



Compass

The Official Magazine of Sun City Lincoln Hills

August 2013



**A Lifestyle of Adventure
and Excitement... page 9**

**Election Time Line for 2014
Board of Directors... page 5**

**Room Booking Process
Is Now Easier... page 7**

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Share Your Talents and Expertise

Board of Directors Report

Jim Leonhard, Director, SCLH Board of Directors



As the greenest (i.e., least experienced) member of the Board and former Chair of the 2012 Strategic Advisory Committee (SAC), I am continually impressed by the competence and dedication of the members of our various committees and other volunteers. Our community is such a wonderful place to live as a direct result of the involvement of resident members in the oversight of the Association. This stuff doesn't just happen folks.

Please read all the committee reports in the *Compass* each month to stay informed. Attend the monthly Board meetings to hear what your Board is doing, listen to the concerns of your fellow residents, and provide your input. Then consider where you would like to volunteer some of your time and energy. See committee openings

on page 5. Each and every one of us has years of life experience to contribute. Only by all being willing to donate some of their talents will SCLH remain the best active adult community on the West Coast.

It's easy to take all we have in SCLH for granted; to say we're too busy being retired; to let others do it for us. If everyone does that, our community will deteriorate rapidly. As the medical experts tell us, an active, engaged mind is the key to a long and healthy life. If you've been a resident for some time but have not been involved, you may have seen things you'd like to affect – we need you. If you are new to the

community, we welcome your fresh insights. New perspectives and viewpoints are necessary to keeping us on the forefront.

Following the above theme, believe it or not, the election season for the 2014 Board of Directors will be upon us soon. See the article on page 5. The Elections Committee will be hosting a Candidate Information Session on September 11.

This will provide information for prospective Board members and an opportunity to ask questions of those who have served in the past. Even if you have not considered running, this is a great chance to learn more about the process.

The 2014 Budget season kicked off on July 26 with a joint Proper-

ties & Finance Committee workshop to begin the capital budget process. Prospective projects were discussed. The budget process moves into high gear in September. Budget meetings are open to all members and present another golden opportunity to learn about the operating and financial aspects of SCLH. Look on page 3 for the dates and time of these meetings.

The SAC ongoing task force presented an updated report to the Board on July 25. Nearly all of SAC's proposals have been addressed and implemented. Thank you Agnes Valdez and Harriet Kaufman for keeping us on the path.

“Each and every one of us has years of life experience to contribute. Only by all being willing to donate some of their talents will SCLH remain the best active adult community on the West Coast.”

On the cover

Residents enjoyed an exhilarating ride down the American River during a recent trip sponsored by the Activities Department.
Photo courtesy of Kathi McCoy



“Celebrate living at Sun City Lincoln Hills”

Save the Date: Sunday Ice Cream Social, October 6, 2:00-4:00 PM

Celebrate living at Sun City Lincoln Hills with your Association Board of Directors, committee members and staff at an ice cream social.

Listen to music while you enjoy a yummy ice cream sundae. And here's the best part. It's free! More details to come.



Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

The resident website continues to evolve with many improved features. I encourage you to check the website often from your computer or mobile devices.

One of the most underutilized resources on the website is **Classifieds**. Do you know you can buy and sell items to your fellow residents using this feature? Adding a classified ad along with a photo is easy, convenient, and probably reaches more people than a card posted on the bulletin board in the OC Business Center. Click on Classifieds on the top menu bar of the resident website, go to the teal colored bar at the bottom of the classified page that says Classified User Menu and click on Add new advertisement. Follow the instructions and begin selling and buying, it is that easy!

eNews Living Here: We recently changed the title for the Master resident list as it erroneously stated that once it was clicked you were signed up for all

lists. We have learned that you must click on each box next to the department name you want to receive weekly email reminders from. We learned of this error from many of you advising us that you no longer were receiving eNews. Because of this error, regardless of the boxes you had checked, for a two-week period from August 5-19, we sent eNews from all departments to advise you of events and to encourage you to update your eNews profile.

For those registered for eNews, beginning August 19, you will only receive eNews from the departments you checked an interest in. If you realize you are no longer receiving department eNews, please update your profile.

If you have not authenticated your email address already, please log in on the resident website and click on the *Living* Please see *Connections* on page 101



Calendar of Events

August 15-September 20

Date	Event	Page #
08/15	Book Discussion: <i>Gone Girl</i>	25
08/15	Forum: "Transnational Impact/Finc. Crimes Inv."	36, 100
08/19	"A Universe from Nothing"	23
08/19	Audition /for Players Group "Mandy"	33
08/19-20	"Lincoln High School Sports and LH Residents"	34
08/20	"How Much Money Do You Need/Retirement"	90
08/21	Forum: "Skin Care"	10, 100
08/21	Bus Trip: SF Giants vs. Boston Red Sox	58*
08/22	Bus Trip: Off to the Races	49
08/23	Open Mic Night	31, 41
08/23	Summer Concert Series: Papa Doo Run Run	44, 46
08/28	"Dementia, Hydration and UTIs"	23
08/28	Bus Trip: Music Circus — "Chicago"	58*
08/29	Bus Trip: Best in the West Rib Cookoff	58*
08/30	Bus Trip: Gold Rush Days	49
09/02	KS at the Movies: "True Grit"	41
09/03	"Our Dogs' Health Care"	33
09/04	"Comets and Cosmology"	23
09/04-06	Pickleball Tournament	32
09/05	"Making Sense of Interesting Investment Environment"	30
09/05	Summer Concert Series: Cash Tribute Show	44, 46
09/05	Forum: "Reading... and More"	100
09/10	"The Joys of Needlepoint"	31
09/10	West Coast Swing: Club Night Out	36
09/10	Comedy Night at KS	45
09/11	"Have Fun with You Tube"	26
09/12	Eye Contact: "Where Did I Put It?"	27
09/12	Eye Contact: "OLLI Osher Lifelong Institute Netwk."	28
09/13	"Have Fun with You Tube," continued	26
09/14	Book Signing Event	37, 41
09/15	Bus Trip: Lodi Grape Festival and Harvest Fair	49
09/16	"Cosmology - History/Nature of our Universe"	23
09/17	Forum: "Thriving Through the Ages"	100
09/18	New Resident Orientation	41
09/18	Bus Trip: Legion of Honor — Fine Arts Museum	51
09/18	Forum: "Travel Medicine"	100
09/19	Book Discussion: <i>The Tennis Partner</i>	25
09/20	Summer Concert Series: The Bronx Wanderers	44, 47
09/20	"Advance Health Care Directives"	90

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

Upcoming Association-Related Meetings: Date, Time, Place

August 15-September 30

Golf Cart Registration	Thursday, August 15, Sept. 5 & 19, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, August 15, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, August 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, August 22, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, August 22, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, August 26, 9:00 AM, Heights
CCOC/Clubs & Community Organizations	Tuesday, September 3, 9:30 AM, Oaks
Compliance Committee Meeting	Wednesday, September 4, 10:30 AM, Oaks
Elections Committee Meeting	Friday, September 6, 10:00 AM, Fine Arts
ARC/Architectural Review Committee	Monday, September 9, 9:00 AM, Heights
First Budget Meeting	Tuesday, September 10, 9:00 AM, Ballroom (OC)
Joint Workshop Capital & Reserve Projects	Tuesday, September 10, 11:00 AM, Fine Arts
Properties Committee Meeting	Tuesday, September 10, 1:00 PM, Fine Arts
Listening Post	Wednesday, September 11, 9:00 AM, Solarium
Candidate Information Session	Wednesday, September 11, 1:00 PM, Heights & Gables
CCRC/Communications & Community Rel.	Friday, September 13, 9:30 AM, Oaks
New Resident Orientation	Wednesday, September 18, 2:00 PM, Solarium
Joint Properties & Finance Committee Meeting	Thursday, September 19, 9:00 AM, Gables & Oaks
Second Budget Meeting	Thursday, September 19, 11:00 AM, Gables & Oaks
ARC/Architectural Review Committee	Monday, September 23, 9:00 AM, Heights
Approval of Budget	Tuesday, September 24, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, September 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, September 26, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, September 26, 11:00 AM, Oaks

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

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ELECTION - ELECTION - ELECTION

Yes, time does fly and it is already time to consider election of three members to our Board Of Directors for 2014. Please consider coming forward to serve your community. The essential time line is shown to the right.

Our Board Election Process is About to Begin Again

Elections Committee

Yes, it does seem as though it has been such a short time since we went through this process, but it is essential that we begin again to elect members of our community to accept the responsibilities of governing our unique community.

In this cycle we will be electing three members to our Board of Directors for the 2014-2016 term. By our Controlling documents we must hold elections in February of each year. The body of law controlling communities such as ours sets forth certain time constraints regarding times of notice for due consideration of candidates prior to casting of ballots. These constraints set the timetable as represented.

Election Time Line for 2014 Board of Directors

- **September 11**— Candidates' Information Session. 1:00-3:00 PM, Heights & Gables.
- **September 16 to October 16** — Open candidate filing period, 4:00 PM.
- **October 18** — Slate of candidates announced.
- **November 8** — Candidates ballot statements and member issues statements due, 4:00 PM.
- **January 14-17** — Election packets mailed to all members
- **January 15** — Candidate Forum #1, 10:00 AM, Presentation Hall (KS)
- **January 17** — Candidate Forum #2, 10:00 AM, Presentation Hall (KS)
- **January 18** — Candidate Forum #3, 7:00 PM, Presentation Hall (KS)
- **February 19** — Ballots must be received by Inspector of Election, 3:00 PM.
- **February 20** — Election ballots counted and results posted.

Announcing Openings for Committee Members and *Compass* Distribution

Make a Difference!

Several standing committees of the Board of Directors are seeking volunteers. Complete information about each committee and what they do is available on the resident website under the top header *Volunteering*. For a list of committee emails, please refer to page 102 in this issue. Email the chair with any questions. Applications to serve as a volunteer committee member are available on the resident website under Library>Forms>Association Resident Forms>Committee Applications and at the OC and KS Activities Desks. Thank you for your interest.

Architectural Review Committee (ARC): Looking for an opportunity to be part of a team responsible for maintaining the architectural standards of our community? The Architectural Review Committee (ARC) currently has openings for residents with experience in landscaping and construction. ARC members review plans for landscaping, new construction, or exterior alterations and help to decide if the project conforms to the CC&Rs and

the Design Guidelines.

Communications and Community Relations Committee (CCRC) has several openings. Committee members assist and advise the Board on matters relating to communications within the Sun City Lincoln Hills community. If you are interested in the technical side of communications or in the very popular Community Forum series, then volunteer for this Committee.

Compliance Committee: Looking for excitement and adventure and a chance to keep our community a really great place to live? Consider joining the Compliance Committee which ensures that we all adhere to those rules and regulations we agreed to when we bought our homes. We are involved in resolving complaints about violations of our governing documents. We hold hearings where we listen to all sides of disputes, apply the laws and rules that are relevant, and determine if a violation has occurred. If a violation is found, the matter goes to the Board of Directors who has the final say as to whether a fine or

penalty is assessed. Applicants need only bring a willingness to listen, to consider the facts in an unbiased manner, and to apply common sense and fairness to their decisions.

Properties Committee: If you're interested in keeping our community beautiful, our buildings well-maintained, and our amenities competitive with other active adult communities, then this is the committee for you. We currently have one opening and another in November. Contributing to the improvement and maintenance of our facilities is very satisfying. While maintenance, construction or engineering backgrounds are useful, they are not necessary for being a productive member of the committee. The willingness to work with others and on special projects is certainly beneficial. Leadership experience is also an asset for those interested in becoming the committee.

Compass Distribution: Thank you to the many new volunteers who responded to our request for help distributing the *Compass* magazine. We still need additional volunteers to greet residents while handing out the *Compass* during a two-hour

Please see "Openings" on page 43

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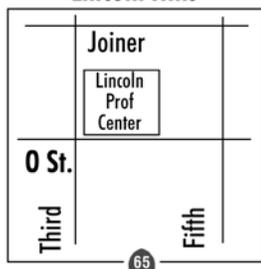
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Room Booking Process Made Easier, Just for You!

An interview with Shelvie Smith

Doug Brown, Resident Editor

Many of you have had the pleasure of working with our **Lifestyle Room Booking Coordinator, Shelvie Smith**, for your room requirements and needs for Clubs/Groups, private parties, or business rentals. With our very active community, finding rooms continues to be challenging and Shelvie offers creative solutions and options for all — with a smile!



We had the pleasure of asking Shelvie a few questions about what's new in room booking.

Doug Brown: Those of us who work with room booking have noticed some nice new improvements recently. What have been your overall goals in making changes?

Shelvie Smith: Our new system provides *flexibility*, while at the same time we're finding we're able to *maximize* room usage. We're also re-establishing a systematic and fair process for booking rooms. And to make everything easier for residents, forms have been updated and simplified.

DB: How does a Club/Group officer obtain forms for booking rooms?

SS: Starting August 15, forms will be available in the Business Center in Orchard Creek Lodge and on our website: www.suncity-lincolnhills.org/residents under Library, Clubs/Groups.

DB: What are some of the forms you're talking about?

SS: There are several forms to choose from. The **Room Reservation Guidelines** answer common room booking questions — eligibility, deadlines, how to submit a request, and other details. A careful reading of these guidelines will assist residents with their request.

DB: And there are other forms?

SS: The updated **Facility Reservation Request** form aims to assist residents in planning and requesting space for all their needs. Instead of calling or emailing me about facility availability, submitting a completed form will facilitate a faster response. A hint: Offering three options for your event dates expedites the booking process. The more information you provide in the form the better I can understand needs and match requirements with an appropriate room.

DB: Any other hints on what we'll see on this **Facility Reservation Request** form?

SS: The new form now asks for your *event* time and your requested amount of *set-up* time. We want residents to please indicate their *actual* event / meeting starting and ending time on the form, without adding extra time for set-up. Then, on a separate line, they can indicate a *requested* set-up time on the space provided for set-up. In consultation with Maintenance, I will evaluate the set-up time request based on event needs. This will help allocate rooms better and provide more accurate information.



Lifestyle Room Booking Coordinator
Shelvie Smith

DB: That sounds efficient, especially since sometimes there's minimal set-up, right? And for other events a group may have substantial needs for set-up. Now, I know there's a fee that Clubs have to pay for rooms. How do we find out about what a room reservation is going to cost?

SS: The new **Rate Sheet for Rooms and Equipment** will be applicable to all room requests received beginning August 15. All requests received prior to August 15, and existing room bookings and contracts, will continue to be honored using the old rates. Hourly rates will now be used for all rooms. Prices are based on capacity / room size. Two different rental rates continue to be available: *Resident* rate and *Public / Business* rate. Residents booking the facility for private enterprise or business will be charged the Public rate.

DB: Great! Now, you seem very approachable, would you welcome questions and other communication from residents? If so, how do we reach you?

SS: I'd be happy to communicate with residents. They can email questions to Shelvie. Smith@scnlca.com or call 625-4021. I would be delighted to assist residents with their booking needs.

We're re-establishing a systematic and fair process for booking rooms, including the OC Ballroom shown to the left. And to make everything easier for residents, forms have been updated and simplified.



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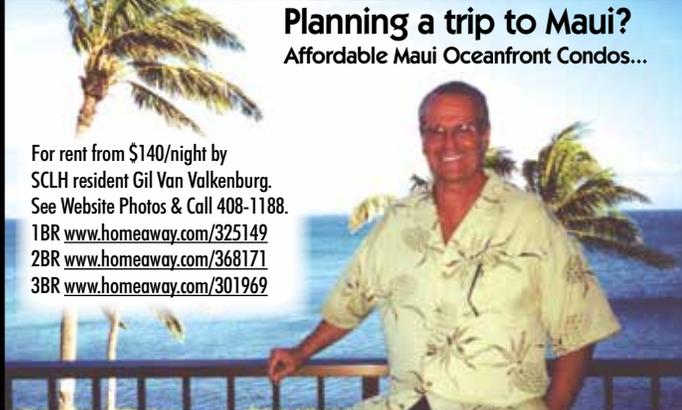


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Activities News & Happenings

A Lifestyle of Adventure and Excitement

Lavina Samoy, Lifestyle Manager

Life in Lincoln Hills offers a lifetime of adventure if you seize the opportunities that the Lifestyle Department offers. Our programs spice up your days through the trips, shows, and classes. One such recent adventure, "Rafting on the South Fork American River Rapids" had 38 residents enjoying the American River, floating or rafting, and discovering the history of Marshall Gold Park. See the photo on the cover. We hope to repeat this exhilarating trip and have you on board next year!

More adventures await you! Watch the electrifying air stunts of The Royal Canadian Air Force Jet Demonstration Team at the **California Capital Airshow on October 5** (page 49), replacing our annual trip to Fleet Week in San Francisco, canceled by organizers this year.

Ready for a gastronomical adventure? Garry Halloway is back with the **Taste of**

San Francisco on September 24 (page 51). With five to six different eating places on the itinerary, get ready for multiple taste treats!

You will be blown away by the artistry and acrobatic magnificence of **Cirque du Soleil's limited engagement of "Amaluna" in San Francisco on January 12** (page 55). We need to meet our minimum and order tickets for this show by September 3, so register early!

Haven't attended any of the Summer Amphitheater Concert Series? You have three more chances left. "Be True to Your School" hit maker and surf and beach group **Papa Doo Run Run** performs **August 23**, **James Garner's "Cash Tribute Show" on September 5**, and '50s and '60s doo-wop artists **The Bronx Wanderers** will provide a fitting finale to a fabulous series on **September 20**.

Prefer the comfort of an indoor performance? We bring you **Comedy Night at Kilaga Springs September 10** with **Keith Nelson and Steve Smith on October 29** (both on page 45). *If purchasing tickets online for Presentation Hall performances, please note that "W" on the seat plan designates an open area without any seats. "W" tickets are exclusive for residents with wheelchairs and walkers that convert as a seat.*



Another phenomenal show awaits you September 30 in the Ballroom: **"The Music of Frank, Bobby & Bill,"** featuring TV actor and singer Bill A. Jones performing the standards of Frank Sinatra and Bobby Darin (page 45).

West Coast Swing instructor, Dottie Macken is offering a **free dance demonstration on September 5** (page 77) for beginners.

We invite you to enjoy these adventures!



Why a Temporary Amphitheater Stage?

More musicians, more space needed

Pete Savoia, Properties Committee Chair

Those who attended the first summer concert of 2013 were probably surprised to see that a raised stage had been placed on the concrete area in front of the permanent stage. This large temporary stage was necessary to accommodate the number of musicians, instruments and electronic gear supporting Chubby Checker. It was also needed for the concerts

featuring the Chicago Tribute Authority, and Jefferson Starship. One of the three remaining concerts on this year's schedule, Papa Doo Run Run (the Beach Boys tribute band), will also use the larger stage.

The Amphitheater improvements made earlier this year included a concrete pad located in the center of the first tier of grass. This area is reserved for dancing when the temporary stage is in place. The accompanying photo shows the temporary stage and designated dancing area and designated dancing area, just prior to a concert. Experience from the three concerts that have used the temporary stage indicated that there is adequate space for dancing, especially since the grassy area on either

side of the concrete surface can be used for overflow on those musical numbers attracting the most dancers. Another benefit is that the raised stage provides improved views of the stage for those seated behind the dancers. For concerts that do not require the larger stage, dancing is allowed to one side of the concrete area between the permanent stage and the seating area. This concrete area was enlarged and leveled as part of the overall improvements to the Amphitheater.

When weddings are performed, the permanent stage is used. The leveled concrete area in front of the stage provides comfortable seating for the guests, while the concrete area used for concert dancing provides a central aisle for the bride's grand entrance.

The improvements of the Amphitheater, plus the use of the temporary stage, have provided the flexibility to accommodate larger performing groups, enabling us to enjoy a wider variety of entertainers in our beautiful outdoor setting. They have also increased the desirability for Lincoln Hills as a wedding venue.



Amphitheater's temporary stage and designated dancing area



Wellness & Fitness News

Hot August Fun!

*Brandy Garcia
Director of Fitness*

New indoor pool deck. It's coming!! The indoor pool at OC will be closed from August 12 to 28 for construction of a new and improved indoor pool deck at OC Fitness. We hope to reopen on August 22. During this time we will offer

a modified Aqua Group Exercise class schedule in the outdoor pools. We are looking forward to the new look and a safer environment for our residents.

Are you ready to try something new in the pool? Then come in on August 28 and try a *free WATERinMOTION® Platinum* class! So what is *WATERinMOTION®*? It is a safe, effective, fun class that is designed to bring excitement back into the pool. These classes pro-

vide a low impact, high energy workout that tones and tapers the entire body. We are launching our new water aerobic classes with a **great "Kickoff" party**, scheduled for Wednesday, September 4 from 8:00-11:00 AM at OC Fitness Center. This will also be a chance to see the new indoor pool deck at OC! Free classes, free food, and more details to come. Don't miss this one!

Signs Can Be Our Friends — Just Not Too Many of Them!!

David Stone, Compliance Committee Chair

I'm sure we can all agree that signs can be very helpful. They can point us to our destinations, prevent us from falling into holes, keep us in our proper traffic lanes, show us where desired merchandise is found in a store, find the entrance to an attraction, and provide thousands of other practical uses.



Signs can also be a form of blight if allowed to run rampant. We have all seen some communities where signs, if too many, or too large, or too ugly, can mar the beauty of a landscape, or a street, or an entire neighborhood. Along with all the other features of our governing documents that seek to maintain the physical integrity and property values of Lincoln Hills, certain sign restrictions exist to avoid that blight. Some of the more important restrictions are:

Garage/Estate Sale Signs. Rules allow only one sign, to be placed on the property holding the sale, on the day of the sale, from 8:00 AM to 7:00 PM, and not to be placed on a vehicle, fence, pole, tree, median or railing. The sign shall not exceed nine square feet or exceed four feet in height. No balloons, or other wind devices can be attached to the sign. Any signs not in compliance with these rules may be removed by security or other authorized SCLH representatives.

Beware of Dog Signs, No Soliciting Signs, Security Alarm Signs, Political

Signs, Private Property Signs (Golf course lots only). Are all permitted with specific conditions as set out in the Design Guidelines, Paragraph 85, page 41.

Real Estate Signs. Because open houses happen so often, there are extensive requirements for real estate signs, as to size, color, placement, attachments, number, and days (Saturdays, Sundays, holidays, 11:00 AM to 5:00 PM). See Design Guidelines, Paragraph 77, page 38. While it may be that the signs are placed by your realtor, you have the ultimate responsibility to ensure the signs are in compliance.

It is good practice to advise your realtor of the restrictions and to provide him or her with a copy of the relevant guidelines which can be obtained at the Orchard Creek desk or the SCLH website.

For Sale Signs on Vehicles in Parking Lots. Association common property and parking areas are not to be used to promote sales of personal property, including vehicles, by parking vehicles with sales signage on Association property.

Keep Lincoln Hills beautiful – avoid sign blight!

**Aging Well
Caring For Your
Birthday Suit**

Shirley Schultz, Health Reporter

Have you ever thought about what it would be like if you were born with a rind like a watermelon rather than skin? Then you would not have to worry about wrinkling – you would just turn rotten over time! So, appreciate the skin that you were born with as you have many years of living inside of it. Your skin is your first physical line of defense against everything outside you, and it serves as a clue about what is going on inside of you. It deserves your consideration and your care. To that end, plan to attend the August 21 presentation, **"Preserving The Body's Largest Organ: Skin Care,"** by UC Davis Dermatologist, Audrey Wang, M.D. (see page 100).

Aging is inevitable, and most of us first notice it as we look in the mirror

to see the waning youthfulness in our face. Our skin becomes thinner and drier and eventually begins to sag and show wrinkles. Genetics primarily controls this process but there are choices we can make that can slow the effects of aging on our skin.



