 per class. Come learn the fundamentals of Yoga. This class is designed for those with just a little Yoga experience. Improve balance and muscular strength. The small stability ball will be introduced to emphasize stabilization of the core. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Yoga Flow L2

Tuesdays & Thursdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Karen Kaffka. \$3.50 per class. Designed using the relaxing and powerful techniques of Yoga to tone, strengthen, improve balance, and increased flexibility. These exercises can reduce the risk of injury and help with chronic pain. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Yoga for Osteoporosis L1

Fridays, May 3-31 — 710200-04

5:30-6:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$55 (five sessions). Exercise cannot replace bone that has already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice weight training, balancing and deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 4/26.



Continued on page 93



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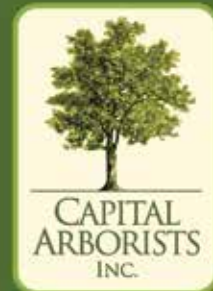
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—Money Matters—

Classes that encourage a healthy state of well being while preparing financially for the future.

Getting Your Stuff Together: Organizing Your Estate

Monday & Tuesday, April 29 & 30 — 863000-03

9:00 AM-12:00 PM, Oaks and Gables Room (OC).

Instructor: Marcia VanWagner. \$30 for both sessions + \$25 material fee paid to instructor on first day of

class (two sessions). *The unexpected happens unexpectedly.* Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate *planning* is making decisions about accumulating, preserving, and distributing your “stuff.” Estate *organizing* is getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 4/22.

**New Date! What Should I Expect from a Financial Advisor?**

Tuesday, April 30 — 870000-03

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. “Financial advisor” can be a broad term: stocks and bonds, insurance, financial planning, or just a good friend. Come learn about what a financial advisor really is and what you should expect from their services. We will discuss the various titles, types of advisors, and questions you should ask them or things you should look for before choosing one. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 4/16.

**Are Annuities a Good Idea?**

Tuesday, May 28 — 870000-04

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. Some people have positive feelings about annuities and others don't. Surrender charges, high fees, loss of liquidity are potential negative factors and are oddly complemented with positive factors such as tax deferral, potential guarantees, and peace of mind. Come learn what you should look for in an annuity and what might be best for your financial situation. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 5/21.

**—Personal Growth—**

Programs that provide learning and development in areas of life that are unique to each individual.

How Would You Like to Learn Real World Practical Self-Defense and Martial Arts?

Tuesdays, May 7-28 — 815000-04

6:00-7:30 PM, Aerobics Room (OC). Instructor:

Paul Rossi. \$60 (four sessions). Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to young children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 4/30.

**—Training Services—**

All trainers are independent contractors. For a complete listing and contact information please check the Fitness Centers or website under Fitness.

One-on-One Training: One client and one trainer

Two-on-One Training: Two clients and one trainer

Small Group Training: Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

**SGT — Balance and Strength L2**

Mondays & Wednesdays, April 29-May 29 — 835100-A4

11:30 AM-12:30 PM, Aerobics Room (KS). Instructor: Eve Webber. \$135 (eight sessions; no class May 22 or 27). Improve overall balance and gain strength and flexibility in this combination class. A majority of the class will focus on static and dynamic balance exercise while integrating in strength and flexibility exercises for overall balance and fitness. Register: Fitness Desks or online. RSVP ♦♦ by 4/22.

SGT — Bootcamp L2

Tuesdays & Thursdays AM, May 2-28 — 835300-A4

Mondays & Wednesdays AM, May 6-June 5 — 835300-B4

Tuesdays & Thursdays PM, April 30-May 23 — 835300-C4

AM times: 6:15-7:15 AM; PM times: 4:30-5:30 PM. Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions; no class May 22 & 27). This challenging SGT takes a back to

Continued on page 94

basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP ♦♦ by 4/25.

