



Compass

The Official Magazine of Sun City Lincoln Hills

February 2013



Association's Annual Meeting — February 21... page 4

Feed Your Brain — Preserve Your Mind... page 7

What's in the Works for 2013? ... page 10



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On the cover

The Presentation Hall at Kilaga Springs Lodge has been remodeled with many enhancements and is open for business. Ray Ashton is shown here giving a presentation on the History of Rock and Roll. Photo by Norm Shockley, Sr.

How to Use the Compass

Find it fast: flip to the section you want using the header color.

Advertisers' Directory

Advertisers' listing by category by page

Association Contacts & Hours

Names, numbers, websites, hours

Association News

Association, Board & committee articles

Bulletin Board & Announcements

General or non-association club news

Activities Department Classes

Activities Department classes

Club Advertisements

Annual Association club ads

Club News

Association **club** & **support club** articles

Community Forums

CCRC-sponsored presentations

Community Profiles

Articles about community people, programs

Special Events

Activities Department events by category

Day Trips & Extended Travel

Activities Department trips/travel by category

Wellness & Fitness Classes

Wellness & Fitness classes

In This Issue: page 2

Table of contents.

Upcoming Association-Related Meetings: page 3

Association Board and Committee meetings for the next 45 days. Listing includes Golf Inspection and Listening Post.

Calendar of Events: page 3

Items listed chronologically here are Association-sponsored club activities, events, trips and presentations shown throughout the *Compass*. These entries are highlighted with a yellow screen on the page number shown.

Association News and Community Profiles: pages 3-21

Articles about Association people, places and things.

Annual Association Club Advertisement: page 11

Clubs have the opportunity to run a half page annually in the *Compass*.

Club News: pags 22-37

All submitted club articles are included and separated into clubs (in teal) and (support clubs) in burgundy.

Bulletin Board: page 39

Short advertisements for non-Association-sponsored clubs and organizations.

You Are Invited: page 39

Vendors who have rented rooms within Association facilities in order to give a presentation to SCLH residents.

In Memoriam: page 39

Information provided by loved ones about Lincoln Hills residents who have recently passed away.

Special Events, Day Trips & Extended Travel, Activities Department Classes, Wellness & Fitness Classes: pages 41-86

Activities & Wellness/Fitness Department events, trips, and classes.

Community Forums: page 88

Health, education and informational presentations sponsored by members from the Communications & Community Relations Committee (CCRC) subcommittee.

Association Contacts & Hours Directory: page 90

Association addresses, contacts, phone numbers, email addresses and hours. Also included: alarm company, Golf Club Manager, Lincoln Police & Fire, Neighbors InDeed, and Pulte Homes Customer Care.

Ad Directory: page 91

Advertisers shown in this issue are listed in this directory with the page numbers on which they appear.



Cover Article

If These Walls Could Talk

Presentation Hall makeover a welcome change

Doug Brown, Resident Editor

If you've ever visited Philadelphia's Independence Hall or Boston's Faneuil Hall or Washington D.C.'s Library of Congress, among zillions of landmarks, you have without a doubt experienced the awesome history of the site reverberating through you and recounting its stories, almost as if those walls were talking to you.

In the years since its construction in 2004, our own Presentation Hall in Kilaga Springs Lodge doesn't capsule centuries of history-making headlines, but in its own modest way, if its walls could talk, they would divulge a microcosm of our unique Lincoln Hills lifestyle. We are a community of people who...

- *delight* in musical performances (vocal and instrumental soloists and ensembles, Vaudeville's "Cavalcade of Stars," Music Group's Open Mic nights, Chorus rehearsals)

- *engage* in thespian arts (Readers' Theater, Players' rehearsals, meetings, and one-act stage plays)
- *laugh* heartily (monthly Comedy Nights)
- *enjoy* the silver screen (At the Movies)
- *inform* and *educate* ourselves (Community Forums, presentations, lectures)

"When you now attend a Presentation Hall event, the aisles are lighted, wider, and smoother; the new stage configuration provides safer, easier access; a lift to the stage is available as needed; new video screens have been added; and audio delivery is improved."

- *organize* our community (Board of Directors meetings, Club meetings)
- *rejoice* through religious gatherings (Shalom services, Valley

View Church services, celebration of life services)

- *welcome* outside groups (weddings, private rentals)

Yes, if these walls could talk, they would tell our story!

We've recently seen a remodel of Presentation Hall (see cover photo), in part to *Please see "If These Walls" on page 37*

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

Finance Committee Meeting	Wednesday, February 20, 9:00 AM, Oaks
Golf Cart Registration	Thursday, Feb. 21, March 7 & 21, 8:00 AM, OC Lodge
Board of Directors Annual Meeting	Thursday, February 21, 10:30 AM, Ballroom
ARC/Architectural Review Committee	Monday, February 25, 9:00 AM, Heights
Board of Directors Meeting	Thursday, February 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, February 28, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, February 28, 11:00 AM, Oaks
Elections Committee Meeting	Friday, March 1, 10:00 AM, Fine Arts
CCOC/Chartered Clubs/Community Orgs.	Tuesday, March 5, 9:30 AM, Oaks
Compliance Committee Meeting	Wednesday, March 6, 10:30 AM, Solarium
ARC/Architectural Review Committee	Monday, March 11, 9:00 AM, Heights
CCRC/Communications & Comm. Rels.	Tuesday, March 12, 9:00 AM, Solarium
Properties Committee Meeting	Tuesday, March 12, 1:00 PM, Fine Arts
Listening Post	Wednesday, March 13, 9:00 AM, Solarium
Finance Committee Meeting	Thursday, March 21, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, March 25, 9:00 AM, Heights
Board of Directors Meeting	Thursday, March 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, March 28, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, March 28, 11:00 AM, Oaks

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

Calendar of Events

February 15-March 26

Date	Event	Page #
02/15	"Chapel of Love" — Elvis Tribute Concert	42*
02/16	Bus Trip: Chinese New Year Celebration	47
02/18	"The Wildest Ride in the Universe"	23
02/18	"History/Daughters of the American Revolution"	29
02/18	"Secrets You Can't Reveal" Grand Jury Assoc.	34
02/18	Forum: "Margit's Freedom Passage"	88
02/20	KS Music Night: "A Salute to Ray Charles"	42
02/20	Forum: "Senior Moments: What is Normal?"	7, 88
02/21	Book discussion: <i>Tragedy of Pudd'nhead Wilson</i>	25
02/21	Speaker: Jay Knauer / Air Traffic Controller	36
02/21	Sun City Snow Train #2	52*
02/22	"Fruit and Nut Trees"	28
02/22	Open Mic Night	31
02/22-24	Ninth Annual LH Fine Arts Show	32
02/25	"Banded Agates"	29
02/25	Comedy Night at KS	41
02/26	Bus Trip: Terra Cotta Warriors	52*
02/26	"Help, I Have No Pension and Need Money!"	81
02/27	Bus Trip: Speaker Series	52*
02/28	Spring Fashion Show Model Call	44
02/28	Sun City Snow Train #3	52*
03/02	Bus Trip: Sacramento Camellia Festival	49
03/03	Bus Trip: Beach Blanket Babylon	52*
03/04	KS at the Movies: "The Descendants"	44
03/06	"Pre-historic Astronomy Observatories"	23
03/06-07	Players Group: "Sex Please, We're Sixty"	41
03/11	"Blue Birds and Swallows"	24
03/12	Trunk Show: Thimble Creek Quilt Shop	32
03/12	Concert: Tom Rigney and the Flambeau	42
03/12	Bus Trip: Broadway Sac. "Beauty and the Beast"	44
03/12	Forum: "Android: The 'Other' Phone & Tablet"	88
03/13	"No Windows Needed!"	27
03/13	Bus Trip: Marine Mammal Center	52*
03/14	"Neighbors Helping Neighbors"	28
03/15	"Google Play"	27
03/15	Bus Trip: Andre Rieu "The Waltz Goes On Tour"	44
03/15	Bus Trip 1&2: Andre Rieu	52*
03/18	Genealogy "Before it is Too Late"	29
03/19	Comedy Night at KS	41
03/20	Forum: "Controlling for Cancer: Lifestyle Choices"	88
03/21	Book discussion: <i>Moloka'i</i>	25
03/23	Spring "Egg Hunt"	44
03/26	Bus Trip: Crocker Art Museum Gregory Kondos	49

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



Board of Directors Report

Association's Annual Meeting — February 21

Ken Silverman, President, SCLH Board of Directors

Another year has gone by and the Association's Annual Meeting will be held on February 21. Normally at this meeting the ballots are counted for the election of new board members but that won't happen this year. Why? There were four openings on the Board of Directors (BOD) for 2013 and only four resident owners placed their names for the open seats. Two of the candidates are existing members, Marty Rubin and John Snyder, and the two new members are Jim Leonard and Denny Valentine. I am looking forward

to working with all the members of the Board in the upcoming year.

The new members will be seated by the existing Board at a Special Meeting of the Board on February 21 that will be held right after the Annual Meeting. When that is completed there will be an organizational meeting in which the Board elects the officers for the year. Come and attend as they occur right after one another and usually take up very little time.

At the January Board meeting, the repair and upgrade concept to the Amphitheater was agreed upon and, if you wish

to see the changes, visit our website and the video of this meeting. In December, new public Wi-Fi access at both Lodges was installed and has gone through testing. It is now available to all residents who visit the Lodges or Fitness Centers — just sign in\onto SCLH-Public on your device.

We are still looking for resident volunteers for some committee openings. Stop by the Activities Desks and ask for an application.

The BOD and committee emails have changed from suncity-lincolnhills.org to our Association address ending in sclhca.com. Please note the changes on page 90. Also, with the new BOD members election effective February 21 we included the new members Jim Leonhard and Denny Valentine. Officer positions will be noted next month. If you want to send an email to outgoing BOD members John Kightlinger or David Conner, please use their previous address.

Our Work is Done

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

The 2012 Strategic Advisory Committee (SAC) discharged its duty by presenting its final report to the Board of Directors on January 25 at a Special Board meeting. The Board voted unanimously to receive our report.

The SAC team repeated the presentation at a Community Forum on February 7. We appreciated the attention of all who attended the event.

Our report included a number of proposals for the Board's consideration. We believe that SAC has provided a useful template for assessing the future

needs of our community and building on our work.

The SAC 2012 Final Report and Appendices binders are available for viewing in the Community Living Room (OC) next to the television and on the SCLHCA resident website under Library-SAC Reports.

Thanks again to all who donated their time to this endeavor.

“The SAC 2012 Final Report and Appendices are available for viewing in the Community Living Room ... and on the SCLHCA resident website...”

Committee Opening

Clubs and Community Organizations Committee (CCOC)

Ever wonder what helps our Association Clubs run smoothly? The fundamental building block for all clubs is their Guidelines or By-Laws. Who helps Clubs write that building block so it is consistent with Association policy? You are correct — it is the Clubs and Community Organizations Committee (CCOC). When clubs need to revise or update their *Please see Committee Opening on page 9*

Reminders

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 90.

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

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

• **Want to sell?** Please contact the Activities Desk (OC/KS) if unable to attend an event, trip or 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

Connections

Jennine Balcombe, Senior Director of Lifestyle and Communications

I am pleased to introduce Jennifer Hugunin, Promotions and Advertising Manager for the Association. No doubt you are noticing Jennifer's professional work within all departments. In her short three months with us, Jennifer has established weekly e-bulletins from each department, designed a beautiful and informative website for The Spa at Kilaga Springs (www.kilagaspringsspa.com), created enticing ads for Meridians and The Spa for the *Compass* magazine, and designed promotional flyers, posters, and mailers to advertise what's going on within our community. With her vision and passion for spreading the word about our fabulous public venues, Jennifer



Jennifer Hugunin
Promotions &
Advertising Manager

led the Association into the realm of Social Media by connecting The Spa at Kilaga Springs, Meridians, and Orchard Creek Lodge to Facebook, Twitter and Pinterest. When you "Like" us on Facebook and follow us on twitter ("KilagaSpa" and "Orchard_Creek"), you can help spread the word about our great staff and services. Using social media, your family will be impressed that you are connecting them to interesting information, and they may even visit you more often to share in our great events!

Jennifer brings a wealth of talent and experience to the Association and its team members. For 15 plus years Jennifer has been creating design and marketing for the hospitality, real estate, restaurant, entertainment, special event, and broadcast industries, including KCRA-TV and its affiliates, and Arden Hills Resort, Club & Spa. Jennifer strives to create evocative, sophisticated, and compelling design that successfully communicates our message to our intended audience/end-user. Jennifer's work is filled with passion and navigated by experience. Her successful promotion and advertising accomplishments since November, 2012, will continue to contribute to the Association's success in 2013. Jennifer utilizes current trends, demographics, and societal influences in her recommendations to management staff as they implement their department advertising initiatives. Jennifer has a busy year ahead including updating all of our websites and promoting upcoming events like the Orchard Creek Lodge Bridal Open House on February 17, the expansion of The Spa at Kilaga Springs in early March, the Special Events hosted by Activities and Meridians every week, the Business Fair on April 17, the Volunteer Symposium on April 26, and Wellness Days from May 21-23.

When not being creative on the job,
Please see Connections on page 7



Board of Directors Election

If you missed the Elections Committee Forums that were held on January 16 and 19, you missed excellent presentations by your 2013 candidates.

Although the meeting was lightly attended, the backgrounds, questions and answers of the four candidates who will be sworn in as officers on the Board of Directors were very impressive. They spoke clearly on all the member submitted questions. Hearing them talk about their various backgrounds, it's clear that we have an interesting new slate of officers.

Speaking of swearing in, you are invited to attend the annual membership meeting on Thursday, February 21, at 1:00 PM in the Ballroom.

During the next few months, come to a Board of Directors meeting to see our new officers in action.

This is your community and your participation is wanted, needed and appreciated on committees. Consider becoming a candidate at the next opportunity for a position on the Board of Directors.

The Board is accepting applications for the 2014 Elections Committee. The Term is April 1, 2013 through March 30, 2014. Applications are available at the Activities Desks or from the Resident website.

Reminders

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

• **Showtime:** For events, 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 are located on *stage right* and *middle front* sections. On sale only at the Activities Desks (OC/KS).

• **Events that Include a Meal:** Ticket sales for special events that include a meal will

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

• **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair bound passengers to the best of our abilities.

• **Departures:** All bus trips leave from OC

Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

• **Parking:** For *all* trips, please park beyond 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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Therese Adams & Beverly Barranti

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Wellness & Fitness News

Quick Fitness Center Facts & Tips

Brandy Garcia, Director of Fitness

1. Stepping onto treadmills. When stepping onto a treadmill, be mindful of the rear roller. It will move if you step directly on it.

2. Heart rate monitoring. No machines will be as accurate as an ECG machine. The exercise machines have been designed to read heart rate through hand contact and a heart rate monitor chest strap (preferably Polar brand). Inconsistent heart rate readings may be caused by cell phones or other portable electronic devices sitting directly on the console (there is no interference when put in the side pocket), or overly wet or dry hands, or if you have recently put lotion on. Some people are better conductors (through hands) than others; so your friend may get a more consistent reading than you do.

3. Shorter arms in the new treadmills.

This is a great safety feature and allows people more room to exit off the side (if they choose). The shorter arms also keep users closer to the front of the treadmill, which decreases the likelihood of someone “walking” off the back of the belt.

4. Entering and exiting the cardio machines. Please enter and exit the machines the way that makes you most comfortable. Treadmills are designed to be “rear entry” — the user enters and exits from the back. There is a one inch difference in height between the old treadmills and the new ones. We have placed a few steps next to the end treadmills so that users that need that extra step can still enter and exit the treadmills safely. The cross trainers/ellipticals are a side entry machine. Please place



Save the Dates!

Mark your calendars for May 21, 22, 23. It's our annual Wellness Days! This year is sure to bring smiles and fun times. Check each month for more details on this exciting event.

your foot on the lowest pedal first, then using the handles for balance/support, step up to place your foot on the other pedal. This will prevent the pedals from moving before you are ready.

5. Using cardio equipment. The bikes and cross trainers/ellipticals are self powered, which means you must start moving to create the power to turn on the console. The treadmills are plugged in which means the console stays lit continuously. The easiest way to get started is to press the Quick Start (green) button. This program will start you at the lowest speed (treadmill), lowest resistance (bikes & cross trainers), and the lowest incline.

If you have questions, don't be afraid to ask.

Wellness & Fitness Classes: pages 75-86 • Exercise Class Schedules: pages 84-86

Aging Well

Feed Your Brain — Preserve Your Mind

Shirley Schultz, Health Reporter

Did you know that the human brain uses about 20 to 30% of one's energy intake? The brain is a very demanding organ relative to its size and weight. One's nutrition substantially affects mood, behavior, and brain function. Even the decision to skip breakfast has been associated with lower verbal fluency, lower problem-solving ability, and lack of motivation. It is usually a lack of several nutrients rather than a single nutrient that leads to deterioration in brain functioning.

A study of 2,258 people whose average age was 76, reported in the *Annals of Neurology*, found that people who closely follow the Mediterranean diet had a 40 percent lower risk of developing Alzheimer's disease than those who least adhered to that diet over a four-year period. The Mediterranean diet refers to the diet of coastal Greece, Croatia, and Italy: meals mainly of plant foods including fruits, vegetables, whole grains, legumes, nuts, olive oil, and fish.

Much has been published in the medical and scientific literature in recent years about the importance of the diet in preventing dementia. A leader in this area is the Neuroscience Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. Their studies have reinforced the idea that the aging brain does indeed have the ability to change physiologically, a condition called “neuronal plasticity.” Looking for foods that help this process has led to the identification of ORAC scores, the Oxygen Radical Absorbance Capacity. Expect to begin finding ORAC values on some food labels. The higher the value, the better.

As substantiated by sales, many people feel compelled to take supplements for brain health. To date, studies indicate that supplements are ineffective to boost memory, ward off cognitive decline, or improve cognitive functioning. By the same



token, there is ever-increasing research evidence that eating foods with high ORAC scores will indeed preserve brain function: blueberries, black plum, blackberries, raspberries, strawberries, sweet cherries, avocados, navel oranges, red grapes, cooked artichokes, pecans, walnuts, red cabbage, and raw spinach to name a few.

No brain nutrition article would be complete without mention of alcohol. In the western world, alcohol leads the list of nutritional deficiencies that affect neural functioning. Enough said.

Learn more about brain preservation by attending Dr. John Schafer's presentation on February 20, “Senior Moments...”. See more information on page 88.

Connections

Continued from page 5

Jennifer and her husband Pat are busy keeping up with their seven-year-old son, David, in Rocklin. Welcome Jennifer!

I will be reviving the volunteer program in the coming months. If you're interested in volunteering, please contact me. See you in the Lodge.



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Spring is Coming

Time to Improve Your Property?

Art Sacks

Architectural Review Committee Chair

It's mid-February, and many of you are sick and tired of the cold, damp, foggy weather that has greeted us many mornings. We itch to see the sun shining brightly, bringing us warmer breezes and bright sunlight. With the change in weather, we look forward to working in our gardens, sprucing up the landscape, adding new plants, trees, hardscape, and even water features.



We take great pride in how our properties look. We also take much pride in how our entire community appears, to each other and to all who visit.

Before undertaking any improvements to your property, all homeowners should consult and familiarize themselves with the Design Guidelines Handbook (insert URL here) which is a uniform guide to maintaining the architectural standards of Sun City Lincoln Hills. The guidelines were established by residents, such as you, to maintain the high standards of the community. Some improvements must first be approved by the Architectural Review Committee, after submission of the proper written application. The committee usually meets twice monthly to review the applications. The application process is fairly painless, and office staff is available to help should a resident need it. Pursuant to the handbook, "minor landscape improvements on a small scale which do not alter the appearance of the lot, involve a change in topography or grade, and which are not of sufficient scale to constitute a natural structure will be exempt from the design review process."

I have discovered, while serving on the ARC, that some helpful hints may aid homeowners in this process of improving your property. Initially, **think** about what you want to accomplish, and how to accomplish it. Formulate a plan, review it, review it again, and consider how it will affect your property, and the property of others. **Do not** rush into starting a project. A hastily designed plan may cause subse-

quent regret. Also, be absolutely certain what you want to do when you submit your application.

After the approval of an application by the committee, the homeowner is responsible to ensure that the plan is followed.

This Year Started with a Bang for Meridians

Jerry McCarthy, Director of Food & Beverage

We served over 750 guests for the first annual New Year's Day Brunch which was a complete sell out. That was closely followed by the sold-out Borjón wine maker's dinner — not to mention the standing room only Super Bowl party! I hope everyone is noticing the trend here. Make your reservations fast or stand on the sidelines while everyone else is having a great time at Meridians. We also celebrated Mardi Gras in grand fashion and hosted a very romantic Valentine's Day dinner. If you enjoy dancing, please circle the second Sunday of the month. Meridians is hosting a dinner dance in the Ballroom with DJ Tom playing music to everyone's liking.

We have a couple of important dates coming up where you will want to circle your calendar and make reservations. March is only days away and Meridians will be doing it right. All day Sunday, March 17, Meridians will be celebrating St. Patrick's Day. We will be serving corned beef & cabbage with drink specials all day long. Chef Roderick is already working on the new and exciting Spring Menu which will be released the third week of March. Easter Brunch will

Any substantial deviation from the plan may cause future compliance issues, which could result in unnecessary expense to the homeowner.

So, let's watch for the sun, wait for the birds, and greet spring with open arms.



be on March 31. Based on previous years we are expecting large numbers and another sold out event. Please go to our website at www.meridiansrestaurant.com for the entire list of special events and menus.