The American Academy of Dermatology offers 12 lifestyle and environmental choices that we can make to reduce premature skin aging. These are paraphrased below, but to read more, go to www.aad.org.

- Protect your skin every day from the sun by applying sunscreen to all skin that is not covered by clothing
- To tan, apply a self-tanning lotion. All tanning from the sun or from indoor equipment emits harmful UV rays.
- Stop smoking which dulls your

Please see "Birthday Suit" on page 43

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Sandy Frame at 408-1453 or sflincoln4fun@starstream.net

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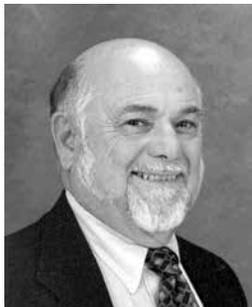


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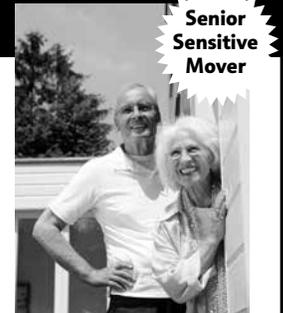
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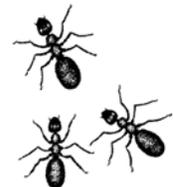
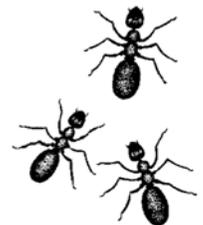
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Eat, Drink, and Be Merry!

Jerry McCarthy

Director of Food & Beverage

Happy Hour. We're pleased to announce a number of options that we are offering for your enjoyment. Happy Hour is at the Orchard Creek outdoor pool every



Thursday, 5:00 to 8:00 PM. Kilaga Café's Happy Hour is every Friday night, 5:00-8:00 PM. Late Night Happy Hour at the Sports Bar is on the first Sunday of the month starting at 7:30 PM. Come

on over and enjoy summer with friends and neighbors poolside, at Kilaga Café, or in the Sports Bar late-night with live music to entertain you. We will be offering drink and food specials for all to enjoy.

Deli Night is offering a wide variety of NY deli items on Tuesday, August 27. Chef Roderick is becoming well known for his potato knish, latkes, and his matzo balls (which we refer to as "floaters"). Of

course no deli buffet would be complete without New York black coat pastrami, corned beef, slow roasted brisket, assorted salads, chopped liver, specialty breads, and so much more.

Throwback Thursday will come roaring back on Thursday, August 29. Meridians will be offering seven entrees for under

"Happy Hour is at the OC outdoor pool every Thursday, 5:00-8:00 PM.

Kilaga Springs Café's Happy Hour is every Friday night, 5:00-8:00 PM. Late Night Happy Hour at the Sports Bar is on the first Sunday of the month starting at 7:30 PM. Come on over and enjoy summer with friends and neighbors..."

\$10. All your favorites such as liver & onions, shrimp Louie, pot roast, and more! Each Throwback entrée will receive a free cup of ice cream for dessert. In addition there will be a *free* car show with all the festivities starting at 5:00 PM.

Coming soon! It's time to circle your calendar and call to make reservations for the upcoming special events at Meridians. The Fourth Annual **Meridians Crab Feed** will be held on Thursday, October 22. Crab Feed night starts off with hand-tossed salad, sour dough bread, spaghetti marinara, and of course fresh Dungeness crab. Meridians will provide all the necessities of crab crackers, drawn butter, cocktail sauce, and your own personal bib! Roll up your sleeves and prepare to have fun. Prizes will be given for the best crab hat, table decoration, and best spirit! The **Farmers Market** Series will continue on Tuesday, September 10. Explore the bountiful options of summer flavors with a cooking demonstration by Chef Roderick. Both events have always been a huge success. Go to our website for all the details and menus. While you are visiting our website at www.meridiansrestaurant.com you will also see other special events that are coming soon.

Please see our ad on page 53.

The Spa at Kilaga Springs

The Science behind Peptides

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Peptides remain a buzz word in the world of anti-aging skin care due to their performance and their ability to be used by all skin types without causing irritation or sensitivity. They continue to evolve and develop a following along the way based on their results. How did they originate?

Peptides are proteins. Collagen is made of protein, which is comprised of amino acids that are important in anchoring the skin together and providing structure and elasticity. These decline with age.

Proteins do more than strengthen the body; they are essential to every organism and are required for nearly every process within cells. Hormones rely on proteins to transmit messages throughout the body.

Proteins affect a person's thoughts and emotions by supporting both neurotransmitters in the brain and enzymes that catalyze chemical reactions. The role proteins play within the body correlates with the actions of the following four

categories of peptides:

Signal Peptides reinforce multiple proteins within the skin, including laminin and integrin, while strengthening collagen IV, VII, and XVIII, and laying a foundation for firmer, thicker, more elastic skin.

Enzyme-inhibitor peptides reduce MMPs, enzymes that are involved in the degradation of proteins. They combat skin aging in three ways; by boosting collagen I, III, and IV; by reducing the rate of collagen degradation; and by organizing this complex network.

Neuropeptides reduce the appearance of expression lines. Acetylcholine and Syn-Ake in combination can lead to excellent anti-aging results. Within the first two hours, the frequency of muscle contrac-

tion is reduced, which can lead to a visible reduction of wrinkles over time.

Carrier peptides help stabilize and deliver important trace elements necessary for wound-healing and enzymatic processes. The most common carrier peptide is used to stabilize and deliver copper into cells.

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Halfway through 2013 Looking to 2014... Already?

Hank Lipschitz, Finance Committee Chair



While June had some unexpected expenses, we are still \$158,434 ahead of budget for the first half of 2013. Your Association Staff is now beginning the budgeting process and will be working through September to complete plans for the 2014 fiscal year. Association members are encouraged to attend the three budget meetings scheduled for the Finance Committee September 10, 19 and 24.

In June we experienced higher util-

ity costs due to rate increases and higher usage (water and electric) caused by the hot weather. In addition, there were higher costs for activity events and somewhat lower attendance because of the 109 degree heat the day of the Amphitheater concert. This resulted in a negative variance to budget of \$58,278 for the

Statement of Operations YTD — 6/30/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues) Actual	Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$3,780,642	\$3,760,614	\$20,028
Administration (Expense)	(978,478)	(1,093,405)	114,927
The Spa at Kilaga Springs	18,749	4,805	13,944
Fitness	(168,202)	(203,644)	35,442
Activities	(103,071)	(106,235)	3,164
Rec. Center / Maintenance	(1,134,981)	(1,164,801)	29,820
Landscape Maintenance	(1,270,008)	(1,257,659)	(12,349)
Food & Beverage	(53,618)	(7,076)	(46,542)
Capital Asset	0	0	0
Net Revenues (Expense)	\$91,033	(\$67,401)	\$158,434

month. The Spa at Kilaga Springs again showed net revenue over expenses and
Please see "Finance" on page 43

A Major Event in a Small Town Wheatland Hop Riot

Al Roten, Roving Reporter

August marks the 100th anniversary of an important historic event in the world of labor relations in neighboring



Wheatland. The economic driver of this area was agriculture, but the crop that was king is no longer grown here. In early 1900, Wheatland was the leading grower of hops, used

to flavor beer. However, that crop is long gone now, due to increasing land values and the economics of agriculture.

In 1913, the Wheatland area had a population of about 1000, but at the end of July, this ballooned to 4000 or more for the hop harvest. Harvest of hops was a

for 2700 pickers. Competition between growers, weather, and market conditions brought economic pressures on growers.

The labor union, International Workers of the World (IWW), formed in 1905, was on a drive to organize the nation's agriculture workers. The creed of IWW was avowed communism. They were affectionately known as the "Wobblies," but opponents referred to them as "I Won't



Hop drying bins on Durst Farm



Durst house, workers camped in this field beside the house

property. Ford refused to leave, and the sheriff was called to force his removal. Ford then worked the crowd to resist. Events escalated and a Sheriff Deputy fired a shot in the air to quell emotions. This set off a riot in which Yuba County District Attorney, a deputy sheriff, and two others were killed; several others were wounded.

The immediate results were a mass exodus from the town and arrival of several companies of state militia. The aftermath of this riot was that Ford and Suhr were hunted down and brought to trial. They were convicted of second-degree murder and sentenced to prison.

The Wheatland Historical Society has published a fine book describing the Wheatland Hop Riot of 1913. You may get your copy by mail at PO Box 164, Wheatland, CA 95692 or visit www.wheatlandhistoricalsociety.org.



Durst house built in 1870

very labor-intensive effort and the leading grower, the Durst Brothers, advertised

Work." This organization sent two representatives, Blackie Ford & Herman Suhr, to Wheatland to lead the workers to better pay and to ease the terrible working and living conditions in the brutally hot sun. From July 31 to August 3, 1913, union representatives stoked up the emotions and resentment of the workers.

On August 3, a list of demands was presented to the Durst Brothers, who responded by giving in to most of the demands. However, when Ford rejected the offer, Durst ordered him off the

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Library News

Answer: Audio Books

Nina Mazzo, Library Volunteer

Question: What flies off the shelves in August? Audio Books are convenient for long rides or trips and we see a big increase in their usage. Please return them as soon as possible and be sure to check the contents before dropping them off (you might have left a disc in the CD player). We also appreciate receiving more donations of current Audio Books on CD.

On a hot August day, purchase a smoothie in the KS Café, meander down to the library and checkout *Bossypants* by Tina Fey (biography section). You will laugh out loud as you read her candid

assessment of her success and life as a comedy writer and comedian. It is a quick read and I could hear her unique voice as I read some of the passages. The intrigue of the Italian Renaissance and the beauty of Florence and Venice will entice you in *The Birth of Venus* by Sarah Dunant. This historical novel will be found in the OC Community Living Room.

Contacts: Book donations, Sandy Melnick (408-1035); volunteering to help keep the shelves neat and in order, Sandy Maloff (408-2368); investment section is maintained by Cleon Johnson (408-5648) and the Community Living Room (OC) Nina Mazzo (408-7620).



Whether writing the monthly library article, studying the night sky with the LH Astronomy Group, or creating with Mixed Media Collage Arts Club, Nina always has a cup of coffee with an extra shot of espresso beside her. She decided it would be great fun to jazz up her electric car and she enjoys a play on words and has adopted "Espresso Yourself" as her new tagline.

Aha Moments

Waiting for the Sequel

Gay Sprague, Roving Reporter

Joanne & Max Ott moved to SCLH in 2004 from the Bay Area. Though they traveled extensively, they particularly enjoyed the simpler things in Lincoln Hills. For example, Max liked to walk in his neighborhood and venture down the walking trails. Joanne would head up



to the Orchard Creek Fitness Center and jog on the indoor track, humming along with music, counting her laps. They were as happy as "larks in their newly bedded nest."

But the bliss was not to last. In early 2007, they found their world shattering when the dreaded word "cancer" invaded their peaceful, newfound retirement life. It was not long before the hospital became Max's new residence, and Joanne became frightened and exhausted, facing the unknown life ahead of her.

The morning that would be the last of Max's life on earth, Joanne sat beside his bed, holding his hand. He leaned over, kissed her, and said, "I love you so much!" He continued, "I have been watching a movie that I don't like, and I don't know how it will end. I just wish it would end soon, as I don't want this anymore!" As tears began to fill Joanne's eyes, Max exclaimed, with a smile, "Maybe there will be a sequel!"

After 30 years of marriage, Joanne continued on without Max. She misses seeing him in the yard pulling weeds with his big straw cowboy hat on, having the evening chilled glass of chardonnay on the patio with him while debating the latest political crisis, and chatting about their grandchildren or planning their next trip.

She is, however, again enjoying her life and her independence. Most of all, thanks to Max's last words to her, Joanne realizes this isn't the end of Max & Joanne Ott. She knows there will definitely "be a sequel" for them, just as Max predicted with his last words to her.

Disaster Preparedness: Part Eight

Caring for Pets during an Emergency

Bill Beal

A dog, cat, bird, or even a turtle can become an important part of your family. Sadly, unexpected disasters present significant problems for pet owners. Before a disaster strikes, there are things you should do to ensure your pets safety.

1. Get a suitable pet carrier and create an emergency evacuation pack for your pet(s) that contain:
 - a. Leashes
 - b. Harness
 - c. Muzzle (if needed)
 - d. Litter box and litter for cats
 - e. Water and food bowls
 - f. Pet food and bottled water
 - g. Veterinary records
 - h. Vaccination certificates
2. If your pet needs certain medications, ensure you always have a supply on hand. If the meds don't need

refrigeration, place a week's supply in in your pet's emergency evacuation pack.

3. Take photos of your pets and place them in their emergency evacuation pack, and make certain their shots are up-to-date and they have current identification tags.
4. Make arrangements with a neighbor for the removal of your pets if an evacuation has been ordered and you're not home.
5. If you must evacuate, but can't take your pet(s):
 - a. Put them in a room with access to a bathroom
 - b. Open the toilet lid so they can drink
 - c. Leave adequate food and water
 - d. Tape a note to your front door stating how many pets are in the house, their names, what they are, where they are located and how to contact you.

Next month we'll get prepared to weather a Pandemic. Until then, stay safe.



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Orienteering

Double Your Pleasure, Double Your Fun

Dee Hynes

Remember the Wrigley Doublemint TV twins of 1960? They encouraged you to “double your pleasure and double your fun.” They could live here now and easily follow their own advice by doubling their fun on two of our trails, the Orchard Creek North and Fountain Hill Trails.



Enjoy these two trails for long-lasting enjoyment in our Orchard Creek Preserve. These wide, sometimes sinuous, cement paths have gradual to moderate slope changes as they follow the contours of the Preserve’s hillsides. At times, the paths drop below the rooftops. You become one with the protected land. You may view rabbits dashing, dove families cautiously scouring for food, red-tailed hawks hunting, and intrepid wildflowers growing,

undaunted by drought conditions.

Don’t miss the narrative sign on the Fountain Hill Trail. It shares information on Lincoln’s gold mining history.

Also to be found on the Fountain Hill Trail, a path leading to a bridge over Orchard Creek. Traverse the bridge and the Kingfisher Trail
Please see “Trails” on page 101



Above: Creek North Trail has three trail-heads. One leads from this personal park in Village 26B/C at the end of Emerald Lane (see path at right). All Open Space names are posted; note their names and carry your cell phone should an emergency arise.



Left: two features of the Fountain Hill Trail: A narrative sign about Lincoln’s gold mining history and a bridge linking the Fountain Hill Trail with the Kingfisher Trail. Why not “Triple Your Fun!”



Neighborhood Watch

Pauline Watson, Spark Plug and Pied Piper

Patricia Evans

Look out below, here she comes! Pauline Watson, Neighborhood Watch Secretary since 2007, is the Pied Piper who reorganized 12 Neighborhood Watch Villages from the ground up, persuaded over 45 residents to serve as Mail Box Captains, and discovered five Village Coordinators, four Board members, and three Support Group Coordinators. She also personally wears a hat in each of these categories.



Pauline is glad to share her magic process for reorganizing a neighborhood. Her friendly, telephone voice patiently walks each person through establishing their confidential emergency contact information, the backbone of our community safety and security. She then offers this roster to a prospective Mail Box Captain on a silver platter — the initial work is all done.

These neighbors are now “back in the loop” ready to receive Alerts by email or telephone. “All it takes is a generous commitment of time,” explained Pauline.

Remember the SCLH 10th Anniversary? Pauline won our Spark Plug Award for organizing the delivery of the celebration bags to our 6,784 homes, and the NW section of the parade. National Night Out has been coordinated by Pauline for seven years, with constantly increasing participation

Pauline prepared for these jobs by being Executive Assistant to two Vice Presidents at San Jose State University for over 36 years. She and her husband, Frank, can be seen enjoying many SCLH concerts. Pauline’s favorite vacation is visiting her family in New England where she relishes clam cakes and “dynamites”



Pauline Watson celebrates her seventh year as National Night Out coordinator beside the 30th year anniversary banner

(Sloppy Joes to us).

Turn to page 32 for more hints from Pauline!

Neighborhood Watch Contacts

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

Know how the tax rules change for Senior Taxpayers



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

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

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant
(916) 771-4134

1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678





PO Box 865, Roseville, CA 95678
License # 91140

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Club News



Alzheimer's/Dementia

Caregivers Support Group

"Dementia, Hydration and UTIs," is the title for the August 28 presentation by Kim Moes, Director of Bridge to Recovery at Somerford Place in Roseville. In addition to thirst, fatigue, headaches, and urinary tract infections (UTIs), dehydration can result in confusion and irritability. In Alzheimer's patients, this may include a sudden change in behavior. Especially during summertime, this is an important topic for caregivers to understand.

Our meetings take place the fourth Wednesday of the month at 1:00 PM in the Multipurpose Room (OC).

Thanks to the 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

We've had some fun and informative get-togethers this summer despite the heat! And we continued with that trend at our August meeting! One of our members put on the program with a fabulous display of her collection of antique and vintage jewelry. I've never seen so many beautiful pieces of jewelry! And she wears most of them at different times with different



Lorraine Bohne modeling mother's 1920s swimsuit at Ladies' Victorian Garden Tea

outfits, as only she could do! Of course she had fun stories to tell along with it, and a good time was had by all!

Quite a few members gather at Meridians after the meeting each month for a little extra visiting and getting to know each other. The food is delicious and the service is excellent for a rather large group like ours!

Hope you'll join us on the first Monday of each month at 10:00 AM in the Multipurpose Room at OC.

Contacts: Jan Robinson 408-7332;

Jane Delno 543-6855

Antique Appraisals 408-4004



Astronomy

- Monday, August 19.

Cosmology Interest Group

(CIG), Fine Arts Room (OC) at 6:45 PM.

Video "A Universe From Nothing,"

Professor Lawrence Krauss. Contact Morey Lewis (408-4469) for more information.

- Wednesday, August 21. Sierra College Planetarium Show and Presentation: "In the Shadow of Time" by Professor Dick Marasso. \$5 donation. Contact Ron Olson, carpooling available.

- Wednesday, September 4, 6:45 PM, P-Hall (KS). "Comets and Cosmology": Ron Olson will present "Comet Curiosities." Morey Lewis will present "We Are One with the Universe."

- Monday, September 16. Cosmology Interest Group is starting a new DVD series "Cosmology – The History and Nature of our Universe." These lectures are an excellent and simple explanation of the Big Bang Theory.

Meetings: Astronomy Group meetings are held at P-Hall (KS). What's New in Astronomy/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

Looking for something fun to do on a hot August afternoon?

Join the congenial Ballroom Dance Group and learn the American Tango. Our club offers group instruction by patient, experienced instructors. A different dance is featured each month. We meet from 2:00 to 5:00 PM on Tuesdays in a cool, spacious room at KS. The first hour, 2:00 to 3:00 PM is devoted to instruction on a beginning level. Following, from 3:00 to 4:00 PM, is open dancing to many popular tunes suited to a variety of dance styles. More advanced instruction in the featured monthly dance is given from 4:00 to 5:00 PM. We also have many fun, dance-oriented, social events throughout



Joan & Michael Chien

the year. Dues are only \$7 per person. Come learn the Tango in August and the elegant Waltz in September. You will have a great time and get health benefits too. How can it get any better?

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 meeting will be September 18. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Friday, September 13 at Mimi's. Meet in front of OC Lodge by 11:20 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 434-0749,

joanlogue@sbcglobal.net



Billiards

The Shooters

- Eight-Ball Singles 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, July 3 — Winner: Bob Doney; Runner-up: Phil Delaney.
- Nine-Ball Singles, July 9 — Winner: Flavio Lombella; Runners-up: Ed Ryan, Phil Delaney and Dave Manwaring.
- Eight-Ball Doubles, July 17 — Winners: Sam Parsons and Flavio Lombella; Runners-up: Joe Ferrando and Bob Sorriano.



Winners of eight-ball doubles Sam Parsons and Flavio Lombella

On June 28, The Shooters enjoyed a BBQ with lots of food and entertainment at Jim & Lorraine Immel's home. We all congratulate Jim and Lorraine on their 50th Anniversary in June.

Contacts: Jim Immel 434-2918; Darrell Rinde 253-7602

Challengers Billiards

The Challengers Group is for mid-level to advanced players. You can find us at the Billiards Room (KS) every Friday from 10:00 AM to 12:00 PM. We play seven games of Eight Ball (1/15). Players will have a different partner for each round of play. The last Friday of the month is sign-up day for the following month. Just come on in and sign up or just drop by; chances are there is room for you to play.

Here are our recent winners — First place: Seven games — Bill Kim, Joe Hobby; second place: six of seven games — Bob Sorriano; five-and-a-half of seven games

— Margie Kim, Howard Skulnick; four-and-a-half of seven games — Sandy Pavlovich, Joe Perez. Congratulations to all.

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

Couples Billiards

Bob Hodge/Sylvia Gutierrez and Al Betty Jones won five out of six games this first week with Jim/Barb Conger, Howard Skulnick/Peshu Irani and Dan Oden/Lydia King winning four.

The following week we had a three-way tie with five games won: Joe/Nicki Hobby, Howard Skulnick/Peshu Irani and Bob Sorriano/Doyle Coker. Joe Perez/Rita Baikauskas and Ron/Sherry Weech tied with four games.

The third week we had only one five-game winner: Dan Oden/Gail Harmon. Six teams won four games: Joe/Shirley Varner, Howard Skulnick/Peshu Irani, Joe/Nicki Hobby, Bob Sorriano/Doyle Coker, Joe Perez/Rita Baikauskas, Roger Corley/Sandy Pavlovich.

On week four, there were two teams winning all six games: Joe/Shirley Varner and Roger Corley/Sandy Pavlovich.

The last week we again had a three-way tie of five wins: Roger Corley/Sandy Pavlovich, Joe/Nicki Hobby and Del/Veronica Torres.

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

Players Billiards

It's summer and it is *cool* in the pool room! Every Thursday from 2:15-4:30 PM, our mid-level skilled players meet to play six games of Eight Ball. Sign up for the following month on the last Thursday of the month. In the summer, there is frequently room for standby players due to vacationing members. We play by APA rules and the rule book is on the fireplace. Arrive at least 15 minutes before we begin to get signed in. It's free, fun and cool!

Congratulations to our recent winners — Six games: Dan Oden, Jack Fabian; five of six games: Ernie Recabaren, Bob Sorriano, Dave Craig, Bill Huth, Del Torres, Bob Wehner, Doyle Coker, Peshu Irani, Sandy Pavlovich; four of six games: Phil

Berlenghi, Ken Woodard, Dennis Dreiling, Rita Baikauskas.

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

Upstarts Billiards

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

How's about some Billiards? We at Upstart Billiards are beginner-to-average players. We play just for fun: Standard Eight Ball every Thursday, 11:45 AM to 2:00 PM at the Billiards Room (KS). If you'd like to see what the fun is all about, please come on down and join us! Stay cool; play pool.

Winners — Six games: Ruth Holmes (what a star!); five games: Stephen Baron, Margrit Blanc, Nicki Hobby, Edith Kestling, Marie Rucker, Gary Smith, Joan Wendell.

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

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



Bird

The Bird Group meets on the second Monday of the month at P-Hall (KS) at 1:30 PM. On September 9 our meeting features Ed Pandolfino who will talk about his new book, *Birds of the Sierra Nevada*. Ed is the president of the Western Field Ornithologists, on the board of the Sierra Foothills Audubon Society, and regional editor for *North American Birds*. Join us for this fun and informative meeting which will be followed by a book signing and reception. In July, a group of our members went to Mono Lake. They spent a lovely morning at the Mono Lake County Park. First spotted was a Baltimore Oriole and then some more common summer birds... MacGillary's Warblers, Kestrels and baby Ospreys. Later that day they found a group of Wilson Phalaropes, the reason for the trip.

Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

We had pretty good attendance at our Thursday morning Bocce sessions in July. There were 25 people on the courts on July 18. We had 33 people for our "picnic" on July 25. With that many people in attendance you can be sure to meet new people so if you're new to Lincoln Hills



Bocce Brunch

please don't hesitate to come out and join us every Thursday at 8:00 AM. It will be interesting to see if attendance holds up in August.

The Mad Hatters/Red Hats Ladies Bocce tournament has been scheduled for Saturday, October 5, at 9:00 AM. If you would like to participate, please see Usha. The Red Hats who wish to play can contact Betty Soderman.

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



Book Group, OC

If you like stories that keep you guessing until you are not quite sure who to root for, you will enjoy *Gone Girl* by Gillian Flynn, our reading for August 15. Please join us at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome.

Remaining Schedule:

- 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://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

Bosom Buddies did not have a July meeting. They did have their August General Meeting in the Solarium in Meridians. This was the luncheon for the officers for 2013-2014. Patty McCuen is President, the Vice President position is vacant, Treasurer is Kay Brady and Patti Barnes is Secretary. The luncheon was beautiful with all of the pink and white.

Our program chair, Cindy Redhair, has made our September meeting a surprise. If you wish to have lunch with us before the meeting, please call Marilyn Poole to make your reservation.

Contacts: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bowling

Looking forward to the new season, 2013-2014. Meeting for new season, P-Hall (KS), August 27, 10:00 AM.

We will be collecting monies for USBC cards (\$21). Looking forward to new members and "oldies but goodies" returning!

Sadly, we will miss Fayne Tucker, one of the original members of the Rocklin Lincoln Hills League, who passed away recently. His humor and good sportsmanship was always appreciated.

Call Joan for more information.

Contact: Joan Gates 253-9415



Bridge, Partners

Thursday Evening First & Third

Let's play Social Bridge. Bring your partner and join us. Reservations are recommended, but they're not required. 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 finish at 8:30 PM. Please arrive a little early.

- July 18 winners include — First: Gerry Nicholson and Marilyn Nutton; second:

Ken & Marge Klein who also had a high round of 1,790; third: Bev Van der Beets and partner; and fourth: Judy Barkhurst and Mary Bailey.

Contact: Lorraine or Bob Minke
408-4009

Thursday Evening Second & Fourth

If you are interested in playing partners bridge with a relaxed 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, sign in, and take your chances to play if we have an even number of pairs. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive early and remember: 30 minutes maximum per table (round).

June 27 winners — First: Joanna & Alan Hazelwood, who also had the high round of 1700; second: Lorraine & Bob Minke; third: Janet Pinnell and Linda Theodore; fourth: Ann Leitze and Judy Olson.

July 11 winners — First: Judy Barkhurst and Ann Ulrich, who also had the high round of 1600; second: Donna McCulloch and Tom Rosen; third: Chet Winton and Ralph Madsen; fourth: Chris Jacobson and Margaret Gandy.

Contacts: Dolores Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Duplicate

Continuing – Duplicate Bridge Orientation. Call Dede Ranahan, 408-4511, for details.

The 2014 SCLH Duplicate Bridge spring Club Champions: Wednesday — Laurie Vath and Doug Allan; Friday — Lynne & John White; and Saturday — Carol & Tom Ross

A lesson precedes each Wednesday game. Upcoming lesson schedule:

- August 21 — Play of the Hand with Jack Uppal
- September 4 Panel — Laurie Vath and Dave Russell
- September 11 — Two-Way Reverse Drury—Dave Russell

Duplicate bridge sessions are played three times weekly: Wednesdays and Saturdays at 12:30 PM in the Multipurpose Room (KS), and 5:00 PM Fridays in the Sierra/Terra Cotta Rooms (KS).

Wednesday sessions include a “199er” section restricted to those with less duplicate bridge experience, fewer than 200 Master Points; and during the Saturday session, a “299er” section is limited to players under 300 MPs.

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 and please call if you need to cancel. You do not need a partner but must arrive by 12:50 PM to assure a place to play.

Winners for June 21 to July 19 — First: Neil Wilson, Mary Neiman, Lois Burke and Peggy Schmidt; second: Jack Hendricks, Jodi Deeley, Jack Hendricks and Mary Neiman; third: Bob Fouts, Jack Hendricks, Jim Busey and Judy Ganulin; fourth: Phil Sanderson (twice), Peg Collins and Pat Robinson.

Reservations:

• August — Jim Busey 408-0671

• September — Eleanor Amar 209-3505

Contact: Jodi Deeley 208-4086, jodi@wavecable.com



Bunco

July's games and potluck were so much fun. Even with the scheduled high temperatures, the Pavilion was so comfortable and breezy. And of course, we had some delicious foods and opportunity to visit with our fellow players. Thank you everyone who was able to join us and brought the yummy food to share.

Bunco is not your usual SCLH club as there is never a membership fee and you attend whenever your schedule permits. There is a \$5 play fee but you have the possibility of winning one of six SCLH gift certificates based on your bunco scores. We meet every third Thursday of the month at 9:00 AM in the Cards Room (OC). Bring a friend or meet some new ones!

July winners: Most Buncos Doris Kerry; High Score Sandy Pavlovich; Most Wins Claudette Rhoads-Kinman; Low Score

Paulette Rhoads; Most Losses Ginna Martinez; Traveler Joanne Cardoza.

Contact: Ann Stults 543-6782



Ceramic Arts

It's August already! You still have time to get in out of the heat and take that Ceramics class you have talked about taking. Learn the aspects of clay and making that perfect bowl or ??? We have great classes, great teachers and a good group of friendly people. Come and check us out.

Ceramic Arts Group activities include our famous Saturday/Sunday “CAG Workshops.” CAG Membership is required after your third Saturday or Sunday visit and we still charge the 1964 price of \$12!!! What a bargain!!

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

Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910;

KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575

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



Chorus

It's only August, but the Lincoln Hills Community Chorus is already planning for our big holiday concert on December 8-10.

Weekly rehearsals in the P-Hall (KS) begin September 3 at 2:30 PM. If you'd like to sing with a dedicated professionally-led group, we welcome you to join us then. Contact Sid Frame or Bill Sveglini in advance to express your interest and obtain further information.

Contacts: Bill Sveglini 434-5655,

sveglini@gmail.com;

Sid Frame 408-1453 sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Cloggers

Membership has increased in clogging classes. Instructor Janice Hanzel, has demonstrated different styles of clogging in class. Many members are enjoying the variations and seem to be favoring the “Buck Style” of clogging. Buck Style requires busy footwork; lots of fun when you catch on!

The clogging demo-group entertained members of the Gold Hill Grange Hall. Jeri Ferris gave a short history of clogging. Barbara Sowers introduced the dancers; six songs demonstrated clogging to a variety of music — Swing, Country, Gospel, Irish, Blue Grass. The demo-group is members from classes who meet Janice's expectations. Like square dancing, cloggers dance to cue calling. We enjoyed our time with the members and hope they did with us. Any group wanting clogging entertainment should contact Barbara Sowers, 408-5061

Future workshops (information in class):

- September 21 — TommyKnocker Jamboree, Grass Valley, CA.
- October 19 — Late Harvest Stomp, Santa Rosa, CA.

Contact: Anita Tyson 543-5330



Computer

- Main Meeting — September 11, 6:30 PM: “Have Fun with You Tube.” Most of us

have viewed You Tube videos at one time or another and the impression we have come away with is that they're lots of crazy stuff! Like water skiing dogs or bungee jumping off of bridges. But it can also be a useful source of information for planning trips, buying a car, repairing an appliance, or fixing your golf swing. Several of your fellow members will present one or two examples of how they make good use of You Tube and we'll see You Tube in a new light. This will be a little different presentation style for us.

- Clinic September 13, 3:30 PM (a continuation of main meeting).
- Ask the Tech: September 23, 10:00 AM, Informal Q&A session for any and all technical questions, Android tablets and phones too!

Meetings at P-Hall (KS).

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



Mac User

Apple users are eagerly awaiting the newest operating software for the Macintosh, iPhone, iPad, and iPod Touch. For the Macintosh, it will be called Mavericks and for idevices it will be iOS7. The new software, expected early this fall, has been receiving very positive reviews from developers. The program committee is planning seminars as soon as the software is released to help members understand the new features. Included will be exciting new features for iCloud.



LHMUG 2013 Board

As September 10 approaches, plans are being finalized for the 11th annual banquet. This year the banquet theme is a Western BBQ and will include drawings for iPad Minis, an Apple TV and other great prizes. Do not wait any longer to sign-up as most of the 300 seats have been purchased.

Each month the group has four seminars and one or two hands-on labs. Members receive an email preceding each seminar with details.

Contacts: Bill Smith, 359-9957,
wsmith986@gmail.com;
Website: www.lhmug.org



Cribbage

Cribbage Club plays 8:00 AM-12:00 PM on Tuesdays at the Card Room (OC). A six-game mini-tournament starts at 9:00 AM. We play four-handed partner games, adding a two-handed or three handed game when necessary or a sit-out when required by the number of players. We use a rotation system to mix players. We generally have 16 or more players so

there is plenty of room for more to come and join the fun.

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



Country Couples

The Summer Solstice was celebrated with a dance at Sun City Roseville hosted by Jim & Jeannie Keener. The LH Country Couples joined Roseville dancers in enjoying a picnic style dinner of hamburgers and hot dogs with all the trimmings. The Keeners taught "Tennessee Waltz Surprise," a line dance converted to a couples dance, and provided "walk-thrus" for several dances to refresh our memories (great tool for beginning dancers). The dining tables were decorated with orange and yellow Gerber daisies with sprinklings of colorful gemstones at the base of the compote-style vases.

The Red, White and Blue Patriotic theme continued with our All-American August 10 dance at KS. This was an afternoon affair with appetizers provided by the members who kicked up their heels to tunes provided by DJ Gordon Hunt.



Terri & Paul Krcha enjoying a break in the action at the Summer Solstice Dance

Several new couples have signed up for our beginning lessons. We look forward to them joining us at our dances.

Contact: Kathy or Rene Lopez
434-5617



Cyclist

Cycling Gear Considerations:

- Shoes – Don't buy shoes online to save some bucks. You need to try different models and sizes. Uncomfortable shoes will ruin your ride & feet.
- Shorts – Look for eight or more panels

and heavy padded inserts. Spend \$100 dollars or more for a quality pair. You will be glad you did.

- Seats – Find a gender specific seat that is flexible, not too wide and has gel inserts.
- Tubes – Spending more than \$5 only gets you thinner more puncture prone tubes or a brand name box containing a \$5 tube.
- Tires – The best tires are more puncture and wear resistant. Look for flexible sidewalls and high thread counts. Folding bead tires are lighter and easier to change.
- Helmets – A \$40 helmet will protect your head as well as a \$200 helmet. More vents keep you cooler in hot weather.
- Sunglasses – The best have 100% UV protection.

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



Dominoes

Mexican Train

The Lodge is cool, just waiting for you to try Mexican Train Dominoes. We have all levels of players from the novice to the experienced. If you do not know how to play we will teach you.

There are two sessions of Mexican Train Dominoes. They are on each Wednesday at 9:00 AM and 12:30 PM. You are cordially invited to join one or both of our times. It's a great time for fun and social interaction. Come for free lessons at 9:00 AM, or call Cora for more information.

Contact: Cora Peterson 543-7144
Sandy Pavlovich 642-6875



Eye Contact

Low Vision Support

Next meeting: Thursday, September 12, 1:00-3:00 PM, P-Hall (KS)

- 1:00 PM: "Where Did I Put It?" Polly Abbott, Certified Vision Rehabilitation Therapist at *Second Sense* will share strategies and tips for organizing and identifying belongings. She will provide information on how to create independence through organization. She shares strategies and tips for organizing and identifying belong-

ings too. This audio/visual is based on a Hadley School for the Blind seminar.

- 2:00 PM: OLLI is a part of Osher Lifelong Institute Network and funded by dues, gifts and endowments. OLLI provides opportunities for seniors to continue to learn at the university level with similar people. There are no tests or grades — members participate strictly for the joy of learning.

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

It's been a long hot summer already, and no let up in sight. We're here to help! Well, not with the heat, but if you've been feeling really tired and you have pain that seems to be "a toothache all over," you might be living with fibromyalgia and/or chronic fatigue. Our support group can help you make that decision to see a health care professional and have a meaningful conversation about your symptoms.

We offer information, support and gentle exercise options. We will not meet during August. The September meeting will be on the 26th. Our regular meetings are the fourth Thursday of the month except for November when we meet on the third Thursday. We meet in the Multimedia Room (OC) from 1:00-3:00 PM. If you have already been diagnosed, come and share your story. We cover subjects such as nutrition, sleep, pain and the mind-body connection and many others concerns. Questions? Call:

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



Garden

Ice Cream Social! (Members only)

Thursday, August 22, 2:00-4:00 PM

Location: Sports Pavilion

Caterer: Meridians

Ice Cream — Cookies — Iced Tea

Fun, Food, Fantastic & Festive

Flute music by Mona Stryker

Sign-in and wear name tags please.

Contest: Best Decorated Veggie Hats.
Categories: (1) Most Outrageous; (2) Most Artistic; (3) Most Creative — Men's Hat.
Note: All contestants receive one extra raffle ticket!



Last Ice Cream Social — Hat Contest Winners: Shirley Allan, Linda Bringle, Joyce Higgins, Joyce Thomsen, Doug Hinchey!

Get answers to your Gardening questions at the Master Gardeners' table.

Bring your ideas for "Future Garden Programs" at other available tables.

Contact: Joyce Higgins: 408-7107
Contact: Lorraine Immel 434-2918,
limmel@ssctv.net; Virgil Dahl
408-3748, hasbeenvd41@att.net

Bonsai Group

There will be a general meeting for all Bonsai members (and any other Garden Group member who has an interest in Bonsai) on Thursday August 15, 10:00 AM, in the Multimedia Room (OC). We will view some very interesting and educational DVDs produced by Master Yo, our bonsai Sensei (Hiro Matsuda). We are always interested in new members and the DVDs Larry Clark will be showing will be of interest to those looking into bonsai.



Pam Bulger, Larry Clark (instructor), Rick Smeaton

Contact: Robert Dougherty 434-8320,
rsdougherty@sbcglobal.net

Floral Design Class

We will be creating a fall horizontal design using two candles — perfect for your dining table. This class has been rescheduled to September 4, at the Ceramics Room (OC), 1:00-3:30 PM. Price is \$20 and you must pre-pay. All material will



*Floral Design Class
September 4*

be provided by the instructor. Be sure to include a box to carry your design home, scissors or garden sheers and closed toe shoes.

Please call Shirley Allan at 408-1784 for reservations prior to August 25.



Gem and Mineral Society

California gemstones are on display at OC in the display case.

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



Display Case of Biggs Jasper from Oregon

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 (12:00-2:00 PM): 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 Desk (OC/KS).

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

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



Genealogy

- Monday, August 19 at P-Hall (KS). The special speaker will be Tamara Noe, a return guest who originally spoke to the members at the May 2013 general meeting. This important topic will be how to learn more about using Familysearch.org. This is a free genealogy website from the Family History Center in Salt Lake City. Plan on attending this special presentation. Don't forget that there are door prizes to be had... members only!
- August 18-23, Salt Lake City trip. Those are the dates of the trip to Salt Lake City, Utah, where members regularly go to add to their genealogy files. It's the only place of its kind on the planet! For more information on this trip, please contact Arlene Rond. Visit the webpage. Not much time left, so if interested, contact Arlene today!

Miss the Ice Cream Social? Be a member, attend next year!

Contacts: Maureen Sausen 543-8594; Joanne Schumacher 209-3366; Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

Hole in One: Congratulations to Phyllis Patrick! On June 26 she aced hole #16 on the Orchard Course. This is the first time



Phyllis Patrick makes a Hole in One

since the Lady Lincsters Golf Group was established that a Lincster member made a hole in one on a regular Wednesday play day. In celebration, and according to the standing club rules, the Lady Lincsters provided a round of drinks for all Lincsters who played on Wednesday and were in the clubhouse.

Phyllis was the Lincster Club champion

in 2011. This is her first hole in one. Before moving to Sun City Lincoln Hills ten years ago, she lived in Vacaville, and before that she has lived all over the Bay Area. She worked as a flight attendant for 38 years and retired in 2006. She also enjoys other sports, including bowling and bocce ball, and likes gardening, reading, and travel.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

The weather has gotten hot and so has the play for the ladies of LHLGXVIII. Our annual Red, White, and Blue tournament saw the White team, captained by Karen Thom, take the prize. Nice shooting, ladies!

Our Match Play event fielded 30 teams vying for the Captain's Cup. This was a three-week event, with winning teams advancing in either the Winners Bracket or Lucky Mulligans Bracket. A lovely luncheon followed play on August 1. Donna McDonald ably chaired this fun tournament. Look for final results in our next article.

Come and join us for our weekly play-days and the great calendar of special events our board has planned!

Contact: Beverly Ansbro 645-4399

Website: lhlgxviii.com



Healthy Eating

We are the club with a mission to share knowledge about the importance of healthy eating and how to improve our relationship with food. We are eager to learn about ways to enjoy the foods we consume, and we like nothing better than to gather together for the good fun we get from sharing our food-related experiences with other members.

Recent club events included a comprehensive presentation by member Bev Haran on good fats vs. bad fats and a terrific club workshop hosted by member Cathy Sylvia featuring hearty and healthy vegetarian dishes. We take critical looks at the recipes for standard American dishes and figure ways to make them healthier. We also feature guest speakers on many food-related topics.



Cathy Sylvia holding court at club workshop; doing what we are so good at — eating!

Our general meetings are on the fourth Monday of each month at 2:00 PM in P-Hall (KS); guests welcome. We have 76 members; 2013 fees are \$15.

Contact: Don Rickgauer 253-3984; healthy_eating_club@yahoo.com



Hiking and Walking

Walkers: A cool walk to start your Wednesdays can be a real satisfying treat. Join us! Wednesday walks begin at 7:30 AM. Check the website for weekly starting locations.

Hikers: The hot temperatures of the summer in Lincoln have driven hikers to the shore with a hike at the Presidio in San Francisco and another at Stinson Beach. We also turned to the High Sierras for cooler temps with hikes to Emigrant Lake and Silver Lake along the Route 88 corridor. Snow was still present along the Emigrant Lake shoreline. What a beautiful setting!

Over 40 hikers are planning to attend the four-night getaway at Sequoia National Park in early September. Numerous interesting venues like Kings Canyon, Morro Rock, and the giant Sequoias will make this a bucket list hiking adventure.

Check out the new lineup of hikes on the website for the one with your name on it.



Along Caples Lake; Emmigrant Lake; Rock hop to Emigrant Lake

**Contacts: Hiking: Dennis Ratay 543-9935, Denratay@sbcglobal.net
Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com
Website: <http://lincolnhillshikers.org/>**



Investors' Study

Our speaker for September will be the Senior Vice President and head of the Capital Markets Strategy Group (CMSG) at Fidelity Financial Advisor Solutions (FFAS). Fidelity is one of the top companies in the financial industry and Dr. Claus te Wildt is one of their best strategists. He will help us make sense of what is now a very interesting investment environment. Stocks are doing well but bonds are not; interest rates are rising, but bank CDs are still low; the dollar is rising but gold is dropping and U.S. corporate profits are of concern.

What about the upcoming Fiscal Debt Ceiling? Our consultant, Russ Abbott, will

share his thoughts on the current investment environment as well.

Come join us as we discuss these timely and important topics. We will meet Thursday, September 5, from 2:00-3:30 PM in P-Hall (KS). Refreshments will be served afterwards.

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



Lavender Friends

It has been a very productive year so far for our club. Several of us marched with the Northern California PFLAG organization in the SF Gay Pride and Roseville July 4th parade. We met with Carol Percy, a free lance writer for the *Lincoln Messenger News* who wants to write an article about our club. We explained to Carol that PFLAG stands for Parents, Family/Friends of Lesbians and Gays. They are a support group for the Lesbian, Gay, Bisexual, Transgender (LGBT) community.

The August potluck will be hosted by Sheila and Michelle. It will be a Hawaiian theme. Wonder who will wear the grass skirts. We will have more information on the upcoming picnic at Lake Natoma soon. If you want more information about our club, check our website at www.lavenderfriends.com or contact Jacquie Hilton or Richard Wong.

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



Line Dance

Our First Line Dance Workshop was a huge success with approximately 100 line dancers in attendance. Most were local but quite a few came from Placerville, Auburn, Cameron Park and Gold Run. Internationally known choreographers Michael Barr and Michele Burton did a great job teaching us some new dances. Other instructors in attendance were our own Sandy Gardetto and our host Yvonne Krause-Schenck who also taught some new dances like, "Skinny Genes" and "I Like Beer." Our music man, Mike, kept us all dancing to the beat of the music. With the workshop being so

successful we will certainly make this an annual event.



Mike Schenck – Our Music Man; Out-Of-Line Dance Performance Group
From left

— Jean Wilson, Jennifer Lauchner, Yvonne Krause-Schenck, Sharon Worman and Marilyn Railsback; Michael Barr and Michele Burton

Our line dance performance group did a great job last month in the Vaudeville Show. As part of the tribute to country music the dancers did a medley of five dances. **Contacts: Yvonne Krause 408-2040, ykrause@yahoo.com; Carol Rotramel 408-1733, carold@surewest.net**



Mah Jongg, Chinese

With summer and high temps still going strong, coming in from the heat and enjoying a very challenging game might be the perfect activity. Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and it is similar to playing rummy. If you are curious about learning this game, please join us every Monday at 8:30 AM in the Card Room (OC). If you have any questions, just call one of the contacts below.

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



Mah Jongg, National

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

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



Mixed Media Collage Arts

New Club! What would you do with a blank canvas? We are a newly formed Lincoln Hills club.

One "recipe" uses acrylic paint, recycled or unique papers, natural products — leaves and fibers, and/or old photos, stamps or book pages. Mix that media by ripping and tearing, arranging and rearranging until you like the look on the canvas. Now add the collage element — perhaps an old coin, button or twig and a pinch of salt or spray of color and you have created a Mixed Media Collage product. No limits on what your imagination can produce. See some of our work on display in OC.

We meet on the third Wednesday (August 21) of each month from 1:00-5:00 PM in the Ceramics Room (OC). Dues are \$10 per year.

Contact: Nina Mazzo 408-7620,
ninamazzo@me.com; **Frima Stewart**
253-7659, frimastewart@gmail.com



Motorcycle

RoadRunners

The ride tours continue. We had our scheduled outing through Sacramento Valley to the Lodi area where we visited a Sky Diving School, wind mill collection, and gourmet sausage outlet. From there we toured the Stockton area

to the Ghirardelli chocolate factory where we tasted fine candies. On our return, the group stopped in the Lodi area for lunch and observed a fine collection of model "G" railroad cars.



*Riders ready to view parachutes;
chute/hang glider coming in*

Other planned outings include a ride through the Tahoe area and a tour to Coloma State Park. The social activities continue with our annual BBQ coming up, and a Bocce Ball tournament later in August.

If you have a roadworthy motorcycle and if our activities sound interesting to you, come and check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Guests are always welcome.

"Ride safe, ride with friends!"

