



Compass

January 2013



Our Fitness Centers and Staff bring "New" into the meaning of New Year ... page 8

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On the cover

Staff members invite you to the Fitness Centers to become more healthy and invigorated

Staff photo

Looking Back and Looking Forward

Board of Directors Report

John Snyder, Vice President, SCLH Board of Directors



Hope you all had a great 2012 and are looking forward to a happy, healthy and prosperous new year.

The year 2012 was an excellent one for the Association and our community. With the efforts of our very talented staff and management, and the support of our Members, this Association is fiscally sound and dynamic in its activities and efforts to maintain and improve the quality of our exceptional lifestyle.

A few remarkable accomplishments of 2012 were: remodeled Meridians Restaurant and Bar, replaced flooring at the OC Fitness Center, replastered three pools at the OC Fitness Center, recarpeted Kilaga Springs, painted full exterior of Orchard Creek, began Happy Hour Thursdays at the Pool, and made available for sale various SCLHCA logoed items. Entertainment successes were Frankie Avalon show, the Crab Feed, and Thanksgiving dining with record attendance of 2100, 900 and 925, respectively, and the successful beginning of overnight trips and activities.

The year 2013 will prove to be just as exciting with the following efforts: Amphitheater remodeling to include improving stage visibility, reconfiguring the dancing area, and upgrading electronics/sound capabilities; pickleball expansion; new aerobic equipment at the OC and Kilaga Fitness Centers; remodeling of OC and Kilaga Fitness Center locker rooms and lockers; remodeling of Presentation Hall including upgrading sound and visual systems; expansion and re-

furbishing The Spa at Kilaga Springs; and the refocus of Kilaga Springs Café.

As I was writing this article just before Christmas, I wondered if I could get a sense of the effort and magnitude of our Members' charitable activities. I asked Judy Hogan, the Association's Club Coordinator, to ask various leaders for a brief outline of their charitable efforts. The response was

“As I was writing this article just before Christmas, I wondered if I could get a sense of the effort and magnitude of our Members' charitable activities ... The response was so large it was overwhelming, inspirational and humbling.”

so large it was overwhelming, inspirational and humbling. Regretfully, space limitations here do not allow an adequate recital of the responses. The contributions of time, good deeds,

money, crafts, toys, food, and gifts are enormous. We can all be proud. Thank you all.

In closing, your Association needs you. Only with your direct participation with your Association's Standing Committees will this Association maintain its excellence. The commitment of time and effort is not excessive. You will meet and associate with highly-motivated and interesting individuals who are actively engaged. Currently there are openings on the Properties, Compliance, Communications and Community Relations, Clubs and Community Organizations, and Elections Committees. You need to do this for yourself! Please pick a committee to your liking, contact its chair and participate.



Orchard Creek Fitness Center celebrates its unveiling January 9. Kilaga Springs Fitness Center will celebrate January 30. Come join the fun!

Upcoming Association-Related Meetings

Date • Time • Place January 15-February 28

New Resident Orientation	Tuesday, January 15, 1:00 PM, Solarium
Finance Committee Meeting	Thursday, January 17, 9:00 AM, Oaks
Golf Cart Registration	Thursday, January 17, Feb. 7 & 21, 8:00 AM, OC Lodge
Board of Directors Meeting	Thursday, January 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, January 24, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, January 24, 11:00 AM, Oaks
Board of Directors Special Meeting	Friday, January 25, 11:00 AM, Presentation Hall (KS)
ARC/Architectural Review Committee	Monday, January 28, 9:00 AM, Heights
Elections Committee Meeting	Friday, February 1, 10:00 AM, Fine Arts
CCOC/Clubs/Community Orgs.	Tuesday, February 5, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, February 5, 1:30 PM, Oaks
Compliance Committee Meeting	Wednesday, February 6, 10:30 AM, Oaks
ARC/Architectural Review Committee	Monday, February 11, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, February 12, 1:00 PM, Fine Arts
Listening Post	Wednesday, February 13, 9:00 AM, Solarium
Finance Committee Meeting	Thursday, February 21, 9:00 AM, Oaks
Annual Meeting of Members	Thursday, February 21, 1:00 PM, 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

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Wow! Everywhere you look right now you see changes going on. Must be a new year! The beauty, vibrancy and choices within our community are what drew you to Sun City Lincoln Hills. To maintain these attributes and keep all things moving forward, changes and improvements are coming your way.

Every year between June and July, your Association Directors and Managers present a business plan and budget to the Finance and Properties Committees that specify requested updates and replacements. Residents are informed of such proposals in open meetings and *Compass* articles, and your feedback is always welcome. We appreciate your input and we thank you in advance for your patience and support. We think you will like what you see!

Perhaps the most noticeable changes you are experiencing currently are in the Fitness Centers. Hooray for you to notice the changes — that means you are actively participating in your wellness and fitness! Wellness & Fitness Director Brandy Garcia, Assistant Wellness & Fitness Director Lisa Scroggs (yes, we anticipate her return from maternity leave mid-February), Fitness

Coordinator Deborah McIlvain, Wellness Coordinator Christine Epperson, and lead monitor Donna Tewart have done exceptional work putting a six-month plan into action this month. While not without its bumps, the vision of creating a fitness program that integrates several dimensions of health and wellness into your fitness regime is admirable. I take my hat off to staff for their ingenuity and dedication. Our goal is to keep you inspired, engaged and well.

A key objective with the revisions of class structures is to provide additional opportunities as you adapt your fitness regimen to complement your changing personal and physical needs. Your outstanding team of fitness professionals is here to assist you. Simply ask! They will explain the changes on class structures, help you evaluate your needs based on your fitness desires, and get you started meeting your health-focused New Year's goals! Please see pages 87-90 for the class schedule.

I wish you a healthy and happy new year and look forward to seeing you in the Lodge.



Calendar of Events

January 15-February 28

Date	Event	Page #
01/15	e-Waste Recycling	42
01/15	New Resident Orientation	42
01/15	Bus Trip: "Nunset Boulevard"	54*
01/17	Speaker: "Detainee Operations in SW Asia"	34
01/17	Book Discussion: <i>Agent Garboby</i>	22
01/17	Bus Trip: California Academy of Sciences	54*
01/18	Concert: "JOEL — Music of Billy Joel"	43
01/21	"Gravitational Waves — Ripples/Space Time"	20
01/21	"Eureka Moments in Genealogy Research"	26
01/21	Forum: "Football Review—You Make the Call"	32, 92
01/22	Comedy Night at KS	42
01/22	Bus Trip: Broadway Sacramento, "Rock of Ages"	46
01/22	"Falling off the Fiscal Cliff"	79
01/23	Forum: Healthy Aging Strategies	92
01/24	"Harmony in Planting/Focus on Perennials"	26
01/24	Bus Trip: Colusa Casino	54*
01/28-29	"Organizing Your Estate"	79*
01/29	Bus Trip: Speaker Series	54*
01/30	Concert: Suzanna Smith "Great Ladies of Jazz"	44
01/31	Bus Trip: Sun City Snow Train	54*
02/04	KS at the Movies: "Best Exotic Marigold Hotel"	46
02/04	"Advance Health Care Directives"	81
02/06	"Seeing the Unseen — The Hidden Universe"	20
02/07	Speaker: Portfolio Mgr. for Principle Funds	28
02/07	Bus Trip: Off to the Races	49
02/07	Bus Trip: Colusa Casino	54*
02/07	Forum: 2012 Strategic Advisory Comm. Report	92
02/08	Dinner/Dance: "Romance is in the Air"	46
02/09	Readers Theater: "My Man Godfrey"	31
02/11	"Achieving Immortality through Bird Watching"	22
02/11	Bus Trip: Feather Falls Casino	49
02/11	Forum: "iDevices, Apple's iPad, iPhone, iPod"	92
02/12	"Furoshiki: Fun with Fabric Folding"	29
02/14	Low Vision: "Participating in a Clinical Trial"	25
02/15	Concert: Elvis Tribute Concert, "Chapel of Love"	44
02/16	Bus Trip: Chinese New Year Celebration	49
02/16	Bus Trip: Sacramento Autorama	49
02/18	"Requirements for Daughters/Amer. Revolution"	26
02/18	Forum: "Margit's Freedom Passage"	92
02/19	Bus Trip: San Francisco for the Day	51
02/20	KS Music Night: "A Salute to Ray Charles"	44
02/20	Forum: "Senior Moments: What is Normal?"	92
02/21	Book Discussion: <i>The Tragedy of Pudd'nhead Wilson</i>	22
02/22-24	Fine Arts Show	29
02/25	Comedy Night at KS	43
02/26	"Help, I Have No Pension and Need Money!"	81

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

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Bill & Jan Rexrode 408-3997	Loree Risi 716-0854	Lisa Snapp 770-9200	Terri Stevenson 316-4811	Kathy Sullivan 761-4502	Margaret & Karl Thompson 508-0152	Doreen Traxel 698-0801	Tony Williams 521-3400	Sharon Worman 408-1555	

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

Board of Directors Election News

Get to know your candidates by attending one or both of the forums this month:

The Elections Committee welcomes you to the Board of Directors **Candidates Forum** at the newly-remodeled Presentation Hall (KS) at 10:00 AM, Wednesday, January 16, and Saturday, January 19.

This year we will have an uncontested BOD election (four candidates for four positions). The candidates will meet the

residents at the Forum Sessions where they will discuss their backgrounds and goals to serve on the Board. Additionally, they will answer randomly selected questions provided by residents.

If you have a question that was not covered during the Forum Sessions you may present it personally to the candidate after the forum.

- **Wednesday, January 16** — 10:00 AM — Presentation Hall, Kilaga Springs Lodge
- **Saturday, January 19** — 10:00 AM — Presentation Hall, Kilaga Springs Lodge

There will be an Annual Membership meeting for all Members

- **Thursday, February 21** — 1:00 PM — Ballroom, Orchard Creek Lodge

Introducing Your Candidates for the February 2013 Board of Directors

In Alphabetical Order:



Jim Leonhard:

“A Fresh Approach with a Balanced Perspective”

Please contact me at:
jhleonhard@gmail.com

- My professional career included leading my telecom/utility consulting firm and managing a manufacturing business
- Chair of the 2012 Strategic Advisory Committee
- Served on the Finance Committee where I championed the LED Street Lighting Project in conjunction with the Properties Committee
- Current member of the Water Volleyball Club and an avid runner



Marty Rubin:

My vast experience at Lincoln Hills includes the following:

- Member of the Finance Committee in 2004 and for another two years 2008-2010
- Member of the Board of Directors for three years, 2005-2007, and the present Board, the past two years
- From the age of 25 to retirement I was owner/operator of my own businesses
- Serving on your Board has been gratifying, and I look forward to serving for another two years



John Snyder:

A CPA with extensive experience as CEO, COO and CFO of large national companies providing labor-intensive services to commercial enterprises
SCLHCA Experience:

- Board of Directors for two years; most recently as Vice President and one year as Treasurer
- Five years on the Finance Committee, two years as its Chair
- Food & Beverage Committee
- Working relationship with the Association's managers, staff and directors
- In-depth knowledge of the Association's operating departments



Denny Valentine:

- Denny ran his own governmental affairs consulting firm and retired as V.P. of public relations for a major utility.
- Served as a Precinct Inspector for Placer County
- Served two years on the Placer County Grand Jury – one year as Foreman
- Served as President of the Lincoln Community Foundation for three years, Neighborhood Watch and Second Cup of Coffee
- Prior four year member of our Board of Directors

The Elections Committee needs you! Volunteer to serve on the Elections Committee and become a part of the election process.

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Strategic Advisory Committee

The Finish Line is Rapidly Approaching

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

This is likely to be the 2012 Strategic Advisory Committee's (SAC's) final *Compass* article as we wrap up the Final Report in preparation for delivery to the Board of Directors before the end of January. The Committee has met weekly in the last month to complete its report.



I am very proud of and grateful for the contribution that each member of the SAC and its Associates has made to the project. Our committee wishes to express its appreciation to all residents who participated in the telephone, online and paper surveys last summer. SAC would also like to thank residents who have attended our many meetings and to recognize their contribution to the committee as provided by their valued comments. This has truly been a group effort that has benefitted from the wisdom and experience of a wide range of individuals in our community.

We have conservatively estimated that collectively more than 4,000 person hours have been expended since the end of April 2012 when our work began. That is a great deal of time and energy spent.

So we hope that when you attend the Community Forum on February 7 at 1:30 PM that you will recognize the dedication of your fellow residents represented in the Strategic Framework presented.

You may wish to thank the individuals when you see them. Following is a list of the many active participants in this endeavor:

Strategic Advisory Committee Members: Agnes Valdez, Vice Chair, Gerald Harner, Harriet Kaufman, Pete Savoia, David Stone, Denny Valentine.

Former SAC members: Michele Hutchinson – resigned for personal reasons and Lee Guth – deceased.

Strategic Advisory Committee Associates: Ron Carelli, Robert Dale, Charles Dickens, Janet Dickens, Wally Etterbeek, Roger Espiritu; Cecelia Halligan, Gary High, Elise Homer, Dan Karlskint, Joan Logue, Al Roten, Shirley Schultz, Jack Swanson, Mary Lou Taverna, and Donna Tewart.

A special thank you also goes to our Executive Director, Bob Cook, and his staff for their valuable input. Our project would not have been possible without their assistance.

We look forward to seeing you on February 7.

"We have conservatively estimated that collectively more than 4,000 person hours have been expended since the end of April 2012 when our work began... So we hope that when you attend the Community Forum on February 7 at 1:30 PM that you will recognize the dedication of your fellow residents represented in the Strategic Framework presented."

CERT

Individual Disaster Preparedness for SCLH Residents: Part I

Bill Beal

In last month's *Compass*, I introduced you to the plan of our SCLH Community Emergency Response Team (CERT) to offer a series of 12 articles this year on disaster preparedness. In this first article on identifying potential disasters, consider what could disrupt or threaten your life here in Lincoln Hills. All of the following could happen here:



- Train accidents that lead to an explosion and/or the release of toxic chemicals.
- Earthquakes. The US Geological Survey database shows there is a 32% chance of a major earthquake within 50 miles of Auburn within 50 years.

Please see "CERT" on page 35

Committee Opening

Clubs and Community Organizations Committee (CCOC)

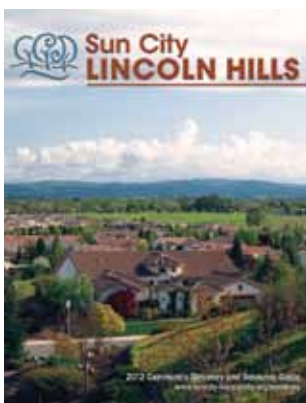
Ever wonder what helps our Association Clubs run smoothly? The fundamental building block for all clubs is their Guidelines or By-Laws. Who helps Clubs write that building block so it is consistent with Association policy? You are correct — it is the Clubs and Community Organizations Committee (CCOC).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

SCLH Directory

All Changes Due by February 4

Any additions, deletions or changes to the name or telephone listings in the SCLHCA Community Directory and Resource Guide for 2013 need to be received at the Membership Desk by Monday, February 4, 2013, at 4:00 PM.

We anticipate the 2013 Resident Directory to arrive in mid June.



Wellness & Fitness News

Frequently Asked Questions about Fitness Center Changes

Come celebrate with us on January 30!

Brandy Garcia, Director of Fitness



With so many changes happening at one time in the Wellness and Fitness department, you may find yourself a little overwhelmed. In attempt to clarify, here are few frequently asked questions about all the changes:

Q: *What does the change to “Wellness & Fitness” mean for me?*

A: This means that our programs and classes will try to address one or more dimensions of your personal wellness. So we will be looking to offer classes that you have not previously seen offered through the Fitness Department.

Q: *What are the “Wellness Dimensions”?*

A: Wellness can have many dimensions. We are focusing on the following: emotional, environmental, financial, mind & body, physical, spiritual, and nutritional dimensions, as well as disease prevention & management. You can see all the dimensions on the headings starting on page 75. Under each heading is a short description of what classes listed under that dimension are aiming to help you develop.

Q: *What types of punch cards are there now?*

A: We have two types of punch cards. One is titled “Group Exercise” and the other is “Mind & Body.” These are electronic punch cards that are linked to your household in our software; no need to worry about carrying around a paper punch card.

The Group Exercise Punch pass is used for all the classes listed under the Group Exercise heading starting on pages 75 and 77. The Group Exercise class descriptions are listed on page 90. Each punch is \$2.75. The Mind & Body punch pass is used for some of the classes under the Mind & Body heading that starts on page 77. Classes that use the Mind & Body punch are those classes that have no dates after

the titles and indicate that a Mind & Body punch is required to participate. We plan to expand the number and type of classes this year that use the Mind & Body punch. Each punch is \$3.50.

All other classes that have a set start and end date, and are usually held for a four-week time period, are referred to as “session based” classes.

Q: *Have you gotten rid of personal trainers?*

A: Nope! The services that all trainers provide are now listed under the heading of Training Services on page 81. Our trainers will continue to provide one-on-one training and two-clients-to-one trainer services. We are expanding our Small Group Training offerings and coming soon is Reformer Training!

Please see “Wellness & Fitness” on page 93

Unveiling All That is New: Scenes from OC Fitness Center



**Wellness & Fitness Classes: pages 75-90 • Exercise Class Schedules: pages 87-89
Group Exercise Class Descriptions: page 90**

Aging Well

"Focus on Healthy Aging"

Shirley Schultz, Health Reporter

The title of this article is in quotes because it is actually the title of a newsletter from Mount Sinai School of Medicine. Is it any wonder that



there is extensive interest in issues of aging at this point in U.S. history, when a train full of Baby Boomers is roaring down the track to join the ranks of an already large cadre of senior citizens? While there are inevitable changes that occur with aging, going into the future in the best possible health is extremely important. What caught my eye in the Mount Sinai newsletter was a succinct list of "nine ways to preserve mental functioning" by Jane Martin, PhD, which are worth summarizing here.

- Be selective with what you give your attention to by focusing on things you want to learn and remember.
- Stimulate your brain by any activity that requires problem-solving skills.
- Recognize the many faces of depression, which has a destructive effect on attention and hence affects memory. Get treatment for depression.
- Get as physically fit as possible and stay that way.
- A healthy diet includes good fats that benefit your brain: olive and canola oils, and fatty fish such as salmon. Avoid

saturated fats and trans fats.

- Get adequate nutrition to avoid vitamin deficiencies and malnutrition, which can manifest as cognitive impairment.
- Do not become socially isolated. Interact regularly with others.
- Develop skills that help you to compensate for declining memory such as making lists and writing things down.
- Your brain needs adequate rest to function well, so get enough sleep.

If you think you know all about aging, you might be surprised, as I was, to take "The Aging and Medical Science Quiz" online by the UC Davis Health System at www.ucdmc.ucdavis.edu/minimed/quiz/quiz.html. You might think that you are expected to lose teeth as you age, or you may not know that taking that stomach acid reducer significantly increases your risk for Vitamin B-12 deficiency, or you may wonder if the memory impairment in your later years is normal aging or not.

Setting the stage for "Aging Well," the theme for the 2013 health community forums, will be **Dr. Michael McCloud, an expert on issues of aging**, on January 23, when he will elaborate on healthy aging strategies such as those listed above.