Orchard Creek Lodge just received a very prestigious award from *The Knot* wedding publication. Orchard Creek Lodge has been rated by local brides and voted *The Knot Best of Weddings 2013 Pick*. We were selected as one of the best wedding venues from Sacramento to Tahoe! What makes this award so special is that we won it for 2012 as well. Winning this award in back-to-back years shows the true dedication and professionalism of the catering team in delivering outstanding food and service to all of our guests.

"Orchard Creek Lodge just received a very prestigious award from *The Knot* wedding publication. Orchard Creek Lodge has been rated by local brides and voted *The Knot Best of Weddings 2013 Pick*. We were selected as one of the best wedding venues from Sacramento to Tahoe!"

Be part of the festivities in the food and beverage department. No matter if you are celebrating a romantic intimate dinner or meeting a group of friends, the Meridians and Orchard Creek Lodge is the place to be. Come in and enjoy yourselves while we cater to all of your needs.

Committee Opening

Continued from page 4

Guidelines or By-Laws, who reviews them in order to be sure they are OK? The CCOC. CCOC also has the responsibility of helping our Sports Clubs establish fair policy in the use of our Association facilities. We have an opening on CCOC for an individu-

al who is committed to maintaining a sense of fair play for all resident club members. Come join our fun.

For information or questions, contact Bob Murdock, 408-8511 or ccoc@suncity-lincolnhills.org.

What's in the Works for 2013?

Pete Savoia, Properties Committee Chair

As the incoming Chair of the Properties Committee, I would like to thank Dan Hardesty for his able and dedicated leadership over the past year. Fortunately, Dan will remain on the committee until his term expires in November, and we will continue to benefit from his knowledge and experience. I also want to express the committee's gratitude



to Jerry Harner who ended his term in January. Although Jerry has moved to the Finance Committee, we are happy to note that he will continue to attend our meetings as the Finance Liaison to Properties.

One of the responsibilities of the Properties Committee is to evaluate new projects requested by residents, clubs, committees, and Association staff. Some of these projects, such as the replacement of our street lights and developing the plans for new pickleball courts, require a significant amount of involvement by the committee. Other projects, for example, the Meridians remodeling and the upgrade of the Presentation Hall to ADA standards, are planned by staff and the committee reviews and comments on these plans. Smaller projects, usually requested by residents, are also reviewed by the committee. A recent example is the request for card tables in the Kilaga Springs Living Room.

In 2013, many of the projects that were proposed in 2012 will be completed. The largest of these are the expansion of The Spa at Kilaga Springs, three new pickleball courts, and the remodeling of the Amphitheater. Smaller projects include modifying the cabinets in the Kilaga Springs Library to provide pull-out drawers for extra storage, installing a TV/projector in the Multipurpose Room (OC), and the addition of new card tables in Kilaga Springs Lodge. These additions and modifications to our facilities are intended to enhance our lifestyle, and also to maintain the reputation of Lincoln Hills as one of the most desirable active adult communities on the West Coast.

Activities News & Happenings

Compass Layout, Concert Sound Levels, Travel Insurance

Lavina Samoy, Lifestyle Program Manager

We have received positive feedback on the new *Compass* layout for Lifestyle. We continue striving to provide succinct, informative descriptions for all events, trips, and classes so you can make the best choices when purchasing your tickets. Please read the articles thoroughly and contact our coordinators with any questions regarding Special Events (Tamarra Coil), Trips/Extended Travel (Katrina Ferland) and Activities Classes (Betty Maxie). Coordinators' contact information is listed on page 90.

We offer various musical genres to meet the diverse interests of our community (see **Concerts** starting on page 42). Different music types by its nature require varied sound levels and mixes. To be true to its music, Rock and Roll and Disco are usually mixed louder than Jazz, Ballads, Classics, or Broadway songs. The number of performers and instruments used on stage also determine sound levels. Staff are always present during performances to monitor volume and advise the band and sound engineer based on the audience's feedback. Note that seats at the back of the Ballroom receive the lowest volume level; front and perimeter seating are closest to the house speakers. Please refer any issues you have during shows to our staff members.

Listed on pages 50 and 52 are available Overnight and Extended Travel offerings. Don't miss our first four-day, three-night trip to the **Ronald Reagan Presidential**

Library and Museum on July 21-24. In this exclusive collaboration with Road Scholar (formerly Elderhostel), you'll learn about our 40th President in classes covering Reagan's life and many contributions, including a visit to the Reagan Library Archives and Air Force One.



Planning your vacation early? Check the "Save the Date" (page 52) for all the exciting extended travels planned until September. Watch for trip details in coming months.

"Planning your vacation early? Check the 'Save the Date' (page 52) for all the exciting extended travels planned for September. Watch for trip details in coming months."

Questions regarding travel insurance? The Association does not offer travel insurance; however, a list of State Department recommended insurance companies offering travel coverage as well as Travelex Insurance brochures are available at the Business Office (OC) and at the Activities Desk (KS). The travel insurance companies are independent of the Association and the Association does not assume any liability when you contract with any of the companies. We encourage you to purchase travel insurance to cover any emergencies that could cause you to cancel your trip. Remember that the Association does not offer refunds unless we cancel the activity. Read the "Tips for Purchasing Travel Insurance" from California Insurance Commissioner www.insurance.ca.gov/0400-news/0100-press-releases/2011/release073-11.cfm for more information.

Properties Committee January Article

Dan Hardesty, Previous Properties Committee Chair

Dan's January article was continued on page 35 of the January *Compass* but was mis-labeled under "Compliance." His final paragraph stated:

This will be my last *Compass* article as Chair of the Properties Committee. We welcome Pete Savoia as the new

Chair starting in February. Please come to our committee meetings the second Tuesday of each month at 1:00 PM to learn more about our wonderful Lincoln Hills facilities.



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See details on page 43

The Spa at Kilaga Springs

Natural Wellness Therapies

Tina Ginnetti, Manager, The Spa at Kilaga Springs



With natural wellness therapies continuing to emerge in so many forms globally, is there a way to validate the benefits of these alternative therapies? This month I would like to introduce you to www.spaevidence.com, which is your way to assess many treatments now being offered, and to define what role massage, skincare, and other wellness therapies can play in your quality of life.

The Spa Evidence website summarizes a number of studies in progress and clinical trials now being conducted. The latter involves documenting the outcome of health-related interventions on human subjects. Besides the expected testing of drugs and surgery, etc., interventions include behavioral treatments and preventive care. With more medical experts

gaining awareness that many traditional healthcare systems are narrowly focused on “disease management,” and less on helping people “stay healthy,” more clinical trials on *wellness approaches* are happening today than ever before. Please visit the U.S. National Institutes of Health website at www.clinicaltrials.gov/ to explore trials underway in the U.S. and around the world.

In my career, I have had the opportunity to work with all ages doing massage, skincare, aromatherapy, nutritional counseling, and reflexology, to name a few therapies. When I began my career, there was much speculation as to the validity of alternative healing. I can only tell you that the results from my clients over that period of time were proof enough for me as well

as them. When I first started, I remember working every week for nine years on two sisters, ages 84 and 86. Their doctors supported us through that process and confirmed that massage and reflexology definitely contributed to their wellness, mobility, and illness prevention.

It is no longer simply my heartfelt belief that the healing touch works, it is an avenue to answers in your search for health and wellbeing.

Our services continue to be cost competitive. We have not increased any prices, and we have added a membership program to make your commitment to your health even easier on your budget. Please go to our “new” website www.kilagaspringsspa.com for more details or call my direct line at 408-4071 for further information.

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 with the purchase of 2 or more tires

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Firestone COMPLETE AUTO CARE

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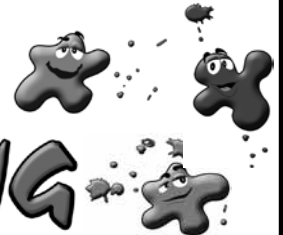
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Lincoln Hills Foundation — Passing the Baton

Dennis Wagner, Lincoln Hills Foundation

Lincoln Hills Foundation begins 2013 with renewed dedication to helping Lincoln seniors.

The journey began with the election of a new President and Vice President. Jerry Johnson, a longtime Lincoln Hills resident was unanimously voted in as President. Jerry, former Lincoln City Manager, brings a wealth of experience and leadership qualities to the position. His outlook for the coming year is straightforward. Jerry stated, "During the past ten years, the Foundation Board has made tremendous strides in developing a resource stream to support seniors who are striving to maintain their independence. As Foundation President, I look forward to building on this success to meet the continuing needs of Lincoln seniors." He also realizes that "the success of the Foundation cannot be accomplished without the wonderful support of the LH community, and for that I

am very appreciative."

Jim Helzer was unanimously elected as Vice President. No stranger to Lincoln Hills, he served on the SCLH Board of Directors from 2005-2008. He has a very positive outlook for this coming year and brings much enthusiasm to the job. His goal is "to make more people aware of the Foundation and the contributions it makes in enhancing the quality of life for our senior citizens."

Bob Free and Jean Ebenholtz continue in their positions as Treasurer and Secretary, respectively. Good news in both cases for the Foundation. Five other members of the Board of Directors were also sworn in.

The great leadership of outgoing President Mark Dentinger resulted in a very successful 2012. He quickly gives due credit to others, however, as he said, "Due to the generosity of individual donors within Lincoln Hills, corporate sponsors, and proceeds from fund-raising activities (Bingo

and Dine Around Shop Around Lincoln coupons), the Foundation gave \$31,200 in grants to a variety of organizations serving Lincoln seniors. I appreciate the opportunity I had to serve as the Foundation's President, and I am hopeful we made a positive contribution to the Lincoln senior community." A class act for sure!



Congratulations to Mark for a productive 2012, and best wishes to the new 2013 Leadership.

Your Bucket List

Gay Sprague, Roving Reporter

You don't have to have climbed Mt. Everest to submit an article to this column. Perhaps you created your family tree or learned a foreign language? Please send a paragraph or two of details about what you've crossed off your bucket list to Gay@GaySprague.com so we can keep the variety of bucket list accomplishments coming to you monthly!

It Was Another Good Year and We Are Ending Ahead of Budget

Hank Lipschitz, Finance Committee Chair

We are now in the process of wrapping up our financial results for 2012, and as you can see below we finished the year \$296,656 ahead of budget. Of course the numbers are not final until our annual audit is completed, but I am happy to report that all departments performed well.

Some of the highlights for the year were; The Spa at Kilaga Springs profit of \$25,230, Activities beat budget by \$28,571 with 14% higher revenue, Landscape Main-

tenance cost \$84,709 less versus prior year thanks in part to the LED Street Light Project, and Food & Beverage had a profit of \$69,312 for the year on 6% higher revenue.

During the year we changed Auditors to the firm of Levy, Erlanger & Company. This larger firm will assist our Association to continue financial improvements. We also, through a competitive process, changed Insurance Brokers to InterWest Insurance

Services. This local company enabled us to save on the cost of insurance, and improve coverages and service.

As of December 31, we had \$5,047,820 in our Operating Fund including

\$921,372 in the restricted Building/Capital Enhancement Fund and \$1,579,324 in the Settlement Proceeds Fund. The Reserve Fund balance was \$4,996,603. All of our funds are in FDIC-insured accounts or US Treasuries per our policy.

The number of homes that were past due dropped to 100 with a balance of \$65,400 past due. During the month we wrote off 11 homes owing about \$20,000 because they were foreclosed and we have no hope of collecting these sums. The good news is that these homes must now begin to pay dues again.

I want to take this opportunity to thank the members of the Finance Committee for their dedicated work, they are: Carl Gronau, Mike Hilton, Mike Creasy, Molly Seamons, Harriet Kaufman and our newest member Gerald Harner.

If you have general questions or need information on the above, I may be reached at finance.committee@sclhca.com. The monthly and year-to-date including

Please see Finance Committee on page 37



Statement of Operations YTD 12/31/12 Unaudited

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$7,521,800	\$7,489,201	\$32,599
Administration (Expense)	(2,044,798)	(1,948,084)	(96,714)
The Spa at Kilaga Springs	25,230	(7,136)	32,366
Fitness	(395,052)	(419,353)	24,301
Activities	(172,564)	(201,135)	28,571
Rec. Center / Maintenance	(2,349,260)	(2,436,347)	87,087
Landscape Maintenance	(2,358,011)	(2,387,366)	29,355
Food & Beverage	69,312	(89,779)	159,091
Capital Asset	82,210	82,210	0
Net Revenues (Expense)	\$378,867	(\$82,211)	\$296,656



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Neighborhood Watch

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Update Your Emergency Information!

Patricia Evans



Does your Neighborhood Watch Mail Box Captain have your latest emergency information? Our goal in February is to contact every resident in SCLH to update our roster. For example, many of our residents are substituting cell phones for their home phones. Our relatives and friends move.

The neighbor who had the key to our home is no longer available.

Our first concern is a medical emergency, of course. Life does not come with guarantees that our spouse or a friend with knowledge of our needs is always close at hand. The stress of the moment can be overpowering to all involved. When your neighbors know your emergency contacts, they can provide appropriate help.

We all leave our homes occasionally for well-deserved vacations. Neighborhood Watch hopes your neighbors will have the information to contact you

if your home has an emergency while you are away. When temperatures drop below freezing, pipes could burst. In the summer irrigation systems can misbehave. A sudden heat wave can leave your lawn brown and shrubs wilting.

Here in SCLH we encourage everyone to look out for each other, and that makes all the difference in the safety and security we enjoy. We know we are snug as a bug in a rug when our neighbors know how to help us when emergencies arise. Please welcome your Neighborhood Watch Captain who contacts you.

Please turn to page 32 for more information to insure that your emergency information is current.



The Neighborhood Watch Board (including new members) is ready to assist the Village Coordinators and Mail Box Captains: (clockwise, starting in the back row) Joan Brant-Love, Gus Alegado, Dan Larsen, Mary Cranston, Pauline Watson, Shirley Guzman, Ron Wood, Larry Wilson, (not shown, Don Budde, Gloria Leathley, Elaine Small)

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mww6@sbcglobal.net
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

CERT

Disaster Preparedness: Part Two How to Develop an Emergency Action Plan

Bill Beal

Everyone in Lincoln Hills should have a personal **Emergency Action Plan**. Do you? Your plan needs to be flexible and tailored to your individual needs.

How might you get your plan off to a fast start? First, visit the FEMA website at www.ready.gov/are-you-ready-guide and review their "Guide to Citizen Preparedness" which can be downloaded to your computer, or order a hardcopy by e-mail at FEMA-Publications-Warehouse@FEMA.gov.

I began my plan by identifying two likely emergencies: a house fire and a mandatory evacuation order. A mandatory evacuation could occur after a train derailment and could last for a few days; however a house fire might displace us for weeks. My wife and I determined the following:

- What we would need

- Where we would go
- How we would get there
- Whom we should notify

Next, I purchased two military surplus duffle bags, easily loaded into a car, but



capable of containing everything we need to operate out of a temporary residence. Inside, we placed:

- Contact phone numbers, copies of important papers, including insurance policies and a record of all bills with account information
- Three changes of clothes, a coat, blanket, and hat
- Hygiene items
- Extra checkbook and credit cards

- Spare glasses
 - A ten-day supply of medications and prescriptions
 - Cell phone charger and flashlight
 - A three-day supply of food and water to include pet food and drinking bowl
- Next month, Part Three will cover what you'll need at home if the delivery of food, water, and power is disrupted. Until then, be safe.



It's the Law

Douglas Thom

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March 19th & 26th, April 2nd & 9th

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Just What is the Bereavement Group?

Joan Logue, *Roving Reporter*

Good question. And why should residents consider such a group when they are grieving? A bereavement group provides support and friendship through sharing with others.



What is grief?

After the loss of a loved one, especially a spouse, you may feel numb, shocked, and fearful. You may experience guilt, anger, trouble sleeping, little interest in eating, and problems with concentration and making decisions. All of this is “normal” and if you deal with your feelings, you will eventually adjust to your “new” life. Going through grief is a normal experience; it’s just painful!

Support Groups.

There are many ways to help manage the grieving process. Attending a support group is an excellent way to help others and make friends whom you can call for conversation, or invite to lunch, a movie, or concert. Sutter, Kaiser, and hospice offer professionally-led grief groups that come highly recommended, and our own Lincoln Hills Bereavement Group gives you an opportunity to meet with those who live nearby.

Our group meets once a month in my home, a comfortable and quiet place. No one has to share if they’re not ready, but we take turns telling our stories and then when everyone has shared we discuss

common issues. This is a bonding experience for the six-to-eight participants and we talk about things like how to cook for one and how to stay healthy. Some come only once; others continue for as long as they need to. Once a month we go to lunch at a nearby restaurant. There are between 12 and 20 people at the lunches! This is another great way to make friends with those who understand, to get together as friends, and to laugh and enjoy moments in your life again.

If one has recently lost a parent, child, neighbor/friend or a pet, they are grieving

Successful Super Senior Holiday Lunch

Janet Dickens and volunteers

A resoundingly successful Super Senior Holiday lunch took place on December 19, 2012, at Kilaga Springs Lodge with about 100 super senior residents, guests and volunteers in attendance. A *huge* thank you to all who participated.

The official Super Seniors’ Group was disbanded in 2011. The need still exists for many older residents to participate in a festive holiday social event in their honor. Providing the lunch and entertainment is a way for our community to honor their longevity, wisdom and making them feel a part of our community in addition to providing a social event for them. For some residents, this was the only social event in the community they attended all year.

Thank you, thank you, thank you to:

- Clubs for your generous help and support in providing potluck dishes

and are welcome to join us. Grieving is a process and a personal experience that no one wants, but eventually most of us experience it. We never forget those who are gone, but we learn how to live without them and to find a purpose in living the rest of our lives.

When there is a death of a neighbor or friend who lives here, please let me know (phone 434-0749; email joanlogue@sbcglobal.net) so that I can reach out to the surviving spouse, and also write a Memoriam for the Compass if needed.

- Staff for making room reservations and set-up go so smoothly
 - Ukulele and Country Couples groups for the wonderful entertainment of carols, graceful dancing and a sing-along of “Happy Trails to You”
 - All of the volunteers who spent hours organizing, shopping, setting up and serving our super senior residents
- What a great way for our community to come together!

Please stay tuned for future announcements of an ice cream social to be held in July and 2013’s Super Senior lunch in December.



Super Senior Holiday Lunch

Americans Eat More Than a Billion Pounds a Year of Peanut Butter?!

Nina Mazzo, *Library Volunteer*

Author Jon Krampner takes the reader on a fascinating journey of that yummy all American food – peanut butter. His book is titled *Creamy and Crunchy* and it is located in the Nonfiction Miscellaneous section. I found the book similar to a travel log as he shares interesting facts – “A physician prescribed peanut butter to toothless patients and exhibited it at the 1904 World’s Fair.” There are anecdotes – Christopher Buckley had a jar of peanut butter buried

with him. Detailed research and interviews provide the reader with the road peanut butter took to become such a mainstay in our culture. Count me in as one of those who would find its absence unimaginable!

Need a chuckle? Check out our Humor section and read Nora Ephron’s *I Remember Nothing*. I laughed out loud several times – “I used to think my problem was that my disk was full... but now conclude it is empty. I have not reached the Land of the

Anecdote but I’m approaching it.”

Many thanks to the residents who donate gently used and recently published books to keep our library interesting and current. Contacts: book donations call Sandy Melnick (408-1035); volunteers call Sandy Maloff (408-2368); investment materials are maintained by Cleon Johnson (408-5648); Community Living Room (OC) reading area contact is Nina Mazzo (408-7620).



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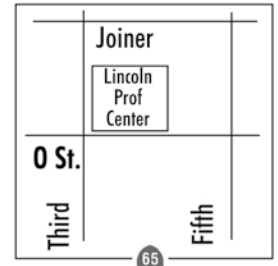
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Club News



Alzheimer's/Dementia

Caregivers Support Group

A "Luncheon Social" for the Support Group will be held on Wednesday, February 27, at 1:00 PM in the Solarium (OC). This will be in place of the usual fourth Wednesday Support Group meeting. Call Jean at 434-6852 by February 20 to see if space is available.

Our regular schedule will resume with a discussion meeting on March 27 led by Elizabeth Rawson, our Family Advisor, where techniques are learned to deal with challenging behaviors and daily caregiving. You also will receive support from others who understand the stresses of caregiving. If you are a caregiver for a memory-impaired loved one, we hope you will join our support group.

We are fortunate to have a large collection of books and DVDs you may borrow and review in the privacy of your home and share with family and friends.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9322;

Maria Stahl 409-0349



Antiques Appreciation

Check out the Antiques Club window outside the Multipurpose Room (OC) to see our display. One of our talented and artistic members does the window each month. We'd also love to have you join us on the first Monday of each month at 9:30 AM (OC).

Contacts: Jan Robinson 408-8737;

Jane Delno 543-6855

Antique Appraisals 408-4004



Astronomy

Monday, February 18. Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. DVD Series "Black Holes Explained" Lecture Eight, "The Wildest Ride in the Universe." Contact Morey Lewis (408-4469) for more information.

Wednesday, March 6, Presentation Hall (KS), 6:45 PM. John Neil will present "Pre-historic Astronomy Observatories."

Wednesday April 3, Robert French from

SETI will present "Saturn's Rings-New Results from Cassini."



Joel Thomas presenting "What's Up (In The Night Sky)" at the January Meeting

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

Contacts: Ron Olson 408-1435,

rolson@starstream.net;

Nina Mazzo 408-7620

ninamazzo@sbcglobal.net

Website: www.lhag.org



Ballroom Dance

When the weather outside is frightful, come where the atmosphere is more delightful! In KS, with relaxed, non-stressful teaching style, our experienced instructors teach beginners from 2:00 to 3:00 PM and more advanced dancers from 4:00-5:00 PM. There is open, social dancing from 3:00 to 4:00 PM. February's featured dance is Rumba; March's is Waltz. Waltz is one of the easiest dances to learn, so take advantage of the free lessons (with membership) and experience the confidence of moving around the room to beautiful music. You'll be getting aerobic



Sheila
&
Gary
Pitt

exercise, improving your balance, and toning nearly every muscle in your body. And did you know that research recently

published in the *New England Journal of Medicine* shows that dancing, even more so than other cognitive recreational activities, enhances mental acuity? The 21-year study of senior citizens also showed that frequent dancing increased serotonin levels and thus the sense of well-being.