SGT — Bootcamp L3

Mondays & Wednesdays, April 29-May 22 — 835400-A4

5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). 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! Register: Fitness Desks or online. RSVP ♦♦ by 4/27.



SGT — Circuit Express L1

Mondays & Wednesdays, June 3-26 — 835200-A4

5:00-5:30 PM, Fitness Floor (OC). Instructor: Julia Roper. \$70 (eight sessions). 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. Register: Fitness Desks or online. RSVP ♦♦ by 4/26.

SGT — First Steps to Fitness L1

Mondays & Wednesdays, April 29-May 22 — 835500-A4

12:30-1:30 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Starting a new experience may seem a little overwhelming. That's why First Steps to Fitness is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility and more. Register: Fitness Desks or online. RSVP ♦♦ by 4/27.

SGT — “Fun”ctional Fitness L2

Tuesdays & Thursdays, April 30-May 23 — 835600-A4

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. \$135 (eight sessions). A fun-filled small group strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core,

promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ♦♦ by 4/23.

SGT — Healthy Back L2

Tuesdays & Thursdays, May 7-30 — 835700-A4

9:00-10:00 AM, Fitness Floor (KS). Instructor: Kathryn Shambre. \$135 (eight sessions). This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 4/30.

SGT — TRX Interval Training L2

Mondays & Wednesdays, May 1-June 3 — 835800-A4

2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. \$135 (eight sessions; no class May 27 & 29). 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! Register: Fitness Desks or online. RSVP ♦♦ by 5/20.



SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A4

Fitness Floor (KS). Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. \$30 (one session). This session is a prerequisite for Pilates Reformer L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations/goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.

SGT — Pilates Reformer L1

Mondays & Fridays, May 6-June 3 — 835120-A4

7:00-8:00 AM, Fitness Floor (KS). Instructor: Paula Ainsleigh. \$135 (eight sessions; no class May 27).

Mondays & Wednesdays, April 29-May 29 — 835120-B4

11:30 AM-12:30 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions; no class May 22 or 27).

Mondays & Wednesdays, April 29-May 29 — 835120-C4
12:30-1:30 PM, Fitness Floor (KS). Instructor: Eve Webber. \$135 (eight sessions; no class May 22 or 27).

Mondays & Wednesdays, April 29-May 22 — 835120-D4
2:30-3:30 PM, Fitness Floor (KS). Instructor: Joanie Martin. \$135 (eight sessions).

New! Mondays & Wednesdays, April 29-May 22— 835120-E4
4:00-5:00 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions).

Tuesdays & Thursdays, April 30-May 23 — 835120-F4
11:30 AM-12:30 PM, Fitness Floor (KS). Instructor: Eve Webber. \$135 (eight sessions).

Tuesdays & Thursdays, April 30-May 23 — 835120-G4
12:30-1:30 PM, Fitness Floor (KS). Instructor: Domine Trosky. \$135 (eight sessions).

Tuesdays & Thursdays, April 30-May 23 — 835120-H4
4:00-5:00 PM, Fitness Floor (KS). Instructor: Eve Webber. \$135 (eight sessions).

Tuesdays & Thursdays, April 30-May 23 — 835120-I4
5:00-6:00 PM, Fitness Floor (KS), Instructor Eve Webber. \$135 (eight sessions).

All SGT classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session on page 94. The reformer provides finely-tuned exercise resistance that allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a



mat alone. Limit three participants per class. Register: Fitness Desks or online. RSVP ♦♦ by 4/23.

SGT — WOW (Working Out with Weights) Express L1 **Monday & Wednesday, April 29-May 29 — 835201-A4**

10:15-10:45 AM, Fitness Floor (KS). Instructor: Julia Roper. \$70 (eight sessions; no class May 22 or 27). Want the most out of your workout? Join this in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learning how to use machines in the right way and get a total body program focusing on proper settings and correct form! Training includes a 30-minute lecture demonstration and assisted program design each week. Learn how to change your program, the best sets, reps and exercises for your body type as well as free weights techniques and cable exercises. Register: Fitness Desks or online. RSVP ♦♦ by 4/23.