***Important note:** Due to the expected high interest in Dr. McCloud's presentation, it is necessary to pre-register for his presentation, "Live Well, Live Long – Healthy Aging Strategies." (See page 92 for details).

Happy New Year from Meridians, Kilaga Springs Café and Orchard Creek Lodge!

Jerry McCarthy, Director of Food & Beverage

Our new Winter Menu was just released and is getting great reviews. In addition, we have added Super Saver Entrees for only \$8 four days of the week. The entrees are: pot roast on Sunday, Chef's meatloaf on Monday, Shepherd's Pie on Tuesday, and liver & onions on Thursday. We have dancing every Tuesday and live music on Wednesday, Friday, and Saturday evenings. We are working on menus that reflect, whenever possible, local, fresh, and sustainable fruits and vegetables that capture the winter season.

Exciting 2013 happenings. Many delightful events are already on the books for the new year. We just held our first annual

Please see Meridians on page 10

Weather has delayed the installation of the LifeTrail station, but you can make looking for, and being among the first to use, the station, a reward for taking the beautiful walk on Blue Heron Loop. Enjoy this added outdoor amenity

Orienteering

Fitness Equipment Found on Trail!

Dee Hynes



What a great addition! A *LifeTrail* strength-training station, designed for adults 50 and older, has been installed on our Kingfisher Trail (off Blue Heron Loop in Village 24D). Our trail enthusiasts may now add strength training to their cardio workouts while enjoying the invigorating outdoors.

Brandy Garcia, Director of Fitness, shared her vision regarding the new *LifeTrail* station. "We are increasing fitness options 'outside of four walls' as not all residents choose to workout inside a gym, and we're offering opportunities for strength training, a vital component to our health."

Brandy stressed the priority of active strength training for maintaining bone density and muscle tone to achieve strength, flexibility, balance, and a good range of motion for everyday activities. The adage "use it or lose it" is very true.

Each *LifeTrail* station has three panels, each providing directions for a different exercise at three levels. The exercises are user-friendly, low-impact, and use our own body weight for resistance.

Come by and check it out. Should this exercise station prove to be as successful as anticipated, additional stations (with different exercises) may be added in the future.

See our *Community Directory and Resource Guide* (foldout Map 3) for the trail maps. The station is located between Blue Heron Loop and the Open Space.



To Tree or Not to Tree

Dan Hardesty, Properties Committee Chair

During the last couple of months, Chris O'Keefe and his crews have been busy completing work on the Kilaga Springs Presentation Hall; the plastering of the OC indoor pool; pump replacements in the water features; and replacement of some of the fitness equipment. We should also have drawings to review for the Amphitheater and pickleball upgrades.

As the trees in Lincoln Hills grow, they enhance the beauty of our community immeasurably. Along with this beauty, however, the 9,000 trees maintained by

our landscaping crews provide some challenges:

- Many of the trees are trimmed each year and, as they get taller, the cost increases because it must be done from a cherry picker hoist.
- Every major storm blows down limbs and a few trees. The roots go under the sidewalks and cause them to buckle. The underground water and drainage pipes become clogged or broken, etc.
- Each year some of the damaged or dead trees are replaced, but not all of them. As the trees grow, there may not be space to replace a new tree. Many of our trees were originally planted in a very



These yet-to-mature Lincoln Hills trees were beautifully photographed by Carole Haskell

narrow lawn area between the sidewalk and the street. As these trees grow they either damage the sidewalk or die from

Please see "To Tree" on page 35

Meridians

Continued from page 10

nual New Year's Day Brunch with over 700 reservations. The event was a complete sell-out and a few residents missed out because they waited to make reservations! To give everyone a sneak peak for 2013, we already have plans for Valentine's Day, Wine Maker's Dinners, Super Bowl Party, St. Patrick's Day, Mardi Gras, Easter Brunch, Crab Feed, Mother's Day Brunch and the list goes on. In addition, we will be announcing new menus, holiday events, and other special events on a monthly basis. It's not too early to start thinking about

Valentine's Day. Make your reservations now by calling 625.4040.

Visit our website. The best way to stay in touch with Meridians is by looking at

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our website, www.meridiansrestaurant.com. I will be announcing all of our special events for Meridians there. Make sure to

check in to see what exciting things we have planned. Don't forget, you may also sign up to receive food and beverage **e-Bulletins**, where you will find more of our very successful **e-coupons**. Keep your eyes open for more exciting discounts for residents only!

Once again, thank you for a great 2012 and we look forward to serving you in 2013. The entire team from the Food & Beverage Department wishes you and your family a Happy New Year!

~ Please see our ad on page 84. ~



Not Much to Rant About!

David Stone, Compliance Committee Chair

As it is the usual duty of the Compliance Committee to bring wrongdoers (in this community, those in violation of our governing documents) to justice, my articles often are rants about residents who ignore our rules and regulations, and about the dire consequences they face if found out of compliance. However, of late, I have so little to rant about!

Over the last few years, we have seen

a decline in cases that have not been resolved after a first or second notice of violation, and that have had to go to a hearing before the committee. This has been especially true during 2012, thanks to the dedicated efforts of Kimberly Parsons, Community Standards Manager, and of Cece Dirstine, Community Standards Coordinator.

I also applaud the members of the Compliance Committee who have bravely enlisted in the campaign to eradicate violations in our community, an assignment not calculated to make them the most popular residents of Lincoln Hills!

Finally, congratulations go to our

residents who appreciate the wonderful community in which we reside. We have all come to realize that maintaining our properties, and our conduct, in accordance with our governing documents, ensures that our property values and lifestyle will continue to thrive. What better proof of that conclusion than the 98% of residents who rated the quality of life in Lincoln Hills as good to excellent in the Resident Survey recently commissioned by the Strategic Advisory Committee.

If this trend continues into 2013, as I expect it will, these articles will become more and more rant-free. Stay tuned.

Lincoln Hills 10th Anniversary Fine Arts Show and Sale



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 Saturday - February 23 - 9 am to 7 pm
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Activities News & Happenings

New Year, New Activities, New Compass Layout

Lavina Samoy, Lifestyle Manager

There was no better way to end 2012 and welcome 2013 than the New Year's Eve Masquerade Ball held at Orchard Creek Lodge. With stilt and mime, magician, mind reader, caricature artist, professional photographer, fireworks plus DJ Tom and the Freestyle Band, everyone shared the magic of the evening and had a wonderful time! The photos speak for themselves.



The New Year's Eve Party set the tone for an even more wonderful 2013 starting with the new layout for Special Events, Trips, and Classes in the *Compass*.

Special Events and Trips are now separated and categorized according to a particular activity. The categories show the activities in chronological order to provide, at a glance, the activities that are available. On page 42, the "Where to Find List" gives you an overview of the layout and what is included so you can quickly locate the activities that interest you.

Exciting concerts (page 43) begin with the *Music of Billy Joel* on January 18, followed by *The Great Ladies of Jazz* on January 30, *Tribute to Elvis* on February 15, *A Salute to Ray Charles* on February 20, and resident favorite *Tom Rigney and the Flambeau* are back on *March 12* with their energetic performance. *A John Lennon Salute on March 29* completes our concert line-up. We have three dates for Comedy Night (starting on page 42) to keep you laughing and a special Valentine's Day Dinner Dance to celebrate with your

sweetie (page 46). Spring Egg Hunt is back for the grandchildren's enjoyment (page 46). A delightfully entertaining play from the Players Group, "Sex Please, We're Sixty" (page 42) highlights some of the tremendous talent we have in our community.

Day Trips (page 46) are categorized per your interest like Broadway & Shows (page 46), Museums (page 51), Casino & Races (Page 49), Sports (page 51) and more. Overnight and Extended Travel (page 52) lists *Monterey Whale Watching Expedition*, March 20-21 (page 52) and a return to *Hearst Castle*, April 23-25 to enjoy the *Please see Activities on page 41*



New Year's Eve 2012 ~ more photos on page 41



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Tina Ginnetti, Manager, The Spa at Kilaga Springs



What's new in 2013 at The Spa at Kilaga Springs?

As we begin 2013, we are already in full motion. At the end of December we launched our new website features that include online appointment booking, membership contracts, and online shopping.

Booking appointments online enables our clients to conveniently schedule their appointments from the comfort of their home or office and during the evening when The Spa is closed. "Memberships" will replace waiting for a promotion or special prices, as you can purchase a contract for three, six, or 12 months, and have an automatic deduction from your specified account allowing you to create a wellness

program and a wellness budget. Online shopping works for those who cannot get to The Spa or are in search of the popular lines we carry that cannot be purchased over the counter.

Once you have created an account with a password, you can easily browse the site. It is important to go to the Help link first to guide you through the process. We will also continue to publish e-Bulletins, email blasts, and website How To's for easy navigation. You may also call The Spa if you are having issues establishing an account. I would like to emphasize that all information entered to create our database is encrypted and all accounts (i.e., bank

account or credit card accounts) follow all banking PCI-compliant regulations. No information is stored at The Spa. If you are a current client, you will go through a security verification process through The Spa as an added protection, where you will be verified as an existing client. New clients will not have to go through this verification. The turnaround time for this is less than 24 hours.

Our expansion should be in progress by the time you read this, so we soon will have very exciting news about our updated services! It is with great excitement that we seize these opportunities to grow The Spa, to offer you even greater services and products, and to provide you with the best in customer service.

Happy New Year!

~ Please see our ad on page 63. ~

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A Happy New Year to All!

Hank Lipschitz, Finance Committee Chair

I hope everyone had an enjoyable holiday season. As we say goodbye to 2012, I can report that we continue to run ahead of budget as shown on the chart.



During 2012 the Finance Committee worked with Management and the Board to change Accountants and Insurance Brokers. These changes will provide better service, improved insurance

coverage and as we always try to do, *add value to Members.*

November operating results were mixed with Administrative and Food & Beverage unfavorable to budget and all other departments favorable. For the month, Administrative expense was unfavorable due to a non-recurring and non-operating year-to-date charge while Food & Beverage results were unfavorable due to lower catering revenues and higher than budget expenses.

At November 30, the Operating Fund balance was \$5,051,761 of which \$921,368 was in the Building/Capital Enhancement Restricted Fund and the Construction Settlement fund was \$1,591,700. The Reserve Fund totaled \$5,071,268. All funds are invested in FDIC-insured accounts or U.S. Treasuries.

As of November 30, there were 152 homes with past due assessments totaling \$98,700 which compares to 153 homes and \$95,400 at the end of August.

I am pleased to announce that Gerald (Jerry) Harner has chosen to broaden his experience and transfer his efforts from the Properties Committee to the Finance Committee.

The committee believes the Association results of operations for 2012 have been excellent and its financial position remains strong. We look forward positively to the new year.

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

Library/
Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, January 17, at 9:00 AM.

Statement of Operations YTD 11/30/2012

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$6,894,545	\$6,868,947	\$25,598
Administration (Expense)	(1,888,144)	(1,805,483)	(82,661)
The Spa at Kilaga Springs	21,836	(10,666)	32,502
Fitness	(363,209)	(383,129)	19,920
Activities	(141,193)	(180,895)	39,702
Rec. Center / Maintenance	(2,169,061)	(2,250,383)	81,322
Landscape Maintenance	(2,187,000)	(2,231,082)	44,082
Food & Beverage	36,361	(97,631)	133,992
Capital Asset	75,359	75,359	0
Net Revenues (Expense)	\$279,494	(\$14,963)	\$294,457



Neighborhood Watch

Are You Alert? Fraud is on the Rise!

Patricia Evans

"A stitch in time saves nine." Fraud may be one business that's really booming in this economy, but we can work together to protect SCLH residents by reporting possible scam attempts to one of the Neighborhood Watch contacts below.

Mary Cranston, Neighborhood Watch Alerts Program Coordinator, says the scam most often reported in SCLH is a call from "your grandson" about an "emergency" needing your financial help! Nationwide variations have included calls for help from the grandchild's doctor, lawyer, friend, or policeman.

A recent popular scam involves "free" plumbing or heating inspections, with expensive replacements urgently recommended. Mary Cranston says, "Get another opinion!"

Residents have recently received fraudulent bank emails which look authentic and request that you click on a link to "reactivate your disabled password." This click can steal your identity! Do call your bank and report a possible scam.

Send away the phony alarm system

representative offering you a free upgrade. They may burglarize your home after learning your code and assessing your possessions! Call 645-4040, the Lincoln Police, with a description of the person and, if possible, their license plate number.

The National Council on Aging finds financial scams against seniors so prevalent that they are considered "the crime of the 21st century." For example, seniors are still losing their savings through pyramid investment frauds.

Surveys show that seniors are more trusting and less likely to question what sounds like a great offer.

To learn more about Neighborhood Watch Alert notifications, and how you can receive this information, please turn to page 29.

To learn more about Neighborhood Watch Alert notifications, and how you can receive this information, please turn to page 29.



Mary Cranston, Neighborhood Watch Alerts Program Coordinator, emails reports of local criminal activity and pertinent information to SCLH residents

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
- Pauline Watson, 543-8436
frpawatson@sbcglobal.net

Neighborhood Watch Website
www.SCLHWatch.org

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A Funny Thing Happened on the Way to the Forum

Community Forums inspire, inform, entertain

Doug Brown, Resident Editor



The famous 1960s Broadway musical farce coming to a [Ballroom] near you? A Zero Mostel sighting in Lincoln Hills? Well, no, but maybe even better: our own Community Forums have, since 2009, become the Lincoln Hills standard bearer for timely informational presentations on topics ranging from health to home maintenance.

The funny part? Well, how about last August's presentation on "The poop on colon health," or one planned for 2013, "Don't make me laugh...or sneeze please." And plenty of humor built into these first-rate presentations.

Perhaps "funny" in another sense was the germination of the Community Forums way back in 2000 when Vic Freeman started some informal sessions on "hot button" topics. Then Wolf Oplesch, as chair of the Second Cup of Coffee group, sponsored small "forums" for residents. In 2008, the quarterly Town Hall series came under the aegis of the Communications and Community Relations Committee (CCRC). The next year, at the urging of Jeannine Balcombe (Senior Director, Lifestyle & Communications) and with the

"... our own Community Forums have, since 2009, become the Lincoln Hills standard bearer for timely informational presentations on topics ranging from health to home maintenance."

leadership of the newly-formed Health Education Team, led by Marcia Van Wagner and Shirley Schultz, health topics were added.

In the last three years, The Community Forums, as they are now called, have offered dozens of educational—and sometimes funny—presentations on an amazing variety of topics. We've been the beneficiaries of advice on health and aging issues (the most general topic), electronics, politics, handy helper tips, astronomy, financial scams, snakes, and even double-feature packed-out audiences for transcontinental railroads!

What's in the lineup in 2013 for these free presenta-

tions? Health topics will include Dr. Michael McCloud's "Healthy Aging Strategies" on January 23 (see page 91 for details), brain health, bone health, diabetes strategies, arthritis treatments,

skin care, and more. Watch for forums on history, senior driving, stars, and, yes, those delightful neighborly creatures in our yards, snakes!



Community Forums, in the Ballroom or at Kilaga Springs Presentation Hall, are a great place to learn while having fun. Pictured here is a past forum by Neighbors InDeed volunteers talking about home maintenance

Have you been taking advantage of these opportunities to be inspired, informed, and entertained? If not, you're missing out! Watch the *Compass* and your *e-Bulletins* for announcements, mark your calendar, and come on out. You won't be disappointed. The Community Forums are among the many outstanding benefits of living in Lincoln Hills. Hats off to our CCRC, their cadre of volunteer leaders, and the Association's support!

A funny thing might happen on your way home from a forum: you will be energized, smarter, and happier! Imagine that.

It's the Law—A New *Compass* Feature

We may have all noticed occasional traffic violations here in Lincoln Hills that might result in a fender-bender or worse. Resident Douglas Thom, in his concern for such incidents, has spearheaded a new *Compass* feature, "It's the law," which will be featured in our 2013 editions.

These gentle suggestions are designed to remind you of common driving infractions and their financial penalties. Just because Lincoln has been forced to reduce police staffing does not mean that we are free from risk of citation. The real risk of violating driving rules lies in the possibil-

ity of personal injury or destruction of property. We hope these reminders will contribute to making Lincoln Hills an even safer and enjoyable place!

It's the Law

Douglas Thom

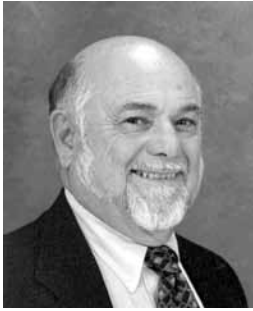
When you need your wipers on, you must also have your headlights on.

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What have you checked off your bucket list?

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



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Food & Toys for Needy Families — Delivered

Teamwork Makes the Season Bright

Al Roten, Roving Reporter

Last month we reported on the wonderful giving efforts of Lincoln Host Lions Club and the Marines' Toys for Tots to collect food and toys for families in need. These collection programs provide delivery of food boxes with a variety of grocery items and toys packaged to match the age and gender of children in each family.

I had the privilege of meeting workers and seeing work in progress toward



Toys are packaged to fit each family

delivery of these Christmas packages when I visited the cold warehouse on a winter evening. The accompanying photos show the amazing efforts and organization that make this possible.



Toys ready to deliver

Delivery of this bounty was accomplished on the morning of December 22 when 468 families came to a warehouse near Lincoln Airport as scheduled. Each



Bob Day (in blue shirt), resident and chief organizer of this effort and a Director in Lincoln Host Lions Club, and crew working in the cold warehouse

family was assigned a number so that names were not disclosed to those distributing this Christmas blessing. They were each given one or two food boxes, depending on family size, the accumulated toy bag, along with ham or turkey. In addition, about 20 food packages were delivered to Lincoln seniors.



Grocery boxes ready for delivery

What a fine demonstration of the true spirit of Christmas!

New Year's Resolutions/ Affirmations

Should I or Shouldn't I?

Gay Sprague, Roving Reporter

Statistics show that about 40-45% of American adults make resolutions each year. Top resolutions are reported to be: weight-loss, exercise, quitting smoking, and better money management/debt reduction. This research indicates 46% maintain their resolutions after six months, and people who explicitly make resolutions are 10 times more likely to attain their goals than those who do not.



In an unofficial sampling within SCLH during the holidays, I found fewer than 50% of us planned on making New Year's resolutions. I discovered that many of us are making "affirmations." You can develop your own affirmations, i.e., "I am a prosperous being; I am happy, healthy, and financially independent." Or go online and subscribe free to "Daily Affirmations/Meditations" to start. They purport to transform your life, focus on the positive, bring great change to your life, and help you physically and emotionally.

It appears that if you make resolutions/affirmations, you will be more successful in reaching your goals. You will also be more successful if you only set attainable goals and give yourself permission to make some mistakes.

My January 1 affirmation is "When I change the way I look at things, the things I look at change." Happy New Year!

The Pot Thief Who...