Contacts: Ruth Algeri 408-4752;

Brigid Donaghy 543-6003



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be February 20 and March 20. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, March 6, at Beerman's. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 434-0749,

joanlogue@sbcglobal.net



Billiards

The Shooters

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

Eight-Ball Singles January 2 — Winner: Joe Perez; Runners-up: Joe Ferrando and Phil Delaney

Nine-Ball Singles January 8 — Winner: Phil Delaney; Runner-up: Jim Mason

Eight-Ball Doubles January 16 — Winner: Phil Delaney and Steve Brown; Runners-up: Joe Ferrando and Oscar Alvarez

Our Traveling Team held their Lincoln vs. Sun City Roseville tournament Monday January 21. Morning and afternoon games ended with a win for Lincoln with a score of 43-21. It was a fun event and we thank



The Shooters Traveling Teams January 21 at OC in the Sun City Roseville morning tournament and afternoon tournament; the morning and afternoon Sun City Roseville teams

the Roseville players for coming to Lincoln Hills.

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

Challengers Billiards

Almost two months into the New Year and Valentine's Day just behind us, we are looking forward to some awesome pool playing.

We are a group of mid-level to advanced players; the high quality of play and competition is fun and great to watch.

New players are welcome. We play Friday mornings from 10:00 AM to 12:00 PM at KS. The last Friday of each month is sign-up day for the following month.

Last month's winners — First place — six of seven games: Ken Klein, Joe Perez,

Bob Wehner, Willie Wright; five of seven games: Bill Kim, Bob Rand, Margie Kim, Ed Welch, Joe Hobby, Sherry Weech.

Second place — five of seven games: Rita Baikauskas, Doyle Coker, Ron Weech, Dan Oden, Del Torres; four-and-a-half of seven games: Bob Soriano; four of seven games: Dave Craig, Gail Harmon, Chiquita Fratto.

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

Couples Billiards

On week one there were no five or six game winners. Five teams tied with four wins. Those teams were Joe/Shirley Varner, Jim/Barb Conger, Al/Betty Jones, Doyle Coker/Bob Soriano, Bob Rand/Lydia King and Ron/Sherry Weech.

Week two Jim/Barb Conger was the only team to win five games. Four teams tied with four games. No team won six games.

On week three there were two teams tied to win five games. Those teams were Dale Houck/Chiquita Fratto and Bob Soriano/Doyle Coker. Four teams tied for second place winning four games. Again, no team won six games.

The last week of the playing period Joe/Nicki Hobby was the only team to win six games. Doyle Coker/Chiquita Fratto was the only team to win four games. There were no five game winners this week. Seven teams tied with three games won.

A good time was had by all.

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

Players Billiards

Meet people, make friends, and have fun playing pool! Every Thursday from 2:15-4:30 PM, our group of midlevel skilled players meet for six games of Eight Ball. We play by APA rules and the rule book is on the fireplace. There is advanced sign-up but standby players can frequently play. We sign up on the last Thursday of the month for the following month. The sign-up binder is also on the fireplace. It's free and fun! Come join us!

Congratulations to our recent winners — Six games: Willie Wright, Chiquita Fratto; five of six games: Del Torres, Bob

Wehner, Howard Skulnick, Roger Corley, Dave Craig, Willie Wright, Bob Bienkowski, Bob Soriano, Doyle Coker; four of six games: Bill Huth, Willie Wright, Lisa Pabst, Dennis Dreiling, Dale Houck.

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

Upstarts Billiards

*"Hard to say what we should play,
Unless it be pool we play today;
So come what may, we will be gay,
And play our way through many a day!"*

How long has it been since you played Billiards? Our Upstarts Billiards is a group of beginners-to-average players, playing standard Eight Ball every Thursday from 11:45 AM to 2:00 PM in the Billiards Room (KS). Don't be shy; come on down and see what the fun is all about!

Winners six games: Phyllis Papagiannis (one-in-a-million!); five games: Phyllis Borrelli, Ellen Goldberg, Richard Gsell.

Sign-ups are the last Thursday of each month, at 11:30 AM KS Billiards.

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

Instruction Group

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

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



Bird

The Bird Club's March meeting will feature a talk on Blue Birds and Swallows by one of our popular speakers, Heath Wakelee. He is a local expert on Blue Birds and a past president of the Sierra Foothills Audubon Society. Do join us Monday, March 11, at 1:30 PM in the beautifully remodeled P-Hall (KS).

Our group has two, quite different, field trips planned. On February 22 we travel to the Davis Wastewater Treatment Plant and Wetlands. This area is great for viewing ducks and shore birds. Then Friday, March 8, we will enjoy a morning at Bobelaine Refuge. This is a local field trip. And we look forward to seeing some of our

favorites from last year — Tree Swallows, Belted Kingfisher, Northern Harrier and Yellow Warbler. Please check our website for trips planned throughout the spring.

**Contacts: Kathi Ridley,
Lh_bird_group@yahoo.com**

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

We were reading a Facebook comment from one of our relatives in Maine who was complaining about the fact that her outside thermometer was reading “minus zero.” That’s what it has felt like around here for the past few weeks. We’ve had our lemon tree covered for a month now. There has been frost on the golf course almost every morning. Fortunately the grass on the Bocce Courts is artificial and it has usually warmed up by the time we begin our Thursday morning Bocce sessions at 10:00 AM. We don’t have to worry about damaging the frozen grass so there won’t be any delay on our start times.

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



Book Group, OC

“Adam was but human — this explains it all. He did not want the apple for the apple’s sake, he wanted it only because it was forbidden. The mistake was in not forbidding the serpent; then he would have eaten the serpent.” Mark Twain, *Pudd’nhead Wilson*.

Join us on Thursday, February 21, at 1:00 PM in the Multipurpose Room (OC) as we explore the wisdom of Mark Twain in *The Tragedy of Pudd’nhead Wilson*.

Remaining Schedule:

- March 21: *Moloka’i* by Allen Brennert
- April 18: *Dreams of Joy* by Lisa See
- May 16: *Shadow of the Silk Road* by Colin Thubron
- June 20: *Steve Jobs* by Walter Isaacson
- July 18: *The Columbus Affair* by Steve Berry
- August 15: *Gone Girl* by Gillian Flynn
- September 19: *The Tennis Partner* by Abraham Verghese
- October 17: *The Queen of Water* by Laura Resau

- November 21 *The Coffee Trader* by David Liss
 - December 19 Holiday Luncheon
- Contacts: Penny Pearl 409-0510;
Darlis Beale 408-0269;
Dale Nater 543-8755**
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

Our January meeting was well attended to hear Bonnie Schoefer, massage therapist specializing in cancer patients, speak about our lymphatic system.

The presentation included information on:

- How our lymph system works,
- Information about our lymph nodes,
- What happens if you have lymphedema,
- How to improve our immunity through our lymphatic system, and
- Lymphatic self-care techniques

In February, our speaker was Shirley Russell, Volunteer Executive Director for the Lincoln Area Archives & Museum. She covered changes to Lincoln since the bypass has opened including:

- History and view photos from “yesteryear,” and
- Description of the buildings and their history.



Bonnie Schoefer’s presentation on lymphedema

We welcome visitors at our meetings on the second Thursday at 1:00 PM in the Multipurpose Room (OC).

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



Bowling

All members of Lincoln Hills Tuesday AM Bowling League

express our condolences to Lou Pansky for the loss of his wife, Ruth. We all get caught up in the holiday stress and I apologize publicly for not expressing our condolences earlier with a written sentiment. Let your special memories comfort you, Lou.

Going into the second half, we have a tie for first place, Hill Toppers Joan/Stillman Gates, Betty/Al Jones and All Spares Betty Heavingham, Nancy/Don Walker and Marilyn Dunger.

Even though we are in the second half of the season, we are still looking for subs. As we have said before, “Come On Down,” we are a friendly group and always look forward to new members.

**Contacts: Frank Schmidig 434-5972;
Jerry Gordon, 408-5989;
Joan Gates 253-9415**



Bridge, Partners

Thursday Evening First & Third

If you are interested in playing partners’ bridge with a relaxed, fun group of people, please join us. Give us a call and we will put you and your partner on the list, or just show up and take your chances to play. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive a little early.

January 3 winners include — First: Bev Ansbro & Reta Blanchard; second: Lydia King and Nancy Turrini; third: Nadine Buchmiller and Olga Hayden; fourth: Leif & Darlene Andersen. Dolores Marchand and Carol Mayeur had a high round of 1470.

January 17 winners include — First: Bob & Lorraine Minke; second: Don & Santa Anderson; third: Gay & Ken Gladden; Fourth: Bob & Donna Bonomini who also had 2190 for high round.

**Contact: Lorraine or Bob Minke
408-4009, tahobob1@sbcglobal.net**

Thursday Evening Second & Fourth

The winners for December 27 — First place: Delores Marchand and Stan Mutnick; second: Erika Wolf and Mary Harrington; third was a tie: Wayne & Marge Phillips, Bev & Allen Blaine. The winners for January 10 — First place: BJ Parkinson and Ginny McGeirk,

second: Kay & Ben Newton; third: Edith Kesting and Erika Wolf; fourth: Reta Blanchard and Nadine Buckmiller. If you would like to play couples bridge on Thursday nights (the second and fourth) give Warren & Gerry Sonnenburg a call. It starts at 6:00 PM in the Terra Cotta Room (KS).

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



Bridge, Duplicate

The Roseville exchange is scheduled for Wednesday February 27.

Una Lynch Long, JoAnne Girard, and Bill Witte have each achieved the ACBL status of Life Master.

Wednesday bridge lessons commence at 11:45 AM. Upcoming topics: February 20 Jack Uppal on Bridge Theory; March 6 A panel will respond to questions; March 13 Doug Allan on Play of the Hand.

The 2013 SCLHDBC officers are President John White, Vice President Margaret Riegert, Secretary Cleo Postle, and Treasurer Jim McElfresh.

Duplicate bridge sessions are played thrice weekly, Multipurpose Room (KS):

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

In addition to "open" sections, on Wednesdays there is a section for participants with under 200 Master Points; and on Saturdays those with fewer than 300 MPs are grouped. All residents are welcome.

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. For reservations call Joan Schabillion at 253-7569.

Winners for December 21 to January 11 are first: Harry Collings, Warren Sonnenburg, Rosanne Jensen, Neil Wilson; second: Phil Sanderson, Ed Page, Carol

Mayeur, Roseanne Jenson; third: Carol Mayeur, Rosie Peasley, Judy Ganulin, Marie Holland; fourth: Bill Pines, Lois Burke, Dolores Marchand, Carol Mayeur.

Contacts: Joan Schabillion 253-7569; Jodi Deeley 208-4086



Bunco

Hope everyone had a wonderful holiday season and stayed warm during those cold January days. In mid December the Bunco Club held its annual luncheon at Thunder Valley Feast Buffet with good food and gambling. When the weather gets warmer, the steering committee will plan a spring/summer potluck. Be sure we have your updated email information so we can send a "save the date" notice.

Our numbers were smaller for the first Bunco of 2013 but the enthusiasm was still filling the room. Make a New Year's resolution to join us every third Thursday at 9:00 AM in the Cards Room (OC). The entry fee is only \$5 and membership fees are never required.

December winners: Most Buncos Marsha Pimentel; High Score Claire Frenna; Most Wins Lynda Fagan; Low Score Vickie Cooper; Most Losses Sudie Moreland, Traveler Bea Angel.

January and February winners will be included in the March *Compass*.

Contact: Ann Stults 543-6782



Ceramic Arts

Dues notices were emailed to all members on record earlier this month. Dues are now due and payable. If you did not receive your notice, please email Ed, mred3344@aol.com; he will be happy to re-send it to you. Your \$12 per year helps pay for classroom supplies and equipment and you get dinner at the end of the year!! That is \$1 a month!! Do it now while you are thinking about it... and thanks. You must be a CAG Member to participate in the Saturday and Sunday CAG Workshops (after your third visit).

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM, and Sundays, 12:00-4:00 PM; KS "Workshops" are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all resi-

dents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Check bulletin board and studio windows for changes in times/closures.

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

Lincoln Hills Community Chorus



Chorus

After a month off following our highly acclaimed "Holiday Choral Tapestry" concerts, the Lincoln Hills Community Chorus began rehearsals for our spring program in January.



Sid Frame welcomes us back

Sid Frame, Steering Committee chair, welcomed six new members to the 125-voice Chorus, and Director Bill Sveglini, assisted by pianist Paul Melkonian, put us to work on our new music.

"An American Fanfare" will include old favorites like "Danny Boy," "Singing in the Rain," and "This Land Is Your Land," along with Great American Songbook classics by Cole Porter and Irving Berlin. And much more.

If you liked "A Choral Holiday Tapestry" (or even if you missed it), you're sure to love "An American Fanfare," coming to you in our Ballroom on May 5-7. Mark your calendars now!

Contacts: Bill Sveglini 434-5655,

Sveglini@gmail.com

Sid Frame 408-1453,

sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Cloggers

Music of every type is used in clogging today. Years back it was mainly country and bluegrass music.

There are several styles of clogging from the 1800s up to present day — Standard, Buck, Flat-foot and now “Gangnam Style;” can you imagine! Yes, Jeff Driggs from Albans, WV has written a clog routine to “Gangnam style.” It originates from the Gangnam district of Seoul, Korea and is a funny dance. Not heard of it? Ask your grandchildren or look on “YouTube.” You’ll get a chuckle.

Join the cloggers here. A new class of beginners is to start this month. Clogging is eight steps; these steps are put together and form a multitude of steps. A dancer starts out slow and increases speed. Janice will give hints to make it easy and ensure balance.

Next event is March 9 at Danville Grange, 743 Diablo Rd., Danville, CA.

Check in class for information.

Contact: Anita Tyson 543-5330



Computer

Main Meeting March 13, 6:30 PM — “No Windows Needed!” by Terry Rooney. The Acer C7 Chromebook costs \$199 and comes with 320 GB hard drive, WiFi, Ethernet, three USB ports, VGA, HDMI. This presentation will show how this computer will take care of about 95% of your computing needs. The Chrome browser, Gmail, Google Drive (100 GB for two years), Google Docs (letters, presentations and spreadsheets) give



Terry Rooney

you access to virtually everything you need. The Chrome browser also allows you access to thousands of Android apps. An incredible bargain!

Clinic March 15, 3:30 PM — “Google Play” aka Google Market Place, aka Google Store. This is Google’s site for apps, videos, music and much more. Come and see what’s under the hood.

Ask the Tech: March 25 10:00 AM Informal Q & A session for any and all technical questions. All meetings at P-Hall (KS).

Contact: Bob Ringo
president@scilhcc.org

Website: www.scilhcc.org



Mac User

New members and other residents have been asking, “How does the LHMUG membership work?”

First, you complete and return the membership form which can be found on the www.lhmug.org website. Once you have paid the 2013 membership, \$15 per household, you will have access to the support available by calling the telephone help line for advice.

Members will receive emails announcing the meeting topics and locations. The meetings follow a regular schedule:

- General Meeting second Tuesday
- Macintosh Newbie first Thursday
- Macintosh Education Seminar second Thursday
- iDevices Newbie third Wednesday
- iDevices Education Seminar fourth Thursday
- Mac and iDevice Labs will also be announced

At the General Meeting, attending members are eligible for the prizes. Bring your SCLH Association card with the current year sticker on the back to check in at each meeting.



Gerry & Bonnie Esker accepting 2013 memberships; Gerry Esker announces the prize drawing at the LHMUG General Meeting

Members will also receive the clubs e-publication, “Apple Seeds” with links, apps and solutions to try.

Contacts: Bill Smith, 543-9957,
wsmith986@gmail.com;

Website: www.lhmug.org



Country Couples

The first of four annual Country Couples dances held on February 9 at Kilaga was a Valentine’s Day theme, complete with “hearts and flowers” decorations and a delicious potluck dinner. Tunes and requests were provided by DJ Gordon Hunt, who also taught a lesson on the country two-step.

The practice instructors demonstrated Country Couples dances at the Super Senior Holiday Party. Some seniors had never seen these dances and were so impressed they extended the invitation for their 2013 holiday party. The demo ended with the group leading the seniors in singing “Happy Trails.”

Members will be receiving a monthly Calendar of Events via email, which lists schedule and details of classes and practice sessions, dances at SCLH and at other local venues, and Steering Committee meetings. This will ensure that all members are aware of all the happenings and encourage everyone to participate in the fun of Country Dancing.

Contacts: Ralph Lacaze 408-2365;
Rene Lopez 434-5617



Cribbage

Since the Christmas and New Year holidays fell on Tuesdays, we did not play the last week of 2012 or the first week of 2013, however, the turnout for the past two weeks has been outstanding. We have some new players, but there is plenty of room for additional people to join in. The club plays from 8:30 AM to 12:00 PM on Tuesdays in the Cards Room (OC). The first half hour is warm-up practice with a six-game mini-tournament starting at 9:00 AM. We mostly play four-handed partner games and rotate so we have a continual rotational mix. Come and join in the fun.

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



Cyclist

Happy cycling in the new year! Our 2013 annual meeting went well. Our newly-elected Officers are: President – Pat Howle, Vice President – Dave Sausen, and Ken Corcoran will continue on for another two-year term as Treasurer. We wish them well.

Cold weather is now upon us and we need to dress for the temperatures. Remember, there is no bad weather, only inappropriate clothing. We all know from experience that layering is the best way to dress. Layering is effective in cold weather because it traps pockets of air next to your body. Layers of clothing can be removed or added. Remove a layer clothing before starting up that steep hill so you do not sweat. Water is more conductive than air. Handlebars, brake levers and pedals will sap heat from your body. Consider double wrapping your handlebars, use thicker insoles in your shoes, shoe covers and liners in your gloves.

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



Dominoes

Mexican Train

This is a great time of year to learn to play Mexican Train Dominoes or brush up on your skills. Free classes are available every Wednesday at 9:00 AM in the Cards Room (OC). We have two sessions every Wednesday — 9:00 AM and 12:00 PM. Come join us for some friendly competition and social time.

Contact: Cora A. Peterson 543-7144; Sandy Pavlovich 543-0467



Eye Contact

Low Vision Support

Next meeting: Thursday, March 14, 2:00 PM: "Neighbors Helping Neighbors:" Larry Wilson, Executive Director and Joan Brant-Love, Assistant Executive Director will educate you and answer your questions about Neighborhood Watch. Neighborhood Watch strives to assist residents of Lincoln Hills to increase their security and safety. Guest speakers: Larry Nelson and Joan Brant-Love,

Through an extensive network of hun-

dreds of volunteer residents, emergency contact information for residents has been compiled. This information is for use in case of an emergency.

Neighborhood Watch has an extensive email network that shares safety and security alerts to SCLH residents.

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

Our purpose is to offer emotional support to those living with these conditions and information to share with family members and friends who might want to help. We offer health and fitness tips, presentations by members and professionals and the opportunity to share your experiences with people who understand what you are going through. Please join us on the fourth Thursday of each month (except November which is the third Thursday), in the Multimedia Room (OC) from 1:00-3:00 PM. New attendees are always welcome. We are here to help whether or not you are able to attend meetings and you can call one of our contacts when needed.

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



Fishing

Winter fishing is often ignored by many anglers. Cold, rain or snow is not the best friend to take along on a fishing trip. But don't let that stop you from trying your luck on favorite lakes like Berryessa, Oroville or even Folsom Lake. Many fish are caught in the cold wet conditions found this season. Big bass, huge cutthroat trout, even beautiful stripers await the adventuresome. So pack your rain gear and your thermals and grab your fishing gear for a great winter outing.

Looking to the future for trips, mark your fishing calendars for the following scheduled trips:

- Henderson Springs Fly-fishing April 8-11
- Shasta houseboat trip May 6-9

- Fall River fly-fishing May 13-16
- Eagle lake adventure October 27-November 3



Fall River view from our home base; Eagle lake morning fog view; Shasta eagle watching mere humans fishing. These views are why we go fishing... not the fish

To view scheduled events don't hesitate to check us out on the Lincoln Hills resident website www.suncity-lincolnhills.org/ residents or Facebook at www.facebook.com/LHFG.member.

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



Garden

The Thursday, February 22 General Meeting (2:00 PM [KS]) will feature a presentation by Fowler Nursery on fruit and nut trees. Dick Fowler, the grandson of the original owner and developer Gene Fowler, will present information on root stocks, varieties (old and new), planting locations, fertilization, pest control, irrigation and watering. More info: www.fowlernurseries.com/.



*Steering Committee planning session;
Fowler Nursery presentation*

Tickets for Door Prizes (donated by Home Depot), Brown Bag Sales (labeled plants and garden items brought in by members), and Membership (renewal and new) will be available before the general meeting. Dues are only \$15 annually for expert speakers, demos, classes, tours in various categories of gardening-plus socials!

Anyone who has not renewed by March 1 will be dropped from the Membership and have to resubmit. Contact Bettie Anderson, 434-7106.

Plant Sale — April 13. Get your plants, bulbs, seedlings, garden art, etc. ready to donate by then. Thank you!

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

Bonsai Group

The Bonsai Group meets the third Thursday of the month at 10:00 AM. Last month the participants brought and



Bonsai sharing

enjoyed sharing several of their Bonsai creations with the others. Many new ideas surfaced!

Contact: Joyce Thomsen 434-1786



Gem and Mineral Society

Our program for February 25 will be presented by Dave Polson. The banded agates he displays and photographs will be the subject.