Contact: Peter Boyle 408-1955,
boylep18@yahoo.com
Website: www.brinz.net/roadrunners_2013/roadrunners_2013.html



Music

The June 28 "Open Mic Night" featured a full slate of performers: blues harmonica, ukulele players, a variety of guitarist/singers, classical vocalist and musicians, and a great jazz singer. The next "Open Mic Night" is scheduled Friday, August 23, 6:00-8:30 PM, P-Hall (KS). Musicians and music lovers welcome. Performer sign-ups are 5:45 PM.

Audience participation is encouraged; no karaoke.

The L.H. Ukulele Players Group continues to grow with several new members. Come join the fun: Wednesday, 1:00-3:00 PM, at OC for a strumming, singing jam session. Beginners and seasoned players are welcome. Beginner classes are available for those planning to join the weekly jam sessions. Contact Ron or Molly (409-0463) for information.

The Music Group's General Meeting is held on the fourth Wednesdays: Fine Arts Room (OC), 6:30-8:00 PM. Drop-ins are always welcome. Bring your voices and/or instruments, sign-up to perform, or just relax, enjoy the music, and socialize.

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



Needle Arts

Threads of Friendship

We are pleased to welcome Judy Ziegler and Gwen Schoen from the Sacramento Chapter of the American Needlepoint Guild "Golden Needlers" to Lincoln Hills on Tuesday, September 10. Judy and Gwen will be speaking about the Joys of Needlepoint.

These charming, enthusiastic ladies will give us an overview of Needlepoint history throughout the centuries. They will tell about various types of needlepoint techniques (charted and painted canvas) and how stitching materials (types of yarn, thread, canvas and embellishments) have changed in the past decade. They will also be showing samples of their work.

General meetings are held in 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 at 543-9449 to join and see how fiber arts thrive in our community!

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



Neighborhood Watch

Neighborhood Watch needs over 850 volunteers to fully staff all of our positions. When we have a retiring Mail Box Captain sometimes we are fortunate and receive the emergency contact information. Sometimes this information has been lost or not originated.

Pauline Watson, our Secretary with the silver tongue, works with many of these situations. She finds telephone contacts are more productive than knocking on doors. Step one is to print the Resident Contact Information form available on our website (see below). Use the SCLH reverse telephone directory (located in the back) to fill out each resident's name and address.

You are now ready to call the resident by their first name to explain how recreating this confidential information increases their safety and security while protecting their privacy.

If you would like a copy of Pauline's detailed guidelines which have proven consistently successful, please contact her at the email address below.

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

Painters

In July, 23 artists responded to the Abstract Expressionism art challenge. Receiving ribbons for their works were Wanda Avery, Carol Mintz, and Joanie Adams. Congratulations! For Show & Tell, Gary Hoffman shared a plein air oil, and, Rudi Franke, a collage and a painting done with gel pens.

We thank Howard Rees for his August meeting discussion on the reproduction of photos.

Our September meeting will feature member Wanda Avery, a water color and pen artist, sharing how she makes books from her paintings.

In partnership with the Association, trips are scheduled for September to San Francisco and November to Stockton and Lodi. Watch the *Compass* for details.

Members are encouraged to check

out the art books and videos, organized by member Fred Ekman, at our monthly meetings between 1:45 and 3:00 PM and to donate additional items.

Members and non-members contact Jim Brunk regarding monthly plein air outings.

Contacts: Joyce Bisbee joybis@aol.com;
Bob Porter, bob@aol.com;

**Jim Brunk (plein air paint-outs) 434-6317, brunk@starstream.net
Website: www.lhpainters.org**



Paper Arts

A big "Thank You" to Debbie Chronister, sales representative for Stampin' Up, for leading our project at our August meeting. Debbie's designs are always fun and original. Thanks also to her table captains for helping us with the projects.

We started our Fourth of July holiday off with sharing original card designs at our second card swap of the year. Each member brought a card and seven kits to share with tablemates. A fun time was had by all and we left with a new collection of handcrafted cards.

Members are reminded to bring holiday cards for the Military/Operation Home Front to the September meeting. We need to get cards in early for Christmas delivery and our personal notes and handmade cards are always greatly appreciated.

Be sure to check our display window at OC for "All Things Summer."

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



Photography

The September 11 General Meeting will be Show & Tell, with a panoply of challenge results including a possible Larry White short 47-frame sampler. A new "President's Challenge" may be introduced, wherein a camera is set for multiple timed exposures and gets tossed in the air. Winners will be those who can successfully shmooze (should there be any) viewers into believing this is avant garde art-form with redeeming artistic-social value.

Just concluded is the LHPG eye candy exhibit at the 5th Street Lincoln Umpqua Bank office. Some of those participating



"Tahoe Cloudy Sunrise" by Bob Dale; "Umpqua Artists" by jeffa

artists pictured here are Jeff Hanner, Carole Haskell, John Campbell, Brad Senn, Jack Wartlieb and Vicki White. Also shown here is an Emerald Bay shot by Bob Dale, taken on the Les Thomas A-Train field trip in July. Additional Tahoe wildflower and landscape images are now on display at Lincoln's Simple Pleasures restaurant from seven LHPG members.

Written by jeffa.

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



Pickleball

The *First Place Winners* of our Club Championship are: Men's A Doubles: DJ Cox and Richard Norman; Men's B Doubles: Don Neumeier and Bill Bjorga; Women's A/B Doubles: Andrea Mayorga and Robin Haney; Women's C Doubles: Cindy Pulliam and Lynn Fraser; Mixed A Doubles: Andrea Mayorga and Richard Norman; Mixed B Doubles: Sherrill Slotsve and Bruce Barlow; Mixed C Doubles: Marilyn McCullough and Ron Slagle. See photos on the following page. For a complete list of winners please see our pickleball website.

Our next Tournament, September 4, 5 & 6, will be sponsored by the Wells Fargo Advisors. You do not need to be a member to participate. It is open to all Lincoln Hills residents. Check out our website for a registration form.

The next pickleball meeting: September



*Mixed A Doubles Winners;
Mixed B Doubles Winners;
Mixed C Doubles Winners*

11, at 2:00 PM in the Ceramics Room (OC).

Contact: Scott Sutherland 253-3997,
swsuther@sbcglobal.net

Website: www.lhpickleball.com



Players

Ballroom laughter announced that the Lincoln Hills Players production of "Don't Cry For Me, Margaret Mitchell" on August 7 and 8 was a success. Audience members commented that it was one of the funniest plays ever. Lincoln Hills is fortunate to have so many talented people involved in bringing quality live theater to our community.

Auditions are August 19 & 20 for the Players' fall production, Johnny Mercer's "Mandy." This is an original musical by Norah Prouhet which tells the story of Johnny Mercer's music through the eyes of his daughter, Mandy.

Reader's Theater will be offering two free wonderful short plays in October in the P-Hall (KS). Auditions will be in September. There are many roles for both women and men. Watch the *Compass* for details.

The Players meet the second Monday of each month at 4:00 PM in 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, Tuesday, 5:00-8:30 PM and Fridays 1:00-4:30 PM in the Multipurpose Room (OC) or Fine Arts Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays — same times. The Quarterly Hold 'em tournaments are open to all residents, first come, first served, as they usually fill up quickly with a 48-player cap. Our 2013 tournaments will be October 19.

Winners from July 20 were: Eighth place Mike Goldstein; seventh Jeff Jensen; sixth Al Witten; fifth Dave Borden; fourth John McShosh; third Vic Mattia; second Sherm Waldman; first Joe Frenna (first time winner — great job Joe) and all the players.

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



RV

The RV Group is hoping to expand its numbers and is inviting all those people who have RVs to come to its next meeting to find out what the group is all about.

Our next meeting will be Thursday, September 12, 4:00 PM at P-Hall (KS). The group meets on the second Thursday of each month. The RVers schedule a calendar of rallies throughout the year, drawing from 10 to 20 rigs at each one. They recently returned from a three-stop rally that began in Fortuna and continued in Oregon at Canyonville and Bend.

Plans are being made for next year's

schedule that will kick off with a trip to Mesa, AZ in March to let members take in some spring training baseball

Contact: Michael Genest 209-3370

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

Phoenix Alternative High School, near Lincoln HS and in WPUSD, is a great place to volunteer according to Irma Mendez. She is looking forward to another year, terrific students, academic challenges, and a very supportive and appreciative staff. In the last two years, Irma believes that effective, individualized instruction and support to students that have struggled with many life challenges have resulted in amazing success stories. Many students have attended numerous schools which interfered with their ability to complete courses and earn credits, while others had health and mental issues. What we do at Phoenix works: one-on-one tutoring, individual guidance through curriculum, support with writing and projects, test preparation, technology support, fine arts participation in painting, ceramics and dance. Students feel supported by staff and volunteers and the bonding with students and families cannot be measured. "Volunteering is richly rewarding. You'll get more than you give."

Contacts: Sandy Frame 408-1453,

sflincoln4fun@starstream.net

(Elementary); Cindy Moore 408- 1452,
cindysmoore@me.com



SCOOP

Sun City Organization of Pooches

SCOOP next meeting: Tuesday, September 3, 11:00 AM, Fine Arts Room (OC). A veterinarian from Loomis Veterinary Hospital will be our guest speaker regarding our dogs' health care.

Pooches on the Patio Breakfast: Back by popular demand! September 5, 9:00 AM, OC "Secret Garden," \$8. Checks should be payable to SCOOP and sent to Deirdre Ryan by August 28. An email will go out to members indicating the mailing address. All of our four-legged, well-

behaved friends are invited to attend.

Pooches on Parade: This long-awaited event will be held on October 10 at the OC Amphitheater. Mark your calendars and let the fun and games begin! Our favorite DJ and judges will be back at this year's event!! Registration is 8:30 AM.

Warning – Be mindful of the danger to our dogs from snakes, coyotes, and the summer heat!

For more information: Mary Shelton, marishel@starstream.net.

Contact: scoop@scih-scoop.com

Website: www.scih-scoop.com



Scrabble

Every Monday at 1:00 PM, we start the games at two or three tables, in the Cards Room (OC). We usually play three games, depending on schedules. There are a few of us that play until about 4:00 PM. Interested? Come join us.

Our group provides the games, clue sheets and dictionaries. Anyone interested merely shows up and joins a table. No reservations are required. Players are also welcome to start anytime during the afternoon.

Bingos seem to be plentiful, too. We seem to average about four or five each Monday, between all of the players. One recent Monday, there were eight. Even the newer participants are getting bingos. Way to go!

Article submitted by Candice Koropp.

Contact: [Joan Spurling 505-5000](mailto:Joan.Spurling@505-5000)



Second Cup of Coffee

It's Summer Session for the Second Cup of Coffee Group, and there was no meeting planned for July. We have an interesting program for you in August. On Monday, August 19, at P-Hall (KS), 10:00 AM, the featured speaker will be Ms. Donna Tofft, Athletic Department Director on "Lincoln High School Sports and Lincoln Hills Residents." She will discuss their needs and how interested residents can volunteer and help. A Q&A period will follow her talk.

All meetings are held at P-Hall (KS) starting at 10:00 AM the third Monday of each month.

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



Shanghai

Someone once suggested a person should learn a new word every day. Now that you are retired, active, and timeless, why not learn a new game every week: something you have never tried before. Shanghai, a card game, can fit the bill. I personally never knew of this game until I arrived here in Lincoln Hills. Now we play weekly, and have met many new friends. For a free lesson, contact one of the names listed below. We play every Thursday at 12:00 PM in the Card Room (OC). We also play every second and fourth Friday nights at 5:45 PM.

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



Singles

Dynamic Singles

If you missed our July 11 General Meeting you missed a fun night that ended with us playing Bingo.

Our second Saturday breakfast will be held at the Sports Bar in Meridians at 9:00 AM on August 10.

Because of the holidays, our September birthday celebration will be held at the Sports Bar in Meridians on September 8.

This is the list of our upcoming activities:

- August
- 15) 4:30 PM Dining Out – TBA
- 17) 5:15 PM River Cats Game (A fun night)
- 20) 7:00 PM Let's Dance/Drop-in event
- 22) 6:00 PM Social/Collectable Tales

Contact: [Linda Bacon 628-5158](mailto:Linda.Bacon@628-5158)

Website: www.singleslincolnhills.org



Softball, Senior League

On Saturday, July 6, the city of Lincoln sent a very strong (not to mention young) team to Del Webb Field to challenge our much older but battle-hardened veterans. I hope you saw the outstanding article in *The News Messenger* about "The Greatest Game Ever Played at Del Webb Field" by JR Jackson.

Vince Del Pozzo put together a team to

meet the challenge. Manager Nick Fox and coaches Barry Sasabuchi and Randy Wilcox led George Sylvia, Mick Privett, Bill Stroh, Carlos Zavala, Barry Maynard, John Griffin, Darrell Rinde, Bec Cannistraci, John Dambrosio, Bob Fernandez, Dale Stephens, Ron Greeno, Joe Bellah, DJ Cox, Terry Padovan, and JR Jackson through a roller coaster of a game. They finished with a 20-19 win as well as the respect of the much younger team from the city.

If you can, don't miss the game next year. It promises to be a barn burner.

Contact: [Joann Hilton 408-0346,](mailto:Joann.Hilton@408-0346)

Jhilton777@gmail.com

Website: LHSSL.org

Coyotes

Last month was slow for Coyotes' teams – the calm before the storm of the next few weeks.

The 55s play next in Carson City (July 27/28), then Pleasanton (August 3/4) and then the NCCSA Hall of Fame Tournament at The Big League Dreams fields, Manteca (August 17/18).

The 65s finished 3-2 in Turlock for the only action to report this month.

The 65s, 70s, and 75s will participate in the Western Nationals at various fields in Roseville and Sacramento (July 30/August 1) followed by the NCCSA Hall of Fame Tournament in Manteca (August 15/16) at the Big League Dreams fields.

The 70s will also play in the Sun Eagles' Tournament here at Del Webb Field (August 24/25) and then travel to Medford, Oregon (September 12/13).

The 75s will also play a tournament in Folsom (September 7/8).

I will let you know the results of most of those tournaments next month.

Contact: [Dave Rich,](mailto:Dave.Rich@richerino@aol.com)

richerino@aol.com

Website: [LHSSL.org/Travel Teams](http://LHSSL.org/TravelTeams)



Sports Car

Summer came roaring into our area in July! The weather was hot, hot, hot so we took to the mountains for some relief. The Grondonas, Golenos, and Gilman led us on a "High Sierra Fun Trip" that took us to Ironstone Vineyards in Murphys and then on to Calaveras Big

Trees State Park near Arnold. We spent the night at Topaz Lake Lodge and then saw the Marine Corps Mountain Warfare Training Center before heading to Jamestown for a great lunch and then home.

As many members were away on vacation, this was our only outing. But never fear as there is more fun in the offing for the Sports Car Group in the near future!

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

Website: LHsportscars.com



Square & Round Dance

Sun City Squares

The Square Dance Club Summer Hoe Down is scheduled on September 2, 1:00 to 4:00 PM at KS. Our new beginner class will be starting at 1:00 PM on September 9, at KS.

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

June 14 was the commencement of competitive ladder play. Competitive ladder play is doubles play. Each player is grouped with others of similar skill level. Three games are played with players rotating partners so that one plays with a different player for each of the three games. Thirty-two players competed. Six players were three-game winners. Those six were Marc Fong, Virgil Berry, Steve Gust, Viren Sitwala, Evelyn Komaki (welcome back Evelyn) and Emma Blandon. Kudos to Tim Frank for organizing and scoring our play. Ladder

play takes place every Sunday and should continue through August. Ladder play is optional.

There are tables available for open play.

Play takes place at KS on Sundays (12:30-5:00 PM), Tuesdays (6:00-9:00 PM) and Fridays (8:00-11:00 AM).

Players may arrive at any time within the listed times. Equipment is provided. Join us, it is cool inside!

Contact: Ed Rocknich 434-1958, rocknich@yahoo.com



Tap Company

Do you remember the Tap Company's fabulous 2013 production of "Simply Broadway"? Then you will be pleased to know that the Tap Company has asked and is again thrilled that Peggy & Paul Schechter have agreed to create and co-direct the next annual Tap Company Show. Their focus will be on the Big Band Era. We have already started our performance classes for a major production number. Other performance classes will start in October. Watch future issues of *Compass* for upcoming announcements for auditions for what will surely be another blockbuster event.



*Dancers from "I've Got Rhythm"
2013 Tap Company Show*

The tappers enjoyed another month of a special fun-filled summer workshop put on by our Artistic Director, Alyson Meador. This was a fast-paced class and was attended by tappers of all skill levels. We are all now back at work in our regular technique classes.

Contact: Janet Becker 543-3493, beckerjm1962@gmail.com; Natalie Grossner 209-3804, natalie_g@msn.com



Tennis

The LH Mens 65 and over 4.0 USTA team, won their first match in the sectionals in Napa and then got rained out for the following two matches. Keep an eye out for updates in the fall. Congrats to all the team members and supportive spouses and friends who attended the event.

I'm delighted to tell you that the resurfacing of our courts has been completed as scheduled and they look terrific. Cracks have been fixed, nets and the scorekeepers have been replaced as needed. The new



Our new look

colors are blue and green. A big thanks to Chris O'Keefe.

To renew or join our club, please use the form found on the Tennis Group website <http://sclhtg.com>. Annual dues are \$12.

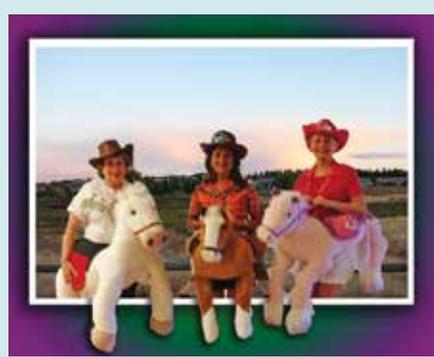
Social Drop-In is held Wednesday and Saturday from 8:00 to 10:00 AM and is open to all Lincoln Hills residents.

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



Vaudeville Troupe

The Vaudeville Troupe celebrated their amazing "Tenth Anniversary Show" performed at the fabulous Cabaret-style P-Hall (KS) on July 12 and 13. "Another Sizzling Vaudeville Show," "Magnificent stage set," "So many talented performers in this Troupe," "How do they do it?" These are some of the comments heard from Vaudeville audiences after the July Shows! Once again, the four shows were a complete sell-out and the crowds loved the Troupe's Tribute to Country Music!! We extend a huge "Thank You" to everyone who has ever attended our fantastic, high-energy and entirely original fabulous Vaudeville Shows! *Our January*



Sandy Klein, Barbara Swerdlow and Carolyn Farrar "On the Range" after July Show; Troupe having fun with the "Hot-Rod" Truck used in Marina's comedy skit in July Shows

2014 Show will be another "Entertainment Extravaganza" featuring our Tribute to "Music of The 50s and 60s" like you've never seen before! Don't miss it! Auditions are in October. Join us!

Contact Founder/Director Marina Eugenio for more information or check out our website at YouTube.com/user/marinaeugenios for previous Vaudeville Shows.

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



Veterans

Robert Dortch, a veteran crime investigator with the NCIS, U.S. Postal Service and Citigroup, will address a joint meeting of the Veterans Group and Community Forum at 1:00 PM on Thursday, August 15, in the P-Hall (KS).

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



Water Volleyball

Water volleyball is open to all residents of any skill level. We have open play, competitive (advanced) play, and league play. Training is also available monthly. Come join us. It's always a lot of fun. It's a great way to meet new people, get out of the heat, and get a low stress workout. See you in the pool!

We didn't get to play at our last outdoor event in June since it happened to fall on the hottest day of the year. For some reason, nobody felt like playing when it was 110 degrees. We have another chance on Sunday, August 4. Look for us in the lap pool from 6:00 to 7:30 PM.

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 Mondays 5:30 PM.

Contacts: Steve Parke 543-0067,
stevenparke@att.net;
Jerry DiGiacomo 521-1904,
itsmrd@sbcglobal.net

Website: www.lincolnsuncity.org/residents



West Coast Swing

Please save the date for the annual Tea Dance/Ice Cream Social on Sunday, September 29, OC Ballroom, 2:00 to 5:00 PM. This is always a popular event.

Our July "Red, White & Blue — Summer Picnic Potluck Dance," was a huge success with a record turnout for a festive evening.

Club Night Out is becoming increasingly popular on the second Tuesday of each month — dinner and dancing at Meridians. Please contact Dottie if you would like to join us on September 10.



Members enjoying our Club Night Out in July

West Coast Swing Dance practices are held on the second Friday of each month for all those students attending the West Coast Dance classes (no fee.) The next dance practice is September 13, 5:30 to 7:30 PM, Fine Arts, (OC.)

Capital Swing Dancers will be hosting their monthly dance on August 17. Beginner lessons will be from 5:30 to 6:30 PM with dancing until 10:30 PM.

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



Woodcarvers

John Russell wins at 2013 Pacific Flyway Decoy Association Wildlife (PFDA) Arts Festival: The prestigious PFDA and International Wood Carving Association show in Sacramento awarded an Honorable Mention to the Kestrel created by Lincoln Hills Woodcarvers Group Leader, John Russell. This show, in the heart of California's duck country, celebrates carving, collecting, fine art, hunting, fishing, and bird watching. Its intent is to bring you closer to the world of original wildlife art.

John advises new carvers... "Don't ever give up your dreams... don't ever think you can't do it." It wasn't until retiring in September '01, that he took some classes and started carving birds... his "favorites."



Honorable Mention was awarded to this Kestrel created by Woodcarvers Group Leader John Russell

John says his wife Sue is his "biggest fan and is always supportive." They have four granddaughters who, John says, "all want to carve when they visit."

Woodcarvers meet at the Sierra Room (KS) on Wednesday 1:00-5:00 PM.

Contacts: John Russell 543-6091,
je_russell62@hotmail.com
Website: www.SCLHwoodcarvers.blogspot.com



Writers

The SCLH Writers Group is comprised of SCLH residents who meet to share their writing in a small, supportive environment. Our writing covers all genres including: poetry, prose, fiction, non-fiction, autobiography and memoir. There are no fees to join and no membership criteria as long as you are a resident of SCLH.

Bring 10-12 copies of your musings to share (maximum 1,500 words). We meet on the second, fourth, and fifth Mondays of each month in the Ceramics Room (OC) at 6:30 PM.

Dozens of our members have written books. *Seven* of them will be signing their books on September 14 from 1:00-4:00 PM Placer Room (KS). See more information below. *Mark your calendars!*

For more information about the Writers Group or the upcoming book signing, contact: Linda Bello-Ruiz.

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

Authors & Writers Resource Group

Seven SCLH new authors will be gathering for a *Book Signing Event* on Saturday, September 14, 1:00-4:00 PM, Placer Room (KS). Open to residents and the public.

The event will start promptly at 1:00 PM.

- Authors will introduce themselves and give an overview of their book.



Book Signing Event
— September 14,
1:00-4:00 PM,
Placer Room (KS)

- We will have a drawing for a book

every 15 minutes starting at 1:30 PM, be sure to register!

- Cookies and coffee will be served.
- The participating authors:
- Phyllis Kalbach – *Blue Eden, The Future After The Ice Melts* (Sci-Fi)
 - Irene Douglas – *An American Woman in Pakistan – Memories of Mangla Dam* (Memoir)
 - Quentin Grady – *The Ghost Eagle* (Historical Novel)
 - Jonas Porup – *Remembering Russia* (Memoir)
 - Leo Craton – *California Boy* (Memoir)
 - Jim Fulcomer – *Dottage Cheese* (Poetry)
 - Linda Bello-Ruiz – *From Tears to Triumph, My Journey to The House of Hope* (Memoir)
- The Authors & Writers Resource Group meets monthly over coffee. Call for time and place.