Nina Mazzo, Library Volunteer

Are you looking for a new series to read? Author J. Michael Orenduff has an entertaining yet well written fiction series worth checking out in KS Fiction. Orenduff's main character owns a pottery shop in Old Town Albuquerque where he sells Native American pottery. Each book revolves around a person and his specific theory. For example, the first book's title is *The Pot Thief Who Studied Pythagoras*. The series continues with Ptol-

emy, Einstein, etc. The dialog is quick and the combination of fact and fiction provide the reader with an intelligent mystery. This month he is releasing his sixth book in the series titled *The Pot Thief Who Studied Billy the Kid*.

On those rainy days you leave the library with a book or two, please keep them dry and return them with the dust-cover. Donate gently used books published after 2005 and if you have questions call

Sandy Melnick (408-1035). We are also always on the lookout for large print books, audio books on CD (remember to check the box for missing CD's before returning) and movies on DVD. Our shelves are kept organized by volunteers and if you have some time and would like to help, call Sandy Maloff (408-2368). The investment section is maintained by Cleon Johnson (408-5648).





Club News



Alzheimer's/Dementia

Caregivers Support Group

The first meeting of 2013 will take place on Wednesday, January 23, at 1:00 PM in the Multipurpose Room (OC) with Elizabeth Rawson from Del Oro *Caregivers Resource Center* leading the discussion. In addition to her professional background, Elizabeth has been a caregiver herself and has insights to share.

Support Groups provide a forum to share feelings, concerns, information and they offer members a way to support and encourage each other. Discussion sessions are an opportunity for caregivers to ask questions and to get practical advice on things that may be of concern to you as you carry out your daily responsibilities.

If you are a caregiver for a loved one with a memory impairment, we hope you will join our group. We have an information packet available for new members, Books, DVDs, and other materials may be borrowed and shared with family and friends.

**Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9322;
Maria Stahl 409-0349**



Antiques Appreciation

We had a great time at our first meeting of the new year! Members brought all kinds of antique and unique time pieces for "show and tell"! There were antique wrist watches, pocket watches, pennant watches, dome clocks, table clocks, many snapshots of lovely grandfather clocks and grandmother clocks. And, the stories told about them were just as entertaining as seeing the pieces themselves! "Show and tell" is always one of our favorite things!

If you haven't walked by the Antiques Club window outside the Multipurpose Room (OC) to see our display, you've missed out on a real treat! One of our very talented and artistic members does the window each month and this month it's adorned with several beautiful vintage oil lamps from one of our member's collection!



Annual Christmas Brunch from left, top: Ann Renyer, Carolyn Fava, Barbara Engquist, Jane Delno, Rose Marie Wildsmith, Norton Melnick, Bill Bear, Jan Conley, Beverly Brannon, Sandy Melnick, Jan Robinson

We'd love to have you join us on the first Monday of each month at 9:30 AM (OC)!

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



Astronomy

Monday, January 21. Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. DVD Series "Black Holes Explained" Lecture 7, "Gravitational Waves — Ripples in Space Time." Contact Morey Lewis (408-4469) for more information.

Wednesday, February 6, P-Hall(KS), 6:45 PM. Morey Lewis will present "Seeing the Unseen — The Hidden Universe."



Anthony Oreglia Presenting "Exploring the Planets — an Update" at the December 5 meeting; Plaque presented to Ron Olson at the December Social honoring his outstanding contributions to the Astronomy Group



Wednesday, March 6. Robert French from SETI will present "Saturn's Rings — New Results from Cassini."

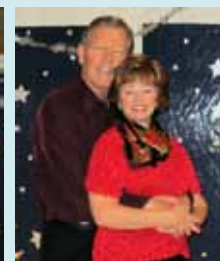
Meetings: Astronomy Group meetings are held at P-Hall (KS). What's Up in the Night Sky / Activities / Q&A: 6:45 PM, program at 7:15 PM. Bring your questions about astronomy during the Q & A period.

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



Ballroom Dance

Do you have an unfulfilled dream of being able to ballroom dance? If flowing to the music of a waltz or moving to a hot cha-cha is part of that dream, now is the time to act! Ballroom dancing is one of those activities that can be used in any social environment from dinner dances to cruises. With some proper instruction you could be on the dance floor having fun while feeling confident.



Clockwise, from top left: Don MacIntyre / Joanne Barron; Wood McCann / Jeanne Cervantes; Lynda & Ernie Wilson

The Ballroom Dance Group provides beginning free dance lessons for members each Tuesday from 2:00-3:00 PM. Our instructors will take you through the basics of each dance with the goal of getting you and your partner comfortable dancing together. For students who have mastered the basics, we offer intermediate lessons from 4:00-5:00 PM. Dance practice is from 3:00-4:00 PM.

Join us for Fox Trot in January and for Rumba in February. Photos are from our Christmas Party.

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



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be January 16 and February 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 Thursday, February 7, at Mary's Pizza. 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**

Challengers Billiards

Happy New Year to all Lincoln Hills residents!

Our Group would like to let all Lincoln Hills residents know how grateful we are to have these wonderful facilities in which we enjoy our favorite pastime, *pool*.

These facilities belong to all of us, so if you are a mid-level-to-advanced player you are welcome to join in the fun on Fridays from 10:00 AM-12:00 PM at KS. The last Friday of each month is sign-up day for the following month.

Congratulations to our recent winners:

First place: six-and-a-half of seven games George Black; six of seven games Oscar Alvarez, Bill Huth, Ed Welch.

Second place: six of seven games Joe Perez, Bill Kim; five of seven games: Ron Weech, Joe Hobby, Chiquita Fratto, Ted Baker, Ted Komaki.

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

skilled players on Thursdays from 2:15-4:30 PM in the Billiards Room (KS).

Arrive at least 15 minutes early if you have not signed up in advance to see if we can squeeze you into the player roster for that day. You may even get to see someone like Dan Oden run the table, like he did last month! The sign-up binder is on the fireplace. Advance sign-up occurs on the last Thursday of the month and standby players frequently get to play.

Congratulations to our recent winners — six games: Doyle Coker, Dale Houck; five of six games: Dale Houck, Howard Skulnick, Ken Hawley, Larry White, Phil Berlenghi; four of six games: Jennie Wright, Rita Baikauskas, Phil Berlenghi, Willie Wright, Howard Skulnick, Doyle Coker, Peshu Irani, Bob Wehner, Hugh Duberley, Dan Oden, Ed Welch, Sylvia Gutierrez, Dale Houck.

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

Upstarts Billiards

"It's now a New Year,
So get all your gear;
The number one rule:
Come down and play pool."

If you haven't played Billiards lately (or ever, have we got a deal for you! Our own Upstarts Billiards is for beginners-to-average players. We play standard Eight Ball on Thursdays between 11:45 AM and 2:00 PM at the Billiards Room (KS). We'd like to see you there if you'd like to come.

Winners — six games: Gary Averett (what a star!); five games: Bill Clark, Connie Hoetger, Edith Kesting, Phyllis Papagiannis, Mike Pawlowski, Randy Ransdall, Gary Smith.

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

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

Instruction Group

Learn to play pool or sharpen your games. Take advantage of 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**

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 December 05 — AM Winner: Ted Komaki; Runners-up: John Myres and Jim Fulton

PM Winner: Bob Maske; Runner-up: Steve Brown

Nine-Ball Singles December 11 — AM Winner: Oscar Alvarez; Runner-up: Bob Wehner; PM Winner: Phil Delaney; Runners-up: Joe Perez, Dale Hurlbut and Doyle Corker

Eight-Ball Doubles December 19 — Winners: Joe Perez and Ed Welch; Runners-up: Joe Ferrando and Ed Ryan, Bob Wehner and Phil Delaney, Wayne Bullen and Darrel Rinde, Oscar Alvarez and Ted Komaki

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

Couples Billiards

Happy new year! It is always great to get together with our friends and enjoy playing pool in the Billiards Room (KS). It is not unusual to have many tie games during the evening and this playing period was no exception.

Sandy Pavlovich/Roger Bryan and Chiquita Fratto/Dale Houck tied the first week with five wins each. Howard Skulnick/Doyle Coker and Sherry/Ron Weech tied with four games.

We had another tie in week two with Barbara/Jim Conger and Betty/Al Jones winning five games. There were four teams tied with four wins.

Week three, Al/Betty Jones were the only team to win five games. There were four teams tied with four games.

Nicki/Joe Hobby were the only team to win six games the last week of the playing period. There were three teams tied with four wins and six teams won three games.

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

Players Billiards

Start the new year with some fun and games! Play Eight ball with other mid-level



Bird

The next meeting of the Bird Group will be February 11 at 1:30 PM at P-Hall (KS). Ed Pandolfino, president of Western Field Ornithologists and conservation chair for Sierra Foothills Audubon Society will present his talk "Achieving immortality through bird watching"! With a title like this, it is sure to be a fun and interesting hour.

The group also has two field trips coming up. On Friday, January 25, we will be heading to Linden to view the beautiful and fascinating Raptors.

Then on February 8 at 8:00 AM we will meet at Anglers Cove to view the many birds that winter at Ferrari Pond. If you have always wondered about the many birds here in Lincoln Hills this is a perfect walk for you!

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



Bocce Ball, Mad Hatters

Thanks to everyone who showed up at Mimi's the Thursday before Christmas and made our annual Christmas Luncheon a success. We think we tied the record from last year with 26 people in attendance. Looking at previous pictures, some of the faces have changed, but you can tell who the party crowd is. We also had 19 hearty souls come out and play Bocce on that cold and windy morning. That should serve as a reminder to dress warmly for our winter sessions which start every Thursday at 10:00 AM.

Bill Zempel has decided to resign from his seat on our steering committee. We would like to thank Bill for his advice over the last two years and welcome Ralph Zitzler, who has volunteered to take Bill's place. In addition to Ralph, the other current members of the steering committee

are Peter Frantti, Robert Vincent and Paul Mac Garvey.

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



Book Group, OC

We at the OC Book Group wish all of you a very happy new year and invite you to join us on Thursday, January 17, at 1:00 PM in the Multipurpose Room (OC) for our first meeting of 2013.



Denise Branco at our holiday luncheon spoke about her award-winning

book, *Horse at the Corner Post*, based on the bond she had with her childhood horse, "Freedom," who was sold, and bought back when she was an adult

Below please find a list of our 2013 meeting dates and readings. Come join us at any or all of these times, and remember, there are *no* membership fees, and newcomers are *always* welcome.

Schedule for 2013:

- January 17: *Agent Garbo* by Stephan Talty
- February 21: *The Tragedy of Pudd'nhead Wilson* by Mark Twain
- March 21: *Moloka'i* by Allen Brannon
- 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

Happy new year! The annual Christmas party was a huge success at Patty McCuen's home. Thirty-one members attended and each attendee received a special door bell hanger, and there were several great door prizes. We even had an impromptu sing-along. We were enlightened at our January meeting by Bonnie Schoefer, a massage therapist who specializes in cancer patients. She gave a demonstration of



The annual Christmas party was a huge success at Patty McCuen's lovely home

her massage techniques. She also gave a presentation on our lymphatic system about how it works, how to improve our immune system and effects of lymphedema. It was a very informative meeting. Please drop in to visit us on the second Thursday of the month, 1:00 PM in the Multipurpose Room (OC).

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



Mad Hatters Christmas Party



Bowling

High Hopes won first place position winning three games, Don & Terry Jones and Diane & John Bensi. Second position won one game, Stan Iver, Barbara Banks, Bobbie Spiess and Barry Kendrigan. We are so thankful, one of our long-time regular bowlers returned so quickly from having a stroke to celebrate the season with us. He even wore his Santa Hat! Welcome back Tom Naylor.

**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.

December 6 winners — first: Diane & John Schulte; second: Carol Mayeur and Dolores Marchand; third: Bob & Lorraine Minke; fourth: Gerry & Warren Sonnenburg. Bob & Lorraine Minke had the high round with 1,610. Lorraine Minke bid and made seven hearts.

December 20 winners — first: Basil Molony and Marlene Horner who also had a high round of 1900; second: Diane & John Schulte; third: Joe & Rose Phelan.

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

Thursday Evening Second & Fourth

The second and fourth Thursday Evening Bridge Group meets in the Terra Cotta Room (KS) at 6:00 PM. Come join us for a fun night of social bridge. There was no bridge on the fourth Thursday night in November as it was Thanksgiving. The second Thursday night winners in December were first place Bev & Allen Blaine with 3650 points; second Beverly Dwyer and Carol Mayer with 3640 points; third place Erica Wolf and Edith Kesting with 3450 points;

and fourth place Barbara Bryan and Marisa Stone with 3330 points. High Round for the night was Sue Peterson and Gay Gladden with a high round of 1610. For the first three months of 2013, Warren & Jerry Sonnenburg are going to be in charge so give them a call to sign up.

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



Bridge, Duplicate

Recent SCLHDBC President Kent White has received the ACBL's "Lifetime Goodwill Achievement Award for Exceptional Service."

Please attend the Annual Meeting in P-Hall (KS) on Wednesday, January 23, at 11:00 AM.

Our board members newly-elected for year 2013: Ann Ulrich, Barbara Loweree, Barbara Wheeler, Gayle Koedel, Jim McElfresh, and John White.

Autumn 2012 Club Champions are: Wednesday — Jim McElfresh and Alice Brown, Friday — Jeannine & George Wuschning, and Saturday — Barbara Dorf and Cynthia Turner.

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

- 12:30 PM Wednesdays; and the Sierra/Terra Cotta Room (KS)
- 5:00 PM Fridays
- 12:30 PM Saturdays

The Wednesday game includes a section restricted to those with less duplicate bridge experience, fewer than 200 Master Points; during the Saturday session, a "299er" section is limited to players under 300 MPs.

**Contacts: Kent White 434-1699,
akw@starstream.net;**

**Website: www.bridgewebs.com/
lincolnhills**



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for 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 November 30 to December 14 are first: Bill Pine (twice) and John Butler; second Carol Mayeur (twice) and Shirley Bry; third: Marie Holland, Gerry Sonnenburg and Shirley Bry; fourth: Rosanna Jensen, B.J. Parkinson and Beverly Van Der Beets.

**Contacts: Lois Burke 409-0223;
Gerry Sonnenburg 253-3882**



Bunco

December 20's bunco games were fun-filled with regular bunco play and a holiday take-away gift exchange immediately following in the Cards Room (OC). The list of gift certificate winners will be listed in the February *Compass*. After bunco play and gift exchange, everyone met at The Thunder Valley Casino Buffet for more fun and visiting while enjoying a fantastic lunch.

Everyone is welcome to join our Bunco fun every third Thursday at 9:00 AM. There is never a membership fee required but there is a \$5 player's fee which covers the gift certificate prizes awarded after play. Make a new year's resolution to join in the fun.

Contact: Ann Stults 543-6782



Ceramic Arts

Happy New Year!!! It is that time of year... dues are due and payable. Treasurer/Membership Chair Ed Hanson has emailed the dues request to all members. If you did not receive yours, please email Ed at mred3344@aol.com, and he will re-send it. Your \$12 per year helps pay for classroom supplies and equipment and dinner at the end of the year too!! What a deal!!! That is \$1 a month!! Do it now while you are thinking about it... thanks. Attendance at the Saturday and Sunday CAG Workshops are covered by your \$12 too.

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

Contacts: KS Earthenware Terry Pisani 408-4037; KS Spanish Oils Margot Bruestle 434-9575; OC Pottery Paul Aldrete 408-7798; Ed Hanson 253-3950; Mike Daley 474-0910
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



Chorus

During the break between our December “Choral Holiday Tapestry” concerts and resumption of rehearsals this month for our May “American Fanfare” concerts, two of our choral subgroups entertained those attending the Annual Holiday Open House at Orchard Creek Lodge December 20.

The Hills Brothers were ably represented by Jean-Jacques Bouit, Doug Brown, Ray Calmes, Paul Fennema, Ron Hanson, and Buzz Rognien.

Four members of The Sunny Singers, Val Crane, Karen Hardage, Elaine Prosser, and Lynn Sotir, were joined by Emily Moran and accompanied by Cheryl Duncan and Donna Jenkins on piano and Mona Stryker on flute.

After their separate performances, the groups combined to lead onlookers in a range of Christmas and other seasonal music. These fine vocalists and musicians from our community did much to make the Open House a delightful and memorable occasion.



Hills Brothers and Sunny Singers performing at Holiday Open House

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



Cloggers

Beginning Clogging class forming! Hopefully, starts in February. This class will be on Tuesdays, KS. Details of time and room are not finalized. Anyone with interest please sign up; eight students are needed. The reward, meeting classmates, exercising to music, learning to clog and jollity.

Men don't be shy. Many of our best cloggers are men. If you are handicapped come and join in, Janice will work with you.



Cloggers attending Christmas Party: Anita, Connie, Linda, Natalie, Zettalee, Carol, Alma, Jackie, Barbara, Wendy, Hal, Barbara, Brian, Barbara and Ruthann

The Christmas party was a success! Toys were gathered and given to Toys For Tots. Our Christmas cake was baked by Zettalee Noga. How lucky we are to have our own “private bake chef.” Instructor Janice Hanzel cued several songs for clogging, a good way to burn up calories.

Start the new year right. Start clogging.
Contact: Anita Tyson 543-5330



Computer

I hope your holidays were happy and that your new year is starting well. Check out our website (below) for information about our February meetings.

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



Mac User

The LHMUG membership, topping 600 households, con-

tinues to grow with the widening interest in everything Apple — Macintosh, iPad, iPhone, iPod. With this in mind, the LHMUG board has planned programs to cover a broad range of subjects, practical and creative, using all the Apple tools .



The 2013 LHMUG Board and Support Members. Photo by Irwin Maloff

If you recently acquired an iPad or iPhone, you will be happy to hear a new addition will be iDevice Newbie Seminar beginning on January 16 with “Setup of iDevices using iTunes.”

The iDevice Education Seminar on January 24 will answer the question: “When to use Wi-Fi and when to use cellular?”

Learn to receive data and complete updates and upgrades with ease in the February 7 Mac Newbie Seminar on “Downloading.”

Catch the sequel at the February 12 general meeting: “What is iCloud and Why do I need it — Part Two.”

Visit www.lhmug.org for membership, calendar, support information and more.

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



Country Couples

The Holiday Dance held last month was extremely well attended. The camaraderie of the members created a warm and friendly atmosphere as all enjoyed dancing to the selections of DJ, Jim Keener.

Recognition was given to Tom & Ern Hargis, Georgi & Dennis Dawson, Kathy & Rene Lopez, Ivan & Irene Hesson, and Ernie & Linda Wilson for volunteering each week in leading practices and assisting at lessons. Weekly lessons have resumed on Mondays with practices on Saturdays.

With Ernie Wilson's resignation from the Steering Committee, Tony Carney

was appointed to fill his remaining term. Thanks to Ernie for the efforts and enthusiasm he brought to the committee. New committee members Georgi Dawson, Rene Lopez and Tony join Ralph Lacaze and Kathy Lopez as the 2013 Steering Committee.



Ralph
& Linda
Lacaze;
Tom Hargis,
Georgi &
Dennis
Dawson



The next Country Couples dance, a Valentine's Day theme on February 9, will be a potluck at KS, 5:00-9:00 PM.

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



Cribbage

The Cribbage Club plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00 AM, in the Cards Room (OC). We mostly play four-handed partner games, adding a two-handed game or having a sit-out when required by the number of layers. We use a rotation system to mix the players rather than having a partnership stay together all morning.