On March 25, Dave Fisk will be the speaker. We are still looking for at least six other programs, so send your names and ideas to Dave Polson at dcpolson@mac.com, or email or call Dave Fisk.



*Banded agate
cabochon
stone*

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

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

Lapidary and Lost Wax classes are taught in January, March, May, and October. Sign up at the Activities Desk at one of the Lodges.

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

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



Genealogy

The Genealogy General Meeting of February will be in the P-Hall (KS) at 6:30 PM on Monday, February 18. A special speaker will give the history and objectives of the Daughters of the American Revolution (DAR). Might fit into the research for some of us. We will also begin the use of a "donate" table to give unneeded books, magazines, or programs which may be helpful for others.

Into March, the subject for the Computer Workshop on Monday, March 4, will be on the website and announced at the above General Meeting.

On March 18 the General Meeting will cover the topic reminding us to interview family and collect history, "Before it is too

Late." Also, the Social Committee will have refreshments for a "Mini-Social" in the Social Kitchen (KS) after the formal meeting.

Watch for the great interactive Genealogy Display at the SCLH Groups Expo March 26.

Contact: Joanne Schumacher 209-3366; Judy Hoffman 408-8878

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

Marie Bossert and Sharon Duley, Lincster 2013 Tournament Chairs, have been working hard scheduling this year's tourney dates. They are as follows:

- Bring a Friend June 12
- Club Championship September 10-11
- Breast Cancer September 25

On our January 2 play day, Marie also had the first "chip-in" of the new year.



*Marie had the
first "chip-in" of
the new year*

The new year has also brought the Lincsters eight new and returning members. Welcome to Mary Roundtree, Jane Steffes, Inge Downs, Jean Benson, Mary Mangum, Brenda Grady, Patty Hedstrom, and Katherine Burkhead. Their photos and brief biographies may be seen on the Lincster bulletin board at the Golf Shop and on our website.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

Captain Edda Ashe and her new board are already out of the gate with plans for 2013. The first special event will be on April 25. It's a mixed couple guest day with mixed flights as well as ladies only flights. All guests require an established handicap. Entry forms will be posted on our website later.

Lyn Chauvet-Thompson is organizing her committee for our annual Invitational to be held on June 13.

Please think about signing up for the Placer Points League Play. First competition is being hosted by Auburn Valley Country on April 18. Sign up is on our website under Placer Points League.

Karen Thom and Pat McNiff are returning once again as our dedicated Tournament Chairs. They have planned a variety of weekly games.

Contact: Beverly Ansbro 645-4399

Website: lhlgviii.com



Hand & Foot

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

Contacts: Jim Brittain 408-5524;

Jerry Watkins 408-7899,

sandpusher@sbcglobal.net;

Denise Jones 543-3317,

djonesra@att.net; **Lu Fox 408-1977,**

lufoxhollow@aol.com



Healthy Eating

We're a new club sharing ideas and experiences about enjoyable and healthy food and its preparation. We help our members further educate themselves on the importance of healthy eating and how to cut through the myths, misinformation and confusion surrounding the selection and preparation of healthy foods. We are indeed "foodies" who enjoy sharing food-related ideas and experiences. Through our workshops, we share nutrient-rich whole foods and healthy cooking methods.

We are currently arranging workshops on several topics, including Asian-style spring rolls, winter vegetable soups, herb and spice blending and other healthy dishes. Our monthly meetings feature many diverse topics such as the problematic American diet, healthy cooking techniques to try, member reviews of local eateries and other topics from our long list.

Next meeting February 22, 1:00 PM. 2013 dues are \$15.

Contact: Don Rickgauer 253-3984



Hiking and Walking

The lifestyle within LH can be a retiree's dream. But I feel most blessed to have joined the Hiking Group and been introduced to the worldly wonders just outside Lincoln.

Week after week, I've witnessed awe-inspiring waterfalls, alpine lakes, and wildflowers in the amazing Sierras and around Lake Tahoe. I've learned about the legacy of the 49ers with hikes at Coloma, Empire Mines and Malakoff Diggins. I've seen the 1800s coal mining capital of California with hikes at Black Diamond Mines. Treks across the Golden Gate and along the Marin Headlands above the Pacific shoreline have been most memorable. Getaways have taken me to the spectacular National Parks of Yosemite, Sequoia, Kings Canyon, Lassen and the Pinnacles.



Snow-covered shore of Aloha Lake; overlooking Long Lake in the Sierra Buttes; Pt. Lobos scenery

The photos captured from all these adventures are limitless. I'm grateful for all the many wonders the Hiking Group has brought my way! Join us and see what you have been missing!

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



Investors' Study

Doug Coté is the Chief Market Strategist for ING Investment Management U.S. He is one of the premier strategists in the country. It is rare we get someone this high profile to come to Lincoln. He will talk about the current economy and what to expect in the next few years. Doug formerly managed over \$14 billion in equity assets as a portfolio manager with ING. He is regularly featured on CNBC's Closing Bell, as well as Fox Business, Bloomberg Radio and other media outlets.



Thomas Baker and Geoff Sirhal from BlackRock

Russ Abbott, our consultant, will be here to give a grade report of his 2012 Playbook predictions and his 2013 outlook.

Please join us at the P-Hall (KS) on Thursday, March 7, at 2:00 PM for some great information. Refreshments will be served afterward.

The Active Investors will meet on March 11 at 3:00 PM, Multimedia Room (OC).

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



Lavender Friends

Want to thank Gina and Terry, our new Social Activities Committee Chairs, for organizing all our events for the year. This is a big task and we appreciate their hard work. Our Happy Hour Book Club is growing and they enjoy reviewing and snacking on the home-made goodies. Well, the new year began on a sad note with the passing of Judy, a very special person and Lavender Friends member.

Judy was instrumental in Lavender Friends becoming a sanctioned club here in SCLH. She loved the Lavender Friends club and was a very active member, especially in our Lavender Hearts group. She will be sincerely missed by all of us. If you want more information about our club, check our website at www.lavenderfriends.com or contact Jacquie or Richard.

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

Lincoln Hills

Line Dance

Here we go. The start of another year is upon us. With this year there will be some changes to all the line dance classes. The new format is a month-to-month sign up. Depending on how many weeks in the month, four or five, you will sign up from the first of the month to the end of the month.



Out-of-Line Dancers

By popular demand, a *New Introduction to Line Dance Class* has been added on Monday from 6:00-7:00 PM. Your instructor will be Audrey Fish. This class will be for real beginners who have never danced. The other *Introduction to Line Dance Class* is on Thursdays, 4:30-5:30 PM; Yvonne Krause-Schenck is your instructor for that class.

As always, please check the *Compass* for class times and class levels. Also keep in mind that the beginner classes and the introduction classes fill up very quickly.
**Contacts: Yvonne Krause 408-2040, ykrause@yahoo.com;
Carol Rotramel 408-1733, caroled@surewest.net**



LSV/NEV

Low Speed Vehicles/ Neighborhood Electric Vehicles

In January members had a coffee get-together in the Social Kitchen (KS) before the regular meeting at 10:00 AM in the refurbished P-Hall. All owners of GEMS will be interested in attending a service inspection by reps from the only certified GEM repair service in this area in the spring. Time and place to be announced as soon as details are worked out. During the February meeting Mark Miller from the city of Lincoln will be giving an update on the plans for Lincoln Boulevard. Hopefully we can soon drive our LSVs from Raley's to Safeway and down to other stores in our lovely town of Lincoln. Next meeting: Tuesday, February 19, at 10:00 AM in P-Hall (KS). Be sure to stay for the drawing. Have questions? Contact Larry.
Submitted by Barb Lammerding.

**Contact: Larry Yaggi 543-5344;
Gerry Lammerding 408-0999**



Mah Jongg, Chinese

Chinese New Year began on February 10 and the celebrations will last for two weeks. This year is the year of the snake. People born in this year are elegant, enjoy reading, listening to great music, tasting delicious food and going to the theater. It is good luck if you are born in this year and learning a new game is definitely a great way to enjoy the year. If this interests you, please contact the helpful ladies listed below. We play every Monday at 8:45 AM in the Cards Room (OC). May this new year be a new beginning in your life. Gung Hey Fat Choy!

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



Mah Jongg, National

Within the United States, second in popularity to the traditional Chinese game, is the game supported by the National Mah Jongg League, often referred to as "American Mah Jongg." Those of us who play this game in SCLH refer to it as "National Mah Jongg." Unlike Chinese Mah Jongg, we use the annual Official Standard Hands and Rules card issued

by the National Mah Jongg League. We will continue with the 2012 card until the 2013 card becomes available in April. We welcome anyone who might be interested in playing this delightful tile game for both women and men. You will find a beginners table as well as tables for all levels of play. We meet Tuesdays from 12:30 to 4:00 PM in the Cards Room (OC).

Please note: There will be no National Mah Jongg on March 26 due to Group Expo.

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



Motorcycle

RoadRunners

A great riding season doesn't just happen, it's planned! *And*, the 2013 planning sessions have begun. Road Captains have proposed ride-destinations for the ten month riding season and the club has approved them. Tours to Williams/Capay Valley, Bodega Bay, Clear Lake, Tahoe and Coloma State Park are among the scheduled rides.



RoadRunners starting on trip

Overnight or longer rides are tentatively proposed during the summer months. These rides take a lot more planning and are predicated on the number of participants. Proposed rides include a trip to Bishop CA and an Idaho loop ride.

Residents who have a roadworthy motorcycle and who enjoy back road touring are encouraged to check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multipurpose Room (OC). Following the meeting, members go out to dinner and socialize.

**Contact: Peter Boyle 408-1955, Boylep18@yahoo.com
Website: www.brinz.net/roadrunners_2012/roadrunners_2012.html**



Music

Good news for music lovers and musicians: "Open Mic Night" resumes on February 22 with a *new* start time to accommodate the large number of musicians wishing to perform. Time: 6:00-8:30 PM in P-Hall, (KS). Sign-ups start at 5:45 PM. No karaoke, but audience participation is appreciated.

Subsequent meetings are on the fourth Friday of alternating months.

A free beginner's class for those wishing to learn the ukulele is held Wednesdays at 12:00 at OC. Call Ron or Molly at 409-0463 if you plan to attend. Beginners and seasoned players are welcome at the Jam Session each Wednesday: 1:00-3:00 at OC.

Come strum your ukulele and sing along in a fun, supportive atmosphere.

The Music Group meets every fourth Wednesday, Fine Arts Room (OC), 6:30-8:00 PM. Drop-ins welcome. Bring your voices and/or instruments, sign up to perform, or just enjoy the music and socialize.

Contacts: Judy Skillings 253-7237, kenskillings@gmail.com;

Julie Rigali 408-4579, jjrigali@yahoo.com

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



Needle Arts

Threads of Friendship

The March 12 program is a "trunk show" presented by Joe Wood of Thimble Creek Quilt Shop in Concord, California. Thimble Creek is a full service fabric shop for quilting and embroidery. Joe will entertain us with humor and share his expertise as quilt shop merchant as well as presenting us with an interesting show of items from his shop featuring quilts, custom patterns and stories. Please join us in welcoming this inspiring and entertaining gentleman.

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

Contact: Twila Miller 408-3790 408-4019, vlhildebrand@att.net



Neighborhood Watch

"Be prepared!" as the famous Boy Scout slogan advises. Remember the Vial of Life form listing your medical information which (hopefully) you have on the top shelf of your refrigerator? Do yourself a favor and bring it up to date. You may be surprised at the last time you did this. It will be your friend, indeed, when medics need this information in the stress of an (always unexpected) medical emergency.

Your Personal Medication Record card in your wallet is your important assistant when you are not at home. Current data is so handy when you visit your doctor. And it is invaluable if a medical emergency occurs away from home. Many people keep a copy of both the above records in the glove compartment of their cars.

If you need additional copies of either of these documents, contact your Neighborhood Watch Mailbox Captain or Bobbie Swenson at 543-6362.

Contacts: Larry Wilson 408-0667, mvw6@sbcglobal.net;

Pauline Watson 543-8436, frpawatson@sbcglobal.net

Website: www.SCLHWatch.org



Painters

We welcome residents and guests to come and enjoy the Ninth Annual Lincoln Hills Fine Arts Show February 22, 23 & 24, at OC, and maybe find a treasure for your home or a gift for a special someone.

In January, 20 painters experienced a three-day workshop with noted landscape artist, Gregory Kondos, who turns 90 this month. His work is now showing at the Crocker Art Museum. His first two admonitions were: "Before you paint, you have to draw," and, "Think! Why am I painting this?"

At our February Painters meeting we enjoyed and learned from well-known artist, David Lobenberg, who did a water color landscape demo. Thank you, David, for this unique experience.

Jim Brunk, encourages club members to join the weekly Thursday Plain Air "paint outs."

Written by Jacquie Hilton.

Contacts: Bob Porter, bob@pradv.com; Joyce Bisbee joybis@aol.com
Website: www.lhpainters.org



Paper Arts

Club members collected a very large box of Christmas card fronts that will be sent to Shriner's Hospital in Arizona this month. The card fronts are used by the patients for craft projects that are made and sold to raise money for patient care. Thanks to all who contributed. Gail Blask, our guest project leader for the month, guided us through several unique card designs. We always enjoy her visits and new ideas from Close to My Heart.

Members were still talking about last month's "card swap" where everyone brought a project to share with their table. Sharing ideas was great fun and leaving the meeting with eight new cards was a real treat.

Shades of pink and red highlight the cards on display this month in the OC display case. Next month, we will be making cards for our military men and women.

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



Pedro

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

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

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



Photography

This is a hot-licks Photography Group: members have work on display virtually throughout the year in local and regional venues. This winter quarter it's been show time for our members at Sacramento's Crocker Art Museum (ended February 3), the Auburn Arts Building featuring Carole Haskell and DeAtley

Cahill (ending February 28), and a three-person exhibit beginning in mid-February at Lincoln's Simple Pleasures Restaurant with Patrick Jewell, DeAtley Cahill, and Jeff Andersen. De, Carole, and Patrick are also part of the August group that showed at the Crocker — full bragging rights rightfully apply. Right on. There's no telling how many groups here within the cultured walls of the compound achieve this level of acceptance and recognition for accomplishment, but it sure feels good to be part of this one. Thanks big-time to John & Rhonda Campbell, Jack Wartlieb, Bob Crisp and the photographers for setting a worthy standard of creativity and excellence.

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



Pickleball

There are some new faces on the Pickleball Board of Directors for this year. Starting on the left are Cal Meissen, Glenise Cunningham, Cheryl Lane, Sherry Mosby, Sherrill Slotsve, Scott Sutherland and Bill MacCullough. Our board will be hard at work dealing with the changes that our new courts will bring this year. The board meets every second Wednesday of the month at 1:00 PM in the Ceramics Room (OC). All members are encouraged to attend and bring their ideas so we can have another great year of pickleball.

Don't forget to bring your cans and bottles to the courts for recycling. Mona Wheeler collects them and donates the proceeds to the club. Please bring those that are printed with CRV on the label and put them in the cabinet.

If you would like more information about this fun sport please check out our website listed below.

**Contact: Scott Sutherland 523-3997,
swsuther@sbcglobal.net
Website: www.lhpickleball.com**



Players

The Players performed "My Man Godfrey" to a very supportive audience in the P-Hall (KS). It was a wonderful show demonstrating how versatile our members are.

This large cast worked very hard and



My Man Godfrey; Sex Please We're Sixty Cast

also working hard is the cast of "Sex Please We're Sixty." The playwrights, Michael & Susan Parker, have created a very funny take on how single seniors attempt to create social relationships. Performances will be on March 6 and 7 at 7:00 PM with a matinee on March 7 at 2:00 PM. All performances are in OC Ballroom. See the article on page 41 for more information.

Tickets are on sale now for Premium Seating at \$17 and General Admission at \$12. Premium Seating may *only* be purchased at the OC Activities Desk; these tickets go quickly so don't miss out.

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

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



Poker

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

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

The Quarterly Hold 'em tournaments are open to all residents, first-come, first-served, as they fill up quickly with

a 48-player cap. Our 2013 tournaments will be Saturday, April 6, July 20 and October 19.



From left, winner Alan Blaine, runner up Henry Williams and third place Arnold Baker results from January 12 tournament - congrats to all

Winners of the January 12 tournament: Eighth place Mike Goldstein; seventh Judy Schmidt; sixth Steve Kriner; fifth Case Lambregtse; fourth Dave Hawkyard; third Arnold Baker; second Henry Williams; first Alan Blaine — Congrats Alan, great playing!

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

**Contacts: Mike Goldstein 543-8238;
Ginger Nickerson 253-3322;
Joe Frenna 543-8634**



Rummikub

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

**Contact: Amy Kee 543-7167,
amybkee@yahoo.com;
Xky Dixon 408-4240**



RV

The RVers have completed their 2013 rally schedule and it promises to be a fun-filled year with stops at some outstanding venues.

The season will kick off in April with

trips to Southern California. There will be a four-day stop in Borrego Springs April 15-19, a five-day stop in Chula Vista April 19-24, and a four-day stop at Pismo Beach April 24-28.

Next on the schedule will be nine nights of RVing split between Sedona, Arizona, Monument Valley, Utah, and Moab, Utah.

Heading up north in July, there will be a series of trips to Fortuna July 9-12, Canyonville, Oregon, July 12-17, and Bend, Oregon, July 17-22. Last trip on the schedule will be September 10-14 at Marina Dunes RV Resort in the Monterey area.

It all points to some good-time partying and a lot of outstanding sight-seeing in the west.

Contact: Michael Genest 209-3370

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

It's delightful to introduce Barbara Odone. After writing a *Compass* article February 2004 about the SCHOOLS Group, Barbara discovered you didn't have to be a teacher to make a difference and support kids. She has been volunteering for eight years in Creekside Oaks Kindergarten and reports that kindergartners love to talk, are unbelievably cute and nice, and love to use her grandmotherly skills.

Barbara organizes homework folders, is the class librarian and helps students. She giggled when telling experiences: during a hot chocolate party, she was the only one to spill her drink; she does not let students say, "I can't;" when laughing, a student commented on all the gold in her mouth; another student spoke about all her wrinkles. These "pearls" make volunteering a wonderful, win-win intergenerational experience. "I'm sorry I waited so long to commit," and she encourages SCLH residents not to be afraid and jump in ASAP.

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



SCOOP

Sun City Organization of Pooches

SCOOP (Sun City Organization of Pooches) kicked off the New Year at its January 17 Meeting where discussion was held on upcoming activities, members' input to the recent survey emailed to all members (please respond if you haven't done so!), and Committee members were announced: Mary Shelton & Joan Spurling Co-leaders, Deidre Ryan Treasurer, Dianne Conforti Membership, Laura Wermuth Secretary, Gay Sprague Publicity.

February Meeting: Thursday, 21, 3:00 PM in P-Hall (KS) for a movie — *Hachi: A Dog's Tale*, starring Richard Gere, based on a true story. (No outside food allowed!)

March Meeting: Tuesday, 5, 11:00 AM in the Fine Arts Room (OC), where Matt Green, Behavior Specialist with the Placer SPCA will be our guest speaker.

The Pooches on Parade will be held in May (date & time to be announced) at the Amphitheater at Orchard Creek. Volunteers are needed!

Joan, 505-5000, or Mary, 409-9923, for information!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

A player might want to play the game's namesake, "scrabble," but would need to hook onto another word. But there are other words with the same meaning that fit within the seven tiles: feel, fumble, grope, rootle, and scratch. This is a chance to grow your vocabulary of typically 5,000 to 10,000 words.

If you typically score around 100 points or less in a game, watch what the winners are doing. The best tip for scoring more than 15 points in a turn is to make more than one word. Knowledge of the two-letter words is golden when it comes to this. Especially when a high counting tile like an "m," "h" or "f" or the biggest counters like the "q," "z" or "x" are placed on the double letter or triple letter squares. A two-letter word can quickly add up to 50+ points. Playing this game proves that more play leads to better results.

Join the scrabble players at the Cards Room (OC), each Monday at 1:00 PM. It is a good way to engage your brain and do a little socializing, too.

Contact: Candy Koropp 409-0607



Second Cup of Coffee

You will want to attend the February 18 meeting planned by the Second Cup of Coffee Group, at the P-Hall (KS) at 10:00 AM, to learn more about the Placer County Grand Jury Association. The subject "Secrets You Can't Reveal," should be informative and educational.

We invite you to join us each third Monday of the month at 10:00 AM in the P-Hall (KS) for interesting subjects that concern all of us. Just relax and be informed.

Contact: Wolf Oplesch 408-1788

oplesch@sbcglobal.net

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



Shanghai

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

Contacts: Howard Beaumont

408-0395; Ann Holbak 408-2061



Singles

Dynamic Singles

Our members enjoyed Valentine's Day with their closest friends! Our Pre-Super Bowl Party at Kilaga Springs was standing room only with BBQ foods, followed by Football Trivia. Fun had by all fans mostly by our 49er fans shouting "Go Niners."

Have you joined our club by paying your \$15 dues yet? Well, hurry on down to our next meeting and sign up!

Upcoming Events:

February

- 19) 7:00 PM – Let's Dance at Meridians (Carol 408-3061)
- 21) 4:30 PM – Table for Eight at Orchid Thai, Lincoln (Darline 434-6472)
- 28) 6:30 PM – Social/Poker Tournament, OC Ballroom/cost \$5 paid at the door (Lou 408-4422)

March

- 03) 4:30 PM – March Birthday Celebration, Meridians Sports Bar (Anita 408-2444/Eileen 434-6183)
 07) 4:30 PM – Cocktail Time TBD (Carol 408-3061)
 09) 9:00 AM – Second Saturday Breakfast, Meridians Sports Bar (Gail 543-8587)
 14) 6:30 PM – General Meeting/Ice Cream Social, OC Ballroom

Weekly sports subject to rain!