—Wellness Services—

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

Nutritional Counseling

Dani Conway HLC11, MTA, FDN & Audrey Gould RD: 234-6869.

Emotional Counseling

Carol Karkazis, MA: 672-8533.

Estate/Financial Planning

Russ Abbott, Wealth Advisor: 797-7760.

Cruise Into Wellness Days

Continued from page 13

Centers/Activities Desks/online. Registration begins May 1.

"I Do" Again — Celebrate Your Vows Ceremony and Reception presented by Activities & Fitness Departments for "Wellness Days"

Thursday, May 23 — 5123-03

Nothing is more important in life than your emotional wellness and close relationships. We cordially invite you to say "I Do" all over again in front of friends, neighbors and family at our vow celebration party during Wellness Days. The Ballroom will be transformed into a beautiful ceremony and reception venue where couples will enjoy all the magical moments of exchanging rings, having the first dance (again), cake cutting and more. The ceremony officiant and DJ Tom will serenade you and get your family and friends on the dance floor after dessert. To complement the day's romantic flavor, view Chef Roderick's tantalizing cocktail

hour menu, including a bruschetta bar and antipasto skewers, online and at Activities Desks. Ticket price includes appetizers, cake and champagne toast. No-host bar will be available throughout the party. Ballroom (OC). Ceremony 1:00 PM, Cocktail hour 2:00 PM, Reception & Dancing from 2:00-5:00 PM. General admission \$25.

Creations with Chef Roderick

Friday, May 24

12:00- 1:00 PM — 820704-04

1:30-2:30 PM — 820704-05

Free! Social Kitchen (KS). Chef Roderick will be tempting your taste buds with some wonderful creations. This three-course meal will be created and cooked in front of your eyes. See the master at work and he will share tips, tricks on making these healthy dishes. The meals will be created from foods that you will be able to find at our Farmers Market (Wednesdays at 8:00 AM, OC parking lot). Register: Fitness Centers/Activities Desk/online. Registration begins May 1.



Snakes: Facts, Fiction, and Phobias
Tuesday, April 23 — Free

1:30-3:30 PM, Ballroom (OC). Can you tell a gopher-snake from a rattlesnake? What should you do if you or your pet is bitten? Are you one of the millions who fear snakes? Residents Dave Rich (moderator), John Parks, DVM, and Dr. Howard Liebgold, MD, will lead this highly acclaimed discussion. The panelists' humor and facts help you understand snakes and their role better. Hear firsthand what it's like to be bitten by a rattlesnake and learn the truth behind many myths. Bring your friends and come learn things that will truly help you. Q&A will be continuous. Video recording will be on our website. Handouts will be available.



Make No Bones About it – Bone Health is Important
Wednesday, April 24 — Free

7:00-8:30 PM, Ballroom (OC). How can we strengthen and take care of our bones through lifestyle changes? Dr. Michael Okimura will discuss osteoporosis and how we test for it. What is the role of vitamin D? Are supplements needed? How much and which kind? How do medications affect osteoporosis and bone health? Dr. Okimura is the Medical Director of the Bone Density Service and Medical Weight Management Program for Kaiser Permanente, and serves as a Clinical Professor of Medicine at UCD.



America's Race Back to Space
Wednesday, May 1 — Free

7:00-8:30 PM, Ballroom (OC). Who is SpaceX? What is SLS? Is the Dream Chaser just that? From commercial spaceflight to NASA's next big rocket, come find out what the score is. Players in the commercial space flight arena will be compared, NASA's current build program presented, and an ISS/partner update. Speaker Nick Poppelreiter has compiled a unique comparison of past, present and future spacecraft not to be missed! Nick spends his free time away as a Solar System Ambassador representing NASA JPL away from his software engineer life at VSP.