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

Lincoln Hills



Cyclist

After a good ride we sometimes sit around and converse with our fellow riders about how well our bikes did on this strenuous ride. We seem to give our bikes all the credit for climbing the hills so easily.

It reminds me of an old story about a photographer who was having a showing of her photos and the local newspaper reporter came to write an article. The reporter said that her photographs were

beautiful and she must have a "very good" camera. The photographer came back with, I have read your articles in the newspaper and they are wonderful. You must have a "very good" typewriter.

It is not that your bike is "very good." The time you are spending riding those roads and hills is making your body stronger. Keep up the riding but challenge your body once in a while by riding with a stronger cycling group.

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



Dominoes

Mexican Train

I hope all of you had a happy holiday!

This is a great time of the year to learn to play Mexican Train Dominoes or brush up on your skills in the comfort of our beautiful Orchard Creek Lodge.

Free classes are available every Wednesday at 9:00 AM in the Card Room (OC).

We have two sessions every Wednesday — 9:00 AM and 12:30 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: February 14, P-Hall (KS), 1:00-3:00 PM.

1:00 PM: "Participating in a Clinical Trial." Dr. David Birch, Retina Foundation of the Southwest will discuss participating in a clinical trial. The presentation includes differences of open-label versus placebo-controlled studies; exclusion and inclusion of certain criteria; what to expect during trial visits; and current major critical trials will be described.

In the field of gene therapy, studies, underway, involve hereditary, cataracts, prematurity, and eye muscle consequences. Discovery of the gene-causing macular dystrophy and rod and cone dystrophy are being searched.

The Center in Dallas, Texas is a non-profit research volunteer-driven organization studying retinal diseases such as RP and AMD. However, no matter what age,

financial status, or eye disease, treatment is provided. The clinic is funded by local philanthropic and federal grants so the services are free.

2:00 PM: To be announced.

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

The Fibromyalgia and Chronic Fatigue Support Group is looking forward to 2013 as a year of healthy living, a year of courage and strength. 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. Our January 24 meeting will be a potluck luncheon at the home of Sandy Barry. For information please call 209-3247. 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

What do all those folks in the Lincoln Hills Fishing Group do besides go fishing? How about supporting fish conservation projects locally (Save Auburn Ravine Salmon and Steelhead — SARSAS) and around northern California.

How does LHFG raise the funds to support projects like SARSAS and activities like the Lincoln Kids Fish-n-Derby? We hold great fund-raisers like this year's upcoming Crabfeed. The January 19 Crabfeed will feature a menu of clam chowder and *all-you-can-eat crab*. In addition, you can join

in and take part in our huge opportunity drawing with over \$6000 in prizes. Top prize this year was a seven-day Alaskan fishing adventure hosted by Captain Larry Larson of Wild Alaska Sport Fishing and Cruises. This year's winner will enjoy a trip of a lifetime onboard the Five Star Coast Guard safety-rated "Perseverance." To preview this prize, visit www.wildalaskacruises.com. For Crabfeed tickets, call



Auburn Ravine mature Chinook salmon; salmon fighting the obstacles; removing obstacles helps the salmon reach their spawning ground

434-1299. For more information visit us at www.facebook.com/lhfg.member.

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



Garden

A message from the President: I would like to take this opportunity to thank the Steering Committee. Our committee chairs are relentless workers who plan for all the activities of our group. They spend hours working for our community — everything from pulling weeds, planning trips and events to tours, writing articles, and fund-raising to donate money for civic projects. I would like to challenge

all residents to become part of our great group. We are always looking for new ideas and worker bees!

Membership (2013) in the Garden Group — renewal and new — available at the first meeting of the new year, January 24, 1:00 PM sign-ups. \$15/year, checks made out to SCLHGG. Contact: Bettie Anderson, 434-7106.

General Meeting (Thursday, January 24, 2:00 PM, KS) will feature High Hand Nursery's very knowledgeable and entertaining speaker Tally Scully! She will be speaking on "Harmony in Planting with a Focus on Perennials."

Contact: Lorraine Immel 434-2918,



President Virgil Dahl with "worker bees" Judi Leimer and Marilyn Buckhorn; Tour Chair Rita Grella

limmel@ssctv.net; Virgil Dahl 408-3748, hasbeenvd41@att.net

Bonsai Group

The Bonsai Group is meeting the third Thursday of the month (January 17) at 10:00 AM. We welcome any members to come and see if this is of interest to you! At this meeting we will have people bringing a Bonsai or two for the group to discuss grooming techniques or just to come to listen and learn! For more details, please contact Joyce if you plan to attend.

Contact: Joyce Thomsen 434-1786



Gem and Mineral Society

Please submit your program ideas to Dave Polson or Dave Fisk ASAP. We need to develop a schedule so we can promote the programs.

Officers for 2013 are Dave Fisk, President; Dave Polson, Vice President; John Neil, Treasurer; and Ron Clawson, Secretary.

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

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

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

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

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



Genealogy

Our next General Meeting, January 21 at 6:30 PM in the P-Hall (KS), will feature six of our members giving short revelations of their recent "Eureka" moments in their research and how to have such good luck ourselves. We will elect officers for 2013 and give away a grand door prize (a special, portable scanner). Be sure to be at the meeting before 6:30 PM and have your membership paid for 2013 to be entered in the drawing.

The next Computer Workshop comes on February 4. See the website for details. The General Meeting on February 18 will cover the requirements to be a member of the Daughters of the American Revolution (DAR).

Individual help sessions are held twice a month, as announced via email. The Steering Committee meetings, held on the second Monday each month at 12:30 PM in the Multimedia Room (OC), are open to all members.

Contact: Judy Hoffman 408-8878; Kathleen Propersi 543-0376

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

Lincsters collected Christmas gifts for the residents of Lincoln Meadows. Edna Linville coordinated this annual event.

The Lincsters' Christmas luncheon was held in the OC Ballroom. Marilyn Britton and her committee did a marvelous job. Captain Carol Golbranson introduced the outgoing and incoming board members. Kay Howard and Bev Johnson presented the annual awards. Pat Shafer was the *Most Improved Golfer of 2012*. Congratulations, Pat! Sharon Duley earned the *Captain's Points award*. Our famous *Golden Putter* was won by Darlynnne Giorgi. Sherrie Weech received the consolation prize... the "Hot Putter"... a ribbon-bedecked BBQ fire starter! Kate Gold was recognized for her many talents. She won *Closest to the Pin* four times this year, and provided leadership each Lincster playday. "Cart Girl" may be her new name. Kate received a gift certificate from the group in appreciation. Happy new year!

Written by Barbara Mumma and Sue Pharis.

Contact: Carol Golbranson 543-8647
Website: www.lincsters.com

Ladies XVIII

The events of 2012 for the 18 Hole Ladies Golf Group came to their final day at the Christmas Luncheon in the OC Ballroom. We were serenaded by a ukulele group. Awards were given out for most improved golfer of the year and the women with the most Birdies and Chip-ins and Ecc awards for the year. Our new officers

for 2013 were installed. Edda Ashe will be our new Captain. The ceremony was done by our outgoing Captain Sylvia Feldman. A wonderful luncheon put on by the Meridian's staff topped the afternoon.

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



Golf, Men's

Our club and the women's club raised over \$500 to purchase six coyote decoys to help protect the golf course from the damage caused by the goose population. Five of the six have been stolen or removed from the course by persons unknown. We are hoping that the decoys will be returned as it keeps the course in good condition and our property values up.



Missing coyote decoys

On a happier note, our members had a great year and look forward to the new year filled with fun tournaments. Turnout has been some of the best we have seen in years and we hope to see continued increases with the pace of play remaining in the four-and-a-half to five hour range. Even with the rains the course remains in good condition so we hope to be able to play all winter.

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



Hand & Foot

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

Contacts: Jim Brittain 408-5524;
Jerry Watkins 408-7899;
sandpusher@sbcglobal.net;

Denise Jones 543-3317,
djonesra@att.net; Lu Fox 408-1977,
lufoxhollow@aol.com



Hiking and Walking

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

Hikers: As we begin the new year, we look ahead to some exciting plans that are in place. On February 19 we will hike the Golden Gate Bridge. This a nine-mile hike that begins with a ferry ride from Sausalito to San Francisco and then a comfortable stroll along the shoreline, culminating with a trek across the bridge.

Two four-night getaways are planned. In June we will be in Yosemite Valley at the housekeeping cabins. Our plan is to take public transportation to the summits at Glacier Point and Yosemite Creek and hike back down to the valley from both Nevada Falls and Yosemite Falls. In September we will visit Sequoia National Park and hike in Kings Canyon and among giant Sequoias.



Walkers enjoy some holiday cheer; on the Edwards Crossing Bridge over the Yuba River; Black Hole of Calcutta Falls in Auburn

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



Top photo, from left, Rebecca Shoaf, Reta Blanchard, Linda Anselmo, Joyce Herreras, Donna Sosko, Pat McNiff, Chris Jacobson and Sylvia Feldman; the Ukulele Players



Investors' Study

In February we have a rare opportunity to hear Bill Nolan, the portfolio manager for Principle Funds, right here in person. He is the one who makes the buy and sell decisions for this very large and successful mutual fund. Ordinarily these people don't talk to the public; usually we talk to a representative who talks to the representative of a manager like Bill. This is our chance to hear a top performing manager tell us how he does it.

Having Bill come to Lincoln Hills and speak to us is amazing in and of itself, but also a great opportunity to hear what an actual portfolio manager does on a daily basis and how he thinks. All residents



Photos from our Holiday party

are welcome in P-Hall (KS) on Thursday, February 7 at 2:00 PM; refreshments afterward.

The Active Investors meet on February 11 at 3:00 PM in the Multimedia Room (OC).

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



Lavender Friends

We should take a moment to reflect on the positive and sad experiences we endured these last 12 months and hope for a better 2013. The Lavender Hearts Committee is very important to our club as they organize fund-raisers seeking donations for organizations like Placer PFLAG Gay Straight Alliance Club Scholarship Program, Peace for Families of Auburn and the Salt Mines. Thanks to Sharon for her hard work all year on this committee. We hope she will continue to chair this committee. We will try something new this year, and divide our membership into four groups to host potlucks. They will share in the planning and hosting. Donna, Chair of our Social Activities Committee, did a fantastic job last year. She worked hard to get members to co-chair the Breakfast, Coffee and Potluck event. If you want more information about our club, check our website or contact Jacquie or Richard.

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



Line Dance

Here we go. The start of another year is upon us. 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.

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

The first meeting for the new year will begin with a coffee and snacks on Tuesday, January 15, in the Social Kitchen (KS) at 9:00 AM. Many thanks go to Frank & Carol McGara for making these events special. The regular meeting will begin at 10:00 AM in the refurbished P-Hall (KS). A local mobile service tech from GEM will be telling about the new GEMs and his maintenance plan. Our meetings are always open for visitors to attend and if interested in becoming a member the yearly dues are \$15 per household and you can make arrangements with Jean Stewart, Membership Chair. Please wear your name tag to the meetings,

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



Mah Jongg, Chinese

Happy new year! It's a great time to join our group and learn how to play an interesting and fun-filled game. We meet every Monday at 8:45 AM in the Cards Room (OC). If you have any questions, please call one of the helpful contact people.

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



Mah Jongg, National

Happy new year, National Mah Jongg players!! We have a 2013 treat in store for you. If you have or have not heard of National Mah Jongg and are looking for an enjoyable afternoon, join our group on Tuesdays from 12:30-4:00 PM in the Cards Room (OC). There are players of all levels, and you are always welcome at the beginner's table. This popular Mah Jongg tile game originated in China and was introduced to the Western World in 1935 as National Mah Jongg. Feel free to contact us with questions.

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



Motorcycle

RoadRunners

On most of our rides, we are

fortunate to have an avid photographer riding along. She has done a tremendous job documenting the beautiful scenery and companionship we enjoy in our excursions! Loretta Brinsley has done a great job as both photographer and Club Web Master. We wish to thank her for her efforts and contributions.



Loretta with Dale & other riders

We concluded our riding season with an enjoyable evening party at Mimi's restaurant put together by Patrick & Shirley Chaves. We had a great turnout for a final fling and officer installation. Thank you Patrick and Shirley!

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

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



Music

The Lincoln Hills Ukulele Players meet Wednesdays at 1:00 PM at OC. Come strum your ukulele and sing along in a relaxed, supportive atmosphere. Newcomers are welcome and encouraged. Call Ron at 409-0463 for information about the free class for beginners.

The Music Group meets every fourth Wednesday in the 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.

Due to popular demand, "Open Mic

Night" will start a half hour earlier this year to accommodate the large number of talented musicians wishing to perform. Time: 6:00-8:30 PM in P-Hall, (KS). Sign-ups start at 5:45 PM.

The first "Open Mic Night" for 2013 is February 22. Subsequent meetings are on the fourth Friday of alternating months. Musicians and music lovers are encouraged to attend. No karaoke; audience participation is appreciated.

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



Needle Arts

Threads of Friendship

Our February 12 program is called "Furoshiki: Fun with Fabric Folding" brought to us by The Pilelladies. This program is a hands-on lecture and demonstration of using your stash to do more than sew. Learn how to take a square of fabric and wrap bottles, boxes, books, and more! Kris and Deb are fabulous speakers and they put on a really fun presentation. Come and enjoy.

General meetings are held the second Tuesday each month at 1:00 PM at KS. 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

Are you receiving the Neighborhood Watch "Alerts" and "For Your Information" emails describing criminal activity or pertinent local news flashes?

Knowledge is power, and forewarned is forearmed! That is why Neighborhood Watch has an extensive network to keep residents informed. It's easy to sign up on the computer to receive this information the instant it is verified and posted. Just go to www.SCLHWatch.org, select "Alerts/Info" and "Add Me." Your email address is completely confidential!

Many Mail Box Captains also forward

this information to their residents. If you are not fortunate enough to have a Mail Box Captain, your Village Coordinator will be your Acting Captain. Contact one of the officers below for the name of your Coordinator.

Are you a resident without computer access? A buddy system where a neighbor or your Mail Box Captain passes on pertinent information can keep you in the loop.

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



Painters

First, we all wish a very fond farewell to Tom Proctor, our landscape teacher and friend for the past nine years, and his wife, who are moving back to the Bay Area. They will be very much missed. Thanks for all we learned from you, Tom!

At our January meeting, our new board — President Joyce Bisbee; Vice President Paulette Pesavento; Secretary Norma Potts; and Treasurer Liz Shelton — led a discussion regarding the Fine Arts Show which will be February 22-24 at OC. Registration took place January 14 and paintings will be received on Friday, February 22.

Members are encouraged to obtain small canvas boxes from Joyce Bisbee if



Last class and still teaching us...



and, we're still listening...

they wish to paint them for our auction at the Fine Arts Show with the proceeds to be given to The Cancer Society in honor of Painters Club Members who have passed on.

Best wishes in 2013.

Written by Jacquie Hilton.

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



Paper Arts

Our first ever "Card Swap" was a fun way to start the new year. Everyone brought an original card and seven kits for their table mates



Paper Arts members enjoying the Christmas Luncheon. Photo by Gary Sly

to replicate. At the end of the session, we had made seven handcrafted cards, plus our own creation, for a take home total of eight. It was a great way to share ideas and techniques.

We are still collecting the fronts of Christmas cards received during the holidays and will be packing them up for the Shriner's Hospital. It is a great way to recycle for a good cause.

Thanks again to all the members that made our Christmas luncheon such a lovely affair. It was a terrific start to the holiday season. A special thank you to all members for your generous donations of food and toys which were distributed to local families.

Our window theme this month at OC is "Bling".

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 case for spontaneous photography. We all do it, as attested by the jillions of pictures repeatedly taken by people with pocket, compact, infrared, pen, tablet,

player, phone and DSLR cameras. My criteria: was it interesting to shoot, and did I end up with something fun to look at as a pleasant reminder? Hob-Snobbery photographers often consider candid

'point-and-shooters' below the cut, and by the standards they impose for their own work, they may be right – if you're



"A Doll & a Ford" and "Uh Oh!" by jeffa shooting for their approval. If you're not shooting for someone else's approval, as most of us aren't, then what counts is the inner smile you have when you see that image, and if someone else appreciates it as well, wonderful. Taking pictures is a universal pleasure for the plebeian to the patrician, and the proliferation of pocket and phone cameras has turned the planet into a giant photo booth.

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



Pickleball

This will be a great new year for all the people wanting to play pickleball. Two new courts are in the budget for this year and will be started soon. Lincoln Hills will have a total of six very nice courts.



Pickleball Christmas Party 2012



The weather has been cold, but the courts are still getting a lot of use. Ladder play is continuing at 1:00 PM on Monday, Tuesday, Wednesday, Thursday and Friday. Free lessons with Cal are every Saturday at 1:00 PM.

The pickleball Christmas party was very cool. The Meridians Catering Department provided great food, DJ West played great music and the Pickleball Club provided all the fun.

Want to become a member? Dues are \$15 and information can be found on the website below.

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



Players

The cast for "Sex Please We're Sixty" has been announced. Featured players are Angela Blas, Steve Garavito, Bob Murdock, Jeri Chase Ferris, Corrine Ehlers and Carol Murdock. This hilarious story examines how six single seniors interact to find that someone special everyone wants.

Tickets go on sale January 17 for this March 6, 7 show. Premium seating will be \$17 and can only be purchased at the OC Activities Desk; General Admission is \$12. See the article on page 42 for more information.

The next Readers Theater's production is "My Man Godfrey" — a romantic comedy set in the 1930's depicting the hilarious outcome of a high society scavenger hunt. Performances are on Saturday, February 9, at 7:00 PM and Sunday, February 10, at 2:00 PM in the newly-renovated P-Hall (KS). Come and check it out!

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

Contact: Bob Murdock 408-8511, bamabc@sbcglobal.net

Website: www.lincolnhillsplayers.com



Poker

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

For Texas Hold 'em players, there is a separate table available on Monday Tuesday and Fridays — same times.

The Quarterly Hold 'em tournaments are open to all residents — first-come, first-served — as they usually fill up quickly with a 48-player cap. Our remaining 2013 tournaments will be Saturdays, April 6, July 20 and October 19.

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

Contacts: Mike Goldstein 543-8238;

Ginger Nickerson 253-3322;

Joe Frenna 543-8634



Rummikub

The Rummikub Group meets every Tuesday from 12:30-4:00 PM in the Multipurpose Room (OC). Anyone is welcome to join in, whether you are a beginner or a seasoned player! We are a relaxed group of fun ladies and gents, who enjoy playing and socializing. From time to time, we will meet on other days or evenings to play in smaller groups. 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 are looking 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

New officers for 2013 were installed at the December 16 RV Holiday Party, the highlight of a night that included dinner and dancing to the songs of Becca and Chuck at OC Ballroom.

New officers are Michael Genest, president; Rosie Eads, vice president; Betty Schumacher, treasurer; and Blance Eberhardt, returning as secretary. Appointees are LaVerne Haubl, historian; Judy Naragon, sunshine; Marilyn Poole, membership; Ricki Montoya, webmaster; John Babel, sheriff; and Ralph Chatoian, publicity.