Contact: Linda Bacon 628-5158

Website: www.lincolnhillssingles.org



Ski

Due to technical difficulties, our program scheduled for January will be presented at our February 19 general membership meeting. It will be at 4:00 PM in the Fine Arts Room (OC). We will watch an unusually fascinating DVD. In 1941-42, a family made home movies of their excursions to the Badger Pass ski area in Yosemite. After he grew up, one of the children in the movies turned them into a documentary which he narrates. It is an amusing and nostalgic look at the early days of skiing on the West Coast.



Sue Worrall and a glorious day at Heavenly

Our next general membership meeting is March 19, 4:00 PM, Fine Arts Room (OC). Details will be provided soon.

Contacts: Mike Hilton,

Sue Worrall and Bob Vincent

258-2150, lshkiclub@gmail.com

Website: www.suncity-lincolnhills.org/residents/clubs/; go to Ski Club



Softball, Senior League

You only have one more week to get your applications in, so if you haven't already, do it now. They're available on-line, but if you have trouble

downloading, contact any Board member. When the majority are in, we will determine how many teams will be in each league. Current estimates are six, for a total of 12 teams.

If you are interested in playing but have never joined our league, please contact Joann Hilton and she will get your name to the appropriate people. But don't delay, after the season starts it may be more difficult to get on a team.

Spring Season is scheduled to begin Wednesday, April 3 (weather permitting), and Fan Appreciation Day will be celebrated on Saturday, April 27. You will get a message if that changes.

Our next General Meeting is Tuesday, April 2, at 3:00 PM in the OC Ballroom. Guests are always welcome.

Contact: Joann Hilton 408-0346,

jhilton777@gmail.com

Website: LHSSL.org

Coyotes

The four team managers and players have held their team's 2013 planning meetings and have decided which tournaments each team will enter. Practice schedules have been set up and the players are anxious to get another successful season under way, especially the new 75s team led by Ed Sorensen.

As this is being written, the Coyote banquet is a week away. John Gho has planned for over 90 attendees in this his last banquet as Entertainment Director. Great job, John. John Moran will take over from John Gho for future Coyote events. Jim Jones provided the musical entertainment once again.

The summer Thursday Coyote League will once again be played starting in April with four teams. The winter Thursday Northern California All-Stars League plays on Thursdays all winter and the Coyote's record as of this writing is 12-6 with nine more doubleheaders to go ending March 21.

Contact: Bob Hunter,

bluespritzer@yahoo.com



Sports Car

As we start the new year, if you own a sports car and want to participate in our club's activities, now is the

time to join and start planning for a lot of fun. Please check our website for the list of approved cars.

Kathy Mason will lead our social events, which will be in the spring and fall, plus 4th of July and Christmas parties. We will have a Valentine's Lunch at Rubino's on February 16.



Last year at Safari West

Tony Mason will be the trip coordinator for road trips this year. Some trips are planned and others are being discussed. The club will visit a lot of great locations including Pacific Grove, Delta Mansion, Murphy's, Ice House Lake, Big Springs Gardens, Reno for a show, Pismo Beach, the Delta, and others during the year. This should be a great year for road trips.

Contact: DiAnn Rooney 543-9474,

dlrooney@mac.com

Website: LHsportscars.com



Square & Round Dance

Sun City Squares

The Square Dance Club is planning a Review/Blast Class during the first week of March. We are also planning a new beginner class starting the first week in September.

Call Chuck or Bob to sign up today!!!

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

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

Contacts: Chuck Vickers 408-4082

pjclvickers@starstream.net;

Bob Grupp 408-1868,

Bob@GruppHomes.com



Tap Company

“Presenting Simply Broadway:” Thursday, April 11 at 7:00 PM; Friday, April 12 at 7:00 PM; Saturday, April 13 at 2:00 PM (matinee) and 7:00 PM.

Tickets are on sale now at the Activity Desks with Premium Seating available. This fabulous show will be a sell out! Premium Seating is limited so, get your tickets right away. See the article on page 41 for the activity code.



The dancers are practicing; the cast is rehearsing; the crew is building the sets; and we’re all gearing up for the world premier of “Presenting Simply Broadway”! This Broadway type musical will warm your heart and you’ll be singing along to the songs you love! Come out to support the Lincoln Hills dancers, actors and singers (your friends and neighbors) who are sure to entertain and leave you smiling!

Contact: Becky Sprong 408-1389
beckysprong@sbcglobal.net
Janet Becker 543-3493,
beckermj1962@yahoo.com



Tennis

Your new LHTG 2013 board: Sharon Klotz President, Pam Geernaert Social, Jack Buffington Finance, Pat Campbell Communications, and Greg Burke Tournaments.

Upcoming events include Men’s Singles on March 22-23 and Women’s Doubles on April 13. You will receive the entry forms by email.

If you who have not renewed your LHTG membership, please do so promptly. Dues are only \$12. To renew, please use the form on the Tennis Group website. The registration form is available on this link. The registration form contains all the information you’ll need to renew. Remember our group website (below) and it contains event information on upcoming events, membership roster, court rules and regulations and competitive league information.

Contacts:
Pat Campbell patacam@gmail.com;
Sharon Klotz tennislady@yahoo.com;
http://sclhtg.com



Vaudeville Troupe

The Vaudeville Troupe’s Show was another uncompromising success!! January’s 2013 Vaudeville Show, once again, provided SCLH residents and friends a high-energy, fast paced and original Vaudeville Show. “The Cavalcade of Stars” this time performed at OC Ballroom to sold-out enthusiastic audiences. Vaudeville’s Tribute, “A Musical Tribute to the Movies,” welcomed the audience to step back in time to experience timeless music and dance from classic movies.



Jackie Wilson, Anita Tyson, Judy Carlson and Norma Makela; Marina Eugenio, Vicki Parks, Jim & Shelagh Henderson, Gitta Agopian and Lydia King; Jody Douglas

And of course, the Troupe’s Old-time Variety/Vaudeville Show provided non-stop energy and high-spirited performances to round-out the shows. Vaudeville’s performances are always new, unique, nostalgic and above all thoroughly entertaining!! Comments heard: “The Best Show Ever,” “Can They Top This One?” Marina says: “Oh, yes we can!!” The next Vaudeville Show: July 12-13 when the Tribute will be “Country Music: Past and Present.” We will be proud to perform this show in Vaudeville’s intimate “Cabaret-Style

Theater” — the newly renovated P-Hall (KS). Don’t miss it!

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



Veterans

Jay Knauer, a Lincoln Hills resident who spent more than 50 years in air traffic control, will be the featured speaker at the February 21 joint meeting of the Veterans and Aviation Groups at 1:00 PM in the P-Hall (KS). Jay will discuss how he got to be an air traffic controller, what the business is all about and how controllers make the global air traffic system work without los-



Miami Center’s Control Room helps manage some of the estimated 7,000 flights in the air over the U.S. at any given time. (FAA photo)

ing their minds.

His presentation will also provide an inside look at an air traffic control facility and explain how radar works with modern computer technology to make aviation the safest mode of transportation today.

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



Water Volleyball

It was great to get back in the pool after the holidays and January’s pool closure. If you need help keeping your New Year’s resolution to get more exercise, water volleyball is a fun, low stress way to do it (plus a way to meet new people). It’s open to all residents, any skill level.

You can try it out without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play.

We welcomed our new steering com-

mittee members: Steve Parke (chair), Jacki Sutherland, John Cordone, Gene LaFaunce, and Ron Dilbeck, and returnees Tom Gatti, Phil Savio, and Jim McDonald.

See you in the pool! Play available (KS):

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

Contacts: Steve Parke 253-3870, steven.parke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net www.suncity-lincolnhills.org/residents



West Coast Swing Dance

This is an action-packed time of year for our club! We have already begun by participating in the Annual Capital Swing Dancers "Presidents" Day Convention, February 14-17 at the Red Lion Woodlake Hotel in Sacramento. Activities include lessons, workshops, open dancing, competitions, and much more.

It's time to renew club dues — \$10 per person. For more information please contact Membership Chair Betty Maxie at 408-5392.

West Coast Swing Dance classes resumed this month. For those currently enrolled, the monthly Friday evening dance practices will resume on March 8, 5:30 to 7:30 PM, Fine Arts Room, (OC.) Here's your

chance to practice your West Coast Swing dancing with a teacher always on site.

Watch for news of the SCLH Clubs Expo in March. We will be on site with information about this great dance and video clips demonstrating West Coast Swing dancing.

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



Woodcarvers

An Open House was held on January 16 where potential new members and visitors were hosted by members of the Woodcarvers Group. Dedicated to advancing all forms of woodcarving, Members create everything from caricatures, to birds, fishes, and tons of holiday ornaments. The membership skills range from novice to expert carver. This writer, for example, never carved more than a turkey before joining the group in 2006! The guidance and encouragement of the more experienced carvers, along with access to a great library, makes it a wonderful environment to learn this ancient art form.

Woodcarvers meet between 1:00 and



Lincoln Hills Woodcarvers Open House

If These Walls

Continued from page 3

resolve ADA accessibility issues, but also to improve video and sound technology. When you now attend a Presentation Hall event, the aisles are lighted, wider, and smoother; the new stage configuration provides safer, easier access; a lift to the stage is available as needed; new video screens have been added; and audio delivery is improved. Kudos to all who were instrumental in making this happen!

Lifestyle Manager Lavina Samoy is delighted with the makeover: "The remodel will enhance everyone's experience in Pre-

sentation Hall, and we're very pleased with the new features, which were the result of the joint efforts of our Board of Directors, the Association, and most importantly the input of residents."

Senior Director of Lifestyle and Communications Jeannine Balcombe added, "The new Presentation Hall is a great example of several major changes and updates that residents can now enjoy, including the Meridians remodel, wireless access in both Lodges, the Fitness Center renovations, outdoor trail equipment, and more. Keep your feedback coming — we listen to you!"

5:00 PM each Wednesday at the Sierra Room (KS). Come in and join this great group of folks and maybe you too will soon be carving more than your Thanksgiving turkey!

Contact: John Russell 543-6019, je_russel62@hotmail.com Website: www.SCLHwoodcarvers.blogspot.com



Writers

The Writers Group meets on the second and fourth Mondays at 6:30 PM in the Ceramics Room (OC). All writers are welcome. Come listen to your neighbors read their latest mis-sives, and bring your own to share (1,500 words max, with 10 copies to hand out).

Authors & Writers Resource Group

The Authors and Writers Resource Group is now meeting only on the third Wednesday of each month at 4:00 PM in Multipurpose Room (OC). Join our resident authors and "almost-there-authors" who share their journeys of writing, editing, publishing and marketing.

Our February speaker, Cindy Sample, is a mystery writer, and author of three books. She'll speak in the Multipurpose Room at 4:00 PM on February 20. Her book *Dying for a Dance* was a 2012 finalist for the Lefty Award for best humorous mystery of 2011. *Everyone is invited.* Help us welcome author Cindy Sample to Sun City Lincoln Hills.

Contacts: Linda Bello-Ruiz 707-331-3684, lmbelloruiz@yahoo.com; Leo Craton 543-9012, craton1@att.net

If you haven't experienced the "new" Presentation Hall, check upcoming events in this *Compass*, sign up, and come on in!

Finance

Continued from page 15

financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Wednesday, February 20, at 9:00 AM.

Meridians

RESTAURANT

ST. PATRICK'S DAY

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Bulletin Board

Please email your bulletin board articles to fernando.perez@scnhca.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.

Bocce Ball

Want to have some outdoor fun? Seeking residents who would like to play bocce at night and/or on the weekends during the spring, summer, and fall months. Free lessons if you don't know how to play! More info: Brenda Spencer ozfactors@att.net or 705-10.

Open Play

Every Sunday from 12:00-4:30 PM is Open Play

You are invited...

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

Wednesday, March 13 10:00 AM, Nautilus Society, Oaks

Tuesday, March 19 6:00 PM, Pain Management, Dr. Willis, Oaks

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

Travel Group www.lh-travelgroup.com

The next meeting is Thursday, February 21, 7:00

PM, Kilaga Springs. Guest presenter: Ilene Ferguson, Alamo Travel. 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.

Shirley Bry

Born and raised in Oregon, Shirley graduated from the University of Oregon. She met Robert in San Francisco and they were married and raised four children in the Bay Area. She had a career at Franklin Templeton Resources in the late 1970's. After retirement they moved to Foresthill, CA where they were both involved in various volunteer activities and enjoyed traveling together. After losing Bob, Shirley moved here where she had a full schedule of activities and volunteered at Grace Lutheran Church. She is missed by her children, grandchildren, one great-grandchild and many others.

Karen Foley

Karen provided leadership in many ways as a Pioneer of Sun City Lincoln Hills. For starting the Travel Club, leading many trips, working with the CCOC to organize our Clubs and Groups, and being a charter member of the Lincoln Hills Foundation, she received the first "Hats Off" Award! Born in Utah, but raised in San Francisco, Karen's career started in Banking and she was the first woman to work on computers at Hewlett Packard in San Jose. Her hobby was collectibles! Married to Ed for almost 54 years, they have three children, six grandchildren and four great-grandchildren. Karen will be greatly missed by her family, friends and our whole community.

In Memoriam

David J. Gordon

Dave grew up in Oakland, California and proudly graduated from Cal Berkeley in 1948. He served as a Sergeant of the 101st Ordinance Depot Co., U.S. Army, Central European Theatre. His business career was mostly spent at Butler Mfg. Co., where he won many awards in sales and marketing. Dave was an avid civic volunteer, serving on the Advisory Board of the Lincoln Library and as a Schools Volunteer. His generous, kind and friendly spirit will be sorely missed especially by his wife of 67 years, Betty, his son, granddaughter, and his sister.

Rose Ann McElrath

After a wonderful childhood in Olney, Texas, and graduating from North Texas State, Rose Ann had a life of adventure traveling the world! She lived in Los Angeles, Fairfax, Virginia and Reno, Nevada, before ending up here. She had a beautiful marriage of 45 years to Robert M. McElrath who passed away in 1998. She loved life and her three children, two grandchildren and extended family. Rose Ann attained life master status in Bridge in 2012. She will be remembered as a beautiful, fun-loving person with an infectious laugh, who always wore a smile.

Enid Pansky

Growing up in Ohio, Enid graduated from Ohio State and was a clothing buyer at Shillito's Department Store in Cincinnati. She met Lou on a blind date and they were married six months later! They had two children and then Enid became involved in Tupperware, eventually developing a distributorship and training others. After moving here she enjoyed card games, a book club and the Shalom Group. As a gourmet cook, she collected cook books. Her friends and family will miss her dearly.

Orville A. Smith

Orville's greatest professional achievement was in the military where he served in the Korean War, remaining in the Naval Reserves and retiring as a Commander in the Seabees after 35 years of service. He grew up in Stockton and graduated in engineering from the University of the Pacific. He married Wilma Stagnaro 57 years ago and they have two children, six grandchildren and several great-grandchildren. He was a leader in his son's Boy Scout troop, was an accomplished chef, and loved traveling with his wife. He was in Toastmaster's and SIRS in Rocklin. He had three holes-in-one in his golfing days.

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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Special Events

—Club Performances—

The Players Group Presents "Sex Please, We're Sixty"

Wednesday, March 6, 7:00 PM Show — 5106-01A

Thursday, March 7, 2:00 PM Show — 5106-01B

Thursday, March 7, 7:00 PM Show — 5106-01C

The Sun City Lincoln Hills Players Group presents "Sex Please, We're Sixty!" a comedy by Michael & Susan Parker. Set in a quaint bed & breakfast by the shore, six single 60-year-olds spend a weekend cultivating new and unexpected relationships. Inside you meet the widowed proprietor, her two male neighbors and three single female guests visiting for the weekend. Although the title is provocative, the play's strength is in the portrayal of the six characters. Tickets for all shows are expected to sell out, and we hope to see you at one of the performances. Ballroom (OC). Shows at 2:00 PM and 7:00 PM. For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks, \$17. General admission \$12.



The Tap Company — "Presenting Simply Broadway"

Thursday, April 11, 7:00 PM Show — 5111-02A

Friday, April 12, 7:00 PM Show — 5111-02B

Saturday, April 13, 2:00 PM Show — 5111-02C

Saturday, April 13, 7:00 PM Show — 5111-02D

Tap your feet to the music as you watch an original Broadway-style show featuring the fabulous dancers of the Sun City Lincoln Hills Tap Company! Along with talented singers and actors, "Presenting Simply Broadway" brings one of a kind music and rousing production numbers from your favorite Broadway shows that will have you humming long after you leave the show. The stage is set as events unfold leading up to the New York opening of "Simply Broadway," a show being produced by Harry and his assistant Sal. Harry has cast his old flame, Madeline, in the leading role while Sal has secretly auditioned a replacement. Sparks fly between Harry and Madeline as she is replaced just prior to the New York opening. Meanwhile members of the cast and chorus are experiencing their own fireworks with a love triangle and meddling rumors. Will the New York opening be a success? Will Madeline ever forgive Harry for bouncing her from the show? Like most Tap Company shows, it is expected to sell out! Ballroom (OC). Shows at 2:00 PM and 7:00 PM. For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks, \$19. General admission \$14.



—Community Service Events—

Document Destruction

Monday, April 15

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

Parking Lot. Cintas offers state-of-the-art shredding trucks on-site 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!



New Resident Orientation

Tuesday, April 16 — Free

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



Inspire by Example! Volunteer Symposium

Friday, April 26 — Free

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



—Comedy—

Comedy Night at KS: Stephen B

Monday, February 25

6:00 PM performance — 5125-12A

8:00 PM performance — 5125-12B

For nearly 30 years, Stephen B has been making audiences laugh in comedy clubs, corporate venues and in churches of all denominations. His high energy and animated delivery celebrates observations on life and society. The hilarious combination of rants, raves and stories during his last performance at Lincoln Hills has many residents asking us to bring him back! Stephen has opened for headlining musical acts such as Julio Iglesias and Manhattan Transfer among others. P-Hall (KS). General admission \$12.



Comedy Night at KS: Dennis Gaxiola

Tuesday, March 19 6:00 PM performance — 5119-01A

8:00 PM performance — 5119-01B

Dennis Gaxiola gained notoriety from his appearances with Ja-

Continued on page 42

mie Foxx on *Comedy Central*, The Latino Kings of Comedy Tour with Paul Rodriguez, *BET's Comic View* and the 2010 season *Martin Lawrence's First Amendment Stand Up*. From the Apollo Theatre in New York, to clubs, colleges and churches across the country, Dennis is described as a comedian for all audiences. He has opened for legends including Al Green, Earth Wind & Fire, Mariah Carey, Toni Braxton, Paul Rodriguez, Cedric The Entertainer, Gabriel Iglesias and many more. P-Hall (KS). General admission \$12.



Comedy Night at KS: Sean Peabody
Tuesday, April 2

6:00 PM performance — 5102-02A

8:00 PM performance — 5102-02B

Sean Peabody is one of the region's funniest comedic talents and has performed at major comedy clubs across the country. Sean has worked with top talents such as Bruce Bruce, Eddie Griffin, D.C. Curry, and John Witherspoon to name a few. This native of the Bay Area comes locked and loaded with material to bring you the funny. P-Hall (KS). General admission early registration discounted rate February 17-March 14, \$10. After March 14, \$12.



with its high energy, interactive soul-stirring performances in our Ballroom and Amphitheater. P-Hall (KS), 3:00 PM. General admission \$15.

Tom Rigney and the Flambeau in Concert
Tuesday, March 12 — 5112-01

Tom Rigney is sure to bring the house down with his fiery and energetic program featuring his band Flambeau. Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and heartbreakingly beautiful ballads and waltzes take form with this highly celebrated group. Tom brings his violin to life with his original compositions and favorite musical numbers. Caroline will amaze you with her fast fingers on the keyboard once again. To pay homage to the upcoming St. Patrick's Day holiday, Tom will play a couple of Irish fiddle pieces and an amazing arrangement of "Danny Boy" that can't be missed! Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at Activities Desks, \$18.** General admission \$16.



—Concerts—

"Chapel of Love" —
A Post-Valentine's Elvis Tribute Concert
Friday, February 15 — Sold out

You "Can't Stop Falling in Love" with the talent, charisma and kindness of "The King" and the epic performances he left behind. Celebrate love and friendship with a Valentine's concert presenting a spectacular tribute to the King of Rock 'n' Roll, Elvis Presley. Internationally acclaimed Mark Anthony performs a program of love hits and chart toppers of the 1970's with his band The Memphis Flashbacks.

Sold Out

Second Show Added! KS Music Night Presents
"A Salute to Ray Charles" with Top Shelf's Johnny T
Wednesday, February 20 — 5120-12

With a *Sold Out* evening performance at the Presentation Hall (KS), a second matinee performance at 3:00 PM has been added with Johnny T of the popular *Top Shelf Motown Revue* for his show honoring the great Ray Charles. Johnny and his talented trio of back-up musicians will celebrate many of Charles' hit songs in the true style of the artist including "Georgia On My Mind," "Hit The Road Jack," "I Got A Woman" and "I Can't Stop Loving You." With a legacy of hit songs, awards, and legions of devoted fans, Ray Charles was a pioneer of soul music, integrating R&B, gospel, pop and country, and is considered to be one of the greatest artists of all time. Johnny T is a founding member of the *Top Shelf* band that has impressed residents



KS Music Night Presents
"In the Spirit of John Lennon" with Drew Harrison
Friday, March 29 — 5129-01

Amazing music will fill the air with a tribute to legendary John Lennon. Singer-songwriter Drew Harrison is a rare artist with the ability to translate life into song with his passionate, honest and intense style. As a solo artist, he has performed in Europe, South America, and in the States for artists including Richard Thompson, Lyle Lovett, and Steve Miller to name a few. Drew debuted The Plastic Fauxno Band who presented "Love Is the Answer – The Concert for John Lennon" in 2010 to a sold out crowd in San Francisco. The two-and-a-half-hour concert for John Lennon was presented as the concert John might have performed had he toured in 1982. The program will include hit songs such as "In My Life" and "Imagine." When Drew is not performing solo, he is a lead singer in the Sun Kings band. One show only. P-Hall (KS), 7:00 PM. General admission \$15.