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

In Memoriam

John Blevins

An Air Force Veteran, John and his twin brother were born in Arkansas, but raised in Southern California. He graduated from UCLA and was a Real Estate Broker in the East Bay Area for over 40 years. He and his wife of 46 years raised two sons and a daughter. John loved retirement, especially walking the trails with his dog and working in the yard, tending to his flower garden. John will be dearly missed by his wife, Phyllis, their three children and three grandchildren.

Michael Irvine

Traveling the world as a child with his Army Officer father and family, Mike went on to graduate from Virginia Military Institute and then served in the Army for 28 years, retiring as a Lt. Colonel. After losing his first wife, Ann, to Cancer, Mike

moved here where he met and married his neighbor, Karen. They have been enjoying family, friends, playing golf and traveling with cruising being a favorite. Mike will be missed by his wife, three daughters and sons-in law, six grandchildren, sister, three stepsons and two step-grandchildren.

Wash (Vasille) Kostenko

Wash was one of 10 children born to immigrant parents in the coal-mining town of Elkhorn, West Virginia. After serving in the Navy, he met and married Gloria and they have four accomplished children who have blessed them with 13 grandchildren and three great grandchildren. Wash graduated with a degree in physics, Phi Beta Kappa and Suma Cum Laude. He retired from Lockheed. He reluctantly moved to Lincoln where he found a wonderful life of dancing, bridge, gardening, poker and writing.

He published *Out of the Wash*. Moving here was the best move he ever made!

Wayne Picciano

Raised in New Jersey, Wayne attended the Julliard School of Music in New York. He graduated in Theoretical Physics from Stanford University. After receiving his MS degree from Rutgers University, he worked in Palo Alto at Philco/Ford Aerospace (Lockheed) as a manager of spacecraft technology. He maintained music as a serious avocation, married Lynn, a concert pianist, and they both performed and were broadcast on Radio and TV. He started a TV show which featured accomplished local pianists and was the host and producer. After his wife died, he moved to Lincoln to be closer to family. Wayne is survived by his sister, Jodi Deeley of Lincoln Hills, Terri of Oregon, and many nieces and nephews.

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

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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.

A Course in Miracles

A Course in Miracles Study Group is forming in SCLH. A Course in Miracles is a complete self-study spiritual thought system that teaches a way to achieve universal love and inner peace through practicing what the course calls "forgiveness." The course is based on a book that is set up in the format of a class, and is primarily intended to be studied on one's own, but many students like to form "study groups." More info: Alexandra, 409-5253.

Lincoln Democratic Club

The club's Annual Bar-B-Q will be held at the Sports Pavilion on September 12. Dave Jones, California State Insurance Commissioner, will be our guest speaker. More details: our website, <http://democraticclublincoln.org>.

The Glaucoma Support Group

will meet on September 11, at 4:00 PM in the Multipurpose Room (OC). Our guest speakers will be Drs. Annie Baik, James

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.

Monday, September 9, 6:30 PM, Spinal Aid Center Presentation, Dr. Zorich, Heights (OC)

Brandt and Michelle Lim from the UC Davis Eye Center. This will be an informal presentation with the panel responding to questions. If you have a question you would like presented to the panel, please send it to Bonnie Dale at Bjdale@aol.com no later than August 28. More info: Bonnie Dale, 543-2133 or the above email.

Italian Club

We ate, we drank, and we danced late into the night at Catta Verdera. It was our 10th Annual Inaugural Ball on July 14. We heard from our club's founders. Our new president, Tom Freschi, introduced our incoming Board. We heard nothing but compliments about the food, the music, the décor and, of course, the wine. On August 14, we will take a trip to Italy. Not literally. We will learn about the customs of everyday life and what things a visitor should know. We can be learning, or teaching, while enjoying a delicious lunch at La Provence. Are you a SCLH resident? Are you of Italian heritage? Do you want to live life to the fullest? Then you and your significant other can join our great social club. Contact Marie Berlenghi, 543-

3731, or go to www.lhitalianclub.org.

Mental Illness, Bipolar, Personality Disorder and Depression Support

If SCLH residents have immediate family members who experience serious mental illnesses such as bipolar disorder, schizoaffective disorder, schizophrenia, obsessive compulsive disorder, clinical depression, etc., join our Family Mental illness Support Group. As we try to support our loved ones, we need support ourselves. We listen without judging and extend understanding and confidentiality. We meet on the second Friday of the month at 2:00 PM. For location or more info: Dede Ranahan at 408-4541 or dederanahan@gmail.com. If you needs personally relate to Bi-polar, Borderline-Personality Disorder, you are not alone. More info: Piper Smith, 645-7012 or Piper@starstream.net. If depression is your area of specific personal need, more info: Pam Elliott, 408-5704. SCLH residents are here to support you and your family.

Lincoln MS Group

Author Presentation and Book Signing

On Tuesday, September 3, 1:00 PM, Terra Cotta Room (KS), an open meeting of the Multiple Sclerosis Group will be held to discuss your concerns, future meetings, plus how you handled 107-degree heat! More info: Marilyn Sharp, 434-6898. Author Presentation and Book Signing: Ronda Giangreco. Tuesday, September 10, 10:00 AM-12:00 PM, Twelve Bridges Library, Willow Room. The Lincoln MS Group is sponsoring author, Ronda Giangreco, to speak and sign her five-star rated book *The Gathering Table, Defying Multiple Sclerosis with a Year of Pasta, Wine & Friends*. This motivational, and at times humorous, book challenges all with a life-altering condition to pursue their passion with joy and gusto. Those who enjoy Italian cooking will also savor *The Gathering Table*. More info: Marilyn Sharp, 434-6898.

Continued on page 41

The Sun City Scooter Group

Motor Scooter Riders — Come Join Us!! We are a small friendly group of motor scooter riders. Our group ride is on the second Wednesday of each month. We meet at KS at 10:00 AM. We take rides of various lengths in our local area usually including a lunch stop. More info: Mike, 408-3972.





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Continued from page 39

Open Play

Every Sunday from 12:00-4:30 PM is "Open Play" in the Card 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 the Raley's Meeting Room, from 10:00-11:30 AM. Come and learn more

about PD. More info: Sharon, 408-4869.

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

Continued on page 43

Community Perks

Certified Farmers Market and Vendor Faire Every Wednesday

Support your local farmers and join us every Wednesday at the Fitness Parking Lot from 8:00 AM to 12:00 PM. Local Certified Farmers will be selling fresh fruits and vegetables. There will also be local vendors selling various unique 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 in being one of our vendors for handmade and hobby-related items, please contact Shelve Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



Music Group sponsored "Open Mic Night" Friday, August 23 — Free

6:00-8:30 PM in the P-Hall, (KS). Musicians and music lovers are invited to join the fun. Sign-up to perform at 5:30 PM. Audience participation is encouraged and appreciated, but no karaoke.



KS at the Movies: "True Grit" Monday, September 2 — Free

110 minutes; PG-13. Adventure, Drama, Western. 2010 remake starring Jeff Bridges and Matt Damon. Doors open at 1:00 PM for a 1:30 PM show. P-Hall (KS).



Book Signing Event Saturday, September 14 — Free

1:00-4:00 PM, Placer Room (KS). Seven SCLH new authors will be gathering for a *Book Signing Event*. The event will start promptly at 1:00 PM. Authors will introduce themselves and give an overview of their book. We will have a drawing for a book every 15 minutes starting at 1:30 PM, be sure to register! Cookies and coffee will be served. Open to residents and the public. See the list of participating authors and their book titles on page 37.



New Resident Orientation

Wednesday, September 18, 2:00-4:00 PM, — Free
Tuesday, October 15, 1:00-3:00 PM — Free

Offered monthly through November 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. Solarium. Light refreshments. No RSVP required.



Celebrate Living at SCLH Sunday, October 6 — Free

Save the date! Sunday Ice Cream Social. 2:00-4:00 PM. Celebrate living at SCLH with your Association Board of Directors, committee members and staff at an ice cream social. Listen to music while you enjoy a yummy ice cream sundae. And here's the best part. It's *free!* More details to come.



e-Waste Recycling Tuesday, October 15 — Free

9:30 AM -12:00 PM, OC Fitness Center 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. We offer this service twice a year. The list of all acceptable electronics for recycling is available at the Activities Desks. Just look for the big Sims Recycling truck in the parking lot!



Document Destruction Monday, October 21

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!





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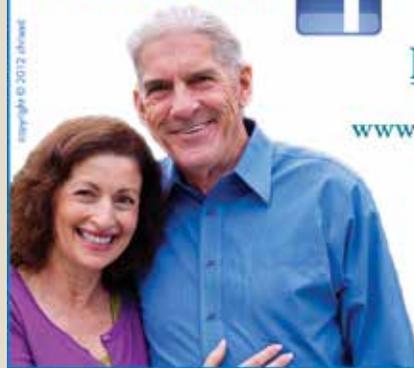
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Tony Williams
521-3400



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408-1555

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Continued from page 41

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 or amoon38@sbcglobal.net.

LH Retired Law Enforcement Officers Group

Colonel William Arruba will be the guest speaker at the Lincoln Hills Retired Law Enforcement Officers' Group Quarterly Breakfast on Friday, August 16, at 9:00 AM at Mimi's Café in Lincoln. Order off the menu and separate checks are available. All law enforcement officers (active or retired) in the Lincoln, Rocklin and Roseville area are invited to attend. Colonel Arruba will be speaking on his experiences and current conditions. RSVP to Bob J. McCollum, 408-0621, to reserve a seat. Attendees should plan on arriving at 8:45 AM and be seated by 9:00 AM. After Colonel Arruba's remarks there will be a Q&A session.

Shalom Group

Our picnic had good weather and good food. Poker Run winners were Arlene & Ken Baron, Sheila & Mel Reitman, and Vita & Mike Morrison. The July bagel and brunch was focused on current issues in the Middle East, and how American newspapers treat Israeli issues. The general meeting featured climate expert Robert Aron, giving us the latest on Global Warming. Our Board worked with Temple Or Rishon (OR) to include our residents in their activities this season. OR has offered a lower rate enabling us to more easily attend Rosh Hashana, Yom Kippur (early or late service) and "Break the Fast." They may provide transportation for Yizkor services. Info on times and fees, call the temple, 988-4100. We are all trying to make this the best possible year for our members and guests. Please join us. Membership info: Judi Schane, 253-9129.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take

up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net.

Travel Group www.lh-travelgroup.com

The next meeting is Thursday, August 15, 7:00 PM, KS. Guest presenter: Joan Thornton, Grand Circle Travel & 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; Judy Peck 543-0990, judyp@starstream.net.

Finance

Continued from page 17

other expenses were well controlled.

At the end of June, our Operating Fund totaled \$4,523,372, which includes \$336,128 in Building/Capital Enhancement and \$1,435,197 in Settlement Proceeds. The Reserve Fund had a balance of \$4,535,332. All funds are invested in FDIC-Insured Accounts or U.S. Treasuries.

The number of homes with past due assessments were 112 for a total of \$71,900, this is about even with the comparable month of March when we had 107 homes past due for \$67,800.

If you have general questions or need information on the above I may be reached at finance.committee@schca.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, August 15, at 9:00 AM.

Birthday Suit

Continued from page 10

complexion and causes wrinkles.

- Do what you can to avoid repetitive facial expressions which can lead to permanent lines. For example, wear sunglasses to avoid squinting.
- Choose plenty of fresh fruits and vegetables rather than a diet high in sugar or refined carbohydrates.
- Alcohol intake dehydrates the skin and can make us look older.
- Regular moderate exercise improves circulation to the skin and other organs.
- Unless you have other reasons to lie on your side, try to sleep on your back to avoid sleep lines on your face.
- Be gentle when cleansing your skin. Don't scrub.
- Wash your face twice a day and after heavy sweating.
- Apply moisturizers every day.
- If a skin product causes your skin to sting or burn, do not use it.

Openings

Continued from page 5

shift between the 15th and 21st of every month at either the OC or KS Lodge or Fitness Centers. Please sign up to assist in the Volunteer books kept at both OC and KS Activities Desks. If you have any questions, please call Marian Hoffman Kinsella at 205-8315. Your assistance, greeting residents with a smile and friendly hello is greatly appreciated.

It's the Law

Douglas Thom



Signal before you make that turn.

Violation \$236 — fees up to \$200





Don't miss the Final Three Shows!



FRIDAY, AUGUST 23
SHOWTIME 7:30PM

PAPA DOO RUN RUN

Grammy Nominated California Surf Band

 TICKETS \$20



THURSDAY, SEPTEMBER 5
SHOWTIME 7PM

JAMES GARNER'S CASH TRIBUTE SHOW

 TICKETS \$16



FRIDAY, SEPTEMBER 20
SHOWTIME 7PM

BRONX WANDERERS

'50s & '60s Doo-Wop & Rock n' Roll

 TICKETS \$17

Tickets available at the Activities Desk (OC/KS)

Online Tickets:

www.suncity-lincolnhills.org/residents/SACS

LIKE us on Facebook (Sun City Lincoln Hills Entertainment) Follow us on twitter (SCLH_Events)





Tamara Coil, Lifestyle Entertainment Coordinator, tamara.coil@sclhca.com

Entertainment

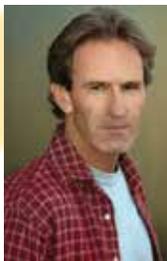
—Comedy—

Comedy Night at KS: Keith Nelson Tuesday, September 10

6:00 PM performance — 5110-07A

8:00 PM performance — 5110-07B

Keith Nelson has been headlining as a stand-up comedian for over 20 years. He has performed in all 50 states and has also been all over the world performing for the troops. Keith has appeared on *Evening at the IMPROV*, *Entertainment Tonight* and the *Fox Show Comedy Express*. He is a three-time Masters National champion in the High Jump and has been ranked number one in the world three times. P-Hall (KS). General admission \$12.



Comedy Night at KS: Steve Smith Tuesday, October 29

6:00 PM performance — 5129-08A

8:00 PM performance — 5129-08B

A resident favorite is back! Headliner Steve Smith got his show business feet wet at the early age of nine with a movie and as a regular on local television. After moving to Los Angeles and appearing in the movies "Nightmare On Elm Street 2" and "Slaughterhouse Rock," he booked over 40 television appearances as a standup comic. He also started the critically-acclaimed improvisational group "The Bargain Basement Players" which played for three years at the Santa Monica Improv.



Steve performs all over the world for companies and comedy venues. P-Hall (KS). General admission early registration discounted rate August 17- September 14, \$10. After September 14, \$12.

—Concerts—

"The Music of Frank, Bobby & Bill" — A Bill A. Jones Concert Monday, September 30 — 5130-07

Known to millions as 'Rod Remington' from his many appearances on the hit Fox TV show "Glee," A. Jones delivers a fresh and uplifting interpretation to the music of Frank Sinatra and Bobby Darin. The program will feature original arrangements with his trio and songs you love including: "I've Got You Under My Skin," "The Way You Look Tonight," "New York New York," "Come Fly With Me" and many more. Bill recently had the honor of opening for Tony Bennett at the St. Jude Children's Hospital 50th Anniversary Gala at The Beverly Hilton, and has toured with The Glenn Miller Orchestra. Bill sings the great standards in the tradition of Frank Sinatra, Michael Bubl  and other big names. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21.** General admission \$19.



Shady Rill Concert – With Patti Casey & Tom MacKenzie of former Woods Tea Company Band Thursday, October 17 — 5117-08

If you enjoy homegrown fun, good music, then you are in for a treat! Patti Casey and Tom MacKenzie are two of central Vermont's musical gems and made up two thirds of the resident-loved group, Woods Tea Company. With the bands recent

Continued on page 46

Summer Amphitheater Concert Series 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 already in place. **Lawn seating** for blankets will be in the grassy area at the left of the stage. Doors open 45 minutes before showtime.
- **ADA:** Designated paved area located in the center top tier adjacent to the pathway.
- **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:** See individual articles in Entertainment 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.

retirement, Patti and Tom decided to team up and form a duo that explores everything from French Canadian dance tunes, to Tin Pan Alley, to Old Time Country, and a healthy dose of originals. Patti is an award-winning songwriter and her voice will melt your heart. Tom's banjo and voice are a perfect compliment as the two of them weave their way through the many styles of traditional based songs and tunes. With careers that collectively span decades and stretch richly diverse musical influences from the British Isles to deep Appalachia, Tom and Patti present a refreshing take on traditional acoustic music. They will happily charm you with their Hammered Dulcimer, Flute, Banjo, Guitar, Keyboard, Ukulele, seated clogging, and fine humor. 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 August 17- September 14, \$14. After September 14, \$17.



Eric Kunze In Concert Friday, November 1 — 5101-08

Spend an evening with Broadway leading man Eric Kunze, star of "Miss Saigon," "Les Miserables," "Damn Yankees" and more. A popular guest artist with Sacramento's Music Circus, you may have seen him in last summer's performance as the role of 'Prince Eric' in *The Little Mermaid*. He made his Broadway debut as 'Marius' in "Les Miserables" (opposite Lea Salonga) and went on to star as 'Chris' in "Miss Saigon." With rave reviews, he was cast as 'Joe Hardy' in "Damn Yankees," starring Jerry Lewis and went on to many other leading roles such as 'Joseph' in "Joseph and the Amazing Technicolor Dreamcoat," 'Che' in "Evita," and 'Tony' in "West Side Story." The concert program will highlight songs and 'behind-the-curtain' stories from his celebrated musical theatre career. Eric is a voice talent you do not want to



miss! Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21.** General admission early registration discounted rate August 17- September 14, \$16. After September 14, \$19.

—Summer Amphitheater Concert Series—

Papa Doo Run Run Friday, August 23 – 5000-4E

Legendary California band, Papa Doo Run Run started out touring with surf music icons Jan & Dean before their 1975 Top 40 hit "Be True To Your School" reached # 1 in California. Papa toured and recorded with the members of the Beach Boys for two decades in the 80's and their ground-breaking CD "California Project" exploded onto the Billboard Hot 100 Chart at number 17 earning them their second Gold Record and a Grammy Nomination. Hear all the great classic rock hits of the 60's and 70's, with a special emphasis on the band's award-winning re-creation of Beach Boys hits. Their best kept secret... Papa Doo Run Run is who the Beach Boys call when they need someone to fill in with their band. Doors open at 6:45 PM for a 7:30 PM concert. General admission \$20.



James Garner's "Cash Tribute Show" Thursday, September 5 – 5000-4F

The Cash Tribute Show featuring James Garner celebrates the life and music of the legendary 'Man in Black' — Johnny Cash. Garner and his band perform Cash's music and incorporate historical accounts and personal anecdotes about America's most beloved singing storyteller. The show is a fun, toe-tapping trip down



Reminders

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 102.

• **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

memory lane honoring Cash's life and the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. While James is not a Johnny Cash impersonator, he presents songs including "Folsom Prison Blues" and "Ring of Fire" with stunning accuracy and strong conviction. Doors open at 6:15 PM for a 7:00 PM concert. General admission \$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 that only the Bronx Wanderers can deliver. Vocals, keyboard, drums, guitar and saxophone tell you



a story with each tune. Born and raised in the Bronx, New York, it was Rock & Roll Hall of Fame legend Dion DiMucci who worked with the Wanderers lead vocalist before he decided to form a band with his two sons. This group is noted for popular tunes including "Sleep Walk," "In My Room" and a great Frankie Valli medley! Doors open at 6:15 PM for a 7:00 PM concert. General admission \$17.

—Fashion Show—

"Golden Autumn Days" — A Fall Fashion Show

Tuesday, October 22 — 5122-08

Falling leaves and cool autumn days will inspire 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 some of your favorite boutique shops. Enjoy beautiful clothing, accessories and a few fun surprises during the show. Chef will present a fall menu with choice of *Eggplant Parmesan* or *Roasted Steelhead Salmon Farfalle 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. Ballroom doors open at 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. General admission early registration discounted rate August 17- September 14, \$28. After September 14, \$31. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.



—Parties—

Oktoberfest Celebration

Thursday, October 10 — 5110-08

Come polka with us! Our celebration will include traditional Oktoberfest music with the Karl Lebherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, contests and dancing. Enjoy traditional German tunes as your dinner music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will mesmerize you with their elegant costumes and traditional waltz numbers performed to the music recording of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous buffet of traditional German foods and enjoy a no-host bar. Please inform the Activities Monitor upon registration if you have any dietary restrictions. Ballroom doors open 5:30 PM; dinner served at 6:00 PM; entertainment 7:00 PM. General admission early registration discounted rate August 17- September 14, \$37. After September 14, \$40.



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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Katrina Ferland
Lifestyle Trips Coordinator
katrina.ferland@sclhca.com

Day Trips

—Casino/Racing—

Off to the Races

Thursday, August 22 — 1846-06

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 are 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 ♦♦ Now.



Colusa Casino

Thursday, September 26 — 1950-07

A very popular casino trip! Enjoy a 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 September. Four-hour stay at casino. Leave OC 10:00 AM, return ~ 5:00 PM. \$21. RSVP ♦♦ Now.



—Fair/Festival—

Gold Rush Days

Friday, August 30 — 1822-06

Find yourself transported back to the days of Gold and Glory, when California was a brand-new state with brand-new ideas. Join in the truly old-time fun in the world of yesterday! More than 200 tons of dirt will pave the streets of Old Sacramento as this annual festival "turns back the clock," transforming Sacramento's historic district into a scene straight out of the 1850s. Hundreds of costumed performers take on the roles of celebrities, personalities and just plain folks, bringing history to life while bluegrass pickers and old-time musicians perform on several stages, evoking the vivid tunes of the times. Featuring dancers, street dramas, wagon rides, gold panning, period artifacts, storytelling, craft making, Embarcadero Tent City, period musicians, horse-drawn carriages, shoot-outs in the street and much more! For more information <http://sacramentooldrushdays.com/about/>. We'll be spending four hours at



this festival with lunch on your own. Leave OC at 9:00 AM, return ~ 3:00 PM. \$22. RSVP ♦♦ Now.

Lodi Grape Festival and Harvest Fair Sunday, September 15 — 1821-07

The annual Lodi Grape Festival and Harvest Fair has been presented since 1937 to promote the agriculture and agricultural products of San Joaquin County, and to offer diverse forms of agricultural education. It strives to present unique, family-oriented exhibits that not only entertain, but educate and enlighten. Enjoy wine tasting, World of Wonders Science Museum, Lodi Serpenterium, Swan Brothers Circus, a bug museum and many artistic and garden/floral displays. We'll be spending four hours at this festival and arrive in time to attend "Wine Cellar: A Wine Tasting Experience" (on your own). Leave OC 11:30 AM, return ~ 6:30 PM. \$31 (includes admission to festival). RSVP ♦♦ Now.



California Capital Airshow Saturday, October 5 — 1930-07

The California Capital Airshow at Mather Airport is one of the few shows in the nation with a military jet demonstration team this year. Come experience The Royal Canadian Air Force Jet Demonstration Team known as the Snowbirds, world-class aerobatics, barnstorming, wing walking, WWII aircraft and endless entertainment and displays along the ramp. We've procured "Flight Line Club Premium Seating" that includes a large tent for shade near the airshow center for best viewing, open air seating, private restrooms specific to the premium area, airshow commemorative poster, hosted water, iced tea, lemonade and a buffet lunch! We also have dedicated staff and a docent for assistance and questions. Skip the traffic and parking hassles and join us on our air conditioned motorcoach for this fall airshow, **which replaces Fleet Week which is not being staged this year**. Complete lunch menu available at Activities Desks (OC/KS), which includes *Tri-tip, Grilled Chicken, Salads, Fruit, Cookies, etc.* Leave OC at 8:30 AM, return ~ 5:30 PM. \$95. RSVP ♦♦ Now. *Last day to purchase Tuesday, September 9 at 12:00 PM.*



Great Italian Festival Saturday, October 12 — 1822-08

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, an Italian Farmers Market, Bocce Ball and more! You'll have five hours to enjoy the festival, lunch on your own, and a little gaming with \$6.00 in casino credits from Silver Legacy along with a \$2 food coupon. Leave OC at 9:00 AM; return ~7:00 PM. \$29 RSVP ♦♦
Continued on page 51





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QuiltFest**Thursday, October 17 — 1785-08**

In cooperation with the Needle Arts Group, for Quilters/Crafters. This is your day to feast your eyes on everything involving needle arts. The Pacific International Quilt Festival held at the Santa Clara Convention Center offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Lunch on your own. For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:30 AM, return ~ 7:30 PM. Rest stop scheduled both directions of trip. \$62 (includes admission). RSVP ♦♦ by 9/14.