Outgoing president Bob Zielinski was presented with a gift card for his leadership and hard work over the last two years.

The RVers brought toys which were picked up by members of the Lincoln Fire Department to be distributed to needy children. This should have made Christmas a little happier for less fortunate children in Lincoln.



Outgoing president Bob Zielinski introduces the new officers and appointees for the Lincoln Hills RV Group

Contact: Michael Genest 209-3370

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our

Outstanding Lincoln Schools

Happy volunteering in 2013! Mark your calendars: March 26 exhibit (OC), June 5 Picnic (Sports Pavilion), September 9 Annual Meeting (KS), September 18 Orientation Workshop (OC). Watch for SCHOOLS emails for event details and Special Activities.

Each month, I will interview a SCHOOLS volunteer or students for their insights of this intergenerational experience. Joe Moore shared his Creekside Oaks second graders' comments written to him on Christmas cards. "You are an excellent reader. I like sharing one of the books with you." Kimara; "I hope you have a wonderful time having a good time off of work." Logan; "We love when you help us read. Please do it next year." Emma; "I hope you have a great Christmas and you can eat sweet food." Angelina; "Thank you for volunteering. You are so nice and everyone likes you." Emiliano; "Thank you for being a great visitor." Taylor.

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

Welcome our newly appointed SCOOP Steering Committee Co-Leaders — Joan Spurling and Mary Shelton at our January 17 meeting at 3:00 PM in the Heights/Gables Room (OC). Their appointments run through December 2013. Be sure and mark this date and meet our new leaders and members! Contact numbers are: Joan, 505-5000; Mary, 409-9923.

Our December 14 Holiday Party/Fund-raiser was a resounding success! Previous records were broken by raising \$9,687 total for the event that went to Marcy Lopez, founder of One More Dog Rescue (OMDR),

a nonprofit corporation. In addition to the monies raised that evening, a SCOOP member purchased a van to be renovated for transporting OMDR animals to and from vets, adoption locations, etc. The Fund-raising Committee was chaired by Jacquie Lemke and Marilyn Ruiz and accompanied by ten other members.

Ask a member or visit our website for information on joining SCOOP!

Contact: scoop@scih-scoop.com

Website: www.scih-scoop.com



Scrabble

Have a new year's resolution to have a new experience? Come join the Scrabble Group for a new, fun experience. Sit a spell, spell from your rack of letters and be spelled from the boredom at home. We welcome all levels of play and provide dictionaries and word lists to help you play. What could be easier.

Last year, several new players found their way to join a table. Now, they have become our "regulars": Anne, Connie, Gloria, Jean, Joanie, Judy G, Lillie, Margie and Mark.

The Scrabble Group meets each Monday, at 1:00 PM, in the Cards Room (OC). We usually play three or four games. However, some only play a game or two, in order to fit in more activities.

Hope to see everyone in January, after the holidays forced cancellation of our group playtime in December.

Contact: **Candy Koropp 409-0607**



Second Cup of Coffee

The 'kickoff' time is Monday, January 21 at 10:00 AM in the OC Front Ballroom. The Second Cup of Coffee Group, co-sponsored by Community Forum: "Football Highlights — You Make The Call" by resident Bill Richardson. Bill is the Pac 12 College Football Replay Official.

As this is an extremely popular program, arrive early for a good seat. All guests and residents are welcome to the Second Cup of Coffee Group programs, held the third Monday of each month at 10:00 AM. 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 have already rung in the new year and we haven't fallen over the fiscal cliff yet!

Our annual Pre-New Year Party and Dance at Kilaga Springs held December 27, was a huge success — good food, dancing and full of friends in the holiday spirit!

On January 6, we had our January Birthday Celebration at Meridians Sports Bar

Our first General Meeting in 2013 was held January 10 with a great turnout for the Re-Gift Sale at OC Ballroom.

Upcoming Singles Events:

January

- 15) 7:00 PM — Let's Dance at Meridians (Carol 408-3061)
- 17) 4:30 PM — Table for Eight TBD (Darline 434-6472)
- 24) 6:30 PM — Pre-Super Bowl Party at KS (Sarah and Mike 543-0035)

Have you paid your dues for 2013 yet? Send your money in now to Donna McDonald and start having fun with all our single friends!

Weekly sports subject to rain!

Contact: **Linda Bacon 628-5158**

Website: www.lincolnhillssingles.org



Ski

Club members are receiving weekly emails regarding ride sharing to our local ski resorts. In addition to downhill skiing, we are helping to coordinate cross country ski day trips, primarily to Royal Gorge. We will be planning après-ski late lunches at Rainbow Lodge and similar locations in or near Sugar Bowl. Contact the club leadership team listed below for more information.



Ric Havens enjoys great December Alpine Meadows snow conditions

There is a general membership meeting on January 15, and the next one is scheduled for February 19, 4:00 PM, in the Fine Arts Room (OC). Details for the February meeting will be provided soon.

Our annual getaway trip is set for Snowmass, Colorado, from March 3-9. For information, contact Mike Hilton.

Contacts: **Mike Hilton, Sue Worrall and Bob Vincent 258-2150, lhsclub@gmail.com**
Website: www.lhskigroup.org



Softball, Senior League

January finds the Softball League transitioning to our new Board – Bec Cannistraci, President; Bruce Briggs, Treasurer; Joann Hilton, Secretary; Mike Caporale, First VP; Dave Rich, Second VP; Bill Stroh, Commissioner; and Vince Del Pozzo, Player Rep.

Get your applications in now. They're available on line, but if you have trouble downloading, contact any Board member. When the majority of applications are in, we will determine how many teams will be in each league. If you would like to be more involved, consider becoming a manager; it's a great way to get to know the members. Vince will send a message later seeking volunteers.

As of now, Spring Season will begin Wednesday, April 3, and Fan Appreciation Day will be celebrated on Saturday, April 27. You'll get a message if that changes.

Our next General Meeting: Tuesday, February 5, 3:00 PM, OC Ballroom. Guests are always welcome.

Contact: **Joann Hilton 408-0346, jhilton777@gmail.com**
Website: LHSSL.org

Coyotes

The annual Coyote breakfast on December 4 in OC Ballroom was once again successful thanks to the great work by John Gho. After the over 50 attendees enjoyed the buffet goodies, chair J.R. Jackson brought everyone up-to-date with the latest news of the Coyotes and Nor Cal. Terry Truesdale and Bruce Chappel were voted in as treasurer and secretary for the upcoming year replacing Nick Fox and Dick Hughes. John Griffin and Bob Hunter are first alternates for Division One for Nor Cal Senior Softball. Each manager gave a brief talk about his team: Carlos Zavala (55/60), John Dambrosio (65), Bob Hunter (70), and Ed Sorensen for the new 75s. Next up is the Coyote banquet on January 28, also in OC Ballroom starting at 5:45 PM. The All-Star Thursday winter team is now 10-2 and averaging over 21 runs per game while holding the opposition to 14 runs.
Contact: Bob Hunter,
bluespritzer@yahoo.com



Sports Car

The new year is underway and our club is losing no time. Our new Board met and our first general meeting was on January 7. Reservations have already been made for the club's annual trip to Pacific Grove, which will take place April 16-18. We stay at a gorgeous Bed and Breakfast called



Left, our new President Dave and Linda; always a good time



Seven Gables. We will have 27 cars going on this trip, with a stop on the way down in Half Moon Bay.

Our new president, Dave Steinkraus, announced that our primary focus will be to have a lot of fun, which we always do. That is really the purpose of this club – to enjoy each other's company, take lots of car trips, and enjoy life in the time we have.

We finished our holiday events with a wonderful Christmas Dinner Party at Catta Verdera Country Club. We had a really nice dinner and lots of dancing.

Contact: DiAnn Rooney 543-9474,
dlooney@mac.com
Website: LHsportscars.com



Square & Round Dance

Sun City Squares

The Square Dance Club Christmas Party was fun party, see the pictures below.



Sun City Squares Christmas Party



Call Chuck or Bob to sign up today!!! We are always ready to add experienced Square Dancers. Feel free to come in and watch or join,

times listed below. Meeting times:

- Beginner 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

There's a whole lot of fun going on in the Tap Company these days as we prepare for "Presenting Simply Broadway" the 2013 annual Tap Company show! You'll have to come to



Who are these characters?



the show (April 11, 12 and 13) to see what these crazy gals are up to and it's likely "no good"!

This year's show is much more than toe-tapping fun! You'll be thoroughly entertained with the twists, turns and goings-on happening backstage during the production of "Simply Broadway" while Lincoln Hills' best talents sing and dance their way into your hearts! The story line is a heartwarming love story with plenty of turmoil thrown in for good measure!

The Beginning Tap Class starts each year in January... sign up now, info on page 67. Tap is a great way to burn those calories from too much holiday cheer, so join the fun and come dance with us!

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



Tennis

It's official! The new Board has taken over the LHTG reins as of January 1. The budget is balanced. Next year's events will be scheduled soon and you will be notified by email, on online website, and posted at the Sports Pavilion. For those of you who have not yet renewed your LHTG membership, please do so promptly. It makes the job of the Board much easier to know who and how many they will be serving. To renew, send your check (no cash) for \$12 made out to "LHTG" to Jack Buffington. Your new LHTG 2013 Board: Sharon Klotz, President; Pam Geernaert, Social; Jack Buffington, Finance; Pat Campbell, Communications; and Greg Burke, Tournaments. Cheers.

Contacts:

Pat Campbell patacam@gmail.com;
Sharon Klotz tennislady@yahoo.com



Vaudeville Troupe

The Vaudeville Troupe's show is another uncompromising success!!



Vaudevillians Mary Jo & Fred Garrison relax after January Show practice; Vaudeville Show "Beach Boys" Jerry Mandolfo, Jim Henderson, Neil Dennis, and Ted Neely practice their moves!

The January 11 and 12 Vaudeville Show provided SCLH residents and friends, once again, a high-energy, fast paced and original Vaudeville Show : "The Cavalcade of Stars"... this time performed at OC Ballroom to sold-out enthusiastic audiences.

Their Tribute this time was: "A Musical Tribute to the Movies." Audiences stepped back in time to enjoy entertainment from "Pulp Fiction," "Exodus," "My Fair Lady," "Chicago," and many others recognized and enjoyed by all. Rounding out this exciting, fast-paced show was the always popular "One-of-a-kind-around-these-here-parts" old-time variety Vaudeville Show that provided nostalgia and high-spirited performances. We thank our fabulous, loyal audiences by giving them performances that are always new, unique, exciting, fun, nostalgic and above all: thoroughly entertaining!! Don't miss the next Vaudeville Show in July 2013 when the Tribute will be "Country Music: Past and Present."

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



Veterans

The featured speaker at the January 17 general membership meeting will be retired Brigadier General Robert Hipwell, who will speak on detainee operations in Southwest Asia. The meeting is at 1:00 PM in P-Hall (KS).

General Hipwell's duty assignments have included command and staff positions in Special Forces, civil affairs, and military police. In addition, he served as



Lillian Nawman, with husband Bob, was honored by the Veterans Group for her years of untiring service as social director and planner of the annual Holiday Luncheon. Photo by Bob Stackhouse

assistant state emergency preparedness liaison officer for the Fifth Army. Recent deployments included assignments with the Coalition Land Forces Command in Kuwait and the Office of Military Cooperation in Afghanistan.

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



Water Volleyball

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

Our new steering committee members begin their tenure this month. They include Jerry DiGiacomo, Jackie Sutherland, John Cordone, Gene LaFaunce, Steven Parke, and Ron Dilbeck. Congratulations!

Play available in the KS pool:

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

Contacts: Jim Puthuff 543-0067,
jputhuff@softcom.net; **Carol Cope 408-5596,**
cande@aol.com
www.suncity-lincolnhills.org/residents



West Coast Swing Dance

Following up on an action-packed 2012, we have even more activities planned for this year including dances, a Sunday Tea Dance and Ice Cream Social, workshops, practice sessions, and "Club Nites Out." For a copy of our 2013 Calendar, contact Dottie.

Our first Club Nite Out will be on Saturday, January 19 at the Fair Oaks Community Clubhouse as we join with the Capital Swing Dancers at their monthly dance.

For those currently enrolled in West Coast Swing Dance classes, 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.

Capital Swing Dancers will be hosting its 22nd Annual Capital Swing Dance Convention in Sacramento on Presidents' Day weekend, February 14 to 17. For additional information or tickets, contact Dottie

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



Woodcarvers

The Lincoln Hills Woodcarvers are a group of men and women dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. Members carve everything from caricatures, to birds, fishes, and tons of holiday ornaments.



Woodcarvers Collage

The membership skills range from novice to Master Carver. This writer, for example, never carved more than a turkey before joining the group five years ago. 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.

Members are willing to "chip" in some advice and show off their work. Stop by and chat a bit with this great group of folks and maybe you too will soon be carving more than your holiday entrees!

Woodcarvers Caption: Lincoln Hills Woodcarvers Collage

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

Writers

Authors & Writers Resource Group

The Writers Group elected new officers who will take office this month. We'd like to welcome Linda Bello-Ruiz, President and Leo Craton, VP. The steering committee is: Irene Douglass, Jim Fulcomer and Andy Petro.

The Writers Group is open to all with a penchant to write. Examples of our resident authors, who are in



From left: Jim Fulcomer, Linda Bello-Ruiz, Leo Craton, Irene Douglass (missing, Andy Petro)

the midst of writing or have most recently published, include:

- Andy Petro, Remembering The Light, Prose.
 - Irene Douglass, Memories of Mangla Dam - An American in Pakistan, Memoir
 - Bev Brannon, June Gloom, Mystery/ Detective novel
 - Alan Lowe, The Nighttime Traveler, A Novel
 - Beverly Deen, An autobiography for her family
 - Linda Bello-Ruiz, Unstoppable. My Journey to the House of Hope. Memoir
 - Leo Craton, California Boy, Memoir
- Bring your literary creations and join us at 6:30 PM in the Ceramics Room (OC) on the second and fourth Mondays of each month.

Contacts: Linda Bello-Ruiz 543-7952, lbello Ruiz@yahoo.com

CERT

Continued from page 7

- Wildfires
- Flooding
- Prolonged power failures
- Lengthy disruption of water services
- Thunderstorms and tornados. The largest tornado to strike in the Lincoln area was a Category F2 in 1994 that caused two injuries and no deaths.
- Volcanic eruptions. Mount Lassen erupted in 1914; depending on the winds, ash could fall heavily in Lincoln.
- Industrial accidents that release toxic chemicals into the atmosphere.
- Industrial explosions. Did you know that Lincoln is home to an explosives manufacturer?

- Terrorists using chemical, biological, radiological, nuclear, or explosive weapons. Due to the prevailing winds, fallout from a major terrorist attack on San Francisco could force us to evacuate to safer locations.

In Part 2, I'll explain in more detail how to create and organize a personal Emergency Action Plan. Until then, enjoy our wonderful community and stay safe.

Compliance

Continued from page 10

lack of water. Our maintenance staff of ten makes a decision to not replace these trees or to replace them with a different species of tree that is more appropriate to the location.

- The worst of these problems is when the roots fill up our drainage lines so that flooding occurs when we have a heavy rain. If your inside or outside drains are not flowing freely, it is a good idea to have a plumber clean the lines, remove any internal limbs or clogs, and then repair the damage.

It is also a good idea to make sure your trees and bushes do not preclude PG&E access to the utility boxes on your property.

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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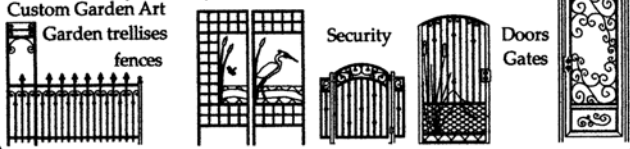
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Bulletin Board

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

AARP Tax Assistance

The 2013 tax season is here! AARP Tax-Aide volunteers are ready to assist you! This joint IRS and AARP Foundation-administered program is staffed by volunteers from Lincoln who are trained in preparing income tax returns. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board. This service will be available by appointment only this year at Lincoln City Hall, third floor, 6th and "F" Streets. Beginning January 16, people can make appointments by calling 878-6249. Appointments can be scheduled for Monday or Thursday from 8:15 AM to 4:00 PM. The Intake/Interview Sheet is required of all clients, and may be downloaded or completed online from www.irs.gov by entering Form 13614-c in the search box and pressing enter, then clicking on the form. The form is available in the City Hall lobby and in the rack under the agenda cabinet in the OC Lodge lobby.

Bingo / Lincoln Hills Foundation

Wednesday, January 16. This will be our first Bingo for 2013. Our goal is to make Bingo as fun and exciting as always, with extra door prizes and the ever popular pop-ups. It's a good opportunity to get out of the house and spend time with friends and family. Bingo will be held in the OC Ballroom with doors opening at 12:30 PM. Games start at 1:00 PM. The cost is \$20 for 12 games, 12 cards with six cards each. We offer \$1350 in prize money plus two door prizes. Pop-ups are for \$1. Cold water available; no alcohol allowed. No one under 18 admitted. It's always fun for sure. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984. Visit the Lincoln Hills Foundation website at www.lincolnhillsfoundation.org. We are Seniors Helping Seniors. Tell a friend.

Croquet

You may have noticed a few people playing croquet on the "Volleyball Court" near the Sports Plaza. A few months ago we asked the Association if they could shorten the grass in that area to make it suitable for backyard croquet.

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, January 16	10:00 AM , Nautilus Society, Oaks
Wednesday, January 16	6:00 PM , Pain Management, Dr. Willis, Oaks
Friday, January 25	10:00 AM , 2013 Life Planning Round Table,

The experiment with shorter grass seems to have worked and we now have handcrafted croquet mallets to play with making our croquet sessions quite fun. If you would like to join us we are currently playing Tuesdays at 8:30 AM. If we can generate enough interest we may start a formal group. The Association has croquet sets available in the sports equipment locker at the Sports Plaza. Ask for a key at the OC Fitness Desk. More info: Paul Mac Garvey, 543-2067, pmac1411@aol.com.

The Healthy Eating Club

If your new year's resolutions included a healthier lifestyle, the Healthy Eating Club is for you. All residents are welcome to The Healthy Eating Club's January meeting as we get closer to becoming an official Association-sponsored club. We provide our members with examples of sensible and intelligent eating, which is the cornerstone of a healthier lifestyle. We encourage small food-related gatherings we call "workshops" among our members as a means to this end – and frankly for the pure enjoyment we get from sharing food-related ideas and experiences with other like-minded folks. You could call us "foodies" and be pretty close to the mark. The interest level in our club continues to grow each month. More info/January meeting date: Don Rickgauer, 253-3984.

Italian Club

wishes everyone a happy and healthy new year! Our club is proud to be considered one of the most active and well attended social clubs in SCLH. We remain dedicated to promoting the Italian spirit of enjoying life to the fullest while honoring our proud heritage. The Board of Directors will continue to extend our policy of welcoming Italian families in our Lincoln Hills community to join us in celebrating our love of all things Italian throughout the coming year with monthly social events. If you have been thinking about becoming a member or becoming an active member once again – we would love to welcome you! SCLH residents of Italian heritage, or whose spouse/

significant other is of Italian heritage, can join our club. More info: www.litalianclub.org or call Membership Chair Marie Berlenghi, 543-3731.