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

Enchanting audiences across the country and around the world, Will & Anthony Nunziata bring their acclaimed concert with a fresh and nostalgic take on standards, show tunes and contemporary music. Comedic brotherly rapport, golden voices and piano accompaniment make up a program of songs including: "Make Someone Happy," "Just in Time," "The Prayer," "Once In A Lifetime" and signature mash-ups of songs such as "What Kind of Fool Am I" and "Who Can I Turn To." Will and Anthony have



Continued on page 44

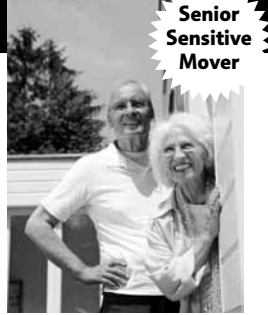
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performed at New York City's premiere nightclub, Feinstein's at Loews Regency, Avery Fisher Hall, Jazz at Lincoln Center's Rose Hall, Boston Symphony Hall, and as headliners with the Colorado, Cape Cod, and Cleveland Pops Orchestras. *Theatre Scene Magazine* recently wrote that "the brothers play off each other in a way that Dean Martin and Frank Sinatra bounced off one another in those irreverent Rat-Pack days of another era." Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at Activities Desks, \$18.** General admission early registration discounted rate February 17- March 14, \$13. After March 14, \$16.

—Fashion Events—

Spring Fashion Show Model Call
Application Deadline, Friday, February 28

We need 25 models of all shapes and sizes that enjoy fashion and having fun! Looking for men and women to apply and be part of the Spring Fashion Show scheduled on Friday, April 19. If you would like to walk the runway with the latest spring and summer fashions from our selected clothing vendor, please pick up the information sheet at the Activities Desks or online. Information sheets require a recent photo, measurements and contact information. Submission deadline is Thursday, February 28, to Tamara Coil at Kilaga Springs Lodge.



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

Spring will be in full bloom with a beautiful collection of fashions and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport and semi-formal occasions will be presented during the show as you enjoy lunch, and a few fun surprises. Chef will present a spring luncheon with choice of *Rice Noodle Shrimp Salad* or *Creamy Chicken Alfredo Pasta with a Chocolate Truffle Cheesecake for dessert*. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Advise the



Monitor when purchasing tickets if you wish to be seated at the Gentleman's table. Ballroom doors open 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. Early registration discounted rate February 17-March 14, \$28. After March 14, \$31. Even if you do not attend the show, come shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM. Watch next month's *Compass* for more information on our featured clothing vendors!

—Grandchildren Activity—

Spring "Egg Hunt"
Saturday, March 23

Toddlers one-to-four years old — 5123-01A
Children five-to-seven years old — 5123-01B
Children eight-to-ten years old — 5123-01C

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. A creative balloon maker will twist and turn colorful balloons into crowns, flowers, airplanes, bunnies and more! Fun egg hunt prizes await your grandchildren during this event. Hunt begins sharply at 10:30 AM. Don't forget your cameras for the picture-perfect Bunny photo opportunity! Bags for egg hunting will be provided. Sign up your grandchildren, **toddler to ten years only please**, at the Activities Desks. Wristbands required to participate in all activities. General admission \$8 per child. Limited space. Registration will close March 1 to ensure we have enough eggs for all age groups. Event will be cancelled due to low enrollment or rain.



—Movies—

Just Added! KS at the Movies: "The Descendants"

Monday, March 4 — Free

PG; 115 minutes. Starring George Clooney, Beau Bridges and Shailene Woodley. Comedy/Drama. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS).



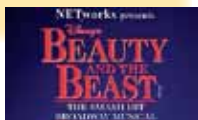
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Day Trips

—Performances—

Broadway Sacramento: "Beauty and the Beast"
Tuesday, March 12 — 4563-06C

The most beautiful love story ever told is a musical for all generations. Disney's eye-pop-






ping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. *Now open to residents' guests 10 years and older.* RSVP ♦♦ Now.

Third Bus! Andre Rieu — And The Waltz Goes On Tour
Friday, March 15 — 4591-12B & 4591-12C



Violin master André Rieu, one of the best-selling live acts in
Continued on page 47

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“Magique” — Eldorado Hotel & Casino

Thursday, April 4 — 1774-01

Grand illusionists Kevin & Caruso bring imagination to life with their award-winning stage production “Magique” in the Eldorado Hotel & Casino Showroom in Reno. Glamorous showgirls materialize from a cloud of smoke... and vanish just as easily. Kevin impossibly passes through a cluster of spinning blades and the quirky Lord Caruso levitates in mid-air. State-of-the-art video effects, stunning costumes and plenty of fireworks put excitement and fun into the art of illusion. Arrive with plenty of time for gaming and an included buffet dinner (*gratuity included*) prior to the 7:00 PM show. Leave OC at 12:00 PM, return ~ 11:00 PM. \$84. RSVP ◆◆ by 2/15.



Lord of the Dance at Three Stages

Thursday, April 11 (Evening performance) — 4560-01

Friday, April 12 (Matinee performance) — Sold Out!

Sixteen years ago, Michael Flatley created and launched Lord of the Dance. Today, it is selling out arenas and theatres as the world's highest grossing Irish dance show. Flatley, who retired from dancing in 2011, is Artistic Director of Lord of the Dance and oversees all aspects of the production. “We are really excited to introduce our fans to the new visual experience that complements our show.” A classic tale of good versus evil, based on Irish folklore, “Fans can expect 21 scenes of precision dancing, dramatic music, new colorful wardrobes and state-of-the-art staging and lighting,” says Flatley. Join us at Three Stages at Folsom Lake College with seating in the parterre and center balcony sections. Please advise during registration if you need accessible seating. Thursday, April 11, leave OC 6:00 PM, return ~ 11:00 PM. \$81. Friday, April 12, depart OC 1:30 PM, return ~ 6:30 PM (Sold Out). RSVP ◆◆ by 2/15.



Auburn Symphony at Mondavi Center Music Portraits featuring Michelle Kim, Pianist Sunday, April 14 — 1961-02

Enjoy the Auburn Symphony and the fine acoustics at the Mondavi Center in Davis as they present ‘Musical Portraits’ featuring the music of Kabalevsky, Mendelssohn, Musorgsky and Ravel with special guest, Michelle Kim. Described as “an artist of intense passion and profound sincerity,” pianist Michelle Kim has captivated audiences all over the world with her unique blend of pianistic power, poetry, and striking stage presence. She has performed with critical acclaim in concert halls throughout the U.S., Europe, and Asia including performances at Carnegie Hall and Lincoln Center. Depart LH 1:15 PM, Return 6:15 PM. \$69. RSVP ◆◆ by 3/15.



Pirates of Penzance at Three Stages, Folsom

Friday, May 10 — 4591-02

Now in its fourth decade—and with over 2,000 performances to their credit — America's preeminent Gilbert & Sullivan repertory ensemble performs to a full orchestra and chorus at Three Stages at Folsom Lake College. On the coast of Cornwall, a band of tenderhearted pirates celebrates the coming of age of Frederic, who was mistakenly apprenticed to the pirates until his 21st birthday. Now, Frederic has vowed to devote his life to the extermination of piracy — until a ludicrous leap year snag threatens to keep him apprenticed to the pirates for life! Throw in a bevy of beauties, a brash Pirate King, the delightfully stuffy Major-General Stanley and you've got what *The New York Times* calls “an endearing production with high musical standards and spirited performances.” Enjoy a matinee performance and return in time for dinner at our own Meridians with a discount of 20% off your meal that evening with copy of original receipt (not including alcohol, tax & tip). Leave OC at 1:30 PM, return ~ 6:30 PM, \$73. RSVP ◆◆ by 3/15.



—Fairs & Festivals—

Chinese New Year Celebration

Saturday, February 16 — 1901-12

Welcome in the Year of the Snake during the 16th Annual Chinese New Year Celebration. Organized and presented by The Chinese New Year Culture Association at the Scottish Rite Temple in Sacramento, this is the largest and most important annual Chinese festival in the Capitol region of California. The celebration includes a traditional dragon dance, martial arts, music, cultural dance performances, and fun activities and exhibits. Local business and organization vendors along with Chinese food restaurants are available to tempt your palate. Lunch on your own. Leave OC 11:15 AM, return ~ 4:00 PM. \$23 (includes admission). RSVP ◆◆ Now.



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Sacramento Camellia Festival Saturday, March 2 — 1752-01

Join us at the Memorial Auditorium to witness the 89th Annual Sacramento Camellia Show. Known as the Camellia Capital of the World, Sacramento celebrates the beauty of the flower with judged camellia competitions, camellia displays, a camellia plant sale, a camellia photography contest and other camellia-related attractions. The city's official flower, the first camellias reached Sacramento, February 7, 1852, and in 1943 the Camellia Society was born. They have been actively working on propagating the planting of camellias all through the public parks in Sacramento including the Capitol Park, William Land Park, McKinley Park, among others. Join us for the Saturday show that runs from 3:00-6:00 PM and have time for dinner on your own. There are many restaurants across the street from the Memorial Auditorium. Depart OC 2:30 PM, return ~ 7:30 PM. \$19. RSVP ♦♦ Now.



Stockton Asparagus Festival Friday, April 26 — 1821-02

California's largest charitable festival and the Central Valley's Largest Food Fest! *Sunset Magazine* rates it the Best of the West! Event is held in downtown Stockton at the Marina in a fenced off and controlled area. The festival features Asparagus Alley with the best deep-fried asparagus found anywhere, two performing stages, cooking demo kitchens, wine and beer pavilion, craft show, 600 booths, displays and exhibits. Leave OC 9:00 AM, return ~ 3:00 PM, \$31. RSVP ♦♦ by 3/15.



—Museums—

Crocker Art Museum Tuesday, March 26 — 1763-01

In celebration of his birthday, Crocker Art Museum is honoring the works of local landscape artist Gregory Kondos on a show entitled "A Touch of Blue: Landscapes by Gregory Kondos." Over the course of his long career, Gregory Kondos has painted Greece, France, and the American Southwest, but continues to find his greatest and most enduring inspiration in the richly varied landscape of California. The exhibit will feature 70 paintings, simultaneously celebrating the land's inherent formal, abstract properties, as well as the beauty and possibilities of paint itself. Artists Greg Kondos will be present during our visit to autograph books and meet our group. Other exhibitions at the Crocker include "Super Bowls, the Art of Turned Wood" featuring 32 exquisitely turned bowls and other objects combining the beauty of wood with designs that accentuate wood's unique properties. Also on display is



"Rebirth of a Nation — Travis Somerville's 1963." View the newly-acquired, mixed-media installation 1963 is a three-dimensional, mixed-media installation, which is a study of a volatile and pivotal year in American history through sculpture, video, painting, and collage. Somerville's structure serves simultaneously as a collage, time capsule, and provocation. Lunch is on your own at Crocker Cafe. Limited to 40 people. Depart OC 9:00 AM, return ~3:00 PM, \$38. RSVP ♦♦ Now.

Mare Island Naval Shipyard Tuesday, April 30 — 1920-02

Mare Island Naval Shipyard, located in Vallejo, was very important in our country's history. From the founding in 1854 to its closing in 1996, over 500 ships, including nuclear submarines, were built at Mare Island Naval Shipyard. Join us on a docent-led tour with sites that include the stately Colonial Revival era mansions of Officer's Row, St. Peter's Chapel with its Tiffany stained glass windows, the Mare Island Artifact Museum, and the dry docks along the waterfront of Mare Island Strait. Lunch included and served in the museum will consist of *Chicken Breast with BBQ sauce, Roasted Rosemary Potatoes & Corn plus Green Salad, Rolls and Dessert*. Leave OC at 8:00 AM, return ~ 5:00 PM, \$61. RSVP ♦♦ by 3/15.



—Shopping—

San Francisco — Pier 39 Tuesday, April 16 — 1845-02

Due to many requests, we're changing our destination and staying a bit longer on this San Francisco trip to Pier 39. Check out the sea lions and street performers. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM, \$36. RSVP ♦♦ by 3/15.



—Sports—

San Francisco Giants

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

- **Giants vs. Los Angeles Dodgers**
Sunday, July 7 — 6360-01A

Seats in Lower Box Section 135. \$104.



Continued on page 50

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

Oakland A's

We're heading to the the Oakland A's. See the AL Champions Detroit Tigers take on the AL West champs the Oakland A's on Saturday, April 13. The A's will be handing out AL Division champs fleece blankets. Our second visit will be on Memorial Day for the "Battle of the Bay" against the World Series champs San Francisco Giants! Both are day games and you'll have time upon arrival to get ballpark munchies and settle in for some great baseball! You'll enjoy both games from field level seating. Game time 1:05 PM. Depart OC at 10:00 AM, Return ~ 7:00 PM. RSVP ♦♦ Now.



- **Oakland A's vs. Detroit Tigers**
Saturday, April 13 — 6320-01A
 Seats in Lower Box Section 108. \$64.
- **Oakland A's vs. San Francisco Giants**
Monday, May 27 — 6320-01B
 Seats in Lower Box Section 102. \$77.

River Cats

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



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

Overnight & Extended Travel

Two Nights! Hearst Castle/Cambria
Tuesday April 23, through Thursday April 25 — 1972-01

We're returning to Hearst Castle for a spring visit! Visit Cam-

bria and Hearst Castle with Katrina, your Trip Coordinator. Beat the crowd and enjoy the blooming gardens at Hearst Castle and at the hotel. Full menu descriptions for included meals available at Activities Desks.



Trip Inclusions:

- Two nights Cambria Pines Lodge with hot buffet breakfast each morning
- Hosted Welcome Dinner at hotel after walk on beach and boardwalk with entrée choice of *Grilled Salmon or Chicken*
- Full Day Hearst Castle including boxed lunch
- "Grand Rooms" and "Cottages & Kitchen" or "Upstairs" Tours
- Hearst Castle – "Building the Dream" film on a five-story screen
- Time to explore village of Cambria for an afternoon with dinner on your own
- Paso Robles winery visit "Tobin James Winery" with included lunch
- Stretch & snack stops

Leave OC 8:00 AM, Tuesday, April 23, return Thursday April 25 ~ 6:00 PM. A signed liability waiver is required for each participant. \$375 per person double occupancy. \$510 single. RSVP ♦♦ Now.

Overnight! Healdsburg/Sonoma Wine Country
Tuesday, May 21, through Wednesday, May 22 — 1972-02

Join us on an overnight trip to Healdsburg and Sonoma for wine tastings and tours of some of the fine wines served in our own Meridians Restaurant. Trip starts with a visit to the Kendall-Jackson Wine Center with a garden tour and tasting. Enjoy a special picnic boxed lunch specially prepared by our own Chef Roderick during the tour. Spend the afternoon and evening in Healdsburg square with tastings at Murphy-Goode and La Crema Tasting Rooms with dinner on your own. The next day brings our group to Sonoma for a tour, tasting and included box lunch at Sebastiani Vineyards & Winery and some free time on Sonoma town square. We'll be staying at the Best Western Plus Dry Creek Inn in the vintage rooms.



Trip Inclusions:

- Tour and tasting at Kendall-Jackson Wine Center
- Boxed lunch from Meridians with options: *Grilled Chicken Focaccia or Prosciutto & Provolone Baguette or Roast Beef & Roasted Red Pepper Ciabatta.*
- Tastings at Murphy-Goode & La Crema tasting rooms in downtown Healdsburg
- Tour, tasting and boxed lunch at Sebastiani Vineyards & Winery in Sonoma. Boxed lunch choices: *Grilled Seasonal Vegetable Sandwich or Chicken Salad Sandwich on Baguette, or*

Continued on page 52

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- All tour and tasting fees included, any additional tastings or any reserve wines would be on your own

Please be prepared to give your meal choice when you register. Complete menu descriptions for both lunches available at Activities Desks or from our website. Please advise of any dietary issues during registration. *A signed liability waiver is **required** for each participant.* \$216 per person double occupancy, \$288 single. Depart Tuesday, May 21, 8:00 AM, return Wednesday, May 22, ~ 6:00 PM. RSVP ♦♦ by 3/15.

Multi-day trip!

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

In our first ever collaboration with Road Scholar Learning Adventures, formerly Elderhostel, we offer our residents an exclusive program to explore the presidency of Ronald Reagan, 40th President of the United States. Since the Ronald Reagan Presidential Library opened in 1991, more is now known about President Reagan's life from research and his private diaries. Enjoy the 2011



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

- Board Air Force One, the "Flying White House," view the Oval Office and Reagan's final resting place, and hear personal stories about the Reagans from those who knew them.
- Lunch in Air Force One Pavilion

- Private access to the Presidential Gift Collection which is not on display at the museum
 - Special speakers and classes about the life of Ronald Reagan
 - Walking tour of downtown Ventura and lunch at The Greek at the Harbor
 - Group leaders from Road Scholar
 - Meals included: *three breakfasts, three lunches, and three dinners.* Obtain a detailed itinerary at the Activities Desks.
- Leave OC 8:00 AM, Sunday, July 21, return Wednesday, July 24 ~ 9:00 PM. *A signed liability waiver is required for each participant.* \$813 per person double occupancy. \$998 single. RSVP ♦♦ by 3/15.

ROAD SCHOLAR

Save the Date
Future Overnight & Multi-day
Trips through September 2013

Fort Bragg/Skunk Train, June 19-20

Hot August Nights-Reno, August 6-7

Columbia State Park/Sonora Gold Country, September 11-13 (will include a visit to Ironstone Vineyards and Murphys)

Sold Out Trips thru March 20

Trip • Date • Departure Time

- Sun City Snow Train #2, February 21, 10:45 AM
- Terra Cotta Warriors, February 26, 8:00 AM
- Speaker Series, February 27, 6:45 PM
- Sun City Snow Train #3, February 28, 10:45 AM
- Beach Blanket Babylon, March 3, 10:45 AM
- Marine Mammal Center, March 13, 7:45 AM
- Andre Rieu BUS 1 and BUS 2, March 15, 6:45 PM

Activities Department Classes

Art

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Joan
Mondays, March 4-25 —
1051-02

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$52 (four sessions). Open to both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beau-



tiful frame. Class divided based on student's art medium. **New students:** Ask for supply list at registration. RSVP ♦♦ by 2/25.

Impressionism and Landscape Painting with Oils & Acrylics
Wednesdays, March 6-27 — 1031-02

9:00-11:30 AM (OC). Instructor: Artist/resident Marilyn Rose. \$52 (four sessions). For all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class dem-



Continued on page 54



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onstrations, masterwork examples and individual instruction will be used to help students understand various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for material list. **About the instructor:** Selected by revered LH art instructor Tom Proctor to carry on his class, Marilyn has 20 years experience as a plein air and studio landscape painter and five years experience as an art instructor in classes and workshops, including the School of Light and Color in Fair Oaks. Her website address is www.artistmarilynrose.com. RSVP ♦♦ by 2/27.

—Calligraphy—

New! Modern Calligraphy

Thursday and Friday, March 21 & 22 — 1016-02

Thursday, 10:00 AM-3:30 PM, Friday, 9:30 AM-12:00 PM, (OC). Instructor: Phawnda Moore. \$70 (two sessions). \$15 materials fee, payable to instructor. A dazzling array of marker pens, rubber stamps, stencils and unique papers make it fun to send notes to special people. Graphic designer Phawnda Moore teams easy brush letters with a simple Roman alphabet. The hands-on lab provides time to explore gel, iridescent, metallic, neon and white marker pens on many types of envelopes. Learn layout, design, and color palettes; see winning entries in the Graceful Envelope Contest. *About the instructor:* Phawnda teaches at the Crocker Art Museum, University Art, in the Bay Area, and has been recognized nationally for her designs. Please call her with questions at 630-0505. RSVP ♦♦ by 3/14.

—Drawing—

Multi-Media Drawing

Wednesdays, March 6-27 — 1013-02

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$64 (four sessions). Do you love to draw and learn new techniques? From beginners to the experienced, this class will put fun into your drawing! Get your favorite media ready and experiment and play as you move from one creative exercise to the next, from theme to theme and from figuration and abstraction to imagination. Whatever your preference, pencil, ink, pastels and more, this class will improve your skills. The first part of class will be dedicated to fun and stimulating exercises. The second part focuses on your personal project. Supply list will be provided upon registration. RSVP ♦♦ by 2/27.



—Mixed Media—

Mixed Media Collage

Mondays, March 4-25 — 1140-01

12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$74 (four

sessions). This lively and improvisational fine art class turns “found objects” and recyclables such as magazine pages, wrapping paper, beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake creating this artwork. Class is easy and fun offering a fresh, new fine art technique. Open to beginning and continuing mixed media artists. **New students:** Call Jo at 543-1357 for supply list. RSVP ♦♦ by 2/25.



Bridge

Bridge Two-Over-One Game Forcing

Thursdays, March 14-May 2 — 1510-01



10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$60 (eight sessions). Here’s the class you’ve been asking for. This eight-week course is geared to understanding the two-over-one system, its bidding rules and most commonly included conventions. We will have practice hands and exercises as time permits. This is an advanced class. Students should be comfortable in the duplicate bridge environment or have commensurate experience in other venues. RSVP ♦♦ by 3/7.

Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, March 6-27 — 2060-02

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$38 (four sessions). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 2/27.



Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. Drop-in sessions for Lladro hobbyists who can work independently. Workshop is not for beginners and does not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.