Resident Joel Thomas will moderate his slide presentation and provide a handout. Presentation will be video recorded with Communications & Community Relations Committee / Community Forum's co-sponsorship. Q&A will follow.

DMV Update for Seniors
Wednesday, May 15 — Free

1:30-3:00 PM, Front Ballroom (OC). New Department of Motor Vehicles (DMV) Regional Ombudsman Eddie Ballesteros will present the latest and increased DMV efforts to address senior mobility. Ombudsmen can assist as a "go-between" to ensure that senior drivers are treated fairly, consistently within the laws and regulations, and with dignity and respect they deserve, including individual efforts for licensing, etc. An effort exists to have a Car-fit specialist from local Area Four for Aging join the discussion. Shannon Lewis, former DMV employee and today an independent DMV advocate will also attend. The latest DMV handouts and information for seniors will be made available. Session will be video recorded. Q&A follows.



Get Even with Diabetes
Wednesday, May 22 — Free

7:00-8:30 PM, Ballroom (OC). As people get older, their risk for type 2 diabetes increases. In fact, one in four people over the age of 60 have diabetes. If you already have diabetes, you may find that you need to adjust how you manage your condition as the years go by. Diabetes can affect many major organs in your body, which can lead to an array of serious complications when left untreated. Hear **Deborah Plante, MD Endocrinologist**, Dignity Health Medical Center, speak about how diabetes is treated and often prevented.



Meet Windows 8
Wednesday, June 12 — Free

3:30-5:00 PM, P-Hall (KS). Windows 8 represents a major change in how Windows works. It is touchscreen oriented with the same "look and feel" on tablet computers as on desktop computers yet it works perfectly well with a mouse and keyboard. Windows 8 is more secure and faster than previous windows versions. Speaker Bob Ringo will review the new features in Windows 8 and how these new features can work for you. You will see how Bob has organized his "Start" screen to optimize his enjoyment of Windows 8. Q&A will follow the presentation.



Community Forums, Date, Time, Location

- | | |
|--|--|
| • Snakes: Facts, Fiction, and Phobia
Tuesday, April 23, 1:30 PM, Ballroom (OC) | • Get Even With Diabetes
Wednesday, May 22, 7:00 PM, Ballroom (OC) |
| • Make No Bones About it – Bone Health is Important
Wednesday, April 24, 7:00 PM, Ballroom (OC) | • Introduction to Windows 8
Wednesday, June 12, 3:00 PM, P-Hall (KS) |
| • America's Race Back To Space
Wednesday, May 1, 7:00 PM, Ballroom (OC) | • Arthritis and What To Do About It
Wednesday, June 19, 7:00 PM, Ballroom (OC) |
| • DMV and Seniors
Wednesday, May 15, 1:30 PM, Ballroom (OC) | • Gold Rush History: California & Klondike
Wednesday, July 17, 1:30 PM, Ballroom (OC) |

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Golf Cart Inspections at Orchard Creek Lodge



Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday at 8:00 AM.

**Golf Cart Registration (City/Lincoln)
8:00 AM at Orchard Creek Lodge**

- Thursday, April 18
- Thursday, May 2
- Thursday, May 16

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs 408-4013

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-The Spa at Kilaga Springs- 408-4290

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Tina Ginnetti 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

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — 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 Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-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

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

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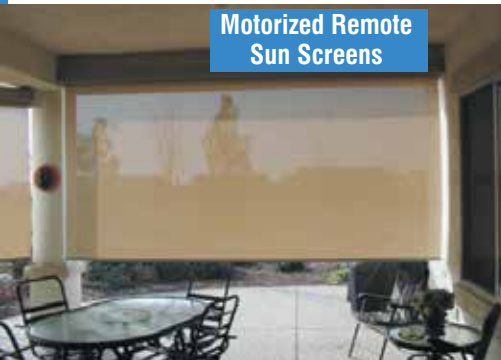
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