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711. amoon38@sbcglobal.net
Retired Law Enforcement Officers Group
Retired Sacramento Sheriff John McGinness will be the guest speaker at the group's quarterly breakfast on Friday, February 15 at 9:00 AM at Mimi's Café in Lincoln. All law enforcement personnel (active or retired) in the Lincoln, Rocklin and Roseville areas are invited to attend. Sheriff McGinness will be speaking on his vast experiences. RSVP: Bob J. McCollum, 408-0621. Attendees should plan on arriving at 8:45 AM. After Sheriff McGinness' presentation there will be a Q&A. Breakfast will be off the menu and each attendee will receive a separate check.

Shalom

The Hanukah party at KS on December 17 was a great success. The outgoing board and everyone who helped at functions were recognized. We said goodbye to Judy & Marv Pasch who are moving to Milbrae to be closer to their daughter. While they will be remembered for golf tournaments, (full-sized and miniature) and website, Leatherby's ice cream will be an annual reminder of their good fellowship. We ate after the board was installed. The familiar (to those of us of Eastern European extraction) potato pancakes were great, and we had (formerly exclusive to Mediterranean people but now ubiquitous) jelly donuts as one of the desserts. The party was wrapped up by the introduction of the Goldberg's newly-arrived twin grandchildren. Mazel Tov!! The next general

Continued on page 41

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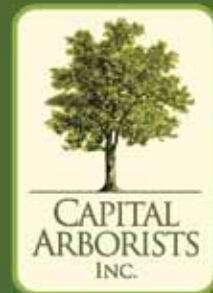
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Continued from page 37

meeting is this month. Check the Shalom calendar at shalomsg.org to get notice of an event that becomes scheduled or deleted after this column goes to press.

Shooting Group

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

years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger, 408-3928, johnnpat@sbcglobal.net.

The Travel Group www.lh-travelgroup.com

The next meeting is Thursday, January 17, 7:00 PM, KS. Guest presenter: Jay Behan, Collette Vacations. 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; Sharon Watkins — 434-9504 sheron55@att.net; Louise Kuret — 408-0554 lkuret@sbcglobal.net.

Activities

Continued from page 13

glorious garden and weather in Cambria during spring.

Received new techy gadgets over the holidays? Check out the *Computer classes both for PC and Mac* (starting on page 59) to help you enjoy your new toys. *Line Dance classes* (starting page 65) are grouped by skill level (introduction to intermediate) to move you along and improve your skills. *Tap* (page 67) is now listed by Performance and Technique.

The year 2013 promises to be a big one and we are here to make sure you enjoy every bit of it! Happy New Year!



Hope to see you at the 2013 New Year's Eve party!



Where to Find Special Events, Trips, Activities Department Classes, Wellness & Fitness Classes, and Community Forums

• **Special Events** – pages 42-46 •

- Club Performance
- Community Service Events
- Comedy
- Concerts
- Dinner Dance
- Grandchildren Activity
- Movie

• **Day Trips** – pages 46-52 •

- Broadway & Shows
- Casino & Races
- Fairs & Festivals
- Museums
- Shopping
- Sports/Baseball

• **Overnights & Extended Travel** – pages 52-54

• **Sold Out Trips Thru February 20** – page 54

• **Classes** – pages 54-75 •

- Acting**
- Art**
 - Oils, Pastels & Acrylics
 - Drawing
 - Mixed Media
- Bridge**
- Ceramics**
 - Lladro
 - Pottery
- Computer**
 - Tablets & Other Devices
- Computer – PC**
 - Genealogy
 - Photo
- Crafts**
 - Card Making
 - Origami
- Dance**
 - Clogging
- Country Couples
- Western Dance
- Hula
- Jazz
- Line Dance
- Tap Dance
- West Coast Swing
- Driver Training**
- Gem Stone Cutting**
- Glass Art**
- Jewelry**
- Music**
 - Guitar
 - History
 - Voice
 - Travel
- Sewing**

• **Wellness & Fitness Classes** – pages 75-90 •

- Emotional
- Environmental
- Disease Prevention & Management
- Group Exercise
- Mind & Body Connection
- Money Matters
- Nutrition
- Personal Growth
- Spiritual
- Training Services
- Wellness Services

• **Wellness & Fitness Class Schedules** – pages 87-89 •

• **Group Exercise Class Descriptions** – page 90 •

• **Community Forum Presentations** – page 92 •

Please see the Activities Department article on page 13 — "New Year, New Activities, New Compass Layout" and the Wellness & Fitness article on page 8 — "Frequently Asked Questions about Fitness Department Changes."

Special Events

—Club Performance—

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

Imagine a beautiful, expansive rose garden surrounding a cozy bed and breakfast on the shore. Inside you meet the widowed proprietor, her two male neighbors and three single female guests visiting for the weekend. This comedic farce by Michael & Susan Parker takes an unexpected twist when there is a pharmaceutical mix-up and everything is not what it seems! Get to know her neighbors, one referred to as her "gentleman caller," and the other Bud "the stud," whom she considers a pest because he pursues every woman who comes through the door. While each guest has personal reasons for coming to the Rose Cottage, you find out that they all have similar desires when it comes to finding that one person who is right for them. 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.**



—Community Service Events—

e-Waste Recycling

Tuesday, January 15 — Free

9:30 AM-12:00 PM. OC Fitness Parking Lot. Free! Be good to our environment. To make it easier for you, Sims Recycling will be at OC Parking Lot (Fitness side) to accept unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We will offer this service twice a year. The list of acceptable electronics for recycling is available at the Activities Desks. Just look for the big Sims Recycling truck in the parking lot!



New Resident Orientation

Tuesday, January 15

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. Free. No ♦♦ RSVP required.



—Comedy—

Comedy Night at KS: Steve Mittleman

Tuesday, January 22

6:00 PM performance — 5121-11A

8:00 PM performance — 5121-11B

Steve Mittleman is one of the best comedians on the West Coast, touring since 1980 and appearing on shows including The Tonight Show with Carson and Leno. He has also appeared on *Letterman*, *Showtime*, *HBO* and many others. Steve has worked with many well known comedians including Seinfeld, Ray Romano and Drew Carey. His clean comedy show will keep you laughing for the entire hour. P-Hall (KS). \$12.



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 Kilaga Springs: 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 Jamie 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 early registration discounted rate January 17-February 14, \$10. After February 14, \$12.



—Concerts—

"JOEL" — A Concert Tribute to the Music of Billy Joel Friday, January 18 — 5118-11

Fresh off of the national tour of Billy Joel's Tony Award-winning rock musical "Movin' Out," Piano Man Kyle Martin and a group of professional musicians are regarded as the best Billy Joel Tribute band on the West Coast. "JOEL" performs Billy Joel's timeless repertoire as well as original musical works in true



Continued on page 44

Reminders

- **Activities & Fitness Desk Hours & Phone Numbers:** Page 94.
- **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 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 the OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return to LH.
- **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.

rock and roll fashion. Kyle is described as a gifted performer with a voice that is distinctly spectacular. This group of musicians is blazing hot and will have everyone singing along. Ballroom (OC) 7:00 PM. General admission \$16. Premium Section Seating sold out.

"The Great Ladies of Jazz" — A Suzanna Smith Concert
Wednesday, January 30 — 5130-12

Ella Fitzgerald, Peggy Lee and Sarah Vaughn are a few of the lady luminaries in the world of jazz music being honored by The Suzanna Smith Trio. Suzanna is known for her golden tone, sense of swing, and irresistible charm as she invites the audience into these women's lives, experiencing not only their music but also their fashion style, attitude and personal struggles. Suzanna has and continues to perform at some of the Bay Area's popular jazz joints including Zingari Ristorante in San Francisco's Hotel Donatello, The Razz Room, The Ritz-Carlton in Half Moon Bay and Second Saturday Salon Series in Oakland. Suzanna studies with renowned jazz vocalist Kitty Margolis and has studied at The Jazzschool with vocalists Madeline Eastman, Laurie Antonioli, among others. Ballroom (OC) 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 \$15.



"Chapel of Love" — A Post-Valentine's Elvis Tribute Concert
Friday, February 15 — 5115-12

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. Hits will include "Love Me Tender," "Jailhouse Rock," and "Don't Be Cruel" among others. Mark looks, moves, talks, sings and feels like Elvis. He was the recipient of the very first "Spirit of Elvis Award" presented by Elvis Presley Enterprises at the 2011 Ultimate Elvis Tribute Artist Competition and has won or placed in the top five for the past five years. Mark wows crowds with this can't miss stage show about the only performer inducted into three separate music 'Halls of Fame' and earning the title "The King." Ballroom (OC) 7:00 PM. Premium section seating is sold out. General admission \$18.



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

Amazing music will fill the air when we bring back Johnny T of the popular *Top Shelf* Motown Revue for his solo show honor-

ing the great Ray Charles. Johnny and his talented trio of backup 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 with its high energy, interactive soul-stirring performances in our Ballroom and Amphitheater. P-Hall (KS) 7:00 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 early registration discounted rate January 17- February 14, \$13. After February 14, \$16.



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 early registration discounted rate January 17- February 14, \$12. After February 14, \$15.



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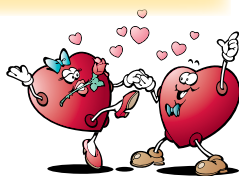
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—Dinner Dance—

**“Romance is In the Air” — A Pre-Valentine Dinner Dance
Friday, February 8 — 5108-12**

Romance will fill the air as you dance the night away to the sweet sounds of the West Fifth Avenue Band. This five-piece band has been performing since 1992 as one of Sacramento’s premier dance bands offering classic standards, Latin, light rock and popular romantic ballads. To complement the evening’s romantic flavor, Chef Roderick will prepare these tantalizing plated dinner choices: *Roasted Salmon Filet or Grilled Top Sirloin*. A no-host bar will be available throughout the evening. For a complete menu, visit the Activities Desks. OC Ballroom doors open at 5:00 PM, dinner served at 5:30 PM, dancing from 6:30-9:30 PM. \$46.



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 Desk. Wristbands required to participate in all activities. General admission early registration discounted rate January 17-February 14, \$6 per child. After February 14, \$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.

—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

—Movies—

**Just Added! KS at the Movies! “The Best Exotic Marigold Hotel”
Monday, February 4**



PG; 124 minutes. Starring Judi Dench, Tom Wilkinson and Maggie Smith. Comedy/Drama. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.

Day Trips & Extended Travel

Day Trips

—Broadway & Shows—

**Broadway Sacramento: “Rock of Ages”
Tuesday, January 22 — 4563-06B**

Set in LA’s famous Sunset Strip in 1987, “Rock of Ages” tells the story of Drew, a boy from South Detroit, and Sherrie a small-town girl, both in LA to chase their dreams of making it big and falling in love. “Rock of Ages” takes you back to the times of big bands with big egos playing big guitar solos and sporting even bigger hair! Enjoy this Broadway hit at the Sacramento Community Center in orchestra seating. Bring guests as a holiday gift!! Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. RSVP ◆◆ Now.



**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-popping 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.



**Andre Rieu — And The Waltz Goes On Tour
Friday, March 15 — 4591-12 & 4591-12A**

Violin master André Rieu, one of the best-selling live acts in the world, is returning to the US with a new show. Watch Rieu perform at Sleep Train Arena (*previously Power Balance Pavilion/Arco Arena*). Named after his successful album, the tour will feature famous Viennese operettas, film scores, spirituals, musicals, folk songs and marches with Rieu conducting his 60-piece Johann Strauss Orchestra and playing his 1732 Stradivarius violin. Performing more than beautiful waltzes, this concert is a perfect mix of thrilling, festive and emotional melodies combined with surprises, balloons, beautiful soloists and Rieu’s sense of humor. Seating available at two price levels: Lower level section 123 (rear) \$74 and lower level section 108 (front left) \$106. Depart OC at 6:45 PM ~ return 11:30 PM. RSVP ◆◆ Now.



**“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



Continued on page 49



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Lord of the Dance

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

Friday, April 12 (Matinee performance) — 4570-01

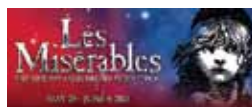
Sixteen years ago, Michael Flatley created and launched Lord of the Dance. Today, it is selling out arenas and theatres as the world's highest grossing Irish dance show. Flatley, who retired from dancing in 2011, is Artistic Director of Lord of the Dance and oversees all aspects of the production. "We 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." "Irish dance lovers and music fans alike will experience the engaging, rhythmic adventures that have helped catapult Celtic dance mania and Irish dancing into the global spotlight," says Flatley. *Choose from two dates* 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. Friday, April 12, depart OC 1:30 PM, return ~ 6:30 PM. \$81 each. RSVP ♦♦ by 2/15.



Broadway Sacramento: "Les Miserables"

Tuesday, June 4 — 4563-06E

Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schönberg's legendary musical, "Les Miserables," with glorious new staging and dazzlingly re-imagined scenery inspired by the paintings of Victor Hugo. This new production has been acclaimed by critics, fans and new audiences and is breaking box office records wherever it goes. Leave OC at 6:45 PM, return ~ 11:30 PM \$80. RSVP ♦♦ Now.



—Casino & Races—

Off to the Races

Thursday, February 7 — 1845-12

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the comfort and luxury

of the Turf Club with an elaborate buffet while watching the races. Dress code: Colored shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ♦♦ Now.



Feather Falls Casino

Monday, February 11 — 1920-12

A gaming opportunity without worrying about the snow! We're going to Oroville, an hour drive north of Lincoln for a four-hour visit. Many gaming options available with \$12 cash back and a \$3 food coupon towards lunch on your own. Leave OC 9:00 AM, return ~ 3:00 PM. \$18. RSVP ♦♦ Now.



—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.



Sacramento Autorama

Saturday, February 16 — 1911-12

On its 63rd year, the Sacramento Autorama is "The Kustom Capital of the World" and boasts being home to one of longest-running indoor car shows in the world and the premiere custom car show on the West Coast. Over 500 show vehicles will compete for awards inside the Cal Expo buildings. There will be an additional 500 vehicles for the Autorama Drive-In parked in the Building A lot for viewing. The 2013 show theme is "Aloha!" so look for the "Woody Wagons" with the surfboards and feel the island vibes! Lunch on your own. Leave OC 9:15 AM, return ~ 5:00 PM. \$35 (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 ♦♦ by 2/15.



—Museums—

Marine Mammal Center — Sausalito Wednesday, March 13 — 1761-12

The Marine Mammal Center's mission is to expand knowledge about marine mammals — their health and that of their ocean environment — and to inspire their global conservation. Their core work is the rescue and rehabilitation of sick and injured marine mammals, supported by state-of-the-art animal care and research facilities. We will enjoy a "private," one-hour guided tour of the state-of-the-art facility with its unique outdoor animal rehabilitation hospital, answering questions and sharing current patients' stories. View seal and sea lion patients and learn how the hospital functions with hands-on experiences with rescue equipment and touching pelts. We will start the day in Sausalito with a ranger-led tour of The Bay Model, a three-dimensional hydraulic model of the San Francisco and Delta areas. Observe how tides, currents and river inflows from the Pacific Ocean to Sacramento and Stockton as simulated in the one-and-a-half acre facility. Enjoy lunch and shopping on your own in Sausalito before heading over to the Marine Mammal Center. *There will be lots of walking on both tours and some wet uneven pavement. Parts of Marine Mammal Center tour are outside. Please wear appropriate footwear and bring a jacket.* Leave OC 7:45 AM, return ~ 5:45 PM. \$56. RSVP ♦♦ Now.



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. 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, a three-dimensional construction, 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 ♦♦ 2/15.

—Shopping—

San Francisco for the Day Tuesday, February 19 — 1844-12

Time to get your spring wardrobe ready! Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching without driving and traffic. To make your shopping more comfortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:00 AM, return ~ 7:00 PM. \$35. RSVP ♦♦ Now.



—Sports / Baseball—

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 ♦♦ by 2/15.



• Giants vs. Los Angeles Dodgers

Sunday, July 7 — 6360-01A

Seats in Lower Box Section 135. \$104.

Continued on page 52

- **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've added the Oakland A's to our roster this year and have chosen two games we know you'll love to see! 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 some 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 ◆◆ by 2/15.



- **Oakland A's vs. Detroit Tigers • \$64**
Saturday, April 13 — 6320-01A
- **Oakland A's vs. San Francisco Giants • \$77**
Monday, May 27 — 6320-01B

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 ◆◆ by 2/15.



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

Overnight & Extended Travel

Overnight! Monterey Whale Watching • Wednesday, March 20 through Thursday, March 21 — 1970-12 & 1970-12A

Celebrate the first day of spring on a trip to Monterey for whale watching! We'll be staying at the Hotel Pacific in Monterey's historic old town, walking distance to Fisherman's Wharf and the beach. First stop is Fisherman's Wharf for lunch on your own. Then enjoy whale watching in the bay. For those who choose not to join the whale watching activity, enjoy free time on your own with an option to experience Cannery Row, visit the Monterey Historic Park or rest at the hotel for a walk on the beach. On Thursday, start with a complimentary hotel breakfast followed by free time at Cannery Row for shopping, dining or a visit to the Monterey Bay Aquarium. End our day with a hosted lunch at Bubba Gump Shrimp Co. Check out menu choices at the Activities Desks or online. *Please advise of any dietary issues in advance.* We stop at Casa De Fruta on the way home. *A signed liability waiver is required for each participant.* Fee includes luggage handling and bus driver gratuity. Depart 7:30 AM, return ~ 6:30 PM. RSVP ◆◆ Now.



Whale Watching package — 1970-12

\$235 per person double occupancy, \$303 single.

Without Whale Watching) — 1970-12A

\$186 per person double, \$255 single.

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 Cambria 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 ◆◆ by 2/15.




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Sold Out Trips Thru February 20

Trip • Date • Departure Time

- “Nunset Boulevard,” January 15, 5:30 PM
- California Academy of Sciences, January 17, 8:00 AM
- Colusa Casino, January 24, 10:00 AM
- Speaker Series, January 29, 6:45 PM
- Sun City Snow Train, January 31, 10:45 AM

Activities Department Classes

Acting

New! The Basics of Comedy Improvisation

Friday, February 1-22 — 4011-12

10:00 AM-12:00 PM. Presentation

Hall (KS). Instructor: Paul Burk. \$60

(four sessions). Class focuses on the basics of comedic improvisation.

Students learn about agreement

(yes, and!), active listening, using the environment, storytelling techniques, understanding stage space, and making fellow improvisers look good. Try something different, and walk out of each class with a smile on your face and new friends beside you. Improvisation will change your life! *About the instructor:* Mr. Burk is the owner of the Blacktop comedy in Roseville, and has spent the last ten years learning improv. He has studied in Chicago, Los Angeles, and San Francisco. RSVP ♦♦ by 1/25.



Art

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Joan

Mondays, February 4-25 — 1051-01

9:00-11:30 AM (OC). Instruc-

tor: Joan Jordan. \$52 (four

sessions). Open to both pas-

tel and oil painters. Under

Joan’s guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student’s art medium. **New students:** Ask for supply list at registration. RSVP ♦♦ by 1/28.