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—Pottery—

Beginning/Intermediate Ceramics with Jim

Tuesdays, March 5-26 — 2013-02A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 2/26



Advanced Ceramics

Tuesdays, March 5-26 — 2013-02B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 2/26.

Ceramics — All Levels

Thursdays, March 7-28 — 2014-02

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). Open to all skill levels. Class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any project they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list from the Monitor when you register. RSVP ♦♦ by 2/28.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. \$17 per session. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** previous enrollment in Advanced Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for assuring everyone follows guidelines and safety proce-

dures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registering at the Activities Desks. Registration for Drop-In sessions is only available within the hour prior to class start.

Computer

—Tablets & Other Devices—

Google's Android — Level 1

Thursday March 21 — 2552-02

1:00-4:00 PM (OC). Instructor: Len Carniato. \$30. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. Class is also applicable for Kindle and Nook. **Prerequisite:** Be an Android device owner (bring to class). RSVP ♦♦ by 3/14.



How to Use iPhoto on Your iPad

Wednesday March 27 — 2520-02

1:00-4:00 PM (KS). Instructor: Andy Petro. \$30. **Prerequisite:** Must bring iPad to class with iPhoto for the iPad downloaded from the iPad App Store before you come to class (\$4.99). Learn to navigate through iPhoto on your iPad. Lessons include how to view and organize your photos; review and use of iPhoto's editing tools and how to create, customize, and share photo journals and put them in iCloud for viewing by others. We shall also review many apps available through Apple's App Store that offer other photo editing apps and look at apps that offer various color techniques, collage builders, and other camera and camera enhancements for your iPad and photos. RSVP ♦♦ by 3/20.



—PC Operating System—

Tips & Tricks for Beginning PC Users

Tuesday, March 5 — 2540-02A

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$15. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks



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you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 2/26.

More Tips & Tricks for Beginning PC Users

Friday, March 8 — 2540-02B

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$15. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 3/1.

Organizing Your Windows Information

Thursday April 18 — 2542-02A

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



Security for Your Windows

Tuesday April 23 — 2542-02B

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



—Microsoft Office—

Practical Excel

**Tuesday, Wednesday & Thursdays,
February 20, 21, 26 & 28 — 2641-01**

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four ses-

sions). *Please note that days of class vary.* This class will focus on using Excel's capabilities to organize lists, from address book to club duties and lists of "stuff" we keep. This Excel feature makes it easy to use in Mail Merge applications for labels, name tags, letters, etc. RSVP ♦♦ by 2/13.



MS Word Phase 1

Tuesday & Thursdays, March 12- 21 — 2650-02A

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Do you feel "not quite up to speed" using Word? Whether you are a beginner, novice or just not too sure of yourself, you will find this class beneficial. Don't worry if you have Windows 2010, class covers the difference between 2007 and 2010 versions. Using Word 2007, students learn to identify the major features of the Ribbon interface, as well as the functions of the new Office button. We work with customizing the Quick Access Toolbar and getting help locating familiar commands on the new interface. The class will provide the student with tips, techniques and shortcuts to make your work easier, more powerful and more fun. Some of our topics include auto correct; the format paintbrush; the show hide mark; the smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting; line spacing; bullets; alignments and indents; hanging indents; borders and shading. Join us for this fun class. RSVP ♦♦ by 3/5.

MS Word Phase Two

Mondays & Wednesdays, April 8-17 — 2650-02B

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class focuses on integrating text and graphics. We will explore the advanced features of Word, such as, section breaks, creating flyers, brochures, special labels, and tables. Angela will provide tips and shortcuts to make tasks less daunting. **Prerequisite:** lot of practice with Microsoft Word, or Word Phase one or Word Basic. RSVP uu by 4/2.

—Genealogy—

Getting More Out of Ancestry.com

Tuesday, March 12 — 2690-01

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$15. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how



Continued on page 60

to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ♦♦ by 3/5.

Searching Like a Pro
Thursday, April 25 — 2690-02A

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



Getting Started with Family Tree Maker
Friday April 26 — 2690-02B

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

—Digital Editing—

Movie Maker Magic with “Windows Live Movie Maker”
Monday, Tuesday, Wednesday, March 25, 26, 27 — 2571-02

9:00-11:00 AM (OC). Instructor: Len Carniato. \$60 (three sessions). With “Windows Live Movie Maker” (free from Microsoft) you can turn photos and videos into polished movies and DVDs. Learn to tell your story in your way. In this lecture/lab class, you'll get plenty of hands-on experience learning to make your own movie memory. Bring your vacation, party or even topical or memorial photos to class and leave with a finished movie on DVD that will play on any TV, or share via email, YouTube, and others ! **Prerequisite:** Comfortable using your Vista or Win7 PC and know basic computer skills. RSVP ♦♦ by 3/18.



Cooking

Cooking with Chef Roderick: Delectable Roulades
Tuesday, March 19 — 4012-02

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Ever wondered how to make those fancy-looking roulades and impress your guests? The word roulade originates from the French word "rouler" meaning "to roll." Typically, roulade is a European dish consisting of a slice of meat rolled around a filling commonly secured with a toothpick then sliced into rounds and served. Chef Roderick will be demonstrating and sharing three of his best Roulade recipes: Salmon Roulade with Spinach-Scallop Mousse; Chicken Roulade with Prosciutto and Goat Cheese and Pork Roulade with Pancetta and Caramelized Apples. Now that sounds delectable and fancy! Students will receive recipe copies and taste Chef's creations. Space is limited to the first 40 students. RSVP ♦♦ by 3/12.



Crafts

—Card Making—

Intro to Card Making 101
Tuesdays, March 5-26 — 3170-02B

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$32 (four sessions). Have you ever wanted to make a card but you weren't sure how to get started? This beginners' class will be a fun three hours of learning how to make greeting cards along with a cute box. Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 2/26.



Additional Class! Card Making Level 2

Mondays, March 4-25 — 3170-02A
Or Fridays, March 8-29 — 3170-02C

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$38 each (four sessions); no class March 1. **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 3/1.



—Felting—

Wet Felting Vessels
Wednesday, March 6 — 3160-02A

9:00 AM-12:00 PM (OC). Instructor: Laura Healey. \$20. \$5 for supply fee payable to instructor. Create your own unique work of art. Using the resist method, felt a small vessel. Vessels can be



Continued on page 63



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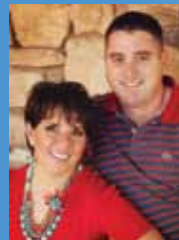
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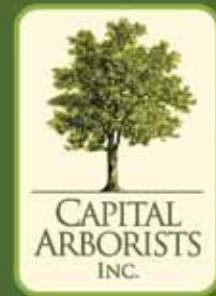
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—Origami—

Easter Holiday Celebration

Mondays, February 18-March 11 — 3140-01

9:00 AM-11:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions). About 1400 years ago, exotic cultures were brought to Japan on the Silk Road. These gradually blended with Japanese customs and were refined with aspects of nature opening the door to a world of unique pattern and beautiful colors. One of these ancient customs is the art of paper folding paper into a shape — Origami. In this class, the instructor introduces interesting uses for your creation as well as detailed instructions on how to fold the boxes, Easter/St. Patrick's envelopes, and basket (see display window [OC] for samples). Instructor will demonstrate and provide instructions on making basic folds to beginners who are expected to practice at home for skill improvement. Bring 6x6," 8x8," 12x12" origami papers, pencil, scissors, glue and ruler. Origami will capture you. RSVP ♦♦ by 2/11.



—Painting on Glass—

Painting on Wine Glasses

Monday, March 11 — 3160-02B

9:00 AM-12:00 PM (OC). Instructor: Laura Healey. \$20. \$5 for supply fee payable to instructor. Paint your own special wine glass for yourself or as gift. This is a fun learning experience for the novice or advanced artist. All supplies are provided including the wine glass. At the end of class, student will take their glass home with instructions on how to "bake" the paint to make the glass dishwasher safe. RSVP ♦♦ by 3/4.

Dance

—Clogging—

New! Beginning Clogging

Tuesdays, March 5-26 — 3570-02A

10:00-11:00 AM (KS). Instructor: Janice Hanzel. \$15 (three sessions, no class March 19). **Note:** March 12 class will be held in the Fine Arts Room (OC). Open to new and returning students. This class is for dancers who have never clogged before and for those who want to just have fun at an easy pace. Class introduces and moves through the eight basic traditional clogging movements: *Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel* at a relaxed pace. We'll be learning 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 help round out music choices. Join Janice, a certified clogging instructor with over 30 years of teaching experience in the noisiest of American Folk Dance. Special attention to balance skills is part of the lessons. So whether you want to *sit and dance, dance with your hands, or clog with your feet* – come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 2/26.

Step Review through Intermediate Clogging

Tuesdays March 5-26 — 3570-02B

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. 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 2/26.



Performance and Technique Clogging

Tuesdays, March 5-26 — 3570-02C

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take *Step Review through Intermediate Level Clogging*. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 2/26.

—Country Couples Western Dance—

Country Couples Western Dance

Beginner Level 1 & 2

Mondays, March 4-25 — 3530-02A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western dancing is done to many types of music, country being most popular. Many of the dances are done in circles, some being mixers; some line dances are done with partners. Instruction will be at a slower pace for beginners. Dances for this session will be circle dance "*Let's Do It Again and Circle Dance Cowboy Cha Cha*." If you don't have a partner, many dances can be done as an individual. RSVP ♦♦ by 2/28.



Country Couples Western Dance

Intermediate Level 3 & 4

Mondays, March 4-25 — 3530-02B

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

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sessions). Class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more complex with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances for this session will be “Two-step Clusters, Five & Six Continuous Moves.” RSVP ♦♦ by 2/28.

—Hula—

Beginning Hula

Thursdays, March 7-28 — 3902-02A

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

For new or less experienced hula students. Learn the beautiful art form of hula from the Hawaiian Islands using the basic steps *ka-holo*, *ka`o*, *hela*, and *ami*, you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 2/28.



Intermediate/Advanced Hula

Thursdays, March 7-28 — 3902-02B

1:15-2:15 PM (KS). Instructor: Pam Akina. \$32 (four sessions). 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. Email Pamahoa@hulapono.com or call 521-0474 to request approval. RSVP ♦♦ by 2/28.

—Jazz—

Jazz Technique

Saturdays, March 2-23 — 3931-02A

Or Tuesdays, March 5-26 — 3931-02B

Saturdays 3:00-4:00 PM, Aerobics Room (OC); Tuesdays 1:00-2:00 PM (KS). \$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 emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is for all skill levels. The first class will be used by instructor to evaluate student skill level for future class programming. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 2/23 or 2/25.



—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. Not for experienced students. Students who have completed the class at least three times should register for the next line dance level or higher to allow space and comfortable learning experience for beginning learners.



- **Mondays, March 4-25 — 3603-02A**

6:00-7:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 2/25.

- **Thursdays, March 7-28 — 3703-02A**

4:30-5:30 PM (KS), Instructor: Yvonne Krause. \$24 (four sessions). RSVP ♦♦ by 2/27.

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, March 4-25 — 3703-02B**

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). RSVP ♦♦ by 2/25.

- **Mondays, March 4-25 — 3703-02C**

6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). **Note:** class was formerly called Beginners Plus with Yvonne. RSVP ♦♦ by 2/25.

- **Tuesdays, March 5-26 — 3706-02A**

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$24 (four sessions). RSVP ♦♦ by 2/26.

- **Thursdays, March 7-28 — 3603-02B**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 2/27.

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, March 4-25 — 3603-02C**

5:00-6:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 2/25.

- **Wednesdays, March 6-27 — 3706-02B**

Continued on page 66

9:00-10:00 AM (KS). Instructor: Sandy Gardetto.
\$24 (four sessions). RSVP ♦♦ by 2/25.

- **Thursdays, March 7-28 — 3703-02D**

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck.
\$24 (four sessions). RSVP ♦♦ by 2/28.

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, March 6-27 — 3706-02C**

10:00-11:00 AM (KS). Instructor: Sandy Gardetto.
\$24 (four sessions). RSVP ♦♦ by 2/27.

- **Thursdays, March 7-28 — 3603-02D**

3:30-4:30 PM (KS). Instructor: Audrey Fish.
\$24 (four sessions). RSVP ♦♦ by 2/28.

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 Twirling. She was a competitive roller skater since 16, receiving the highest award in Artist Roller Skating. She competed for 10 years, in the Regional and the National Roller Skating Championships, and won a national placement medal in Masters Dance among others. She transferred her dedication to Line Dancing when she moved to Sun City Roseville in 1997. Sandy teaches in workshops in California and Hawaii, and has taken groups of line dancers on cruises.



- **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. Born to musical par-

ents, 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! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students who are concurrently registered both in Performance and Technique class will only need to pay the discounted rate *** for one Technique class.



Performance Classes

- **Beginning Tap**

Tuesdays, March 5-19 — 3553-02A

9:00-10:00 AM (KS). \$15 (three 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 2/26.

- **Advanced Performance**

Mondays, March 4-18 — 3553-02B

12:00-1:00 PM (KS). \$24 (three sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 2/25.

- **Performance Class**

Mondays, March 4-18 — 3553-02C

10:00-11:00 AM (KS). \$24 (three sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 2/25.

- **Performance Class**

Thursdays, March 7-21 — 3553-02D

10:00-11:00 AM (KS). \$24 (three sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 2/28.

- **Performance Class**

Thursdays, March 7-21 — 3553-02E

12:00-1:00 PM (KS). \$24 (three sessions). A preparatory

Continued on page 68

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performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 2/28.

Technique Classes

• **Advanced Technique Class**

Mondays, March 4-18 — 3553-02F (\$15)

*** 3553-02F1 (\$8)

11:00 AM-12:00 PM (KS). (Three sessions. Class is geared more for tappers with advanced skill level but class is open for all who want a more challenging routine and dance steps. RSVP ♦♦ by 2/25.

• **Technique Class**

Tuesdays, March 5-19 — 3553-02G (\$15)

*** 3553-02G1 (\$8)

10:00-11:00 AM (KS). Three sessions. RSVP ♦♦ by 2/26.

• **Technique Class**

Thursdays, March 7-21 — 3553-02H (\$15)

*** 3553-02H1 (\$8)

11:00 AM-12:00 PM (KS). Three sessions. RSVP ♦♦ by 2/28.

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, March 4-25 — 3582-02A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$24 (four sessions). From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 2/25.

• **Fridays, March 1-29 — 3582-02B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$30 (five sessions), Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time, this class is all new. RSVP ♦♦ by 2/22.

—West Coast Swing (California's State Dance)—

Class description of each class has been updated. Please read each class description before enrolling. Questions? Please contact Dottie at 543-6005.

Introduction to West Coast Swing

Wednesdays, March 6-27 — 3510-02A

8:00-9:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 2/27.



Intermediate I and II West Coast Swing

Wednesdays, March 6-27 — 3510-02B

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

Prerequisite: Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with instructor's approval. RSVP ♦♦ by 2/27.

Intermediate/Advanced West Coast Swing

Wednesdays, March 6-27 — 3510-02C

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

Prerequisite: Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 2/27.

Driver Training Refresher Course

AARP Driver Safety Program

Saturday March 9 — 6056-02

9:00 AM-1:30 PM including two short breaks (OC).

Instructor: Paul Jessen. AARP members \$22; Non-members \$24. Fee includes a \$10 Association administrative fee. This half-day refresher course is available to past attendees of the eight hour AARP Driver Safety Training. Geared to the "over 50" driver, it covers how to adjust our driving to age-related changes in our bodies, as well as common sense ways to drive more safely. 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. You must register and pay in advance at the Activities Desks. Present your AARP membership card at registration *and* bring to the class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited. RSVP ♦♦ by 3/2.



Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the *Intro to Gem Cutting*, *Lost Wax Casting* or *Jewelry Fabrication* classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.



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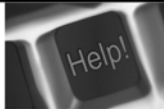
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Intro to Gem Cutting

Mondays, March 4-25 — 3081-01

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil. \$30 (four sessions). Supply fee \$15 payable to instructor. Class limited to six students for optimum learning. This “hands-on” class provides instruction on safety and operation of lapidary equipment, and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP ♦♦ by 2/25.

Lost Wax Jewelry Casting

Monday, March 4-25 — 3131-01

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). Instructor: Dave Fisk (four sessions). \$75 class fee, plus \$20 materials fee payable to instructor at first class. 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 2/25.



colors line up to show the world your true colors. Or go conservative and sophisticated with one color or shades of a color – it’s your choice. For “bead-a-holics,” here’s the perfect project to use up those leftover beads! For beginners, here’s the perfect introduction to peyote stitch, one of the basics of beaded jewelry. A little patience in working with small beads is essential. Check out the samples in the Lodges for the different look that color changes make in this bracelet. Please request supply list during registration. RSVP ♦♦ by 2/26.



Movies

New! The Movies of Mel Brooks

Wednesdays, April 3-24 — 4272-02B

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). “It’s good to be the king!” That about says it all for Mel Brooks. For over 40 years Mel has given us the most outlandish comedies that have ever graced the silver screen. We will look behind the creation of and together discover the brilliance of *The Producers*, *Blazing Saddles*, *Young Frankenstein*, and the Master’s salute to the Master, Alfred Hitchcock in *High Anxiety*. So, get ready to exercise your “funny bone,” for we are about to experience four of Mel’s finest. Each class will include a complete viewing of the movies. RSVP ♦♦ by 3/27.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, March 4 — 3110-02

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



Jewelry

Students bring their own supplies for all Jewelry classes. Supplies can cost \$10 to \$25 and higher per project depending on students’ personal bead inventory. If you have any questions about any of the projects below or your ability to handle the project, contact Cathie at billcats1@earthlink.net or 434-6667.

New! Totally Tubular Bracelet

Tuesdays, March 5 & 12 — 3010-02

9:00 AM-12:00 PM (KS) Instructor: Cathie Szabo. \$25 (two sessions). Here’s a chance to express yourself. Bead tubes of many

Music

—Guitar—

Guitar I — Beginner Level

Wednesdays, March 6-27 — 4260-02A

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). Class is designed for the person who has not played before or hasn’t played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at (916) 899-8383. RSVP ♦♦ by 2/27.



Guitar II — Guitar Intro Continuation

Wednesday, March 6-27 — 4260-02B

10:15-12:15 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). 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 899-8383. RSVP ♦♦ by 2/27.

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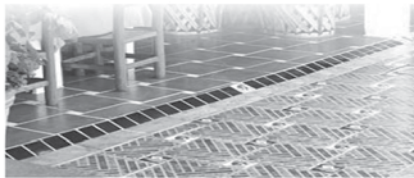
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Guitar III — Intermediate**Thursdays, March 7-28 — 4260-02C**

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$35 (four sessions). This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 2/28.

**Guitar IV — Advanced****Thursdays, March 7-28 — 4260-02D**

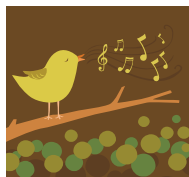
10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$35 (four sessions). **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to various types of ensemble playing, duets, trios, and quartets. RSVP♦♦ by 2/28.

—History—**The History of Rock and Roll Part Four****Wednesdays, February 27- March 20 — 4272-02A**

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). In Part Four we go west to San Francisco and find a whole new world of sights and sounds. Then it's down south to discover all those who came to Los Angeles with California Dreamin' on their minds. Our next steps take us to Monterey for the first Pop festival and back to Yasgur's farm where a half-million came to celebrate the music of their time. And just for fun we will find a new Jazz-Rock, Art-Rock, and the Rock Opera. Wow ... A good time is guaranteed for all as we journey through the History of Rock and Roll Part Four. RSVP ♦♦ by 2/20.

**—Voice—****Beginner Singers Vocal Boot Camp****Friday, March 1-29 — 6133-02A**

9:30-11:30 AM (KS) except March 29 class, Multipurpose Room (OC). Instructor: Bill Sveglini. \$44 (five sessions). Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ♦♦ by 2/22.

**Singer Vocal Boot Camp Continuation****Fridays, March 1-29 — 6133-02B**

11:30 AM-1:30 PM (KS) except March 29 class, Multipurpose Room (OC). Instructor: Bill Sveglini. \$44 (five sessions). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot Camp. Continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 2/22.

Travel**Paris, a Visual Tour****Saturday, February 23 — 6160-01D**

9:30 AM-12:30 PM (OC). Instructor: Claire Michelet. \$28. Have you or would you like to go to Paris? Join us to visit delightful places and discover unfamiliar sites; learn about its history, its geographical setting and its *arrondissements*. This two-hour slide presentation will be followed by an hour Q & A. RSVP ♦♦ by 2/16.

**Versailles and Surrounding Castles, a Visual Tour****Saturday, March 9 — 6160-01E**

9:30 AM-12:30 PM (OC), Instructor: Claire Michelet. \$28. Visit the fabulous Versailles Castle, its extended gardens including the Domaine of Marie-Antoinette, and also Vaux-le-Vicomte, Fontainebleau and other famous castles of Ile-de-France, the region surrounding Paris, and learn about their fascinating history. This two-hour slide presentation will be followed by an hour of Q & A. RSVP ♦♦ by 3/2.

**Sewing****Bernina Serger Certification****Monday, March 11 — 4056-02A**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15 All supplies provided. Class limit three. RSVP ♦♦ by 3/4.

Bernina Sewing Machine Certification**Monday, March 11 — 4056-02B**

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13 (class cost includes a sewing starter kit with bobbins and needles). Please bring your own scissors to class. RSVP ♦♦ by 3/4.

**Janome Sewing Machine Certification****Monday, March 11 — 4056-02C**

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13 (class cost includes a sewing starter kit with bobbins and needles). Please bring your own scissors to class. RSVP ♦♦ by 3/4.