**—Food and Wine—****Taste of San Francisco****Tuesday, September 24 — 1842-07**

Join our San Francisco step-on guide Gary Holloway and trip coordinator Katrina as we go back for another “Taste of San Francisco” tour. Be prepared to have your senses tantalized. We’ll start at Fisherman’s Wharf for a shrimp or crab cocktail with a short history walk and a visit to Boudin Bakery. Then off to Bocce Cafe in Little Italy for Italian appetizers with wine available for purchase. Will you be ready for Chinese dim sum at Canton Restaurant and then the fabulous finish at Ghirardelli Square with an ice cream sundae? There will be free time available for anyone who would like to join the guide for a short walk to the world famous Buena Vista Café for Irish coffee (on your own). We’ll handle the driving and parking, you partake and enjoy! *Association reserves the right to change itinerary in case of unforeseen circumstances.* Leave OC at 8:00 AM, return ~ 8:00 PM. \$99. RSVP ♦♦ Now.

**Apple Hill****Wednesday, October 23 — 1810-08****Tuesday, October 29 — 1812-08**

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, produce & goodies store, and Halloween surprises! The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy lunch consisting of a *Rotisserie-style Barbecue Chicken, Macaroni*



Salad, Dinner Roll/Butter, and Apple Pie a la Mode and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill. We will wind down with a stop at Larsen's Apple Barn and Bill's Apples/Felicia's Dolls. The fall colors and countryside scenery will make this a day to remember. Arrive back at High Hill in time for a hay ride through the apple orchards and surrounding areas of High Hill Ranch. We even get a snack of an Apple Fritter and apple juice for the ride home. Depart 9:00 AM, return ~ 6:00 PM. \$53 includes as described. Two date choices Wednesday, October 23 (1810-08) or Tuesday, October 29 (1812-08). RSVP ♦♦ by 9/15.

**Fall Wine Harvest! Kendall-Jackson Wine Center & Matanzas Creek Winery Estate, Sonoma Valley****Thursday, October 3 — 1813-08**

By popular demand we are returning on a day-trip to the Kendall-Jackson Wine Center in Sonoma County for the Fall Harvest tour! The group that visited on our overnight in May thoroughly enjoyed our tour & tastings and the wonderful guide who suggested we return in the fall to enjoy tasting the ripened grapes on the sensory gardens tour. Our trip includes a customized box lunch from Chef Roderrick at Meridians that complements our wine tasting. Our return trip home we'll stop for a tour and tasting at another Jackson Family winery, Matanzas Creek Winery Estate and Lavender Garden. Box lunch choices: *Grilled Chicken Focaccia or Roast Beef and Roasted Red-Pepper Ciabatta that also includes, seedless grapes, crackers, assorted cheeses, a triple-chocolate cookie, with bottled water.* (Vegetarian upon request at registration.) Leave OC at 8:00 AM; return ~ 7:00 PM. \$55 All tour, tasting fees, guide and driver tips included. RSVP ♦♦ by 9/15.

**—Museums—****Legion of Honor-Fine Arts Museum****Impressionists on the Water****Wednesday, September 18 — 1763-07**

Coinciding with San Francisco's hosting of the America's Cup races this summer, another side of nautical life is revealed by more than 80 remarkable paintings and works on paper by Impressionists such as Claude Monet, Gustave Caillebotte, Pierre-Auguste Renoir, and Camille Pissarro and Post-Impressionists such as Maurice Denis and Paul

*Continued on page 55*



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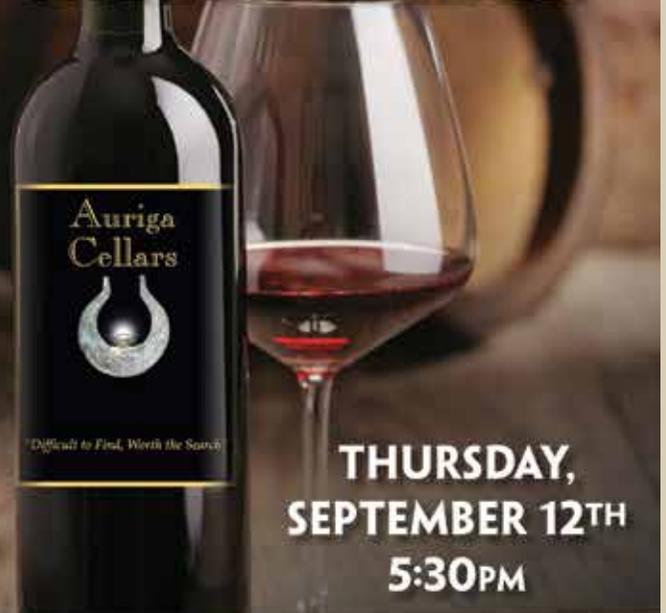
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San Francisco Exploratorium Thursday, November 7 — 1843-08

The San Francisco Exploratorium is a 21st century learning laboratory, an eye-opening, always-changing, playful place to explore and tinker. For more than 40 years, they've built creative, thought-provoking exhibits, tools, programs, and experiences of science, art, and human perception that ignite curiosity, encourage exploration, and lead to profound learning. They believe that being playful and having fun is an important part of the process for people of all ages. The Exploratorium recently moved to a brand-new location that is three times as big as their old location on Pier 15 near the Ferry Building and is fully accessible with wheelchairs available for loan. There are two restaurants/cafes available for lunch on your own. Leave OC at 8:00 AM; return ~6:00 PM. \$53 includes admission. RSVP ◆◆ 9/15.



Haggin Museum/Knowlton Gallery Thursday, November 14 — 1751-08

In cooperation with the Painter's Group, we take a fall trip to the Haggin Museum, an art and history museum located in Stockton's Victory Park that has been referred to by *Sunset* magazine as "one of the undersung gems of California." On display in the museum's fine art galleries are paintings by renowned 19th and early 20th century American and European artists, and also a collection of more than 50 original works by J.C. Leyendecker — arguably the nation's most popular and successful commercial artist of the first four decades of the 20th century. We've arranged a one-hour private tour before the museum opens, then we'll be off to Lodi to visit the Knowlton Gallery. The Knowlton Gallery showcases the works of many of the fin-



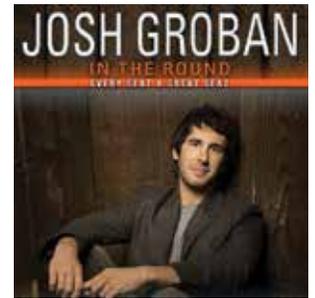
est contemporary representational artists who live and work in Northern California. There are several other art galleries in the downtown area to visit, including the Lodi Community Art Center. Lunch on your own in downtown Lodi. Leave OC at 8:00 AM; return ~ 6:00 PM. \$30. RSVP ◆◆ 9/15.

—Performances—

Second bus added!

Josh Groban "In the Round" at Sleep Train Arena Sunday, October 6 — 4591-07A, 4591-07B, 4591-07C, 4591-07D

Possessing one of the most outstanding and instantly recognizable voices in music, singer, songwriter, and actor Josh Groban has entertained fans across the globe. The "In the Round" tour will give fans a one of a kind concert experience. Placed in the middle of the floor, this 360 degree stage will allow Josh to interact with fans on all sides of the venue, and they'll hear Groban sing classic songs that span his illustrious 12-year career. The "In the Round" tour builds on the concept of Groban's 2011 "Straight to You" world tour, bringing the intimate feel of a theater experience to an arena setting. We've obtained lower level seating in two price levels at Sleep Train Arena (formerly Arco Arena). Limited accessible seating available.



Section 123 lower rows \$116 — 4591-07A

Section 123 middle to upper rows \$86 — 4591-07B

Section 123 middle to upper rows \$86 — 4591-07C

Section 123 lower rows \$116 — 4591-07D

Depart OC at 6:30 PM, return ~ 11:30 PM. RSVP ◆◆ Now.

Cirque Du Soleil "Amaluna"

Sunday, January 12, 2014 — 4620-07

See the newest "big-top" touring show creation from Cirque Du Soleil! Amaluna invites the audience to a mysterious island governed by goddesses and guided by the cycles of the moon.



Their queen, Prospera, directs her daughter's coming-of-age ceremony in a rite that honours femininity, renewal, rebirth and balance which marks the passing of these insights and values from one generation to the next. In the wake of a storm caused by Prospera, a group of young men lands on the island, triggering an epic, emotional story of love between Prospera's daughter and a brave young suitor. But theirs is a love that will be put to the test. The couple must face numerous demanding trials and overcome daunting setbacks before they can achieve mutual trust, faith and harmony. We have special reserved price level one tickets in section 104. Cirque's trademark Grand Chapiteau, one of the biggest tour tents in the world is

Continued on page 56

a climate-controlled tent in the parking lot of AT&T Park. Enjoy the option and convenience of a special box lunch from Meridians to enjoy on the bus en route to the matinee show. *Choice of Turkey, Roast Beef or Veggie Sandwich with Fruit, Chips and a bottle of water.* You may also bring your own lunch to eat on the bus or purchase food at the show. *(Circus type food includes; hot dogs, pretzels, popcorn, etc.)* Leave OC at 9:30 AM, return ~ 6:30 PM. \$130 or \$140 with Meridians boxed lunch. RSVP ♦♦ Now. Vendor deadlines will force cancellation if minimum counts not met by Tuesday, September 3 at 12:00 PM. Don't miss out! Purchase additional seats as Christmas/holiday gifts!

Broadway Sacramento 2013-2014

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the capital region with the glitz, glamour, excitement, anticipation, polish and professionalism of Broadway. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$78 each. RSVP ♦♦ Now.

• Priscilla Queen of the Desert

Tuesday, November 5 — 4530-06A

This outrageously fun show tells the uplifting story of a trio of friends, on a road trip of a lifetime, who hop aboard a battered old bus searching for love and friendship in the middle of the Australian outback. Adapted from the 1994 film, it's set to well-known pop songs and has a heart-warming message of love, friendship and loyalty. *(The musical contains explicit language and mature situations. Show content includes drag queens, transsexuals, homosexuality and homophobia.)*



• Buddy — The Buddy Holly Story

Thursday, January 2 — 4530-08B

In just three years, Buddy Holly set the music world on fire and forever changed the face of rock and roll. *Buddy* charts his meteoric climb and tragic fall on that fateful day the music died. Based on Buddy Holly's quick rise to fame becoming the world's top recording artist, this musical contains the singer's best well-known hits from the golden days of rock 'n roll. *(The show contains mild profanity. The plane crash that took his life at the age of 22 is only referenced and is not acted out.)*



***Due to our group date reschedule, our seating is split between the third row of the very front orchestra pit and scattered seats in mid-orchestra section. You will be asked at time of sign up for your section preference.

• Flashdance the Musical

Tuesday, February 4, 2014 — 4530-06C

The pop culture phenomenon of "Flashdance" is now live on stage. With electrifying dance as its core, it's the story of

a steel mill welder by day and bar dancer by night with dreams of becoming a professional performer. Based on the 1983 film, the musical contains well-known 80s hits and follows the story of a steel mill welder by day and bar dancer by night who aspires to be accepted to a prestigious ballet academy. *(The show contains mature content, including sexy costumes and choreography, and strong language.)*



• Blue Man Group

Tuesday, March 11, 2014 — 4530-06D

Blue Man Group will thrill Sacramento with its high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music, and technology. Three blue-painted men create music, art and hilarity in unusual ways in this unique and long-running show. The show uses mostly visuals, music and action, rather than words or a plot. If you've never seen Blue Man Group, it's a must-see. If you're already a fan, you won't want to miss it.



• Sister Act

Tuesday, April 8, 2014 — 4530-06E

Broadway's feel-amazing musical comedy smash, the story of a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in a convent. Music by eight-time Oscar® winner Alan Menken and based on the 1992 film.



• Wicked!

Tuesday, June 3, 2014 — 4530-06F

Back by popular demand! When it was here last, this cultural phenomenon broke box office records and sold out in record time. Winner of 35 major awards, including a Grammy and three Tony Awards.



—Shopping—

Ferry to San Francisco Shopping

Tuesday, October 22 — 1842-08

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building on Farmer's Market Day for two hours of shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping/time on your own. Get your Macy's Union Square 10% discount card as you board the bus. For more information on Ferry Building see www.ferrybuildingmarketplace.com/. Leave OC at 8:00 AM, return ~ 8:00 PM. \$46. RSVP ♦♦ by 9/15.



Continued on page 58

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◆◆ Now.

- **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

River Cats

The River Cats are the Oakland A's AAA farm team with up and coming future stars! Enjoy the game 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). Game begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. \$40. RSVP ◆◆ Now.



- **River Cats vs. Fresno Grizzlies**

Monday, August 26 — 6300-01D

—Tours—

Hornblower Brunch Cruise / America's Cup Pavilion

Saturday, September 7 — 1833-06

Enjoy the excitement of America's Cup racing with a trip to the America's Cup Pavilion on the San Francisco waterfront! Start the day with a Champagne Brunch on Hornblower's "San Francisco Spirit" and a cruise around San Francisco Bay. The brunch includes a bountiful buffet stocked with classic breakfast dishes, lunch entrees and desserts with bottomless mimosas and champagne. The yacht will be returning at 1:30 PM as the America's Cup boats are preparing to race. You'll be transported down the block to The America's Cup Park at Piers 27/29 on the Embarcadero that is the center of event activities during the 34th America's Cup in San Francisco. This is where fans will find team bases, interactive exhibits, food and beverage courts, as well as shops featuring their favorite team gear. On race days there are the dock-in and dock-out shows. *(Note: This trip does not include any race viewing tickets.)* Leave OC at 8:00 AM, return ~ 6:00 PM. \$134. RSVP ◆◆ Now.

**Sold Out Trips thru September 20****Trip • Date • Departure Time**

- San Francisco Giants vs. Boston Red Sox — Wednesday, August 21, 9:45 AM
- Music Circus, "Chicago" — Thursday, August 28, 6:00 PM
- Best in the West-Rib Cook-off — Thursday, August 29, 8:30 AM

Activities Department Classes

Betty Maxie
Lifestyle Class Coordinator
betty.maxie@sclhca.com

Art

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry

Mondays, September 9-30 — 105110-08

9:00-11:30 AM (OC). \$54 (four sessions). Instructor: Barry Jamison. Let out that creative soul! Learn pastelling and oil painting with Barry Jamison. From start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. **New students:** Ask for supply list at registration. **About the instructor:** Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our

own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP ◆◆ by 9/2.

Impressionistic Landscape Painting with Oils or Acrylics

Wednesdays, September 4-25

AM Class — 113110-08

PM Class — 113210-08

Morning class 9:00-11:30 AM; or afternoon class 1:30-4:00 PM, (OC). \$54 (four sessions). Instructor: Artist/resident Marilyn Rose. AM and PM classes are not interchangeable. Classes are 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, master-work 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



Continued on page 61

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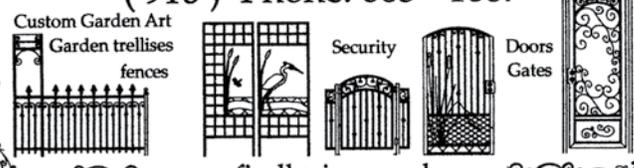
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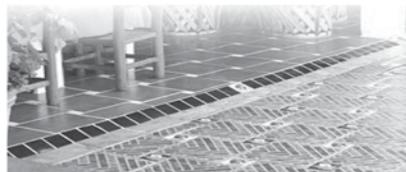
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canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for a list of suggested supplies for either oil or acrylic painting. Please ask for supply list at Activities Desk (OC/KS) upon enrollment. Call Marilyn at 409-0397 with any questions. **About the instructor:** Marilyn has 20 years experience with plein air and studio landscape painting. For more information, visit Marilyn's website address, www.artistmarilynrose.com. RSVP ♦♦ by 8/28.

Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, September 4-25 — 206110-08

1:00-4:00 PM (KS). \$38 (four sessions).

Instructor: Barbara Bartling. 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 at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 8/28.



Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. 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

Tuesdays, September 3-24 — 212110-08

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Mike Daley. An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Mike Daley will be substituting for Jim Alvis. He will carry on the class program of basic hand-building and teach wheel throwing techniques. 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 8/27.



Advanced Ceramics

Tuesdays, September 3-24 — 212210-08

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Mike Daley. For self-motivated students/artists with established ceramic skills. Mike's experience and continuing education in Ceramics Arts from workshops nationwide provides him the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 8/27.

Ceramics — All Levels

Thursdays, September 5-26 — 221110-08

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. 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 when you register. RSVP ♦♦ by 8/29.



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: Mike Daley; 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 Mike 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 ensuring 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 registration at the Activities Desk. Registration for drop-in sessions is only available within the hour prior to class start.

Computer

—Tablets & Other Devices—

Android — 101 Smart Phone and Tablet

Wednesday, September 11 — 255110-08

9:00 AM – 12:00 PM (OC). \$40. Instructor: Len Carniato.

Continued on page 63

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—Social Media—

Facebook 101

Saturdays, September 14 & 21 — 272110-08

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. 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 and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ◆◆ 9/7.



—Mac—

Beginning Macintosh — Level 1 (How to Use Your Mac Computer)

Wednesday & Thursday, September 11 & 12 — 263110-08

9:00-11:00 AM (OC). \$40 plus \$5 class material fee 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. The only prerequisite for this course is that you have an Apple computer: an iMac, a Mac mini, a Mac Pro, a MacBook Air, or a MacBook Pro. We will 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 Docu-



ments and Files. We will review all the connection ports on the Mac. We will also cover keyboard shortcuts and navigation technique for using the mouse and track pad. There is only room for ten students using the lab's iMacs – 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 or later)** installed on your laptop. To sign up using your laptop or any other questions, please contact Henry or Andy to verify your version of OS X. Call Andy Petro at 253-9130 or Henry Sandigo at 434-7792. RSVP ◆◆ 9/4.



iPad — Beyond the Basic

Saturday, September 28 — 264110-08

10:00 AM-1:00 PM (KS). \$30 plus \$5 class material fee payable to instructor. Instructors: Andy Petro and Ken Silverman. If you know how your iPad basically operates and want to learn advanced techniques to make your iPad more effective and enjoyable, then this class is for you. Learn how to personalize and improve the controls and security on your iPad. The class will demonstrate interesting ways to make it easier to use your iPad and its apps. You will also be shown how to modify and improve apps like Mail, Notifications, and iPhoto. Bring your iPad to class so you can follow along with the instructors and participate in the demonstrations on your own device. **Prerequisites:** Basic operating knowledge of your iPad. Bring iPad mini or iPad 2 or later with iOS 6.1 or later. If you have any specific questions about the prerequisites or class call Andy Petro at 474-1544. RSVP ◆◆ by 9/21.



iPhoto on the iPad - Journals

Monday & Tuesday, October 7&8 — 264110-09

9:30-11:30 AM (KS). Instructor: Andy Petro \$40 (two sessions). \$5 class material fee payable to instructor. Prerequisites: iPad mini or iPad 2 or later, iOS 6.1 or later, "iPhoto" app from App Store (\$4.99). For Journals, iCloud is required. If you know the basics of iPhoto on your iPad and want to learn iPhoto journaling techniques, then this class is for you. Learn to apply many iPad/iPhoto editing tools to photos taken with your iPad or digital camera. Create beautiful (storytelling) photo journals and make them available on iCloud with easy access to anyone you choose. Class will demonstrate some exciting editing techniques available through free/inexpensive apps available from the App Store, for journals with interesting photo effects. Bring your iPad and it will be downloaded with the photo examples used in class so you can participate in the demonstrations on your own device. Day One: Learn to select and edit photos to be included in a journal and create, edit, enhance, save the journal on iCloud, and send an email with the journal link. (After class homework is to create a journal from your pictures on your iPad and email it to instructor.) Day Two: Re-

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view all of the techniques used in the journals that were completed the previous night and sent to instructor. Remember to bring your iPad already loaded with iPhoto. Questions about the prerequisites or class, call Andy Petro (916) 474-1544. RSVP ♦♦ by 7/22.

How to Create a Video with Still Photos and Videos using iMovie

Tuesday & Wednesday, October 22-23 — 232010-08

9:00-11:00 AM (OC Instructor: Vicki White \$40.00 (two sessions) Class will cover iMovie 11. Learn how to import videos and photos into iMovie so they can be incorporated into a first class production. We will learn to take those important photos and videos like birthdays and weddings and incorporate them into a great keepsake - a movie all will enjoy for years to come. We will choose a theme for our movie and learn to improve the video segments as necessary and trim the clips to eliminate unwanted footage. Enhance our production by adding sound, titles, transitions, and other special effects. Day 1: Focus on importing videos and photos into iMovie, movie theme selection, adding video segments and photos; video editing to improve quality and length. Day 2: Focus on enhancing video with audio, titles, and special effects and publishing our video to Facebook, YouTube or Vimeo, if desired. Questions about the class? Contact Vicki White at: 916-408-2148. RSVP ♦♦ by 10/15.

New! Unlocking the Power of Apple iCloud

Monday & Wednesday, October 28 & 30 — 231020-08

9:00-11:00 AM (OC). \$40 (two sessions) plus \$5 class material fee payable to instructor. Instructor: Bill Smith. In 2011, Apple introduced iCloud. iCloud allows users of any Apple device to automatically synchronize their information with their Apple devices — Macintosh, iPhone, iPad, and iPod Touch. Your information is always up-to-date when and where you want it. This includes contacts, calendar, books, music, photos, bookmarks, documents, messages, and more. iCloud provides automatic backups for iPhone, iPad, and iPod Touch. It has a powerful locator feature for your devices and friends. **Day one:** The first session will focus on the basic functionality, options, and setup for each of your devices. You will be encouraged to bring your devices to class (except for your desktop). You will have homework to go through the setup procedures for your devices, selecting your preferences, and testing the basic operations. **Day two:** After you have your iCloud account and choices setup, we will focus on effective use of iCloud, reviewing security, addressing any problems that you may be experiencing. Day two will be more hands-on to help you become proficient in using iCloud's many features. **Prerequisites:** Two or more Apple Devices (iPhone, iPad, iPod Touch, Macintosh), Apple iCloud Account, iOS6 on your iDevices and Mountain Lion on your Macintosh. Questions about the class or prerequisites, call Bill Smith, 802-9957. RSVP ♦♦ by 10/21.



—PC Operating Systems—

Super Searching with Google Search

Monday, August 26 — 288110-08

Or Thursday September 26 — 288210-08

Monday 1:00-3:30 PM; Thursday 9:30-12:00 PM

(OC). \$15. Instructor: Bob Ringo. 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 records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mindboggling capabilities of Google to assist you in your searching. RSVP ♦♦ by 8/19 or 9/1.



Getting the Most Out of Gmail

Monday, September 16 — 285310-08

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

Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. It is so good that many users rely on Gmail as their primary email address. If you don't have a Gmail account, it is time to get one. Gmail is always available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading your email from your current email service provider is no problem with Gmail. In this class, you will learn to create a Gmail account and use the many features and options available in Gmail that make it such a great email service. With the power of Google Search in your inbox, you will learn how easy it is to find what you are looking for. Further, you will learn how to create special groups from your Gmail contacts that will make it super easy for you to send announcements to the different groups in your Village. RSVP ♦♦ by 9/9.