Landscape Art Workshop by Greg Kondos

Friday-Sunday, January 18-20 — Sold Out

9:30 AM-4:30 PM (OC).

Impressionism and Landscape Painting with Oils and

Acrylics Wednesdays • February 6-27 — 1031-01

9:00-11:30 AM (OC). Instructor: Artist/resident Marilyn Rose.

\$52 (four sessions). For artists of all skill levels. Students receive expert guidance in creating original landscape paintings in oil or acrylic based on photographs of their choice. Class demonstrations, masterwork examples and individual instruc-

tion will be used to help students understand the various elements of landscape painting and implement them in capturing their unique vision on canvas. Study will include design, visual pathways, value structure, color harmony and painless perspective.

First-time students will be contacted by Marilyn to set up a meeting in the week before the first session to discuss the supply list and some important elements of the class, as well as the student’s objective. Student may contact instructor at 409-0397. Supply list will be provided during the meeting.

About the instructor: Selected by revered LH art instructor Tom Proctor to carry on with his class, Marilyn has been teaching art for over five years with hundreds of her paintings in private collections nationwide and abroad. Her continuing education includes classes and workshops in landscape, portraiture and still life. She has participated in several plein air painting events and juried national, statewide and local exhibits. Her work can be seen at Elliott Fouts Gallery in Sacramento and on her website www.artistmarilynrose.com. RSVP ♦♦ by 1/30.



Floral and Still Life in Oils

Thursdays, February 7-28 — 1041-01

1:00-4:00 PM (OC). Instructor: Artist/

resident Jan Saia. \$65 (four sessions).

Students will learn to identify “form”

and “values” and how to apply that

knowledge in their paintings. Other principles in creating art

will be discussed and applied. Several floral and still life “vi-

gnettes” will be set up for the students to choose from and to

paint. *About the instructor:* Jan has been painting professionally

for over 20 years, selling her work both nationally and interna-

tionally. RSVP ♦♦ by 1/31.



—Drawing—

Multi-Media Drawing

Wednesdays, February 6-27 — 1013-01

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

Continued on page 56



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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 1/30.

—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 in creating this artwork. Class is easy, 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 2/28.



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, it’s 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, February 6-27 — 2060-01

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 available for purchase from instructor. Students must contact instructor at (916) 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 1/30.

Lladro Workshop

Wednesdays – Lladro3

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



—Pottery—

Beginning/Intermediate Ceramics with Jim

Tuesdays, February 5-26 — 2013-01A

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 1/29.

Advanced Ceramics

Tuesdays, February 5-26 — 2013-01B

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 1/29.



Ceramics — All Levels

Thursdays, February 7-28 — 2014-01

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 Activities Monitor when you register. RSVP ♦♦ by 1/31.



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Ceramics Vacation Drop-In Session**Tuesdays, 9:00 AM-12:30 PM — CERD1****Thursdays, 1:00-4:00 PM — CERD2**

(OC). Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. \$17 per session. For pottery students who can work on their own but are unable to attend class full-time.

Prerequisite: previous enrollment in Advanced Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing Ceramics classes. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for assuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registering at the Activities Desk. Registration for Drop-In sessions is only available within the hour prior to class start.

Computer**—Tablets & Other Devices—****iPad and iPad Mini • Saturday, January 26 — 2571-12**

1:00-4:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of — and into — your iPad or iPad Mini than you ever thought possible. Learn all about iOS6 (the operating system for this device) settings, like Air Play and Internet. This class will demonstrate the many iPad settings and applications on the large screen in P-Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. Class size is limited so sign up early. RSVP ◆◆ by 1/19.

**Google's Android — Level 1****Tuesday, February 12 — 2552-01**

9:00 AM-12:00 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 setup on your own device. Class is also applicable for Kindle and Nook. **Prerequisite:** Be an Android Device Owner [bring to class]. RSVP ◆◆ 2/5.

**Computer — PC****New! Security for your Windows****Friday, January 25 — 2542-01A**

1:00-3:30 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 1/18.

**New! Organizing Your Windows Information****Friday, February 1 — 2542-01B**

1:00-3:30 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 create 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 ◆◆ 1/25.

**Beyond Excel Basics****Mondays & Wednesdays, January 28-February 6 — 2651-12**

9:00-11:00 AM (OC). Instructor: Angela Blas.

\$50 (four sessions). Want to do more with Excel, learn how to link spreadsheets, ask questions, work more with formulas and functions in addition to lots of practice? Exercises will be provided giving the student experience working with large spreadsheets and combining data from different sources into a summary report. This class will provide individuals with more Excel experience. Among the functions covered will be statistical functions, IF function, VLOOKUP and the Sort Command), formatting, graphing, and the concept of Relative versus Absolute Addresses. The last topic covered will be Macro building. RSVP ◆◆ by 1/28.

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

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

Continued on page 61

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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 feature of Excel makes it easy to use in Mail Merge applications for labels, name tags, letters, etc. RSVP ♦♦ by 2/13.

—Genealogy—

Family Search Made Easy

Thursday, January 24 — 2690-11

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. New FamilySearch is an online system that allows you to search for your ancestors from the world's largest genealogical database. Once you find a new ancestor, you can retrieve information about this ancestor directly into a family history program like RootsMagic. Learn how to use RootsMagic to easily search the FamilySearch Family Tree and to share data and collaborate with others using this tremendous online resource. You will learn how RootsMagic can make your genealogy quest more productive using FamilySearch. If you are currently using a family history program other than RootsMagic you will learn how to easily import your family tree into RootsMagic so that you can reap the benefits of the new Family Search. RSVP ♦♦ by 1/17.



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



—Photo—

Picasa

Monday, Tuesday, Wednesday, January 28-30 — 2552-12

1:00-3:00 PM (OC). Instructor: Len Carniato. \$60 (three sessions). Holidays mean family gatherings and family gatherings mean photos! Modern digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Picasa is a free and intuitive program designed for the "amateur" digital



photographer that can be installed in any computer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. **Prerequisite:** Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ by 1/21.

Photoshop Elements 9 — Level 1

Tuesdays, February 5-19 — 2570-12B

5:30-8:00 PM (OC). Instructor: Roy Salisbury. \$49 (three sessions). Photoshop is the number one consumer photo editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 5.0 to 11.0 owners. After class, students may access PC lab to work on their photo projects. **Prerequisite:** Basic computer knowledge recommended. Handout fee (\$3) payable to instructor. RSVP ♦♦ 1/29.



Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, February 5-26 — 3170-01A

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 1/29.



Card Making Level 2

Fridays, February 1-22 — 3170-01B

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$29 (three sessions); no class February 15. **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 1/25.



—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

Continued on page 62

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.

Dance

—Clogging—

New! Beginning Clogging Tuesdays, February 5-26 — 3570-01A

10:00-11:00 AM (KS). Instructor: Janice Hanzel. \$20 (four sessions). 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 will introduce and move 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. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we'll have lots of fun. RSVP ♦♦ by 1/29.



Step Review through Intermediate Clogging Tuesdays, February 5-26 — 3570-01B

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 1/29.

Performance and Technique Clogging Tuesdays, February 5-26 — 3570-01C

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four ses-

sions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take *Step Review through Intermediate Level Clogging*. Challenge yourself with some higher level clogging. Review of steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 1/29.

—Country Couples Western Dance—

Country Couples Western Dance — Beginner Level 1 & 2 Mondays, February 4-25 — 3530-01A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western dancing is done to many types of music, country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. Dances for this session will be "*Desperado Wrap, Wooden Nickol and Rumba stroll*." If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 1/28.



Country Couples Western Dance Intermediate Level 3 & 4 Mondays, February 4-25 — 3530-01B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four 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 "*Cruising, Couples Line Dance, Sleeping Child*" and review of "*Circle Dance Talk to Yo Mama*." RSVP ♦♦ by 1/28.



—Hula—

Beginning Hula Thursdays, February 7-28 — 3902-01A

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 *kaholo, ka`o, hela*, and *ami*, you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 2/1.





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Intermediate/Advanced Hula**Thursdays, February 7-28 — 3902-01B**

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 2/1.

—Jazz—**Jazz Technique****Saturdays, February 2-23 — 3931-01A****Or Tuesdays, February 5-26 — 3931-01B**

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 1/26 or 1/29.

**—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 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, February 4-25 — 3603-01A**
6:00-7:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 1/28.
- **Thursdays, February 7-28 — 3703-01A**
4:30-5:30 PM (KS), Instructor: Yvonne Krause. \$24 (four sessions). RSVP ♦♦ by 1/31.

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, February 4-25 — 3703-01B**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). RSVP ♦♦ by 1/28.
- **Tuesdays, February 5-26 — 3706-01A**
9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$24 (four sessions). RSVP ♦♦ by 1/29.
- **Thursdays, February 7-28 — 3603-01B**
2:30-3:30 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 1/31.

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, February 4-25 — 3603-01C**
5:00-6:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 1/28.
- **Mondays, February 4-25 — 3703-01C**
6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). *Note, class was formerly called Beginners Plus with Yvonne.* RSVP ♦♦ by 1/28.
- **Wednesdays, February 6-27 — 3706-01C**
10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four sessions). RSVP ♦♦ by 1/30.
- **Thursdays, February 7-28 — 3703-01D**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). RSVP ♦♦ by 2/1.

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, February 6-27 — 3706-01C**
10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four sessions). RSVP ♦♦ by 1/30.
- **Thursdays, February 7-28 — 3603-01D**
3:30-4:30 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 1/31.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. She has an undergraduate degree

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

—Tap Dance—

Tap Classes with Alyson

Enjoy tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! 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, February 5-26 — 3553-01A**

9:00-10:00 AM (KS). \$20 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ♦♦ by 1/29.

- **Advanced Performance**

Mondays, February 4-25 — 3553-01B

12:00-1:00 PM (KS). \$32 (four sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 1/28.

- **Performance Class**

Mondays, February 4-25 — 3553-01C

10:00-11:00 AM (KS). \$32 (four sessions) A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 1/28.

- **Performance • Thursdays, February 7-28 — 3553-01D**

10:00-11:00 AM (KS). \$32 (four sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 2/1.

- **Performance • Thursdays, February 7-28 — 3553-01E**

12:00-1:00 PM (KS). \$32 (four sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 2/1.

Technique Classes

- **Advanced Technique Class**

Mondays, February 4-25 — 3553-01F (\$20)

*** 3553-01F1 (\$10)

11:00 AM-12:00 PM (KS). Four 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 1/28.

- **Technique Class • Tuesdays, February 5-26 — 3553-01G (\$20)**

*** 3553-01G1 (\$10)

10:00-11:00 AM (KS). Four sessions. RSVP ♦♦ by 1/29.

- **Technique Class • Thursdays, February 7-28 — 3553-01H (\$20)**

*** 3553-01H1 (\$10)

11:00 AM-12:00 PM (KS). Four sessions. RSVP ♦♦ by 2/1.

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, February 4-25 — 3582-01A**

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. Come join the fun. RSVP ♦♦ by 1/28.

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- **Fridays, February 1-22 — 3582-01B**
1:00-2:00 PM (KS). Instructor: Judy Young. \$24 (four 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 1/25.

—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, February 6-27 — 3510-01A

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 1/30.

Intermediate I and II West Coast Swing

Wednesdays, February 6-27 — 3510-01B

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 1/30.

Intermediate/Advanced West Coast Swing

Wednesdays, February 6-27 — 3510-01C

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 1/30.

Driver Training

AARP Driver Safety Program

Monday & Tuesday, February 11 & 12 — 6056-01

9:00 AM-1:30 PM (OC). Prices are as follows for two-day sessions: AARP Member \$22; non-AARP Member \$24. AARP residents must present current AARP membership card upon registration at the Activities Desks to receive the AARP discounted class fee. The course provides instruction on defensive driving techniques and California motor vehicle laws geared for individuals 50 or over. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time are also covered. Attendees may be eligible for a discount on their auto insurance (check with your provider to determine



amount). Attendance at *both* days of the two-day course is required for a Certificate of Completion. You must be present to receive your certificate. Bring a valid driver’s license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 2/4.

Gem Stone Cutting

Gem and Jewelry Open Workshop

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



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, 2:00-4:00 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.



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Glass Art

Fusing Glass and Stained Glass Workshop Monday, February 4 — 3110-01

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.

Crystal Spiral Necklace Tuesdays, January 22 & 29 — 3013-12

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$25 (two sessions). Add some sparkle to your wardrobe with this necklace! The necklace highlights Chinese crystals for that all-important shimmer and shine. Add some small cube beads or pearls and a selection of seed beads and you have a necklace to remember. Get inspired by the samples shown in the Lodges. Project requires a bit of skill in handling smaller beads and some patience — the pattern used is a repetition — once learned, it just repeats! RSVP ♦♦ by 1/15.



New! Caterpillar Necklace/Bracelet Tuesdays, February 5 — 3010-01A

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$20 (one session). Perfect for first-timers and experienced beaders alike! A perfect first project to get you started. A simple design lends itself to both casual and dressy interpretations. A row of oval beads marches down the design outlined by a selection of smaller beads, crystals or pearls. The design can be learned quickly and is easily translated into a necklace, bracelet or both and Cathie will cover how to turn the design into either. Check the samples in the Lodges for how a simple, repetitive pattern makes a stunning piece of jewelry. RSVP ♦♦ by 1/29.



New! Net Necklace/Bracelet Tuesdays, February 12, 19 & 26 — 3010-01B

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$35 (three sessions). Seen the samples of the necklaces and bracelets that feature a diagonal design and wondered how those beads stay in place? This elegant design is easy to do and the secret is a bead net that's



the hidden foundation. Go dressy with a selection of pearls and crystals or go the casual route with simple seed beads — either way, everyone is sure to admire your creation. Making the necklace/bracelet requires minimal skill in handling smaller beads and some patience to use the design, after repetition in the construction steps — once learned, just repeat the step! Cathie will cover how to turn the design into either a necklace or bracelet. RSVP ♦♦ by 2/5.

Music

—Guitar—

Guitar I — Beginner Level Wednesdays, February 6-27 — 4260-01A

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 1/30.



Guitar II — Guitar Intro Continuation Wednesday, February 6-27 — 4260-01B

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 1/30.

Guitar III — Intermediate Thursdays, February 7-28 — 4260-01C

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 1/31.



Guitar IV — Advanced Thursdays, February 7-28 — 4260-01D

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

Continued on page 73

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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 1/31.

—History—

The History of Rock and Roll Part Three Wednesdays, January 23- February 13 — 4272-12

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). Continue our journey through the history of the most popular music of our times: Rock and Roll. In this session, we will meet Mr. Zimmerman from Minnesota whose influence will change everything in the Rock and Roll world. Discover the evolution of Folk into Folk-Rock and the impact on lyrics that gave voice to the Protest Movement of the 1960's. Travel to the Motor-City and find the power of America's most popular music — Motown! So, hop on board as we take a "Soul Train" to the History of Rock and Roll Part Three. RSVP ♦♦ by 1/16.



—Voice—

Beginner Singers Vocal Boot Camp Friday, February 1-22 — 6133-01A

9:30-11:30 AM (OC). Instructor: Bill Sveglini. \$35 (four 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 1/25.



Singer Vocal Boot Camp Continuation Fridays, February 1-22 — 6133-01B

11:30 AM-1:30 PM except for January 18 — 11:00 AM-1:00 PM (OC). Instructor: Bill Sveglini. \$35 (four 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 1/25.

Travel

Travel to France Saturday, February 2 — 6160-01A

9:30 AM-12:30 PM (OC). Instructor: Claire Michelet. \$28. Handout fee: \$5, to be collected prior to start of class. Would you like to be prepared for your next trip to France? Learn from a French native about planning worry-free itineraries and which



cities and countryside to visit, what you should do before leaving, what to pack and wear, weather conditions and the French seasons, where to stay and your options for lodging (hotel, country inns, bed & breakfast, renting a villa or an apartment), what to expect on the road and French public transportation, finding out about shops, shopping and money matters, cultural landmarks, and an introduction to typical French habits and French culture. A handout will be available. RSVP ♦♦ by 1/26.

French for the Traveler

Saturday, February 2-March 16 — 6160-01B

2:30-5:00 PM (OC). Instructor: Claire Michelet. \$96 (six sessions, no class March 2). Be ready for your next travel to France! Here is a quick introduction to the French language by a Native French teacher from Alliance Française of Sacramento. Learn the pronunciation, structure and special rhythm of the French language. Acquire phrases and essential vocabulary for travelers. Carry on basic conversations in French after completing the class. Material fee: \$15, covering a small textbook and CD. RSVP ♦♦ by 1/26.



Provinces of France, a Visual Tour

Saturday, February 9 — 6160-01C

9:30 AM-12:30 PM (OC). Instructor: Claire Michelet. \$28. Join us for a real Tour of France and visit each Province and Region of beautiful France. This two-hour slide presentation of stunning visuals will be followed by an hour of Q & A. RSVP ♦♦ by 2/2.

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.



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Sewing

Bernina Serger Certification

Monday, February 11 — 4056-01A

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

Bernina Sewing Machine Certification

Monday, February 11 — 4056-01B

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 2/4.

Janome Sewing Machine Certification

Monday, February 11 — 4056-01C

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 2/4.



Wellness & Fitness Classes

Wellness & Fitness

Register for these classes at the Fitness Centers starting January 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—

Opportunities to bring awareness and acceptance of one's feelings.

Expressive Movement Therapy

Thursdays, February 7-28 — 879100-01

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 Desks, Activities Desks or online. RSVP ♦♦ by 1/31.



Coming Soon! Tell Your Story Workshop

Thursdays, March 21-May 9

1:00-3:00 PM, Multimedia and Fine Arts Rooms (OC). Instruc-

tor: Carol Karkazis, MFT Intern. \$65 for 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 company of others sharing in this expedition and a written legacy to give to loved ones. Registration starts February 17.

—Environmental—

Experiences that involve caring for and appreciating nature. Encompasses not just our relationship with the planet and nature, but our relationship with our personal surroundings.

Please see Dee Hyne's article about the LifeTrail system on the KingFisher Trail on page 9.



—Disease Prevention & Management—

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

Arthritis Class L1

Wednesday, February 6-27 — 801000-01

12:15-12:45 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 Centers/online. RSVP ♦♦ by 1/30.



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Arthritis Class L3**Tuesdays, February 5-26 — 803000-01****Thursdays, February 7-28 — 803100-01**

11:15 AM-12:15 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 Centers/online. RSVP ♦♦ by 1/31.

Arthritis Foundation Aqua Class L1**Mondays, Wednesdays, Fridays, February 1-28 — 813212-01**

11:30 AM-12:15 PM (OC). Instructors: Cathy Keller and Judy Barnett. \$2.75 per class; purchase up to 12 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 Centers.

**—Group Exercise—**

A detailed explanation of these and other classes, locations, days and times can be found on pages 87-90 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, February 4-25 — 832001-01**

12:30-1:30 PM (OC). Instructor: Joanie Martin. \$32 (four ses-

sions). 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 the 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 Centers/online. RSVP ♦♦ by 1/28.