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Basic Quilting**Mondays, April 8 & 15 — 4071-02**

10:00 AM -12:00 PM (OC). Instructor: Sylvia Feldman \$60 (two sessions). Learn how to measure and sew a 1/4" seam; square up your fabrics; cut with a rotary cutter; bind and machine quilt; piece your project and sew a binding on the

finished project. *Please bring to class the following items:* scissors, pins, ruler, sewing thread, eight different fat quarters approximately 18 x 22" or eight different fabrics you can cut in class and thread to match materials. If you have any questions, please contact Sylvia Feldman, 543-3403. RSVP ♦♦ by 4/1.

Wellness & Fitness Classes**Wellness & Fitness**

Register for these classes at the Fitness Centers starting February 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 an established exercise ability and Level 3 is a class designed for the advanced exerciser.

—Emotional—

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Expressive Movement Therapy**Thursdays, March 7-28 — 879100-02**

12:45-1:45 PM, Group Exercise Room (OC). Instructor: Julie Boone. \$44 (four sessions). The goal of this group is to learn to feel the body and its role in managing stress and trauma. We want to increase awareness of the wisdom of the body and what it informs us about our emotional states. Participants will become more conscious of patterns, behavior and thinking that cause distress. We will explore themes of belonging/separateness, personal boundaries and assertiveness. Guided rhythmic moving, individually and as a group, with music and without, will allow physical and emotional transformation, shedding, and shifts. This change can translate into uncovering an integrated, more authentic sense of self. Julie intends this class to be fun and "do-able." Commitment to attendance for all four classes is preferred. Participants should be able to stand and walk for up to an hour. No prior experience is required. While aspects of dance and yoga are included, there are no postures or moves to "learn." Please wear comfortable layers you can move in. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/28.

**Tell Your Story Workshop****Thursdays, March 21-May 9 — 863200-02**

1:00-3:00 PM, Multimedia and Fine Arts Rooms (OC). Instructor: Carol Karkazis, MFT Intern. \$65 (eight sessions). Take a trip down memory lane and build a recorded history at the same time. This workshop meets for eight weeks and assists participants in organizing life stories into major themes and documenting them. You do not need to be a great writer to participate. Extra benefits of this endeavor include the compa-

ny of others sharing in this expedition and a written legacy to give to loved ones. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 3/14.

—Disease Prevention & Management—

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

Arthritis Class L1**Wednesdays, March 6-27 — 801000-02**

3:05-3:35 PM, Aerobics Room (OC).

Instructor: Lin Hunter. \$25 (four sessions). This class is great for those with arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair



exercise program will gently increase flexibility and range of motion to normal or near normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP ♦♦ by 2/27

Arthritis Class L3**Tuesdays, March 5-26 — 803000-02****Thursdays, March 7-28 — 803100-02**

11:15 AM-12:15 PM, Aerobics Room (OC). Instructor: Lin Hunter. \$32 (four sessions). This class will boost your stamina, improve flexibility, and strengthen core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching. We will end each class with relaxing guided imagery and breathing exercises. Workout includes Level 1 arthritis range of motion exercises. Register: Fitness Desks or online. RSVP ♦♦ by 2/26.

Arthritis Class L2**Wednesdays, March 6-27 — 805000-02**

12:10 AM-12:55 PM, Aerobics Room (OC). Instructor: Lin Hunter. \$35 (four sessions). This class will boost your stamina, improve flexibility, and strengthen core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching. We will end each class with relaxing guided imagery and breathing exercises. Workout includes Level 1 arthritis range of motion exercises. Register: Fitness Desks or online. RSVP ♦♦ by 2/27.



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Arthritis Foundation Aqua Class L1**Mondays, Wednesdays, Fridays, March 1-29 — 813212-02**

11:30 AM-12:15 PM (OC). Instructors: Cathy Keller and Judy Barnett. \$2.75 per class; purchase up to 13 classes. This class is specially designed for people with arthritis; we will put our joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter you can't miss with this class! Register: Fitness Desks.

**Hormone Balance Workshop****Tuesday, March 26 — 879101-02**

12:00-2:00 PM, Multimedia Room (OC) \$5. Dr. Shannon Wood is a Naturopathic Doctor and Licensed Midwife specializing in Hormone Balance. Come join Dr. Wood for an informative workshop where she will discuss how hormones affect almost every system in our body. Hormones can affect up to 80% of symptoms that women and men experience. Hormone balance can always be related back to Stress Sugar and Sex. We will explore what these symptoms are and how they relate specifically to our path to wellness. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/19

—Group Exercise—

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

Level 1

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

Level 2

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

Level 3

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

—Mind & Body Connection—

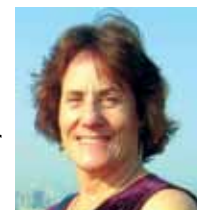
Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors.

Aqua Yoga L1**Mondays, March 4-25 — 832001-02**

12:30-1:30 PM (OC). Instructor Joanie Martin. \$32 (four sessions). Imagine weighing 80 percent less than your scale indicates! Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion, develop strength and static balance, while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

Evening Hatha Yoga L2**Tuesdays, March 5-26 — 711000-02**

6:30-7:45 PM. Aerobics Room (KS). Instructor: Susan Hayes. \$44 (Four sessions). The new year has started; resolve to take an early evening yoga class that will give you increased energy and improve your flexibility, balance, and strength, all while reducing stress. Everyone is welcome to this fun-filled, informative class. Register: Fitness Desks or online. RSVP ♦♦ by 2/26.

**Evening Yoga and Meditation L1****Thursdays, March 7-28 — 711100-02**

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and optional meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ♦♦ by 2/28.

Extra Gentle Yoga L1**Tuesdays, March 5-26 — 710000-02**

12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. \$44 (four sessions). Julie's popular yoga classes are gentle and adaptable to meet the needs of any student. Julie's motto is "Yoga is not supposed to hurt!" Julie will help students modify postures to find a level of stretch that is comfortable. If you have not tried yoga before, this is the class for you. Expect breathing exercises, standing poses, floor poses, and a brief guided relaxation. This class does not offer meditation instruction. Register: Fitness Desks or online. RSVP ♦♦ by 2/26.

**Gentle Hatha Yoga "Plus" L2****Tuesdays, March 5-26 — 710100-02****Thursdays, March 7-28 — 710120-02**

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

Continued on page 79



Shari McGrail

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\$44 (four sessions). This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, and pranayama (breathing exercises). The “plus” is more time in deep relaxation, and additional instruction in meditation. While a physically-gentle class, it is not “easy.” Strength, flexibility, and balance will be developed. All experience levels are welcome. Register: Fitness Desks or online. RSVP ♦♦ by 2/26.

Yoga Basics L1

Saturdays, 9:00-10:00 AM, Aerobics Room (OC). Instructor: Karen Kaffka. \$3.50 per class, *purchase a Mind & Body punch pass*. 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. Register: Fitness Desks or online.

Yoga Flow L2

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

Yoga for Osteoporosis L1

Fridays, March 8-29 — 710200-02

5:30-6:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). Exercise cannot replace bone that’s already been lost, but it can help maintain strength in the bones.

Yoga can bring softness and agility to the joints, which helps us 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 balancing and deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 2/22.



Piloga L2

Mondays, Wednesdays & Fridays

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



Piloga Flow L2

Tuesdays, 10:30-11:30 AM (KS). Instructor: Joanie Martin. \$3.50 per class, *purchase a Mind & Body punch pass*. 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! Register: Fitness Desks or online.

Pilates Fit L2

Thursdays, 10:30-11:30 AM (KS). Instructor: Domine Trosky. \$3.50 per class, *purchase a Mind & Body punch pass*. 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. Register: Fitness Desks or online.

Tai Chi L1

Tuesdays, March 5-26 — 730100-02

Saturdays, March 2-30 — 730200-02

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. \$40 (four sessions) Saturday \$50 (five sessions). Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. Register: Fitness Desks or online. RSVP ♦♦ by 2/23.



Tai Chi Intermediate L2

Tuesdays, March 5-26 — 730300-02

2:45-3:45 PM, Aerobics Room (KS). Instructor: Peli Fong. \$40 (four sessions). This class is designed for students of Ms. Fong’s Tai Chi class who have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and work toward a greater understanding of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit

Continued on page 81

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for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Register: Fitness Desks or online. RSVP ♦♦ by 2/26.

—Money Matters—

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

Help, I Have No Pension and Need Money!

Tuesday, February 26 — 870000-01

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. Many people do not have pensions, instead just Social Security. As a result they need to take money from a portfolio rolled over from a 401(k) or other retirement plan. Come to this class to find out some very efficient ways to withdraw funds from your portfolio to provide for you and your family. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/19.



What to Do When my Spouse Can No Longer Handle the Money

Tuesday, March 26 — 870000-02

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. In many households only one person handles the money. What do you do if you are the other person and are forced for various reasons to be the new money handler. Come learn how to make a smooth transition and ways you can get educated on how to handle your finances. Even if you are financially educated you will benefit from this class. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 3/19.



—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, March 5-26 — 815000-02

6:00-7:30 PM, Aerobics Room (OC). Instructor: Paul Rossi. \$60 total (\$15 per session). Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to young children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/23.



—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 and working directly with a personal trainer in a small group setting with no more than six people.



SGT — Balance and Bosu L2

Mondays & Wednesdays, March 4-27 — 835000-B2

11:30 AM-12:30 PM, Aerobics Room (KS). Instructor: Eve Webber. \$135 (eight sessions). Redefine and explore your body's balance systems using the BOSU Balance Trainer and walk away with a whole new perspective on balance. More than just your ability to stand on one leg, balance signifies both the starting and ending point of human movement, and this class will show you how to train complementary aspects of balance to improve proprioception, strength and flexibility. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

SGT — Bootcamp L2

Tuesdays & Thursdays AM, March 7-April 2 — 835000-13

Tuesdays & Thursdays PM, March 5-28 — 835000-14

AM times: 6:15-7:15 AM; PM times: 4:30-5:30 PM. Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). 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 2/26.

SGT — Bootcamp L3

Mondays & Wednesdays, March 4-27 — 835000-A2

5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class, no worries, you can make it up in the other session offered. Talk with the instructor for more details! Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

SGT — Circuit Express L1

Mondays & Wednesdays, March 11-April 3 — 835000-C2

5:00-5:30 PM, Fitness Floor (OC). Instructor: Julia Roper. \$70

Continued on page 82

(eight sessions). Class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the class will progress with a few new exercises to include balance, core and cardio stations. Register: Fitness Desks or online. RSVP ♦♦ by 3/4.

SGT — First Steps to Fitness L1

Mondays & Wednesdays March 4-27 — 835000-L2

12:30-1:30 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Starting a new experience may seem a little overwhelming. That's why First Steps to Fitness is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility and more. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.



SGT — “Fun”ctional Fitness L2

Tuesdays & Thursdays, March 5-28 — 835000-F2

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. \$135 (eight sessions). A fun-filled Small Group Strength Training, 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 to keep 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 2/26.

SGT — Healthy Back L2

Tuesdays & Thursdays, March 12-April 4 — 835000-H2

9:00-10:00 AM, Fitness Floor (KS). Instructor: Kathryn Shambre. \$135 (eight sessions). This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 3/5.

SGT — TRX Interval Training L2

Mondays & Wednesdays, March 6-April 1 — 835000-T2

2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. \$135 (eight sessions, no class February 18). This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and



prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ♦♦ by 2/26.

SGT — TRX Postural & Balance Correction L1

Tuesdays & Thursdays, March 12-April 4 — 835000-P2

2:30-3:30 PM, Fitness Floor (KS). Instructor: Kathryn Shambre. \$135 (eight sessions, no class February 12 or 14). This class is designed to move at a slower pace. It is a basic introductory to the TRX Suspension. The exercises will be personally modified to meet your needs. We will start with low repetitions and low to no impact warm ups. You will learn how to safely use the TRX straps for support while you correct postural deviations that lead to decreased mobility, loss of balance and coordination. Register: Fitness Desks or online. RSVP ♦♦ by 3/5.

SGT — Introductory Reformer Session L1

Continuous Dates — 835000-00

Fitness Floor (KS). Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. \$30 (one session). This one-on-one 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. RSVP ♦♦ by 2/25.

New! SGT — Pilates Reformer L1

Mondays & Fridays, March 4-28 — 835000-RA

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

Mondays & Wednesdays, March 4-27 — 835000-RB

11:30-12:30 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions).

Mondays & Wednesdays, March 4-27 — 835000-RC

2:30-3:30 PM, Fitness Floor (KS). Instructor: Joanie Martin \$135 (eight sessions).

Tuesdays & Thursdays, March 5-28 — 835000-RD

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

Tuesdays & Thursdays, March 5-28 — 835000-RE

5:00-6:00 PM, Fitness Floor (KS), Instructor Eve Webber. \$135 (eight sessions). All SGT classes require a prerequisite of one introductory class please see SGT — Introductory Reformer session. The reformer provides finely tuned exercise resistance that allows one to



Continued on page 84



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work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. Limit three participants per class. Register: Fitness Desks. RSVP ♦♦ by 2/25.

SGT — Suspension Training for Golfers L2
Mondays & Wednesdays, March 4-27 — 835000-G2

4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Train to play your best golf ever! This small group training will take your golf fitness to the next level. Golf requires a combination of strength, flexibility, timing, balance, power and endurance. This class will incorporate TRX, Bosu, Medicine Ball and large Stability Ball to create appropriate range of motion, balance and strength. All levels are welcome. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

SGT — WOW (Working Out with Weights) Express L1
Monday & Wednesday, March 4-27 — 835000-W2

10:15-10:45 AM, Fitness Floor (KS). Instructor: Julia Roper. \$70 (eight sessions). Want the most out of your workout? Join this in-depth, strength training program that will take you from

basic to advanced training techniques. You will begin learning how to use machines in the right way and get a total body program focusing on proper settings and correct form! Training includes a 30-minute lecture demonstration and assisted program design each week. Learn how to change your program, the best sets, reps and exercises for your body type as well as free weights techniques and cable exercises. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.



—Wellness Services—

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

Nutritional Counseling

Dani Conway HLC11, MTA, FDN & Audrey Gould RD: 234-6869.

Emotional Counseling

Carol Karkazis, MA: 672-8533.

Estate/Financial Planning

Russ Abbott, Wealth Advisor: 797-7760.

MARCH 2013- OC Group Exercise Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	OC	OC	OC	OC	OC	OC	OC
7:00							
7:15							
7:25	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	Low Impact L3	Yoga Basics L1	
9:30							
10:00	Cardio Strength L3	Yoga Flow L2	Cardio Strength L3	Yoga Flow L2	Cardio Dance & Sculpt L3	Tai Chi L1	
10:30							
11:00	Piloga L2	Arthritis Class L3 11:15-12:15	Piloga L2	Arthritis Class L3 11:15-12:15	Piloga L2		
11:30							
11:45	Basic Low Impact L1		Arthritis Class L2 12:10-12:55				
12:00							
12:30		Extra Gentle Yoga L1 (12:45-1:45)	Chair with Flair L1	Movement Therapy 12:45-1:45	Basic Chair L1		
12:45							
1:00	Chair with Flair L1						
1:15							
1:30	Balance Express L1	Gentle Hatha "Plus" Yoga L2	Balance Express L1	Gentle Hatha "Plus" Yoga L2			
2:00							
2:30			Arthritis Class L1 3:15-3:45		Act. Class		
3:00	Activities Class						
3:30			Act. Class 4:00-5:00			Act. Class	
4:00							
4:30	Zumba L3		Zumba L3				
5:00							
5:30							
6:00							
6:30		Self Defense		Act. Class			
7:00							
7:30							
7:45							
8:00							

KEY Group Exercise Classes (punch pass) Mind & Body Classes (punch pass)
 Wellness Classes (session based) Small Group Training (session based)
 For class details please see Wellness & Fitness section.

March 2013- OC INDOOR POOL

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

For class details please refer to the Wellness & Fitness section

OC Indoor Pool Group Exercise Classes (punch Wellness Classes (session based))

MARCH 2013- Kilga Springs

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 FLOOR	KS	KS
6:15														
7:00		SGT- Reformer L1												
7:15														
7:25														
8:00														
8:30		Everybody Can L2												
9:00														
9:30														
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7:45														
8:00														

Group Exercise Classes (punch pass)
Wellness Classes (session based)

Mind & Body Classes (punch pass)
Small Group Training (session based)

Group Exercise Classes (punch pass)
Wellness Classes (session based)

Mind & Body Classes (punch pass)
Small Group Training (session based)

For class details please see Wellness & Fitness section

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Margit's Freedom Passage!
Monday, February 18 — Free

3:00-4:30 PM, P-Hall (KS). Last year, resident Margit Lawrence shared with us her teenage "survival" years in Berlin during extensive WWII bombings and the consequent harsh Russian occupation. Her personal saga continues! Is there still humanity? What next? Displacement camps were established by the Allies, and this is another survival tale. Fortunately, Margit's extended family in Guatemala/Central America provided money and papers to relocate. The freedom passage presented many unknowns: how to get there and how long; whom to trust and can one communicate and adjust! The desire to be free, to work, and survive continued. Q&A follows. The session will be videotaped for registered website users.



Senior Moments: What is Normal?
Wednesday, February 20 — Free

7:00-8:30 PM, Front Ballroom (OC). "Mind Your Mind" — we have all experienced senior moments: missed an appointment, forgotten where you put your keys or car. What is normal and when does an ordinary memory lapse indicate something more serious, like early Alzheimer's disease? Can you brush it off as "just being forgetful" or might it be a mild cognitive impairment, or a more pronounced form of memory loss that often precedes dementia? Dr. John Schafer from Mercy will share more about what is and isn't normal memory loss, the different forms of dementia and the causes of cognitive decline and what can you do to prevent memory loss and improve your outcome.



Android: The "Other" Phone & Tablet
Tuesday, March 12 — Free

2:00-3:30 PM, Front Ballroom (OC). Many people want a Smart Phone or tablet that they can personalize and Android is praised for customizing and low cost. Hardware manufacturers have been able to design Androids so that not every device looks and behaves the same! Len Carniato will compare the different Android tablets and phones, how you can pick a size that is best for you, have a keyboard or not, how can you personalize



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Controlling for Cancer: Lifestyle Choices You Can Make
Wednesday, March 20 — Free

7:00-8:30 PM, Ballroom (OC). There is growing and substantial evidence that lifestyle choices can make a difference in whether you develop cancer. Everyone knows that cigarette smoking is a major cause of lung and other cancers, but the food choices you make and whether you are physically active are also important. Dr. Lawrence Kushi, adjunct professor at UC Davis and researcher at Kaiser Permanente will review recommendations and evidence that points to the important role for lifestyle factors in cancer prevention and prognosis.



Andy's First Death
Thursday, April 4 — Free

10:00-11:30 AM. Presentation Hall (KS). On the night of his high school graduation, Andy died. He drowned at a lakeside party. A classmate found his body tangled in the weeds, brought him to the beach where Andy was revived. "The instant I entered the Light, to become one with the Light, is an event that has no parallel in my life." Andy published his experience in "Remembering the Light." He will share his experiences with you at this Community Forum. There will be time for Q & A.



Community Forums, Date, Time, Location

- Margit's Freedom Passage
Monday, February 18, 3:00 PM, P-Hall (KS)
- Senior Moments; What is Normal?
Wednesday, February 20, 7:00 PM, Front Ballroom (OC)
- Android: The "Other" Phone & Tablet
Tuesday, March 12, 2:00 PM, Front Ballroom (OC)
- Controlling for Cancer: Lifestyle Choices You Can Make
Wednesday, March 20, 7:00 PM, Ballroom (OC)
- Andy's First Death
Thursday, April 4, 10:00 AM, P-Hall (KS)
- Local Snake Review Again
Tuesday, April 23, 1:30 PM, Ballroom (OC)
- Topics in Bone Health
Wednesday, April 24, 7:00 PM, Ballroom (OC)
- ISS Future
Wednesday, May 1, 7:00 PM, Ballroom (OC)
- DMV and Seniors
Wednesday, May 15, 1:30 PM, Ballroom (OC)

Golf Cart Inspections at Orchard Creek Lodge

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & third Thursday at 8:00 AM.

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OC Main Fax: **(916) 625-4001**

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: **(916) 408-4013**

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www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs 408-4013

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KS Fitness Center 408-4683

Fitness Center Information Only 408-4634

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-The Spa at Kilaga Springs-
408-4290

Spa Manager Tina Ginnetti
tina.ginnetti@schca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM
Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM
Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM
Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM
Saturday/Sunday — OC 7:00 AM-8:00 PM
Saturday/Sunday — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM
Sunday 8:00 AM-4:00 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM
Lunch 11:30-3:00 PM
Dinner 5:00-8:00 PM
Dinner Friday & Saturday 5:00-9:00 PM
Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM
Saturday 9:00 AM-5:00 PM

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General Manager, LH Golf Club
Sean Silva 543-9200, ext. 4
ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

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Reduced Sunroom Heat



Retractable Window Awnings On Sunrooms

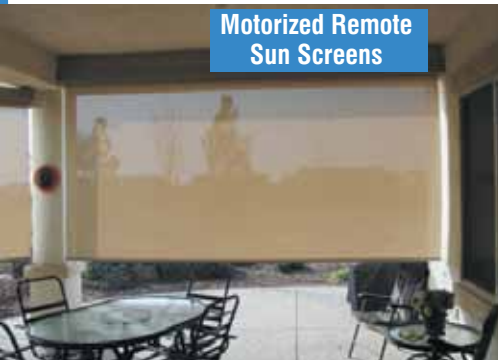
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

Retractable Patio Covers



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

Motorized Remote Sun Screens



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

Effective Sun Protection

UV Protection Sun Screens



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

www.donsawnings.com

Don's Awnings, Inc.

(916) 773-7616

Roseville, CA

Lic. #408203

Financing available OAC



Combination Lattice & Sun Screens



I've got you covered...
Call me today to get more enjoyment out of your home tomorrow!

Don Libolt Owner-Builder