—Microsoft Office—

Word Phase One

Wednesdays & Fridays, August 28-September 6 — 292110-07

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class provides you with some of the basic features of Microsoft Word 2007 plus the "good stuff." It will introduce new shortcuts and tips. We will cover auto correct; format paintbrush; show hide mark; smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting: line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. No special prerequisites for this class. RSVP ♦♦ by 8/21.

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Word Phase Two**Monday & Wednesday, September 23-October 2 — 292110-08**

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class will provide the student with additional practice with Word 2—7. We will explore the advanced feature of word, such as integrating text and graphics, using smart art, styles, section break, creating flyers, brochures, special labels, tables. These are some of the topics we will cover, and as always Instructor will provide tips and shortcuts to do some tasks that previously seemed daunting. Prerequisite: Lots of practice with Microsoft Word, or Word Phase one or Word Basics. RSVP ♦♦ by 9/16.

**—Photo—****Picasa****Tuesday, Wednesday, Thursday, October 1-3 — 256110-08**

1:00-3:00 PM (OC). Instructor: Len Carniato. \$60 (three sessions). Get your vacation, birthday, anniversary, and event photos organized! 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. Learn how to use Picasa, a free and intuitive program designed for the “amateur” digital photographer. This class will make photo organizing, editing, and sharing much easier. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. Prerequisite: Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ 9/24

Crafts**—Card Making—****Intro to Card Making 101****Tuesdays, September 3-24 — 317110-08**

9:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a card but you weren't sure how to get started? This beginner's 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 8/27.

**Card Making Level 2****Mondays, September 9-30 — 317210-08****Or Fridays, September 6-27 — 317220-08**

9:00 AM-12:00 PM Mondays (KS), Fridays (KS) 8:45- 11:45 AM.

Monday \$38 (four sessions). Friday \$29 (three sessions). **No class September 13.** Instructor: Dottie Macken. 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 9/2 or 8/30.

**New! Cobweb Felting Class****Monday, September 16 — 303010-08**

9:00 AM-12:00 PM (OC). \$43 plus \$12. Supply fee payable to instructor. Instructor: Laura Healey. Learn how to achieve the open texture of cobweb felt that distinguishes it from other wet felting techniques. The gossamer weight of cobweb makes for a versatile fashion accessory. We will complete a scarf in one session. RSVP ♦♦ by 9/9.

Nuno Felting — Beginner and Advanced Classes**Thursday & Friday, September 26 & 27 — 304010-08**

2:00-5:00 PM (OC). \$43 (two sessions) plus \$12. Instructor: Laura Healey. Supply fee payable to instructor. This two-day workshop will allow beginners and advanced students to work together. The beginner student will learn layout, types of materials for Nuno felting, as well as the no roll dryer method. The advanced students will learn new techniques to include: mosaic patterns, fringe, holes and windows. Also we will learn how to use pre-felts. Every student will leave with a completed scarf. RSVP ♦♦ by 9/19.

Dance

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

—Clogging—**Beginning Clogging****Tuesdays, September 3-24 — 332110-08**

10:00-11:00 AM (KS). \$20 (four sessions). Instructor: Janice Hanzel. Open to new and returning students and those who want to have fun at an easy pace. Last full beginners class of 2013. Come join us now. No new students will be accepted until 2014. 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 Dances. Special attention to balance skills is part of the

*Continued on page 71*

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lessons. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 8/27.

Step Review through Intermediate Clogging

Tuesdays, September 3-24 — 332210-08

11:00 AM-12:00 PM (KS). \$20 (four sessions). Instructor: Janice Hanzel. **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 8/27.

Performance and Intermediate Plus Clogging

Tuesdays, September 3-24 — 332310-08

12:00-1:00 PM (KS). \$20 (four sessions). Instructor: Janice Hanzel. **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 8/27.

—Country Couples Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, September 9-30 — 344210-08

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. 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 9/2.



Country Couples Western Dance

Intermediate Level Three & Four

Mondays, September 9-30 — 344410-08

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you've completed your Country Couples Beginner class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Classes are taught at a pace consistent with difficulty and length of dance. The dance for this session will be "Wooden Nickel" plus a review of some dances taught earlier in the year. RSVP ♦♦ by 9/2.

—Dancing with Dolly—

Dancing with Dolly

Jazz/Musical Theater

Wednesday, September 4-25 — 353551-08

3:45-4:45 PM (OC Fitness). \$32 (four sessions).

Instructor: Dolly Schumacher James. Master teacher Dolly Schumacher James has returned to teach her popular dance classes, designed especially for our residents. Ms. James is a renowned choreographer whose students have starred in Musical Theater on Broadway and around the world. Her dances have earned International awards, with students appearing on "So You Think You Can Dance" TV series, and Gregory Hines "Tap" and "Dancin'" promotions. This fun-filled class is a unique combination of classic jazz movement, novelty dance, and the countless variety of musical theater styles. Using music from the 20's up to today's popular tunes, students will increase their musicality, rhythm, body awareness, strength and flexibility. No prior experience necessary! Be prepared to have fun in this exciting dance class where each week there's something new! RSVP ♦♦ by 8/28.



Ballet/Lyrical

Thursdays, September 5-26 — 353561-08

5:00-6:00 PM (OC Fitness). \$32 (four sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP ♦♦ by 8/29.

Performance Dance

Friday, September 6-27 — 353571-08

2:30-4:00 PM (OC Fitness). \$49 (four sessions). Instructor: Dolly Schumacher James. This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 8/30.

—Hula—

Beginning Hula

Thursdays, September 5-26 — 390110-08

12:00-1:00 PM (KS). \$32 (four sessions). Instructor: Pam Akina. 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

Continued on page 72

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 8/29.



Intermediate/Advanced Hula
Thursdays, September 5-26 — 390210-08

1:15-2:15 PM (KS). \$32 (four sessions). Instructor: Pam Akina. 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 8/29.

—Jazz—

Jazz Technique
New! Jazz Class for the Beginner
Saturday September 7- 28 — 353010-08

1:45-2:45 (OC). \$32 (four sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This dance class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old. Turned professional at 18-year-old. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno NV, Nashville TN, Branson, MO, Tokyo Disneyland, TV and video. Come join me! You'll leave with a smile on your face and a love of Jazz dancing in your heart. RSVP ♦♦ by 8/31.



Jazz Technique 2
Tuesdays, September 3-24 — 353110-08

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginner to professional levels. She has danced professionally across the U.S. and Canada. Performed in USO shows in Europe, her favorite was performing on the USS Nimitz. You will laugh — smiling while dancing to fun music makes you move like nobody is watching. Come join me! We dance to live and live to dance. RSVP ♦♦ by 8/28.

Jazz Technique 1
Saturday September 7-28 — 353120-08

3:00-4:00 PM (OC). \$32 (four sessions). Instructor: Melanie Greenwood. 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 emphasize-

ing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 8/31.

—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, Intro Classes will be offered as an eight-week session. 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, September 9-30 — 360010-08**
 6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. This is a continuation of an eight week session. This class is closed to new students. RSVP ♦♦ by 9/2.
- **Thursdays, September 5-26 — 370010-08**
 4:30-5:30 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. This is a new eight-week session. This class is open to new students. RSVP ♦♦ by 8/29.

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, September 9-30 — 370110-08**
 9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 9/2.
- **Mondays, September 9-30 — 370120-08**
 6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Note:** class was formerly called "Beginners Plus with Yvonne" and continues to be a transition class between beginner and beginner/intermediate. RSVP ♦♦ by 9/2.
- **Thursdays, September 5-26 — 360110-08**
 2:30-3:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 8/29.
- **New! Fridays, September 6-27 — 380210-08**
 12:00-1:00 PM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 8/30.

Continued on page 74



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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, September 9-30 — 360210-08**
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 9/2.
- **Wednesdays, September 4-25 — 380210-08**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 8/28.
- **Thursdays, September 5-26 — 370210-08**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 8/29.

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, September 4-25 — 380310-08**
10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 8/28.
- **Thursdays, September 5-26 — 360310-08**
3:30-4:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 8/29.

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-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 Twirl-



ing. She was a competitive roller skater since age 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.



—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! Instruct...



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. *Regular Technique and Performance classes will take a break in July and resume in August.*

- **Beginning Tap • Tuesdays, September 3-24 — 410110-08**
9:00-10:00 AM (KS). \$32 (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 8/27.
- **Advanced Performance**
Mondays, September 9-30 — 410710-08
12:00-1:00 PM (KS). \$32 (four sessions). RSVP ♦♦ by 9/2.
- **Performance • Thursdays, September 5-26 — 410620-08**
10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 8/29.

Technique Classes

- **Advanced Technique Class**
Mondays, September 9-30 — 410510-08
11:00 AM-12:00 PM (KS) \$20 (four sessions). Class is

Continued on page 77

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geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP ♦♦ by 9/2.

- **Technique Class • Tuesdays, September 3-24 — 410520-08**
10:00-11:00 AM (KS). \$20 (four sessions). RSVP ♦♦ by 8/27.
- **Technique Class Thursdays, September 5-26 — 410530-08**
11:00 AM-12:00 PM (KS). \$20 (four sessions). RSVP ♦♦ by 8/29.

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, September 9-30 — 420110-08**
4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 9/2.
- **Fridays, September 6-27 — 420120-08**
1:00-2:00 PM (KS). \$24 (four sessions). Instructor: Judy Young. 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. RSVP ♦♦ by 8/30.

—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.

Free! Workshop / Demo: Introductions to West Coast Swing with Dottie

Thursday, September 5 — 318119-08
6:00-8:00 PM (KS). Instructor Dottie Macken. West Coast Swing dancing — come on out and see what all the buzz is about this great dance! Don't know what it is? Want to know? Then we'll see you on September 5, from 6:00-8:00 PM, KS. This three-hour Introduction to West Coast Swing workshop will introduce to you the basic steps of the dance, and have you dancing by the end of the evening. It's going to be a fun-filled workshop. Information handouts will be provided. Hope to see you there! **Prerequisite:** Must be new to West Coast Swing (WCS) dancing, and have not attended any prior WCS classes. Please register at the Activities Desk (OC/KS) now.

Introduction to West Coast Swing

Wednesdays, September 4-25 — 318110-08
8:00-9:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken.

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. Join this fun and very social dance class. RSVP ♦♦ by 8/28.

Intermediate I and II West Coast Swing Wednesdays, September 4-25 — 318210-08

7:00-8:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must have completed at least three sessions of the four-week classes of the "Introduction to West Coast Swing," or have instructor's approval. RSVP ♦♦ by 8/28.



Intermediate/Advanced West Coast Swing Wednesdays, September 4-25 — 318310-08

6:00-7:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. **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 8/28.

Driver Training

AARP Driver Safety Refresher Training

Saturday, September 14 — 481010-08

9:00 AM-1:30 PM (OC). AARP members - \$22; Non-members -\$24. Fee includes a \$10 Association administrative fee. Instructor: Paul Jessen. 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 discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. 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 9/7.



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

Continued on page 79

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Intro to Gem Cutting

Mondays, October 7-28 — 493110-08

1:00-3:00 PM (KS). \$30 (four sessions). Supply fee \$15 payable to instructor. Instructors: Dave Fisk and John Neil. 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 9/30.

Lost Wax Jewelry Casting

Monday, October 7-28 — 493210-08

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). Learn the basic techniques of this millennia old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler’s buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Six-student maximum. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP ♦♦ by 9/30.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, September 9 — 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.* Fusing 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—

Multicolored, Multistrand Necklace

Tuesdays, September 10-September 17 — 513310-08

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. This is a definite statement piece for your wardrobe! Large beads or gemstones of two different colors are entwined by smaller pearls and accents. This is a simple project, exploring different material and color combinations, good for beginners and advanced beaders alike. Go for complementary colors or use shades of one color family – it’s your choice. Class will offer two ways to achieve that “twisted look.” Check the samples in the Lodges for ideas. Be sure you get the proper materials list when you register — look for the name and code # for Multicolored, Multistrand as well as the photo of the necklace. RSVP ♦♦ by 9/3.



Symmetrical Spiral Necklace

Tuesdays, September 24 & October 8 — 513410-08

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Check it out – this spiral necklace is totally symmetrical. A simple “trick of the trade” forms the central chevron that balances the necklace’s “arms.” How dressy or how casual you make the necklace is up to you – design can use crystals, pearls or even larger size seed beads. Please note: classes are one week apart to allow students enough time to complete half the necklace. Check the samples in the Lodges for ideas of how dressy or casual this design can be. Be sure you get the proper materials list when you register — look for the name and code # for Symmetrical Spiral as well as the photo of the necklace. RSVP ♦♦ by 9/17.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, September 4-25 — 535110-08

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **No new student will be accepted until January 2014.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. 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



Continued on page 81

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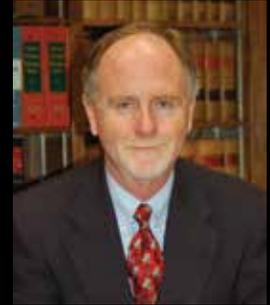


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of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 8/28.

Guitar 2B — Guitar Intro Continuation

Wednesday, September 4-25 — 535210-08

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. 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 8/28.

Guitar III — Intermediate

Thursdays, September 5-26 — 535310-08

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. 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 8/29.



Guitar IV — Advanced

Thursdays, September 5-26 — 535410-08

10:00 AM-12:00 PM (OC). Bill Sveglini. \$35 (four sessions). Instructor: **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 also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 8/29.

—Voice—

Beginner Singers Vocal Boot Camp

Friday, September 6-27 — 536110-08

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. **This session is open to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. 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 at 899-8383 before enrolling. RSVP ♦♦ by 8/30.



Singer Vocal Boot Camp Continuation

Fridays, September 6-27 — 536210-08

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill

Sveglini. **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 8/30.

— History —

Judy Garland and Mickey Rooney — The Backyard Musicals

Wednesdays, September 4-25 — 521110-07

1:00-4:00 PM (KS). \$25 (four sessions). Instructor: Ray Ashton. Seldom in the history of movie musicals do you find a pairing like Judy Garland and Mickey Rooney. But here in Lincoln Hills we will be celebrating four of the MGM classic "Backyard Musicals" including "Babes in Arms" (1939), "Strike Up the Band" (1940), "Babes On Broadway" (1941), and "Girl Crazy" (1943). So put on those dancing shoes and get ready to "put on a show" with directors like Busby Berkeley and music by Gershwin, Rogers & Hart, and many more.



Feng Shui

New! Love your Space

Friday, September 20 — 581110-08

9:30 AM -12:00 PM (OC). \$40. Instructor: Jan Reed, Using the principles of Feng Shui, understand how energy (chi) flows and the effects that furniture placement, color choice and removing clutter have on your environment. Learn how to bring about wanted changes in your life using these principles. Practical take-home materials are included. RSVP ♦♦ by 9/13.



Sewing

Bernina Serger Certification

Monday, September 9 — 591110-08

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP ♦♦ by 9/2.

Bernina Sewing Machine Certification

Monday, September 9 — 592110-08

2:30-3:30 PM (OC). \$13 (class cost includes a sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP ♦♦ by 9/2.



Janome Sewing Machine Certification

Monday, September 9 — 593110-08

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit
Continued on page 83

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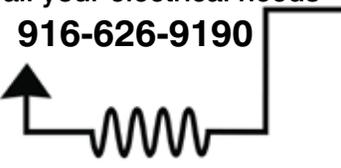
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with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP ♦♦ by 9/2.

—Basket Making—

Cloth Line Basket

Monday, September 9 — 594110-08

10:00 AM-12:00 PM (OC). \$50. Instructor: Sylvia Feldman.

Learn how to wrap cloth lines to make some interesting items. The project is not hard and produces interesting bowls, bread baskets, coasters, purses and trays. If you can imagine it you can make it. If you have any questions, please contact Sylvia Feldman, 543-3403. RSVP ♦♦ by 9/2.



Wellness & Fitness Classes

Wellness & Fitness

Register for these classes at the Fitness Centers or online starting August 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. Encompasses not just our relationship with the planet and nature, but our relationship with our personal surroundings.

Happy Trails Outdoor Fitness Workout

Daily, September 1-30 — 863201-03

\$3. Summer is here, it's time to get outside and enjoy the beautiful weather! This is a fun, easy program you can take with you anywhere! We'll combine some outdoor activities which include our life trail system (located on Kingfisher Trail), 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 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.

Indoor Nordixx Pole Walking

Monday, Wednesday, Friday,
September 16, 18, 20 — 750000-08

11:00 AM-12:00 PM, Indoor Walking Track (OC). Meet in the OC Fitness Center. \$45 (three sessions). Instructor: Dr. Richard Del Balso. Just 30 minutes of Nordic Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. Dr. Richard Del Balso recently retired from a 35-year chiropractic career and is a certified strength and conditioning specialist. This fitness activity will aid in maintaining upright posture, reduce compression on low back and knee joints, and burn up to 46% more calories while en-

joying a low-impact weight-bearing exercise that everybody can do to help strengthen bones. Register: Fitness Desks or online. RSVP ♦♦ by 9/9.

—Disease Prevention & Management—

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

New 12-week program!

Move Well Today Diabetes Exercise Program

Mondays & Wednesdays

September 23-December 18 — 878000-08

3:00-4:15 PM, Aerobics Room (OC). Twelve-week program, including orientation and assessment \$260. Did you know diabetes is one of the most expensive conditions to treat? Direct medical costs related to diabetes average \$116 billion per year! The Move Well Today program is modeled after the 12-week Diabetes Exercise and Education Program (DEEP) that was developed and implemented by Partners Health Plan of Arizona in collaboration with the Tucson Medical Center. This program is an outcome-based intervention program for Diabetes prevention and self management. Move Well Today is suitable for individuals who are at risk for type 2 diabetes, are pre-diabetic, or who have a clinical diagnosis of type 2 diabetes. For more information please call Christine Epperson, Wellness Coordinator at 625-4032. Register: Fitness Desks or online. RSVP ♦♦ by 9/16.

Disease Prevention & Management Punch Card Classes

Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays. 11:30 AM-12:15 PM (OC). \$4 per class. Instructors: Cathy Keller and Tami Fields. This class is specially designed for people with arthritis; we will put your 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! Purchase a *Disease Prevention & Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

Continued on page 85

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Arthritis Foundation Land Class L1-L2

Tuesdays and Thursdays. 3:35-4:20 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. This exercise class is designed especially for those with arthritis, 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 instructor 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 Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

The Art of Moving

Fridays. 2:00-3:00 PM, Aerobics Room (KS). \$4 per class. Instructor: Renee Neal. This is an adaptive movement course, designed to provide basic functional movement ability as the result of injury or disease. It is also for caretakers or participants with a future concern for needing these skills. Included will be stretching and strengthening movements relative to the required skills, as well as balance and body awareness training to help prevent falls and injuries. Skills are tailored to the individual's needs. Purchase a *Disease Prevention and Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

Arthritis Class L1-L2

Wednesdays, September 4-25 — 805000-08

Fridays, September 6-27 — 801000-08

Wednesdays 12:10-12:55 PM, Fridays 12:00-12:45 PM, Aerobics Room (OC). \$28 (four sessions). Instructor: Lin Hunter. 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 8/28.

Arthritis Class L2

Tuesdays, September 3-24 — 803000-08

Thursdays, September 5-26 — 803100-08

11:15 AM-12:15 PM, Aerobics Room (OC). \$30 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your 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 im-

agery and breathing exercises. This class is an extension of L1 with an additional 15 minutes of cardio and strength. Register: Fitness Desks or online. RSVP ♦♦ by 8/27.

—Group Exercise—

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

\$2.75 per class.

—Lessons—**Masters Swim Class**

Mondays & Wednesdays, September 4-30 — 780200-08

12:00-1:00 PM, Indoor Pool (KS). Cost: \$75 (eight sessions) plus optional one-time US Masters Registration of \$48 paid to instructor. Instructor: Joan Marenger. Masters Swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri. 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 biomechanics of all swim strokes: Freestyle, Breaststroke, Backstroke and Butterfly. All levels are welcome! Register: Fitness Desks or online. RSVP ♦♦ by 8/28.

Pro Tennis Lessons

Sundays, September 22-October 27

Beginner 8:00 AM — 790700-08

Intermediate 9:00 AM — 790600-08

Advanced 10:00 AM — 790500-08

Courts #10/11. \$75 (six sessions).

Instructor: Mike Gardetto. 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 9/15.

**—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.

Opportunity to Instantly Transform Emotions and Feel Better

Thursday, September 5 — 820703-08

1:00-2:30 PM, Aerobics Room (KS). \$35. Instructor: Sherry Remez. Learn an amazing, medically and scientifically proven method of getting stuck emotional energy flowing again. Learn how to break the cycles of emotional suffering effectively, without drugs. This profound and dynamic workshop guides

Continued on page 87

you to release the burdens of sorrow, anger, anxiety, worry and grief, by using specific sound vibrations. Get your energy flowing, so you can “Go with the flow” and enjoy your precious life more and more. Long time energy healing practitioner and Qigong instructor, Sherry Remez will share a method to transform and integrate the energy of emotions. Register: Fitness Desks or online. RSVP ♦♦ by 8/29.

Mind & Body Punch Card Classes

Pilates Fit L2

Thursdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Domine Trosky. 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). \$3.50 per class. Instructor: Lola Lundquist. 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 seam-

lessly 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.



Piloga Flow L2

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Joanie Martin. 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. Ahhhh! Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

New! Qigong (“chee-gong”) L1

Thursdays, 1:00-2:00 PM or 2:30-3:30 PM. Aerobics Room (KS). \$3.50 per class. Instructor: Sherry Remez. Enjoy profound relaxation and rejuvenation doing slow, easy, gentle movement and visualization meditations. Standing or seated. Perfect for all levels of fitness. Results of regular practice

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New! Mind Training for Sleep

Wednesdays, 6:00-7:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. The program is offered by trained instructors and backed by a board certified sleep specialist physician. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Coming In October! Beginning Yoga L1

Mondays, 1:30-2:30 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Susan Hayes. Come see what the "buzz" is all about! Yoga starting from scratch, for the uninitiated — although all aspiring yogis are invited to attend, this is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Rise and Shine Yoga L2

Saturdays, 7:00-8:00 AM, Aerobic Room (KS). \$3.50 per class. Instructor: Ashley Freeman. 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). \$3.50 per class. Instructor: Karen Kaffka. 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). \$3.50 per class. Instructor: Karen Kaffka. Designed using the relaxing and powerful techniques of yoga to tone, strengthen, improve balance, and increase flexibility. These exercises can reduce risk of injury and help with chronic pain. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.

Aqua Yoga L1

Mondays, September 9-30 — 832001-08

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin. 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 8/26.

Evening Hatha Yoga L2

Tuesdays, September 3 & 24 — 711000-08

6:30-7:45 PM, Aerobics Room (KS). \$22 (two sessions — instructor on vacation). Instructor: Susan Hayes. It's the tail-end of summer, and the evenings are still warm enough to try an early evening yoga class that will give you increased energy, improve your flexibility, balance, and strength, all while reducing stress. Everyone is welcome to this fun-filled, informative class, although it is L2 so it's challenging! Register: Fitness Desks or online. RSVP ♦♦ by 8/27.



Evening Yoga and Meditation L1

Thursday only, September 26 — 711100-08

6:00-7:30 PM, Aerobics Room (KS). \$11 (one session — instructor on vacation). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and a brief meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ♦♦ by 9/19.