Evening Hatha Yoga L2**Tuesdays, February 5-19 — 711000-01**

6:30-7:45 PM. Aerobics Room (KS). Instructor: Susan Hayes. \$33 (three 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 Centers/online. RSVP ♦♦ by 1/29.

**Evening Yoga and Meditation L1****Thursdays, February 7-21 — 711100-01**

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$33 (three 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 Centers/online. RSVP ♦♦ by 1/31.

Extra Gentle Yoga L1**Tuesdays, February 12-26 — 710000-01**

12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. \$33 (three 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 Centers/online. RSVP ♦♦ by 1/29.

**Gentle Hatha Yoga "Plus" L2****Tuesdays, February 12-26 — 710100-01****Thursdays, February 14-28 — 710120-01**

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. \$33 (three sessions). This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions,

Continued on page 79

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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 Centers/online. RSVP ♦♦ by 1/29.

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.

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 Centers/online. RSVP ♦♦ by 1/29.

Yoga for Osteoporosis L1

Fridays, February 1, 8, & 22 — 710200-01

5:30-6:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$33 (three sessions, no class February 15.). 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 Centers/online. RSVP ♦♦ by 1/25.



Meditation L1

Saturdays, February 2, 9 & 23 — 712400-01

11:45 AM-1:15 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$33 (three sessions, no class February 16.). Have you always wanted to meditate? Has your doctor (or best friend) told you that you need to meditate? Have you tried to meditate, and thought that you failed? We will discuss the reasons for and effects of meditation, the various ways to meditate, and simple techniques to help you “get there.” Register: Fitness Centers/online. RSVP ♦♦ by 01/26.

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 mus-



cles — 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.

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!

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 Centers/online.

Tai Chi Beginning L1

Tuesdays, February 5-26 — 730300-01

Saturdays, February 2-23 — 730200-01

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. \$40 (four sessions). Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. Register: Fitness Centers/online. RSVP ♦♦ by 1/26.



Tai Chi Intermediate L2

Tuesdays, February 5-26 — 730300-01

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

Continued on page 81

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of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Register: Fitness Centers/online. RSVP ♦♦ by 1/29.

—Money Matters—

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

Falling Off the Fiscal Cliff

Tuesday, January 22 — 870000-12

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$5. Arguably a new term that is becoming a household word is the fiscal cliff. Taxes will probably be going up and spending cuts will most likely follow. Come to the class to learn important statistics and how this might affect you, your Social Security, Medicare, year-end tax bill. You might be pleasantly surprised by the information. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 1/15.



Getting Your Stuff Together: Organizing Your Estate

Monday & Tuesday, January 28 & 29 — 863000-12

9:00 AM-12:00 PM, Oaks and Gables Room (OC). Instructor: Marcia VanWagner. \$30 for both sessions + \$25 material fee paid to instructor on first day of class (two sessions). *The unexpected happens unexpectedly.* Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate *planning* is making decisions about accumulating, preserving, and distributing your “stuff.” Estate *organizing* is getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks/Activities Desks/online. RSVP ♦♦ by 1/21.



Let’s Talk About Advance Health Care Directives

Monday, February 4 — 863100-01

9:00 AM-12:00 PM, Oaks and Gables Room (OC). Instructor: Marcia VanWagner. \$10. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for

ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 1/28.



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 Desks, Activities Desks or online. RSVP ♦♦ by 2/19.



—Nutrition—

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

Check for classes in this section next month.

—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?

Saturdays, February 2-23 — 815000-01

11:00 AM-12:30 PM 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 Desks, Activities Desks or online. RSVP ♦♦ by 1/27.

—Spiritual—

Experiences that recognize your search for meaning and purpose in life.

Check for classes in this section next month.

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—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.



New! SGT Balance and Bosu L2

Mondays & Wednesdays, February 4-27 — 835000-B1

11:00 AM-12:00 PM, Fitness Floor (KS). Instructor: Eve Webber. \$135 (eight session). 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/online. RSVP ♦♦ by 1/28.

SGT — Circuit Express L1

Mondays & Wednesdays, February 4-March 4 — 835000-C1

5:00-5:30 PM, Fitness Floor (OC). Instructor: Julia Roper. \$70 (eight sessions, no class February 18). 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/online. RSVP ♦♦ by 1/28.

SGT — Bootcamp L2

Tuesdays & Thursdays AM, February 7-March 5 — 835000-I1

Tuesdays & Thursdays PM, February 5-28 — 835000-I2

AM times: 6:15-7:15 AM; PM times: 4:30-5:30 PM. Fitness Floor (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/online. RSVP ♦♦ by 1/29.

SGT — Bootcamp L3

Mondays & Wednesdays, February 4-27 — 835000-A1

5:00-6:00 PM, Fitness Floor (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 Centers/online. RSVP ♦♦ by 1/28.



SGT — First Steps to Fitness L1

Mondays & Wednesdays, February 4-27 — 835000-L1

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 some friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility and more. Register: Fitness Centers/online. RSVP ♦♦ by 1/28.

SGT — "Fun"ctional Fitness L2

Tuesdays & Thursdays, February 5-28 — 835000-F1

12:00-1:00 PM, Fitness Floor (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 Fit-



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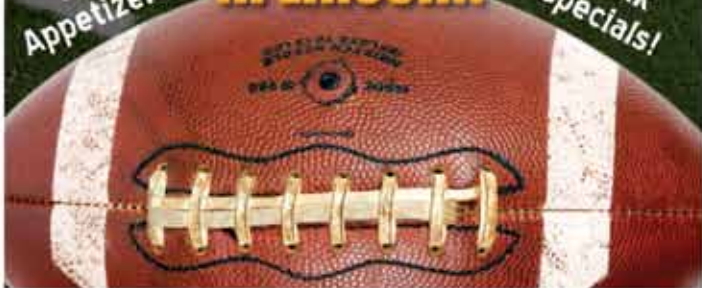
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New! SGT — Healthy Back L2

Tuesdays & Thursdays, February 5-28 — 835000-H1

9:00-10:00 AM, Fitness Floor (KS). Instructor: Nick Gagnon. \$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 Centers/online. RSVP ♦♦ by 1/29.

SGT — TRX Interval Training L2

Mondays & Wednesdays, February 4-March 4 — 835000-T1

2:30-3:30 PM, Fitness Floor (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 Centers/online. RSVP ♦♦ by 1/28.

New! SGT — TRX Postural & Balance Correction L1

Tuesdays & Thursdays, February 5-March 7 — 835000-P1

2:30-3:30 PM, Fitness Floor (KS). Instructor: Kathryn Chancellor. \$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 Centers/online. RSVP ♦♦ by 1/28.

New! SGT — Pilates Reformer Classes Coming Soon!

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allowing you to enhance your workout in a way that is difficult to do on a mat alone. If you have never worked on the reformer, a onetime introductory class is required. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations you may have, set you up on your proper spring loads, go over basic exercises to learn how the equipment works and answer any questions you may have. Once you have completed this introductory class, you can sign up for any small group trainings (SGT).

SGT — Suspension Training for Golfers L2

Mondays & Wednesdays, February 4-27 — 835000-G1

4:00-5:00 PM, Fitness Floor (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 Centers /Online. RSVP ♦♦ by 1/28.

SGT — WOW (Working Out with Weights) Express L1

Tuesdays & Thursdays, February 5-28 — 835000-W1

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 Centers/online. RSVP ♦♦ by 1/28.



—Wellness Services—

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

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FEBRUARY 2013- OC Group Exercise Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	OC	OC	OC	OC	OC	OC	OC/KS
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	Zumba L3	Core & Strength L2	Zumba L3	Core & Strength L2	Low Impact L3	Yoga Basics L1	
9:00							
9:30	Cardio Strength L3	Yoga Flow L2	Cardio Strength L3	Yoga Flow L2	Cardio Dance & Sculpt L3	Tai Chi L1	
10:00							
10:30	Piloga L2	Arthritis Class L3 11:15-12:15	Piloga L2	Arthritis Class L3 11:15-12:15	Piloga L2	Self Defense 11:00-12:30	
11:00							
11:30	Basic Low Impact L1		Arthritis Class L1 12:15-12:45				
11:45							
12:00							
12:30	Chair with Flair L1	Extra Gentle Yoga L1 (12:45-1:45)	Chair with Flair L1	Movement Therapy 12:45-1:45	Basic Chair L1		
1:00							
1:30	Balance Express L1	Gentle Hatha Yoga L2	Balance Express L1	Gentle Hatha Yoga L2			
1:45							
2:00	Activities Class		Act. Class 4:00-5:00	Act. Class	Act. Class		
2:30							
3:00	Zumba L3		Zumba L3				
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
7:45							
8:00							

KEY
Group Exercise Classes (punch pass)
Wellness Classes (session based)

Mind & Body Classes (punch pass)
Small Group Training (session based)

February 2013- OC INDOOR POOL

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

OC Indoor Pool Group Exercise Classes (punch

Wellness Classes (session based)

FEBRUARY 2013 — Kilaga 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
6:15												
7:00												
7:15	SGT - Reformer (coming soon)											
7:25			Mixed Level Cycle L2									
8:00												
8:30	Everybody Can L2											
9:00			Low Impact L3									
9:30	Circuit L3		Strictly Strength L2									
10:00												
10:30	Strictly Strength L2											
11:00												
11:30	SGT - Reformer (coming soon)											
12:00												
12:30												
12:45	SGT - First Steps L1											
1:00												
1:15												
1:30												
2:00												
2:30												
3:00	SGT Reformer (coming soon)											
3:30												
4:00												
4:30												
5:00												
5:30												
6:00												
6:30												
7:00												
7:30												
7:45												
8:00												

KEY Group Exercise Classes (punch pass) Wellness Classes (session based) Mind & Body Classes (punch pass) Small Group Training (session based)

Group Exercise Class Descriptions

BALANCE EXPRESS L1: A 30 minute class designed to help improve balance. Class is taught as a group with the use of the chair and guided balance stations.

BASIC CHAIR L1: Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

BASIC LOW IMPACT L1: 10 minute intervals of easy to follow cardio moves to music with 5 minute intervals of balance, strength and toning exercises.

CARDIO DANCE & SCULPT L3: A fun, high energy dance aerobic workout which blends aerobic activity and sculpting exercises. Enjoy music that you can really move and just have fun!

CARDIO STRENGTH L3: This class combines short cardio drills between strength sets. Working the whole body through the use of hand held weights, Body Bars, disks, and more that will make you stronger for your everyday activities.

CHAIR WITH FLAIR L1: Have fun, move to the music! Work at your own level. Class is designed for individuals to have an option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

CIRCUIT L3: A class combining strength training and a cardiovascular workout! Strength training will be done with a combination of hand weights, resistance tubing, bands, and stability balls. Cardio portion will include low impact aerobics. A great workout.

CORE-N-MORE L3: Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

CORE-N-STRENGTH L2: A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class using hand weights, resistance tubing, dyna bands, and stability balls. Strengthen your whole body!

EVERYBODY CAN AEROBICS L2: An easy to follow class for those wishing to start a cardiovascular program. The moves will be low impact and simple, no “fancy dance” moves. Light hand weights will be used to increase upper body strength. Come enjoy the benefits of a workout designed just for You!

HI-NRG CYCLE L3: This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

LOW IMPACT AEROBICS L3: Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

MIXED LEVEL INDOOR CYCLING L2: A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

SPLASH DANCE L2: A dance party in the pool! An aquatic exercise class with “dance flair”. Designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

STEP IT UP L3: Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. The class is designed for individuals with intermediate to advanced stepping skills. A great challenge...a great workout!

STRETCH PLUS EXPRESS L1: Stretch your mind and body during this 30 minute stretch class. All major muscle groups will be targeted to help increase flexibility.

STRICTLY STRENGTH L2: A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

WATER WORKS L3: Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

ZUMBA L3: This class fuses Latin rhythms and easy to follow moves to create a high energy, calorie burning and total body dance based workout.. Let the party begin!

ZUMBA SENTAOL3: Combines strength and resistance exercises with cool dance moves on and around a chair. This class still has the rocking Zumba party dance rhythms and international flavors.

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"2012 Football Review — You Make the Call"

Monday, January 21 — Free

10:00 AM-12:00 PM, Front Ballroom (OC). Resident Bill Richardson is ready to kick-off the Second Cup of Coffee 2013 programming. This presentation is co-sponsored by CCRC/Community Forum. Bill's continued active play in the PAC12 Football official review booth as a replay official and NFL officiating scout as well as his passion and understanding of this sport makes this program a crowd-pleaser. CCRC provided a larger venue for Bill's unique DVD production highlighting unusual/top football-plays as he prompts the audience to participate in "making the call" heightening the fun! Q&A is continuous.



Live Well, Live Long — Healthy Aging Strategies

Wednesday, January 23 — 820600-12

Free, but registration required due to popular demand. Registration receipt is required at the entrance. 7:00-8:30 PM, Ballroom (OC). Michael K. McCloud, M.D., Professor, UC Davis School of Medicine and Duke University-trained geriatrician is a clinician-educator whose focus is on optimal wellness after age 50. His presentation will set the stage for our health Community Forums' theme for 2013: "Aging Well." He lectures nationally about his great passion for educating the community to prepare for aging, and to help them learn about the diseases associated with aging. Dr. McCloud is well known for his acclaimed program, "Aging and Medical Science: A Mini Medical School to Prepare for Life's Second Half." This program mixes humor with intensive examination of medical issues facing the older population and strategies for ensuring a life free of disability and chronic illness. See Shirley Schultz's article on page 9. *Registration available online or at Fitness/Activities Desks.*



2012 Strategic Advisory Committee (SAC)

Thursday, February 7 — Free

1:30-3:30 PM, Ballroom (OC). In cooperation with the Communications & Community Relations Committee (CCRC)/Community Forum, the SAC is pleased to present the 2012 Strategic Framework summary recently received by the Board. An executive summary handout will be made available; website users will have access to the complete report at a later date. In the context of the overall Strategic Framework, the report will include updates to the original 2007 report, and other committee chairs will summarize their portions. Q&A will follow. This session will be podcasted for website users.



iDevices • Apple's iPad, iPhone and iPod Touch

Monday, February 11 — Free

2:00-3:30 PM, Front Ballroom (OC). What are they, how do they differ, what would work best for me? Ken Silverman will explain and answer your questions about these iDevices. The iPad comes in two sizes, two colors, and many memory configurations. Do you need a smart phone or will an iPod Touch fit your needs? There will be time for Q & A.



Margit's Freedom Passage!

Monday, February 18 — Free

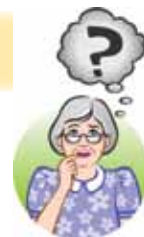
3:00-4:30 PM, P-Hall (KS). Last year, resident Margit Lawrence shared with us her teenage "survival" years in Berlin during extensive WWII bombings and the consequent harsh Russian occupation. Her personal saga continues! Is there still humanity? What next? Displacement camps were established by the 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). "Senior Moments" — we have all experienced them: 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 to suit your needs or just a need or desire to be different. Live widgets, voice, and more, all at a lower cost.



Community Forums, Date, Time, Location

• 2012 Football Review — You Make the Call Monday, January 21, 10:00 AM, Front Ballroom (OC)	• Android: The “Other” Phone & Tablet Tuesday, March 12, 2:00 PM, Front Ballroom (OC)
• Live Well, Live Long — Healthy Aging Strategies Wednesday, January 23, 7:00 PM, Ballroom (OC)	• Controlling for Cancer: Lifestyle Choices You Can Make Wednesday, March 20, 7:00 PM, Front Ballroom (OC)
• Strategic Advisory Summary Thursday, February 7, 1:30 PM, Ballroom (OC)	• Andy’s First Death Thursday, April 4, 10:00 AM, P-Hall (KS)
• iDevices: Apple’s iPad, iPhone and iPod Touch, Monday, February 11, 2:00 PM, Front Ballroom (OC)	• Local Snake Review Again Tuesday, April 23, 1:30 PM, Ballroom (OC)
• Margit’s Freedom Passage Monday, February 18, 3:00 PM, P-Hall (KS)	• ISS Future Wednesday, May 1, 7:00 PM, Ballroom (OC)
• Senior Moments; What is Normal? Wednesday, February 20, 7:00 PM, Front Ballroom (OC)	• DMV and Seniors Wednesday, May 15, 1:30 PM, Front Ballroom (OC)

Wellness & Fitness

Continued from page 8

Q: What do the new levels (L1, L2, L3) mean? May I go to an L2 class without taking an L1 class?

A: The levels indicate the intensity level of the class. We have done this to make choosing a class less difficult. You do not have to go to an L1 class before you attend an L2 or L3 class. For example, if you are a frequent and regular exerciser on the cardio machines and want to try a class, then an L2 class may be a great option, as an L1 class may be too low of an intensity for you.

Q: How does this new Wellness programming give me more variety?

A: By approaching our programming from a more holistic view we are able to bring in classes and formats that were historically not offered here because they were not “fitness” classes. Meaning they were not the traditional dance, aerobic, or water classes. Located in the back of the *Compass* (page 87-89) are three schedules of all the consistent (meaning they are held every month) classes that we offer. You can see that we have many to choose from in order to provide something for everyone. This is only the beginning for us and we are excited to see how many more and different types of classes and programs we can bring for the residents of Lincoln Hills.

Don't miss our Unveiling Party at Kilaga Springs Fitness Center on January 30. We would be happy to explain the changes and how you may benefit personally from them. See you then!



Moving our bodies is an important part of overall health and fitness. The upstairs walking track at OC Fitness Center provides a climate-controlled environment that is safe and easily accessible by the use of the elevator shown here. So, if needed, bring your walker and take a walk. The Center's equipment, classes and trainers are ready to assist all levels of fitness and physical abilities.

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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

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Monday-Saturday 8:00 AM-9:00 PM
Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM
Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM
Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM
Sat./Sun. — OC 7:00 AM-8:00 PM
Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM
Sunday 8:00 AM-4:00 PM

Meridians 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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Compass



January 2013



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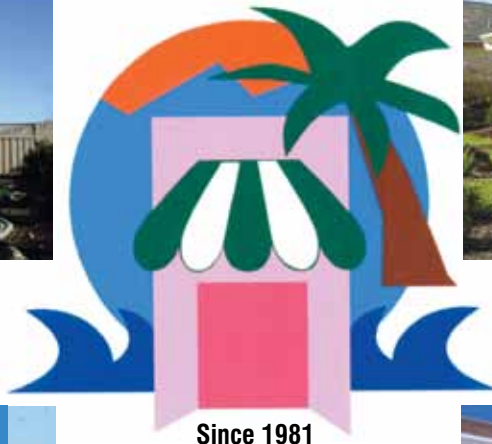


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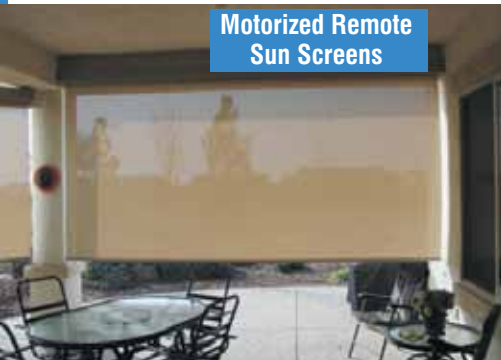
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