Extra Gentle Yoga L1

Tuesdays, September 3-24 — 710000-08

Thursdays, September 5-26 — 710012-08

12:45-1:45 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. 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 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 8/27.



Continued on page 90

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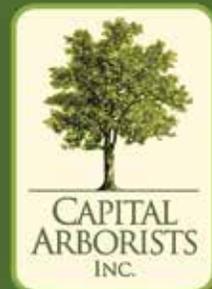
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Traditional Hatha Yoga L2**Tuesdays, September 3-24 — 710100-08****Thursdays, September 5-26 — 710120-08**

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. 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 8/27.

Tai Chi L1**Tuesdays, September 3-24 — 730100-08****Saturdays, September 7-28 — 730200-08**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Tuesdays \$40 (four sessions); Saturday \$40 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and chi gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and chi gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP ♦♦ by 8/27.

**Tai Chi Intermediate L2****Tuesdays, September 3-24 — 730300-08**

2:45-3:45 PM, Aerobics Room (KS). \$40 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP ♦♦ by 8/27.

Yoga for Osteoporosis L1**New! Monday, September 23 & 30 — 711200-08****Friday, September 27 only — 710200-08**

Monday 6:00-7:15 PM, Aerobics Room (OC). Friday 5:30-6:45 PM, Aerobics Room (KS). Monday \$22 (two sessions). Friday \$11 (one session). Instructor: Susan Hayes. Exercise cannot replace bone that has already been lost, but it can help main-

tain 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 9/16.

—Money Matters—

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

How Much Money Do You Need To Have in Retirement**Tuesday, August 20 — 870000-07**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. How much money do you need to have in retirement? You are always told to save and save for retirement, but what's the end game? How long do you need to save, how much, and how do you figure out much you need? What if you are already retired and you have a certain amount saved up, how much income can it support and how do you calculate this figure? Once you figure out these numbers, what's the best way to invest your retirement funds? These questions and many more will be answered in this timely wellness class. Register: Fitness/Activities Desk or online. RSVP ♦♦ Now.

**Let's Talk About Advance Health Care Directives****Friday, September 20 — 863100-07**

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 9/13.

**Why Most Investors Hate Risk and How to Determine Your Level****Tuesday, September 24 — 870000-08**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Let's face it, most of us dislike risk. We tolerate it because we can't make large investment returns on cash or CDs so we need to invest in other things like stocks and bonds. Why is it we dislike risk and how do we find the right amount to assume in our investments to make ends meet in retirement? Come learn how to determine your own personal risk level and more importantly, how to cope with it. Register: Fitness/Activities Desk or online. RSVP ♦♦ by 9/17. *Continued on page 93*



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Getting Your Stuff Together: Organizing Your Estate Thursday and Friday, October 3 & 4 — 863000-08

9:00 AM-12:00 PM OC Oaks Room. \$30 for both sessions, + \$25 material fee paid to instructor on first day of class. Instructor: Marcia VanWagner. *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 Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 9/26.



The Affordable Care Act and How It Affects You Wednesday, October 9 — 820600-08

Free, but registration required due to popular demand. Registration receipt is required at the entrance. 7:00-8:30 PM, Ballroom (OC). The Affordable Care Act (also known as Obamacare), was enacted in 2010 and brings a number of benefits to all Americans, including people over 50. Some of those benefits are in place now while others phase in over the next few years. The Insurance Exchange begins coverage of Americans in January, 2014. Come and hear Assembly member Dr. Richard Pan, Chair, Assembly Committee on Health, and Julie Bates, Associate State Director for AARP in California, discuss the impact of the Affordable Care Act on people over 50. There will be a question and answer period at the end of the presentation. *Registration available online or at Fitness/Activities Desks.*



—Nutrition—

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.

Shopping Farmers Market Monday, August 26 — 860000-07

9:00-11:00 AM, Multipurpose Room (OC). \$25. Renee Charleston will educate you on this topic. Every Wednesday the SCLH has a *certified* Farmers Market that sells fresh, *local* food raised by *organic* and *sustainable* practices. That’s great news, but what do these terms really mean? Come join a participatory two-hour class lead by Renee Charleston, Registered Dietitian and certified farmer, to better understand these issues. RSVP ♦♦ by 8/19.



Why is Nutrition So Confusing? Monday, September 23 — 860000-08

9:00-11:00 AM, Multipurpose Room (OC). \$25. Instructor: Renne Charleston, RD will educate you on this topic. Why is nutrition so confusing? Which is best — paleo or vegetarian? What is the best diet to lose weight? What supplements should I take? Low fat used to be the buzzword, but now it’s all low carb. Don’t use sugar and then don’t use artificial sweeteners. It’s enough to make you crazy! Let’s discuss the issues around research, nutrition advice, advertising and how to make good decisions about what you eat. Join a two-hour participatory class with Renne Charleston. Register: Fitness Desks or online. RSVP ♦♦ by 9/16.



—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, September 3-24 — 815000-08

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. 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 Desks or online. RSVP ♦♦ by 8/27.



September — A Time To Remember, A Time To Prepare Wednesday, September 25 — 815001-08

6:30-8:00 PM, P-Hall (KS). \$10. Instructor: Erik Angle, Emergency Preparedness Coordinator. During an emergency, police, fire and rescue may not always be able to reach you quickly due to demand from an emergency. The most important step you can take is being able to take care of yourself and those in your care for three days; the more people who are prepared, the quicker the community will recover. Erik will talk about the unexpected emergencies that can happen in communities just like ours. He will walk you through how to create an emergency plan and an emergency kit in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days. Prepare today to be safe tomorrow. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 9/18.

Continued on page 94

—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 — Beginner TRX Express L1**

Mondays & Wednesdays, September 4-30 — 835210-A8

October 2-28 — 835210-A9

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Curious about small group training? This class teaches the basic moves of the TRX with a sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe / effective workout. Register: Fitness Desk or online. RSVP by ♦♦ 8/28 or 9/25.

**SGT — Bootcamp L2**

Tuesdays & Thursdays,

September 26-October 22 — 835300-A9

Mondays & Wednesdays, October 7-30 — 835300-B9

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging SGT will take a back-to-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 9/19 or 9/30.

SGT — Bootcamp L3

Mondays & Wednesdays,

August 26-September 23 — 835400-A8

September 25-October 21 — 835400-A9

New! Tuesdays & Thursdays,

September 10-October 3 — 835400-B8

Mondays & Wednesdays 5:00-6:00 PM. Tuesdays & Thursdays 4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who 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 instruc-



tor for more details! Register: Fitness Desks or online. RSVP ♦♦ by 8/19 or 9/3.

SGT — First Steps to Fitness L1

Mondays & Wednesdays,

August 26-September 23 — 835500-A8

September 25-October 21 — 835500-A9

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. 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 8/19 or 9/18.

SGT — "Fun"ctional Fitness L2

Tuesdays & Thursdays,

August 29-September 26 — 835600-A8

October 1-24 — 835600-A9

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 5). Instructor: Deanne Griffin. A fun-filled 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 8/22 or 9/24.

SGT — Healthy Back L1

Tuesdays & Thursdays, September 5-October 1 — 835700-A8

October 3-29 — 835700-A9

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. 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 8/1 or 8/29.

New! SGT — Healthy Back L2.

Mondays & Wednesdays,

September 23-October 16 — 835701-A9

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by

Continued on page 96



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Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1. Register: Fitness Desk or online. RSVP ♦♦ by 9/16.

SGT — TRX Interval Training L2

Mondays & Wednesdays, October 2-28 — 835800-A9

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents 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 8/28 or 9/25.

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A8

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. 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 — Level 1 Pilates Reformer L1

Mondays & Fridays, October 14-November 8 — 835120-A9

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Paula Ainsleigh.

Mondays & Wednesdays,

September 11-October 7 — 835120-C8

October 9-November 4 — 835120-C9

2:00-3:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Joanie Martin.

Mondays & Wednesdays,

August 26-September 23 — 835120-D8

September 25-October 21 — 835120-D9

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

Tuesdays & Thursdays,

September 19-October 15 — 835120-E9

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky.

Tuesdays & Thursdays, October 1-24 — 835120-F9

2:00-3:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

New! Tuesdays & Saturdays,

September 7-October 1 — 835120-H8

October 5-29 — 835120-H9

8:30-9:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

Tuesdays & Thursdays,

September 19-October 15 — 835120-G9

5:00-6:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. 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. **(All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.)** Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

SGT — Level 2 Pilates Reformer L2

Tuesdays & Thursdays,

September 19-October 15 — 835130-A9

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Eve Webber. Mondays & Thursdays, October 3-28 — 835130-B9

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber.

New! Mondays & Wednesdays,

August 28-September 25 — 835130-C8

September 30-October 23 — 835130-C9

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This class builds on L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. **(All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.)** Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

SGT — Osteo Reformer L1

Tuesdays & Thursdays,

September 19-October 15 — 835150-A9

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. A format designed for residents with Osteoporosis or Osteopenia. This class will help you to build bone density by using resistance to build strength for the spine and hip. Safe and effective exercises will be added to improve posture, balance, and increase flexibility and mobility. **(All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.)** Register: Fitness Desks or online. RSVP ♦♦ by 9/12.

SGT— Scolio Reformer L1

**Mondays & Wednesdays,
September 25-October 21 — 835140-A9**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for this special population. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

New! SGT— Special Populations Reformer L1

**Mondays & Wednesdays,
September 25-October 21 — 835160-A9**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke

and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by 8/17 or 9/18.

—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.

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Russ Abbott, Wealth Advisor: 797-7760.

OC WellFit Class Schedule September 2013

Time	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
6:15							
7:00							
7:15							
7:30	Stretch Exp. L1		Stretch Exp. L1		Stretch Exp. L1		
8:00	Low Impact L3	Step It Up L3	Low Impact L3	Step It Up L3	Low Impact L3	Low Impact L3	
8:30							
9:00	Zumba L3	Core & Strength L2	Zumba L3	Core & Strength L2	Step & Sculpt L2	Yoga Basics L1	
9:30							
10:00	Cardio Strength L3	Yoga Flow L2	Ball and More L2	Yoga Flow L2	Cardio Dance & Sculpt L3	Tai Chi L1	
10:30							
11:00	Piloga L2		Piloga L2		Piloga L2		
11:30		Arthritis L2 11:15-12:15		Arthritis L2 11:15-12:15		Mind Training for Sleep Workshops 11:15-12:45	
12:00	Basic Low Impact L1		Arthritis L1/2 12:10-12:55		Arthritis L1/2 12:00-12:45		
12:30							
12:45		Extra Gentle Yoga L1 12:45-1:45		Extra Gentle Yoga L1 12:45-1:45			
1:00							
1:30	Chair with Flair L1		Chair with Flair L1		Basic Chair L1		
1:45							
2:00	Balance Exp L1		Balance Exp L1			Act. Class (beg jazz)	
2:30		Traditional Hatha Yoga L2		Traditional Hatha Yoga L2			
3:00	MoveWell Today		MoveWell Today		Future Act. Dance	Act. Class (jazz) 9/7	
3:30		AF Land L1-L2 3:30-4:15		AF Land L1-L2 3:30-4:15			
4:00							
4:30		Meditation L1 4:30-5:45		Act Class			
5:00	Zumba L3		Zumba L3				
5:30							
6:00	Osteo Yoga L1	Self Defense	Mind Training for Sleep	Act. Class			
6:30							
7:00							
7:30							
7:45							
8:00							

Group Exercise Classes (punch pass) \$2.75
 Disease P & M (punch pass) \$4.00
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)
 Small Group Training (session based)

For class details please refer to the Wellness & Fitness section

OC Aqua WellFit Class Schedule September 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	OC	OC	OC	OC	OC	OC	OC
7:00							
7:30	Water Works L3		Water Works L3		Water Works L3		
8:00							
8:30	Water Works L3		Water Works L3		Water Works L3		
9:00							
9:30		Water Works L3	Core n More L3	Water Works L3			
10:00							
10:30	Splash Dance L2	Water Works L3	Splash Dance L2	Water Works L3	WIM Platinum L2		
11:00							
11:30	AF Aqua L1		AF Aqua L1		AF Aqua L1		
12:00							
12:30	Aqua Yoga L1						
1:00							
1:30							
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
2:30							
3:00							
3:30							
4:00							
4:30							
5:00	WIM Platinum L2	Water Works L3					
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							

For class details please refer to the Wellness & Fitness section

Group Exercise Classes (punch pass) \$2.75

Wellness Classes (session based)

Disease P & M (punch card) \$4.00

KS WellFit Class Schedule September 2013

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS	KS
6:15	SGT-Bootcamp L2		SGT-Bootcamp L2		SGT-Bootcamp L2		SGT-Bootcamp L2						
7:00		SGT - Reformer L1											
7:15			Mixed Level Cycle L2										
7:30													
8:00													
8:30	Everybody Can L2		Low Impact L3	SGT - Reformer L1	HI NRG Cycle L3		Low Impact L3						
9:00													
9:30	Circuit L3	SGT - Special Population L1	Strictly Strength L2	SGT Healthy Back L2	Circuit L3	SGT - Special Population L1	Strictly Strength L2	SGT - Healthy Back L2					
10:00													
10:30	Strictly Strength L2		Piloga Flow L2	SGT Level 2 Reformer L2	Everybody Can L2		Pilates Fit L2	SGT Level 2 Reformer L2	Cardio Strength L3	Everybody Can L2			
11:00													
11:30													
12:00													
12:30	SGT - First Steps L1	SGT - Scolio Reformer L1	SGT - Functional Fit L2	SGT - Reformer L1	SGT - First Steps L1	SGT - Scolio Reformer L1	SGT - Functional Fit L2	SGT - Reformer L1					
12:45													
1:00													
1:30	Begin, Yoga 1:30-2:30		Tai Chi L1	SGT - Reformer L1			Qigong L1 1:00-2:00	SGT - Reformer L1					
1:45													
2:00													
2:30	SGT - TRX Interval L2	SGT - Reformer L1	Tai Chi L2 2:45-3:45	SGT - Reformer L1	SGT - TRX Interval L2	SGT - Reformer L1	Qigong L1 2:30-3:30	SGT - Reformer L1	Art of Moving L1				
3:00													
3:30	SGT-Beg. TRX				SGT-Beg. TRX								
4:00	SGT Healthy Back L2	SGT - Reformer L1	SGT-Bootcamp L2	SGT Level 2 Reformer L2	SGT Healthy Back L2	SGT - Reformer L1	SGT-Bootcamp L2	SGT Level 2 Reformer L2					
4:30													
5:00	SGT - Bootcamp L3				SGT - Bootcamp L3								
5:30													
6:00													
6:30													
7:00			Evening Hatha Yoga L2				Even, Yoga & Meditation L1		Osteo Yoga L1 5:30-6:45				
7:30													
7:45													
8:00													

For class details please refer to the Wellness & Fitness section

Group Exercise Classes (punch pass) \$2.75
 Disease P & M (Punch Pass) \$4.00
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)
 Small Group Training (session based)



The Transnational Impact of Financial Crimes Investigations
Thursday, August 15 — Free

1:00-3:00 PM, P-Hall (KS). The Lincoln Hills Veterans Group is featuring resident Richard Dortch as its speaker. The CCRC/Community Forum team is co-sponsoring this session which will be video-recorded. The presentation will focus on the evolving transnational crime and how the “transnational criminal” has become one of the most dangerous global threats to law enforcement and financial institutions. Richard is a former NCIS crime investigator, postal inspector and currently works within the Citi Bank Corp. as a senior financial crimes investigator. How we can protect ourselves will be helpful information. Q&A follows.



Preserving the Body’s Largest Organ: Skin Care
Wednesday, August 21— Free

7:00-8:30 PM, Ballroom (OC). The skin that covers your entire body weighs about seven pounds and is the organ that helps protect your internal body structures. Your skin is the first organ visible to the outside world but is often not cared for as well as other organs of the body. Our new speaker Dr. Audrey Wang from the UC Davis Department of Dermatology, will address how to preserve and protect our skin to last a lifetime. Q & A follows.



“Reading... and More!”
Thursday, September 5 — Free

10:00 AM-12:00 PM, P-Hall (KS). Join us for a look into the pleasures of reading! A discussion on the topics of why reading is not just for little old ladies, book clubs, genres of literature, how to attain your books, as well as the varieties of new and



old methods of getting your books (think Kindle, Nook, and Library). Residents Penny Pearl, Darlis Beale, Linda Derosier, and Bruce Justeson will give you some of these tips and explain the joys of reading in our community. Session will be video-recorded. Handouts will be available. Q&A will be fun!

All Systems Go — Thriving Through the Ages
Tuesday, September 17 — Free

7:00-8:30 PM, P-Hall (KS). What’s normal as we age? Forgetting our keys, hearing loss, sore joints? What should we expect? When should we become concerned? Learn what’s common, what to expect in our bodies as we age, and how we can age gracefully. We will also discuss how to make appropriate plans for the future, such as Advanced Care Directives. Dr. Shelley Garone is the Medical Director of Palliative Care and the Chief of Quality at Kaiser Permanente in the North Sacramento Valley area. Dr. Garone’s interests center around helping patients and their families live well. There will be a Q & A period at the end of the presentation.



Travel Medicine
Wednesday, September 18 — Free

7:00-8:30 PM, Ballroom (OC). Sun City Lincoln Hills residents frequently travel in the United States and all over the globe. Attend this forum to learn about travel medicine and staying healthy while “on the road.” This Community Forum is about immunizations for here and around the world and will be presented by Dr. Thuy Rose Nguyen, D.O. of UC Davis Medical Group. Thuy Rose Nguyen, D.O. specializes in Family and Community Medicine at UC Davis Medical Group - Rocklin. Dr. Nguyen’s interests include preventative care, the management of chronic conditions, international medicine and travel medicine. There will be time for Q&A at the end of the presentation.



The Affordable Care Act and How It Affects You
Wednesday, October 9 — 820600-08

Free, but registration required due to popular demand. Registration receipt is required at the entrance.
 7:00-8:30 PM, Ballroom (OC). The Affordable Care Act (also known as Obamacare), was enacted in 2010 and brings a number of benefits to all Americans, including people over 50. Some of those benefits are in place now while others phase in over the next few years. The Insurance Exchange begins coverage of Americans in January, 2014. Come and hear Assembly member Dr. Richard Pan, Chair, Assembly Committee on Health, and Julie Bates, Associate State Director for AARP in California, discuss the impact of the Affordable Care Act on people over 50. There will be a Q & A period at the end of the presentation. *Registration available online or at Fitness/Activities Desks.*



Community Forums, Date, Time, Location

- | | |
|---|---|
| • “Transnational Impact of Financial Crime Investigations”
Thursday, August 15, 1:00 PM, P-Hall (KS) | • The Affordable Care Act and How It Affects You
Wednesday, October 9, 7:00 PM, Ballroom (OC) |
| • Preserving the Body's Largest Organ: Skin Care
Wednesday, August 21, 7:00 PM, Ballroom (OC) | • “Roseville's '73 Railroad Explosion!”
Thursday, October 17, 9:30 AM, P-Hall (KS) |
| • “Reading ... and More”
Thursday, September 5, 10:00 AM, P-Hall (KS) | • “Belch and Burn” (GERD & other Upper Gastrointestinal Disorders)
Wednesday, October 23, 7:00 PM, Ballroom (OC) |
| • All Systems Go — Thriving Through the Ages
Tuesday, September 17, 7:00 PM, P-Hall (KS) | • Roadmap to Medicare, 2013-2014
Thursday, October 31, 3:00 PM, Ballroom (OC) |
| • Travel Medicine
Wednesday, September 18, 7:00 PM, Ballroom (OC) | • “More Handy Helpers' Update”
Wednesday, November 13, 1:30 PM, Ballroom (OC) |

Trails

Continued from page 21

begins. A bonus here, you'll find our TimeLife fitness strength training equipment at the end of the open space just off the Kingfisher Trail!

Directions: From OC, turn right on Del Webb Blvd., left on Fallen Leaf Lane, left on Norden Court and park.

You are beginning to walk the Orchard Creek North Trail at Norden Court. When you reach Spring Valley Parkway turn left and proceed to the corner. Cross the Parkway and continue walking on the Fountain Hill Trail.

See your 2013 Community Directory and Resource Guide foldout Fitness North map (3B) for additional access points.

Connections

Continued from page 3

Here link on the home page. If you want to receive additional mailings beyond the weekly Association eNews, which includes Community Forum updates, you must check each box of interest to you (Activities, Food & Beverage, The Spa at Kilaga Springs, Wellness/Fitness). At any time, you may choose to opt out from receiving a specific department eNews and remain on the Master SCLH Community Association resident list to receive important Association updates and a Sunday eNews highlighting the coming week. If you opt out from the Master list you will receive no eNews.

Thank you for your feedback and for bearing with us as we provide the technology and wording to meet your needs. I look forward to seeing you in the Lodge.



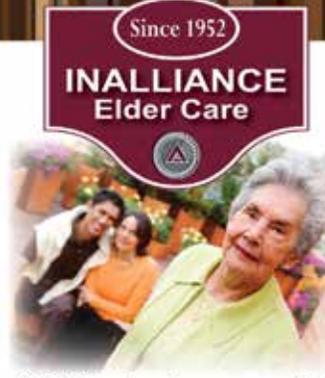
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Sun City Lincoln Hills Community Association

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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•Lifestyle•

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Kilaga Springs 408-4013

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Lifestyle Entertainment Coordinator

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Lifestyle Trip Coordinator Katrina Ferland

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KS Fitness Center 408-4683

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Assistant Director of Fitness

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Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 jerry.mccarthy@slhca.com

Catering

Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@slhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti tina.ginnetti@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration 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

General Numbers

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(916) 771-7185

Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

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Solid Patio Covers



An ultra flat pan solid roof with deep woodgrain look — provides complete protection from sun or rain.

Lattice Patio Covers



Ultra lattice transforms an ordinary patio into a shady retreat where you can relax and enjoy the beauty of your own backyard.



Since 1981

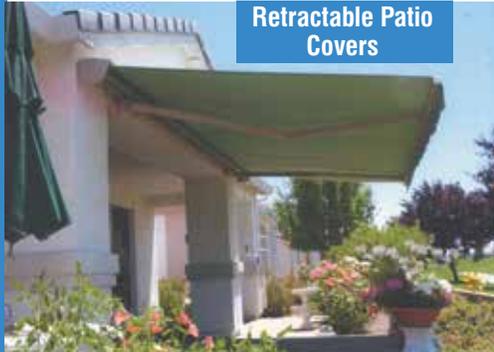
- Full Design Recommendations
- Familiar with SCLH Design Guidelines
- Lincoln Hills References
- Locally Owned & Operated
- Personalized Service
- More info on products—



Retractable Window Awnings On Sunrooms

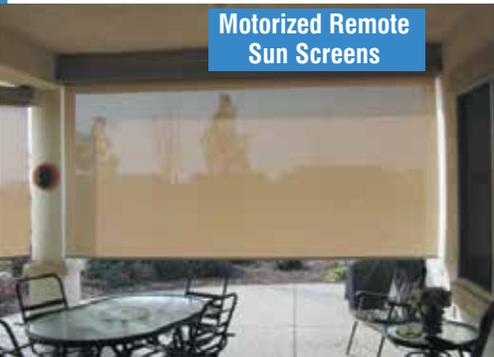
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

Retractable Patio Covers



Retractable patio awnings create an outdoor entertainment area while protecting you, your furniture, and your plants from the hot sun.

Motorized Remote Sun Screens



With shade screens at a 6% openness, you won't feel boxed in and your plants will love the diffused light.



UV Protection Sun Screens



Sollette sun screens allow afternoon entertaining without you and your guests having to retreat indoors because of bright, hot summer sun.

www.donsawnings.com

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